

Distance Running Results

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EDITORIAL

Mthandazo Qhina scored his second win in three days when he won the Mitchells Plain Titans AC Half Marathon on Saturday in 71:52; the previous Wednesday he had won the LabourWise Strand AC 10 km in 30:52. Continuing her incredible streak of racing, Candyce Hall, who had won the Winelands Marathon the previous weekend, also ran the half marathon in Mitchells Plain and finished second. Veteran Ursula Turck did likewise – she was fourth in the marathon and third this weekend.

Since 22 September Hall has now raced three marathons (winning two – the Winelands and the Voet van Afrika), six half marathons, one 15 km and one 10 km – believe it or not, a total of eleven races and 278.2 km, or 31 km a week for nine weeks in a row!

In an e-mail to DRR last week René Kalmer described her feelings about her performance in the Yokohama Marathon, where she finished sixth in 2:32:39, as “satisfied, yet disappointed. Until 30 km I was on pace for 2:28 and felt really good, then I started suffering from pain in both my big toes. [At the finish] both toes were blue and very sore and I was diagnosed with inflammation in both. I am unable to put on shoes. The wind also became very strong in the second half of the race. I still feel it was a decent race after a difficult year. I am looking forward to what 2014 holds for me!”

Kalmer’s 5 km splits were 17:30, 17:40 (35:10), 17:26 (52:36), 17:25 (70:01), 17:34 (1:27:35), 18:14 (1:45:49), 18:42 (2:04:31), 19:33 (2:24:04), and then 8:35 for the last 2.195 km. Her halves were 1:13:48 and 1:18:51.

In reaction to the news about the serious injuries sustained by Sonja Laxton last Sunday, Sharon Eldridge, well-known Border runner, DRR subscriber and correspondent, wrote in an e-mail: “When I read these articles on accidents caused on our roads by drivers (specifically taxis), I want to freak out! I wish Sonja a speedy recovery. My son Dale, who turned 21 today, was involved in a motorcycle accident exactly two months ago. He left ICU yesterday (two months in ICU) and is in rehab. He has brain damage, and almost died on the scene. He also had a fractured scapula, fractured ribs, fractured vertebrae, punctured lung, and severely broken leg. Of course most serious is the brain injury; he has not spoken a word in two months. Movement is limited to left arm and leg, and most of the time he only moves his eyes. So yes, we face the most challenging time of my life, and I quite frankly despise taxi drivers!”

Thank you for sharing this news with us, Sharon – our thoughts are with you, Dale and the rest of your family in this trying time.

In the meantime, Sonja is “doing well”, according to husband Ian. “She has been in the trauma ICU at Milpark since Sunday and is under 24-hour personal nursing. Her whole left

side was repaired in surgery on Monday, so she was post-op the whole week. Her pain was controlled by morphine and other pain-killing drugs, but these tend to make her drowsy and, sometimes, nauseous. The op was successful, but her ankle fracture was an open one with some damage to the skin, which may require a skin-graft. At the same time, the surgeon reduced the right shoulder, which is the most serious injury." Her shoulder was operated on on Friday and the procedure "went well; hopefully she can now start a proper rehab programme".

Ian wrote that Sonja "has been remarkably resilient, considering. I knew she was a tough lady, but this week has confirmed that tenfold. She is remarkable. After this operation, the medical team will assess her condition. She will be in ICU for a while (depending on her progress) and then transferred to a general ward. I do not know how long she will be in Milpark, but it will probably be another 3 weeks, at a guess."

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Mitchells Plain Titans AC Half Marathon & 10 km, Mitchells Plain
- * Two Views 10 km Challenge, Port Elizabeth
- * LabourWise Strand AC 10 km, Strand
- * Knysna Waterfront Half Marathon & 10 km, Knysna

International highlights:

- * Hanji Aoki Cup/2013 Chiba Ekiden, Chiba, JPN
 - * Great Ethiopian Run, Addis Ababa, ETH
 - * Firenze Marathon, Florence, ITA
 - * XC: Cross de l'Acier, Leffrinckroucke, FRA; NCAA Division I Cross-country Championships, Terre Haute, USA; McCain Liverpool Cross Challenge, Liverpool, GBR
 - * XTERRA Trail Running World Championship Half Marathon, Oahu, USA
 - * JFK 50 Mile, Boonsboro to Williamsport, USA
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ROAD RUNNING

Mitchells Plain Titans AC Half Marathon & 10 km

Mitchells Plain, 23 November

(Distances: 21.1 km & 10 km; certified, fairly flat out-and-back courses. Weather: warm and windy. Finishers: half marathon – 542 [down from 615 last year]; 10 km – 573 [up from 318].)

