

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

Two of South Africa's oldest shorter distance races were held this weekend: the Asics Hohenort 15 km in Cape Town for the 40th time and the Moffatt Optical Ronnie Davel Memorial 16 km in Durban for the 36th time. In the Hohenort event the father-son combination of Graham and Granwin Katzen took the veteran and junior categories, both running list leaders. In Durban Siyabonga Nkonde and Carey-Ann Smith both had easy victories, with former Comrades champion Shaun Meiklejohn taking the master division.

With this issue *Distance Running Results* welcomes South Africa's best female distance runner, René Kalmer, as subscriber. René joins other top distance runners such as Julianie Basson, Charné Bosman, Zola Pieterse and Sonja Laxton, as well as former greats (all still active!) such as Nick Bester, Brian Chamberlain, Bob de la Motte, Elana Meyer and Mark Plaatjes.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Moffatt Optical Ronnie Davel Memorial 16 km, Hilton
- * Asics Hohenort 15 km, Constantia
- * Bestmed ACE Half Marathon & 10 km, Pretoria
- * Danger Point Half Marathon & 10 km, Gansbaai
- * Total Grootbrak Moordkuil 15 km, Hartenbos
- * Knysna Marathon Club 10 km Nite Race, Knysna

International highlights:

- * PWE Halve-Marathon von Egmond, Egmond Aan Zee, NED
 - * Portuguese Road Running Championships, Elvas, POR
 - * 10-K Divina Pastora, Valencia, ESP
 - * Tiberias International Marathon, Sea of Galilee, ISR
 - * Eritrea Half-Marathon Championships, Keren, ERI
 - * XC: Cross Internacional Juan Muguerza, Elgoibar, ESP; Bupa Great Edinburgh Cross-country, Edinburgh, GBR
 - * Indoor track: Iceland Meeting, Reykjavik, ISL; NYC Gotham Cup, New York, USA; Arkansas Invitational, Fayetteville, USA; UAB Blazer Invite, Birmingham, USA
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ROAD RUNNING**Moffatt Optical Ronnie Davel Memorial 16 km (36th)**

Hilton, 12 January

(Loop course)

MEN

1.	Siyabonga Nkonde	Boxer AC	54:04
2.	Malibongwe Dlamini	Coll Harr	57:07
3.	Lucky Madlala	QBH	59:15

40-49:

1.	Cliff Robbertze	West AC	74:03
2.	Grant Gordon	Coll Harr	80:34

50-59:

1.	Shaun Meiklejohn	Nedbank AC	66:40
2.	Neil Neat	Forest Hills	78:03
3.	Ken Culvewall	West AC	78:17

60+:

1.	Les Smith	West AC	87:22
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Juniors:

1.	Sandile Mpanza	Nedbank AC	68:25
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WOMEN

1.	Carey-Ann Smith	Nedbank AC	70:01
2.	Makosi Mhlongo	Savages AC	71:38
3.	Janene Carey	Boxer AC	73:19 (1 st vet)

40-49:

1.	Janene Carey	Boxer AC	73:19
2.	Pat Dammann	Forest Hills	75:37
3.	Jenny Tyers	West AC	84:17

50-59:

1.	Debby de Koning	Escom AC	87:41
2.	Marie Wareing	Legends	88:32
3.	Elize Cilliers	Savages AC	89:50

60+:

1.	Pam Rasmussen	QBH	99:03
2.	Pat Fischer	Stella AC	103:08
3.	Denise Reynecke	QBH	108:02

Juniors:

1.	Nondumiso Khoza	Natal Carbs	98:32
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Asics Hohenort 15 km (40th)

Constantia, 11 January

(Certified loop course, hilly. Weather: cool, slight breeze. Finishers: 1930 [down from 2026 last year].)

MEN

1.	Nkosinathi Sotyantya (Itheko)	49:21 (R700)
2.	Wanda Roro (Itheko)	49:35 (R500)
3.	Thembelani Zola (Ned Bol)	49:52 (R300)

(All age categories, except 70+, had the same prize money: R450, R350, R250.)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 50:28; 2. Graham Katzen (Itheko) 52:23; 3. Lawrence Chipangaan (Gallopers) 53:16. **Masters:** 1. Chris Mitchell (Celtic) 58:25; 2.

Shafiek Cassiem (Itheke) 63:29; 3. André Pepler (WC) 65:57. **G'masters:** 1. Clive Owen (Edge) 62:47; 2. Mohammed Kriel (Ommie) 65:35; 3. Jimmy Morris (Forest) 67:00. **G/g'masters:** 1. Peter Chibb (VOB) 85:15 (R250). **Juniors:** 1. Granwin Katzen (Itheke) 51:30; 2. Lungile Ndaka (VOB) 55:24; 3. Buhle Yokwana (VOB) 56:42.

