

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

Distance Running Results received news that Kim Laxton ran a PB of 76:03 at the Kaapsehoop Half Marathon on Saturday. Unfortunately Mpumalanga is one of the provinces from which it is virtually impossible to obtain results. However, DRR is hoping to receive the official results of the race in due course.

A record of 5 071 runners completed the 18th running of the Nedbank Soweto Marathon last weekend (top results in DRR 9:39; deeper results in this issue), while some 3 866 participants completed the 10 km. It should be noted that René Kalmer did not win R120 000 in total, but R10 000 less. There was no incentive for a course record, as was reported to DRR. Also, Helen Chiundu (in the 10 km) is from Zimbabwe and not Kenya.

Some facts about the ING New York City Marathon: Joan Benoit Samuelson's 2:49:09 was just one second slower than her USA 50+ national record set at the 2008 Olympic Trials Marathon in Boston, but was a USA women's single-age record for a 52-year-old. Samuelson also broke the event record for women over 50 (previously 2:53:53 by S. Rae Baymiller, 1993).

Also, the 43 475 runners who crossed the finish line was almost 5 000 more than the largest marathon in history, the 2007 ING NYC Marathon which boasted 38 607 finishers.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Bluff Meat Supply Bluff Vets Half Marathon, Durban
- * Dwars River Valley Half Marathon & 10 km, Pniel
- * International Realtors West Coast Half-Marathon, Bloubergstrand
- * Eskom Gijimas 10 km, Parow
- * Nedbank Soweto Marathon, Soweto (deeper results)
- * Blue IQ City to City Ultramarathon & Half Marathon, Pretoria to Johannesburg

International highlights:

- * Marathon des Alpes Maritimes Nice-Cannes, Nice to Cannes, FRA
 - * Athens Classic Marathon, Athens, GRE
 - * EDP Maratona do Porto, Porto, POR
 - * Parnassia Laan van Meerdervoort 10 km, The Hague, NED
-

VIEWPOINT

A DAY TO REJOICE FOR S.A. ATHLETICS

By Riël Hauman

The best day in the history of South African athletics. This is the way a well-known athletics administrator described the events of last Thursday, when the SA Sports Confederation and Olympic Committee (SASCOC) suspended Leonard Chuene, the ASA Board and its members "pending the outcome of a disciplinary investigation and further action" because of their handling of the Caster Semenya issue.

While this was perhaps a bit hyperbolic, it is certain that the whole athletics fraternity rejoiced in the end of the discredited Chuene regime. Over the years many people involved in the sport – athletes, administrators, officials, coaches, and the media (including this writer) – have had to suffer the wrath, victimisation and arrogance of Chuene and his henchmen, including some who have left the organisation. In the process valuable – some would say essential – expertise has been driven from the sport.

DRR has been advocating for a long time that a change in leadership was the only thing that would save athletics from the mire of mediocrity into which it has been dragged over the past fifteen years. The events since Berlin, and the behaviour of the ASA leadership, have only strengthened that view.

The revelations by Nicolene Cronjé and others of Chuene's "reign of terror", as it was described in a newspaper, and the apparent state of ASA's finances, should be enough to indicate that people like Chuene and Molatelo Malehopo are not fit to administer the sport at national level.

Hopefully this will be the defining moment for athletics in this country. Hopefully the sport will be given back to the people who should be in charge – and were in the past – the athletes, clubs and provinces. Hopefully decisions will again be taken by and on behalf of the athletes and not to gratify a handful of inflated egos, and money spent on developing the sport and not on court cases, flashy cars and overseas trips for secretaries and other hangers-on.

To quote Geraldine Pillay: Athletics should be taken back to the time "when it was the number one family sport in the country" and stadiums were packed with enthusiastic supporters.

One day after the decision by SASCOC – which was announced only a few hours after ASA had "publicly and unconditionally apologise[d] to Caster Semenya and her family, the President of South Africa as well as to all South Africans for the handling of her gender verification processes and the subsequent aftermath" – it went further and suspended the whole of ASA. This followed the statements by Malehopo and Chris Britz that SASCOC did not have the power to suspend Chuene and the ASA Board and that ASA would not accept the decision.

