

Distance Running Results

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

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EDITORIAL

The Mr Price Winelands Marathon, held this weekend for the 32nd time on its tough course in Stellenbosch, produced an excellent time by top WP veteran Joanna Thomas. The Varsity Old Boys runner won the race, and with it the WP title, in 2:58:04, a list leader and the quickest time in the race since Renée Scott's 2:55:24 in 1999 – a decade ago! It is also a course record for veterans, breaking Barbara Webb's 3:01:21 that has stood even longer – since 1987 (when, interestingly enough, the race was also run on 21 November).

More times for Maggie Visser, a South African veteran who lives in the USA and whose performance in the Big Sur Half Marathon was reported last week, have come to light – among them 36:38 for 10 km, another list leader. Visser (41) also ran 36:45 in early October.

Another of South Africa's well-known old races, the RAC Tough One, was held this weekend for the 36th time. Olympic 1500-metre finalist Juan van Deventer scored his third consecutive victory in 1:43:33 – the fastest of his three wins. Marelize Retief repeated her win of 2007.

With *Race Results Weekly* not being published this week, not many international results are included here, but we will catch up again next week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * RAC Tough One 32 km, Johannesburg
- * Mr Price Winelands Marathon & Half Marathon, Stellenbosch
- * Alpha Pharm 10 km, Port Elizabeth
- * Two Lagoons Half Marathon, Knysna
- * Rowlin National Brokers 15 km & 10 km, Benoni
- * Heather Park Superspar Half Marathon, George
- * Kaapsehoop Half Marathon & 10 km, Kaapsehoop to Nelspruit

International highlights:

- * Kobe Women's Half Marathon, Kobe, JPN
 - * Carrera Popular Canillejas - Trofeo José Cano, Madrid, ESP
-

ROAD RUNNING

RAC Tough One 32 km (36th)

Johannesburg, 22 November
(Hilly loop course)

MEN

1 Juan van Deventer (Nike) 1:43:33; 2 Lucky Mohale (GS) 1:44:55; 3 Charles Tjiane (MP) 1:46:04; 4 Aaron Gabonewe (MP) 1:48:08; 5 Adam Motona (Daxina) 1:48:14; 6 Vincent Kutoane (Nedbank) 1:48:29; 7 Siphon Ncube (ZIM/MP) 1:49:27; 8 Tshepo Masebi (MP) 1:50:20; 9 Joseph Mphuthi (Nedbank) 1:50:43; 10 Morongoa Raseruthe (Anmar) 1:51:03.

Veterans: 1 Elgin Mogale (HAC) 1:53:03; 2 Lawrence Chipangaan (Nedbank) 1:54:07; 3 Reginald Ngobese (GS) 1:55:45. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 2:04:50; 2 Gideon Radebe (Sasol) 2:11:56; 3 Almon Zibuse (ADT) 2:16:20.

WOMEN

1 Marelize Retief (Nedbank) 2:03:33; 2 Elizabeth Mtombeni (Matlakeng) 2:13:24; 3 Adinda Kruger (Nedbank) 2:13:39; 4 Irvette van Blerk (Nedbank) 2:16:11; 5 Elizabeth Phaka (GS) 2:17:48; 6 Mabel Seanego (GS) 2:19:34; 7 Rika Kolbe (BCC) 2:21:51; 8 Michelle Kellock (BCC) 2:21:54; 9 Kashmira Parbhoo (Lenasia) 2:26:42; 10 Salome Brits (Boksburg) 2:27:42.

Veterans: 1 Shelley van der Spuy (Boksburg) 2:35:45; 2 Cynthia Mokovane (Powerade) 2:38:14; 3 Gillian Sieling (Fourways) 2:40:34. **Masters:** 1 Sue Harrisburg (RAC) 2:41:55; 2 Natalie Sander (Fourways) 2:50:32. **G'masters:** 1 Elaine Greenblatt (RRR) 2:43:25; 2 Penny Visser (Breakthru) 3:12:34.

Mr Price Winelands Marathon (32nd) & Half Marathon (13th)

(Incorporating the WP Marathon Championships)

Stellenbosch, 21 November

(Distances: 42.195 km & 21.0975 km; certified loop courses, both very hilly and the half marathon partly on gravel)

Note: In the women's open race Moyra Sheard won the silver medal in the WP Championships and Patricia Adams the bronze. – Ed.

