

Distance Running Results

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

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Publisher: Riël Hauman

EDITORIAL

Former UCT student Lauren Stewart ran a solid 2:51:00 to finish 13th in the Amsterdam Marathon this weekend. Stewart now lives in Great Britain.

The winner in Amsterdam was Gilbert Yegon Koech (KEN), who broke Haile Gebrselassie's 2005 course record by two seconds in his first marathon. The next four runners, all Kenyans, set personal bests. The women's title went to Eyerusalem Kuma (ETH) in 2:27:43.

Geb himself set a new course record of 60:04 in the Meia Maratona SportZone Half Marathon in Porto & Gaia, Portugal. In the women's race former Olympic champion Fernanda Ribeiro, now 40, ran a brilliant 71:13.

There were some errors in club affiliations in DRR 9:36. The first two women in the McCarthy Volkswagen Half Marathon, Sharon Chynokuya and Bronwyn Small, run for Nedbank AGN and Nedbank CGA respectively, not New Balance. The winner of the 10 km, Luwis Masunda, also runs for Nedbank AGN and not New Balance. The third woman in the Spirit of Flight 10 km was Paula Quinsee of Randburg Harriers (her name was rendered correctly in the results of the McCarthy Volkswagen Half Marathon).

In the results of the Nedbank Cape Town City Marathon Jimmy Adonis was indicated as being the winner of the 70+ age group, but he is not yet in this category.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Chatsworth Half Marathon, Durban
- * Pick 'n Pay Road to the Vineyard 10 km, Kuils River
- * SMSDirect Kowie Striders 27 km, Port Alfred
- * Woodlands Boulevard Half Marathon & 10 km, Pretoria
- * BASF Arcelor Mittal 32 km & Half Marathon, Vanderbijlpark
- * Bayside 15 km, Richards Bay
- * ELAC 10 km, East London
- * Spar Grand Prix Series, Johannesburg
- * Heatherpark Superspar 10 km, George
- * Groot Brakrivier 15 km, Great Brak River
- * Andries Steyn Half Marathon & 10 km, Sedgfield

International highlights:

- * Amsterdam Marathon, Amsterdam, NED

- * Meia Maratona SportZone, Porto & Gaia, POR
 - * Dong-A Ilbo Gyeongju Marathon, Gyeongju, KOR
 - * HYX Beijing International Marathon, Beijing, CHN
 - * Duke City Half Marathon, Albuquerque, USA
-

ROAD RUNNING

Chatsworth Half Marathon

Durban, 18 October

(Distance: 21.0975 km; loop course)

MEN

1.	Samuel Pazanga	ZIM/Form One AC	68:41
2.	Collen Makaza	ZIM/Form One AC	69:10
3.	Ticha Matenda	ZIM/Form One AC	69:46

40-49:

1.	Peter Sehloho	Boxer AC	77:12
2.	Mbongeni Sosibo	Nedbank	78:14
3.	C Clever	Ubunye AC	81:46

50-59:

1.	Jeremiah Ngweya	Boxer AC	84:52
2.	Jan Koegelenberg	Mr Price AC	90:31
3.	Simon Chidza	Sydenham AC	91:26

60+:

1.	Mike Langa	Athletic North	93:07
2.	Petros Shumi	Zabalaza AC	100:32
3.	Piet Badenhorst	PDAC	100:59

Juniors:

1.	J Jari	ZIM/Form One AC	77:12
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WOMEN

1.	Cary-Ann Cave	Boxer AC	89:11
2.	Precious Mukuza	ZIM/Form One AC	90:57
3.	Alicen Makake	ZIM/Form One AC	91:05

40-49:

1.	Janine Engels	PDAC	100:07
2.	Sandy De Beer	SANDF	100:18
3.	Jowaine Parrott	West AC	105:21

50-59:

1.	Jane Baker	DAC	112:54
2.	Sheree Kirsten	PDAC	115:21
3.	Teresa Scott	PDAC	115:24

60+:

1.	Alet Engelbrecht	SCS	119:16
2.	Gilltregenna	West AC	120:13
3.	Maureen Parry	Chiltern AC	133:38

Juniors:

1.	Alicen Makake	ZIM/Form One	91:05
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Pick 'n Pay Road to the Vineyard 10 km

Kuils River, 17 October

(Certified loop course. Finishers: 1024.)

MEN

1. Sibusiso Mbingeleli (MP) 29:48 (R400); 2. Neo Molema (MP) 30:08 (R300); 3. Anthony Godongwana (Celtic) 30:17 (R200); 4. Sityhilo Diko (Gaut S) 30:26 (1st jun); 5. Unathi Pezolo (AAC) 30:38; 6. Luxolo Mdzanga (Gugs) 31:02; 7. Tebello Poni (VOB) 31:03; 8. Patrick Magadla (VOB) 31:16; 9. Zolani Matshoba (Celt) 31:22; 10. Morne Kammies (Met) 31:04; 11. Akhona Makila (VOB) 32:20; 12. Siphon Phala (VOB) 32:27; 13. Piyose Vuyowethu (Met) 32:44; 14. Zola Matshoba (Celt) 32:49; 15. Victor Msopi (VOB) 32:52; 16. Johnny Persents (Adid) 32:55 (1st vet); 17. Professor Khwetane (VOB) 33:18; 18. Fabian Faro (MPT) 33:19; 19. Katrick Ketelo (Gugs) 33:21; 20. Xolile Macanda (Ned) 33:28.

Veterans: 1. Johnny Persents (Adid) 32:55 (R200); 2. Cliff Drury (MP) 34:04 (R100); 3. Jimmy Drury (MP) 34:24 (R75). **Masters:** 1. Goodman Mpukane (Gugs) 37:57 (R100); 2. Johann Diener (Strand) 39:38 (R75); 3. Barry Bester (Durb) 39:47 (R50). **G'masters:** 1. Willie van Wyk (B'fell) 43:24 (R100); 2. Osbourne Reynecke (WC) 44:20 (R75); 3. Carl Hendricks (Ned) 47:23 (R50). **Juniors:** 1. Sityhilo Diko (Gaut S) 30:26 (R150); 2. Unathi Pezolo 30:38 (R125); 3. Luxolo Mdzanga (Gugs) 31:02 (R100).

WOMEN (Same prize money as men)

1. Thozama April (Celtic) 35:28; 2. Busisiwe Matiwane (Celtic) 38:26; 3. Zintle Xiniwe (MP) 39:07; 4. Natasha Oosthuizen (Adid) 39:14; 5. Sheryl de Lange (Adid) 39:52 (1st vet); 6. Helen Zenner (Serp) 39:54; 7. Mariëtte Esterhuyse (Tyg) 40:18; 8. Olga Howard (Celtic) 40:32 (1st mast); 9. Patricia Adams (Met) 41:43; 10. Melody Marcus (Ind) 42:43.

Veterans: 1. Sheryl de Lange (Adid) 39:54; 2. Mariëtte Esterhuyse (Tyg) 40:18; 3. Tanya Kapp (VOB) 42:50. **Masters:** 1. Olga Howard (Celtic) 40:32; 2. Nancy Will (Pine) 44:00; 3. Hannelie Stadler (Strand) 44:23. **G'masters:** 1. Mariëtha Herbert (Bell) 49:24; 2. Pixie Sparg (Celtic) 49:45; 3. Lynda Filmore (Edge) 60:19. **Juniors:** 1. Amy Abrahams (Eerste) 43:10; 2. Reghana Beukes (Eerste) 45:38; 3. Monique Swartz (Ind) 46:42

SMSDirect Kowie Striders 27 km (31st)

Port Alfred, 17 October

(Loop course. Finishers: 233.)

