

Distance Running Results

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EDITORIAL

The two Women's Day races in the Western Cape, regrettably only about 30 km apart, thus diminishing the quality of both events, produced almost identical winning times. In Bellville Kim Laxton won in 36:16, while in Stellenbosch Mia Pienaar was first in 36:17.

In one of America's most famous road races, the CIGNA Falmouth 7-miler, Colleen de Reuck's finished fifth. De Reuck (45) still races impressively; she won Falmouth in 1993 and 1997 and twelve years later she is still good enough to finish in the top five.

In the results of the Donkey's Pass 24 km Mountain Challenge in last week's DRR Janine Engels, who won the women's race in 3:20:02, was unfortunately omitted. Also, the winner of the grandmasters category in the Mecer Forest 10 km (DRR 9:29) and the Value Prop Orion Half Marathon (DRR 9:31) was Bill van den Bosch – not Bill van den Berg.

With the World Championships just around the corner, Germany has lost one of its best medal prospects when it was announced that reigning World Marathon Majors champion Irina Mikitenko had pulled out of the meeting. Mikitenko has been unable to put her full effort into training after the recent death of her father.

We will again have a prediction contest for the medal winners at the World Championships. Readers are invited to send in their list of medal winners (in order of gold, silver and bronze) on or before 14 August.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Women's Day Challenge, Bellville
- * Totalsports Ladies Race, Stellenbosch
- * Absa Chatsworth Women's Day 10 km, Durban
- * Rietvlei Farm Alberton 14 km, Alberton
- * Gaterite Half Marathon & 10 km, Verulam
- * Castle Walk 10 km, Pretoria
- * Foskor Half Marathon & 10 km, Richards Bay

International highlights:

- * Sun-Herald City to Surf 14 km, Sydney, AUS
 - * CIGNA Falmouth Road Race, Woods Hole to Falmouth Heights, USA
 - * New York Road Runners Club Team Championships, New York, USA
 - * Track: CIGNA Falmouth Mile, Falmouth USA
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ROAD RUNNING

Sportsmans Warehouse Morningside Street Mile

Rivonia, 10 August 2009

(Distance: 1 mile [1.609 km]; course configuration unknown)

MEN

1 Enoch Manyandi (Powerade) 4:12; 2 Sibusiso Nzima (Powerade) 4:13; 3 Sylvester Lethulatshipi (Powerade) 4:25; 4 Lucky Mohale (GS) 4:35; 5 Lucky Miya (Powerade) 4:37.

Veterans: 1 Peter Masia (RAC) 5:12; Sean Harris (Temp) 5:14; 3 Arrega Ferreiro (Nedbank) 5:32. **Masters:** 1 Sean Rice (JHAC) 5:19; 2 Derrick Brentano (RH) 6:49; 3 Frikkie Pretorius (Brakpan) 7:35. **G'masters:** 1 Don Charles (Brotherhood) 5:39; 2 Bill Lambert (RH) 6:22; 3 Aldo Buccaratz (RAC) 6:58.

WOMEN

1 Elizabeth Phaka (GS) 5:33; 2 Liz Douglas (Temp) 6:07; 3 Zoë Brentano (RH) 6:19 (1st jun).

Veterans: 1 Katia Braghini (Temp) 8:01; 2 Alzia Ferguson (Temp) 7:57; 3 Peta-Ann Zeelie (Temp) 8:42. **Masters:** 1 Anne Bellamusto (Morningside) 6:30; 2 Hessie Dlamini (Powerade) 8:50; 3 Pam Clarke (Temp) 9:20. **G'masters:** 1 Rachel Ledwaba (Temp) 8:20; 2 Pam Immelman (Nedbank) 8:24; 3 Heidi Pulton (Temp) 8:56. **Juniors:** 1 Zoë Brentano (RH) 6:19; 2 Shannon Leigh (Temp) 7:26; 3 GC O'Flaherty (Temp) 7:34.

Women's Day Challenge

(Women only)

Bellville, 9 August

(Distance: 10 km; certified double-leg out-and-back course)