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Itheke) 62:15
2. Candyce Hall (NC) 63:34
3. Sheryl de Lange (NBMC) 66:19 (1st vet)

Veterans: 1. Sheryl de Lange (NBMC) 66:19; 2. Tania Anderson (VOB) 68:46; 3. Linda Doke (Hout) 71:49. **Masters:** 1. Olga Howard (Celtic) 71:57; 2. Julie Shadwell (VOB) 73:46; 3. Elizabeth Bax (Pine) 73:58. **G'masters:** 1. Pixie Sparg (Celtic) 79:50; 2. Helen du Plessis (Tyger) 80:42; 3. Marietha Herbert (Bell) 81:01. **G/g'masters:** 1. Jean Cammidge (FH) 99:45. **Juniors:** 1. Nthuseng Lolwana (VOB) 69:03; 2. Nocwaka Mthetho (VOB) 70:56; 3. Busisiwe Gwala (VOB) 70:58.

Bestmed ACE Half Marathon & 10 km

Pretoria, 11 January

(Distances: 21.1 km & 10 km; loop courses)

Note: Vuyisile Tshoba retained the title he won in the half marathon last year. – Ed.

Half marathon

MEN

1. Vuyisile Tshoba (Trans) 68:20
2. Stanley Mofu (FN) 71:14
3. Elias Mabane (Ned) 72:53 (1st vet)

Veterans: 1. Elias Mabane (Ned) 72:53. **Masters:** 1. Bethuel Mlambo (Phob) 98:42. **G'masters:** 1. Theo Swanepoel (Kemp) 99:26. **G/g'masters:** 1. Patrick Mafilika (Ned) 2:27:05.

WOMEN

1. Catherine Malungane (Trans) 87:55
2. Prudence Zwane (Trans) 88:26
3. Riana van Niekerk (Ind) 91:52.

Veterans: 1. Vanessa Bowman (Kemp) 98:13. **Masters:** 1. Rita van Wyk (Boks) 1:44:56. **G'masters:** 1. Rina Machado (Ndaba) 2:17:17. **G/g'masters:** 1. Mavis Stadler (Agape) 2:32:59.

10 km

MEN

1. Wesley Mutai (KEN/Toy) 32:35
2. Steve Nqola (Trans) 33:18
3. Donald Mashamatie (MAD) 33:51

Veterans: 1. Never Matiya (Flor) 34:06. **Masters:** 1. Colin Fisher (CSIR) 42:50. **G'masters:** 1. Huibrecht Ribbons (CSIR) 52:43. **G/g'masters:** 1. A.P. van der Merwe (Trans) 58:53. **Juniors:** 1. O'Neal Peterie (ACE) 37:02.

WOMEN

1. Thembi Baloyi (TUT) 38:07
2. Caroline Westmann (Ned) 39:01
3. Paulina Phaho (Trans) 41:23 (1st vet)

Veterans: 1. Paulina Phaho (Trans) 41:23. **Masters:** 1. Elsabe Brink (NB) 45:31.
G'masters: 1. Lyn de Bruin (Irene) 52:05. **G/g'masters:** 1. Mary Gevers (RWFL) 87:28.
Juniors: 1. Kylie Merrick (NB) 54:04.

Danger Point Half Marathon & 10 km

Gansbaai, 31 December

(Distances: 21.1 km & 10 km. Loop courses, partly on gravel. Finishers: half marathon – 380; 10 km – 309.)

Note 1: As usual in this race (and many other Boland races), times in the 10 km were taken in hundredths of a second and were rounded up by DRR according to the rules. – Ed.

Note 2: This was only the first of two races in a single day for Candyce Hall. After running the half marathon here, she also competed in the Runners' Memorial 8 km in Cape Town that evening (results in last week's DRR). She won the latter race in 2012, but this time was soundly beaten by Fortunate Chidzivo. – Ed.

Half marathon

MEN

1	Luyanda	Qolo	EGA	1:12:15
2	Tsungai	Mwanengeni	ZIM/New Balance	1:14:14
3	Thembelani	Zola	Nedbank	1:16:59
4	Akhona	Mdaka	EGA	1:17:50
5	Peter	Sauls	Brackenfell AC	1:19:31
6	Henry	Wolstenholme	Cape Multi Sport	1:21:15
7	Youssef	Kanouni	Nedbank	1:22:40
8	Kirsten	Leeman	Fourways	1:23:15
9	Mlandeli	Mkhohlakali	Whalers AC	1:27:13
10	Peter	Radhuka	Whalers AC	1:27:28

Veterans:

1	Tsungai	Mwanengeni	ZIM/New Balance	1:14:14
2	Henry	Wolstenholme	Cape Multi Sport	1:21:15
3	Youssef	Kanouni	Nedbank	1:22:40

Masters:

1	Peter	Sauls	Brackenfell AC	1:19:31
2	Roelof	van Wyk	Vaal AC	1:27:43
3	Steven	Parkins	Tygerberg AC	1:32:39

G'masters:

1	Michael	Esberger	Randburg Harriers	1:37:07
2	Paul	Jordaan	Temp	1:48:42
3	S.A.	du Plessis	Paarl AC	1:55:37

Juniors:

1	Le Roux	Brand	Temp	1:42:43
2	Ulrich	Lategan	Temp	2:03:17
3	Pieter	Uys	Temp	2:17:14

WOMEN

1	Ebeth	Marais	Tygerberg NLK	1:34:38
2	Xoli	Madida	Natal Carbineers	1:39:19
3	Candyce	Hall	WP Carbineers	1:41:44
4	Heather	Walden	Crusaders	1:43:19
5	Helette	Basson	Langebaan Strandlopers	1:43:28
6	Miema	Murray	Orak	1:43:47
7	Paola	Vignani	Nedbank	1:45:23
8	Annetjie	Slabbert	Stellenbosch AC	1:48:06

9	M	Johnson	Temp	1:50:01
10	Marietjie	de Vries	Strand AC	1:50:06

Veterans:

1	Heather	Walden	Crusaders	1:43:19
2	Paola	Vignani	ITA/Nedbank	1:45:23
3	Annetjie	Slabbert	Stellenbosch AC	1:48:06

Masters:

1	Miema	Murray	ORAK	1:43:47
2	Marietjie	de Vries	Strand AC	1:50:06
3	Anne	Pool	Strand AC	1:54:36

G'masters:

1	Ilze	Crous	Temp	2:09:04
2	Gerda	van der Merwe	Ceres AC	2:17:36
3	Marie	Hill	Ceres AC	2:56:19

Juniors:

1	Ebeth	Marais	Tygerberg NLK	1:34:38
2	Nondumiso	Khoza	Natal Carbineers	2:15:16
3	Melissa	Meyer	Temp	2:20:00

10 km**MEN**

1	Morné	Kammies	Sanlam	35:24
2	Phillip	Maree	Melkbos	37:30
3	Bevan	Winderby	GTX	43:26

Veterans:

1	Shaheed	Russon	Topform	41:09
2	Appie	Maritz	Paarl	42:02
3	Solomon	Ross	Wellington	42:12

Masters:

1	Christopher	Thompson	GBR/Alton Runners	51:32
2	Carla	van der Westhuizen	Ind	58:00
3	Tienie	Viljoen	Alberton	58:07

G'masters:

1	Roelof	van Weele	Whalers	55:37
2	Malcolm	Winderley	Rburg Harriers	1:01:01
3	Edwin	King	Sanlam	1:02:45

Juniors:

1	Raydon	Balie	Wild Runner	37:20
2	Gershwin	Kammies	Sanlam	39:05
3	Duahn	Vermeulen	Bredasdorp	39:08

WOMEN

1	Lize	Mouton	Ind	48:39
2	Lizahn	Venter	Whalers	49:42
3	Lawrette	McFarlane	Running Inn	50:56

Veterans:

1	I	du Toit	Ind	48:50
2	Marieke	Baasch	Akasia	52:12
3	Chrizulene	van Niekerk	Ind	52:39

Masters:

1	Helen	du Plessis	Tyg NC	51:16
2	Christine	Hibberd	Whalers	51:39
3	Penny	Dare		58:59

G'masters:

1	Annatjie	Berntzen	Tygerberg	1:15:59
2	Arlene	Ehrenberg	Whalers	1:24:17
3	Friedel	Waltus	Ind	1:24:37

Juniors:

1	Anja	Wolstenholme	Ind	48:28
2	Madelein	du Plessis	Ind	58:47
3	Delia	Meyer	Ind	58:51

Total Grootbrak Moordkuil 15 km

Hartenbos, 28 December

(Loop course on gravel, hilly. Finishers: 302 [up from 251 last year].)

Note: Leilani Scheffer finished 12th overall. – Ed.

MEN

1	Elroy	Gelant	Temp	27	57:47
2	Lindile	Tokota	Nedbank	46	59:17
3	Burt	Verster	Tuks	20	61:27
4	Aldrin	Smit	NBMC	38	63:04
5	Corus	Naudé	West Coast AC	40	63:12
6	Godwin	Heyns	Hartenbos Drawwers	15	65:15
7	Jaco	Botha	Wingate	40	65:38
8	Etienne	Roux	Akasia	43	67:07
9	Marlon	Mortlock	Knysna Marathon Club	39	67:17
10	Joey	Klaasen	Nedbank	42	67:42

WOMEN

1	Leilani	Scheffer	Run Walk For Life	30	67:49
2	Heléne	Roux	NBMC	29	70:06
3	Annatjie	Botes	Nedbank	56	72:05
4	Elize	Kloppers	Hartenbos Drawwers	43	73:18
5	Xoli	Madida	Natal Carbineers	29	75:29
6	Hermé	Visser	Run Walk Rustenburg	33	78:13
7	Cecile	Nel	Hartenbos Drawwers	31	80:40
8	Nondumiso	Khoza	Natal Carbineers	16	82:22
9	Hlobisile	Madida	Newcastle Harriers	31	83:42
10	Manansa	Truter	Temp	24	84:24

Knysna Marathon Club 10 km Nite Race

Knysna, 18 December

(Loop course. Finishers: 368 [nearly double last year's 199].)

