

# 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

Lots of action this past weekend, with two female half-marathon runners claiming pride of place. In a cold and wet Krugersdorp René Kalmer won the Roy Brown Memorial Half Marathon in 80:45 – a victory by more than 7 minutes. Much further south, in Hermanus, Ulrica Stander finished fifth overall in the Whale Half Marathon and shattered the course record by one second short of 4½ minutes with her 82:44, winning by almost 11 minutes – two days before her 37<sup>th</sup> birthday.

Four Western Province runners raced both the Festival of Running Half Marathon and Cape Gate 10 km this weekend: Mthandazo Qhina was first and fourth, Luxolo Mdzanga second and fifth, Asiphe Sikabalanjana first and third, and Candyce Hall third and fifth.

Unfortunately no results of the Festival of Running's ultramarathon – one of the fastest in the country – were available.

DRR subscriber Elaine Greenblatt was fifth in the 60-64 age category in the BMW Berlin Marathon, clocking 3:51:53. Well done, Elaine!

Sad news reached DRR this weekend. After completing a training run, WP athletics stalwart Doug Brown passed away on Saturday. Doug served the sport in the Western Cape for more than fifty years as an athlete, administrator and coach. He was a former President of the Pinelands Athletic Club.

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* Roy Brown Memorial Half Marathon & 10 km, Krugersdorp
- \* Goss & Balfe South Coast Marathon, Half Marathon & 10 km, Scottburgh to Amanzimtoti
- \* Cape Town Festival of Running Half Marathon, Cape Town
- \* Saints Thorntree 15 km & 10 km, Pietermaritzburg
- \* Whale Half Marathon, Hermanus
- \* Cape Gate 10 km, Brackenfell
- \* Kromberg & Schubert 25 km & 15 km, Brits
- \* Nelson Mandela Bay Ecomile Marathon, Port Elizabeth to Uitenhage

## International highlights:

- \* Rock 'n' Roll San Jose Half Marathon, San Jose, USA
- \* AMGEN Bredase Singelloop Half Marathon, Breda, NED
- \* Semi-Marathon du Grand Nancy, Nancy, FRA
- \* Oktoberfest 10 km Run, Minster, USA

- \* Meia Maratona SportZone, Porto & Gaia, POR
  - \* XC: Oklahoma State Cowboy Jamboree, Stillwater, USA
  - \* Commonwealth 24-hour Championships, Llandudno, GBR
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## ROAD RUNNING

### Roy Brown Memorial Half Marathon & 10 km

Krugersdorp, 2 October  
(Distances: 21.1 km & 10 km; loop courses.)

#### Half marathon

##### MEN

1 Lebogang Masilo (Nedbank) 70:54; 2 Coolboy Ngamole (Nedbank) 71:40; 3 Vincent Kutoane (Nedbank) 73:40.

**Veterans:** 1 Butiki Jantjies (Mr Price) 74:08; 2 Elgin Mokale (Harmony Striders) 77:45.

**Masters:** 1 Alan Coulter (Krugersdorp) 92:48. **G'masters:** 1 Vincent Siease (Randburg Harriers) 1:44:00. **Juniors:** 1 Lidokuhle Duma (Blue Sky) 83:14.

##### WOMEN

1 René Kalmer (Nedbank) 80:45; 2 Elizabeth Mtombeni (ADT) 88:09; 3 Julianie Basson (Toyota) 89:04.

**Veterans:** 1 Magdeline Makata (Discovery) 1:52:42. **Masters:** 1 Miemie Liebenberg

(Panorama) 2:02:17. **G'masters:** 1 Sue van Heerden (Roodepoort) 2:25:01.

#### 10 km

##### MEN

1 Vuyisile Tshopa (Nedbank) 33:47; 2 Olebogeng Masire (Nedbank) 34:17; 3 Molatsi Madiba (ADT) 34:32.

**Veterans:** 1 Daniel Radebe (Temp) 36:56; 2 Teddy Hutamo (Lydiard) 37:49. **Masters:** 1 Andre Jansen (GS) 40:35. **G'masters:** 1 Jan Meyer (Randmark) 46:59. **Juniors:** 1 Michael Radebe (ADT).

##### WOMEN

1 Mmatseko Monareng (Kagiso Striders) 47:08; 2 Ronel van Graan (Krugersdorp) 48:27; 3 Linah Nkosi (Blue Sky) 54:03.

**Veterans:** 1 Linah Nkosi (Blue Sky) 54:03; 2 Irene Jonker (Randmark) 55:35. **Masters:** 1

Selinah Netshisaulu (RAC) 55:27. **G'masters:** 1 Margaret McGilp (Florida) 59:00. **Juniors:** 1 Zazi Mthembu (Nedbank) 57:30.

### Goss & Balfe South Coast Marathon, Half Marathon & 10 km

Scottburgh to Amanzimtoti, 2 October  
(Distances: 42.195 km, 21.1 km & 10 km; point-to-point courses)

#### Marathon

##### MEN

1 Sandile Mkahaye (Mr Price) 2:28:34, 2 Delani Mkhize (Boxer) 2:31:25, 3 Perfect Dlamini (Toyota) 2:33:11.

**40-49:** 1 Mbongeni Sosibo (Nedbank) 2:42:30, 2 Willie Majombozi (Boxer) 2:44:58, 3 Nkosikhona Dlamini (SAP) 2:51:00. **50-59:** 1 Richard Dlamini (Toyota) 3:05:21, 2 Cosmos

Langa (Correctional Services) 3:08:46 3 Innocent Ndlovu (Mandeni) 3:13:53. **60+:** 1 Petros Shumi Zabalaza 3:28:25.

