

Distance Running Results

Vol. 10, No. 46 – 22 November 2010

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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.

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

EDITORIAL

Leonard Patrick Komon of Kenya set his second world record of the year in the Netherlands this weekend when he won the famed Zevenheuvelenloop 15 km in 41:13 – obliterating Felix Limo's 41:29 in the same race in 2001. Komon's time is also better than the previous unofficial world best of 41:22, set by Haile Gebrselassie in the Tilburg 10 miles in 2005. Komon's splits were 14:01, 13:38 and 13:34; he won by 48 seconds.

Joanna Thomas retained her title in the Mr Price Winelands Marathon, held this weekend for the 33rd time on its tough course in Stellenbosch, running a magnificent new course record for veterans of 2:55:22. This time is intrinsically much better than her list leader of 2:52:04 on the downhill Congo Marathon course. It is the fastest winning time in the race since Jowaine Parrott ran 2:51:53 in 1993.

In Monaco at the IAAF World Athletics Gala, Kenya's David Rudisha and Croatia's Blanka Vlašić were named the IAAF World Athletes of the Year. Rudisha (21) broke Wilson Kipketer's world record in the 800 m twice this season, was unbeaten in twelve races over the distance, claimed the African title, and won at the inaugural IAAF/VTB Bank Continental Cup. Vlašić (27) the two-time world champion in the high jump, added a second world indoor title to her collection this year, was unbeaten in seven Samsung Diamond League meetings, won the European title, and also took the Continental Cup in her hometown of Split.

As mentioned with the results last week, the Edendale 10 km was short. But it also appears that the results received by KZN correspondent Alen Hattingh, which he sent to DRR, were wrong. Sibusiso Nzima was not third, but second. Although the times are of academic interest only, here is the correct order of the first five men:

1. Daniel Yegon (KEN) 29:28 (not Tegon)
2. Sibusiso Nzima 29:41
3. Dominic Khoza 29:53
4. Thubalethu Phaku 30:42
5. Robson Chigara (ZIM) 30:58



Ivette van Blerk's smile reflects her success in the Spar Grand Prix Series, which she dominated this year to win the first prize of R60 000. Her club, Nedbank CGA, won the team competition, followed by Boxer and Nedbank AGN. [Reg Caldecott]

In the women's race Esther Mnikathi was fourth (36:07) and Tebogo Masehla fifth (37:09).

The 2010 ING New York Marathon established a "world record" with its 44 829 finishers (28 757 men and 16 072 women).

The following women were mistakenly indicated as DNFs in New York in last week's Editorial. They in fact finished in the positions as shown here:

12. Teyba Erkesso, 1982, ETH 2:31:06
13. Mara Yamauchi, 1973, GBR 2:31:38
14. Derartu Tulu, 1972, ETH 2:32:46
15. Tatyana Pushkareva, 1985, RUS 2:34:05
16. Salina Kosgei, 1976, KEN 2:34:14

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Run for Fun 10 km, Durban
- * Heatonville 19 km, Empangeni to Heatonville
- * Mr Price Winelands Marathon & Half Marathon, Stellenbosch
- * The Willows 10 km & 5 km Challenge, Port Elizabeth
- * Rowlin National Brokers 15 km & 10 km, Benoni

International highlights:

- * Fortis Zevenheuvelenloop, Nijmegen, NED
 - * Kobe Women's Half Marathon, Kobe, JPN
 - * Ageo City Half Marathon, Ageo, JPN
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ROAD RUNNING

Run for Fun 10 km

Durban, 21 November

Note: DRR has received reports that this race may have been around 100 m short. The Race Time Bias (RTB) figure, 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), is -6.96 sec/km – well over the accepted limit of -5 sec/km. Although this figure was worked out with only five performances in the race, it seems reasonable to judge the course to be short, so these times will not be included in statistical lists. It is a real pity that a KZN race has been found to be short for the second week in a row. – Ed.

