

# 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

Two South Africans excelled in international marathons this weekend. In Beijing Gert Thys, on the comeback trail after his drugs suspension, finished second in 2:15:56 – his first completed marathon in more than four years. In the tiny – but big-named – Grand International Marathon in Casablanca national half-marathon champion Lucky Mohale was fifth in his debut marathon, running 2:13:35.

Good times – considering the difficult nature of the course – were run by Nomvuyisi Seti (85:32) and Alae Brand (85:36) in the Constantia Valley Grape Run Half Marathon. Vladimir Kotov (52) competed as a veteran and won that category easily in 77:48.

Freddy Ovett (16), son of former world record holder for the 1500 m and mile Steve, ran 1:54.15 for 800 m at Australia's Gold Coast on 24 September. His father clocked 1:52.5 at the same age, in 1972.

The results for the Amatola Marathon in last week's issue were those for 2009. My apologies for this error – I am still trying to obtain the 2010 results, so far without success.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Constantia Valley Grape Run, Constantia
- \* Township to Township 50 km, Umlazi to KwaMashu
- \* Swift Half Marathon, Pietermaritzburg
- \* Eastern Limb Executive Mayor Half Marathon & 10 km, Burgersfort
- \* Boardwalk/Algo FM Cancer Run, Port Elizabeth
- \* MiWay Tuks Alumni Legends Half Marathon & 10 km, Pretoria
- \* Eikendal 10 km Classic, Somerset West
- \* Tonevale Game Farm 16 km, Tonevale
- \* Silver Queen 10 km Runway Night Race, Ysterplaat
- \* Spur 2 Spur 10 km, George
- \* Michell's Pass Half Marathon & 10 km, Ceres
- \* Heather Park Super Spar 10 km, George

### International highlights:

- \* Lifestyle Sports - adidas Dublin Marathon, Dublin, IRL
- \* Bupa Great South Run 10 Miles, Southsea to Portsmouth, GBR
- \* Chosunilbo Chunchon Marathon, Chunchon, KOR
- \* Beijing International Marathon, Beijing, CHN
- \* Grand International Marathon, Casablanca, MAR

- \* Intercontinental Eurasia Istanbul Marathon, Istanbul, TUR
  - \* Amsterdam Marathon, Amsterdam, NED
  - \* Dong-A Ilbo Gyeongju Marathon, Gyeongju, KOR
  - \* Marathon & Semi-Marathon de Reims, Reims, FRA
  - \* XC: Bill Dellinger Invitational, Eugene, USA; Chile Pepper Cross-country Festival, Fayetteville, USA
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## ROAD RUNNING

### Constantia Valley Grape Run

Constantia, Cape Town, 24 October

(Distance: 21.1 km; loop course, very hilly, partly on gravel through vineyards and forest)

#### MEN

1. Lungile Gongqa (MP EP) 69:55 (R1350); 2. Mthandazo Qhina (Adid) 70:53 (R800); 3. Neo Molema (MP) 72:24 (R650); 4. Thembelani Zola (MP) 73:09 (R500); 5. John Mboko (Adid) 73:17 (R400); 6. Hein Camphor (Adid) 73:45; 7. Tom Lusaseni (Adid) 74:07; 8. A.N. Other (Adid) 74:18; 9. Marks Mpekula (VOB) 74:35; 10. Wanda Roro (Adid) 74:57; 11. Luvuyo Ntando (Sat) 75:28; 12. Zolile Bhitane (VOB) 76:09; 13. Professor Khwetane (VOB) 76:26; 14. Sithembele Nogwana (Ind) 77:03; 15. Vladimir Kotov (BLR/Cent) 77:48 (1<sup>st</sup> vet); 16. Anele Ndzuta (Adid) 77:58; 17. Akhona Makila (VOB) 78:07; 18. Steve Farrell (VOB) 78:23; 19. Dumisani Dosi (Paarl) 79:54; 20. Oscar Coetzee (Adid) 80:03.

**Veterans:** 1. Vladimir Kotov (BLR/Cent) 77:48 (R550); 2. Johnny Persents (Adid) 81:21 (R450); 3. Shafiek Cassien (Celtic) 87:30 (R400). **Masters:** 1. Raymond Howard (Celtic) 82:27 (R500); 2. Les Chivell (FH) 87:33 (R400); 3. Goodman Mpukane (Gugs) 87:38 (R350). **G'masters:** 1. Jimmy Morris (Forest) 94:04 (R500); 2. Julian Williams (Hout) 1:48:04 (R400); 3. Rob Joubert Tind) 1:51:01 (R350). **G/g'masters:** 1. Brian Key (Forest) 1:50:06 (R300); 2. Jack Cammidge (FH) 2:33:57 (R200); 3. Derry Devine (VOB) 2:36:57 (R100).

#### WOMEN (Same prize money as men)

1. Nomvuyisi Seti (MP) 85:32; 2. Alae Brand (Adid) 85:36; 3. Bulelwa Mtshagi (Celtic) 91:39; 4. Candice Davidson (Harf) 94:24; 5. Busisiwe Matiwane (Celtic) 94:49; 6. Kim Ground (Celtic) 95:14; 7. Anneline Roffey (Adid) 96:18; 8. Ronel Natrass (Adid) 97:07; 9. Tania Anderson (VOB) 97:59; 10. Michelle Dreyer (Paarl) 98:18; 11. Dain Hamilton (Forest) 99:37 (1<sup>st</sup> vet); 12. Olga Howard (Celtic) 1:40:07 (1<sup>st</sup> mast); 13. Miranda Ward (Paarl); 14. Kirsten Norris (VOB) 1:42:42; 15. Sarah Bruwer (Ind) 1:43:57; 16. Lesyl Potgieter (ATC) 1:44:08; 17. Megan Dempster (UCT) 1:44:18; 18. Ronelle Marshall (Ind) 1:44:58; 19. Anel Wesson (Ind) 1:45:25; 20. Nancy Will (Pine) 1:45:56.

**Veterans:** 1. Dain Hamilton (Forest) 99:37; 2. Claire Louw (MP) 1:46:47; 3. Kathy McQuaide (Celtic) 1:47:01. **Masters:** 1. Olga Howard (Celtic) 1:40:07; 2. Miranda Ward (Paarl); 3. Nancy Will (Pine) 1:45:56. **G'masters:** 1. Pixie Sparg (Celtic) 2:00:49; 2. Chippy Steele (Hout) 2:16:05; 3. Marlene James (Pine) 2:21:10. **G/g'masters:** 1. Jean Cammidge (FH) 2:33:27; 2. Arlene Ehrenberg (Whalers) 3:03:39; 3. Joyce Archer (Ind) 3:23:28.

### Township to Township 50 km

Umlazi to KwaMashu, 24 October

(Point-to-point course)

#### MEN

1. Bongumusa Mthembu (Mr Price) 3:03:36, 2. Professor Mollen (ZIM/Mr Price) 3:03:30, 3. Andrias Masoeu (Mr Price) 3:03:48, 4. Stephen Muzhingi (ZIM/Formula One) 3:03:48, 5.

