

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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Publisher: Riël Hauman

EDITORIAL

Highlight of the weekend was the HFWA West Coast Half Marathon, run in good – although slightly windy in the second half – conditions in Bloubaaistrand. Lindikhaya Mthangayi had a comfortable win in 1:09:28, while Tanith Maxwell took the women's race in 1:21:56 – 17 seconds ahead of Ulrica Stander.

South African students did well in US cross-country meetings. In Lexington Letitia Saayman and Kyla van Graan finished one-two in the Big South Conference Championships, in Troy David Mokone won the Sun Belt Conference Championships, while in Gainesville Dominique Scott did likewise in the SEC Championships.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Saints Thorntree Challenge 15 km & 10 km, Pietermaritzburg
- * HFWA West Coast Half Marathon, Bloubaaistrand
- * Rowlin National Brokers 15 km & 10 km, Benoni
- * Coastline 10 km, George
- * Track: Suzman Shield Meeting, Bellville

International highlights:

- * Athens Classic Marathon, Athens, GRE
 - * ING New York City Marathon, New York, USA
 - * NYRR Dash to the Finish Line 5 km, New York, USA
 - * Indianapolis Monumental Marathon, Indianapolis, USA
 - * XC: Stumptown XC Series/USATF Oregon Cross-country Championships, Portland, USA; Big South Conference Championships, Lexington, USA; Heptagonals (Heps/Ivy League) Championships, Princeton, USA; Pacific-12 Conference (Pac-12) Championships, Boulder, USA; Sun Belt Conference Championships, Troy, USA; Southeastern Conference (SEC) Championships, Gainesville, USA
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OBITUARIES

FERDIE LE GRANGE: A MAGICAL MOMENT IN PORT ELIZABETH

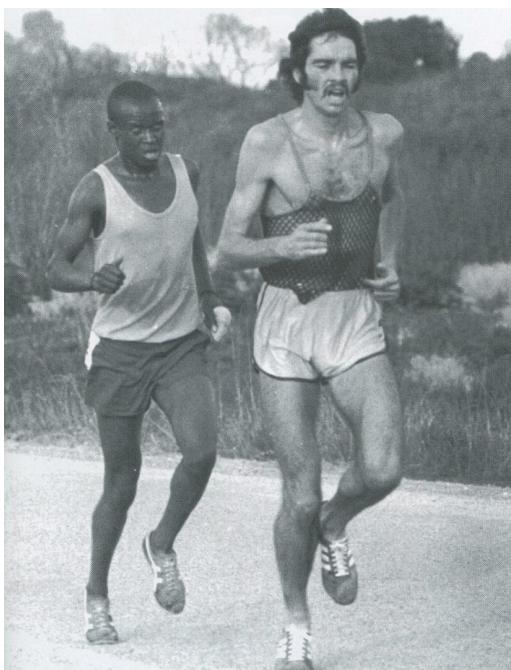
By Riël Hauman

All of us have our special athletics memories – of great races we have seen, stirring battles to the finish line, soaring victories and heart-rending defeats, South African records, maybe

world records. One of my most enduring moments came on a cool autumn day in Port Elizabeth in 1974.

The UPE Stadium was dimly lit in the dusk of the early evening of 23 April and there were few spectators for the finish of the SA Open Marathon. The SAB International Meeting, where Sonja van Zyl, Danie Malan, Fanie van Zijl and Ewald Bonzet would set the track alight, was only due to start later in the evening.

Then, through the entrance at the far side of the stadium, came a tall, slim figure clad in a maroon "fish-net" vest and yellow shorts – the colours of Stellenbosch University – showing no signs of fatigue after 42 km, nor any signs of the blisters on his feet caused by an imported pair of shoes that had not been run in adequately.



Ferdie le Grange, with Gabashane Rakabaele behind him, on his way to his superb 2:12:47 SA record in Port Elizabeth in 1974.

He circled the track and glided through the finish, arms held aloft. His time was 2:12:47 and he won by more than twelve minutes.

It was a magical moment, never to be forgotten by those who had the privilege to see it. Ferdie le Grange had just run the fastest marathon ever on the continent of Africa, his sixth SA marathon record, and would end the year in seventh place on the world list.

But, sadly, it was his last serious effort at the distance – his studies took too much of his time and, soon afterward, at the age of 25 he retired as the pre-eminent African marathoner of the first half of the seventies. He had suffered from tendinitis following his supreme effort in Port Elizabeth and this took a long time to heal (he had to abandon a planned overseas tour).

Last week, on 29 October, Le Grange suddenly passed away at the age of 65. South Africa's greatest marathon runner of the post-war era until the appearance of Josiah Thugwane, Le Grange was without peer and in his prime never lost a marathon to a fellow South African.

