

# 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

Stephen Muzhingi has not come close to the time run more than 20 years ago by former record holder Bruce Fordyce for the "up" run of the Comrades Marathon – not to mention the current course record of 5:24:47 by Leonid Shvetsov – but the Zimbabwean is now a member of a very exclusive club after winning the Comrades for the third time in a row yesterday. Only four other men – Fordyce, with eight victories on the trot, Arthur Newton (4), Dave Bagshaw and Alan Robb – have triumphed three times in succession.

Muzhingi (35) overcame South Africa's Fanie Matshipa (33) in a tough, no-holds-barred battle over the second half of the 86th Comrades to win in 5:32:46. He also won the previous two races, both "down" from Pietermaritzburg to Durban.

Matshipa finished second in 5:34:30 – faster even than the 5:39:53 that brought him fourth place in the 2010 down run.

In the women's race it was business as usual as none of the top-class international ultramarathon runners in the field had the courage to challenge the Nurgalieva twins. Elena grabbed her sixth win in 6:24:11 after falling early in the race, with sister Olesya second in 6:24:36. Farwa Mentoor in fifth (her third in a row) was once again the top South African finisher.

Kami Semick (USA), fourth in 2009 almost 20 minutes behind the twins, this time was third – less than 2 minutes behind Olesya – and again looked as fresh as a daisy. It seems incredible that a runner of her stature – she was the world 100 km champion in 2009, with the world's fastest time for that year – does not throw down the gauntlet to the Nurgalievas; she certainly has the ability to win if she decides to put pressure on them from early on. Of course, the same also goes for Britons Ellie Greenwood, the current world 100 km champion, and Elizabeth Hawker, third in the IAU World 100 km Championship.

Seven South African men (not eight, as the TV broadcast stated) won gold medals, one fewer than in the last two years.

The first half of the race was very quick and it was inevitable that the tempo would slow down later. The only slower times than Muzhingi's in the past eight up runs were Alberto Salazar's in 1994 and Oleg Kharitonov's in 2006. No doubt a detail like this does not bother Muzhingi in any way – he has now shown that, like Fordyce and, more recently, Shvetsov, he can win in both directions.

Mncedisi Mkhize took the last gold medal in 5:51:18 – with the exception of 2008 the slowest since 1994 for this position.

Apart from Muzhingi the other foreigners who made the top ten were Swedish star Jonas Buud, who was second in last year's World 100 km Championship and won the European title over this distance, and Zimbabwean Chasara Masiyatsva, who was twelfth in the Om die Dam 50 km in March, where he ran 3:07:21. Buud was only 20th at halfway, but covered the last 8 km to the finish slightly faster than even Muzhingi.

Point Chaza (ZIM) reached halfway in 2:36:20, almost 2½ minutes faster than Charles Tjiane did in the last up run. Muzhingi and his group were almost 8½ minutes behind. Far back, in 20th position, was Buud, while American Michael Wardian was 24th, Gift Kelehe 37th, Brian Zondi 43rd and, unnoticed in 46th, came Masiyatsva. The latter was almost 15 minutes behind the leader, but all of them would make an impact later as the early front runners fell victim to the hills.

Muzhingi and Matshipa went into the lead with 32 km to go and raced across Harrison Flats shoulder to shoulder, giving no quarter – Muzhingi powerfully built with strong shoulders and upper body and Matshipa much smoother, with an almost effortless running style. They traded surges after Matshipa had sprinted ahead to win the third hot spot and then, just before the climb up "Little Polly's", the 2010 champion had had enough and decided it was time to go.

Every Comrades has at least one very dramatic moment, often one that decides the outcome. The 2011 moment came at the outskirts of Pietermaritzburg, with the clock showing 5:14. Muzhingi suddenly came to a stop, although not showing any signs of distress. He walked a few metres and then resumed running almost as strongly as before.

Later he would say, "I just wanted to release my muscles", adding that it made him run better afterwards.

He covered the 4 km from 8 km to 4 km to go, which included part of the climb up Polly's, in 16:17, with the last 4 km taking him 15:37. Behind him eight of the nine gold medals were set, with only veteran Elias Mabane losing a place in the top ten in the last 8 km.

Muzhingi, who had said before the race, "I haven't won the up run. There is no pressure on me", ran untroubled to the finish, winning by 1:44. He said the fast pace between Ashburton and Polly Shorts cost him the record. "It was very tough up Polly's and then I realised the record was out of my reach." He said he usually takes four months off after the Comrades and then starts his training again in September.

Matshipa, who said he had had a cold the previous week, showed a huge improvement on his last up run result: he was 263rd in 2008 (and failed to finish in 2007). The South African promised to return next year to win.

Muzhingi has also showed great improvement in his Comrades career: before his three wins he had finished 115th, 51st, 7th and 3rd. Keen observers of the race are already talking about a new Fordyce-like era, although the Zimbabwean is ten years older than Fordyce when he got his first victory.

