

# Distance Running Results

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George Ntshiliza with a few hundred metres to go to victory in the Old Mutual Two Oceans Marathon. Below right: Farwa Mentoor, once again the first South African woman. [Photographs: Martin van Schalkwyk]

## EDITORIAL

The dominance of the foreign runners in the Old Mutual Two Oceans Marathon was broken by an unlikely candidate in the 42<sup>nd</sup> edition of the race on Saturday. Running in perfect autumn conditions, George Ntshiliza (31) became the first South African since 2007 to win the race (not since 2003, as some newspapers said). His time was 3:08:31; his margin of 18 seconds over Motlhokoa Nkhabutlane (LES) is the smallest since 2002.

Although the next seven positions behind the winner were filled by foreigners, the last two gold medals went to South Africans Peter Muthubi and Vusi Malobola – giving the host country two more gold medals than the single one (for tenth position) it won in 2010.

While Lesotho bagged the first three spots in 2010, it took positions two, three, four and sixth this time. Defending champion Mabhuthile Lebopo finished 12<sup>th</sup>.

In the women's race it was business as usual, with Olesya Nurgalieva (RUS) taking her third win and twin sister Elena placing second. Olesya's time of 3:33:58 is the second fastest in the history of the race and the quickest ever on the current, somewhat more difficult course. Both sisters have now won three times.

The defending champion in the accompanying half marathon, national marathon champion Lusapho April, was more successful than Lebopo in the ultramarathon and won again. His 1:03:58 is four seconds slower than last year, but the fastest

by a South African in 2011.

There was a huge upset in the women's half marathon when both Helalia Johannes (NAM) and Irvette van Blerk broke René Kalmer's course record with times of 1:11:56 and 1:12:04. Kalmer finished in distress in fourth place, grimacing from pain caused by ITB in her left knee. She had to be assisted to the medical tent where she received immediate treatment, but the injury is casting doubt over her participation in the Prague Marathon on 8 May.

Johannes scored her fourth victory; she also won in 2006, 2007 and 2009. Van Blerk has now finished second two years in a row. Hometown favourite Zintle Xiniwe took third in 1:14:58; she was



also third in 2007.

The good weather had both participants and organisers smiling as Cape Town put its best foot forward. It is not the latest in the year the Two Oceans has ever been held – it was run on the same date in 1973, and the first three races were all held in May.

In the ultramarathon Kenyan Wesley Ruto made the early running in the pre-dawn darkness, leading for the first hour before compatriot Johnstone Chebii Kemboi took over. Ruto dropped out at 23 km and Shadrack Mudimbu (ZIM) went into the lead, followed at some distance by two large groups which included the Lesotho contingent as well as South African marathon record holder Gert Thys.

At the halfway mark, just before the first major climb up Chapmans Peak, Kemboi, Mudimbu and Modibe Mamabolo were leading in 1:33:47, with Thys (who would fail to finish), Donald Mathipa, Enos Matalane and Mkhonzeni Basi 12 seconds behind. They were followed by Mike Fokoroni (ZIM), former winner Moses Njodzi (ZIM) and Henry Moyo (MAW).

Ntshiliza was exactly 30 seconds behind, running easily in a group of twelve that included defending champion Lebopo.

As the climb started, Kemboi moved ahead. By the time he reached the summit at 34 km (180 m above sea level), he was 20 seconds ahead of Fokoroni, who had Michael Mazibuko on his heels. Double Comrades champion Stephen Muzhingi (ZIM) had joined the top ten, as had Lebenya Nkoka (LES).

Then Kemboi, running in his first Two Oceans, made the mistake that had cost so many athletes a top position, or even a win, on this demanding course in the past. He surged down "Chappies" and by the time he reached Hout Bay at 39 km, the bone-jarring descent had started to take its toll.

Soon he slowed on the small but rolling hills through the town and showed signs that his leg was bothering him. He could not hold off the chasers any longer and Mazibuko, who had passed Fokoroni, swept to the front.

The first two or three kilometres out of Hout Bay towards the standard marathon mark are slightly uphill and Mazibuko stormed up the incline – another mistake, according to the wise men of the Two Oceans. But he was looking in excellent form and reached 42.2 km in 2:19:42 – just a few seconds slower than the leaders did last year.

His lead over Fokoroni was 34 seconds. Kemboi was 27 seconds behind the Zimbabwean and he was followed 29 seconds later by Lebohang Monyele (LES). Mazibuko was flying, but what he did not know was that in his wake the patient Ntshiliza had joined the top ten for the first time, going past the marathon mark in 2:21:13 in sixth place. Rounding out the gold medal positions were Nkhabutlane, Tsohang Maine (LES), Moyo, Moeketsi Mosuhli (LES) and 2009 champion John Wachira (KEN), who was 1:39 behind the leader.

Of these ten only six would reach the finish still in gold medal position; Mazibuko would fade to 16<sup>th</sup> and Wachira would not finish. Such is the nature of the Two Oceans.

The reason lay before them: the murderous, twisting, unrelenting climb up Constantia Nek to the highest point on the course at 46 km, where you are 215 m above the sea.

Soon the writing was on the wall for the leader. He suddenly started cramping and had to give way to Fokoroni, with the clock showing 2:27:41. Thirty seconds later Mazibuko



The second and third runners, Motlhokoa Nkhabutlane and Tsohang Maine, both from Lesotho.

started walking, but managed to resume running. Meanwhile, behind them, the real racing had started.

Nkhabutlane had accelerated immediately after going through the marathon point and was overhauling Fokoroni with every stride. Ntshiliza had also decided it was time to make his move, although he was still more than a minute off the lead.

At the top of the climb Nkhabutlane's chase put him just 7 seconds behind Fokoroni, and at 47 km (2:38:42) he grabbed the lead. Maine had moved into third, followed by Monyele, Mosuhli, Ntshiliza, Muzhingi, Malobola, Lebopo and a recovered Mazibuko.

Nkhabutlane, winner of the Cape Town Marathon in 2008 and 2009 and brother-in-law of Lebopo, seemed set to score another victory in the Mother City. At 50 km, which he reached in 2:48:05, he was 28 seconds in front of Fokoroni, who was slowing, and 49 seconds ahead of Maine, who did not finish last year. Monyele followed, then Mosuhli, who was second in 2010, with Ntshiliza next in 2:49:21. Wachira was still there, at 2:52:54, but would stop soon after.

Nkhabutlane was running steadily, yet was showing signs of strain in his upper body. But as the final kilometres ticked by, he was holding on to the lead in a desperate struggle to give Lesotho another victory.

Unfortunately for him, there was a more determined and faster runner behind him. Ntshiliza, who was 40<sup>th</sup> in 2009 and 26<sup>th</sup> in 2010 – but twice third in the half marathon – was averaging 16 seconds per kilometre faster than the leader and was cutting the deficit rapidly.

With 1200 metres to run, Ntshiliza closed in. For about 50 metres he ran behind his adversary, waiting to strike. When it came, it seemed at first as if Nkhabutlane could hold on, but then Ntshiliza, who is self-coached, glanced at his rival and pulled away decisively.

He could not really sprint to the line, but ran strongly across the sports fields of the University of Cape Town and then sank to his knees after crossing the timing mats. His victory was the smallest since Simon Mphulanyane outsprinted Luketz Swartbooi by 11 seconds in 2002.

Ntshiliza ran the last 6 km in 19:10 as against Nkhabutlane's 20:44. Nkhabutlane said afterwards that he had suffered a leg injury during his preparation and promised to be back next year "to win".

Maine redeemed himself with the third position, while Muzhingi continued his consistent performance in the Two Oceans: he has been eighth, fourth, fourth and now fifth, but his 3:09:46 is his best time. Fokoroni was seventh and Muthubi ninth after having been only 20<sup>th</sup> at the marathon mark, while Monyele had to be content with the first silver medal and Lebopo finished one position behind him.

"I know what my mistake was last year," the winner said. "I did not train properly, but this time I started proper training last year already." He said he did not believe in going to altitude to prepare for a race like the Two Oceans, as many of his rivals do.

"I showed that South Africans can beat athletes from other African countries. I left school in Grade 10 and have been a professional athlete since then. But now I have some money and I would like to go back to school to finish my studies."

