

# 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

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## EDITORIAL

You don't win the Comrades on reputation alone. With 69 km gone in the 84<sup>th</sup> Comrades Marathon between Pietermaritzburg and Durban on Sunday, two-time champion Leonid Shvetsov of Russia looked unstoppable when he took the lead from Charles Tjiane. It seemed like 2007 all over again – yet less than half an hour later Shvetsov's dream of a third successive win was shattered on the descent after Cowie's Hill when Zimbabwean Stephen Muzhingi powered past and went on to win in the second fastest time ever for the "down" run, 5:23:27.

"I am also human," Shvetsov said after the race, in which he finished second in 5:33:10 – almost 13 minutes slower than the record he set in 2007. Indeed he is, and that the Comrades can reduce even the greatest champions to human proportions, was made painfully clear when he had to walk briefly with 10 km to go.

Eight South Africans – double the number of 2008 – won gold medals. This is the first time since 1995 that eight local runners had finished in the top ten.

While Muzhingi (33) upset the form book in the men's race, the outcome of the women's race was as predicted: one of the Nurgalieva twins won. This time it was not Elena, but Olesya, who repeated her victory of the last down run. She clocked 6:12:12, beating her sister by 62 seconds.

Tjiane's run was one of the big stories of this year's race. He finished as the first South African after a magnificently courageous run that was praised by Shvetsov. His 5:34:21 gave him third, only 71 seconds behind the defending champion, and almost an hour faster than he ran last year, when he was 35<sup>th</sup>. (He failed to finish in 2006 and was 277<sup>th</sup> in the 2005 down run.)

First South African among the women – as she was for six years in a row in 2002-2007 – was Farwa Mentoor, who crossed the finish line in fifth place in 6:45:33. It is the fifth time she has finished in the top five.

Muzhingi capped a superb three years of Comrades performances with a win over a high quality field that chased the course record from the start. He was seventh in the previous down run and in last year's "up" run he finished third. On top of that he was fourth in this year's Two Oceans, only six weeks ago. He ran almost 17 minutes faster than he did in 2007.

After halfway Shvetsov (40) was not nearly as smooth as he was in his two victories – or even as he was early in the race. He had been unwell in the week before he came to South Africa, but did not use this as an excuse. "My legs weren't ready, that's all. Some days are

good, some are not. But I would like to say that [Tjiane] did very well – it was such a brave run.” He added that he made a mistake by chasing the record instead of first making sure of the win. “The last 10 km were the longest of my life.”

The pace was extremely fast from the beginning and Zimbabwean Collen Makaza reached halfway at Drummond in an eye-popping 2:34:40 – the fastest time ever recorded for the first half in the down run and a massive 8:35 faster than Shvetsov had run when he set the down run record in 2007.

As often before, Cowie’s Hill played its part once again in deciding the outcome. Going up the 140-metre climb, Shvetsov began to falter. His stride shortened and although his face revealed nothing, it was already clear that he would have a battle on his hands. Muzinghi was 50 seconds behind Shvetsov when he passed Tjiane and stormed past Shvetsov after 4:39:50 of running. Shvetsov glanced across and for the first time there was desperation on his face. He had no reply and soon even he had to walk a little. The race was over and Muzinghi ran unchallenged into Durban. He covered the last 3 km in 10:22 and the last kilometre in exactly 4 minutes, glancing over his shoulder continuously and losing his form as he neared the stadium. But he was safe because Shvetsov was losing ground all the time, eventually finishing almost 10 minutes behind.

Muzinghi’s time has been beaten only by Shvetsov when he set the record of 5:20:41; the Zimbabwean is now also ahead of Bruce Fordyce’s 5:24:07 of 1986. But Muzinghi’s time should be put into perspective: he ran 2.2 km further than Shvetsov did when he set his record.

Tjiane, despite his troubles before Field’s Hill, continued his gutsy run and stayed in third, with Nhlapo finishing fast to claim fourth, six years after he had won the down run. Harmans Mokgadi, whose sixth position last year made him the first South African, got the last gold medal this time. Three-time up run winner Vladimir Kotov had to be content with 58<sup>th</sup> place in 6:18:51, but he was first in the 50+ category.

In the women’s race the Nurgalieva twins led from the start and while they had Tatyana Zhirkova for company early on, they were never under pressure. The twins have now won five of the last six Comrades races, but this year was their slowest winning time.

Marina Myshlyanova was in fourth for the entire race and finished more than 18 minutes behind the winner. As expected, Riana van Niekerk was the leading South African for most of the race, but suffered from cramp later on and did not finish. Mentoorn passed her with 30 km to go. Mentoorn’s 6:45:33 is the slowest of all her down runs.

One of the best feel-good moments of the day was the exuberant finish by Lesley Train in sixth place, the second South African. The little runner was overjoyed – and so she should be, running more than 14 minutes faster than in 2007.

Nine-time winner Bruce Fordyce finished in 9:48:18, while four-time champion Alan Robb won his 36<sup>th</sup> medal in 8:01:23. Dave Rogers, who was going for a record 44<sup>th</sup> medal, did not finish.