#### WOMEN

1 Kerry Koen (Nedbank) 3:20:24, 2 Nonsikeklo Mbamabo (Natal Carbineers) 3:22:54, 3 Mapulane Majoro (Natal Carbineers) 3:23:21.

**40-49:** 1 Jenny Sutton (YWP) 3:25:17, Erica Walker (Natal Carbineers) 3:35:31, 3 Aliko Hestermann (Randburg) 3:59:48. **50-59:** 1 Daniela Papina Savages 4:10:03, 2 Tilda Tearle (Savages) 4:22:47, 3 Irma Stevens (Eskom) n/t.

### Half Marathon

#### MEN

1 Michael Mtobe (SCS) 1:10:23, 2 Mosica Thuso (Mr Price) 1:12:23, 3 Eric Ndovela (Nedbank) 1:12:32.

**40-49:** 1 Thabiso Mohoto (Tlokoa) 1:14:34, 2 Bheki Bhengu (Boxer) 1:23:51, 3 Joel Sokhela (Ubunye) 1:24:16. **50-59:** 1 Phinanes Ntombela (KZN Striders) 1:29:08, 2 Boysie van Staden (Savages) 1:30:36. **60+:** 1 Mike de Beer (Riverside) 1:50:41. **Juniors:** 1 Blessing Thusi Hlabisa 1:32:25.

#### WOMEN

1 Janene Carey (Boxer) 1:26:37, 2 Lauren Dougal (Ind) 1:27:54, 3 Sarah Gray (Collegians Harriers) 1:29:10.

**40-49:** 1 Maureen Slack (Riverside) 1:36:36, 2 Sandy de Beer (SANDF) 1:37:35, 3 Hleziphi Ncayiyana (Nedbank) 1:38:01. **50-59:** 1 Jenny Scott (DCS) 1:47:45, 2 Elize Cilliers (Savages) 1:51:35. **60+:** Gill Tregenna (Westville) 2:00:53. **Juniors:** Kate Kirkwood (Eskom Gijimas) 2:45:19.

### 10 km

#### MEN

1 Adam Lipschitz (Mr Price) 35:22, 2 Thembelam Mcunda (Nedbank) 35:38.

**40-49:** 1 Keith Little (Natal Carbineers) 59:01, 2 Simon Ndlovu (Folweni) 61:13. **60+:** 1 Rod Barclay (Queensburgh) 51:08. **Juniors:** Adam Lipschitz (Mr Price) 35:22, 2 Mzwandile Sithole Zabalaza 43:15.

#### WOMEN

1 Nana Sigubudu (Boxer) 47:25 (1<sup>st</sup> vet), 2 Eileen Combes (QBH) 1:12:36.

**40-49:** 1 Nana Sigubuda (Boxer) 47:25, 2 Eileen Combes Queensburgh 1:12:36. **60+:** 1 Bets Greyling Sunwood 1:01:46.

### Cape Town Festival of Running Half Marathon

Cape Town, 2 October

(Distance: 21.1 km; certified, severely downhill course from the top of Signal Hill to sea level. Finishers: 309.)

#### MEN

1 Mthandazo Qhina (RCS Gugs) 69:21; 2 Luxolo Mdzanga (RCS Gugs) 72:03; 3 Phumlani Sigidi (Nedbank) 72:23; 4 Abongile Snyman (AAC) 73:19; 5 Velani Lusaseni (Adidas) 74:48.

**40-49:** 1 Pikkie du Plessis (Adidas) 1:30:11; 2 Sidney Rushin (Defence) 1:30:54; 3 Shaheed Russon (Top Form) 1:36:36. **50-59:** 1 Goodman Mpukane (RCS Gugs) 1:29:08; 2

Rudy Vey (VOB) 1:36:07; 3 Nicholas Vester (Celtic) 1:37:19. **60+**: 1 Alec Jephthas (Celtic) 1:49:39; 2 Melville Silke (AAC) 1:56:45; 3 Terry Smith (Celtic) 1:57:53. **70+**: 1 Abhubakar Marcus (ARD) 2:43:25.

#### WOMEN

1 Asiphe Sikabalanjana (RCS Gugs) 1:28:17; 2 Joanna Thomas (VOB) 1:28:54; 3 Candyce Hall (Hout Bay) 1:33:09; 4 Theresa Brand (Bellville) 1:37:20; 5 Jade Roberts (Temp) 1:39:07.

**40-49**: 1 Joanna Thomas (VOB) 1:28:54; 2 Cailey Bredenkamp (Paarl) 1:53:38; 3 Linda Mallon (Pinelands) 1:55:56. **50-59**: 1 Helen du Plessis (Tygerberg) 1:49:00; 2 Beverley Mehl (Top Form) 1:58:54; 3 Belinda Morkel (RWFL) 2:05:53. **60+**: 1 Pixie Sparg (Celtic) 2:01:43; 2 Avril de Lapelin Dumont (West Coast) 2:20:15; 3 Isa Alexander (Harlequins) 2:37:57. **Juniors**: 1 Bernine Havenga (Tygerberg) 2:26:26.

