

# 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 results of two of South Africa's longest-running ultramarathons are included this week. At Laingsburg Lindile Tokota (5:14:44) and defending champion Linah Mhlongo (6:46:18) won the 40<sup>th</sup> edition of the Karoo Ultramarathon over 80 km.

Further north Riana van Niekerk, the current SA marathon champion, won the City to City 50 km on Sunday in 3:34:40 after finishing second in 2006, 2008 and 2009. The men's winner was Zimbabwean Prodigal Khumalo, but his time is not known. Unfortunately *Distance Running Results* was unable to obtain results of the race.

In Gateshead Haile Gebrselassie, world record holder in the marathon, fulfilled a promise he made ten years ago at the Sydney Olympics by running the Great North Run, the world's largest half marathon, for the first time. He won by almost two minutes in 59:33, the third-fastest ever on the point-to-point course from Newcastle to South Shields, and he won by a healthy 50 seconds.

"This is really nice," he said (to David Monti of *Race Results Weekly*), like a man who had just finished an excellent meal. "What is best is to win the race because this is Great North Run. This is so big and wonderful to be part of history. I'm good. You know, this is my preparation for the coming New York Marathon. I'm doing good."

The women's race went to Berhane Adere in 68:49. Among the celebrity finishers was Sir Chris Chataway, former world 5000-metre record holder and cabinet minister and the man who paced Roger Bannister to the first sub-4 minute mile. Chataway, now 79, finished in an excellent 1:51:01 (after running the first 5 km in 25:10).

Results of four SWD races are included this week – thanks to Michéle Jacobsz of the ASWD office for sending these.

Riël Hauman

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Riana van Niekerk on her way to winning the 37<sup>th</sup> running of the City to City Ultramarathon on Sunday. [Allie van Niekerk]

INCLUDED IN THIS ISSUE:

- \* Beachcomber 15 km, Strandfontein
- \* CSIR Half Marathon & 10 km, Pretoria
- \* Hartenbos Spar 15 km, Hartenbos
- \* Karoo Ultramarathon, Half Marathon & 10 km, Laingsburg
- \* Zuurberg Mountain Inn Race, Addo
- \* Run with the Stars Night Run, George
- \* Beaufort West Half Marathon & 10 km, Beaufort West

**International highlights:**

- \* Bupa Great North Run, Newcastle to South Shields, GBR
- \* ING Rock 'n' Roll Philadelphia Half Marathon, Philadelphia, USA
- \* Dam tot Damloop, Amsterdam to Zaandam, NED
- \* Woodrow Wilson Bridge Half Marathon, Alexandria to Potomac, USA
- \* Bupa Great North CityGames, Gateshead, GBR
- \* XTERRA Trail Run Nationals Half Marathon, Bend, USA

**ROAD RUNNING**

**Beachcomber 15 km**

Strandfontein, 18 September  
(Certified loop course)

MEN

1. Tom Lusaseni (Adid) 48:00; 2. Duane Fortuin (Adid) 48:03; 3. Hein Camphor (Adid) 48:26; 4. Marks Mpekula (VOB) 48:30; 5. Luxolo Mdzanga (Gugs) 49:20 (1<sup>st</sup> jun); 6. Fabian Faro (MPT) 49:22; 7. Mthobela Mathomane (SANDF) 50:13; 8. Vuyelwethu Piyose (Met) 50:34; 9. Graham Katzen (Celtic) 50:37 (1<sup>st</sup> vet); 10. Akhona Makila (VOB) 51:20; 11. Monde Mpemnyama (Celtic) 51:25; 12. Oscar Coetzee (Adid) 51:33; 13. Quinton Prins (Met) 51:34; 14. Shaun Abrahams (Adid) 52:03; 15. Xolile Macanda (Ned) 52:11; 16. Brian Faro (MPT) 52:47; 17. Bradwin Engel (MPT) 53:03; 18. Ricardo Jaftha (Eerste) 53:30; 19. Michael Bekapi (VOB) 54:14; 20. Raymond Howard (Celtic) 54:14 (1<sup>st</sup> mast).

**40-49:** 1. Graham Katzen (Celtic) 50:37; 2. Shaun Abrahams (Adid) 52:03; 3. Michael Bekapi (VOB) 54:14. **50-59:** 1. Raymond Howard (Celtic) 54:14; 2. Les Chivell (FH) 56:29; 3. Goodman Mpukane (Gugs) 58:00. **60+:** 1. Kevin Kohler (Edge) 70:11; 2. Eugene Cairncross (SS) 72:09; 3. Abie Stanfield (Tyger) 74:54. **Juniors:** 1. Luxolo Mdzanga (Gugs) 49:20; 2. Akhona Makila (VOB) 51:20; 3. Bradwin Engel (MPT) 53:03.