Ntshiliza, who has two children, won R250 000 in prize money and will certainly earn more with various club and sponsorship bonuses. He has concentrated on shorter distances so far in his career and represented South Africa in the 2002 World Half-marathon Championships. His marathon PB is 2:16:29, run in the 2007 Cape Town Marathon.

Earlier this year he was 15<sup>th</sup> in the SA Marathon (2:24:29) and apart from that race has competed in eleven others in 2011, winning six. He ran two 25 km races, but no half marathons. The weekend before the Two Oceans he was second in the Umhlobo Wenene 10 km in a quick 29:14; the winner was April, also tuning up with 28:42.

Triple US 50 km champion Michael Wardian, who was very confident at the pre-race media conference and said he wanted to go through the marathon mark in 2:19 (he did so in 2:25:20), finished 19<sup>th</sup> in 3:16:35.

In the women's race the Nurgalieva twins were put under pressure in the early stages by compatriot Nina Podnebesnova and Mamorallo Tjoka (LES), who were ahead at halfway. Former winner Simona Staicu (HUN) was just behind the Nurgalievas.

They moved into the lead shortly after that ("I really pushed up Chapmans Peak," said Olesya), but at 33 km suffered a setback when Elena started limping and stopped because of a leg problem. Olesya was running strongly at this stage and her sister told her to go ahead. But Podnebesnova was right behind her and moved to the front after 2 hours 15 minutes of running.

She could not open a significant gap, however, and in Hout Bay Olesya caught her again and reached the marathon mark in 2:37:38, 1:50 ahead. Elena was 2:22 behind her sister and running in the company of Tjoka, with Staicu in fifth.

At the top of Constantia Nek Olesya seemed to be struggling, but at the 50 km point (3:10:18) she was a safe 3:40 ahead of her resurging sister, with Tjoka now having passed Podnebesnova.

Olesya stretched her lead by another 16 seconds to score the biggest of her three victories. Since running the race for the first time in 2004, the twins have only finished out of both first and second on two occasions – in 2006, when only Elena ran and was second, and in 2007, when they were third and fourth.

Tjoka, who won the half marathon in 2005 and 2008, was third and Staicu fourth, with Podnebesnova fifth. Staicu, who won at her first attempt in 2003 but has not run since 2007, has shown admirable consistency in her five Two Oceans: first, fourth, third, fifth and fourth.

Farwa Mentoor, who did not finish last year, was the first South African for the fifth time in her career, claiming eighth in 3:52:05. One place behind her was Riana van Niekerk, while 42-year-old Joanna Thomas was the only other South African in the top ten. This is the lowest number of South Africans ever among the gold medallists.

It is also an indication of the quality of the women's field – twelve dipped under 4 hours (the silver medal cut-off time), equalling the record set in 2006.

Four list leaders were set in the half marathon, by April, Van Blerk (who has a faster aided time), Jacqui Bakkes (veteran) and Leigh Barrow (junior). Apart from the performance by Johannes, one other course record was set – 1:42:49 by Hester Kotze in the grandmaster category – but this is not a list leader.

The TV coverage was probably the poorest it has ever been. There was little coherence and it was hard to follow what was going on and for long periods impossible to know the position(s) of the runner(s) on the screen. There was little identification of athletes and very few leaderboards – and when these were shown, it was not indicated at what distance they were recorded; sometimes the names among the first ten were clearly wrong. Some of the commentators were ill-informed about the race, its history and the course. The story of the race as it was developing was totally lost. This marvellous event, so expertly organised and presented, deserves better.

Riël Hauman

#### INCLUDED IN THIS ISSUE:

- \* Cavanagh Ultramarathon & Half Marathon, Estcourt
- \* Old Mutual Two Oceans Marathon and Half Marathon, Cape Town
- \* Liquorland Easter Ultramarathon, Half Marathon & 10 km, Vryheid
- \* Masakane Road Races, Utrecht
- \* XC: Gauteng North League Meeting, Pretoria

#### **International highlights:**

- \* Virgin London Marathon, London, GBR
- \* Enschede Marathon, Enschede, NED
- \* Vienna City Marathon & Half Marathon, Wien, AUT
- \* Semi-Marathon de Nice, Nice, FRA
- \* Track: Mt. SAC Relays, Walnut, USA; Tom Jones Memorial Invitational, Gainesville, USA

## STATS

### IS A 2-HOUR MARATHON POSSIBLE?

Noted statistician Ken Nakamura has compiled a table of what he calls endurance ratio (marathon time divided by 10000 m/10 km time) for a number of world record holders in the marathon and noted that if Haile Gebrselassie or Kenenisa Bekele has the endurance ratio of Abebe Bikila or Rob de Castella, they could run the marathon in close to two hours.

Interestingly, the endurance ratio for SA record holder Gert Thys is 4.45 – lower than anyone on the list – while Hendrick Ramaala’s is 4.62 and Stephen Mokoka’s 4.54. That means that if Mokoka can duplicate Thys’s endurance ratio, he can run sub-2:06. (Of course, Mokoka has not nearly reached his 10000-metre potential.)

Marathon best	10000 m best	Name	Nation	Marathon/10000 m
2:03:59	26:22.75	Haile Gebrselassie	ETH	4.70
2:05:38	27:58 (10K)	Khalid Khannouchi	MAR/USA	4.49
2:06:05	28:07.73	Ronaldo da Costa	BRA	4.48
2:07:12	27:17.48	Carlos Lopes	POR	4.66
2:07:13	27:39.14	Steve Jones	GBR	4.60
2:08:33.6	28:45.2	Derek Clayton	AUS	4.47
2:07:51	28:02.73	Rob de Castella	AUS	4.56
2:12:11.2	29:00.8	Abebe Bikila	ETH	4.56
2:02:51	27:00	Hypothetical Runner A		4.55
2:00:00	26:22	Hypothetical Runner B		4.55
2:01:30	27:00	Hypothetical Runner C		4.50
2:00:00	26:40	Hypothetical Runner D		4.50

▪ See also “Background” later in this issue.

## ROAD RUNNING

### Cavanagh Ultramarathon (39<sup>th</sup>) & Half Marathon

Estcourt, 24 April

(Distances: 52 km & 10 km; loop courses)

#### 52 km

##### MEN

1.	Mdumsani Zondi	Natal CarbC	3:43:58
2.	Siphiwe Mhlanza	Natal Carb	3:48:28
3.	Zakhle Moyaung	Vultures AC	3:48:59

#### 40-49:

1.	Sibongile Maluleka	Nedbank AC	4:00:17
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#### 50-59:

1.	Kenneth Tulk	RAC	4:51:26
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##### WOMEN

1.	Nicola McMurry	Umtenzini AC	4:27:57
2.	Erica Walker	Natal Carb	4:35:10 (1 <sup>st</sup> vet)
3.	Nonsikelo Mbambo	Natal Carb	4:45:03

#### 40-49:

1.	Erica Walker	Natal Carb	4:35:10
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**Half marathon**

## MEN

1.	Sazi Ndaba	Boxer AC	1:20:08
2.	Bernard Phatsani	Nedbank AC	1:20:40
3.	Zakhile Gumede	LAC	1:29:39

## WOMEN

1.	Nontobeko Molizela	LAC	1:53:14
2.	Tholakele Kubheko	LAC	2:06:37
2.	Zinhle Mkhwanzani	LAC	2:26:27

**Old Mutual Two Oceans Marathon (42<sup>nd</sup>) & Half Marathon (14<sup>th</sup>)**

Cape Town, 23 April

(Distances: Ultra – 56 km; certified near-loop course with S/F separation of 2.85%. Half marathon – 21.1 km; certified near-loop course with S/F separation of 7.56%. Both courses very hilly in second half. The finish is 65 m higher than the start [both races start and finish in the same place] Weather: Cool and clear throughout, light breeze.)