### Saints Thorntree 15 km & 10 km

Pietermaritzburg, 2 October

(Loop courses. Weather: cool, overcast. Finishers: 380 in the two races.)

#### 15 km

##### MEN

1.	Hillary Tolui	KEN	49:22
2.	Philemon Tolui	KEN	50:19
3.	Sibonelo Duma	Boxer AC	51:11

##### WOMEN

1.	Kristen Williams	Coll Harr	63:29
2.	Kim Westbrook	Hilton Harr	69:56
3.	Lauren de Scally	Howick AC	74:11

#### 10 km

##### MEN

1.	Duncan Kosgei	KEN	33:03
2.	L. Chekiyot	KEN	38:29
3.	C Cannel	Ind	41:26

##### WOMEN

1.	Debby de Koning	Eskom Gijimas	56:04
2.	Nina Grundling	HV	58:19
3.	Kerri Hellens	Ind	58:42

### Whale Half Marathon

Hermanus, 1 October

(Distance: 21.1 km; loop course with hilly last 4 km. Finishers: 246.)

##### MEN

1	Roger	Dickson	VOB	1:17:42	R500
2	Peter	Malixole	Mr Price	1:19:24	R300
3	Alfred	Tshabeni	Whalers	1:22:30	R200
4	Michael	Boesak	Whalers	1:22:33	
5	Irvine	Dauda	Whalers	1:24:55	
6	Sean	Privett (1 <sup>st</sup> vet)	Whalers	1:25:50	
7	Thomas	Browne (1 <sup>st</sup> jun)	Whalers	1:26:12	
8	Vuyisani	Mahlila	Whalers	1:26:42	
9	Mlandeli	Mkhohlakali	Whalers	1:28:29	

10	Julian	Johnson	Worcester	1:29:56
11	Mathew	Browne	Temp	1:30:21
12	Christiaan	de Wet	Whalers	1:30:22
13	Frank	Gillion (1 <sup>st</sup> mast)	Whalers	1:31:37
14	Manie	Robinson	Temp	1:32:35
15	Nicolas	Carkeek	Temp	1:32:59
16	Johan	Diener (1 <sup>st</sup> g'mast)	Strand AC	1:33:29
17	Peter	Rudhuka	Whalers	1:33:57
18	Pieter	Venter	Strand AC	1:34:18
19	Brink	van der Merwe	Temp	1:35:42
20	Dinesh	Desmond-Desai	Century City	1:35:49

**40-49:**

1	Julian	Johnson	Worcester	1:29:56	R200
2	Nel	Meiring	Worcester	1:36:16	R150
3	Kobus	van Schalkwyk	Maties	1:36:49	R100

**50-59:**

1	Frank	Gillion	Whalers	1:31:37	R150
2	Abraham	Fredericks	Worcester	1:36:15	R100
3	Wilhelm	Coetzee	West Coast	1:38:38	R50

**60+:**

1	Johan	Diener	Strand AC	1:33:29	R100
2	Alf	Scullard	Whalers	1:37:01	R75

**Juniors:**

1	Thomas	Browne	Whalers	1:26:12	R150
2	Vuyisani	Mahlila	Whalers	1:26:42	R100
3	Jason	la Cock	Temp	1:50:25	R50

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

1	Ulrica	Stander	New Balance MC	1:22:44	CR
2	Tania	Fourie	Durbac	1:33:36	
3	Lesyl	Potgieter	ATC RC	1:36:33	
4	Ann-Marie	Steyn	Whalers	1:42:25	
5	C	Helberg	Somerset Striders	1:43:18	
6	Alison	Towner	Temp	1:45:23	
7	Nicky	Eckstein	VOB	1:46:11	
8	Elsje	Maree	New Balance MC	1:46:12	
9	Kate	Swarbreck	Adventure Racing	1:46:27	
10	Elaine	Gibson (1 <sup>st</sup> vet)	Whalers	1:46:30	
11	Gerda	Henn	Wildrunners	1:48:31	
12	Johandie	de Kock	Tygerberg NLC	1:50:01	
13	Karin	Hanekom (1 <sup>st</sup> mast)	Paarl AC	1:50:31	
14	Tarryn	Anelli	ATC RC	1:50:38	
15	Jacqui	Gogele	Dosco Gijimas	1:50:57	
16	Christine	Hibberd	Whalers	1:51:52	
17	Carina	Kruger	Helderberg Harriers	1:52:42	
18	Erica	van Rhyn	Strand AC	1:52:47	
19	Imgord	Krugmann	Temp	1:53:49	
20	Tilda	Krugmann	West Coast	1:53:51	

**40-49:**

1	Elaine	Gibson	Whalers	1:46:30
2	Maryna	Bingle	Worcester	1:55:15
3	Vondra	Singleton	Worcester	1:58:21

**50-59:**

1	Karin	Hanekom	Paarl AC	1:50:31
2	Christine	Hibberd	Whalers	1:51:52

3	Carina	Kruger	Helderberg Harriers	1:52:42
<b>60+:</b>				
1	Mabel	Olivier	Strand	2:33:52
2	Arlene	Ehrenberg	Whalers	3:00:00

### Cape Gate 10 km

Brackenfell, 1 October  
(Certified, hilly figure-8 course)

#### MEN

1 Lindikhaya Mthangayi (Mr Price) 30:36; 2 Nkosinathi Madyo (Nedbank) 30:41; 3 Duane Fortuin (Adidas) 30:51; 4 Mthandazo Qhina (RCS Gugs) 31:13; 5 Luxolo Mdzanga (RCS Guguletu) 31:34.

