

Distance Running Results

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Publisher: Riël Hauman

EDITORIAL

List leaders are hard to come by at this time of the year (even the recent SA Half Marathon saw only three), but two were set in Brits this weekend, albeit in the seldomly run 25 km. They were achieved by master Ansa Strydom (2:06:48) and grandmaster Elaine Greenblatt (2:21:00).

Highlight of the international action was the new world record for veterans, 61:09, that Haile Gebrselassie set when he won the Bank of Scotland Great Scottish Run in Glasgow by more than 30 sec.

In Fayetteville South African Dominique Scott finished second in the Arkansas Chile Pepper Cross-country Festival.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Komatsu Rainbow Half Marathon & 10 km, Kempton Park
- * Chappies Challenge Half Marathon & 10 km, Hout Bay
- * Goss & Balfe South Coast Marathon & Half Marathon, Scottburgh to Amanzimtoti
- * Gelvan AC 15 km, Port Elizabeth
- * Cape Gate 10 km, Brackenfell
- * Kromberg & Schubert 25 km & 15 km, Brits
- * Drakensberg Logistics LAC Night Race, Ladysmith
- * BAKgat 10 km, Bellville
- * Cape Town Festival of Running 100 km & 50 km, Cape Town

International highlights:

- * Medtronic Twin Cities Marathon, Minneapolis to St. Paul, USA
 - * Bank of Scotland Great Scottish Run Half Marathon, Glasgow, SCO
 - * Vodafone Rock 'n' Roll Portugal Half Marathon & Marathon, Lisboa, POR
 - * Kosice Peace Marathon, Kosice, SVK
 - * XC: Arkansas Chile Pepper Cross-country Festival, Fayetteville, USA
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NEWS

STRANGE CGA DECISION MARS SONJA'S 80TH SPAR RACE

By Riël Hauman

There can be little doubt that Sonja Laxton is one of the best runners ever produced in South Africa. She was the first athlete to achieve Springbok colours in all three disciplines of athletics – track, road and cross-country – and has won 70 national titles during her career. She has set 28 senior SA records and many age records.

She will reach another major milestone on Sunday when she competes in her 80th Spar Grand Prix Series race in Johannesburg.

Sonja said in an interview recently that she is excited about the new venue and course for the Johannesburg race. "I do most of my training in this area, and I think all the runners will enjoy the new 10 km route," she said. "It is not as challenging as the previous route. There are a few longish uphill drags, but generally it is quite a gentle route, and I think the layman runner will appreciate it. You run past some beautiful gardens as well as the Killarney golf course and there are lots of trees. The jacarandas may be out by then, which makes it all even prettier."

Sonja has run in 73% of all Spar races and, as far as is known, has won her age category in all of them (she ran her first one in 1992, when she was already 44). She has scored one first place, two seconds and four thirds (in overall placings).

Spar has proved a major and consistent sponsor of women's road running for more than twenty years and has regularly introduced new innovations – first the Super Squad concept in 1998 and then the Grand Prix in 2008. Spar pioneered the designer T-shirt concept (for the past decade every woman who has run in the Spar races has received a T-shirt and there has been a new colour/design annually), huge goody bags, lucky draw prizes (each race offers one person free groceries for a year) and recently at least two of the races have offered a lucky draw car.

It is believed that over the years there have been more than a million entrants in total and that between 300 000 and 400 000 different women have run the races.

Sonja also particularly enjoys the Spar races. "Women's races are a lot of fun. The winner has the satisfaction of being the first across the finishing line, instead of coming after a bunch of men, and there is always a very good vibe at the Spar races," she said. "They really are something to look forward to. I plan my year's training around the Spar races. I think Spar has done a lot to get women involved in running. Women who might have been a bit wary of running in a mixed race feel more comfortable about running in a women-only race."

Over the years Spar has contributed hundreds of thousands of Rands to the coffers of Central Gauteng Athletics and it therefore seems inconceivable that the provincial body would not protect the Spar race date. But that is exactly what happened this year!

Incredibly, CGA has allowed the Nike We Run Jozi 10 km to take place the night before the Spar race – taking away, by some estimates, at least 4 000 entries from the Spar



Sonja Laxton in her RAC colours at a Spar race, flanked by husband Ian and daughter Kim, herself an accomplished runner. [Reg Caldecott]

event. The Nike race offers huge give-aways, among these (for Discovery Vitality members) 3000 Vitality points.

One can only marvel at the absurdity of this decision and shake your head at the thought of the damage this has done to one of the sport's most valuable sponsors. One observer described it as "yet another huge failing of our national and provincial athletics bodies".

ROAD RUNNING

Komatsu Rainbow Half Marathon & 10 km (3rd)

Kempton Park, 6 October

(Distances: 21.1 km and 10 km; loop courses. Weather: Clear skies and hot.)

Half marathon

MEN

1. Sibusiso Nzima (Ned) 1:08:49
2. Tshidiso Bosiu (GS) 1:08:52
3. Africa Mailola (LES/Toy) 1:11:36
4. Charles Soza (ZIM/Ned) 1:12:35

Veterans: 1. Siphon Ncube (ZIM/Toy) 1:17:37; 2. Elias Mabane (Ned) 1:19:44. **Masters:**

1. Tony da Matta (BNAC) 1:28:04. **G'masters:** 1. John Woodnutt (Morning) 1:37:54.

Juniors: 1. Moepadira Gaupde (ETH/Ned) 1:29:12; 2. Tinus Heyns (Chap) 2:18:13.

WOMEN

1. Jennifer Koech (KEN/Ned) 1:20:57
2. Kim Laxton (Sunning) 1:23:55
3. Michelle Williams (Bon) 1:29:50
4. Margaret Mahohoma (ZIM/Toy) 1:31:50

Veterans: 1. Louise Goosen (Kempt) 1:43:56; 2. Vanessa Bowman (Kempt) 1:44:24.

