

Distance Running Results

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EDITORIAL

South African runners in the World Half Marathon could not place higher than 16th – the position attained by Lungisa Mdedelwa, who clocked 62:58. Especially disappointing was the performance of women's champion Irvette van Blerk, who finished 49th in a slow 84:52. She was third last in the race – with Thozama April one position behind her.

None of the South Africans could improve on the times they ran in the national championship event. Top woman finisher was Louisa Leballo, who was 31st in 75:11. The men's team finished fifth and the women ninth.

Van Blerk, probably the victim of over-racing, ran the first 5 km in 17:02 and from there it was downhill: 19:51, 21:17 and 22:08 for the next three 5 km segments.

The world titles went to Kenya's Wilson Kiprop (60:07) and Florence Kiplagat (68:24). Kiplagat covered the last 1.0975 km (from 20 km to the finish) in 3:18, the fastest ever in the global title race.

This week's issue includes the results of one of South Africa's oldest marathons, the Amatola, which was held for the 46th time near Stutterheim. Gail Langley scored her third consecutive win.

In the results of the Scottburgh to Toti Marathon (DRR 10:40), the second woman in the 40-49 age category was Erica Walker (Ntl Carb), who finished second overall behind Lindsay van Aswegen (her name was given correctly in the open category).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Kowie Striders 27 km & 10 km, Bathurst to Port Alfred
- * BASF Arcelor Mittal 32 km & Half Marathon, Vanderbijlpark
- * Woodlands Boulevard Half Marathon & 10 km, Pretoria
- * Meiringspoort Half Marathon & 10 km, Meiringspoort to De Rust
- * Road to the Vineyard 10 km, Kuils River
- * Spar Nite Races, Newcastle
- * Energizer Night Relay Trail Run, Johannesburg
- * OUTsurance KFM 94.5 Gun Run Half-Marathon & 10 km, Cape Town
- * Amatola Marathon, Stutterheim

International highlights:

- * Sinopec IAAF World Half-Marathon Championships, Nanning, CHN
- * Tufts Health Plan 10 km for Women, Boston, USA

- * Four Miles of Groningen, Groningen, NED
 - * Marathon Eindhoven, Eindhoven, NED
 - * ASICS Grand 10 Berlin, Berlin, GER
 - * Portland Marathon, Portland, USA
 - * Giro al Sas, Trento, ITA
 - * ING Hartford Marathon & Half Marathon, Hartford, USA
 - * Track: Commonwealth Games, New Delhi, IND
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ROAD RUNNING

Kowie Striders 27 km (32nd) & 10 km

Bathurst to Port Alfred, 16 October

(27 km – point to point, with approx. 20 km on gravel; 10 km – loop. Finishers: 27 km – 202; 10 km – 50.)

27 km

MEN

1	Mzwanele	Maphekula	Nedbank RC EP	34	1:28:15
2	Simphiwe	Tana	Nedbank RC EP	31	1:31:05
3	Bulelini	Niwa	PEAAC	24	1:33:47
4	Thembinkosi	Mdyogolo (1 st vet)	Nedbank RC EP	42	1:37:00
5	Anelisa	Stamper	Temp	23	1:38:46
6	Malungisa	Olayi	PEAAC	31	1:39:22
7	Bradley	Mackenzie	Achilles AAA	38	1:39:31
8	Patrick	Mnto	Run For Life EP	27	1:39:45
9	Darrell	Wicht	Triangle Sports	47	1:40:16
10	Mongezi	Mboya	PEAAC	33	1:41:34
11	Melikhaya	Jacobs	Nedbank RC EP	32	1:42:03
12	Mazandi	Dzudzudzu	Kowie Striders	29	1:42:32
13	Willie	Ensel	Nedbank RC EP	33	1:42:46
14	Dumisani	Siphamla	Hamiltons	39	1:43:04
15	Sonwabo	Hina	PEAAC	20	1:44:13
16	Rooi	Rikhotso	Run For Life EP	27	1:44:31
17	Christo	Muller	Body Concept	42	1:45:55
18	Robin	Fourie	Achilles AAA	47	1:46:15
19	Gurshan	Petersen	X-Cel AC	34	1:49:00
20	Leonard	Erasmus (1 st mast)	Willard Batteries	52	1:49:32

40-44:

1	Thembinkosi	Mdyogolo	Nedbank RC EP	42	1:37:00
2	Christo	Muller	Body Concept	42	1:45:55
3	Bolly	Yekana	Nedbank RC EP	43	1:49:55

45-49:

1	Darrell	Wicht	Triangle Sports	47	1:40:16
2	Robin	Fourie	Achilles AAA	47	1:46:15
3	Derek	Wilson	Charlo RR	46	1:56:19

50-54:

1	Leonard	Erasmus	Willard Batteries	52	1:49:32
2	Andre	Willemse	Elite AC	52	1:56:27
3	Sipho	Ncandana	Triangle Sports	54	1:57:37

55-59:

1	Sizinzo	Kama	Achilles AAA	59	1:53:22
2	Bruce	McEwan	Achilles AAA	57	2:01:02
3	Richard	Foss	Albany RR	56	2:04:47

60-64:

1	Percy	Dalton	Achilles AAA	62	2:07:48
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2	Eric	Mapara	Rhodes University	63	2:12:39
3	David	O'rielly	Nedbank RC EP	62	2:22:38

65-69:

1	Arthur	Brindley	Buffalo RR	65	2:05:24
2	Piet	Scholtz	Queenstown	66	2:49:40

70+:

1	Godfrey	Kariem	Cadbury AC	70	2:22:10
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WOMEN

1	Grizelda	Pietersen (1 st vet)	Achilles AAA	41	2:00:20
2	Christine	Claasen	Achilles AAA	46	2:01:14
3	Jene	Banfield	Run For Life EP	40	2:02:37
4	Paulette	Mcewan	Achilles AAA	45	2:12:07
5	Hanlie	V.d. Westhuizen (1 st mast)	Transnet RE EP	54	2:12:27
6	Laura	Maritz	Elite AC	49	2:12:47
7	Shannon	Swart	Profiles AC	28	2:13:27
8	Diana	Grant	Temp	38	2:14:00
9	Beate	Stindt	Run For Life EP	22	2:14:19
10	Rebecca	Joubert	Temp	26	2:16:01
11	Adele	Nel	St Albans CS EP	37	2:18:03
12	Debbie	Dodd	Charlo RR	39	2:21:00
13	Yolanda	Dugmore	PEAAC	38	2:23:07
14	Tamaryn	Roberts	Temp	28	2:24:20
15	Theresa	Lillis	Achilles AAA	54	2:24:42
16	Anche	Schubart	Achilles AAA	29	2:25:56
17	Janice	Mckerry	Queenstown	45	2:27:02
18	Tammy	Southby	Charlo RR	36	2:28:30
19	Noleen	Ambraal-Davids	Willard Batteries	40	2:29:24
20	Riana	Greyvenstein	Body Concept	27	2:30:04

40-44:

1	Grizelda	Pietersen	Achilles AAA	41	2:00:20
2	Jene	Banfield	Run For Life EP	40	2:02:37
3	Noleen	Ambraal-Davids	Willard Batteries	40	2:29:24

45-49:

1	Christine	Claasen	Achilles AAA	46	2:01:14
2	Paulette	Mcewan	Achilles AAA	45	2:12:07
3	Laura	Maritz	Elite AC	49	2:12:47

50-54:

1	Hanlie	Van der Westhuizen	Transnet RE EP	54	2:12:27
2	Theresa	Lillis	Achilles AAA	54	2:24:42
3	Christine	Snyman	VWAC	54	2:44:05

60-64:

1	Marlene	Wiese	Kowie Striders	64	2:43:09
2	Dodie	Springer	Albany RR	62	3:20:42

Juniors:

1	Tanya	Wilson	Charlo RR	17	3:13:40
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10 km**MEN**

1	George	Ntshiliza	Nedbank RC EP	31	34:15
2	Ayanda	Mayi	Nedbank RC EP	31	34:20
3	Antonio	Seconds	Nedbank RC EP	31	36:29
4	Nicholas	Ntone	Rhodes University	21	40:43
5	Stephen	Penney	Run For Life EP	36	41:03
6	Stewart	Segers (1 st vet)	Temp	48	42:26
7	Sticks	Stiglingh (1 st mast)	Temp	55	43:03

