

Distance Running Results

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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EDITORIAL

The weekend's Nedbank Cape Town Marathon produced five of the top ten men's times for the year (see Stats Time) and one list leader (Paulus Masilela in the grandmaster division), but the highlight of the race was the brilliant new Western Province masters record of 2:31:58 by Vladimir Kotov. With this performance Kotov, who was fourth in the Olympic Marathon as long ago as 1980, shattered Brian Mather's 2:40:32 set two months short of 18 years ago. Incidentally, Mather will be returning to his native Scotland at the end of this month.

The first South African man was Neo Molema in fourth. His 2:16:22 also places him fourth on the SA performance list for the year.

Disaster struck in the accompanying 10 km when the top women went off course near the 8 km mark – a great pity in such a major race. (Last year Enos Matalane ran the wrong way in the marathon.)

In Durban Professor Mollen (2:22:11) and Janine Carey (3:12:59) finished first in the Kwazulu-Natal Marathon Championships.

Thanks to Rowyn James, DRR obtained the full prize-money list of the Blue IQ City to City races (results in last week's issue). The ridiculously large amount of money on offer was touched on by Sarel van der Walt in Viewpoint, while this week James Evans also discusses the same issue. Total prize money in the City to City was reportedly R1.3 million, with first prize for both men and women in the ultra being R250 000. Both prizes went to Zimbabweans – in the case of the men for a very slow time. The first-place amount in all three age categories (veterans, masters and grandmasters) was R10 000 – and some of the times here were also very unremarkable. In the half marathon the first prize was R10 000 – and the first man ran 68:18!

Still on the City to City, the correct club for both Irvette van Blerk and Angeline Molaba is Nedbank. Thanks to Nick Bester for this information.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Nedbank Cape Town Marathon & 10 km, Cape Town
- * Ethekwini Marathon, Half Marathon & 10 km, Durban
- * The Citizen Gerald Fox Memorial Half Marathon & 10 km, Johannesburg
- * CSIR Half Marathon & 10 km, Pretoria
- * Ithala Game Park Challenge 35 km, Vryheid

- * ADT Helderkrui 10 km, Roodepoort
- * Hawekwa 10 km, Wellington
- * Kopbeenskloof Night Race, De Doorns
- * Beaufort West Half Marathon, Beaufort West
- * Queens Mall Women's Day 10 km, Oudtshoorn

International highlights:

- * Dam tot Damloop, Amsterdam to Zaandam, NED
- * Continental Airlines Fifth Avenue Mile, New York, USA
- * ING Philadelphia Distance Run, Philadelphia, USA

VIEWPOINT

SUCCESS WILL ONLY COME WITH THE RIGHT PROGRAMME

By James Evans

Accusing all administrators of looking after themselves only is not true and pointless. Yes, some are, but others aren't. Where they err, point out where that happens, but generalised statements are not helpful and take the situation no further. It must also be remembered that if we want a professional sport we need properly qualified administrators and they must be paid. "Love of the sport" doesn't work anymore. You get what you pay for. As with any job, performance must be objectively assessed and rewarded or criticised. It is very easy to talk of blazer brigades and merely run down all administrators with sweeping statements.

Then, the old days are just that – the world has moved on. Much is not right with it, but carping on about how good it used to be takes us nowhere. Let's look at what we've got and where we want to be. Then work toward that. Many of the administrators of the past put us in the position where we are now, so let's respect them for the work they have done and let them move along.

So, where do we want to go? Surely it must be Olympic and international success. Where are we now? We have a sport with over 60% over the age of 40 years, with no co-ordinated programme focused on the younger runners or the Olympic or international distances. We have a half marathon in the same province and on the same day as the SA 10 km Championships (by the way, little has been made of this – ASA are really not happy, but not a word from the media criticising the host province for allowing this). [Note: *Distance Running* Results DID criticise this scheduling clash. – Ed.] We have ultra races of nonstandard distances with massive prize money. With that I have no fundamental objection. What I object to is the entire national programme is based around these events.

An example is the Nedbank Cape Town Marathon. It is a fast course and an IAAF qualifier. How does it get promoted (and the LOC had no say in this)? It's a Two Oceans and Comrades qualifier. A standard objection is that the course is not scenic, people say they would prefer that it was rather run elsewhere where there is more scenery. Well, apart from the PE course, what fast marathon course is there in South Africa? None. How is anyone going to repeat the Olympic success of 1996 if we don't have a fast course? (Not that the Cape Town course is not scenic.)

If we want Olympic and international success, then we must set out a programme around this. We need at least two fast and well-organised marathons. They must be the end goal, not as a qualifier for something else. If we really want to get the top runners back onto the track, then should we not block off the track season and not allow big-prize money races? Should the big-money races, which should be able to turn a tidy profit, not plough that back into the Olympic events? I've yet to see either Comrades or Two Oceans set up programmes to train coaches, develop facilities, etc. Instead they are islands in the sea of the main Olympic sport.

In short, if you want Olympic success, then invest in it and set up your programme around it, even if it means treading on some holy toes. Are we really ready to do that?

On the story of going from cross-country, to track to road: what utter nonsense. Start thinking of the athletes as distance runners and this goes away. Paula Ratcliffe ran a tidy 10000 metres the same time as she set her world marathon record. Ditto with the men's world record holder. Is there any scientific proof that one has to go the proposed route?

The more intelligent approach is the more intellectual one: train coaches properly and equip them with theoretical knowledge; plan the athlete's programme properly (more particularly let the coach do that with the athlete) and provide the athletes with proper management support so that they don't have to rely on the shoddy support that they are getting now. They over-race because of bad coaching programmes and poor management support – and the blame must lie at the door of their agents and their clubs, many of whom have incentive schemes which encourage them to over-race.

