

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

As can be expected this early in the year, there were many changes to the list leaders this week. Among the highlights of the weekend was the 34th running of one of South Africa's oldest odd-distance races, the Red Hill 36.2 km (it also has a marathon, which was run for the 20th time).

Internationally, Haile Gebrselassie scored his third win in the Standard Chartered Dubai Marathon – and his ninth overall marathon victory – but he was hampered by a sore back. Instead of dominating the race, he was caught by Ethiopians Chala Dechase and Eshetu Wendimu in the latter stages of the race. He managed to drop them in the final kilometres to get the win (they were rewarded with personal bests). Ethiopians dominated the race, taking seven of the top ten positions in the men's race and eight in the women's.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * PDAC 25 km, Pinetown
- * Red Hill 36.2 km & Marathon, Fish Hoek
- * Aspen Spar X-Cel Historic 10 km Run, Port Elizabeth
- * David Rattray Memorial Half Marathon, Isandlwana to Rorke's Drift
- * Pick 'n Pay Aston Manor 15 km, Kempton Park

International highlights:

- * Mitja Marato Internacional Vila de Santa Pola, Alicante, ESP
 - * Standard Chartered Dubai Marathon, Dubai, UAE
 - * XC: Cross Internacional Juan Muguerza, Elgoibar, ESP; Kenyan Police Cross-country Championships, Nairobi, KEN
 - * Indoor track: New Balance Games, New York, USA
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ROAD RUNNING

PDAC 25 km (29th)

Pinetown, 24 January

(Point-to-point downhill course. Finishers: 1777.)

MEN

- | | | | |
|----|----------------|------------------|---------|
| 1. | Moses Lepheana | Nedbank AC | 1:16:58 |
| 2. | Kevin Pangiso | ZIM/Mr Price C G | 1:17:12 |
| 3. | Samuel Pengaza | ZIM/Mr Price AC | 1:17:58 |

40-49:

1.	Peter Sehloho	Boxer AC	1:29:35
2.	Clever Chidziia	Ubunge AC	1:33:55
3.	Willie Majombozi	Boxer AC	1:35:16

50-59:

1.	Simphiwe Ntentesa	Toyota AC	1:31:02
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60+:

1.	Petros Shumi	Zabalaza AC	1:54:19
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WOMEN

1.	Danielle Adlam	Boxer AC	1:40:24
2.	Cary Ann Smith	Mr Price AC	1:42:15
3.	Melanie v Rooyen	R/bay AC	1:46:36

40-49:

1.	Vanessa Zimmerman	Kearsney Strid	1:52:13
2.	Rentia Denissen	West AC	1:59:39
3.	Jowaine Parrott	West AC	2:01:17

50-59:

1.	Jenny Scott	DCS	2:04:09
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60+:

1.	Lynda Bell	QBH	2:28:10
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Red Hill 36.2 km (34th) & Marathon (20th)

Fish Hoek, 23 January

(Distances: 36.2 km & 42.195 km; certified, very hilly loop courses)

36.2 km

MEN

1. Bernard Rukadza (ZIM/Gugs) 2:07:12; 2. Tsungai Mwanengeni (ZIM/MP) 2:10:50; 3. Mthobele Mathomane (SANDF) 2:14:57; 4. Zondwa Noncombexa (AAC) 2:16:10; 5. Thundeka Gqamaa (SANDF) 2:19:54; 6. Gareth Berning (VOB) 2:20:49; 7. Mervyn Steenkamp (Adid) 2:22:24; 8. Bethuel Lephallo (Strand) 2:25:27; 9. Lionel Cronje (Met) 2:26:57; 10. Clifford Drury (MP) 2:27:16; 11. Eddie Lambert (Durb) 2:27:50; 12. William Robinson (UCT) 2:29:20; 13. Eric Mlonyeni (Ned) 2:31:21; 14. R. Warriess (Paarl) 2:31:43; 15. Roger Dickson (VOB) 2:31:56.

40-49: 1. Clifford Drury (MP) 2:27:16; 2. R Warriess (Paarl) 2:31:43; 3. Dion Middelkoop (VOB) 2:32:04. **50-59:** 1. Eric Mlonyeni (Ned) 2:31:21; 2. Wilson Baartman (Harr) 2:41:40; 3. Garry Wilford (Durb) 2:42:48. **60-69:** 1. Kevin Kohler (Edge) 3:20:58; 2. Gideon Malherbe (Celtic) 3:22:36; 3. Eugene Cairncross (Striders) 3:25:44. **70+:** 1. H. Waters (Whalers) 4:19:21; 2. Dave Kirby (Spart) 4:53:29; 3. A Marcus (ARD) 4:58:55.