The TV broadcast was fair, except for the almost total lack of coverage of the women’s race behind the twins. Without denying them their obvious class, and not forgetting that they *are* (usually) the race leaders, their tandem treks over the roads of Kwazulu-Natal and the Cape Peninsula are becoming quite boring – and while so much air time is given to them, the exciting tussles behind them, waged by South African runners, are largely ignored. (This, of course, is largely also true of the men’s race after halfway. A way must simply be found to also cover the position changes among the top ten.)

And lastly, why is it so difficult for some commentators to pronounce names correctly? The record holder's name is not Lenoid or Lennit, but Leonid ("leo-need"); the winner's surname is Muzhingi, not Muzhinga; the second-placed twin is Elena (or even Yelena), not Elana. These athletes are well known in South African distance running – it is unforgivable to mispronounce their names. Just as unforgivable is it for a commentator from the Western Cape not to be able to recognise Caspar Greeff, probably one of the three or four best-known over-70 runners in the country.

With *Race Results Weekly* being published a day later than usual this week, we will catch up with international results again next week.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* Comrades Marathon, Pietermaritzburg to Durban
  - \* Darling Half Marathon, Darling
  - \* Comrades Youth Run 10 km, Durban
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### THE MARATHON DEBATE

Both Bobby McGee and Richard Mayer have contributed to the debate about the standard of South African marathoning and the need for a national distance coach.

Bobby McGee has sent the following comments in the form of an open letter to Hendrick Ramaala on Ramaala's reply to his original views on the standard of South African marathoning. Calling himself a "great fan of yours", Bobby wrote: "Hendrick, you misunderstand me! I give the runners I refer to ALL THE CREDIT. You for one know what it was to succeed in those times. I know intimately the details of the struggle it was for runners like Josiah Thugwane, Johannes Mabitle, Matthews Motshwarateu, Simon Morolong, the Mogotsi brothers, Meck Mothuli, David Tsebe, Johan Landsman, Jantjie Marthinus ... I can go on and on.

"Your point is well made – if you could do it then, why is it so hard now – now that we have equality, now that the athletes have a federation that is fully empowered and professional? Now that the resources are for all, now that I also need no longer stand in fear, dressed in a dark coat hiding in the shadows so that I could help athletes who belonged to the SACOS fold. That is why I ask: How good could YOU have been had you had the opportunities?

"Well, sadly, the reality seems to be that there are fewer true opportunities now; and we ARE ALL TO BLAME. The coaches who left are to blame, sure; maybe they were cowards. Perhaps the athletes (unlike the Kenyans and Ethiopians) are also to blame nowadays, for wanting so much in order to succeed, when you and your bretheren did not have those needs met – yet succeeded anyway. The Kenyans and Ethiopians still do not have what we have in South Africa – yet they dominate!

"Criticism is hard to define and even harder to swallow if the shoe fits. Criticism institutes a difference of opinion, and hopefully leads to debate, and then to the instigation of a process that puts operative practices into place that leads to replacement of the current methodology, *if the criticism is valid and the players are aiming for improvement*. Criticism regarding the current course of the sport may not be of value within the complexities of the South African athletics setup and may therefore not work – and truthfully I have almost no insight as to the current situation: I am simply reacting to the statistics that not only categorically show that we are currently no longer a force of any significance in the sport, but that our standards are way below those that existed 10-plus years ago.

"I am saddened, I long for the performances of yesteryear to be built on. But without debate and a vulnerability (the willingness to look within) to metabolize the input to determine whether the contributor has a valid point or not, we will have no breakthrough.

Ironically you are so very, very correct, my friend – in those times you and your talented colleagues did INCREDIBLY well under the circumstances. I would know, as together with numerous other coaches who really cared about athletes first and performance second, we spent the greater part of our then lives giving to the runners, and the results were forthcoming – both parties made it happen.

"In the interim many, many coaches were chased from the fold – a necessary process in the move to establish equality, I am sure. How hard would it have been to establish the true bona fides of each coach? After all, we had truth and reconciliation hearings! Some coaches wanted glory, some pay, some higher positions (for the aforementioned reasons) – and some wanted to continue serving athletes and the sport. I for one continued to do so until it became financially impossible (and in some cases too dangerous) to do so as a coach.

"Most coaches who today survive in the South African athletics paradigm – I am guessing here – are NOT full time, nor are they employed by clubs or athletes to coach full time. These brave, generous individuals have other means by which they earn a living and then spend their hard-earned Rands to coach; they are to be highly praised no matter what their background – I was a school teacher during those years of coaching in South Africa and the majority of my time and expendable income was spent in support of my athletes.

"You may also be unaware of my offers to support South African distance runners over the years – but, Hendrick, I am not sure I could be of any help currently. I am a coach; I spend every day of my working life working with endurance athletes – I am neither a politician, nor an administrator. My involvement in the Olympics since 1992 has been purely in the field of coaching.

"I do not believe it is a shortage of knowledge or coaching skills that is the problem. You also know that it is not a shortage of talent either – heaven knows, we have masses of talent! *The problem is the shortage of a true, transparent and passionate desire by those who can affect change to do what it takes to entice the athletes to come to the fore and apply themselves for the good of themselves, the country and our sport while at the same time empowering and supporting support staff (coaches, physios, officials, clubs, etc.) in their fields to become world class also.*

"In short, what is required is a highly professional organization, with the highest integrity, and an agenda based solely on performance, run according to internationally accepted, high-level, for-profit business principles.