1. Kim Laxton (White R) 36:16 (R2000*); 2. Thozama April (Celtic) 36:37 (R1500); 3. Bulelwa Mtshagi (Celtic) 37:03 (R1000); 4. Michelle Bartman (Harf) 37:51 (1st vet) (R750); 5. Xoliswa Bici (MP Trans) 38:38 (R500); 6. Alae Brand (Adid) 39:04 (R400); 7. Busisiwe Matiwane (Celtic) 39:21 (R300); 8. Kirsty Weir ((Adid) 39:53 (R200); 9. Sheryl de Lange (Adid) 40:00; 10. Natasha Oosthuizen (Adid) 40:09; 11. Mariëtte Esterhuyse (Tyger) 40:37; 12. Yonela Hewu (Gugs) 40:49 (1st jun); 13. Lihna Masiza (Siyanda) 41:18; 14. Jenna Kamps (Ind) 41:24; 15. Helette Basson (Lange) 41:43; 16. Colleen de Oliveira (NBMC) 41:48; 17. Malana Uys (Durb) 42:22; 18. Ineke Nel (UCT) 42:29; 19. Sandra van Graan (Edge) 42:30; 20. Zintle Xiniwe (MP) 42:35; 21. Monice Brand (Adid) 43:02; 22. Nancy Will (Pine) 43:05 (1st mast); 23. Liesl Stoltz (Durb) 43:09; 24. Andrea Pretorius (NBMC) 43:34; 25. Patricia Adams (Ind) 43:53; 26. Tonia Anthonissen (Bell) 43:53; 27. Marie Louw (Adid) 43:57; 28. Ronelle Steenkamp (Durb) 43:58; 29. Bev Charters (VOB) 44:11; 30. Asanda Dayimani (Atl) 44:37.

Masters 40-49: 1. Michelle Bartman (Harf) 37:51 (R500); 2. Sheryl de Lange (Adid) 40:00 (R400); 3. Mariëtte Esterhuyse (Tyger) 40:37 (R300). **50-59:** 1. Nancy Will (Pine) 43:05 (R500); 2. Bev Charters (VOB) 45:11 (R400); 3. Charmaine Cupido (Ned) 45:15 (R300). **60+:** 1. Pixie Sparg (Celtic) 50:20 (R500); 2. Marlene James (Pine) 54:22 (R400); 3. Lynda Fillmore (Edge) 62:37 (R300). **70+:** 1. Maureen Peers (Ind) 74:44 (R500); 2. Magdalene Johnson (Tyger) 75:57 (R400); 3. Joyce Archer (RWFL) 88:07 (R300). **Juniors:** 1. Yonela Hewu (Gugs) 40:49 (R500); 2. Lihna Masiza (Siyanda) 41:18 (R400); 3. Tonia Anthonissen (Bell) 43:53 (R350).

*) The prize money shown is for the open category; the first three runners also won R500, R400 and R300 in the senior category.

Totalsports Ladies Race

(Women only)

Stellenbosch, 9 August

(Distance: 10 km; certified loop course, start/finish separation 720 m. Finishers: 1491.)

1. Mia Pienaar (Maties) 36:17; 2. Elene Lourens (Maties) 36:28 (1st jun); 3. Dominique Scott (Adid) 37:34; 4. Anneline Roffey (Adid) 38:07; 5. Ronel Nattrass (Adid) 38:12; 6. Mari Rabie (Maties) 38:20; 7. Bathobile Hlazo (Bell) 39:28; 8. Marlise Jordaan (Bell) 39:34; 9. Elmarie Coetzee (Adid) 39:37 (1st vet); 10. Helene Perold (Durb) 39:41; 11. Ester Brink (Strand) 40:08; 12. Asiphe Sikhlabanjana (Ind) 40:09; 13. Olga Howard (Celtic) 40:46 (1st mast); 14. Jacoline Haasbroek (Stell) 40:54; 15. Liesl Steenkamp (Bell) 41:14; 16. Tania Kapp (VOB) 42:11; 17. Marnette Meyer (Adid) 42:21; 18. Jeanne de Waal (Ind) 43:18; 19. Liezl du Plooy (Ind) 43:25; 20. Annie Bothma (Ind) 44:02; 21. Anee van Wermeskerken (Maties) 44:04; 22. Annei Kloppers (Ind) 44:18; 23. Lorinde Olivier (Strand) 45:07; 24. Danielle Heunis (Stell) 45:11; 25. Lindie Moolman (Ind) 45:37; 26. Louise van Rooyen (NBMC) 45:39; 27. Carli Basson (Paarl) 46:08; 28. Reghana Beukes (Eerste) 46:24; 29. Lu Mae Malan (Strand) 46:33; 30. Juliet Xavier (Ind) 46:48.

Masters 40-49: 1. Elmarie Coetzee (Adid) 39:37; 2. Ester Brink (Strand) 40:08; 3. Jacoline Haasbroek (Stell) 40:54. **50-59:** 1. Olga Howard (Celtic) 40:46; 2. Kathy Burr (Durb) 49:16; 3. Dalena Fourie (EGA) 55:15. **60+:** 1. Veronica van Niekerk (EGA) 46:51; 2. Marianne Nelson (Durb) 57:46; 3. San Viljoen (Paarl) 65:31. **Juniors:** 1. Elene Lourens (Maties) 36:28; 2. Dominique Scott (Adid) 37:34; 3. Bathobile Hlazo (Bell) 39:28.