Masters: 1. Ansa Strydom (Over) 1:47:48. **G'masters:** 1. Madeleine Kelly (RAC) 2:14:18.

10 km

MEN

1. Stephen Mokoka (Trans) 31:02
2. Lucky Mohale (ME) 31:52
3. Vuyisile Tshoba (Trans) 32:02
4. Paulos Radebe (Elim) 32:25

Veterans: 1. Never Matiya (Flor) 35:14; 2. Zongamele Dyubeni (Bid) 35:54. **Masters:** 1.

Coert de Koker (Kempt) 46:28. **G'masters:** 1. Mike Hist (Strid) 40:58. **Juniors:** 1.

Denkneh Heramo (ETH/Ned) 36:34.

WOMEN

1. Alemsthay Hailu (ETH/Ned) 38:01
2. Jane Mudau (Ned) 43:07 (1st mast)
3. Lorraine Novela (BNAC) 44:41
4. Jillian Sotto-Corona (Boks) 45:54 (1st vet)

Veterans: 1. Jillian Sott-Corona (Boks) 45:54; 2. Helen Kiprono (KEN/Flor) 46:57.

Masters: 1. Jane Mudau (Ned) 43:07. **G'masters:** 1. Sonja Laxton (RAC) 46:20.

Chappies Challenge Half Marathon & 10 km

Hout Bay, 6 October

(Distances: 21.1 km & 10 km; certified hilly out-and-back courses. Weather: Cool, windy in places. Finishers: half marathon – 606; 10 km – 413.)

Half marathon

MEN

1. Phumlani Nxusani (Ned) 1:13:29
2. Sityhilo Diko (Ned) 1:14:02
3. Vakalisa Kopollo (Khay) 1:14:05

Veterans: 1. Colin George (VOB) 1:22:37; 2. M. Ntongonkulu (Khay) 1:28:30; 3. Pieter Hanekom (Ned) 1:28:49. **Masters:** 1. Shafiek Cassiem (Itheke) 1:29:24; 2. Paul Cieverts (Top) 1:36:32; 3. Malcolm Harrington (WR) 1:38:49. **G'masters:** 1. Brian Merryweather (Edge) 1:50:06; 2. Chris Readman (AAC) 1:55:49; 3. Caspar Greeff (AAC) 2:13:23.

WOMEN

1. Candyce Hall (Ned) 1:30:34
2. Paola Vignani (ITA/Mont) 1:35:36 (1st vet)
3. Lesyl Potgieter (ATC) 1:39:10

Veterans: 1. Paola Vignani (ITA/Mont) 1:35:36; 2. Lorna Rensburg (SH) 1:40:43; 3. Ani Polydorou (AAC) 1:44:18. **Masters:** 1. Anne Pool (Strand) 1:54:42; 2. Moira Oliver (Sat) 1:56:04; 3. Sandy May (Hout) 1:56:54. **G'masters:** 1. Pixie Sparg (Celtic) 1:59:36; 2. Ruth Leverton (Pine) 2:10:44; 3. Elmora Smit (Tyger) 2:40:58.

10 km

MEN

1. Nkosinathi Sotyantya (Itheke) 32:24
2. Andrew Louw (East) 32:32
3. Anda Rubelwana (Hout) 32:40

Veterans: 1. Paul Conradie (Ned) 36:58; 2. Anton Engelbrecht (Ned) 38:49; 3. Kevin Newman (Ned) 39:27. **Masters:** 1. Zolani Ntsodo (SANDF) 38:24; 2. Goodman Mpukane (Gugs) 43:34; 3. Trevor Ward (Telkom) 44:18. **G'masters:** 1. Paul San Giorgio (VOB) 46:18; 2. Niel Ebing (WPCC) 49:54; 3. Christopher Schnehage (Pine) 51:27. **Juniors:** 1. Babalo Hambani (Itheke) 35:52; 2. Ntsika Qaba (Khay) 36:31; 3. Buhle Yokwana (VOB) 39:31.

WOMEN

1. Khanya Mateyisi (Khay) 39:16
2. Nthuseng Lolwana (VOB) 43:33 (1st jun)
3. Nocwaka Mthetho (VOB) 46:32

Veterans: 1. Glenda Werth (Sanlam) 49:00; 2. Charlene Maartens (Tyger) 57:59; 3. Sandra Raffaelli (SH) 60:15. **Masters:** 1. Naomi Badenhorst (VOB) 55:12; 2. Michelle Priestman (VOB) 55:39; 3. Anne Williams (PnP) 59:09. **G'masters:** 1. Theresa Isaacs (VOB) 55:53; 2. Gill Tregenna (West) 57:06; 3. Jo Goddard (FH) 74:57. **Juniors:** 1. Ntdhuseng Lolwana (VOB) 43:33; 2. Nocwaka Mthetho (VOB) 46:32; 3. Nabeelah Orrie (Itheke) 62:43.

