

# Distance Running Results

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*Distance Running Results* (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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## EDITORIAL

Wally Hayward's legendary SA 24-hour record has fallen after sixty years!

Johan van der Merwe broke Hayward's record this weekend in the Soochow 24-hour track race in Taipei when he covered 258.064 km and finished third. The new record (by 1.664 km) came almost exactly 60 years after Hayward set it in the greatest race of his career, at Motspur Park on 20-21 November 1953.

In that famous race Hayward, already a four-time winner of the Comrades, the first man to cover the "down" run in under 6 hours, and the oldest champion in the history of the ultra, set five world records: 7:41:36 for 100 km, 11:50:09 for 150 km, 12:46:34 for 100 miles, 17:33:25 for 200 km and the magical 256.4 km for 24 hours. The latter two performances stood as world records for 20 years (17 days short of 20 years, to be exact); the records for 100 km and 150 km stood for one month short of 16 years and the 100-mile record for one month short of 15 years. (The current 24-hour world record is 303.506 km by Yiannis Kouros.)

Another SA record fell in Port Elizabeth when Margie Saunders, now 60, finished second in the Aspen PE City Marathon in a marvelous 3:16:32, breaking Jenny Allebone's national record in the grandmaster category by four seconds short of 5 minutes. The fast course and excellent conditions also produced a new personal best of 2:44:40 for winner Melanie van Rooyen. Van Rooyen set her previous PB of 2:48:35 when she finished third in the SA Marathon earlier this year. The race was held for the 31<sup>st</sup> time; George Ntshiliza took the title in 2:31:48.

DRR received a report that Annie Bothma (17), now competing for Nedbank, ran her debut half marathon in the Prison to Prison race near Worcester on Saturday, clocking a course record 1:19:40. She broke the record of 1:19:52 set by Bulelwa Mtshagi in 2007. Unfortunately DRR could not obtain the results of the race.

The latest news about Sonja Laxton's recovery is that she was moved out of ICU on Wednesday and into the orthopaedic general ward. According to husband Ian her condition is improving daily after some setbacks the previous week when she "had difficulty breathing, resulting in an aggressive regimen of oxygen supplementation [and] she also developed pneumonia". However, these conditions "have resolved themselves ... and she is in high spirits. She is receiving aggressive physiotherapy."

It should be noted that Stephen Seema's time of 2:23:58 in the RAC Tough One 32 km (results in last week's issue) is significantly faster than the list leader for the grandmasters 30 km (2:28:52). I have added this time to the list leaders. Also, there was an error in the

results of the women's race. The time of the sixth athlete, Maphuti Phaka, was 2:22:25 and not 2:21:25.

### LAST ISSUE FOR 2013

This is the last issue of *Distance Running Results* for 2013, the thirteenth year of its existence. I would like to thank all the dedicated contributors for their assistance in sending results and other information during the year and answering my queries; this newsletter would not have existed without your help.

I wish all contributors and readers compliments of the season and a wonderful, healthy and happy 2014. The next issue of DRR will be sent out on 6 January (but contributors should please continue sending results for the rest of this year).

- Renewal notices will be sent out shortly to subscribers. If you do want to continue receiving DRR in 2014, please make payment before 6 January.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Illovo Sugar 15 km Christmas Challenge, Durban
- \* Aspen Port Elizabeth City Marathon & 10 km, Port Elizabeth
- \* Vital Run Half Marathon & 10 km, Somerset West
- \* Metropolitan 10 km, Bellville
- \* Xerox Lightning Fast 10 km, East London

### International highlights:

- \* Honolulu Marathon, Honolulu, USA
  - \* California International Marathon, Folsom Dam to Sacramento, USA
  - \* XC: SPAR European Cross-country Championships, Belgrade, SRB
  - \* Soochow International Ultramarathon, Soochow, TPE
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## ROAD RUNNING

### Illovo Sugar 15 km Christmas Challenge (20<sup>th</sup>)

Durban, 8 December  
(Loop course)

Note: A repeat victory for Siyabonga Nkonde, who won in 48:10 last year. – Ed.

#### MEN

1	Siyabonga Nkonde	Boxer	25	48:18	R500
2	Sithembele Fanekho	Boxer	22	49:27	R300
3	Nkosinathi Duma	Nedbank	26	50:10	R200

#### Veterans:

1	Thembinkosi Gumede	Boxer	40	53:05	R200
2	Siyabucela Jozi	Shaka	40	53:35	R150
3	Andies Nothununu	Nedbank	40	54:59	R100

#### Masters:

1	Peter Sehloho	Boxer	50	57:10	R200
2	Wayne Scott	PDAC	50	58:44	R150
3	Willie Majombozi	Boxer	50	60:21	R100

#### G'masters:

1	Mbekiseni Mchunu	Kwamashu	66	60:57	R200
2	Lindsay Rogerson	Riverside		74:37	R150

3	Piet Badenhorst	PDAC	67	74:51	R100
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**G/g'masters:**

1	Pooblan Reddy	Chatsworth	70	88:36	R200
2	Barry Varty	YWP		88:37	

**Juniors:**

1	Sipho Mbanjwa	Phatane	19	53:57	R200
2	Hloniphani Gumede	Inanda Qadi	16	55:26	R150
3	Sbusiso Njilo	Inanda Qadi	17	55:55	R100

