

Distance Running Results

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EDITORIAL

Three South African indoor records, two for 3000 metres and one for 1500 metres, fell during the past week. Juan van Deventer beat a strong field of Kenyans and Russians at the Russian Winter Meeting in Moscow, running 7:49.91 to take down Sydney Maree's 29-year-old record of 7:54.91 by exactly 5 seconds. In Stuttgart René Kalmer, although lapped by Meseret Defar and Sentayehu Ejigu, broke the 9:07.87 by Michelle Dekkers in 1990 with a time of 9:02.92.

Earlier in the week Van Deventer erased an even older Maree record when he finished second to Augustine Choge in Düsseldorf in 3:37.25. Maree's 3:38.2 was run in 1979.

In an e-mail message Kalmer said she could have run faster had she not been on her own for most of the race, which was only her second indoor competition. She is aiming at two more SA records on her European tour – for 5000 m in Stockholm on Wednesday (the record is held by sister Christine) and for 1500 m in Ghent on Sunday.

Before she left, Kalmer won the Bosal Bobbies 25 km in Johannesburg in 96:29. The men's winner was Odwa Tunyiswa (BOT) in 82:49, while grandmaster Elaine Greenblatt set a list leader of 2:10:34.

Races in Sasolburg (and, for that matter, Secunda) continue to raise questions about the length of their courses. Doubts have been expressed often in *Distance Running Results* about the Zio Cash and Carry 10 km, as well as the Sasol Marathon (South Africa's second oldest marathon), Half Marathon and 10 km, and performances from these races have at various times been disregarded on the strength of the Race Time Bias (RTB) figures. This year the Sasol Half Marathon is clearly not acceptable (see results in this issue). Despite the fact that the RTB figures for the other two events (marathon and 10 km) are within the acceptable limit of -5 sec/km, serious doubt remains about all three distances. The three races produced nine list leaders.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Cassies 15 km, Port Elizabeth
- * Lion of Africa Half Marathon, Tokai
- * Sasol Marathon, Half Marathon & 10 km, Sasolburg
- * McCarthy Toyota Half Marathon & 10 km, Pretoria
- * Pennypinchers Half Marathon & 10 km, East London
- * Elgin Grabouw Groenberg 10 km, Grabouw
- * Durbanville Pharmacy Dan Luyt 15 km, Durbanville

* Track: Collison Meeting, Parow; Open Meeting, Parow

International highlights:

- * Marugame Half Marathon, Marugame, JPN
- * Beppu-Oita Mainichi Marathon, Oita, JPN
- * Discovery Kenya Half Marathon, Eldoret, KEN
- * San Blas Half Marathon, Coamo, PUR
- * Empire State Building Run-Up, New York, USA
- * Indoor track: Russian Winter Meeting, Moscow, RUS; Reebok Boston Indoor Games, Boston, USA; Sparkassen Cup, Stuttgart, GER; New Balance Collegiate Invitational, New York, USA; PSD Bank Meeting, Düsseldorf, GER

ROAD RUNNING

Cassies 15 km

Port Elizabeth, 6 February
(Out-and-back course. Finishers: 670.)

MEN

1	Rodney	Prins	Mr Price EP	21	46:46
2	Masixole	Dlaku	Mr Price EP	31	47:30
3	Zolani	Ngqaqa	Mr Price EP	21	47:53
4	Zolani	Mabongo	Mr Price EP	23	48:16
5	Mzolisi	Makhanda	Nedbank RC EP	27	48:23
6	Phumzile	Sikawuti	Nedbank RC EP	30	48:31
7	George	Ntshiliza	Nedbank RC EP	30	48:32
8	Sandile	Ngunuza	Nedbank RC EP	27	48:33
9	Xola	Bongoza (1 st jun)	Mr Price EP	17	48:39
10	Luyanda	Tshangana	Mr Price EP	26	48:48
11	Aphlyn	Taai	Mr Price EP	27	49:01
12	Anele	Maliza	Mr Price EP	32	49:36
13	Kgotso	Majara	Nedbank RC EP	29	49:47
14	Eric	Sigxashe	Mr Price EP	31	50:08
15	Melikhaya	Frans	Nedbank RC EP	18	50:30
16	Vuso	Nkonzo	Mr Price EP	24	50:35
17	Morne	Buis	Nedbank RC EP	17	50:46
18	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	41	50:55
19	Mzamo	Fokwana	Charlo	32	51:20
20	Christopher	Mabengeza	Nedbank RC EP	43	51:26

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	41	50:55
2	Christopher	Mabengeza	Nedbank RC EP	43	51:26
3	Thembinkosi	Ndyogolo	Nedbank RC EP	41	54:07

45-49:

1	Darrell	Wicht	Triangle Sports	46	54:54
2	Welcome	Loliwe	Nedbank RC EP	45	55:06
3	Mutekile	Rasmeni	Triangle Sports	45	57:00

50-54:

1	Cyril	Niit	Triangle Sports	50	57:34
2	Sidwel	Roboshi	Nedbank RC EP	50	59:09
3	Leonard	Erasmus	Willard Batteries	51	1:00:59

55-59:

1	Sizinzo	Kama	Achilles	58	1:00:31
2	Bruce	Mcewan	Achilles	56	1:05:54
3	Mbulelo	Sobikwa	Crusaders	55	1:15:03

60-64:

1	Hannes	Els	Madiba Bay	60	1:03:45
2	Errol	Rossouw	PEAAC	60	1:05:51
3	Percy	Dalton	Achilles	61	1:07:07

65-69:

1	Tamsanqa	Jusayi	Mr Price EP	67	1:01:56
2	Godfrey	Kariem	Cadbury	69	1:15:22
3	Nic	Snyman	PEAAC	65	1:20:30

70-74:

1	John	Peart	Nedbank RC EP	73	1:53:24
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75-79:

1	Wells	Anderson	PEAAC	77	1:38:25
2	Hilary	Pritchard	Crusaders	75	1:43:47
3	Ernie	Verrall	NMMU	75	1:44:08

Juniors:

1	Xola	Bongoza	Mr Price EP	17	48:39
2	Melikhaya	Frans	Nedbank RC EP	18	50:30
3	Morne	Buis	Nedbank RC EP	17	50:46

WOMEN

1	Deliwe	Nyanga	Nedbank RC EP	20	57:25
2	Liandre	Pretorius	Mr Price EP	30	1:01:54
3	Terri-Lynn	Penney	Run For Life EP	32	1:03:34
4	Margie	Saunders (1 st mast)	Nedbank RC EP	56	1:04:37
5	Jane	Barnardo	Body Concept	35	1:04:47
6	Sharon	Zeelie	Triangle Sports	38	1:05:49
7	Christine	Claasen (1 st vet)	Achilles	45	1:08:14
8	Grizelda	Pietersen	Achilles	41	1:08:16
9	Lesley	Wood	Achilles	52	1:09:38
10	Janine	Papenhuijzen	Achilles	30	1:09:42
11	Maresa	Ah Kun	Bluewater Bay	34	1:10:27
12	Noxolo	Marks	Mr Price EP	23	1:11:01
13	Suzanne	Lavis	Jeffreys Bay	51	1:11:23
14	Lola	De Meyer	Nedbank RC Swd	39	1:11:46
15	Janette	Schierz-Crusius	Body Concept	49	1:11:53
16	Claire	Nagel	Elite Ac	45	1:11:57
17	Lizelle	Norris	Achilles	33	1:12:23
18	Davera	Magson	Mr Price EP	35	1:12:24
19	Joy Anne	Pregalato	Achilles	39	1:12:37
20	Adele	Nel	St Albans CS EP	36	1:12:43