**Ultramarathon**

## MEN

1.	George Ntshiliza	Nedbank RC EC	31	3:08:31	R250 000
2.	Mothokoa Nkhabutlane	Mr Price Vaal Triangle	25	3:08:49	R125 000
3.	Tsotang Maine	Toyota AC	36	3:09:19	R65 000
4.	Moeketsi Mosuhli	Mr Price RC (LES)	29	3:09:40	R35 000
5.	Stephen Muzhingi	Formula 1 AC (ZIM)	35	3:09:46	R25 000
6.	Lebohang Mahloane	Toyota AC	28	3:10:49	R15 000
7.	Mike Fokoroni	Mr Price RC (ZIM)	34	3:11:24	R14 000
8.	Henry Moyo	Nedbank RC (MAW)	38	3:11:31	R13 000
9.	Peter Muthubi	Toyota AC	29	3:12:47	R12 000
10.	Vusi Malobola	Bonitas RC CGA	27	3:12:55	R10 000
11.	Lebohang Monyele	Toyota AC	30	3:13:13	
12.	Mabhutile Lebopo	Mr Price RC (LES)	35	3:13:59	
13.	Teboho Sello	Mr Price RC (LES)	32	3:14:44	
14.	Bongumusa Mthembu	Mr Price RC	27	3:14:53	
15.	Thabo Nkuna	Bonitas RC CGA	32	3:15:54	
16.	Michael Papi Mazibuko	Toyota AC	24	3:15:58	
17.	Mzwanele Maphekula	Run Walk For Life EPA	34	3:16:16	
18.	Modibe Mamabolo	Mr Price CGA	34	3:16:32	
19.	Michael Wardian	Nedbank RC (USA)	37	3:16:35	
20.	Lucas Nonyana	Toyota AC	31	3:16:47	
21.	Mthandazo Qhina	RCS Guguletu AC	33	3:17:34	R5 000i
22.	Collen Makaza	Nedbank RC (ZIM)	30	3:20:14	
23.	Samson Kiplagat Tenai	Formula 1 AC (KEN)	31	3:21:01	
24.	Stanley Koech	KEN	26	3:21:31	
25.	Peter Taaziripa	Toyota AC	38	3:23:20	
26.	Oleksandre Holovnytskiy	Formula 1 AC (UKR)	35	3:23:20	
27.	Samuel Bolo	Bonitas RC CGA	33	3:23:23	
28.	Tapiwa Chingadayi	Formula 1 AC (ZIM)	35	3:23:50	
29.	Mila Pasiya	Nedbank RC EC	31	3:24:47	
30.	Lebenya Nkoka	Mr Price RC (LES)	28	3:24:59	
31.	Steven Dikobo	Toyota AC	29	3:25:08	
32.	Jabulane Nhlapho	Bonitas RC CGA	32	3:25:13	
33.	Brighton Chipere	Nedbank RC (ZIM)	38	3:25:29	
34.	Vusi Sokhela	Bonitas RC CGA	33	3:25:38	
35.	Malefetsane Tumi	LES	43	3:25:39	
36.	Mkhonzeni Basi	Bonitas RC CGA	36	3:25:43	

37.	Eric Ngubane	Mr Price KZN	29	3:27:23	
38.	Lephetesang Adora	LES	30	3:28:17	
39.	Sepitle Phaladi	Mr Price CGA	29	3:28:33	
40.	Velani Lusaseni	Adidas AC WP	27	3:28:36	R4 000i
41.	Morapalla Mosoeunyane	Toyota AC	26	3:28:42	
42.	Pieter Koopman	Maties AC	36	3:28:59	
43.	Godfrey Sesenyamotse	Mr Price CGA	36	3:29:45	
44.	Donald Mathipa	Nedbank RC CGA	31	3:30:08	
45.	Peter Ramathokga	Bidvest AC	30	3:30:45	
46.	Simon Mpholo	Bidvest AC	36	3:30:49	
47.	Lindokuhle Mdlovu	Katlehong AC	32	3:30:50	
48.	Elias Mabane	Bidvest AC	42	3:31:25	
49.	Luyanda Mapoyi	New Balance Khayelitsha	25	3:31:32	R3 000i
50.	Albert Mathidi	Nedbank RC AGN	27	3:31:41	
51.	Zolani Ntongana	Mr Price WPA	30	3:31:48	R2 000i
52.	Charles Tjiane	Mr Price CGA	36	3:32:06	
...					
54.	Mpesela Ntlotsoeu	Mr Price RC (LES)	34	3:32:33	
...					
68.	Vincent Seng	Nedbank RC CGA	29	3:37:19	
...					
72.	Leonard Kiplimo	Nedbank RC (KEN)	30	3:38:18	
...					
79.	Jonestone Kemboi	Nedbank RC (KEN)	42	3:41:36	
...					
81.	Fusi Nhlapo	Mr Price CGA	39	3:42:27	
...					
83.	Warinyane Lebopo	Mr Price RC (LES)	32	3:42:33	
...					
97.	Moses Njodzi	Mr Price RC (ZIM)	28	3:44:37	
...					
140.	Eloi de Oliveira	Boxer Superstores AC	52	3:52:55	
...					
146.	Lucky Bhembe	Toyota AC (SWZ)	37	3:54:24	
...					
215.	Shaun Meiklejohn	Nedbank RC KZN	49	3:59:45	

Other finishers: Chet Sainsbury (former race director) 5:37:02, Bruce Fordyce 6:00:42, Noel Stamper (41<sup>st</sup> finish) 6:12:34. Gert Thys, John Wachira, Wesley Ruto, dnf.

i) Special prize for the top five WP athletes (only the first four included here).

**40-49:**

1.	Malefetsane Tumi	LES	43	3:25:39	R10 000
2.	Elias Mabane	Bidvest AC	42	3:31:25	R5 000
3.	Bheki Nene	ADT AC (CGA)	41	3:33:22	R3 000

**50-59:**

1.	Themba Phulu	Panorama RC	51	3:47:22	R5 000
2.	Edward Sibanda	SANDF Limpopo	51	3:50:40	R3 000
3.	Eloi de Oliveira	Boxer Superstores AC	52	3:52:55	R2 000

**60-69:**

1.	Michael Langa	Athletics North	63	4:34:04	R3 000
2.	Freddy Kashiri	ZIM	63	4:35:05	R2 000
3.	Kenny Williams	Pinelands AC	62	4:43:32	R1 000