In a letter to provincial bodies SASCOC wrote that it took this step after receiving a letter from ASA's attorneys indicating that the national body would not accept the SASCOC decision. Sending Ray Mali (who has been appointed as administrator of athletics) to the ASA offices would result in court action, Gideon Sam, President of SASCOC, said.

He added that SASCOC was "already in negotiations with the IAAF addressing this issue and the possibility that the athletes can continue to participate under the banner of SASCOC".

SASCOC also asked the IAAF to consider suspending ASA from the international body.

Of course, South Africa's number one clown, Julius Malema, also weighed in with his own take on things and demanded a boycott of Nedbank to punish the bank for pulling out as sponsor of road running!

Although the news about SASCOC's decision was covered thoroughly in the media, DRR has decided to publish the significant parts of its media release for the record.

"At a Special Board meeting of SASCOC called for the purpose of considering the report of the SASCOC Legal and Arbitration Commission into the handling of Semenya," according to the statement, "the Board resolved unanimously as follows:

"To accept the recommendations made by the SASCOC Legal and Arbitration Commission as listed below.

"1. Leonard Chuene should be suspended with immediate effect pending the outcome of a disciplinary investigation and further action.

"2. Kakata Maponyane, Molatelo Malehopo and Phiwe Mlangeni should be suspended with immediate effect pending the outcome of a disciplinary investigation and further action.

"3. The Board of ASA and its Members should be suspended with immediate effect pending the outcome of a disciplinary investigation and further action.

"4. Humile Bogatsu should be suspended with immediate effect pending the outcome of a disciplinary investigation and further action.

"5. SASCOC should consider taking appropriate action against [the] IAAF for its disregard of Semenya's rights to privacy.

"SASCOC should ensure that the suspension in respect of Malehopo, Mlangeni and Bogatsu conform to current Labour Law Practices and that any contemplated suspension is with full pay and appropriate benefits due to their status as employees of ASA.

"It is being further recommended that:

"[a] decision is taken to appoint SASCOC Board Member Ray Mali as the administrator of Athletics South Africa.

"... the Administrator Ray Mali will convene an urgent meeting of the Council of ASA (excluding the suspended individuals) and elect an Interim Board of ASA pending the outcome of the disciplinary enquiry.

"... the suspended individuals will appear before a disciplinary enquiry to answer charges of bringing ASA, the sport of athletics, SASCOC and sport in general into disrepute."

ROAD RUNNING

Bluff Meat Supply Bluff Vets Half Marathon

Durban, 8 November

(Distance: 21.0975 km; loop course. Finishers: 560.)

MEN

40-49:

1.	Peter Sehloho	Boxer AC	78:19
2.	Garth Robson	Boxer AC	81:54
3.	Welcome Mhlango	Stella AC	89:45

50-59:

1.	Jeremiah Ngwenya	Boxer AC	87:43
2.	Phineas Ntombela	KZN Strd	91:12
3.	Thomas Daniels	Chatsworth AC	99:17

60+:

1.	Mbekeseni Mchunu	Savages	101:43
2.	Raymond Meyer	Savages	113:00
3.	Fred Medlock	Hillcrest Vill	119:10

WOMEN

40-49:

1.	Jenny Sutton	YWPAC	99:11
2.	Janette Davidson	DHSOB	103:58
3.	Erica MacDonald	Hillcrest Vill	113:09

50-59:

1.	Debby de Koning	Escom Gijimas	115:01
2.	Jane Baker	DAC	115:39
3.	Denise Johansen	Harliquins	2:03:35

60+:

1.	Lien Botha	Toti AC	114:13
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2.	Alette Engelbrecht	SCS	2:02:49
3.	Gill Tregenna	West AC	2:08:21

Dwars River Valley Half Marathon & 10 km

Pniel, 7 November

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

Note: All times in these two races were wrongly released in hundredths of a second. DRR has rounded up the times according to the rules. Errors in runners' gender were also corrected by DRR. – Ed.