MEN

- | | | | |
|----|-----------------|-----------------|-------|
| 1. | Samuel Pazanga | ZIM/Mr Price AC | 29:30 |
| 2. | Robson Chigara | ZIM/Form One AC | 29:41 |
| 3. | Thubaletu Phaku | DUT | 29:50 |

40-49:

- | | | | |
|----|---------------|-----------|-------|
| 1. | Sipho Mbokazi | Toyota AC | 36:04 |
|----|---------------|-----------|-------|

50-59:

- | | | | |
|----|------------------|-----------|-------|
| 1. | Maxwell Ngwengwe | Toyota AC | 37:31 |
|----|------------------|-----------|-------|

60+

- | | | | |
|----|--------------|-------------|-------|
| 1. | Petros Shumi | Zabalaza AC | 42:38 |
|----|--------------|-------------|-------|

WOMEN

1.	Catherine Nyakwishira	ZIM/Form One AC	36:51
2.	Jenna Challenor	Boxer AC	37:03
3.	Alison Manake	Form One AC	38:28

40-49:

1.	Sandy de Beer	SANDF	43:01
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50-59:

1.	Linda Palmer	PDAC	48:33
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60+

1.	Judy Conlin	Harlequins	65:32
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Heatonville 19 km

Empangeni to Heatonville, 21 November
(Point-to-point course)

Note: This race is over the odd distance of 19 km and is point to point. – Ed.

MEN

1.	Simon Mkhonza	Umhulathuze AC	70:19
2.	Sifiso Ntshangase	Emp AC	70:56
3.	Bernard Phalatsane	Nedbank AC	71:22

40-49:

1.	Sifiso Mthiyane	ZMSC	72:40
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50-59:

1.	Innocent Ndlovu	Mandeni Harr	86:50
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60+:

1.	Chris vd Westhuizen	Umhulathuze AC	99:44
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WOMEN

1.	Melanie v Rooyen	R/Bay AC	86:44
2.	Noncebo Mthethwa	Umhulathuze AC	94:08
3.	Izelle Geyzer	ZMSC	95:24

40-49:

1.	Corne Coetzer	R/Bay AC	123:41
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50-59:

1.	Cathy de Beer	Vryheid AC	118:24
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60+:

1.	Linda Vivian	Umhulathuze AC	123:39
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Mr Price Winelands Marathon (33rd) & Half Marathon (14th)

Stellenbosch, 20 November

(Distances: 42.195 & 21.1 km; certified loop courses, both very hilly and the half marathon partly on gravel)

Marathon

MEN

1. Mthandazo Qhina (Adidas) 2:20:21 (R1500); 2. Innocent Nogwaza (Adidas) 2:34:49 (R1000); 3. Mark Visser (Old Edwardians) 2:37:59 (R500); 4. Simon von Witt (Atlantic) 2:40:13; 5. Dumisani Dosi (Paarl) 2:46:16; 6. Zolani Sowazi (Gugs) 2:46:34; 7. Zolani Bhitane (Adidas) 2:48:40; 8. Anele Ndzuta (Adidas) 2:49:11; 9. Andries Swanepoel (B'fell) 2:50:16 (1st vet); 10. Pieter Koopman (Maties) 2:50:50; 11. Mandla Pangalele (Gugs) 2:51:48; 12. Dion Middelkoop (VOB) 2:52:29; 13. Luvuyo Ntando (Satori) 2:53:10; 14.

Quinten Prins (Metropolitan) 2:53:59; 15. Dawid Gous (Swartland) 2:54:42; 16. Johan van Zyl (Tygerberg) 2:54:55; 17. Andries Ntsizakalo (Nedbank) 2:55:01; 18. Charles Witbooi (VOB) 2:55:17; 19. Pieter Hanekom (Nedbank) 2:55:17; 20. Richard Stubbs (VOB) 2:55:22.

40-49: 1. Andries Swanepoel (B'fell) 2:50:16 (R750); 2. Dion Middelkoop (VOB) 2:52:29 (R500); 3. Andries Ntsizakalo (Nedbank) 2:55:01 (R250). **50-59:** 1. Thomas Moses (Worcester) 3:05:05 (R300); 2. Desmore Ooppel (Plexus D'ville) 3:06:07 (R200); 3. Henry Cieverts (Topforms) 3:13:21 (R100). **60-69:** 1. Vernon du Preez (Langebaan) 3:42:13 (R150); 2. Ronnie le Roux (Brack) 3:45:17 (R100); 3. Kosie Koopman (Worcester) 3:47:22 (R50).