Marathon

MEN

1. Bonisile Nqculana (AAC) 2:29:29 (R1500)
2. Siyabonga Habe (MP) 2:31:05 (R1000)
3. Keith Court (MP) 2:31:57 (1st vet) (R500)
4. Sihle Mapukata (MP) 2:33:32
5. Quinton Prins (Met) 2:39:40
6. Zondwa Nombexeza (AAC) 2:40:57
7. Zolani Sowazi (Gugs) 2:42:45
8. Asanda Mkiti (MP) 2:45:47
9. Mbejeni Mkhululi (AAC) 2:47:16
10. Thembinkosi Zweni (Gugs) 2:48:11
11. Owen Smith (Well) 2:49:12; 12. Lero Kola (Bedf'view) 2:49:40; 13. Ernest Ngakumbi (Celtics) 2:50:32; 14. Arnold Nardy (Edge) 2:51:37; 15. Aaron Lewis (Adid) 2:52:03; 16. Chris Mitchell (Celtics) 2:52:24; 17. Gary Smith (Jeppe) 2:52:25; 18. Simon von Witt (AAC) 2:52:29; 19. Barry Goliath (East) 2:52:42; 20. Lennox Ntsimbi (NBK) 2:52:55.

Veterans:

1. Keith Court (MP) 2:31:57 (R750 + R100i)

2. Thembinkosi Zweni (Gugs) 2:48:11 (R500)
3. Aaron Lewis (Adid) 2:52:03 (R250)

Masters:

1. Raymond Howard (Celtics) 2:53:51 (R300)
2. Thomas Moses (Worc) 3:05:21 (R200)
3. Henry Cieverts (Top) 3:07:01 (R100)

G'masters:

1. Jimmy Morris (For) 3:17:53 (R150)
2. Michael Clarke (VOB) 3:26:25 (R100)
3. Francois Hofmeyr (Celtics) 3:34:35 (R50)

i) Incentive for running sub-2:32.

WOMEN (Same prize money as men)

1. Joanna Thomas (VOB) 2:58:04 (1st vet) (R600i)
2. Yolande Maclean (Jeppe) 3:10:19
3. Berdine Smit (Ned CGA) 3:13:20
4. Jacoline Haasbroek (Stell) 3:20:09
5. Moyra Sheard (Celtics) 3:21:58
6. Patricia Adams (Met) 3:24:43
7. Kutlwano Ramaboa (UCT) 3:24:51
8. Suzette Vermaak-Mcivor (Ind) 3:25:42
9. Liana Maree (Stell) 3:26:21
10. Lorinde Olivier (Strand) 3:29:19
11. Martha Pretorius 3:33:36; 12. Tania Welgemoed (Strand) 3:33:51; 13. Barene Jankovic-Besan (RAC) 3:36:36; 14. Claire Bosman (Jeppe) 3:36:47; 15. Tracy Baxter (Satori) 3:37:00.

Veterans:

1. Joanna Thomas (VOB) 2:58:04
2. Berdine Smit (Ned CGA) 3:13:20
3. Jacoline Haasbroek (Stell) 3:20:09

Masters:

1. Lorraine Rogers (Durb) 3:42:11
2. Hannelie Stadler (Strand) 3:43:15
3. Juliette Savini (Durb) 3:48:01

G'masters:

1. Veronica van Niekerk (EGA) 3:49:01
2. Thelma Rossouw (Worc) 4:27:56
3. Gail McLennan (VOB) 4:45:10

i) In addition to the R1500 first prize and R750 first veteran prize, Thomas also won R100 incentive for running sub-3:04 and R500 for a course record (i.e., a total of R2 850).