WOMEN

1. Joanna Thomas (VOB) 2:38:41; 2. Ursula Frans (Adid) 2:43:00; 3. Lisa Baumann (MP) 2:50:38; 4. Sandra van Graan (Edge) 2:57:03; 5. Kelly Thompson (RAC) 2:57:33; 6. Sarah-Lee Williams (WC) 3:01:15; 7. Paula Jandrell (VOB) 3:02:24; 8. Natalie Bird (VOB) 3:03:33; 9. Candyce Hall (Hout) 3:03:51; 10. Hester Kotze (Durb) 3:05:03; 11. Kirsten Norris (VOB) 3:06:04; 12. Carina van der Merwe (Whalers) 3:08:15; 13. Janine Lewcenz (Ind) 3:07:06; 14. Resia Swart (Stell) 3:08:27; 15. Nancy Will (Pine) 3:08:40.

40-49: 1. Joanna Thomas (VOB) 2:38:41; 2. Ursula Frans (Adid) 2:43:00; 3. Sandra van Graan (Edge) 2:57:03. **50-59:** 1. Nancy Will (Pine) 3:08:40; 2. Sue Bracher (Durb) 3:17:18; 3. Cynthia Booysen (Gugs) 3:24:18. **60-69:** 1. Hester Kotze (Durb) 3:05:03; 2. Avril Delapelin-Dumont (WC) 3:53:47; 3. Norma Wheeler (Whalers) 3:54:35.

Marathon**MEN**

1. Pieter Koopman (Mat) 2:27:52; 2. Anele Ndzuta (Adid) 2:36:26; 3. Johnny Persents (Adid) 2:44:55; 4. Nicholas Mpontsane (Met) 2:49:49; 5. Dawid Visser (MP) 2:50:59; 6. Byron February (Well) 2:51:12; 7. Fuad Burns (Pine) 2:51:25; 8. Marco de Freitas (Celtic) 2:52:01; 9. Masixole Peza (Adid) 2:54.32; 10. Phumlani Mehlanlawu (Gugs) 2:56:52; 11. Arnold Hyde (MP) 2:57:14; 12. JF Stemmet (Bonnie) 2:57:55; 13. Andries Swanepoel (Brack) 2:57:55; 14. Francois Groenewald (EGA) 2:58:26; 15. H.P. Cieverts (Top) 3:00:48.

40-49: 1. Johnny Persents (Adid) 2:44:55; 2. Fuad Burns (Pine) 2:51:25; 3. Andries Swanepoel (Brack) 2:57:55. **50-59:** 1. H.P. Cieverts (Top) 3:00:48; 2. Desmore Opper (Durb) 3:03:47; 3. Thomas Moses (Worc) 3:07:07. **60-69:** 1. Eric Bateman (VOB) 3:37:22; 2. Henk Bos (Strand) 4:00:28; 3. D. Bardwell (FH) 4:12:04. **70+:** 1. Brian Key (For) 3:20:06; 2. Caspar Greeff (AAC) 4:05:06; Pieter Schreve (Well) 4:55:13.

WOMEN

1. Kutlwano Ramaboa (WC) 3:16:20; 2. Julia Janse van Rensburg (Ind) 3:17:21; 3. Liana Maree (Stell) 3:28:56; 4. Elizabeth de Gouveia (Durb) 3:29:26; 5. Liesl Stolz (Durb) 3:29:26; 6. Regine Enenkel (WC) 3:34:06; 7. Karen Wentzel (Durb) 3:34:15; 8. Kerryn Armstrong (Ind) 3:38:03; 9. Theresa Brand 3:38:58; 10. Lorraine Rogers (Durb) 3:38:59; 11. Estelle van Schalkwyk (Strand) 3:41:01; 12. Colleen Hohfield (Striders) 3:45:42; 13. Georgina Sinclair (VOB) 3:45:59; 14. Tolullah Oni (AAC) 3:47:06; 15. Tania Welgemoed (Strand) 3:47:55.