Many of his admirers criticised him for his early retirement, believing he was not close to his potential, but in 1979 he said: "I love my work, medicine is my life. I'm so busy that I don't get much chance to think about how things could be

or how they might have been." And his place in South African athletics history was secure.

Ferdinand Andries le Grange was born in Molteno on 26 August 1948. At Stellenbosch University he first made a name as a track runner and also took part in cross-country (he was ninth at the 1970 SA Championships). In 1970 he ran 14:55.2 to place second in the 5000 m at the SA Universities Championships. The winner was Johnny Halberstadt, who nine years later would break Le Grange's SA marathon record.

On 6 March 1971, in the WP Championships over an undulating course at Durbanville, he debuted in the marathon. He was 22, and would later say, after going over the course the previous day, that it was "really hilly ... I just couldn't believe I was going to run so far ... My longest training run had only been 32 km."

He may have doubted the outcome, but the next day a new star was born when the 2:20:00 barrier fell – his 2:19:02.2 was the first such time in Africa. And that was not all: scarcely two months later he returned to the same venue for the Republic Festival Marathon – and ran even faster! He clocked 2:17:51.4 and trounced previous record holder Willie Oliver by almost seven minutes.

On 4 June 1972 he had his first taste of international competition when he lined up for the AAA Marathon in Manchester, also the British trial for the Olympic Games – which, of course, was off limits for him. He was up against an array of stars, among them West German Lutz Philipp and a host of Britons led by Ron Hill, Jim Alder, Bill Adcocks and Don

Faircloth. Conditions were excellent and 24 men dipped under 2:20:00. Le Grange finished a superb eighth in 2:16:19, another SA record.

Then he crossed the English Channel to race another marathon in Brussels a mere week later. This time he not only set his fourth SA record, but also a "world record". Showing no ill effects of the Manchester race, he won in 2:15:34.6. No other runner had ever run two sub-2:20s in a week.

In April 1973 he was part of a historic occasion when white and black runners competed together for the very first time, in the SA Games Marathon through the streets of Pretoria. Le Grange won by almost 7 minutes in 2:24:12.



Le Grange leads the Maxol Marathon in 1973. West German Lutz Philipp (17) is behind him, with East German and eventual winner Eckhardt Lesse visible between them.

On 3 June 1973 he returned to Manchester for the fifth Maxol Marathon. It was another strong field, with Philipp there again, and also East Germany's Eckhardt Lesse. But Le Grange was a different runner from the one of 1972.

He led until 30 km, when Lesse started pushing the pace. Lesse won in a national record and Le Grange finished fourth in 2:13:58, his fifth SA record and good enough for tenth on the world list for the year.

Before returning home, he set two further personal bests on European tracks. Just a week after the marathon, he won over 10000 m in Fürth and followed this only three days

later with a win in Athens in a personal best of 28:55.0 – less than 28 seconds slower than the SA record. After another nine days he was second over 5000 m in Eschweiler in 13:46.6 – only 2.6 seconds slower than the SA record.

In July he won his first SA marathon title in 2:17:40.

On 24 January 1974 he became the first runner from Africa to exceed 20 km in an hour, breaking the record of none other than Abebe Bikila, when he ran 20.158 km on the Bellville grass track. In the same race he also set an SA record of 47:58.6 for 10 miles. Just over five weeks later he won his fourth WP title on the Durbanville course in a course and championship record of 2:15:40.

But these were just warm-ups for the ultimate achievement in Port Elizabeth.

Although he stopped competing in 1974, he always kept fairly fit and in 1995 finished 105th in the SA Marathon (again in Port Elizabeth!) in 2:46:01. In 1985 he ran the Comrades in 6:44:47 and in 1993 and 1994 the Two Oceans Marathon, dipping under 4 hours in the latter. In 2008 he returned to the Easter weekend event and for the next four years ran the half marathon. In 2009 he was third in the 60+ category in 1:40:40 and in 2010 he finished in 1:47:18, about 24 minutes behind his son, also Ferdie, who was the second junior. He also completed the race in 2013.

Le Grange, who at the time of his death was a plastic surgeon in Germiston, always had to juggle his training and studies while a student. In an interview in 1979 he said: "You know that road between Bellville and Cape Town? – Voortrekker Road; it's lit up fairly well at night. At nights when I left work at the hospital, I'd go out training – sometimes 10 o'clock, sometimes 12 o'clock. I was really burning the candle at both ends."

His time was limited, "so the mileage I did was of a good quality. I used to do my long runs of 30-35 km at 2:19 or better pace. No jogging ..."