Note: The women's winner, with a remarkably fast time, is unknown to DRR. She may be a foreign visitor. – Ed.

MEN

1	Elroy	Gelant	Temp	29:41
2	Ettienne	Plaatjies	Nedbank	30:13
3	Gershwill	Jacobs	Nedbank	30:43
4	Elfonzo	Pieterse	Nedbank	32:09
5	George	Ntshiliza	Nedbank	32:22
6	Julius	Korkee	Mosselbaai	32:59
7	Lindile	Tokota	Nedbank	33:35
8	Zandisile	Ngeva	Nedbank	34:02

9	Michael	Donno	Tuks	34:25
10	Brandon	Donno	Nedbank	34:37

WOMEN

1	Lauren	Kernick	Temp	36:00
2	Melissa	Van Rensburg	Nedbank	39:39
3	Marrida	Leen	Mosselbaai	41:08
4	Mariska	Buys	New Balance	41:45
5	Lisl	Grobler	KMC	41:52
6	Ursula	Turck	Strand AC	41:56
7	Sheryl	De Lange	New Balance	42:43
8	Macnita	Samuels	KMC	42:32
9	Laurie	Meyer	Pukke	43:50
10	Lauren	Dougall	Temp	44:41

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

PWE Halve-Marathon von Egmond (41st)

Egmond Aan Zee, NED, 12 January

(Distance: 21.1 km, with some sections on the beach; elite women run separately with 8 min 46 sec head start)

MEN (gun times)

1. Ayele Abshero, ETH, 1:02:52
2. Gideon Kipketer, KEN, 1:02:56
3. Ezra Sang, KEN, 1:03:02

WOMEN (gun times)

1. Guteni Shone, ETH, 1:11:55
2. Flomena Chepchirchir, KEN, 1:12:32
3. Adrienne Herzog, NED, 1:12:58

Portuguese Road Running Championships

Elvas, POR, 12 January

(Distance: 10 km)

MEN

Teams (score 4 athletes): 1. Sport Lisboa E Benfica, 18 points; 2. Maia Atlético Clube, 28; 3. Clube União Artística Benaventense, 53

1. Rui Pedro Silva, Sport Lisboa E Benfica, 29:38
2. Alberto Paulo, Sport Lisboa E Benfica, 29:45
3. Helder Santos, Maia Atlético Clube, 29:52

WOMEN

Teams (score 4 athletes): 1. Sport Lisboa E Benfica, 25 points; 2. União Desportiva da Várzea, 31; 3. Ass Desp Cult Rec da Serena, 43

1. Ana Dulce Félix, Sport Lisboa E Benfica, 33:44
2. Cláudia Pereira, Juventude Operária de Monte Abraão, 34:22

3. Carla Martinho, Ass Desp Cult Rec da Serena, 35:30

10-K Divina Pastora

Valencia, ESP, 12 January
(Distance: 10 km)

MEN

- | | | | |
|-------------------------|-------|----|-------|
| 1. Abel Kipsang, KEN | 28:34 | PB | € 500 |
| 2. Hassane Aouchar, MAR | 28:54 | | 400 |
| 3. Ouais Zitane, MAR | 29:28 | | 300 |

WOMEN

- | | | | |
|------------------------------|-------|----|-------|
| 1. Marta Esteban Poveda, ESP | 33:15 | PB | € 500 |
| 2. Isabel Checa Porcel, ESP | 33:20 | | 400 |
| 3. Fatima Ayachi, MAR | 33:39 | | 300 |

Tiberias International Marathon (37th)

(Israel Marathon Championships)

Sea of Galilee, ISR, 10 January

(Distance: 42.195 km; out-and-back course around the Sea of Galilee)

MEN (gun times)

- | | | |
|------------------------------|---------|------------|
| 1. Tariku Jufar, ETH | 2:10:33 | USD 20,000 |
| 2. Ketema Bekele Negasa, ETH | 2:11:17 | PB 7,000 |
| 3. Ernest Kiprugut, KEN | 2:11:59 | 5,000 |

WOMEN (gun times)

- | | | |
|---------------------------|---------|--------------|
| 1. Divina Jepkosgei, KEN | 2:34:42 | USD 4,000 |
| 2. Sisay Measso, ETH | 2:47:40 | 3,000 |
| 3. Svetlana Bakhmand, ISR | 2:52:57 | 4,200 1st NC |

Eritrea Half-Marathon Championships

Keren, ERI, 5 January

(Distance: Uncertain; the ERI federation said it was 21 km; Keren is at 1390 m elevation)

Note: Because the distance is definitely not 21097 m, these marks should not be included in 2014 world lists, reports *Race Results Weekly*. Nonetheless, the race is impressive for its depth, especially when you consider the high altitude. – Ed.