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

1	Sithulisizwe Zhou	Phantane	20	59:52	
2	Janine Carey	Boxer	41	63:05	
3	Nonsikeleo Mbambo	Natal Carbineers	35	66:50	

**Veterans:**

1	Janine Carey	Boxer	41	63:05	
2	Michelle Sims	Eskom	47	70:48	
3	Lesley Mayer	Chiltern	41	72:33	

**Masters:**

1	Janine Engels	PDAC	51	72:24	
2	Debby de Koning	Eskom	54	75:15	
3	Blanche Moila	Savages	55	76:20	

**G'masters:**

1	Pat Fisher	Stella	61	85:27	
2	Maureen Parry	Chiltern	67	96:29	
3	A. Engelbrecht	South Coast Striders	65	1:41:47	

**G/g'masters:**

1	Hester Becker	Stella		1:50:00	
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**Juniors:**

1	Nina Grundlingh	Hillcrest Villages	18	95:45	
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**Aspen Port Elizabeth City Marathon (31st) & 10 km**

(Eastern Province Marathon Championships)

Port Elizabeth, 7 December

(Distances: 42.195 km &amp; 10 km. Marathon – loop course with out-and-back section at beginning and end; 10 km – loop course. Weather: excellent running conditions. Finishers: marathon – 512 [up from 433 last year]; 10 km – 304 [up from 248 last year].)

Note: ASA rules stipulate a minimum age of 20 for marathons, so the girl indicated here as first junior, who is only 15, should not have been allowed to run. – Ed.**Marathon****MEN**

1	George	Ntshiliza	Nedbank RC EP	34	2:31:48
2	Masande	Mlonyeni	Nedbank RC EP	33	2:33:48
3	Mila	Pasiya	Nedbank RC EP	34	2:35:55
4	Nkosinathi	Nzingo	Oxford Striders	31	2:36:12
5	Thobile	Xata	Nedbank RC EP	39	2:37:32
6	Zingisile	Marikeni	Nedbank RC EP	38	2:38:31
7	Ntsapho	Jayiya	Temp	31	2:44:29
8	JC	Visser	Temp	28	2:44:42
9	Sizakele	Dayimani	Kowie Striders	33	2:47:10
10	John	Karle (1 <sup>st</sup> vet)	Bedfordview CC	40	2:48:06
11	Raymond	Orchison	Bedfordview CC	37	2:48:52
12	Kobus	Joubert	Kouga Multi SC	38	2:50:01
13	Luvuyo	Stephen	Nedbank RC EP	43	2:50:51

14	Marius	Stander	Achilles AAA	45	2:52:16
15	Bennie	Stadler (1 <sup>st</sup> mast)	Achilles AAA	50	2:52:21
16	Hasan	Shire	Malabar AC	21	2:54:56
17	Welcome	Loliwe	Nedbank RC EP	49	2:55:22
18	Mzamo	Fokwana	Charlo AC	36	2:55:58
19	Anton	Chevalier	Nedbank RC SWD	48	2:56:13
20	Jacques	Barnard	Despatch AC	37	2:56:52

**40-44:**

1	John	Karle	Bedfordview CC	40	2:48:06
2	Luvuyo	Stephen	Nedbank RC EP	43	2:50:51
3	Mzwandile	July	Charlo AC	40	3:11:12

**45-49:**

1	Marius	Stander	Achilles AAA	45	2:52:16
2	Welcome	Loliwe	Nedbank RC EP	49	2:55:22
3	Anton	Chevalier	Nedbank RC SWD	48	2:56:13

**50-54:**

1	Bennie	Stadler	Achilles AAA	50	2:52:21
2	Darrell	Wicht	Warriors AC	50	2:59:39
3	Ian	Patterson	Muirite Striders	50	3:11:35

**55-59:**

1	Clifford	Hicken	Nedbank RC EP	56	3:23:26
2	Richard	Foss	Albany RR	59	3:26:38
3	Disemba	Blou	Warriors AC	55	3:27:16

**60-64:**

1	Sizinzo	Kama	Achilles AAA	62	3:18:04
2	Arthur	Valasis	Hamlett Online	62	3:47:51
3	Paul	Steffens	Nedbank RC EP	62	3:51:43