Half marathon

MEN

1. Sibusiso Mbingeleli (MP) 67:53 (R500)
2. Thembelani Zola (MP) 72:31 (R300)
3. Siphon Phala (VOB) 73:00 (R200)

Veterans:

1. Eckhard Visser (Durb) 82:22 (R250)
2. Steven Parkins (Met) 83:32 (R150)
3. Rudolf Warries (Paarl) 84:12 (R75)

Masters:

1. Les Chivell (FH) 84:00 (R150)
2. Goodman Mpukane (Gugs) 85:13 (R100)

3. Garry Wilford (Durb) 87:39 (R50)

G'masters:

1. Blackie Swart (Swart) 1:43:30 (R100)
2. Roelof van Weele (Whalers) 1:45:40 (R75)
3. Henk Bos (Strand) 1:46:49 (R50)

Juniors:

1. Akhona Makila (VOB) 77:55 (R100)
2. Manfred Samuels (HH) 89:44 (R75)
3. Christiaan Richter (B'fell) 3:23:25 (R50)

WOMEN (Same prize money as men)

1. Anneline Roffey (Adid) 84:04
2. Helene Perold (Durb) 84:31
3. Busisiwe Matiwane (Celtics) 88:36

Veterans:

1. Ester Brink (Strand) 90:02
2. Mariëtte Esterhuyse (Tyger) 91:56
3. Sue Dickson (VOB) 96:17

Masters:

1. Olga Howard (Celtics) 92:14
2. Ingrid Prinsloo (Ned) 1:49:02
3. Karen Hanekom (Paarl) 1:50:03

G'masters:

1. Hester Kotze (Paarl) 1:43:42
2. Fran Pocock (Celtics) 1:49:23
3. Pixie Sparg (Celtics) 1:52:19

Juniors:

1. Amy Gilmour (VOB) 1:54:57
2. Heather Campbell (FH) 2:10:54
3. Benine Havenga (Tyger) 2:20:34

Alpha Pharm 10 km

Port Elizabeth, 21 November
(Loop course. Finishers: 550.)

MEN

1	Rodney	Prins	Mr Price PE	21	30:35
2	George	Ntshiliza	Mr Price PE	30	30:52
3	Khayaletu	Makalima	Mr Price PE	26	31:27
4	Xola	Bongoza (1 st jun)	Mr Price PE	16	31:29
5	Zolani	Mabongo	Mr Price PE	23	31:40
6	Sandile	Ngunuza	Nedbank RC	26	31:56
7	Mzamo	Fokwana	Charlo RR	32	32:13
8	Mzolisi	Makhanda	Nedbank RC	27	32:16
9	Alfred	Qogi	Nedbank RC	36	32:21
10	Desmond	Zibi (1 st vet)	Mr Price PE	46	32:21
11	Sakhiwo	Ganca	PEAAC	19	32:36
12	Phumzile	Sikawuti	Nedbank RC	30	32:51
13	Maboyisana	Mazwayi	Nedbank RC	41	32:52
14	Robert	Matthys	Mr Price PE	33	32:55
15	Ivan	Ambraal	Malabar	20	33:05
16	Masibulele	Heugh	Nedbank RC	15	33:09
17	Mila	Pasiya	Nedbank RC	30	33:11
18	Mncedi	Khanti	Nedbank RC	30	33:14
19	Durian	Louw	Malabar	19	33:21