Half marathon

MEN

1	Pieter	Koopman	35	Maties	1:09:08
2	Neo	Molema	33	Mr Price WP	1:10:12
3	Piet	Jacobs	31	Nedbank	1:10:22
4	Manfred	Samuels	19	Helderberg	1:13:21
5	Hillroy	Slingers	18	Worcester	1:14:01
6	Sakhumzi	Taho	28	Nedbank	1:14:40
7	Julie	Welkom	38	Swartland	1:15:27
8	Andries	Nthzakaco	42	Nedbank	1:18:49
9	Jimmy	Drury		Nedbank	1:19:26
10	Clifford	Drury	40	Mr Price WP	1:20:21

WOMEN

1	Jacoline	Haasbroek	44	Stellenbosch	1:27:05
2	Nelis	Swart	39	Stellenbosch	1:31:23
3	Sandra	Baetsen	36	Ind	1:39:42
4	Huguette	v/d Merwe	41	Paarl	1:43:25
5	Hannelie	Stadler	50	Strand	1:43:36
6	Resia	Swart	36	Stellenbosch	1:43:37
7	Marinda	Surridge	40	Strand	1:43:39
8	Ursula	Turck	37	Stand	1:44:36
9	Mandla	Wensevela	40	Ceres	1:44:43
10	Helma	Nel	36	Strand	1:44:58

10 km

MEN

1	Dicardo	Jacobs	23	Maties	31:17
2	Patrick	Magadla	22	VOB	32:14
3	A.	Scheepers	20	CPUT	32:27
4	Isaac	Opperman	43	Correctional Serv	32:53
5	Ignatius	Davids	17	Robertson	33:43
6	William	Kaptein	17	Robertson	33:44
7	Danzil	Paulse	16	Brackenfell	35:35
8	Henry	Erasmus	17	Helderberg Harriers	36:15
9	Byron	February	29	Wellington	37:02
10	Eric	Mlonyeni	49	Nedbank	37:44

WOMEN

1	Mariëtte	Esterhuyse	47	Tygerberg	41:54
2	Nomvuyisi	Seti	28	Mr Price	43:10
3	Suzette	Williams	19	Worcester	44:58
4	Glenda	Werth	39	Nedbank	45:06
5	Reggie	Crowster	47	Tygerberg	45:40
6	A.N. Other		37	Ind	46:28

7	Charmaine	Cupido	53	Nedbank	46:47
8	Emily	Malan	20	Ind	50:38
9	Yolanda	Malan	29	Ind	50:47
10	Carine	Kruger	48	Helderberg Harriers	50:49

International Realtors West Coast Half-Marathon

Bloubergstrand, 7 November

(Distance: 21.0975 km; certified loop course)

MEN

1. Keith Court (MP) 72:51 (1st vet); 2. Patrick Ketelo (Gugs) 72:58; 3. Thembelani Zola (MP) 73:10; 4. Vladimir Kotov (BLR/Cent) 73:13 (1st mast); 5. L. Thwala (Khay) 78:46; 6. Charles Witbooi (VOB) 82:02; 7. Mike O'Donovan (VOB) 82:02; 8. Eckhardt Visser (Durb) 82:30; 9. A. Afrika (Ind) 83:02; 10. Stef Patten (VOB) 83:47; 11. Sibusiso Noqata (Khay) 84:29; 12. Hemanus Jonkerman (Outen) 84:32; 13. Ryan Winter (Pine) 84:34; 14. Brandon van Vuuren (Ind) 84:48; 15. Friedl van der Merwe (Strand) 84:58; 16. Shahied Jagger (Ned) 85:19; 17. Peter Bennett (WC) 85:27; 18. Batanqwa Mayiji (Khay) 86:07; 19. Angelo Henry (MSM) 86:10; 20. Cobus Wilson (G Con) 86:50; 21. Damian Will (Pine) 86:51; 22. Randall Joshua (Tel) 87:55; 23. Garry Wilford (Durb) 89:16; 24. Justice Maphakane (Ind) 89:17; 25. Mark Kallis (Celt) 89:19; 26. J. Schreiber (Durb) 89:54; 27. Robert Bartholomew (Tyg) 89:57; 28. Bennie van der Merwe (Edge) 90:55; 29. Willie Coetzee (WC) 91:31; 30. Rodney Daniels (Spart) 91:59.

Veterans: 1. Keith Court (MP) 72:51; 2. Mike O'Donovan (VOB) 82:02; 3. Eckhardt Visser (Durb) 82:30. **Masters:** 1. Vladimir Kotov (BLR/Cent) 73:13; 2. Hermanus Jonkerman (Outen) 84:32; 3. Garry Wilford (Durb) 89:16. **G'masters:** 1. Peter van den Berg (Celt) 1:51:02; 2. Chet Sainsbury (Celt) 1:51:52; 3. Richard Butcher (Swart) 1:51:56. **Juniors:** 1. Andrew Case (Celt) 1:55:59.

