

Distance Running Results

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EDITORIAL

Stephen Mokoka won his fourth national title of the year this weekend when he took the SA cross-country crown without too much trouble. He won the 12 km race by 32 seconds from Kgosi Tsosane (who was not eligible for the SA Championships). The silver medal went to Xolisa Tyali (a further 6 sec back) and the bronze to SA half-marathon champion Lucky Mohale.

Mokoka is also the national champion in the 1500 m (3:38.55), 10000 m (28:18.54) and 10 km (28:23).

Juan van Deventer, who was beaten so surprisingly by Mokoka for the SA 1500-metre title, won the 4 km. In the main race for women, over 8 km, Lebo Phalula finished second to Malawian Mirriam Thole to become SA champion. Over 4 km Mapaseka Makhanya won by a massive 44 seconds.

Mohale and Annerien van Schalkwyk, who won the bronze medals in the 12 km and 8 km respectively, had finished third and seventh in the Great Scottish Run in Glasgow the previous weekend.

South Africa's fourth oldest road race, the Duke of York Flying Scramble, was held for the 79th time this weekend. The only older races are the Comrades, with 85 runnings, the Harrismith Mountain Race (82), and the SA Marathon, which will have its 79th running next month (it was first held in 1908).

The third running of South Africa's only race in which the women receive a head start, the Medihelp Tekkie Challenge 10 km, went to Sityhilo Diko, who passed the leading woman, Bulelwa Mtshagi, after 9 km and went on to win and claim the bonus prize in 31:07.

The 40th running of the Karoo Ultramarathon in Laingsburg was won by Lindile Tokota in 5:14:44 from defending champion Lucas Nonyana, while Linah Mhlongo defended her title in 6:46:18. Results in next week's issue.

Internationally, the very difficult Jungfrau Marathon was won by former Two Oceans champion Simona Staicu, who clocked 3:33:46. The previous weekend she had finished second in the Nike Budapest Half Marathon in 74:26.



Stephen Mokoka on his way to victory in the SA Cross-country Championships in Pretoria. [Allie van Niekerk]

Marathon madness: Over 294 000 runners have applied for the 32 000 places in the 2011 Tokyo Marathon, scheduled for 27 February.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Duke of York Flying Scramble, Pietermaritzburg
- * The Crazy Store Khayelitsha Half Marathon & 10 km, Khayelitsha
- * Lifestyle Dolphin Coast Ultra & Half Marathon, Ballito
- * Medihelp Tekkie Challenge, Kuils River
- * Shanduka Coal – Springlake Colliery Mpati Mountain Race, Dundee
- * Blitz Spring Opener 32 km, Half Marathon & 10 km, Tzaneen
- * Goldberg & De Villiers Inc. Madiba Bay 10 km, Port Elizabeth
- * Value Logistics Ou Voetpad 10-miler and 10 km, Pretoria
- * Border Masters Marathon, East London
- * XC: SA Championships, Pretoria

International highlights:

- * Giro Podistico Int.le Città di Pordenone, Pordenone, ITA
 - * Stratton Faxon New Haven Road Race 20 km, New Haven, USA
 - * Taiyuan International Marathon, Taiyuan, CHN
 - * Great Scottish Run Half Marathon, Glasgow, SCO
 - * adidas Women's 5 km Challenge, London, GBR
 - * BUPA Great Yorkshire Run, Sheffield, GBR
 - * Nike Budapest Half Marathon, Budapest, HUN
 - * Russian Half-marathon Championships, Cheboksary, RUS
 - * Semi-Marathon International de Lille Métropole, Lille, FRA
 - * Southern Region Half-marathon Championships, ?, MAW
 - * Jungfrau Marathon, Interlaken, SUI
 - * World Mountain Running Championships, Kamnik, SLO
 - * Track: Notturna di Milano, Milano, ITA; Hanzekovic Memorial, Zagreb, CRO; Palio Citta' Della Quercia, Rovereto, ITA
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ROAD RUNNING

Duke of York Flying Scramble (79th)

Pietermaritzburg, 12 September

(Distance: 16 km; point-to-point, severely downhill course)

MEN

1.	Sibonelo Duma	Boxer AC	51:47
2.	Bongumusa Mthembu	Mr Price AC	52:16
3.	Washington Zuma	Mr Price AC	53:06

40-49:

1.	Petros Sosibo	Mr Price AC	53:42
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50-59:

1.	Joseph Dumakude	VAC	64:23
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60+:

1.	Peter Tennant	Saints	84:57
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WOMEN

1.	Thobile Ngwane	Mr Price AC	65:11
2.	Erica Walker	Ntl Carbs	67:39
3.	Lauren Calenbourne	West AC	69:01

40-49:

1.	Erica Walker	Ntl Carbs	67:39
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50-59:

1.	Belinda Smith	Est AC	88:54
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60+:

1.	Daphne Edwards	Coll Harr	106:21
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The Crazy Store Khayelitsha Half Marathon & 10 km

Khayelitsha (Cape Town), 12 September
(Distances: 21.1 km & 10 km – see note)

Note: A day after winning the Tekkie Challenge 10 km (results below), Sityhilo Diko and Bulelwa Mtshagi ran here in the half marathon – and won again. Avukile Ntongana was second in both races, and Vladimir Kotov also had his second race in two days. He won the 50+ age group the previous day and competed in the 40+ age group here. Other athletes who ran in both races are Michael Bekapi, Gregory Jacobs, Gcobanbi Mndi, Akona Makila, Charmaine Cupido, Esmé Koopman, and Marlene James. The 10 km was short because of a marshalling error. – Ed.

Half marathon**MEN**

1. Sityhilo Diko (Ned CGA) 70:08 (R800)
2. Avukile Ntongana (MP) 70:23 (R600)
3. Victor Msopi (VOB) 70:57 (R400)
4. Professor Khwetane (VOB) 72:08 (R200)
5. Vuyolwethu Piyose (Met) 73:07 (R100)

40-49: 1. Vladimir Kotov (BLR/Cent) 73:26 (R500); 2. Thembinkosi Zweni (Gugs) 77:12 (R300); 3. Michael Bekapi (VOB) 81:48 (R200). **50-59:** 1. Gregory Jacobs (Edge) 82:45 (R300); 2. Walter Segatswi (Celtic) 87:22 (R150). **60+:** 1. Issy Margolin (Celtic) 1:51:50; 2. Mike Taylor (Tyger) 1:58:28. **Juniors:** 1. Zola Matshoba (Celtic) 73:18 (R500); 2. Gcobani Mndi (Gugs) 74:51 (R400); 3. Akona Makila (VOB) 75:23 (R300).

WOMEN (Same prize money as men)

1. Bulelwa Mtshagi (Celtic) 89:28
2. Ronel Steenkamp (Durb) 98:25 (1st vet)
3. Elizabeth de Gouveia (Durb) 1:42:49
4. Regine Eneket (WC) n/t
5. Charmaine Cupido (Ned) 1:44:18

40-49: 1. Ronel Steenkamp (Durb) 98:25; 2. Esmé Koopman (Durb) n/t. **50-59:** 1. Charmaine Cupido (Ned) 1:44:18; 2. Cynthia Booysen (Gugs) 2:00:23. **60+:** 1. Marlene James (Pine) 2:10:30. **Juniors:** 1. Nontembeko Majwede (Celtic) 2:08:03.

10 km**MEN**

1. Wanda Roro (Adid) 31:02 (R400); 2. Xolile Macanda (Ned) 31:12 (R300); 3. Sihle Mapukata (MP) 31:40 (R150).

40-49: 1. Brian Mapeyi (VOB) 34:48 (R200); 2. Andrew Goliath (Met) 39:40 (R150); 3. Herman Barendse (Top) 41:08 (R50). **50-59:** 1. Gemjikile Tom (Eskom) 37:15 (R150); 2. Fuad Hendricks (Ind) 37:51 (R100); 3. Jakesd Jacobs (Strand) 49:01. **60+:** 1. Dermott Devine (VOB) 1:11:45 (R100); 2. Koert Meyer (Tyger) 1:13:13 (R100). **Juniors:** 1. Zolani Matshoba (Celtic) 31:54 (R200); 2. Luthando Diba (Celtic) 32:48 (R100); 3. Terrence Khan (Gugs) 33:18 (R50).