**70+:**

1.	Brian Key	Foresters RC	72	5:20:43	R500
2.	Fred Medlock	Hillcrest Villagers AC	71	5:40:03	R300



3.	Caspar Greeff	Atlantic AC	76	5:54:47	R200
WOMEN (Same prize money as men)					
1.	Olesya Nurgalieva	Mr Price RC (RUS)	35	3:33:58	
2.	Elena Nurgalieva	Mr Price RC (RUS)	35	3:37:54	
3.	Mamorallo Tjoka	Toyota AC	26	3:42:12	
4.	Simona Staicu	Nedbank RC (HUN)	39	3:42:59	
5.	Nina Podnebesnova	Nedbank RC (RUS)	31	3:43:56	
6.	Elizabeth Hawker	Nedbank RC (GBR)	35	3:46:46	
7.	Samukeliso Moyo	Mr Price KZN	37	3:50:49	
8.	Farwa Mentoor	Bonitas RC CGA	37	3:52:05	
9.	Riana van Niekerk	Mr Price CGA	34	3:53:55	
10.	Joanna Thomas	Accis VOB	42	3:54:55	R5 000i
11.	Madina Biktagirova	Nedbank RC (RUS)	46	3:59:21	
12.	Suzette Botha	Eskom Gijimas KZN	39	3:59:43	
13.	Kerry Koen	Nedbank RC KZN	35	4:05:19	
14.	Paulina Njeya	Bonitas RC CGA	33	4:06:29	
15.	Joyce Makwarella	Bonitas RC CGA	29	4:08:02	
16.	Angeline Molaba	Bonitas RC CGA	28	4:11:50	
17.	Winia Janse van Rensburg	Tuks AC	33	4:12:29	
18.	Sarah Scott	Collegians Harriers	28	4:13:53	
19.	Ursula Frans	Adidas AC WP	42	4:14:19	R4 000i
20.	Marina Myshlanova	Mr Price RC (RUS)	44	4:15:18	
21.	Lindsay van Aswegen	Toyota AC	42	4:17:30	
22.	Michelle Kellock	Bedfordview Country Club	40	4:19:24	
23.	Carien Visser	Tuks AC	43	4:20:46	
24.	Mari Bruwer	Arcelormittal AVT	48	4:24:15	
25.	Kutlwano Ramaboa	West Coast AC	34	4:24:57	R3 000i
26.	Linda Smart	Dainfern Country Club RC	44	4:25:20	
27.	Jill Oliphant	Rand AC	39	4:26:19	
28.	Helga Mathee	Nedbank RC SWD	36	4:27:15	
29.	Erina du Toit	Lichtenburg MC	38	4:27:45	
30.	Jane Mudau	Bonitas RC CGA	48	4:27:51	
31.	Moyra Sheard	Celtic Harriers	37	4:29:11	R2 000i
32.	Annatjie Botes	Nedbank RC SWD	53	4:30:09	
33.	Melany Porter	Pinelands AC	35	4:31:33	R1 000i
34.	Monica Neuling	Boksburg AC	35	4:31:50	
35.	Renata Dreyer	Sunninghill Striders	27	4:32:51	
36.	Michelle Dreyer	Paarl AC	32	4:33:30	
37.	Belinda Waghorn	Toyota AC	37	4:34:06	
38.	Julia Jansen van Rensburg	Accis VOB	28	4:34:45	
39.	Sue Harrisberg	Rand AC	51	4:35:25	
40.	Sally Johnston	GBR	45	4:37:32	
41.	Jene Banfield	Run Walk For Life EPA	40	4:37:38	
42.	Lisl Grobler	Knysna MC	34	4:38:00	
43.	Maria Braun	GER	53	4:38:48	
44.	Candyce Hall	Hout Bay Harriers	27	4:38:48	
45.	Suzette Vermaak	Ind	42	4:39:57	
46.	Carole Messham	ATC Running	32	4:40:23	
47.	Estie Grobler	Mr Price CGA	31	4:41:57	
48.	Lianne Rey	Rand AC	44	4:42:44	
49.	Lesego Hlako	Wonderpark AC	29	4:42:56	
50.	Christine Claasen	Achilles AAA	46	4:43:20	

i) Special prize for the top five WP athletes.



**40-49:**

1.	Joanna Thomas	Acsis VOB	42	3:54:55
2.	Madina Biktagirova	Nedbank RC (RUS)	46	3:59:21
3.	Ursula Frans	Adidas AC WP	42	4:14:19

**50-59:**

1.	Annatjie Botes	Nedbank RC Swd	53	4:30:09
2.	Sue Harrisberg	Rand AC	51	4:35:25
3.	Maria Braun	GER	53	4:38:48

**60-69:**

1.	Elaine Greenblatt	Rockies Road Runners	62	5:04:38
2.	Ursula Meyer	SUI	61	5:07:39
3.	Veronica van Niekerk	Elgin Grabouw AC	65	5:36:01

**70+:**

1.	Willemien Smuts	Bloemfontein Achilles	70	5:58:36
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**Half marathon****MEN**

1.	Lusapho April	Oxford Striders	28	1:03:58	R20 000
2.	Xolisa Tyali	Nedbank RC CGA	22	1:04:18	R10 000
3.	Kgosi Tsosane	Transnet RE AC	25	1:04:35	R5 000
4.	Lindikhaya Mthangayi	Mr Price WPA	31	1:04:51	R3 500
5.	Kalvin Pangiso	Mr Price RC (ZIM)	30	1:05:02	R3 000
6.	Luwis Masunda	Nedbank RC (ZIM)	35	1:05:07	R2 500
7.	Nkosinathi Madyo	Nedbank RC WPA	23	1:05:09	R2 000
8.	Daniel Yegon	Nedbank RC (KEN)	27	1:05:31	R1 000
9.	Anthony Godongwana	Celtic Harriers	26	1:05:36	R750
10.	Lungisa Mdedelwa	Nedbank Transkei	26	1:06:26	R500
11.	Desmond Mokgobu	ADT AC (CGA)	22	1:07:10	
12.	Lucky Mohale	Mr Price KZN	25	1:08:20	
13.	Victor Msopi	Mr Price WPA	31	1:08:26	
14.	Samuel Pazanga	Mr Price RC (ZIM)	25	1:08:32	
15.	Motlatsi Herford Madiba	ADT AC (CGA)	22	1:09:25	
16.	Mzolisi Makhanda	Nedbank RC EC	28	1:09:37	
17.	Jackson Chauke	ADT AC (CGA)	23	1:10:24	
18.	Michael Bailey	Asics AC	28	1:11:49	
19.	Nelson Bass	UCT	32	1:11:50	
20.	Thuso Mosiea	Eskom Gijimas KZN	35	1:12:01	

**40-49:**

1.	Graham Katzen	Celtic Harriers	40	1:15:36	R4 000
2.	Basie Bonaparte	Albany Road Runners	45	1:17:17	R3 000
3.	Maboyisana Mazwayi	Nedbank RC EC	42	1:18:13	R1 500

**50-59:**

1.	Charles Vilakazi	Kwa-Thema Striders AC	51	1:16:31	R2 000
2.	Raymond Howard	Celtic Harriers	52	1:20:24	R1 000
3.	Friedl van der Merwe	Strand AC	51	1:21:32	R750

**60-69:**

1.	Hannes Els	Madiba Bay AC	61	1:32:58	R1 000
2.	Piet Smit	Bredasdorp AC	60	1:42:36	R750
3.	Michael Clarke	Acsis VOB	62	1:44:14	R500

**70+:**

1.	Dave Novick	Ind-AGN	72	2:10:00	R500
2.	Russell Hudson	Run Walk For Life WPA	72	2:13:31	R300
3.	Klaus Von Oy	GER	71	2:18:11	R200

**Juniors:**

1.	Edward van der Merwe	Ind-WPA	19	1:23:50	R750
2.	Burt Verster	A S Eagles AC	18	1:24:52	R500

3.	Rikus Lotriet	New Balance AGN	18	1:25:15	R300
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WOMEN (Same prize money as men)

1.	Helalia Johannes	NAM	30	1:11:56	R10 000* + R20 000^
2.	Irvette van Blerk	Nedbank RC CGA	23	1:12:04	
3.	Zintle Xiniwe	Nedbank RC WPA	24	1:14:58	
4.	René Kalmer	Nedbank RC CGA	30	1:16:19	
5.	Rutendo Nyahora	Nedbank RC (ZIM)	22	1:16:23	
6.	Thabita Tsatsa	Mr Price RC (ZIM)	38	1:16:44	
7.	Christine Kalmer	Nedbank RC CGA	25	1:18:04	
8.	Danielle Adlam	Boxer Superstores AC	30	1:21:06	
9.	Charné Bosman	Mr Price RC	35	1:21:12	
10.	Cary-Ann Smith	Nedbank RC KZN	31	1:21:23	
11.	Lauren Stewart	UCT	28	1:21:49	
12.	Ulrica Stander	NBMC	36	1:22:12	
13.	Michelle Williams	Toyota AC	31	1:22:40	
14.	Janene Carey	Boxer Superstores AC	39	1:23:00	
15.	Jacqui Bakkes	Paarl AC	40	1:23:18	
16.	Maryna Swanepoel	Ind	24	1:25:45	
17.	Busisiwe Matiwane	Celtic Harriers	35	1:25:51	
18.	Grace de Oliveira	Boxer Superstores AC	49	1:27:03	
19.	Helene Perold	Adidas AC WP	26	1:27:08	
20.	Ester Brink	Strand AC	45	1:27:45	
21.	Takalani Nthulane	Transnet RE AC	30	1:30:00	
22.	Frith van der Merwe	Run Walk For Life EPA	46	1:35:13	

\*) Course record bonus (previous record: 1:12:39, René Kalmer, 2010)

^) Time incentive for sub-1:12:00 (race winner only)

**40-49:**

1.	Jacqui Bakkes	Paarl AC	40	1:23:18
2.	Grace de Oliveira	Boxer Superstores AC	49	1:27:03
3.	Ester Brink	Strand AC	45	1:27:45