8	Ian	Smit	Temp	27	43:08
9	Theunis	Reynolds	Temp	22	43:22
10	Dylan	Cox	Temp	26	44:19
11	John	Galela	Run For Life EP	50	44:49
12	Joyful	Godu (1 st jun)	Temp	16	45:25
13	Timothy	Ross	Temp	19	45:42
14	Adrian	Hobson	Temp	18	49:15
15	Tim	Fey	Temp	24	49:48
16	Ryan	Smit	Temp	22	50:16
17	Stephen	Baines	Temp	24	50:54
18	Mtutuzeli	Cakwebe	Temp	58	55:10
19	Stoffel	Wilken	Absa NMMU AC	28	55:36
20	Duanne	Douglas	Temp	11	55:59

40-44:

1	Moshosho	Moshosho	Temp	44	58:09
2	Witness	Nkewana	Temp	40	1:06:45

45-49:

1	Stewart	Segers	Temp	48	42:26
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50-54:

1	John	Galela	Run For Life EP	50	44:49
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55-59:

1	Sticks	Stiglingh	Temp	55	43:03
2	Mtutuzeli	Cakwebe	Temp	58	55:10

65-69:

1	John	Makin	Temp	66	1:48:19
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Juniors:

1	Joyful	Godu	Temp	16	45:25
2	Adrian	Hobson	Temp	18	49:15
3	Duanne	Douglas	Temp	11	55:59

WOMEN

1	Terri-Lynn	Penney	Run For Life EP	33	41:18
2	Natalie	Ross	Rhodes University	20	43:26
3	Franciska	Gavin	Temp	23	50:18
4	Leanne	Voerman	Rhodes University	20	51:01
5	Michelle	Rafferty	Temp	37	52:49
6	Samantha	Lucas	Rhodes University	24	53:44
7	Marielize	Van Zyl (1 st mast)	Temp	51	54:21
8	Kate	Cobbing	Temp	29	54:55
9	Anel	Beaumont	Temp	35	1:03:35
10	Zintombi	Molekeza	Temp	34	1:13:58
11	Madyke	Mokorosi	Temp	55	1:20:47
12	Nelina	Smit	Temp	39	1:23:15
13	Twannett	Abrahams (1 st vet)	Nedbank RC EP	44	1:35:49
14	Colleen	Mackin (1 st g'mast)	Temp	60	1:49:10
15	Dianne	Prince	Temp	43	1:49:13

40-44:

1	Twannett	Abrahams	Nedbank RC EP	44	1:35:49
2	Dianne	Prince	Temp	43	1:49:13

50-54:

1	Marielize	Van Zyl	Temp	51	54:21
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55-59:

1	Madyke	Mokorosi	Temp	55	1:20:47
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60-64:

1	Colleen	Mackin	Temp	60	1:49:10
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BASF Arcelor Mittal 32 km & Half Marathon

Vanderbijlpark, 16 October

(Distances: 32 km & 21.1 km; loop courses)

32 km

MEN

1 Richard Mavuso (Mr Price) 1:50:10; 2 Isaac Sekhokho (Temp) 2:01:28; 3 Zachariah Lesapo (Rand Water) 2:06:58.

Veterans: 1 Zachariah Lesapo (Rand Water) 2:06:58. **Masters:** 1 Ernest Tjela (Emfuleni) 2:14:16. **G'masters:** 1 Schalk Hoon (Kleksdorp) 2:52:31.

WOMEN

1 Julianie Basson (Toyota) 2:14:15; 2 Monica Newling (Boksburg) 2:23:58; 3 Vanessa Bowman (Kempton) 2:30:53 (1st vet).

Veterans: 1 Vanessa Bowman (Kempton) 2:30:53. **Masters:** 1 Marina Coetzee (PMK) 2:57:43. **G'masters:** 1 Anne Sonnedecker (Krugersdorp) 3:46:02.

Half marathon

MEN

1 Thabiso Moeketsi (LES/Emfuleni) 72:05; 2 Komohelo Rampave (Vaal) 74:12; 3 Eric Mokoena (Arcelor Mittal) 75:39.

Veterans: 1 Peter Masia (RAC) 77:14. **Masters:** 1 Moses Motshiba (RAC) 85:05. **G'masters:** 1 Vincent Siease (Randburg Harriers) 88:10. **Juniors:** 1 George Mntu (Nedbank) 70:14.

WOMEN

1 Marie Bruwer (Arcelor Mittal) 91:41 (1st vet); 2 Elsabe Aucamp (Arcelor Mittal) 1:46:26; 3 Elizma Jordaan (Vaal) 1:48:17.

Veterans: 1 Marie Bruwer (Arcelor Mittal) 91:41. **Masters:** 1 Marietjie Olen (Sasol) 1:49:57. **G'masters:** 1 Marie Smit (Arcelor Mittal) 2:12:30. **Juniors:** 1 Shantaleze Harmse (Arcelor Mittal) 2:02:56.

Woodlands Boulevard Half Marathon & 10 km

Pretoria, 16 October

(Distances: 21.1 km & 10 km; hilly loop courses. Finishers: half marathon – 800; 10 km – 1150.)

Half marathon

MEN

1 Shadrack Hoff (New Balance) 70:46; 2 Wesley Mutai (KEN/New Balance) 71:06; 3 William Chinyanga (ZIM/Nedbank) 71:26.

Veterans: 1 Nicky Mazibuko (Nedbank) 75:09. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 82:43. **G'masters:** 1 Phil Connolly (Randburg Harriers) 1:48:52. **G/g'masters:** 1 Maartin Coetzee (Magnolia) 2:20:10.

WOMEN

1 Samukeliso Moyo (ZIM/Mr Price) 85:07; 2 Margaret Mahohoma (ZIM/Mr Price) 85:13; 3 Michelle Williams (RAC) 90:29.

Veterans: 1 Ansie Viljoen (Irene) 92:13. **Masters:** 1 Val Watson (New Balance) 1:55:29.
G'masters: 1 Rina Machado (Ndaba) 2:25:23.

10 km

MEN

1 Esau Radebe (Transnet) 32:29; 2 Frans Makola (Transnet) 32:42; 3 Samuel Ongaki (Toyota) 33:28.

Veterans: 1 Jackson Seanego (New Balance) 43:11. **Masters:** 1 Andre Jansen (GS) 39:02.
G'masters: 1 Brian Bodys (Randburg Harriers) 49:42. **G/g'masters:** 1 Ken Nurden (Agape) 47:21. **Juniors:** 1 Bert Verster (AS Eagles) 38:06.

WOMEN

1 Jacqui v.d. Waals (Temp) 41:45; 2 Jolene Sturdy (Temp) 42:49; 3 Isel Grimes (Temp) 43:52.

Veterans: 1 Debbie Bredenkamp (HQB) 46:20. **Masters:** 1 Vera Nel (Medihelp) 51:37.
G'masters: 1 Regina Hughes (Agape) 63:24. **G/g'masters:** 1 Miemie Schoeman (Transnet) 75:44. **Juniors:** 1 Sunette Vos (Zwartkop H/School) n/t.

Meiringspoort Half Marathon & 10 km

Meiringspoort to De Rust, 16 October

(Distances: 21.1 km & 10 km; point-to-point downhill courses)

Note: Gershwill Jacobs (second overall) was indicated as the first junior in the results, but since he is already 20, he cannot compete as a junior. The first junior was Jeremy Andreas. Well-known coach and administrator Abrie de Swardt was the first grandmaster. Johanna Raubenheimer, fifth in the half marathon, is the former Johanna Claassen. – Ed.