ROAD RUNNING

Nedbank Cape Town Marathon & 10 km

Cape Town, 21 September

(Distances: 42.195 km & 10 km; certified loop courses)

Note: In the 10 km the leading women, including Irvette van Blerk, Annerien van Schalkwyk and Zintle Xiniwe, went off course due to a marshalling error. The official results, and those as accepted for prize money after appeal, are shown below. – Ed.

Marathon

MEN

1. Motlokoa Nkhabutlane (LES/Toy) 2:15:09 (R60 000); 2. Lebenya Nkoka (LES/Toy) 2:15:31 (R30 000); 3. Sechaba Bohosi (LES/Chap) 2:15:36 (R20 000); 4. Neo Molema (Mr Pr) 2:16:22 (R10 000); 5. David Ngakane (Drief) 2:16:37 (R8 000); 6. Lucky Miya (Power) 2:16:41 (R6 000); 7. Raphael Segodi (G.Str) 2:16:47 (R5 000); 8. Gilbert Mutandiero (ZIM/Mr Pr) 2:17:11 (R4 000); 9. Mzwanele Maphekula (Mr Pr) 2:17:14 (R3 000); 10. Brighton Chipere (ZIM/Mr Pr) 2:17:39 (R2 000); 11. Peter Muthubi (Ned) 2:19:08; 12. Phumelelo August (Ind) 2:19:16; 13. Temo Rampuku (Toy) 2:19:52; 14. Joseph Mphuthi (Ned) 2:20:14; 15. Maru Ondo Olimo (ETH/Rider) 2:20:17; 16. Johannes Maseko (Ned) 2:20:50; 17. Pule Hlabahlaba (Tr'net) 2:23:05; 18. Sandile Ngununza (Ned) 2:23:36; 19. Tshidiso Bosiu (G. Str) 2:24:12; 20. Sipho Ngomane (Mr Pr) 2:24:25; 21. Tshepo Masebi (Mr Pr) 2:25:13; 22. James Chamunorwa (ZIM/Mr Pr) 2:26:16; 23. Wesley Ruto (KEN/Mr Pr) 2:26:45; 24. Phumzile Sikawuti (Ned) 2:27:14; 25. Masande Mlonyeni (Ned) 2:27:20; 26. Velani Lusaseneni (Ad) 2:29:03; 27. Patrick Kanyane (Ind) 2:29:13; 28. Mahlomola Mashwe (Goldf) 2:29:51; 29. Samuel Mashishi (Ind) 2:30:00; 30. Siyabonga Habe (Mr Pr) 2:30:20.

All age category prizes the same: R3 000, R2 500, R1 500.

Masters: (40+): 1. Thembinkosi Ndyogolo (Ned) 2:35:52; 2. Getahun Wordofa (ETH/ADT) 2:36:54; 3. Stephen Motau (Ned) 2:42:09. **(50+):** 1. Vladimir Kotov (BLR/Mr Pr) 2:31:58; 2. Sam Ndala (Ned) 2:59:47; 3. Walter Segatswi (Celt) 3:02:09. **(60+):** 1. Paulus Masilela (Irene) 3:03:36; 2. Johannes Mosehla (Ind) 3:17:42; 3. Claude Brooks (Top) 3:46:51.

WOMEN (Same prize money as men)

1. Samukeliso Moyo (ZIM/Mr Pr) 2:42:11; 2. Sharon Tavengwa (ZIM/Ind) 2:42:56; 3. Moleboheng Mafata (LES/Toy) 2:43:08; 4. Tshifhiwa Mundalamo (Ned) 2:45:20; 5. Mpho Mabuza (Power) 2:45:49; 6. Bulelwa Mtshagi (Celt) 2:51:30; 7. Eunice Nhlapo (G.Str) 2:52:50; 8. Tawapo Biri (ZIM/Mr Pr) 2:52:52; 9. Davera Magson (Ind) 2:54:00; 10. Anneline Roffey (Mr Pr) 2:55:23; 11. Ursula Frans (Mr Pr) 2:57:36; 12. Carol Mercer (Mr Pr) 2:58:12; 13. Kim Laxton (Celt) 3:02:46; 14. Nomsa Ntsethe (Mr Pr) 3:03:06; 15. Nomvuyisi Seti (Mr Pr) 3:03:48; 16. Marlize van Schaik (Dur) 3:04:11; 17. Busisiwe Matiwane (Celt) 3:06:36; 18. Lesley Train (Ned) 3:09:25; 19. Sharon Wood (Oxf Str) 3:10:50; 20. Sandra van Graan (Edg) 3:17:48.

Masters: (40+): 1. Carol Mercer (Mr Pr) 2:58:12; 2. Sharon Wood (Oxf Str) 3:10:50; 3. Sandra van Graan (Edg) 3:17:48. **(50+):** 1. Nancy Will (Pine) 3:22:37; 2. Jenny Scott (Dolph) 3:36:11; 3. Caroline Weinel (Dur) 3:39:36. **(60+):** 1. Veronica van Niekerk (Elg/Grab) 3:39:30.