Half marathon

MEN

1. Mthandazo Qhina (Ned) 1:11:52 (R400)
2. Pieter Koopman (Ned Bol) 1:12:05 (R350)
3. Graham Katzen (Itheko) 1:13:17 (1st vet) (R300)

Veterans: 1. Graham Katzen (Itheko) 1:13:17 (R300); 2. Patrick Ketelo (Itheko) 1:19:23 (R250); 3. Tholang Moloi (SANDF) 1:19:27 (R200). **Masters:** 1. Stephen Parkins (Tyger) 1:26:18 (R250); 2. Maxwell Godloza (NBMC) 1:32:24 (R200); 3. Keith Tesner (SANDF) 1:33:28 (R150). **G'masters:** 1. Barry Bester (Durb) 1:32:45 (R200); 2. Dicky Cloete (SANDF) 1:41:17 (R150); 3. Brian Merryweather (Edge) 1:45:49 (R100). **G/g'masters:** 1. Yusuf Gamaldien (Itheko) 2:09:39 (R100). **Juniors:** 1. Babalo Hambu (Itheko) 1:15:41 (R100); 2. Siphe Dlokweni (Ommie) 1:21:42 (R70); 3. Deauwin Japhta (Sanlam) 1:26:43 (R50).

WOMEN (Same prize money as men)

1. Bulelwa Simae (Ned) 1:27:19
2. Candyce Hall (NC) 1:31:08
3. Ursula Turck (Strand) 1:32:33 (1st vet)

Veterans: 1. Ursula Turck (Strand) 1:32:33; 2. Tracey Rogers (Forest) 1:41:26; 3. Marieke de Vries (Strand) 1:44:18. **Masters:** 1. Cheryl Rudolph (East) 1:43:44; 2. Anne Pool (Strand) 1:49:56; 3. Maretha de Kock (Bell) 1:55:04. **G'masters:** 1. Helen du Plessis (Tyger) 1:53:42; 2. Pixie Sparg (Celtic) 1:57:01; 3. Mabel Olivier (Strand) 2:32:49. **G/g'masters:** 1. Jean Cammidge (FH) 2:21:46. **Juniors:** 1. Lohandie Janse van Rensburg (Tyger) 1:46:21; 2. Nabeelah Orrie (Itheke) 2:22:17.

10 km

MEN

1. Nkosinathi Madyo (Ned) 31:34 (R300)
2. Akhona Makila (VOB) 31:53 (R250)
3. Vuyawethu Mbukushe (Gugs) 32:02 (R200)

Veterans: 1. Shawn Abrahams (Itheke) 34:13 (R250); 2. David Pieterse (Dwars) 34:55 (R200); 3. Lawrence Chipangaan (Gallop) 35:04 (R150). **Masters:** 1. Goodman Mpukane (Gugs) 38:49 (R200); 2. Julian Paul (SANDF) 40:10 (R150); 3. Charles de Wet (Held) 40:41 (R100). **G'masters:** 1. Paul San Giorgio (VOB) 46:00 (R150); 2. Paul Fortuin (VOB) 47:16 (R100); 3. Brian Rothman (Brack) 47:52 (R75). **G/g'masters:** 1. Peter Chubb (VOB) 54:52 (R100). **Juniors:** 1. Granwin Katzen (Itheke) 33:34 (R200); 2. Siyanda Mbande (Gugs) 33:44 (R150); 3. Duwayne Philander (UWC) 34:18 (R100).

