

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 Nedbank Matha Series Half Marathon in Pretoria, the first one of the year, produced the fastest men's time of 2009 when SA record holder Hendrick Ramaala won in 64:11. This time he got the better of Zimbabwean Wirimayi Juwawo, who beat him by 6 seconds last year. Six of the top ten men were foreigners. In the women's race the first four were foreigners, with René Kalmer taking fifth in 80:10. (Kalmer was fourth in 2008 in a nearly identical time.)

As could be expected this early in the year, many list leaders were set – but, interestingly enough, not in the senior and veteran women's divisions. Three more list leaders came in the Marina Salt 15 km in Port Elizabeth.

In Constantia, Cape Town, another 15 km race, the Hohenort, was held for the 35th time.

Internationally, the highlight of the weekend was Haile Gebrselassie's attempt to break his own world marathon record in Dubai and win a million dollars. Heavy rain ruined his chances, but his 2:05:29 is still the eighth fastest marathon ever and won him \$250 000. He was not overly disappointed, according to a report in *eTrack Newsletter*:

"I can't complain, as honestly speaking this is my best time in these conditions. When I see how wet it is, I forget to run for a time, and was thinking of how to prevent what happened in London or in some other races where there was rain. With weather like this there is also a chance to drop out with a hamstring problem. That would have destroyed the day. So I can accept it."

Pressed by a media group that couldn't believe that there was no disappointment in missing the record and million-dollar bonus, Geb asserted, "If you think about the money first you can not run. I have been chasing this kind of problem for many years, once on the track I missed a million dollars by one second. Everyone thinks I think only about the one million dollars, but the race for me is not just for the money. I can make this money in any way, in business or sport. I have to do something special, something for history. Today if I break the record, that record is worth more than any amount."

He concluded with a bemused smile. "What, you want me to complain to God? You know that the rain is a blessing in a desert like Dubai. Really, let me accept this. To challenge this kind of weather, and then when I hear that this is the eighth-fastest time, I think that is wonderful. After the race today I see that I still have more chances to break the marathon record. Believe me this is a lot for me, it tells me that I'm a true marathon runner."

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Alex Wasps Half Marathon, Pietermaritzburg
- * Scottburgh Half Marathon, Scottburgh
- * Nedbank Matha Series Half Marathon, Pretoria
- * Hohenort 15 km, Constantia
- * Marina Salt 15 km, Port Elizabeth
- * Berg-en-Dal 15 km, Krugersdorp
- * Track: West Rand Championships, Roodepoort

International highlights:

- * Chevron Houston Marathon & Aramco Half-Marathon, Houston, USA
- * Standard Chartered Mumbai Marathon, Mumbai, IND
- * Standard Chartered Dubai Marathon, Dubai, UAE
- * XC: Cross Internacional de Itálica, Seville, ESP; Kenyan Armed Forces Cross-country Championships, Nairobi, KEN; Cross Ouest-France, Le Mans, FRA

ROAD RUNNING**Alex Wasps Half Marathon**

Pietermaritzburg, 18 January
(Distance: 21.0975 km; loop course)

MEN

1.	Sibongile Duma	Boxer A C	68:53
2.	Bongani Mthembu	Mr Price A C	69:24
3.	Washington Zuma	Boxer A C	71:32

40-49:

1.	Simphiwe Ntentesa	Toyota A C	77:28
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50-59:

1	Nicholas Dlamini	Boxer A C	84:10
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60+:

1.	Moray Calder	Howick A C	101:11
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Juniors:

1.	Phelele Zuma	Coll Harr	73:12
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WOMEN

1.	Suzette Botha	Coll Harr	86:57
2.	Sibongile Ziqubu	Escom G	93:41
3.	Kerry Koen	Coll Harr	94:44

40-49:

1.	Mary Mvelase	Boxer A C	101:55
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59-59:

1.	Sandy Fismer	Hilton Harr	100:26
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Scottburgh Half Marathon

Scottburgh, 18 January
(Distance: 21.0975 km; loop course)

MEN

1.	Richard Nene	ZIM/Boxer A C	71:01
2.	Simon Tsoanyale	Stella A C	72:28
3.	Sipho Ngxongo	Nedbank A C	72:28

40-49:

1.	Willie Majombozi	Boxer A C	79:30
2.	Cliffie Robertze	Westville A C	82:33
3.	Fiflippo Faralla	Savages A C	87:08

59-59:

1.	Thomas Daniels	Chatsworth A C	90:32
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60+:

1.	Michael Langa	Athletic North	91:07
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WOMEN

1.	Maya Laurie	Boxer A C	87:07 (1 st vet)
2.	Janine Carey	Boxer A C	87:08
3.	Debra Lambourn	SCS	92:55

40-49:

1.	Maya Laurie	Boxer A C	87:07
2.	Debra Lambourn	SCS	92:55
3.	Janine Engels	PDAC	95:24

59-59:

1.	Sheree Kirsten	PDAC	112:33
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60+:

1.	Alet Engelbrecht	SCS	119:32
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Nedbank Matha Series Half Marathon

Pretoria, 17 January

(Distance: 21.0975 km; certified loop course. Finishers: 1917.)

