

# 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

Zola Pieterse, currently in a build-up to the Two Oceans ultramarathon over Easter, had an excellent run in the weekend's fourth Charleston Marathon, which she won in 2:59:42 – the second fastest marathon of her career. It is easily the quickest time by a South African this year.

Other highlights this weekend came in the Red Hill races and the Kearsney Striders Half Marathon. In the Red Hill 36.2 km Dicardo Jakobs scored his third win in a row, while in the marathon Candyce Hall and Julia Janse van Rensburg repeated their first and second placings of last year. Van Rensburg has twice won the shorter race.

In the Kearsney race Jenna Challenor ran a quick 82:28 to win by almost 13 minutes.

The results of a number of December races in the SWD have come to hand, with René Kalmer achieving high overall placings in three of them: third in the Swift Engineering Oujaarsdraffie, fifth in the Casino Night Race and sixth in the Somerson Half Marathon. Elroy Gelant won the latter two. So far in January Kalmer has also won the Dis-Chem Half Marathon, in a list leader 78:26.

Although both Graham and Granwin Katzen ran list leaders in the Asics Hohenort 15 km as stated in DRR last week, Graham did not win the veteran category. He was second to Zimbabwean Tsungai Mwanengeni, who of course does not qualify for a list leader.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Kearsney Striders Half Marathon & 10 km, Botha's Hill
- \* Red Hill 36.2 km & Marathon, Fish Hoek
- \* PWC George Claassen Half Marathon & 10 km, Pretoria
- \* N2 City Shopping Centre Bluewater Bay 15 km, Port Elizabeth
- \* Mielie Marathon, Welkom
- \* Dis-Chem Half Marathon & Rehidrat 5 km, Bedfordview
- \* Varsity Kudus 15 km, Johannesburg
- \* Swift Engineering Oujaarsdraffie 10 km, Hartenbos
- \* Casino Night Race 10 km, Mossel Bay
- \* Somerson Half Marathon & 10 km, Mossel Bay
- \* Palm Tyres Half Marathon & 10 km, George

### International highlights:

- \* Chevron Houston Marathon & Aramco Half Marathon, Houston, USA

- \* Standard Chartered Mumbai Marathon, Mumbai, IND
  - \* XC: Cross Internacional de Itálica, Seville, ESP; Kenyan Police Cross-country Championships, Nairobi, KEN
  - \* Indoor track: University of Washington Indoor Preview, Seattle, USA; Arkansas vs. Texas Dual Meet, Fayetteville, USA; Dartmouth vs. Columbia vs. Yale Meet, Hanover, USA; Kentucky Track & Field Invitational, Lexington, USA; Boston University Multi-Team Meet, Boston, USA
  - \* Outdoor track: Cooks Garden Classic, Wanganui, NZL
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## ROAD RUNNING

### Kearsney Striders Half Marathon & 10 km

Botha's Hill, 19 January

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 795; 10 km – 378.)

#### Half marathon

##### MEN

1.	Stanley Samuel	Phatane A C	69:59 (R400)
2.	Joseph Kyenyo	KEN	72:09 (R250)
3.	Deani Mkhize	Nedbank A C	74:48 (R100)

##### 40-49:

1.	Bhekisisa Khumalo	Umvoti AC	89:26 (R150)
2.	Cliff Robertze	West AC	98:31 (R100)
3.	Shaun Finn	IND	99:45

##### 50-59:

1.	Peter Sehloho	Boxer AC	83:17 (R150)
2.	Willie Majambozi	Boxer AC	91:16 (R100)
3.	Neil Neat	Forest Hills	100:03

##### 60+:

1.	Laurie Raubenheimer	HH	101:27 (R150)
2.	Mike Cowling	Saints	111:15
3.	Phillip van Gass	DCS	113:55

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

1.	Jenna Challenor	Boxer AC	82:28
2.	Trish Bahlmann	Get Fit AC	95:13
3.	Patricia Dammann	Forest Hills	98:39

##### 40-49:

1.	Patricia Dammann	Forest Hills	98:39
2.	Maureen Slack	West AC	110:07

##### 50-59:

1.	Maria Wareing	Legends	116:54
2.	Tess Lundie	Assegai M C	124:56

##### 60+:

1.	Pam Rasmussen	QBH	127:26
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#### 10 km

##### MEN

1.	Siyabonga Nkonde	Boxer AC	31:51 (R300)
2.	Bonginkosi Zwane	Phatane AC	34:03 (R200)
3.	Thobani Chagwe	Boxer AC	34:29 (R100)