WOMEN (Same prize money as men)

1. Joanna Thomas* (VOB) 2:55:22 (1st vet); 2. Ursula Frans (Adidas) 3:04:22; 3. Lisa Baumann (Mr Price) 3:19:11; 4. Berdine Smit (Nedbank) 3:19:13; 5. Candice Hall (Hout) 3:20:55; 6. Kerryn Armstrong (Celtics) 3:22:15; 7. Kim Woolrich (Celtics) 3:22:33 8. Liana Maree (Stellenbosch) 3:24:31; 9. Anneke Slabbert (Stellenbosch) 3:25:48; 10. Melany Porter (Pinelands) 3:27:25; 11. Paula Jandrell (VOB) 3:28:27; 12. Styntjie Prins (Paarl) 3:31:50 (1st mast); 13. Liesl Stoltz (Plexus D'ville) 3:32:48; 14. Elizabeth de Gouveia (Plexus D'ville) 3:33:06; 15. Vignani Paula (Italië) 3:35:09; 16. Theresa Brand (New Balance) 3:35:15; 17. Tracy Baxter (Satori) 3:37:02; 18. Lisa Austin (Plexus D'ville) 3:38:37; 19. Martha Pretorius (Topforms) 3:38:47; 20. Veronica van Niekerk (EGA) 3:42:32 (1st g'mast).

*) Thomas won an additional R500 incentive for a course record for veterans.

40-49: 1. Joanna Thomas (VOB) 2:55:22 (CR); 2. Ursula Frans (Adidas) 3:04:22; 3. Berdine Smit (Nedbank) 3:19:13. **50-59:** 1. Styntjie Prins (Paarl) 3:31:50; 2. Natalie de Villiers (Maties) 3:50:49; 3. Lorraine Rodgers (Plexus D'ville) 3:52:55. **60-69:** 1. Veronica van Niekerk (EGA) 3:42:32; 2. Olwyn Oliver (Fish Hoek) 4:24:13; 3. Chippy Steel (Hout) 4:31:07.

Half marathon

MEN

1. Zolani Ntongana (Mr Price) 1:09:36 (R500); 2. Lindikhaya Mthangayi (Mr Price) 1:10:32 (R300); 3. Duane Fortuin (Celtics) 1:10:57 (R200); 4. Velani Lusaseni (Adidas) 1:13:49; 5. Samson Gulubela (Atlantic) 1:14:02; 6. Sihle Mapukata (Mr Price) 1:14:31; 7. Riaan Witbooi (Eersterivier) 1:14:49; 8. Mervin Steenkamp (Inthaka) 1:14:59; 9. Graham Katzen (Celtics) 1:15:26 (1st vet); 10. Philip Pause (Eersterivier) 1:15:52.

40-49: 1. Graham Katzen (Celtics) 1:15:26 (R250); 2. Cliff Drury (Nedbank) 1:21:11 (R150); 3. Jimmy Drury (Nedbank) 1:21:12 (R75). **50-59:** 1. Les Chivell (Fish Hoek) 1:23:26 (R150); 2. Goodman Mpukane (Gugs) 1:24:56 (R100); 3. Robbie Lindsay (Nedbank) 1:26:42 (R50). **60-69:** 1. Hennie Wentzel (Plexus D'ville) 1:29:30 (R100); 2. Kevin Kohler (Edgemead) 1:39:02 (R75); 3. Henk Bos (Strand) 1:50:03 (R50). **Juniors:** 1. Marshall Rooi (Nedbank) 1:19:19 (R100); 2. Ronnie de Lange (B'fell) 2:23:07 (R75).

WOMEN (Same prize money as men)

1. Jacqui Bakkes (Paarl) 1:25:39 (1st vet); 2. Helene Perold (Adidas) 1:27:47; 3. Michelle Dreyer (Paarl) 1:28:38; 4. Wilma Eybers (Strand) 1:30:53; 5. Nolene Kritzingner (Ind) 1:31:25; 6. Mariëtte Esterhuysen (Tygerberg) 1:31:51; 7. Coriaan de Villiers (Harfield Harriers) 1:33:02; 8. Lesyl Potgieter (ATC) 1:34:04; 9. Sue Harrisberg (RAC) 1:34:45 (1st mast); 10. Ursula Turck (Strand) 1:45:00.

