

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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Publisher: Riël Hauman

EDITORIAL

The best performance worldwide this weekend came from Mestawet Tufa (ETH) in one of Europe's most famous road races, the Fortis Zevenheuvelenloop in Nijmegen, where she ran the equal second fastest 15 km time ever, 46:57. The IAAF-ratified women's world record for 15 km is 46:55 by Kayoko Fukushi of Japan set en route at the Marugame Half Marathon in 2006. The independent Association of Road Running Statisticians (ARRS) doesn't recognise en route times, and recognises Elana Meyer's 46:57 set in Cape Town in 1991 as the world record.

In the men's race Ayele Abshiro beat double Olympic champion Kenenisa Bekele easily, with Ugandan Isaac Kiprop also finishing ahead of Bekele, who complained of an ankle injury. Bekele ran 43:42, almost 1½ minutes behind the winner.

KZN correspondent Alen Hattingh sent a correction to the women grandmaster results of the Housewives Market Bluff Vets Half Marathon (DRR 8:44): Gill Tregenna's time was 2:03:44, not 2:33:00.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Landmarks Half Marathon, Rondebosch
- * Transnet Port Terminals 15 km Tribute Race, Durban
- * Easterns Kraaifontein 10 km, Kraaifontein
- * Nedbank Soweto 10 km, Soweto

International highlights:

- * Fortis Zevenheuvelenloop, Nijmegen, NED
 - * Tokyo International Women's Marathon, Tokyo, JPN
 - * Semi-Marathon de Boulogne-Billancourt, Boulogne-Billancourt, FRA
 - * XC: South Central Regional Championships, Waco, USA; West Regional Championships, Stanford, USA
 - * Ultramaratona degli Etruschi (IAU 100 km World Cup), Tarquinia, ITA
 - * Supermarathon, Vienna, AUT – Bratislava, SVK – Budapest, HUN
 - * IAU 24-Hours World Challenge, Seoul, KOR
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ROAD RUNNING

Landmarks Half Marathon (7th)

Rondebosch, 16 November

(Distance: 21.0975 km; certified loop course, very hilly)

MEN

1. Lindikhaya Mthangayi (Mr Pr) 67:48 (R800); 2. Sibusiso Mbingeleli (Mr Pr) 68:14 (R500); 3. Avukile Ntongana (Mr Pr) 69:03 (R250); 4. Peter Tsawayo (ZIM/RCS Gug) 71:21; 5. Thanduluntu Magqaza (M.Spart) 72:48; 6. Zondwa Nombexeza (Khaye) 74:11; 7. Vladimir Kotov (BLR/Mr Pr) 74:12 (1st mast); 8. Michael Bailey (Celt) 75:35; 9. Virginia Ngudlumana (Celt) 75:40 (1st jun); 10. Clifly Drury (Mr Pr) 76:47; 11. Jimmy Drury (Mr Pr) 77:49; 12. Akonha Makile (VOB) 77:51; 13. Johnny Persents (Ad) 78:59 (1st vet); 14. Michael Bekapi (VOB) 80:16; 15. Teboho Phooko (UCT) 81:40; 16. Nicholas Bryant (Celt) 81:44; 17. Siyabonga Maweza (Top) 81:45; 18. Alfred Maliti (Celt) 82:32; 19. Mark Owen (Ind) 82:42; 20. Zama Witvoet (Ned) 83:15; 21. Walter Segatswi (Celt) 83:27; 22. Marco de Freitas (Celt) 83:41; 23. Gijani Joseph (Atl) 84:44; 24. Anthony Godongwana (Celt) 84:47; 25. Carlo Jacobs (Top) 84:52; 26. Cobus Moolman (Celt) 85:34; 27. Karl Westvig (RCS Gug) 85:46; 28. Edward Zozi (Harf Harr) 86:11; 29. Daniel Schlimper (UCT) 86:42; 30. Michael Marillier (Mr Pr) 86:45.

Masters: (40+): 1. Johnny Persents (Ad) 78:59 (R400); 2. Michael Bekapi (VOB) 80:16 (R300); 3. Gerald Sullivan (Dur) 88:05 (R200). **(50+):** 1. Vladimir Kotov (BLR/Mr Pr) 74:12 (R350); 2. Zama Witvoet (Ned) 83:15 (R250); 3. Johann Diener (Str) 88:10 (R150). **(60+):** 1. Jimmy Morris (For) 92:28 (R300); 2. Fred Moore (Ind) 101:58 (R200); 3. M.Y. Abrahams (Ned) 104:59 (R150). **(70+):** 1. Caspar Greeff (Atl) 129:00; 2. Pieter Schreve (Saf/Wel) 133:08. **Juniors:** 1. Virginia Ngudlumana (Celt) 75:40 (R300); 2. Akhona Makile (VOB) 77:51 (R250); 3. Charlo Scheepers (Brack) 97:24 (R200).