10 km

MEN

1. Joshua Sabao (ZIM/Mr Pr) 28:53 (R5 000) (1st jun); 2. Boy Soke (UFS) 28:57 (R4 000); 3. Lindikhaya Mthangayi (Mr Pr) 28:59 (R3 500); 4. Kgosi Tsosane (Ind) 29:00 (R3 250); 5. Sibusiso Nzima (Power) 29:03 (R3 000); 6. Joseph Tyali (Ned) 29:04 (R2 750); 7. Domenic Khoza (Ind) 29:12 (R2 500); 8. Nkosinoxolo Sonqibido (Tr'werk) 29:18 (R2 000); 9. Tshamano Setone (Tr'werk) 29:23 (R1 500); 10. Tom Lusaseni (Celt) 29:26 (R1 000); 11. Jeffrey Gwebu (Ned) 29:42; 12. Benedict Moeng (Tr'werk) 29:42; 13. Sithyilo Diko (Mr Pr) 29:43; 14. Mehari Beraki (ETH/ADT) 29:47; 15. Moeketsi Mosuhli (LES) 29:49; 16. Serame Kutoane (Power) 29:53; 17. Shaun Zuzani (ASA) 29:54; 18. Mthetho Goxo (Power) 30:34; 19. Warinyane Lebopo (LES/Toy) 30:37; 20. Teboho Sello (LES/Toy) 30:41; 21. Enock Manyandi (Power) 30:43; 22. Avukile Ntongana (Mr Pr) 30:45; 23. Motsami Motone (Tr'werk) 30:50; 24. Jonathan Chinyoka (ZIM/Mr Pr) 30:53; 25. Richard Mavuso (Mr Pr) 31:02; 26. Degene Asafa (ETH/ADT) 31:02; 27. Zolani Ngqqaqa (Ned) 31:05; 28. Mbongeni Ngaxozo (ASA) 31:09; 29. Don Ndlovu (ADT) 31:14; 30. Xolela Ngcebetsa (Mr Pr) 31:17.

All age category prizes the same: R2 000, R1 000, R750.

Masters: (40+): 1. Maboyisana Mazwayi (Ned) 31:42; 2. Tidimalo Modiga (Toy) 32:15; 3. Gerald Sullivan (Dur) 37:16. **(50+):** 1. Mpendulo Mpukane (RCS Gug) 40:24; 2. Sam Kotzé (Ned) 41:08; 3. Heinrich Dietzsch (VOB) 41:57. **(60+):** 1. Albertus Bock (Ad) 39:19; 2. Michael Clarke (VOB) 41:11; 3. Isaac Prins (Saf/Wel) 43:38. **Juniors:** 1. Joshua Sabao (ZIM/Mr Pr) 28:53; 2. Sithyilo Diko (Mr Pr) 29:43; 3. Mehari Beraki (ETH/ADT) 29:47.

WOMEN (Same prize money as men*)

1	Dominique	Scott	Adidas AC	16	36:31
2	Nolene	Conrad	UWC	23	36:34
3	Thozama	April	Mr Price Celtic	22	36:34
4	Michelle	Bartman	CPUT	44	37:21
5	Cecilia	Ndaweni	ADT CGA	21	37:41
6	Tebogo	Masehla	Transwerk	29	38:02
7	Ashleigh	Blackwell	Varsity Old Boy	16	38:33
8	Alwaba	Hlazo	Siyanda	15	39:06
9	Mapaseka	Makhanya	Transwerk	23	39:10
10	Destiny	Titus	Adidas AC	19	39:18
11	Amy	Aronson	UCT	24	39:35
12	Elmarie	Coetzee	Adidas AC	44	39:47
13	Taemo	Weldegabriel	ETH/ADT CGA	22	40:07
14	Sharon	Chinyoka	ZIM/Mr Price AC	19	40:15
15	Ronel	van den Dool	Mr Price WP	26	40:16
16	Thembelihle	Selela	ADT CGA	19	40:16
17	Sue	Dickson	Varsity Old Boy	40	40:16
18	Chantel	de Lange	Mr Price WP	28	40:22
19	Ivette	van Blerk	Temp	21	40:22
20	Violet	Raseboya	Transwerk	22	40:23

*) This list is the official result of the race. According to information received by DRR, the prize money, after appeal, was distributed in the following order:

1. Irvette van Blerk, 2. Violet Raseboya, 3. Annerien van Schalkwyk, 4. Zintle Xiniwe, 5. Nandipha Dywili (1st jun), 6. Taemo Weldegabriel (ETH), 7. Catherine Nkosi, 8. Varaidza Shindi (ZIM), 9. Ntombesintu Ntshiliza, 10. Mapaseka Makhanya.

40-49:

1	Michelle	Bartman	CPUT	44	37:21
2	Elmarie	Coetzee	Adidas AC	44	39:47
3	Sue	Dickson	Varsity Old Boy	40	40:16

50-59:

1	Charmaine	Cupido	Nedbank RC WP	52	45:12
2	Collette	Van Eck	Fish Hoek AC	55	45:19
3	Sibis	Mouton	Mr Price Celtic	53	48:05

60-64:

1	Sonja	Laxton	Rand Athletic C	60	42:12
2	Margie	Plantema	Varsity Old Boy	64	46:49
3	Pixie	Sparg	Mr Price Celtic	63	51:11

Juniors:

1	Dominique	Scott	Adidas AC	16	36:31
2	Ashleigh	Blackwell	Varsity Old Boy	16	38:33
3	Alwaba	Hlazo	Siyanda	15	39:06

Ethekwini Marathon, Half Marathon & 10 km

(Kwazulu-Natal Marathon Championships)

Durban, 21 September

(Distances: 42.195 km, 21.0975 km & 10 km; loop courses. Finishers in marathon: 360.)

Note: As in the Nedbank Cape Town 10 km, the runners in the 10 km ran off course, completing around 12 km. – Ed.