40-49: 1. Jacqui Bakkes (Paarl) 1:25:39; 2. Wilma Eybers (Strand) 1:30:53; 3. Mariëtte Esterhuysen (Tygerberg) 1:31:51. **50-59:** 1. Sue Harrisberg (RAC) 1:34:45; 2. Maretha de Kock (Adidas) 1:43:49; 3. Hannelie Stadler (Strand) 1:44:03. **60-69:** 1. Hester Kotze

(Plexus D'ville) 1:46:48; 2. Netta Truter (Namaqua) 1:54:58; 3. Norah Doherty (RAC) 2:00:07. **Juniors:** 1. Benine Havenga (Tygerberg) 2:27:27; 2. Wilandi van der Westhuizen (Bellville) 2:50:55.

The Willows 10 km & 5 km Challenge

Port Elizabeth, 20 November

(Two-lap course, with the 5 km one lap. Finishers: 10 km – 213; 5 km – 296.)

10 km

MEN

1	George	Ntshiliza	Nedbank RC EP	31	32:35
2	Mzwanele	Maphekula	Nedbank RC EP	34	33:20
3	Sinekhaya	Ndlakuse	Nedbank RC EP	21	35:22
4	Mutekile	Rasmeni (1 st vet)	Triangle Sports	45	36:07
5	Paul	Wolff	Triangle Sports	42	36:35
6	John	Rafani	Nedbank RC EP	43	36:53
7	Oliver	Schubert	Temp	32	38:55
8	Juan	Cordier	Temp	25	38:59
9	Bongani	Bashe	Nedbank RC EP	29	39:14
10	Leonard	Erasmus (1 st mast)	Willard Batteries	52	39:55
11	Andrew	Long	Madiba Bay	43	39:58
12	Sindile	Ngiyo (1 st jun)	Nedbank RC EP	15	40:42
13	Mlungiseleli	Manyati	Nedbank RC EP	35	40:59
14	Tamsanqa	Jusayi (1 st g'mast)	Mr Price PE	68	41:42
15	J C	Stevens	Bluewater Bay	17	41:47
16	Andre	Willemse	Elite AC	52	42:22
17	Xolandi	Ndukumbana	Temp	30	42:34
18	Naren	Sunker	Temp	27	42:44
19	Donald	Nel	Temp	15	43:30
20	John	Stevens	Bluewater Bay	46	44:07

40-44:

1	Paul	Wolff	Triangle Sports	42	36:35
2	John	Rafani	Nedbank RC EP	43	36:53
3	Andrew	Long	Madiba Bay	43	39:58

45-49:

1	Mutekile	Rasmeni	Triangle Sports	45	36:07
2	John	Stevens	Bluewater Bay	46	44:07
3	Anton	Von Molendorff	Elite AC	47	44:31

50-54:

1	Leonard	Erasmus	Willard Batteries	52	39:55
2	Andre	Willemse	Elite AC	52	42:22
3	Peter	Van Rensburg	Elite AC	52	44:30

55-59:

1	Giles	Hobson	Bluewater Bay	56	51:10
2	Henry	Thorne	Willard Batteries	57	52:25
3	Deon	Doubell	Temp	57	55:42

60-64:

1	Piet	Meyer	St Albans CS EP	61	52:37
2	Eldon	Fortmann	Walmer AC	60	59:40
3	Alan	Penney	Walmer AC	63	1:10:52

65-69:

1	Tamsanqa	Jusayi	Mr Price PE	68	41:42
2	Eckart	Schumann	Body Concept	65	53:05
3	Jan	Von Mollendorf	Elite AC	65	1:07:01

70+:

1	John	Pearl	Nedbank RC EP	74	1:14:00
Juniors:					
1	Sindile	Ngiyo	Nedbank RC EP	15	40:42
2	J C	Stevens	Bluewater Bay	17	41:47
3	Donald	Nel	Temp	15	43:30