WOMEN (Same prize money as men)

1. Thozama April (Celt) 84:21; 2. Bulelwa Mtshagi (Celt) 86:12; 3. Kim Laxton (Celt) 86:59; 4. Joanna Thomas (VOB) 88:09 (1st vet); 5. Julia J. van Rensburg (Celt) 96:39; 6. Elizabeth de Gouveia (Dur) 97:21; 7. Bianca Marais (Edg) 98:14; 8. Nancy Will (Pine) 99:46 (1st mast); 9. Kirsty Marshall (Ind) 100:02; 10. Robyn Redhead (Edg) 101:40; 11. Bev Charters (VOB) 101:51; 12. Joanne Wynne (Dur) 101:59; 13. Bev Baker (VOB) 102:27; 14. Marinda Surridge (Str) 102:58; 15. Tracy Bunn (Edg) 103:06; 16. Robyn Woodward (Ind) 103:19; 17. Mandy Kuhn (Ind) 103:51; 18. Micky Steel (Ind) 104:39; 19. Lisa Wray (Serpent) 105:42; 20. Khulukazi Lupondo (RCS Gug) 105:57 (1st jun).

Masters: (40+): 1. Joanna Thomas (VOB) 88:09; Joanne Wynne (Dur) 101:59; 3. Bev Baker (VOB) 102:27. **(50+):** 1. Nancy Will (Pine) 99:46; 2. Bev Charters (VOB) 101:51; 3. Marina de Milander (Str) 109:44. **(60+):** 1. Pixie Sparg (Celt) 112:03; 2. Avril Delapelin-Dumont (WC) 122:15; 3. Beryl Fester (Celt) 133:05. **Juniors:** 1. Khulukazi Lupondo (RCS Gug) 105:57; 2. Amy Gilmour (VOB) 120:26.

Transnet Port Terminals 15 km Tribute Race

Durban, 16 November

(Loop course)

MEN

1.	Prodigal Khumalo	ZIM/Mr Price AC	45:51 (R1500)
2.	Moses Lepheana	Mr Price AC	45:54 (R1000)
3.	Samuel Pazanga	ZIM/Form 1 AC	46:27 (R750)

40-49:

1	Lungani Gcabashe	Boxer AC	52:46 (R200)
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2.	Alan Ndlovu	West AC	53:41 (R150)
3.	C Clever	Boxer AC	54:35 (R100)

50-59:

1.	Eloi de Oliveria	Boxer AC	54:32 (R200)
2.	Jeremiah Ngwenya	Boxer AC	56:49 (R150)
3.	Nicholas Dlamini	Boxer AC	57:11 (R100)

60+:

1.	Jan Koegelenberg	Mr Price	60:40 (R150)
2.	Petros Shumi	Zabalaza AC	66:33 (R100)
3.	Mbhekiseni Mchunu	Savages AC	68:05 (R50)

Juniors:

1.	Muza Zuma	Boxer AC	51:27 (R100)
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WOMEN (Same prize money as men)

1.	Olivia Chitate	ZIM/Mr Price	55:37
2.	Jenna Challenor	Boxer AC	56:24
3.	Danielle Adlam	Boxer AC	58:58

40-49:

1.	Janine Engels	PDAC	67:03
2.	Jenny Sutton	YWP AC	69:08
3.	Nana Sigubudu	Boxer AC	71:29

50-59:

1.	Wendy Fitzmaurice	West AC	68:27
2.	Sheree Kirsten	PDAC	76:17
3.	Wendy Rook	Savages AC	77:00

60+:

1.	Gill Tregenna	West AC	84:37
2.	Chippy Steel	Savages AC	86:04
3.	Naomi Nxumalo	Mr Price AC	86:04

Juniors:

1.	Bongekile Hlongwane	Chat AC	62:58
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Easterns Kraaifontein 10 km

Kraaifontein, 15 November

(Certified loop course)