20	Conrad	Charles	Malabar	19	33:36
40-44:					
1	Maboyisana	Mazwayi	Nedbank RC	41	32:52
2	Andrew	Long	Madiba Bay	42	37:09
3	Lonwabo	Mlilwana	Nedbank RC	41	37:56
45-49:					
1	Desmond	Zibi	Mr Price PE	46	32:21
2	Colben	Ngcupe	PEAAC	46	36:29
3	Alfred	Spiers	Elite AC	49	37:23
50-54:					
1	Andre	Willemse	Elite AC	51	39:41
2	Stephen	Klue	Elite AC	51	40:14
3	Peter	Van Rensburg	Elite AC	51	41:30
55-59:					
1	Sizinzo	Kama	Achilles AAA	58	38:18
2	Hannes	Els	Madiba Bay	59	40:47
3	Donald	Mancasa	Raleigh AC	55	41:56
60-64:					
1	Fred	Verrall	Charlo RR	61	41:57
2	Percy	Dalton	Achilles AAA	61	42:40
3	Eddie	Walker	PEAAC	63	44:41
65-69:					
1	Tamsanqa	Jusayi	Mr Price PE	67	39:23
2	Godfrey	Kariem	Cadbury AC	69	48:47
3	Nic	Snyman	PEAAC	65	53:51
70-74:					
1	Rolf	Mentzel	Temp	70	54:54
2	John	Peart	Nedbank RC	73	1:12:08
3	Selwyn	Solomon	Crusaders AC	71	1:17:35
75-79:					
1	Ernie	Verrall	NMMU AC	75	57:31
Juniors:					
1	Xola	Bongoza	Mr Price PE	16	31:29
2	Sakhiwo	Ganca	PEAAC	19	32:36
3	Masibulele	Heugh	Nedbank RC	15	33:09
WOMEN					
1	Ntombesintu	Ntshiliza	Mr Price PE	27	36:48
2	Deliwe	Nyanga	PEAAC	20	37:25
3	Celeste	Swart (1 st vet)	Nedbank RC	40	37:41
4	Babalwa	Ngcoko	Mr Price PE	22	39:39
5	Ursula	Kuhn	NMMU AC	28	41:13
6	Margie	Saunders (1 st mast)	Nedbank RC	56	43:28
7	Christine	Claasen	Achilles AAA	45	43:41
8	Treloar	Childs	Spar Walmer AC	46	44:27
9	Sharon	Zeelie	Raleigh AC	38	44:48
10	Lesley	Wood	Achilles AAA	52	45:33
11	Janine	Papenhuijzen	Achilles AAA	30	45:45
12	Julie	Taunton	Crusaders AC	49	45:49
13	Grizelda	Pietersen	Achilles AAA	41	45:59
14	Claire	Nagel	Elite AC	45	46:11
15	Mary Grace	Villanueva	Achilles AAA	33	46:15
16	Elmarie	Bezuidenhout	Charlo RR	27	46:48
17	Suzanne	Lavis	Jeffreys Bay	51	47:04
18	Paulette	McEwan	Achilles AAA	44	47:13
19	Adele	Nel	St Albans CSEP	36	47:22

20	Peta	Fothergill	Nedbank RC	28	47:26
40-44:					
1	Celeste	Swart	Nedbank RC	40	37:41
2	Grizelda	Pietersen	Achilles AAA	41	45:59
3	Paulette	Mcewan	Achilles AAA	44	47:13
45-49:					
1	Christine	Claasen	Achilles AAA	45	43:41
2	Treloar	Childs	Spar Walmer AC	46	44:27
3	Julie	Taunton	Crusaders AC	49	45:49
50-54:					
1	Lesley	Wood	Achilles AAA	52	45:33
2	Suzanne	Lavis	Jeffreys Bay	51	47:04
3	Christine	Snyman	VWAC	53	54:01
55-59:					
1	Margie	Saunders	Nedbank RC	56	43:28
2	Cathy	Ives	Achilles AAA	56	51:37
3	Jos	Els	Madiba Bay	57	55:19
60-64:					
1	Liz	Grundlingh	Muirite Strider	62	49:26
2	Eslly	Strydom	Legacy AC	64	1:12:11
3	Gaynor	Laurie	Crusaders AC	60	1:13:05
65-69:					
1	Orgia	Nell	Muirite Strider	66	1:07:28
2	Isabella	Childs	Spar Walmer AC	68	1:13:07
3	Shirley	Jorgensen	Charlo RR	67	1:17:34
70-74:					
1	Lorna	Brown	PEAAC	70	1:25:53
Juniors:					
1	Tineke	Rademeyer	High	16	50:07
2	Nonkangelko	Nyanga	PEAAC	16	50:43
3	Cheri	Rademeyer	Muirite Strider	18	51:32

Two Lagoons Half Marathon

Knysna, 21 November

(Distance: 21.0975 km; loop course)

MEN

1. Eric Sigxashe (Mr Price) 1:11:25, 2. Lindile Tokota (Ned SWD) 1:12:33, 3. Principal Fana (RB) 1:15:26.

40-49: Lindile Tokota (Ned SWD) 1:12:33. **50-59:** Patric Rawlins (Out Har) 1:43:21. **60-69:** Peter van den Berg (Celtic Harriers) 2:02:07.

WOMEN

1. Paula Quinsee (Randburg Har) 1:29:37, 2. Annatjie Botes (Ned SWD) 1:38:20, 3. Jo McKenzie (Knys) 1:39:42.

40-49: Candice Lamb (Phobians) 1:49:10. **50-59:** Annatjie Botes (Ned SWD) 1:38:20. **16-19:** Edmare Janse van Vuuren (Hart Draw) 2:43:09.