WOMEN

1. Nomvuyisi Seti (MP) 55:37; 2. Ulrica Stander (NBMC) 57:21; 3. Glenda Werth (Met) 62:15 (1<sup>st</sup> vet); 4. Sandra van Graan (Edge) 64:14; 5. Olga Howard (Celtic) 64:30 (1<sup>st</sup> mast); 6. Patricia Adams (Met) 65:18; 7. Esmé Koopman (Durb) 65:20; 8. Ronel Steenkamp (Durb) 67:31; 9. Elizabeth de Gouveia (Durb) 67:56; 10. Chantel Simpson (Pine) 68:44; 11. Asiphe Sikabalanjana (Gugs) 68:45 (1<sup>st</sup> jun); 12. Charmaine Cupido (Ned) 68:56; 13. Bev Charters (VOB) 69:14; 14. Lorna Loubser (Sanlam) 69:18; 15. Lindie Boucher (Sanlam) 69:57; 16. C. Jacobs (SANDF) 72:05; 17. Cailey Bredenkamp (Paarl) 73:15; 18. Sonia Smith (MPT) 73:44; 19. Megan Goliath (Brack) 74:12; 20. Annemi van Zyl (Celtic) 74:22.

**40-49:** 1. Glenda Werth (Met) 62:15; 2. Sandra van Graan (Edge) 64:14; 3. Patricia Adams (Met) 65:18. **50-59:** 1. Olga Howard (Celtic) 64:30; 2. Charmaine Cupido (Ned) 68:56; 3. Bev Charters (VOB) 69:14. **60+:** 1. Pixie Sparg (Celtic) 78:53; 2. Zonia Barnard (Celtic) 86:00; 3. Marlene James (Pine) 86:08. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 68:45; 2. Gaylin Atson (MPT) 80:45; 3. Candice Fritz (MPT) 87:24.

## CSIR Half Marathon & 10 km

Pretoria, 18 September

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 940; 10 km – 1650.)

### Half marathon

MEN

Libonto Tootse (LES/Toyota) 68:12; 2 Benedict Moeng (Transnet) 69:00; 3 Joshua Sabao (ZIM/Mr Price) 75:00.

**Veterans:** 1 Daniel Mothibe (New Balance) 79:54; 2 Nuno Thomaz (New Balance) 81:52.

**Masters:** 1 Aubrey Watson (New Balance) 88:42; 2 Japie Badenhorst (Kentron) 96:10.

**G'masters:** 1 Neels Venter (Warmbad) 1:44:10.

WOMEN

1 Muchaneta Gwata (ZIM/Mr Price) 84:36; 2 Kerry Walton (Running Inn) 87:37; 3 Renata Dreyer (Sunninghill) 90:25.

**Veterans:** 1 Malinda Swart (Dainfern) 93:03; 2 Amanda le Roux (Tuks) 1:41:04. **Masters:**

1 Estelle Viljoen (Kempton) 1:52:05; 2 Marina Coetzee (PMK) 1:57:50. **G'masters:** 1 Sarie du Toit (PMK) 1:48:34. **Juniors:** 1 Monique Hechter (Nedbank) 1:51:38.

### 10 km

MEN

1 Richard Mavuso (Mr Price) 31:18; 2 Donald Mathipa (Nedbank) 31:37; 3 Frans Makola (Transnet) 32:00.

**Veterans:** 1 Elias Mabane (Bidvest) 34:13; 2 Greg Barnes (Irene) 34:27. **Masters:** 1 Wilson Moloto (BCC) 42:01; 2 Jan Mokiti (Exarro) 43:12. **G'masters:** 1 Pieter Rossouw (Enduro) 47:09. **Juniors:** 1 Burt Verster (AS Eagles) 37:14.

WOMEN

1 Helen Chiundo (ZIM/Nedbank) 37:37; 2 Myrette Filmater (Tuks) 38:18; 3 Loveness Madziva (ZIM/Nedbank) 39:43.

**Veterans:** 1 Ansie Viljoen (Irene) 41:31; 2 Debbie Bredenkamp (HQB) 45:53. **Masters:** 1 Judith Geldenhuys (Estcourt) 47:13; 2 Linda Potgieter (Magnolia) 49:13. **G'masters:** 1 Elsa Meyer (Irene) 57:06.