40-49: 1. Estelle van Schalkwyk (Strand) 3:41:01; 2. Colleen Hohfield (Striders) 3:45:42; 3. Georgina Sinclair (VOB) 3:45:59. **50-59:** 1. Lorraine Rogers (Durb) 3:38:59; 2. Juliet Savini (Durb) 3:51:41; 3. Marina de Milander (Strand) 3:58:30. **60-69:** 1. Janet Jackson (FH) 4:59:30.

Aspen Spar X-Cel Historic 10 km Run

Port Elizabeth, 23 January
(Loop course. Finishers: 469)

MEN

1	George	Ntshiliza	Nedbank RC	30	32:13
2	Sandile	Ngunuza	Nedbank RC	27	32:49
3	Maboyisana	Mazwayi (1 st vet)	Nedbank RC	41	33:05
4	Mzamo	Fokwana	Charlo RR	32	33:35
5	Morne	Buis (1 st jun)	Temporary	17	33:42
6	Kgotso	Majara	Nedbank RC	29	33:56
7	Robert	Matthys	Mr Price PE	33	34:08
8	Christopher	Mabengeza	Nedbank RC	43	34:09
9	Mila	Pasiya	Nedbank RC	30	34:11
10	Zandisile	Mpisane	Mr Price PE	26	34:37
11	Bulelani	Niwa	PEAAC	26	34:46
12	Terrance	Mjekula	Triangle Sports	37	35:26
13	Conrad	Charles	Malabar	19	35:45
14	Mzolisi	Makhanda	Nedbank RC	27	35:50
15	Mzukisi	Klaas	Nedbank RC	41	36:41
16	Mongezi	Mboya	PEAAC	32	36:52
17	Michael	Bester	Achilles AAA	22	36:58
18	Luvuyo	Mama	Temp	34	36:59
19	Welcome	Loliwe	Nedbank RC	45	37:00
20	Riaan	Kock	Nedbank RC	39	37:08

40-44:

1	Maboyisana	Mazwayi	Nedbank RC	41	33:05
2	Christopher	Mabengeza	Nedbank RC	43	34:09
3	Mzukisi	Klaas	Nedbank RC	41	36:41

45-49:

1	Welcome	Loliwe	Nedbank RC	45	37:00
2	Robin	Fourie	Achilles AAA	46	39:02
3	Colben	Ngcupe	Nedbank RC	46	39:53

50-54:

1	Sidwel	Roboshi	Nedbank RC	50	38:38
2	Leonard	Erasmus	Willard Batt	51	40:43
3	Andre	Willemse	Elite AC	51	41:30

55-59:

1	Donald	Mancasa	Triangle Sports	55	43:59
2	Roger	Trader	Achilles AAA	56	44:00
3	Bruce	Mcewan	Achilles AAA	56	44:12

60-64:

1	Hannes	Els	Madiba Bay	60	42:43
2	Percy	Dalton	Achilles AAA	61	45:33
3	Errol	Rossouw	PEAAC	60	46:30

65-69:

1	Tamsanqa	Jusayi	Mr Price PE	67	41:20
2	Irvine	Nakani	Mr Price PE	67	51:57
3	Nic	Snyman	PEAAC	65	53:54

70+:

1	Ernie	Verrall	NMMU AC	75	1:00:24
2	Selwyn	Solomon	Crusaders AC	71	1:05:46
3	Henry	Human	VWAC	70	1:05:57

Juniors:

1	Morne	Buis	Temporary	17	33:42
2	Thulani	Matyunu	Charlo RR	18	43:13
3	Sifundo	Grootboom	Kwanobuhle	18	44:24

WOMEN

1	Marisa	Ferraris	Triangle Sports	39	44:30
2	Christine	Claasen (1 st vet)	Achilles AAA	45	45:21
3	Grizelda	Pietersen	Achilles AAA	41	46:03
4	Mary Grace	Villanueva	Achilles AAA	34	47:33
5	Leana	Berg	Nedbank RC	40	48:00
6	Melanie	Muller	Bluewater Bay	27	48:15
7	Jacky	Kobokana	Bluewater Bay	44	48:22
8	Adele	Nel	St Albans CSEP	36	48:30
9	Hanlie	van der Westhuizen (1 st mast)	Transnet Re	53	48:32
10	Paulette	Mcewan	Achilles AAA	44	49:00
11	Janette	Schierz-Crusius	Body Concept	49	49:24
12	Joy Anne	Pregalato	Achilles AAA	39	49:29
13	Gail	Klichowicz	Achilles AAA	43	49:32
14	Gill	Dealtry	Crusaders AC	51	49:52
15	Lindie	Stander	St Albans CSEP	25	50:44
16	Hermie	Fisher	Madiba Bay	42	51:22
17	Liz	Grundlingh (1 st g'mast)	Muirite Strider	63	51:49
18	Rosemary	Buchanan	Achilles AAA	24	52:22
19	Jacqui	van der Vyver	Elite AC	41	52:41
20	Megan	Wilson (1 st jun)	Charlo RR	14	53:00

40-44:

1	Grizelda	Pietersen	Achilles AAA	41	46:03
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2	Leana	Berg	Nedbank RC	40	48:00
3	Jacky	Kobokana	Bluewater Bay	44	48:22
45-49:					
1	Christine	Claasen	Achilles AAA	45	45:21
2	Janette	Schierz-Crusius	Body Concept	49	49:24
3	Leta	Dos Santos	Spar Walmer Ac	45	54:40
50-54:					
1	Hanlie	van der Westhuizen	Transnet Re	53	48:32
2	Gill	Dealtry	Crusaders AC	51	49:52
3	Paulette	Jordaan	Muirite Strider	51	55:46
55-59:					
1	Jos	Els	Madiba Bay	57	1:10:12
2	Rina	Barnard	Elite AC	56	1:18:08
3	Carol	Nepgen	Kowie Striders	58	1:38:59
60-64:					
1	Liz	Grundlingh	Muirite Strider	63	51:49
2	Retha	Snyman	PEAAC	62	55:50
3	Margaret	Paton	Charlo RR	64	1:04:33
70+:					
1	Dorothy	Hart	PEAAC	71	1:06:27
2	Aletta	Fourie	Triangle Sports	71	1:22:55
Juniors:					
1	Megan	Wilson	Charlo RR	14	53:00
2	Terray	Newcombe	Nedbank RC	18	59:51
3	Kimberley	Wilson	Charlo RR	14	1:10:49

David Rattray Memorial Half Marathon

Isandlwana to Rorke's Drift, 23 January
(Distance: 21.0975 km; point-to-point course)

MEN

1. Sibonela Duma Boxer A C 1:14:09

40-49: 1. Mbongigeni Jiyane Umhlatuze A C 1:23:27

50-59: 1. Bongani Ndlovu Umhlatuze A C 1:43:02

60+ 1. Noel Layrie Magnolia A C 1:55:44

Juniors: 1. Gian Potgieter New Harr 1:48:11

WOMEN

1. Judith Geldenhuys Estcourt A C 1:44:10

40-49: 1. Monica Botha Biggarsberg A C 1:55:50

50-59: 1. Judith Geldenhuys Estcourt A C 1:44:10

60+ 1. Jo Goddard Benoni North 2:45:20

Pick 'n Pay Aston Manor 15 km

Kempton Park, 20 January
(Loop course)

MEN

1 Enoch Skosana (Nedbank) 47:02; 2 Lucky Miya (Nedbank) 47:22; 3 Shadrack Hoff (GS) 49:45; 4 Ludwick Mamabolo (Mr Price) 50:00; 5 Donald Mathipa (Nedbank) 50:52

Veterans: 1 Lawrence Chipangaan (Nedbank) 51:51; 2 Arthur Woolridge (BCC) 54:03.
Masters: 1 Johannes Seakamela (RAC) 57:46; 2 Jerry Rankapule (Nedbank) 59:00.
G'masters: 1 Derek Leatherbarrow (Fit 2000) 77:27.

WOMEN

1 Catherine Skosana (Transnet) 58:43; 2 Mariska v.d. Vlies (Temp) 61:47; 3 Azwindini Lukhwareni (Nedbank) 63:03; 4 Kashmira Parbhoo (Nedbank) 66:38; 5 Maritsa v.d. Westhuizen (Benoni Harriers) 69:29.

Veterans: 1 Mari Bruwer (Arcelor Mittal) 71:00. **Masters:** 1 Karin Smith (Brooks) 73:33; 2 Natalie Saunders (Fourways) 75:00. **G'masters:** 1 Penny Visser (Breakthru Midrand) 98:20.