**50-59:**

1.	Christa Smith	Riebeeckstad RC	54	1:34:57
2.	Olga Howard	Celtic Harriers	52	1:35:14
3.	Beverley Charters	Acsis VOB	53	1:38:46

**60-69:**

1.	Hester Kotze	Plexus Durbanville AC	62	1:42:49*
2.	Ria Donnoli	Collegians Harriers	60	1:49:55
3.	Ginette Flockton	Celtic Harriers	62	1:56:59

**70+:**

1.	Jean Cammidge	Fish Hoek AC	70	2:17:35
2.	Fiona Chisholm	Run Walk For Life WPA	72	2:19:13
3.	Heather Cooke	Ind-WPA	70	2:26:20

**Juniors:**

1.	Leigh Barrow	Ind-CGA	17	1:43:31
2.	Cindy Stephens	Ind-WPA	19	1:47:05
3.	Samantha Taylor	Irene Road RC	17	1:51:21

\*) Course record (previous record: 1:43:03, Kotze, 2009)

## Liquorland Easter Ultramarathon, Half Marathon & 10 km

Vryheid, 23 April

(Distances: 50 km, 21.1 km & 10 km; out-and-back courses)

### 50 km

#### MEN

1.	Ntuthuko Maseko	Nedbank A C	2:59:21
2.	Bongani Msimungo	Vryheid A C	3:08:50
3.	Khulekani Ngubane	Mr Price A C	3:13:18

#### 40-49:

1.	Reginald Ngobese	Gauteng Striders	3:24:47
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#### 50-59:

1.	Roy Singh	Umhlathuze A C	4:25:04
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#### 60+:

1.	Louis Liebenberg	Boksburg A C	4:24:36
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#### WOMEN

1.	Winile Mnisi	Toyota A C	4:10:46
2.	Patricia Damman	Forest Hills A C	4:20:06
3.	Karen Gouws	Newcastle Harr	4:22:07

#### 40-49:

1.	Ann Erasmus	Newcastle Harr	4:42:26
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#### 60+:

1.	Georgina Tasseran	Vryheid A C	5:46:08
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### Half marathon

#### MEN

1.	Sipho M Nyembe	Daunhauser A C	69:41
2.	Justice Nkosi	Lancaster Striders	72:56
3.	Wandile Nxumalo	Toyota A C	76:00

#### WOMEN

1.	Phumzile Maphcelala	Nedbank A C	108:01
2.	Shelly Geel	Richards Bay A C	114:49
3.	Laurney Swanepoel	Vryheid A C	115:47

### 10 km

#### MEN

1.	Sipho Qwabe	Abaqulasi A C	34:44
2.	Sibusiso Maphalala	Mr Price A C	35:13
3.	Sifso Gina	Mr Price A C	35:26

#### WOMEN

1.	Hialinka Krugel	Ind	49:44
2.	Cherelyn Martins	Ind	50:55
3.	Nomthadazo Zulu	Nongoma AC	53:53

### Masakane Road Races

Utrecht, 26 March

(Distances: 42.195 km, 28 km & 10 km; point-to-point courses)

### Marathon

#### MEN

1.	Value Nkosi	Mr Price AC	2:38:40
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2.	Mdumiseni Zondi	New Harr	2:43:45
3.	Joshua Nduli	Mr Price AC	2:47:53

## WOMEN

1.	Liezel Joubert	New Harr	3:45:57
2.	Xolisie Mvelase	Boxer AC	4:02:05
3.	Sibongile Shezi	Nedbank AC	4:28:30

**28 km**

## MEN

1.	Siphandla Nyembe	Puma AC	1:36:37
2.	Senzo Nkosi	Mandeni AC	1:40:32
3.	Sazi Ndaba	Boxer AC	1:41:49

## WOMEN

1.	Nana Sigubudu	Boxer AC	2:14:57
2.	Bongiwe Mazibuko	Nkosizeni AC	2:18:59
3.	Hlobisile Madida	New Harr	2:33:00

**10 km**

## MEN

1.	Mahlaba Mdudzi	Mr Price AC	29:30
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## WOMEN

1.	Soli Madi	KRS	35:35
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**CROSS-COUNTRY****Gauteng North League Meeting**

Pretoria, 16 April

## SENIOR MEN (8 km)

1	Lukhanyo Mabinza	Transnet	27:35
2	Willem Ndzukula	PMMC	28:20
3	Rapelang Kgaje	Individual	29:01

## SENIOR MEN (4 km)

1	Tebogo Sithole	HSRC	13:39
2	Shadrack Hoff	New Balance	13:55
3	Gino Nkoe	Nissan	13:59

## MEN 23 (4 km)

1	Alwyn Annandale	New Balance	14:22
2	Thabo Mangalani	TUT	15:58

## MEN 21 (4 km)

1	Charles Nel	Tuks	13:50
2	Jaco Van Niekerk	Tuks	14:15
3	Ian Fourie	Transnet	15:05

## JUNIOR MEN (8 km)

1	Jack Masogo	Rodney Mokoena	27:40
2	Moses Dirane	TUT	27:59
3	Simon Mokonyama	Nedbank	27:59

## SENIOR WOMEN (8 km)

1	Carlyn Fischer	Tuks	32:52
2	Liesel Myburgh	Transnet	52:30

## SENIOR WOMEN (4 km)

1	Kathryn Thomas	New Balance	20:12
2	Thelma Malebe	Moretele	21:31

## WOMEN 21 (4 km)

1	Leanne Wright	Oos Moot	20:47
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## JUNIOR WOMEN (6 km)

1	Money Dewey	Nedbank	24:15
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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****Virgin London Marathon (31st)**

(UK and England Marathon Championships)

London, GBR, 17 April

(Distance: 42.195 km; standard course, with 35 m elevation loss [most of it in the third mile] and approximately 27% start/finish separation; many turns)

Note: The top results were included last week, but here the prize money and splits are added, as well as nonfinishers. – Ed.

## MEN

1.	Emmanuel Mutai, KEN	2:04:40 PB/CR	USD 55,000 + 125,000i
	[1:02:44 / 1:01:56]		
2.	Martin Lel, KEN	2:05:45	30,000 + 75,000i
	[1:02:45 / 1:03:00]		
3.	Patrick Makau, KEN	2:05:45	22,500 + 75,000i
	[1:02:45 / 1:03:00]		
4.	Marilson Gomes dos Santos, BRA	2:06:34 AR	15,000 + 50,000i
	[1:02:45 / 1:03:49]		
5.	Tsegaye Kebede, ETH	2:07:48	10,000 + 25,000i
6.	Joauad Gharib, MAR	2:08:26	7,500 + 10,000i
7.	Abderrahime Bouramdane, MAR	2:08:42	5,000 + 10,000i
8.	Dmitry Safronov, RUS	2:09:35 PB	4,000 + 3,000i
9.	Ser-Od Bat-Ochir, MGL	2:11:35 NR	3,000
10.	Michael Shelly, AUS	2:11:38 PB	2,000
11.	Viktor Röthlin, SUI	2:12:44	1,500
12.	Carlos Cordero, MEX	2:13:13	1,000
13.	Jason Lehmkuhle, USA	2:13:40	

Mo Trafteh, USA	DNF (1:03:12 at half)
Yonas Kifle, ERI	DNF (1:16:55 at 25 km)
Lee Troop, AUS	DNF (1:33:43 at 30 km)
Abel Kirui, KEN	DNF (1:44:25 at 35 km)
James Kwambai, KEN	DNF (1:29:21 at 30 km)
Shadrack Kosgei, KEN	DNF (pace/1:14:16 at 25 km)

## i) Earned time incentive bonus

## Splits for Mutai:

5 km 14:34  
 10 km 29:24 (14:50)  
 15 km 44:27 (15:03)  
 20 km 59:29 (15:02)  
 25 km 1:14:16 (14:47)  
 30 km 1:29:21 (15:05)  
 35 km 1:43:36 (14:15)  
 40 km 1:58:05 (14:29) (28:44)