**65-69:**

1	Eric	Mapara	Rhodes University	66	3:57:40
2	Kobus	Gerber	PEAAC	69	4:05:11
3	William	Vorster	PEAAC	67	4:10:09

**70-74:**

1	Godfrey	Kariem	Gelvan AC	73	4:22:59
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## WOMEN

1	Melanie	Van Rooyen	Canon Richards Bay AC	36	2:44:40
2	Margie	Saunders (1 <sup>st</sup> g'mast)	Nedbank RC EP	60	3:16:32
3	Maresa	Ah Kun	Bluewater Bay	38	3:19:46
4	Nokholo	Hlezupondo	SANDF EP	34	3:22:50
5	Candyce	Hall	Natal Carbineers	29	3:22:53
6	Katherine	Van der Walt	Body Concept	37	3:24:44
7	Mariëtte	Hattingh (1 <sup>st</sup> vet)	Nedbank RC EP	48	3:28:52
8	Terri-Lynn	Penney	Run For Life EP	36	3:31:57
9	Elmarie	Bezuidenhout	Charlo AC	31	3:34:32
10	Grizelda	Pietersen	Maxed Elite EP	45	3:34:45
11	Candice	Pitsiladi	Achilles AAA	35	3:37:09
12	Kerry	Kleb	Rand AC	43	3:40:20
13	Annelie	Nel	Body Concept	39	3:41:59
14	Laura	Maritz (1 <sup>st</sup> mast)	Elite AC	53	3:42:56
15	Natalie	Hagedorn-Hansen	Charlo AC	38	3:43:12
16	Chrisma	Rautenbach	Kouga Multi SC	31	3:49:14
17	Karen	Davis	Gonubie Harriers	36	3:51:05
18	Frances	Stone	Body Concept	41	3:51:41
19	Susan	Smit	Kouga Multi SC	43	3:53:14
20	Nolukhanyo	Mdwayi	Body Concept	32	3:55:33

**40-44:**

1	Kerry	Kleb	Rand AC	43	3:40:20
2	Frances	Stone	Body Concept	41	3:51:41
3	Susan	Smit	Kouga Multi SC	43	3:53:14

**45-49:**

1	Mariëtte	Hattingh	Nedbank RC EP	48	3:28:52
2	Grizelda	Pietersen	Maxed Elite EP	45	3:34:45
3	Johanna	Claassen	Nedbank RC SWD	45	3:59:41

**50-54:**

1	Laura	Maritz	Elite AC	53	3:42:56
2	Nurunnisa	Madatt	Malabar AC	51	3:58:25
3	Merle	Nair	Achilles AAA	52	4:25:34

**55-59:**

1	Amanda	Wolmarans	Walmer AC	55	4:22:04
2	Christine	Snyman	Despatch AC	57	4:23:56
3	Michelle	Lawson	Charlo AC	55	4:25:56

**60-64:**

1	Margie	Saunders	Nedbank RC EP	60	3:16:32
2	Cathy	Ives	Achilles AAA	60	4:06:33
3	Saundria	Visser	Nedbank RC SWD	62	4:55:31

**65-69:**

1	Christine	Fourie	Elite AC	67	4:55:45
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**Juniors:**

1	Kirsten	De Sousa	Dubai	15	4:45:28
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**10 km****MEN**

1	Abednigo	Mashaba	Born To Win AC	23	30:31
2	Zolani	Ngqaqa	Absa NMMU AC	24	30:45
3	Melikhaya	Frans	Nedbank RC EP	21	32:57
4	Juwayne	Fletcher	Temp	22	35:28
5	Mutekile	Rasmeni (1 <sup>st</sup> vet)	Maxed Elite EP	48	36:09
6	Gervais	Ally	Temp	26	40:37
7	Linton	Harmse (1 <sup>st</sup> mast)	Absa NMMU AC	50	41:01
8	Ebrahim	Gaffore	Malabar AC	28	41:13
9	Tauriq	Agherdien	Malabar AC	27	42:05
10	Dean	Horne	Bluewater Bay	44	42:06
11	Donavon	Shehab	Temp	27	42:33
12	Leonardo	De Villiers	Absa NMMU AC	48	42:37
13	Hannes	Els (1 <sup>st</sup> g'mast)	Madiba Bay AC	63	42:40
14	Gary	Jackson	Temp	43	43:36
15	John	Stevens	Bluewater Bay	49	44:23
16	Simon	Ngxeke	Mercedes Benz AC	50	44:32
17	Hansie	Els	Somerset East	65	44:37
18	Bradley	Gibbons	Rand AC	39	44:54
19	Brendan	Hayward	Profiles AC	26	45:02
20	Jarryd	Heugh	Achilles AAA	21	45:13

**40-44:**

1	Dean	Horne	Bluewater Bay	44	42:06
2	Gary	Jackson	Temp	43	43:36
3	Adriaan	Jordaan	Charlo AC	44	45:48

**45-49:**

1	Mutekile	Rasmeni	Maxed Elite EP	48	36:09
2	Leonardo	De Villiers	Absa NMMU AC	48	42:37
3	John	Stevens	Bluewater Bay	49	44:23