40-44:

1	Grizelda	Pietersen	Achilles	41	1:08:16
2	Paulette	Mcewan	Achilles	44	1:13:35
3	Gail	Klichowicz	Achilles	43	1:14:32

45-49:

1	Christine	Claasen	Achilles	45	1:08:14
2	Janette	Schierz-Crusius	Body Concept	49	1:11:53
3	Claire	Nagel	Elite Ac	45	1:11:57

50-54:

1	Lesley	Wood	Achilles	52	1:09:38
2	Suzanne	Lavis	Jeffreys Bay	51	1:11:23
3	Valerie	Van Deventer	Temp	51	1:17:19

55-59:

1	Margie	Saunders	Nedbank RC EP	56	1:04:37
2	Cathy	Ives	Achilles	56	1:21:28
3	Rita	Boucher	Walmer	59	1:38:30

60-64:

1	Liz	Grundlingh	Muirite	63	1:16:15
2	Retha	Snyman	PEAAC	62	1:24:11
3	Margaret	Paton	Charlo	64	1:34:21

70+:

1	Dorothy	Hart	PEAAC	71	1:43:48
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Juniors:

1	Cheri	Rademeyer	NMMU	18	1:16:14
2	Terray	Newcombe	Nedbank RC EP	18	1:19:12
3	Nicole	Gibson	Temp	16	1:30:35

Lion of Africa Half Marathon

Tokai, 6 February

(Distance: 21.0975 km; certified, hilly loop course)

MEN

1. Sibusiso Mbingeleli (MP) 67:58; 2. M. Thandazoqhina (Adid) 69:01; 3. Graham Katzen (Celtic) 69:58; 4. Velani Lusaseni (Adid) 71:25; 5. Vladimir Kotov (BLR/Cent) 71:34 (1st mast); 6. Anele Ndzuta (Adid) 73:17; 7. Johnny Persents (Adid) 73:35 (1st vet); 8. Akhona Makila (VOB) 75:54 (1st jun); 9. Neville Jacobs (FH) 76:04; 10. Laban Ponco (Ned) 76:59; 11. L. Mtikitifi (CS) 76:28; 12. Bulelani Bhebha (VOB) 77:53; 13. Khaya Fokwana (VOB) 78:24; 14. Dion Middelkoop (VOB) 78:30; 15. Stef Patten (VOB) 78:40; 16. Bongile Tshelula (East) 79:08; 17. Nelson Bass (UCT) 79:11; 18. M. Hendricks (Ind) 79:57; 19. Andrew Payne (MP) 79:58; 20. William Robinson (UCT) 80:27.

Veterans: 1. Johnny Persents (Adid) 73:35; 2. Dion Middelkoop (VOB) 78:30; 3. Mike O'Donovan (VOB) 81:06. **Masters:** 1. Vladimir Kotov (BLR/Cent) 71:34 (WP rec); 2. Gregory Jacobs (Edge) 82:00; 3. Gemjikile Tom (Eskom) 87:25. **G'masters:** 1. Jimmy Morris (Forest) 89:48; 2. Henry Cleophas (Ned) 1:41:21; 3. Tony Abrahamson (Forest) 1:42:54. **Juniors:** 1. Akhona Makila (VOB) 75:54; 2. Bulelani Bhebha (VOB) 77:53; 3. Donovan Caldecott (Paarl) 1:57:02.

WOMEN

1. Joanna Thomas (VOB) 84:53 (1st vet); 2. Helene Perold (Adid) 85:29; 3. Busisiwe Matiwane (Celtic) 86:56; 4. Elmarie Coetzee (Adid) 89:00; 5. Marie Wessels (Ind) 89:33; 6. Natasha Oosthuizen (Adid) 90:14; 7. Mariëtte Esterhuyse (Tyger) 93:45; 8. Sue Dickson (VOB) 95:14; 9. Candyce Hall (Hout) 96:07; 10. Chantel Simpson (Pine) 96:55; 11. Colleen de Oliveira (NBMC) 97:30; 12. Patricia Adams (Met) 98:19; 13. Jenna Kamps (RAC) 98:22; 14. Caroline Wills (Celtic) 98:54; 15. Tania Kapp (VOB) 99:31; 16. Kirsten Norris (VOB) 1:40:05; 17. Julie Stevens (Ind) 1:40:21; 18. Karen Wentzel (Durb) 1:41:16; 19. Janine Lewerenz (Ind) 1:41:55; 20. Viv Williams (Adid) 1:42:47.

Veterans: 1. Joanna Thomas (VOB) 84:53; 2. Elmarie Coetzee (Adid) 89:00; 3. Mariëtte Esterhuyse (Tyger) 93:45. **Masters:** 1. Dawn Middelkoop (VOB) 1:44:01; 2. Marina de Milander (Strand) 1:47:19; 3. Bev Mehl (Top) 1:48:51. **G'masters:** 1. Pixie Sparg (Celtic) 1:55:03; 2. Yvonne Bredenkamp (VOB) 2:05:05; 3. Chippie Steel (Hout) 2:07:17. **Juniors:** 1. Benine Havenga (Tyger) 2:29:17.

Sasol Marathon (60th), Half Marathon & 10 km

Sasolburg, 6 February

(Distances: 42.195 km, 21.0975 km & 10 km; loop courses – the marathon twice the half-marathon route)

Note: The times run in these three races have often been regarded with suspicion in the past. Using the Race Time Bias (RTB) 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), the half-marathon and 10 km produced figures of -3.6 sec/km and -2.5 sec/km respectively in 2009 – within the acceptable limit of -5 sec/km. But the marathon, South Africa's second oldest, had an RTB figure of -9.9 sec/km. Time comparisons for this year's races produced figures of +0.85 sec/km for the marathon (12 performances), -6.44 sec/km for the half-marathon (9 performances) and -2.38 sec/km for the 10 km (8 performances). Although doubt remains about all three courses (in 2008 the 10 km had an unacceptable RTB figure), at least these half-marathon performances should therefore be disregarded for statistical purposes.

Marathon

MEN

1 Brighton Chipere (ZIM/Nedbank) 2:16:15; 2 Odwa Tunyiswa (BOT/Nedbank) 2:19:24; 3 Joseph Mphuthi (Nedbank) 2:22:17; 4 Jabulani Nhlapo (Mr Price) 2:24:29; 5 Johannes Maseko (Harmony Striders) 2:24:55.

Veterans: 1 Reginald Ngobese (GS) 2:29:04; 2 Phehello Tsotetsi (Orange Farm) 2:41:21; 3 James Xaba (SAPS) 2:42:17. **Masters:** 1 Ernest Tjela (Emfuleni) 2:45:10; 2 Gideon Radebe (Sasol) 2:49:25; 3 Johannes Seakamela (RAC) 2:50:22. **G'masters:** 1 Jack Thokoane (Sasol) 3:25:47; 2 Patrick Mafilika (Nedbank) 3:28:45; 3 Vincent Lentsoenyane (JHAC) 3:36:51.