MEN

1. Tom Lusaseni (Celt) 31:12 (R350); 2. Dicardo Jacobs (Ned) 31:19 (R250); 3. Zolani Bhitane (Ned) 31:43 (R175); 4. Velani Lusaseni (Ad) 32:09; 5. Unathi Phezolo (RCS Gug) 32:20 (1st jun); 6. Kevin Oliphant (ER) 32:23; 7. Luxolo Mdzanga (RCS Gug) 32:24; 8. Shaun Zuzani (Ned) 33:02; 9. Faizel October (Celt) 34:00; 10. Hein Camphor (Ad) 34:00; 11. Johan April (Mat) 34:37; 12. Shaun Abrahams (Ad) 34:45; 13. Wanda Roro (Ad) 34:5; 14. Bronwine Snyders (BD) 35:03; 15. Cameron Abrahams (Ind) 36:03; 16. Roger Dickson (VOB) 36:08; 17. Mervin Steenkamp (Ind) 36:15; 18. Adriaan Adendorff (Bel) 36:36; 19. Peter Davids (Ind) 36:41; 20. Andries Swanepoel (Brack) 36:42; 21. Goodman Mpukane (RCS Gug) 37:08 (1st mast); 22. Willem Swanepoel (Brack) 37:1; 23. Oscar Coetzee (Ind) 37:42; 24. Unathi Phezolo (RCS Gug) 38:02; 25. Tiaan Oosthuizen (Ad) 38:0; 26. Robbie Lindsay (Ned) 38:43; 27. André Bresler (Tyg/NL) 38:47; 28. Steven Parkins (Raven) 38:52 (1st vet); 29. Nick Miles (WC) 39:12; 30. Jeffrey Jafta (Ind) 39:22.

Masters: (40+): 1. Steven Parkins (Raven) 38:52 (R150); 2. Les Olifant (Esk Gij) 39:30 (R100); 3. Marius van Schalkwyk (Brack) 41:39 (R75). **(50+):** 1. Goodman Mpukane (RCS Gug) 37:08 (R150); 2. Robbie Lindsay (Ned) 38:43 (R100); 3. Nick Miles (WC) 39:12 (R75). **(60+):** 1. Willie van Wyk (Brack) 44:13 (R130); 2. Carl Hendricks (Ned) 45:23

(R100); 3. Isaac Prins (Saf/Wel) 46:15 (R75). **Juniors:** 1. Unathi Phezolo (RCS Gug) 32:20 (R100); 2. Luxolo Mdzanga (RCS Gug) 32:24 (R75); 3. Shaun Zuzani (Celt) 33:02 (R50).

WOMEN (Same prize money as men)

1. Nolene Conrad (UWC) 36:52; 2. Nomvuyisi Seti (Mr Pr) 38:06; 3. Natasha Oothuizen (Ad) 40:21; 4. Sheryl de Lange (Ned) 40:41 (1st vet); 5. Veronique Jacobs (Ned) 40:53 (1st jun); 6. Busisiwe Matiwane (Celt) 40:58; 7. Sue Dickson (VOB) 41:02; 8. Francis Roman (Celt) 42:11; 9. Yonela Hewu (RCS Gug) 43:13; 10. Christa Mulder (Bel) 43:19; 11. Glenda Werth (Ned) 43:42; 12. Colleen de Oliveira (NB) 44:22; 13. Ayanda Mkhakayi (RCS Gug) 45:39; 14. Ronél Steenkamp (Tyg/NL) 45:44; 15. Lindie Bouwer (Sanlam) 46:16; 16. Charmaine Cupido (Ned) 47:17 (1st mast); 17. Lucilia Schultz (Ind) 47:36; 18. Joletta Poynton (Dur) 47:41; 19. Diane Rixon (VOB) 48:18; 20. Tyshia Johannes (UWC) 48:26.

Masters: (40+): 1. Sheryl de Lange (Ned) 40:41; 2. Sue Dickson (VOB) 41:02; 3. Christa Mulder (Bel) 43:19. **(50+):** 1. Charmaine Cupido (Ned) 47:17; 2. Diane Rixon (VOB) 48:18; 3. Helen du Plessis (Tyg/NL) 52:27. **(60+):** 1. Pixie Sparg (Celt) 49:38; 2. Marietha Herbert (Bel) 49:57; 3. Charlotte Kettlewell (VOB) 64:33. **Juniors:** 1. Veronique Jacobs (Ned) 40:53; 2. Yonela Hewu (RCS Gug) 43:13; 3. Ayanda Mkhakayi (RCS Gug) 45:39.

Nedbank Soweto 10 km

Soweto, 2 November

(Loop course. Finishers: 4191.)

Note: Because of course cutting, etc., by athletes, the route as run was approx. 600 m short. – Ed.