**40-49:** 1 Isaac Opperman (SANDF) 32:25; 2 Graham Katzen (Celtic) 33:04; 3 Dawid Pieterse (Dwarsrivier) 34:06. **50-59:** 1 Shafiek Cassiem (Celtic) 37:25; 2 Jan Koegelenberg (Mr Price KZN) 37:38; 3 Steven Parkins (Metropolitan) 37:55. **60+:** 1 Albertus Bock (Adidas) 41:43; 2 Ronnnie le Roux (Brackenfell) 43:30; 3 Ivan Marais (Irene) 45:27. **70+:** 1 Ron Daw (West Coast) 1:04:15; 2 Sam Milner (Spartans) 1:24:27; 3 Rob Lanning (AAC) 1:26:30. **Juniors:** 1 Xolisa Melane (Nedbank) 33:32; 2 Bradwin Engel (Celtic) 33:56; 3 H Cloete (Brackenfell) 37:27.

#### WOMEN

1 Bulelwa Simae (Nedbank) 35:56; 2 Busisiwe Matiwane (Celtic) 37:30; 3 Asiphe Sikabalanjana (RCS Gugs) 37:42; 4 Pamela Ntshemla (VOB) 39:02; 5 Candyce Hall (Hout Bay) 39:11.

**40-49:** 1 Ursula Frans (Adidas) 40:23; 2 Sheryl de Lange (Adidas) 40:56; 3 Rachel Shuttleworth (Strand) 41:18. **50-59:** 1 Olga Howard (Celtic) 42:37; 2 Charmaine Cupido (Nedbank) 45:37; 3 Dawn Middelkoop (VOB) 45:48. **60+:** 1 Marietha Herbert (Bellville) 50:52; 2 Pixie Sparg (Celtic) 51:05; 3 Annatjie Berntzen (Tygerberg) 1:07:05. **70+:** 1 Joyce Archer (Temp) 1:29:11. **Juniors:** 1 Pamela Ntshemla (VOB) 39:02; 2 Asiphe Snyman (Celtic) 41:53; 3 Nthlang Colwana (VOB) 44:09.

### Kromberg & Schubert 25 km & 15 km

Brits, 1 October  
(Loop courses)

#### 25 km

##### MEN

1 Leburu Kgosiemang (Klerksdorp) 84:01; 2 Peter Tadziripa (ZIM/Mr Price) 84:19; 3 Elias Mabane (Bidvest) 87:31 (1<sup>st</sup> vet).

**Veterans:** 1 Elias Mabane (Bidvest) 87:31. **Masters:** 1 Elias Letlape (Nedbank) 1:50:35. **G'masters:** 1 Bert v.d. Raad (ACRW) 2:43:07. **Juniors:** 1 Adriaan Drescher (Anglo) 1:48:12.

##### WOMEN

1 Tabitha Tsatsa (ZIM/Mr Price) 1:44:38; 2 Nocawe Morake (Bonitas) 1:59:33; 3 Elmarie Pretorius (RWFL) 2:06:12 (1<sup>st</sup> vet).

**Veterans:** 1 Elmarie Pretorius (RWFL) 2:06:12. **Masters:** 1 Connie Blom (PPMK) 2:17:54. **G'masters:** 1 Maz Moore (Breakthru Midrand) 2:51:21.

**15 km**

## MEN

1 Elmore Sibanda (ZIM) 47:18; 2 Cornelius Lagat (KEN/Global) 47:25; 3 Phineas Mothoa (Amanzi) 49:47.

**Veterans:** 1 Jackson Seanego (New Balance) 53:41. **Masters:** 1 Pieter Louw (HMK) 69:26. **G'masters:** 1 Ken Nurden (Agape) 73:06. **Juniors:** 1 Simon Guse (Temp) 67:58.

## WOMEN

1 Ronel Thomas (Boxer) 64:30; 2 Elizabeth Dliwayo (Anglo) 68:00; 3 Ronel du Plessis (HMK) 73:21 (1<sup>st</sup> vet).

**Veterans:** 1 Ronel du Plessis (HMK) 73:21. **Masters:** 1 Linda Potgieter (Magnolia) 76:14. **G'masters:** 1 Estelle Oosthuizen (Randmark) 95:42.

**Nelson Mandela Bay Ecomile Marathon (3<sup>rd</sup>)**

Port Elizabeth to Uitenhage, 25 September

(Distance: 42.195 km; point-to-point downhill course, with one out-and-back section. Finishers: 195.)