## Hartenbos Spar 15 km

Hartenbos, 18 September

(Finishers: 186)

MEN

1	Luwayne	Duitsjan	Hartenbos Drawwers	24	51:25
2	Gurome	Gelderbloem	Mosselbaai Harriers	34	51:47
3	Principal	Fana	Rainbow AC	42	52:06
4	Elfonso	Pieterse	Rainbow AC	21	53:42
5	Frans	Malgas	Knysna Marathon Club	20	54:43
6	Melikhaya	Msizi	Knysna Marathon Club	27	55:11
7	Disqualified		Randburg Harriers	37	55:30
8	A.N. Other				58:05
9	Mario	Meyer	Hartenbos Drawwers	31	58:17
10	Dawid	Matroos	Rainbow AC	36	59:50

## WOMEN

1	Johanna	Claassen	Nedbank RC SWD	42	1:03:52
2	Lisl	Grobler	Knysna Marathon Club	34	1:03:32
3	Anna	Haw	Nedbank RC SWD	26	1:06:50
4	Karen	van der Merwe	Nedbank RC SWD	25	1:07:52
5	Renee	Moll	Ind	40	1:09:40
6	Lize	Cornelius	Hartenbos Drawwers	24	1:12:18
7	Justine	Sharples	NBMC Eden	37	1:14:38
8	Rea	Oosthuizen	Hartenbos Drawwers	64	1:14:59
9	Elsa	De Villiers	Hartenbos Drawwers	50	1:16:07
10	Maryke	Sass	Mosselbaai Harriers	39	1:17:09

**Karoo Ultramarathon (40<sup>th</sup>), Half Marathon & 10 km**

Laingsburg, 11 September

(Distances: 80 km, 21.0975 km &amp; 10 km; the ultra a loop course, partly on gravel; configuration of the half-marathon &amp; 10 km courses unknown)

**80 km**

## MEN

1	Lindile	Tokota	Nedb SWD	42	5:14:44
2	Lucas	Nonyana	Ned AGN	31	5:31:27
3	Abram	Hugo	Toyota	31	5:33:33
4	Mxolisi	Fana	Rainbow	41	5:34:18
5	Christopher	Mabengeza	Nedbank	44	5:41:13
6	Zwelithini	Vaphi	Toyota	38	5:45:55
7	Jappie	Khotle	Mittal	34	6:13:30
8	Wessel	Moolman	RPAC	30	6:14:04
9	Danie	De Villiers	Kruger	40	6:14:17
10	Alfred	Malotana	Nedbank	40	6:25:35

## WOMEN

1	Linah	Mhlongo	Anmar	38	6:46:18
2	Xoliswa	Bici	Ned AGN	30	7:05:55
3	Vanessa	Bowman	Kempton	40	7:07:38
4	Martha	Pretorius	Top	40	7:19:19
5	Rome	Phillipson	Mossel	28	7:55:33
6	Anne	Pool	Strand	49	8:02:53
7	Marina	Coetzee	PMC	50	8:25:39
8	Kleintjie	Van Schalkwyk	Hbosdraw	46	8:37:31
9	Elize	Kloppers	Hbosdraw	40	9:13:34
10	Maryna	Bingle	Worc	46	9:15:50

**Half marathon**

## MEN

1	Eugene	Pelem	Nedbank	30	1:11:32
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## WOMEN

7	Johanna	Claassen	Nedb SWD	42	1:32:07
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**10 km**

## MEN

1	Mark	Malowitz	CPUT	18	0:37:33
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## WOMEN

8	Jayrodene	Pieterse	Laing	15	0:47:56
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**Zuurberg Mountain Inn Race**

Addo, 11 September

(Distance: 16 km; tough loop course on hiking trails)

**MEN**

1	Mzuvumile	Lungu (1 <sup>st</sup> jun)	Nedbank RC EP	17	1:07:57
2	Basie	Boneparte (1 <sup>st</sup> vet)	Albany RR	44	1:08:26
3	Bradley	Mackenzie	Achilles AAA	38	1:16:04
4	Mike	Els	Temp	27	1:17:31
5	Emil	Hougaard	Triangle Sports	46	1:20:33
6	Jack	De Kort	Temp	48	1:23:30
7	Chris	Gedye	Achilles AAA	47	1:24:27
8	Andrew	Mackenzie	Temp	37	1:26:23
9	Aiden	Mackenzie	Temp	30	1:26:26
10	Marius	Hitge	Muirite Striders	37	1:27:23
11	Bradley	Joubert	Achilles AAA	48	1:28:59
12	Richard	Foss (1 <sup>st</sup> mast)	Albany	56	1:30:01
13	Ben	Cobbing	Albany RR	36	1:31:36
14	Hansie	Els (1 <sup>st</sup> g'mast)	Somerset East	62	1:31:46
15	Tony	Boardman	Achilles AAA	51	1:32:43
16	Sydney	Gqamani	Temp	19	1:37:12
17	Ken	Barwood	Achilles AAA	55	1:37:36
18	Peter	O'Kennedy	Achilles AAA	43	1:37:58
19	Brian	Bannatyne	Albany RR	52	1:38:28
20	Robert	Payne	Walmer AC	52	1:43:05