He felt he had no other choice than to retire after the Port Elizabeth race. "It was difficult to accept. I believe I could have run under 2:10," he told me years later when I interviewed him for *Century of the Marathon 1896-1996*. And in a letter he wrote in 1996: "It was a very special emotion to know that one came so close to your physiological and emotional peak." In the same letter he gave credit to the world-renowned historian and statistician Harry Beinart, who "made me realise that I could go where few people ever venture".

He finished his career with personal bests of 13:46.6 for 5000 m and 28:55.0 for 10000 m – sixth and fourth on the all-time list – and 20.158 km for the hour run, as well as 3:55.5 (1500 m), 8:21.0 (3000 m) and 8:59.2 (steeplechase). He is the only man who have set more than two SA marathon records and even today his 2:12:47 places him 48th on the all-time list.

He leaves his wife Kathy, four children and three grandchildren.

COMRADES TRAILBLAZER SAM TSHABALALA PASSES AWAY

The Comrades Marathon Association (CMA) has announced that Sam Tshabalala, who in 1989 became the first black man to win the Comrades, has passed away. Tshabalala completed thirteen Comrades races, the last time in 2002.

Tshabalala hailed from Vosloorus and ran for the Spectrum Athletics Club under the guidance of ultramarathon stalwart Manie Saayman.

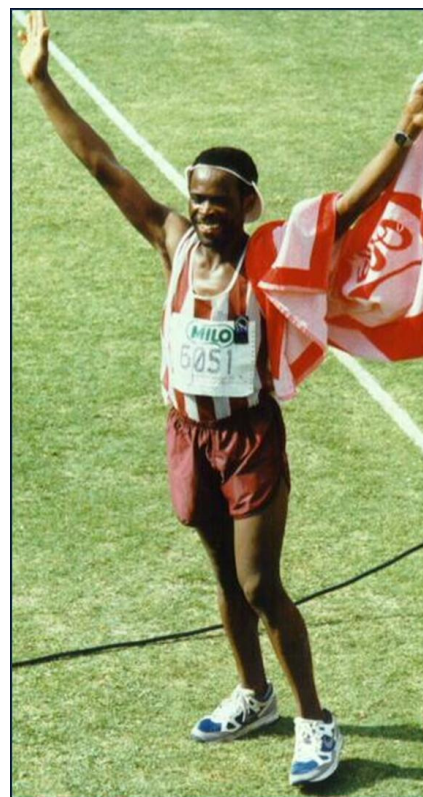
Tshabalala first ran the Comrades in 1987, finishing 22nd. The next year he was twelfth and in 1989, in the absence of multiple winner Bruce Fordyce, he won a scintillating battle against Willie Mtolo to become Comrades champion. His time was 5:35:51.

"Sam was a wonderful man, straightforward and humble," said CMA Board member and former Comrades winner Cheryl Winn. "He was a recipient of the CMA's Platinum Medal and we were about to recognise his achievement as one of the Living Legends of the Comrades in the run-up to next year's race."

In 1991 Tshabalala was involved in a horrific car accident in which he sustained multiple injuries, including brain damage. He spent months in hospital and later many more months in rehabilitation, during which he was supported by Saayman. After recovering, he returned to the Comrades and added to his total of silver medals, with a best of 6:09:49 in 1997.

Nine-time champion Fordyce said Tshabalala "was an outstanding runner with a cunning tactical mind. Had a taxi accident not cruelly robbed him of the chance, I have no doubt he would have won more than one Comrades title."

Tshabalala, who was born on 6 June 1957, had a best marathon time of 2:18:23, run in 1990. In 1988 he finished 16th in the SA Marathon in 2:18:44. His best 100 km time was 7:22:19, run in 1995.



A jubilant Sam Tshabalala after winning the 1989 Comrades.
[Comrades Marathon Association]

ROAD RUNNING

Saints Thorntree Challenge 15 km & 10 km

Pietermaritzburg, 10 November

15 km

MEN

- | | | | |
|----|--------------------|-----------|------------------------------------|
| 1. | Malibangwe Dlamini | Coll Harr | 51:33 (R300) |
| 2. | Richard Dlamini | Phuma KZN | 51:55 (1 st vet) (R200) |

(All age category winners received R150 prize money.)

40-49:

- | | | | |
|----|-----------------|-----------|-------|
| 1. | Richard Dlamini | Phuma KZN | 51:55 |
|----|-----------------|-----------|-------|

50-59:

- | | | | |
|----|------------------|-----------|-------|
| 1. | Willie Majambozi | Boxer A C | 61:55 |
|----|------------------|-----------|-------|

60+:

- | | | | |
|----|--------------|-----|-------|
| 1. | Robin Archer | QBH | 68:20 |
|----|--------------|-----|-------|

WOMEN (Same prize money as men)

- | | | | |
|----|--------------|-----------|-------|
| 1. | Poppy Mlambo | Boxer A C | 62:32 |
| 2. | Helen Buley | Ind | 66:05 |