WOMEN (Same prize money as men)

1. Ursula Frans (Adid) 38:40 (1st vet); 2. Asanda Daymani (AAC) 42:22 (1st jun); 3. A.N. Other n/t.

40-49: 1. Ursula Frans (Adid) 38:40; 2. Rosetta Scheepers (MPT) n/t; 3. Charlene Maartens (Tyger) 57:50. **50-59:** 1. Helen du Plessis (Tyger) 51:49; 2. Elzette van Schalkwyk (Ind) 60:41; 3. Anne Margolin (Celtic) 64:19. **60+:** 1. Marietha Herbert (Bell) 51:07; 2. Irene Eygelaar (Edge) 64:38; 3. Charlotte Kettlewell (VOB) 66:32. **Juniors:** 1. Asanda Dayamani (AAC) 42:22.

Lifestyle Dolphin Coast Ultra & Half Marathon

Ballito, 12 September

(Distances: 50 km & 21.1 km; hilly loop courses)

50 km

MEN

1.	Simphiwe Zwane	KZN St	3:14:20
2.	Thembelani Malunda	Ned AC	3:21:10
3.	Sibusiso Ntuli	Ned AC	3:26:05

WOMEN

1.	Nicola McMurray	Ntunzini AC	4:40:10
2.	Linda Badenhorst	Umhlatuze AC	5:42:42
3.	Linda Bevan	Umhlatuze AC	5:28:05

Half marathon

MEN

1.	Jari Mundarabzi	ZIM/Form One AC	1:10:45
2.	Gerald Monotsi	Glen Harr	1:11:06
3.	Dumasani Manizi	Boxer AC	1:14:26

WOMEN

1.	Maya Lawrie	Boxer AC	1:25:05
2.	Belinda Wright	Ind	1:36:05
3.	Sandy Aitken	Ath North AC	1:38:04

Medihelp Tekkie Challenge (3rd)

Kuils River, 11 September

(Distance: 10 km. Certified loop course)

Note: This is the only road race in South Africa where the women get a head start and there is a bonus for the first athlete across the finish line. This year the women started 5 min 43 sec ahead of the men, and the leading woman, Bulelwa Mtshagi, was caught by Sityhilo Diko at 9 km. Second-placed Anneline Roffey was the winning woman in the first two editions of the race, and won the inaugural event outright by staying in front of the chasing men. – Ed.

MEN

1. Sityhilo Diko (Ned CGA) 31:07 (R1000 + R500*)
 2. Avukile Ntongana (MP) 31:16 (R500)
 3. Peter Tsawayo (ZIM/Gugs) 31:25 (R300)
 4. Velani Lusaseni (Adid) 32:12 (R200); 5. Sipho Phala (VOB) 32:30 (R100); 6. Marks Mpekula (VOB) 32:34; 7. Akhona Makila (VOB) 32:47 (1st jun); 8. Vladimir Kotov (BLR/Cent) 33:04 (1st mast); 9. Vuyolwethu Piyose (Met) 33:57; 10. Gcobani Mndi (Gugs)

33:58; 11. Bongile Tshewula (East) 34:04; 12. Denzil Paulse (Brack) 34:09; 13. Jessie Petoors (Eerste) 34:24; 14. Bronwine Snyders (Adid) 34:33; 15. Luthando Diba (Celtic) 35:07; 16. Daniel Claassen (MSM) 35:08; 17. O. Coetzee (Adid) 35:17; 18. André Afrika (Eerste) 35:22; 19. Carlo Solomons (BD) 35:43; 20. A.N. Other (Met) 35:45.

*) Incentive for first across the finish line.

(Prize money in all age categories are the same: R300, R200, R100)

40-49: 1. Basil Lehman (Met) 35:58; 2. Andries Swanepoel (Brack) 36:41; 3. Brian Mapeyi (VOB) 37:59. **50-59:** 1. Vladimir Kotov (BLR/Cent) 33:04; 2. Gregory Jacobs (Edge) 36:53; 3. Gemjikile Tom (Eskom) 39:19. **60+:** 1. Ronnie le Roux (Brack) 43:54; 2. Kevin Kohler (Edge) 45:55; 3. Paul Adonis (Edge) 50:35. **Juniors:** 1. Akhona Makila (VOB) 32:47; 2. Gcobani Mndi (Gugs) 33:58; 3. Denzil Paulse (Brack) 34:09.

WOMEN (Same prize money as men)

1. Bulelwa Mtshagi (Celtic) 37:59
2. Anneline Roffey (Adid) 38:25
3. Melody Marcus (Met) 40:57
4. Asiphe Snyman (Celtic) 41:07 (1st jun); 5. Ursula Frans (Adid) 41:15 (1st vet); 6. Sandra van Graan (Edge) 43:18; 7. Esmé Koopman (Durb) 43:34; 8. Tanya Kapp (VOB) 43:58; 9. Lorna Loubser (Sanlam) 44:29; 10. Charmaine Cupido (Ned) 44:29 (1st mast); 11. Reghana Beukes (Eerste) 44:49; 12. Lindie Bouwer (Sanlam) 44:56; 13. Olivia Simae (Ind) 45:14; 14. Liesl Steenkamp (Bell) 45:19; 15. Lisa Smit (NBMC) 45:55; 16. Asanda Dayamani (AAC) 45:57; 17. Lisa-Jo Austin (Durb) 46:07; 18. Megan Goliath (Brack) 47:10; 19. R. Rose (Durb) 47:13; 20. Carina Claassen (Ind) 47:42.

40-49: 1. Ursula Frans (Adid) 41:15; 2. Sandra van Graan (Edge) 43:18; 3. Esmé Koopman (Durb) 43:34. **50-59:** 1. Charmaine Cupido (Ned) 44:29; 2. Lorraine Rogers (Durb) 48:37; 3. Kathy Burr (Durb) 49:06. **60+:** 1. Marietha Herbert (Bell) 49:59; 2. Marlene James (Pine) 56:49; 3. Rita van Wyk (Brack) 60:06. **Juniors:** 1. Asiphe Snyman 41:07; 2. Reghana Beukes (Eerste) 44:49; 3. Asanda Dayamani (AAC) 45:57.

Shanduka Coal – Springlake Colliery Mpati Mountain Race

Dundee, 11 September

(Distance: 15 km; hilly loop course on tar, mountain trails & gravel)

MEN

1. Samuel Pazanga (ZIM/MP) 56:03 (R750)
2. Professor Mollen (ZIM/MP) 56:05 (R500)
3. Bongani Msimango (Boxer) 57:13 (R300)

(Prize money in all age categories was R100 for 1st.)

40-49: 1. Xolani Mazibuko (Biggars) 64:19. **50-59:** 1. Lawrie Raubenheimer (Hilton) 75:40. **60+:** 1. Bobby Chetty (Chats) 1:42:56. **Juniors:** 1. Philani Buthelezi (Ndum) 62:09.

WOMEN (Same prize money as men)

1. Xoli Madida (Ind) 75:32
2. Riana Uys (Volks) 80:31
3. Chantal Labuschagne (Biggars) 89:50 (1st vet)

40-49: 1. Laura Tschirpirg (Vry) 1:40:54. **50-59:** 1. Zanele Nduli (West) 2:16:32.