WOMEN

1 Chiyedza Chokore (ZIM/Mr Price) 2:51:05; 2 Lizzy Chokore (ZIM/Mr Price) 2:54:54; 3 Adinda Kruger (Nedbank) 2:55:52; 4 Julianie Basson (Nedbank) 3:03:05; 5 Dimakatso Menong (Temp) 3:06:34.

Veterans: 1 Lindsay van Aswegen (Temp) 3:08:45; 2 Sarah Mahlangu (Mr Price) 3:14:46; 3 Gillian Sielling (Fourways) 3:15:23. **Masters:** 1 Linda Potgieter (Magnolia) 3:33:20; 2 Karin Smith (Striders) 3:48:31; 3 Lindsay Steinbel (Breakthru Midrand) 3:58:01. **G'masters:** 1 Elaine Greenblatt (Rockies) 3:41:39; 2 Penny Visser (Breakthru Midrand) 3:55:22; Hazel Quilliam (Roodepoort) 4:29:50.

Half marathon

MEN

1 Zongamele Dyubeni (Nedbank) 64:04; 2 Thabo Molefe* (Mr Price) 64:38; 3 David Ngakane (Nedbank) 65:18; 4 Tootse Libonto (LES/Toyota) 67:31; 5 Thapelo Mofokeng (Fit 2000) 69:24.

*) Formerly Thabo Ntlaloe from Lesotho; now a South African citizen.

Veterans: 1 Gethun Wordofa (ETH/ADT) 70:04; 2 Elgin Mokgale (Harmony Striders) 70:35. **Masters:** 1 Andre Jansen (GS) 81:22; 2 Petrus Lefine (GRRR) 83:10. **G'masters:** 1 Pele Tshikudamalema (Yebo Striders) 95:04; 2 Johan Schutte (Sasol) 1:52:08. **Juniors:** 1 Daniel Phakathe (Nedbank) 72:11

WOMEN

1 Marelize Retief (Nedbank) 78:30; 2 Posoletso Maema (Goldfields) 81:54; 3 Muchaneta Gwata (ZIM/Mr Price) 82:42; 4 Maureen Dladla (Temp) 85:28; Renate Dreyer (Sunninghill) 87:49.

Veterans: 1 Catherine Naane (Goldfields) 91:10; 2 Cynthia Mkovane (Nedbank) 1:43:14. **Masters:** 1 Rose van Wyk (Brotherhood) 1:57:54; 2 Valerie Geldenhuys (Tuks Alumni) 1:58:18. **G'masters:** 1 Marie Smit (Arcelor Mittal) 2:11:39; 2 Josephine Stungoane (Orange Farm) 3:00:57. **Juniors:** 1 Engelene Sefali (RAC) 1:40:00.

10 km

MEN

1 Gladwin Mzazi (VUT) 28:40; 2 Kgosi Tsosane (Nedbank) 28:57; 3 Sibusiso Nzima (Nedbank) 29:03.

Veterans: 1 Belay Hagos (ETH/ADT) 31:32; 2 Billy Majafa (Nedbank) 32:41. **Masters:** 1 Des Salzman (Sasol) 49:26. **G'masters:** 1 Colin Thomas (Arcelor Mittal) 54:43; 2 Jan Marais (Randmark) 73:59. **Juniors:** Ruben Mangengenene (GS) 31:03; 2 Godfrey Mofokeng (GS) 31:04

WOMEN

1 Onneile Dintwe (BOT/Nedbank) 35:25; 2 Myrette Filmater (Tuks) 36:34; 3 Joyce Thiane (Goldfields) 38:03.

Veterans: 1 Elsabe Aucamp (Arcelor Mittal) 55:41; 2 Ansie le Grange (Arcelor Mittal) 59:42. **Masters:** 1 Marietjie Ceronio (Nedbank) 41:24; 2 Sebina Dhlamini (Rand Water) 57:39. **G'masters:** 1 Lynn Lampbrecht (Arcelor Mittal) 96:04.

McCarthy Toyota Half Marathon & 10 km

Pretoria, 6 February

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

Half marathon

MEN

1 Luwis Masunda (ZIM/Nedbank) 65:34; 2 Masilo Matjeane (LES/Toyota) 65:53; 3 Peter Muthubi (Nedbank) 66:30; 4 Thamo Mathebedi (LES/Toyota) 66:40; 5 Abraham Kipketer (KEN) 69:49; 6 William Chinyanga (ZIM) 70:48; 7 Monyele Lebohng (LES/Toyota) 71:37; 8 Rampuke Temo (Temp) 71:51; 9 Morapalla Mosuenyana (Temp) 72:00; 10 Masonde Mlonyeni (Temp) 72:43.

Veterans: 1 Greg Barnes (Irene) 72:58; 2 Thabiso Ralekhetla (LES/Toyota) 76:47; 3 Makhoale Poulo (LES/Toyota) 77:56. **Masters:** 1 Aubrey Watson (NB) 84:24. **G'masters:** 1 Mike du Bruto (Irene) 85:17. **G/g'masters:** 1 Ken Nurden (Agape) 1:41:26. **Juniors:** 1 Amadeu Tavares (Khumba) 97:53.

WOMEN

1 Louisa Leballo (GS) 78:42; 2 Rutendo Nyahora (ZIM/Nedbank) 79:06; 3 Irvette van Blerk (Nedbank) 83:18; 4 Lineo Chaka (LES/Toyota) 82:46; 5 Mahohoma Thembie (Temp) 89:51; 6 Ansie Viljoen (Irene) 93:58; 7 Maritza v.d. Westhuizen (Benoni Harriers) 97:11; 8 Joy Nicholl (Irene) 97:33; 9 Simone Faasen (Exxarro) 98:10; 10 Michelle Singleton (RAC) 98:29.

Veterans: 1 Ansie Viljoen (Irene) 93:58; 2 Antoinette Looock (Agape) 99:34; 3 Jo-Anne Fourie (HMK) 1:41:10. **Masters:** 1 Wilna Pretorius (PMK) 1:47:12. **G'masters:** 1 Esmé Kloppers (Transnet) 2:52:00.

10 km

MEN

1 Enoch Skosana (Nedbank) 30:41; 2 Shadrack Hoff (Temp) 30:53; 3 Aaron Gabonewe (Nedbank)n 30:56.

Veterans: 1 Piet Mosebedi (Nedbank) 32:26; 2 Tidimalo Modiga (Toyota) 34:03. **Masters:** 1 Francis Makuka (ZAM/Nedbank) 35:56. **G'masters:** 1 Pieter Rossouw (Enduro) 45:34. **G/g'masters:** 1 Wimpie de Bruyn (Ndaba) 57:49. **Juniors:** 1 Mahlolo Mahlogoonono (Diepsloot) 33:43.