Lucas Raseruthe (LES/Toyota) 3:04:53, 6. Lympson Maifo (Nedbank) 3:05:13, 7. Bongani Msimango (Boxer) 3:05:55, 8. Samson Tenai (ZIM/Formula One) 3:06:11, 9. Prodigal Khumalo (ZIM/Mr Price) 3:06:21, 10. Sandile Makhaye (Mr Price) 3:06:21.

**40-49:** 1. Petros Sosibo (Mr Price) 3:06:44, 2. Reginald Ngobese (Gauteng Striders) 3:15:24, 3. Enock Ngubane (Mr Price) 3:24:28. **50-59:** 1. Charles Vilakazi (KwaThemba) 3:37:49, 2. Jeremiah Ngwenya (Boxer) 4:03:57, 3. Richard Dlamini (Toyota) 4:06:46. **60+:** 1. Petros Shumi (Zabalaza) 4:26:31, 2. Michael Langa (Athletics North) 4:23:25, 3. Moses Kunene (Toti) 5:29:40.

#### WOMEN

1. Chiyedza Chokore (ZIM/Mr Price) 3:46:17, 2. Kerry Koen (Nedbank) 3:46:32, 3. Samkeliso Moyo (ZIM/Mr Price) 3:48:21, 4. Lizzy Chokore (ZIM/Nedbank) 3:55:35, 5. Azwindini (Gladys) Lukhwareni (Transnet) 4:00:12, 6. Sarah Mahlangu (Mr Price) 4:01:21, 7. Catherine Naane (Gold Field) 4:04:27, 8. Monika Kativhu (Mr Price) 4:04:47, 9. Thobile Ngwane (Mr Price) 4:15:22, 10. Gloria Baeba (Transnet) 4:17:12.

**40-49:** 1. Sarah Mahlangu (Mr Price) 4:01:21, 2. Catherine Naane (Gold Field) 4:04:27, 3. Cynthia Mkovane (Nedbank) 4:52:50. **50-59:** 1. Jane Baker (DAC) 5:17:27, 2. Pat Freeman (Stella) 5:32:38.

### Swift Half Marathon

Pietermaritzburg, 24 October  
(Distance: 21.1 km; loop course)

#### MEN

1.	Samuel Pazanga	ZIM/Mr Price AC	67:24
2.	Munuya Jari	Bluff AC	67:55
3.	Sibonela Duma	Boxer AC	68:48

#### 40-49:

1.	Rendini Mda	Toyota AC	89:08
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#### 50-59:

1.	Sanelle	Hulamin AC	81:12
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#### 60+:

1.	Moray Calder	HowickAC	105:17
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#### Juniors:

1.	Philani Ncgobo	Coll Harr	74:16
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#### WOMEN

1.	Kerry Ann Walton	Running Inn	81:37
2.	Suzette Botha	Escom	84:47
3.	Alicen Monake	Bluff AC	87:43

#### 40-49:

1.	Janine Engels	PDAC	95:02
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#### 50-59:

1.	Sandy Fismer	Hilton	98:41
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#### 60+:

1.	Gill Tregenna	West AC	119:14
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## Eastern Limb Executive Mayor Half Marathon & 10 km

Burgersfort, 23 October

(Distances: 21.1 km & 10 km)

Note: Huge prize money in this half marathon – the first prize is double that offered in the SA Half-marathon Championships. Put another way, Masunda earned R150 for every minute he ran, while SA champion Lucky Mohale earned R80 for every minute he competed in the national race. – Ed.

### Half marathon

MEN

1 Luwis Masunda (ZIM/Nedbank) 66:29 (R10 000); 2. Kgosi Tsosane (Nedbank) 67:07 (R7 000); 3 Wirimayi Juwawo (ZIM) 67:28 (R4 000); 4 Wesley Ruto (KEN/Nedbank) 67:36 (R3 000); 5 Enoch Manyandi (Nedbank) 67:46 R2 500).

**Veterans:** 1 Piet Mosibedi (Nedbank) 74:05 (R2 500). **Masters:** 1 Jerry Rankapule (Nedbank) 82:20 (R2 500). **G'masters:** 1 Jack Thokoane (Sasol) 1:45:47 (R2 500).

WOMEN (Same prize money as men)

1 Rutendo Nyahora (ZIM/Nedbank) 82:51; 2 Louisa Leballo (GS) 87:16; 3 Helen Chiundo (ZIM/Nedbank) 88:13; 4 Joyce Makwarela (Bonitas) 92:45; 5 Linah Mhlongo (Anmar) 95:09.

**Veterans:** 1 Cynthia Mkovane (Nedbank) 1:46:07. **Masters:** 1 Margaret Boshoe (Sunninghill) 2:09:20.

### 10 km

MEN

1 Mthetha Goxo (Nedbank) 37:22; 2 Jacob Molefo (Univ Limpopo) 39:02; 3 Tsitsi Phaka (Polokwane) 40:14.

**Veterans:** 1 Lazarus Seroko (Twickenham) 41:25. **Masters:** 1 Thomas Moagi (Tubatsi) 46:47. **G'masters:** 1 Regwell Thamdawhubzi (Foskor) 67:54.

WOMEN

1 Rhaswa Phadu (Moletjie) 49:11; 2 Faith Makuthu (Temp) 56:17; 3 Doris Mabilu (Foskor) 57:41.

**Veterans:** 1 Argentina Senda (RAC) 61:51.

## Boardwalk/Algo FM Cancer Run

Port Elizabeth, 23 October

(Distance: 10 km; loop course. Finishers: 718.)

MEN

1	George	Ntshiliza	Nedbank RC EP	31	30:47
2	Khayaletu	Makalima	Mr Price AC EP	27	31:09
3	Sibusiso	Thu	PEAAC	22	31:14
4	Mzolisi	Makhanda	Nedbank RC EP	27	31:28
5	Melikhaya	Frans (1 <sup>st</sup> jun)	Nedbank RC EP	18	32:31
6	Zolani	Mabongo	Mr Price AC EP	24	32:34
7	Ayanda	Mayi	Nedbank RC EP	31	33:24
8	Thando	Bixa	Triangle Sports	30	34:14
9	Emerson	Kayana	Nedbank RC EP	36	34:32
10	Nkosinathi	Gcakasi	Bluewater Bay	39	34:59
11	Thando	Rwexana	Nedbank RC EP	23	35:45