Rowlin National Brokers 15 km & 10 km

Benoni, 18 November
(Loop courses)

15 km

MEN

1 Vusi Malabola (Powerade) 48:11; 2 Zongamele Dyubeni (Temp) 48:26; 3 Pieter Wilders (Kempies) 50:37.

Veterans: 1 Lawrence Chipangaan (Powerade) 51:05. **Masters:** 1 Colin Fischer CSIR) 75:50. **G'masters:** 1 Pele Tshinkundalema (Yebo) 78:48. **Juniors:** 1 Pieter Wilders (Kempies) 50:37.

WOMEN

1 Estie Bester (Kempies) 61:29; 2 Ashleigh Schnetler (Kempies) 62:43; 3 Anneke Geldenhuys (Kempies) 65:02.

Veterans: 1 Shelley van der Spuy (Boksburg) 68:37. **Masters:** 1 Alta van der Berg (VS) 75:50. **G'masters:** 1 Hildagonda Brewer (RWFL) 1:51:00. **Juniors:** 1 Estie Bester (Kempies) 61:29.

10 km

MEN

1 Odwa Tunyiswa (BOT) 32:54; 2 Ian Morsehead (Boksburg) 35:20; 3 Isaac Masilela (ADT) 35:35.

Veterans: 1 Ian Morsehead (Boksburg) 35:20. **Masters:** 1 Neville Egan (RWFL) 61:51. **G'masters:** 1 Dieter Meyer (RAC) 60:07. **Juniors:** 1 Andrew Roodt (Boksburg) 35:38.

WOMEN

1 Anelda Pypers (Kempies) 44:27; 2 Renata Russouw (Kempies) 47:28; Thule Mabatha (Katlhong) 50:17.

Veterans: 1 Ama Rose Jugdew (RAC) 60:42. **Juniors:** 1 Anelda Pypers (Kempies) 44:27.

Heather Park Superspar Half Marathon

George, 14 November
(Distance: 21.0975 km; loop course. Finishers: 191.)

MEN

1	Luwayne Duitsjan	Mossel Bay Harriers	23	1:12:04
2	Principal Fana	Rainbow Athletic Club		1:12:37
3	Joey Klaasen	Nedbank SWD	39	1:16:36
4	Gerome Gelderbloem	Mossel Bay Harriers	33	1:16:36
5	Booi Salman	Run Walk for Life	36	1:17:41
6	Melikhaya Msizi	Knysna Marathon Club	26	1:18:38
7	Mitchill Vermeulen	Spoornet	26	1:18:50
8	Sydney Landsberg	Nedbank SWD	48	1:19:11
9	Mario Meyer	Nedbank SWD	30	1:20:10
10	Frans Malgas	Knysna Marathon Club	19	1:22:42

WOMEN

1	Anna Haw	Nedbank SWD	25	1:29:52
2	Lisl Grobler	Knysna Marathon Club	33	1:33:33
3	Johanna Claassen	Nedbank SWD	41	1:34:16
4	Annatjie Botes	Nedbank SWD	51	1:37:28

5	Marie Wolmarans	Nedbank SWD	50	1:39:15
6	Karen le Roux		42	1:39:33
7	Madele Strydom	Nedbank SWD	37	1:44:28
8	Elna Buckley	Nedbank SWD	34	1:44:43
9	Helga Mathee	Outeniqua Harriers	34	1:44:45
10	Carina Muller	Hartenbos Drawwers	31	1:46:37

Kaapsehoop Half Marathon & 10 km

Kaapsehoop to Nelspruit, 7 November

(Distances: 21.0975 km & 10 km; point-to-point downhill courses – see note below)

Note 1: The results of the marathon were published in DRR 9:41. Annabelle Dixon has now kindly provided the top results in the half marathon and 10 km, as well as information about the point-to-point courses. All three races finish at 680 m above sea level; the marathon drops 950 m (i.e., 22.5 m/km) from the start at 1630 m, the half marathon drops 302 m from 982 m (i.e., 14.3 m/km), and the 10 km route drops 185 m from 865 m (i.e., 18.5 m/km). There were 704 finishers in the marathon, 361 in the half marathon and 358 in the 10 km. – Ed.