MEN

1	Stephen	Mokoka	23	Vaal Univ Of Tech	28:14
2	Kelvin	Pangiso (ZIM)	28	Mr Price	28:16
3	Themba	Miya		Gauteng Striders	28:19
4	Xolisa	Tyali	19	Nedbank	28:23
5	Norman	Dlomo	33	Lekoa	28:25
6	George	Majaji (ZIM)	30	Lekoa	28:27
7	Pakiso	Pedi	30	Individual	28:35
8	Olebogeng	Masire	26	Goldfields Driefontein	28:43
9	Samuel	Tsotsane	22	Nedbank	28:44
10	Degene	Taffese (ETH)	28	ADT	28:45
11	Aaron	Thlobo	27	Eskom Gijimas	28:54
12	Sibusiso	Nzima	21	Powerade	29:06
13	Samuel	Segoaba	25	Individual	29:07
14	Wesley	Ruto (KEN)	28	Mr Price	29:11
15	Julius	Kipyegon (KEN)	23	Gauteng Striders	29:12
16	Jackson	Chauke	21	Harambe	29:16
17	Chabeli	Nyedimane	25	Individual	29:25
18	Sechoba	Bohosi		Toyota	29:29
19	Matome	Motadi	26	Eskom Gijimas	29:32
20	Jonathan	Chinyoka (ZIM)	18	Mr Price	29:34

WOMEN

1	Lebo	Phalula	24	UJ	31:53
2	Lebogang	Phalula	24	UJ	31:55
3	Alicent	Rutto (KEN)	21	Gauteng Striders	32:23
4	Olivia	Chitate (ZIM)	21	Mr Price	32:45
5	Truphena	Jepchumba (KEN)	27	Gauteng Striders	34:06
6	Grace	Phinithi	37	Individual	34:43
7	Poppy	Mlambo	27	Mr Price	34:49

8	Amukelani	Baloyi	15	Kagiso Struders	34:53
9	Onneile	Dintwe (BOT)	23	ADT	35:08
10	Moleboheng	Mafata (LES)	23	Toyota	35:22
11	Ronel	Thomas	36	Nedbank	36:06
12	Mpho	Mabuza	29	Powerade	36:11
13	Smangele	Ndou	18	Diepkloof Hub	36:27
14	Simangele	Mabuza	26	Nedbank	36:39
15	Siphiwe	Teffo	13	Gauteng Striders	37:29
16	Sharon	Korkie		Mr Price	37:44
17	Refiloe	Kheichane	19	Individual	37:58
18	Makampong	Masaile (LES)	17	Toyota	37:59
19	Lesley	Train	34	Nedbank	38:31
20	Sharon	Chinokuya (ZIM)	19	Mr Price	38:32

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

Fortis Zevenheuvelenloop (25th)

Nijmegen, NED, 16 November

(Distance: 15 km; flat certified course)

MEN (gun times)

1.	Ayele Abshiro, ETH	42:17 PB
2.	Isaac Kiprop, UGA	42:21 PB
3.	Kenenisa Bekele, ETH	43:42
4.	Tariku Bekele, ETH	44:04 DB
5.	Dennis Licht, NED	44:08
6.	Saji Bouazza, MAR	44:08
7.	Stefano Baldini, ITA	44:10
8.	Simon Munyutu, FRA	44:15
9.	Patrick Stitzinger, NED	44:19
10.	Nordin Athamna, ALG	45:19

WOMEN (gun times)

1.	Mestawet Tufa, ETH	46:57 #2 all-time
	[5 km splits: 15:55-31:31]	
2.	Martha Komu, KEN	50:07
3.	Gladys Otero, KEN	50:36
4.	Beata Rakonczai, HUN	50:51
5.	Miranda Boonstra, NED	51:19

Tokyo International Women's Marathon (30th & final edition)

Tokyo, JPN, 16 November

(Distance: 42.195 km; AIMS certified out-and-back course)

1.	Yoshimi Ozaki, Daiichi Seimei	2:23:30 PB
2.	Yuri Kano, Second Wind AC	2:24:27 PB
3.	Mara Yamauchi, GBR	2:25:03 PB
4.	Yoko Shibui, JPN	2:25:51
5.	Salina Kosgei, KEN	2:30:34
6.	Svetlana Zakharova, RUS	2:30:42

7. Yukiko Matsubara, JPN	2:34:39
8. Ayumi Hayashi, JPN	2:35:04
9. Derartu Tulu, ETH	2:36:47
10. Chihiro Tanaka, JPN	2:37:03

Semi-Marathon de Boulogne-Billancourt (12th)