## MEN

1	Masixole	Dlaku	MP EP	32	2:24:02
2	Bulelini	Niwa	PEAAC	25	2:27:33
3	Masande	Mlonyeni	Nedbank	31	2:27:37
4	Mzamo	Fokwana	Charlo	33	2:39:52
5	Emerson	Kayana	Nedbank	37	2:40:28
6	Mongezi	Mboya	PEAAC	34	2:41:15
7	Ricardo	Plaatjies	Elite AC	28	2:41:35
8	Zamubuntu	Teyise	Triangle	35	2:43:38
9	Zoysile	Maklein	PEAAC	40	2:48:41
10	Kelly	Soyamba	Temp	34	2:49:52
11	Sisa	Camasu	Nedbank	37	2:50:03
12	August	Esau	Nedbank	40	2:50:10
13	Thando	Bixa	Triangle	31	2:51:36
14	Welcome	Loliwe	Nedbank	46	2:51:52
15	Desmond	Witbooi	Nedbank	40	2:51:55
16	Thembekile	Msipa	Charlo	37	2:52:57
17	Mzukisi	Klaas	Nedbank	42	2:53:12
18	Thembinkosi	Mdyogolo	Nedbank	43	2:56:10
19	Graham	Eshmade	Crusade	34	2:56:14
20	Colben	Ngcupe	Nedbank	48	2:56:38

Category winners: **40-44:** Zoysile Maklein (PEAAC) 2:48:41; **45-49:** Welcome Loliwe (Ned) 2:51:52; **50-54:** André van den Berg (Jeff) 3:02:27; **55-59:** Siphon Ncandana (Triangle) 3:20:42; **60-64:** Sizinzo Kama (AAAA) 3:16:09; **65-69:** Tamsanqa Jusayi (Ned) 3:19:45; **70-74:** Godfrey Kariem (Cad) 4:10:18.

## WOMEN

1	Deliwe	Nyanga	Nedbank	22	3:15:51
2	Terri-Lynn	Penney	RFLG	34	3:19:11
3	Margie	Saunders	Nedbank	58	3:24:36
4	Jene	Banfield	RFLG	41	3:28:47
5	Christine	Claasen	Ach	47	3:33:18
6	Laura	Maritz	Elite AC	50	3:35:48
7	Priscilla	Dyantyi	MP EP	37	3:38:02
8	Marilyn	Zimmermann	Triangle	36	3:44:59

9	Camarin	Van Eyk	Elite AC	29	3:49:38
10	Buyelwa	Kobokana	Nedbank	46	3:49:56
11	Debbie	Dodd	Charlo	40	3:55:58
12	Adele	Nel	CSEP	38	3:56:43
13	Benita	Barton	Crusade	41	4:05:39
14	Odessa	Perelson	Madiba	26	4:06:11
15	Aletta	Joubert	Crusade	49	4:17:45
16	Sharon	Parkin	Aspen	41	4:27:46
17	Ronell	Claassen	Treec	48	4:27:47
18	Janine	Barnard	Bluebay	45	4:29:58
19	Christine	Snyman	VWAC	55	4:30:00
20	Yvette	Jonker	Treec	39	4:31:36

Category winners: **40-44:** Jene Banfield (RFLG) 3:28:47; **45-49:** Christine Claassen (AAAA) 3:33:18; **50-54:** Laura Maritz (Elite) 3:35:48; **55-59:** Margie Saunders (Ned) 3:24:36; **60-64:** Liz Grundlingh (Muirite) 4:49:01

## 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

### Rock 'n' Roll San Jose Half Marathon (6th)

San Jose, USA, 2 October

(Distance: 21.1 km; certified loop course with no elevation change)

MEN (gun times)

1. Meb Keflezighi, 36, Mammoth Lakes, CA 1:02:17 \$2000\*
2. Giliat Ghebray, 27, Union City, CA 1:03:38 DB 1000\*
3. Sergio Reyes, 30, Palmdale, CA 1:04:20 PB 250

\*) Includes Northern California based prize money

WOMEN (gun times)

1. Deena Kastor, 38, Mammoth Lakes, CA 1:12:23 \$2000\*
2. Clara Peterson, 27, San Anselmo 1:15:23 1000\*
3. Brooke Wells, 26, San Francisco, CA 1:16:15 PB 500\*

### AMGEN Bredase Singelloop Half Marathon (26th)

(Dutch Half-marathon Championships)

Breda, NED, 2 October

(Distance: 21.1 km)

MEN

1. Philip Langat, KEN 1:01:58
2. Ezekiel Chebii, KEN 1:02:02
3. John Lotiang Kipsang, KEN 1:02:13

WOMEN

1. Elizeba Cherono, KEN 1:11:42
2. Titiana Vilisova, RUS 1:13:51
3. Heleen Plaatzer, NED 1:14:39 (1st NC)



**Semi-Marathon du Grand Nancy (5th)**

Nancy, FRA, 2 October

(Distance: 21.1 km; one-loop course)

MEN (gun times)

1. Alfred Cherop, 1986, KEN 1:01:48 PB
2. Salim Saiti, 1985, KEN 1:02:19 PB
3. Geoffrey Kenesi, 1987, KEN 1:02:20 PB

WOMEN (gun times)

1. Sarah Chepchirchir, 1984, KEN 1:10:10
2. Rose Chelimo, 1989, KEN 1:11:12
3. Gladys Chepchirchir, 1985, KEN 1:11:25 PB

**Oktoberfest 10 km Run (33rd)**

Minster, USA, 2 October

MEN (extended gun times)

1. Abdelaziz Atmani, 29, Indianapolis, IN (MAR) 28:48.5 CR\* \$700 + 4000\*

\*) Course Record/\$4000 bonus

WOMEN (extended gun times)