"If we have this currently in place, then where is the disconnect? I ask this in all sincerity – because *I do not know the facts* – but something is clearly very, very, very wrong. Great runners like yourself have stepped into the breach in administrative leadership roles in the past, but sadly they have for one reason or another been brushed aside ...

"I do not know the answers, Hendrick! Excuse my petulance in crying out in frustration, but besides accepting that we are all to blame in some way or another, our only hope is to look forward and build on what we have now. Truthfully YOU ARE IT, you are the standard, the best, the greatest and whatever you did, whoever supported you – that is what we must build on. I know Josiah's path that he took to Olympic gold, and most of it came down to his dogged determination, his absolute refusal to quit, his self-discipline, with friend Joseph Skosana, to deal with the challenges of training, finances, race, tribe, violence, housing, support, education, hydration, limited opportunity and lack of low end speed, and keep getting up and racing, racing, racing, from Voet van Afrika, to Honolulu, to Koornfontein and 2:16 clockings in Jo'burg, to telephone pole fartlek for 40 km, to countless hill repeats up slag heaps – he was not lucky, he made every bit of that golden luck in Atlanta happen by the sweat of his own brow. Then and only then, suddenly, everybody wanted a piece of him!

"So if you in your heart of hearts know that those who have now been placed in charge of the sport's future have done what you have done, what Gert has done in training, what Josia did and the others – Zithulele Singe, Matthews Temane, Mark Plaatjes (given their

hearts, their everything) – then we need only wait and soon all will be well; but if not, what are we to do? The factors and personal characteristics that make a great distance runner are well documented; what is less sure is how long does it take, how dedicated does the individual have to be to get to the very, very top – you yourself could envision running 2:54 per kilometre for 42.2 km, not so? There are others below the Limpopo who can do that, I know that and so do you – what's to be done? What's not being done?

"After your London result it is clear that you yourself have much left to offer as an athlete – amazing performance once again! Thank you for caring enough to voice your opinion – perhaps you can say no more and I for one will understand. Like the prayer of the alcoholic I can only wish that we have the serenity to accept the things we as individuals (athletes and coaches) cannot change, the courage to change the things we can and the wisdom to know the difference.

"All I could offer at the time was coaching and training knowledge and that's all I have now."

Without having seen the above comments from Bobby McGee, Johannesburg coach Richard Mayer sent the following contribution to the debate:

"Firstly, let me say that as far as I am aware, Bobby does not know much about Hendrick's training, but obviously it is possible an expert eye can see things from afar that Hendrick and the rest of us, closer to the action, cannot see. All I can say is that Hendrick is undoubtedly the shrewdest and hardest trainer in South African distance running at the moment in terms of both quality and volume.

Secondly, while Hendrick and Bobby and myself and others may debate the finer points of Hendrick's training, to focus too closely on Hendrick and Gert Thys is to miss the more crucial issue for the future and health of SA distance running: Why are there so few local athletes at present who can come within 7 or even 12 minutes of Hendrick's recent superb London showing?

The simple answer, as Bobby implies and all of us who deal with contemporary South African athletes on a day to day basis know all too well, is that, in general, they don't do the work. A week before London I saw a relaxed and confident Hendrick who told me that if a young boy in South Africa wants to make a name for himself in SA distance running, he should run 160 km to 220 km a week for an extended period and then come and talk to him. We need a national distance coach – perhaps even Hendrick or Bobby McGee – to be appointed to spread the message more widely.

Yes, ASA has appointed Dr Arbeit as a national coaching consultant, but – as I have been saying for at least a decade – we need a specialist national coach for distance running. McGee would be a prime candidate, but as I am sure many of my fellow coaches would agree, he would struggle to get many contemporary athletes to train the mileages required for international success – but let us speak to Lotto, or government, to find the money, appoint someone, and give ourselves a chance.

Good coaches can transform a sport and a national side – after all the 'boks under Jake White and Eddie Jones bounced back from the Sträeuli era. But despite the embarrassment of the 2003 World Cup, the 'boks *did* have a coach then.

## COMRADES PREDICTIONS

Apart from the Editor, only three readers submitted Comrades predictions, and only two of them, Johan Britz and Ian Laxton (who predicted only the men's race), were brave enough to assign positions. Charles Tjiane surprised everyone, while Riana van Niekerk's absence cost everyone a point. And then, of course, there was Kashmira Parbhoo ...

Here are the four lists, with correct names in the top ten, irrespective of position, underlined:

JOHAN BRITZ: Men – 1. Shvetsov, 2. Nonyana, 3. Muzhingqi, 4. Khobotov, 5. Muthubi, 6. Nhlapo, 7. Mkhize, 8. Kharitonov, 9. Jantjies, 10. Kutu. Women – 1. Elena Nurgalieva, 2.

Olesya Nurgalieva, 3. Zhirkova, 4. Biktagirova, 5. Kruger, 6. Mentoor, 7. Van Niekerk, 8. Myshlyanova, 9. Train, 10. Waghorn.

ROWYN JAMES: Men – Shvetsov, Janicki, Kharitonov, Muzhingi, Mkhize, Kotov, Rhapotle, Noto, Oosthuizen, Nhlapo. Women – Elena Nurgalieva, Olesya Nurgalieva, Zhirkova, Myshlyanova, Bychkova, Van Niekerk, Bak, Mentoor, Train, Magson.