Buud had passed Kelehe, younger brother of 2001 winner Andrew Kelehe, for fourth, while sixth went to unheralded Masiyatsva (33). There was a big gap to Mamabolo, grandson of the great Titus Mamabolo, in seventh. Tjiane, who was only 22nd at halfway, was eighth while Zondi, who was second in 2006, claimed ninth. Mkhize, a far back 42nd at halfway, took the last gold, while Wardian, 25th last year (and then third in the World 100 km), gained one place in the last 200 m to miss a gold medal by one position.

Unlike in the Two Oceans, the Nurgalievas were never challenged. Elena's winning time is the slowest for the up run since Rae Bisschoff, the last South African to win, ran 6:38:57 in 1998 and a far cry from the record of 6:09:24 she set in 2006.

Mentoor has now been the best South African for nine of the last ten years (not nine in a row, as one newspaper report said) and finished in the top five on seven of those occasions, a remarkable record.

The "King of the Comrades", Fordyce, missed a silver medal by 31 seconds in his 29th Comrades. Former triple up run champion Vladimir Kotov (BLR), who was aiming for a gold medal, had to be content with a finish position equal to his age (53) – between the Nurgaliev twins – but again won the masters (50-59) category.

DRR contributor Sharon Eldridge became only the third woman after Ann Margolin and Almerie Jansen van Vuuren to win twenty medals in both the Two Oceans and Comrades when she finished 552<sup>nd</sup> in 10:14:32. DRR subscriber Elaine Greenblatt was the first grandmaster, finishing in 9:33:02.

Not much can be said about the disappointing TV coverage that was not said already last year. The coverage was haphazard, with so little shown about the athletes behind the front runners – in this case Muzhingi and Matshipa, and the twins – that it was impossible to get a coherent picture of what was going on. Errors abounded, such as that Fordyce won the race nine times in a row, and the screen showing "Nurgallerva" at one stage, while some of the commentators *still* can't get the Nurgaliev's first names correct. South Africa's biggest race – and the viewers – certainly deserve better.

With the *US Race Results Weekly* only being published tomorrow, we will catch up with international results next week.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* Comrades Marathon, Durban to Pietermaritzburg
  - \* APL Cartons Herfsprag De Doorns Half Marathon & 10 km, De Doorns
  - \* XC: WP League Meeting #3, Elfindale; Gauteng North League Meeting, Pretoria
- 

## NEWS

### WHEN A JUNIOR SUDDENLY TURNS 23

The problem of the age of junior athletes has become the scourge of distance running over the last few years, and many juniors – and, to a lesser extent, also runners in the older age groups such as veterans and masters – have been caught when running as juniors while they in fact no longer belonged in this age category. The problem is probably much more widespread than generally believed.

The latest culprit is Siyabonga Makhaluza, a "junior" running for the Western Province club Easterns. He has been active in the province for a few years and there has been suspicion about his real age for some time.

*Distance Running Results* has now obtained a copy of his identity document and it turns out that he is really 23 years old (almost 24) – which means that he has been running illegally as a junior for the last 4½ years! He was born on 24 June 1987.

Last year he actually gave his age as 17 when he entered races!

Thus Makhaluza has been earning a considerable amount of prize money to which he was not entitled. Here is a list of his races for this year only, with his position in the junior category:

Lion of Africa 10 km	2 <sup>nd</sup>	31:40
Top Form 10 km	1 <sup>st</sup>	31:19

UCT Memorial 10 km	2 <sup>nd</sup>	31:38
Vineyard Farm Run 10 km	1 <sup>st</sup>	34:50
WP 10 km Championships	1 <sup>st</sup>	30:58
Safari Half Marathon	1 <sup>st</sup>	73:02
Milkwood 10 km	1 <sup>st</sup>	31:30
1 <sup>st</sup> Cross-country League	2 <sup>nd</sup> (u.19)	27:17
2 <sup>nd</sup> Cross-country League	2 <sup>nd</sup> (u.19)	24:49

- See also Stats Time later in this issue.

## ROAD RUNNING

### Comrades Marathon (86<sup>th</sup>)

Durban to Pietermaritzburg, 29 May

(Distance: 86.96 km. Certified point-to-point uphill course, gaining elevation from sea level to 670 m above sea level, very hilly. Highest point: 870 m. Weather: cold at start, cool throughout the day.)

Note: The Comrades unfortunately does not indicate nationalities with its results, so there may be more foreigners in these results than shown. – Ed.