WOMEN

(Also first 3 juniors)

1. Pamela Moyikwa (VOB) 38:58 (R300 + R200)
2. Busisiwe Gwala (VOB) 39:10 (R250 + R150)
3. Amy Abrahams (UWC) 39:34 ((R200 + R100)

Veterans: 1. Sheryl de Lange (NBMC) 42:47; 2. Lana Abrahams (Top) 50:45; 3. [Illegible] (Ned) 55:36. **Masters:** 1. Mariëtte Strauss (Tyger) 43:10; 2. Sonia Harlock (FH) 53:27; 3. Denise Johannes (SH) 54:04. **G'masters:** 1. Mariëtha Herbert (Bell) 53:26; 2. Maryna Vos (Bell) 64:49; 3. Jackie Greyling (Brack) 68:16. **G/g'masters:** 1. Annatjie Berntzen (Tyger) 1:11:19.

Two Views 10 km Challenge

Port Elizabeth, 23 November

(Hilly out-and-back course. Finishers: 288 [up from 245 last year].)

MEN

1	Zolani	Ngqaqa	Absa NMMU AC	24	32:28
2	Melikhaya	Frans	Nedbank RC EP	21	32:56
3	Andre	Ketchem	Transnet Eng EP	30	33:12
4	Masibulele	Heugh (1 st jun)	Absa NMMU AC	19	34:45
5	Robert	Matthys	Maxed Elite EP	37	34:55
6	Terrance	Mjekula (1 st vet)	Warriors AC	41	35:18
7	Desmond	Zibi (1 st mast)	Ikhamva AC	50	36:20
8	Keegan	Cooke	Temp	16	36:41
9	Absalom	Kemp	Temp	49	37:09
10	Jeandry	Deerling	Maxed Elite EP	21	37:33
11	Luvuyo	Stephen	Nedbank RC EP	43	37:44
12	Luyanda	Matiwana	Motherwell AC	35	37:57
13	Jarryd	Cooke	Absa NMMU AC	19	39:01

14	Darrell	Wicht	Warriors AC	50	39:11
15	Michael	Bekapi	Maxed Elite EP	52	39:21
16	Daryl	North	Achilles AAA	36	39:40
17	Martin	Jansen	Nedbank RC EP	45	40:15
18	Michael	Prince	Nedbank RC EP	39	40:18
19	Neil	De Meillon	Nedbank RC EP	50	41:29
20	Brendon	Persens	Temp	39	41:54
40-44:					
1	Terrance	Mjekula	Warriors AC	41	35:18
2	Luvuyo	Stephen	Nedbank RC EP	43	37:44
3	Rudi	Van Tonder	Elite AC	41	43:45
45-49:					
1	Absalom	Kemp	Temp	49	37:09
2	Martin	Jansen	Nedbank RC EP	45	40:15
3	Peter	O'Kennedy	Achilles AAA	46	43:25
50-54:					
1	Desmond	Zibi	Ikhamva AC	50	36:20
2	Darrell	Wicht	Warriors AC	50	39:11
3	Michael	Bekapi	Maxed Elite EP	52	39:21
55-59:					
1	Peter	Van Rensburg	Elite AC	55	48:59
2	Marius	Bosman	Alpha Centurion	57	49:19
3	Robert	Rietmuller	PEAAC	57	50:58
60-64:					
1	Hannes	Els	Madiba Bay AC	63	44:55
2	Graham	Channon	Achilles AAA	64	47:55
3	Bob	Stedman	Achilles AAA	64	58:50
65-69:					
1	Syd	Lippstreu	Crusaders AC	65	49:02
2	David	O'Rielly	Nedbank RC EP	66	52:41
3	William	Vorster	PEAAC	67	54:52
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	71	44:42
2	Robin	Clark	Achilles AAA	72	1:13:09
3	Brian	Smith	PEAAC	70	1:13:56
75-79:					
1	John	Peart	Nedbank RC EP	77	1:25:42
Juniors:					
1	Masibulele	Heugh	Absa NMMU AC	19	34:45
2	Keegan	Cooke	Temp	16	36:41
3	Graham	Reynolds	Bluewater Bay	18	51:08
WOMEN					
1	Asanda	Solani	Motherwell AC	30	44:06
2	Laura	Maritz (1 st mast)	Elite AC	53	47:23
3	Tiani	Claassen	Despatch AC	23	48:25
4	Terray	Newcombe	Elite AC	22	48:57
5	Treloar	Childs	Walmer AC	50	50:33
6	Ina	Meaker	Walmer AC	52	51:38
7	Carla	Petzer (1 st jun)	Absa NMMU AC	18	51:58
8	Johannette	Oosthuizen (1 st vet)	Temp	49	52:01
9	Sunelle	Horne	Bluewater Bay	39	52:36
10	Ingrid	Erasmus	Bloem Stiders	20	53:30
11	Claire	Nagel	Elite AC	49	53:43
12	Nikki	Strooh	Walmer AC	37	54:00
13	Janine	Ruppelt	Temp	39	54:02