IAN LAXTON: 1. Shvetsov, 2. Mkhize, 3. Kharitonov, 4. Noto, 5. Janicki, 6. Mokgadi, 7. Nonyana, 8. Khumalo, 9. Moshiiywa, 10. Mambo.

RIËL HAUMAN: Men – Shvetsov, Janicki, Kharitonov, Nonyana, Mkhize, Sithuba, Mokgadi, Rhapotle, Molaba, Muthubi. Women – Elena Nurgalieva, Olesya Nurgalieva, Zhirkova, Bychkova, Myshlyanova, Van Niekerk, Mentoor, Kruger, Van Aswegen, Magson.

The scores: Britz – 5 + 7 = 12; James – 4 + 7 = 11; Hauman – 4 + 7 = 11; Laxton – 4. If one bonus point is scored for each correct position, then Britz scores another point for Zhirkova, giving him a total of 13.

## ROAD RUNNING

### Comrades Marathon (84<sup>th</sup>)

Pietermaritzburg to Durban, 24 May

(Distance: 89.17 km. Certified point-to-point downhill course, dropping from 670 m to sea level, but very hilly. Highest point: 870 m. All runners RSA unless indicated otherwise.)

Note: Unfortunately no category results were available. – Ed.

#### MEN

1. Stephen Muzhingi (ZIM) 5:23:27 R220 000
2. Leonid Shvetsov (RUS) 5:33:10 R110 000
3. Charles Tjiane 5:34:21 82 500 + R125 000\*
4. Fusi Nhlapo 5:36:17 R44 000
5. Lucas Nonyana 5:39:29 R33 000
6. Mncedisi Mkhize 5:41:14 R20 000
7. Bongmusa Mthembu 5:41:52 R17 600
8. Peter Molapo 5:42:25 R15 500
9. Bethuel Netshifhefhe 5:43:35 R13 200
10. Harmans Mokgadi 5:44:49 R11 000
11. Melikhaya Sithuba 5:46:22; 12. Victor Ngubelanga 5:46:38; 13. Petros Sosibo 5:47:26; 14. Godfrey Sesenyamotse 5:51:46; 15. Clement Nkosi 5:52:42; 16. Claude Moshiiywa 5:53:22; 17. Peter Muthubi 5:54:51; 18. Sandile Makhaye 5:55:27; 19. Eric Ngubane 5:58:01; 20. Johan Oosthuizen 5:58:36; 21. Samuel Makamu 5:59:26; 22. Marc Smith 6:00:30; 23. Nicholas Mjadu 6:00:33; 24. Magnus Michelsson (AUS) 6:00:38; 25. Simon Peu 6:00:47; 26. Mthembeni Nzama 6:00:57; 27. Mohala Mohloli (LES) 6:03:53; 28. White Modisenyane 6:04:04; 29. Sergio Motsoeneng 6:04:40; 30. Jacob Mazibuko 6:05:21; 31. Philani Memela 6:05:37; 32. Radisegwane Maleka 6:06:25; 33. Jabulani Mabaso 6:06:53; 34. Senzo Miya 6:06:55; 35. Arthur Beeming 6:07:06; 36. Arnold Motsoeneng 6:07:20; 37. Sam Bolo 6:08:28; 38. Tana Simphiwe 6:09:11; 39. Joseph Ikaneng 6:11:10; 40. Edwin Manyokole 6:12:10; 42. Lucas Matlala 6:12:41; 43. Lindokuhle Mdlovu 6:12:45; 44. Michael Makoetiane 6:12:54; 46. Thabo Nkuna 6:13:42; 47. Mdumiseni Zondi 6:13:46; 48. Khangela Chauke 6:14:25; 49. Eric Sigxashe 6:14:39; 50. Oleg Kharitonov (RUS) 6:14:59; 52. Jeffrey Chabalala 6:15:04; 53. Mbuyiseli Mema 6:15:47; 54. Ben de Klerk 6:16:18; 55. Saoana Ntlou 6:18:11; 56. Knowledge Mokhele 6:18:44; 57. Isaac Mahlake 6:18:47; 58. Vladimir Kotov (BLR) 6:18:51; 59. Trevor Toerien 6:20:34; 60. Christopher Mabengeza 6:22:53; 61. Michael Gamede 6:23:12; 62. Moses Kgoathla 6:23:33; 63. Nic de Beer 6:24:03; 64. Abram Hugo 6:24:20; 65. Zakuthini Retyu 6:24:29; 66. Patrick Kanyane 6:24:51; 67. Greg Barnes 6:24:54; 68. Judas Ntuli 6:25:45; 69. Simon Mphulanyane 6:26:57; 70. Samuel Mashishi 6:27:08; 71. Aubrey Watson 6:27:32; 72. Sitsang Sondezi 6:28:04; 73. Alfred Mathobo 6:28:20; 74. Vusi Cele