WOMEN

1 Liteboho Makhatsane (LES/Toyota) 36:06; 2 Olivia Chitate (ZIM/Bashewa) 36:16; 3 Charné Bosman (Mr Price) 36:27.

Veterans: 1 Judy Bird (Irene) 40:54; 2 Debbie Bredenkamp (HQH) 45:06. **Masters:** 1 Sewele Maponya (Wanderers) 53:17. **G'masters:** 1 Ina Wheatley (PMMC) 56:56.

G/g'masters: 1 Marina Odendaal (Solodarity) 60:24. **Juniors:** 1 Makapong Masaile (LES/Toyota) 39:14.

Pennypinchers Half Marathon (32nd) & 10 km

East London, 30 January

(Distances: 21.0975 km & 10 km. Finishers: half marathon – 234; 10 km – 330)

Note: The race was run as a marathon 30 times (including once as a 32 km) and changed to a half marathon last year. Since it remains essentially the same event, organised by the same club, the sequence of total runnings of the race is continued – it now stands at 32. – Ed.

Half marathon

MEN

1	X	Ngcebetsha	18	Siyanda	71:34
2	M	Sithuba	27	Mr. Price EP	71:36
3	M	Hlanti	29	Individual	72:00
4	M	Masumpa	43	Striders	73:48
5	C	Velemba	29	Cheetahs	76:18
6	D	Fritz	36	Striders	78:22
7	V	Mnyammana	39	Cheetahs	78:43
8	M	Mbananyana	40	Individual	79:42
9	D	Sipamia	39	Hams	80:24
10	D	Luck	34	Individual	80:30

40-49:	1	Makaya Masumpa	Oxford Striders	1:13:48
50-59:	1	Temba Bhelwane	Oxford Striders	1:23:21
60+:	1	Arthur Brindley	Bufs	1:45:08
Juniors:	1	Xolela Ngcebetsha	Siyanda	1:11:34

WOMEN

1	B	Hlazo	16	Siyanda	93:06
2	L	Masiza	16	Siyanda	93:38
3	S	Wood	43	ELAC	94:39
4	G	Langley	41	Bufs	96:35
5	D	Sanan	42	Individual	98:17
6	D	Gee	43	Individual	1:40:40
7	A	Williams	27	Old Boys	1:42:03
8	J	Newey	29	Bufs	1:42:22
9	J	Opperman	51	Old Boys	1:44:09
10	M	Seele	28	Gonubie	1:44:25

40-49:	1	Sharon Wood	ELAC	1:34:39
50-59:	1	Jenni Opperman	Old Boys	1:44:09

10 km:

MEN

1	S	Makhaluza	19	Mr. Price	33:47
2	S	Magwaca	23	Siyanda	35:46
3	Z	Vusumzi	16	All Stars	36:38

4	B	Madlavu	30	Individual	37:26
5	V	Makele	24	Individual	37:35
6	V	Tshanyingca	17	United	38:34
7	A	Thiyani	17	All Stars	38:41
8	K	Pascoe	27	Individual	39:08
9	A	Rossouw	16	Individual	40:59
10	S	Mfanisa	18	Port Rex THS	41:23

40-49:	1	Kevin Anderson		Gonubie	52:26
50-59:	1	Kieran McClean			54:17
60+:	1	Neville Burton		ELAC	48:38
Juniors:	1	Zondo Vusumzi		All Stars	36:38

WOMEN

1	X	Bici	30	Nedbank	44:15
2	U	Steenberg-Botha	29	Individual	48:58
3	Y	Louw	30	Old Boys	49:15
4	C	Laing	36	Individual	49:37
5	P	Rossouw	43	Individual	50:22
6	A	Skein	37	Individual	51:15
7	J	Louw	32	Individual	51:47
8	L	Fourie	25	Individual	52:01
9	C	Fitzgerald	34	Individual	52:34
10	S	Pegersigny	29	Individual	53:11

40-49:	1	Jueane Step		Hams	53:55
50-59:	1	Dianne Hensberg		Bufs	54:48
Juniors:	1	Sarah-Kay Burger		Individual	56:20

Elgin Grabouw Groenberg 10 km

Grabouw, 30 January

Note: As usual in Boland races, the times were reported in hundredths of a second and have been rounded up according to the rules. Nomvuyisi Seti finished tenth overall. – Ed.

MEN

1	Tom	Lusaseni		Mr Price	22	32:41
2	Unathi	Phezolo		Aac	17	32:42
3	Riaan	Wildskut		Easterns	22	33:11
4	Eric	Mdada		Easterns	20	34:56
5	Thandile	Joseph		Gugs	16	35:04
6	Bongile	Tsmewula		Easterns	23	35:18
7	Jonathan	Collins		Easterns	22	35:31
8	Bethel	Lephallo		Strand	33	36:29
9	Llewellyn	Van der Venter		Groenberg	17	38:20
10	Goodman	Mpulane		Gugs	53	39:37

WOMEN

1	Nomvuyiws	Seti		Mr Price	29	39:03
2	Glenda	Werth		Metropolitan	40	41:57
3	Mariëtte	Esterhuyse		Tygerberg	47	42:33
4	Sebenzile	Shabalala		Gugs	27	49:07
5	Zenobia	Venter		Whalers	42	51:19
6	Marietha	Herbert		Bellville	65	51:49
7	Vondra	Singleran		Worcester	42	52:06
8	Olga	Davids		Swartland	20	53:08

9	Noicolette	Cronje	Whalers	44	56:02
10	Hildegarde	Hopes	Sanlam	56	59:22

Durbanville Pharmacy Dan Luyt 15 km (37th)

Durbanville, 27 January

(Certified loop course, hilly with many corners. Weather: Very windy. Finishers: 893.)

Note: This may have been the 61st running of this race, but evidence for that is lacking at the moment. Note also that Vladimir Kotov ran as a veteran and won that category. – Ed.

MEN

1	Peter	Tsawayo	ZIM/RCS Gugs	27	47:33 (R250)
2	Neo	Molema	Mr Price WP	31	49:31 (R150)
3	Bernard	Rukhadza	ZIM/RCS Gugs	28	49:48 (R100)
4	Riaan	Wildskut	Easterns	22	50:39
5	Vladimir	Kotov (1 st vet)	BLR/Century City	51	51:32
6	Tandile	?	RCS Gugs	17	55:00
7	Mtikitika	Lubabao	Corr Services	29	55:35
8	Raymond	Howard (1 st mast)	Celtic	51	55:58
9	Oscar	Coetzee	Adidas	27	56:05
10	Morne	Van Greunen	Nedbank WP	28	56:40
11	Lionel	Cronje	Metropolitan	28	56:59
12	Lubabolo	Khatswa (1 st jun)	Adidas	17	57:20
13	Willem	Swanepoel	Brackenfell	24	57:52
14	Gregory	Jacobs	Edgemead	50	58:09
15	Johan	Van Zyl	Tygerberg	32	58:17
16	Michael	Bekapi	Acsis VOB	49	58:34
17	Heimie	Misroll	Pinelands	38	58:35
18	Eckhardt	Visser	Plexus Durbac	43	58:43
19	Pieter	Hanekom	Nedbank WP	40	58:48
20	Giyani	Joseph	AAC	27	59:23

40-49: 1. Vladimir Kotov (BLR/Century City) 51:32 (R200); 2. Michael Bekapi (Acsis VOB) 58:35 (R100); 3. Eckgardt Visser (Plexus Durbac) 58:43 (R75). **50-59:** 1. Raymond Howard (Celtic) 55:58 (R150); 2. Gregory Jacobs (Edgemead) 58:09 (R75); 3. Thomas Moses (Worc) 60:12 (R50). **60+:** 1. Willie van Wyk (Brack) 68:16 (R150); 2. Kevin Kohler (Edgemead) 72:09 (R75); 3. John Spiers (Maties) 81:27 (R50). **Juniors:** 1. Lubabalo Khatswa (Adidas) 57:20 (R100); 2. Pascal Joseph (Nedbank WP) 62:31 (R75); 3. Leandro Singleton (Brandvlei) 94:23 (R50).