12	Desmond	Zibi (1 <sup>st</sup> vet)	Mr Price AC EP	47	35:50
13	David	Mama	Aspen Pharmacare	34	35:52
14	Freddie	Jantjies	Mr Price AC EP	41	36:08
15	Colben	Ngcupe	Nedbank RC EP	47	36:11
16	Mziwabantu	Manxanga	Temp	24	36:20
17	Malungisa	Olayi	PEAAC	31	36:23
18	Welcome	Loliwe	Nedbank RC EP	45	36:27
19	August	Esau	Nedbank RC EP	39	36:41
20	Vusumzi	Runeli	Nedbank RC EP	37	36:42
<b>40-44:</b>					
1	Freddie	Jantjies	Mr Price AC EP	41	36:08
2	Bolly	Jekana	Nedbank RC	43	37:40
3	Patrick	Hlebo	Temp	41	40:25
<b>45-49:</b>					
1	Desmond	Zibi	Mr Price AC EP	47	35:50
2	Colben	Ngcupe	Nedbank RC EP	47	36:11
3	Welcome	Loliwe	Nedbank RC EP	45	36:27
<b>50-54:</b>					
1	Alfred	Spiers	Elite AC	50	36:44
2	Alec	Riddle	Temp	50	37:42
3	Michael	Bosch	Body Concept	53	40:26
<b>55-59:</b>					
1	Chris	Terblanche	Achilles AAA	55	41:23
2	Donald	Mancasa	Triangle Sports	56	45:05
3	Mbulelo	Sobikwa	Crusaders AC	56	47:02
<b>60-64:</b>					
1	William	Vorster	PEAAC	64	48:57
2	Piet	Meyer	St Albans CS EP	61	51:49
3	Eldon	Fortmann	Walmer AC	60	55:18
<b>65-69:</b>					
1	Tamsanqa	Jusayi	Mr Price AC EP	68	41:01
2	Eckart	Schumann	Body Concept	65	49:50
3	Gerald	Bouwer	Achilles AAA	67	1:05:05
<b>70-74:</b>					
1	Godfrey	Kariem	Cadbury AC	70	46:55
2	Michael	Collins	PEAAC	72	47:38
3	Gerald	Hoxley	Achilles AAA	70	55:23
<b>75-79:</b>					
1	Hilary	Pritchard	Crusaders AC	76	1:05:49
2	Wells	Anderson	PEAAC	78	1:02:12
<b>Juniors:</b>					
1	Melikhaya	Frans	Nedbank RC EP	18	32:31
2	J C	Stevens	Bluewater Bay	17	43:22
3	Daniel	Grimes	Absa NMMU AC	19	47:23
<b>WOMEN</b>					
1	Ntombesintu	Mfunzi	Mr Price AC EP	28	36:49
2	Deliwe	Nyanga	Nedbank RC EP	21	38:23
3	Ursula	Kuhn	Absa NMMU AC	29	41:02
4	Davera	Magson	Mr Price AC EP	35	42:54
5	Grizelda	Pietersen (1 <sup>st</sup> vet)	Achilles AAA	41	43:29
6	Sharon	Zeelie	Triangle Sports	39	43:43
7	Tracey	Brink	Temp	40	43:47
8	Vicki	Terblanche	Bluewater Bay	31	43:51
9	Lizette	Sydien	Elite AC	24	44:15
10	Katherine	Van der Walt	Body Concept	34	44:18

11	Lesley	Wood (1 <sup>st</sup> mast)	Achilles AAA	53	44:40
12	Noxolo	Marks	Mr Price AC EP	24	44:44
13	Michelle	Sivewright	Triangle Sports	41	45:06
14	Suretha	Verwey	Jeffreys Bay AC	44	45:36
15	Janette	Schierz-Crusius	Body Concept	50	46:04
16	Hanlie	Van der Westhuizen	Transnet RE EP	54	46:16
17	Lise	Claassen	Muirite Striders	39	46:46
18	Treloar	Childs	Walmer AC	47	46:57
19	Riana	Greyvenstein	Body Concept	27	47:15
20	Julie	Taunton	Crusaders AC	50	47:21

**40-44:**

1	Grizelda	Pietersen	Achilles AAA	41	43:29
2	Tracey	Brink	Temp	40	43:47
3	Michelle	Sivewright	Triangle Sports	41	45:06

**45-49:**

1	Treloar	Childs	Walmer AC	47	46:57
2	Rosemary	Joubert	Crusaders AC	49	53:07
3	Renee	Els	Temp	48	54:15

**50-54:**

1	Lesley	Wood	Achilles AAA	53	44:40
2	Janette	Schierz-Crusius	Body Concept	50	46:04
3	Hanlie	Van der Westhuizen	Transnet RE EP	54	46:16

**55-59:**

1	Monica	Kemp	Madiba Bay AC	55	52:57
2	Veronica	Swartbooi	Temp	55	1:00:26
3	Marcelle	Harran	Body Concept	56	1:01:51

**60-64:**

1	Liz	Grundlingh	Muirite Striders	63	50:15
2	Helene	Oppel	Crusaders AC	60	56:20
3	Rita	Boucher	Walmer AC	60	1:02:17

**65-69:**

1	Marina	Shadiack	Temp	66	1:19:26
2	Tersia	De Jager	PEAAC	65	1:19:37
3	Val	Sandow	Walmer AC	65	1:20:14

**70+:**

1	Lorna	Brown	PEAAC	71	1:22:37
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**Juniors:**

1	Terray	Newcombe	Nedbank RC EP	19	53:14
2	Lara-Anne	Eaglesham	Absa NMMU AC	18	55:06
3	Alise	Ferreira	Temp	16	56:00

**MiWay Tuks Alumni Legends Half Marathon & 10 km**

Pretoria, 23 October

(Distances: 21.1 km & 10 km. Finishers: half marathon – 960; 10 km – 1400.)

**Half marathon**

MEN

1 Lucky Miya (Nedbank) 69:43; 2 Aaron Gabonewe (Nedbank) 70:26; 3 William Chinyanga (ZIM/Nedbank) 70:41.

**Veterans:** 1 Greg Barnes (Irene) 75:41. **Masters:** 1 Colin Fisher (CSIR) 89:37.

**G'masters:** 1 Mike du Bruto (Irene) 89:27. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 1:58:42.

## WOMEN

1 Juan-Marie Cooper (Khoza) 89:19 (1st jun); 2 Ansie Viljoen (Irene) 89:28; 3 Adinda Kruger (Nedbank) 95:10.

**Veterans:** 1 Ansie Viljoen (Irene) 89:28. **Masters:** 1 Linda Potgieter (Magnolia) 1:43:12. **G'masters:** 1 Rina Machado (Ndaba) 2:17:32. **G/g'masters:** 1 Mavis Stadler (Agape) 2:12:14. **Juniors:** 1 Juan-Marie Cooper (Khoza) 89:19

**10 km**

## MEN

1 Esau Radebe (Transnet) 31:27; 2 Frans Makola (Transnet) 32:53; 3 Frans Sebothoma (Moretele) 35:03 (1<sup>st</sup> vet).

**Veterans:** 1 Frans Sebothoma (Moretele) 35:03. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 37:30. **G'masters:** 1 Lammie Fourie (Agape) 52:21. **G/g'masters:** 1 Flip Viviers (ACRW) 78:12. **Juniors:** 1 Charles Reynolds (H/School Wonderboom) 37:03.