Boulogne-Billancourt, FRA, 16 November
(Distance: 21.1 km)

MEN (gun times)

1. Nicholas Manza Kamakya, KEN	1:00:12 PB/CR
2. Denis Ndiso, KEN	1:01:32
3. Musau Mwanzia, KEN	1:01:32
4. Lawrence Rotich, KEN	1:02:59
5. Moses Kipruto, KEN	1:03:02

WOMEN

1. Emily Rotich, KEN	1:10:54 PB/CR
2. Adero Nyakisi, UGA	1:11:06 NR
3. Elisabeth Chemweno, KEN	1:11:31
4. Esther Wanjiku, KEN	1:12:28
5. Katerina Stetsenko, UKR	1:13:20

CROSS-COUNTRY

South Central Regional Championships

Waco, USA, 15 November

MEN (10 km)

Teams: 1. Texas A&M 39; 2. Arkansas 44; 3. Lamar 74.

1. Shadrack Songok, SR, Texas A&M [KEN]	29:52.1
2. Samuel Kosgei, SR, Lamar [KEN]	29:55.5
3. Scott MacPherson, JR, Arkansas	30:07.2

WOMEN (6 km)

Teams: 1. Arkansas 51; =2. Baylor 61; =2. Rice 61.

1. Nicole Mericle, JR, Rice	20:34.7
2. Erin Bedell, JR, Baylor	20:41.4
3. Christina Munoz, JR, Texas A&M	20:43.3
... 10. Christine Kalmer, SR, [RSA] Arkansas	21:04.9

West Regional Championships

Stanford, USA, 15 November

MEN (10 km?)

Teams: 1. Oregon 38; 2. Stanford 72; 3. Portland 85.

1. Galen Rupp, Oregon	27:41.24
2. Shadrack Kiptoo-Biwott, Oregon	28:32.31
3. Alfred Kipchumba, Portland	28:36.02
4. David Kinsella, Portland	28:43.88
5. Chris Derrick, Stanford	28:44.31

WOMEN (6 km)

Teams: 1. Washington 25; 2. Oregon 62; 3. Stanford 91.

- | | |
|----------------------------------|----------|
| 1. Alex Kosinski, Oregon | 19:59.01 |
| 2. Nicole Blood, Oregon | 20:01.23 |
| 3. Christine Babcock, Washington | 20:02.25 |
| 4. Marie Lawrence, Washington | 20:03.21 |
| 5. Katie Follett, Washington | 20:07.90 |

ULTRA/MOUNTAIN/TRAIL RUNNING**Ultramaratona degli Etruschi (8th)**

(22nd IAU World Cup and 17th European Championships)

Tarquini, ITA, 8 November

(Distance: 100 km. Finishers: 159)

MEN

- | | |
|------------------------------------|----------------|
| 1. Giorgio Calcaterra, 1972, ITA | 6:37:41 Gold |
| 2. Jaroslav Janicki, 1966, POL | 6:40:04 Silver |
| 3. Miguel Angel Jimenez, 1970, ESP | 6:53:44 Bronze |
| 4. Anssi Raittila, 1976, FIN | 6:56:49 |
| 5. Christophe Buquet, 1963, FRA | 6:57:59 |

WOMEN

- | | |
|-----------------------------------|----------------|
| 1. Tatyana Zhirkova, 1968, RUS | 7:23:33 Gold |
| 2. Kami Semick, 1966, USA | 7:33:58 Silver |
| 3. Monica Carlin, 1971, ITA | 7:35:38 Bronze |
| 4. Irina Vishnevskaya, 1982, RUS | 7:38:40 |
| 5. Hiroko Sho, 1970, JPN | 7:46:35 |
| ... 8. Marina Bychkova, 1975, RUS | 7:56:38 |

Supermarathon

Vienna, AUT – Bratislava, SVK – Budapest, HUN, 19-23 October

(Distance: 319.7 km)

MEN

- | | |
|-------------------------|----------|
| 1. Jaroslaw Janicki POL | 23:16:48 |
|-------------------------|----------|

WOMEN

- | | |
|--------------|----------|
| 1. M Bak GER | 27:29:02 |
|--------------|----------|

IAU 24-Hours World Challenge

Seoul, KOR, 18 October

Corrected results (from those in DRR 8:44)

MEN: 1, Ryoichi Sekiya JPN 273.366; 2, Fabien Hoglea FRA 267.074; 3, Yuji Sakai JPN 264.389; 4, Vladimir Bychkov RUS 257.327; 5, Christophe Martin FRA 254.573; 6, Philippe Warembourg FRA 251.064; 7, Jon Harald Berge NOR 249.361; 8, Christian Fatton SUI 248.965; 9, Kenji Takeda JPN 247.677; 10, Martin Fryer AUS 247.187; 11, Baier GER 242.905; 12, Lukas GER 241.737; 13, Manso ESP 241.075; Teams: 1, JPN 785.432; 2, FRA 773.635; 3, RUS 723.287; 4, GER 696.159; 5, ITA 681.288.