Goss & Balfe South Coast Marathon & Half Marathon

Scottburgh to Amanzimtoti, 6 October

(Distances: 42.195 km & 21.1 km; point-to-point courses)

Marathon

MEN

1.	Joseph Kyengo	KEN/Form One AC	2:26:02 (R1500)
2.	Sandile Makhaye	Phuma KZN	2:26:55 (R500)
3.	Babalalo Mtsokoba	Stella AC	2:27:43 (R250)

40-49:

1.	Richard Dlamini	Maxed Elite	2:32:56 (R200)
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50-59:

1.	Edmond Mngadi	Stella AC	2:58:56 (R200)
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60-69:

1.	Ruben Gema	Ixopo AC	3:45:59 (R200)
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WOMEN (Same prize money as men)

1.	Sibongile Ziqubu (1 st vet)	Eskom AC	3:23:26
2.	Pat Dammann	Forest Hills AC	3:26:13
3.	Monica Vorster	Boksburg AC	3:29:46

40-49:

1.	Sibongile Ziqubu	Eskom AC	3:23:26
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50-59:

1.	Daniela Papini	Savages AC	3:55:40
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60-69:

1.	Pat Fischer	Stella AC	4:37:54
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Half marathon

MEN

1.	Menzi Ngcobo	Maxed Elite	72:01 (R300)
2.	Jabulani Dlomo	Bluff AC	72:53 (R200)
3.	Patrick Nkosi	NRB Harr	74:58 (R100)

40-49:

1.	Stanley Makhamba	Nedbank AC	83:11 (R150)
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50-59:

1.	Willie Majambozi	Boxer AC	86:48 (R100)
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60+:

1.	Robin Archer	QBH	106:43 (R100)
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Juniors:

1.	Patrick Nkosi	NRB Harriers	74:58 (R100)
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WOMEN (Same prize money as men)

1.	Janene Carey (1 st vet)	Boxer AC	87:06
2.	Amanda Kruger	Coll Harr	87:29
3.	Precious Duma	Chatsworth AC	94:24

40-49:

1.	Janene Carey	Boxer AC	87:06
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50-59:

1.	Rosslyn Marot	Virginia AC	116:12
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60+:

1.	Sandy Fismer	HH	111:03
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Juniors:

1.	Nompumelelo Langa	Ind	120:40
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Gelvan AC 15 km

Port Elizabeth, 5 October
(Loop course. Finishers: 371)

MEN

1	Zolani	Ngqaqa	Temp	24	48:31
2	Melikhaya	Frans	Nedbank RC EP	21	49:20
3	Anele	Maliza	Nedbank RC EP	35	49:22
4	Mzwanele	Maphekula	Bonitas AC	37	50:20
5	Zolani	Mabongo	Maxed Elite EP	27	50:27
6	Zamubuntu	Teyise	Warriors AC	37	52:00
7	Mzamo	Fokwana	Charlo AC	36	52:38
8	Michael	Bester	Achilles AAA	26	53:18
9	Thando	Bixa	Warriors AC	33	53:39
10	Duwayne	Lucas	Ikhamva AC	24	55:00
11	Christopher	Mabengeza (1 st vet)	Nedbank RC EP	47	55:13
12	Brendon	Effenaar (1 st jun)	Maxed Elite EP	17	55:22
13	Mutekile	Rasmeni	Maxed Elite EP	48	56:10
14	Robert	Matthys	Maxed Elite EP	37	56:11
15	Thembekile	Msipa	Charlo AC	39	56:25
16	Bramley	Derrocks	Temp	40	57:19
17	Mongezi	Mboya	PEAAC	36	57:29
18	Michael	Bekapi (1 st mast)	Maxed Elite EP	52	57:56
19	Kenneth	Menze	Nedbank RC EP	51	57:59
20	August	Esau	Nedbank RC EP	42	58:10
40-44:					
1	Bramley	Derrocks	Temp	40	57:19
2	August	Esau	Nedbank RC EP	42	58:10
3	Bradley	Mackenzie	Achilles AAA	41	59:27
45-49:					
1	Christopher	Mabengeza	Nedbank RC EP	47	55:13
2	Mutekile	Rasmeni	Maxed Elite EP	48	56:10
3	John	Rafani	Nedbank RC EP	46	1:00:05
50-54:					
1	Michael	Bekapi	Maxed Elite EP	52	57:56
2	Kenneth	Menze	Nedbank RC EP	51	57:59
3	Ian	Patterson	Muirite Striders	50	1:00:32
55-59:					
1	Roger	Trader	Achilles AAA	59	1:08:16
2	Koos	Olivier	Nedbank RC EP	55	1:10:25
3	Christopher	Nyodi	Bluewater Bay	55	1:11:01
60-64:					
1	Sizinzo	Kama	Achilles AAA	62	1:05:07
2	Bruce	McEwan	Achilles AAA	60	1:10:44
3	Hannes	Els	Madiba Bay AC	63	1:12:33
65-69:					
1	Syd	Lippstreu	Crusaders AC	65	1:14:14
2	William	Vorster	PEAAC	67	1:21:16
3	David	O'Rielly	Nedbank RC EP	65	1:22:58
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	71	1:09:02
2	Robin	Clark	Achilles AAA	72	1:53:38
Juniors:					
1	Brendon	Effenaar	Maxed Elite EP	17	55:22

2	Graham	Reynolds	Bluewater Bay	18	1:13:21
3	Dillon	Cain	Temp	17	1:14:24

WOMEN

1	Jene	Banfield (1 st vet)	Run For Life EP	43	1:04:42
2	Asanda	Solani	Nedbank RC EP	30	1:07:11
3	Michelle	Galloway	Absa NMMU AC	26	1:07:23
4	Grizelda	Pietersen	Maxed Elite EP	44	1:10:21
5	Maresa	Ah Kun	Bluewater Bay	37	1:10:41
6	Elmarie	Bezuidenhout	Charlo AC	31	1:10:41
7	Janine	Gardiner	Charlo AC	32	1:10:59
8	Megan	Wilson (1 st jun)	Charlo AC	18	1:13:43
9	Terray	Newcombe	Elite AC	22	1:14:22
10	Nurunnisa	Madatt (1 st mast)	Malabar AC	51	1:14:50
11	Debbie	Dodd	Charlo AC	42	1:17:31
12	Riette	Neethling	Maxed Elite EP	25	1:18:13
13	Annelie	Nel	Body Concept	39	1:18:15
14	Sunelle	Horne	Bluewater Bay	39	1:18:18
15	Liz	Goosen	Madiba Bay AC	40	1:19:17
16	Nolukhanyo	Mdwayi	Body Concept	32	1:20:01
17	Brigitta	Albrecht	Absa NMMU AC	29	1:20:22
18	Annelize	Shergold-Smith	Bluewater Bay	32	1:20:55
19	Amore	Strauss	Charlo AC	28	1:21:04
20	Judy	Beens	Charlo AC	46	1:21:35