6:28:28; 75. Matthew Lynas 6:28:31; 76. Linda Mthembu 6:28:40; 77. Edmund Mbili 6:29:29; 78. Ian Sharman 6:29:32; 79. Sbongiseni Mthembu 6:29:59; 80. Mandlakhe Hlongwa 6:30:16; 81. Sibusiso Rambuzi 6:30:19; 82. Abdul Mlanse 6:30:36; 84. Rendan Munyai 6:31:26; 85. Jan Masombuka 6:31:40; 86. Emerson Kayana 6:32:00; 87. Simthembile Sibeze 6:32:06; 88. Thuthukani Ntuli 6:32:26; 89. Stephen Molepo 6:32:38; 90. Morongoa Raseruthe 6:33:31; 91. Ntshengedzeni Mmbadaliga 6:34:13; 92. Sifundo Dlamini 6:34:36; 93. Letlatsa Ntsitsi 6:35:16; 94. Joseph Maerman 6:36:14; 95. Elias Letlape 6:36:16; 96. Donald Kgopa 6:36:37; 97. Mandlenkosi Dumakude 6:37:16; 98. Petrus Ndlovu 6:37:20; 99. Thembinkosi Mbonambi 6:37:35; 100. Dirk Cloete 6:37:43; ... 175. Frans Kutu 6:52:36 ... 2129 Collen Makaza (ZIM) 8:51:24.

DNF: Marco Mambo (ZIM), Sipho Ngomane, Prodigo Khumalo (ZIM), Mabule Rhapotle, Wellington Chidodo (ZIM), Jaroslaw Janicki (POL), Joseph Molaba

\*) First South African finisher

#### WOMEN

1. Olesya Nurgalieva (RUS) 6:12:12 R220 000  
 2. Elena Nurgalieva (RUS) 6:13:14 R110 000  
 3. Tatyana Zhirkova (RUS) 6:15:03 R82 500  
 4. Marina Myshlyanova (RUS) 6:30:42 R44 000  
 5. Farwa Mentoor 6:45:33 33 000 + R125 000\*  
 6. Lesley Train 7:01:07 R20 000  
 7. Marina Bychkova (RUS) 7:03:24 R17 600  
 8. Lindsay van Aswegen 7:08:55 R15 500  
 9. Belinda Waghorn 7:09:36 R13 200  
 10. Kashmira Parbhoo 7:16:13 R11 000  
 11. Kerry Koen 7:18:51; 12. Linah Mhlango 7:20:33; 13. Leanne Juul 7:21:32; 14. Paula Quinsee 7:23:37; 15. Julianie Basson 7:25:51; 16. Berdine Smit 7:28:09; 17. Reinette Duvenage 7:42:30; 18. Julie Shadwell 7:42:32; 19. Melanie van Rooyen 7:45:26; 20. Belinda Hickman 7:45:55; 21. Bronwyn Small 7:46:45; 22. Shelley van der Spuy 7:52:29; 23. Vicky Cotter 7:53:16; 24. Wendy Fitzmaurice 7:57:25; 25. Salome Brits 7:57:46; 26. Xoliswa Bici 7:59:22; 27. Sarah Williams 8:01:15; 28. Candice Lamb 8:02:32; 29. Nocawe Morake 8:04:40; 30. Jane Mudau 8:07:58; 31. Michelle Hall-Jones 8:09:42; 32. Martha Pretorius 8:09:46; 33. Nonsikelelo Mbambo 8:13:32; 34. Suzette Potgieter 8:15:09; 35. Lisl Grobler 8:16:33; 36. Janet van Veijeren 8:19:18; 37. Lise Muchna 8:19:31; 38. Terry Swait 8:21:11; 39. Sharon Zeelie 8:21:20; 40. Claire Bosman 8:21:52; 41. Alison Jordaan 8:22:08; 42. Ilze Swanepoel 8:22:19; 43. Debbie Eaton 8:23:26; 44. Lauren Calenborne 8:25:53; 45. Lorinde Olivier 8:26:18; 46. Kelly Thompson 8:26:37; 47. Vivienne Kartsounis 8:26:42; 48. Annelie van der Merwe 8:27:08; 49. Anelle Vorster 8:28:05; 50. Lindy-Lee Folscher 8:28:26; 51. Sarah Scott 8:28:53; 52. Kirsty Scott 8:28:53; 53. Cory Newman 8:29:26; 54. Gina Hinchliffe 8:29:44; 55. Yvonne Laing 8:30:01; 56. Kerry Ward 8:30:09; 57. Yancey Truluck 8:30:36; 58. Megan Finestone 8:30:55; 59. Val Watson 8:32:10; 60. Edward Conrad 8:32:13; 61. Jenni Kruse 8:32:14; 62. Candice Kater 8:32:22; 63. Joy-Ann Nicholl 8:33:32; 64. Vanessa Wayland 8:33:44; 65. Cantale Paoliello 8:34:02; 66. Jacquie Grassie 8:34:56; 67. Natalie de Villiers 8:35:42; 68. Ntombikayise Mkwae 8:35:42; 69. Christelle van der Merwe 8:35:57; 70. Yvette Velleman 8:36:12; 71. Carien Visser 8:36:56; 72. Adrie Johnson 8:36:57; 73. Joanna Burgers 8:37:20; 74. Olly Butland 8:37:31; 75. Charmaine Rowley 8:37:43; 76. Iris Ndlovu 8:38:41; 77. Joanne Wynne 8:39:17; 78. Hanlie van Eeden 8:39:18; 79. Liana Maree 8:39:30; 80. Johanna van Wyk 8:39:40; 81. Andrea Moritz 8:40:25; 82. Sue Harrisberg 8:40:45; 83. Sanet Loubser 8:41:14; 84. Theresa Brand 8:41:25; 85. Maria Mthembu 8:42:24; 86. Marise Fourie 8:42:35; 87. Michelle Viljoen 8:42:36; 88. Tammy Dennill 8:42:46; 89. Juliette Savini 8:42:50; 90. Michelle Dreyer 8:43:32; 91. Malie van der Walt 8:43:36; 92. Melanie Melville 8:43:43; 93. Magda Weideman 8:43:47; 94. Trish Taylor 8:44:01; 95. Sarah Ratnarajah 8:44:16; 96. Karen de Kock 8:44:39; 97. Melanie Kruger 8:44:57; 98. Ann Bester 8:44:59; 99. Leigh Lidgley 8:45:12; 100. Sandy de Beer 8:45:15.