**40-44:**

1	Basie	Boneparte	Albany RR	44	1:08:26
2	Peter	O'Kennedy	Achilles AAA	43	1:37:58
3	Andrew	Ginn	Temp	40	1:58:23

**45-49:**

1	Emil	Hougaard	Triangle Sports	46	1:20:33
2	Jack	De Kort	Temp	48	1:23:30
3	Chris	Gedye	Achilles AAA	47	1:24:27

**50-54:**

1	Tony	Boardman	Achilles AAA	51	1:32:43
2	Brian	Bannatyne	Albany RR	52	1:38:28
3	Robert	Payne	Walmer AC	52	1:43:05

**55-59:**

1	Richard	Foss	Albany	56	1:30:01
2	Ken	Barwood	Achilles AAA	55	1:37:36
3	Roger	Trader	Achilles AAA	56	1:46:10

**60-64:**

1	Hansie	Els	Somerset East	62	1:31:46
2	Graham	Channon	Achilles AAA	61	1:46:11
3	Peter	Stockwell	Albany RR	63	1:59:18

**65-69:**

1	Gerald	Bouwer	Achilles AAA	67	2:47:38
2	John	Haydock	Albany RR	66	2:57:12
3	Clive	Batty	Triangle Sports	66	5:10:03

**70+:**

1	Herbert	Gillson	Triangle Sports	72	5:10:05
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**Juniors:**

1	Mzuvumile	Lungu	Nedbank RC EP	17	1:07:57
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**WOMEN**

1	Nicolette	Brouwer (1 <sup>st</sup> vet)	Temp	43	1:35:06
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2	Christine	Hart	Albany RR	49	1:39:15
3	Rosemary	Buchanan	Achilles AAA	25	1:49:17
4	Gina	Watson	New Balance WP	26	1:49:18
5	Lindi	Meyer	Jeffreys Bay AC	31	1:52:06
6	Rochelle	Viviers	Temp	39	1:53:06
7	Nadine	Bailie	Albany RR	25	1:53:24
8	Kate	Cobbing	Temp	29	1:54:50
9	Mandy	Moore	Temp	48	1:55:39
10	Wilke	Werner	Temp	27	1:57:38
11	Theresa	Lillis (1 <sup>st</sup> mast)	Achilles AAA	54	1:58:10
12	Jeannine	Terblanche	Temp	38	2:02:15
13	Debbie	Grey	Temp	40	2:03:04
14	Lesley	Maggott	Achilles AAA	43	2:03:04
15	Denise	Darlow	Charlo AC	41	2:05:27
16	Helen	Short	Charlo AC	34	2:05:28
17	Bonita	Kilian	Temp	41	2:05:58
18	Rosaan	Kruger	Albany RR	35	2:10:54
19	Adele	Hunter-Smith	Temp	42	2:11:21
20	Lauren	Satchwell	Temp	19	2:13:09

**40-44:**

1	Nicolette	Brouwer	Temp	43	1:35:06
2	Debbie	Grey	Temp	40	2:03:04
3	Lesley	Maggott	Achilles AAA	43	2:03:04

**45-49:**

1	Christine	Hart	Albany RR	49	1:39:15
2	Mandy	Moore	Temp	48	1:55:39

**50-54:**

1	Theresa	Lillis	Achilles AAA	54	1:58:10
2	Estelle	Burger	Nedbank RC EP	53	5:10:02

**55-59:**

1	Gillian	Hammond	Temp	55	2:55:02
2	Glenys	Joubert	Nedbank RC EP	58	4:40:00
3	Margariet	Rathbone	Temp	55	4:40:21

**60-64:**

1	Marlene	Wiese	Kowie Striders	64	2:13:10
2	Maggie	Langlands	Pirates	62	2:55:02

**65-69:**

1	Dorothy	Joiner	Kowie Striders	68	2:40:45
2	Joy	Gillson	Triangle Sports	66	5:10:04

**Run with the Stars Night Run**

George, 3 September

(Distance: 10 km. Finishers: 319.)