Blitz Spring Opener 32 km, Half Marathon & 10 km

Tzaneen, 11 September

(Distances: 32 km, 21.1 km & 10 km)

32 km

MEN

1 Elias Mabane (Bidvest) 1:46:20 (1st vet); 2 Ludwick Mamabolo (Mr Price) 1:47:11; 3 Elija Mogoboya (Nedbank) 1:47:30.

Veterans: 1 Elias Mabane (Bidvest) 1:46:20; **Masters:** 1 Joel Malwandla (Gallopers) 2:26:17.

WOMEN

1 Joyce Makwareu (Bonitas) 2:15:50; 2 Jane Mudau (Bonitas) 2:23:41 (1st vet); 3 Rene Bridger (Pietersburg) 2:45:55.

Veterans: 1 Jane Mudau (Bonitas) 2:23:41. **Masters:** 1 Corrie v Antwerpen (Phalaborwa) 3:24:06.

Half marathon

MEN

1 Desmond Mokgobu (ADT) 68:12; 2 Daniel Phakathe (ADT) 68:47 (1st jun); 3 Afrika Mailola (Mr Price) 69:37.

Veterans: 1 Israel Madibana (Eskom) 84:24. **Masters:** 1 Albert Masela (Polokwane) 94:15. **Juniors:** 1 Daniel Phakathe (ADT) 68:47.

WOMEN

1 Azwindini (Gladys) Lukhwareni (Transnet) 90:21; 2 Roseline Makutu (Rustenburg) 1:49:18; 3 Jacqueline Porteus (Temp) 1:49:36.

Veterans: 1 Marianne Bowmann (Drakies) 1:50:26. **Masters:** 1 Selinah Nthauhenyeni (Vhembe) 1:58:00.

10 km

MEN

1 Elias Sekgwel (Univ Limpopo) 33:41; 2 Collen Mmola (Foskor) 34:04; 3 David Mphlanga (Temp) 34:33.

Veterans: 1 Jeffery Chabalala (Gallopers) 37:11. **Masters:** 1 Dan Pilusa (Polokwane) 46:41. **Juniors:** 1 Biko Legodi (Mokerong) 35:38.

WOMEN

1 Riëtte Taute (Ofcolalo) 46:06 (1st vet); 2 Linda v Staden (Temp) 46:25; 3 Doris Mabilu (Foskor) 48:00.

Veterans: 1 Riëtte Taute (Ofcolalo) 46:06. **Masters:** 1 Marieta Venter (RFWL) 60:00. **Juniors:** 1 Elizabeth Masebe (Transnet) 58:11.

Goldberg & De Villiers Inc. Madiba Bay 10 km

Port Elizabeth, 11 September

(Finishers: 473)

MEN

1	Zolani	Ngqaqa	Mr Price PE	21	30:26
2	George	Ntshiliza	Nedbank RC EP	30	30:36

3	Sindile	Somke	Nedbank RC EP	34	32:20
4	Khayaletu	Makalima	Mr Price PE	27	32:53
5	Mzamo	Fokwana	Charlo AC	32	33:02
6	Zandisile	Mpisane	Mr Price PE	27	33:21
7	Ryan	Peter	Temp	26	33:32
8	Desmond	Zibi (1 st vet)	Mr Price PE	46	34:11
9	Eric	Sigxashe	Nedbank RC EP	31	34:20
10	Juwayne	Fletcher (1 st jun)	Mr Price PE	18	34:28
11	Lubabalo	Jusayi	Mr Price PE	19	34:32
12	Thando	Bixa	Triangle Sports	30	35:23
13	Darrell	Wicht	Triangle Sports	47	36:27
14	Thembekile	Msipa	Charlo AC	36	36:38
15	Johannes	Arries	Nedbank RC EP	36	37:30
16	Ruan	Smalberger	Nedbank RC EP	20	37:52
17	Michael	Magson	Mr Price PE	34	37:57
18	Daryl	North	Achilles AAA	33	37:57
19	Christo	Muller	Body Concept	42	38:21
20	Adriaan	Gouws	Triangle Sports	37	38:32

40-44:

1	Christo	Muller	Body Concept	42	38:21
2	Vernon	Newfeldt	Willard Batteries	44	38:41
3	Geddes	Gallant	SANDEP	43	39:08

45-49:

1	Desmond	Zibi	Mr Price PE	46	34:11
2	Darrell	Wicht	Triangle Sports	47	36:27
3	Neil	De Meillon	New Balance	47	39:12

50-54:

1	Leonard	Erasmus	Willard Batteries	52	38:49
2	Andre	Willemse	Elite AC	52	40:29
3	Peter	Van Rensburg	Elite AC	52	42:11

55-59:

1	Sizinzo	Kama	Achilles AAA	59	40:53
2	Chris	Terblanche	Achilles AAA	55	42:26
3	Bruce	Mcewan	Achilles AAA	56	43:24

60-64:

1	Errol	Rossouw	PEAAC	60	42:34
2	Fred	Verrall	Charlo AC	62	42:40
3	Percy	Dalton	Achilles AAA	62	43:54

65-69:

1	Tamsanqa	Jusayi	Mr Price PE	68	41:03
2	Godfrey	Kariem	Cadbury AC	69	47:24
3	Eckart	Schumann	Body Concept	65	49:44

70-74:

1	Michael	Collins	PEAAC	71	48:16
2	Henry	Human	Vwac	71	59:34
3	Hilary	Pritchard	Crusaders AC	76	1:06:10

75-79:

1	Ernie	Verrall	Absa NMMU AC	75	58:24
2	Wells	Anderson	PEAAC	78	1:02:22
3	Hilary	Pritchard	Crusaders AC	76	1:06:10

Juniors:

1	Juwayne	Fletcher	Mr Price PE	18	34:28
2	Lubabalo	Jusayi	Mr Price PE	19	34:32
3	J C	Stevens	Bluewater Bay	17	43:15

WOMEN

1	Marisa	Ferraris	Triangle Sports	39	41:19
2	Jane	Barnardo	Body Concept	35	41:55
3	Christine	Claasen (1 st vet)	Achilles AAA	46	43:04
4	Priscilla	Maleiba	Cadbury AC	40	43:35
5	Davera	Magson	Mr Price PE	35	43:53
6	Noxolo	Marks	Mr Price PE	24	44:49
7	Elmarie	Bezuidenhout	Charlo AC	28	44:52
8	Sharon	Zeelie	Triangle Sports	39	45:00
9	Grizelda	Pietersen	Achilles AAA	41	45:15
10	Laura	Maritz	Elite AC	49	46:01
11	Lizette	Sydien	Elite AC	24	46:12
12	Joy Anne	Pregalato	Achilles AAA	39	47:05
13	Paulette	Mcewan	Achilles AAA	45	47:19
14	Priscilla	Dyantyi	Mr Price PE	36	47:23
15	Adele	Nel	St Albans CS EP	37	47:35
16	Buyelwa	Kobokana	Nedbank RC EP	45	47:44
17	Lise	Claassen	Muirite Striders	39	47:57
18	Sime	Baynes	Body Concept	26	48:04
19	Claire	Nagel	Elite AC	46	48:26
20	Haily	Johnson	Rhodes University	24	48:32

40-44:

1	Priscilla	Maleiba	Cadbury AC	40	43:35
2	Grizelda	Pietersen	Achilles AAA	41	45:15
3	Gail	Klichowicz	Achilles AAA	43	50:40

45-49:

1	Christine	Claasen	Achilles AAA	46	43:04
2	Laura	Maritz	Elite AC	49	46:01
3	Paulette	Mcewan	Achilles AAA	45	47:19

50-54:

1	Julie	Taunton	Crusaders AC	50	49:06
2	Gillian	Dealtry	Crusaders AC	52	54:11
3	Christine	Snyman	VWAC	54	54:21

55-59:

1	Cathy	Ives	Achilles AAA	57	55:54
2	Sharon	Brown	PEAAC	56	1:14:11
3	Susara	Roux	Temp	57	1:15:54

60-64:

1	Liz	Grundlingh	Muirite Striders	63	50:58
2	Helene	Oppel	Crusaders AC	60	56:46
3	Rita	Boucher	Walmer Ac	60	1:03:24

65-69:

1	Margaret	Paton	Charlo AC	65	1:03:48
2	Val	Sandow	Walmer Ac	65	1:23:05

70+:

1	Dorothy	Hart	PEAAC	72	1:04:24
2	Aletta	Fourie	Triangle Sports	72	1:21:56
3	Lorna	Brown	PEAAC	71	1:27:19

Juniors:

1	Megan	Wilson	Charlo AC	15	49:56
2	Monique	Jordaan	Temp	19	51:57
3	Kimberley	Wilson	Charlo AC	15	56:00

Value Logistics Ou Voetpad 10-miler and 10 km

Pretoria, 11 September

(Distances: 16 km & 10 km; loop courses, partly on gravel and sand tracks)

10-miler

MEN

1 Brighton Chipere (ZIM/Nedbank) 56:58; 2 Collen Parura (ZIM/Bashewa) 56:59; 3 Wesley Mutai (KEN/New Balance) 57:08.

Veterans: 1 Greg Barnes (Irene) 65:19. **Masters:** 1 Elias Letlape (Nedbank) 72:23.