14	Toegeda	Vyver	Nedbank RC EP	41	54:30
15	Nicky	Butters	Temp	17	54:53
16	Annelize	Shergold-Smith	Bluewater Bay	32	55:14
17	Amanda	Prideaux	Bluewater Bay	38	55:14
18	Leonie	Ah Kee	Nedbank RC EP	40	55:29
19	Christine	Snyman	Despatch AC	57	55:44
20	Jamie	Lodge	Temp	27	55:46
40-44:					
1	Toegeda	Vyver	Nedbank RC EP	41	54:30
2	Leonie	Ah Kee	Nedbank RC EP	40	55:29
3	Natalie	Parry	Temp	42	59:29
45-49:					
1	Johannette	Oosthuizen	Temp	49	52:01
2	Claire	Nagel	Elite AC	49	53:43
3	Lana	Bruyns	Elite AC	45	55:53
50-54:					
1	Laura	Maritz	Elite AC	53	47:23
2	Treloar	Childs	Walmer AC	50	50:33
3	Ina	Meaker	Walmer AC	52	51:38
55-59:					
1	Christine	Snyman	Despatch AC	57	55:44
2	Stephanie	Hay	Walmer AC	58	1:09:13
3	Marcelle	Harran	Body Concept	59	1:10:51
60-64:					
1	Jos	Els	Madiba Bay AC	61	1:03:23
2	Kitty	September	Muirite Striders	60	1:11:17
65-69:					
1	Liz	Grundlingh	Muirite Striders	66	57:41
2	Denise	Terblanche	Walmer AC	66	1:07:54
3	Jeanette	Pienaar	PEAAC	65	1:08:41
70-74:					
1	Isabella	Childs	Walmer AC	72	1:18:33
75-79:					
1	Dorothy	Hart	Charlo AC	75	1:13:07
2	Joey	Biggs	Temp	76	1:31:41
Juniors:					
1	Carla	Petzer	Absa NMMU AC	18	51:58
2	Nicky	Butters	Temp	17	54:53
3	Sisanda	Sam	Temp	17	1:00:33

LabourWise Strand AC 10 km (1st)

Strand, 20 November

(Weather: cool and overcast, no wind. Finishers: 320.)

MEN

1. Mthandazo Qhina (Ned) 30:52 (R400)
2. Peter Tsawayo (ZIM/Gugs) 30:57 (R300)
3. Unathi Nteta (AAC) 31:06 (R200)
4. Hein Camphor (NBMC) 31:08 (R150)
5. Akhona Makila (VOB) 31:28 (R100)

All age category prizes except juniors were the same: R300, R200, R100.)

Veterans: 1. Graham Katzen (Itheke) 32:23; 2. Xolile Macanda (Gugs) 34:25; 3. Lawrence Chipango (VOB) 35:01. **Masters:** 1. Eric Mlonyeni (Strand) 39:13; 2. Shafiek Cassiem (Itheke) 39:39; 3. Rod Gilson (Strand) 42:46. **G'masters:** 1. Awie Veldsman (Held) 39:40;

2. Albert Williams (Top) 43:27; 3. Paul San Giorgio (VOB) 44:50. **Juniors:** 1. Lukhanyo Nobakada (VOB) 32:43 (R200); 2. Granwin Katzen (Itheko) 33:56 (R100); 3. Babalo Hambi (Itheko) 35:01 (R50).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (ME) 38:02
2. Fortunate Chidzivo (ZIM/Itheko) 38:23
3. Busisiwe Gwala (VOB) 38:39 (1st jun)
4. Pamela Moyikwa (VOB) 40:36
5. Nthuseng Lolwana (VOB) 41:09