40-49:

- | | | | |
|----|--------------|-------------|-------|
| 1. | Erica Walker | Hilton Harr | 73:09 |
|----|--------------|-------------|-------|

50-59:

- | | | | |
|----|-----------------|-----------|-------|
| 1. | Debby de Koning | Eskom A C | 76:01 |
|----|-----------------|-----------|-------|

60+:

- | | | | |
|----|----------------|------|-------|
| 1. | Jane Dickenson | RWFL | 80:17 |
|----|----------------|------|-------|

10 km

MEN

- | | | | |
|----|----------------|-----------|--------------|
| 1. | Sandile Gubese | Phuma KZN | 31:55 (R200) |
|----|----------------|-----------|--------------|

WOMEN (Same prize money as men)

- | | | | |
|----|----------------|-------------|-------|
| 1. | Marie Khaioane | Phutane A C | 41:42 |
|----|----------------|-------------|-------|

HFWA West Coast Half Marathon

Bloubergstrand, 9 November

(Distance: 21.1 km; certified out-and-back course with a loop at each end. Weather: cool, moderate breeze from the front in the second half. Finishers: 678.)

MEN

1. Lindikhaya Mthangayi (Itheke) 1:09:28 (R1000)
2. Sibusiso Madikizela (Manoni) 1:10:47 (R700)
3. Vakalisa Kopolo (Khay) 1:11:50 (R500)

Veterans: 1. Graham Katzen (Itheke) 1:12:50 (R800); 2. Shawn Abrahams (Itheke) 1:16:04 (R600); 3. Xolile Macanda (Gugs) 1:17:55 (R500). **Masters:** 1. Eric Coetzee (CPUT) 1:21:29 (R800); 2. Steven Parkins (Tyger) 1:24:19 (R600); 3. Chris Mitchell (Celtic) 1:22:25 (R500). **G'masters:** 1. Barry Bester (Durb) 1:34:27 (R500); 2. Albert Williams (Top) 1:39:11 (R300); 3. Brian Merryweather (Edge) 1:39:20 (R100). **Juniors:** 1. Babalo Hambu (Itheke) 1:13:18 (R300); 2. Siphe Dlokweni (Ommie) 1:20:26 (R200); 3. Arehan Brand (VOB) 2:33:42 (R100).

WOMEN (Same prize money as men)

1. Tanith Maxwell (Boxer) 1:21:56

2. Ulrica Stander (NBMC) 1:22:13
3. Candyce Hall (Ned) 1:26:10

Veterans: 1. Sandra van Graan (Edge) 1:30:44; 2. Tana Janse van Rensburg (NBMC) 1:37:46; 3. Chantel Simpson (Ned) 1:38:00. **Masters:** 1. Mariëtte Strauss (Tyger) 1:33:01; 2. Viv Williams (ATC) 1:36:22; 3. Cheryl Rudolph (East) 1:41:00. **G'masters:** 1. Helen du Plessis (Tyger) 1:50:44; 2. Pixie Sparg (Celtic) 1:56:43; 3. Marietha Herbert (Bell) 2:02:07. **Juniors:** 1. Nabeelah Orrie (Itheko) 2:30:25.

Rowlin National Brokers 15 km & 10 km

Benoni, 6 November

(Loop courses. Finishers: 15 km – 633; 10 km – 791.)

15 km

MEN

1 Vusi Malobola (Bonitas) 49:14; 2 Tumelo Mhlangu (Temp) 50:32; 3 Mbuso Gazu (Dayveton Hearts) 52:51.

Veterans: 1 Ian Brown (Temp) 55:31. **Masters:** 1 Johan van Staden (Kempton) 63:14. **G'masters:** 1 Mike Hirst (Striders) 62:29.

WOMEN

1 Tshifhina Malobola (Bonitas) 63:34; 2 Tracy Rankin (Nedbank) 72:15; 3 Surika Maree (Temp) 74:24.

Veterans: 1 Tracy Rankin (Nedbank) 72:15. **Masters:** 1 Estelle Viljoen (Kempton) 88:36. **G'masters:** 1 Marylin Gillbee (Kempton) 2:00:58.

10 km

MEN

1 Thulani Sebeko (Dayveton Hearts) 34:16; 2 Andrew Roodt (UJ) 36:13; 3 Jacov Lalou (Nedbank) 36:37.

Veterans: 1 Wynand Strydom (Boksburg) 39:13. **Masters:** 1 Dean Passmore (Boksburg) 40:02. **G'masters:** 1 Arthur Valasis (Hamlett On-Line) 50:02.