Absa Chatsworth Women's Day 10 km

Durban, 9 August

(Course configuration unknown)

1 Grace de Oliveira Boxer 41:13, 2 Bongekile Hlongwane Chats 42:08 (1st jun), 3 Ntokozo Mkhize Eskom 44:27, 4 Iris Ndlovu Boxer 44:29, 5 Maria Mthembu Boxer 45:44, 6 Hlengiwe Buthelezi Boxer 46:34.

40-49: 1 Grace de Oliveira Boxer 41:13, 2 Mary Mwelase Boxer 49:33, 3 Sharon Williams Sunsh 52:25. **50-59:** 1 Sherée Kirsten PDAC 51:22, 2 Zanele Nduli West 59:03, 3 Latha Singh Chats 64:00. **60+:** Gill Tregenna West 55:02, 2 Ivy Lottering Wings 70:59, 3 Selvie Chetty Chats 72:37. **Juniors:** 1 Bongekile Hlongwane Chats 42:08, 2 Ntokozo Mkhize Eskom 44:27, 3 Phumile Mlambo Ind 52:14.

Rietvlei Farm Albertyn 14 km

Albertyn, 9 August

(Course configuration unknown)

MEN

1 Lucky Miya (Powerade) 45:40; 2 Nkopane Seqhobane (LES/GS) 46:05; 3 Mandla Mntambo (Fit 2000) 47:19; 4 Gethun Wordofa (ETH/ADT) 47:52 (1st vet); 5 Armin Botha (UJ) 48:18 (1st jun).

Veterans: 1 Gethun Wordofa (ETH/ADT) 47:52; 2 Jacob Mazibuko (MP) 49:00; 3 Reginald Ngobese (GS) 49:06. **Masters:** 1 Don Charles (Brotherhood) 60:16; 2 Pele Tshikundamalema (Yebo) 66:05; 3 Bill Lambert (RH) 66:40. **Juniors:** 1 Armin Botha (UJ) 48:18; 2 Werner Botha (Kempies) 71:52; 3 Tjaart van der Walt (Nedbank) 86:20.

WOMEN

1 Mpho Mabuza (Powerade) 57:07; 2 Takalane Nthulane (Transnet) 59:47; Judith Peu (MP) 68:40; 4 Elsabe Aucamp (Mittal) 72:07 (1st vet); 5 Laura Venter (Nedbank) 74:52.

Veterans: 1 Elsabe Aucamp (Mittal) 72:07; 2 Laura Venter (Nedbank) 74:52; 3 Annetjie Strydom (Nedbank) 80:24. **Masters:** 1 Linda Potgieter (Phobians) 72:48; 2 Gail Visage (RWFL) 86:55; 3 Laura Emery (Nedbank) 89:55. **G'masters:** 1 Maz Moore (Breakthru) 88:12; 2 Patricia Moore (Temp) 91:53; 3 Jo Goddard (BNAC) 1:50:20.

Gaterite Half Marathon & 10 km

Verulam, 9 August

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

Half marathon

MEN

1.	Sandile Lembethe	Mr Price AC	74:14
2.	Mandaw Karikai	ZIM/Boxer AC	74:39
3.	Eric Ngubane	Nedbank AC	76:01

40-49:

1.	Peter Sehloho	Boxer AC	78:01
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50-59:

1.	Jerimiah Ngwenya	Boxer AC	83:19
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60+:

1.	Ted Lidditt	Stella AC	117:01
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WOMEN

1.	Marianne Niewoudt	DHS OB	92:45
2.	Sibongile Mpanza	Boxer AC	94:33
3.	Nonsikelelo Mbambo	RWFL	99:45

40-49:

1.	Maureen Slack	Glenwood Harr	98:01
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50-59:

1.	Marianne Toefy	Stella AC	141:58
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60+:

1.	Issy Hobbs	West AC	173:20
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10 km

MEN

1.	Simon Tswanyane	Nedbank AC	32:53
2.	Sipho Ngxongo	Nedbank AC	33:12
3.	Sibisiso Madikizela	Savages AC	35:32

WOMEN

1.	Ntombi Nkwie	LES/Toyota AC	45:09
2.	Hleziphi Ncayiyane	Nedbank AC	45:59
3.	Nana Sigabudu	Boxer AC	46:31

Castle Walk 10 km

Pretoria, 8 August

MEN

1 Joshua Sabao (ZIM/Tuks) 32:39; 2 Millen Matende (ZIM/Bashewa) 33:01; 3 Charles Soza (ZIM/Bashewa) 33:17.

Veterans: 1 Micheal Crampton (CSIR) 43:16. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 35:15. **G'masters:** 1 Pieter Rossouw (Enduro) 49:24. **G/g'masters:** 1 Ken Nurden (Agape) 50:15. **Juniors:** 1 Elijah Mabunu (Mr Price) 42:18.