Marathon

MEN

1	Professor Mollen	Mr P Price AC	2:22:11
2.	Shingie Budza	Boxer AC	2:24:02
3.	Richard Nene	Boxer AC	2:25:37

40-49:

1.	Mtsnabe Nsikelelo	Cheetahs AC	2:31:42
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50-59:

1.	Jeremiah Ngwenya	Boxer AC	3:20:27
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60+:

1.	Michael Langa	Athletic N	3:18:51
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WOMEN

1.	Janine Carey	Boxer AC	3:12:59
2.	Sibongile Zigubu	RWFL	3:18:45
3.	Rentia Denissen	Westville AC	3:20:28

40-49:

1.	Rentia Denissen	Westville AC	3:20:28
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50-59:

1.	Wendy Fitzmaurice	Westville AC	3:22:12
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Half marathon

MEN

1.	Fanekho Sthembele	Nedbank AC	71:09 (1 st jun)
2.	Washington Zuma	Nedbank AC	73:11

3. John Thulani Coll Harr 74:07

40-49:

1. Mbongeni Sosibo Boxer AC 76:42

50-59:

1. Eloi de Oliveira Boxer AC 76:42

60+:

1. Raymond Meyer Savages 102:14

Juniors:

1. Fanekho Sthembele Nedbank AC 54:28

WOMEN

1. Lise Muchna PDAC 90:16

2. Helen Ruley Ind/Temp 92:24

3. Janine Engels PDAC 96:42

40-49:

1. Janine Engels PDAC 96:42

50-59:

1. M Maralyn Ekom Gij 106:44

60+:

1. Gill Tregenna Westville AC 115:10

10 km

MEN

1. Elmore Sibanda Boxer AC 37:34

WOMEN

1. Bongekile Hlongwane Chatsworth AC 48:48

The Citizen Gerald Fox Memorial Half Marathon & 10 km

Johannesburg, 21 September

(Distances: 21.0975 km & 10 km; loop courses)

Half marathon

MEN

1 Simon Mpholo (GS) 68:39; 2 Vusi Mamabola (Powerade) 69:34; 3 Odwa Tunyswa (GS) 69:55; 4 Kimutai Cheruiyot (KEN/Bagwera) 70:06; 5 Vincent Seng (Powerade) 70:45

Veterans: 1 Soccer Ncube (GS) 75:17; 2 Reginald Ngobese (GS) 75:24; 3 Willy Bernhardt (MP) 83:45. **Masters:** 1 Johannes Seakamela (RAC) 79:28; 2 Robert Ngalwa (Krugersdorp) 91:54. **G'masters:** 1 Jack Thokoane (Sasol) 1:41:09.

WOMEN

1 Dimakatso Menong (GS) 86:20; 2 Mankutoane Matlakeng (LES/MP) 86:54; 3 Michelle Williams (RAC) 87:21; 4 Caroline Kohl (MP) 90:02; 5 Michelle Kellock (BCC) 96:27.

Veterans: 1 Sarah Mahlangu (MP) 96:39; 2 Sandra Steenkamp (AC) 97:43. **Masters:** 1 Linda Potgieter (Tuks) 1:44:28. **G'masters:** 1 Annette Roos (RAC) 2:25:11.

10 km

MEN

1 Lucky Mohale (Powerade) 31:25; 2 Nkuleko Zamisa (Transnet) 31:29; 3 Thuso Phaswana (Wits) 32:39; 4 Olwethu Mhlaba (Wits) 33:09 (1st jun); 5 Alfred Kiplagat (KEN/Bagwera) 33:11.

Veterans: 1 Jerry Rankapule (Powerade) 35:56; 2 Veieie Masarone (MP) 36:45. **Masters:** 1 John Grundy (RH) 44:40. **G'masters:** 1 Patrick Mafilika (Nedbank) 47:16. **Juniors:** 1 Olwethu Mhlaba (Wits) 33:09.

WOMEN

1 Alison Lailvaux (Temp) 45:26; 2 Letshego Moshoeu (Temp) 47:17; 3 Kelsey Nel (Temp) 47:22; 4 Nadia van Heerden (Temp) 49:06; 5 Irene Kates (Temp) 49:44.

Veterans: 1 Sarah Webb (RAC) 58:47; 2 Maria da Costa (Boksburg) 65:43. **Masters:** 1 Moira Turvey (RH) 70:46. **G'masters:** 1 Penny Visser (Breakthru) 59:31.

CSIR Half Marathon & 10 km

Pretoria, 20 September

(Distances: 21.0975 km & 10 km; loop courses)

Half marathon

MEN

1 Kimutai Cheruiyot (KEN/Bagwera) 69:24; 2 Wesley Mutai (KEN) 71:04; 3 Alfred Kiplagat (KEN/Bagwera) 72:01; 4 Paul Menu (Powerade) 73:35; 5 Gideon Makofane (Ilanga) 75:31.

Veterans: 1 Daniel Mothibe (NB) 78:17; 2 Paul Mabena (Ilanga) 82:36. **Masters:** 1 Jeff Sales (Nedbank) 94:08; 2 Gerhard Swart (PMC) 98:38. **G'masters:** 1 Glen Davies (Sunninghill) 1:40:16.

WOMEN

1 Tondani Mundalome (Arcadia) 92:52; 2 Winia Jansen van Rensburg (Tuks) 94:24; 3 Marietjie McDermott (Temp) 96:46; 4 Nicola Smit (Overkruin) 99:27; 5 Lorraine Boshoff (VTM) 1:40:13.

Veterans: 1 Marietjie McDermott (Temp) 96:46; 2 Antoinette Looch (Agape) 1:40:24.

Masters: 1 Pam Hampton (Sunninghill) 1:51:59; 2 Vollie Spies (Tuks) 1:57:17.

G'masters: 1 Isa Alexander (HQH) 2:29:08. **Juniors:** 1 Duadane Smit (BAK) 2:19:02.

10 km

MEN

1 Abraham Kipketer (KEN/Nedbank) 32:01; 2 Anthony Kirui (KEN/Bagwera) 32:33; 3 France Maratola (ACE) 32:56; 4 Kenneth Baloyi (Irene) 33:24; 5 Greg Barnes (Irene) 33:39.

Veterans: 1 Koos Aphane (SANDF) ; 2 Jerome Gcaba (GS) 38:22. **Masters:** 1 Wilson Moloto (Powerade) 39:22; 2 Pieter Rossouw (Enduro) 46:04. **G'masters:** 1 Hans Sliep (Toy) 43:52. **Juniors:** 1 Karel Lesejane (Diepsloot) 35:29.