## WOMEN

1 Charné Bosman (Mr Price) 37:11; 2 Maryke Meyer (New Balance) 40:17; 3 Letitia Saayman (New Balance) 40:25 (1<sup>st</sup> jun).

**Veterans:** 1 Roxanne Ferreira (PVR) 54:40. **Masters:** 1 Vera Nel (Medihelp) 51:55. **G'masters:** 1 Olga Smit (PVM Affies) 60:09. **G/g'masters:** 1 Miemie Schoeman (Transnet) 75:13. **Juniors:** 1 Letitia Saayman (New Balance) 40:25.

**Eikendal 10 km Classic**

Somerset West, 23 October

(Loop course on gravel farm roads)

Note: Unathi Ntheta is the former Unathi Phezolo. – Ed.

## MEN

1. Lindikhaya Mthangayi (MP) 33:41; 2. Zolani Ntongana (MP) 33:41; 3. Luxolo Mdzanga (Gugs) 34:30 (1<sup>st</sup> jun); 4. Unathi Ntheta (AAC) 34:30; 5. Graham Katzen (Celtic) 36:25 (1<sup>st</sup> vet); 6. Mervin Steenkamp (Itheko) 37:26; 7. Thandile Joseph (East) 37:27; 8. Bongile Tshewula (East) 38:14; 9. Jacques Pretorius (Maties) 38:26; 10. Vuyolwethu Piyose (Met) 38:49; 11. Morné Kammies (Met) 38:49; 12. Thembinkosi Zweni (Gugs) 39:20; 13. McNiel Hendricks (Held) 40:28; 14. Sityhilo Diko (Ned CGA) 40:43; 15. Ricardo Jaftha (Eerste) 40:45; 16. Asive Njenxa (Khay) 41:04; 17. B. Lephallo (Strand) 41:05; 18. John September (Celtic) 41:52; 19. A.N. Other (AAC) 42:43; 20. Sydwell ? (Ned) 42:51.

**Veterans:** 1. Graham Katzen (Celtic) 36:25; 2. Thembinkosi Zweni (Gugs) 39:20; 3. John September (Celtic) 41:52. **Masters:** 1. Gemjikile Tom (Eskom) 45:05; 2. Maxwell Godloza (NBMC) 45:13; 3. Muhammad Kriel (Ned) 45:33. **G'masters:** 1. Awie Veldsman (Held) 44:07; 2. Ronnie le Roux (Brack) 51:17; 3. Kevin Kohler (Edge) 52:36. **Juniors:** 1. Luxolo Mdzanga (Gugs) 34:30; 2. Unathi Ntheta (AAC) 34:30; 3. Thandile Joseph (East) 37:27.

## WOMEN

1. Mia Pienaar (Maties) 42:44; 2. Sheryl de Lange (Adid) 44:10 (1<sup>st</sup> vet); 3. Asiphe Sikabalanjana (Gugs) 45:26 (1<sup>st</sup> jun); 4. Ursula Frans (Adid) 46:06; 5. Ester Brink (Strand) 46:32; 6. Candyce Hall (Hout) 48:10; 7. Patricia Adams (Met) 48:18; 8. Wilna Eybers (Strand) 48:38; 9. Olga Howard (Celtic) 49:02 (1<sup>st</sup> mast); 10. Ilse Meyer (Ind) 53:00; 11. Glenda Werth (Met) 54:06; 12. Anne Pool (Strand) 54:24; 13. Tanya Welgemoed (Strand) 54:44; 14. Mia Smit (Held) 55:58; 15. Pauline McCullagh (Ind) 56:03; 16. Sunet Visser (Ind) 57:28; 17. Lenetia Mundie (Brack) 57:35; 18. Annalien Roelofse (Durb) 58:06; 19. Tissa Fuchsloch (AAC) 58:07; 20. Helen du Plessis (Tyger) 58:18.

**Veterans:** 1. Sheryl de Lange (Adid) 44:10; 2. Ursula Frans (Adid) 46:06; 3. Ester Brink (Strand) 46:32. **Masters:** 1. Olga Howard (Celtic) 49:02; 2. Helen du Plessis (Tyger) 58:18; 3. Cynthia Booysen (Gugs) 60:35. **G'masters:** 1. Marietha Herbert (Bell) 60:24; 2. Zonia Barnard (Celtic) 65:43; 3. Marlene James (Pine) 68:14. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 45:26; 2. Sinead Hattingh (Ned) 77:33.

### **Tonevale Game Farm 16 km**

Tonevale, 23 October  
(Loop course)

#### **MEN**

1. Simon Mkhonza	Umhlathuze AC	59:06
2. Muhule Mkhwanzi	R/Bay AC	61:50
3. Siaso Mthiyane	ZAC	62:00

#### **40-49:**

1. Siaso Mthiyane	ZAC	62:00
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#### **50- 59:**

1. Louis Fourie	R/Bay AC	79:14
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#### **60+**

1. Chris v d Westerhuizen	Umhlathuze AC	88:51
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#### **WOMEN**

1. Noncebo Mthethwa	Umhlathuze AC	79:58
2. Simone Scrase	R/Bay AC	83:09 (1 <sup>st</sup> vet)
3. Nicola McMurray	Mtunzini AC	84:57

#### **40- 49:**

1. Simone Scrase	R/Bay AC	83:09
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#### **50- 59:**

1. Glenda Badenhorst	Umhlathuze AC	107:31
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#### **60+:**

1. Lorna Rautenbach	Umtinzini AC	108:10
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### **Silver Queen 10 km Runway Night Race**

Ysterplaat, 20 October  
(Certified loop course)

#### **MEN**

1. Neo Molema (MP) 32:16; 2. Luxolo Mdzanga (Gugs) 32:26 (1<sup>st</sup> jun); 3. Siphon Phala (Ind) 32:37; 4. Asive Njenxa (Khay) 32:40; 5. Vladimir Kotov (BLR/Cent) 32:49; 6. Nkosinathi Sotyantya (Celtic) 33:18; 7. Akhona Makila (VOB) 33:51; 8. A.N. Other (Gugs) 34:14; 9. Babalo Hambu (Adid) 35:21; 10. Luthando Diba (Celtic) 35:36.

**40-49:** 1. Vladimir Kotov (BLR/Cent) 32:49; 2. Deon Middelkoop (VOB) 35:39; 3. Thembinkosi Zweni (Gugs) 36:11. **50-59:** 1. Peter Wrensch (Tyger) 41:18; 2. Richard Johnson (OM) 43:12; 3. Isaac Flink (Kraai) 44:34. **60+:** 1. Kevin Kohler (Edge) 44:53; 2. Willie van Wyk (Brack) 45:15; 3. Paul Adonis (Edge) 52:13. **Juniors:** 1. Luxolo Mdzanga (Gugs) 32:26; 2. Asive Njenxa (Khay) 32:40; 3. Nkosinathi Sotyantya (Celtic) 33:18.