1. Ann Alyanak, 33, Bellbrook, OH 34:31.2 \$700
- ... 5. Bonita Paul, 30, Bowling Green, KY (RSA) 35:28.9 100

**Meia Maratona SportZone (4th)**

Porto &amp; Gaia, POR, 18 September

(Distance: 21.1 km)

MEN

1. Zersenay Tadese, ERI 59:30 CR\*
2. Philip Kimutai Sanga, KEN 1:01:09
3. Stanley Biwott Kiplating, KEN 1:01:10

WOMEN

1. Doris Changeywo, KEN 1:10:36
2. Ana Dulce Félix, 1982, POR 1:10:46
3. Josephine Kimuyu, KEN 1:11:55

**CROSS-COUNTRY****Oklahoma State Cowboy Jamboree (75th)**

Stillwater, USA, 1 October

WOMEN (5 km)

University Race:

1. Lauren Kleppin, Western State 17:09.90
- ...
32. Natanya Luther, Oklahoma State (RSA) 18:18.14

## ULTRA/MOUNTAIN/TRAIL RUNNING

### Commonwealth 24-hour Championships

Llandudno, GBR, 23-24 September

#### MEN

1, John Pares WAL 244.335 km; 2, David Kennedy AUS 236.939; 3, Pat Robbins ENG 231.164. Teams: 1, ENG 668.335; 2, WAL 664.244; 3, NZL 661.624.

#### WOMEN

1, Lizzie Hawker ENG 247.076 km **world best**; 2, Emily Gelder WAL 220.480; 3, Meredith Quinlan AUS 217.631. Teams: 1, ENG 643.016; 2, AUS 619,190; 3, SCO 605,719.

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## NEWS

### SURPRISE SELECTION DECISION BY KENYA

Athletics Kenya has announced that all Kenyan gold medalists from the IAAF World Championships in Daegu last month would be selected to compete in the 2012 London Olympics. The federation also said that newly-crowned BMW Berlin Marathon champion Patrick Makau, who broke Haile Gebrselassie's world record there, was also assured of a team berth as a "wild card" selection.

As such, the following team spots are already taken by these world champions:

#### MEN

800 m: David Rudisha

1500 m: Asbel Kiprop (defending Olympic champion) 3000 m s/chase: Ezekiel Kemboi.

Marathon: Abel Kirui, Patrick Makau (wild card selection).

#### WOMEN

5000 m/10000 m: Vivian Cheruiyot

Marathon: Edna Kiplagat

Athletics Kenya chairman Isaiah Kiplagat defended his decision to name Makau to the team. "Makau's feat is a reason enough to have him in the team while the fire from Daegu must at all cost be upheld towards the London Games," he told *The Nation*.

The surprise announcement will surely produce some backlash. Kenya has never selected their athletes so far in advance, and the country always holds an Olympic Trials in Nairobi in advance of the Games.

But Makau was delighted with his selection, and said he did not plan to run another marathon until the London Olympics.

"I want to repay the gesture by dedicating my preparations for London by participating in selected races," he told *The Nation*. "I pray to God for good health."

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## VIEWPOINT

### THE SOLUTION IS TWO RECORDS FOR WOMEN

By Andrew Bosch

*Distance Running Results* reported last week on the IAAF decision that in future world road records for women will only be recognised if produced in women-only races. I must confess that I am somewhat undecided on the issue.

On the one hand, a male trying for a world record is in all likelihood going to run out of "company" somewhere along the line ... unless you happen to have the unique situation of two runners with world record capability both in world record shape at the same time;

while in the case of a mixed (the point of contention) race, a female runner on world record pace can have a runner (a male) with her to pull her along all the way to the end. And we all know what a big help it is to have someone to "work" off.

Indeed, the Editor commented in the latest DRR that had Makau had company between 30 and 36 km in Berlin, he may have gone even faster. So there is acknowledgement that "company" is performance enhancing. Worse, though, is if a male runner accompanying a female runner is a dedicated helper: he can fetch drinks for her, carry them for her, etc.

On the other hand, the simple fact is that Paula is a female and – in her world record race – she took herself across the finish line, with or without male pacing, in a tad over 2:15. To "lose" that time because of the fact that it was "paced", is somewhat tragic. And it WILL be lost eventually – in the same way that the time set by Geoffrey Mutai in Boston SHOULD be lost and merely vaguely acknowledged as a world best (because of the aided nature of the course, especially this year with the exceptionally strong tailwind).

So, in my opinion, I think having a male paced and "women-only" world record would be the way to go. Much like in boxing where they have an IBF, WBA, WBC and WBO champion! (Not that I would like to see our sport get to that silly state!)