MEN

1	George	Ntshiliza	Mr Price PE	30	1:29:15
2	Mzwanele	Maphekula	Nedbank RC	33	1:30:27
3	Bulelini	Niwa	PEAAC	23	1:32:53
4	Basie	Bonaparte	Nedbank RC	44	1:34:01
5	Mzamo	Fokwana	Charlo RR	32	1:36:51
6	Thamsanqa	Mangi	Temp	25	1:39:36
7	Dumisani	Siphamla	Hamil	38	1:39:59
8	Revan	Fillis	RFLG	19	1:43:14
9	Colben	Ngcupe	PEAAC	46	1:44:15
10	Mongezi	Mboya	PEAAC	32	1:44:34
11	Thembekile	Msipa	Charlo RR	35	1:44:35
12	Warrick	Smith	Rhodes Universi	22	1:46:09
13	Loyolo	Mbata	PEAAC	25	1:46:43
14	Robin	Fourie	Achilles AAA	46	1:47:41
15	Joseph	Molaba	Temp	30	1:47:44
16	Bennie	Stadler	Temp	46	1:48:13
17	Vernon	Newfeldt	Willard Batt	43	1:48:45

18	Alfred	Spiers	Elite AC	49	1:49:44
19	Gilroy	Domingo	Willard Batt	37	1:49:54
20	Kaashif	Pietersen	Achilles AAA	32	1:50:07

WOMEN

1	Terri-Lynn	Penney	RFLG	32	1:56:56
2	Grizelda	Pietersen	Achilles AAA	40	2:05:30
3	Adele	Nel	St Albans CSEP	36	2:10:55
4	Joy Anne	Pregalato	Achilles AAA	39	2:11:59
5	Claire	Nagel	Elite AC	45	2:13:40
6	Morgan	Morrison	Troisport Tc	48	2:17:52
7	Christine	Hart	Albany RR	48	2:22:32
8	Cathy	Ives	Achilles AAA	56	2:23:27
9	Avril	Beyleveld	Kowie Striders	58	2:26:40
10	Bottcher	Vicki	Oxford Striders	36	2:27:39
11	Mckerry	Janice	Queenstown Harr	44	2:29:16
12	Jeannie	Ellis	Temp	26	2:31:04
13	Sharon	Smuts	St Albans CSEP	43	2:32:54
14	Desiree	Titus	Willard Batt	44	2:32:55
15	Doris	Liberty	Elite AC	49	2:32:56
16	Gill	Barbour	Temp	29	2:36:02
17	Christine	Snyman	Vvac	53	2:38:46
18	Cathy	Allers	Despatch AC	47	2:39:00
19	Paige	Theron	Charlo RR	43	2:39:33
20	Denise	Darlow	Charlo RR	41	2:39:34

Woodlands Boulevard Half Marathon & 10 km

Pretoria, 17 October

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

Half marathon

MEN

1 Brighton Chipere (ZIM/Nedbank) 68:47; 2 Vusi Malobola (Powerade) 69:04; 3 Esau Radebe (Transnet) 69:41.

Veterans: 1 Tidimalo Modiga (Toyota) 75:06; 2 Greg Barnes (Irene) 75:25. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 82:17; 2 Elias Letlape (Nedbank) 83:31. **G'masters:** 1 Paulus Masilela (Temp) 89:58. **G/g'masters:** 1 Dion Heigers (ACR) 2:16:32. **Juniors:** 1 Kabelo Rabogale (ACR) 92:16.

WOMEN

1 Cornelia Joubert (ADT) 83:05; 2 Rutendo Nyahora (ZIM/Nedbank) 85:58; 3 Louisa Leballo (Mr Price) 87:25.

Veterans: 1 Irma Schoeman (Fourways) 1:42:56; 2 Amanda le Roux (Tuks) 1:46:22.

Masters: 1 Rene v Zyl (Tuks) 1:41:05; 2 Linda Potgieter (Phobians) 1:44:47. **G'masters:** 1 Ina Wheatley (PMMC) 2:12:20.

10 km

MEN

1 Joshua Sabao (ZIM/Tuks) 31:15; 2 Donald Mathipa (Powerade) 31:37; 3 Abraham Kipketer (KEN/Nedbank) 32:07.

Veterans: 1 Elias Mabane (Raiders) 34:15; 2 Johan Buys (Individual) 37:10. **Masters:** 1 Colin Fisher (CSIR) 40:00; 2 Joh Grundy (RH) 44:02. **G'masters:** 1 Mike du Bruto (Ndaba)

43:16. **G/g'masters:** 1 Ken Nurden (Agape) 48:09. **Juniors:** 1 Charles Reynolds (Nedbank) 36:25; 2 Jabu Kabini (Exxaro) 38:12

WOMEN

1 Ronel Thomas (Bashewa) 39:03; 2 Sharon Chynokuya (ZIM/Nedbank) 40:18; 3 Maphetang Matlakeng (LES/Mr Price) 42:20 (1st jun).

Veterans: 1 Ansie Viljoen (Irene) 43:15; 2 Lettie Saayman (Irene) 43:22. **Masters:** 1 Marietjie Montgomery (Bashewa) 45:58; 2 Natalie Saunders (Fourwars) 50:01. **G'masters:** 1 Jenna Hughes (Agape) 63:36. **G/g'masters:** 1 Miemie Schoeman (Transnet) 74:24. **Juniors:** 1 Maphetang Matlakeng (LES/Mr Price) 42:20.

BASF Arcelor Mittal 32 km & Half Marathon

Vanderbijlpark, 17 October
(Distances: 32 km & 21.0975 km; loop courses)

32 km

MEN

1 Kevin Ramothokgo (Rand Water) 1:48:56; 2 Vusi Nkutha (Nedbank) 1:52:05; 3 Jacob Mazibulo (Mr Price) 1:52:57.

Veterans: 1 Jacob Mazibulo (Mr Price) 1:52:57. **Masters:** 1 Marius Carstens (Alberton) 2:23:16. **G'masters:** 1 Peder Firman (GRRR) 2:46:23.

WOMEN

1 Takalane Nthulane (Transnet) 2:26:35; 2 Janet Chambers (Hi Midas) 2:48:57; 3 Maritsa Badenhorst (Berts Bricks) 2:50:35.

Veterans: 1 Florence Molawa (Arcelor Mittal) 2:54:58. **Masters:** 1 Lesley Vermeulen (Coaldust) 3:56:00. **G'masters:** 1 Maz Moore (Breakthru Midrand) 3:19:29.

Half marathon

MEN

1 Sechada Motsitsi (LES/Mr Price) 70:05; 2 William Makwalakwala (Mr Price) 70:11; 3 Elias Rampone (Vaal).

Veterans: 1 Solomon Makhoba (Rand Water) 1:40:30. **Masters:** 1 Ernest Tjela (Emfuleni) 1:21:17. **G'masters:** 1 Jack Rowe (RAC) 2:18:19.