WOMEN

1 Margaret Mahohoma (ZIM/Mr Price) 39:43; 2 Loveness Madziva (Mr Price) 43:02 (1st jun); 3 Hannelie le Roux (Wingate) 46:39 (1st vet).

Veterans: 1 Hannelie le Roux (Wingate) 46:39. **Masters:** 1 Linda Potgieter (Phobians) 51:03. **G'masters:** 1 Sarie du Toit (PMC) 52:43. **G/g'masters:** 1 Marina Odendaal (Solidarity) 61:35. **Juniors:** 1 Loveness Madziva (Mr Price) 43:02.

Foskor Half Marathon & 10 km

Richards Bay, 1 August

(Distances: 21.0975 km – undulating two-lap course; 10 km – single-loop course)

Half marathon

MEN

1	Lindikhaya	Mthangayi	1:04:14
2	Kelvin	Pangiso (ZIM)	1:04:20
3	Xolisa	Tyali	1:04:33
4	Tshamano	Setone	1:04:56
5	Thubalethu	Phaku	1:05:34
6	Raphael	Segodi	1:05:47
7	Tagrua	Alfandika	1:06:01
8	Prodigal	Khumalo (ZIM)	1:06:10
9	Zongamele	Dyubeni	1:06:28
10	Moses	Lepheana	1:06:36

40-49:

1	Mlukeki	Nobanda	1:06:40
2	Amos	Nkosi	1:17:43
3	Michael	Malunga	1:19:26

50-59:

1	Jeremiah	Ngwenya	1:25:51
2	Louis	Fourie	1:29:28
3	Bongani	Ndlovu	1:32:20

60+:

1	Pele	Ntshikundamaloma	1:31:08
2	Petros	Shumi	1:37:41
3	George	McGregor	1:49:29

Juniors:

1	Elisha	Mabhunu	1:08:38
2	Xolela	Nycebetsha	1:11:50
3	Collen	Mmola	1:12:03

WOMEN

1	René	Kalmer	1:15:11
2	Poppy	Mlambo	1:16:41
3	Margaret	Mahohoma (ZIM)	1:19:01
4	Tshifhiwa	Mundalamo	1:19:54
5	Catherine	Skosana	1:20:08
6	Makhosi	Mhlongo	1:22:03
7	Olivia	Chitate (ZIM)	1:23:32
8	Phelokazi	Gxumisa	1:24:27

9	Grace	de Oliveira	1:25:36
10	Gladys	Lukhwareni	1:25:56

40-49:

1	Grace	de Oliveira	1:25:36
2	Jane	Mudau	1:31:53
3	Marmarie	van Rooyen	1:49:23

50-59:

1	Patricia	Winterboer	1:45:01
2	Elize	Cilliers	1:57:42
3	Emelia	de Klerk	2:03:00

60+:

1	Lorna	Rautenbach	2:02:21
2	Linda	Vivian	2:09:04
3	Ivy	Lottering	2:32:00

Juniors:

1	Bathobele	Hlazo	1:40:54
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10 km**MEN**

1	Kanie	Simons	31:45
2	Sipho	Ngxongo	32:53
3	Xolani	Mzimela	35:14
4	Steven	Nkosi	35:58
5	Nkolulko	Shosha	36:15

WOMEN

1	Zinhle	Mtshali	40:58
2	Nomcebo	Mthethwa	45:23
3	Jabulisiwe	Mtungwa	48:08
4	Trish	Hodgson	49:18
5	Yandisa	Cele	50:15

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**Sun-Herald City to Surf 14 km (39th)**

Sydney, AUS, 9 August

(Point-to-point course from Hyde Park in Sydney to Bondi Beach)

MEN

1.	Michael Shelley, AUS	41:02
2.	Ben St. Lawrence, AUS	41:12
3.	Clint Perrett, AUS	41:52

WOMEN

1.	Melinda Vernon, AUS	47:46
2.	Emily Brichacek, AUS	47:58
3.	Clare Geraghty, AUS	48:15

CIGNA Falmouth Road Race (37th)

Woods Hole to Falmouth Heights, USA, 8 August

(Distance: 7.0 miles; certified point-to-point course, with rolling hills)

MEN (gun times)

1. Tilahun Regassa, 19, ETH	31:41	\$10,000
2. Ridouane Harroufi, 28, MAR	32:03	5,000
3. Edward Muge, 26, KEN	32:10	2,000
4. Boaz Cheboiywo, 31, KEN	32:11	1,500
5. Meb Keflezighi, 34, Mammoth Lakes, CA	32:12	1,000 + 5,000a
6. Samuel Ndereba, 32, KEN	32:29	800
7. Hendrick Ramaala, 37, RSA	32:35	650
8. Hosea Rotich, 30, KEN	32:36	600
9. Richard Limo, 28, KEN	32:41	450
10. Ibrahim Jeilan Gashu, 19, ETH	32:57	350
... 17. Felix Limo, 28, KEN	33:58	
... 60. Darren De Reuck, 44, Boulder, CO	38:28	
... 70. Anders Samuelson, 19, Freeport, ME	39:28	
... 560. Bill Rodgers, 61, Boxboro, MA	51:25	(3rd 60-64)

a) Earned USA citizen award

WOMEN (gun times)