#### MEN

1. Stephen Muzhingi (ZIM) 5:32:46 R250 000
2. Fanie Matshipa 5:34:30 R120 000 + R125 000\* + R16 000#
3. Claude Moshiywa 5:42:06 R90 000
4. Jonas Buud (SWE) 5:42:45 R45 000
5. Gift Kelehe 5:44:00 R35 000 + R12 000^
6. Chasara Masiyatsva (ZIM) 5:44:34 R20 000
7. Ludwick Mamabolo 5:50:18 R18 000
8. Charles Tjiane 5:50:47 R16 000
9. Brian Zondi 5:51:09 R14 000
10. Mncedisi Mkhize 5:51:18 R12 000
11. Michael Wardian (USA) 5:52:51
12. Bongmusa Mthembu 5:53:03 R6 000^
13. Simon Peu 5:55:47
14. Johan Oosthuizen 5:55:59
15. Elias Mabane 6:00:50
16. Tumi Malefetsane (LES) 6:01:48
17. Mkhozeni Basi 6:02:29
18. Bongani Msimango 6:03:40 R3 000^
19. Clement Nkosi 6:04:57
20. Aaron Gabonewe 6:05:28
21. Butiki Jantjies 6:05:55
22. Harmans Mokgadi 6:06:40
23. Mpesela Ntlotsoeu (LES) 6:07:26
24. Frans Chauke 6:07:32
25. Point Chaza (ZIM) 6:08:46 R12 000#
26. Richard Dlamini 6:08:49
27. Zwelithini Vaphi 6:09:45
28. Sipho Dlamini 6:11:58
29. Trevor Toerien 6:13:53
30. Peter Muthubi 6:14:08
31. Melikhaya Sithuba 6:15:18
32. Jabulani Nhlapo 6:15:21
33. Samuel Bolo 6:15:59
34. Arthur Beeming 6:16:02

35. Isaac Malatji 6:16:05
36. Justice Nkosi 6:16:14
37. Jabulani Mabaso 6:16:20
38. Eric Sigxashe 6:17:32
39. Raymond Phaladi 6:18:06
40. Oleksandr Holovnytsky (UKR) 6:18:11
41. Kuben Setumu 6:18:41
42. Eric Ngubane 6:19:11
43. Khulekani Ngubane 6:19:29
44. Thabo Nkuna 6:20:03
45. Silwayiphi Mathonsi 6:20:33
46. Godfrey Sesenyamotse 6:20:38
47. Lucas Raseruthe (LES) 6:20:45
48. Delani Mkhize 6:20:48
49. Joseph Mphuthi 6:20:56
50. Sandile Ngunuza 6:22:18
51. Ben de Klerk 6:24:10
52. Bethuel Netshifhefhe 6:24:21
53. Vladimir Kotov (BLR) 6:24:24
54. Ian Sharman 6:25:31
55. Arnold Motsoeneng 6:25:45
56. Herbert Chokera (ZIM) 6:26:15
57. Petros Sosibo 6:26:18
58. Judas Ntuli 6:26:39
59. Enoch Ngubane 6:27:12
60. Christopher Mabengeza 6:27:32
61. Glyn Rynhoud 6:28:57
62. Riaan Kock 6:29:29
63. Abram Hugo 6:29:58
64. Craig Cynkin 6:30:41
65. Bongani Mthembu 6:30:56
66. Ayanda Mlotshwa 6:31:26
67. Victor Ngubelanga 6:31:38
68. Joseph Molaba 6:31:38
69. Kipkoech Chirchir (KEN) 6:31:48
70. Renier Grobler 6:31:54
71. Patrick Kanyane 6:32:23
72. Peter Molapo 6:32:28
73. Nicholas Mjadu 6:33:11
74. Daniel Kekana 6:33:51
75. Reginald Ngobese 6:34:15
76. Mveli Shabalala 6:34:28
77. Mpho Kgaswane 6:35:05
78. Sanele Ndlela 6:37:24
79. Peter Ramoloto 6:37:28
80. Chris O'Neill 6:37:45
81. Gregory Bishop 6:38:17
82. Elvis Mazibuko 6:38:21
83. Shaun Meiklejohn 6:39:13
84. Eloi de Oliveira 6:39:25
85. Drew Fisher 6:39:26
86. Sibusiso Rambuzo 6:40:14
87. Lovers Hlatshwayo 6:40:20
88. Xolani Mthembu 6:40:41
89. Lympson Maifo 6:41:18
90. Samuel Mashishi 6:41:30
91. Eric Tshoba 6:41:47

92. Vusi Sokhela 6:42:07
93. Mbuyiseli Mema 6:42:27
94. Moeketsi Malaka 6:42:37
95. Tsitsi Mokoena 6:42:59
96. Alfred Mathobo 6:43:27
97. Nimrod Kobeni 6:43:28
98. Olebogeng Seleko 6:43:58
99. Simon von Witt 6:44:15
100. Malefetsane Nkhi 6:44:38

...