WOMEN

1 Bronwyn Small (Nedbank) 87:22; 2 Nicolene van Deventer (Nedbank) 91:24; 3 Mari Bruwer (Arcelor Mittal) 1:40:31.

Veterans: 1 Mari Bruwer (Arcelor Mittal) 1:40:31. **Masters:** 1 Riana Carstens (Temp) 1:54:38. **G'masters:** 1 Phyllis Maartens (Fit 2000) 2:40:32.

Bayside 15 km

Richards Bay, 17 October
(Loop course)

Note: Unfortunately not all times were provided to our KZN correspondent, Alen Hattingh. – Ed.

MEN

1. M Mkhwanazi – Canon RBAC 48:15
2. M Magagula – Mr Price 51:12

3. Z Nkosinathi – Nongoma AC 51:24

40-49: 1. A Nkozi – Canon RBAC. **50-59:** 1. L Fourie – Canon RBAC, **60+:** 1. G McGregor.
Juniors: 1. N Zungu – Nongoma AC.

WOMEN

1. B Hlope – Mr Price 1:05
2. S Scrase – Canon RBAC 1:07
3. N Mthethwa – Umhlathuze AC 1:07:54

40-49: 1. V Vivier – Canon RBAC. **50-59:** 1. T Winterboer – Umhlathuze AC. **60+:** 1. L Vivian – Umhlathuze AC. **Juniors:** 1. Z Mdlalose – Temp.

ELAC 10 km

East London, 17 October

Note: Sharon Wood finished 12th overall. – Ed.

MEN

1	L	Senti	21	Individual	32:05
2	V	Gola	20	United Athletic Club	32:17
3	M	Masumpa	43	Oxford Striders	32:22
4	T	Bhelwane	52	Oxford Striders	35:40
5	D	Fritz	35	Oxford Striders	36:51
6	M	Rautini	33	Old Boys	37:31
7	Y	Tunzi	25	All Stars	38:27
8	V	Tshanyingca	17	United Athletic Club	38:45
9	J	Pretorius	23	Oxford Striders	39:02
10	A	Bhiyani	16	All Stars	40:24

40-49: 1. Makhaya Masumpa (Ox S) 32:22; 2. XolileMnqebeshana (OB) 41:15. **50-59:** 1. Themba Bhelwane (Ox S) 35:40; 2. Graham Kumm (Ox S) 41:58. **60+:** 1. Arthur Brindley (Bufs) 45:44; 2. Neil Cryer (OB) 46:51. **Juniors:** 1. Vusikhaya Tshayingla (UAC) 38:45; 2. Hendrik Coetzee (Ox S) 41:54.

WOMEN

1	S	Wood	43	ELAC	40:50
2	G	Langley	40	Bufs	46:21
3	M	Coetzee	42	Oxford Striders	50:17
4	S	Springfield	33	Oxford Striders	50:28
5	S	Landman	37	Oxford Striders	53:30
6	Y	Louw	30	Old Boys	53:30
7	P	Williams	51	Oxford Striders	56:18
8	G	Bowman	54	Oxford Striders	62:28
9	L	Vermeulen	27		63:17
10	C	Zamani	43	Individual	63:34

40-49: 1. Sharon Wood (ELAC) 40:50; 2. Gail Langley (Bufs) 46:21. **50-59:** 1. Gill Bowman (Ox S) 62:28; 2 Marilyn Page (Ox S) 66:31. **60+:** 1. Barbara Lane (Bufs) 70:47.

Spar Grand Prix Series

Johannesburg, 11 October
(Distance: 10 km. Loop course.)

Note: This was the final race in the series. One or more of the last three times are obviously wrong, but DRR was unable to establish the correct times. – Ed.

WOMEN -

1. Lebogang Phalula (UJ), 25, 35:24
2. Dinah Lebo Phalula (UJ), 25, 35:41
3. Irvette van Blerk (Ned CGA), 22, 36:03
4. Marelize Retief (Ned AGN), 23, 37:00
5. Thozama April (Celtic), 24, 38:04
6. Bianca van Niekerk (Ned CGA), 15, 38:24
7. Eunice Nhlapo (GS) 38:26
8. Maxine Heine-Wacker (Ned CGA), 19, 38:50
9. Jenna Challenor (Boxer), 28, 38:53
10. Louisa Leballo (MP AGN) 38:50

Veterans: 1. Maya Lawrie (Boxer), 42, 40:27; 2. Michelle Bartman (Harf), 45, 41:24; 3. Sarah Mahlangu (MP CGA), 43, 42:57. **Masters:** 1. Marietjie Ceronio (Ned), 52, 44:04; 2. Frances van Blerk (Ned), 54, 45:47; 3. Ann Bellomusto (Morning), 56, 46:58. **G'masters:** 1. Sonja Laxton (RAC), 61, 44:20; 2. Elaine Greenblatt (Rockies), 60, 50:11; 3. Sarah Hackney (Boks), 68, 61:20. **Juniors:** 1. Bianca van Niekerk (Ned CGA), 15, 38:24; 2. Maxine Heine-Wacker (Ned CGA), 19, 38:50; 3. Ashleigh Schnetler (Kempies), 18, 40:34.

Heatherpark Superspar 10 km

George, 10 October
(Loop course)

MEN

1	Mxolisi Fana	Rainbow	41	32:32
2	Vuyo Witbooi	Outeniqua Harriers	34	33:58
3	Julie Saaiers	Nedbank SWD	40	34:43
4	Frans Malgas	Knysna	19	34:52
5	Melikhanya Msizi	Knysna	26	35:16
6	David Marityi	Nedbank SWD	30	35:25
7	Armand Nieuwenhuys	Nedbank SWD	18	35:28
8	Geraldo Innes	Rainbow	18	35:44
9	DP Swart	Outeniqua Harriers	16	35:52
10	(Disqualified)			
11	Marius-Hugo Schlechter	Plett	44	36:05

WOMEN

1	Anna Haw		24	40:37
2	Kerry Roos	Knysna	31	41:30
3	Lisel Grobler	Knysna	37	41:56
4	Elize Kloppers		39	42:36
5	Jennifer Barker		25	43:21
6	Marie Wolmerans	Nedbank SWD	50	44:05
7	Brigitte Janse van Rensburg		35	45:16
8	Suzaan Kruger	Outeniqua Harriers	26	45:29
9	Madele Strydom	Nedbank SWD	37	45:43
10	Tina van Wyk	Nedbank SWD	46	45:50

Groot Brakrivier 15 km

Great Brak River, 24 September

MEN

1	Principal	Fana	Temp	40	50:54
2	Vuyo	Witbooi	Outeniqua Harriers	34	52:11
3	Luwayne	Duitsjan	Mosselbaai Harriers	23	53:13
4	Sinesiplo	Didishe	Knysna Marathon Club	17	53:52
5	Julie	Saiers	Nedbank RC SWD	39	55:57
6	Jafta	Mukwaja	Hartenbos Drawwers	30	56:06
7	Ensliano	Deyce	Nedbank RC SWD	17	57:57
8	Sydney	Landsberg	Nedbank RC SWD	48	57:58
9	Marsel	Roos	Temp	28	58:45
10	Llewellen	Ruiter	Mosselbaai Harriers	21	59:55