WOMEN: 1, Anne-Marie Vernet FRA 239.685 rec; 2, Anne-Cecile Fontaine FRA 239.252; 3, Brigitte Bec FRA 229.818; 4, Mami Kudo JPN 227.838; 5, Jamie Donaldson USA 221.015; 6, Sylvie Peuch FRA 220.289; 7, Yasuko Kanehira JPN 220.280; 8, Monika Belau GER 218.309; 9, Anja Samse GER 212.067; 10, Kora Boufflert FRA 206.188; 11, Muskett NZL 205.140; 12, Horn USA 204.052; 13, Guilhembert FRA 203.039; 14, Inagaki JPN 202.139. Teams: 1, FRA 708.755; 2, JPN 650.257; 3, GER 629.868; 4, USA 622.140.

BACKGROUND

This article was written by David Monti, publisher of *Race Results Weekly*, for Universal Sports before the ING New York City Marathon and is published here in slightly edited format to include the NYC performances of the athletes mentioned. – Ed.

YOUTH MOVEMENT GROWS IN MARATHONS

In the recent ING New York City Marathon some of the sport's greatest marathon veterans battled it out for supremacy – among them Paula Radcliffe, Catherine Ndereba and Gete Wami. But not far behind them was a petite, and largely unknown, teenager named Ilsa Paulson. Originally from Sherwood, Ore., where she graduated from high school in 2007, Paulson has been a professional runner for just six months. She may be the most extreme case of a recent movement amongst young distance runners who have decided that stepping up to the marathon while they are still young is a better career move than first spending years trying to improve their track times. Paulson, 19, raced twice as far as she ever has in her life, and finished 15th in 2:41:17.

"It's a dream come true," Paulson said before the race from her training base in Flagstaff, Ariz., where marathon guru Jack Daniels coaches her. "It's something that I always fantasized about, that I always hoped for in high school and in workouts. As a young runner, all I can ask for is the opportunity."

Paulson is part of a recent youth movement in the marathon, which appears to be gaining momentum, at least in the United States. While there have always been exceptional cases -- like Cathy Schiro running 2:34:24 at the 1984 Olympic Trials when she was just 16 and Alberto Salazar winning the first of his three New York City Marathons in 1980 at age 20 -- athletes had long been told by coaches that the marathon was best suited for more mature runners who had already established their credentials

on the track and road at shorter distances. That thinking is changing.

Terrence Mahon, the coach of Team Running USA California, prepared Ryan Hall for his successful marathon debut at the Flora London Marathon in 2007 when Hall was just 24. "In talking over these goals with Ryan, he wanted to be one of the best runners in the world and have a shot at an Olympic medal. "We came to the conclusion that reaching those goals would most likely not happen on the track in the 5-K, which is where his focus was at the time, and that a longer event would set him up better for this chance of success."

Under Mahon's coaching, Hall quickly adapted to longer workouts and higher mileage in training. His appearance at the IAAF World Road Running Championships in Debrecen, Hungary, in October 2006, showed Hall that he was made for the long run. He set an American record for 20-K of 57:54, and he was the highest non-African finisher in the men's championship in 11th place.

"Ryan excelled right away at all the training that was geared towards the longer events, says Mahon. "At the same time, he did not fare as well in training that was more specific to what was needed to run well on the track. We probably should have seen the signs even earlier than we did that he was better suited to the marathon distance and the training that goes along with it."

The rest, as they say, is history. In January 2007, Hall broke Mark Curp's 20-year-old American half-marathon record in Houston, joining the sub-60 minute club with his 59:43 clocking. His London

debut in 2:08:24 was the fastest ever first marathon by an American of any age.

Hall continued to lead the American youth movement by winning the 2008 Olympic Trials in a championships record, then dropped his personal best to a world-class 2:06:17 in London last April. At the Beijing Olympics he ran a time which he thought would get him close to the podium in a hot weather race, 2:12:33, but he finished 10th.