## ALL WOMEN'S PROFESSIONAL RACE

1. Mary Keitany, KEN	2:19:19 PB	USD 55,000 + 75,000i
[1:10:37 / 1:08:42]		
2. Liliya Shobukhova, RUS	2:20:15 NR	30,000 + 50,000i
[1:10:37 / 1:09:38]		
3. Edna Kiplagat, KEN	2:20:46 PB	22,500 + 50,000i
[1:10:38 / 1:10:08]		
4. Bezunesh Bekele, ETH	2:23:42	15,000 + 15,000i
5. Atsede Baysa, ETH	2:23:50	10,000 + 15,000i
6. Yukiko Akaba, JPN	2:24:09 PB	7,500 + 10,000i
7. Irina Mikitenko, GER	2:24:24	5,000 + 10,000i
8. Jessica Augusto, POR	2:24:33 DB	4,000 + 10,000i
9. Aberu Kebede, ETH	2:24:34	3,000 + 10,000i
10. Mariya Konovalova, RUS	2:25:18	2,000 + 5,000i
11. Askala Tafa Margasa, ETH	2:25:24	1,500 + 5,000i
12. Azusa Nojiri, JPN	2:25:29 PB	1,000 + 5,000i
13. Yoshiko Fujinaga, JPN	2:25:40 PB	5,000i
14. Zhu Xiaolin, CHN	2:26:28	3,000i
15. Inga Abitova, RUS	2:26:31	3,000i
16. Noriko Matsuoka, JPN	2:26:54 PB	3,000i
17. Madai Perez, MEX	2:27:02	1,000i
18. Lornah Kiplagat, NED	2:27:57	1,000i
19. Jo Pavey, GBR	2:28:24 DB	
... 32. Liz Yelling, GBR	2:41:34	
[1:14:35 / 1:26:59]		
Aselefech Mergia, ETH	DNF (1:41:14 at 30 km)	
Iness Chenonge, KEN	DNF (pace/1:07:01 at 20 km)	

## i) Earned time incentive bonus

## Splits for Keitany:

5 km 16:17  
 10 km 32:54 (16:37)  
 15 km 49:50 (16:56)  
 20 km 1:07:01 (17:11)  
 25 km 1:23:10 (16:09)  
 30 km 1:39:11 (16:01) (32:10!)  
 35 km 1:55:25 (16:14) (32:15!)  
 40 km 2:12:07 (16:42)

**Enschede Marathon** (43rd)

Enschede, NED, 17 April

(Distance: 42.195 km with no elevation change or start/finish separation)

## MEN

1. Stephen Kiprotich, 1989, UGA 2:07:20 NR/CR\*
2. Julius Korir, 1982, KEN 2:09:46 PB
3. Gezaghien Girma, ETH 2:10:17 PB
4. Samson Barmao, 1982, KEN 2:10:21
5. Cosmas Koech, KEN 2:11:41

## WOMEN

1. Ingrid Prigge, 1963, NED 2:45:10

**Vienna City Marathon** (28th) & **Half Marathon**

Wien, AUT, 17 April

(Distances: 42.195 km; start/finish separation of about 5 km with an elevation GAIN of approx. 20 m, and 21.1 km)

Note: Another strange set-up involving Haile Gebrselassie: he ran a solo half marathon "chasing" the men in the marathon on a parallel course who set off two minutes earlier.

**Marathon** (gun times)

## MEN

1. John Kiprotich, 1989, KEN 2:08:29 DB
2. Patrick Ivuti, 1978, KEN 2:08:41
3. Evans Kiplagat, 1988, KEN 2:09:22 PB
4. Isaac Macharia, 1980, KEN 2:09:43
5. Joseph Maregu, 1977, KEN 2:10:29

## WOMEN

1. Geleto Fate Tola, 1987, ETH 2:26:21 PB
2. Ana Dulce Félix, 1982, POR 2:26:30 PB
3. Peninah Arusei, 1979, KEN 2:27:17 DB
4. Elza Kireyeva, 1979, RUS 2:29:41
5. Elisabeth Chemweno, 1978, KEN 2:32:55

**Catch Me If You Can Half Marathon** (gun times)

## MEN -

1. Haile Gebrselassie, 1973, ETH 1:00:18
2. Franz Pauker, 1963, AUT 1:23:22

**Semi-Marathon de Nice** (20th)

Nice, FRA, 17 April

(Distance: 21.1 km)

## MEN

1. Levy Matebo Omari, 1989, KEN 1:00:06 PB
2. Silas Kipruto, 1984, KEN 1:01:11
3. Edwin Kipyego, KEN 1:01:26
4. Ezekiel Chebii, 1991, KEN 1:01:40 DB
5. Michael Mutai, KEN 1:01:42 PB

## WOMEN

1. Feyisse Tadesse, ETH 1:11:08 PB



2. Birhane Ababel Yeshaneh, ETH 1:11:13
3. Diana Chepkemai Sigei, KEN 1:11:35
4. Martha Komu, 1983, KEN 1:13:09
5. Beatrice Chepchumba, 1983, KEN 1:14:28

## TRACK

### Mt. SAC Relays (53rd)

Walnut, USA, 14-16 April

#### MEN

##### 1500 (15):

- |                    |                |               |
|--------------------|----------------|---------------|
| 1. Russell Brown   | Oregon Tc/Nike | 3:35.70 PB/MR |
| 2. Chris Solinsky  | Oregon Tc/Nike | 3:35.89 PB    |
| 3. Miles Batty     | Byu            | 3:36.25 PB    |
| 4. Duncan Phillips | Arkansas       | 3:39.87 PB    |
| 5. Tommy Schmitz   | Saucony        | 3:39.90 PB    |
| 6. Matt Tegenkamp  | Oregon Tc/Nike | 3:40.06       |

##### 5000 (15):

- |                       |                  |             |
|-----------------------|------------------|-------------|
| 1. Aaron Braun        | Adidas/McMillan  | 13:27.01 PB |
| 2. Jorge Torres       | Reebok           | 13:27.58    |
| 3. Andy Vernon        | Unattached (GBR) | 13:27.85 PB |
| 4. Juan Carlos Romero | MEX              | 13:29.40 PB |
| 5. Scott Bauhs        | Adidas           | 13:30.18    |

#### WOMEN

##### 1500 (15):

- |                     |                 |            |
|---------------------|-----------------|------------|
| 1. Shalane Flanagan | Oregon Tc/Nike  | 4:11.67    |
| 2. Sheila Reid      | Villanova (CAN) | 4:11.85 PB |
| 3. Emily Infeld     | Georgetown      | 4:12.04 PB |
| 4. Alice Schmidt    | Usoc-Cv         | 4:12.49    |
| 5. Renee Tomlin     | Georgetown      | 4:13.15 PB |

##### 5000 (15):

- |                          |             |             |
|--------------------------|-------------|-------------|
| 1. Molly Huddle          | Saucony     | 15:10.63    |
| 2. Jenny Simpson         | New Balance | 15:11.49    |
| 3. Elizabeth Maloy       | New Balance | 15:19.87 PB |
| 4. Christin Wurth-Thomas | Nike        | 15:21.75 PB |
| 5. Angela Bizzarri       | Brooks      | 15:27.19 PB |
| 6. Sara Hall             | Asics       | 15:27.71    |
| ... 11. Jordan Hasay     | Oregon      | 15:37.29 PB |

##### 10000 (14):

- |                     |                  |             |
|---------------------|------------------|-------------|
| 1. Emily Brown      | New Balance      | 33:16.44 PB |
| 2. Ruth Senior      | New Mexico (GBR) | 33:42.10 PB |
| 3. Katherine Devlin | Texas A&M        | 33:56.98 PB |
| 4. Sarah Callister  | Weber State      | 33:59.82 PB |
| 5. Stephanie Price  | Minnesota        | 34:02.15 PB |

## Tom Jones Memorial Invitational

Gainesville, USA, 16 April

MEN

1500:

1. Dumisane HLASELO, JR FLORIDA (RSA) 3:40.66
  2. Terefe EJIGU, SO E. MICHIGAN (NZL) 3:49.32
  3. Austin HENDRIX, JR E. MICHIGAN 3:52.85
- 

## NEWS

### NEW RULES FOR WOMEN'S ELIGIBILITY

The IAAF has become the first international sports federation to approve the adoption of new rules and regulations governing the eligibility of females with hyperandrogenism (the excessive production of androgens [testosterone]) to take part in women's competition.