WOMEN

1	A.	du Plessis	Eden AC	42	1:46:28
2	Elizabeth	Monson-Kollin	Nedbank RC SWD	44	1:47:19
3	Justine	Schernbrucker	Temp	25	1:49:08
4	Regina	de Klerk	Bethal	49	1:50:27
5	Elize	McGeer	Nedbank RC SWD	53	1:53:19
6	Jacqui	Nel	Hartenbos Drawwers	42	1:53:27
7	Jean	Merrills	Sedgefield Striders	66	1:54:13
8	Annamarie	van Eck	Outeniqua Harriers	63	1:56:04
9	Karin	Otto	Temp	57	1:56:05
10	Diana	Bezuidenhout	Temp	38	2:00:12

Andries Steyn Half Marathon & 10 km

Sedgefield, 19 September

(Distances: 21.0975 km & 10 km; out-and-back courses)

Half marathon

MEN

1	Vuyo	Witbooi	Outeniqua	34	1:12:07
2	Mxolisi	Fana		40	1:12:27
3	Mayamezeli	Nangu	Plett	38	1:20:12
4	Marlon	Mortlock	Knysna	35	1:20:26
5	Victor	Gugushe	Plett	30	1:21:08
6	Marsel	Roos	Knysna	28	1:21:33
7	Marlo	Meyer	Nedbank	30	1:22:36
8	Jacques	Mouton	Outeniqua	31	1:23:43
9	David	Matross	Rainbow	35	1:29:00
10	Hermanus	Jonkerman	Outeniqua	49	1:30:38

WOMEN

1	Alison	Jordaan	Outeniqua	43	1:32:05
2	Lisl	Grobler	Knysna	33	1:34:29
3	Eliza	Kloppers	Temp	39	1:37:08
4	Justine	Sharples	Eden	36	1:48:36
5	Maryke	Sass	Temp	35	1:49:37
6	Rome	Philipson	Mossel Bay	27	1:50:02
7	Ad	Cole	Knysna	42	1:51:53
8	Mariana	Bouwer	Knysna	49	1:52:16
9	Alta	Diedricks	Outeniqua	44	1:54:51
10	Petra	Roussow	SWD	32	1:59:01

10 km**MEN**

1	Sinesiph	Didisho	Knysna	17	34:49
2	Melikhaya	Msizi	Knysna	26	35:53
3	Frans	Malgas	Knysna	19	36:33
4	Jonathan	Hardnick	Nedbank	40	36:57
5	Sthembele	Tabata	Temp	41	37:38
6	Marius	Schlechter	Plett	44	38:05
7	DP	Swart	Outeniqua	16	39:16
8	Dewaaal	Swart	New balance	27	39:26
9	Anthon	Chevalier	Nedbank	44	39:58
10	Riaan	van der Sandt	Nedbank	30	41:12

WOMEN

1	Annatjie	Botes	Nedbank	51	42:52
2	Lana	Theunissen	Outeniqua	37	43:18
3	Johanna	Claassen	Nedbank	41	43:55
4	Sandra	Fourie	Knysna	31	49:52
5	Carli	Theron		27	52:16
6	Delante	De Jomg	Eden	37	53:38
7	Marianne	Brown	Knysna	42	54:14
8	Tania	Schlechter	Temp	40	56:24
9	Candice	Godwin	Knysna	28	56:29
10	Tamzin	Jacobs	Knysna	30	56:29

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**Amsterdam Marathon** (34th)

(Dutch Marathon Championships)

Amsterdam, NED, 18 October

(Distance: 42.195 km; certified loop course with stadium finish)

MEN

1.	Gilbert Yegon Koech, 1988, KEN	2:06:18 DB/CR
2.	Elijah Keitany, 1983, KEN	2:06:41 PB
3.	Paul Biwott, KEN	2:07:02 PB
4.	Teferi Wodajo, ETH	2:07:45 PB
5.	Nicholas Chelimo, KEN	2:07:46 PB
6.	Daniel Yego, KEN	2:08:20
7.	Daniel Kosgei, KEN	2:08:58 PB
8.	Getu Feleke, ETH	2:09:32 PB
9.	Tesfaye Tola, ETH	2:10:22
10.	Evans Kiplagat, KEN	2:10:46 DB

WOMEN

1.	Eyerusalem Kuma, ETH	2:27:43
2.	Woinshet Girma, ETH	2:29:50 PB
3.	Hilda Kibet, NED	2:30:33 PB (Dutch Champion)
4.	Etalemahu Kidane, ETH	2:31:11 DB
5.	Teresa Pulido, ESP	2:32:53

- | | |
|--------------------------------|------------|
| 6. Meseret Legesse, ETH | 2:33:18 |
| 7. Miriam van Reijen, NED | 2:44:02 DB |
| 8. Collette Fagan, GBR | 2:45:11 |
| 9. Cilia Fager, SWE | 2:45:46 |
| 10. Gladys Ganiel-O'Neill, GBR | 2:46:46 |
| 11. Stijntje Reulen, NED | 2:48:44 |
| 12. Esther Schipper, NED | 2:50:50 |
| 13. Lauren Stewart, RSA | 2:51:00 |

Meia Maratona SportZone (3rd)

Porto & Gaia, POR, 18 October
(Distance: 21.1 km)

MEN

- | | |
|------------------------------|------------|
| 1. Haile Gebrselassie, ETH | 1:00:04 CR |
| 2. Nicholas Koech, KEN | 1:00:48 |
| 3. Terefe Maregu Zewdie, ETH | 1:01:14 |
| 4. Cosmers Kemboi, KEN | 1:02:07 |
| 5. Kuflon Sium, ERI | 1:03:27 |

WOMEN

- | | |
|------------------------------------|---------|
| 1. Pamela Chepchumba, KEN | 1:10:24 |
| 2. Gladys Cherono, KEN | 1:10:29 |
| 3. Pasalia Kipkoech, KEN | 1:10:41 |
| 4. Marisa Barros, POR | 1:10:44 |
| 5. Margaret Okayo, KEN | 1:11:00 |
| ... 7. Fernanda Ribeiro (40+), POR | 1:11:13 |

Dong-A Ilbo Gyeongju Marathon

Gyeongju, KOR, 18 October
(Distance: 42.195 km)

MEN

- | | | |
|------------------------------|------------|----------------------|
| 1. Adhane Yemane Tsegay, ETH | 2:08:52 CR | USD 50,000 + 20,000i |
| 2. Abraham Tadesse, ERI | 2:11:11 | 20,000 |
| 3. Tesfaye Eticha, ETH | 2:12:02 | 10,000 |

WOMEN

- | | |
|-----------------------|------------|
| 1. Kim Young-Jin, KOR | 2:46:42 PB |
|-----------------------|------------|

i) Earned time incentive for sub-2:09

HYX Beijing International Marathon (29th)

(11th National Games Marathon)
Beijing, CHN, 18 October
(Distance: 42.195 km)

MEN

- | | |
|--------------------------------|------------|
| 1. Samuel Muturi, KEN | 2:08:20 PB |
| 2. Nicholas Manza Kamakya, KEN | 2:08:42 PB |
| 3. Benson Barus, KEN | 2:08:51 |
| 4. Rachid Kisri, MAR | 2:09:36 |
| 5. Berga Bekele, ETH | 2:09:41 PB |

WOMEN

1. Bai Xue, CHN 2:34:44
2. Zhang Xin, CHN 2:34:49
3. Zhu Xiaolin, CHN 2:34:55
4. Zhou Chunxiu, CHN 2:34:57
5. Alice Timbilili, KEN 2:35:48

Duke City Half Marathon

Albuquerque, USA, 18 October
(Distance: 21.1 km)

OVERALL

1. Juwan Nuvayokva, 30, Keams Canyon, AZ, 1:12:26; 2. Likhaya Dayile, 31, Albuquerque, NM (RSA), 1:17:15; 3. Everlyne Lagat (F), 28, Albuquerque, NM, 1:17:59.