WOMEN

1	Lizette	Sydien	Elite AC	24	44:18
2	Asanda	Solani	Nedbank RC EP	27	46:31
3	Treloar	Childs (1 st vet)	Walmer AC	47	46:49
4	Laura	Maritz (1 st mast)	Elite AC	50	47:05
5	Elmarie	Bezuidenhout	Charlo RR	28	47:40
6	Julie	Taunton	Crusaders AC	50	49:41
7	Janette	Schierz-Crusius	Body Concept	50	49:56
8	Shannon	Swart	Profiles AC	28	52:22
9	Mari-Nel	Goussard	Temp	24	52:26
10	Brigitte	Melly	Temp	23	53:39
11	Lindie	Stander	St Albans CS EP	26	53:48
12	Etreshia	Coetzee	Temp	35	54:41
13	Amanda	Prideaux	Bluewater Bay	35	55:38
14	Terray	Newcombe (1 st jun)	Nedbank RC EP	19	55:44
15	Gillian	Dealtry	Crusaders AC	52	57:41
16	Carmen	Hickman	Temp	30	57:57
17	Rozelle	Von Molendorff	Elite AC	46	58:06
18	Nicky	Charlewood	Temp	40	58:20
19	Amanda	Wolmarans	Temp	52	59:10
20	Cathy	Allers	Transnet RE EP	48	59:12

40-44:

1	Nicky	Charlewood	Temp	40	58:20
2	Sylma	Watkins	SAP MC EP	42	1:01:11
3	Christa	Meuwesen	Bluewater Bay	44	1:01:52

45-49:

1	Treloar	Childs	Walmer AC	47	46:49
2	Rozelle	Von Molendorff	Elite AC	46	58:06
3	Cathy	Allers	Transnet RE EP	48	59:12

50-54:

1	Laura	Maritz	Elite AC	50	47:05
2	Julie	Taunton	Crusaders AC	50	49:41
3	Janette	Schierz-Crusius	Body Concept	50	49:56

55-59:

1	Marcelle	Harran	Body Concept	56	1:02:27
2	Rina	Barnard	Elite AC	57	1:25:02
3	Monica	Bezuidenhout	Nedbank RC EP	56	1:28:46

60-64:

1	Debbie	Oelofse	Legacy AC	64	1:21:17
2	Kaye	Henrick	Temp	63	1:21:39

70+:

1	Dorothy	Hart	PEAAC	72	1:09:46
2	Lorna	Brown	PEAAC	71	1:28:09

Juniors:

1	Terray	Newcombe	Nedbank RC EP	19	55:44
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5 km**MEN**

1	Frikkie	Boshoff	Nedbank RC	31	20:26
2	Reginald	Hufkie	MTR Smit	18	21:15

3	Jaco	Du Toit	Temp	15	21:19
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WOMEN

1	Marina	Jordaan	MTR Smit	18	22:42
2	Janette	Schierz-Crusius	Body Concept	50	25:21
3	Sera	Ganyana	Temp	24	26:18

Rowlin National Brokers 15 km & 10 km

Benoni, 17 November
(Loop courses)

15 km

MEN

1 Enoch Manyandi (Nedbank) 47:15; 2 Vusi Malobola (Temp) 48:01; 3 Odwa Tunyiswa (Nedbank) 48:57.

Veterans: 1 Isaac Masilela (ADT) 54:25. **Masters:** 1 Jerry Rankapule (Nedbank) 58:39.

G'masters: 1 Mike Hirst (Striders) 60:15. **Juniors:** 1 Tian Basson (Jeugland) 56:21.

WOMEN

1 Jodi Moss (Temp) 65:57; 2 Patricia Gouws (Jeppe) 67:08; 3 Monica Newling (Boksburg) 70:17.

Veterans: 1 Shelley vd Spuy (Boksburg) 72:44. **Masters:** 1 Estelle Viljoen 77:00.

G'masters: 1 Bets Greyling (Sunward) 98:11.

10 km

MEN

1 Zongamele Dyubeni (Nedbank) 31:00; 2 Mthetha Goxo (Nedbank) 31:64; 3 Vincent Kutoane (Nedbank) 32:12.

Veterans: 1 Lawrence Chipangaan (Nedbank) 33:54. **Masters:** 1 Miles Saxby (Irene) 63:55. **G'masters:** 1 Pele Thsidukamalema (Vyebo Striders) 46:21. **Juniors:** 1 Sibusiso Lebogo (Tsakane) 34:39.

WOMEN

1 Lerato Mohosho (Kwa-Thema) 42:05; 2 Victoria Khoza (Benoni Harriers) 42:37 (1st jun); 3 Milisante Tshiloane (Temp) 45:21.