Half marathon

MEN

1	Sandile	Ngunuza	Nedbank RC	27	1:07:15
2	Bernardo	Fredericks	Spoornet AC	23	1:07:58
3	Zandisile	Ngeva	Nedbank RC SWD	33	1:08:48
4	Luwayne	Duitsjan	Hartenbos Draw	24	1:09:25
5	Principal	Fana (1 st vet)	Rainb SWD	42	1:09:39
6	Isaac	Opperman	Corr Services A	44	1:09:46
7	Gurome	Gelderbloem	Mossel Bay Harr	34	1:09:48
8	Melikhaya	Msizi	Knysna MC	27	1:11:57
9	Salman	Booi	RFWL SWD	37	1:12:17
10	Vuyo	Witbooi	Outeniqua Harri	35	1:12:49
11	John	April	RFWL SWD	21	1:13:55
12	Michael	Bester	Achilles AAA	23	1:13:55
13	Marsel	Roos	Knysna MC	29	1:14:27
14	Daryl	North	Achilles AAA	33	1:14:31
15	Joey	Klaasen	Rainb SWD	40	1:15:21
16	Michael	Magson	Mr Price PE	34	1:16:55
17	Mario	Meyer	Hartenbos Draw	31	1:17:15
18	Jan	Isaks	Rainb SWD	25	1:17:26
19	Pieter	Hanekom	Nedbank RC WP	41	1:17:40
20	Andre Joubert	Calitz	Melkbos AC	27	1:18:00

40-44:

1	Principal	Fana	Rainb SWD	42	1:09:39
2	Isaac	Opperman	Corr Services A	44	1:09:46
3	Joey	Klaasen	Rainb SWD	40	1:15:21

45-49:

1	Marius	Schlechter	Plett AC	45	1:18:23
2	Anton	Chevalier	Nedbank RC SWD	45	1:22:51
3	Rian	Klue	Outeniqua Harri	45	1:27:19

50-54:

1	Andre	Van den Berg	Jeffreys Bay	50	1:22:58
2	Gerrie	Hermann	Jeffreys Bay	54	1:26:31
3	Jacob	Karelse	Mossel Bay Harr	52	1:29:41

55-59:

1	Cap	Badenhorst	Nedbank RC SWD	55	1:28:45
2	Andrew	Jansen	Hartenbos Draw	57	1:32:17
3	Thys	Bouwer	Sanlam RRC	55	1:36:50

60-64:

1	Jurgens	Zwiegelaar	Nedbank RC SWD	61	1:27:13
2	Peter	Jakoby	Knysna MC	61	1:34:56
3	Hannes	Els	Madiba Bay	60	1:37:38

65-69:

1	Mike	Derbidge	Knysna MC	66	1:41:04
2	Dave	Edge	Sedgefield	67	1:44:12
3	Jan	Von Mollendorf	Elite AC	65	2:05:27

70+:

1	Alan	Howe	Knysna MC	71	2:06:12
2	Kenny	Wilkinson	Knysna MC	70	2:08:23
3	Kobus	Hattingh	Outeniqua Harri	70	2:10:02

Juniors:

1	Rogan	Leckie	Nedbank RC SWD	17	1:26:30
2	Christo	Niemand	Temp	17	1:36:25
3	Philip	Zietsman	Temp	18	1:40:08

WOMEN

1	Melissa	Van As	Nedbank RC SWD	28	1:22:15
2	Helene	Perold	Adidas AC	26	1:22:31
3	Liza-Marie	Bright	Elite AC	28	1:23:25
4	Elmarie	Coetzee (1 st vet)	Adidas AC	46	1:24:01
5	Johanna	Raubenheimer	Nedbank RC SWD	42	1:25:26
6	Lisl	Grobler	Knysna MC	34	1:26:08
7	Davera	Magson	Mr Price PE	35	1:26:15
8	Hanlie	Stegmann (1 st mast)	Temp	52	1:26:27
9	Jane	Barnardo	Body Concept	35	1:26:37
10	Alison	Jordaan	Outeniqua Harri	44	1:27:02
11	Helga	Mathee	Eden AC	35	1:29:23
12	Elizma	Horne	De Rust	32	1:29:27
13	Chantelle	Van Heerden	Polokwane AC	23	1:32:07
14	Suzaan	Kruger	Outeniqua Harri	27	1:32:14
15	Lana	Loubser	Sanlam RRC	36	1:33:04
16	Lindie	Bouwer	Sanlam RRC	25	1:36:11
17	Justine	Sharples	Eden AC	37	1:37:35
18	Lizelle	Norris	Achilles AAA	34	1:37:39
19	Lize	Cornelius	Hartenbos Draw	24	1:37:41
20	Elana	Buckley	Nedbank RC SWD	35	1:38:02

40-44:

1	Johanna	Raubenheimer	Nedbank RC SWD	42	1:25:26
2	Alison	Jordaan	Outeniqua Harri	44	1:27:02
3	Georgina	Thomas	Achilles AAA	44	1:42:29

45-49:

1	Elmarie	Coetzee	Adidas AC	46	1:24:01
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2	Natalie	De Villiers	Maties AC	49	1:39:06
3	Johannette	Oosthuizen	Temp	46	1:39:50

50-54:

1	Hanlie	Stegmann	Temp	52	1:26:27
2	Sarah	Webb	Rand Ath Club	51	1:38:05
3	Janette	Schierz-Crusius	Body Concept	50	1:41:48

55-59:

1	Adri	Visser	Altech Swartlan	58	1:46:16
2	Sarita	Van Heerden	RFWL SWD	55	1:46:54
3	Toekie	Steenkamp	Nedbank RC SWD	58	1:50:01

60-64:

1	Rea	Oosthuizen	Hartenbos Draw	64	1:41:55
2	Jill	Strelitz	Rand Ath Club	60	2:02:56
3	Esther	Oosthuizen	Hartenbos Draw	62	2:04:27

65-69:

1	Gundel	Muller	Temp	69	2:33:29
2	Maria	Connellan	Temp	66	2:50:19
3	Megan	Brennan	Sedgefield	67	2:50:51

Juniors:

1	Sanjo	Jenkins	Eden AC	16	1:44:50
2	Zetske	Colyn	Temp	16	2:10:23
3	Chloe	Maher	Temp	16	2:14:06

10 km**MEN**

1	Ettiene	Plaatjies	Nedbank RC SWD	23	30:52
2	Gershwill	Jacobs	Nedbank RC SWD	20	31:01
3	Jeremy	Andreas (1 st jun)	U W C	18	31:26
4	Julius	Korkee	Temp	26	32:48
5	Frans	Malgas	Knysna MC	35	34:19
6	Carlo	Botha	Atc RC	26	34:31
7	Augus	Vaaltyn	Temp	31	34:31
8	Tony	Cleophas (1 st vet)	Nedbank RC SWD	44	35:49
9	Aubrey	Brinkhuis	Knysna MC	40	38:14
10	Allan	Giles	Temp	18	39:26
11	Joseph	Maswatti	Temp	24	39:50
12	Frans	Van Rooyen	Temp	30	40:08
13	Machiel	Van Niekerk (1 st mast)	Magnolia R R	59	40:36
14	Johan	Muller	Hartenbos Draw	15	41:14
15	Jonathan	Fawn	Sedgefield	17	41:18
16	Andre	Barnardo	Outeniqua Harri	54	41:45
17	Dirk	Joubert	Hartenbos Draw	52	42:06
18	Jurgens	Schoeman	Temp	27	43:28
19	Ehourd	Ellis	Temp	15	43:29
20	Anton	Jordaan	Sedgefield	41	43:42

40-44:

1	Tony	Cleophas	Nedbank RC SWD	44	35:49
2	Aubrey	Brinkhuis	Knysna MC	40	38:14
3	Anton	Jordaan	Sedgefield	41	43:42

45-49:

1	Gerhard	Du Preez	De Rust	46	47:04
2	Marius	Gerber	Temp	48	48:04
3	Arno	Nortje	Temp	45	52:34

50-54:

1	Andre	Barnardo	Outeniqua Harri	54	41:45
2	Dirk	Joubert	Hartenbos Draw	52	42:06

3	Ernest	Ontong	Corr Serv WP	50	52:42
55-59:					
1	Machiel	Van Niekerk	Magnolia R R	59	40:36
2	Leon	Nel	Nedbank RC SWD	57	53:00
3	Gerhard	Fourie	Temp	55	54:45
60-64:					
1	Abrie	De Swardt	Outeniqua Harri	61	44:40
2	Daniel	Botha	Temp	64	49:13
3	Manie	Steenkamp	Nedbank RC SWD	61	1:00:27
65-69:					
1	Willem	Oosthuizen	Hartenbos Draw	66	53:46
2	Sarel	Jonker	Temp	67	1:20:08
3	John	Mckenna	Temp	65	1:20:23
70+:					
1	Bik	Van 't Slot	Pretoria High S	73	1:01:28
2	Tony	Miles	Temp	72	1:12:00
3	David	Morgan-Smith	Sedgefield	73	1:12:05
Juniors:					
1	Jeromy	Andreas	U W C	18	31:26
2	Allan	Giles	Temp	18	39:26
WOMEN					
1	Karen	Van der Merwe	Nedbank RC SWD	25	39:36
2	Annetjie	Botes (1 st mast)	Nedbank RC SWD	52	40:12
3	Lana	Theunissen	Nedbank RC SWD	38	40:28
4	Barbara	Malan	Temp	24	41:52
5	Sanchia	Du Preez (1 st jun)	RFWL SWD	18	42:39
6	Carmen	Maloney	Oudtshoorn A A	39	42:53
7	Helene	Muller	Hartenbos Draw	17	43:51
8	Yolande	Malan	Temp	30	44:23
9	Marie	Wolmarans	Nedbank RC SWD	51	44:37
10	Elsa	De Villiers	Hartenbos Draw	51	46:39
11	Louisa	Mokoaqo	Zwartberg	23	47:38
12	Rina-Marie	Mackenzie	Temp	26	47:40
13	Alicia	Nortje	Plexus Durbanvi	25	50:23
14	Santjie	Erwee (1 st vet)	Temp	44	50:53
15	Katriena	Daries	Temp	18	51:11
16	Elana	Benghiat	Temp	17	51:12
17	Sonja	Du Preez	De Rust	42	52:15
18	Taschyana	Hurter	Hartenbos Draw	31	52:16
19	Liesl	Kingwill	Temp	31	52:46
20	Chrismarie	Scheun	Temp	18	52:55
40-44:					
1	Santjie	Erwee	Temp	44	50:53
2	Sonja	Du Preez	De Rust	42	52:15
3	Christi	Khale	Temp	40	55:50
45-49:					
1	Maggy	Farnham	Temp	46	56:43
2	Susan	Burri	Temp	49	59:18
3	Mariaan	Buckle	Temp	47	1:00:03
50-54:					
1	Annetjie	Botes	Nedbank RC SWD	52	40:12
2	Marie	Wolmarans	Nedbank RC SWD	51	44:37
3	Elsa	De Villiers	Hartenbos Draw	51	46:39
55-59:					
1	Saundria	Visser	Nedbank RC SWD	59	56:08

2	Liedie	Coetzee	Plett AC	59	57:19
3	Dottie	Joubert	Hartenbos Draw	55	59:13
60-64:					
1	Sandra	Van 't Slot	Sedgefield	63	1:05:27
2	Gaynor	Laurie	Crusaders AC	61	1:09:38
3	Annatjie	Van Der Merwe	Temp	60	1:09:38
65-69:					
1	Jean	Merrills	Sedgefield	67	1:12:16
2	Geraldine	Loftie-Eaton	RFWL SWD	65	1:15:49
3	Sonja	Mckenna	Temp	66	1:20:42
70+:					
1	Joan	Du Toit	Temp	75	1:04:34
2	Melena	Herr	Temp	76	1:25:08
3	Aletta	Fourie	Triangle Sports	72	1:28:59
Juniors:					
1	Sanchia	Du Preez	RFWL SWD	18	42:39
2	Helene	Muller	Hartenbos Draw	17	43:51
3	Katriena	Daries	Temp	18	51:11

Road to the Vineyard 10 km

Kuils River, 16 October

(Certified out-and-back course)

Note: Unathi Nteta is the former Unathi Phezolo; he has changed his surname. – Ed.

MEN

1. Lungile Gongqa (MP EP) 30:12; 2. Tom Lusaseni (Adid) 30:22; 3. Peter Tsawayo (ZIM/Gugs) 30:29; 4. Unathi Nteta (AAC) 31:09 (1st jun); 5. Sityhilo Diko (Ned CGA) 31:40; 6. Riaan Wildskut (ATC) 31:42; 7. Barry-John Pienaar (Bell) 31:57; 8. Hein Camphor (Adid) 32:06; 9. Akhona Makila (VOB) 32:06; 10. Fabian Faro (MPT) 32:10; 11. Asive Njenxa (Khay) 32:13; 12. Graham Katzen (Celtic) 32:31 (1st vet); 13. Goodwin Swartz (Elsies) 32:32; 14. Eric Mdoda (East) 32:43; 15. Mervyn Steenkamp (Itheko) 32:48; 16. Siphon Phala (VOB) 32:51; 17. Bongile Tshewula (East) 32:52; 18. Kevin Oliphant (Itheko) 32:52; 19. Thandile Joseph (Gugs) 32:52; 20. Luxolo Mdzanga (Gugs) 33:19.

Veterans: 12. Graham Katzen (Celtic) 32:31; 2. Johnny Persents (Adid) 34:41; 3. John September (Celtic) 35:09. **Masters:** 1. Steven Parkins (Met) 36:57; 2. Eric Mlonjeni (Ned) 37:18; 3. Paul Cieverts (Top) 38:28. **G'masters:** 1. Ronnie le Roux (Brack) 42:33; 2. Willie van Wyk (Brack) 43:59; 3. Kevin Kohler (Edge) 44:27. **Juniors:** 1. Unathi Nteta (AAC) 31:09 (1st jun); 2. Akhona Makila (VOB) 32:06; 3. Asive Njenxa (Khay) 32:13.

WOMEN

1. Alae Brand (Adid) 37:33; 2. Bulelwa Mtshagi (Celtic) 38:21; 3. Sheryl de Lange (Adid) 38:50 (1st vet); 4. Candyce Hall (Hout) 40:10; 5. Asiphe Sikabalanjana (Gugs) 40:53 (1st jun); 6. Amy Abrahams (Eerste) 42:25; 7. Shani Barkhuizen (Ind) 42:49; 8. Chantel Simpson (Pine) 43:03; 9. Ronel Steenkamp (Durb) 43:11; 10. Lisa-Jo Austin (Durb) 43:18; 11. Reghana Beukes (Eerste) 43:20; 12. Tanya Kapp (VOB) 43:22; 13. Esmé Koopman (Durb) 43:39; 14. Elizabeth de Gouveia (Durb) 44:08; 15. Charmaine Cupido (Ned) 44:27 (1st mast); 16. Dawn Middelkoop (VOB) 44:35; 17. Cheryl Rudolph (Easdt) 44:45; 18. Chantelle Links (Eerste) 44:52; 19. Nokuthula Sogiba (Glen) 45:34; 20. Linda Potgieter (Mag) 46:44.

Veterans: 1. Sheryl de Lange (Adid) 38:50; 2. Chantel Simpson (Pine) 43:03; 3. Ronel Steenkamp (Durb) 43:11. **Masters:** 1. Charmaine Cupido (Ned) 44:27; 2. Dawn Middelkoop (VOB) 44:35; 3. Linda Potgieter (Mag) 46:44. **G'masters:** 1. Marietha Herbert

(Bell) 49:02; 2. Pixie Sparg (Celtic) 51:06; 3. Zonia Barnard (Celtic) 55:02. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 40:53; 2. Amy Abrahams (Eerste) 42:25 3. Reghana Beukes (Eerste) 43:20.