WOMEN

1 Robyn Kaltenbrunn (Benoni High) 41:39; 2 Doné Grové (Temp) 45:57; 3 Michelle Meyer (Boksburg) 46:14.

Veterans: 1 Daphne Passmore (New Balance) 61:18. **Masters:** 1 Rita van Wyk (Boksburg) 49:10. **G'masters:** 1 Maz Moore (Breakthru Midrand) 68:15.

Coastline 10 km

George, 2 November

(Finishers: 63)

Note: Kirsty Weir finished eleventh overall. – Ed.

MEN

1	Lindile Tokota	Nedbank	45	32:13
2	Elfonzo Pieters	Nedbank	24	33:05
3	Vuyo Witbooi	Outeniqua Harriers	32	34:00
4	Melikhaya Msizi	Knysna MC	30	34:12
5	Archie Boom	Knysna MC	17	34:17

6	Elton Botha	Knysna MC	20	36:17
7	Keith Clark	Outeniqua Harriers	38	36:52
8	Pieter Jaehne	Outeniqua Harriers	48	37:07
9	Rodney Halom	Outeniqua Harriers	30	37:21
10	Luciano van Wyk	Knysna MC	17	37:25

WOMEN

1	Kirsty Weir	Nedbank	35	37:53
2	Chantel Nienaber	Nedbank	40	40:17
3	Clarisha Pieterse	Mosselbay Harriers	15	44:43
4	Nel ?	Hartenbos Drawwers	31	46:02
5	Sunett de Jager	Nedbank	42	50:39
6	A du Preez	Hartenbos Drawwers	41	52:09
7	Maggy Franham	Nedbank	49	55:01
8	Justine Sharples	Knysna MC	40	59:24
9	Ad Cole	Knysna MC	40	60:12
10	Marianne Brown	Knysna MC	47	64:48

TRACK

Suzman Shield Meeting

Bellville, 9 November

MEN

800:

Race 1 –

1. Anthony Timoteus (UWC) 1:57.27
2. Emiele Paulsen (NBMC) 1:57.52
3. Vincent Fortuin (UWC) 1:58.72

Race 2 –

1. Neigh-Jean Flores (Bell) 2:09:04

1500:

1. Siboniso Soldaka (CPUT) 3:57.86
2. Emiele Paulsen (NBMC) 4:07.26
3. Nolan Steele (UCT) 4:15.00

3000:

1. Andrew Louw (EKA) 9:05.41
2. Samuel van der Merwe (Bell) 9:09.30
3. Nelson Bass (UCT) 9:53.46

3000 s/chase:

1. Andrew Louw (EKA) 9:31.65
2. Odwa Mbangatha (VOB) 10:34.79
3. Ryan Griffiths (UCT) 11:58.92

WOMEN

800:

1. Alet Marais (Tyger) 2:19.63
2. Tanya Scott (UCT) 2:24.20
3. Hanlie Jordaan (UWC) 2:27.05

1500:

1. Sanita Maddix (Tyger) 5:18.93

2. Milah Kruger (Ind) 5:39.21

3000:

1. Tanya Scott (UCT) 10:14.68
2. Ashleigh Simonis (Tyger) 11:19.00
3. Madelein Nel (Tyger) 12:00.52

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

Athens Classic Marathon (31st)

Athens, GRE, 10 November

(Distance: 42.195 km; hilly point-to-point course from Marathon to Athens, finishing in the ancient Panethenaiko Stadium [same course as the 2004 Olympic Games marathon])

MEN (gun times)

1. Hillary Kipkoei Yego, 1987, KEN, 2:13:55 DB
2. Dickson Kimeli, 1986, KEN, 2:14:36
3. David Kipkorir Rutoh, 1986, KEN, 2:14:43
- ... 8. Odwa Uhuru Tunyiswa, 1984, RSA, 2:23:52

WOMEN (gun times)

1. Nancy Joan Rotich, 1987, KEN, 2:41:34
2. Svitlana Stanko, 1976, UKR, 2:41:59
3. Magdalini Gazea, 1977, GRE, 2:46:03

ING New York City Marathon (43rd)

(World Marathon Majors Event/IAAF Gold Label Road Race)

New York, USA, 3 November

(Distance: 42.195 km; certified, point-to-point, challenging, 5.5 m total elevation loss [negligible]. Finishers: 50 304 [race record; largest marathon in history; first-ever marathon with over 50 000 runners].)

Note: Initial results were included last week; here are more detailed results. – Ed.