*Athletics International* reports that the IAAF Council's decision is the culmination of an 18-month-long review by an IAAF expert working group who have studied issues relating to the participation of female athletes with hyperandrogenism in athletics. This group has worked in close co-ordination with the IOC Medical Commission throughout this period. The new rules and regulations, which will come into force for all international competitions on 1 May, provide for the following key principles:

- \* Competition in athletics will continue to be divided into men's and women's competition, recognising that there is a difference in sporting performance between elite men and women, that is predominantly due to higher levels of androgenic hormones in men. A female with hyperandrogenism who is recognised as a female in law shall be eligible to compete in women's competition in athletics provided that she has androgen levels below the male range (measured by reference to testosterone levels in serum) or, if she has androgen levels within the male range she also has an androgen resistance which means that she derives no competitive advantage from such levels.
- \* A pool of international medical experts has been appointed by the IAAF to review cases referred to it under the regulations as an independent expert medical panel and to make recommendations to the IAAF in such cases to decide on the eligibility of female athletes with hyperandrogenism.
- \* A 3-level medical process under the regulations shall ensure that all potentially relevant data is made available to the expert medical panel for the purposes of evaluating an athlete's eligibility. This medical process may include, where necessary, the expert medical panel referring an athlete with potential hyperandrogenism for full examination and diagnosis in accordance with best medical practice at one of the six IAAF-approved specialist reference centres around the world.
- \* The medical process under the regulations shall be conducted in strict confidentiality and all cases shall be referred to the expert medical panel on an anonymous basis. A female athlete who declines, fails or refuses to comply with the eligibility determination process under the regulations shall not be eligible to compete in women's competition.

The IAAF Council has further modified its existing regulations concerning the participation in women's competition of athletes who have undergone male to female sex reassignment. These regulations shall also be published on 1 May.

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## OBITUARY

### PIONEER RUNNER GRETE WAITZ DIES AT 57

Grete Waitz (b. 1 Oct 1953 Oslo, née Andersen), one of the greatest distance runners of all time and a pioneer of women's running, died on 19 April at the age of 57 after a six-year battle with cancer. She married Jack Waitz (né Nilsen) in 1975. Waitz was the first world champion at the women's marathon in 1983, fitting recognition of her ability and her pioneering rôle in women's distance running.

She ran world bests in her first three marathons annually at New York from 1978 to 1980, with times of 2:32:29.8, 2:27:32.6 and 2:25:41. She set a fourth world best with 2:25:29 in London on 17 April 1983 and went on to complete nine wins in the New York Marathon, winning each year 1982-6 and in 1988. In all she won 13 of her 19 marathons from 1978 to 1990, including London again in 1986 in her best ever time of 2:24:54. She was also runner-up to Joan Benoit in the first women's Olympic marathon in 1984.

The story of her first marathon has been told many times. Fred Lebow, the director of the New York City Marathon, invited her to compete in the 1978 It was understood that she would run as an early pacesetter for the established and favored women marathoners. She also planned to use the trip to New York to celebrate her retirement from competitive running, renew her focus on her job as a teacher, and perhaps start a family.

She ran with the encouragement of her husband, who was also her coach, but to her the whole thing was more a joke than anything else. Even in training she had never run further than 13 miles, and her dinner the night before the marathon consisted of shrimp cocktail and filet mignon. She recalled later that the last 10 miles of the race was pure agony and she was so angry at Jack that when she crossed the finish line she pulled off her shoes and threw them at him. "I'll never do this stupid thing again," she yelled.

She ran her last New York Marathon as a competitor in 1990, but in 1992, with Lebow's brain cancer in remission, she ran the whole race with him; they finished together in 5:32:35 to thunderous applause.

She first competed in the European Championships in 1971 at 800 m and 1500 m, and in the Olympics at 1500 m in 1972. On the track she set a European junior 1500 m record in 1971 and two world records at 3000 m: 8:46.6 in 1975 and 8:45.4 in 1976, with a European 5000 m record of 15:08.80 in 1982; yet apart from her World Cup win at 3000 m in 1977 she did not win any major titles, taking European bronze medals at 1500 m in 1974 and at 3000m in 1978. Before her marathon success she was at her best in road races, where her first ever loss was to Maricica Puica in 1981, and at cross-country, where she was unbeaten for twelve years and achieved a record five wins (1978-81 and 1983) in the World Championships (also third in 1982 and 1984).

She won 33 Norwegian senior titles from 1971 to 1983 and set 23 Norwegian records at track events from 800 m to 5000 m. A statue of her was erected outside the Bislett Stadium in Oslo in 1984.

Other bests: 800 m 2:03.1 (1975), 1500 m 4:00.55 (1978), 1 mile 4:26.90 (1979), 3000 m 8:31.75 (1979).



## BACKGROUND

### BOSTON NOT SO FAST, SAYS KEN YOUNG

Times in the Boston Marathon should not be regarded as excessively aided, argues Ken Young, publisher of *The Analytical Distance Runner* (ADR) in the latest edition of his newsletter, the official publication of the Association of Road Racing Statisticians (ARRS).

"Many claim the trailing winds produced such fast times, but neglect that Geoffrey Mutai was one of the top two male runners in the world going into this race," writes Young. "Mutai was ranked #2 on the ARRS competitive rankings and he had been ranked #1 for four weeks earlier in the year. When Haile Gebrselassie (ETH) set the current world record of 2:03:58.2, he was ranked #10 in the world. Hence, it is not surprising that Mutai could be capable of significantly bettering the world record. Too bad that he ran this on a course that is not eligible for records."

According to Young, the RTB values for Boston this year (-2.29 sec/km for the men and -2.41 sec/km for the women) "are well within the range for statistically valid performances and marks from this race are included in the ARRS rankings. However, performances from this race are not acceptable for records since the course drops 3.1 m/km and the start and finish lie much further apart than the 30% limit for records (USATF and ARRS). The start and finish separation exceeds even the lax IAAF standard of 50%." (The Race Time Bias calculation is used by the ARRS as a measure of how fast athletes run based on their previous performances over all distances. The limit for acceptance of a time is -5 sec/km.)

"Conditions were extremely favorable with temperatures suitable for distance racing and a trailing wind. Such favorable conditions have occurred several times in the past at Boston. For comparison, here is a list of 'fast' years at Boston, showing the RTB values for men (first column) and women (second column):

2011	-2.3	-2.4
2006	-1.3	-2.8
2002	+0.1	-2.8
1998	-1.5	-2.2
1994	-1.7	-3.8
1992	-1.7	-3.1
1991	-0.9	-4.2
1988	+0.1	-4.2
1986	-2.0	-2.4
1983	-3.1	-2.2
1981	-3.8	-2.7

"The net drop is worth about 3 sec/km. The observed times were roughly 2.4 sec/km faster than expected for the 43 elite runners making up the time comparisons. Hence, one could conclude that the wind aid was sufficient to balance out the effect of the hills (such as they are).

"The RTB averaged over all years at Boston is about +0.3 sec/km. This suggests that the drop and hills are pretty much of the same magnitude with opposing effects. With this assumption, the effect of the wind for the 2011 Boston was roughly 2.3 sec/km or times were about 97 seconds faster due to the wind."

It should be noted that when Elana Meyer ran the fastest South African time of 2:25:15 in the 1994 Boston there was also a significant trailing wind. The official SA record is Colleen de Reuck's 2:26:35, which she ran in Berlin in 1996. Meyer's best time on a standard course is 2:27:17 in Chicago in 1999 (but she also has times of 2:26:51 and 2:27:09 in Boston in 1995 and 1997 respectively – neither among Young's "fast" years.