Spar Nite Races

Newcastle, 16 October
(Distances: 21.1 km & 10 km)

Half marathon

MEN

1.	S Seme	Temp	1:11:50
2.	B Msimango	Boxer	1:13:47
3.	T Maphalala	Kzn Striders	1:12:55

40-49:	W Maphalala	Nedbank	1:25:57
50-59:	Magic	Kzn Striders	1:37:27
60-69:	A Roberts	Eskom Gijimas	2:28:59

WOMEN

1.	X Madida	Temp	1:28:59
2.	S Sibongile	Nedbank	1:35:00
3.	N Mbambo	Natal Carbineers	1:42:58

40-49:	L Tschirpig	Vryheid	2:01:48
50-59:	D de Coning	Eskom Gijimas	1:44:44
Juniors:	S Lushaba	Kzn Striders	1:45:01

10 km

MEN

1.	Basil Mazibuko	New Balance	33:50
2.	Sipho Mthungwa	Temp	36:20
3.	Mncedisi Nzimande	Temp	39:39

50 – 59:	Marius van Zyl	Newcastle Harriers	54:53
Juniors:	Sipho Mthungwa	Temp	36:20

WOMEN

1.	Mpumelelo Mnyandu	Kzn Striders	41:35
2.	Bawe Dlamini	Kzn Striders	43:07
3.	Khuphuhle Kunene	Kzn Striders	45:38

40-49:	Colleen Benjamin	Biggersberg	57:09
Juniors:	Mpumelelo Mnyandu	Kzn Striders	41:35

Energizer Night Relay Trail Run

Johannesburg, 15 October
(20 km – four laps of 5 km each)

MEN

1	Nedbank Men*	1:16:03
2	Energizer Discovery 1	1:28:55
3	Stanlib	1:32:03

MIXED

1	Nedbank Mixed**	1:16:05
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2	Metaphysical Tri Geeks	1:24:25
3	Nedbank RC GN 1	1:36:17

WOMEN

1	Nedbank Women^	1:30:55
2	St Mary's DSG Pretoria	1:57:23
3	Crazy Daisies	2:19:03

*) Xolisa Tyali, Tshamano Setone, Juan Van Deventer, Kgosi Tsosane

***) Donald Matipha, Poppy Mlambo, Enoch Mayande, Lucky Miya

^) Christine Kalmer, Annerien van Schalkwyk, Marelize Retief, René Kalmer

OUTsurance KFM 94.5 Gun Run Half-Marathon & 10 km

Cape Town, 10 October

(Distances: 21.1 km & 10 km; certified loop courses. Finishers: half-marathon – 2824; 10 km – 3772)

Note: Triple Springbok Ewald Bonzet finished fourth in the masters category in the 10 km, running 44:41. – Ed.

Half marathon

MEN

1	Xolisa Tyali	21	Ned AGN	1:03:35
2	Zongamele Dyubeni	37	Ned AGN	1:03:47
3	Kgosi Tsotsane	24	Ned FS	1:03:54
4	Lungile Gongqa	31	MP UPE	1:05:37
5	Wanda Roro	21	Adidas	1:06:10
6	Lindikhaya Mthangayi	31	MP WP	1:07:39
7	Gert Thys	38	Temp	1:07:53
8	Michael Bailey	27	Celtic	1:09:04
9	Nonmeu Qhamani	20	Temp	1:09:28
10	Nande Qhamgwane (1 st jun)	17	NBK	1:12:26
11	Luxolo Mdzanga	18	Gugs	1:12:28
12	Vladimir Kotov (1 st mast)	52	BLR/Century	1:12:32
13	Victor Msopi	30	VOB	1:14:12
14	Bonisile Ngculana	34	AAC	1:14:30
15	Ben Brimble	25	UCT	1:14:32
16	Simon Von Witt	33	AAC	1:14:39
17	Kevin Oliphant	23	Itheke	1:15:59
18	Dumisani Dosi	31	Paarl	1:16:05
19	Marshall Rooi	18	Ned Bol	1:17:24
20	William Robinson	29	UCT	1:17:50

Veterans:

1	Christopher Mitchell	48	Celtic	1:20:10
2	Bruce Stewart	41	Gugs	1:21:36
3	Vulindlela Macembe	44	Gugs	1:23:44

Masters:

1	Vladimir Kotov	52	BLR/Century	1:12:32
2	Raymond Howard	52	Celtic	1:18:42
3	Maxwell Godloza	53	NBMSM	1:28:13

G'masters:

1	Jimmy Morris	64	Forest	1:26:37
2	Hennie Wentzel	60	Durbac	1:30:56
3	Kenny Williams	61	Pine	1:37:17

G/g'masters:

1	Jack	Cambridge	72	Fhoek	2:19:51
Juniors:					
1	Nande	Qhamgwane	17	NBK	1:12:26
2	Lixolo	Mdzanga	18	Gugs	1:12:28
3	Marshall	Rooi	18	Ned Bol	1:17:24
WOMEN					
1	Charné	Bosman	34	AGN	1:20:07
2	Nomvuyisi	Seti	28	MP WP	1:21:54
3	Joanna	Thomas (1 st vet)	42	VOB	1:21:57
4	Alae	Brand	25	Adidas	1:22:36
5	Helene	Perold	26	Adidas	1:25:55
6	Ursula	Frans	41	Adidas	1:28:15
7	Linley	Holmes	39	Wcoast	1:28:54
8	Ester	Brink	45	Strand	1:30:26
9	Karen	Amato	40	Temp	1:31:09
10	Asiphe	Sikabalanjana (1 st jun)	19	Gugs	1:32:04
11	Olga	Koorts	27	Ned WP	1:32:58
12	Naomi	Brand	21	Maties	1:33:19
13	Fundiswa	Sandi	29	Ravens	1:33:42
14	Patricia	Adams	40	Metlife	1:33:43
15	Charlotte	Scott	32	Wcoast	1:34:08
16	Tamsin	Elsley	36	MSM	1:34:19
17	Chare	De Klerk	23	Durbac	1:34:21
18	Janice	Rossiter	38	Temp	1:34:29
19	Olga	Howard (1 st mast)	52	Celtic	1:35:08
20	Mia	Smit	27	Temp	1:35:25
Veterans:					
1	Joanna	Thomas	42	VOB	1:21:57
2	Ursula	Frans	41	Adidas	1:28:15
3	Ester	Brink	45	Strand	1:30:26
Masters:					
1	Olga	Howard	52	Celtic	1:35:08
2	Nancy	Will	58	Pine	1:37:18
3	Bev	Charters	52	VOB	1:40:40
G'masters:					
1	Veronica	Van Niekerk	65	Elgrab	1:39:42
2	Pixie	Sparg	65	Celtic	1:52:34
3	Honour	Nkala	65	AAC	1:58:01
G/g'masters:					
1	Anneli	Gous	72	Robert	2:27:41
Juniors:					
1	Asiphe	Sikabalanjana	19	Gugs	1:32:04
2	Dominique	Scott	18	Adidas	1:36:43
3	Jacqui	Francklin Smith	18	Temp	1:56:30
10 km					
MEN					
1	Luwis	Masunda	34	ZIM/Ned AGN	29:39
2	Nkosinathi	Madyo	22	MP WP	30:26
3	Anthony	Godongwana	26	Celtic	30:59
4	Unathi	Phezolo (1 st jun)	17	AAC	31:43
5	Zolani	Matshoba	17	Celtic	31:45
6	Jacques	Pretorius	21	Maties	31:48
7	Marks	Mpekula	22	VOB	32:49
8	Fabian	Faro	25	Titans	32:49

9	Graham	Katzen (1 st vet)	40	WPA	33:17
10	Nkosinathi	Sotyantya	20	Celtic	33:25
11	Akhona	Makila	19	VOB	33:25
12	Sihle	Mapukata	34	MP WP	33:44
13	Orian	Faro	17	Titans	33:59
14	Lochner	Slabbert	18	Egijbol	34:01
15	Malusi	Dalindyebo	29	Temp	34:14
16	Luyanda	Mapoyi	24	NBK	34:22
17	John	September	44	Celtic	34:35
18	Luthando	Diba	17	Celtic	34:44
19	Nelson	Bass	31	UCT	34:45
20	Emile	Pause	16	Titans	35:03

Veterans:

1	Graham	Katzen	40	WPA	33:17
2	John	September	44	Celtic	34:35
3	Andries	Ntsizakalo	43	Ned WP	36:08

Masters:

1	Peter	Wrensch	51	Tyger	40:56
2	Paul	San Giorgio	58	VOB	43:40
3	Sam	Kotze	53	Adidas	43:50

G'masters:

1	Johan	Botha	63	RWFL WP	46:24
2	Moegamad	Abrahams	62	Topf	48:06
3	Bernard	Kleinveld	62	NBMSM	50:38

G/g'masters:

1	Peter	Brennan	74	Houtbay	50:07
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Juniors:

1	Unathi	Phezolo	17	AAC	31:43
2	Zolani	Mtshaba	17	Celtic	31:45
3	Akhona	Makila	19	VOB	33:25

WOMEN

1	Mia	Pienaar	22	Maties	37:51
2	Bulelwa	Mtshagi	31	Celtic	39:09
3	Busisiwe	Matiwane	35	Celtic	39:39
4	Asiphe	Snyman (1 st jun)	16	Celtic	41:23
5	Micky	Parker	18	UCT	42:19
6	Chantel	Simpson (1 st vet)	41	Pine	43:33
7	Denise	Derbyshire	30	Temp	44:09
8	Bianca	Marais	34	Edge	44:24
9	Charmaine	Cupido (1 st mast)	54	Ned WP	45:22
10	Claire	Blomkamp	29	Temp	45:34
11	Linda	Allen	23	Temp	45:46
12	Thamar	Houliston	29	AAC	46:06
13	Asanda	Dayimani	18	AAC	46:13
14	Marie	Paulsen	40	Temp	46:18
15	Annette	Steyn	22	Temp	46:28
16	Clare	Cousins	40	Temp	46:34
17	Genine	Manchip	22	Maties	46:57
18	Pumla	Kuta	43	Temp	47:13
19	Caroline	Wood	17	Temp	47:16
20	Liesel	Geldenhuis	32	Temp	47:21

Veterans:

1	Chantel	Simpson	41	Pine	43:33
2	Annegret	Diebold	48	RWFL WP	52:16

3	Glynis	Rietmann	43	Celtic	56:12
Masters:					
1	Charmaine	Cupido	54	Ned WP	45:22
2	Helen	Du Plessis	58	Tyger	48:36
3	Wendy	Arendse	50	Celtic	57:32
G'masters:					
1	Marietha	Herbert	65	Bell	50:36
2	Zonia	Barnard	61	Celtic	1:00:51
3	Ninette	Millar	63	RWFL WP	1:03:59
G/g'masters:					
1	Fiona	Chisholm	71	RWFL WP	1:01:09
Juniors:					
1	Asiphe	Snyman	16	Celtic	41:23
2	Micky	Parker	18	UCT	42:19
3	Asanda	Dayimani	18	AAC	46:13

Amatola Marathon (46th)

Stutterheim (at Wriggleswade Dam), 3 October

(Distance: 42.195 km; near-loop course [start/finish separation approx. 10 km], with approx. 32 km on gravel)

Note: This was Langley's third consecutive win and Xayiya's second (and third overall). – Ed.

MEN

1. Liyanda Xayiya (QH), 30, 2:55:08
2. Masiza Zingtwa (RG), 35, 2:58:43
3. Raymond de Klerk (OS), 24, 3:05:53

WOMEN

1. Gail Langley (Bufs), 40, 3:45:31
2. Maureen Pitt (OS), 51, 4:05:02
3. Robin Coleman (OS), 35, 4:07:37

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

Sinopec IAAF World Half-Marathon Championships

Nanning, CHN, 16 October

(Distance: 21.1 km. Finishers: men – 68; women – 51.)

MEN

- 1, Wilson Kiprop KEN 60:07 (5k 14:30, 10k 28:49, 15k 42:49, 20k 57:09)
- 2, Zersenay Tadese ERI 60:11 (42:49, 57:09)
- 3, Sammy Kitwara KEN 60:22 (42:49, 57:17)
- 4, Silas Kipruto KEN 61:03 (42:49, 57:51)
- 5, Samuel Tsegay ERI 61:13 (42:56, 58:07)
- 6, T Masai KEN 61:24 (43:01, 58:18)
- 7, Lelisa Desisa ETH 61:28 (43:27, 58:30)
- 8, Birhanu Bekele ETH 61:28* (43:28, 58:32)
- 9, T Onishi JPN 61:31* (43:40, 58:32)

- 10, M Mosop KEN 61:31 (43:26, 58:30)
- 11, T Estifanos ERI 61:40* (43:40, 58:32)
- 12, T Ugachi JPN 61:49* (43:40, 58:42)
- 13, A Mesel ERI 62:07* (43:27, 58:49)
- 14, A Abraha ERI 62:13* (43:27, 58:56)
- 15, A Mengstu ETH 62:30* (43:40)
- 16, Lungisa Mdedelwa RSA 62:58 (43:40)
- 17, D de Souza BRA 63:07*
- 18, Samuel Segoaba RSA 63:09
- 19, S Quigley USA 63:23*
- 20, R Ildongo FRA 63:26

Other South Africans: 24, Boy Soke 63:46; 26, Zolani Ntongana 63:49; 50, Sibusiso Nzima 67:26.

TEAMS:

- 1, KEN 3:01:32
- 2, ERI 3:03:04
- 3, ETH 3:05:26
- 4, JPN 3:06:48
- 5, RSA 3:09:53
- 6, USA 3:12:38

WOMEN

- 1, Florence Kiplagat KEN 68:24 (15:53, 32:32, 48:42, 65:06)
- 2, Dire Tune ETH 68:34 (32:32, 48:42, 65:06)
- 3, Peninah Arusei KEN 69:05 (32:32, 48:43, 65:32)
- 4, Feyse Tadese ETH 69:28* (32:32, 48:42, 66:03)
- 5, Joyce Chepkirui KEN 69:30* (32:32, 49:01, 66:06)
- 6, Meseret Mengistu ETH 69:31* (32:32, 49:15, 66:09)
- 7, Fate Tola ETH 69:38* (32:32, 48:46, 66:04)
- 8, Zhu Xiaolin CHN 71:01 (50:26, 67:40)
- 9, Y Ozaki JPN 71:02 (50:26, 67:40)
- 10, R Kizaki JPN 71:03 (50:26, 67:40)
- 11, S Chepchirchir KEN 71:03 (32:32, 49:37, 67:27)
- 12, N Chapple AUS 71:25 (32:47, 50:07, 67:48)
- 13, A Nojiri JPN 71:35 (68:03)
- 14, A Afework ETH 71:38 (32:32, 49:56, 67:57)
- 15, H Miyauchi JPN 71:40 (50:26, 67:57)
- 16, H Johannes NAM 71:57 (50:26, 68:12)
- 17, K Jarzynska POL 72:36 (68:48)
- 18, C Hallissey GBR 73:07
- 19, S Rothstein USA 73:37
- 20, E Tesfalem ERI 73:41*

South Africans: 31, Louisa Leballo 75:11; 37, Zintle Xiniwe 76:21; 43, Mpho Mabuza 79:24; 49, Irvette van Blerk 84:52; 50, Thozama April 86:48.

TEAMS:

- 1, KEN 3:26:59
- 2, ETH 3:27:33
- 3, JPN 3:33:40
- 4, AUS 3:40:14
- 5, BRA 3:44:05
- 6, PER 3:46:00
- 7, USA 3:46:24
- 8, CHN 3:47:05

9, **RSA** 3:50:56

*) PB

Tufts Health Plan 10 km for Women (34th)

(US Women's 10 km Championship)

Boston, USA, 11 October

(Certified standard course)

Note: Joan Samuelson ran one day after running the Chicago Marathon and finished 60th in 40:29. Ed.

1. Molly Huddle, 26, Providence, RI	32:00	\$3900 + 7350a
2. Genoveva Jelagat Kigen, 29, KEN	32:05	2500
3. Jen Rhines, 36, Mammoth Lakes, CA	32:16	2100 + 4340a
4. Katie McGregor, 33, St. Louis Pari, MN	32:45	3350a
5. Stephanie Rothstein, 26, Flagstaff, AZ	33:14	2800a
... 60. Joan Samuelson, 53, Freeport, ME	40:29	

Four Miles of Groningen (24th)

Groningen, NED, 10 October

(Distance: 4 miles; point-to-point flat course)

Note: Two world best times here by Yenew Alamirew and Emily Chebet. – Ed.