MEN

- 1 Hendrik Ramaala (Nedbank) 64:11 (R20 000)
- 2 Wirimayi Juwawo (ZIM) 64:23 (R15 000)
- 3 Elmore Sibanda (ZIM/Boxer) 64:24 (R10 000)
- 4 Tsotang Maine (LES) 64:39 (R8 000)
- 5 Masilo Matjiane (LES/Toy) 65:32 (R6 000)
- 6 Pakiso Pedi (Transnet) 65:37 (R4 000)
- 7 Luwis Masunda (ZIM/MP) 65:44 (R3 500)
- 8 Zolani Ntongana (MP) 65:46 (R3 000)
- 9 Wesley Ruto (KEN/Toy) 65:49 (R2 500)
- 10 Enos Matalane (Temp) 66:05 (R2 000)

40-49: Maxwell Bangani ZIM 70:15 (R2 000), 2 Sam Molokomme Ind 70:48 (R1 500), 3 Wordofa Gethun ETH 71:03 (R1 000). **50-59:** Francis Makuka ZAM/Bashewa 77:10 (R2 000), 2 Juwario Kuzwayo ZIM/Ned 77:32 (R1 500), 3 Thulani Sibisi ADT 79:59 (R1 000). **60+:** 1 Paulus Masilela Irene 88:11 (R2 000), 2 Mike de Bruto Ndaba 89:00 (R1 500), 3 Daniel Hlongwane Ned 89:31 (R1 000). **Juniors:** 1 Jonathan Chinyoka ZIM/MP 67:57 (R3 000), 2 Ramolifi Matsieloa LES/CADC 68:09 (R2 750), 3 Shaun Zuzani Ind 71:55 (R2 500).

WOMEN (Same prize money as men)

- 1 Sharon Tavengwa (ZIM) 75:54
- 2 Mamarolla Tjoka (LES/MP) 76:03
- 3 Samukeliso Moyo (ZIM/MP) 77:34
- 4 Tabitha Tsatsa (ZIM/Boxer) 78:32
- 5 René Kalmer (MP) 80:10
- 6 Poppy Mlambo (Nedbank) 81:48
- 7 Matrinta Mota (LES/PRC) 82:03

8 Dimakatso Menong (GS) 83:03
 9 Charné Bosman (MP) 83:10
 10 Ntombisintu Mfunzi (MP) 83:37

40-49: 1 Sarah Mahlangu MP 88:45, 2 Jane Mudau Ind 92:25, 3 Marietjie Montgomery Bashewa 98:18. **50-59:** René van Zyl Magnolia 98:25, 2 Erika Swart Sasol 99:40, 3 Frances van Blerk Ned 92:36. **60+:** 1 Liz Ruickbie RAC 1:44:00, 2 Esme Kloppers Trans 2:05:00, 3 Hazel Quilliam Roode 2:05:54. **Juniors:** 1 Geraldine Combrink Exxaro 1:47:13, 2 Trudy Maboke Ned 1:52:29.

Hohenort 15 km (35th)

Constantia, 17 January
 (Certified loop course, hilly)

MEN

1. Tom Lusaseni (Celt) 47:47 (R500); 2. Sibusiso Mbingeleli (Mr Pr) 47:48 (R300); 3. Tsungai Mwanengeni (ZIM/Mr Pr) 49:01 (R200); 4. Anthony Godongwana (Celt) 49:23; 5. Siyabonga Habe (Mr Pr) 49:40; 6. Bernard Rukadza (RCS Gug) 50:09; 7. Siyabonga Nqabeni (Celt) 50:31; 8. Keith Court (Mr Pr) 50:51; 9. Sipho Phala (VOB) 51:59; 10. Bernard Dandadzi (ZIM/RCS Gug) 52:00; 11. Luxolo Mdzanga (RCS Gug) 52:31 (1st jun); 12. Patrick Ketelo (RCS Gug) 53:01; 13. John September (Celt) 53:02 (1st vet); 14. Roger Dickson (VOB) 53:26; 15. Quinton Prince (Met) 53:30; 16. Patrick Magadla (VOB) 54:05; 17. Wanda Roro (Ad) 54:05; 18. Nelson Charlie (VOB) 54:13; 19. Ben Brimble (UCT) 54:42; 20. Nelson Bass (UCT) 55:01; 21. Zolani Sowazi (RCS Gug) 55:11; 22. Alfred Maliti (Celt) 55:19; 23. Warren Petterson (Mr Pr) 55:22; 24. Michael Bekapi (VOB) 55:57; 25. Brian Gillis (Ind) 56:00; 26. Dawid Visser (Mr Pr) 56:26; 27. Andrew Payne (Mr Pr) 56:39; 28. Elliot Mangete (RCS Gug) 56:42; 29. John van der Byl (MP Titans) 57:20; 30. Edward Zozo (Harf Harr) 57:38.

Masters: (40+): 1. John September (Celt) 53:02 (R250); 2. Warren Petterson (Mr Pr) 55:22 (R200); 3. Michael Bekapi (VOB) 55:57 (R150). **(50+):** 1. Goodman Mpukane (RCS Gug) 59:59 (R200); 2. Awie Veldsman (H.Harr) 60:00 (R150); 3. Walter Segatswi (Celt) 60:42 (R100). **(60+):** 1. Albertus Bock (Ad) 61:54 (R200); 2. Henry Cleophas (Ned) 70:50 (R150); 3. M.Y. Abrahams (Ned) 72:19 (R100). **(70+):** 1. Sybrand Mostert (Ned) 75:23; 2. Peter Brennan (Hout) 80:00; 3. Gordon Leonard (Str). **Juniors:** 1. Luxolo Mdzanga (RCS Gug) 52:31 (R200); 2. Motoshe Makhi (VOB) 52:29 (R150); 3. Simphiwe Notshage (RCS Gug) 52:31 (R100).