#### **WOMEN**

1. Asiphe Sikabalanjana (Gugs) 39:42 (1<sup>st</sup> jun); 2. Sheryl de Lange (Adid) 40:07 (1<sup>st</sup> vet); 3. Candyce Hall (Hout) 40:51; 4. Ester Brink (Strand) 42:12; 5. Mariëtte Esterhuyse (Tyger) 42:23; 6. Berlize du Plessis (NBMC) 44:25; 7. Asanda Dayimani (AAC) 44:52; 8.

Anlevine Everts (Ravens) 45:07; 9. Evelina Tshabalala (Gugs) 45:51; 10. Dawn Middelkoop (VOB) 46:15 (1<sup>st</sup> mast).

**40-49:** 1. Sheryl de Lange (Adid) 40:07; 2. Ester Brink (Strand) 42:11; 3. Mariëtte Esterhuyse (Tyger) 42:23. **50-59:** 1. Dawn Middelkoop (VOB) 46:15; 2. Maretha de Kock (Adid) 47:38; 3. Helen du Plessis (Tyger) 49:07. **60+:** 1. Marietha Herbert (Bell) 51:25; 2. Pixie Sparg (Celtic) 51:32; 3. Zonia Barnard (Celtic) 56:42. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 39:42; 2. Asanda Dayimani (AAC) 44:52; 3. Melanie van Niekerk (WC) 49:30.

## Spur 2 Spur 10 km

George, 20 October

(Loop course. Finishers: 332.)

### MEN

1	Fana Principal	Rainbow	42	33:33
2	Julius Korkee	Rainbow	26	33:54
3	Gurome Gelderbloem	Mossel Bay	34	34:33
4	Melikhaya Msizi	Knysna	27	35:20
5	Vuyo Witbooi	Outeniqua Harriers	35	36:11
6	Elfonzo Pieterse	Rainbow	21	36:20
7	Dawid Matroos	Rainbow	36	36:56
8	Granville Hendricks	Rainbow	27	37:08
9	Jonathan Hardnick	Nedbank	41	38:02
10	Marlou Mortlock	Knysna	36	38:11

### WOMEN

1	Melissa van As	Nedbank		41:00
2	Annatjie Botes	Nedbank	57	43:31
3	Helga Mathee	New Balance	35	43:41
4	Lisl Grobler	Knysna	34	43:42
5	Michelle van Rooyen	Nedbank		44:56
6	Lorna Loubser	Sanlam	36	45:07
7	Lanene Jansen v Rensburg	New Balance FS	34	45:21
8	Suzaan Kruger	Outeniqua Harriers	27	45:35
9	Carmen Maloney	Oudtshoorn	39	46:05
10	Thea-Mari v/d Sandt	Nedbank	35	46:46

## Michell's Pass Half Marathon (19<sup>th</sup>) & 10 km (5<sup>th</sup>)

Ceres, 16 October

(Distances: 21.1 km & 10 km; the half marathon a new out-and-back course, very hilly; the 10 km a loop. Finishers: half marathon – 287; 10 km – 170.)

Note: Pieter Koopman defended his title successfully. – Ed.

### Half marathon

#### MEN

1	Pieter	Koopman	36	Maties	1:09:42
2	Tsungai	Mwanengeni	36	ZIM/New Balance	1:12:01
3	Roger	Davids	23	Robertson	1:12:38
4	Hillroy	Slingsers	20	Worcester	1:14:20
5	Rowan	Prins	22	Robertson	1:16:36
6	Dumisani	Dosi	31	Paarl	1:17:51
7	Tau	Khotso	30	Ceres	1:18:28
8	Mervin	Seryners	21	Ceres	1:18:47

9	Christopher	Baadjies	33	Ceres	1:19:17
10	Quinton	Lambert	29	Ceres	1:19:51
11	David	Ruiters	26	Robertson	1:20:19
12	Sollie	Van Rooi	47	Worcester	1:21:21
13	Rodney	Dauids	24	Robertson	1:21:33
14	Anton	Mouton	25	Ceres	1:23:21
15	Christo	Laban	44	Ceres	1:23:37
16	Johannes	Van Zyl	33	Tygerberg	1:24:11
17	Julie	Welkom	38	Swartland	1:24:50
18	William	Jansen	19	Robertson	1:25:50
19	Eckhardt	Visser	44	Durbanville	1:26:20
20	Thomas	Moses	53	Worcester	1:26:23

## WOMEN

1	Helette	Basson	36	Langebaan	1:38:08
2	Hanlie	Booyens	37	Temp	1:39:20
3	Esther	Lategan	36	Temp	1:39:25
4	Sandra	Van Graan	42	Edgemead	1:41:42
5	Ena	Gous	40	Worcester	1:44:48
6	Resia	Swart	37	Stellenbosch	1:44:59
7	Veronica	Van Niekerk	65	Elgin Grabouw	1:45:48
8	Huguette	Van der Merwe	42	Paarl	1:46:46
9	Marjorie	Prins	42	Ceres	1:47:33
10	Elizabeth	Retief	39	Temp	1:48:07
11	Dalene	Du Toit	43	Swartland	1:49:16
12	Nathalie	Cloete	41	Durbanville	1:50:40
13	Cailey	Bredenkamp	47	Paarl	1:52:49
14	Junita	Van As	35	Worcester	1:53:36
15	Anne	Pool	49	Strand	1:54:14
16	Ilse	Hugo	36	Ceres	1:54:36
17	Anesca	Davey	34	Ceres	1:56:12
18	Lizelle	Du Plessis	42	Paarl	1:56:13
19	Maria	Schmidt	43	Brackenfell	1:56:43
20	Venita	Nel	40	Tygerberg	2:01:08

**10 km**

## MEN

1	Neo	Molema	34	Mr Price	31:51
2	Azrial	Scheepers	21	CPUT	32:05
3	Luyanda	Qolo	18	Hangklip	32:10
4	Shaun	Lekay	19	Robertson	32:27
5	Nkosinathi	Sotyantya	17	Celtics	33:23
6	Dawid	Gous	28	Swartland	33:44
7	Babalo	Hambi	16	Adidas	34:46
8	Petrus	Volmoer	24	Hamlet	35:07
9	Maxwell	Gouws	16	Hamlet	35:22
10	Mark	Malowitz	18	CPUT	35:35
11	Justin	Fritz	17	Temp	36:11
12	Eugene	Dauids	20	Robertson	36:17
13	Francois	Groenewald	24	Elgin Grabouw	36:23
14	Allistair	Smith	15	Robertson	37:11
15	William	Kaptein	18	Robertson	37:12
16	Thembalethu	Mcashe	16	Salkoraine	37:18
17	Jonathan	Galant	33	Salkoraine	37:39
18	Morné	Hansen	33	Worcester	37:50
19	Friedl	Van der Merwe	50	Strand	37:54
20	Pieter	Geduld	39	Nedbank	38:54