Dathan Ritzenhein's decision to make his marathon debut at 23 years old at the 2006 ING New York City Marathon seems to be the genesis of the trend. An injury-prone high school and college star, Ritzenhein was roundly criticized for stepping up to the marathon while his track career was still budding. He and his coach, Brad Hudson, even felt pressure from his shoe company sponsor, Nike, to wait. But Ritzenhein was convinced he was ready, and pushed ahead.

"It opened up a huge window of opportunity for me," Ritzenhein says from his home in Eugene, Ore. "After trying a couple of them I realized that trying it at 23 was good for me."

Ritzenhein wasn't so sure immediately following his debut. After running with the lead pack for most of the race, he faltered badly in the last four miles to finish 11th in 2:14:01. He called those last painful miles "indescribable."

"It took me down a peg or two," says Ritzenhein who finished second at the 2008 Olympic Trials last November in New York City in a personal best 2:11:07. He went on to be the top American finisher at the Beijing Olympics Marathon, clocking 2:11:59 for ninth place.

The New York race also featured two other American males under the age of 30. Josh Rohatinsky, the 2006 NCAA cross-country champion at Brigham Young University, competed in his first marathon in New York last November at the U.S. Olympic trials, finishing ninth in 2:15:22. This year the 26-year-old finished seventh in a PB 2:14:23.

Luke Humphrey, 27, set a personal best 2:15:22 at the 2006 Chicago Marathon and finished 43rd at the 2008 Olympic marathon trials. In New York he was 11th in 2:18:38.

Paige Higgins, 26, slashed her personal best by about seven minutes at last

month's Bank of America Chicago Marathon, finishing eighth in 2:33:06. She was the third American finisher, less than two minutes behind 25-year-old Desiree Davila, the top American in fifth place. Higgins ran her first marathon at 23 years old and the race in Chicago was already her fifth attempt at the distance.

"I decided to move up to the marathon after I graduated from (the University of Kansas). because it was always something I wanted to do," said Higgins who, like Paulson, trains in the thin air of Flagstaff. "I knew when I was in college that even the 10-K felt a little short. My favorite runs in college were hard distance runs. I love being out running and seeing long I can go, feeling a rhythm."

Sally Meyerhoff, a 24 year-old former Duke University star who lives in Scottsdale, Ariz., was the second-youngest female entered in the New York City Marathon. In her second marathon, she dropped her personal best to 2:39:39 at the Olympic Trials in Boston earlier this year, and also ran Grandma's Marathon in Duluth last June. New York was her fourth marathon of the year, and she finished 14th in 2:40:57.

"I decided to move up to the marathon when I had some former Duke teammates trying to qualify for the Olympic Trials," says Meyerhoff, who is self-coached and lives in Scottsdale, Ariz. "I work out by myself and I have never done any research on the marathon, so I think with more experience in both training and racing, the sky is the limit. I believe I can race among the best in the world within a few years."

For the 19 year-old Paulson, her decision to move up to the marathon was more complicated. As a high schooler, she was good enough to win a scholarship to Northern Arizona University in Flagstaff, but a learning disability made it nearly impossible for her to keep up with her schoolwork and run 80 miles a week.

"It takes me time-and-a-half to do everything a normal person does," says Paulson. "It takes me longer to process stuff."

Paulson said her learning disability was pivotal in her decision to leave college last spring and pursue running full-time. She was exhausted from staying

up late at night trying to keep up with her studies, then heading to class in the morning before training in the afternoons.

At last July's New York City Half-Marathon, Paulson paid her own way to race along with her father, Kerry. She

surprised even herself by finishing ninth in a personal best 1:13:22. She finished a close third at the U.S. 20-K Championships in New Haven last September, and said she was fit and ready to race in New York.

Recent USA marathon debuts by athletes 25 years old or younger:

MEN (sub-2:20)

2:08:24 Ryan Hall, 24 - London, 2007
 2:12:27 Fernando Cabada, 24 - Fukuoka, 2006
 2:14:01 Dathan Ritzenhein, 23 - New York, 2006
 2:15:22 Josh Rohatinsky, 25 - 2008 Olympic Trials, 2007
 2:15:28 Nate Jenkins, 25 - Austin, 2006
 2:15:50 Jason Hartmann, 25 - Chicago, 2006
 2:16:58 Nick Arciniaga, 23 - Chicago, 2006
 2:17:55 Dan Sutton, 25 - Austin, 2006
 2:19:12 Carlos Carballo, 23 - Los Angeles, 2006

WOMEN (sub-2:45:00)