WOMEN (Same prize money as men)

1. Nomvuyisi Seti (Mr Pr) 60:47; 2. Bulelwa Mtshagi (Celt) 61:54; 3. Busisiwe Matiwane (Celt) 63:47; 4. Francis Roman (Celt) 63:5; 5. Sheryl de Lange (Ad) 64:05 (1st vet); 6. Judy Everingham (VOB) 64:15; 7. Dain Hamilton (For) 67:04; 8. Asiphe Sikabalanjana (Mr Pr) 67:44 (1st jun); 9. Joanna Thomas (VOB) 68:16; 10. Christa Mulder (Bel) 68:17; 11. Geraldine Hanekom (Ind) 70:21; 12. Tania Kapp (VOB) 70:29; 13. Nancy Will (Pine) 70:38 (1st mast); 14. Liza Stoltz (Dur) 70:54; 15. Elizabeth de Gouveia (Dur) 71:08; 16. Jacqueline Metrovich (Hout) 71:15; 17. Ellie Courts (Celt) 71:21; 18. Kirsten Morris (Ind) 72:03; 19. Julie Stevens (Ind) 72:27; 20. Lindie Bouwer (Sanlam) 72:59.

Masters: (40+): 1. Sheryl de Lange (Ad) 64:05; 2. Judy Everingham (VOB) 64:15; 3. Dain Hamilton (For) 67:04. **(50+):** 1. Nancy Will (Pine) 70:38; 2. Olga Howard (Celt) 73:35; 3. Deirdre Hewitt (Pine) 74:58. **(60+):** 1. Margie Plantema (VOB) 77:07; 2. Pixie Sparg (Celt) 77:58; 3. Marietha Herbert (Bel) 78:05. **Juniors:** 1. Asiphe Sikabalanjana (Mr Pr) 67:33; 2. Ayanda Mqhakayi (RCS Gug) 74:10.

Marina Salt 15 km (24th)

Port Elizabeth, 17 January

(Loop course)

MEN

1	Phumelelo	August	Mr Price AC EP	24	47:21
2	Masande	Mlonyeni	Nedbank RC EP	28	47:47
3	Eric	Sigxashe	Mr Price AC EP	30	48:03
4	Desmond	Zibi (1 st vet)	Mr Price AC EP	45	48:19
5	Phumzile	Sikawuti	Nedbank RC EP	29	48:47
6	Thomas	Pongola	Nedbank RC EP	33	49:06
7	Zolani	Mabongo	Mr Price AC EP	22	49:18
8	Xolile	Ndingane	Mr Price AC EP	37	49:39
9	Lawrence	Ntantisio	Temp	35	51:00
10	Robert	Matthys	Mr Price AC EP	32	51:07
11	Simon	Ngcoko	Willard Batt	38	52:00
12	Mzukisi	Klaas	PEAAC	40	52:23
13	Terrance	Mjekula	Raleigh AC	36	52:35
14	Thembinkosi	Ndyogolo	Nedbank RC EP	40	52:38
15	Siyabonga	Honnie	Nedbank RC EP	23	52:44
16	Zamubuntu	Teyise	Nedbank RC EP	32	52:59
17	Bulelini	Niwa	PEAAC	23	53:05
18	Christopher	Mabengeza	Nedbank RC EP	42	53:08
19	Mariano	Eesou (1 st jun)	Nedbank RC EP	17	53:09
20	Lubabaloo	Mdlungwane	PEAAC	15	53:36

40-44:

1	Mzukisi	Klaas	PEAAC	40	52:23
2	Thembinkosi	Ndyogolo	Nedbank RC EP	40	52:38
3	Christopher	Mabengeza	Nedbank RC EP	42	53:08

45-49:

1	Desmond	Zibi	Mr Price AC EP	45	48:19
2	Melville	Joseph	SANDF EP	45	59:52
3	Robin	Fourie	Achilles AAA	45	1:03:10

50-54:

1	Andre	Willemse	Elite AC	50	58:57
2	Charles	Baatjies	Nedbank RC EP	52	59:06
3	Disqualified				
4	Sipho	Ncandana	Raleigh AC	52	1:02:04

55-59:

1	Sizinzo	Kama	Achilles AAA	57	1:02:49
2	Hannes	Els	Madiba Bay AC	59	1:03:42
3	Jimmy	Styan	Raleigh AC	56	1:04:08

60-64:

1	Eric	Mapara	Rhodes Universi	61	1:07:06
2	Percy	Dalton	Achilles AAA	60	1:08:20
3	Cilliers	Swart	Nedbank RC EP	62	1:09:04

65-69:

1	Tamsanqa	Jusayi	Mr Price AC EP	66	1:01:31
2	Godfrey	Kariem	Cadbury AC	68	1:15:03
3	Gerald	Hoxley	Achilles AAA	68	1:27:48

70+:

1	Michael	Collins	PEAAC	70	1:12:28
2	Irvine	Nakani	Temp	75	1:14:59
3	Hilary	Pritchard	Crusaders AC	74	1:39:02

Juniors:

1	Mariano	Eesou	Nedbank RC EP	17	53:09
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2	Lubabaloo	Mdlungwane	PEAAC	15	53:36
3	Morne	Buis	Nedbank RC EP	16	55:00

WOMEN

1	Liza	Bright	Temp	26	57:57
2	Deliwe	Nyanga	PEAAC	19	1:01:36
3	Priscilla	Dyantyi	Mr Price AC EP	34	1:04:36
4	Treloar	Childs (1 st vet)	Spar Walmer AC	45	1:05:14
5	Loesje	De Beer (1 st mast)	Spar Walmer AC	50	1:05:32
6	Grizelda	Pietersen	Achilles AAA	40	1:07:56
7	Suzanne	Lavis	Jeffreys Bay	50	1:08:15
8	Babalwa	Ngcoko	Mr Price AC EP	21	1:09:33
9	Hanlie	Van Der Westhuizen	Despatch AC	52	1:10:30
10	Adele	Nel	St Albans CSEP	35	1:10:42
11	Janette	Schierz-Crusius	Body Concept	48	1:11:23
12	Gail	Klichowicz	Achilles AAA	42	1:12:30
13	Claire	Nagel	Elite AC	44	1:14:12
14	Elmarie	Bezuidenhout	Charlo AC	26	1:15:14
15	Annemart	Rossouw	Charlo AC	26	1:15:25
16	Disqualified				
17	Hermie	Fisher	Madiba Bay AC	41	1:15:52
18	Cathy	Ives	Achilles AAA	55	1:15:57
19	Annelie	Nel	Legacy AC	34	1:16:28
20	Lindie	Barnardo	Nmmu AC	24	1:16:55

40-44:

1	Grizelda	Pietersen	Achilles AAA	40	1:07:56
2	Gail	Klichowicz	Achilles AAA	42	1:12:30
3	Claire	Nagel	Elite AC	44	1:14:12

45-49:

1	Treloar	Childs	Spar Walmer AC	45	1:05:14
2	Janette	Schierz-Crusius	Body Concept	48	1:11:23
3	Julie	Taunton	Crusaders AC	48	1:17:38

50-54:

1	Loesje	De Beer	Spar Walmer AC	50	1:05:32
2	Suzanne	Lavis	Jeffreys Bay	50	1:08:15
3	Hanlie	Van Der Westhuizen	Despatch AC	52	1:10:30

55-59:

1	Cathy	Ives	Achilles AAA	55	1:15:57
2	Rina	Barnard	Elite AC	55	1:57:20
3	Carol	Nepgen	Kowie Striders	57	2:09:52

60-64:

1	Retha	Snyman	PEAAC	61	1:20:13
2	Liz	Grundlingh	Muirite Strider	62	1:23:59
3	Debbie	Oelofse	Legacy AC	62	1:50:45

65-69:

1	Shirley	Jorgensen	Charlo AC	67	1:55:50
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70+:

1	Dorothy	Hart	PEAAC	70	1:37:48
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Juniors:

1	Terray	Newcombe	Nedbank RC EP	17	1:23:10
2	Tanya	Wilson	Charlo AC	16	1:38:50
3	Tracy	Goldswain	PEAAC	15	2:06:59

Berg-en-Dal 15 km

Krugersdorp, 14 January
(Out-and-back course)

MEN

- 1 Sibusiso Nzima (Powerade) 48:52
- 2 Lucky Miya (Powerade) 49:03
- 3 Shadrack Siliwane (ADT) 51:03
- 4 Thema Nontshasha (ADT) 52:08
- 5 Elgin Mokale (Nedbank) 53:52

Veterans: 1 Elgin Mokale (Nedbank) 53:52. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 57:02. **G'masters:** 1 Bill Lambert (RH) 69:17. **Juniors:** 1 Motlatsi Madiba (ADT) 57:22.

WOMEN

- 1 Onela Dintwe (ETH/ADT) 57:38
- 2 Sarah Mahlangu (MP) 65:52
- 3 Nicolette Oosthuisen (Alberton) 66:12

Veterans: 1 Sarah Mahlangu (MP) 65:52. **Masters:** 1 Selinah Netshisaulu (RAC) 80:04. **G'masters:** 1 Maralyn Moore (Breakthru) 93:41.

TRACK

West Rand Championships

Roodepoort, 10 January

Note: Results courtesy of Gert le Roux. – Ed.

MEN

800: Folavia Sehohle (Power) 1:52.6, 2 Lefu Lephoto 1:55.3, 3 Enoch Manyandi (Power) 1:56.3. U.18: Andrew Roodt (Boks) 1:55.0, 2 Andrew Leeuw (UJ) 1:55.9, 3 Aubrey Vilakazi 1:56.3.
1500: 1 Sibusiso Nzima 3:56.3, 2 Marco Bucarissa Wits 3:58.2
5000: 1 Hendrick Ramaala 14:40.9, 2 Stefan Diakobo (Raiders) 14:46.3, 3 Paul Letsiye (Drief) 14:52.8, 4 Coolboy Ngamole (Ned) 15:00.4, 5 Patrick Sefako (Ned) 15:06.6, 6 Odwa Tunyiswa (Gau Str) 15:07.6.

WOMEN

800: 1 Anuschka Nice 2:08.9, 2 Thato Makhofolo 2:13.9, 3 Onnela Dintwe (ETH) 2:16.1, 4 Stephanie Courtnage 2:16.5.
1500: 1 Thato Makhafola 4:49.9.
5000: Mpho Mabuza 17:14.4.