Veterans: 1 Maria da Costa (Boksburg) 73:24. **Masters:** 1 Sharon v Wyk (RWFL) 62:33.

G'masters: 1 Margaret James (Striders) 85:21. **Juniors:** 1 Victoria Khoza (Benoni Harriers) 42:37.

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

Fortis Zevenheuvelenloop (27th)

Nijmegen, NED, 21 November

(Distance: 15 km; flat, certified course)

MEN

1. Leonard Patrick Komon (KEN) 41:13 WR
2. Abera Kuma (ETH) 42:01
3. Ayele Abshiro (ETH) 42:02
4. Abraham Kiplimo (KEN) 43:04
5. Berhanu Delale (ETH) 43:08
6. Moses Mosop (KEN) 43:09
7. Joseph Birech (KEN) 43:23
8. Ryan Vail (USA) 44:00
9. Jussi Utriainen (FIN) 44:06
10. Abebe Sihine (ETH) 44:24

WOMEN

1. Genet Getaneh (ETH) 47:54
2. Florence Kiplagat (KEN) 48:08
3. Sayo Nomura (JPN) 49:45
4. Aki Odagari (JPN) 51:38
5. Benita Willis (AUS) 51:53
6. Heleen Plaatzer (NED) 52:05
7. Inge de Jong (NED) 52:59
8. Nadja Wijenberg (NED) 54:43
9. Valentine Kipleter (KEN) 54:43
10. Helen Sharpe (NED) 55:07

Kobe Women's Half Marathon

Kobe, JPN, 21 November

(Distance: 21.1 km)

Note: All runners from Japan. – Ed.

- 1) Mari Ozaki 1:11:35
- 2) Misato Horie 1:12:45
- 3) Megumi Seike 1:13:39
- 4) Manami Takemori 1:15:02
- 5) Yuki Ino 1:15:15
- 6) Kaori Oyama 1:15:46
- 7) Shoko Miyazaki 1:16:10
- 8) Miki Oka 1:16:21
- 9) Satoko Uetani 1:16:50
- 10) Sayaka Maeda 1:17:46

Ageo City Half Marathon (23rd)

Ageo, JPN, 21 November

(Distance: 21.1 km)

- 1) Suguru Osako 1:01:47
 - 2) Cosmas Ondiba (KEN) 1:02:44
 - 3) Kazuya Deguchi 1:03:12
 - 4) Fuminori Shikata 1:03:20
 - 5) Takuya Noguchi 1:03:22
 - 6) Suehiro Ishikawa 1:03:23
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NEWS

NEW LOOK FOR S.A. ATHLETICS SEASON

The new-look athletics season will start in earnest on 19 February with a Yellow Pages Series meeting in Potchefstroom.

Athletics South Africa has also announced it will be looking to put the "team" element back into athletics with two new Yellow Pages Interprovincial Series events on the calendar. The meetings, to be held in Germiston on 26 March and Bellville on 16 April, will allow provinces to enter teams (20 athletes per team comprising 10 men and 10 women). Points will be scored according to the IAAF points table.

The first Yellow Pages meeting of 2011 in Potchefstroom will follow those to be held in Stellenbosch (10 December), Oudtshoorn (13 December), Port Elizabeth (15 December) and Parow (18 December).

Six days after the Potchefstroom meeting the series will go to Pretoria, with the next stop being in Stellenbosch on 10 March.

The country's leading young athletes will get their chance to take centre stage when the Yellow Pages SA Junior and Youth Championships are held in Germiston on 1-2 April. The seniors will compete for their titles on 8-9 April in Durban.

Yellow Pages will also sponsor the SA Student Championships, which will take place in Stellenbosch on 28-30 April.

HELLEBUYCK SAYS SHVETSOV GAVE HIM EPO

The revelations about Eddy Hellebuyck's drug use were first published on the *Runner's World* website. This article, slightly edited, appeared in *Athletics International*. The Comrades Marathon Association did not reply to a request from *Distance Running Results* about what its view is regarding the allegations that double Comrades record holder Leonid Shvetsov used EPO, and if it would take any action. – Ed.