WOMEN

1. Sheryl de Lange (Adid) 90:26 (1st vet); 2. Kutlwano Ramaboa (UCT) 93:23; 3. Tania Fourie (Durb) 94:25; 4. Sandra van Graan (Edge) 97:21; 5. Ronel Steenkamp (Durb) 1:39:04; 6. Lucilla Schultz (Ind) 1:44:43; 7. Nancy Will (Pine) 1:45:23 (1st mast); 8. Candyce Hall (Hout) 1:45:34; 9. Andrea Swartz (Edge) 1:45:51; 10. Joleta Poynton (Durb) 1:45:51; 11. M. Visagie (WC) 1:46:13; 12. Judith Grove (Hilton) 1:47:05; 13. Lindie Bouwer (Sanlam) 1:47:59; 14. A. Hamman (Durb) 1:48:56; 15. Clementine Rebelo (Edge) 1:49:30; 16. Tracy Bunn (RWFL) 1:49:32; 17. Lezel Joubert (Edge) 1:49:33; 18. Diana Rixon (VOB) 1:49:53; 19. Margaret von Zeil (Pine) 1:51:20; 20. Lizette Welkman (WC) 1:51:46.

Veterans: 1. Sheryl de Lange (Adid) 90:26; 2. Sandra van Graan (Edge) 97:21; 3. Joleta Poynton (Durb) 1:45:51. **Masters:** 1. Nancy Will (Pine) 1:45:23; 2. Judith Grove (Hilton) 1:47:05; 3. Diana Rixon (VOB) 1:49:53. **G'masters:** 1. Pixie Sparg (Celt) 1:55:36; 2. Marlene James (Pine) 2:10:25. **Juniors:** 1. Benine Havenga (Tyg) 2:17:00.

Eskom Gijimas 10 km

Parow, 4 November

(Certified loop course.)

MEN

1. Neo Molema (MP) 31:34
2. Patrick Magadla (VOB) 31:45
3. Luxolo Mdzanga (Gugs) 31:56 (1st jun)

Veterans: 1. Johnny Persents (Adid) 33:10; 2. Clifford Drury (MP) 35:07; 3. Thembinkosi Zweni (Gugs) 35:20. **Masters:** 1. Vladimir Kotov (BLR/Cent) 33:13; 2. Gregory Jacobs (Edge) 36:54; 3. Goodman Mpukane (Gugs) 39:02. **G'masters:** 1. Willie van Wyk (B'fell) 44:14; 2. Henry Cleophas (Ned) 46:31. **Juniors:** 1. Luxolo Mdzanga (Gugs) 31:56; 2. Manfred Samuels (Held) 32:24; 3. Akhona Makila (VOB) 32:36.

WOMEN

1. Helene Perold (Durb) 40:20
2. Natasha Oosthuizen (Adid) 40:43
3. Elmarie Coetzee (Adid) 40:44 (1st vet)

Veterans: 1. Elmarie Coetzee (Adid) 40:44; 2. Sheryl de Lange (Adid) 41:09; 3. Mariëtte Esterhuyse (Tyg) 41:51. **Masters:** 1. Olga Howard (Celt) 41:37; 2. Charmaine Cupido (Ned) 46:50; 3. Cynthia van Wyk (Gugs) 51:21. **G'masters:** 1. Pixie Sparg (Celt) 50:40; 2. Marietha Herbert (Bell) 50:54. **Juniors:** 1. Marlise Jordaan (Ind) 41:32; 2. Asiphe Sikabalanjana (Gugs) 43:00; 3. Courtney Groener (Bell) 48:28.

Nedbank Soweto Marathon

Soweto, 1 November

(Distance: 42.195 km; loop course)

Note: The first ten men and women were included in DRR 9:39; here are deeper results. Thanks to Irene and Jan van Eeden for providing these. – Ed.