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

Chevron Houston Marathon (37th) & Aramco Half-Marathon

(US Half-marathon Championships)

Houston, USA, 18 January

(Distances: 42.195 km & 21.1 km; USATF certified, loop courses with no net elevation change. Finishers: Marathon, 5396; Half marathon, 8413)

Marathon (gun times)

MEN

1. Deribe Merga, 28, ETH	2:07:52 CR	\$35,000 + \$10,000*
2. Benson Cheruiyot, 26, KEN	2:11:33	17,000
3. Yuriy Abramov, 32, RUS	2:12:21 PB	7,000
4. Augustus Kavutu, 32, KEN	2:16:10	4,000
5. Andrew Smith, 29, CAN	2:16:14	2,000

*Course record/\$10,000 bonus

WOMEN

1. Teyba Erkesso, 26, ETH	2:24:18 PB/CR*	\$35,000 + \$10,000*
2. Nuta Olaru, 38, Longmont, CO (ROU)	2:27:25	17,000
3. Lioudmila Kortchaguina, 37, CAN	2:30:43	7,000
4. Yulia Gromova, 34, RUS	2:31:28	4,000
5. Amane Gobena, 26, ETH	2:32:06 DB	2,000

*) Course record/\$10,000 bonus

Half marathon (gun times):

MEN

1. Meb Keflezighi, 33, USA	1:01:25 PB	\$12,000
2. Dathan Ritzenhein, 26, USA	1:01:35	6,500
3. Brett Gotcher, 24, USA	1:02:09 PB	4,000
4. Andrew Carlson, 26, USA	1:02:21 PB	2,000
5. Brian Sell, 30, USA	1:02:36 PB	1,500

WOMEN

1. Magdalena Lewy Boulet, 35, USA	1:11:47 PB	\$12,500
2. Kelly Jaske, 32, USA	1:12:06 PB	6,500
3. Colleen De Reuck, 44, USA	1:12:16	4,000
4. Desiree Davila, 25, USA	1:12:24	2,000
5. Amy Rudolph, 35, USA	1:12:35 DB	1,500

Standard Chartered Mumbai Marathon (6th)

Mumbai, IND, 18 January

(Distance: 42.195 km)

MEN

1. Kenneth Mungara, KEN	2:11:51 ACR	USD 31,000
2. David Tarus, KEN	2:12:02	20,500
3. John Kelai, KEN	2:12:23	13,000

WOMEN

- | | | |
|------------------------|---------|------------|
| 1. Haile Kebelesh, ETH | 2:34:08 | USD 31,000 |
| 2. Martha Markos, ETH | 2:34:15 | 20,500 |
| 3. Irene Mogaka, KEN | 2:37:28 | 13,000 |

Standard Chartered Dubai Marathon (10th)

Dubai, UAE, 16 January

(Distance: 42.195 km, AIMS certified course. Finishers: 884)

MEN (gun times)

- | | | |
|-----------------------------------|---------|-------------|
| 1. Haile Gebrselassie, ETH | 2:05:29 | USD 250,000 |
| 2. Deressa Edae Chimsa, ETH | 2:07:54 | PB 100,000 |
| 3. Eshetu Wendimu Tsige, ETH | 2:08:41 | PB 50,000 |
| 4. Gashaw Melese Asfaw, ETH | 2:10:59 | 25,000 |
| 5. Dereje Tesfaye Gebrehiwot, ETH | 2:11:42 | 15,000 |
| 6. David Kemboi Murkomen, KEN | 2:12:14 | 14,000 |
| 7. Mesfin Admasu Abebe, ETH | 2:12:23 | 13,000 |
| 8. Tesfaye Tola, ETH | 2:12:56 | 12,000 |
| 9. Asnake Fikadu Roro, ETH | 2:15:01 | 11,000 |
| 10. Nephath Ngotho Kinyanjui, KEN | 2:15:23 | 10,000 |

WOMEN (gun times)

- | | | |
|---------------------------------------|---------|-------------|
| 1. Bezunesh Bekele Sertsu, ETH | 2:24:02 | USD 250,000 |
| 2. Atsede Habtamu Besuye, ETH | 2:25:17 | PB 100,000 |
| 3. Helena Loshanyang Kirop, KEN | 2:25:35 | 50,000 |
| 4. Tatyana Petrova, RUS | 2:25:53 | PB 25,000 |
| 5. Genet Getaneh Wendimagedgnehu, ETH | 2:26:37 | PB 15,000 |
| 6. Eyerusalem Kuma Mutal, ETH | 2:26:51 | PB 14,000 |
| 7. Berhane Adere Debela, ETH | 2:27:47 | 13,000 |
| 8. Shuru Diriba Dulume, ETH | 2:28:26 | PB 12,000 |
| 9. Atsede Baysa Tesema, ETH | 2:29:13 | 11,000 |
| 10. Mulu Seboka Seyfu, ETH | 2:30:10 | 10,000 |

CROSS-COUNTRY**Cross Internacional de Itálica (27th)**

Seville, ESP, 18 January

MEN (10.8 km)