MEN

1. Samuel Tsegay, 59:42
2. Ghirmay Chebresilassie, 1:00:01
3. Nguse Amlsom, 1:00:18
4. Samson Chebreyohannes, 1:01:02
5. Esayas Habtemichael, 1:01:05

WOMEN

1. Letekidn Ghebreaman, 1:12:22
2. Luula Brhane, 1:14:10
3. Nebiat Habtemariam, 1:17:30

CROSS-COUNTRY

Cross Internacional Juan Muguerza (71st)

Elgoibar, ESP, 12 January

SR. MEN (10796 m):

1. Timothy Toroitich, UGA, 32:04
2. Emmanuel Bett, KEN, 32:11
3. Conseslus Kipruto, KEN, 32:25
4. Ayad Lamdassem, Bikila Atletismo, 32:26
5. Ivan Fernandez, Bikila Atletismo, 32:32

SR. WOMEN (6624 m):

1. Hiwot Ayalew, ETH, 21:59
2. Alemitu Haroye, ETH, 22:02
3. Linet Masai, KEN, 22:08
4. Mercy Cheronon, KEN, 22:15
5. Alessandra Aguilar, CD Seoane Pampi, 22:47

Bupa Great Edinburgh Cross-country

Edinburgh, GBR, 11 January

(Distances: Men, 4 km and 8 km; Women, 6 km)

SR. MEN (4 km/2 laps)

1. Garrett Heath, USA, 11:51
2. Meresa Kahsay, ETH, 11:52
3. Asbel Kiprop, KEN, 11:58
4. James Magut, KEN, 12:00
5. Kenenisa Bekele, ETH, 12:02

SR. MEN (8 km/4 laps)

1. Chris Derrick, USA, 24:11 (\$8000)
2. Andy Vernon, GBR, 24:21 (\$4000)
3. Bashir Abdi, BEL/Europe, 24:27 (\$3000)
4. Bobby Mack, USA, 24:28 (\$2000)
5. Michael Mulhare, IRL/Europe, 24:32 (\$1750)

SR. WOMEN (6 km/3 laps)

1. Gemma Steel, GBR, 20:35 (\$8000)
2. Fionnuala Britton, IRL/Europe, 20:44 (\$4000)
3. Emelia Gorecka, 1994, GBR, 20:51 (\$3000)
4. Sophie Duarte, FRA/Europe, 20:57 (\$2000)
5. Charlotte Purdue, GBR, 20:59 (\$1750)

JR. MEN (6 km/3 laps)

1. Alexis Mielliet, FRA/Europe, 19:07
2. Yemaneberhan Crippa, ITA/Europe, 19:14
3. Matthew Maton, USA, 19:16

JR. WOMEN (4 km/2 laps)

1. Bobby Clay, GBR, 13:59
2. Alex Clay, GBR, 14:03
3. Lydia Turner, GBR, 14:10

INDOOR TRACK

Iceland Meeting

Reykjavik, ISL, 11 January

WOMEN

800: Anita Hinriksdottir, 1996, 2:05.68.

NYC Gotham Cup

New York, USA, 10 January

WOMEN

500:

- | | | |
|-------------------|-------------------|------------|
| 1. Sophia Smellie | Unattached (JAM) | 1:11.63 |
| 2. Mary Cain | Nike Oregon Proj. | 1:12.43 PB |
| 3. Nicole Leach | Unattached | 1:13.19 |

800:

- | | | |
|---------------------|-------------------|---------|
| 1. Mary Cain | Nike Oregon Proj. | 2:08.51 |
| 2. Katrina Anderson | LIU Brooklyn | 2:15.83 |
| 3. Katie McMenamin | Swarthmore | 2:16.13 |

1000:

- | | | |
|--------------------|----------------|------------|
| 1. Ajee' Wilson | adidas | 2:50.44 PB |
| 2. Molly Malone | Syracuse | 2:57.10 |
| 3. Ketsia Dornevil | Delaware State | 2:58.72 |

Arkansas Invitational

Fayetteville, USA, 10 January

WOMEN

800:

- | | | |
|------------------------------|-------|---------|
| 1. Dominique Scott, Arkansas | (RSA) | 2:10.02 |
| 2. Jessica Kamilos, Arkansas | | 2:10.33 |
| 3. Regan Ward, Arkansas | | 2:14.92 |

UAB Blazer Invite

Birmingham, USA, 10-11 January

MEN

Mile (11): 1. George Alex, Zap Fitness, 4:08.24; 2. David Mokone, West Kent (RSA), 4:10.17; 3. Cameron Bean, Zap Fitness, 4:10.91.

NEWS

SIX SOUTH AFRICANS RANKED BY TRACK & FIELD NEWS

Only six South Africans have been included by *Track & Field News* (TFN) in its rankings for 2013, with Khotso Mokoena, fourth in the long jump, being placed highest. Sunette Viljoen was ranked fifth in the javelin throw.

The other South Africans ranked are Anaso Jobodwana (8th in the 200), Zarck Visser (8th in the long jump), Johan Cronje (9th in the 1500) and Willem Coertzen (9th in the decathlon).