MEN

11	Jeffrey	Gwebu	Ned CGA	2:23:09
12	Maru	Ondo Olimo	ETH/ADT	2:26:03
13	Wesley	Ruto	KEN/Ned AGN	2:26:31
14	Ramaele	Gadebe	Platinum	2:27:10
15	Cephas	Pasipamiri	ZIM/Ned AGN	2:27:39
16	Steven	Dikobo	Manoni	2:27:46
17	Peter	Muthubi	Ned AGN	2:28:53
18	Sipho	Maisela	Ned AGN	2:29:18
19	Andrew	Chimbidzukai	ZIM/Ned AGN	2:29:21
20	Samuel	Bolo	Bed	2:29:26
21	Henry	Moyo	Ned AGN	2:29:41
22	Nkosiya	Sibanda	ZIM	2:30:26
23	Shebbhas	Chirchir	KEN/Ned AGN	2:30:27
24	Sylvester	Mohalakane	MP CGA	2:31:25
25	Kingston	Maringe	ZIM/Ned AGN	2:31:33
26	Vusi	Sokhela	Mr Price	2:31:42
27	Mzukile	Silayi	Umtata	2:31:48
28	Willie	Sithole	Yebo	2:32:33
29	Abel	Chimokoko	ZIM/Ned AGN	2:32:49
30	Johannes	Mantswe	Ned RCFSA	2:32:51

WOMEN

11	Paula	Quinsee	Rand H	3:07:57
12	Angeline	Molaba	Ned AGN	3:11:43
13	Sarah	Mahlangu	MP CGA	3:14:16
14	Kashmira	Parbhoo	Lenasia	3:15:53
15	Mzwandile	Gunguthwa	Oldworld	3:16:20
16	Margaret	Mahohoma	ZIM/MP KZN	3:16:45
17	Monica	Kativhu	ZIM/Boxer	3:18:15
18	Thato	Sesheme	LES/Toyota	3:18:45
19	Catherine	Naane	Drie	3:20:23

20 Jane Mudau Ned AGN 3:22:05

Blue IQ City to City Ultramarathon & Half Marathon

Pretoria to Johannesburg, 27 September

(Distances: 50 km & 21.0975 km; oth routes point to point but uphill. The ultramarathon starts in Pretoria at 1400 m above sea level; both races finish in Johannesburg at 1748 m. Start venue and elevation of half marathon unknown.)

Ultramarathon

MEN

1 Tebogo Sello (LES/MP) 2:58:05; 2 Collen Makaza (ZIM/F1) 2:58:13; 3 David Gamede (Plats) 3:00:56; 4 Peter Muthubi (Nedbank) 3:00:57; 5 Mabule Rhapotle (MP) 3:00:58; 6 Moses Njodzi (ZIM/MP) 3:02:37; 7 Ndabili Bashingile (Temp) 3:03:08; 8 Butiki Jantjies (MP) 3:04:30; 9 Simon Peu (Bonitas) 3:04:36; 10 Oliver Kandiero (ZIM/Toy) 3:04:57.

Veterans: 1 Elias Mabane (Raiders) 3:08:02; 2 Thabiso Moqhali (LES/Toy) 3:14:16; 3 Tidimalo Modiga (Toy) 3:19:36. **Masters:** 1 Ernst Tjela (Emfuleni) 3:28:37; 2 Eloi de Oliveira (Boxer) 3:30:09; 3 Antonie Nyabanyaba (SANDF) 3:36:56.

WOMEN

1 Mamorallo Tjoka (LES/GS) 3:31:04; 2 Riana van Niekerk (MP) 3:37:23; 3 Samukeliso Moyo (ZIM/MP) 3:40:16; 4 Lesley Train (Nedbank) 3:44:55; 5 Gloria Baeba (Transnet) 3:45:50; 6 Sarah Mahlangu (MP) 3:51:15 (1st vet); 7 Monica Kativhu (ZIM/Boxer) 3:51:49; 8 Angeline Molaba (Nedbank) 3:52:19; 9 Azwindini (Gladys) Lukhwareni (Nedbank) 3:54:11; 10 Paulina Phaho (Nedbank) 3:56:00.

Veterans: 1 Sarah Mahlangu (MP) 3:51:15; 2 Jane Mudau (Nedbank) 3:57:36; 3 Ursula Frans (Toy) 3:19:36.