Note 2: Using the Race Time Bias (RTB) calculator formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances), time comparisons of seven runners in the half marathon produce an amazing figure of -14.5 sec/km – almost three times over the acceptable limit of -5 sec/km. Only four time comparisons in the 10 km could be made and these produce a figure of -5.4 sec/km – barely over the limit, but it does seem highly unlikely that a junior who is not in the DRR database can run 29:03 out of the blue – 42 sec quicker than the performance that won the SA title on the fast Stellenbosch course (and with South Africa's best runners competing). Unfortunately both these races will therefore be disregarded for statistical purposes. – Ed.

Half marathon

MEN

1. Freedom Khumalo (MP) 66:55
2. Colin Witbooi (SANDF) 67:03
3. Dladla Nhlanhlah (SANDF) 69:04

Veterans: 1. Samuel Mabuza (CS) 73:16; 2. Siphosake Dube (SANDF) 79:45. **Masters:** 1. Piet Britton (Eskom) 92:51; 2. Hennie Naudé (Midack) 95:45. **G'masters:** 1. Hannes Meyer (Nels) 1:43:09. **G/g'masters:** 1. Ian Goddard 1:55:23. **Juniors:** 1. Franco Krause (LT) 79:34; 2. Altus Badenhorst (Irene) 81:26.

WOMEN

1. Kim Laxton (LV) 76:02
2. Lina Mhlongo (Anmar) 86:03
3. Nontokozo Dlamini (Nels) 88:21.

Veterans: 1. Alison Hay (Nels) 89:26; 2. Ansie Viljoen (Irene) 90:38. **Masters:** 1. Susan Anderson (Ned) 2:00:20; 2. Charmaine Smit (Midack) 2:10:00. **G'masters:** 1. Ina Wheatley (PMMC) 1:56:08; 2. Jenny Robotshaw (Rockies) 2:04:17. **G/g'masters:** 1. Phyllis Maartens (Fit2000) 2:44:30.

10 km

MEN

1. Abednico Mashaba (BtW) 29:03 (1st jun)
2. Domenic Khoza (Ned) 29:20
3. Bheki Nkosi (BtW) 30:04

Veterans: 1. Rhufel Ndlovu (SS) 36:37; 2. Hendrik Mentz (LV) 40:45. **Masters:** 1. Piet van Rensburg (LV) 42:31; 2. Justice Chiloane (SS) 47:50. **G'masters:** 1. Alfred Matsane (SS) 44:10. **G/g'masters:** 1. Danie Roux (KRR) 52:47. **Juniors:** 1. Abednico Mashaba (BtW) 29:03; 2. Bheki Nkosi (BtW) 30:04.

WOMEN

1. Noria Sibanda (Ned) 39:33
2. Landie Visser (Tuks) 40:26
3. Goodness Masilela (Nels) 40:49

Veterans: 1. Lettie Saayman (Irene) 41:14; 2. Julie Arguile (Ned) 44:17. **Masters:** 1. Lydia Esterhuizen (Barb) 50:54; 2. Ilsa Lawrie (SS) 54:10. **G'masters:** 1. Louise Minnaar (Ned) 67:51. **Juniors:** 1. Randy Mlambo (BtW) 47:21.

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

Kobe Women's Half Marathon

Kobe, JPN, 22 November
(Distance: 21.1 km)

1. Misato Horie 1:13:09
2. Manami Takemori 1:13:54
3. Kaori Yoshida 1:14:06
4. Satoko Uetani 1:14:41
5. Kaori Oyama 1:15:57
6. Keiko Nakasu 1:16:41
7. Hiromi Tani 1:17:00
8. Tomoyo Dotani 1:17:13
9. Chihiro Tanaka 1:17:41
10. Yuko Manabe 1:19:01

Carrera Popular Canillejas - Trofeo José Cano (30th)

Madrid, ESP, 15 November
(Distance: 10 km)

MEN (gun times)

- | | |
|-------------------------------|-------|
| 1. Peter Kirui, 1988, KEN | 28:19 |
| 2. Josphat Kiprono Menjo, KEN | 28:21 |
| 3. Amanuel Messel, ERI | 28:21 |
| 4. Manuel Penas Blanco, ESP | 28:26 |
| 5. Kiflom Sium, ERI | 28:31 |

WOMEN

- | | |
|----------------------------|-------|
| 1. Gladys Cherono, KEN | 31:51 |
| 2. Fatima Ayachi, MAR | 32:12 |
| 3. Malainine Mezgani, ??? | 32:21 |
| 4. Beatrice Jepchumba, KEN | 32:21 |
| 5. Fortuna Zegergish, ERI | 32:27 |

NEWS**SEMENYA: IAAF STILL NEGOTIATING; 'CAN'T CONFIRM' S.A. GOVERNMENT CLAIMS**

Three active athletes, among them South Africa's top marathon runner, Hendrick Ramaala, have been appointed onto the interim ASA Board under the chairmanship of Ray Mali. Mali has been appointed by SASCOC to administer athletics for the foreseeable future.