TFN's top ten male athletes of the year

are: 1. Bohdan Bondarenko (UKR); 2. Usain Bolt (JAM); 3. Mo Farah (GBR); 4. Mohamed Aman (ETH); 5. LaShawn Merritt (USA); 6. Robert Harting (GER); 7. Ashton Eaton (USA); 8. Renaud Lavillenie (FRA); 9. Aleksandr Menkov (RUS); 10. Teddy Tamgho (FRA).

Bondarenko beat Bolt by one point in the voting; the Ukrainian (18), Bolt (12) and Farah (4) garnered all the first-place votes.

The top female athletes are: 1. Valerie Adams (NZL); 2. Shelly-Ann Fraser-Pryce (JAM); 3. Brianna Rollins (USA); 4. Zuzana Hejnová (CZE); 5. Abeba Aregawi (SWE); 6. Sandra Percovic (CRO); 7. Meseret Deafr (ETH); 8. Svetlana Shkolina (RUS); 9. Catherine Ibargüen (COL); 10. Tirunesh Dibaba (ETH).

The contrast in the rankings of TFN and *Athletics International* (AI) for the men's 1500 is quite interesting. The TFN list, which includes six Kenyans and nine Africans: 1. Asbel Kiprop (KEN); 2. Silas

Kiplagat (KEN); 3. Ayanleh Souleiman (DJI); 4. Nixon Chepseba (KEN); 5. Caleb Ndiku (KEN); 6. Bethwell Birgen (KEN); 7. Collins Cheboi (KEN); 8. Matthew Centrowitz (USA); 9. Johan Cronje (RSA); 10. Aman Wote (ETH).

AI has the same first five, but ranks Cronje sixth, Birgen seventh, Cheboi eighth, Centrowitz ninth and Wote also tenth.

The long jumpers ahead of Mokoena on the TFN list are Menkov, Luis Rivera (MEX) and Ignisious Gaisah (NED). Viljoen are outranked by Christina Obergföll (GER), Mariya Abakumova (RUS), Kim Mickle (AUS) and Linda Stahl (GER).

AI ranks Mokoena "only" sixth (and Visser ninth), and Viljoen, like TFN, fifth. It also has Eusebio Cáceres (ESP), Mauro da Silva (BRA) and Christian Reif (GER) ahead of Mokoena, but places Gaisah only seventh.

Mirroring the IAAF choices, AI has Bolt and Fraser-Pryce as Athletes of the Year.

WAIT A WHILE, MO, SAYS GEB

Mo Farah, who is running 120 miles per week and modifying his stride in preparation for his marathon debut in London on 13 April, is taking nothing for granted. "I've never done a marathon before, so although it would be nice to go out there and do well, at the same time you've got to respect it and it'll probably take me three or four times to get it right."

Haile Gebrselassie, who finished third in 2:06:35 in his first serious marathon in London in 2002, realised then he wasn't quite ready to move up to the distance and believes Farah may feel the same. He reckons Farah should continue to focus on the 5000 m and 10000 m until the Rio Olympics and then turn his attention to the marathon.

Gebrselassie was 34 when he set his first world marathon record of 2:04:26 in 2007; Farah will be 31 when he runs his first marathon.

NEWS FROM ATHLETICS INTERNATIONAL

NEW YEAR HONOURS

Former world 10000 m record holder and international cross-country champion Dave Bedford (64), who was the London Marathon race director from 2002 to 2012 and continues to be the event's Elite Athlete Co-ordinator, has been awarded the OBE in the New Year Honours for "services to athletics and charitable fundraising". Also honoured, with the MBE, is Mark Shearman (70) for "services to sports photography". A veteran of 13 Olympics and the official photographer for UK Athletics, he had the first of almost 1000 front cover shots for *Athletics Weekly* back in 1962 and still makes a huge contribution to that magazine. One of Bedford's old rivals, 1974 Commonwealth 10000 m champion Dick Tayler (63), has been made a Member of the New Zealand Order of Merit in the New Year Honours for his services to the sport.

OBITUARY: PYOTR BOLOTNIKOV

Pyotr Grigarevich Bolotnikov (USSR) (b. 8 March 1930) died on 20 December at the age of 83. Olympic champion at 10000 m in 1960 when he took 26 sec off his best with 28:32.18,

he went on to break the world record with 28:18.8 at Kiev on 15 October 1960, taking 11.6 sec off the record set by Vladimir Kuts in 1956, and improved that to 28:18.2 in Moscow on 11 August 1962 when he won his sixth successive USSR title. His first had been in 1957 when he beat the great Kuts by 0.2 sec in a then pb 29:09.8 and he won a further 10000 m title in 1964 and at 5000 m was champion each year 1958-62 and cross-country champion in 1958. He had only started in athletics at the age of 20 when he joined the Red Army and he first broke 30 minutes in 1956, running 29:27.0 that year and placing 9th at 5000 m and 16th at 10000 m at the Olympic Games. In 1962 he won the 10000 m and was 3rd at 5000 m at the European Championships and at his third Olympics was 25th at 10000 m in 1964. Other pbs: 1500 m 3:46.0 (1961), 3000 m 8:00.8 (1959), 5000 m 13:38.1 (1960), 3000 m steeplechase 8:56.7 (1961). From 1965-85 he worked as an athletics coach with Spartak Moskva, was their president in 1990-2 and was made honorary president in 1996.