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

Mitja Marato Internacional Vila de Santa Pola (20th)

Alicante, ESP, 24 January

(Distance: 21.1 km; loop course with negligible start/finish separation or elevation change)

MEN (gun times)

1. Erick Kibet, 1987, KEN	1:01:10 PB/CR*	600 + 5000*	euro
2. Stephen Tum, KEN	1:01:28 PB	400	
3. Bernard Rotich, KEN	1:01:58 DB	300	
4. Hassan Belkhanouch, 1981, FRA	1:03:51	200	
5. Mohammed Blal, MAR	1:03:54	100	

*) Course record bonus

WOMEN (gun times)

1. Joyce Chepkirui, KEN	1:10:27 PB/CR*	600 + 5000*	euro
2. Helah Kiprop, KEN	1:15:24	400	
3. Gladys Jebet, KEN	1:15:52	300	
4. Wafiya Benali, MAR	1:16:07	200	
5. Maxine McKinnon, GBR	1:21:14	100	

*) Course record bonus

Standard Chartered Dubai Marathon (11th)

Dubai, UAE, 22 January

(Distance: 42.195 km; AIMS certified, record-standard course)

MEN (gun times)

1. Haile Gebrselassie, ETH	2:06:09	\$250,000
[1:02:52 / 1:03:17]		
2. Chala Dechase Beyene, ETH	2:06:33 PB	100,000
[1:03:30 / 1:03:04]		
3. Eshetu Wendimu Tsige, ETH	2:06:46 PB	50,000
[1:03:30 / 1:03:17]		
4. Abiyote Guta Duguma, ETH	2:09:03 DB	25,000
5. Dereje Debele Tulu, ETH	2:09:43	15,000

6. Abraham Chelanga, KEN	2:10:28	14,000
7. Dejene Juhar Yirdaw, ETH	2:10:50	13,000
8. Leonard Mucheru Maina, KEN	2:11:08	12,000
9. Japhet Kosgei, 1968, KEN	2:11:20	11,000
10. Mekonnen Yimane Emiru, ETH	2:12:39	10,000

WOMEN (gun times)

1. Mamitu Daska Molisa, ETH	2:24:19 PB	\$250,000
[1:13:23 / 1:10:57]		
2. Aberu Kebede Shewaye, ETH	2:24:26 PB	100,000
[1:13:23 / 1:11:03]		
3. Helena Loshanyang Kirop, KEN	2:24:54 PB	50,000
[1:13:23 / 1:11:32]		
4. Bezunesh Bekele Sertsu, ETH	2:26:05	25,000
[1:13:23 / 1:12:43]		
5. Isabella Andersson, SWE	2:26:52 NR	15,000
6. Askale Tafa Magarsa, ETH	2:27:27	14,000
7. Yeshimebet Tadesse Bifa, ETH	2:27:45	13,000
8. Genet Getaneh Wendimagegnehu, ETH	2:30:24	12,000
9. Woynishet Girma Tafa, ETH	2:32:07	11,000
10. Shuru Diriba Dulume, ETH	2:32:36	10,000

CROSS-COUNTRY

Cross Internacional Juan Muguerza (67th)

Elgoibar, ESP, 24 January

SR. MEN (10796 m)

1. Leonard Patrick Komon, 1988, KEN	32:44
2. Michael Kipyego, 1983, KEN	32:47
3. Hosea Macharinyang, 1986, KEN	32:49
4. Moses Kibet, 1990, UGA	32:56
5. Sergio Sanchez, 1982, ESP	33:02

SR. WOMEN (6624 m)

1. Frehiwot Goshu, 1990, ETH	22:37
2. Ann Karindi Mwangi, 1988, KEN	22:41
3. Ana Dulce Félix, 1982, POR	22:48
4. Viola Kibiwot, 1983, KEN	22:55
5. Mariya Konvalova, 1974, RUS	22:57

Kenyan Police Cross-country Championships

Nairobi, KEN, 23 January

MEN (12 km)

1. Joseph Kirui (CID)	37:41
2. Vincent Yator (KAPU)	37:43
3. Philemon Kimeli (Eastern)	37:51
4. Richard Mateelong (KPC)	38:08
5. Joel Kimelel (Dog Unit)	38:09
6. Bernard Kipyego (Nyanza)	38:15