WOMEN

1 Ronel Thomas (Nedbank) 40:13; 2 Jacqui van de Waal (Tuks) 41:38; 3 Renata Dreyer (Sunninghill) 41:50; 4 Nemisa van der Walt (Enduro) 43:57; 5 Michelle Singleton (RAC) 44:20.

Veterans: 1 Debbie Bredenkamp (HQH) 45:30; 2 Ansie Viljoen (Irene) 46:16. **Masters:** 1 Francis van Blerk (Nedbank) 47:21; 2 Vera Nel (Sunninghill) 52:24. **G'masters:** 1 Ina Wheatley (PMMC) 58:18. **Juniors:** 1 Nemisa van der Walt (Enduro) 43:57.

Ithala Game Park Challenge 35 km

Vryheid, 20 September

(Loop course, hilly)

MEN

1.	Bongani Msimango	Boxer AC	2:24:02
2.	Wanda Zungu	Vryheid	2:24:56
3.	Mano Hockley	Assegai	3:02:41

WOMEN

1.	Carin Franze	Vryheid AC	3:41:36
2.	Diana Hogan- Murphy	Ind	3:45:51
3.	Amanda Haggett-Hadgner	Magnolia	3:48:35

ADT Helderkruin 10 km

Roodepoort, 20 September

(Course configuration unknown)

MEN

1 Shadrack Selewane (ADT) 32:46; 2 Michael Msini (GRRRC) 33:01; 3 Madiba Hereford (Kagiso) 33:54

Veterans: 1 Lucas Matlala (Krugersdorp) 35:06; 2 Samuel Pooe (GS) 41:45. **Masters:** 1 Robert Ngalwa (Krugersdorp) 42:07. **G'masters:** 1 Peeder Firman (GRRRC) 53:06.

Juniors: 1 Madiba Hereford (Kagiso) 33:54.

WOMEN

1 Marelise Retief (Tuks) 39:50; 2 Phyllis de Fouw (Std Bank) 41:44; 3 Julianie Basson (Randmark) 47:00.

Veterans: 1 Ronelle Heyns (Roodepoort) 53:24; 2 Ansie Bronkhorst (Roodepoort) 55:36.

Masters: 1 Rina McDermid (Roodepoort) 56:19. **G'masters:** 1 Thelma Fouche (GRRRC) 78:44.

Hawekwa 10 km

Wellington, 20 September

(Course configuration unknown)

MEN

1. Hernico Rooi (Ned) 32:47; 2. Anton Faro (Saf/Wel) 33:13; 3. Azrail Scheepers (CPUT) 34:28 (1st jun); 4. Owen Smith (Saf/Wel) 34:32; 5. Morgan Muller (Ned) 36:02; 6. Isak Olifant (WP Def) 37:06 (1st vet); 7. Moos Ruiters (Salkor) 37:09; 8. Byon February (Saf/Wel) 33:55; 9. John Small (Saf/Wel) 38:25; 10. Clint Williams (Saf/Wel) 38:39; 11. Piet Meintjies (Saf/Wel) 39:18; 12. Colin Williams (CS) 39:43 (1st mast); 13. Joos Lategan (Paarl) 40:39; 14. Jacques Dreyer (Paarl) 41:01; 15. Franklin van Wyk (Ind) 42:15; 16. Konrad Joerdens (Ind) 42:32; 17. Andries van der Westhuizen (Paarl) 43:39; 18. Adri Nef (Paarl) 43:39; 19. Blackie Swart (Swart) 45:29 (1st g'mast); 20. Christie Hendricks (Saf/Wel) 45:34; 21. Albert Poole (CS) 45:49; 22. Mario Moore (Saf/Wel) 46:18; 23. Jeandre Niemand (Ind) 46:55; 24. Jean Niemand (Ind) 46:55; 25. Brian Rothman (Brack) 48:01; 26. Edgar-John Kleinveld (B.Down) 49:58; 27. Randall Lewis (Ind) 50:10; 28. Joseph Morris (Ind) 50:45; 29. M.L. Carstens (Saf/Wel) 54:07; 30. Sebaco Carrollson (Ind) 54:23.

Masters: (40+): 1. Isak Olifant (WP Def) 37:06; 2. Moos Ruiters (Salkor) 37:09; 3. John Small (Saf/Wel) 38:25. **(50+):** 1. Colin Williams (CS) 39:43; 2. Brian Rothman (Brack)

48:01; 3. Martin Wüthrich (Ind) 56:13. **(60+)**: 1. Blackie Swart (Swart) 45:29; 2. Bernard Kleinveld (RCS Gug) 53:45; 3. Dermott Devine (VOB) 84:34. **(70+)**: 1. Dermott Devine (VOB) 84:34. **Juniors**: 1. Azrail Scheepers (CPUT) 34:28; 2. Morgan Muller (Ned) 36:02; 3. Jeandre Niemand (Ind) 46:55.

WOMEN

1. Styntjie Prins (Paarl) 43:02 (1st mast); 2. Ilse Jacobs (Ned) 49:14 (1st jun); 3. Warreniece Olifant (Celt) 49:57; 4. Deidre Wolmarans (Met) 54:28; 5. Estelle Kellerman (Saf/Wel) 54:4; 6. Marieta Niemand (Ind) 55:59; 7. Hanlie van Vuuren (Sanlam) 56:47 (1st vet); 8. Renée Wicomb (Saf/Wel) 60:34; 9. Marchelle Julies (Saf/Wel) 60:38; 10. Hester van Dyk (Esk Gij) 62:23; 11. Susan Siebrits (Sanlam) 63:42; 12. M. Lotze (Ind) 66:53; 13. Edith Sampson (Ind) 70:01; 14. Veronica Viljoen (Ind) 74:03; 15. Tombi Loubasher (CSIR) 76:34; 16. Suzaan Carinus (Ind) 77:47; 17. Christel Kleinveld (B.Down) 78:17; 18. Venita Nel (Sanlam) 78:18; 19. Cally Alger (Ind) 79:01; 20. Hester Rothman (Brack) 81:34.