**50-54:**

1	Linton	Harmse	Absa NMMU AC	50	41:01
2	Simon	Ngxeke	Mercedes Benz AC	50	44:32
3	Andre	Nel	Transnet Eng EP	53	50:14
<b>55-59:</b>					
1	Stephen	Klue	Elite AC	55	45:20
2	Christopher	Nyodi	Bluewater Bay	55	45:41
3	Peter	Van Rensburg	Elite AC	55	46:37
<b>60-64:</b>					
1	Hannes	Els	Madiba Bay AC	63	42:40
2	Graham	Channon	Achilles AAA	64	46:38
3	Colin	Parkins	Bluewater Bay	60	47:38
<b>65-69:</b>					
1	Hansie	Els	Somerset East	65	44:37
2	Andre	Fourie	Nedbank RC EP	66	1:02:12
3	Alan	Penney	Walmer AC	66	1:02:21
<b>70-74:</b>					
1	Brian	Smith	PEAAC	70	1:12:00
2	Petrus	De Jager	PEAAC	74	1:20:47
<b>75-79:</b>					
1	John	Peart	Nedbank RC EP	77	1:22:07
2	Donald	Flynn	Legacy AC	75	1:23:21
<b>80+:</b>					
1	Wells	Anderson	PEAAC	81	1:06:14
<b>Juniors:</b>					
1	Cameron	Wesson	Achilles AAA	16	45:33
2	Thembaletu	Komeni	Temp	17	47:26
3	Naasir	Louis	Malabar AC	17	52:27
<b>WOMEN</b>					
1	Ntombesintu	Mfunzi	Bonitas AC	31	37:04
2	Jamie-Lee	Schlemmer (1 <sup>st</sup> jun)	Absa NMMU AC	17	41:26
3	Kayla	Nell	Absa NMMU AC	19	42:37
4	Ndileka	Mvakwendlu	Motherwell AC	23	43:45
5	Babalwa	Ngcoko	Temp	26	44:29
6	Janine	Gardiner	Charlo RR	32	44:34
7	Terray	Newcombe	Elite AC	22	45:21
8	Janette	Schierz-Crusius (1 <sup>st</sup> mast)	Body Concept	53	45:25
9	Megan	Wilson	Charlo AC	18	45:47
10	Tiani	Claassen	Despatch AC	23	46:25
11	Cheryl	Rudolph	Easterns Kraaifontein	52	46:51
12	Tania	Jordaan	Charlo AC	37	47:20
13	Angela	Parker	Charlo AC	36	47:34
14	Claire	Nagel (1 <sup>st</sup> vet)	Elite AC	49	48:17
15	Sunelle	Horne	Bluewater Bay	39	48:22
16	Carla	Petzer	Absa NMMU AC	18	48:49
17	Lindie	Steyn	Absa NMMU AC	26	48:51
18	Monique	Jordaan	Absa NMMU AC	22	48:57
19	Treloar	Childs	Walmer AC	50	49:04
20	Ingrid	Erasmus	Bloem Stiders	20	51:01
<b>40-44:</b>					
1	Leonie	Ah Kee	Nedbank RC EP	40	51:34
2	Robyn	Bird	Temp	42	55:02
3	Rushda	Jappie	Malabar AC	43	56:53
<b>45-49:</b>					
1	Claire	Nagel	Elite AC	49	48:17
2	Julie	Chevalier	Nedbank RC SWD	46	53:26

3	Anneline	Rautenbach	Nedbank RC EP	45	57:41
<b>50-54:</b>					
1	Janette	Schierz-Crusius	Body Concept	53	45:25
2	Cheryl	Rudolph	Easterns Kraaifontein	52	46:51
3	Treloar	Childs	Walmer AC	50	49:04
<b>55-59:</b>					
1	Theresa	Lillis	Achilles AAA	57	59:48
2	Pat	Ludick	Temp	56	1:10:27
3	Juliana	Van Eyk	Nedbank RC EP	56	1:17:04
<b>60-64:</b>					
1	Annelie	Cruywagen	Walmer AC	60	1:30:16
<b>65-69:</b>					
1	Liz	Grundlingh	Muirite Striders	66	54:28
2	Denise	Terblanche	Walmer AC	66	1:06:38
3	Edna	Potgieter	Legacy AC	67	1:12:30
<b>70-74:</b>					
1	Orgia	Nell	Muirite Striders	70	1:11:33
2	Isabella	Childs	Walmer AC	72	1:14:46
3	Margaret	Brittain	Legacy AC	70	1:17:03
<b>75-79:</b>					
1	Dorothy	Hart	Charlo AC	75	1:06:51
<b>Juniors:</b>					
1	Jamie-Lee	Schlemmer	Absa NMMU AC	17	41:26
2	Kayla	Nell	Absa NMMU AC	19	42:37
3	Megan	Wilson	Charlo AC	18	45:47

### Vital Run Half Marathon & 10 km

Somerset West, 7 December

(Distances: 21.1 km & 10 km; loop courses on forest and farm roads, very hilly. Weather: Very hot and windy. Finishers: half marathon – 1043 [slightly down from 1081 last year]; 10 km – 1022 [down from 1328 last year].)