40-44:

1	Jene	Banfield	Run For Life EP	43	1:04:42
2	Grizelda	Pietersen	Maxed Elite EP	44	1:10:21
3	Debbie	Dodd	Charlo AC	42	1:17:31

45-49:

1	Judy	Beens	Charlo AC	46	1:21:35
2	Paulette	McEwan	Achilles AAA	48	1:21:45
3	Lesley	Maggott	Achilles AAA	46	1:23:21

50-54:

1	Nurunnisa	Madatt	Malabar AC	51	1:14:50
2	Merle	Nair	Achilles AAA	51	1:23:52
3	Rosemary	Joubert	Crusaders AC	52	1:24:58

55-59:

1	Elize	Smalberger	St Albans CS EP	57	1:23:05
2	Christine	Snyman	Despatch AC	57	1:28:33
3	Monica	Kemp	Madiba Bay AC	58	1:29:50

60-64:

1	Cathy	Ives	Achilles AAA	60	1:25:03
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65-69:

1	Liz	Grundlingh	Muirite Striders	66	1:33:33
2	Christine	Fourie	Elite AC	67	1:40:45
3	Denise	Terblanche	Walmer AC	66	1:42:37

70-74:

1	Orgia	Nell	Muirite Striders	70	1:47:05
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75-79:

1	Dorothy	Hart	Charlo AC	75	1:56:24
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Juniors:

1	Megan	Wilson	Charlo AC	18	1:13:43
2	Kimberley	Wilson	Charlo AC	18	1:28:40
3	Jean-Marie	Foreman	St Albans CS EP	18	1:56:25

Cape Gate 10 km

Brackenfell, 5 October

(Certified hilly loop course. Weather: Cold and very windy.)

MEN

1. Lindikhaya Mthangayi (Itheke) 30:52
2. Siyabonga Makhaluza (GS) 30:54
3. Givemore Mudzinganyama (ZIM/Bid CGA) 30:55
4. Sibusiso Madikizela (Manoni) 31:07
5. Unathi Nteta (AAC) 31:35

Veterans: 1. Graham Katzen (Itheke) 32:42; 2. Xolile Macanda (Gugs) 34:42; 3. Shawn Abrahams (Itheke) 35:06. **Masters:** 1. Chris Mitchell (Celtic) 36:48; 2. Zolani Ntsodo (SANDF) 38:11; 3. Goodman Mpukane (Gugs) 38:50. **G'masters:** 1. Barry Bester (Durb) 42:48; 2. Albert Williams (Top) 43:16; 3. Brian Merryweather (Edge) 49:16. **G/g'masters:** 1. Carl Hendricks (Brack) 53:15; 2. Peter Chubb (VOB) 55:31; 3. Yusuf Gamielien (Itheke) 57:19. **Juniors:** 1. Duwayne Philander (UWC) 32:25; 2. Lukhanyo Nobakada (VOB) 32:38; 3. Terrence Kahn (Gugs) 33:39.

WOMEN

1. Tanith Maxwell (Boxer) 36:36
2. Bulelwa Simae (Ned) 37:00
3. Busisiwe Gwala (VOB) 39:07 (1st jun)
4. Amy Abrahams (UWC) 39:30
5. Pamela Moyikwa (VOB) 39:47

Veterans: 1. Ursula Frans (Celtic) 42:05; 2. Sheryl de Lange (NBMC) 42:34; 3. Marie Louw (NBMC) 46:40. **Masters:** 1. Mariëtte Strauss (Tyger) 44:09; 2. Olga Howard (Celtic) 45:34; 3. Lorraine Rogers (Durb) 47:29. **G'masters:** 1. Helen du Plessis (Tyger) 51:51; 2. Pixie Sparg (Celtic) 52:22; 3. Mariëtha Herbert (Bell) 53:24. **G/g'masters:** 1. Gill Tregenna (West) 56:13; 2. Annatjie Berntzen (Tyger) 71:54. **Juniors:** 1. Busisiwe Gwala (VOB) 39:07; 2. Amy Abrahams (UWC) 39:30; 3. Pamela Moyikwa (VOB) 39:47.

Kromberg & Schubert 25 km & 15 km

Brits, 5 October

(Loop courses)

25 km

MEN

- 1 Peter Tadziripa (ZIM/Maxed Elite) 84:30 (1st vet); 2 Sipho Ncube (ZIM/Toyota) 90:41; 3 Jameson Mabapa (Impala) 92:14.

Veterans: 1 Peter Tadziripa (ZIM/Maxed Elite) 84:30. **Masters:** 1 Thomas Shibambu (SAB Runners) 1:43:05. **G'masters:** 1 Stephen Masebe (Running Inn) 2:31:45.

WOMEN

- 1 Naidene Breytenbach (Irene) 1:56:40; 2 Nocawe Moroke (DRDLR) 2:02:48 (1st vet); 3 Ansa Strydom (Overkruin) 2:06:48 (1st mast).

Veterans: 1 Nocawe Moroke (DRDLR) 2:02:48. **Masters:** 1 Ansa Strydom (Overkruin) 2:06:48. **G'masters:** 1 Elaine Greenblatt (RAC) 2:21:00.

15 km

MEN

- 1 Elias Mabane (Nedbank) 53:07 (1st vet); 2 Goodwill Leburu (HMK) 54:20; 3 Lucas Masemola (Mazda) 56:26.