Masters: (40+): 1. Hanlie van Vuuren (Sanlam) 56:47; 2. Renée Wicomb (Saf/Wel) 60:34; 3. Marcelle Julies (Saf/Wel) 60:38. **(50+)**: 1. Styntjie Prins (Paarl) 43:02; 2. Hester van Dyk (Esk Gij) 62:23; 3. Susan Siebrits (Sanlam) 63:42. **(60+)**: 1. Marianne Balarin (VOB) 93:34. **Juniors**: 1. Ilse Jacobs (Ned) 49:14; 2. Warreniece Olifant (Celt) 49:57.

Kopbeenskloof Night Race

De Doorns, 13 September

(Distance: 25 km; course configuration unknown)

MEN

1. Rohan Kennedy (Brooks) 1:51:17; 2. Leo Rust (Mon) 2:04:09; 3. Thys Cronjé (Caris) 2:10:45; 4. Helgard Slabbert (Caris) 2:13:24; 5. Hano Maree (Stel) 2:22:53; 6. Floris Steytler (Ind) 2:23:17; 7. Ryk Lochner (Ind) 2:23:22; 8. Eddie Mouton (Ned) 2:25:05; 9. Riaan van Zyl (Swart) 2:35:46; 10. Ben Garrett (Mont) 2:42:28; 11. Leon van der Merwe (R/W for L) 2:43:13; 12. Danie du Toit (Ind) 2:43:14; 13. Anton Lambrecht (Bel) 2:43:15; 14. Jakkie Odendaal (Ind) 2:43:16; 15. Derrick du Toit (Str) 2:43:39; 16. Jean van Lierop (Celt) 2:47:13; 17. Ian Dinan (Pine) 2:47:1; 18. Craig Olyott (Ind) 2:49:16; 19. Cobus van den Berg (Ind) 2:51:22; 20. Andrew Phillips (Ind) 2:55:34.

1. Liana Maree (Stel) 2:22:54; 2. Anneke Slabbert (Ind) 2:45:33; 3. Helette Basson (Lange) 2:51:20; 4. Caitie Lewis (Ind) 2:51:20; 5. Carli Basson (Paarl) 2:56:45; 6. Sandra de Kock (R/W for L) 3:07:40; 7. Gloude Smal (Bel) 3:12:46; 8. Sanet Wentzel (R/W for L) 3:12:50; 9. Sarita van Heerden (R/W for L) 3:13:01; 10. Wendy McLeod (FH) 3:14:14; 11. Beverley MacIntosh (FH) 3:14:16; 12. Ria Basson (Paarl) 3:15:59; 13. Annie Labuschagne (Stel) 3:17:09; 14. Liezel Lourens (Som West) 3:17:10; 15. Theresa Brand (NB) 3:25:10; 16. Elvera Schwan (WC) 3:38:19; 17. Tania J. van Rensburg (WC) 3:38:20; 18. Elzette Welleman (WC) 3:38:21; 19. René Rollin (WC) 3:38:22; 20. Di Glenday (For) en Nicky Horenz (VOB) 3:40:05.

Beaufort West Half Marathon

Beaufort West, 6 September

(Distance: 21.0975 km; course configuration unknown)

MEN

1	Zolani Bhitane	Nedbank running Club	22	1:07:56
2	Sibogiseni Magwaca	Mr Price Transkei	22	1:08:03
3	Lindile Tokota	Nedbank running Club	40	1:08:08
4	Vuyo Witbooi	Outeniqua Harriers	33	1:11:22
5	Mkili Asanda	Adidas	30	1:12:07
6	Bernardo Fredericks	Spoornet AC	21	1:12:25

7	Thanduluntu Magqanza	Midas Spartens	23	1:13:07
8	Fana Principal	Nedbank running Club	39	1:15:23
9	David Marityi	Nedbank running Club	30	1:15:51
10	Gideon Sebabis	Temp	21	1:21:15

WOMEN

1	Xoliswa Bici	Mr Price Transkei	28	1:28:07
2	Johanna Claassen	Nedbank running Club	40	1:36:55
3	Mariette de Haan	Nedbank running Club	54	1:49:37
4	Rene Smith	Temp	20	1:54:54
5	Danelle Ellis	Temp	20	1:55:07
6	Michelle Ellis	Temp	20	1:55:38
7	Lorraine Stone	Rand Athletic Club	51	2:01:00
8	Jeannine Nortje	Beaufort West Runners	40	2:08:29
9	Lorayne Excell	Rand Athletic Club	57	2:27:40
10	Jane Wylbach	Beaufort West Runners	57	2:33:34

Queens Mall Women's Day 10 km

Oudtshoorn, 9 August

(Course configuration unknown)

Note: Carmen Maloney finished ninth overall. – Ed.