- | | |
|-------------------------------|-------|
| 1. Moses Kipsiro, UGA | 30:37 |
| 2. Tariku Bekele, ETH | 30:37 |
| 3. Gideon Ngatuny, KEN | 30:39 |
| 4. Moses Mosop, KEN | 30:45 |
| 5. Ayele Abshiro, ETH | 30:49 |
| 6. Leonard Patrick Komon, KEN | 31:06 |
| 7. Telemariam Mehdi, ERI | 31:14 |
| 8. Bernard Kipyego, KEN | 31:20 |
| 9. Ahmed Hassan Abdullah, QAT | 31:25 |
| 10. Levy Matebo, KEN | 31:28 |
| ... 14. Sergey Lebid, UKR | 32:02 |

WOMEN (8 km)

- | | |
|---------------------------|-------|
| 1. Florence Kiplagat, KEN | 26:14 |
| 2. Pauline Korikwang, KEN | 26:20 |
| 3. Hilda Kibet, NED | 26:23 |

4. Grace Momanyi, KEN 26:25
5. Jessica Augusto, POR 26:29
6. Anikó Kálovics, HUN 26:45
- ... 9. Marta Domínguez, ESP 27:28

Kenyan Armed Forces Cross-country Championships

Nairobi, KEN, 17 January

Note: A surprise here was the appearance of Paul Tergat, who said he only ran to help his team. – Ed.

MEN (12 km)

1. Vincent Kiprop Chepkok 38:49.7
2. Barnabas Kosgei 38:52.4
3. William Chebon Chebor 38:54.0
4. Meshack Kipsang 38:56.7
5. Linus Chumba 39:17.8
6. Patrick Ndthiwa 39:22.0
7. Mark Kiptoo 39:30.0
8. Mike Tiony 39:34.7
9. Josephat Kiprono Menjo 39:44.7
10. Samuel Kimaiyo 39:46.1
- ...
17. Paul Tergat 39:56.0

WOMEN (8 km)

1. Linet Chepkurui 29:10.6
2. Peninah Arusei 29:41.3
3. Sally Barsosio 29:50.2
4. Ines Chenonge 29:54.5
5. Irine Limika 30:30.2
6. Angeline Mutheu 30:59.2
7. Mercy Kiptoo 31:14.7
8. Catherine Kwamboka 31:26.5
9. Nancy Chebet 31:39.0
10. Jackline Chirchir 31:46.0

Cross Ouest-France (28th)

Le Mans, FRA, 18 January

MEN (9.4 km)

1. Micah Kogo, KEN 26:18
2. Dino Sefer, ETH 26:24
3. Boniface Kiprop, UGA 26:37
4. Charles Chepkirui, KEN 26:39
5. Khoudir Aggoune, ALG 26:59

WOMEN (5.1 km) -

1. Mary Waceru Ngugi, KEN 16:04
 2. Meseret Mengistu, ETH 16:05
 3. Martha Komu, KEN 16:25
 4. Miriam Wangari, KEN 16:30
 5. Emebet Bacha, ETH 16:33
-

NEWS

STIRRINGS OF A MIDDLE DISTANCE REVIVAL

By Richard Mayer

When I had lunch on my last day in Auckland with Arthur Lydiard's co-author on all his books, Garth Gilmour, and his wife, Faye, after competing in a race in Lydiard's honour, the subject of distance coaching in South Africa came up. I said that one of the reasons for the mediocrity of South African distance running is that our coaches over-emphasise unaerobic work, to which Faye retorted with some exasperation, "I think I have heard Arthur say that about 200 times."

Faye Gilmour was not referring to Lydiard's comments on South African athletics, but on distance training all over the world, particularly the United States. As boring as it may have been, Lydiard's repetitive lament about the prevalence of excessive speed work at the expense of endurance training did not represent a paranoid obsession with rival training schools, but simply reflected the failure of coaches around the world to apply well documented and successful training methods. Even if one follows the Lydiard way, or the Daniels or Horwill schools of training, the initial establishment of a sound aerobic base is the essential starting point for a successful training cycle.

On the South African scene, my athletics friends will know that if I have not repeated this criticism of much of South African training as often as Lydiard, it is only because I was born 50 years after him and have seen much less of the athletics world. My particular bugbear has been the failure in recent years of our great 800-metre men to convert their world class performance levels over two laps to the 1500 metres. My view has always been that the reason for this is that Hezekiel Sepeng, Marius van Heerden and Mbulaeni Mudlaedzi did not do sufficient distance in the base phase of their training. The 1500 metres has an aerobic component of 75% to a 25% anaerobic component, whereas in the 800 metres the ratio is 50/50. While one can get away with less aerobic base in the 800 metres, at international level this will cost one dear in the 1500 metres.

It was thus extremely gratifying to see endurance-trained athletes completely dominant in the 1500 at Saturday's Central Gauteng meeting at Ruimsig, outside Roodepoort, where four men broke 3:50 and seven men broke 3:55. Having watched track on the Reef since 1983, this is the most competitive 1500-metre race that I can recall in the province outside of the international meetings, national championships and prestige events. What is also encouraging is that such good times were recorded so early in the track season with the big meetings still to come.

Tshamano Setone, in my opinion the country's most talented middle distance athlete, in a move reminiscent of Juan van Deventer at last year's SA Champs, led from the gun, taking the rest of the field by surprise with a first lap of 56 seconds. Astonishingly, despite his laser fast start, Setone ran strongly all the way to the line to record one of the fastest altitude times in South Africa since the glory days of Johan Fourie – 3:43.0. Behind him, the field did not capitulate and Peter van der Westhuizen, temporarily at home from his US university studies, followed him in 3:45.6 with Sibusiso Nzima third in 3:46.8.