Interviewed by John Brant for *Runner's World*, former marathoner Eddy Hellebuyck – a Belgian Olympian in 1996 who became a US citizen in 1999 – has admitted for the first time that he did take EPO to enhance his performance. He had failed an out-of-competition test in 2004, when he was 43 and preparing for the US Olympic Marathon Trial, and – protesting his innocence – fought the case but ultimately his two-year suspension was upheld.

Hellebuyck, whose father Danny boxed for Belgium at the 1956 Olympics, had a marathon PB of 2:11:50 in 1994. He was still running well as he turned 40 but decided to boost his career by taking EPO from 2001, claiming in the interview that his supplier in Albuquerque was Russian marathon record holder (2:09:16 in 1997) Leonid Shvetsov, a medical doctor. Shvetsov, the record holder for both the "up" and "down" Comrades who has now retired from racing, denies ever taking or supplying any performance enhancing drugs.

Continuing his doping routine, Hellebuyck finished first American in the 2003 Boston Marathon (2:17:18) at 42 but all his doping tests came out negative. He came to the

conclusion that had he used EPO in his prime he could have run 2:06 for the marathon. Later in 2003 he won the Twin Cities Marathon in 2:12:47 ("I felt like anything was possible with EPO. I felt like Superman."), and believed that as EPO appeared to be undetectable nobody would ever know his secret. However, he was caught out by an unannounced test and received notice in March 2004 of the positive finding. Only now, six years later, has he confessed.

Concluding the interview, Hellebuyck said: "Look, I made an awful mistake. I was tempted. With EPO it's like you're on the beach and a beautiful girl comes up to you. You start talking to her. You realise if you go home with her, you're going to have one terrific night, but you're going to regret it for the rest of your life."

MARATHON MAJORS: FINAL POINTS

World Marathon Majors Series 2009-10

Final placings: MEN: 1, Sammy Wanjiru KEN 75 pts (wins \$500 000); 2, Tesgaye Kebede ETH 65; 3, Emmanuel Mutai KEN 50. WOMEN: 1, Liliya Shobukhova RUS 85 (wins \$500 000); 2, Irina Mikitenko GER 41; 3, Salina Kosgei KEN 36.

World Marathon Majors Series 2010-11

Current placings: MEN: 1, Kebede 40; 2, Mutai 30; 3=, Robert Kiprono Cheruiyot KEN, Gebre Gebremariam ETH, Patrick Makau KEN & Wanjiru 25. WOMEN: 1, Shobukhova 50; 2=, Teyba Erkesso ETH, Aberu Kebede ETH & Edna Kiplagat KEN 25.

WMM races in 2011: London 17 Apr, Boston 18 April, World Champs – Daegu (women 27 August, men 4 September), Berlin 25 September, Chicago 9 October, New York 6 November.

OBITUARY: WES SANTEE

David Wesley "Wes" SANTEE (USA) (b. 25 Mar 1932) died on 14 November at his home in Eureka, Kansas, at the age of 78. A leading protagonist in the race for the first four-minute mile, he emerged while a freshman at the University of Kansas in 1951 by winning the AAU junior 5000 m followed by second in the senior race the following day. In 1952 he won the NCAA 5000 m and then took the AAU 1500 m in 3:49.3, the fastest by an American for 12 years. He was eliminated in his heat of the Olympic 5000 m, but then ran a best of 1:51.2 for 800 m. He made major progress in 1953, setting a collegiate mile record of 4:06.3 in May and running 4:02.4 at the Compton Invitational for a US record and fourth on the world all-time list. This came despite a very slow early pace (2:05.2 at 880 y), before he produced laps of 58.2 and 58.9. A similar scintillating finish brought him the NCAA title in 4:03.7 but he led for much of the way to win the AAU title in 4:07.6. On a European tour he took a second off the US record for 1500 m with 3:44.2 at Gothenburg, winning from Sune Karlsson, who ran the same time. This time headed the 1953 world list and he was also second at 800 m with 1:48.3 at Oslo behind Mal Whitfield.

Indoors in 1954 he ran a world indoor "record" 4:04.9 and a relay leg of 4:02.6, and outdoors 4:03.1 before Bannister's 3:59.4 on 6 May. Santee ran what was then the joint second fastest time of 4:01.3 at Kansas City on 31 May before making a bid for the world record at the Compton Invitational on 4 June. He went through the $\frac{3}{4}$ mile in 2:59.0, 1.5 ahead of Bannister's schedule, but although passing the 1500 m in 3:42.8 for a new world record, tied up to end with another second mile best of all-time, 4:00.6. The next day he beat Whitfield over 880 y and a week later ran a 4:00.7 mile.