KRATOCHVILOVÁ HONOURED

Jarmila Kratochvilová, who will be 63 on 26 January, was last month inducted into the Czech Sports Hall of Fame in recognition of her 30-year tenure of the world 800 m record of 1:53.28. The award was presented by another legend, 91-year-old Dana Zatopková. "It is nice to have the record, but it is time now somebody should break it."

CAKIR BAN LIFTED ... FOR NOW

The provisional ban on Olympic 1500 m champion Asli Cakir, which was imposed in May after abnormalities were discovered in her biological passport shortly after the 2012 Games, has been lifted by the Disciplinary Committee of the Turkish Athletics Federation, who decided there had been no violation of the anti-doping rules. However, the IAAF will be reviewing the decision and decide whether to launch an appeal to the Court of Arbitration for Sport.

BACKGROUND

CAIN SHOWCASES CHANGE AND CONFIDENCE IN PRO DEBUT

After Mary Cain stepped off the track last August at the 2013 IAAF World Championships following her tenth place finish in the 1500 m final, the 17-year-old believed her season was over. For many, the end of the World Championships brings a nice break from training, a chance to relax and put the running shoes away for a few weeks.

That wasn't the case for Cain, reports *Race Results Weekly*. Coached by Alberto Salazar, Cain's next phase of training began less than 24 hours after becoming the youngest finalist in World Championships 1500 m history. Her focus for the next five months: improving her form.

"I started off literally the day after I raced in Moscow. Alberto was like, 'Oh you know that two-week break? That isn't happening. Go out there and run an 800 m,'" Cain recalled in an interview, her facial expression showing the initial shock.

Since that day – 16 August 2013 – much has changed for Cain. She has turned professional, signing with PACE Sports Management and the Nike Oregon Project. Cain also

Mary Cain sports her new Oregon Project uniform at her first race as a professional in New York (results in this issue). [Chris Lotsbom/RRW]



started her senior year at Bronxville High School, just outside of New York City. And Cain has been fine tuning her running mechanics.

"Alberto took me on because I am a young athlete and I am still malleable," Cain said, speaking at The New Balance Track & Field Center at The Armory. "It's one of those things where we went hard with the form changes."

In the weeks and months since the outdoor season concluded, Cain's primary objective has been to work on her hips. Observing past race photos, one may recognize that Cain had a tendency to appear as if she was sitting. With the help of Salazar, Cain has worked to make sure her hips are now a bit further back.

In addition, she's slightly altered her breathing and the movement of her arms.

If her professional debut was any indication, Cain's finely tuned focus has been beneficial. As part of a workout, Cain raced the 500 m and 800 m at the NYC Gotham Cup on Friday, placing second and first, respectively.

In the 500 m, Cain began from the back and gradually worked her way up towards Jamaica's Sophia Smellie. Smellie would win in 1:11.63, with Cain less than a second back in 1:12.43. Cain's time is the seventh fastest high school mark of all time.

Roughly 30 minutes later, Cain returned to the track for an 800 m. The race began with a bit of a miss-step, as Cain's legs got caught on a competitor. But Cain reacted immediately, staying on her feet and cruising away to an easy win in 2:08.51.

"In that 800 m, I tried to calm myself down and work on getting my hips a little farther back. When I kick I tend to be a little bit too tight and all over the place," said Cain, sporting a small cut on her right knee from a competitor's spike. "But the hips right now have been the most important part."

Recently, Cain hit the 60 mile-per-week mark in training, getting close to what she routinely ran in 2013. While her specific focus may have changed more towards mechanics, Cain insists that running as a professional isn't all that different from competing as a high schooler, which she did for the past three years.

"The only thing about being a pro now is that I am doing the same exact thing as last year except I am getting paid for it," she said. "That's the thing a lot of people don't realize ... I feel like this is just the next step."

Cain has a busy racing schedule this indoor season: Next up is a 1000 m contest at Boston University on Thursday, 16 January, then a mile at the BU Terrier Invitational on the weekend of 24 January, followed by a 2000 m race at the New Balance Indoor Grand Prix on 8 February.

A week later, Cain will return to The Armory for the NYRR Millrose Games. There she will race the 800 m against friend Ajee' Wilson, Iceland's Anita Hinriksdottir, and Jamaica's Natoya Goule. Goule is the reigning NCAA Champion.

"I'm very excited," Cain said. "One thing I would like to do for the sport is try to encourage people."