258. Samuel Pazanga (ZIM) 7:14:56 R8 000#
- ... 468. Bruce Fordyce 7:30:31
- ... 1255. Alan Robb 8:30:24

DNF: Lucas Nonyana, Jaroslaw Janicki (POL), Fusi Nhlapo, Wesley Ruto (KEN), Wellington Chidodo (ZIM), Mzwanele Maphekula, Teboho Sello (LES)

\*) Prize for 1<sup>st</sup> South African

^) Prize for the 1<sup>st</sup> three runners aged 20-29

#) Incentive for the three hot spots

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

1. Elias Mabane 6:00:50 R8 000
2. Butiki Jantjies 6:05:55 R4 000
3. Richard Dlamini 6:08:49 R2 000

#### **50-59:**

1. Vladimir Kotov (BLR) 6:24:24 R3 500
2. Eloi de Oliveira 6:39:25 R2 500
3. Stuart McColl 6:46:34 R1 500

#### **60+:**

1. Bernd Juckel (GER) 7:23:10 R3 000
2. Keith McKay 8:08:59 R2 000
3. Freddy Kashiri (ZIM) 8:15:56 R1 000

WOMEN (Same prize money as men)

1. Elena Nurgalieva (RUS) 6:24:11
2. Olesya Nurgalieva (RUS) 6:24:36
3. Kami Semick (USA) 6:26:25
4. Ellie Greenwood (GBR) 6:32:47
5. Farwa Mentoor 6:35:50 + R125 000\*
6. Irina Vishnevskaya (RUS) 6:42:08 + R12 000^
7. Elizabeth Hawker (GBR) 6:48:29
8. Adinda Kruger 6:49:02
9. Kerry Koen 6:56:21
10. Riana van Niekerk 6:56:39
11. Helga Matthee 7:07:16
12. Salome Cooper 7:09:15
13. Susan Harrison (GBR) 7:11:45
14. Julianie Basson 7:13:28
15. Joasia Zakrzewski (POL) 7:14:07
16. Paulina Njeya 7:18:16
17. Lesley Train 7:24:21
18. Michelle Kellock 7:27:28
19. Lucie Hardiman 7:28:01
20. Joyce Makwarela 7:29:25
21. Amy Sproston 7:34:10
22. Lelanie van Zyl 7:43:09

23. Gillian Sieling 7:44:12
24. Davera Magson 7:47:12
25. Ronel van Graan 7:47:22
26. Sarah Gray 7:50:49 R6 000^
27. Lindy-Lee Folscher 7:51:28
28. Linda Smart 7:51:33
29. Bronwyn Bridgeford 7:51:54
30. Ursula Turck 7:52:40
31. Annelie van der Merwe 7:54:31
32. Susanna Vermaak 7:55:22
33. Carien Visser 7:56:48
34. Fikile Mbuthuma 7:57:24
35. Lauren Calenborne 7:58:51
36. Anelle Vorster 8:01:59
37. Marissa Potgieter 8:03:47
38. Sue Harrisberg 8:06:29
39. Christelle van der Merwe 8:08:14
40. Margaret Scharein 8:08:57
41. Ann Boniwell 8:13:22 R3 000^
42. Mari Bruwer 8:14:05
43. Katherine Louise Perry 8:14:57
44. Catherine Naane 8:15:25
45. Anne Hulbert 8:16:16
46. Gail Langley 8:18:22
47. Melany Porter 8:19:15
48. Melanie Melville 8:19:40
49. Silvia Caroto 8:20:22
50. Kerryn Armstrong 8:20:39
51. Nocawe Morake 8:20:44
52. Hleziphi Ncayiyana 8:21:17
53. Cleo Oliver 8:22:22
54. Vanessa Bowman 8:23:48
55. Janet van Veijeren 8:24:12
56. Heather Phipson 8:24:19
57. Nicola McMurray 8:24:40
58. Janine Engels 8:24:59
59. Reinette Bosman 8:25:09
60. Wendy Morgan 8:25:52
61. Serena Wooldridge 8:29:36
62. Michelle Sivewright 8:30:27
63. Michelle Naude 8:31:47
64. Madeleine Whitehair 8:32:43
65. Kerry Kleb 8:32:46
66. Marlie Hunt 8:32:49
67. Nadine Breytenbach 8:32:59
68. Caroline Westmann 8:33:29
69. Gail Murdoch 8:33:47
70. Valerie Jane Watson 8:36:02
71. Simone Scrase 8:36:06
72. Juliette Savini 8:36:25
73. Andrea Moritz 8:36:30
74. Natasha Stanton 8:36:31
75. Julie Shadwell 8:36:35
76. Maryna Meets 8:37:07
77. Jene Banfield 8:37:08
78. Elmarie Bezuidenhout 8:37:53
79. Malie van der Walt 8:38:44

80. Kate Rees 8:38:47
81. Jennifer Sutton 8:39:43
82. Sue Chapman 8:41:17
83. Benise Geyser 8:41:36
84. Theresa Brand 8:41:39
85. Carli Basson 8:41:39
86. Ruthann Sheahan 8:41:45
87. Pat Dammann 8:41:59
88. Kaoma Chileshe 8:42:43
89. Lizanne Scholtz 8:42:45
90. Robyn Bastable 8:43:03
91. Shelley van der Spuy 8:43:05
92. Miranda Symons 8:43:46
93. Estie Grobler 8:44:04
94. Jacqueline Grassie 8:44:07
95. Kristin Cooley 8:44:48
96. Joanne Fourie 8:45:04
97. Elize Kloppers 8:45:19
98. Lianne Rey 8:45:52
99. Rashika Rampersadh 8:46:01
100. Johanna van Wyk 8:46:25