#### Half marathon

MEN

1. Mbongeni Ngxazozo (Bon) 1:13:33 (R3000)
2. Sityhilo Diko (Ned) 1:14:34 (R2200)
3. Mthandazo Qhina (Ned) 1:16:24 (R1300)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/NBMC) 1:16:26 (R1300); 2. Graham Katzen (Itheke) 1:18:36 (R900); 3. Yusuf Kanouni (Ned) 1:25:22 (R600). **Masters:** 1. Eric Coetzee (CPU) 1:27:37 (R900); Chris Mitchell (Celtic) 1:31:18 (R600); 3. James Bugan (Forest) 1:33:52 (R300). **G'masters:** 1. Awie Veldsman (Held) 1:39:33 (R600); 2. Albert Williams (Top) 1:47:37 (R300). **G/g'masters:** 1. Roelof van Weele (Whalers) 2:05:13 (R200); 2. Ray Shooter (Edge) n/t (R150). **Juniors:** 1. Babalo Hambu (Itheke) 1:24:44 (R400); 3. Lungile Mdaka (VOB) 1:25:12 (R300); 3. Buhle Yokwana (VOB) 1:26:09 (R200).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (ME) 1:31:32
2. Kate Mapham (Ind) 1:33:15
3. Fortunate Chidzivo (ZIM/Itheke) 1:36:13

**Veterans:** 1. Ursula Turck (Strand) 1:39:53; 2. Patricia Adams (Itheke) 1:43:03; 3. Anneke Slabbert (Stell) 1:57:46. **Masters:** 1. Olga Howard (Celtic) 1:50:03; 2. Miema Murray (ORAK) 1:52:20; 3. Anne Pool (Strand) 2:01:11. **G'masters:** 1. Pixie Sparg (Celtic) 2:07:20; 2. Nadia Wilds (Celtic) 2:30:37. **Juniors:** 1. Nthuseng Lolwana (VOB) 1:48:50; 2. Nomaxeshe Ngcantsi (VOB) 1:54:00; 3. Nabeelah Orrie (Itheke) 2:39:22.

**10 km**

## MEN

1. Jeromy Andreas (UJ) 32:23 (R1800)
2. Peter Tsawayo (ZIM/Gugs) 32:35 (R900)
3. Unathi Nteta (AAC) 32:46 (R600)

**Veterans:** 1. Shawn Abrahams (Itheko) 36:06 (R900); 2. Lawrence Chipangaan (Gallop) 35:47 (R600); 3. Xolile Macanda (Gugs) 36:12 (R300). **Masters:** 1. Goodman Mpukane (Gugs) 41:41 (R600); 2. Gerald Sullivan (Durb) 42:48 (R400); 3. Rod Gillson (Strand) 44:43 (R200). **G'masters:** 1. Clive Owen (Edge) 42:19 (R400); 2. Mohammad Kriel (Ind) 45:12 (R200). **G/g'masters:** 1. Peter Chubb (VOB) 57:36 (R200); 2. Carl Hendricks (Brack) 58:52 (R150). **Juniors:** 1. Anthony Timoteus (UWC) 33:03 (R400); 2. Samuel van der Merwe (Bell) 34:22 (R300); 3. Siyanda Mbande (Gugs) 36:15 (R150).

## WOMEN (Same prize money as men)

1. Blandina Makatisi (RWFL AFS) 36:56
2. Khanya Mateyisi (Khay) 39:36
3. Nomvuyisi Seti (Itheko) 40:57

**Veterans:** 1. Sheryl de Lange (NBMC) 43:59; 2. Gail Jacobs (SANDF) 54:01; 3. Renette Vermeulen (Strand) 56:09. **Masters:** 1. Mariëtte Strauss (Tyger) 45:15; 2. Viv Williams (ATC) 46:16; 3. Salome Castelyn (Stell) 48:48. **G'masters:** 1. Helen du Plessis (Tyger) 54:41; 2. Mariëtha Herbert (Bell) 57:15. **G/g'masters:** 1. Annatjie Berntzen (Tyger) 1:19:25; 2. Maureen Peers (Ind) 1:24:11. **Juniors:** 1. Blandina Makatisi (RWFL AFS) 36:56; 2. Busisiwe Gwala (VOB) 45:40; 3. Jacqueline Kotze (Ind) 46:24.

**Metropolitan 10 km (20<sup>th</sup>)**

Bellville, 4 December

(Certified loop course, very hilly. Weather: Cool, windy. Finishers: 1113 [down slightly from 1140 last year].)

## MEN

1. Mbongeni Ngxazozo (Bon) 31:41 (R750)
2. Bernard Rukadza (ZIM/NBMC) 32:13 (R500)
3. Peter Tsawayo (ZIM/Gugs) 32:28 (R400)
4. William Kaptein (Rob) 32:37 (R200)
5. Sityhilo Diko (Ned) 33:04 (R100)

(Prize money in all age categories except juniors was the same: R250, R200, R100.)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/NBMC) 33:23; 2. Graham Katzen (Itheko) 34:45; 3. Corus Naudé (WC) 39:18. **Masters:** 1. Eric Coetsee (CPUT) 37:05; 2. Ludwig Lillie (Dur) 40:17; 3. Goodman Mpukane (Gugs) 40:58. **G'masters:** 1. Albert Williams (Top) 40:10; 2. Cornelius Dewee (Tyger) 47:48; 3. Dicky Cloete (SANDF) 49:44. **Juniors:** 1. Johannes Jansen (Rob) 34:08 (R500); 2. Lukhanyo Nobakada (VOB) 34:27 (R300); 3. Samuel van der Merwe (Bell) 34:33 (R200).