1. Mamitu Daska, 25, ETH	36:23	\$10,000
2. Rebecca Donaghue, 33, St. College, PA	37:14	5,000 + 5,000a
3. Edna Kiplagat, 29, KEN	37:34	2,000
4. Neria Asiba, 28, KEN	37:37	1,500
5. Colleen De Reuck, 45, Boulder, CO	37:40	1,000 + 3,000a + 2,500m
6. Renee Metevier Baillie, 27, Flagst, AZ	37:56	800 + 2,000a
7. Sally Meyerhoff, 25, Eugene, OR	37:58	650 + 1,500a
8. Edith Masai, 42, KEN	38:02	600 + 1,000m
9. Sara Hall, 26, Mammoth Lakes, CA	38:08	450 + 1,000a
10. Aheza Kiros, 23, ETH	38:08	350
... 18. Joan Samuelson, 52, Freeport, ME	41:27	500m

a) Earned USA citizen award

m) Earned masters prize money

New York Road Runners Club Team Championships

Central Park, New York, USA, 8 August

(Distance: 5 miles; certified one-loop course [men and women run separate races])

MEN

1. Bado Worku Merdessa, 20, West Side Runners (ETH)	23:13
2. Stephen Chemlany, 26, Westchester Track Club (KEN)	23:15
3. Tesfaye Girma, 26, West Side Runners (ETH)	23:18
4. Demesse Tefera, 26, Westchester Track Club (ETH)	23:22
5. Ketema Nigusse, 28, West Side Runners (ETH)	23:26

WOMEN

1. Salome Kosgei, 28, Westchester Track Club (KEN)	27:28
2. Abbi Antablin, 27, New York Athletic Club	28:00
3. Muliye Gurma, 25, West Side Runners (ETH)	28:12
4. Catha Mullen, 24, New York Athletic Club	28:14
5. Katarina Janosikova, 28, Running Divas NY (SVK)	28:25

TRACK

CIGNA Falmouth Mile (14th men's and 15th women's)

Falmouth USA, 8 August

Note: Erin Donohue's time is a world-leading performance, while Nicole Edwards, Morgan Uceny and Sara Hall all ran personal best times behind her. – Ed.

MEN

1. Will Leer, Eugene, OR (Oregon TC Elite) 3:57.28 \$1000 + 500i
2. Stephen Pifer, Eugene, OR (Oregon TC Elite) 3:58.58 500 + 200i
3. Tommy Schmitz, Mineral Pt., WI 4:00.80 250

i) Time incentive for sub-4:00 (\$500 for winner; \$200 for all others)

WOMEN

1. Erin Donohue, Haddonfield, NJ (Nike) 4:27.91 WL \$1000 + 500i
2. Nicole Edwards, Canada 4:29.33 PB 500 + 200i
3. Morgan Uceny, Ithaca, NY (Reebok) 4:31.70 PB 250 + 200i
4. Sara Hall, Mammoth Lakes, CA (Asics) 4:32.24 PB 100 + 200i

i) Time incentive for sub-4:33 (\$500 for winner; \$200 for all others)

NEWS

S.A. TEAM FOR WORLD HALF MARATHON

South African half-marathon champions Stephen Mokoka and Annerien van Schalkwyk have both been included in the provisional team for the IAAF World Half-marathon Championships in Birmingham on 11 October.

The final team will be announced after the SA 10 km Championships in Stellenbosch on 29 August.

The team is: Mokoka, Lindikhaya Mthangayi, Mbongeni Ngxazozo, Xolisa Tyali, Olebogeng Masire, Jeffrey Gwebu, Zolani Ntongana, Samuel Segoaba, Van Schalkwyk, René Kalmer and Poppy Mlambo.

FINAL TEAM FOR BERLIN

Two of South Africa's best distance runners, Caster Semenya and Johan Cronjé, have been included in the final team for the IAAF World Championships, ASA has announced.

Among the contingent of fourteen officials who will accompany the team are Dr Ekkart Arbeit as head coach and the Kenyan distance coach Danson Muchoki.