DNF: Mamorallo Tjoka (LES), Samukeliso Moyo (ZIM)

\*) Prize for 1<sup>st</sup> South African

^) Prize for the 1<sup>st</sup> three runners aged 20-29

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

1. Kami Semick (USA) 6:26:25
2. Michelle Kellock 7:27:28
3. Lucie Hardiman 7:28:01

#### **50-59:**

1. Sue Harrisberg 8:06:29
2. Valerie Jane Watson 8:36:02
3. Juliette Savini 8:36:25

#### **60+:**

1. Elaine Greenblatt 9:33:02
2. Maria Bernardino 9:42:38
3. Tina Torpy 9:53:03

### **APL Cartons Herfsprag De Doorns Half Marathon & 10 km**

De Doorns, 21 May

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 104; 10 km – 116.)

#### **Half marathon**

##### **MEN**

1	Thembelani Zola	Mr Price	36	1:10:13
2	Shaun Lekay	Robertson	19	1:10:19
3	Henrico Rooi	Nedbank	22	1:11:03
4	Christopher Baadjies	Ceres	33	1:13:09
5	Quinton Lambert	Ceres	29	1:13:58
6	Dawid Van Rooyen	Fit2run	25	1:16:21
7	Marco Jansen	Salkoriane	17	1:16:31
8	Richard Bester	Salkoriane	16	1:16:36
9	Eugene Van Wyk	Fit2run	17	1:17:47
10	Anton Mouton	Ceres	26	1:19:42



## WOMEN

1	Helene	Perold	Adidas	27	1:27:53
2	Michelle	Dreyer	Paarl	32	1:31:27
3	Esme	Koopman	Durbanville	43	1:33:48
4	Steyntjie	Prins	Paarl	57	1:36:13
5	Rezani	Scholtz	Stellenbosch	37	1:38:45
6	Maryna	Bingle	Worcester	46	1:41:32
7	Lolandi	Janse van Rensburg	Tygerberg	17	1:42:06
8	Anne	Pool	Strand	50	1:42:07
9	Lolandi	Van der Merwe	Worcester	34	1:42:31
10	Magriet	Hanekom	Ceres	56	1:47:15

**10 km**

## MEN

1	William	Kaptein	Robertson	18	31:35
2	Neo	Molema	Mr Price	34	33:20
3	Bynes	Chayoka	Salkoriane	21	33:25
4	Ignatius	Davids	Robertson	19	33:55
5	Eugene	Davids	Robertson	21	34:10
6	Alistair	Smith	Robertson	16	34:29
7	M	Thembaletu	Salkoriane	16	36:07
8	Henrico	Oberholzer	Worcester	16	36:08
9	Andran	Fielies	Fit2run	18	36:11
10	Jonathan	?	Salkoriane	34	36:43

## WOMEN

1	Mariette	Esterhuysen	Tygerberg	48	40:28
2	Magrietha	Smith	Ceres	26	41:44
3	Adino	Arnolds	Ceres	15	42:57
4	Jacqueline	Goliath	Fit2run	15	43:05
5	Liza-Mari	Dippenaar	Fit2run	16	44:34
6	Karin	Thompson	Robertson	23	44:55
7	Azel	?	Salkoriane	15	45:13
8	Vodim	Jansen	Fit2run	15	47:06
9	Charmaine	Cupido	Nedbank	55	47:22
10	Marinda	Pheiffer	Worcester	39	48:14

**CROSS-COUNTRY****WP League Meeting #3**

Elfindale, 22 May

Note: All men's age categories run 8 km, except the u.17 boys (6 km) and all women's age categories run 4 km, except the u.19 girls (6 km). – Ed.

## SR. MEN (12 km)

1	Mthandazo	Qhina	RCS Gugs	38:08
2	Tebello	Poni	ACSIS VOB	38:24
3	Duane	Fortuin	Adidas	38:35
4	Hein	Camphor	Adidas	38:55
5	Zolile	Bhitane	ACSIS VOB	39:35
6	JP	Abrahams	Adidas	39:47
7	Innocent	Nogwaza	Adidas	39:54
8	Manfred	Samuels	Helderberg Harr	40:32
9	Nicholas	Mdutyana	Celtic Harriers	40:33