\*) First South African finisher

DNF: Riana van Niekerk, Adinda Kruger

## Darling Half Marathon

Darling, 23 May

(Distance: 21.0975 km; loop course)

### MEN

1. Graham Katzen (Celt) 70:13; 2. Zolani Bhitane (Ned) 72:05; 3. Siyabonga Nqabeni (Celt) 72:12; 4. Steven Julies (C.Harr) 74:05 (1<sup>st</sup> vet); 5. Owen Smith (Wel) 75:06; 6. Dawid Gous (Sw) 76:13; 7. Zithulele Joseph (RCS Gug) 80:32; 8. Mark Dunley-Owen (VOB) 82:44; 9. Gregory Jacobs (Edg) 83:11 (1<sup>st</sup> mast); 10. Simon Pieters (Wel) 83:15; 11. Willem Swanepoel (Brack) 83:34; 12. John Small (Wel) 83:51; 13. Carlo Jacobs (Top) 84:09; 14. Pieter Opperman (Melk) 84:09 (1<sup>st</sup> jun); 15. Steven Parkins (Met) 84:24; 16. Damian Will (Pine) 86:00; 17. Leo Rust (VOB) 86:06; 18. Wilfred Soegop (Salkor) 86:30; 19. Mpicothi Qantolo (Atl) 86:52; 20. Brawsin Pringle (Ind) 87:31; 21. Henry Cieverts (Top) 87:33; 22. G. Pitz (Ind) 87:52; 23. Gideon Granville (Ind) 89:59; 24. D. Wills (Mat) 90:11; 25. Paul Kelly (R/W for L) 90:20; 26. Nick Miles (WC) 90:29; 27. Darren Read (Ind) 90:46; 28. Jacques du Preez (Ind) 90:48; 29. Riaan van Zyl (Sw) 91:10; 30. Daig Saxby (UCT) 91:16.

**Masters: (40+):** 1. Steven Julies (C.Harr) 74:05; 2. John Small (Wel) 83:51; 3. Steven Parkins (Met) 84:24. **(50+):** 1. Gregory Jacobs (Edg) 83:11; 2. Henry Cieverts (Top) 87:33; 3. Nick Miles (WC) 90:29. **(60+):** 1. Ian Bocock (For) 102:13; 2. Carl Hendricks (Ned) 102:47; 3. Nicholas Marshall (Atl Harr) 107:25. **Juniors:** 1. Pieter Opperman (Melk) 84:09.

### WOMEN

1. Nomvuyisi Seti (Mr Pr) 86:32; 2. Bulelwa Mtshagi (Celt) 86:32; 3. Kirsty Weir (Ad) 86:36; 4. Helene Perold (Dur) 91:24; 5. Sheryl de Lange (Ad) 91:45 (1<sup>st</sup> vet); 6. Sandra van Graan (Edg) 96:11; 7. Glenda Werth (Ned) 96:36; 8. Rutlwane Ramabooi (UCT) 96:59; 9. Janine Lewerent (Ind) 99:26; 10. Helette Basson (Lange) 100:39; 11. Nancy Will (Pine) 101:17 (1<sup>st</sup> mast); 12. Sue Ulyett (Atl) 103:52; 13. Sally Stevens (Ind) 104:10; 14. Collette van Eck (FH) 104:34; 15. Bianca Browne (Ind) 105:38; 16. Charmaine Botha (Dur) 106:03; 17. Sue Bracher (Dur) 106:07; 18. Charmaine Cupido (Ned) 107:37; 19. Ronél Stander (Sanlam) 108:13; 20. Clementine Rebelo (Edg) 108:19.

**Masters: (40+):** 1. Sheryl de Lange (Ad) 91:45; 2. Sandra van Graan (Edg) 96:11; 3. Sue Ulyett (Atl) 103:52. **(50+):** 1. Nancy Will (Pine) 101:17; 2. Collette van Eck (FH) 104:34; 3. Sue Bracher (Dur) 106:07. **(60+):** 1. Pixie Sparg (Celt) 113:16; 2. Ginette Flockton (Celt) 119:53; 3. Marlene James (Pine) 125:40. **Juniors:** 1. Andiswa Ndamane (Atl) 136:13.