The team members are:

Men: Simon Magakwe, 100 m and 4x100 m (ACNW); Tshegofatso Meshoe, 200 m and 4x100 m (ANWN); Thuso Mpuang, 200 m and 4x100 m (AFS); Kagisho Kumbane, 4x100 m (AFS); Hannes Dreyer, 4x100 m (AGN); Leigh Julius, 4x100 m (EPA); Lehann Fourie, 110 m hurdles (AGN); Pieter Smith, 400 m and 4x400 m (AGN); Louis (LJ) van Zyl, 400 m hurdles and 4x400 m (AGN); Ofentse Mogawane, 4x400 m (AGN); Sibusiso Sishi, 4x400 m (CGA); Jacob Ramokoka, 4x400 m (ANWN); Paul Gorries, 4x400 m (EPA); Mbulaeni Mulaudzi, 800 m (CGA); Samson Ngoepe, 800 m (LIMA); Johan Cronje, 1500 m (AFS); Peter van der Westhuizen, 1500 m (CGA); Ruben Ramolefi, 3000 m s/chase (CGA); Khotso Mokoena, long jump (AGN); Willem Coertzen, decathlon (ACNW); Chris Harmse, hammer

throw (AFS), Robert Oosthuizen, javelin throw (BOLA); Norman Dlomo, marathon (AVT); Coolboy Ngamole, marathon (CGA); and Johannes Kekana, marathon (CGA).

Women: Isabel le Roux, 200 m (AGN); Caster Semenya, 800 m (AGN); Janice Josephs, long jump (BOLA); Sunette Viljoen, javelin throw (ACNW); Elizna Naude, discus throw (AFS); Tanith Maxwell, marathon (KZNA).

VIEWPOINT

S.A. MARATHON SHOULD HAVE PERMANENT HOME IN CAPE TOWN

By Dewald Steyn

In order for any athlete to improve, he or she needs competition. To reach international standard, the athletes need international competition, which they can only get by competing in international marathons abroad. To compete abroad, the athletes need either invitations to international marathons, or money to go on their own. The only way to get invitations is to run good enough times in South Africa, and then have contacts with international agents or managers who can find the necessary invitations.

South Africa has over the years (especially during the golden years of 1984 to 1992) produced some individuals who have competed at a high level internationally, of which some even won big marathons. Among these were Josiah Thugwane, Mark Plaatjes (in American colours), David Tsebe, Willie Mtolo, Xolile Yawa, Lawrence Peu, Martin Ndivheni, Zithulele Sinqe, Ernest Seleke, Gert Thys, Hendrick Ramaala and Ian Syster, to mention the most outstanding.

South Africa has never produced the same quality and depth in women's marathon running and the only three women who could compete at international level were Elana Meyer, Frith van der Merwe (fast times locally) and Colleen de Reuck (both for the United States and South Africa).

The dismal standard of South African marathon athletes over the last few years can be attributed to many different reasons, of which only one, namely wrong venues for South African Marathon Championships, will be discussed here.

In the early years the SA Marathon used to be part of the SA Track & Field Championships and took place at the same venue, whether inland or at the coast.

In order to investigate the influence of different venues on the times of athletes, it was decided to evaluate the results of the SA Marathon starting with 1980. Except for the last inland venue, Potchefstroom in 1981, and the 1994 SA Championships in East London, all the Championships were held in Durban, Port Elizabeth or the Western Cape (Cape Town, Faure or Stellenbosch).

It was also decided to evaluate only the results of the SA Championships, and not include the results of other coastal venues, because the SA Marathon is supposed to be the most competitive marathon in South Africa, and the routes are supposed to be certified. Furthermore, only times that can enable athletes to get invitations through agents to international races were considered. For men the cut-off time is sub-2:15, while for women it is sub-2:40.

Men achieved this time on 88 occasions (by 57 athletes in 25 races). The women reached the standard only 15 times (by 11 athletes in 13 races). Because of the low standard of women's marathoning, it was decided to only evaluate the results of the men.

In marathons held in the Western Cape (1980, 1987, 1988, 1992, 1993, 1996, 1997, 1998, 1999 and 2000), between two and nine athletes achieved the standard of sub-2:15 each year, except 1997. The standard was achieved 44 times by 34 athletes in ten races. The best time was 2:10:18 by Willie Mtolo in 1988 at the age of 23, while he ran his PB of 2:08:15 in Port Elizabeth (age 21) in 1986, and won New York (2:09:29) in 1992.

The SA Marathon was held in Port Elizabeth in 1984, 1985, 1986, 1989, 1990, 1995, 2006 and 2007. In each year except 2007, between two and seven athletes achieved the standard of sub-2:15 for a total of 30 times by 24 athletes in eight races. The best time was 2:08:04 by Zithulele Sinqe in 1988 at the age of 22.

Port Elizabeth produced five times (in four races) that were faster than the best time in the Western Cape Cape. These were all in the golden years between 1984 to 1992, when South African marathon running was at the top, and the top ten at SA Championships produced average times 3 min 33 sec faster than in 2005 to 2008. [As noted below, the courses used in Port Elizabeth in the eighties were either point to point or downhill, or both. – Ed.]