MEN

1	Booi Salman	Run/Walk For Life	34	34:05
2	Wentzel Witbooi	Run/Walk For Life	29	35:16
3	Greens Groenewald	Run/Walk For Life	35	35:53
4	Thys Motaung	SANDF	40	36:35
5	Tony Cleophas	Run/Walk For Life	42	40:05
6	Bradley Pienaar	Hartenbos Drawwers	17	40:24
7	Willie Freeks	Run/Walk For Life	50	41:28
8	Mervyn Jaars	Run/Walk For Life	32	42:12
9	Brian Daniels	SANDF	38	43:44
10	Eddie Mouton	Nedbank Running Club	34	44:14

WOMEN

1	Carmen Maloney	OAAK	37	43:07
2	Johanna Claasesen	Nedbank Running Club	39	44:05
3	Annatjie Botes	Nedbank Running Club	50	44:13
4	Sarita van Heerden	Run/Walk For Life	52	47:40
5	Mariette de Haan	Nedbank Running Club	53	51:25
6	Elma du Plessis	Run/Walk For Life	40	52:24
7	Ruweida du Preez	Run/Walk For Life	36	52:35
8	Elsabe Pienaar	Run/Walk For Life	29	52:35
9	Mia Venter	Solidariteit	50	55:07
10	Suzanne vd Merwe	Temp	25	58:09

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.

ROAD RUNNING

Dam tot Damloop (24th)

Amsterdam to Zaandam, NED, 21 September

(Distance: 10 miles; point-to-point course with no elevation change)

Note: This race is run along the same lines as the Medihelp Bike & Tekkie (results in last week's DRR), with the women receiving a headstart of 5 min 46 sec. Sammy Kitwara crossed the line first. – Ed.

MEN

1. Sammy Kitwara	KEN	45:17
2. Ayele Abishiro	ETH	45:24
3. Bernard Kipyego	KEN	46:03
4. Micah Kogo	KEN	46:12
5. Wilson Kipsang	KEN	46:15

WOMEN

1. Peninah Arusei	KEN	51:22
2. Mestewat Tufa	ETH	51:36
3. Ayanu Workitu	ETH	53:17
4. Constantina Dita	RUM	53:23
5. Tirework Mekonnen	ETH	53:37

Continental Airlines Fifth Avenue Mile (28th)

New York, USA, 21 September

MEN

- 1) Nick Willis (NZL), 3:50.5, \$5000
- 2) Bernard Lagat (USA/AZ), 3:50.6, \$3500
- 3) Nate Brannen (CAN), 3:51.9, \$2500
- 4) Jon Rankin (USA/CA), 3:52.7, \$1500
- 5) Chris Solinsky (USA/WI), 3:54.1, \$1000

WOMEN

- 1) Lisa Dobriskey (GBR), 4:18.6, \$5000
- 2) Shannon Rowbury (USA/CA), 4:19.2, \$3500
- 3) Rose Kosgei (KEN), 4:23.9, \$2500
- 4) Erin Donohue (USA/NJ), 4:24.9, \$1500
- 5) Meskerem Legesse (ETH), 4:28.6, \$1000
- ... 8) Sara Hall (USA/CA), 4:32.6, \$250

ING Philadelphia Distance Run (31st)

Philadelphia, USA, 21 September

(Distance: 21.0975 km)

MEN

- 1) Yirefu Birhanu (ETH), 1:01:22, \$3500
- 2) Terefu Zwedie (ETH), 1:01:23, \$2000
- 3) Girma Tola (ETH), 1:01:26, \$1500

- 4) McDonard Ondara (KEN), 1:01:32, \$1000
 5) Valentine Orare (KEN), 1:01:33, \$750

WOMEN

- 1) Liliya Shobukhova (RUS), 1:10:21, \$3500
 2) Catherine Ndereba (KEN), 1:10:31, \$2000
 3) Irene Limika (KEN), 1:10:50, \$1500
 4) Nriah Asiba (KEN), 1:10:58, \$1000
 5) Aziza Ayilu (ETH), 1:11:06, \$750

NEWS

S.A. TEAM FOR YOUTH GAMES

The South African Sports Confederation and Olympic Committee (SASCOC) has announced the following athletics team to represent South Africa at the third Commonwealth Youth Games from 12 to 18 October in Pune, India (it is assumed that "Gauteng" refers to Central Gauteng, "Eastern Cape" to Eastern Province and "Western Cape" to Western Province):

MEN: Patrick Vosloo (Gauteng) 100/200; Sityhilo Diko (Eastern Cape) 5000; Cornel Fredericks (Boland) 110 hurdles; Willem Voigt (South Western Districts) high jump; Ulrich Damon (Western Cape) javelin throw; Hendrik Maartens (Gauteng) 400; Stefan Brits (Gauteng) long jump; Boipelo Rakola Motlhatlhago (Gauteng) triple jump; Folavia Sehohle (Gauteng) 1500; Cheyne Rahme (Gauteng) pole vault; Stephen Brink (North West) shot put; Windy Jonas (Free State) 800/1500.

WOMEN: Alyssa Leigh-Ann Conley (Gauteng) 100/200; Susanna Potgieter (Free State) 100 hurdles; Elzaan Mostert (Western Cape) shot put; Maria Badenhorst, (Free State) hammer throw; Sonja van der Merwe (Western Cape) 400; Bevin Smith (Gauteng) 100/200, Sylvia Tshetlanyana (Gauteng) 3000; Mokgadi Semenya (Limpopo) 800/1500.

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2008 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.

2008 MARATHON: TOP 10 OPEN MEN

2:11:44	Hendrick Ramaala	10	London	London	13 Apr
2:15:08	Coolboy Ngamole	3	Matha Series	Durban	10 Feb
2:15:30	David Radebe	1	SA Championships	Durban	10 Feb
2:16:22	Neo Molema	4	Cape Town	Cape Town	21 Sep
2:16:37	David Ngakane	5	Cape Town	Cape Town	21 Sep
2:16:41	Lucky Miya	6	Cape Town	Cape Town	21 Sep
2:16:47	Raphael Segodi	7	Cape Town	Cape Town	21 Sep
2:17:06	Malesela Johannes Kekana	2	SA Championships	Durban	10 Feb
2:17:14	Mzwanele Maphekula	9	Cape Town	Cape Town	21 Sep
2:18:22	Nkopane Seqhobane	8	Matha Series	Durban	10 Feb

THIS MONTH IN HISTORY

This is a new weekly column, in which we will highlight a special race or event from the past that happened in the current month.