It was undoubtedly a great start to the season for Lungile Bikwani, coach of Setone, Thuso Phaswana and Abram Khumalo, who were amongst the 3:55 finishers, together with Johan de Kock, who coaches Nzima and Enoch Manyandi (3:51.2), and Glen van der Westhuizen, who is the primary coaching influence on his son, Peter.

At the end of the meeting the tall, powerful figure of Van Deventer, whose high mileage training regime and Olympic heroics in becoming the first South African man to make an Olympic final in the 1500 is the clear catalyst behind this sudden surge in performance, could be seen jogging around the track after a training season outside the stadium. From my own perspective, Van Deventer's example made it far easier for me to persuade 20-year-old Wits University

prospect, Marco Buccarizza, to start doing long runs, and his reward was a 6-second PB in the race (3:52.2). Van Deventer was impressed with Setone's performance and we can expect some titanic contests between them in the months to come, particularly at the Nationals in Stellenbosch in March.

Gerrie Coetzee, Van Deventer's coach,

told me last week that Van Deventer aims to go sub-3:30 for the 1500 in the future. We can only hope that he will be followed closely in his quest by Setone, Van der Westhuizen, Nzima and Johan Cronje. At any rate, Shadrack Hoff's 3000-metre stadium record of 7:57.94 is at risk at this Friday's Yellow Pages Meeting in Potchefstroom.

The result of the 1500 m in Roodepoort:

1. Tshamano Setone	Ind	3:43.0
2. Peter van der Westhuizen	Ind	3:45.6
3. Sibusiso Nzima	Powerade	3:46.8
4. Thuso Phaswana	Ind	3:49.6
5. Enoch Manyandi	Powerade	3:51.2
6. Marco Buccarizza	Wits U	3:52.2
7. Abram Khumalo	Ind	3:54.8
8. Thoriso Ratselo	Take It Easy	3:56.0

VIEWPOINT

WEST RAND CHAMPS POINTS WAY FORWARD

By Richard Mayer

Like the church, South African track and field has its traditional annual festivals and fixtures. In the past the Weetbix Meeting in Stellenbosch was the first national track fixture of the year. Although nowadays the Yellow Pages national meetings start at the end of January, Gauteng's West Rand Championships was held, as has been customary since ever I can remember, on the second weekend of the year.

Now held at the Ruimsig Stadium, rather than the former Bob Van Reenan Stadium at Krugersdorp, which was purchased by the Kaiser Chiefs football club, the appearance of Hendrick Ramaala in the 5000 metres at the 2009 West Rand Championships may to some extent have served to obscure significant trends emerging in and out of the stadium last Saturday.

Ramaala's victory in a solid 14:40.9 was little more than a time trial for South Africa's finest all-round distance runner, who is preparing to run the London Marathon later this year, and is reported to be averaging mileages of 30 km a day. Ramaala is once again an invited athlete to the London Marathon, having never failed to finish out of the top 10.

While the meeting was underway, outside the stadium an impressively large group of athletes, including Juan van Deventer and René Kalmer, were doing road work under the direction of Gerrie Coetzee. Coetzee was still present after the meeting had finished and was naturally very pleased with the performances of Van Deventer and Kalmer during last year. He indicated that Van Deventer was eventually looking to run a sub-3:30 1500 metres and, given the right racing conditions, this is clearly possible.

While Van Deventer and Kalmer were training, the SA 10 km champion, Sibusiso Nzima, won the 1500 metres in a tactical race in 3:56.3 over Wits University's Marko Bucarissa's 3:58.2. Bucarissa was praised by all and sundry after the race, including Nzima's coach Johan de Kock, who told him that he expected the 20-year-old to be one of the country's best in years to come. Bucarissa is greatly benefiting from supplementing his interval training with one-hour mid-week runs, and one and a half hours on Sundays. Meanwhile, De Kock, who trained in the seventies with famous West Rander Fanie van Zijl under Jan Barnard's endurance-oriented training regime, has Nzima currently training 140 km per week.

On such evidence, it would seem that the pendulum is swinging sharply towards mileage based training, which can only benefit middle and long distance running in South

Africa, which for too long has been dominated by the mediocre performances of athletes predominantly trained on interval schedules.

STATS TIME

Last week's edition included the top 20 men over 100 km in 2008; here is the women's list.