Half marathon

MEN

1 Wirimayi Juwawo (ZIM) 68:27; 2 Michael Mazibuko (Lekoa) 68:29; 3 Shadrack Hoff (GS) 68:42.

Veterans: 1 Gethun Wordofa (ETH/ADT) 75:28; 2 Elgin Morale (HAC) 76:24; 3 Bheki Nene (ADT) 76:56. **Masters:** 1 Andre Jansen (GS) 90:33; 2 Johannes Pieterse (Brotherhood) 91:21; 3 Joseph Mugolovhedzi (RRR) 91:47. **G'masters:** 1 Wilson Maghuru (Nedbank) 96:17; 2 Bill Lambert (RH) 1:42:55; 3 Neil Alexander (BCC) 1:51:16. **Juniors:** 1 Elisha Mabhunhu (ZIM/MP) 72:33; 2 Thato Molatedi (Wits) 74:29; 3 Maisela Leshika (Twickenham) 82:56.

WOMEN

1 René Kalmer (MP) 80:31; 2 Irvette van Blerk (Nedbank) 82:07; 3 Tabitha Tsatsa (ZIM/Boxer) 84:01.

Veterans: 1 Cynthia Mokovane (Powerade) 1:49:50; 2 Ramokone Mabusela (RAC) 2:19:30; 3 Anita Joao (Phobians) 2:21:11. **Masters:** 1 Linda Potgieter (Phobians) 1:46:58; 2 Selinah Netshisaulu (RAC) 2:04:14; 3 Onica Motsei (RAC) 2:11:10. **G'masters:** 1 Patricia Moore (Breakthru) 2:08:50; 2 Hazel Quilliam (Roodepoort) 2:12:55; 3 Rachel Ledwaba (Temp) n/t. **Juniors:** 1 Monique Hechter (Nedbank) 96:24.

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

Marathon des Alpes Maritimes Nice-Cannes (2nd)

Nice to Cannes, FRA, 9 November

(Distance: 42.195 km; point-to-point course)

MEN

- | | |
|-----------------------|-----------------|
| 1. Adelo Roba, ETH | 2:10:17 CR*, PB |
| 2. Gebo Burka, ETH | 2:10:18 PB |
| 3. Gemechu Lemma, ETH | 2:10:19 PB |

WOMEN

- | | |
|-------------------------------|---------------|
| 1. Merima Mohammed, 1992, ETH | 2:33:56 DB/CR |
|-------------------------------|---------------|

Athens Classic Marathon (27th)

Athens, GRE, 9 November

(Distance: 42.195 km; hilly point-to-point course from Marathon to Athens [same route as the 2004 Olympic Games marathon]. Weather: Windy, primarily a tailwind.)

MEN

- | | | |
|---------------------------------|---------|-------------------|
| 1. Joseph Kibiwott Ngetich, KEN | 2:13:44 | 6000 + 3000i euro |
| 2. Edwin Kipchom, KEN | 2:14:18 | 5000 |
| 3. Pius Mutuku, KEN | 2:14:39 | 4000 |

i) incentive bonus for sub-2:14

WOMEN

- | | | |
|--------------------------|---------|-----------|
| 1. Akemi Ozaki, JPN | 2:39:56 | 6000 euro |
| 2. Eshetu Degefa, ETH | 2:40:32 | 5000 |
| 3. Sviatlana Kouhan, BLR | 2:40:54 | 4000 |
| 4. Natalia Volgina, RUS | 2:41:48 | 3000 |

EDP Maratona do Porto (6th)

Porto, POR, 8 November

(Distance: 42.195 km with 40 m elevation loss; the second half is all uphill)

MEN

- | | | |
|-----------------------------|---------|-----------|
| 1. Johnstone Changwony, KEN | 2:13:12 | 3000 euro |
| 2. Alberto Chaíça, POR | 2:13:18 | 2000 |
| 3. Gilbert Rotich, KEN | 2:14:40 | 1500 |

WOMEN

- | | | |
|--------------------------------|-------------|-------------------|
| 1. Priscah Jeptoo, KEN | 2:30:40* CR | 3000 + 2000i euro |
| 2. Yeshimabet Tedese Bifa, ETH | 2:30:41 | 2000 + 2000i |
| 3. Debola Wudnesh Nega, ETH | 2:30:56 | 1500 + 2000i |
| 4. Fernanda Ribeiro, 1969, POR | 2:31:11 | 1000 + 1500 [40+] |

Parnassia Laan van Meerdervoort 10 km

The Hague, NED, 1 November

(Rainy, windy conditions)