G'masters: 1 Wallie Weder (Agape) 98:12. **Juniors:** 1 Caleb Khokholo (Elim Clinic) 70:50.

WOMEN

1 Helen Chiundo (ZIM/Nedbank) 71:46; 2 Renate Dreyer (Sunninghill) 80:34; 3 Anita O'Brien (Nedbank) 86:46.

Veterans: 1 Ansa Strydom (Overkruin) 94:41. **Masters:** 1 Linda Potgieter (Magnolia)

96:53. **G'masters:** 1 Penny Visser (Breakthru Midrand) 1:43:20. **Juniors:** 1 Geraldine Combrink (Nedbank) 1:46:29.

10 km

MEN

1 Libonto Tootse (LES/Toyota) 32:03; 2 Joshua Sabao (ZIM/Mr Price) 34:35; 3 Sepitle Phaladi (Jeppe) 38:21.

Veterans: 1 David Petersen (Corr Serv) 40:08. **Masters:** 1 Lourens Smit (Irene) 53:08.

G'masters: 1 Sampie van Rensburg (RWFL) 52:32. **Juniors:** 1 Jimmy Sithole (Temp) 43:26.

WOMEN

1 Muchaneta Gwata (ZIM/Mr Price) 39:21; 2 Margaret Mahohoma (ZIM/Mr Price) 39:35; 2 Daleen Luyt (Temp) 45:17.

Veterans: 1 Retha Coetzer (CSIR) 67:08. **Masters:** 1 Daleen Vermeulen (Ceres) 53:04.

G'masters: 1 Mavis Stadler (Agape) 61:21.

Border Masters Marathon (33rd)

East London, 4 September

(Distance: 42.195 km; point-to-point downhill course on the Macleantown Road, finishing at the Beacon Bay Country Club. Finishers: 134.)

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

MEN

1	Ntamo Vincent	All Stars	36	2:35:26
2	Retyu Z	?	39	2:37:25
3	Witbooi Desmond	Nedbank PE	39	2:43:40
4	Poyo Linda	Hams Athletics	40	2:49:31
5	Mariken Zingisile	Correctional Services	35	2:50:44
6	Mpolweni Nkosana	Real Gijimas	47	2:51:53
7	Sipamla D	Hams Athletics	39	2:53:25
8	Rantjie Tsepho	Oxford Striders	33	2:53:37
9	Ndabeni Vukile	Old Boys	35	2:53:48
10	Mateo Faro	Old Boys		2:54:07

40-44:

1	POYO LINDA	HAMS ATHLETICS	40	2:49:31
2	DERBYSHIRE KEVIN	OXFORD STRIDERS	44	2:59:19
3	FITCHET TOMMY	QTN HARRIERS	40	3:25:10

45-49:

1	MPOLWENI NKOSANA	REAL GIJIMAS	47	2:51:53
2	SPARG MIKE	BUFFS	48	3:47:17
3	WILLARD GARY	OXFORD STRIDERS	48	4:01:08

50-54:

1	MASO VYANI	CHEETAHS	52	3:10:48
2	VAN NIEKERK PHILLIP	STELLA AC	54	3:15:40
3	MTSHABE NTSIKELELO	CHEETAHS	51	3:43:50

55-59:

1	KIRSTEN NEVILLE	OXFORD STRIDERS	57	3:40:48
2	MBEMUSHE GLADMAN	REAL GIJIMAS	59	3:54:54
3	SLABBERT PIET	BLOEM ACHILLES	59	4:57:28

60-64:

1	DAMANE SAM	OXFORD STRIDERS	60	3:25:23
2	STANDER JOSEPH	QTN HARRIERS	61	3:54:32
3	KUTTA BEUMAN	CHEETAHS	60	4:07:06

65-69:

1	BRIDLEY ARTHUR	BUFFS	65	3:16:35
2	SCHOLTZ PIET	QTN HARRIERS	65	4:53:53

70+:

1	VAN DER BERG BAZETT	BLOEM ACHILLES	70	5:28:22
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WOMEN

1	Langley Gail	Bufs	41	3:22:51
2	Landman Sonia	Oxford Striders	38	3:23:53
3	De Beer Sandy	SANDB KZN	41	3:26:49
4	Bottcher Vicki	Oxford Striders	37	3:30:46
5	Opperman Jenni	Old Boys	52	3:37:29
6	Majoqo Tembiso	Cheetahs	36	3:42:37
7	Van der Walt Charmaine	Bloem Achilles	51	3:45:30
8	Burmeister Bev	Oxford Striders	43	3:53:50
9	Botha Heloise	Gonubie Harriers	46	3:55:23
10	Phillips Dena	Run Walk For Life	39	3:56:56

40-44:

1	LANGLEY GAIL	BUFFS	41	3:22:51
2	DE BEER SANDY	SANDB KZN	41	3:26:49
3	BURMEISTER BEV	OXFORD STRIDERS	43	3:53:50

45-49:

1	MC KERRY JANICE	QTN HARRIERS	45	3:57:32
2	JOUBERT ALETTA	CRUSADERS	48	4:13:05
3	GROBBLER JUDY	STELLA	45	4:28:51

50-54:

1	OPPERMAN JENNI	OLD BOYS	52	3:37:29
2	V.D. WALT CHARMINE	BLOEM ACHILLES	51	3:45:30
3	PITT MAUREEN	OXFORD STRIDERS	52	3:57:18

65-69:

1	SMUTS WILLEMEEN	BLOEM ACHILLES	69	4:09:01
2	RICHARDSON PAULA	BUFFS	67	4:46:51

CROSS-COUNTRY

SA Championships (62nd for men; 47th for women)

Pretoria, 11 September

Note: Foreigners were allowed to enter as individuals (not members of provincial teams) and were not eligible for the national championships. South Africans could also enter as individuals, but only members of provincial teams were eligible for the championships. Where an ineligible athlete won a race, the SA champion is indicated in these results. – Ed.