MEN (extended gun times)

1. Yenew Alamirew, ETH	17:06.6	WB
2. Tariku Bekele, ETH	17:07.1	
3. Abera Kuma, ETH	17:21.2	
4. Eliud Kipchoge, KEN	17:25.6	
5. Moses Kibet, KEN	17:35.4	

WOMEN (extended gun times)

1. Emily Chebet, KEN	19:20.0	WB
2. Meselech Melkamu, ETH	19:45.1	
3. Valentine Kipketer, KEN	20:17.4	
4. Karoline Jarzynska, POL	20:21.9	
5. Genet Yalew, ETH	20:50.2	

Marathon Eindhoven (27th)

Eindhoven, NED, 10 October

(Distance: 42.195 km)

MEN

1. Charles Kamathi, KEN	2:07:38
2. Nicholas Chelimo Kipkorir, KEN	2:07:38 PB
3. Paul Biwott, KEN	2:07:40

WOMEN

1. Atsede Habtamu Besuye, ETH	2:25:35	CR*
2. Tsega Gelaw, ETH	2:30:10	
3. Anne Kosgei, KEN	2:31:05	
4. Sharon Tavengwa, ZIM	2:33:07	
... 7. Sally Barsosio, KEN	2:36:44	

ASICS Grand 10 Berlin (3rd)

Berlin, GER, 10 October

(Distance: 10 km)

MEN (gun times)

1. Leonard Patrick Komon, KEN 27:12 CR
2. Mike Kigen, KEN 27:25
3. Jacob Chesari, KEN 28:10
4. Micah Kogo, KEN 28:24
- ... 10. Falk Cierpinski, GER 29:47

WOMEN (gun times)

1. Agnieszka Gortel, POL 34:08
2. Carina Schipp, GER 36:30
3. Dawn Domaschk, USA 36:39

Portland Marathon (38th)

Portland, USA, 10 October

(Distance: 42.195 km).

WOMEN

1. Kami Semick, 44, Bend, OR, 2:52:04

Giro al Sas (64th)

Trento, ITA, 9 October

(Distance: 10 km; multi-loop course with 1091m for each full lap)

MEN

1. Edwin Soi, KEN 28:45.9
2. Wilson Busienei, UGA 28:47.7
3. Sergey Lebid, UKR 28:48.3

ING Hartford Marathon & Half Marathon (17th)

Hartford, USA, 9 October

(Distances: 42.195 km & 21.1 km)

Marathon (gun times)

MEN

1. Michael Wardian, 36, Arlington, VA 2:24:38 \$3000
2. Pat Tarp, 28, Providence, RI 2:25:00 2000 + 1500^
3. Jeff Howley, 30, Providence, RI 2:25:09 1000 + 750^

WOMEN

1. Jeannette Faber, 28, Somerville, MA 2:41:06 PB \$3000 + 3000^

^) Earned "New England's Finest" bonus

Half marathon (gun times)

MEN

1. Derese Deniboba, 28, Bronx, NY (KEN) 1:05:24 \$1000

WOMEN

1. Kim Smith, Providence, RI (NZL) 1:11:32 CR* \$1000 + 500*
2. Heather Cappello, 30, Arlington, MA 1:15:04 750 + 500^

*) Course record/\$500 bonus

^)Earned "New England's Finest" bonus

TRACK**Commonwealth Games (19th)**

New Delhi, IND, 4-14 October

MEN

800 (10):

1. Boaz Lalang, KEN 1:46.60 Gold
2. Richard Kiplagat, KEN 1:46.95 Silver
3. Abraham Kiplagat, KEN 1:47.37 Bronze

1500 (12):

1. Silas Kiplagat, KEN 3:41.78 Gold
2. James Magut, KEN 3:42.27 Silver
3. Nick Willis, NZL 3:42.38 Bronze

5000 (06):

1. Moses Kipsiro, UGA 13:31.25 Gold
2. Eliud Kipchoge, KEN 13:31.32 Silver
3. Mark Kiptoo, KEN 13:32.58 Bronze

10000 (11):

1. Moses Kipsiro, UGA 27:57.39 Gold
2. Daniel Salel, KEN 27:57.57 Silver
3. Joseph Kiptoo Birech, KEN 27:58.58 PB Bronze

3000 s/chase (11):

1. Richard Mateelong, KEN 8:16.39 Gold
2. Ezekiel Kemboi Cheboi, KEN 8:18.47 Silver
3. Brimin Kiprop Kipruto, KEN 8:19.65 Bronze

Marathon (14):

1. John Kelai, KEN 2:14:35 Gold
2. Michael Shelley, AUS 2:15:28 Silver
3. Amos Matui, KEN 2:15:58 Bronze

WOMEN

800 (11):

1. Nancy Langat, KEN 2:00.01 Gold
2. Nikki Hamblin, NZL 2:00.05 Silver
3. Diane Cummins, CAN 2:00.13 Bronze

1500 (08):

1. Nancy Langat, KEN 4:05.26 GR Gold
2. Nikki Hamblin, NZL 4:05.97 Silver
3. Stephanie Twell, SCO 4:06.15 Bronze

5000 (12):

1. Vivian Cheruiyot, KEN 15:55.12 Gold

- | | |
|-----------------------|-----------------|
| 2. Sylvia Kebet, KEN | 15:55.61 Silver |
| 3. Ines Chenonge, KEN | 16:02.47 Bronze |

10000 (08):

- | | |
|-------------------------|-----------------|
| 1. Grace Momanyi, KEN | 32:34.11 Gold |
| 2. Doris Changeywo, KEN | 32:36.97 Silver |
| 3. Kavita Raut, IND | 33:05.28 Bronze |

3000 s/chase (09):

- | | |
|------------------------------|----------------|
| 1. Milcah Chemos Cheywa, KEN | 9:40.96 Gold |
| 2. Mercy Njoroje, KEN | 9:41.54 Silver |
| 3. Gladys Kipkemboi, KEN | 9:52.51 Bronze |

Marathon (14):

- | | |
|------------------------|----------------|
| 1. Irene Jerotich, KEN | 2:34:32 Gold |
| 2. Irene Mogake, KEN | 2:34:43 Silver |
| 3. Lisa Weightman, AUS | 2:35:25 Bronze |

BACKGROUND

This article by Jeré Longman appeared in *The New York Times* before last weekend's Chicago Marathon. Joan Samuelson ran 2:47:50 to finish 43rd, with halves of 81:09 and 86:41. – Ed.

NO FINISH LINE FOR JOAN

While Joan Benoit Samuelson took her victory lap after the inaugural Olympic Marathon for women at the 1984 Los Angeles Games, her mother embraced her with pride and skepticism, saying, "Now can you quit?"

"I'll quit running when you quit smoking," Samuelson replied.

Her mother, Nancy, quit smoking 20 years ago and will celebrate her 90th birthday on Halloween. "I'm going to quit running before I'm 90, trust me," Samuelson said.

She is 53 now, her hair has gone gray, and there is autumn in her legs. She has lived nearly half a lifetime since her Olympic victory. But there remains an unstill quality about her, a fidgety restlessness.

Perhaps running best suited her Yankee upbringing of thrift and individualism in Maine, nothing needed beyond a pair of shoes and an open road. That is how she won the Olympics, running fast and alone.

Goals remain important to her. She ticks them off like mile repeats. On Sunday at the Chicago Marathon, Samuelson can become the first woman to run a sub-three-hour marathon in each

of five decades. A time below 2 hours 46 minutes would qualify her for the United States Olympic Trials for a record fifth time in 2012.

Mostly, though, she said she was attracted to Chicago by the symmetry of numbers. Sunday's date is 10-10-10. The race will be the 25th anniversary of the American record that she set here in 1985 with a personal best of 2:21:21 — a mark that stood until 2003.

"I felt I needed to play the numbers," Samuelson said. "Something is beckoning me."

Two decades ago, Nike did an advertising campaign with Samuelson that carried the tagline "There is no finish line."