10	Samson	Gulubela	Atlantic	40:34
<b>SR. MEN (4 km)</b>				
1	Riaan	Wildskut	ATC	12:32
2	V	Kayi	Tygerberg NLK	12:41
3	Dewayne	Mouries	Itheko	12:42
4	Bulelani	Bhebha	ACSIS VOB	12:51
5	Gilbert	Korir	KEN/UWC	12:54
6	Wanda	Roro	Adidas	12:58
7	Morne	Kammies	Itheko	13:08
8	Thabiso	Sakayi	RCS Gugs	13:11
9	Enrico	Newman	Itheko	13:14
10	Ricardo	Jaftha	Eerste River	13:16
<b>40-49:</b>				
1	Tobias	Philander	Adidas	28:46
2	Chris	Mitchell	Celtic Harriers	28:57
3	John	Horn	Edgemead	29:01
<b>50-59:</b>				
1	Goodman	Mpukani	RCS Gugs	29:34
2	Clive	Owen	Edgemead	30:02
3	Friedl	van der Merwe	Strand	30:41
<b>60+:</b>				
1	Johan	Diener	Strand	34:21
2	Paul	Fortuin	ACSIS VOB	36:07
3	Michael	Clarke	ACSIS VOB	36:46
<b>U.19:</b>				
1	Orion	Faro	MP Titans	26:13
2	Godwin	Swartz	Elsies River	27:01
3	NP	Farmer	No Club	27:21
<b>U.17:</b>				
1	Asive	Njenxa	Khayelitsha	19:11
2	Gcobani	Mndi	RCS Gugs	19:12
3	Lukhanyo	Malgas	Khayelitsha	19:41
<b>SR. WOMEN (8 km)</b>				
1	Danette	Smith	Adidas	32:48
2	Candyce	Hall	Hout Bay	33:34
3	Mariëtte	Esterhuysen	Tygerberg NLK	33:37
4	Christina	Impey	NBMC	33:49
5	Jenny	Close	NBMC	34:01
6	Heidi	van der Merwe	NBMC	35:28
7	Tania	Kapp	NBMC	35:58
8	Sebenzile	Shabalala	Celtic Harriers	37:22
9	Evelina	Tshabalala	RCS Gugs	38:19
10	Elizabeth	De Gouveia	Plexus Durbanville	38:21
<b>SR. WOMEN (4 km)</b>				
1	Phelokazi	Mbombo	Khayelitsha	16:41
2	Naome	Teleko	Nedbank WP	16:52
3	Abegail	Sauls	Itheko	17:11
4	Natasha	Oosthuizen	Adidas	17:16
5	Emmeranthia	Philander	Adidas	18:08
6	Audrey	Seale	ACSIS VOB	18:31
7	Leanne	Olivier	CPUT	18:41
8	Nomveliso	Kupe	RCS Gugs	18:49
9	Patience	Nkohla	Khayelitsha	20:19

10	Vanessa	Truter	Helderberg Harriers	20:23
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**40-49:**

1	Mariëtte	Esterhuyse	Tygerberg NLK	16:12
2	Patricia	Adams	Metropolitan	16:52
3	Mariaan	Malan	Nedbank WP	16:59

**50-59:**

1	Charmaine	Cupido	Nedbank WP	18:01
2	Dawn	Middelkoop	ACSIS VOB	19:22
3	Denise	Johannes	Spartan Harriers	19:34

**60+:**

1	Pixie	Sparg	Celtic Harriers	20:14
2	Zonia	Barnard	Celtic Harriers	21:58
3	Marlene	James	Pinelands	22:52

**U.19:**

1	Asiphe	Snyman	Celtic Harriers	24:28
2	Khanya	Mateyisi	Khayelitsha	24:32
3	Reghana	Beukes	Eerste River	26:31

**U.17:**

1	Pamela	Mtshemla	ACSIS VOB	15:23
2	Annie	Bothma	Helderberg Harr:	15:27
3	Ebeth	Marais	Tygerberg NLC	15:53

**Gauteng North League Meeting**

Pretoria, 21 May

Note: All male age categories run 8 km, except men 60, 65, 70, 75 and boys 17 (all 6 km), as well as men 23 and 21 (4 km), while all women age categories run 4 km, except juniors (6 km). – Ed.

## SR. MEN (8 km):

1	Lukhando Mabinza	Transnet	26:41
2	Rafael Mahapa	TUT	26:42
3	Stanley Mofu	Fortis Noord	26:58
4	Willem Ndzhukula	PMMC	27:07
5	Rapelag Kgaje	Individual	27:23
6	Clement Mtsweni	SABS	28:34
7	Steven Nkosi	CSIR	29:50
8	Sydney Duma	Temba Sunrise	31:21
9	Freddy Nkunzi	MH Baloyi	36:00
10	Shane Smit	Garsfontein High School	37:27

## SR. MEN (4 km):

1	Rafael Mahapa	TUT	12:58
2	Oupa Maseko	HSRC	13:12
3	Andries Malete	Individual	13:25
4	Gino Nkoe	Nissan	13:33
5	Tshepo Maatjie	Temba Sunrise	13:41
6	Tebogo Radebe	Prestige College	14:06
7	Israel Legoete	PMMC	14:10
8	Andile Magagula	Suthies AC	14:50
9	Elliot Makhoba	Temba Sunrise	14:57
10	Zanele Tlhamo	Global AC	15:35