VIEWPOINT

This article, here in its translated form, appeared in the newspaper *Sake24* on 8 October. It is not only about athletics, but the points made here about moral behaviour are extremely valid in the current debate about ASA, and what will follow ASA in the future. Dr Landman is chief executive of the Ethics Institute of South Africa and professor extraordinary of philosophy at the University of Stellenbosch.

HIGH-UPS FORGET VALUE OF TRUTH

Willem A. Landman

At the time of the Truth and Reconciliation Commission (TRC), we made truth a condition for the building of a new and better society. We even gave other countries advice on the use of our recipe for putting to rights a traumatic past.

It would now appear, however, that an increasing number of public figures in the country of the TRC take little notice of the demands of the truth. Blatant lies are increasingly becoming part of our daily public discourse, which is reaching a new low.

The case of the head of Athletics South Africa (ASA), Mr Leonard Chuene, is probably one of the crudest examples of how little importance some of our public figures attach to the truth.

Chuene blatantly lied in front of the world media about the gender test that Caster Semenya had undergone in Pretoria before the World Championships in Berlin. He was misleading about the counselling that she was to have received before the test. And his allegation that white racists have their knife in for Semenya calls for proof.

Thereby, he did his best to take us back to the polecat status we deservedly had in the eyes of the world during apartheid.

The most disconcerting aspect of the whole episode is that Chuene finds himself in a situation of feeling satisfied that he will not be called to account. Everywhere around him he sees worse misdeeds going unpunished.

Judge Nkola Motata was found guilty of drunk driving after he had tested the legal process for two years with a lie. Not only did he crash into the wall of a certain Mr Baird, but he asked Baird, "Do you know who I am?" Apparently, he believes that his status elevates him above the truth.

The majority of the Judicial Services Commission (JSC) is at peace with the truth not having to come to light. This is the most reasonable conclusion one can reach after judges of the Constitutional Court alleged that judge president John Hlophe had tried to influence two of them improperly, and Hlophe denying this outright.

Either Judge Bess Nkabinde or Hlophe is a liar. It, however, bothers the JSC majority little that all the judges of the Constitutional Court (as it was then constituted) are being

accused of lying and that, according to Hlophe, two of the most senior judges of the Constitutional Court are waging a political vendetta against him.

To demonstrate our commitment to the truth in our public life in any way, Chuene should have been dismissed summarily. No country with self-respect can allow officials in prominent public positions to place their own agendas above the truth and, thereby, drag the country's name through the mire.

Judge Motata ought to have admitted his guilt and done penance right at the outset. He would not have been the first judge to do so. Then, we would have forgotten his irresponsible transgression of the law two years ago already.

Now, however, we know that he does not have the courage to admit the truth when he is caught out. Consequently, one can understand if accused who appear before him in court lack confidence in his judgement.

And the JSC should have sought the truth without fear or favour, or politicking.

To tell the truth is to respect others. Thereby, one earns their trust. In contrast, telling a lie means that one has so little respect for others that one uses and manipulates them for one's own means. If the lie comes to light, one has reason to mistrust the liar.

What holds in our private lives also holds in our public lives. Besides, respect is one of the values that is held highly in our Constitution.

Not all lies are as blatant as those of Chuene. The truth can be withheld or coloured deceptively in all sorts of subtle ways, as is often the case with bad news about the diagnosis of a terminal illness.

There is no absolute moral obligation to tell the truth. The truth may be trumped by, for example, a weightier moral consideration in an emergency. We may thus, with moral justification, lie to a murderer to protect an innocent life. But a heavy burden of proof rests on the one who tells an untruth or manipulates the truth.

A lie burdens one, because it requires many other lies to support it. It then becomes almost impossible to remember which lies one has told to whom. One becomes entangled in a web of lies. In contrast, the simplicity of the truth is liberating.

The fact that so many people and the media are reacting vehemently against the wave of lies in our public life is evidence of sound moral judgement. There appears to be considerable consensus that the public has the right to know the truth about matters of public interest.

The task at hand is to make certain public figures understand that it is their duty to tell the truth if they want to earn the public's respect and trust, be worthy of their positions, and be of service to the country.

S.A. MARATHON CHAMPIONSHIPS: FINDING THE IDEAL VENUE

By Dewald Steyn

The intention of my previous article (DRR 9:32) was never to prove which venue is the fastest, but rather more to determine in terms of historical data (statistics cannot lie), which area (city) can be identified as the most appropriate venue to have the SA Championships.

There are however scientific reasons for these results. Environmental factors, whether altitude, heat, humidity or wind, play a major role in performances of athletes. While some people will never be convinced about these impacts, the answer will always be given by well-proven scientific facts and resulting statistical data.

Altitude

I do not want to dwell on the altitude issue too much, but: It is a scientific fact that the major portion of the energy utilized during a race comes from oxygen-dependent pathways. As the oxygen content of the air decreases with increasing altitude, so the maximum oxygen transport capacity falls, resulting in a reduced ability for energy production by the oxygen-dependent pathways. The correct altitude acclimatization can only partly help to counter this negative effect, while athletes living at high altitude will normally have an advantage on their sea-level opponents.

Comparing the Olympic Marathon results of low-altitude Tokyo (1964) and Munich (1972) with that of high-altitude Mexico City (1968), gives a clear picture of the influence of altitude on marathon results (Table 1). While both Abeba Bekila in 1964 and Frank Shorter in 1972 ran 2:12, even Mamo Wolde, who came from Addis Ababa (altitude 2200 m to 2600 m), could not perform better than 2:20:27 in Mexico City, while Derek Clayton (2:09:37 world best in 1967) could only achieve 2:27:23 in 7th position.

Table 1: Olympic Marathon winners at different altitudes

Year	Place	Altitude (m)	Winner	Time
1964	Tokyo	8	Abeba Bekila	2:12:11
1968	Mexico City	2250	Mamo Wolde	2:20:27
1972	Munich	508	Frank Shorter	2:12:19

It is a well-known fact that Ethiopians coming from Addis Ababa and Kenyans coming from Nairobi (1661 m) or Eldoret (2133 m) have an advantage over low-altitude athletes, while the disadvantage for these countries are that they can only choose their teams on results from races at low altitude across the globe. Inland marathon results in Johannesburg (1753 m), Pretoria (1365 m) and Potchefstroom (1351 m) never resulted in good times.

Historically even South African teams were mainly chosen on results from races abroad. Josiah Thugwane (1996 Olympic team) was the only South African who qualified in South Africa with 2:11:46 at the SA Championships, while Nixon Nkodima, 2nd in 2:11:49, missed the team. Because athletes like Gert Thys, Xolile Yawa, Lawrence Peu and Willie Mtolo all qualified with much better times abroad, choosing Thugwane as SA champion and with a much slower time, at that time caused quite a controversy in the press.