**MEN**

1.	Luwayne	Duitsjan	Hartenbos Drawwers	24	33:18
2.	Fana	Principal	Rainbow AC	41	33:24
3.	Gurome	Gelderblom	Mossel Bay Harriers	34	33:48
4.	Vuyo	Witbooi	Outeniqua Harriers	35	34:09
5.	Julius	Korkee	Rainbow AC	25	34:13
6.	Juan	Pretorius	Hartenbos Drawwers	28	34:16
7.	Zuzile	Ntsiniyabo	Knysna AC	35	34:56
8.	Msizi	Melikhaga	Knysna AC	26	36:10
9.	John	April	Run/Walk for Life	21	36:16
10.	Marsel	Roos	Knysna AC	29	36:19

## WOMEN

1.	Melissa	van As	Nedbank	28	41:48
2.	Kerry	Roos	Knysna AC	32	42:10
3.	Johanna	Claassen	Nedbank	41	42:11
4.	Alison	Jordaan	Outeniqua Harriers	44	42:24
5.	Annatjie	Botes	Nedbank	52	43:41
6.	Anna	Haw	Nedbank	26	44:26
7.	Madele	Strydom	Nedbank	37	44:37
8.	Cleo	Olivier	VOB	37	45:02
9.	Suzaan	Kruger	Outeniqua Harriers	27	45:06
10.	Thea-Mari	van der Sandt	Nedbank	35	46:09

**Beaufort West Half Marathon & 10 km**

Beaufort West, 21 August  
(Distances: 21.1 km & 10 km)

Note: Some times in the 10 km, indicated with a question mark (?), are obviously wrong. – Ed.

**Half marathon**

## MEN

1	Neo	Molema	Mr Price	33	1:10:15
2	Tsungai	Mwanengeni	New Balance MC	36	1:10:38
3	Thembelani	Zola	Mr Price	35	1:11:32
4	Lindile	Tokota	Nedbank Running Club	42	1:11:34
5	Dorian	Esau	Spartan Harriers	31	1:12:07
6	Gift	Makhubele	Ind	47	1:15:23
7	Mxolisi	Fana	Rainbow AC	41	1:15:48
8	Mark	Molowitz	CPUT	18	1:23:41
9	Willem	Darries	Military Sport Club	42	1:25:28
10	Kevin	Beziek	Spoornet (SWD) AC	30	1:26:32

## WOMEN

1	Nomvuyisi	Seti	Mr Price		1:31:41
2	Bulelwa	Mtshagi	Celtic	30	1:31:41
3	Kerry	Roos	Knysna Marathon Club	32	1:36:56
4	Rozaan	Muller	Ind	41	1:36:56
5	Renate	Wagener	Beaufort West Runners	36	1:43:13

**10 km**

## MEN

1	Friedel	Maans	Adidas	28	32:04
2	Bernardo	Frederick	Spoornet (SWD) AC	23	32:43
3	Jesse	Visagie	Spoornet (SWD) AC	19	33:00
4	Vuyo	Witbooi	Outeniqua Harriers	40	44:35 ?
5	Asanda	Mkiti	Mr Price	32	34:19 ?

## WOMEN

1	Ané	Kruger	Beaufort West Runners	16	45:23
2	Jean	De Ridder	Ind	31	1:27:31
3	Marie-Louise	Van der Merwe	Ind	26	1:02:39 ?
4	Belinda	Nel	Sanlam	49	1:29:29

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## 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

#### Bupa Great North Run (30th)

Newcastle to South Shields, GBR, 19 September

(Distance: 21.1 km; point-to-point course with elevation loss of 30.5 m and a start/finish separation of more than 75%; elite women run separate race with 25 minute headstart)

#### MEN

1. Haile Gebrselassie, ETH 59:33  
[14:09 / 28:12 / 42:07]
2. Kiplimo Kimutai, KEN 1:01:23  
[14:09 / 28:12 / 42:49]
3. Jaouad Gharib, MAR 1:02:00  
[14:09 / 28:56 / 43:30]
4. Dathan Ritzenhein, USA 1:02:35  
[14:09 / 28:53 / 43:41]
5. Abderrahime Bouramdane, MAR 1:02:40 PB  
[14:31 / 29:47 / 44:33]
6. Jussi Utriainen, FIN 1:02:42 PB
7. Martin Fagan, IRL 1:03:24
8. José Manuel Martínez, ESP 1:03:26
9. Andrew Lemoncello, GBR 1:03:48
10. Phil Wickes, GBR 1:04:09
- ...
- Craig Mottram, AUS 1:28:48 (used as easy Sunday run)