MEN

12 km:

1	Steven	Mokoka	AGN	37:32
2	Kgosi	Tsosane	IND	38:03
3	Xolisa	Tyali	CGA	38:09 [silver medal]
4	Luwis	Musunda	ZIM/IND	38:27
5	Lucky	Mohale	CGA	38:44 [bronze medal]
6	Wesley	Ruto	KEN/IND	38:49
7	Siyabonga	Nkode	KZNA	39:01
8	Lucky	Miya	IND	39:13
9	William	Manelo	AFS	39:15
10	Joshua	Sabao	ZIM/IND	39:19
11	George	Mofokeng	AGN	39:33
12	Nkululeko	Zamisa	IND	39:36
13	Omphemetse	Mothibi	ANWN	39:45
14	Coolboy	Ngamole	ACNW	39:52
15	Raphel	Segodi	CGA	40:01
16	Thubalethu	Phaku	KZNA	40:04
17	Benedict	Moeng	IND	40:12
18	Elroy	Galant	ACNW	40:17
19	Derocious	Makhobalo	CGA	40:26
20	Thoriso	Ratsela	CGA	40:30
21	David	Ngakane	ACNW	40:34
22	Kgotso	Sesing	AFS	40:37
23	Tom	Lusaseni	WPA	40:38
24	Senzo	Nkosi	KZNA	41:07
25	Stoffel	Sebuasengwe	ACNW	41:07
26	Silayi	Mzukile	ANWN	41:07
27	Sphamandla	Nyembe	KZNA	41:10
28	Rodger	Davids	BOLA	41:12
29	Lloyd	Bosman	ACNW	41:13
30	Ismael	Phokwane	ANWN	41:14
31	Joseph	Mphuthi	AVT	41:18
32	Khothatso	Mokone	AFS	41:19
33	Oscar	Sixoka	ATRA	41:28
34	Mtandazo	Qhina	WPA	41:29
35	Jean	Brummer	ACNW	41:37
36	Thelumusa	Sibiya	KZNA	41:40
37	Duane	Fortuin	WPA	41:42
38	Siyabulela	Mtsha	ATRA	41:48
39	Samuel	Setleelo	ACNW	41:49
40	Sithembe	Fanekho	ATRA	41:58
41	Samuel	Mashishi	CGA	42:01
42	Orlando	Molotsi	AVT	42:34
43	Hein	Camphor	WPA	42:35
44	Luwayne	Duitsjan	ASWD	42:39
45	Frans	Makola	AGN	43:10

46	Sipho	Mazibuko	ACNW	43:12
47	John	Thipe	AVT	43:16
48	Willem	Ndzhukula	AGN	43:16
49	Willem	Olifant	AGW	43:22
50	Kabelo	Sithole	AGN	43:22

4 km:

1	Juan	Van Deventer	CGA	12:04
2	Dean	Brummer	ACNW	12:14
3	Rafael	Mohapa	AGN	12:36
4	Peter	Ramathoka	CGA	12:39
5	Morena	Dijana	ANWN	12:51
6	Pharson	Magagane	IND	12:52
7	Amos	Nyongo	EPA	12:58
8	Hillroy	Slingers	BOLA	13:04
9	Azrial	Scheepers	BOLA	13:11
10	Molifi	Tsuane	ACNW	13:12
11	Ishmael	Bodumele	CGA	13:14
12	Nathan	Beukes	BOLA	13:16
13	Jacques	Pretorius	BOLA	13:20
14	Adriaan	Geldenhuis	BOLA	13:22
15	Neville	Mokere	CGA	13:30
16	Lebogang	Masilo	ACNW	13:32
17	Don	Ndlovu	CGA	13:34
18	Virginia	Ngudlumana	WPA	13:35
19	Zolani	Mabongo	EPA	13:40
20	Mthetho	Goxo	IND	13:44
21	Selby Sipho	Zwane	CGA	13:48
22	Rapelung	Kanye	AGN	13:49
23	Thabang	Madiba	AGN	13:52
24	Tshepo	Maatjie	AGN	13:56
25	Samuel	Molelengoane	AFS	13:58
26	Marinus	Johnson	EPA	14:01
27	Lucas	Phofa	CGA	14:04
28	Robert	Matthys	EPA	14:05
29	Lympson	Maifo	CGA	14:07
30	Eliot	Makgoba	AGN	14:08

U.23 (4 km):

1	Asau	Nkosi	AVT	12:32
2	Abram	Khumalo	CGA	12:48
3	Thuso	Phaswana	CGA	12:50
4	Sandile	Zuma	AVT	12:53
5	Marko	Bucarazzia	CGA	12:53
6	Maletsane	Motloung	AFS	13:00
7	Wandile	Nzima	CGA	13:01
8	Jackson	Chauke	CGA	13:03
9	Isaac	Langa	CGA	13:19
10	Jacob	Rozani	ANWN	13:26

U.21 (4 km):

1	Enoch	Manyandi	CGA	12:26
2	Witness	Hlalele	AVT	12:38
3	Koos	Mbhele	AVT	12:39
4	Folavia	Sehohle	CGA	12:57
5	Steven	Mhlongo	CGA	13:02
6	Daniel	Mokone	AVT	13:03
7	Tumelo	Mahlangu	CGA	13:04

8	Precious	Masipa	IND	13:07
9	Clinton	Swanepoel	CGA	13:09
10	Thabang	Masihleho	AFS	13:10

40-44 (8 km):

1	Butiki	Jantjies	CGA	26:37
2	Piet	Mosebedi	AGN	27:06
3	Lawrence	Chipangaan	CGA	27:55

45-49 (8 km):

1	Daniel	Mothibe	AGN	29:43
2	Tony	Silva	CGA	29:44
3	Arthur	Woolridge	CGA	29:53

50-54 (8 km):

1	Jerry	Rankapule	CGA	29:56
2	Stuart	McCall	ACNW	30:04
3	Johannes	Seakamela	CGA	30:35

55-59 (8 km):

1	Les	Chivell	WPA	32:26
2	Ernest	Tjela	AVT	32:34
3	Danie	Cronje	AFS	32:40

60-64 (6 km):

1	Awie	Veldsman	WPA	24:05
2	Mike	De Bruto	AGN	24:09
3	Brian	Chamberlain	CGA	25:41

65-69 (6 km):

1	Andrew	Spence	KZNA	27:37
2	Neil	Coville	CGA	28:17
3	Maray	Calder	KZNA	29:57

70-74 (6 km):

1	Andries	Van der Merwe	AGN	34:01
2	Ernest	Gobey	AGN	36:40

75-79 (6 km):

1	Martin	Coetzee	AGN	36:19
2	Dion	Heigers	AGN	39:40
3	Frans	Grobler	AGN	51:52

Juniors (8 km):

1	Thobane	Chagwe	KZNA	25:57
2	Pieter	Wilders	CGA	26:02
3	Joel	Mmone	ACNW	26:11
4	Merline	Klaaste	ASWD	26:26
5	Joel	Madiba	AGN	26:30
6	Moses	Dirane	AGN	26:36
7	Lucas	Bothobutle	ACNW	26:54
8	Thato	Molatedi	CGA	27:00
9	Sithembile	Dondolo	CGA	27:03
10	Gift	Mahlangu	AGN	27:05

WOMEN**8 km:**

1	Miriam	Thole	MAW/AGN	29:05
2	Lebo	Phalula	CGA	29:39 [SA champion]
3	Lebogang	Phalula	CGA	30:01 [silver medal]
4	Annerien	Van Schalkwyk	AGN	30:11 [bronze medal]
5	Poppy	Mlambo	CGA	30:36
6	Onneile	Dintwe	BOT/IND	30:48
7	Charné	Bosman	AGN	31:04
8	Makhosi	Mhlongo	KZNA	31:10
9	Zintle	Sinqe	AGN	31:21

10	Nandipha	Dywili	AGN	31:28
11	Sibongile	Shezi	KZNA	32:04
12	Ntombisintu	Mfunzi	EPA	32:38
13	Takalane	Nthulane	CGA	32:43
14	Anna	Moeketsi	AFS	32:51
15	Myrette	Filmalter	AGN	32:52
16	Tshegofatso	Taukobong	AGN	33:13
17	Noria	Sibanda	AMPU	33:17
18	Ronel	Thomas	AGN	33:34
19	Clodia	Serame	CGA	33:39
20	Hellen	Phanyane	LIMA	33:45
21	Sheryl	De Lange	WPA	33:49
22	Vuyokazi	Gebe	ATRA	33:52
23	Thandi	Malindi	AFS	34:11
24	Deliwe	Nyanga	EPA	34:24
25	René	De Bruin	WPA	34:40
26	Kataza	Shipalana	AVT	35:08
27	Helene	Perold	WPA	35:11
28	Refilwe	Kubheka	AVT	35:22
29	Elsiré	Roos	WPA	35:35
30	Itumuleng	Molomo	AGN	35:58
31	Colleen	De Oliveira	WPA	36:14
32	Maryna	Swanepoel	AFS	36:39
33	Judith	Peo	CGA	37:14
34	Andrea	Pretorius	WPA	37:54
35	Sihle	Sithole	CGA	38:16
36	Annah	Sepotokele	CGA	38:34
37	Thabisa	Mayedwa	EPA	38:54
38	Senzeni	Mngxanyelwa	ATRA	42:01
39	Ursula	Kuhn	EPA	42:20
40	Zikhona	Fuzile	ATRA	45:10