Environmental influences

In my previous article it was clearly indicated from statistical data that Cape Town seems to be the most favourable venue for running good times. To further motivate these findings, as well as to answer some doubts expressed by Norrie Williamson and to a lesser extent by James Evans, I decided to prove this by looking at environmental data.

Heat and humidity

An important scientific fact is that the athlete has only a confined volume of blood to deliver nutrients to the working muscles, remove waste materials and to move heat produced in the muscles to the surface of the body where it can be dissipated into the environment. During a marathon race a runner's muscles will produce about 11 times as much internal heat as at rest. The muscles and skin must therefore share the limited amount of circulating blood. On a hot day more blood is demanded by the skin, and the muscles must take what they can get. The runner involuntarily reduces his running speed. At the skin circulating air currents convect this heat away. Surface heat is used to evaporate the sweat. Heat loss is only through the evaporation of the sweat.

The efficiency of all this depends on a variety of factors. As the intensity of exercise increases, more blood is pumped for increased energy requirements at the muscles as well as at the skin for heat dissipation. Conflicting demands favour flow to the muscles, with a decrease in ability to lose heat – which can eventually lead to heatstroke.

Man is only capable to partial adjustment (acclimatization) to work in the heat. Running on a hot day, will however never produce as fine a performance as might be achieved on a cool day. If a runner ignores these restrictions placed on his circulation, and insists on running his usual pace, he will face the fact that he will accumulate heat internally, because of heat build-up by the muscles being greater than the rate of heat being removed through the skin. If an athlete forces himself to accumulate internal heat, he may reach a critical temperature which will produce extreme weakness and even unconsciousness. It can cause heatstroke.

The air temperature and wind speed determine the amount of heat that can be lost from the skin by convection, which is the heating of the surrounding air by the skin. During a distance race about 80-90% of the heat removed from the body is accomplished by sweat evaporation. When running at temperatures above the skin temperature, heat cannot be lost by convection, and the superficial tissues gain heat from the environment. Then the only avenue for heat loss is by sweat evaporation. As the air humidity increases, the ability to lose heat by this mechanism decreases.

Humidity is the amount of water vapour in the air. In daily language the term "humidity" is normally taken to mean relative humidity. Relative humidity is defined as the ratio of the partial pressure of water vapour in a parcel of air to the saturated vapour pressure of water vapour at a prescribed temperature. High humidity makes people feel hotter outside in the summer because it reduces the effectiveness of sweating to cool the body by reducing the evaporation of perspiration from the skin.

In comparing the heat and humidity data for Durban, Cape Town and Port Elizabeth (Table 2) it clearly substantiates the results indicated in my previous article. Looking at the most common month for the SA Championships between 1980 and 2009, namely February (10 times – see Table 4), it is obvious that the temperatures for Cape Town (24 °C) and Port Elizabeth (24 °C) is more favourable than that of Durban (27 °C). The humidity of Cape Town (54) is by far the most favourable. Durban's humidity of 73 and even Port Elizabeth's (67) is unacceptable. March (7 SA Champs) produced very similar temperature and humidity results to that of February.

Table 2: Average monthly air temperatures, maximum and minimum temperatures and humidity for Durban, Cape Town and Port Elizabeth measured at the airports.

	Durban			Cape Town			Port Elizabeth		
	Air Temp	Temp Max/Min	Hum.	Air Temp	Temp Max/Min	Hum.	Air Temp	Temp Max/Min	Hum.
Jan	26	27./21	72	24	26./16	54	24	26./16	64
Feb	27	27./10	73	24	26./16	54	24	26./17	67
Mar	26	27./10	74	23	25./14	57	22	24./16	67
Apr	24	26./18	71	20	22./12	60	21	23./13	64
May	23	24./14	66	18	19./09	65	19	22./10	58
Jun	20	23./12	61	15	18./08	64	17	20./07	56
Jul	20	22./11	61	15	17./07	76	16	19./07	57
Aug	21	22./13	68	15	18./08	65	17	20./08	59
Sep	22	23./15	71	17	18./09	62	18	20./10	65
Oct	22	24./17	73	20	21./11	58	19	21./12	68
Nov	24	25./18	74	21	22./14	56	21	22./14	66
Dec	25	26./19	73	23	24./15	54	22	24./15	65

When looking at September as a probable date for the SA Championships, the temperatures are lower and more acceptable for all three venues, but again the humidity of Durban is unacceptable.

Looking at the results of the only SA Championships that took place in Durban in July, namely 20 July 1991, it is obvious why the times were the best ever in Durban. June and July are the only months when the humidity and temperatures are acceptable for good performances. However, in those months the lower temperature and humidity conditions favour Port Elizabeth, with the more favourable wind conditions for cooling down excessive heat. It will however always be a risk to have the SA Championships in Durban, because you can have a bad day even in winter.

Wind

High facing wind speeds cause a large volume of unwarmed air to cross the skin in unit time and therefore allow for greater heat loss by convection. Running itself produces an effective wind speed which aids convective heat loss, but which may not be sufficient to increase heat loss adequately in severe environmental conditions. A wind from behind the athlete at the same speed that he is moving forward will prevent convective loss.

I have personally been to most of the SA Championships between 1980 and 2009, either as competitor or manager, and experienced or observed all these conditions personally. Most of the fast times in Cape Town were run under above normal windy conditions

Table 3 indicates the average monthly wind speed, as well as wind probability, as measured at the airports of Durban, Cape Town and Port Elizabeth. According to this information, September seems to be more acceptable in terms of both wind speed as well as probability than February for Cape Town.

Table 3: Average monthly wind strength and probability for Durban, Cape Town and Port Elizabeth as measured at the airports.

	Durban		Cape Town		Port Elizabeth	
	Wind (kph)	Wind Prob (%)	Wind (kph)	Wind Prob (%)	Wind (kph)	Wind Prob (%)
Jan	20.4	49	25.9	65	24.1	60
Feb	18.5	42	24.1	62	24.1	56
Mar	18.5	43	22.2	52	22.2	53
Apr	18.5	37	18.5	38	20.4	43
May	14.8	27	16.7	33	20.1	40
Jun	14.8	24	16.7	29	18.5	35
Jul	14.8	23	16.7	36	20.4	42
Aug	20.4	47	18.5	42	22.2	50
Sep	20.4	49	20.4	49	22.2	56
Oct	20.4	50	22.2	55	25.9	64
Nov	22.2	54	24.1	63	25.9	63
Dec	22.2	50	25.9	71	25.9	65

Time of the year

Looking at the dates of the SA Championships over the last 30 years, (coastal marathons only, excluding East London), there were ten in February, seven in March, two in April, two in May, one in July and two in October.

However, the time of the year for the SA Championships needs to be a balance between ideal environmental conditions and international events. February-March seems to be the most acceptable, taking the championships as a qualifier for international marathon competitions, as well fitting in with the World Half-marathon Championships (the top marathon and half-marathon athletes coming from the same group).

Important matters that should be taken into consideration

When evaluating the influence of environmental conditions at a specific venue on times, it does not matter whether the course at the specific city is the same or not, because the main influence is the environment and not the specific venue. Therefore it is very significant that most of the routes in Cape Town through the years differed, while it still produced the highest percentage of sub-2:15 results for men (44% of top 10 runners).