WOMEN (Same prize money as men)

1	Sheryl	De Lange (1 st vet)	Adidas	41	1:03:25
2	Ulrica	Stander	Temp	35	1:03:42
3	Mariëtte	Esterhuyse	Tygerberg	47	1:05:08
4	Olga	Howard (1 st mast)	Celtic	51	1:05:32
5	Glenda	Werth	Metropolitan	40	1:06:02
6	Herlien	Van Zyl	New Balance	36	1:06:55
7	Hanlie	Booyen	Temp	36	1:08:51
8	Esther	Lategan	Temp	35	1:08:51
9	Carli	Basson	Paarl	31	1:08:54
10	Patricia	Adams	Metropolitan	39	1:09:27
11	Tania	Kapp	Acsis VOB	40	1:10:18
12	Candyce	Hall	Hout Bay	25	1:11:21
13	Lorna	Loubser	Sanlam	35	1:11:31
14	Marinda	Surridge	Strand	40	1:12:43
15	Natasha	Oosthuizen	Adidas	28	1:13:10

16	Helena	Perold	Adidas	25	1:13:11
17	Elmarie	Coetzee	Adidas	45	1:13:11
18	Colleen	De Oliveira	New Balance	24	1:13:12
19	Liza	Retief	Paarl	38	1:13:59
20	E	Maree	Temp	37	1:14:21

40-49: 1. Sheryl de Lange (Adidas) 63:25; Mariëtte Esterhuyse (Tygerberg) 65:08; 3. Glenda Werth (Metropolitan) 66:02. **50-59:** 1. Olga Howard (Celtic) 65:32; 2. Diana Rixon (Acis VOB) 77:02; 3. Cynthia Booysen (RCS Gugs) 78:11. **60+:** 1. Mariëtha Herbert (Bellville) 77:39; 2. Rita van Wyk (Brack) 98:05; 3. Linda Filmore (Edgemead) 1:43:47.
Juniors: 1. Benine Havenga (Tygerberg) 95:11.

TRACK

Collison Meeting

Parow, 12 January

MEN

10000:	1	Hein	Camphor	Adidas	32:50.01
	2	Morné	Kannies	Metropolitan	33:53.01
	3	Godwin	Swartz	Elsies River	34:01.08
	4	Vuyolwethu	Pixose	Metropolitan	35:15.08
	5	Nicholas	Mpontshane	Metropolitan	35:39.08

WOMEN

10000:	1	Mariëtte	Esterhuyse	Tygerberg	41:43.07
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Open Meeting

Parow, 9 January

MEN

800:	1	Vuyolwethu	Kayi	Adidas	1:56.60
	2	Travis	Ismail	Tygerberg	2:01.51
	3	Jody	Isaacs	UWC	2:04.33
	4	Vuyisanani	Ndevu	Khayelitsha	2:07.55
	5	Martin	Whatley	Bellville	2:09.21
	6	Robert	Olivier	Ind	2:29.74

1500:	1	Barry - John	Pienaar	Bellville	4:09:54
	2	Ndumiso	Dolo	Khayelitsha	4:40.82
	3	Bathandwa	Mayiji	Khayelitsha	4:48.22

5000:	1	Luyanda	Mapoyi	Khayelitsha	17:21.04
	2	Percy	Kelly	Celtics	18:04.07
	3	Martin	Whatley	Bellville	21:17.05

WOMEN

800:	1	Elsire	Roos	Bellville	2:15.00
	2	Christa	Mulder	Adidas	2:59.20

1500:	1	Christa	Mulder	Adidas	5:50.49
	2	Marianne	Nelson	Durbac	7:42.32

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

Marugame Half Marathon (64th)

Marugame, JPN, 7 February

(Distance: 21.1 km; new course)

Note: This race had tremendous depth, especially on the women's side. Twelve women ran sub-72 min; note also the number of PBs all-round. – Ed.

MEN

1. Daniel Gitau, KEN 1:01:08 PB
2. Mekubo Mogusu, KEN 1:01:43
3. Joseph Mwaniki, KEN 1:01:49
4. Yuichiro Ogawa, JPN 1:01:53 PB
5. Kosuke Takabayashi, JPN 1:01:54 PB
6. Muryo Takase, JPN 1:01:57 PB
7. Tomoyuki Morita, JPN 1:02:02 PB
8. Shota Hiraga, JPN 1:02:08 PB
9. Tomoaki Bungo, JPN 1:02:15 PB
10. Satoshi Irifune, JPN 1:02:18

WOMEN

1. Nikki Chapple, AUS 1:08:37 PB
2. Yoko Miyauchi, JPN 1:09:51 PB
3. Hiroko Miyauchi, JPN 1:10:01
4. Megumi Seike, JPN 1:10:17
5. Hiromi Ominami, JPN 1:10:37
6. Mara Yamauchi, GBR 1:10:46
7. Noriko Higuchi, JPN 1:10:51 PB
8. Miho Notagashira, JPN 1:11:16
9. Kim Sung-Eun, KOR 1:11:34 PB
10. Asami Yamane, JPN 1:11:46 PB
11. Yuka Kakimi, JPN 1:11:48 PB
12. Kayo Sugihara, JPN 1:11:57
13. Manami Takemori, JPN 1:12:03 PB
14. Akane Wakita, JPN 1:12:17
15. Nami Kurosawa, JPN 1:12:31
16. Kumi Ogura, JPN 1:12:56
17. Kaori Matsui, JPN 1:12:58
18. Bruna Genovese, ITA 1:13:06
19. Kaori Oyama, JPN 1:13:08
20. Risa Hagiwara, JPN 1:13:17

Beppu-Oita Mainichi Marathon (59th)

Oita, JPN, 7 February

(Distance: 42.195 km; out and back course)

1. Jonathan Kipkorir, KEN 2:10:50
2. Daniel Njenga, KEN 2:10:55
3. Jeffery Hunt, AUS 2:11:00 DB
4. Atsushi Ikawa, JPN 2:11:04 DB

5. Kenneth Mungara, KEN 2:11:05

Discovery Kenya Half Marathon (19th)

Eldoret, KEN, 7 February

(Distance: 21.1 km; multi-loop course)

MEN (extended times)

1. Evans Cheruiyot	1:01:56.9
2. James Rotich	1:01:58.6
3. Emmanuel Mutai	1:02:12.8
4. Barnabas Kosgei	1:02:21.8
5. William Todo	1:02:22.7