"I don't know if it haunted me or motivated me," she said.

At the time, she was nursing her son, Anders, who is now 20 and runs for Bowdoin College, her alma mater. She was more concerned with being a parent than spooling out a running career over decades to come. But that is how it has worked out. If she is not as fast as she once was, she is still driven to put on a racing bib and find a finish line to cross, running toward age-group greatness.

At the 2008 Olympic Trials, Samuelson said that would be her last competition. It was a tease. She never defined for anyone what constituted a competitive race.

"With every finish line I cross, there seems to be a new opportunity to set a goal for myself," Samuelson said. "I'm still passionate about the sport. This seemed the next logical challenge."

She has been running 80 miles a week, putting in 6 to 20 miles in the morning, trying to time her runs around the tides so she can jump into the Atlantic for a recovery swim — not long distance, just enough to loosen up.

"When I get cold, I get out," said Samuelson, who lives in Freeport, Maine. "No gloves working in the garden and no wet suit into the ocean. Just pure sport."

In the winter she cross-trains on Nordic skis. In the summer, she balances running with kayaking and cycling. And she continues to limbo under 2:50 — finishing the 2008 Olympic Trials in 2:49:08, a record for American women 50 and older. Last year, she ran the New York City Marathon in 2:49:09.

A quarter-century beyond her Olympic victory, Samuelson has had the dawning realization that this is a long time to compete in an endurance sport. She said she felt blessed just to put one foot in front of the other, passion for running the only fuel needed to ignite her desire to keep on going.

"Maybe what separates her is the narrowness of focus, those lonely Maine roads," said Amby Burfoot, the winner of the 1968 Boston Marathon and editor-at-large of *Runner's World* magazine. "I ran with her in '84 before the Olympics; it was like she had blinders on. She has that enormous work ethic — she didn't even cut the tangents."

Told this, Samuelson laughed. "No shortcuts in life," she said. "Except on race day."

She does not want to keep running, she said, when her legs feel like sludge and she seems to be barely moving. When she cannot run a competitive 10-kilometer race in less than 45 minutes, she will know that it is time to stop. But that is 9 or 10 minutes slower than she runs now. There are still more pages to turn on the competitive calendar.

"Who knows?" she said. "When it's no longer fun I'll get out. Some days I say, 'What am I doing out here?' But other days, it feels like it did 25 years ago. If I catch the right day, I feel amazing and strong and powerful and good. You take the ups and downs."

On Sunday, her daughter, Abby, 23, a former cross-country runner at Bates College, is scheduled to make her marathon debut as Samuelson celebrates a great victory past. Asked if she would run with her daughter, Samuelson, ever the competitor, said, "Not unless she catches me."

Scheduled on Halloween is the Athens Marathon that will celebrate the 2500th anniversary of the mythic run by the messenger Pheidippides that inspired the modern 26.2-mile race. Depending on how it goes in Chicago, Samuelson may give Athens a shot. It would be for ceremony, not speed.

Then, of course, there is the possibility of the 2012 Olympic Trials. Qualifying in Chicago with a sub-2:46 finish is a lot to ask of her legs, Samuelson said, especially on an expected warm morning on a course with seemingly as much concrete as asphalt. But no one would count her out. Even if she qualifies, she said, she is not certain that she will run the trials.

"That's basically two years off," she said. "I'm not getting any younger. I'm feeling good and strong, but one race at a time."

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 MARATHON: TOP 10 VETERAN WOMEN

2:52:04A	Joanna Thomas	1	Oudtshoorn	27 Feb
3:00:16	Lindsay van Aswegen	1	Mossel Bay	14 Aug
3:00:30	Van Aswegen-2	1	Durban	02 Oct
3:02:42	Carol Mercer	1	Pietermaritzburg	28 Feb
3:05:31	Jane Mudau	2	Mossel Bay	14 Aug
3:05:51	Ursula Frans	3	Blacktown	25 Jul
3:08:34A	Annatjie Botes (meest)	2	Oudtshoorn	27 Feb
3:08:45	Van Aswegen-3	1	Sasolburg	06 Feb
3:10:02A	Sandra van Graan	1	Langebaan	06 Mar
3:10:53	Maya Lawrie	2	Pietermaritzburg	28 Feb
3:11:35	Allison Jordaan	2	Durban	02 Oct
3:12:35	Shelley van der Spuy	1	Secunda	13 Mar

THIS MONTH IN HISTORY

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

10 years go: 8 October 2000

South African Ezael Tlhobo finished second in the Twin Cities Marathon in St Paul, Minnesota, in 2:12:43. The first five runners were all within 10 seconds of one another. Russia's Sergey Fedotov took the title in 2:12:40, with Joshua Kipkemboi (KEN) finishing third in 2:12:46. The first three women were all from Russia. Six months earlier Tlhobo had run 2:11:18 in Rotterdam to place fourth on the SA performance list for the 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
	26:44	Leonard Patrick Komon (KEN)		
	27:01	Micah Kogo (KEN) 2009		
	26:44p	Leonard Patrick Komon (KEN) 2010		
15 km	43:50	Lusapho April	Port Elizabeth	06 Mar
	42:46	Lelisa Desisa (ETH)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	61:58	Lucky Mohale	Port Elizabeth	24 July
	58:23	Zersenay Tadese (ERI)		
	58:23	Zersenay Tadese (ERI) 2010		

25 km	75:02	Lusapho April	Berlin	09 May
	71:50	Sammy Kosgei (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	89:46	Atsushi Fujita (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	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	2:19:45	Butiki Jantjies	Durban	02 Oct
	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	2:43:30	Charles Vilakazi	Durban	02 Oct
	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 59:16	Sithembele Fanekho Samuel Wanjiru (KEN) 2005	Port Elizabeth	24 July
WOMEN				
<u>Open</u>				
10 km	32:32 30:45a	René Kalmer Lineth Chepkurui (KEN)	New York	12 Jun
15 km	51:24 47:57	Tanith Maxwell Edna Kiplagat (KEN)	Eersterivier	26 Jun
21.1 km	46:28 71:09 67:07	Tirunesh Dibaba (ETH) 2009 Irvette van Blerk Elvan Abeylegesse (TUR)	Port Elizabeth	24 July
25 km	66:25 1:36:29 79:53	Lornah Kiplagat (KEN) 2007 René Kalmer Mary Keitany (KEN)	Johannesburg	24 Jan
30 km	79:53 2:03:52 1:43:24	Mary Keitany (KEN) 2010 Farwa Mentoor Mara Yamauchi (GBR)	Camps Bay	10 Jan
Marathon	1:38:49 2:32:33 2:20:25	Mizuki Noguchi (JPN) 2005 Tanith Maxwell Liliya Shobukhova (RUS)	Berlin	26 Sep
100 km	2:15:25 6:33:11	Paula Radcliffe (GBR) 2003 Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:06 32:14	Tessa Burrell Priscilla Welch (GBR) 1985	Port Elizabeth	01 May
15 km	56:31 49:35	Michelle Bartman Priscilla Welch (GBR) 1985	Eersterivier	26 Jun
21.1 km	81:10 69:56	Michelle Bartman Irina Permitina (RUS) 2009	Port Elizabeth	24 July
25 km	1:47:49 82:13	Ansie Viljoen Mizuki Noguchi (JPN) 2005	Pretoria	08 May
30 km	2:06:43 1:51:37	Joanna Thomas Mieke Pullen (NED) 2001	Camps Bay	10 Jan
Marathon	2:52:04a 2:26:51	Joanna Thomas Priscilla Welch (GBR) 1987	Oudtshoorn	27 Feb
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	40:28 34:44	Olga Howard Tatyana Pozdniakova (UKR) 2005	Bellville	10 Apr
15 km	63:25 54:33	Olga Howard Shirley Matson (USA) 1991	Eersterivier	26 Jun
21.1 km	89:51 76:07	Olga Howard Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	24 July
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 2:31:05	Annatjie Botes Tatyana Pozdniakova (UKR) 2005	Oudtshoorn	27 Feb
100 km				
<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	3:30:14	Veronica van Niekerk	Cape Town	26 Sep
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		

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