In 1955 he improved his indoor mile record to 4:03.8 at Boston on 29 January and ran an indoor world best for 1500 m of 3:48.3 en route to a loss to Gunnar Nielsen at 1 mile. Then Santee won the AAU indoor title and was second in the Pan-American Games 1500 m at high altitude in Mexico City. He set his fourth US mile record with 4:00.5 at the Texas Relays in Austin on 2 April and improved at 880 y to 1:48.5 (1:47.8 at 800m) at Modesto, but that was it because after a few races in 1956 the AAU banned him from amateur athletics for

taking excess expenses at several meets. Other PBs: 2 miles 8:58.0 (1954), 5000 m 14:32.0 (1952). [*Athletics International*]

STATS TIME

ALL-TIME 1500: TOP 10 MEN

After 17 years Johan Landsman, these days a coach in Stellenbosch, still holds the South African record for the 1500 m at 3:33.56. Four South Africans have run sub-3:34 for the distance, and five of the top ten on the all-time list are named Johan/Juan. The fastest SA mile time, Johan Fourie's 3:50.82 – which is six years older than Landsman's – is equal to about 3:33.74 (just slightly faster than he ran for the metric distance). The fastest time in 2010 is Juan van Deventer's 3:34.52. Here are the top ten men on the all-time list.

3:32.30	Sydney Maree	1	Hamburg	12 Sep 81
3:33.56	Johan Landsman	6	Zurich	04 Aug 93
3:33.63	Johan Cronje	9	Monaco	28 Jul 09
3:33.87	Johan Fourie	1	Stellenbosch	10 Apr 87
3:34.30	Juan van Deventer	2	New York	30 May 09
3:35.33	Peter van der Westhuizen	4	New York	30 May 09
3:35.65	Whaddon Niewoudt	1	Port Elizabeth	17 May 93
3:35.84	Francois van Rensburg	3	Port Elizabeth	17 May 93
3:35.98	Danie Malan	1	Zurich	09 Jul 76
3:36.30	Johan Botha	2	Nijmegen	23 May 00

THIS MONTH IN HISTORY

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

10 years ago: 12 November 2000

Paul Tergat (KEN) outsprinted Faustin Baha (TAN) by one second in 63:47 to win the world half-marathon title in Veracruz, Mexico. The first seven men were from Africa, with Tergat joined by three team-mates – Joseph Kimani, David Ruto and John Gwako. Two South Africans rounded out the top twenty: George Mofokeng was 19th in 66:12 and Bethuel Netshifhefhe 20th in 66:18. South Africa finished seventh in the team competition. In the women's race Paula Radcliffe (GBR) had an easier victory than Tergat – her 69:07 beat Susan Chepkemei (KEN) by 33 sec. The SA women, led by Carlien Cornelissen's 76:27 in 26th place, also took seventh in the team competition.

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)		
	26:44	Leonard Patrick Komon (KEN) 2010		

15 km	43:50	Lusapho April	Port Elizabeth	06 Mar
	41:13	Leonard Patrick Komon (KEN)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
	41:13p	Leonard Patrick Komon (KEN) 2010		
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	2:08:33	Stephen Mokoka	Seoul	07 Nov
	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	2:19:45	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	

WOMENOpen

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
	32:14	Priscilla Welch (GBR)	1985	
15 km	56:31	Michelle Bartman	Eersterivier	26 Jun
	49:35	Priscilla Welch (GBR)	1985	
21.1 km	81:10	Michelle Bartman	Port Elizabeth	24 July
	69:56	Irina Permitina (RUS)	2009	
25 km	1:47:49	Ansie Viljoen	Pretoria	08 May
	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	2:52:04a	Joanna Thomas	Oudtshoorn	27 Feb
	2:26:51	Priscilla Welch (GBR)	1987	
100 km	7:00:27	Normi Sakurai (JPN)	2007	

Masters (50+)

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
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
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	3:30:14	Veronica van Niekerk	Cape Town	26 Sep
100 km				

Juniors

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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