San Blas Half Marathon (48th)

Coamo, PUR, 7 February

(Distance: 21.1 km)

MEN (gun times)

1. Patrick Nthiwa, KEN	1:02:50	\$8000
2. James Kwambai, KEN	1:03:13	3000
3. Samuel Shauri, TAN	1:04:23	2000

WOMEN

1. Anne Cheptanui Bererwe, KEN	1:15:31	\$5000*
2. Jemima Jelagat, KEN	1:15:54	3000
3. Anikó Kálovics, HUN	1:16:02	2000

MOUNTAIN/TRAIL/ULTRA RUNNING

Empire State Building Run-Up (33rd)

New York, USA, 2 February

(Distance: About 320 m up 1576 steps)

MEN (gun times)

1. Thomas Dold, 25, GER	10:16
2. Matthias Jahn, 26, GER	10:56
3. Matt Byrne, 35, Philadelphia, PA	11:29

WOMEN (gun times)

1. Melissa Moon, 40, NZL	13:13
2. Gretchen Grindle Hurlbutt, 31, NY	13:53
3. Amy Fredericks, 43, Norwalk, CT	14:15

INDOOR TRACK

Russian Winter Meeting

Moscow, RUS, 7 February

MEN

600m:

Race 1:

1. Vitalij Kozlov 87 (LTU) 1:17.20 NR

2. Ivan Tukhtachev (12.07.89) 1:17.68
3. Mikhail Vasilenko (05.07.88) 1:17.95

Race 2:

1. Yuriy Borzakovskiy (12.04.81) 1:16.02 NR
2. Ahmad Ismail 84 (SUD) 1:16.12 NR
3. Wilfred Bungei 80 (KEN) 1:17.36 PB

3000:

1. Juan Van Deventer 83 (RSA) 7:49.91 NR
2. Jonas Cheruiyot 84 (KEN) 7:52.87
3. Sergey Ivanov (03.03.79) 7:53.62
4. Edward Mutai 84 (KEN) 7:55.05
5. Andrey Farnosov (09.07.80) 7:56.07

WOMEN

800:

Race 1:

1. Tatyana Paliyenko (18.11.83) 2:03.51
2. Tatyana Andrianova (10.12.79) 2:03.90
3. Liliya Lobanova 85 (UKR) 2:04.37

Race 2:

1. Mariya Savinova (22.06.85) 1:59.23
2. Jennifer Meadows 81 (GBR) 2:00.71
3. Yevgeniya Zinurova (16.11.82) 2:00.98
4. Yevgeniya Zolotova (28.04.83) 2:01.47
5. Tatyana Petlyuk 82 (UKR) 2:04.02
6. Janeth Jepkosgei 83 (KEN) 2:12.04

Reebok Boston Indoor Games (15th)

Boston, USA, 6 February

MEN

Mile:

- | | | |
|------------------------|------------|---------------------|
| 1. Nick Willis, NZL | 3:55.26 | (3:40.21 at 1500 m) |
| 2. Will Leer, USA | 3:55.66 PB | (3:40.31) |
| 3. David Torrence, USA | 3:56.69 PB | (3:41.70) |
| 4. Leo Manzano, USA | 3:56.82 PB | (3:41.51) |
| 5. Garrett Heath, USA | 3:57.34 PB | (3:41.92) |

5000:

Note: Every finisher set a personal best. – Ed.

- | | | |
|---------------------------|-------------------|-------------|
| 1. Bernard Lagat, USA | 13:11.50 DB/NR/MR | \$12,500^ |
| 2. Dejen Gebremeskel, ETH | 13:11.78 PB | [13:11.772] |
| 3. Bekana Daba, ETH | 13:11.78 PB | [13:11.778] |
| 4. Galen Rupp, USA | 13:14.21 PB | |
| 5. Markos Geneti, ETH | 13:18.64 PB | |
| 6. Shadrack Korir, KEN | 13:26.82 PB | |
| 7. Josphat Boit, KEN | 13:27.42 PB | |
| 8. Bobby Curtis, USA | 13:36.00 PB | |
| 9. Haron Lagat, KEN | 13:36.59 PB | |
| 10. Scott Overall, GBR | 13:47.09 PB | |

^) Lagat received \$10 000 for setting an American record and another \$2 500 for being named Team USA Athlete of the Meet presented by Visa. Lagat pledged to donate all of his indoor bonuses to the Haitian Relief Fund.

WOMEN

1000:

1. Kenia Sinclair, JAM 2:38.62 NR
2. Anna Pierce, USA 2:38.76 PB
3. Erin Donohue, USA 2:38.98 PB
4. Morgan Uceny, USA 2:40.07 PB
5. Treniere Clement Moser, USA 2:41.89 PB

3000:

1. Kalkidan Gezahegn, 1991, ETH 8:46.19 PB
2. Genzebe Dibaba, 1991, ETH 8:47.01 PB
3. Shannon Rowbury, USA 8:47.18 PB
4. Barbara Parker, GBR 8:52.90 PB
5. Sara Hall, USA 8:55.17

5000:

1. Tirunesh Dibaba, ETH 14:44.53
2. Sally Kipyego, KEN 14:52.67 PB
3. Aheza Kiros, ETH 15:28.28

Sparkassen Cup (24th)

Stuttgart, GER, 6 February

MEN

800:

1. Abubaker Kaki, SUD 1:46.47
2. Jakub Holusa, CZE 1:46.82
3. Jackson Mumbwa Kivuna, KEN 1:47.03 PB
4. Antonio Manuel Reina, ESP 1:47.88
5. Kevin Hautcoeur, FRA 1:48.24 PB

1500:

1. Deresse Mekonnen, ETH 3:34.17 PB
2. William Biwott Tanui, KEN 3:36.93 PB
3. Bob Tahri, FRA 3:37.31
4. Bethwel Birgen, KEN 3:39.14 PB
5. Juan Carlos Higuero, ESP 3:40.76

Jr. 1500:

1. Marcel Fehr, GER 3:46.76
2. Daniel Hummel, GER 3:53.91
3. Sascha Grossheim, GER 3:54.26
4. Martin Sperlich, GER 3:55.11
5. Benito Bardehle, GER 3:55.40

3000:

1. Eliud Kipchoge, KEN 7:32.99 PB
2. Tariku Bekele, ETH 7:33.81
3. Sammy Alex Mutahi, KEN 7:37.01 PB
4. Edwin Soi, KEN 7:38.60
5. Abreham Cherkos Feleke, ETH 7:40.04

WOMEN

1500:

1. Gelete Burka, ETH 4:03.44 MR
2. Anna Alminova, RUS 4:03.88
3. Irene Jelagat, KEN 4:07.45
4. Helen Clitheroe, GBR 4:10.08
5. Fanjanteino Félix, FRA 4:11.95

3000:

1. Meseret Defar, ETH 8:24.46
2. Sentayehu Ejigu, ETH 8:25.27 PB
3. Sylvia Kibet, KEN 8:42.12
4. Ines Monteiro, POR 8:49.05 PB
5. René Kalmer, RSA 9:02.92 NR
6. Sabrina Mockenhaupt, GER 9:13.72