#### ELITE WOMEN (gun times)

1. Berhane Adere, ETH 1:08:49  
[16:04 / 32:50 / 49:04]
2. Ana Dulce Félix, POR 1:09:01 PB  
[16:03 / 32:40 / 49:04]
3. Marisa Barros, POR 1:09:09 PB  
[16:03 / 32:50 / 49:05]
4. Sara Moreira, POR 1:10:08 PB  
[16:04 / 32:50 / 49:18]
5. Mara Yamauchi, GBR 1:10:39  
[16:04 / 32:50 / 49:28]
6. Alessandra Aguilar, ESP 1:13:20
7. Louise Damen, GBR 1:13:24
8. Alyson Dixon, GBR 1:14:15
9. Maria McCambridge, IRL 1:14:32 PB
10. Rebecca Robinson, GBR 1:15:02
- ... 12. Constantina Dita, 40, ROM 1:17:07 (40+)
13. Hayley Yelling-Higham, GBR 1:17:40

#### MIXED GENDER WOMEN (only net times available)

1. Fiona Oakes, GBR 1:20:51
- ... 7. Liz McColgan, 46, GBR 1:25:09 (45+)
- ...
- Mary Wittenberg, USA 1:36:17 (45+)



**ING Rock 'n' Roll Philadelphia Half Marathon (33rd)**

Philadelphia, USA, 19 September

(Distance: 21.1 km; certified, flat, out-and-back course)

## MEN (gun times)

1. Matthew Kisorio, KEN	1:00:16 PB/CR	\$3500
2. Gebre Gebremariam, ETH	1:00:25 PB	2000
3. Abderrahim Goumri, MAR	1:01:33	1500
4. Peter Kimeli Some, KEN	1:01:35 PB	1000
5. Simon Bairu, CAN	1:02:08 PB	750
6. Alistair Cragg, IRL	1:02:15	
7. Wesley Korir, KEN	1:02:40 PB	
... 13. Ryan Hall, Mammoth Lakes, CA	1:03:56	300a

a) Earned USA citizen award

## WOMEN (gun times)

1. Meseret Defar, ETH	1:07:45 DB/ACR	\$3500
2. Lineth Chepkurui, KEN	1:07:47 PB	2000
3. Werknesh Kidane, KEN	1:08:31	1500
4. Shalane Flanagan, Portland, OR	1:08:37 PB	1000 + 500a
5. Kim Smith, NZL	1:08:40	750
... 10. Derartu Tulu, ETH	1:13:03	

a) Earned USA citizen award

**Dam tot Damloop (26th)**

Amsterdam to Zaandam, NED, 19 September

(Distance: 10 miles; point-to-point course with no elevation change)

## MEN

1. John Mwangangi, KEN	45:26
2. Moses Masai, KEN	45:27
3. Ayele Abshiro, ETH	45:33
4. Jonathan Maiyo, KEN	45:33
5. Nicolas Kiprono, UGA	46:29
6. Tariku Bekele, ETH	46:44

## WOMEN

1. Hilda Kibet, NED	51:30
2. Lornah Kiplagat, NED	52:03
3. Mestawat Tufa, ETH	52:43
4. Anikó Kálovics, HUN	53:42
5. Salina Kosgei, KEN	53:51

**Woodrow Wilson Bridge Half Marathon (1st)**

Alexandria to Potomac, USA, 19 September

(Distance: 21.1 km; point-to-point course with about 18 m of elevation loss)

## MEN (gun times)

1. Deresse Deniboba, 25, New York, NY (ETH)	1:04:44	\$1000 + 250i
2. Tesfaye Senduku, 26, Ellicott City, MD (ETH)	1:04:46	500 + 250i
3. Isaac Birir, 31, Chapel Hill, NC (KEN)	1:05:26	250

i) Earned time bonus for sub-1:05:00

## WOMEN

1. Catherine Ndereba, 38, KEN 1:13:17 \$1000 + 250i
2. Aziza Aliyu, 24, New York, NY (ETH) 1:13:30 500 + 250i
3. Alemtsehay Misganaw, 30, New York, NY (ETH) 1:13:32 250 + 250i

i) Earned time bonus for sub-1:16:00

**Bupa Great North CityGames**

Gateshead, GBR, 18 September

(Distances: women, 1 mile; men, 2 miles)

Note: These two races were held as part of the nine-event England vs. Australia track and field competition contested on a portable raised Mondo track on the Gateshead Quayside. The women's mile started on the Newcastle side of the Tyne River, and followed a U-shaped course to finish on the track on the Gateshead side. The men's two-mile made two-laps using two separate footbridges. – Ed.