Veterans: 1. Paola Vignani (ITA/Ned Bol) 43:15; 2. A. Slabbert (Stell) 47:02; 3. Leanne Pitchers (RWFL) 53:23. **Masters:** 1. Mariëtte Strauss (Tyger) 41:23; 2. Anne Pool (Strand) 50:18; 3. Karen Fourie (Strand) 54:04. **G'masters:** 1. Helen du Plessis (Tyger) 50:39; 2. Mariëtha Herbert (Bell) 52:26; 3. Jakkie Greyling (Brack) 68:18. **Juniors:** 1. 1. Busisiwe Gwala (VOB) 38:39; 2. Pamela Moyikwa (VOB) 40:36; 3. Ntuseng Lolwana (VOB) 41:09.

Knysna Waterfront Half Marathon & 10 km

Knysna, 16 November

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 54; 10 km – 35 [both considerably down on last year's figures of 130 and 135 respectively].)

Note: Kirsty Weir finished tenth overall in the half marathon and Merida Leen eighth in the 10 km. – Ed.

Half marathon

MEN

1	Gershwill	Jacobs	Nedbank	1:08:49
2	Julius	Korkee	Mosselbaai Harr	1:12:28
3	Zandesile	Ngeva	Nedbank	1:12:57
4	Lindile	Tokota	Nedbank	1:16:55
5	Zuzile	Ntsiniyabo		1:20:54
6	Tasko	Msuthnama	Sedgefield Striders	1:24:22
7	Marshall	Richenberg	Knysna M Club	1:26:09
8	Velile Victor	Winter		1:26:58
9	Rikus	Saayman		1:26:59
10	Neil	De Meillon	Nedbank	1:30:04

Veterans:

1	Lindile	Tokota	Nedbank	1:16:55
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Masters:

1	Neil	De Meillon	Nedbank	1:30:04
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G'masters:

1	Dave	Edge	Sedgefield Striders	2:03:33
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Juniors:

1	Rikus	Saayman		1:26:59
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WOMEN

1	Kirsty	Weir	Nedbank	1:27:13
2	Michelle	Petit		2:02:00
3	Hanna	du Toit	Sedgefield Striders	2:06:43
4	Leigh	Myburgh	SANDF	2:08:23
5	Veruska	Freebury		2:10:08
6	Robin	Cooke	Stellenbosch Athletics	2:10:28
7	Doortjie	van der Spuy		2:12:46
8	Charmaine	Meyer	Plett	2:18:19

9	Liedie	Coetzee	Plett	2:19:05
10	Marietjie	Swart		2:31:31

Masters:

1	Hanna	du Toit	Sedgefield Striders	2:06:43
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G'masters:

1	Liedie	Coetzee	Plett	2:19:05
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10 km**MEN**

1	Elfonzo	Pieterse	Nedbank	33:53
2	Vuyo	Witbooi	Outeniqua Harriers	34:48
3	Melikhaya	Msizi	Knysna M Club	35:08
4	Dylan	van Wyk	Plett	37:00
5	Keith	Clark	Outeniqua Harriers	37:32
6	Dimaza	Nkosinathi	Sedgefield Striders	38:21
7	Marsel	Roos	Knysna M Club	39:31
8	Patrick	Rawlins	Outeniqua Harriers	44:23
9	Trevor	Hellyer	Outeniqua Harriers	45:38
10	Steven	van Lier		47:39

Veterans:

1	Johan	Schuin	Nedbank	49:01
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Masters:

1	Patrick	Rawlins	Outeniqua Harriers	44:23
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G'masters:

1	Burnett	Zaayman	Bonnievale	53:30
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Juniors:

1	Dylan	van Wyk	Plett	37:00
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WOMEN

1	Merida	Leen	Mosselbay Harriers	41:13
2	Lisl	Grobler	Knysna M Club	43:30
3	Clarisha	Pieterse	Mosselbay Harriers	44:53
4	Cecilia	Nel	Hartenbos Drawwer999	46:33
5	Micky	Trumper	Knysna M Club	50:57
6	Moneque	Roos		55:11
7	Diane	Steenkamp	Knysna M Club	59:52
8	Maia	van Wyk		1:00:34
9	Elzette	Murray		1:00:35
10	Anne	Centner	Knysna M Club	1:02:12