4 km:

1	Mapaseka	Makhanya	CGA	14:56
2	Mandie	Brandt	CGA	15:40
3	Linda	Hanekom	WPA	16:28
4	Channele	Olivier	CGA	16:34
5	Jacquie	Van der Waals	AGN	16:48
6	Louise	Van Niekerk	AGN	16:51
7	Isel	Grimes	AGN	16:55
8	Vuyiseka	Dlongwana	ATRA	17:12
9	Magrieta	Smit	BOLA	17:21
10	Jeanette	Maruping	CGA	17:29
11	Amandie	Pansegrauw	ANWN	17:41
12	Simone	Faasen	AGN	17:55
13	Zanele	Fuzile	ATRA	18:17
14	Nomsa	Mbatha	CGA	18:52
15	Yolanda	Pretorius	CGA	19:24
16	Ohna	Visser	CGA	19:47
17	Adri	V.d. Westhuizen	AGN	20:39
18	Precious	Mnisi	AMPU	21:32
19	Merriam	Pelesa	ACNW	22:59
20	Bernice	Van Schalkwyk	ACNW	23:17

U.23 (4 km):

1	Cynthia	Baloyi	IND	16:17
2	Doloris	Bondis	AFS	16:18 [SA champion]

3	Mishelene	Lagerwall	AGN	16:23 [silver medal]
4	Rita	Doseda Obisi	AGN	16:57 [bronze medal]
5	Denga	Mashavha	AVT	17:01
6	Nerissa	Van der Walt	AGN	17:26
7	Anet	Coetzee	CGA	18:05
8	Recinda	Hanekom	CGA	18:12
9	Tina- Mari	Meyer	BOLA	18:44
10	Michelle	Ferreira	CGA	18:54

U.21 (4 km):

1	Anuscha	Nice	AGN	15:00
2	Ellen	Mynhardt	AGN	15:46
3	Thitshaamba	Ravhandalala	AGN	15:54
4	Rizani	Van Aswegen	AVT	15:58
5	Thembi	Baloyi	AGN	16:06
6	Twane	V.d. Westhuizen	CGA	16:09
7	Nonhlanhla	Ngubeni	AVT	16:46
8	Annica	Coetzee	EPA	16:59
9	Done	Vermaak	AGN	17:11
10	Mariska	Buys	AGN	17:17

40-44 (4 km):

1	Sheryl	De Lange	WPA	16:11
2	Lise	Muchna	KZNA	16:40
3	Salome	Vermeulen	AGN	17:08

45-49 (4 km):

1	Lettie	Saayman	AGN	16:55
2	Elmarie	Coetzee	WPA	16:58
3	Ansie	Viljoen	AGN	17:00

50-54 (4 km):

1	Marietjie	Ceronio	AVT	18:00
2	Olga	Howard	WPA	18:15
3	Debby	De Koning	KZNA	18:55

55-59 (4 km):

1	Frances	Van Blerk	AGN	18:21
2	Nancy	Will	WPA	19:08
3	Jane	Dickinson	KZNA	19:14

60-64 (4 km):

1	Ann	Weeden	KZNA	18:12
2	Sarie	Du Toit	AGN	18:58
3	Elaine	Greenblatt	CGA	20:08

65-69 (4 km):

1	Pixie	Sparg	WPA	21:29
2	Gill	Tregena	KZNA	22:28
3	Willemien	Smuts	AFS	22:56

Juniors (6 km):

1	Idah	Simon	BOT/IND	22:52
2	Puseletso	Dladla	KZNA	23:09 [SA champion]
3	Juan-Marie	Cooper	CGA	23:21 [silver medal]
4	Mamphielo	Sibanda	CGA	23:31 [bronze medal]
5	Sylvia	Tshetlanyane	CGA	23:53
6	Caroline	Marandela	CGA	24:01
7	Avela	Nongci	ATRA	24:04
8	Ashleigh	Schnettler	CGA	24:16
9	Mphumelelo	Mnyandu	KZNA	24:21
10	Happiness	Mkhize	AGN	24:23

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

Giro Podistico Int.le Città di Pordenone (29th)

(Italian 10 km Championships)

Pordenone, ITA, 12 September

(Distance: 10 km)

MEN

1. Hillary Kiprono Bii, KEN 29:04
2. Josphat Kimutai Koech, KEN 29:06
3. Mathew Kiprotich Rugut, KEN 29:08
4. Yehwalaeshet Ze Miliyon, ETH 29:13
5. Stefano Baldini, ITA 29:18

WOMEN

1. Agnes Tschurtschenthaler, ITA 33:47
2. Fenthe Birtukan, ETH 33:54
3. Asmae Ghizlane, MAR 34:02
4. Martina Facciani, ITA 34:05
5. Bruna Genovese, ITA 34:13

Stratton Faxon New Haven Road Race 20 km (33rd)

(USA Men's and Women's 20 km Championships)

New Haven, USA, 6 September

(Certified loop course)

MEN (gun times)

1. Sean Quigley, 25, Philadelphia, PA 59:21 DB \$8000
2. Mohamed Trafah, 24, Duarte, CA 59:29 4500
3. James Carney, 32, Longmont, CO 59:33 2500
4. Justin Young, 31, Superior, CO 59:45 PB 1500
5. Patrick Smyth, 25, Mammoth Lakes, CA 59:54 PB 1000

WOMEN

1. Magdalena Lewy Boulet, 37, Oakland CA 1:07:41 PB \$8000
2. Stephanie Rothstein, 26, Flagstaff, AZ 1:08:26 DB 4500
3. Nan Kennard, 29, Broomfield, CO 1:08:38 DB 2500
4. Clara Grandt, 23, West Union, WV 1:09:02 DB 1500
5. Tera Moody, 29, Boulder, CO 1:09:38 PB 1000
- ... 9. Colleen De Reuck, 46, Boulder, CO 1:10:23 400

Taiyuan International Marathon (1st)

Taiyuan, CHN, 5 September

(Distance: 42.195 km)

MEN

1. Haile Haja Gemeda, ETH 2:13:30 USD 25,000
2. Charles Kibiwot, KEN 2:14:03 10,000
3. David Kemboi Murkomen, KEN 2:14:36 5,000
4. Julius Kuto, KEN 2:15:08 3,000

5. Norman Dlomo, **RSA** 2:16:02 2,000

WOMEN

1. Emmah Muthoni Kiruki, KEN 2:29:52 USD 25,000 + \$2,000i
 2. Goitetom Haftu Tesema, ETH 2:30:55 10,000
 3. Marta Markos Ayele, ETH 2:31:48 5,000
 4. Yeshi Esayias Tesemma, ETH 2:32:09 3,000
 5. Wang Xiaoshu, CHN 2:42:48 2,000

Great Scottish Run Half Marathon (23rd)

Glasgow, SCO, 5 September

(Distance: 21.1 km)

MEN

1. Hailu Mekonnen, ETH 1:01:53
 2. Jason Mbote, KEN 1:01:58
 3. Lucky Mohale, **RSA** 1:03:20
 4. Samuel Gichochi Mwangi, KEN 1:03:21
 5. Tsegezeab Woldemichael, ERI 1:03:47