MEN (gun times)

- | | | |
|--------------------------------|------------|-----------------------------|
| 1. Geoffrey Mutai, KEN | 2:08:24 | \$100,000 + 25,000i |
| [1:05:06 / 1:03:18] | | |
| 2. Tsegaye Kebede, ETH | 2:09:16 | 60,000 + 15,000i + 500,000w |
| 3. Lusapho April, RSA | 2:09:45 | 40,000 + 10,000i |
| 4. Julius Arile, KEN | 2:10:03 PB | 25,000 |
| 5. Stanley Biwott, KEN | 2:10:41 | 15,000 |
| 6. Masato Imai, JPN | 2:10:45 | 12,500 |
| 7. Jackson Kiprop, UGA | 2:10:56 | 10,000 |
| 8. Peter Kirui, KEN | 2:11:23 | 5,000 |
| 9. Wesley Korir, KEN | 2:11:34 | 3,000 |
| 10. Daniele Meucci, ITA | 2:12:03 PB | 2,000 |
| ... 12. Stephen Kiprotich, UGA | 2:13:05 | 1,000 |
| ... 15. Bob Tahri, FRA | 2:18:16 DB | |
| ... 23. Meb Keflezighi, USA | 2:23:47 | |
| [1:05:08 / 1:18:39] | | |

... 141. Stefano Baldini, 42, ITA 2:43:41^

Martin Lel, KEN	DNF
Jason Hartmann, USA	DNF
Viktor Röthlin, SUI	DNF (running Fukuoka)
Vladimir Kotov, BLR	Scratch (did not pick up number)
Nick Willis, NZL	DNF (Pace for Conti)

i) Earned time incentive bonus

w) Earned 2012/2013 World Marathon Majors Grand Prize (\$500,000)

^) May be net time

ALL WOMEN'S PROFESSIONAL RACE (gun times)

1. Priscah Jeptoo, KEN	2:25:07	\$100,000 + 25,000i + 500,000w
[1:16:00 / 1:09:07]		
2. Buzunesh Deba, ETH	2:25:56	60,000 + 20,000i
[1:12:38 / 1:13:18]		
3. Jelena Prokopcuka, LAT	2:27:47	40,000
4. Christelle Daunay, FRA	2:28:14	25,000
5. Valeria Straneo, ITA	2:28:22	15,000
6. Kim Smith, NZL	2:28:49	12,500
7. Sabrina Mockenhaupt, GER	2:29:10	10,000
8. Tigist Tufa Demisse, ETH	2:29:24 PB	5,000
9. Edna Kiplagat, KEN	2:30:04	3,000
10. Diane Nukuri-Johnson, BDI	2:30:09	2,000
... 14. Firehiwot Dado, ETH	2:38:06	
... 19. Amy Hastings, USA	2:42:50	

i) Earned time incentive bonus

w) Earned World Marathon Majors Grand Prize (\$500,000)

MIXED-GENDER WOMEN'S RACE (net times)

1. Vera Nunes, POR	2:41:05
2. Claudia Pereira, POR	2:49:52
3. Linnea Winberg, SWE	2:52:22

...

Also:

Joan Samuelson, 56, USA	2:57:13
Marie-Jose Percec, 45, FRA	4:41:52

NYRR Dash to the Finish Line 5 km (2nd)

New York, USA, 2 November

(Certified point-to-point course with 10 m elevation GAIN)

MEN

1. Nick Willis, 30, Ann Arbor, MI (NZL)	13:46 CR*
2. Sam Chelanga, 28, Hanover, NH (KEN)	13:46
3. Aaron Braun, 26, Boulder, CO	13:49
4. David Torrence, 27, Oakland, CA	13:54
5. Alistair Cragg, 33, Providence, RI (IRL)	13:56
6. Lopez Lomong, 28, Beaverton, OR	13:58 PB
7. Ben True, 27, Hanover, NH	13:58
... 14. Chris Solinsky, 28, Portland, OR	14:15 PB
15. Evan Jager, 24, Portland, OR	14:17
... 25. German Fernandez, 23, Portland, OR	14:55

ALL WOMEN'S INVITATIONAL RACE -

1. Molly Huddle, 29, Providence, RI	15:27 CR/PB*
2. Emily Infeld, 23, Portland, OR	15:27 PB
3. Shalane Flanagan, 32, Portland, OR	15:40
4. Sally Kipyego, 27, Eugene, OR (KEN)	15:49
5. Julia Bleasdale, 32, Teddington, GBR	15:50
...	
8. Sara Hall, 30, Flagstaff, AZ	16:08

Indianapolis Monumental Marathon (6th)

Indianapolis, USA, 2 November

(Distance: 42.195 km; record-standard course with negligible start/finish separation)

Note: Many Olympic Marathon Trials qualifying performances here, led by 49-year-old Colleen de Reuck setting a new course record of 2:39:22 and 16-year-old Alana Hadley timing a personal best of 2:41:56. – Ed.