WOMEN (8 km):

1. Vivian Cheruiyot (CID)	28:28
2. Linet Masai (GSU)	28:34

3. Grace Momanyi (Railways) 28:39
4. Edna Kiplagat (Nyanza) 28:54
5. Margaret Wangare (Coast) 29:02

INDOOR TRACK

New Balance Games (15th)

New York, USA, 23 January

MEN

Invitational Mile

1. Andy Baddeley, GBR 3:55.64 PB (3:40.6 at 1500 m)
2. Ricky Stevenson, GBR 3:56.31 PB (3:41.1)
3. Mark Draper, GBR 3:56.80 PB (3:41.5)
4. Adrian Blincoe, NZL 3:58.53 (3:42.6)
5. Tim Konoval, CAN 4:01.64 PB (3:45.2)

WOMEN

Invitational Mile

1. Erin Donohue, USA 4:28.92 PB (4:12.0 at 1500 m)
2. Nicole Edwards, CAN 4:29.42 PB (4:12.4)
3. Sarah Bowman, USA 4:32.14 (4:13.6)
4. Frances Koons, USA 4:33.24 PB (4:15.2)
5. Hilary Stellingwerff, CAN 4:34.28 (4:15.0)

NEWS

This article by Gina Kolata was published in *The New York Times*. – Ed.

ATHLETES LIKE CASTER SHOULD BE ALLOWED – IOC PANEL

A panel of medical experts convened by the International Olympic Committee recommended last week that the issue of athletes whose sex seems ambiguous be treated as a medical concern and not one of fairness in competition.

Athletes who identify themselves as female but have medical disorders that give them masculine characteristics should have their disorders diagnosed and treated, the group concluded after two days of meetings in Miami Beach. The experts also said that rules should be put in place for determining an athlete's eligibility to compete on a case-by-case basis — but they did not indicate what those rules should be.

"We did not address fairness," said Dr. Joe Leigh Simpson of Florida International University. He is an expert on such disorders and participated in the meeting. "The entire concept was that these individuals should be allowed to compete."

The group, sponsored by the IOC and the governing body for track and field, met in the wake of an international controversy over Caster Semanya, the South African runner who won the 800 meters at the World Championships in Berlin in August. Other athletes complained that her masculine features suggested that she should not be allowed to compete as a woman, and track and field's governing body ordered sex testing. The results of those tests have not been released.

The panel's recommendations were criticized by some athletes, who said that athletes with masculinizing disorders are so different from other women that their presence in competition is unfair.

"If you start to do this you are making a joke of the fact that there are two classifications — male and female," said Doriane Coleman, a law professor at Duke University and a former elite 800-meter runner. "They might as well open it up and have women competing with men."

Masculinizing disorders are rare but significantly more common among elite athletes than in the rest of the population, said Dr. Eric Vilain, a medical geneticist at UCLA and a participant in the meetings. They can be caused by an overactive adrenal gland, which would result in high testosterone levels from fetal life onward. Or someone might have the male Y chromosome but be relatively insensitive to testosterone. As a result, the person develops as a woman but has high testosterone levels that are only partly effective.

Exercise physiologists say one reason men have huge advantages in nearly every sport is their testosterone levels, which not only affect muscle and skeletal development but also are thought to affect things like the size of the heart and the amount of oxygen-carrying red blood cells in the body.

Members of the panel said that their concern was with sports federations' responsibility for athletes with medical disorders. Athletes' health might be endangered if their disorders are not diagnosed and treated, they said.

"Those who agree to be treated will be permitted to participate," said Dr. Maria New, a panel participant and an expert on sexual development disorders. "Those who do not agree to be treated on a case-by-case basis will not be permitted."

But, for critics like Coleman, this stance avoids the issue of fairness. It is not enough to simply lower testosterone levels after diagnosing an athlete's disorder, she said. By that point, the athlete has already reaped the benefits of a lifetime of heightened testosterone.

But panel members said it was impossible to wipe away every advantage an athlete might have.

Forget about level playing fields, said Dr. Myron Genel of Yale. "For a lot of us here, there is no such thing," he said. "We were told at the meeting about a Finnish family that was extraordinarily successful in cross-country skiing. They were found to have a genetic disorder that provided them higher levels of hemoglobin, and therefore they had superior oxygen-carrying capability. Specific genetic defects provide advantages."