## MEN

2 miles:

1. Craig Mottram, AUS 8:31
2. Chris Thompson, GBR 8:32
3. Andy Baddeley, GBR 8:34

## WOMEN

Mile:

1. Hannah England, GBR 4:38
2. Helen Clitheroe, GBR 4:39
3. Erica Fountain, AUS 4:45
- ... 5. Jenny Meadows, GBR 4:51

**ULTRA/MOUNTAIN/TRAIL RUNNING****XTERRA Trail Run Nationals Half Marathon**

Bend, USA, 18 September

(Distance: 21.1 km on trails)

## MEN

1. Max King, 30, Bend, OR 1:15:57 \$1000
2. Greg Mitchell, 37, McMinnville, OR 1:16:52 600
3. Mario Mendoza, 24, Bend, OR 1:17:16 400

## WOMEN

1. Lauren Fleshman, 29, Eugene, OR 1:24:24 \$1000
  2. Michele Suszek, 28, Longmont, CO 1:26:40 600
  3. Mary Colburn, 32, Culver City, CA 1:29:18 400
  - ... 5. Kami Semick, 44, Bend, OR 1:32:07 200
-

## NEWS

### ASA ELECTS NEW BOARD

Four current and former athletes were elected onto the new board of Athletics South Africa at a Special General Meeting on Saturday. The new board will head the sport for the next two years.

The chairpersons for the three commissions are James Evans (track & field), Aleck Skhosana (road running) and distance runner Blanche Moila (cross-country).

Former sprinter Geraldine Pillay will represent the athletes, while the four additional members on the board are former 400-metre star Arnaud Malherbe, marathon runner Hendrick Ramaala, Motlatsi Keikabile and Pieter Lourens. Willien Fourie will represent university athletics.

### TEN GO TO WORLD HALF MARATHON

A team of ten members has been selected for the World Half-marathon Championships in Nanning, China, on 16 October. Lucky Mohale, the national champion, has not been included, but women's champion Irvette van Blerk has.

The team members are: MEN – Sibusiso Nzima, Boy Soke, Samuel Segoba, Lungisa Mdedelwa and Zolani Ntongana. WOMEN – Irvette van Blerk, Louisa Leballo, Thozama April, Zintle Xiniwe and Mpho Mabuza.

## STATS TIME

In this section I include the top ten South Africans over the standard distances in 2010 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.

### 2010 MARATHON: TOP 10 WOMEN

Note: The Ngodwana course is extremely aided.

2:34:24	Tanith Maxwell	15	London	25 Apr
2:51:22	Riana van Niekerk	4	Mossel Bay	14 Aug
2:51:58	Lauren Stewart	11	London	25 Apr
2:52:04A	Joanna Thomas	1	Oudtshoorn	27 Feb
2:54:28	Lesley Train	4	Gaborone	18 Apr
2:55:52	Adinda Kruger	3	Sasolburg	06 Feb
2:56:24	Suzette Botha	1	Howick	14 Mar
2:56:54	Louisa Leballo	2	Pretoria	27 Feb
2:58:06	Kerry Koen	5	Mossel Bay	14 Aug
2:59:23	Van Niekerk-2	1	Johannesburg	14 Feb
2:59:44	Van Niekerk-3	3	Pretoria	27 Feb
2:59:56A	Winile Mnisi	1	Ngodwana	20 Mar

## THIS MONTH IN HISTORY

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

### 40 years ago: 13 September 1970

New York had been the first city outside of Europe to stage a marathon, in 1896 – the

same year as the first Olympic Marathon. Boston held its first marathon the following year, while the Yonkers Marathon kicked off in 1907. Until 1969 these two were the major marathons in the USA, but in 1970 New York attracted real world prominence when it resurrected its marathon, to be held on a multi-lap course in Central Park. The race was the brainchild of Fred Lebow, and the course consisted of one lap of 1.7 miles (2.75 km) and four laps of 5.9 miles (9.5 km) each. Gary Muhrcke took the win in 2:31:38.2 from 19-year-old Tom Fleming, who would win twice in later years. There were 55 finishers, but no women finished; among the nonfinishers was Nina Kuscsik, who two years later would become the first official female winner of the Boston Marathon.

## 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	28:23	Stephen Mokoka	Paarl	14 Aug
	27:04	Josphat Kiprono (KEN)		
	27:01	Micah Kogo (KEN) 2009		
15 km	43:50	Lusapho April	Port Elizabeth	06 Mar
	42:46	Lelisa Desisa (ETH)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	61:58	Lucky Mohale	Port Elizabeth	24 July
	58:23	Zersenay Tadese (ERI)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	75:02	Lusapho April	Berlin	09 May
	71:50	Sammy Kosgei (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	89:46	Atsushi Fujita (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:10:45	Lusapho April	Hannover	02 May
	2:04:48	Patrick Makau (KEN)		
	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	30:27	Mluleki Nobanda	Paarl	14 Aug
	28:51	Paulo Catarino (POR) 2003		
15 km	48:36	Graham Katzen	Eersterivier	26 Jun
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	66:17	Mluleki Nobanda	Port Elizabeth	24 July
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	87:31a	Basie Bonaparte	Somerset East	24 Apr
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:04	Lindile Tokota	Sedgefield	13 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:24:16	Lindile Tokota	Mossel Bay	14 Aug