Veterans: 1 Elias Mabane (Nedbank) 53:07. **Masters:** 1 Colin Fisher (CSIR) 64:28.
G'masters: 1 Hubrecht Ribbens (CSIR) 78:43.

WOMEN

1 Lizzy Dhiwayo (RWFL) 65:18; 2 Paulina Phaho (Transnet) 73:39 (1st vet); 3 Connie Blom (New Balance) 73:58 (1st mast).

Veterans: Paulina Phaho (Transnet) 73:39. **Masters:** 1 Connie Blom (New Balance) 73:58.
G'masters: 1 Diane Duggan (HMK) 92:17. **Juniors:** 1 Danelle Raaths (RWFL) 70:50.

Drakensberg Logistics LAC Night Race

Ladysmith, 5 October

(Distance: 21.1 km; loop course. Finishers: 139.)

MEN

1.	Philani Buthelezi	KRS	69:32 (R300)
2.	Spmandla Nyembe	KRS	70:05 (R200)
3.	George Tshabalala	Harrismith AC	72:27 (R100)

40-49:

1.	Elbard Mbatha	LAC	89:55 (R100)
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50-59:

1.	Magic Hlatswayo	KRS	103:46 (R100)
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60+:

1.	Dumisani Ntambela	Corr Service	124:50 (R100)
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Juniors:

1.	Siboniso Mchunu	KRS	78:44 (R50)
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WOMEN (Same prize money as men)

1.	Mpumelelo Mnyandu	KRS	89:15
2.	Xoli Madida	Natal Carbs	103:53
3.	Zanele Mbonjwa	KRS	103:59

40-49:

1.	Sarda Narothum	EsKom AC	137:51
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Juniors:

1.	Zanele Mbonjwa	KRS	103:59
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BAKgat 10 km

Bellville, 2 October

(Certified loop course with many corners. Weather: cool, perfect conditions. Finishers: 640.)

MEN

- Givemore Mudzinganyama (ZIM/Bid CGA) 30:38
- Sibusiso Madikizela (Manoni)
- Vuyolwethu Mbukushe (Gugs) 31:09

Veterans: 1. Xolile Macanda (Gugs) 33:46; 2. Johnny Persents (WR) 36:26; 3. Arnold Nardy (Edge) 37:00. **Masters:** 1. Ludwig Lillie (Durb) 37:36; 2. Desmond Rondganger (Bell) 40:43; 3. Muizz Ockkers (Top) 42:19. **G'masters:** 1. Albert Williams (Top) 42:53; 2. William Hendricks (EAC) 46:07; 3. Kevin Kohler (Edge) 51:49. **Juniors:** 1. Terrence Kahn (Gugs) 32:28; 2. Lukhanyo Nobakada (VOB) 33:03; 3. Kaleb Beukes (UWC) 33:42.

WOMEN

1. Mariëtte Strauss (Tyger) 41:30 (1st mast)
2. Nthuseng Lolwana (VOB) 43:12 (1st jun)
3. Maritsa Kotze (Bell) 43:41

Veterans: 1. Glenda Werth (Sanlam) 44:50; 2. Suzette McIvor (Ned) 46:50; 3. Resia Swart (Stell) 48:05. **Masters:** 1. Mariëtte Strauss (Tyger) 41:30; Olga Howard (Celtic) 45:23; 3. Cailey Bredenkamp (Paarl) 50:57. **G'masters:** 1. Helen du Plessis (Tyger) 50:47; 2. Marietha Herbert (Bell) 52:16; 3. Lyn Wood (NBMC) 58:04. **Juniors:** 1. Nthuseng Lolwana (VOB) 43:12; Jayrodene Pieterse (Laings HS) 47:38; 3. Janine Willemse (Laings HS) 49:09.

Cape Town Festival of Running 100 km & 50 km

(Incorporating the WP 100 km Championships)

Cape Town, 28 September

(Certified loop course of 10 km. Finishers: 100 km – 45; 50 km – 33.)

Note: The top three finishers in the 100 km were included last week. Here are deeper results, as well as those for the accompanying 50 km. Megan Goliath finished sixth overall in the 100 km and Cailey Bredenkamp fifth in the 50 km. – Ed

100 km

MEN

1	Khaya	Fokwana	VOB	8:04:11
2	Henk	Mulder	Brackenfell	8:07:25
3	Henricus	Poncana	Topform	9:02:20
4	Aaron	Lewis	Ravensmead	9:22:50
5	Keith	Reynolds	Bellville	10:05:05
6	Scott	McIvor	Jeddah	11:35:38
7	Brian	Merryweather	Edgemead	12:07:02
8	Marius	Scholtz	Brackenfell	12:15:02
9	Kanakana	Mushanganyisi	Pinelands	12:42:46
10	Andries	Dippenaar	Strand	12:51:16

WOMEN

1	Megan	Goliath	Brackenfell	10:38:40
2	Wendy	Jansen	Edgemead	11:21:01
3	Lisa	Janse van Rensburg	R/W4Life	12:32:07
4	Inge	Reissenzahn	Pinelands	13:12:35
5	Sophia	Louw	NBMC	13:24:38
6	Zethena	October	Ravensmead	13:32:45
7	Fundiswa	Sandi	Ravensmead	13:32:48
8	Reinata	Thirion	NBMC	14:22:53
9	Thea	Botha	Brackenfell	14:33:38
10	Natasha	van Wyk	NBMC	16:31:32

50 km

MEN

1	David	Frylinck	Atlantic	4:21:42
2	Peter	August	VOB	4:29:19
3	Shahield	Russon	Topform	4:38:44
4	Wahied	Morahaws	Itheko	4:48:39
5	Richard	Boliter	?	4:52:21
6	Theuns	de Lange	Maties	5:33:59
7	Frik	Nelson	Bellville	5:45:11
8	Richard	Goodhead	Edgemead	6:10:43