## WOMEN

1	Danette	Smith	21	Maties	40:28
2	Bulelwa	Sumae	33	Nedbank	40:49
3	Mariette	Esterhuysen	48	Tygerberg	40:55
4	Magrietha	Smit	25	Ceres	42:34
5	Adri	Neff	43	Paarl	43:54
6	Chrisna	Bezuidenhout	27	Ceres	45:19
7	Liza-Mari	Dippenaar	15	Worcester	47:18
8	Priscilla	Booyesen	16	Robertson	48:27
9	Azel	Boois	15	Salkoraine	50:42
10	Soreen	Gouws	44	Swartland	50:50
11	Magrieta	Willemse	26	Ceres	51:24
12	Magriet	Hanekom	55	Ceres	52:01
13	Lerine	Bester	48	Ceres	54:25
14	Elsabe	Dippenaar	40	Worcester	54:37
15	Marina	Wessels	47	Temp	55:22
16	Sareen	Kotze	20	Temp	55:35
17	Sonja	Smit	32	Defence	55:54
18	Velerey	Adams	16	Robertson	56:40
19	Inge	Du Toit	16	Temp	57:05
20	Francina	Visser	49	Temp	57:15

**Heather Park Super Spar 10 km**

George, 9 October

(Loop course. Finishers: 198.)

## MEN

1	Luwayne	Duitsjan	Hartenbos Drawwers	24	32:37
2	Gurome	Gelderblom	Outeniqua Harriers	34	33:16
3	Fana	Principal	Rainbow	42	33:26
4	Melikhaga	Msizi	Knysna	27	33:55
5	Vuyu	Witbooi	Outeniqua Harriers	35	33:58
6	Giaan	Moos	Nedbank	25	34:41
7	Selwyn	Losper	Nedbank	46	34:59
8	Elfonso	Pieterse	Rainbow	21	35:24
9	Joby	Claassen	Rainbow	40	35:48
10	David	Matroos	Rainbow	36	36:06
...					
14	Marius	Schlechter	Plett	45	37:24

## WOMEN

1	Melissa	van As	Nedbank	28	39:57
2	Johanna	Claassen	Nedbank	42	40:50
3	Anna	Hall	Nedbank	26	42:21
4	Michelle	van Rooyen	Nedbank	15	43:52
5	Irene	Muller	Hartenbos Drawwers	17	46:38
6	Tania	Erasmus	Nedbank	35	47:08
7	Sharon	Rawlins	Temp Licence	39	47:16
8	Tina	van Wyk	Nedbank	47	47:29
9	Thea-Mari	van der Sandt	Nedbank	35	47:58
10	Madel	Strydom	Nedbank	38	48:09

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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

#### Lifestyle Sports - adidas Dublin Marathon (31st)

Dublin, IRL, 25 October

(Distance: 42.195 km; one-loop course)

##### MEN (gun times)

1. Moses Kangogo Kibet, KEN 2:08:58 PB/CR
2. Fikadu Kedir, ETH 2:09:44
3. Maurice Mutinda Musyoki, KEN 2:10:25 PB

##### WOMEN (gun times)

1. Tatyana Aryasova, RUS 2:26:13 PB/CR
2. Kateryna Stetsenko, UKR 2:27:51 PB
3. Elza Kireeva, RUS 2:28:02 PB
- ... 5. Tabitha Tsatsa, ZIM 2:30:39

#### Bupa Great South Run 10 Miles

Southsea to Portsmouth, GBR, 24 October

(Point-to-point course)

##### MEN

1. Joseph Ebuya, KEN 45:16 CR\*  
[5 km splits: 13:45 / 27:22 / 42:11]
2. Saif Saeed Shaheen, QAT 46:37
3. Vincent Yator, KEN 47:28
4. Scott Overall, GBR 47:37
5. Andrew Lemoncello, GBR 47:41
- ... 9. Viktor Röthlin, SUI 48:43

##### WOMEN

1. Grace Momanyi, KEN 52:03
2. Freya Murray, GBR 52:27
3. Anikó Kálovics, HUN 53:01
4. Anna Incerti, ITA 53:34
5. Gemma Steel, GBR 53:44
6. Steph Twell, GBR 53:52
- ... 12. Constantina Dita, ROU 57:46

#### Chosunilbo Chunchon Marathon (64th)

Chunchon, KOR, 24 October

(Distance: 42.195 km; standard one-loop course with no start/finish separation)

##### MEN

1. Benjamin Kiptoo Kolum, KEN 2:07:54 CR USD 50,000 + 30,000\*
2. Benson Barus, KEN 2:08:53 20,000
3. David Kisang, KEN 2:08:54 PB 10,000

##### WOMEN

1. Kim Sun-Jung, KOR 2:43:39 KRW 10,000,000 (=USD 8901)

**Beijing International Marathon** (30th)

(IAAF Gold Label Road Race)

Beijing, CHN, 24 October

(Distance: 42.195 km)

## MEN

1. Siraj Gena AMDA, ETH 2:15:45
2. Gert THYS, RSA 2:15:56
3. Matthew SIGEI, KEN 2:16:01

## WOMEN

1. WANG Jiali, CHN 2:29:31
2. CHEN Rong, CHN 2:29:46
3. WANG Xiao Shu, CHN 2:30:21

**Grand International Marathon** (3rd)

Casablanca, MAR, 24 October

(Distance: 42.195 km; AIMS certified)

## MEN

1. Shumi Gerbab Eticha, ETH 2:09:03 PB
2. Rachid Kisri, MAR 2:09:10
3. Gezahagn Girma Beyene, ETH 2:09:52 PB
4. Hillary Kipchumba, KEN 2:10:02 PB
5. Lucky Mohale Modike, RSA 2:13:35 PB

## WOMEN

1. Yeshimebet Tadesse Bifa, ETH 2:31:10
2. Zahara Kedir, ETH 2:36:49
3. Larisa Zousko, RUS 2:37:13

**Intercontinental Eurasia Istanbul Marathon** (32nd)

Istanbul, TUR, 18 October

(Distance: 42.195 km)

## MEN

1. Vincent Kiplagat, 1984, KEN 2:10:42 CR
2. Dereje Yadete Woldegiyorgis, 1983, ETH 2:11:56
3. Girma Assefa, 1986, ETH 2:13:38

## WOMEN

1. Ashu Kasim, 1984, ETH 2:27:27 CR
2. Alemitu Abera, 1986, ETH 2:27:56 PB
3. Amane Gobena, 1982, ETH 2:32:29

**Amsterdam Marathon** (35th)

(IAAF Silver Label Road Race)

Amsterdam, NED, 17 October

(Distance: 42.195 km; certified loop course with stadium finish)