MEN

- | | | |
|-------------------------|-----|-------|
| 1. Abdelhadi el Mouaziz | MAR | 28:54 |
|-------------------------|-----|-------|

2. Ezekiel Meli	KEN	28:59
3. Sibusiso Nzima	RSA	29:08
4. Youssef Baniz	MAR	29:35
5. Sammy Rongo	KEN	29:47

WOMEN

1. Naomi Jepkosgei	KEN	33:38
2. Merel de Knecht	NED	33:59
3. Mounia Aboulachem	BEL	35:18
4. Nadja Wijenberg	NED	35:21

VIEWPOINT

RAMAALA HAS TO LEARN HOW TO WIN

By Nobuya "Nobby" Hashizume

Watching the broadcast of the ING New York City Marathon, I could not believe that Hendrick Ramaala again threw in a mid-race surge (as the runners entered Manhattan), only to fade out of contention again. I then remembered watching the Athens Olympic Marathon when he took the lead going up the hill and thinking, "Why on earth now?"

Now let me be clear about this: I'm not necessarily talking about Ramaala sitting back and waiting until the final straight to kick it in. That would be a concept of (Lydiard's) Basic Speed and, though I don't know if Ramaala has the kind of "kick" necessary to beat someone like Paul Tergat or Meb Keflezighi, it may not be a smart idea unless the athlete is confident he/she can kick like Toshihiko Seko demonstrated in the 1983 Fukuoka Marathon against Juma Ikangaa.

Certainly, Ramaala has been able to run 2:06 ... but winning a race is something different. This is why we have a competition; and this is why competitions like the Olympics are perhaps more exciting than simply a time trial race such as, I'm inclined to say, the Berlin Marathon where Haile Gebrselassie just goes and chases the world record.

Ramaala reminds me of how Lorraine Moller described Anne Audain. When Audain was making a transition to run a marathon right before the LA Olympics (remember, she was the "winningest" road racer in the US that year), Nike conducted extensive research on her and determined that she should run 2:26. But I believe her first attempt was something like 2:32 in third or fourth place. Her

coach, John Davies, called Moller and asked her opinion. "She's not a marathon runner," Moller said. "She doesn't have the right temperament ..."

Now, I'm not calling Ramaala NOT a marathon runner – his results would confirm otherwise. I guess my point is: he should have done much, much better with his talent and ability.

In a way, it is the same with both Paula and Christelle Daunay. Daunay took off at mid-way, while Paula was desperate to shake everybody off in the early stages. In a way, she tried to use her "aura" to her advantage; if she takes off fast, everybody is going to be scared and let her go ... But the problem is, the finish line is at 26 miles, not at 16.

When Murray Halberg (trained by Arthur Lydiard) won the gold medal in the 5000 m at the Rome Olympics, he took off with three laps to go and threw in a 60-second lap which left everybody else behind. In the final lap, other runners were catching up, but he had a good enough cushion to win the gold medal. There were other runners who probably could have beaten him in that field. There might have been someone who could have sprinted faster than Halberg (after all, he only had one arm swinging!).

The same can be said about Lasse Viren in the 1976 Olympic 5000 m. There were at least four runners in that final who were "quicker" than Viren in the final lap. But they missed their chance by letting Viren push the final 1200 m instead of 120 m. It's all the matter of WHEN you take control so as to take the best advantage of the situation – basically

knowing what your strengths and weaknesses are.

Someone like Seko, who I mentioned in the beginning and who ran 80 km in training, knew he could keep up with anybody in the world for 42.2 km; he knew he could kick the final 120 m faster than anybody. In that particular race (Fukuoka), he probably could have broken the world record easily. But he wanted to win. The same with the 1983 Tokyo Marathon, where he ran the national record of 2:08:37.

The runner's temperament plays a huge part in becoming a complete runner. Seko, in that respect, really was a complete runner. So was Viren and so was Frank Shorter. They may not have set world records (after all, there wasn't bonus dollars then), but they sure as heck knew how to win.

If I remember correctly, Ramaala threw something like a 4:20+ mile at his rivals on First Avenue two years ago – the fastest mile of the race. Wouldn't it have been better if he did that with, say, two miles to go? To come back to Seko's race again, you wouldn't even have known that he was in the lead group until the final 5 km or so. It is simply because the race is not 16 miles, it's 26 miles. There is no medal or trophy for running the fastest first 16 miles or the fastest mile split. The race is contested in the very final steps to the tape.