9	Percy	Mbinda	Sanlam	6:13:33
10	Adam	Papier	R/W4Life	6:19:41

WOMEN

1	Cailey	Bredenkamp	Paarl	4:52:02
2	Louise	Kock	Bellville	5:28:46
3	Michelle	Taylor	Edgemead	6:10:39
4	Wanda	Carstons	Swartland	6:43:11
5	Marjorie	Young	Edgemead	7:24:42
6	Frieda	Blignaut	Paarl	7:25:50
7	Yvonne	Groenewald	R/W4Life	8:37:28
8	Jennifer	Papier	R/W4Life	8:37:30
9	Bronwyn	Cairncross	West Coast	8:40:19
10	Carol	Nepgen	kowie Str	8:41:26

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**Medtronic Twin Cities Marathon** (32nd)

(USA Marathon Championships; USA Masters Marathon Championships)

Minneapolis to St. Paul, USA, 6 October

(Distances: 42.195 km; standard certified course with slight elevation GAIN)

MEN

1.	Nick Arciniaga, 30, Flagstaff, AZ	2:13:11	\$25,000a + 1500
2.	Josphat Boit, 29, Mammoth Lakes, CA	2:13:14 PB	15,000a + 750
3.	Shadrack Biwott, 28, Folsom, CA	2:13:26 PB	10,000a + 600
4.	Sergio Reyes, 31, Palmdale, CA	2:13:34 PB	7,000a + 400
5.	Christo Landry, 27, Ann Arbor, MI	2:14:44 PB	5,000a + 300

WOMEN

1.	Annie Bersagel, 30, Victoria, MN	2:30:53 PB	\$25,000a + 1500 + 500^
2.	Laura Portis, 26, Kalamazoo, MI	2:33:46 PB	15,000a + 750
3.	Esther Erb, 27, Richmond, VA	2:34:32 PB	10,000a + 600
4.	Michelle Lilienthal, 31, Minneapolis, MN	2:34:50 PB	7,000a + 400 + 400^
5.	Atalelech Asfaw, 30, Albuquerque, NM	2:34:56	5,000a + 300

^) Earned Minnesota resident award

Bank of Scotland Great Scottish Run Half Marathon (26th)

Glasgow, SCO, 6 October

(Distance: 21.1 km, with only small start/finish separation [record-standard course])

MEN (gun times)

1.	Haile Gebrselassie (40+), ETH	1:01:09	WR40+
2.	Emmanuel Bett, KEN	1:01:40	
3.	Ayad Lamdassem, ESP	1:01:59	

WOMEN

1.	Susan Partridge, GBR	1:10:40	
2.	Freya Ross, GBR	1:11:51	PB

- | | |
|-------------------------|---------|
| 3. Polline Wanjiku, KEN | 1:13:01 |
| 4. Steph Twell, GBR | 1:13:59 |

Vodafone Rock 'n' Roll Portugal Half Marathon (14th) & Marathon (1st)

(IAAF Gold Label Road Race)

Lisboa, POR, 6 October

(Distances: 21.1 km, out-and-back course; and 42.195 km)

Half marathon (gun times)

MEN

1. Wilson Kiprop, KEN, 1:00:19 CR
2. Goiton Kifle, ERI, 1:01:18
3. Teklemariam Medhin, ERI, 1:02:05
4. Richard Sigei, KEN, 1:02:13
5. Imane Merga, ETH, 1:02:40
- ... 8. Tariku Bekele, ETH, 1:03:21

WOMEN

1. Valeria Straneo, ITA, 1:09:23
2. Worknesh Degefa Debele, ETH, 1:11:08
3. Firehiwot Dado, ETH, 1:12:03
4. Jane Kiptoo, KEN, 1:12:08
5. Gulume Tollesa Chala, ETH, 1:12:16
8. Jessica Augusto, POR, 1:13:52

Marathon (gun times)

MEN

1. Paul Lonyangata, KEN, 2:09:46 CR
2. Sergey Lebid, UKR, 2:11:24 PB
3. Laban Mutai, KEN, 2:12:21

WOMEN

1. Agnes Kiprop, KEN, 2:31:15 CR
2. Helena Loshanyang Kiro, KEN, 2:32:07
3. Melkam Gizaw, ETH, 2:35:16

Kosice Peace Marathon (88th)

Kosice, SVK, 6 October

(Distance: 42.195 km)

MEN (gun times)

1. Patrick Kiptanui Korir, 1977, KEN 2:09:36 PB
2. Alemayehu Abebe Gezahegn, 1987, ETH 2:09:42 PB
3. Elisha Kiprop Barno, 1985, KEN 2:09:45 PB

WOMEN (gun times)

1. Ashete Bekere Dido, 1988, ETH 2:27:47 PB/CR*
2. Marta Lema Megra, ETH 2:28:02 PB
3. Lemelem Berha Yachem, 1992, ETH 2:29:42 PB

CROSS-COUNTRY

Arkansas Chile Pepper Cross-country Festival (25th)

Fayetteville, USA, 5 October

MEN (8 km)

University Race:

Team results: 1. Arkansas, 31; 2. Villanova, 44; 3. Texas Tech, 91.

1. Kennedy Kithuka	SR Texas Tech (KEN)	23:28.1
2. Kemoy Campbell	SR Arkansas (JAM)	23:34.8
3. Stanley Kebenei	JR Arkansas (KEN)	24:08.0

WOMEN (5 km)

University Race:

Team results: 1. Arkansas, 16; 2. LMU, 88; 3. Texas Tech, 98; 3. Central Arkansas, 98.