When the SA Marathon was held in Durban in 1982, 1983, 1991, 2001, 2005, 2008 and 2009, between one and eight athletes achieved the standard of sub-2:15 on only four occasions out of seven. The standard was achieved 14 times by 13 athletes in seven races. The best time was 2:10:29 by Joseph Skosana in 1991, the second last year of the golden era. However, four of the times in Durban were achieved by athletes from Lesotho, while eight times were achieved in one race (1991) during the golden era. Outside of 1991, only three South African athletes achieved the standard in one year, namely 2001.

The table below compares the three different venues in terms of all the different sub-2:15 times. The following observations can be made:

- The fastest times were achieved in Port Elizabeth.
- Five of the eight Championships in Port Elizabeth were during the golden years of 1984 to 1992, while 73% of the sub-2:15 times in Port Elizabeth were during these years.
- Races early in the golden years in Port Elizabeth were not standard courses (they were usually point to point and/or downhill).
- Three of the ten Championships in Cape Town were during the golden years of 1984 to 1992, while 38% of the sub-2:15 times in Cape Town were during these years.
- Only one of the seven Championships in Durban was during the golden years of 1984 to 1992, while 70% of the sub-2:15 times in Durban were during that year (1991).
- The highest number of sub-2:15 marathons for all athletes competing, namely 44, were achieved in Cape Town.
- The highest number of sub-2:15 marathons for South African athletes only, namely 42, were achieved in Cape Town.
- The highest percentage of top 10 athletes achieving sub-2:15 for all athletes competing, namely 44%, was achieved in Cape Town.
- The highest percentage of top 10 athletes achieving sub-2:15 for South African athletes only, namely 42%, was achieved in Cape Town.

Time	Cape Town	Port Elizabeth	Durban
2.08-2.09		3	
2.09-2.10		2	3
2.10-2.11	2	2	
2.11-2.12	9	2	
2.12-2.13	5	3	1
2.13-2.14	13	8	6
2.14-2.15	15	10	4
All athletes			
Total	44	30	14
Races	10	8	7
% of top 10	44%	37.50%	20%
RSA only			
Total	42	27	10
Races	10	8	7
% of top 10	42%	33.70%	14.30%

- The percentage of top 10 athletes achieving sub-2:15 in Port Elizabeth (South Africans) was 33.7%, which is 9.3% less than in Cape Town.
- The percentage of top 10 athletes achieving sub-2:15 in Durban (South Africans) was only 20%, which is 24% less than in Cape Town and 19.4% less than in Port Elizabeth.

The following conclusions can be drawn from this investigation:

- The Western Cape produced the highest percentage of sub-2:15 times notwithstanding the fact that -
 - most of the races in Port Elizabeth (five out of eight) were during the golden years;
 - most of the sub-2:15 times in Port Elizabeth were during the golden years;
 - only three out of ten of the races in Cape Town were during the golden years.
- Cape Town is by far the best venue for achieving times acceptable for invitations to international marathons.
- Port Elizabeth can also be used as a second choice for achieving acceptable times.
- Durban is by far not acceptable as a venue for the SA Marathon.

The SA Marathon should be moved permanently to the Western Cape if South Africa wants to enable its athletes to achieve competitive times as in the past. That will result in the runners being invited abroad, where they can improve through competition at international level.

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2009 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.

2009 10 KM: TOP TEN JUNIOR WOMEN

35:45	Maxine Heine-Wacker	Spar	Port Elizabeth	02 May
35:58	Nandipha Dywili	Matha Series	Durban	08 Feb
36:28	Elene Lourens	Totalsports	Stellenbosch	09 Aug
36:47	Heine-Wacker-2	Matha Series	Durban	08 Feb
37:09	Heine-Wacker-3	Spar	Bellville	05 Apr
37:24	Bathobele Hlazo	Matha Series	Durban	08 Feb
37:30	Sylvia Tshetlanyane	RAC	Johannesburg	07 Jun
37:34	Dominique Scott	Totalsports	Stellenbosch	09 Aug
37:59	Laetitia Saayman	Jolly Jumbo	Pretoria	04 Jul
38:58	Nomvula Dlamini	Matha Series	Durban	08 Feb
39:00	Bongekile Hlongwane	Matha Series	Durban	08 Feb
39:09	Juan-Marie Cooper	RAC	Johannesburg	07 Jun