MEN

1. David Tuwei, 34, MN (KEN)	2:16:41 CR	\$1200
2. Boniface Biwott, 27, Hebron, KY (KEN)	2:18:27	750
3. Paul Petersen, 34, Fort Collins, CO	2:19:48	600

WOMEN

1. Colleen De Reuck, 49, CO	2:39:22 CR	\$1200 + 250m + 1000o
2. Mariska Kramer, 39, NED	2:40:24	750 + 250i
3. Elizabeth Herndon, 28, Knoxville, TN	2:41:30 PB	600 + 1000o
4. Alana Hadley, 16, Charlotte, NC	2:41:56 PB	400 + 1000o

i) Earned Indiana resident prize money

m) Earned Masters prize money

o) Earned Olympic Trials qualifier bonus (sub-2:43:00)

CROSS-COUNTRY**Stumptown XC Series/USATF Oregon Cross-country Championships**

Portland, USA, 9 November

Distances: See Below

MEN (8 km)

1. Alan WEBB, 30, BEAVERTON OR,	24:50.8
2. Brendan O'NEILL, 25, BEAVERTON, OR	25:53.9
3. Jordan WELLING, 25, PORTLAND, OR	26:06.1

WOMEN (6 km)

1. Carrie DIMOFF, 30, PORTLAND, OR	21:21.4
2. Kristen ROHDE, 30, PORTLAND, OR	21:27.8
3. Lindsey DRAKE, 23, LAKE OSWEGO, OR	21:36.7
... 5. Kara GOUCHER, 35, PORTLAND, OR	21:59.4

Big South Conference Championships

Lexington, USA, 2 November

WOMEN (5 km) -

Team Results: 1. Coastal Carolina, 56; 2. Liberty, 76; 3. UNC-Asheville, 78.

1. Letitia Saayman, SO Coastal Carolina (RSA) 17:46.86
2. Kyla van Graan, FR Coastal Carolina (RSA) 17:53.40
3. Jacy Christiansen, JR Liberty 18:00.22

Heptagonals (Heps/Ivy League) Championships

Princeton, USA, 2 November

MEN (8 km)

Team Results: 1. Columbia, 48; 2. Princeton, 56; 3. Dartmouth.

- | | | |
|-------------------|------------------|---------|
| 1. Maksim Korolev | SR Harvard (KAZ) | 23:28.2 |
| 2. Nico Composto | SR Columbia | 23:44.5 |
| 3. Thomas Awad | SO Penn | 23:44.8 |

WOMEN (6 km)

Team Results: 1. Dartmouth, 38; 2. Cornell, 66; 3. Harvard.

- | | | |
|---------------------|--------------|---------|
| 1. Abbey D'Agostino | SR Dartmouth | 19:40.8 |
| 2. Waverly Neer | JR Columbia | 20:20.0 |
| 3. Rachel Sorna | SR Cornell | 20:22.5 |

Pacific-12 Conference (Pac-12) Championships

Boulder, USA, 2 November

MEN (8 km)

Team Results: 1. Colorado, 28; 2. Oregon, 54; 3. Stanford, 79; 4. Arizona State, 140.

- | | |
|-------------------------------------|-------|
| 1. Edward Cheserek, FR Oregon (KEN) | 24:36 |
| 2. Jim Rosa, Stanford | 24:42 |
| 3. Blake Theroux, Colorado | 24:47 |

WOMEN (6 km)

Team Results: 1. Arizona, 69; 2. Colorado, 75; 3. Washington, 111.

- | | |
|-----------------------------------|-------|
| 1. Aisling Cuffe, Stanford | 21:04 |
| 2. Elvin Kibet, Arizona (KEN) | 21:15 |
| 3. Kelsey Santisteban, California | 21:18 |

Sun Belt Conference Championships

Troy, USA, 2 November

MEN (8 km)

Team Results: 1. Texas-Arlington, 23; 2. Arkansas-Little Rock, 54; 3. South Alabama, 86.

- | | |
|--|---------|
| 1. David Mokone, JR Western Kentucky (RSA) | 25:20.4 |
| 2. Craig Lautenslager, SO UT Arlington | 25:31.8 |
| 3. Ryan Tilotta, JR UT Arlington | 25:39.3 |

Southeastern Conference (SEC) Championships

Gainesville, USA, 1 November

WOMEN (6 km)

Team Results: 1. Arkansas, 32; 2. Texas A&M, 123; 3. Kentucky, 134.

1. Dominique Scott, SO Arkansas (RSA) 20:02.81
 2. Shannon Klenke, JR Arkansas 20:10.62
 3. Grace Heymsfield, JR Arkansas 20:11.77
-

NEWS

TWO OCEANS ELECTS NEW BOARD

The Old Mutual Two Oceans Marathon elected a new Board last month. The Board of twelve members will be chaired by Lester Cameron and include former Race Director Chet Sainsbury.

The other members of the Board are David Maralack, Harold Berman, Chris Goldschmidt, Kathy McQuaide, Kevin Harlock, Tim Jobson, Grant McPherson, Rodney Maharage, Debra Barnes and William Swartbooi.