The other two athletes on the Board are Geraldine Pillay and Blanche Moila. While the presence of someone with the stature of Ramaala has been widely welcomed, misgivings have been expressed about the election of Chuene cohorts Alex Skhosana (KZN) and James Moloi (CGA).

The other members of the interim Board are James Evans (WP), James Mokoka (GN) Pieter Lourens (Boland), and Daan Louw (Border).

Mali chaired a Special General Meeting in Johannesburg on Saturday. According to reports received by *Distance Running Results* (no media releases were published), delegates at the meeting supported a motion to start a new era in the sport in South Africa.

The Council nominated 15 delegates to assist in the process, and from the nominated persons Mali selected nine delegates to serve on the interim Board. It is not known why the nine members were not elected by the meeting.

It is reported that an AGM will be held not later than May 2010. The Board will meet next weekend to decide about "operational matters" related to the 2010 fixtures and the country's preparations for the Commonwealth Games and other international events.

In the meantime Associated Press has reported that the IAAF is working behind the scenes with Caster Semenya and the South African government "to resolve issues" around the athlete's gender and eligibility. The world body said on Friday it cannot confirm the South African sports ministry's claims of a deal allowing Semenya to keep the 800-metre world title and prize money she won in August and maintain privacy over her gender-test results.

IAAF spokesman Nick Davies said the parties are "almost there" in concluding complex negotiations.

"It is premature to discuss the contents of what (the South African government) said until we're ready to say, yes, that we totally agree with it," Davies said. "This is being handled carefully at one level politically, but also in the medical-scientific realm.

"Obviously, we are working flat out quietly behind the scenes to resolve it. Fingers crossed, we will be able to get there very quickly."

Davies did not want to comment on what progress has been made, and when an announcement about Semenya could be expected.

Davies said questions around Semenya's eligibility to compete would not be resolved during the IAAF's council meeting over the past weekend. The council did agree to launch an investigation into recent "behavior and actions" by the leadership of Athletics South Africa.

On Thursday, South Africa's sports ministry revealed an apparent deal that would allow Semenya to keep her gold medal and her medical records confidential.

Australian newspapers reported in September that Semenya has male and female sexual organs, but the IAAF has refused to confirm or deny those claims.

Davies said the IAAF's investigation into ASA's handling of the case would concentrate solely on the ASA's leadership in recent months.

"The relationship we have with our member (federation) means we also need to take action," Davies said. "That does not mean that ASA is suspended by the IAAF. The athletes won't be penalised ... and will still be able to compete."

Davies said the IAAF welcomed the International Olympic Committee's decision to hold a symposium aimed at drafting guidelines for dealing with ambiguous gender issues. The IAAF is helping to fund the conference, which will be held in January in Miami Beach, Florida.

In South Africa 44 clubs of Athletics Central North-West (ACNW) attended a Special General Meeting last Thursday after clubs had requested the meeting and submitted motions of no confidence in Leonard Chuene and his ASA Board, as well as in Adam Motlagale and his ACNW Board.

Both these motions were passed unanimously, as did one expressing support for the SASCOC process now underway.

Paul van der Merwe was elected as interim President of ACNW and the former Olympic star Hezekiël Sepeng as interim Deputy President. The other members of the interim Bboard are Philip Mokhutswane, Spring Phakathi, Moshadiba Moeketsi, Thabo Kwapa, Jaco Greyling, Lappies Swanepoel, Rika Odendaal and Desirée Potgieter. Clyde Stoffberg and Shaun Bownes were also co-opted.

RAMZI STRIPPED OF OLYMPIC GOLD MEDAL

Race Results Weekly has reported that 2008 Olympic 1500 m champion Rashid Ramzi of Bahrain has been stripped of his gold medal by the International Olympic Committee for failing a doping test for CERA, an advanced form of the blood booster EPO.