## BACKGROUND

### MAKAU UNDER AN HOUR 8 TIMES IN HALF MARATHON

Patrick Makau's first major championship run came in 2006 when he was 26th in 59:54 in the World Road 20 km in Debrecen. So far, before his new world record for the marathon in Berlin, he has made his name as a superb half-marathoner, with a record eight runs under the hour. Here are all his half marathons:

59:13	2	Ra's Al Khaymah	9 Feb 07
58:56	1	Berlin	1 Apr 07
65:33A	4	Bogotá	29 Jul 07
59:19	2	Rotterdam	9 Sep 07
59:02	2	World Champs Udine	14 Oct 07
59:35	1	Ra's Al Khaymah	8 Feb 08
61:19	1	Reading	2 Mar 08
60:08	1	The Hague	15 Mar 08
60:00	1	Berlin	6 Apr 08
60:59	2	New York	28 Jul 08
59:29	1	Rotterdam	14 Sep 08
61:54	2	World Champs Rio de Janeiro	12 Oct 08
58:52	1	Ra's Al Khaymah	20 Feb 09
66:18	24	Abu Dhabi	7 Jan 10
59:51	1	The Hague	14 Mar 10
63:51	12	Ra's Al Khaymah	18 Feb 11

Makau's kilometre splits in Berlin were as follows (courtesy of *Track & Field News* and also showing the projected finish time and splits for 5 km and 10 km):

1	02:59	2:59	2:05:53		
2	05:55	2:56	2:04:50		
3	08:49	2:54	2:04:00		
4	11:42	2:53	2:03:25		
5	14:37	2:55	2:03:21	14:37	
6	17:36	2:59	2:03:46		
7	20:33	2:57	2:03:52		
8	23:26	2:53	2:03:36		
9	26:20	2:54	2:03:28		
10	29:17	2:57	2:03:34	14:40	29:17
11	32:11	2:54	2:03:27		
12	35:09	2:58	2:03:36		
13	38:08	2:59	2:03:46		

14	41:02	2:54	2:03:40		
15	43:52	2:50	2:03:24	14:35	
16	46:48	2:56	2:03:25		
17	49:44	2:56	2:03:26		
18	52:39	2:55	2:03:25		
19	55:35	2:56	2:03:26		
20	58:30	2:55	2:03:25	14:38	29:13
21	1:01:23	2:53	2:03:20		
22	1:04:22	2:59	2:03:27		
23	1:07:22	3:00	2:03:35		
24	1:10:20	2:58	2:03:39		
25	1:13:18	2:58	2:03:43	14:48	
26	1:16:12	2:54	2:03:40		
27	1:19:06	2:54	2:03:37		
28	1:22:00	2:56	2:03:34		
29	1:24:50	2:50	2:03:26		
30	1:27:38	2:48	2:03:15	14:20	29:08
31	1:30:31	2:53	2:03:12		
32	1:33:26	2:55	2:03:12		
33	1:36:18	2:52	2:03:08		
34	1:39:14	2:56	2:03:09		
35	1:42:16	3:02	2:03:17	14:38	
36	1:45:17	3:01	2:03:24		
37	1:48:15	2:58	2:03:27		
38	1:51:17	3:02	2:03:34		
39	1:54:15	2:58	2:03:37		
40	1:57:15	3:00	2:03:41	14:59	29:37
41	2:00:10	2:55	2:03:40		
42	2:03:05	2:55	2:03:39		
42.195	2:03:38	33	2:03:38		

Makau was born in Manyanzwani, Kenia, on 2 March 1985.

## STATS TIME

### S.A. TOP 10 ALL-TIME 30 KM LISTS

#### MEN

1:32:43	Neo Molema	Cape Town	120102
1:33:25A	Charles Vilakazi	Malaga	270190
1:35:10	John September	Parow	080397
1:35:15A	Josiah Thugwane	Malaga	270190
1:35:27	September-2	Cape Town	100198
1:35:35	Patty Francis	Milnerton	310390
1:35:36	Thembelani Zola	Cape Town	120102
1:35:38	John Thomas	Milnerton	090587
1:35:39	Francois Bindemann	Milnerton	090587
1:35:42	Wayne Gallant	Cape Town	100198
1:35:44	Molema-2	Cape Town	110103
1:35:50A	Joseph Skosana	Malaga	270190

#### WOMEN

1:53:01	Monica Drögemöller	Cape Town	170187
1:53:40	Drögemöller-2	Cape Town	030586
1:55:08	Evelina Tshabalala	Milnerton	130589
1:55:53	Drögemöller-3	Milnerton	310390
1:56:31	Drögemöller-4	Cape Town	110186
1:57:08	Liz Eglington	Milnerton	130589
1:57:43	Jowaine Parrott	Cape Town	150194
1:57:54	Drögemöller-5	Parow	080292
1:58:07	Drögemöller-6	Cape Town	060288
1:58:42	Rita Toto	Cape Town	100198

1:58:48	Jean Rayner	Milnerton	160390
1:58:57	Farwa Mentoor	Cape Town	120102
1:59:05	Drögemöller-7	Parow	150386
1:59:06	Esmé Koopman	Cape Town	120102
1:59:50	Karen Burns	Milnerton	160390
1:59:51	Cynthia Hardenburg	Cape Town	150194

### THIS MONTH IN HISTORY

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

#### 36 years ago: 12 October 1975

American marathoner Jacqueline Hansen became the first woman to break 2:40 when she won the Nike-OTC Marathon in Eugene in 2:38:19. After the race Hansen said she had wanted to break 2:40 as a form of protest over the absence of an Olympic marathon for women. Men's winner Jon Anderson said, "You can't argue with a world record. A lot of men would be pretty pleased with a time like that." Hansen broke Christa Vahlensieck's 2:40:15.8 set five months earlier. Anderson (2:16:08) beat Don Kardong (2:19:14); a year later Kardong would place fourth in the Olympic Marathon in 2:11:15.8.