2:34:14 Melissa White, 25 - Chicago, 2006
 2:39:59 Emily Mortensen, 23 - St. Paul, 2006
 2:42:47 Sally Meyerhoff, 24 - Tempe, 2008
 2:43:13 Caroline Creti, 23 - St. Paul, 2007
 2:43:31 Michelle Gallagher, 22 - Sacramento, 2007
 2:43:42 Becki Michael, 24 - Austin, 2008
 2:43:59 Paige Miller, 2 - Philadelphia, 2007
 2:44:09 Kristen Price, 24 - Columbus, 2006
 2:44:16 Jenna Darcy, 23 - Duluth, 2006
 2:44:38 Jessica Gall, 23 - Columbus, 2007
 2:44:56 Desiree Davila, 23 - Boston, 2007

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 10 KM: TOP 10 JUNIOR WOMEN

34:11	Nandipha Dywili	2	PetroSA	Mossel Bay	12 Apr
34:35	Dywili-2	7	SA Championships	Stellenbosch	30 Aug
35:10	Dominique Scott	10	SA Championships	Stellenbosch	30 Aug
35:38	Dywili-3	5	EP Championships	Port Elizabeth	26 Jul
36:00	Maxine Heine-Wacker	13	SA Championships	Stellenbosch	30 Aug
36:31	Scott-2	1	Cape Town City	Cape Town	21 Sep
36:43	Thembi Baloyi	6	EP Championships	Port Elizabeth	26 Jul
37:05	Dywili-4	1	Spar	East London	07 Jun
37:21	Vicky van der Merwe	4	Gino's	Stellenbosch	27 Feb
37:28	Zinhle Mtshali	21	Spar/Mercury Challenge	Durban	22 Jun
37:37	Vuyiseka Dlongwana	26	SA Championships	Stellenbosch	30 Aug
37:47	Heine-Wacker-2	1	Northgate	Randburg	06 Jul
37:47	Laetitia Saayman	29	SA Championships	Stellenbosch	30 Aug
37:53	Amanda Dyaluvani	31	SA Championships	Stellenbosch	30 Aug

THIS MONTH IN HISTORY

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

27 years ago: 21 November 1981

The petite UCT athlete Isavel Roche-Kelly produced one of the best marathon runs ever by a South African woman when she won the Winelands Marathon in Stellenbosch in a new SA record of 2:42:27. Considering the very hilly course, Roche-Kelly could probably have run two minutes faster on a flat route. It was only the fifth SA time under 2:45. Earlier in the year she had finished second in the inaugural SA Marathon Championships for women and a month later had shattered the record in the "up" Comrades. A mere four years later she died tragically while cycling on a slippery Dublin street. This weekend, 27 years almost to the day since Roche-Kelly's win, the Winelands Marathon will be held for the 31st time.

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	28:33a	Lusapho April	East London	12 Oct
	27:22	Moses Masai (KEN)		
15 km	45:44	Tom Lusaseni	Eerste River	28 Jun
	42:17	Ayele Abshiro (ETH)		
21.1 km	62:04	Stephen Mokoka	Port Elizabeth	05 Jul
	59:15	Haile Gebrselassie (ETH)		
	59:15	Deriba Merga (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
	2:03:59	Haile Gebrselassie (ETH)		
100 km	7:07:46a	Victor Ngubelanga	Port Elizabeth	08 Nov

Veterans

10 km	31:31	Maboyisana Mazwayi	Port Elizabeth	25 Oct
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	7:59:59a	Darrell Wicht	Port Elizabeth	08 Nov

Masters

10 km	35:28	Goodman Mpukane	Bellville	31 May
15 km	54:29	Johannes Seakamela	Boksburg	26 Oct

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	10:40:03a	Wellington Matiso	Port Elizabeth	08 Nov

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	11:40:10a	Caspar Greeff (70+)	Port Elizabeth	08 Nov

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

WOMEN

Seniors

10 km	33:01	Lebo Phalula	Stellenbosch	30 Aug
	31:01	Hilda Kibet (NED)		
15 km	54:45	Zintle Xiniwe	Constantia	08 Mar
	46:57	Mestawet Tufa (ETH)		
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	2:36:38	Tanith Maxwell	Warsaw	28 Sep
	2:19:19	Irina Mikitenko (GER)		
100 km	8:46:18a	Davera Magson	Port Elizabeth	08 Nov

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	10:31:16	Arina Cilliers	Cape Town	28 Sep

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	11:41:18	Marlene Wiese (60+)	Port Elizabeth	08 Nov

Grandmasters (60+)

10 km	42:12	Sonja Laxton	Cape Town	21 Sep
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	11:41:18	Marlene Wiese	Port Elizabeth	08 Nov

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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