## MEN

1. Getu Feleke, ETH 2:05:44 PB/CR

- [1:03:05 / 1:02:39]  
 2. Wilson Chebet, KEN 2:06:12 DB  
 [1:03:04 / 1:03:08]  
 3. Chala Dechase, ETH 2:07:23  
 [1:03:05 / 1:04:18]  
 4. Abreham Cherkos Feleke, ETH 2:07:29 debut  
 5. Hailu Mekonnen, ETH 2:07:37 PB

## WOMEN

1. Alice Timbilil, KEN 2:25:03 PB  
 [1:12:32 / 1:12:31]  
 2. Eyerusalem Kuma, ETH 2:27:04  
 3. Robe Tola Guta, ETH 2:27:44  
 4. Woinshet Girma, ETH 2:27:51  
 5. Shitaye Bedaso, ETH 2:29:48 DB

**Dong-A Ilbo Gyeongju Marathon**

Gyeongju, KOR, 17 October  
 (Distance: 42.196 km)

## MEN

1. Yirdaw Dejene, ETH 2:09:13  
 2. Abdellah Falil, MAR 2:09:24 PB  
 3. Kipchirchir Kimaly, KEN 2:09:44 PB  
 ... 9. Johannes Kekana, RSA 2:24:16

## WOMEN

1. Chung Yun-Hee, KOR 2:32:09

**Marathon (27th) & Semi-Marathon de Reims**

Reims, FRA, 17 October  
 (Distances: 42.195 & 21.1 km)

**Marathon** (gun times)

## MEN

1. Stephen Chebogut, KEN 2:09:38 DB  
 2. Stanley Biwott, KEN 2:09:41  
 3. Terefe Yae, ETH 2:10:03

## WOMEN

1. Meseret Legesse, ETH 2:33:37  
 2. Eshetu Degefa, ETH 2:34:07  
 3. Tirualem Bekele, ETH 2:34:46

**Half marathon** (gun times)

1. Soloman Deksisa, ETH 1:02:19  
 2. Stephen Kiprotich, KEN 1:02:20  
 3. Peter Kosgei, KEN 1:02:28

## WOMEN

1. Christelle Daunay, FRA 1:08:34 NR/CR  
 2. Pamela Lisoreng, KEN 1:11:33  
 3. Etenesh Diro, ETH 1:11:35

## CROSS-COUNTRY

### Bill Dellinger Invitational

Pre's Trail, Eugene, USA, 16 October

MEN (8 km)

Team Results: 1. Oregon 26; 2. Wisconsin 38; 3. Guelph 75

1. Matthew Centrowitz	Oregon	23:38.11
2. Luke Puskedra	Oregon	23:38.13
3. Danny Mercado	Oregon	23:42.15

WOMEN (6 km)

Team Results: 1. Oregon 18; 2. Guelph 59; 3. Idaho 74

1. Jordan Hasay	Oregon	19:25.31
2. Alex Kosinski	Oregon	19:25.33
3. Rachel Cliff	Guelph (CAN)	19:50.44

### Chile Pepper Cross-country Festival (22nd)

Fayetteville, USA, 16 October

MEN (10 km)

1. Oklahoma State University 22; 2. Indiana University 73; 3. University of Arkansas 74; 4. Adams State University 134; 5. Texas A&M University 241

1. Colby Lowe	OKLAHOMA STATE UNIVERSITY	JR	29:10.97
2. Tom Farrell	OKLAHOMA STATE UNIVERSITY (GBR)	FR	29:14.89
3. German Fernandez	OKLAHOMA STATE UNIVERSITY	JR	29:15.28

WOMEN (5 km)

Team Results: 1. Oklahoma State University 68; 2. Indiana University 72; 3. Texas A&M University 154; 4. Adams State University 188; 5. Oakland University 254

1. Sarah Pease	INDIANA UNIVERSITY	SR	17:04.67
2. Kristen McGlynn	ADAMS STATE UNIVERSITY	SR	17:14.52
3. Holly Knight	AUBURN UNIVERSITY	SR	17:15.50

## BACKGROUND

This article by Jeré Longman appeared in *The New York Times*. – Ed.

### ETHIOPIANS SKIP TRACK FOR THE MARATHON

When Haile Gebrselassie, the world record holder from Ethiopia, competes in the New York City Marathon on 7 November, he will be both a star and a growing anachronism.

Gebrselassie is classically trained as a runner. He competed in cross-country and won two Olympic gold medals on the track at 10000 meters before turning his full attention to the 26.2 miles of the marathon. He is the only man to have run

under 2 hours 4 minutes, setting his world mark of 2:03:59 at the 2008 Berlin Marathon.

Now 37, Gebrselassie was also groomed in a relatively closed system of Soviet-influenced coaching and training techniques in the East African nation, which was run by a Marxist military junta from the mid-1970s until the early-1990s.

Ethiopia has long produced great marathoners: Abebe Bikila won the

Olympic marathon in 1960 and 1964, becoming the first black African to win a gold medal. His countryman Mamo Wolde won the 1968 Olympic marathon. Fatuma Roba won the women's Olympic marathon in 1996 and three Boston Marathons. Derartu Tulu, a two-time Olympic champion at 10000 meters, is the defending women's champion in New York. Many consider Gebrselassie the greatest distance runner ever.

The difference now is that individual greatness is being enhanced by billowing numbers. In recent years, a flood of Ethiopian runners has challenged the international marathoning supremacy of neighboring Kenya. While Sammy Wanjiru of Kenya, the reigning Olympic champion, won the Chicago Marathon last weekend, Tsegaye Kebede and Feyisa Lilesa of Ethiopia finished second and third.

Kebede won the London Marathon earlier this year and is the reigning Olympic bronze medalist. Lilesa, only 20, won marathons in Dublin and Xiamen, China, in the last year. Both countrymen have succeeded in ways that Gebrselassie (and Tulu) would find unfamiliar, having effectively skipped or quickly discarded their track careers and gone straight to the marathon.

There are a number of reasons that Ethiopians (and Kenyans) are heading to the marathon as young as their teenage years. Money is less plentiful on the international track circuit. A glut of distance runners makes it harder to get an invitation to meets. At the same time, in one of the world's poorest countries it is now much easier for Ethiopian runners to gain access to races outside the country and potential financial lucre.

Kebede, for instance, was making less than a dollar a day gathering firewood and herding animals when he joined a distance training group five years ago at age 18. He made about \$200,000 combined for victories in the 2008 Paris and 2010 London marathons.

Last year, Lilesa was cautioned by his coach and agent to first consider a career at shorter distances, but at 19, he told them: "I am ready physically and mentally. I've thought about it and I want to move on."

While Kenya may have three times as many runners as Ethiopia, some agents

say that the Ethiopian system of developing athletes is perhaps better organized. While many runners in Kenya are sponsored by the army and police, Ethiopia also has professional clubs, which pay salaries to runners, that are sponsored by banks, hospitals and private individuals, said Hussein Makke, a Lebanese agent who represents Lilesa and has also worked with Kenyans.