1. Grace Heymsfield	JR Arkansas	16:55.8
2. Dominique Scott	SO Arkansas (RSA)	17:00.8
3. Shannon Klenke	JR Arkansas	17:10.3

NEWS

TATA GETS NAMING RIGHTS FOR NEW YORK CITY MARATHON

The New York Road Runners has announced an 8-year sponsorship agreement with Tata Consulting Services (TCS) which will provide the Indian technology and business consulting company with naming rights to the New York City Marathon beginning in 2014, reports *Race Results Weekly*. The deal also provides financial support for the NYRR's "heritage" events, like the Fifth Avenue Mile and Oakley New York Mini 10 km, plus support for year-round youth and community events and programs.

Financial details were not disclosed.

The Dutch financial company ING still enjoys the title sponsorship for the New York City Marathon through this year's edition on Sunday, 3 November. ING, the first title sponsor for what is the world's largest marathon with nearly 47 000 finishers in 2011, began its sponsorship in 2003.

TCS is part of Tata Group, India's largest industrial conglomerate. TCS boasts 277 000 IT and business consultants in 44 countries, and the company generated consolidated revenues of \$11.6 billion for year ended 31 March 2013. TCS already sponsors the Amsterdam Marathon, scheduled for 20 October.

Natarajan Chandrasekaran, an avid runner, is CEO and managing director of TCS. He said through a statement: "As a marathoner myself, I'm personally proud to partner with the NYRR team to support the world's most prestigious marathon as well as many year-round events and community programs across the five boroughs of New York. This partnership will also help us project the awareness and understanding of the TCS brand and its values beyond our core audiences and into the communities where we operate, not only in North America but globally."

STATS

WILSON KIPSANG'S KILOMETRE SPLITS

Last week's report on Wilson Kipsang's splits in his world record in Berlin had two typing errors, both concerning the time for the last 2.195 km of Patrick Makau's former world record and Kipsang's new mark. Makau ran that distance in 6:23 (not 7:23), while Kipsang

covered it in 6:11 (not 7:11). Here are Kipsang's kilometre splits, with the slowest and fastest in bold. He had three kilometres (the 1st, 15th and 41st) in under 2:50, while there were eight in 3:00 or slower.

Km	Split	Cumulative	5 km split
1	2:47	2:47	
2	2:55	5:42	
3	2:54	8:36	
4	3:00	11:36	
5	2:57	14:33	14:33
6	2:58	17:31	
7	2:57	20:28	
8	2:58	23:26	
9	2:57	26:23	
10	2:53	29:16	14:43
11	2:53	32:09	
12	3:00	35:09	
13	3:00	38:09	
14	2:51	41:00	
15	2:45	43:45	14:29
16	2:57	46:42	
17	2:55	49:37	
18	2:52	52:29	
19	2:56	55:25	
20	2:55	58:20	14:35
21	2:56	1:01:16	
22	3:00	1:04:16	
23	2:55	1:07:11	
24	3:00	1:10:11	
25	3:02	1:13:13	14:53
26	2:57	1:16:10	
27	3:01	1:19:11	
28	2:58	1:22:09	
29	2:54	1:25:03	
30	2:58	1:28:01	14:48
31	2:55	1:30:56	
32	2:51	1:33:47	
33	2:55	1:36:41	
34	2:53	1:39:35	
35	3:01	1:42:36	14:35
36	2:50	1:45:26	
37	2:55	1:48:21	
38	2:56	1:51:17	
39	2:57	1:54:14	
40	2:58	1:57:12	14:36
41	2:48	2:00:00	
42	2:52	2:02:52	
42.195	0:31	2:03:23	(6:11)

STATS TIME

East London, where the SA Half Marathon was held just more than a week ago, has seen some top-class races over this distance – headed, of course, by the famous 1987 clash between Matthews Temane and Zithulele Singe when both clocked 60:11 on a downhill course. Here is a list of the top twenty times ever run in the Eastern Cape city (four of

them came in that 1987 race). The 62:45 which gave Stephen Mokoka the SA title last weekend is 35th on the list. Aided times are marked with "A".

FASTEST HALF MARATHONS IN EAST LONDON

1:00:11A	Matthews Temane	1	25 Jul 87
1:00:11A	Zithulele Sinqe	2	25 Jul 87
1:00:56A	Xolile Yawa	3	25 Jul 87
1:00:58	Lawrence Peu	1	18 May 91
1:01:17A	Jan Tau	4	25 Jul 87
1:01:23	Yawa-2	2	18 May 91
1:01:41	Matthews Motshwarateu	3	18 May 91
1:01:50	Abner Chipu	1	08 Jul 01
1:01:50	Gert Thys	4	18 May 91
1:01:52	Willie Mtolo	5	18 May 91
1:01:53	Ezael Tlhobo	6	18 May 91
1:01:56	Simon Mpholo	2	08 Jul 01
1:01:58	Yawa-3	1	23 Jul 88
1:01:58	Makhosonke Fika	3	08 Jul 01
1:02:04	Tau-2	7	18 May 91
1:02:05	George Mofokeng	4	08 Jul 01
1:02:05	Michael Scout	8	18 May 91
1:02:10	Adam Motlagale	9	18 May 91
1:02:13	Tlhobo-3	1	01 Sep 96
1:02:14	Jabulani Mnguni	10	18 May 91

THIS MONTH IN HISTORY

85 years ago (exactly): 7 October 1928

Two months earlier, Paavo Nurmi had regained the Olympic 10000-metre title which he had won in 1920 and on this day, in the Old SCC Stadium in Berlin, the famous Finn set out to break the world record for the hour run which had stood since 1913. He succeeded by almost 200 metres when he covered 19.210 km and won by one metre short of a kilometre. There were two bonuses on the way: he set a new world record of 46:49.5 for 15 km and a record of 50:15.0 for 10 miles. Both the longer records stood for 17 years until his fellow countryman Viljo Heino broke them in Turku in 1945. The world had to wait a further six years before another prolific record-setter, Emil Zatopek, became the first to exceed 20 km in an hour.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