The IOC decision elevates Kenyan Asbel Kiprop to the gold medal position, New Zealander Nick Willis to silver, and Frenchman Mehdi Baala to bronze.

Under IOC rules, Ramzi will be ineligible to compete in the 2012 Olympic Games.

STATS

WORLD ROAD LIST LEADERS

This list is reproduced from Ken Young's *The Analytical Distance Runner*. – Ed.

5 km	13:19	Bekana Daba (ETH)	15:11	Vivian Cheruiyot (KEN)
10 km	27:00.5	Micah Kogo (KEN)	31:12	Vivian Cheruiyot (KEN)
15 km	43:26	Ryan Hall (USA)	46:27.7	Tirunesh Dibaba (ETH)
10 mi	45:15.2a	Moses Masai (KEN)	50:38.9a	Linet Masai (KEN)
20 km	57:52	Wilson Chebet (KEN)	1:05:30	Miriam Wangari (KEN)
Half Mar	58:52	Patrick Makau (KEN)	1:06:36	Mary Keitany (KEN)
25 km	1:13:24	Mathew Kipchirchir (KEN)	1:22:31	Peninah Arusei (KEN)
30 km	1:29:55	Yu Mitsuya (JPN)	1:47:01	Tomoe Yokoyama (JPN)
Marathon	2:04:26.3	Duncan Kibet (KEN)	2:22:11	Irina Mikitenko (GER)

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2008 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.

1:07:38	Sityhilo Diko	3	Matha Series	Port Elizabeth	04 Jul
1:07:47	Sithembele Fanekho	1	SA Championships	Port Elizabeth	04 Jul
1:08:37	Xola Bongoza	5	Matha Series	Port Elizabeth	04 Jul
1:08:43	Asanda Malunga	2	SA Championships	Port Elizabeth	04 Jul
1:08:48A	Bongoza-2	1	Ecomile	Uitenhage	10 Oct
1:09:22	Shaun Zuzani	7	Matha Series	Port Elizabeth	04 Jul
1:09:46	Vuyisile Tshoba	8	Matha Series	Port Elizabeth	04 Jul
1:10:03	Sylvester Madiba	3	Matha Series	Bloemfontein	05 Sep
1:10:11	Sakhiwo Gangca	3	SA Championships	Port Elizabeth	04 Jul
1:10:13	Mabuti Mpholo	4	Matha Series	Bloemfontein	05 Sep

1:10:17 Luxolo Sydwell Mdzanga 1 Gun Run Cape Town 11 Oct

THIS MONTH IN HISTORY

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

31 years ago: 25 November 1978

The 32nd Winelands Marathon, sponsored by Mr Price, was held this weekend in Stellenbosch. The first race, which had essentially the same course but a different start and finish venue, was held on 25 November 1978 and won by Johnny Halberstadt in 2:22:07. Five weeks before, Halberstadt had won the SA Marathon in Springs in 2:19:36, and the next year he would finish second in the Comrades. The first time the race was held on the same date as this year's event, 21 November, was in 1981 and Isavel Roche-Kelly set a new SA record of 2:42:27 on the very difficult route.

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)		
	27:01	Micah Kogo (KEN) 2009		
15 km	44:15	Sibusiso Nzima	Nijmegen	15 Nov
	43:26	Ryan Hall (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	61:26	Stephen Mokoka	Port Elizabeth	04 Jul
	58:52	Patrick Makau (KEN)		
	58:33	Samuel Wanjiru (KEN) 2007		
25 km	79:32	Shadrack Hoff	Pretoria	09 May
	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		
	87:49p**	Haile Gebrselassie (ETH) 2009		
Marathon	2:07:44	Hendrick Ramaala	London	26 Apr
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km	8:30:01a	Welcome Loliwe	Port Elizabeth	19 Sep
	6:47:59	Vsevolod Khudiyakov (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		
	46:28p	Tirunesh Dibaba (ETH) 2009		
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	36:38	Maggie Visser	Danville (USA)	03 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
	69:56	Irina Permitina (RUS) 2009		
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	2:58:04	Joanna Thomas	Stellenbosch	21 Nov
	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	Londen	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
	49:40	Ines Chenonge (KEN) 2001		

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

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