New Balance Collegiate Invitational

New York, USA, 5-6 February

WOMEN

800 Championship (6):

- 1 Lacey Cramer, B Y U, 2:05.33
- 2 LaTavia Thomas, L.S.U., 2:06.06
- 3 Kayann Thompson, L.S.U., 2:07.06
- 4 Angela Wagner, B Y U (RSA), 2:07.13

1000 Championship (5):

1. Sarah Edwards, Brigham Young, 2:48.50 PB
2. Sarah Yingling, Brigham Young, 2:50.01
3. Alison Smith, Villanova, 2:50.06 PB
4. Natanya Luther, Arkansas (RSA), 2:51.03

PSD Bank Meeting (5th)

Düsseldorf, GER, 3 February

MEN

800:

Race A:

1. Yuriy BORZAKOVSKIY, 1981, RUS 1:45.77 WL/MR
2. Ahmad ISMAIL, 1984, SUD 1:45.99
3. Adam KSZCZOT, 1989, POL 1:46.00 PB

1500:

Race A:

1. Augustine CHOGE, 1987, KEN 3:36.75 WL
2. Juan VAN DEVENTER, 1983, RSA 3:37.25 NR
3. Geoffrey RONO, 1987, KEN 3:38.10 PB
4. Mekonnen GEBREMEDHIN, 1988, ETH 3:38.36
5. William Biwott TANUI, 1990, KEN 3:38.62 PB

5000:

1. Paul Kipsiele KOECH, 1981, KEN 13:02.95 WL/MR/PB
2. Daniel Kipchirchir KOMEN, 1984, KEN 13:06.27 PB
3. Daniel Lemashon SALEL, 1990, KEN 13:15.89 PB
4. Essa Ismail RASHED, 1986, QAT 13:19.10 AR

5. Jonas CHERUIYOT, 1984, KEN 13:34.56 PB

WOMEN

1500:

1. Helen CLITHEROE, 1974, GBR 4:10.29 EL
 2. Angelika CICHOCKA, 1988, POL 4:10.54 PB
 3. Irene JELAGAT, 1988, KEN 4:11.20 PB
 4. Renata PLIS, 1988, POL 4:11.83 PB
 5. Ingvill MAKESTAD BOVIM, 1981, NOR 4:13.82 PB
-

NEWS

ATHLETES OF THE DECADE

Every ten years *Track & Field News* names its Athletes of the Decade. While the editors based their choices on overall impact in the decade, they also stressed quality over quantity. The top ten men and women are:

Men: 1. Kenenisa Bekele; 2. Virgilijus Alekna; 3. Hicham El Guerrouj; 4. Usain Bolt; 5. Robert Korzeniowski; 6. Jeremy Wariner; 7. Dwight Phillips; 8. Andreas Thorkildsen; 9. Roman Sebrle; 10. Saif Saaeed Shaheen.

Women: 1. Yelena Isinbayeva; 2. Tirunesh Dibaba; 3. Carolina Klüft; 4. Tatyana Lebedeva; 5. Sanya Richards; 6. Veronica Campbell-Brown; 7. Allyson Felix; 8. Osleidys Menéndez; 9. Yipsi Moreno; 10. Valerie Vili.

LATEST DOPING SANCTIONS

The IAAF has announced that the following distance runners had been sanctioned for doping offenses:

Mariem Selsouli (MAR): Out-of-competition test, Morocco, (2 August 2009), EPO. 3 years ineligibility, 22 August 2009 through 21 August 2012. No competition results have been nullified (she competed in the IAAF World Championships in Athletics the day before the sanction took place). Selsouli is a top athlete with personal bests of 4:00.95 for 1500 m, 8:29.52 for 3000 m and 14:36.52 for 5000 m.

Emma Maldonado (MEX): In-competition test, Maratón Ciudad de Mexico, Mexico City, (27 September 2009). 1 year ineligibility, 27 September 2009 through 26 September 2010. Her second place finish at the Maratón Int'l Ciudad de México Telcel on 27 September has been nullified.

■ Other drugs news is that the Royal Dutch Athletics Federation (KNAU) has announced that steeplechaser Simon Vroemen had been cleared of a doping charge. Vroemen had been accused of using metandienone, an anabolic steroid, during his quest to qualify for the 2008 Olympic Games. The laboratory in Köln, Germany, where Vroemen's sample was tested, did not follow international standards for handling and testing Vroemen's sample which invalidated his test, the KNAU said.

USA MAY LOSE 2004 OLYMPIC RELAY TITLE

Athletics International reports that the Americans are in danger of being stripped of another Olympic title, this time for the women's 4x400 m relay in Athens in 2004. The team of Deedee Trotter, Monique Henderson, Sanya Richards and Monique Hennagan won that race in 3:19.01 ahead of Russia (3:20.16) and Jamaica (3:22.00), but Crystal Cox – who ran the opening leg in their heat – has admitted the use of anabolic steroids between 2001 and 2004 and accepted a four-year suspension and disqualification of her results during that period, starting 3 November 2001. Consequently she will almost certainly forfeit her Olympic gold medal and it will be up to the IOC to decide whether the entire team should

be penalised. Cox (30) will have her pbs of 11.31, 22.58 and 50.52, all set in 2004, annulled, as well as her 5th place in the 2003 Pan-Am Games 200 m. She admitted her drug use as a result of an investigation following the BALCO case and her suspension will run from 26 January 2010 to 25 January 2014.

Should the USA team be removed from the Olympic results then Britain (3:25.12) would be promoted to the bronze medals.

RUNNING SCIENCE

The following article by Katherine Harmon appeared in *Scientific American*.

RUNNING BAREFOOT IS BETTER, RESEARCHERS FIND

Mother Nature has outpaced science once again: the bare human foot is better for running than one cushioned by sneakers. What about those \$125 high-tech running shoes with 648 custom combinations? Toss 'em, according to a new study published online on 27 January in the journal *Nature* (*Scientific American* is part of Nature Publishing Group).

"Most people today think barefoot running is dangerous and hurts," Daniel Lieberman, a professor of human evolutionary biology at Harvard University, said in a prepared statement. "But actually you can run barefoot on the world's hardest surfaces without the slightest discomfort and pain...It might be less injurious than the way some people run in shoes."

Lieberman and his group used 3-D infrared tracking to record and study the running and strike style of three groups of runners: people who had always run barefoot, people who had always run with shoes, and people who had switched from shoe to shoeless.

They found that when runners lace up their shmancy sneakers and take off, about 75 to 80 percent land heel-first. Barefoot runners—as *Homo sapiens* had evolved to be—usually land toward the middle or front of the foot. "People who don't wear shoes when they run have an astonishingly different strike," Lieberman said.

Without shoes, landing on the heel is painful and can translate into a collision force some 1.5 to 3 times body weight.

"Barefoot runners point their toes more at landing," which helps to lessen the impact by "decreasing the effective mass of the foot that comes to a sudden stop when you land," Madhusudhan Venkadesan, an applied mathematics and human evolutionary biology postdoctoral researcher at Harvard who also worked on the study, said in a prepared statement. But as cushioned kicks have hit the streets and treadmills, that initial pain has disappeared, and runners have changed their stride, leading to a way of high-impact running that human physiology wasn't evolved for—one that the researchers posit can lead to a host of foot and leg injuries.