A fast course is no guarantee for fast times, and therefore to state that the course in Durban is the fastest, while the environmental conditions are unacceptable, is a useless statement. Even in July when conditions in Durban are environmentally more acceptable, it is risky, because you can still have a bad day.

Athletes who have reached the level where they can compete competitively internationally, like Hendrik Ramaala, cannot be expected to compete at the SA Championships, especially if it does not fit into their international plan. Being the SA champion is meaningless to these athletes, and if the venue is not acceptable to run good times, it will affect their CV's negatively. The CV's of the athletes are the door openers to international races. Any slow time will prevent the athlete from getting invitations, while older historical times become useless information.

South Africa, like most countries in Africa, are limited in venues available where athletes can run times good enough to lift them to a level which would open doors for them to compete at international level. However, looking at the history of SA Championships, quite a few athletes historically did run times that created opportunities for them to compete at international level. My previous article clearly indicated which venues were the ideal ones that created these opportunities. The SA Championships, where the best athletes from all provinces get the opportunity to compete against the best athletes available in the country is therefore the one race that should have the best available environmental conditions. The most important matter at the SA Championships should be the interests of the athletes, and the creation of a venue for the top athletes in South Africa to compete at the highest level and under the best conditions possible.

The idea of mass participation at SA Championships is a fallacy. You do not use a national marathon championships to create the interest of the general public for running. If you want to become an athlete you also do not start at a marathon, while most existing mediocre marathon athletes will not enter for the SA Championships, because they accept that this is a championship and only for top athletes. Many other opportunities exist to develop the sport, while the idea of mass participation should not be driven at the cost of the top athletes. The idea should still be pursued, but not at the cost of the top athletes.

NEWS

FINAL SPAR GRAND PRIX STANDINGS

The final points tables in the Spar Grand Prix Series, for individuals (top 30 only) and clubs, look as follows:

INDIVIDUALS

1	René Kalmer	Mr Price CGA	122
2	Maxine Heine-Wacker	Nedbank CGA	100
3	Michelle Bartman	Harfield Harr	96
4	Irvette van Blerk	Nedbank CGA	86
5	Jenna Challenor	Boxer	83
6	Poppy Mlambo	Nedbank CGA	80
7	Thozama April	Celtics	70
8	Annerien van Schalkwyk	Irene	64
9	Maya Lawrie	Boxer	62
10	Sonja Laxton	RAC	59
11	Bianca van Niekerk	Nedbank CGA	56
12	Lebo Phalula	UJ	54
	Lebogang Phalula	UJ	54
14	Ronel Thomas	Bashewa	50
15	Danielle Adlam	Boxer	45
16	Tshifhiwa Mundalamo	Nedbank CGA	44
17	Maritejie Ceronio	Nedbank Vaal	39
18	Ezbé Strydom	Univ NW	38
19	Eunice Nhlapo	Gauteng Str	36
20	Marelize Retief	Nedbank AGN	34
21	Catherine Skosana	Transnet RE	28
22	Nandipha Dywili	Mr Price T/kei	26

23	Phyllis de Fouw	Standard Bank	25
24	Simangele Mabuza	Nedbank CGA	23
25	Grace de Oliveira	Boxer	21
	Tanith Maxwell	Mr Price KZN	21
27	Lusanda Bomvana	Temp	20
28	Nomvuyisi Seti	Mr Price WP	18
	René Strydom	Randburg Harr	18
	Nolene Conrad	UJ	18

CLUBS

1	Nedbank CGA	426
2	Boxer	228
3	Mr Price CGA	143
4	Univ Jhb	126
5	Harfield Harriers	96
6	Celtics	92
7	Nedbank AGN	84
8	Irene	66
	Gauteng Striders	66
10	RAC	65

UNIVERSITY SPORT JOINS THE FRAY

Athletics South Africa should have handled the Caster Semenya case more responsibly “and spared [her] all the suffering and humiliations that she is currently going through”. Therefore the entire Board and senior management of ASA should resign, “as they are all responsible for the mess they have created”.

This is the view expressed by University Sport South Africa (USSA) Athletics in a statement released last week. The statement was released after the USSA Council meeting in Johannesburg on 27 September. At the meeting the Executive was instructed to consult with the members at club level, including student athletes, and the statement is the result of that process.

“Despite the calls from the ASA team Doctor to withdraw Caster Semenya from the team, and mounting pressure from within Berlin, the leadership of ASA ignored such calls,” the statement said. “We feel that ASA should have been honest and open with not only the President of South Africa and some Ministers, ASA members, supporters of athletics across the country, but also with the athlete, her family and coach concerned as she was sent to a clinic for tests in an unethical manner.

“The truth was only revealed after the media got hold of e-mails that was eventually published. We are of the opinion that should the media not have gotten hold of the e-mails, the truth around the mysterious tests would still have been known only to the ASA leadership.

“As a result of the bad publicity associated around the matter, a major sponsor has decided to cancel [its] sponsorship with ASA. The negative publicity that Sport Administrators received as a result of this is damaging to South African Sport.

“USSA recommends that –

- “■ the entire Board and Senior Management of ASA take collective responsibility and step down as they are all responsible for the mess they have created;
- “■ Athletics South Africa apologises unconditionally to the athlete, the Government, and the entire South African public;
- “■ an interim Board be appointed by SASCOC until an AGM/QGM be held and a new board elected;
- “■ ASA support a representative athlete’s commission elected by athletes and former athletes”.

In the meantime ASA has issued a statement in which it criticises the action taken by Western Province, Eastern Province and Boland. "We will not be drawn into a process of engaging our members through media statements. Our existing channels for engagement remain open to all member provinces and we will do what is required to continue utilising these to the fullest," the statement said.

A campaign is also underway to build a support base and communication channels among athletes, coaches and administrators who are willing to stand up to ASA and bring the Chuene regime to an end. As a prominent athlete put it in an e-mail: "Coaches and administrators need to stand together with the athletes. The athletes are scared, but they will speak out when it is clear they have broad support."

Anyone interested in joining the campaign is asked to send his/her details to saathletes@gmail.com so that a database of all the people concerned about athletics in this country and who want to see change for the better can be compiled. DRR fully supports this campaign – so please send your name, e-mail address, phone number, province and race (this is needed to prove it is not about race and people of all races feel the same) to the above address.

COMRADES RECORD HOLDER RETIRES

Leonid Shvetsov, the record holder for both the Comrades Marathon "up" and "down" runs, has decided to retire from all competitive running with immediate effect.

"I made a considerate decision to stop my competitive running career," Shvetsov said in a statement. "This is because when I resumed serious training a month after this year's Comrades Marathon I again started to feel painful 'clicking' in my knee. I had the same problem during the race this year, which forced me to slow down on the downhill and in the end resulted in severe (near) cramping and weakness in my quads in the last 18-20 km during the race. What was worse - I couldn't get rid of the feeling that my knee may 'lock' at any moment, and the race would have been over for me. I was lucky to come home second on the day, and I don't want to get in the situation when I devote half a year of my life preparing for the 2010 race and end up stopping or slowing down like it happened to me in 2002. I think I was lucky enough to break both Comrades records."

Shvetsov intends to continue running in order to maintain a healthy and fit lifestyle, as well as continue with coaching runners.