## STATS TIME

### 2011 MARATHON: WORLD TOP 20 MEN

2:03:02a	Geoffrey Mutai		KEN	1	Boston	18 Apr
2:03:06a	Moses Mosop		KEN	2	Boston	18 Apr
2:04:40	Emmanuel Mutai		KEN	1	London	17 Apr
2:04:53a	Gebregziabher Gebremariam		ETH	3	Boston	18 Apr
2:04:58a	Ryan Hall		USA	4	Boston	18 Apr
2:05:27	Wilson Chebet		KEN	1	Rotterdam	10 Apr
2:05:33	Vincent Kipruto		KEN	2	Rotterdam	10 Apr
2:05:45	Martin Lel		KEN	2	London	17 Apr
2:05:45	Patrick Makau		KEN	3	London	17 Apr
2:06:13	Wilson Kiprotich	(10)	KEN	1	Otsu	07 Mar
2:06:13a	Abraham Cherkos		ETH	5	Boston	18 Apr
2:06:29	Benjamin Kiptoo		KEN	1	Paris	10 Apr
2:06:34	Marilson dos Santos		BRA	4	London	17 Apr
2:06:35	Markos Geneti		ETH	1	Los Angeles	20 Mar
2:06:43a	Robert Kiprono Cheruiyot		KEN	6	Boston	18 Apr
2:07:04	Bekana Daba		ETH	1	Houston	30 Jan
2:07:10a	Philip Kimutai		KEN	7	Boston	18 Apr
2:07:14	Bernard Kipyego		KEN	2	Paris	10 Apr
2:07:18	David Barmasai		KEN	1	Dubai	21 Jan
2:07:20	Stephen Kiprotich	(20)	UGA	1	Enschede	17 Apr

### THIS MONTH IN HISTORY

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

#### 114 years ago: 19 April 1897

Last week's quick times in the Boston Marathon astounded the world. The marathon, held for the 115th time, was the brainchild of Boston Athletic Association member and inaugural US Olympic team manager John Graham, who was inspired by the marathon at the first modern Olympic Games in Athens in 1896. The first race was held on this day, 19 April 1897, after a distance of 24 miles 1232 yards from Metcalf's Mill in Ashland to the Irvington Oval in Boston had been measured. Fifteen runners started, but only ten finished. John J. McDermott, representing the Pastime Athletic Club of New York City, took the lead over the hills in Newton. Although he walked several times during the final miles, McDermott still won by almost seven minutes. The previous October, in New York, McDermott had also won the first marathon on US soil. The Boston Marathon was originally held on Patriot's Day, 19 April, a regional holiday that commemorates the beginning of the Revolutionary War. In years when the 19th fell on a Sunday, the race was held the following Monday. In 1969 Patriot's Day was moved to the third Monday in April and the race has been held on that Monday ever since. Women were allowed to run the race officially in 1972, when Nina Kuscsik won.

### SOUTH AFRICAN ROAD LIST LEADERS FOR 2011

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	28:42	Lusapho April	Port Elizabeth	16 Apr
	27:15	Micah Kogo (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		08 Jan
	44:43	Lusapho April	Jeffreys Bay	
21.1 km	42:58	Mohamed Trafah (USA)		23 Apr
	41:13	Leonard Patrick Komon (KEN) 2010		
25 km	63:58	Lusapho April	Cape Town	23 Jan
	58:30	Zerzenay Tadese (ERI)		
30 km	58:23	Zersenay Tadese (ERI) 2010		09 Jan
	79:50	Juan van Deventer	Johannesburg	
Marathon	77:39	Giovanni deJesus (BRA)		13 Feb
	71:50	Sammy Kosgei (KEN) 2010		
100 km	1:36:14	Elroy Gelant	Camps Bay	13 Feb
	1:32:08	Jason Lehmkuhle (USA)		
100 km	87:49**	Haile Gebrselassie (ETH) 2009		13 Feb
	2:13:21	Lusapho April	George	
100 km	2:05:27	Wilson Chebet Kwambai (KEN)		13 Feb
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km	6:13:33	Takahiro Sunada (JPN) 1998		

\*\* ) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	32:15	Piet Mosibedi	Pretoria	05 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	50:30	Graham Katzen	Constantia	15 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:42	Lindile Tokota	Oudtshoorn	29 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	88:11	Lawrence Chipangaan	Durban	10 Apr
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:14	Graham Katzen	Camps Bay	09 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:22:07	Elias Mabane	Benoni	30 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	35:18	Meshack Motla	Hartebeespoort	19 Mar
	[32:10	Vladimir Kotov	Cape Town	
15 km	30:35	Tecwyn Davies (GBR) 1988		13 Mar
	53:11	Johannes Seakamela	Alberton	
21.1 km	[50:03	Vladimir Kotov (BLR)	Constantia	12 Mar]
	47:52	Titus Mamabolo (RSA) 1991		
25 km	72:24	Charles Vilakazi	Johannesburg	27 Mar
	66:42	Martin Rees (GBR) 2003		
30 km	1:39:05	Edmond Mngadi	Durban	10 Apr
Marathon	1:58:23	Raymond Howard	Camps Bay	09 Jan
	[1:46:47	Vladimir Kotov (BLR)	Parow	
Marathon	2:40:32	Stuart McColl	George	13 Feb
	[2:30:24	Vladimir Kotov (BLR)	George	
Marathon	2:19:29	Titus Mamabolo (RSA) 1991		13 Feb]



100 km

Grandmasters (60+)

10 km	38:23	Awie Veldsman	Bellville	16 Apr
15 km	59:28	Jimmy Morris	Constantia	12 Mar
21.1 km	86:45	Mike du Bruto	Pretoria	05 Feb
25 km	1:48:44	Michael Langa	Durban	20 Mar
30 km	2:10:29	Jimmy Morris	Camps Bay	09 Jan
Marathon	3:13:44	Don Charles	George	13 Feb
100 km				

Juniors

10 km	30:18	Unathi Nteta	Cape Town	02 Mar
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:50	Lufumba Sakila	Constantia	12 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	72:30	Philani Ngcobo	Pietermaritzburg	27 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

10 km	33:07	René Kalmer	Bellville	10 Apr
	31:50	Sentayehu Ejigu (ETH)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:48	René Kalmer	Alberton	13 Mar
	49:31	Jennifer Rhines (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	70:56A	Irvette van Blerk	New York	20 Mar
	72:04	Irvette van Blerk	Cape Town	23 Apr
	65:50	Mary Keitany (KEN)		
	66:25	Lornah Kiplagat (KEN) 2007		
	65:50p	Mary Keitany (KEN) 2011		
25 km	95:17	René Kalmer	Johannesburg	23 Jan
	91:07	Marily dos Santos (BRA)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:02:46	Bulelwa Simae	Parow	03 Apr
	1:46:27	Hiromi Ominami (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:39:07	Tanith Maxwell	London	17 Apr
	2:22:45	Aselefech Mergia (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	38:08	Jacqui Bakkes	Bellville	10 Apr
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:51	Joanna Thomas	Constantia	12 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	83:18	Jacqui Bakkes	Cape Town	23 Apr
	69:56	Irina Permitina (RUS) 2009		
25 km	1:49:34A	Frith van der Merwe	Somerset East	19 Mar
	1:49:49	Grace de Oliveira	Durban	20 Mar
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:04:22	Joanna Thomas	Camps Bay	09 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:53:24A	Joanna Thomas	Oudtshoorn	26 Feb



	2:54:53	Joanna Thomas	George	13 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	42:27	Olga Howard	Bellville	16 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	67:09	Bev Charters	Constantia	12 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	92:40A	Annatjie Botes	Wilderness	09 Apr
	93:18	Annatjies Botes	Oudtshoorn	29 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:02:49	Laura Maritz	Port Elizabeth	09 Apr
30 km	2:25:56	Miranda Ward	Worcester	12 Mar
Marathon	3:10:48	Annatjie Botes	George	13 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	49:06	Marietha Herbert	Bellville	16 Apr
15 km	69:11	Liz Ruickbie	Johannesburg	27 Feb
21.1 km	1:42:46	Veronica van Niekerk	Brandvlei	05 Feb
25 km	2:30:27	Linda Bell	Durban	10 Apr
30 km	2:30:15	Veronica van Niekerk	Worcester	12 Mar
Marathon	3:41:01	Veronica van Niekerk	George	13 Feb
100 km				
<u>Juniors</u>				
10 km	36:08	Dominique Scott	Bellville	10 Apr
	31:42	Zola Pieterse (RSA) 1984		
15 km	68:36	Jeanni Seymour	Johannesburg	09 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:43:31	Leigh Barrow	Cape Town	23 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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