16 September 1972

In one of the year's fastest marathons, Willie Farrell won the Stellenbosch Marathon in 2:26:58, beating Dennis Morrison and Willie Olivier. In fourth place was Ferdie le Grange, who three months before had set a "world record" when he ran 2:16:19 and 2:15:35 on consecutive Saturdays – both SA records. Also in the race were some well-known names of the future: Hugh Amoore, Ben Oliver, Tim Noakes and Kevin Rochford.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2008

In this section I list the best South African performance this year for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed as is the practice in 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 light green background. – Ed.

MEN

Seniors

10 km	28:45	Hendrick Ramaala	Durban	10 Feb
	27:22	Moses Masai (KEN)		
15 km	45:44	Tom Lusaseni	Eerste River	28 Jun
	43:44	Zenbaba Tegezu (ETH)		
21.1 km	62:04	Stephen Mokoka	Port Elizabeth	05 Jul
	59:15	Haile Gebrselassie (ETH)		
25 km	81:04	Leburu Kgosiemang	Pretoria	10 May
	73:50	Samuel Karuku (KEN)		
30 km	1:29:50	Hendrick Ramaala	London	13 Apr
	1:28:30	Martin Lel (KEN)		
Marathon	2:11:44	Hendrick Ramaala	London	13 Apr
	2:04:53	Haile Gebrselassie (ETH)		
100 km				

Veterans

10 km	31:36	Desmond Zibi	Port Elizabeth	01 May
15 km	48:32	John September	Bloubergstrand	05 Jan
21.1 km	67:20	Desmond Zibi	Port Elizabeth	17 May
25 km	88:24	Jackson Seanego	Pretoria	10 May
30 km	1:49:10	Johnny Persents	Parow	02 Mar
Marathon	2:28:09	Lindile Tokota	Mossel Bay	12 Apr
100 km				

Masters

10 km	35:28	Goodman Mpukane	Bellville	31 May
15 km	55:23	Goodman Mpukane	Constantia	08 Mar
21.1 km	76:03	Samuel Mogudi	Port Elizabeth	05 Jul
25 km	96:25	Jeremiah Ngwenya	Durban	27 Apr
30 km	1:58:13	Zama Witvoet	Camps Bay	13 Jan
Marathon	2:39:29	Samson Mogodi	Durban	10 Feb
100 km				

Grandmasters

10 km	37:47	Tamsanqa Jusayi	Port Elizabeth	23 Aug
15 km	58:50	Albertus Bock	Constantia	08 Mar
21.1 km	83:04	Tamsanqa Jusayi	Jeffreys Bay	05 Jan
25 km	1:57:37	Ken Nurden (70+)	Pretoria	10 May
30 km	2:12:57	Albertus Bock	Parow	02 Mar
Marathon	3:03:36	Paulus Masilela	Cape Town	21 Sep
100 km				

Juniors

10 km	29:37	Sithyilo Diko	Stellenbosch	30 Aug
15 km	46:53	Zolani Ngqqaqa	Despatch	26 Apr
21.1 km	65:24	Esau Radebe	Port Elizabeth	05 Jul

WOMENSeniors

10 km	33:01	Lebo Phalula	Stellenbosch	30 Aug
	31:01	Hilda Kibet (NED)		
15 km	54:45	Zintle Xiniwe	Constantia	08 Mar
	49:36	Deena Kastor (USA)		
21.1 km	73:02	Zintle Xiniwe	Port Elizabeth	05 Jul
	67:57	Fyles Ongori (KEN)		
25 km	1:44:09	Michelle Williams	Pretoria	10 May
	1:24:10	Peninah Arusei (KEN)		
30 km	2:05:32	Bulelwa Mtshagi	Parow	02 Mar
	1:44:00	Miho Notagashira (JPN)		
Marathon	2:37:35	Tanith Maxwell	Rome	16 Mar
	2:22:38	Ying-ying Zhang (CHN)		
100 km				

Veterans (40+)

10 km	36:59	Judy Bird	Pretoria	08 Mar
15 km	58:44	Elmarie Coetzee	Ravensmead	26 Jul
21.1 km	81:35	Maya Lawrie	Durban	25 Apr
25 km	1:55:05	Karen Brooks	Pretoria	10 May
30 km	2:13:05	Renée Scott	Parow	02 Mar
Marathon	2:48:06	Tessa Burrell	Rotterdam	13 Apr
100 km				

Masters (50+)

10 km	40:20	Loesje de Beer	Port Elizabeth	26 Jul
15 km	64:34	Nancy Will	Bloubergstrand	05 Jan
21.1 km	90:16	Margie Saunders	Port Elizabeth	17 May
25 km	2:02:21	Wendy Fitzmaurice	Durban	27 Apr
30 km	2:20:42	Annatjie Botes	Beaufort West	17 May
Marathon	3:12:07	Annatjie Botes	Durban	10 Feb
100 km				

Grandmasters (60+)

10 km	43:40	Sonja Laxton	Pretoria	30 Aug
15 km	72:39	Marietha Herbert	Eerste River	28 Jun
21.1 km	95:45	Rea Oosthuizen	Great Brak River	15 Mar
25 km	2:22:35	Olga Smit	Pretoria	10 May
30 km	2:27:07	Veronica van Niekerk	Simon's Town	17 Aug
Marathon	3:27:30	Naome Nxumalo	Durban	10 Feb
100 km				

Juniors

10 km	34:11	Nandipha Dywili	Mossel Bay	12 Apr
15 km	57:34	Destiny Titus	Eerste River	28 Jun
21.1 km	81:59	Nandipha Dywili	Port Elizabeth	05 Jul

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