## WOMEN (Same prize money as men)

1. Blandina Makatisi (RWFL AFS) 36:59
2. Zintle Xiniwe (ME) 40:05
3. Fortunate Chidzivo (ZIM/Itheko) 41:06
4. Amy Abrahams (UWC) 41:37 (1<sup>st</sup> jun)
5. Ashleigh Simons (Tyger) 41:47

**Veterans:** 1. Gail Jacobs (SANDF) 53:30; 2. Lana Abrahams (Top) 54:14; 3. Vondra Singleton (Worc) 54:39. **Masters:** 1. Mariëtte Strauss (Tyger) 44:16; 2. Miema Murray



(ORAK) 48:52; 3. Lorraine Rogers (Durb) 49:56. **G'masters:** 1. Helen du Plessis (Tyger) 53:14; 2. Pixie Sparg (Celtic) 53:57; 3. Marietha Herbert (Bell) 55:32. **Juniors:** 1. Amy Abrahams (UWC) 41:37; 2. Nthuseng Lolwana (VOB) 45:39; 3. Nbulingiso Ngcantsi (VOB) 46:00.

### **Xerox Lightning Fast 10 km**

East London, 10 November

(Point-to-point downhill course. Finishers: 339.)

Note: Extremely fast winning times on this excessively downhill course. – Ed.

#### **MEN**

1	Mariano Eesou	Individual	28:45
2	Vusumzi Zondo	All Stars	31:39
3	Melikhaya Sithuba	Individual	32:04

#### **Veterans:**

1	Dumisami Spamla	Wicks Macler	36:38
2	Jael Heurlin	Old Selbornians	38:31
3	Simphewo Sobe	Real Gijimas	38:35

#### **Masters:**

1	Leslie Cousens	Nedbank	37:44
2	Themba Bhelwana	Oxford Striders	38:36
3	Mpalala Mzoli	Real Gijimas	38:39

#### **G'masters:**

1	Graham Kumm	Oxford Striders	42:40
2	Cyril Bekker	Bufs	47:28
3	Johan Kriel	Bufs	47:34

#### **Juniors:**

1	Vusumzi Zondo	All Stars	31:39
2	Simphiwe Mrola	Sisonke	35:01
3	Justin Bickle	Oxford Striders	38:09

#### **WOMEN**

1	Hanlie Botha	Oxford Striders	34:20
2	Stephanie Smith	Oxford Striders	40:21
3	Hayley McClaren	Living Free	42:47

#### **Veterans:**

1	Tracy Hanner	Bufs	46:49
2	Zelda Smit	Bufs	46:53
3	Mmampha Goqela	Real Gijimas	51:35

#### **Masters:**

1	Sharon Eldridge	Old Selbornians	48:45
2	Renae Wade	ELAC	53:52
3	Pat Williams	Oxford Striders	58:47

#### **G'masters:**

1	Michelle Whittington	Old Selbornians	52:46
2	Paula Richardson	Bufs	54:07
3	Meg Clarke	Temp	1h04:54

#### **Juniors:**

1	Sihle Gouzula	Oxford Striders	41:36
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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

#### Honolulu Marathon (41st)

Honolulu, USA, 8 December

(Distance: 42.195 km; certified out and back course)

##### MEN

1. Gilbert Chepkwony, 28, KEN	2:18:47	\$40,000
2. Nicholas Chelimo, 30, KEN	2:19:22	16,000
3. Solomon Bushendich, 29, KEN	2:19:38	10,000
... 6. Martin Lel, 35, KEN	2:21:16	

##### WOMEN

1. Ehitu Kiros, 25, ETH	2:36:02	\$40,000
2. Woykishet Girma, 27, ETH	2:36:10	16,000
3. Valentina Galimova, 27, RUS	2:36:13	10,000



Ehitu Kiros wins the Honolulu Marathon by outspurring compatriot Woykishet Girma. [Jane Monti/Race Results Weekly]

#### California International Marathon (31st)

Folsom Dam to Sacramento, USA, 8 December

(Distance: 42.195 km; certified course with 105 m elevation loss)

##### MEN

1. Weldon Kirui, KEN	2:14:34	\$10,000
2. Julius Koskei, KEN	2:14:37	5,000
3. Jacob Chemtai, KEN	2:15:35 PB	2,500

##### WOMEN

1. Becky Wade, USA	2:30:41 DB	\$10,000
2. Sarah Kiptoo, KEN	2:31:23	5,000
3. Paige Siemers, USA	2:36:56	2,500

### CROSS-COUNTRY

#### SPAR European Cross-country Championships (20th)

Belgrade, SRB, 8 December

##### SR. MEN (10 km):

Team results: 1. ESP, 31; 2. BEL, 49; 3. GBR, 60; 4. FRA, 66; 5. GER, 69; 6. IRL, 90; 7. TUR, 105; 8. ITA, 151; 9. POR, 205; 10. AUT, 228.