100 km	2:08:46	Andres Espinosa (MEX) 2003		
	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	33:06	Charles Vilakazi	Paarl	14 Aug
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:36	Charles Vilakazi	Boksburg	09 May
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	71:07	Charles Vilakazi	Port Elizabeth	24 July
	66:42	Martin Rees (GBR) 2003		
25 km	91:02a	Simphiwe Ntentesa	Pinetown	24 Jan
30 km	1:57:40	Raymond Howard	Parow	21 Mar
Marathon	2:45:10	Ernest Tjela	Sasolburg	06 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	37:56	Awie Veldsman	Paarl	14 Aug
15 km	59:47	Albertus Bock	Constantia	13 Mar
21.1 km	83:01	Mike du Bruto	Port Elizabeth	24 July
25 km	1:47:41	Mike du Bruto	Pretoria	08 May
30 km	2:13:46	Albertus Bock	Camps Bay	10 Jan
Marathon	3:10:22a	Simon Mokone	East London	27 Feb
100 km				
<u>Juniors</u>				
10 km	29:57	Thobane Chagwe	Paarl	14 Aug
	27:52	Richard Chelimo (KEN) 1990		
15 km	47:28	Siyabonga Makhaluzo	Eersterivier	26 Jun
	42:25	Moses Mosop (KEN) 2004		
21.1 km	66:23	Sithembele Fanekho	Port Elizabeth	24 July
	59:16	Samuel Wanjiru (KEN) 2005		
<b>WOMEN</b>				
<u>Open</u>				
10 km	32:32	René Kalmer	New York	12 Jun
	30:45a	Lineth Chepkurui (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	51:24	Tanith Maxwell	Eersterivier	26 Jun
	47:57	Edna Kiplagat (KEN)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	71:09	Irvette van Blerk	Port Elizabeth	24 July
	67:07	Elvan Abeylegesse (TUR)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:36:29	René Kalmer	Johannesburg	24 Jan
	79:53	Mary Keitany (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:03:52	Farwa Mentoor	Camps Bay	10 Jan
	1:43:24	Mara Yamauchi (GBR)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:34:24	Tanith Maxwell	London	25 Apr
	2:22:00	Liliya Shobukhova (RUS)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:06 32:14	Tessa Burrell Priscilla Welch (GBR) 1985	Port Elizabeth	01 May
15 km	56:31 49:35	Michelle Bartman Priscilla Welch (GBR) 1985	Eersterivier	26 Jun
21.1 km	81:10 69:56	Michelle Bartman Irina Permitina (RUS) 2009	Port Elizabeth	24 July
25 km	1:47:49 82:13	Ansie Viljoen Mizuki Noguchi (JPN) 2005	Pretoria	08 May
30 km	2:06:43 1:51:37	Joanna Thomas Mieke Pullen (NED) 2001	Camps Bay	10 Jan
Marathon	2:52:04a 2:26:51	Joanna Thomas Priscilla Welch (GBR) 1987	Oudtshoorn	27 Feb
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	40:28 34:44	Olga Howard Tatyana Pozdniakova (UKR) 2005	Bellville	10 Apr
15 km	63:25 54:33	Olga Howard Shirley Matson (USA) 1991	Eersterivier	26 Jun
21.1 km	89:51 76:07	Olga Howard Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	24 July
25 km	2:04:09a	Jenny Scott	Pinetown	24 Jan
30 km	2:16:34	Olga Howard	Camps Bay	10 Jan
Marathon	3:08:34a 2:31:05	Annatjie Botes Tatyana Pozdniakova (UKR) 2005	Oudtshoorn	27 Feb
100 km				

Grandmasters (60+)

10 km	42:39	Sonja Laxton	Paarl	14 Aug
15 km	72:20	Sonja Laxton	Johannesburg	10 Jan
21.1 km	1:36:59	Veronica van Niekerk	Port Elizabeth	24 July
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	34:28 31:42	Dominique Scott Zola Pieterse (RSA) 1984	Bellville	05 Jun
15 km	57:44 49:40	Asiphe Sikabalanjana Ines Chenonge (KEN) 2001	Constantia	13 Mar
21.1 km	78:42 1:09:05	Nandipha Dywili Delilah Asiago (KEN) 1991	Port Elizabeth	24 July

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