The guidelines so far are merely recommendations, the participants emphasized. Some of the group's suggestions were deliberately vague. For example, it advised that medical "centers of excellence" be created to diagnose sex-development disorders.

How that would work was not spelled out publicly, although New said a more specific plan had been discussed. Sports authorities would send photographs of athletes to experts like her. If the expert thinks the athlete might have a sexual-development disorder, the expert would order further testing and suggest treatment.

"This is a sea change from what they are doing now," New said.

Also left unresolved was how to enforce the policy about treating athletes whose sex seems ambiguous.

Consider, Vilain said, an athlete with a disorder that gives her a high testosterone level. Must she be treated to bring her testosterone level down to the average range for women? Or can it be in the high range? And how often must she be tested to be sure she is complying with her treatment?

Simpson, of Florida International University, said he recognized that some female athletes would find the guidelines unfair. But, he said, "we have to balance fairness to female athletes to fairness to other competitors."

"My opinion remains unchanged," Simpson said. "If you have a disorder of sexual development, you should be allowed to compete."

STATS TIME

Following last week's men's list, here is a list of the top 20 women in the marathon in 2009. Ethiopians outnumber Kenyans 7-2. The top 24 ran under 2:26, with eight going under 2:25; there were 59 under 2:28 and 97 under 2:30. The comparative figures for 2008 were 28, 13, 56 and 101.

2009 MARATHON: WORLD'S TOP 20 WOMEN

1	2:22:11	Irina Mikitenko	GER	1	Flora London	26 Apr
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2	2:23:12	Mara Yamauchi	GBR	2	Flora London	26 Apr
3	2:23:42	Yoko Shibui	JPN	1	Osaka	25 Jan
4	2:24:02	Bezunesh Bekele	ETH	1	Dubai	16 Jan
5	2:24:18	Teyiba Erkesso	ETH	1	Chevron Houston	18 Jan
6	2:24:24	Liliya Shobukhova	RUS	3	Flora London	26 Apr
7	2:24:42	Atsede Bayisa	ETH	1	Paris	5 Apr
8	2:24:47	Atsede Habtamu	ETH	1	Real Berlin	20 Sep
9	2:25:02	Mergia Aselefech	ETH	2	Paris	5 Apr
10	2:25:06	Svetlana Zakharova	RUS	4	Flora London	26 Apr
11	2:25:10	Kiyoko Shimahara	JPN	1	Hokkaido Sapporo	30 Aug
12	2:25:15	Bai Xue	CHN	1	WC	23 Aug
13	2:25:24	Caroline Kilel	KEN	1	Ljubljana	25 Oct
14	2:25:25	Yoshimi Ozaki	JPN	2	WC	23 Aug
15	2:25:30	Berhane Adere	ETH	5	Flora London	26 Apr
16	2:25:35	Helena Kiprof	KEN	3	Dubai	16 Jan
17	2:25:37	Robe Guta	ETH	1	Dong-A Seoul	15 Mar
18	2:25:38	Mizuho Nasukawa	JPN	1	Tokyo	22 Mar
19	2:25:39	Zhou Chunxiu	CHN	4	WC	23 Aug
20	2:25:40	Yukiko Akaba	JPN	2	Osaka	25 Jan

THIS MONTH IN HISTORY

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

14 years ago: 21 January 1996

Haile Gebrselassie defeated Kenyan Daniel Komen by six seconds in the IAAF World Cross Challenge race held over 10 km in Seville. Gebrselassie ran 28:59; Paula Guerra (POR) was third. Annemari Sandell (FIN) had an easy win over Gabriela Szabo (ROM) in the women's race. Two months later, at the World Cross-country Championships held in Stellenbosch, Gebrselassie finished fifth, while Sandell was second in the junior race.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2010

This section lists this year's best South African performance 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