1. Alemayehu BEZABEH, ESP	29:11	GOLD
2. Polat Kemboi ARIKAN, TUR	29:32	SILVER
3. Andy VERNON, GBR	29:35	BRONZE
4. Jeroen D'HOEDT, BEL	29:35	

- |                                    |       |
|------------------------------------|-------|
| 5. Hassan CHAHDI, FRA              | 29:40 |
| 6. Mohamed MARHUM, ESP             | 29:46 |
| 7. Richard RINGER, GER             | 29:49 |
| 8. Bashir ABDI, BEL                | 29:53 |
| 9. Koen NAERT, BEL                 | 29:54 |
| 10. El Hassane BEN LKHAINOUCH, FRA | 29:56 |

## SR. WOMEN (8 km):

Team results: 1. GBR, 35; 2. FRA, 54; 3. ESP, 61; 4. ITA, 97; 5. POR, 109; 6. IRL, 115; 7. TUR, 117; 8. CZE, 197; 9. DEN, 219; 10. ROU, 231.

- |                                   |       |        |
|-----------------------------------|-------|--------|
| 1. Sophie DUARTE, FRA             | 26:34 | GOLD   |
| 2. Gemma STEEL, GBR               | 26:39 | SILVER |
| 3. Ana Dulce FÉLIX, POR           | 26:41 | BRONZE |
| 4. Fionnuala BRITTON, IRL         | 26:45 |        |
| 5. Karoline Bjerkeli GRØVDAL, NOR | 26:52 |        |
| 6. Almensch BELETE, BEL           | 27:00 |        |
| 7. Julia BLEASDALE, GBR           | 27:02 |        |
| 8. Veronica INGLESE, ITA          | 27:12 |        |
| 9. Carla Salomé ROCHA, POR        | 27:13 |        |
| 10. Iris María FUENTES-PILA, ESP  | 27:17 |        |
| ... 15. Steph TWELL, GBR          | 27:27 |        |

## U.23 MEN (8000 m):

Team results: 1. GBR, 40; 2. UKR, 72; 3. FRA, 78; 4. IRL, 120; 5. RUS, 139; 6. NOR, 142; 7. GER, 148; 8. ESP, 166; 9. ITA, 180; 10. POR, 185.

- |                           |       |        |
|---------------------------|-------|--------|
| 1. Pieter-Jan HANNES, BEL | 24:02 | GOLD   |
| 2. Mitko TSENOV, BUL      | 24:07 | SILVER |
| 3. Nemanja CEROVAC, SRB   | 24:08 | BRONZE |
| 4. Ivan STREBKOV, UKR     | 24:10 |        |
| 5. Luke CALDWELL, GBR     | 24:13 |        |

## U.23 WOMEN (6000 m):

Team results: 1. GBR, 19; 2. RUS, 54; 3. NED, 70; 4. TUR, 74; 5. GER, 87; 6. POL, 115; 7. FRA 116; 8. ITA, 156; 9. POR, 206.

- |                          |       |        |
|--------------------------|-------|--------|
| 1. Sifan HASSAN, NED     | 19:40 | GOLD   |
| 2. Amela TERZIC, SRB     | 19:46 | SILVER |
| 3. Charlotte PURDUE, GBR | 19:49 | BRONZE |
| 4. Kate AVERY, GBR       | 19:56 |        |
| 5. Lily PARTRIDGE, GBR   | 20:10 |        |

## JR. MEN (6000 m):

Team Results: 1. FRA, 48; 2. RUS, 51; 3. ITA, 55; 4. GBR, 67; 5. TUR, 114; 6. ESP, 145; 7. NED, 151; 8. GER, 153; 9. IRL, 157; 10. UKR, 200.

- |                          |       |        |
|--------------------------|-------|--------|
| 1. Ali KAYA, TUR         | 17:49 | GOLD   |
| 2. Isaac KIMELI, BEL     | 17:51 | SILVER |
| 3. Mikhail STRELKOV, RUS | 18:05 | BRONZE |
| 4. Jonathan DAVIES, GBR  | 18:06 |        |
| 5. Lorenzo DINI, ITA     | 18:06 |        |

## JR. WOMEN (4000 m):

Team results: 1. GBR, 24; 2. SWE, 75; 3. GER, 95; 4. ITA, 122; 5. POL, 135; 6. TUR, 139; 7. RUS, 142; 8. NOR, 156; 9. FRA, 169; 10. UKR, 176.

- |                              |       |        |
|------------------------------|-------|--------|
| 1. Emelia GORECKA, GBR       | 13:06 | GOLD   |
| 2. Sofia ENNAOUI, POL        | 13:16 | SILVER |
| 3. Maruša MIŠMAŠ, SLO        | 13:27 | BRONZE |
| 4. Georgia TAYLOR-BROWN, GBR | 13:31 |        |
| 5. Alina REH, GER            | 13:34 |        |

## ULTRAMARATHONS

### Soochow International Ultramarathon (13<sup>th</sup>)

Soochow, TPE, 7 December  
(24-hour track race)

Note: Another win for Mami Kudo, who set a world record of 255.303 km in last year's race. – Ed.