### 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	
	42:58	Mohamed Trafteh (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		24 Apr
	61:42	Stephen Mokoka	Yangzhou	
	58:30	Zerzenay Tadese (ERI)		
25 km	58:23	Zersenay Tadese (ERI) 2010		07 May
	78:37	Richard Mavuso	Pretoria	
	72:13	Mathew Kipkoech Kisorio (KEN)		
30 km	71:50	Sammy Kosgei (KEN) 2010		09 Jan
	1:36:14	Elroy Gelant	Camps Bay	
	1:32:08	Jason Lehmkuhle (USA)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		08 May
	2:09:25	Lusapho April	Hannover	
	2:03:02A	Geoffrey Mutai (KEN)		
100 km	2:03:59	Haile Gebrselassie (ETH) 2008		10 Sep
	7:52:37	Shaun Meiklejohn	Winschoten	
	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 28:51	Butiki Jantjies Paulo Catarino (POR) 2003	Germiston Eersterivier	22 May 25 Jun
15 km	50:25 44:14	Johnny Persents Pierre Levisse (FRA) 1992	Eersterivier	25 Jun
21.1 km	68:38 62:28	Butiki Jantjies John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996	Phalaborwa	23 Jul
25 km	86:37 76:49	Nikky Masombuka Martin Mondragon (MEX) 1994	Pretoria	07 May
30 km	1:46:14 1:35:28	Graham Katzen Geraldo Antonio da Silva (BRA) 2002	Camps Bay	09 Jan
Marathon	2:22:07 2:08:46	Elias Mabane Andres Espinosa (MEX) 2003	Benoni	30 Jan
100 km	7:52:37 6:18:24	Shaun Meiklejohn Mario Ardemagni (ITA) 2004	Winschoten	10 Sep

Masters (50+)

10 km	33:58 [32:10 30:35	Stuart McCall Vladimir Kotov Tecwyn Davies (GBR) 1988	Germiston Cape Town	22 May 02 Mar]
15 km	53:11 [50:03 47:52	Johannes Seakamela Vladimir Kotov (BLR) Titus Mamabolo (RSA) 1991	Alberton Constantia	13 Mar 12 Mar]
21.1 km	72:24 [72:01 66:42	Charles Vilakazi Vladimir Kotov Martin Rees (GBR) 2003	Johannesburg Port Elizabeth	27 Mar 02 Jul]
25 km	1:39:05	Edmond Mngadi	Durban	10 Apr
30 km	1:58:23 [1:46:47	Raymond Howard Vladimir Kotov (BLR)	Camps Bay Parow	09 Jan 03 Apr]
Marathon	2:40:32 [2:30:24 2:19:29	Stuart McColl Vladimir Kotov (BLR) Titus Mamabolo (RSA) 1991	George George	13 Feb 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	84:35	Awie Veldsman	Port Elizabeth	02 Jul
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 27:52	Unathi Nteta Richard Chelimo (KEN) 1990	Stellenbosch	23 Feb
15 km	47:22 42:25	Luxolo Mdzanga Moses Mosop (KEN) 2004	Eersterivier	25 Jun
21.1 km	68:59 59:16	Melikhaya Frans Samuel Wanjiru (KEN) 2005	Port Elizabeth	02 Jul

**WOMEN**Open

10 km	32:50 30:38 30:21	Irvette van Blerk Joyce Chepkurui (KEN) Paula Radcliffe (GBR) 2003	Durban	19 Jun
15 km	53:44	Zintle Xiniwe	Eersterivier	25 Jun

	48:41	Alice Timbilili (KEN)		
	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
	83:22	Filomena Chepchirchir (KEN)		
	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	7:42:05	Lindsay van Aswegen	Winschoten	10 Sep
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:34	Michelle Bartman	Bellville	04 Jun
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:51	Joanna Thomas	Constantia	12 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	82:47	Maya Lawrie	Port Elizabeth	02 Jul
	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	2:50:09	Maya Lawrie	Cape Town	25 Sep
	2:54:53	Joanna Thomas	George	13 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:42:05	Lindsay van Aswegen	Winschoten	10 Sep
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	40:20	Grace de Oliveira	Pretoria	27 Aug
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	67:09	Bev Charters	Constantia	12 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	88:02	Grace de Oliveira	Durban	24 Jul
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:57:33	Sandra Steenkamp	Pretoria	07 May
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	44:57	Sonja Laxton	Pretoria	24 Sep
15 km	69:11	Liz Ruickbie	Johannesburg	27 Feb
21.1 km	1:35:47	Liz Ruickbie	Port Elizabeth	02 Jul
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

Juniors

10 km	36:08 31:42	Dominique Scott Zola Pieterse (RSA) 1984	Bellville	10 Apr
15 km	59:51 49:40	Annie Bothma Ines Chenonge (KEN) 2001	Eersterivier	25 Jun
21.1 km	1:25:31 1:09:05	Letitia Saayman Delilah Asiago (KEN) 1991	Stellenbosch	30 Apr

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Contributors to this issue: Alen Hattingh, Kevin Harlock, Derrick Chamberlain, Carina van der Merwe, Sue Dickson, Irene & Jan van Eeden, Harold Berman

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Published by Riël Hauman  
 42 Fifteenth Avenue, Boston, Bellville 7530, RSA  
 Telephone: 021 948-0293  
 Fax: 0866 89-44-74  
 Cellphone: 082 922-8538  
 E-mail: [rielh@mweb.co.za](mailto:rielh@mweb.co.za)