"This was not an easy decision as running was the biggest part of my life for over 30 years. I have completed 44 marathons and five Comrades, ran in two Olympic Games and held the Russian national marathon record for over ten years (broken by a runner who I trained two years ago).

"I am a family man and now a businessman to, and recently expanded my business, which is keeping me very busy."

BAI XUE THE YOUNGEST MARATHON STAR

Bai Xue (CHN) easily became the youngest ever world marathon champion in Berlin. According to *Athletics International*, at 20 years 253 days she is the youngest winner of any major marathon race since women's marathon running became a major sport. There were, however, younger winners before that – as Laura Michalek was reportedly just 15 when she won the third Mayor Daley Marathon in Chicago in 1979 in 3:15:45. Beth Bonner won the New York City Marathon in 1971 at 19 years 102 days in 2:55:22; she was one of only four women to complete the race that day. Four years later Kim Merritt won in New York in 2:46:14 at 20 years 129 days and she went on to win at Boston in April 1976 at 20 years 333 days.

STATS TIME

Stats Time does not often include all-time track lists, but 2009 was such an excellent year for 800-metre running – with the top three, Mbulaeni Mulaudzi, Samson Ngoepe and André Olivier, all docking PBs – that we present the top 20 on the all-time list here. The three runners mentioned are in second, 12th and 15th position respectively.

ALL-TIME 800: TOP TWENTY MEN

1:42.69	Hezekiel Sepeng	Brussels	03 Sep 99
1:42.86	Mbulaeni Mulaudzi	Rieti	06 Sep 09
1:43.91	Johan Botha	Oslo	30 Jun 99
1:44.41	Werner Botha	Heusden	05 Aug 00
1:44.57	Marius van Heerden	Cape Town	12 Apr 96
1:44.62	Hendrik Mokganyetsi	Moscow	18 Jul 97
1:44.5y	Danie Malan	Los Angeles	27 May 73
1:44.70	Dicky Broberg	Stellenbosh	31 Mar 71
1:44.70	Marcello Fiasconaro	Johannesburg	27 Apr 73
1:44.98	Graham Davidson	Rehlingen	09 Jun 03
1:45.03	Shaun Abrahams	Stellenbosch	04 Mar 00
1:45.17	Samson Ngoepe	Ostrava	17 Jun 09
1:45.30	Mark Handelsman	Stellenbosch	20 Apr 81
1:45.38	Gideon van Oudtshoorn	Heusden	05 Aug 00
1:45.41	André Olivier	Stellenbosch	14 Mar 09
1:45.60	Fanie van Zijl	Pretoria	28 Mar 70
1:45.63	Johan Landsman	Johannesburg	27 Apr 91
1:45.73	Lucky Hadebe	Durban	06 Mar 99
1:45.77	Johan Cronje	Lapinlahti	16 Jul 06
1:46.04	Jurgens Kotzé	Pietersburg	03 Apr 95

y) 880 yards time minus 0.6 sec.

THIS MONTH IN HISTORY

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

70 years ago: 7 October 1939

In the late thirties of the previous century Pat Dengis was America's best distance runner. On this day he won the Port Chester Marathon, New York, for the third time in a row in 2:45:20. Leslie Pawson was second in 2:45:49 and Johnny A. Kelley third in 2:53:03. A month later, on 12 November, he won the AAU (US Championship) Marathon in Yonkers in 2:33:45.2. It was his eleventh victory in twenty races, but unfortunately it was also the last race of his life. On 17 December he was a passenger in a small private plane when it crashed near Baltimore; both he and the pilot were killed.

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.

MENSeniors

10 km	28:21	Stephen Mokoka	Stellenbosch	29 Aug
	27:01	Micah Kogo (KEN)		
15 km	27:01	Micah Kogo (KEN) 2009		07 Mar
	44:27	Lusapho April	Port Elizabeth	
21.1 km	43:26	Ryan Hall (USA)		04 Jul
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
	61:26	Stephen Mokoka	Port Elizabeth	
	58:52	Patrick Makau (KEN)		
25 km	58:33	Samuel Wanjiru (KEN) 2007		09 May
	79:32	Shadrack Hoff	Pretoria	
	73:24	Matthew Kipchirchir (KEN)		
	72:45	Paul Kosgei (KEN) 2004		
30 km	1:42:54	Sipho Phala	Parow	22 Mar
	1:29:55	Yu Mitsuya (JPN)		
	88:00	Takayuki Matsumiya (JPN) 2005		
	2:07:44	Hendrick Ramaala	London	
Marathon	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		26 Apr
	2:03:59	Haile Gebrselassie (ETH) 2008		
	8:30:01a	Welcome Loliwe	Port Elizabeth	
	6:47:59	Vsevolod Khudyakov (RUS)		
100 km	6:13:33	Takahiro Sunada (JPN) 1998		19 Sep

***) 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	
	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
	2:24:25a	Lindile Tokota	Oudtshoorn	
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	8:30:01a	Welcome Loliwe	Port Elizabeth	19 Sep
	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	55:07	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	10:58:14a	Mkhululi Kala	Port Elizabeth	19 Sep

Grandmasters (60+)

10 km	37:53	Albertus Bock	Stellenbosch	29 Aug
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	13:17:53a	Herman Dekker	Port Elizabeth	19 Sep

Juniors

10 km	29:44	Shaun Zuzani	Durban	08 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:56	Xola Bongoza	Port Elizabeth	02 Oct
	42:25	Moses Mosop (KEN) 2004		
21.1 km	67:38	Sithyilo Diko	Port Elizabeth	04 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENSeniors

10 km	32:39	René Kalmer	Stellenbosch	29 Aug
	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	70:37a	René Kalmer	Birmingham	11 Oct
	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	2:41:48	Tanith Maxwell	Berlin	23 Aug
	2:22:11	Irina Mikiitenko (GER)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	11:07:22a	Buyelwa Kobokana	Port Elizabeth	19 Sep
	7:50:00	Irina Vishnevskaya (RUS)		
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

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	11:07:22a	Buyelwa Kobokana	Port Elizabeth	19 Sep
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	40:21 34:44	Olga Howard Tatyana Pozdniakova (UKR) 2005	Pinelands	02 Aug
15 km	63:17 54:33	Olga Howard Shirley Matson (USA) 1991	Mamre	20 Jun
21.1 km	89:41 76:07	Olga Howard Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	04 Jul
25 km	1:58:00	Rae Bisschoff	Pretoria	09 May
30 km	2:18:56 2:31:05	Annatjie Botes Tatyana Pozdniakova (UKR) 2005	Sedgefield	21 Mar
Marathon	3:16:08	Annatjie Botes	Cape Town	27 Sep
100 km				

Grandmasters (60+)

10 km	41:20	Sonja Laxton	Bellville	05 Apr
15 km	68:05	Sonja Laxton	Germiston	20 Sep
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	Londen	26 Apr
100 km				

Juniors

10 km	35:45 31:42	Maxine Heine-Wacker Zola Pieterse (RSA) 1984	Port Elizabeth	02 May
15 km	59:33 49:40	Juan-Marie Cooper Ines Chenonge (KEN) 2001	Pretoria	13 Jun
21.1 km	79:31 1:09:05	Lusanda Bomvana Delilah Asiago (KEN) 1991	Port Elizabeth	04 Jul

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