This section lists the 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, 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	28:12	Stephen Mokoka	Manchester	26 May
	27:32A	Isiah Koech (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		02 Mar
	44:30	Lusapho April	Port Elizabeth	
	43:36	Samuel Kori (KEN)		

	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	62:45	Stephen Mokoka	East London	21 Sep
	63:11A	Lloyd Bosman	Knysna	06 Jul
	58:41A	Bernard Koech (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	78:45	Lucky Mohale	Pretoria	04 May
	73:34	Richard Kiprotich (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
	1:29:31	Yuki Kawauchi (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:08:32	Lusapho April	Hannover	05 May
	2:04:45	Lelisa Desisa (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
100 km	8:04:11	Khaya Fokwana	Cape Town	28 Sep
	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

10 km	30:33	Gert Thys	Durban	19 May
	28:51	Paulo Catarino (POR) 2003		
15 km	48:30	Graham Katzen	Duynefontein	23 Feb
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	68:10	Gert Thys	Wellington	01 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	88:25	Elias Mabane	Pretoria	04 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:48:35	Graham Katzen	Camps Bay	06 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:21:40	Hendrick Ramaala	Mumbai	20 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	10:05:05	Keith Reynolds	Cape Town	28 Sep
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:31	Reform Ndlovu	Durban	19 May
	[33:28	Vladimir Kotov (BLR)	Athlone	09 Feb]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	51:26	Eric Coetzee	Constantia	09 Mar
	[50:54	Vladimir Kotov (BLR)	Constantia	09 Mar]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	74:41	Desmond Zibi	East London	21 Sep
	66:42	Martin Rees (GBR) 2003		
25 km	1:46:22	Philemon Mailola	Pretoria	04 May
	1:41:07A	Nicholas Dlamini	Pinetown	27 Jan
30 km	1:54:25	Eric Coetzee	Parow	16 Mar
	[1:52:06	Vladimir Kotov (BLR)	Camps Bay	06 Jan]
Marathon	2:40:26	Reform Ndlovu	Oudtshoorn	03 Feb
	[2:34:33	Vladimir Kotov	Oudtshoorn	03 Feb]
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km	11:35:38	Scott McIvor	Cape Town	28 Sep

Grandmasters (60+)

10 km	37:59	Clive Owen	Goodwood	02 Mar
15 km	59:03	Clive Owen	Mamre	15 Jun

21.1 km	86:20	Awie Veldsman	Cape Town	30 Mar
25 km	1:54:16	Aubrey Watson	Pretoria	04 May
30 km	2:28:52	Harold Dixon	Camps Bay	06 Jan
Marathon	3:01:59	Cornet Matomane	Mossel Bay	28 Sep
100 km				

Juniors

10 km	30:14	Tumisang Monatlala	Durban	19 May
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:56	Masibulele Heugh	Jeffreys Bay	05 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	70:17	Masibulele Heugh	Port Elizabeth	29 Jun
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	32:49	Mapaseka Makhanya	Durban	23 Jun
	30:30	Tirunesh Dibaba (ETH)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	51:11	René Kalmer	Germiston	07 Apr
	48:48	Sara-Isabel Moreira (POR)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	74:25	Irvette van Zyl	Lisbon	24 Mar
	66:09	Lucy Kabuu (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:32:18	Tanith Maxwell	Berlin	05 May
	1:21:35	Lucy Kabuu (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	1:58:12	Kim Laxton	Parow	16 Mar
	1:43:46	Yuko Mizuguchi (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:26	Irvette van Zyl	London	21 Apr
	2:20:15	Priscah Jeptoo (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	10:38:40	Megan Goliath	Cape Town	28 Sep
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	36:17	Janene Carey	Hammarsdale	28 Jul
	32:14	Priscilla Welch (GBR) 1985		
15 km	58:21	Zola Pieterse	Durbanville	23 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:40	Suzette Botha	Pietermaritzburg	24 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:56:17	Vanessa Bowman	Pretoria	04 May
	1:46:01A	Janine Carey	Pinetown	27 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:11:30	Elmarie Coetzee	Camps Bay	06 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:49:38	Suzette Botha	Oudtshoorn	03 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	12:32:07	Lisa Janse v. Rensburg	Cape Town	28 Sep
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	39:47	Judy Bird	Durban	19 May
	34:44	Tatyana Pozdniakova (UKR) 2005		

15 km	61:12	Judy Bird	Constantia	09 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	88:01	Jane Mudau	Benoni	14 Apr
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:06:48	Ansa Strydom	Brits	05 Oct
	1:55:20A	Janette Schierz-Crusius	Somersset East	23 Feb
30 km	2:24:05	Olga Howard	Camps Bay	06 Jan
Marathon	3:14:43	Jane Mudau	Pretoria	23 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km	12:32:07	Lisa Janse v. Rensburg	Cape Town	28 Sep
<u>Grandmasters (60+)</u>				
10 km	44:30	Sonja Laxton	Pretoria	31 Aug
15 km	67:26	Sonja Laxton	Brakpan	28 Apr
21.1 km	1:44:55	Liz Ruickbie	East London	21 Sep
25 km	2:21:00	Elaine Greenblatt	Brits	05 Oct
30 km	2:40:44	Veronica van Niekerk	Parow	16 Mar
Marathon	3:46:17	Veronica van Niekerk	Oudtshoorn	03 Feb
100 km				
<u>Juniors</u>				
10 km	36:47	Annie Bothma	Durban	19 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	56:41	Annie Bothma	Eersterivier	22 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	86:01	Slindile Chili	Richards Bay	30 Jun
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Kevin Harlock, André Pienaar, Derrick Chamberlain, Irene & Jan van Eeden, Pete van der Merwe

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



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