The Ethiopian system is also extremely centralized, with the vast majority of runners moving from their home villages to the capital of Addis Ababa to further their careers. Recently, most Ethiopian stars like Gebrselassie, Tulu and Roba have come from the country's southern highlands. Now top runners are popping up like mushrooms in other regions. Both Kebede and Lilesa, for instance, grew up near the capital.

"We used to think when we get to 30 and are too old for the track, now we do the marathon," Makke said. "Today, key athletes have had tremendous results and this has impacted on young kids that 'We can do it, too.' And more coaches are becoming convinced that they can coach the marathon."

Steve Jones, a former world record holder in the marathon from Wales, said in Chicago that the marathon had supplanted the mile as the "blue-ribbon event" of track and field. He called it a "shortcut to fame and glory; you just need one good race and you can set yourself up for half a lifetime with invitations to races."

Yet Jones urged caution about this leapfrogging to the marathon, calling it "short-sighted" and saying, "I think a lot of athletes miss out on the joy of running on the track and the roads."

It seems too early to tell with any certainty whether this trend of skipping the track for the marathon will ultimately prove mostly beneficial, neutral or injurious to many careers.

Wanjiru won the Olympic marathon at 21 and now, at 23, is the youngest person to win four major marathons — Chicago in 2009 and 2010, the 2008 Beijing Olympic marathon and London in 2009. Clearly, it was the right move for him.

A more cautionary tale might be found in the case of Atsede Baysa of Ethiopia, who won the women's race at the Paris

Marathon in April but quickly lost a 24-second lead in the late miles in Chicago and finished second, falling three minutes behind the winner, Liliya Shobukhova of Russia. That race was the 14th marathon for Baysa, who is only 23.

Clearly, though, this surge of Ethiopians is not likely to abate soon.

"There are many coming and more to come," said Federico Rosa, the agent for Wanjiru.

## STATS TIME

### MEN'S 800 M: ALL-TIME LIST & WORLD RECORD SPLITS

David Rudisha has twice set world record for 800 metres in 2010, first with 1:41.09 and then a week later with 1:41.01. This week we look at some interesting stats around the two-lap race.

Thirty-five world records over 800 m/880 yards have been set since the IAAF started recognising global marks in 1912. The last nine records have been set by just four men: Alberto Juantorena, Sebastian Coe, Wilson Kipketer and the current holder, David Rudisha.

Only four records were set at the Olympic Games: Ted Meredith ran 1:51.9 in Stockholm (the first record recognised by the world body), Tom Hampson 1:49.8 in Los Angeles, Ralph Doubell 1:44.3 in Mexico City (the first record on a synthetic track), and Juantorena 1:43.5 in Montreal.

Since Hampson ran history's first sub-1:50 in Los Angeles, only two records have been set with negative splits (faster second lap). The first was in 1966 when Jim Ryun clocked 1:44.9y (converted to 1:44.3) with laps of 53.3 and 51.6 (a 1.7 sec differential), and the second came six years later when Dave Wottle ran 1:44.3 with laps of 52.9 and 51.4 (1.5 sec).

The largest differential ever is Kipketer's 4.6 sec in his second world record (48.3 + 52.9). Rudisha's splits were 49.1 and 52.0 in his first record and 48.9 and 52.1 in his second. His 100-metre splits in his second record were 12.7, 11.7, 12.2, 12.4, 12.6, 13.1, 13.1 and 13.3.

Interestingly, Hampson also ran the closest to even pace: 54.8 and 54.9.

Here are history's eleven fastest 800s (by only four men; Rudisha has five):

1:41.01	David Rudisha (KEN)	2010
1:41.09	Rudisha	2010
1:41.11	Wilson Kipketer (DEN)	1997
1:41.24	Kipketer	1997
1:41.51	Rudisha	2010
1:41.73	Sebastian Coe (GBR)	1981
1:41.73	Kipketer	1997
1:41.77	Joaquim Cruz (BRA)	1984
1:41.83	Kipketer	1996
1:42.01	Rudisha	2009
1:42.04	Rudisha	2010

## THIS MONTH IN HISTORY

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

### 56 years ago: 13 October 1954

13 October is a red-letter day in British athletics. Most enthusiasts will remember it as the day when Paula Radcliffe ran 2:17:18 in Chicago in 2002, a world marathon record and better even than the 2:17:39.4 by her famous fellow countryman Jim Peters in 1954 –

then a men's world record. But the same date in the same year, 1954, saw Chris Chataway kick past Russian ironman Vladimir Kuts in the White City Stadium, setting a world 5000-metre record of 13:51.6 after a pulsating duel in which Kuts led until 20 m from the tape. In the recent Great North Run Chataway, now Sir Chris and 79 years old, finished in an excellent 1:51:01. Chataway, a former cabinet minister, is also famous for pacing Roger Bannister to the first 4-minute mile, on 6 May 1954 (he ran 4:07.2).

## 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
	26:44	Leonard Patrick Komon (KEN)		
	27:01	Micah Kogo (KEN) 2009		
	26:44p	Leonard Patrick Komon (KEN) 2010		
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	Somersset 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	2:19:45	Butiki Jantjies	Durban	02 Oct
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				

6:18:24 Mario Ardemagni (ITA) 2004

Masters (50+)

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	2:43:30	Charles Vilakazi	Durban	02 Oct
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

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				

Juniors

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		

**WOMEN**

Open

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	2:32:33	Tanith Maxwell	Berlin	26 Sep
	2:20:25	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	Tessa Burrell	Port Elizabeth	01 May
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15 km	32:14	Priscilla Welch (GBR) 1985		
	56:31	Michelle Bartman	Eersterivier	26 Jun
21.1 km	49:35	Priscilla Welch (GBR) 1985		
	81:10	Michelle Bartman	Port Elizabeth	24 July
25 km	69:56	Irina Permitina (RUS) 2009		
	1:47:49	Ansie Viljoen	Pretoria	08 May
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	2:06:43	Joanna Thomas	Camps Bay	10 Jan
Marathon	1:51:37	Mieke Pullen (NED) 2001		
	2:52:04a	Joanna Thomas	Oudtshoorn	27 Feb
100 km	2:26:51	Priscilla Welch (GBR) 1987		
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	40:28	Olga Howard	Bellville	10 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	63:25	Olga Howard	Eersterivier	26 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:51	Olga Howard	Port Elizabeth	24 July
	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
Marathon	3:08:34a	Annatjie Botes	Oudtshoorn	27 Feb
100 km	2:31:05	Tatyana Pozdniakova (UKR) 2005		
<u>Grandmasters (60+)</u>				
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	3:30:14	Veronica van Niekerk	Cape Town	26 Sep
100 km				
<u>Juniors</u>				
10 km	34:28	Dominique Scott	Bellville	05 Jun
	31:42	Zola Pieterse (RSA) 1984		
15 km	57:44	Asiphe Sikabalanjana	Constantia	13 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	78:42	Nandipha Dywili	Port Elizabeth	24 July
	1:09:05	Delilah Asiago (KEN) 1991		

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