In my opinion, if Ramaala could have stayed with the pace until they go into Central Park and then did what he did on First Avenue, he would have won New York three or four times more than his single victory!

■ Hashizume, a former Japanese corporate team coach for Hitachi, visited Arthur Lydiard in New Zealand in 1984 and stayed there for twelve months, studying the Lydiard method of coaching distance runners. He is a co-founder of the Lydiard Foundation with Olympic bronze medallist Lorraine Moller. The Lydiard Foundation (www.lydiardfoundation.org) is a nonprofit organisation with the mission of preserving the legacy of Arthur Lydiard and create easy-to-understand coaching manuals to explain the Lydiard principles. Among the experts involved with the foundation are Peter Snell, Dr. Dave Martin, Jon Brown, Rod Dixon, Steve Jones and Yoshio Koide.

STATS TIME

To put the times run in the IAU 50 km World Trophy Final (results in DRR 9:39) and the City to City race (results in this issue) into perspective, here is a list of the all-time top 20 South African men:

ALL-TIME 50 KM: TOP 20 MEN

2:43:38	Thompson Magawana	1	Cape Town	02-Apr-88
2:44:03A	Josiah Thugwane	1	Loskop Dam	23-Apr-05
2:44:45A	Simon Peu	1	Loskop Dam	05-Apr-03
2:45:27A	Mphikeleli Graham Malinga	1	Loskop Dam	24-Apr-04
2:45:41A	Bethuel Netshifhefhe	1	Pretoria	25-Sep-06
2:46:08A	Ben Choeu	1	Johannesburg	21-Aug-82
2:46:34A	Willie Farrell	1	Pretoria	02-Aug-80
2:47:00A	Miltas Tshabalala	1	Loskop Dam	23-Apr-94
2:47:04	Magawana-2	1	Cape Town	18-Apr-87
2:47:04A	Johnny Halberstadt	1	Pretoria	15-Jul-78
2:47:08A	Tidimalo Jerry Modiga	[10] 1	Centurion	29-Aug-99
2:47:15A	Fanie Matshipa	2	Loskop Dam	20-Apr-02
2:47:23A	Mluleki Nobanda	2	Pretoria	25-Sep-06
2:47:24A	Isaac Malatji	3	Loskop Dam	24-Apr-04
2:47:39	Zithulele Sinqe	1	Cape Town	29-Mar-97
2:47:49A	Cornet Mathomane	1	Loskop Dam	27-Apr-91
2:47:53A	Thugwane-2	1	Loskop Dam	18-Apr-09

2:47:58A	Themba Lamane	1	Pretoria	26-Sep-04
2:47:59A	Willie Mtolo	1	Johannesburg	11-Aug-84
2:48:04A	Peterson Khumalo	2	Loskop Dam	17-Apr-99
2:48:06	Eric Mhlongo	2	Cape Town	29-Mar-97
2:48:07A	Isaac Tshabalala	[20] 1	Loskop Dam	25-Apr-92

THIS MONTH IN HISTORY

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

45 years ago: 7 November 1964

Australian star Ron Clarke took revenge for his loss in the Tokyo Olympics when he easily beat Olympic champion Bob Schul (USA) in a 5000-metre race in Melbourne, 13:42.4 to 13:48.8. Only three weeks earlier the American had won the Olympic gold medal in the rain in exactly the same time (13:48.8) after Clarke had led for most of the race but finished ninth in 13:58.0. Three months later Clarke broke Vladimir Kuts' world record with 13:33.6 in Auckland.

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	28:21	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		
25 km	61:26	Stephen Mokoka	Port Elizabeth	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	19 Sep
	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		
	8:30:01a	Welcome Loliwe	Port Elizabeth	
	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
	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	28 Feb
	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
	55:09	Christine Kalmer	Tulsa	31 Oct
	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	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	3:16:08	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	London	26 Apr
100 km				

Juniors

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

21.1 km	49:40	Ines Chenonge (KEN) 2001	Port Elizabeth	04 Jul
	79:31	Lusanda Bomvana		
	1:09:05	Delilah Asiago (KEN) 1991		

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