## MEN 40:

1	Koos Aphane	PMMC	30:32
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2	Graham Megaw	Tuks	31:57
3	William Kiewitt	Akasia	34:23
MEN 45:			
1	Willie Jansen Van Rensburg	Wonderboom	37:04
2	Japie Venter	Jopie Fourie	39:10
3	Brandon Hughes	Phobians	43:04
MEN 50:			
1	Simon Railo	Alpha Centurion	35:35
2	Marius Bosman	Alpha Centurion	37:54
3	Nico Vos	Centurion	41:54
MEN 55:			
1	Buks Meyer	Momentum	45:20
MEN 70:			
1	Andries Van der Merwe	Transnet	31:52
MEN 75:			
1	Ken Nurden	Agape	31:52
2	Frans Grobler	Transnet	31:52
MEN 23:			
1	Ivan Ambraal	Pmmc	13:04
2	Martin Nkoe	Temba Sunrise	13:12
3	William Sibanyoni	Fortis Noord	14:33
MEN 21:			
1	Joel Madiba	TUT	13:00
2	Lucas Mokonyama	Fortis Noord	13:35
3	Timothy Olyn	Prestige College	13:50
JR. MEN:			
1	Simon Mokonyama	Nedbank	27:16
2	Jack Masogo	Rodney Mokoena	27:41
3	Koos Baloyi	Prestige College	27:53
BOYS 17:			
1	Mpho Motaung	Prestige College	20:36
2	Jerome Makumane	Eldoraigine	20:43
3	Wayne Labuschagne	Garsfontein High School	21:10
SR. WOMEN (8 km):			
1	Patience Khumalo	TUT	32:28
2	Carlyn Fischer	Tuks	33:00
3	Merriam Mooki	Transnet	35:40
4	Sandra Steenkamp	Irene	36:33
5	Thelma Malebe	Moretele	44:55
SR. WOMEN (4 km):			
1	Adel Terblanche	Running Inn	16:07
2	Adri Van Rooyen	New Balance	21:04
3	Busi Jele	Ekgangala AC	25:30
WOMEN 40:			
1	Yvette Van Schalkwyk	Ultimate AC	18:22
2	Rosemarie Cuthbertson	Fortis Noord	21:47
3	Ronel Steyn	Fortis Noord	22:00
WOMEN 45:			
1	Ilse Merrick	Enduro	20:26
WOMEN 50:			
1	Lynette Fischer	Tuks	18:15
2	Elsie Mokone	Temba Sunrise	26:46
WOMEN 55:			
1	Veronica Von Gordon	AGN Masters	21:13

WOMEN 60:			
1	M Pennekan	Individual	29:00
WOMEN 23:			
1	Thembi Baloyi	TUT	16:50
2	Mini Fortuin	Pmmc	21:14
WOMEN 21:			
1	Palesa Madoa	TUT	17:54
2	Lindie Rademeyer	Individual	20:26
3	Marcel Breed	Tuks	21:06
JR. WOMEN:			
1	Melissa Taylor	Garsfontein High School	25:14
2	Vanessa Esterhuizen	Garsfontein High School	29:25
3	Amelia Botha	PPMC	30:14
GIRLS 17:			
1	Boipelo Serailwe	Prestige College	17:07
2	Zelke Slabbert	Garsfontein High School	17:32
3	Ruani Oberholzer	Eldoraigue	17:59

### A LOOK BACK AT OLD TIMES

Well-known coach and athletes' manager Dewald Steyn has confirmed that the Joe Bellingham whose name appeared in the results (grandmasters category) of the AGN cross-country league meeting in DRR 11:20 is the well-known marathon and cross-country runner of the sixties and seventies.

Bellingham was the second South African (after Ferdie le Grange) to run a sub-2:20 marathon when he won the now defunct Stellenbosch Marathon in 2:18:05 in 1973. Bellingham, who was born on 1 January 1946, also won the SA marathon title in 1968, clocking 2:27:24 in Germiston. He was second at the 1968 SA Cross-country Championships behind Fanie van Zijl and was a member of the SA cross-country team that competed in Zimbabwe in both 1967 and 1968. Bellingham set two SA records in 1969 – 49:07.6 for 10 miles and 19 640 m for one hour, in the same race on 12 February in Germiston.

According to Steyn, he got Bellingham to start running again about a

year ago and because of his long absence from running he has been struggling with injuries and "battles to get fit". He is "very enthusiastic" and his aim is to get Gauteng North colours.

The photographs sent to DRR by Steyn show Bellingham as he looks now, and the cross-country team to Zimbabwe in 1967. Back row: Tony Frost, Dave Kirby, Issy Marks, John Atkinson and Sonny van Antwerp. Front row: Bellingham, Dennis Morrison, Steyn and Louis van Wijck.



## STATS TIME

In this section I include the top ten South Africans over the standard distances in 2011 each week, with one list per issue. Secondary performances of the top three are also listed. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

### 2011 10 KM: TOP 10 JUNIOR MEN

NOTE: Dates of birth are also listed, where known.