## Comrades Youth Run 10 km

Durban, 23 May

(Course configuration unknown)

### MEN

1 Senzo Nkosi (Madadeni) 31:12; 2 Njabula Phemu (Diamond) 31:53; 3 Thobani Chagwe (PHS) 32:14; 4 Cele Monwabisi (Zwelibanzi) 32:26; 5 Sibusiso Madikezela (Umlazi) 32:30; 6 Anele Faku (Nedbank) 32:45; 7 Mduduzi Makhaba (Madazani) 33:15; 8 Siyamda Mqadi (Luthuli) 33:24; 9 Njambulo Ngobese (Mabululwane) 33:32; 10 Mlungisi Myaka (ME) 34:00.



**WOMEN**

1 Pretty Mokoena (Zwelibanzi) 37:53; 2 Stabile Zulu (Zwelibanzi) 40:09; 3 Zinhle Mtshali (Banzana) 40:20; 4 Alicen Manake (F1) 41:33; 5 Snenhanna Mzimela (Verulam) 41:37; 6 Ntokozo Mkhize (Sthengili) 41:38; 7 Nomvula Dlamini (ME) 41:51; 8 Slindile Maphisa (Mabululwane) 42:08; 9 Bathobebe Hlazo (Siyanda) 42:30; 10 Silindile Myeni (Boxer) 32:31.

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**NEWS****ENTRY RULES FOR 2010 COMRADES**

The 2010 Comrades Marathon, the 85<sup>th</sup> running of the race, will again be from Pietermaritzburg to Durban, a "down" run, the Comrades Marathon Association (CMA) has announced.

There will be a commemorative "double down" medal for all novice runners who complete the 2009 and 2010 races.

The CMA will use an extensive marketing campaign – also on the international front – to publicise the event and has appointed International Ambassadors in Europe, South and North America, and Australia. The CMA said that it attributed the 17% increase in this year's entries to the marketing campaign that is already in place.

Entry numbers for the 2010 race will be cut off at 20 000 runners, and no extensions will be allowed, thus making the 2010 run a special event, as the CMA has never had a cut-off for entry numbers in the past. The entry procedure will have two phases.

Phase 1: 1 September 2009 – Entries open to all previous Comrades runners, and will close 31 October 2009. The will be capped at 15 000 entrants.

Phase 2: 1 November 2009 – Entries open to all novices and will close on 30 November 2009. The overall total will be capped at 20 000; therefore, if there are only 12 000 entries from previous runners, 8 000 entries will be accepted from novices.

The qualifying period for 2010 will be as follows from 24 May 2009 to 26 April 2010. Runners who finished the 2009 Comrades Marathon can use their finishing time as qualifiers for 2010.

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**STATS TIME****COMRADES 'DOWN' RUN: ALL-TIME TOP 10 TIMES****MEN**

Leonid Shvetsov	2007	5:20:41
Stephen Muzhingi	2009	5:23:27
Bruce Fordyce	1986	5:24:07
Andrew Kelehe	2001	5:25:52
Bob de la Motte	1986	5:26:12
Leonid Shvetsov	2001	5:26:29
Sipho Ngomane	2005	5:27:11
Bruce Fordyce	1984	5:27:18
Vladimir Kotov	2001	5:27:22
Alexi Volgin	2001	5:27:41

**WOMEN**

Frith van der Merwe	1989	5:54:43
Ann Trason	1997	5:58:25

Tatyana Zhirkova	2005	5:58:51
Maria Bak	1997	6:00:28
Elena Nurgalieva	2003	6:07:47
Frith van der Merwe	1991	6:08:19
Olesya Nurgalieva	2007	6:10:03
Elena Nurgalieva	2007	6:10:32
Olesya Nurgalieva	2005	6:10:40
Olesya Nurgalieva	2003	6:12:08

### THIS MONTH IN HISTORY

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

#### 10 years ago: 16 May 1999

Catherine Ndereba (KEN) won the 88th edition of the Bay-to-Breakers 12 km in San Francisco by two seconds over Elana Meyer, 38:37 to 38:39. Jane Omoro (KEN) was 3rd in 39:14. The men's race went to Lazarus Nyakeraka (KEN) by 29 seconds over Armando Quintanilla (MEX). Three years earlier Meyer had won in 38:56; later in 1999 she would finish eighth in the World Half-marathon Championships in which Ndereba was third.

### 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 SA races, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green. – Ed.

#### MEN

##### Seniors

10 km	28:28	Hendrick Ramaala	Durban	08 Feb
	27:01	Micah Kogo (KEN)		
15 km	27:02*	Haile Gebrselassie (ETH) 2002		07 Mar
	44:27	Lusapho April	Port Elizabeth	
21.1 km	43:26	Ryan Hall (USA)		04 Apr
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
25 km	63:12	Hendrick Ramaala	Middelburg	09 May
	58:52	Patrick Makau (KEN)		
30 km	58:33	Samuel Wanjiru (KEN) 2007		22 Mar
	79:32	Shadrack Hoff	Pretoria	
Marathon	73:24	Matthew Kipchirchir (KEN)		26 Apr
	72:45	Paul Kosgei (KEN) 2004		
100 km	1:42:54	Sipho Phala	Parow	
	1:29:55	Yu Mitsuya (JPN)		
	88:00	Takayuki Matsumiya (JPN) 2005		
	2:07:44	Hendrick Ramaala	London	
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
	6:13:33	Takahiro Sunada (JPN) 1998		

\*) The Association of Road Racing Statisticians (ARRS) recognises Kenyan Sammy Kipketer's 27:18 in 2001 as the world record because of technical irregularities with the Gebrselassie time. A time of 27:01 by Micah Kogo (KEN) in 2009 is pending.