WOMEN

1. Caroline Cheptonui Kilel, KEN 1:09:11
 2. Eyerusalem Kuma, ETH 1:11:15
 3. Etalemahu Kidane, ETH 1:11:25
 4. Julia Mombi, KEN 1:12:42
 5. Hiroko Shoi, JPN 1:13:07
 ... 7. Annerien van Schalkwyk, **RSA** 1:14:45

adidas Women's 5 km Challenge (13th)

London, GBR, 5 September

WOMEN

1. Linet Masai, KEN 15:06
 2. Sylvia Kibet, KEN 15:10
 3. Stephanie Twell, GBR 15:32
 4. Werknesh Kidane, ETH 15:35
 5. Lauren Fleshman, USA 15:36
 6. Ana Dulce Félix, POR 15:48
 7. Jo Pavey, GBR 15:53
 8. Inga Abitova, RUS 16:05
 9. Justina Heslop, GBR 16:06
 10. Lidia Chojecka, POL 16:25
 ... 23. Sonia O'Sullivan, GBR 17:46

BUPA Great Yorkshire Run

Sheffield, GBR, 5 September

(Distance: 10 km)

MEN

1. Craig Mottram, AUS 28:50
 2. Chris Thompson, GBR 28:51
 3. Juss Utriainen, FIN 29:02
 4. Andrew Lemoncello, GBR 29:08
 5. Gary Thornton, GBR 29:30

6. Stefano Baldini, ITA 29:33

WOMEN

1. Freya Murray, GBR 33:01
 2. Charlotte Purdue, GBR 33:06
 3. Gemma Steel, GBR 33:57

Nike Budapest Half Marathon (25th)

Budapest, HUN, 5 September
 (Distance: 21.1 km)

MEN (gun times)

1. Laszlo Toth, 1987, HUN 1:04:13
 2. Ashenafi Erkolo, 1984, ETH 1:07:23
 3. Jozsa Gabor, 1983, HUN 1:09:12

WOMEN (gun times) -

1. Krisztina Papp, 1982, HUN 1:13:14
 2. Simona Staicu, 1971, HUN 1:14:26
 3. Judit Nagy Földingné, 1965, HUN 1:19:09

Russian Half-marathon Championships

Cheboksary, RUS, 4 September
 (Distance: 21.1 km)

MEN

1. Gleb Sharikov (10.05.87) 1:05:07
 2. Yevgeniy Pishchalov (23.02.85) 1:05:15
 3. Sergey Yemelyanov (24.11.78) 1:05:16
 4. Yuriy Chechun (05.07.86) 1:05:17
 5. Sergey Lukin (03.01.75) 1:05:21

WOMEN

1. Alevtina Ivanova (22.05.75) 1:10:43
 2. Albina Mayorova (16.05.77) 1:10:57
 3. Tatyana Aryasova (02.04.79) 1:12:13
 4. Galina Aleksandrova (15.10.76) 1:12:52
 5. Natalya Volgina (15.03.77) 1:12:56

Semi-Marathon International de Lille Métropole (25th)

Lille, FRA, 4 September
 (Distance: 21.1 km)

MEN

1. Wilson Kiprop, 1987, KEN 59:39 PB
 2. Bernard Kipyego, 1980, KEN 59:40
 3. Silas Kipruto, 1984, KEN 59:52
 4. Allan Ndiwa, 1984, KEN 1:00:45 PB
 5. Abdellatif Meftah, 1982, FRA 1:00:46 NR

WOMEN

1. Florence Kiplagat, 1980, KEN 1:07:40 DB
 2. Peninah Arusei, 1979, KEN 1:07:48 PB
 3. Sarah Chepchirchir, 1984, KEN 1:09:27 PB

4. Belaynesh Oljira, 1980, ETH 1:10:22 PB
5. Gladys Otero, 1980, KEN 1:13:33

Southern Region Half-marathon Championships

Malawi (venue & date unknown)

All runners RSA

MEN

1. Sibusiso Nzima 65:42
2. Boy Soke 65:50
3. Samuel Segoaba 65:54
4. Lungisa Mdedelwa 66:28
5. Zolani Ntongana 66:56

WOMEN

1. Irvette van Blerk 76:54
2. Louisa Leballo 80:19
3. Zintle Xiniwe 80:25
4. Mpho Mabuza 80:30
5. Thozama April 80:51

ULTRA/MOUNTAIN/TRAIL RUNNING

Jungfrau Marathon (18th)

Interlaken, SUI, 11 September

(Distance: 42.195 km with 1800 m elevation GAIN)

MEN

1. Marco De Gasperi, 1977, ITA 2:56:43 CHF 10,000
2. Marc Lauenstein, 1980, SUI 3:03:02 5,000
3. Huw Lobb, 1976, GBR 3:04:52 3,000

WOMEN

1. Simona Staicu, 1971, HUN 3:33:46 CHF 10,000
2. Simond Niggli-Luder, 1978, SUI 3:34:30 5,000
3. Jasmin Nunige, 1973, SUI 3:35:12 3,000

World Mountain Running Championships (26th)

Kamnik, SLO, 5 September

SR. MEN (12.0 km with 1220 m net elevation gain)

Teams: (score 4 men using cross-country scoring): 1. Eritrea, 13 points; 2. United States, 71; 3. Italy, 77

Individuals:

1. Samson Gashazghi, 1984, ERI 56:25 Gold
2. Teklay Weldemariam, 1978, ERI 56:38 Silver
3. Geoffrey Kusuro, 1989, UGA 56:57 Bronze
4. Petro Manu Shaku, 1984, ERI 57:00
5. Stephan Kiprotich, 1989, UGA 57:16
- ... 8. Jonathan Wyatt, 1972, NZL 58:23

JR. MEN (8.5 km with 960 m net elevation gain)

Teams (score 3 athletes per team using cross-country scoring): 1. Turkey, 20 points; 2. Germany, 33; 3. Italy, 41

Individuals:

1. Yossief Andemichael, 1992, ERI 42:30 Gold
2. Ridvan Bozkurt, 1991, TUR 46:00 Silver
3. Jente Joly, 1991, BEL 46:29 Bronze

SR. WOMEN (8.5 km with 960 m net elevation gain)

Teams (score 3 women using cross-country scoring): 1. Italy, 17 points; 2. Switzerland, 21; 3. Russia, 36

Individuals:

1. Andrea Mayr, 1979, AUT 49:30 Gold
2. Valentina Belotti, 1980, ITA 50:08 Silver
3. Martina Strähl, 1987, SUI 50:42 Bronze
4. Svetlana Semova, 1976, RUS 51:02
5. Mateja Kosovelj, 1988, SLO 51:24

JR. WOMEN (4.5 km with 420 m net elevation gain)

Teams (score two athletes per team using cross-country scoring): 1. Turkey, 3 points; 2. Romania, 13; 3. Great Britain

Individuals:

1. Yasemin Can, 1992, TUR 24:04 Gold
2. Burca Dag, 1991, TUR 24:42 Silver
3. Adelaide Pantheon, 1991, FRA 24:48 Bronze

TRACK

Notturna di Milano

(EAA Permit Meeting)

Milano, ITA, 9 September

MEN

1500:

1. Nick Willis, 1983, NZL, 3:35.17
2. Diego Ruiz, 1982, ESP, 3:35.47
3. Yusuf Saad Kamel, 1983, BRN, 3:35.70
4. Demma Daba Bikila, 1989, ETH, 3:36.14
5. Alan Webb, 1983, USA, 3:36.21

3000:

1. Yenew Alamirew, 1990, ETH, 7:28.82 PB
2. Silas Kiplagat, 1989, KEN, 7:39.94 PB
3. Sergey Lebid, 1975, UKR, 7:40.91
4. Edwin Soi, 1986, KEN, 7:42.22
5. Aleander Korio, 1990, KEN, 7:42.67 PB
6. Andy Baddeley, 1982, GBR, 7:42.75 PB