Veterans:

1	Micky	Trumper	Knysna M Club	50:57
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G'masters:

1	Anne	Centner	Knysna M Club	1:02:12
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Juniors:

1	Merida	Leen	Mosselbay Harriers	41:13
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INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

ROAD RUNNING

Hanji Aoki Cup/2013 Chiba Ekiden (25th/7th as Mixed Gender Race)

Chiba, JPN, 24 November

(Distance: Six sections totalling 42.195 km with mixed-gender teams: 5 km [men], 5 km [women], 10 km [men], 5 km [women], 10 km [men], 7.195 km [women])

1. Kenya, 2:03:59 CR
2. Japan, 2:07:13
3. Russia, 2:07:22
4. Japanese University Team (JUT), 2:08:03
5. USA, 2:08:31
6. New Zealand, 2:08:57
7. Germany, 2:11:16
8. Canada, 2:11:30
9. Australia, 2:11:54
10. France, 2:13:16

Great Ethiopian Run (13th)

Addis Ababa, ETH, 24 November

(Distance: 10 km at very high altitude)

MEN

1. Atsedu Tsegaye Tesfay, Defence, 29:21.2
2. Adugna Hunde, Oromia Police, 29:25.9
3. Hunegnaw Mesfin, CBE, 29:28.4

WOMEN

1. Netsanet Gudeta, Oromia Waterworks, 33:23.7
2. Tadelech Bekele, Oromia Prisons, 33:44.6
3. Atsede Bayesa, Defence, 33:50.9

Firenze Marathon (30th)

Florence, ITA, 24 November

(Distance: 42.195 km, from the Piazzale Michelangiolo to the Piazza Santa Croce with 41 m elevation loss [almost all of that in the first 2 km] and negligible start/finish separation [just barely record standard])

MEN (gun times)

1. Oleksandr Sitkovskyy, 1978, UKR, 2:09:14 PB
[1:05:00 / 1:04:14]
2. Geoffrey Gikuni Ndungu, KEN, 2:12:18
3. Kiprof Limo, KEN, 2:12:55

WOMEN (gun times)

1. Abeba Tekulu Gebremeskel, 1989, ETH, 2:30:37
[1:15:30 / 1:15:07]
2. Hanane Janat, MAR, 2:36:01
3. Lemlem Berha Yachem, ETH, 2:38:48

CROSS-COUNTRY

Cross de l'Acier (24rd)

Leffrinckroucke, FRA, 24 November

MEN (9.95 km)

1. Cornelius KANGOGO, KEN 28:07
2. Azmeraw MENGIST, ETH 28:14
3. Yihunilign ADANE, ETH 28:28
4. James RUNGARU, KEN 28:39
5. Mickael BETT, KEN 28:48

WOMEN (6.650 km)

1. Hiwot AYELEW, ETH 22:30
2. Linet MASAI, KEN 22:31
3. Haftamnesh TESFAY, ETH 22:46
4. Lucy MACHARIA, KEN 22:53
5. Sophie DUARTE, FRA 22:54

NCAA Division I Cross-country Championships (75th for men & 38th for women)

Terre Haute, USA, 23 November

(Distances [start moved up 110 m due to conditions]: men, 9890 m; women, 5890; nearly all-grass course with thick turf, a lot of mud, and some sand. Weather: Sunny, but very cold (-3 °C), very strong winds)

MEN

Teams: 1. Colorado, 149 points; 2. Northern Arizona, 169; 3. Oklahoma State, 230; 4. BYU, 267; 5. Oregon, 274; 6. Iona, 284; 7. Portland, 293; 8. Indiana, 306; 9. Wisconsin, 326; 10. Syracuse, 329.