#### MEN

1. Yoshikazu Hara (JPN), 273.650 km
2. Ivan Cudin (ITA), 266.702 km
3. Johan van der Merwe (RSA), 258.064 km
4. Toshiro Naraki (JPN), 252.211 km
5. Shuang-hsi Tsou (TPE) 236.035 km

#### WOMEN

1. Mami Kudo (JPN), 210.906 km
2. Meredith Quinlan (AUS) 202.267 km
3. Lu-Hsin Chia (TPE) 197.660 km

## NEWS

### MTHANGAYI FACES POSSIBLE SIX-YEAR BAN

The winner of the Cape Town Marathon on 22 September, Lindikhaya Mthangayi, tested positive for an anabolic steroid, Methandienone, after the race and could face a four- to six-year ban from athletics, as he has returned a positive test before.

Mthangayi has the option to request his "B" sample to be tested to confirm the "A" sample result.

"I will definitely request a [test]. I am really worried about being banned because I run for a living. I am planning to run the Two Oceans ultramarathon next year," Mthangayi said in an interview.

"It was never my intention to cheat because we all know we get tested at a race like the Cape Town Marathon. The only new product I used was Ginsana, which I bought at [a pharmacy]. The pharmacist told me that it contains no illegal substances. Ginsana helps to boost my oxygen intake, concentration levels and endurance. I train very hard and also found that it especially helps with speeding up my recovery after training," Mthangayi said.

Mthangayi, who runs for the Itheko club, won the Cape Town Marathon in a personal best 2:17:03 and earned R20 000.

In 2009 he tested positive for the stimulant methylhexanamine and was banned for six months.

□ In the meantime it has also been announced that Natalia Volgina officially has been stripped of her Old Mutual Two Oceans victory earlier this year after testing positive for the anabolic steroid Metenolone. The Russian received a two-year ban.

Volgina was one of 24 competitors tested after the Cape Town ultramarathon; she returned the only positive result.

As reported in DRR 13:43, Thabita Tsatsa (ZIM) has been declared the winner of the Two Oceans and all runners behind her move up one position. The tenth gold medal now goes to American Camille Herron.

Volgina will be able to compete again on 15 May 2015.

## STATS TIME

This week we include a list of the top ten veteran men in the 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. Secondary performances by the top three are also listed.

### 2013 MARATHON: TOP 10 VETERAN MEN

2:21:40	Hendrick Ramaala	1	Mumbai	20 Jan
2:29:02A	Elias Mabane	2	Nelspruit	02 Nov
2:29:22	Gert Thys	1	Gaborone	05 May
2:29:57	Petros Sosibo	1	Oudtshoorn	03 Feb
2:30:23	Ramaala-2	1	Moscow	17 Aug
2:30:40	Piet Mosebedi	2	Oudtshoorn	03 Feb
2:31:10	Simon Peu	1	Vereeniging	03 Mar
2:31:14	Solly Madimetsa	2	Vereeniging	03 Mar
2:31:17	Richard Dlamini	3	Oudtshoorn	03 Feb
2:33:09	Simon Mphulanyane	1	Eldorado Park	24 Feb
2:33:17	Reginal Ngobese	2	Eldorado Park	24 Feb

## THIS MONTH IN HISTORY

### 22 years ago: 7 December 1991

Jim Pearson achieved his 16th win (11th in a row) in the Birch Bay Marathon in Blaine, in the US state of Washington, in 3:07:48. With this victory he became the first runner in the world to win one marathon so many times. His fastest time was 2:26:26.8, which he clocked in his second win in 1972. Pearson's record of wins has been equalled by four other runners in shorter races, among them Michael McDermott in the Harrismith Mountain Race, but only one athlete has won more marathons: Helge Hafsås (NOR), with 17 wins in the Honrindalsvatnet Marathon between 1994 and 2013. (South Africa's Sharon Eldridge won the Amatola Marathon eight times.)

## 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	Port Elizabeth	02 Mar
	44:30	Lusapho April		
	43:36	Samuel Kori (KEN)		

21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	62:45	Stephen Mokoka	East London	21 Sep
25 km	58:41A	Bernard Koech (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
	78:45	Lucky Mohale	Pretoria	04 May
30 km	73:34	Richard Kiprotich (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
Marathon	1:29:31	Yuki Kawauchi (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
	2:08:32	Lusapho April	Hannover	05 May
	2:03:23	Wilson Kipsang (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
100 km	2:03:23p	Wilson Kipsang (KEN) 2013		
	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
32 km:	2:23:58	Stephen Seema	Johannesburg	24 Nov
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		

**WOMEN**Open

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	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
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15 km	34:44	Tatyana Pozdniakova (UKR) 2005		
	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	41:58	Margie Saunders	Port Elizabeth	30 Nov
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	3:16:32	Margie Saunders	Port Elizabeth	07 Dec
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		

Contributors to this issue: Alen Hattingh, Kevin Harlock, André Pienaar, Irene & Jan van Eeden, Derrick Chamberlain, Brian Chamberlain, Andy Milroy, Karen Zimmerman

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



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