Perhaps it should come as no surprise that our bodies are still better engineered than new-fangled trainers. When taking into account our ancient ancestors, "humans have engaged in endurance running for millions of years," the researchers wrote in their study. "But the modern running shoe was not invented until the 1970s."

Another recent study, by the American Academy of Physical Medicine and Rehabilitation and published last December in the academy's journal, *PM&R*, found that wearing running shoes "increased joint torques at the hip, knee and ankle," when compared to barefoot running. Even a jog in high heels was better for joints than specialized tennis shoes.

Despite the growing movement of barefoot (or more lightly shod) runners, many researchers are calling for more evaluation before all those sweaty sneakers are abandoned. "There is no hard proof that running in shoes ... causes injuries," William Jungers, a professor of anatomical sciences at Stony Brook University in Long Island, NY, wrote in a commentary that accompanies the new study. But, he asserted, "in my view there is no compelling evidence that it prevents them either". And as a boost to the barefoot argument, he added: "There are data that implicate shoes more generally as a plausible source of some types of chronic foot problems."

So perhaps you can skip those sneakers, say the study authors. "All you need is a few calluses," Lieberman said.

STATS TIME

This week we have a list of the world's top twenty men in the 50 km for 2009, compiled by Franco Anichini. South African representation here is much better than in the 100 km published last week. Further ultra lists will follow in the next few weeks.

2009 50 KM: WORLD'S TOP 20 MEN

2:47:17	Josh Cox	USA	1	Tempe	18 Jan
2:47:53	Josiah Thugwane	RSA	1	Middelburg	18 Apr
2:48:05	Jose Pereira da Silva	BRA	1	Rio Grande	15 Feb
2:48:46	Gilbert Mutandiro	ZIM	2	Middelburg	18 Apr
2:53:27	Mpho Mokgonami	RSA	3	Middelburg	18 Apr
2:53:30	Paul Mhizha	ZIM	4	Middelburg	18 Apr
2:55:08	Emanuele Zenucci	ITA	1	Castelbolognese	25 Apr
2:55:50	Lucas Nonyana	RSA	1	Hartbeespoort	21 Mar
2:56:36	Michael Wardian	USA	1	Caumsett Park	01 Mar
2:57:20	Butiki Jantjies	RSA	2	Hartbeespoort	21 Mar
2:57:35	Doctor Mtsweni	RSA	5	Middelburg	18 Apr
2:57:42	David Criniti	AUS	1	Canberra	19 Apr
2:57:57	Herbert Chokera	ZIM	3	Hartbeespoort	21 Mar
2:58:05	Teboho Sello	LES	1	Centurion	27 Sep
2:58:06	Thulani Duma	RSA	6	Middelburg	18 Apr
2:58:13	Collen Makaza	ZIM	2	Centurion	27 Sep
2:58:36	Daniel Oralek	CZE	2	Castelbolognese	25 Apr
2:59:15	Leboka Noto	LES	7	Middelburg	18 Apr
2:59:22	Marcos Paulo Espirito Santo	BRA	2	Rio Grande	15 Feb
2:59:27	Stephans Molepo	RSA	4	Hartbeespoort	21 Mar

THIS MONTH IN HISTORY

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

47 years ago: 28 February 1963

Henk Altmann, who was to become one of the best distance runners produced in South Africa, set his first national record in Port Elizabeth when he ran 9:02.6 for 2 miles, beating Geoff Bacon by exactly 10 seconds. Altmann's record was shattered by Willie Olivier later the same year, but three years later Altmann also broke the SA record for 3 miles when he clocked 13:13.4 in a 5000-metre race in London. The next year, 1967, Altmann ran the exact same time in a race over 3 miles, also in London. His finish time of 13:39.0 in the 1966 race placed him tenth on the world list.

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.

MENOpen

10 km	28:40	Gladwin Mzazi	Sasolburg	06 Feb
	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	65:36	Johannes Kekana	Benoni	31 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	2:22:17	Joseph Mphuthi	Sasolburg	06 Feb
	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	32:26	Piet Mosebedi	Pretoria	06 Feb
	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	71:39	Lawrence Chipangaan	Benoni	31 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	2:29:04	Reginald Ngobese	Sasolburg	06 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	36:46	Johannes Seakamela	Pretoria	30 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	57:34	Darrell Wicht	Port Elizabeth	06 Feb
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	79:27	Johannes Seakamela	Benoni	31 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	2:45:10	Ernest Tjela	Sasolburg	06 Feb
100 km				

Grandmasters (60+)

10 km	40:26	Jurgens Zwiegelaaar	George	09 Jan
15 km	61:56	Tamsanqa Jusayi	Port Elizabeth	06 Feb
21.1 km	85:17	Mike du Bruto	Pretoria	06 Feb
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	30:10	Unathi Phezolo	Brackenfell	20 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:39	Xola Bongoza	Port Elizabeth	06 Feb
	42:25	Moses Mosop (KEN) 2004		
21.1 km	75:54	Akhona Makila	Tokai	06 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	36:27	Charné Bosman	Pretoria	06 Feb
	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	77:36	Irvette van Blerk	Benoni	31 Jan
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:36:29	René Kalmer	Johannesburg	24 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:03:52	Farwa Mentoor	Camps Bay	10 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:55:52	Adinda Kruger	Sasolburg	06 Feb
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	39:59	Elmarie Coetzee	Brackenfell	20 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	63:25	Sheryl de Lange	Durbanville	27 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	84:53	Joanna Thomas	Tokai	06 Feb
	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	3:08:45	Lindsay van Aswegen	Sasolburg	06 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	41:24	Marietjie Ceronio	Sasolburg	06 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:37	Margie Saunders	Port Elizabeth	06 Feb
	54:33	Shirley Matson (USA) 1991		
21.1 km	1:40:39	Linda Potgieter	Benoni	31 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	3:33:20	Linda Potgieter	Sasolburg	06 Feb
100 km				

Grandmasters (60+)

10 km	49:36	Marietha Herbert	Brackenfell	20 Jan
15 km	72:20	Sonja Laxton	Johannesburg	10 Jan
21.1 km	1:45:49	Lien Botha	Scottburgh	17 Jan
25 km	2:10:34	Elaine Greenblatt	Johannesburg	24 Jan
30 km	2:31:56	Veronica van Niekerk	Camps Bay	10 Jan
Marathon	3:41:39	Elaine Greenblatt	Sasolburg	06 Feb
100 km				

Juniors

10 km	40:14	Asiphe Sikabalanjana	Brackenfell	20 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	93:06	B. Hlazo	East London	30 Jan
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Kevin Harlock, Chamberlain's Timekeeping, Rowyn James, André Pienaar, Irene & Jan van Eeden, Graham Reynolds, Western Province Athletics, Boland Athletics

Published by Riël Hauman
 42 Fifteenth Avenue, Boston, Bellville 7530, RSA
 Telephone: 021 948-0293
 Fax: 0866 89-44-74
 Cellphone: 082 922-8538
 E-mail: rielh@mweb.co.za