Kate Avery leads eventual champion Abbey D'Agostino in the women's race, with second placer Emma Bates behind the Dartmouth runner. [David Monti/RRW]

Individual Finishers (splits at 2890 m/4980 m/7890 m):

1. Edward Cheserek, FR - Oregon (KEN), 29:41.1
[8:27.3 / 14:35.2 / 23:37.0]
2. Kennedy Kithuka, SR - Texas Tech (KEN), 29:59.1
[8:27.1 / 14:35.0 / 23:35.5]
3. Maksim Korolev, SR - Harvard, 29:59.5
[8:27.8 / 14:42.0 / 23:55.4]
4. Futsum Zienasellassie, SO - Northern Arizona, 30:05.7
5. Jim Rosa, JR - Stanford, 30:08.9

WOMEN

Teams: 1. Providence, 141 points; 2. Arizona, 197; 3. Butler, 200; 4. Michigan, 215; 5. Georgetown, 226; 6. Michigan State, 236; 7. Colorado, 265; 8. Florida State, 278; 9. Virginia, 283; 10. New Mexico, 301; ... 15. Arkansas, 340.

Individuals (splits at 1890 m and 3890 m):

1. Abbey D'Agostino, SR - Dartmouth, 20:00.3

- [6:16.7 / 13:10.6]
 2. Emma Bates, JR - Boise State, 20:03.9
 [6:16.9 / 13:10.8]
 3. Kate Avery, SO - Iona (GBR), 20:05.4
 [6:13.4 / 13:07.2]
 4. Aisling Cuffe, JR - Stanford, 20:09.3
 5. Emily Lipari, SR - Villanova, 20:10.8
 6. Colleen Quigley, JR - Florida State, 20:11.3
 7. Emily Sisson, SR - Providence, 20:17.5
 ... 28. Dominique Scott (**RSA**), SO - Arkansas, 20:38.9

McCain Liverpool Cross Challenge (European XC Trials)

Liverpool, GBR, 23 November

SR/U23 MEN (9.8 km)

- | | |
|---|-------|
| 1. Andy Vernon, Aldershot Farnham & Dist AC | 28:47 |
| 2. Jonathan Hay, U23, Aldershot Farnham & Dist AC | 29:04 |
| 3. Keith Gerrard, Newham and Essex Beagles | 29:05 |

SR/U23 WOMEN (8.1 km)

- | | |
|--|-------|
| 1. Gemma Steel, Charnwood AC | 26:36 |
| 2. Charlotte Purdue, U23, Aldershot Farnham & D AC | 26:48 |
| 3. Steph Twell, Aldershot Farnham & D AC | 27:08 |

ULTRA/MOUNTAIN/TRAIL RUNNING

XTERRA Trail Running World Championship Half Marathon (6th)

Oahu, USA, 24 November

(Distance: 21.1 km)

MEN

- | | | |
|--------------------------------------|---------|--------|
| 1. Patrick Smyth, Salt Lake City, UT | 1:16:38 | \$2000 |
| 2. Joseph Gray, Lakewood, WA | 1:17:26 | 1000 |
| 3. Max King, Bend, OR | 1:20:53 | 750 |

WOMEN

- | | | |
|---------------------------------|---------|--------|
| 1. Polina Babkina, Honolulu, HI | 1:37:24 | \$2000 |
| 2. Lucy Smith (45+), CAN | 1:37:55 | 1000 |
| 3. Meggan Franks, CAN | 1:40:24 | 750 |

JFK 50 Mile (51st)

Boonsboro to Williamsport, USA, 23 November

(Distance: 50.2 miles; point-to-point course with paved roads and rugged trails; hilly)

MEN (gun times)

- Zach Miller, 25, Columbia, PA, 5:38:53
- Matthew Flaherty, 28, Bloomington, IN, 5:44:37
- Michael Wardian, 39, Arlington, VA, 5:55:37

WOMEN (gun times)

- Emily Harrison, 27, Flagstaff, AZ, 6:35:05
 - Sage Norton, 33, Chester, VA, 7:14:03
 - Kara Henry, 28, Boulder, CO, 7:17:37
-

NEWS

ASA MEMBERS CALL FOR SPECIAL GENERAL MEETING

Eleven member provinces of Athletics South Africa has called for a Special General Meeting (SGM) of the national body, to be held on Friday in Johannesburg – one day ahead of the Annual General Meeting (AGM) of ASA.