THIS MONTH IN HISTORY

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

25 years ago: 5 August 1984

Women had to wage a battle over many years to be able to run the marathon at the Olympic Games (in fact, they were allowed to run the 1500 m only in 1972 and the 10000

m only in 1988), but they finally had their chance in 1984 in Los Angeles – and American Joan Benoit grabbed it with both hands to beat the three favourites, Grete Waitz, Ingrid Kristiansen and Rosa Mota, in 2:24:52. The most remarkable aspect of Benoit's victory in the heat of LA was probably not that she set a women-only world record, but that she had had arthroscopic surgery on her right knee only 17 days before the US Trials. Her Olympic record stood until 2000. Benoit (now Samuelson) still runs around 50-60 miles per week and has decided to compete in the ING New York City Marathon in November. Her last marathon was last year in Boston, where she set a US 50+ record of 2:49:08 (she has won the race twice). Commenting recently on the fact that the 25th anniversary of her Olympic win coincides with the 40th running of the New York race, she said: "This will be more than a jog down memory lane. This is the incentive I needed to get out there one more time."

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	27:01	Micah Kogo (KEN) 2009		
	44:27	Lusapho April	Port Elizabeth	07 Mar
21.1 km	43:26	Ryan Hall (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
	61:26	Stephen Mokoka	Port Elizabeth	04 Jul
	58:52	Patrick Makau (KEN)		
25 km	58:33	Samuel Wanjiru (KEN) 2007		
	79:32	Shadrack Hoff	Pretoria	09 May
	73:24	Matthew Kipchirchir (KEN)		
30 km	72:45	Paul Kosgei (KEN) 2004		
	1:42:54	Sipho Phala	Parow	22 Mar
	1:29:55	Yu Mitsuya (JPN)		
Marathon	88:00	Takayuki Matsumiya (JPN) 2005		
	2:07:44	Hendrick Ramaala	London	26 Apr
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
100 km	2:03:59	Haile Gebrselassie (ETH) 2008		
	6:47:59	Vsevolod Khudyakov (RUS)		
	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

10 km	30:18	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	64:48	Mluleki Nobanda	Port Elizabeth	04 Jul
	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

30 km	76:49	Martin Mondragon (MEX) 1994		
	1:44:25	Lindile Tokota	Sedgefield	21 Mar
Marathon	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
	2:27:32	Reginald Ngobese	Durban	08 Feb
	2:24:25a	Lindile Tokota	Oudtshoorn	28 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	34:50	Thulani Sibisi	Durban	08 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:07	Goodman Mpukane	Mamre	20 Jun
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	73:28	Samuel Mogudi	Port Elizabeth	04 Jul
	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				
<u>Grandmasters (60+)</u>				
10 km	37:58	Albertus Bock	Bellville	18 Apr
15 km	58:51	Albertus Bock	Constantia	07 Mar
21.1 km	81:53	Tamsanqa Jusayi	Port Elizabeth	04 Jul
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				
<u>Juniors</u>				
10 km	29:44	Shaun Zuzani	Durban	08 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:04	Manfred Samuels	Eerste River	27 Jun
	42:25	Moses Mosop (KEN) 2004		
21.1 km	67:38	Sithyilo Diko	Port Elizabeth	04 Jul
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Seniors</u>				
10 km	33:29	René Kalmer	New York	07 Jun
	31:12	Vivian Cheruiyot (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:09	Mia Pienaar	Eerste River	27 Jun
	48:13	Ines Chenonge (KEN)		
	46:55	Kayoko Fukushi (JPN) 2006		
21.1 km	71:49	Annerien v. Schalkwyk	Port Elizabeth	04 Jul
	67:18	Dire Tune (ETH)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:48:56	Davera Magson	Port Elizabeth	21 Mar
	82:31	Peninah Arusei (KEN)		
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:47:01	Tomoe Yokoyama (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:47:05	Tshifhiwa Mundalamo	Durban	08 Feb

	2:22:11	Irina Mikitenko (GER)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	7:50:00	Irina Vishnevskaya (RUS)		
	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	80:11	Maya Lawrie	Port Elizabeth	04 Jul
	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	40:21	Olga Howard	Pinelands	02 Aug
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	63:17	Olga Howard	Mamre	20 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:41	Olga Howard	Port Elizabeth	04 Jul
	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	1:33:51	Liz Ruickbie	Port Elizabeth	04 Jul
25 km	1:59:25	Regina Hughes	Pretoria	09 May
30 km	2:26:42	Veronica van Niekerk	Parow	22 Mar
Marathon	3:24:03	Elaine Greenblatt	London	26 Apr
100 km				
<u>Juniors</u>				
10 km	35:45	Maxine Heine-Wacker	Port Elizabeth	02 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	59:33	Juan-Marie Cooper	Pretoria	13 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	79:31	Lusanda Bomvana	Port Elizabeth	04 Jul
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Rowyn James, Kevin Harlock, Top Events, Chamberlain's Timekeeping, Norrie Williamson

Published by Riël Hauman
42 Fifteenth Avenue, Boston, Bellville 7530, RSA
Telephone: 021 948-0293

Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za