WOMEN

800:

1. Caster Semenya, 1991, RSA, 1:58.16
2. Hind Dehiba, 1979, FRA, 1:58.67 PB
3. Fanjanteino Félix, 1980, FRA, 2:00.18 PB

Hanzekovic Memorial

(IAAF World Challenge)

Zagreb, CRO, 1 September

MEN

800:

1. Nick Symmonds, USA 1:45.37
2. Belal Mansoor Ali, BRN 1:45.65
3. Job Kinyor, KEN 1:45.86 PB
4. Thomas Lancashire, GBR 1:46.28 SB
5. Jakub Holusa, CZE 1:46.63

WOMEN

800:

1. Kenia Sinclair, JAM 1:58.59 SB
2. Morgan Uceny, USA 1:59.49
3. Ingvill Måkestad Bovim, NOR 1:59.82 NR
4. Lucia Klocová, SVK 2:00.44
5. Renata Plis, POL 2:00.45 PB
- ... 7. Christin Wurth-Thomas, USA 2:03.27

Palio Citta' Della Quercia (46th)

Rovereto, ITA, 31 August

WOMEN

800:

1. Elisa CUSMA PICCIONE, ITA, 2:00.37
2. Yelena KOFANOVA, RUS, 2:00.54
3. Fanjanteino FELIX, FRA, 2:00.84
4. Egle BALCIUNAITE, LTU, 2:02.59
5. Neisha BERNARD-THOMAS, JAM, 2:03.05
- ... 9. Caster SEMENYA, RSA, 2:07.16

NEWS**FOURTH MAJOR SPONSOR FOR COMRADES**

The Tourism, Hospitality & Sport Education & Training Authority (THETA), one of twenty-three Sector Education & Training Authorities in South Africa and the one responsible for Sport, has become the fourth major sponsor of the Comrades Marathon. The sponsorship will be for the next four years, according to an announcement by Gary Boshoff, General Manager of the Comrades Marathon Association (CMA).

THETA has been involved with the Comrades Marathon since 2008 when the organisation came on board to assist the CMA's Underprivileged Runner's Project – a project assisting underprivileged Comrades athletes with travel, accommodation and food. This partnership grew stronger in 2009 and 2010 when the CMA hosted five final-year Sport Management students from the Durban University of Technology (DUT) as interns over a two-month period to gain practical experience in the workplace.

VIEWPOINT

WILL CASTER EVER RUN 1:55 AGAIN?

By Richard Mayer

Predictably, Caster Semenya's comeback has not been without its setbacks. Nevertheless, despite the opposition and grumbling of some of her opponents, it is clear that she will be a permanent fixture of international athletics for some years to come. While I am sympathetic to athletes who competed against Semenya during the 2009 and in last year's World Championships, including the local Phalula twins, there can be and should be no carping now that she has been cleared to compete again.

Nevertheless the 25 August edition of the *International Telegraph* reported that "several athletes spoke of their frustration that their own rights had been brushed aside by the decision of the International Association of Athletics Federations (IAAF) to allow [Semenya] to return so early". The *Telegraph* quoted British 800-metre athlete Jemma Simpson: "It's obviously a human rights issue but human rights affect everyone in the race, not just one person."

This convoluted view reflects the general confusion that has surrounded the debate around Semenya after her sensational 1:55.45 800-metre performance in Berlin last year. Suffice to state, fully respecting Semenya's privacy, the very fact that she has been allowed to compete means either that she always was eligible to compete in women's competition or remedial steps have been taken to the satisfaction of the IAAF for her to compete again in the women's ranks. Those such as Mark Keohane, writing for the monthly *Sports Supplement* to *Business Day* who, understandably from a layperson's point of view, asked why a statement has not been issued from the IAAF stating that Semenya is free to compete, miss the point: after the intransigence of Chuene led unavoidably to Semenya's privacy being so egregiously and publicly invaded at the World Champs last year, such a

statement would only serve to further invade her privacy and impair her dignity.

So the question arises, is Caster likely to ever repeat her breathtaking performances of last year? My answer is now yes, although I must admit I had had my doubts in the past. The very fact that Caster can run sub-two so early in her comeback leaves no doubt that at worst in the next two to three years, she will recapture strength that enabled her to stun and shock the world's best 800-metre women this time last year.

There is a story that did the rounds when Mike Powell broke the world long jump record in Tokyo in 1991. When he had discussed his prospects with his coach some years before, he was told if he took (prohibited) drugs he could break the world record in one year but if not, it would take five years. It took Powell the five years and while the cognoscenti generally agree that the current women's 800-metre world record was probably drug-assisted, and even if a low 1:53 is out of her reach, Caster can certainly get back to her previous levels of performance if she adopts a similar attitude as Powell.

While Caster will in all likelihood bring back a hoard of global championship medals for South Africa during the next decade, including a possible gold at this year's Commonwealth Games, it is to be hoped that a reconstituted ASA will not be content to bask in the reflected glory. The challenge in the post-Chuene era will be to establish coaching and competitive structures that will allow the emergence of South African global medal contenders who are less outstandingly talented and competitive on the world stage than Caster Semenya.

■ See Pat Butcher's comments on Semenya in his review of *Three Men Named Matthews* on www.globerunner.org

STATS TIME

Florence Kiplagat's winning time in the Semi-Marathon International de Lille Métropole (results in this issue) is the third fastest debut half marathon on a standard course, and the fourth fastest overall. Here are the eight fastest male and four fastest female debut times:

MEN

59:20	Moses Mosop	KEN	1	Milano	21 Mar 2010
59:31A	Patrick Ivuti	KEN	3	Lisboa	26 Mar 2000
59:34	Bernard Kipyego	KEN	1	Berlin	5 Apr 2009
59:36	Tilahun Regassa	ETH	1	Lille	6 Sept 2008
59:37A	Dejene Berhanu	ETH	1	Newcastle-South Shields	26 Sept 2004
59:39	Silas Kipruto	KEN	2	Milano	21 Ma2r 2010
59:43	Samuel Wanjiru	KEN	1	Sendai	10 July 2005
59:43	Ryan Hall	USA	1	Houston (USATF)	14 Jan 2007

WOMEN

1:06:57A	Kara Goucher	USA	1	Newcastle-South Shields	30 Sept 2007
1:07:07	Elvan Abeylegesse	TUR	1	Ras Al Khaimah	19 Feb 2010
1:07:26	Kayoko Fukushi	JPN	1	Marugame	5 Feb 2006
1:07:40	Florence Kiplagat	KEN	1	Lille	4 Sept 2010

THIS MONTH IN HISTORY

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

50 years ago: 10 September 1960

It was a magnificent, yet almost surreal, scene amid the crumbling ruins of the ancient Roman Empire, with the Arch of Constantine illuminated by flickering torchlight. Out of the darkness came a tall, lithe runner, striding serenely towards the finish. He was barefoot, and no one at the finish line of the Olympic Marathon had ever heard of him before. His name was Abebe Bikila, he was 28, and he came from Ethiopia. He had made his marathon debut only two months before, running 2:39:50 in Addis Ababa, followed this with another marathon a month later, clocking 2:21:23 in the same city – and here in Rome set a world record of 2:15:16.2. Four years later in Tokyo he would become the first man in history to retain the Olympic crown. The Rome race was the first Olympic Marathon to be held entirely outside the stadium. South Africa's Keith James finished 13th in 2:22:58.6; it would be 32 years before the country would be represented at the Olympics again.

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	2:24:16	Lindile Tokota	Mossel Bay	14 Aug
	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 Mentoer	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

Grandmasters (60+)

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				

Juniors

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		

Contributors to this issue: Kevin Harlock, Alen Hattingh, Derrick Chamberlain, André Pienaar, André Gobey, Pieter de Jager, Allie van Niekerk, SWD Athletics, Jakes Jacobs

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