The only matter to be dealt with at the special meeting is a motion of no confidence in “the entire ASA Board, and replacement with an interim structure with specific mandate to restore ASA functions and prepare for elections of the new leadership within 6 months”.

In accordance with Clause 18.9 of the ASA constitution, the decision taken at the SGM will be tabled at the AGM. “In view of the highly irregular protocol” followed by the ASA Board in calling for the AGM, “the resolution defined at the said ASA SGM will serve as an extraordinary point” on the agenda of the AGM, according to the notice of the SGM.

In the meantime the Commission of Enquiry into ASA led by retired Supreme Court of Appeals Judge J.J.F. Hefer found that his investigation “was frustrated by the reticence of certain ASA members” and that his request for specific information from the six members of ASA who made accusations against the president of ASA elicited no reaction.

In his report the Commissioner therefore stated that “without their cooperation, I have no way of investigating the validity of their allegations ... that there were payments made and instructions given to staff to make payments from ASA account without the Board’s knowledge and authority”.

These accusations of irregularities “on the president’s part have not been established”, according to the report. Furthermore, the Commissioner had “no doubt that this inept handling of the complaints against the president ... brought the ASA in disrepute irrespective of whether or not it contravened the IAAF rules or the ASA constitution”.

The Commissioner also found that a complaint against Pieter Lourens, chairman of the Track & Field Commission of ASA, by a member of that commission, that he “unilaterally sent out new qualifying standards for 2013” to the provinces, “stands uncontradicted [because Lourens “did not condescend to reply” to the Commission’s invitation to respond to the complaint] “and is in any event borne out by the correspondence”.

The Commission recommended that Lourens “be removed from office ... and not be appointed in future as chair of any committee of ASA”.

The eleven members who called for the SGM on Friday are Mpumalanga, North West North, South Western Districts, Transkei, Vaal Triangle, Boland, Border, Central Gauteng, KwaZulu-Natal, North Western Cape and Western Province.

STATS TIME

This week we include a list of the top ten women in the half marathon. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2013 HALF MARATHON: TOP 10 WOMEN

1:14:25	Irvette van Zyl	10	Lisbon	24 Mar
1:14:43A	René Kalmer	1	Johannesburg	08 Sep
1:14:59	Charné Bosman	2	Pretoria	02 Feb
1:15:46	Cornelia Joubert	2	East London	21 Sep
1:16:31	Jenna Challenor	3	East London	21 Sep
1:16:48A	Tanith Maxwell	12	San Diego	02 Jun
1:17:04	Christine Kalmer	5	Cape Town	30 Mar
1:17:08A	Hanlie Botha	1	East London	09 Feb
1:17:39	Myrette Filmalter	4	East London	21 Sep
1:18:03	Portia Ngwenya	1	Durban	27 Apr

THIS MONTH IN HISTORY

38 years ago: 15 November 1975

Cape Town's tough Hohenort 15 km race is usually held in January, but its first four editions were run in November. On this day, in the inaugural race, Don Hartley – perhaps more famous as a marathoner and ultramarathoner – got the victory in 57:13. The race was then 16.6 km long; it changed to 15 km in 1984 and has now been held 39 times. Two years before, Hartley had scored the second of his two successive wins in the Two Oceans ultramarathon – and just four months later he would win the Peninsula Marathon.

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)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:30	Lusapho April	Port Elizabeth	02 Mar
	43:36	Samuel Kori (KEN)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	62:45	Stephen Mokoka	East London	21 Sep
	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
	2:03:23	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

30 km	76:49	Martin Mondragon (MEX) 1994		
	1:48:35	Graham Katzen	Camps Bay	06 Jan
Marathon	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
	2:21:40	Hendrick Ramaala	Mumbai	20 Jan
100 km	2:08:46	Andres Espinosa (MEX) 2003		
	10:05:05	Keith Reynolds	Cape Town	28 Sep
	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
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
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
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		
WOMEN				
<u>Open</u>				
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		
<u>Veterans (40+)</u>				
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		
<u>Masters (50+)</u>				
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
<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	36:35	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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