The day-to-day affairs of the Two Oceans office are run by three managers, Michael Schouw (Administration), Stefanie Shultzen (Marketing) and Rob Hitchins (Operations and Logistics).

WORLD MARATHON MAJORS FINAL STANDINGS

The final points standings in the World Marathon Majors for 2012-13 are:

MEN

1, Tsegaye Kebede ETH 75 pts (3rd 2012 London, 1st 2012 Chicago, 1st 2013 London, 2nd 2013 NY); 2, Wilson Kipsang KEN 61 (1st 2012 London, 3rd 2012 Oly, 5th 2013 London, 1st 2013 Berlin); 3=, Stephen Kiprotich UGA & Geoffrey Mutai KEN 50.

WOMEN

1, Priscah Jeptoo KEN 75 (3rd 2012 London, 2nd 2012 Oly, 1st 2013 London, 1st 2013 NY); 2, Rita Jeptoo KEN 65 (2nd 2012 Chicago, 1st 2013 Boston, 1st 2013 Chicago); 3, Edna Kiplagat KEN 55.

STATS TIME

The outstanding run by Lusapho April last Sunday in the last of the year's World Marathon Majors – the best performance in one of the world's six premier races by a South African since 2005 – put the spotlight on the Big Apple's marathon, the largest marathon ever held. This week we include a list of the all-time top twenty men in the New York City Marathon, plus the three fastest South Africans. Note the dominance of times in the 2011 race.

NEW YORK CITY MARATHON: TOP 20 MEN

1	2:05:06	Geoffrey Mutai (KEN)	1	2011
2	2:06:28	Emmanuel Mutai (KEN)	2	2011
3	2:07:14	Tsegaye Kebede (ETH)	3	2011
4	2:07:43	Tesfaye Jifar (ETH)	1	1001
5	2:08:00	Gebre Gebremariam (ETH)	4	2011
6	2:08:01	Juma Ikangaa (TAN)	1	1989
7	2:08:07	Rogers Rop (KEN)	1	2002
8	2:08:12	John Kagwe (KEN)	1	1997
9	2:08:17	Christopher Cheboiboch (KEN)	2	2002
10	2:08:20	Steve Jones (GBR)	1	1988
11	2:08:26	Jaouad Gharib (MAR)	5	2011

12	2:08:39	Laban Kipkemboi (KEN)	3	2002
13	2:08:43	Marillson Gomes dos Santos (BRA)	1	2008
14	2:08:48	Joseph Chebet (KEN)	2	1998
15	2:08:51	Zebedayo Bayo (TAN)	3	1998
16	2:08:53	Mohamed Ouaadi (FRA)	4	2002
17	2:08:59	Rod Dixon (NZL)	1	1983
18	2:09:04	Martin Lel (KEN)	1	2007
19	2:09:07	Abderrahim Goumri (MAR)	2	2008
20	2:09:08	Geoff Smith (GBR)	2	1983
...				
27	2:09:28	Hendrick Ramaala (RSA)	1	2004
...				
29	2:09:29	Willie Mtolo (RSA)	1	1992
...				
36	2:09:45	Lusapho April (RSA)	3	2013

THIS MONTH IN HISTORY

78 years ago: 16 November 1935

Johannes Coleman, South Africa's best marathon runner between the two great wars, won the country's oldest marathon outside of the national championships, the Durban Athletic Club race, in 2:38:32, a new event record. The next year, "Johnny" Coleman, as he was known, finished sixth in the Olympic Games in Berlin behind Kitei Son's Olympic record. In 1948 in London he would do even better, finishing fourth. Coleman went on to win the DAC Marathon four more times for an unprecedented record. The first DAC race, then called the Siedle Shield Marathon, was held on 19 November 1927, but it was sadly discontinued after its 68th running in 2001.

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)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		21 Sep
	62:45	Stephen Mokoka	East London	
	58:41A	Bernard Koech (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		04 May
	78:45	Lucky Mohale	Pretoria	
	73:34	Richard Kiprotich (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		06 Jan
	1:34:30	Nkosinathi Madyo	Camps Bay	
	1:29:31	Yuki Kawauchi (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		

Marathon	2:08:32	Lusapho April	Hannover	05 May
	2:03:23	Wilson Kipsang (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
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	67:06	Gert Thys	Cape Town	13 Oct
	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	85:03	Awie Veldsman	Cape Town	13 Oct
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
	65:45A	Priscilla Cheptoo (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
	2:19:57	Rita 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	Hammarisdale	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	Somerset 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

Grandmasters (60+)

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				

Juniors

10 km	36:35	Annie Bothma	Cape Town	13 Oct
	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		

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