Open

10 km	32:03	Elroy Gelant	George	09 Jan
	27:01	Micah Kogo (KEN) 2009		
15 km	46:41	Masixole Dlaku	Port Elizabeth	16 Jan
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	71:09	Eric Ngubane	Scottburgh	17 Jan
	58:33	Samuel Wanjiru (KEN) 2007		
25 km	76:58a	Moses Lepheana	Pinetown	24 Jan
	72:45	Paul Kosgei (KEN) 2004		
30 km	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:27:52	Pieter Koopman	Fish Hoek	23 Jan
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km	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	32:41	Principal Fana	George	09 Jan
	28:51	Paulo Catarino (POR) 2003		
15 km	48:40	Maboyisana Mazwayi	Port Elizabeth	16 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	81:39	Cliff Robbertze	Scottburgh	17 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	89:35a	Peter Sehloho	Pinetown	24 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:47	Johnny Persents	Camps Bay	10 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:44:55	Johnny Persents	Fish Hoek	23 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	37:41	Hermanus Jonkerman	George	09 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	57:46	Johannes Seakamela	Kempton Park	20 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	81:33	Sanelle Khuzwayo	Pietermaritzburg	17 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	91:02a	Simphiwe Ntentesa	Pinetown	24 Jan
30 km	2:00:02	Thomas Moses	Camps Bay	10 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
Marathon	3:00:48	H.P. Cieverts	Fish Hoek	23 Jan
100 km				

Grandmasters (60+)

10 km	40:26	Jurgens Zwiendelaar	George	09 Jan
15 km	62:39	Tamsanqa Jusayi	Port Elizabeth	16 Jan
21.1 km	94:30	Michael Langa	Scottburgh	17 Jan
25 km	1:54:19a	Petros Shumi	Pinetown	24 Jan
30 km	2:13:46	Albertus Bock	Camps Bay	10 Jan
Marathon	3:20:06	Brian Key	Fish Hoek	23 Jan
100 km				

Juniors

10 km	33:42	Morne Buis	Port Elizabeth	23 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:12	Melikhaya Frans	Port Elizabeth	16 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	1:48:11a	Gian Potgieter	Rorke's Drift	23 Jan
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Open

10 km	42:30	Kerry Roos	George	09 Jan
	30:21	Paula Radcliffe (GBR) 2003		
15 km	56:45	Ntombesintu Ntshiliza	Jeffreys Bay	02 Jan
	46:55	Kayoko Fukushi (JPN) 2006		
	46:28p	Tirunesh Dibaba (ETH) 2009		
21.1 km	84:13	Suzette Botha	Pietermaritzburg	17 Jan

25 km	66:25	Lornah Kiplagat (KEN) 2007		
	1:40:24a	Danielle Adlam	Pinetown	24 Jan
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	2:03:52	Farwa Mentoor	Camps Bay	10 Jan
Marathon	1:38:49	Mizuki Noguchi (JPN) 2005		
	3:16:20	Kutlwano Ramaboa	Fish Hoek	23 Jan
100 km	2:15:25	Paula Radcliffe (GBR) 2003		
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	43:20	Marie Wolmarans	George	09 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	63:50	Frith van der Merwe	Port Elizabeth	16 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	87:10	Maya Lawrie	Scottburgh	17 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km	1:52:13a	Vanessa Zimmerman	Pinetown	24 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:43	Joanna Thomas	Camps Bay	10 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	3:38:59	Lorraine Rogers	Fish Hoek	23 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	43:20	Marie Wolmarans	George	09 Jan
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	66:19	Annatjie Botes	George	02 Jan
	54:33	Shirley Matson (USA) 1991		
21.1 km	1:41:06	Sandy Fismar	Pietermaritzburg	17 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:04:09a	Jenny Scott	Pinetown	24 Jan
30 km	2:16:34	Olga Howard	Camps Bay	10 Jan
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
Marathon	3:38:59	Lorraine Rogers	Fish Hoek	23 Jan
100 km				
<u>Grandmasters (60+)</u>				
10 km	51:49	Liz Grundlingh	Port Elizabeth	23 Jan
15 km	72:20	Sonja Laxton	Johannesburg	10 Jan
21.1 km	1:45:49	Lien Botha	Scottburgh	17 Jan
25 km	2:28:10a	Lynda Bell	Pinetown	24 Jan
30 km	2:31:56	Veronica van Niekerk	Camps Bay	10 Jan
Marathon	4:59:30	Janet Jackson	Fish Hoek	23 Jan
100 km				
<u>Juniors</u>				
10 km	53:00	Megan Wilson	Port Elizabeth	23 Jan
	31:42	Zola Pieterse (RSA) 1984		
15 km	62:13	Ida Phorisa	Krugersdorp	13 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:09:05	Delilah Asiago (KEN) 1991		

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