30:11	Unathi Nteta	29 Jan 93	4	Stellenbosch	23 Feb
30:18	Nteta-2	29 Jan 93	4	Cape Town	02 Mar
31:01	William Kaptein	12 Jun 92	7	Bellville	16 Apr
31:05	Nteta-3	29 Jan 93	2	Cape Town	20 Mar
31:19	Nteta-4	29 Jan 93	3	Athlone	12 Feb
31:24	Kaptein-2	12 Jun 92	1	Franschhoek	30 Apr
31:24	Luxolo Mdzanga	31 Jul 92	10	Bellville	16 Apr
31:25	Asive Njenxa		11	Bellville	16 Apr
31:38	Nteta-5	29 Jan 93	1	Tokai	05 Feb
31:56	Kane Reilly	03 Aug 92	12	Stellenbosch	23 Feb
31:56	Gcobani Mndi	01 Jan 92	15	Bellville	16 Apr
32:01	Godwin Swartz	22 Mar 92	18	Bellville	16 Apr
32:12	Lubabalo Mdlungwane	01 Sep 93	20	Port Elizabeth	16 Apr
32:23	Melikhaya Frans	05 Feb 92	5	Port Elizabeth	27 Apr
32:40	Nande Qamgwana	14 Dec 92	28	Bellville	16 Apr

### THIS MONTH IN HISTORY

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

#### 40 years ago: 22 May 1971

Ed Cadena won the 5th edition of the Palos Verdes Marathon by exactly four minutes over Phil Ryan (USA), 2:23:34 to 2:27:34. Mitch Kingery, only 14, was 14th with 2:39:43, while at the other end of the age scale the 64-year-old Monty Montgomery was 39th in 2:53:53. An even younger runner, 12-year-old Mary Decker, ran 3:09:27 to win the women's race. Decker would later become famous as one of the best distance runners in the world, setting numerous US track records and winning the 1983 global 3000-metre title. And, of course, she tangled with Zola Budd in the 1984 Olympic final.

### 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)		
	26:44	Leonard Patrick Komon (KEN) 2010		

15 km	44:43	Lusapho April	Jeffreys Bay	08 Jan
	42:58	Mohamed Trafteh (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		24 Apr
	61:42	Stephen Mokoka	Yangzhou	
25 km	58:30	Zerzenay Tadese (ERI)		07 May
	58:23	Zersenay Tadese (ERI) 2010		
30 km	78:37	Richard Mavuso	Pretoria	09 Jan
	76:56	Jan Fitschen (GER)		
Marathon	71:50	Sammy Kosgei (KEN) 2010		08 May
	1:36:14	Elroy Gelant	Camps Bay	
100 km	1:32:08	Jason Lehmkuhle (USA)		08 May
	87:49**	Haile Gebrselassie (ETH) 2009		
100 km	2:09:25	Lusapho April	Hannover	08 May
	2:03:02A	Geoffrey Mutai (KEN)		
100 km	2:03:59	Haile Gebrselassie (ETH) 2008		08 May
	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	31:45	Butiki Jantjies	Germiston	22 May
	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	86:37	Nikky Masombuka	Pretoria	07 May
	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	33:58	Stuart McCall	Germiston	22 May
	[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	03 Apr]
100 km	2:40:32	Stuart McColl	George	13 Feb
	[2:30:24]	Vladimir Kotov (BLR)	George	13 Feb]
	2:19:29	Titus Mamabolo (RSA) 1991		

#### 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	30:11	Unathi Nteta	Stellenbosch	23 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:42	Juwayne Fletcher	Jeffreys Bay	08 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	69:01	Melikhaya Frans	Port Elizabeth	30 Apr
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

10 km	33:07	René Kalmer	Bellville	10 Apr
	31:26	Doris Chepngywo (KEN)		
	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	94:11	Louisa Leballo	Pretoria	07 May
	87:02	Eleni Gebrewot (ETH)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:02:46	Bulelwa Simae	Parow	03 Apr
	1:46:27	Hiroimi Ominami (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:34:47	René Kalmer	Prague	08 May
	2:19:19	Mary Keitany (KEN)		
	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		

Masters (50+)



10 km	42:27 34:44	Olga Howard Tatyana Pozdniakova (UKR) 2005	Bellville	16 Apr
15 km	67:09 54:33	Bev Charters Shirley Matson (USA) 1991	Constantia	12 Mar
21.1 km	92:40A 93:18 76:07	Annatjie Botes Annatjies Botes Tatyana Pozdniakova (UKR) 2006	Wilderness Oudtshoorn	09 Apr 29 Jan
25 km	1:57:33	Sandra Steenkamp	Pretoria	07 May
30 km	2:25:56	Miranda Ward	Worcester	12 Mar
Marathon	3:10:48 2:31:05	Annatjie Botes Tatyana Pozdniakova (UKR) 2005	George	13 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	45:36	Sonja Laxton	Port Elizabeth	08 May
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 31:42	Dominique Scott Zola Pieterse (RSA) 1984	Bellville	10 Apr
15 km	68:36 49:40	Jeanni Seymour Ines Chenonge (KEN) 2001	Johannesburg	09 Jan
21.1 km	1:25:31 1:09:05	Letitia Saayman Delilah Asiago (KEN) 1991	Stellenbosch	30 Apr

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