\*\*) The ARRS does not recognise records set at intermediate points in a longer race.

#### Veterans (40+)

10 km	30:18	Mluleki Nobanda	Durban	08 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	48:19	Desmond Zibi	Port Elizabeth	17 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	66:40	Desmond Zibi	Port Elizabeth	09 May
	68:44a	Maboyisana Mazwayi	Jeffreys Bay	28 Mar
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:36	Johannes Maluleka	Pretoria	09 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:25	Lindile Tokota	Sedgefield	21 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:27:32	Reginald Ngobese	Durban	08 Feb
	2:24:22a	Lindile Tokota	Oudtshoorn	28 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

#### Masters (50+)

10 km	34:50	Thulani Sibisi	Durban	08 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:45	Goodman Mpukane	Constantia	07 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	78:25	Johannes Seakamelo	Benoni	25 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	90:56	Eloi de Oliveira	Durban	22 Mar
30 km	1:59:19	Gemjikile Tom	Parow	22 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
Marathon	2:36:53	Eloi de Oliveira	Durban	08 Feb
100 km				

#### Grandmasters (60+)

10 km	37:58	Albertus Bock	Bellville	18 Apr
15 km	58:51	Albertus Bock	Constantia	07 Mar
21.1 km	83:45	Tamsanqa Jusayi	Port Elizabeth	09 May
	84:42a	Tamsanqa Jusayi	Jeffreys Bay	28 Mar
25 km	1:47:48a	Tamsanqa Jusayi	Somerset East	14 Mar
30 km	2:09:10	Albertus Bock	Parow	22 Mar
Marathon	3:02:17	Paulus Masilela	Durban	08 Feb
100 km				

#### Juniors

10 km	29:56	Sityhilo Diko	Durban	08 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:03	Sakhiwo Ganca	Port Elizabeth	25 Apr
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:02	Wanda Roro	Wellington	01 May
	59:16	Samuel Wanjiru (KEN) 2005		

#### **WOMEN**

##### Seniors

10 km	33:48	René Kalmer	Port Elizabeth	02 May
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	31:12	Vivian Cheruiyot (KEN)		
15 km	30:21	Paula Radcliffe (GBR) 2003		
	55:18	Kim Laxton	Eldorado Park	08 Mar
	48:13	Ines Chenonge (KEN)		
21.1 km	46:55	Kayoko Fukushi (JPN) 2006		
	76:08	Tanith Maxwell	Warsaw	29 Mar
	67:18	Dire Tune (ETH)		
25 km	66:25	Lornah Kiplagat (KEN) 2007		
	1:48:56	Davera Magson	Port Elizabeth	21 Mar
	82:31	Peninah Arusei (KEN)		
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:47:01	Tomoe Yokoyama (JPN)		
Marathon	1:38:49	Mizuki Noguchi (JPN) 2005		
	2:47:05	Tshifhiwa Mundalamo	Durban	08 Feb
	2:22:11	Irina Mikiitenko (GER)		
100 km	2:15:25	Paula Radcliffe (GBR) 2003		
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:52	Michelle Bartman	Port Elizabeth	02 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:58	Michelle Bartman	Constantia	07 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:41	Zola Pieterse	Myrtle Beach	14 Feb
	70:32	Helena Javornik (SLO) 2007		
25 km	1:42:34	Sandra Steenkamp	Pretoria	09 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:58:10	Sarah Mahlangu	Durban	08 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	41:02	Loesje de Beer	Port Elizabeth	21 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	65:32	Loesje de Beer	Port Elizabeth	17 Jan
	(and same time in Port Elizabeth on 31 Jan)			
	54:33	Shirley Matson (USA) 1991		
21.1 km	91:14	Margie Saunders	Port Elizabeth	09 May
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:58:00	Rae Bisschoff	Pretoria	09 May
30 km	2:18:56	Annatjie Botes	Sedgefield	21 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
Marathon	3:17:01	Annatjie Botes	Durban	08 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	41:20	Sonja Laxton	Bellville	05 Apr
15 km	68:48	Sonja Laxton	Eldorado Park	08 Mar
21.1 km	1:40:37	Veronica van Niekerk	Wellington	01 May
25 km	1:59:25	Regina Hughes	Pretoria	09 May
30 km	2:26:42	Veronica van Niekerk	Parow	22 Mar
Marathon	3:28:36	Liz Ruickbie	Durban	08 Feb

100 km

Juniors

10 km	35:45	Maxine Heine-Wacker	Port Elizabeth	02 May
	31:42	Zola Pieterse (RSA)	1984	
15 km	62:35	Nadia Hechter	Krugersdorp	04 Feb
	49:40	Ines Chenonge (KEN)	2001	
21.1 km	84:09	Quarta Wiese	Wellington	01 May
	1:09:05	Delilah Asiago (KEN)	1991	

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