2008 100 KM: WORLD TOP 20 WOMEN

7:23:33	Tatyana Zhirkova	RUS	1	Tarquinia	08 Nov
7:33:06	Irina Vishnevskaya	RUS	1	Druzhinino	13 Jun
7:33:58	Kami Semick	USA	2	Tarquinia	08 Nov
7:35:38	Monica Carlin	ITA	3	Tarquinia	08 Nov
7:38:04	Hiroko Sho	JPN	1	Lake Saroma	22 Jun
7:41:39	Veronika Lopatina	RUS	2	Puschino	14 Apr
7:43:27	Margrethe Logavlen	NOR	1	Stige	03 May
7:51:32	Brigitte Bec	FRA	1	Theillay	30 Aug
7:52:21	Megan Arbogast	USA	6	Tarquinia	08 Nov
7:53:41	Helena Crossan	IRL	1	Torhout	21 Jun
7:54:51	Sonja Knopfli	SUI	1	Biel	14 Jun
7:55:48	Mai Fujisawa	JPN	7	Tarquinia	08 Nov
7:56:38	Marina Bychk Nova	RUS	8	Tarquinia	08 Nov
7:57:26	Birgit Schoenherr-Hoelscher	GER	1	Winschoten	13 Sep
7:57:43	Denise de Paiva Lucas Campos	BRA	1	Cubatao	06 Apr
7:58:08	Yoko Yamazawa	JPN	2	Lake Saroma	22 Jun
7:59:14	Naoko Ota	JPN	3	Lake Saroma	22 Jun
7:59:48	Mazuho Izutsu	JPN	9	Tarquinia	08 Nov
8:01:13	Celine Cormerais	FRA	2	Theillay	30 Aug
8:01:52	Devon Crosby-Helms	USA	10	Tarquinia	08 Nov

THIS MONTH IN HISTORY

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

22 years ago: 18 January 1987

South African Derek May won the Houston-Tenneco Marathon in 2:11:51 with Geir Kvernmo (NOR) next in 2:12:06 and Sam Ngatia (KEN) 3rd in 2:12:23. Only three South Africans ran faster than May that year – Zithulele Sinqe and Willie Mtolo clocked 2:10:51 and 2:11:01 respectively in the SA Marathon in Stellenbosch, while Ernest Tjela ran 2:11:39 in another US marathon, in Columbus (as well as 2:11:47 in the Peninsula Marathon). The women's race in Houston went to Bente Moe (NOR) in 2:32:37.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2009

This section lists 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 grey background. – Ed.

MENSeniors

10 km	30:32	George Ntshiliza	Despatch	10 Jan
	29:16	Ezekiel Meli (KEN)		
15 km	47:10	George Ntshiliza	Jeffreys Bay	03 Jan
21.1 km	64:11	Hendrick Ramaala	Pretoria	17 Jan
	61:25	Meb Keflezighi (USA)		
25 km				
30 km	1:44:42	Zolile Bhitane	Camps Bay	11 Jan
Marathon				
	2:05:29	Haile Gebrselassie (ETH)		
100 km				

Veterans (40+)

10 km	32:11	Desmond Zibi	Despatch	10 Jan
15 km	48:19	Desmond Zibi	Port Elizabeth	17 Jan
21.1 km	70:48	Sam Molokomme	Pretoria	17 Jan
25 km				
30 km	1:57:22	Thembinkosi Zweni	Camps Bay	11 Jan
Marathon				
100 km				

Masters (50+)

10 km	38:20	Thomas Moses	Kleinmond	09 Jan
15 km	58:04	Terrence Brown	Bloubergstrand	03 Jan
21.1 km	77:32	Juwario Kuzwayo	Pretoria	17 Jan
25 km				
30 km	2:01:21	Zama Witvoet	Camps Bay	11 Jan
Marathon				
100 km				

Grandmasters (60+)

10 km	42:31	Tamsanqa Jusayi	Despatch	10 Jan
15 km	61:31	Tamsanqa Jusayi	Port Elizabeth	17 Jan
21.1 km	88:11	Paulus Masilela	Pretoria	17 Jan
25 km				
30 km	2:09:43	Jimmy Morris	Camps Bay	11 Jan
Marathon				
100 km				

Juniors

10 km	34:12	Lubabalo Mdlungwane	Despatch	10 Jan
15 km	50:27	Luxolo Mdzanga	Bloubergstrand	03 Jan
21.1 km	71:55	Shaun Zuzani	Pretoria	17 Jan

WOMENSeniors

10 km	41:01	Ntombesintu Ntshiliza	Despatch	10 Jan
	33:59	Asmae Ghizlane (MAR)		
15 km	56:15	Ntombesintu Ntshiliza	Jeffreys Bay	03 Jan
21.1 km	78:13	Irvette van Blerk	Bedfordview	11 Jan
	71:22	Maki Suzawa (JPN)		
25 km				
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
Marathon				
	2:24:02	Bezunesh Bekele Sertsu (ETH)		
100 km				

Veterans (40+)

10 km	43:12	Viv Williams	Kleinmond	09 Jan
15 km	63:42	Sarah Mahlangu	Johannesburg	04 Jan
21.1 km	85:26	Sarah Mahlangu	Bedfordview	11 Jan
25 km				
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
Marathon				
100 km				

Masters (50+)

10 km	44:38	Suzanne Lavis	Despatch	10 Jan
15 km	65:32	Loesje de Beer	Port Elizabeth	17 Jan
21.1 km	98:25	René van Zyl	Pretoria	17 Jan
25 km				
30 km	2:24:01	Nancy Will	Camps Bay	11 Jan
Marathon				
100 km				

Grandmasters (60+)

10 km	51:35	Liz Grundlingh	Despatch	10 Jan
15 km	70:28	Sonja Laxton	Johannesburg	04 Jan
21.1 km	1:44:00	Liz Ruickbie	Pretoria	17 Jan
25 km				
30 km	2:36:45	Veronica van Niekerk	Camps Bay	11 Jan
Marathon				
100 km				

Juniors

10 km	52:17	Marline van Deventer	Kleinmond	09 Jan
15 km	65:40	Ayanda Mqhakayi	Bloubergstrand	04 Jan
21.1 km	1:43:32	Lauren Venter	Bedfordview	11 Jan

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