STATS TIME

This week we include a list of the top ten veteran men in the half marathon for 2013. 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 HALF MARATHON: TOP 10 VETERAN MEN

1:07:06	Gert Thys	1	Cape Town	13 Oct
1:08:10	Thys-2	1	Wellington	01 May
1:08:15	Mluleki Nobanda	1	Durban	15 Sep
1:08:23	Malesela Johannes Kekana	1	Johannesburg	10 Feb
1:09:45	Shadrack Hoff	1	Pretoria	12 Oct
1:10:25	Kekana-2	1	Bedfordview	13 Jan
1:10:55A	Thys-3	1	Kommetjie	03 Mar

1:10:59	Elias Mabane	1	Johannesburg	24 Mar
1:11:25	Graham Katzen	1	Cape Town	29 Sep
1:11:49	Nikky Masombuka	1	Pretoria	02 Feb
1:12:48	Simon Mphulanyane	1	Vereeniging	03 Mar
1:13:09	Jacob Rathaba	2	Vereeniging	03 Mar
1:13:28	Zongamele Dyubeni	1	East London	21 Sep

THIS MONTH IN HISTORY

7 years ago: 27 January 2007

Sharon Eldridge scored the last of her remarkable eight victories in the ELAC (later Pennypinchers) Marathon on this day, running 3:27:09. Between 1998 and 2002 Eldridge had a string of five consecutive wins, with the fastest being 3:04:38 in 2001. Sadly, the history-laden race was changed to a half marathon in 2009. Eldridge had a just-as-remarkable eight wins in the Amatola Marathon, with the last one coming in 2006.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2014

This is the first compilation of list leaders for 2014. The 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. 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	31:40	Stephen Mokoka	Pretoria	04 Jan
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	47:53	Mariano Eesou	Jeffreys Bay	04 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	68:20	Vuyisile Tshoba	Pretoria	11 Jan
	58:23	Zersenay Tadese (ERI) 2010		
25 km	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:40:20	Anthony Godongwana	Camps Bay	05 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
100 km	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	33:02	Elias Mabane	Pretoria	04 Jan
	28:51	Paulo Catarino (POR) 2003		
15 km	52:23	Graham Katzen	Constantia	11 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	72:53	Elias Mabane	Pretoria	11 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	76:49	Martin Mondragon (MEX) 1994		

30 km	1:53:10	Graham Katzen	Camps Bay	05 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	41:16	Mike du Bruto (g'mast)	Pretoria	04 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	58:25	Chris Mitchell	Constantia	11 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	98:42	Bethuel Mlambo	Pretoria	11 Jan
	66:42	Martin Rees (GBR) 2003		
25 km				
30 km	2:03:06	Chris Mitchell	Camps Bay	05 Jan
Marathon	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	41:16	Mike du Bruto	Pretoria	04 Jan
15 km	62:47	Clive Owen	Constantia	11 Jan
21.1 km	99:26	Theo Swanepoel	Pretoria	11 Jan
25 km				
30 km	2:17:58	Barry Bester	Camps Bay	05 Jan
32 km				
Marathon				
100 km				
<u>Juniors</u>				
10 km	37:02	O'Neal Peterie	Pretoria	11 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	51:30	Granwin Katzen	Constantia	11 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	36:13	Myrette Filmlalter	Pretoria	04 Jan
	30:21	Paula Radcliffe (GBR) 2003		
15 km	58:25	Charné Bosman	Jeffreys Bay	04 Jan
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	87:55	Catherine Malungane	Pretoria	11 Jan
	65:50	Mary Keitany (KEN) 2011		
25 km	79:53	Mary Keitany (KEN) 2010		
30 km	2:03:01	Thozama April	Camps Bay	05 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	41:13	Ronel Thomas	Pretoria	04 Jan

15 km	32:14	Priscilla Welch (GBR) 1985		
	66:19	Sheryl de Lange	Constantia	11 Jan
21.1 km	49:35	Priscilla Welch (GBR) 1985		
	98:13	Vanessa Bowman	Pretoria	11 Jan
25 km	69:56	Irina Permitina (RUS) 2009		
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	2:15:53	Elmarie Coetzee	Camps Bay	05 Jan
Marathon	1:51:37	Mieke Pullen (NED) 2001		
100 km	2:26:51	Priscilla Welch (GBR) 1987		
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	45:31	Elsabe Brink	Pretoria	11 Jan
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	68:21	Margie Saunders (g'mast)	Jeffreys Bay	04 Jan
	54:33	Shirley Matson (USA) 1991		
21.1 km	1:44:56	Rita van Wyk	Pretoria	11 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km				
30 km	2:33:38	Lorraine Rogers	Camps Bay	05 Jan
Marathon				
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	52:05	Lyn de Bruin	Pretoria	11 Jan
15 km	68:21	Margie Saunders	Jeffreys Bay	04 Jan
21.1 km	2:17:17	Rina Machado	Pretoria	11 Jan
25 km				
30 km	2:45:55	Veronica van Niekerk	Camps Bay	05 Jan
32 km				
Marathon				
100 km				
<u>Juniors</u>				
10 km	41:03	Hanlie Etsebeth	Pretoria	04 Jan
	31:42	Zola Pieterse (RSA) 1984		
15 km	69:03	Nthuseng Lolwana	Constantia	11 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km				
	1:09:05	Delilah Asiago (KEN) 1991		

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