##### Juniors:

1.	Edmund Mthethwa	Boxer AC	43:34 (R150)
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## WOMEN (Same prize money as men)

1. Fikile Mbuthuma Nedbank AC 44:22
2. Nondumiso Khoza Natal Carb 49:40
3. Jeanette Davidson DHSOB 50:40

**Juniors:**

1. Nondumiso Khoza Natal Carb 49:40

**Red Hill 36.2 km (39<sup>th</sup>) & Marathon (25<sup>th</sup>)**

Fish Hoek, 18 January

(Distances: 36.2 km & 42.195 km; certified, very hilly loop courses. Weather: Hot and windy. Finishers: 36.2 km – 936 [slightly down from 953 last year]; marathon – 577 [slightly down from 585 last year].)

**36.2 km**

## MEN

1. Dicardo Jakobs (Ned Bol) 2:05:06
2. Bernard Rukadza (ZIM/Gugs) 2:07:50
3. Wanda Roro (Itheke) 2:09:14

**Veterans:** 1. Xolile Macanda (Gugs) 2:29:39; 2. Patrick Ketelo (Itheke) 2:31:18; 3. Dion Middelkoop (VOB) 2:32:06. **Masters:** 1. Ludwig Lillie (Durb) 2:37:39; 2. Eric Mlonyeni (Strand) 2:43:21; 3. Solly van Rooyen (Worc) 2:44:06. **G'masters:** 1. Barry Bester (NBMC) 2:53:12; 2. Ivan Marais (Ned) 3:05:55; 3. David Wheeler (Hout) 3:19:17. **G/g'masters:** 1. Chet Sainsbury (Celtic) 4:03:35; 2. Richard Badrick (Strand) 4:18:31; 3. Caspar Greeff (AAC) 4:55:57.

## WOMEN

1. Zintle Xiniwe (ME) 2:42:02
2. Fortunate Chidzivo (ZIM/Itheke) 2:43:49
3. Katya Soggof (Ind) 2:44:33

**Veterans:** 1. Ursula Turck (Strand) 2:49:08; 2. Tracy Forbes (VOB) 2:54:01; 3. Angelique Rabie (Pine) 3:05:38. **Masters:** 1. Elizabeth Bax (Pine) 3:12:12; 2. Anne Pool (Strand) 3:23:19; 3. Denise Johannes (SH) 3:29:08. **G'masters:** 1. Annelie van der Linde (Durb) 3:39:10; 2. Ruth Francis (IT) 4:47:42; 3. Jenny Bancroft (WC) 4:52:30.

**Marathon**

## MEN

1. Thembelani Zola (Ned Bol) 2:36:39
2. Imran Paya (MAW/Gugs) 2:41:09
3. Nic de Beer (NBMC) 2:45:46

**Veterans:** 1. Nic de Beer (NBMC) 2:45:46; 2. Tholang Moloji (SANDF) 2:54:10; 3. Arnold Hyde (Ned) 3:04:40. **Masters:** 1. Zama Witvoet (Gugs) 3:07:37; 2. Abraham Fiellies (Itheke) 3:16:07; 3. Paul Cieverts (Top) 3:24:02. **G'masters:** 1. Brian Merryweather (Edge) 3:53:49; 2. Brian Rothman (Brack) 4:20:04; 3. David Jordaan (Arc M AVT) 4:20:11. **G/g'masters:** 1. Denzil Bardwell (FH) 4:36:16.

## WOMEN

1. Candyce Hall (NC) 3:15:07
2. Julia Janse van Rensburg (VOB) 3:24:27
3. Helette Basson (Lange) 3:34:52

**Veterans:** 1. Anneke Slabbert (Stell) 3:35:07; 2. Tania Anderson (VOB) 3:37:47; 3. Kathleen McQuaide (Celtic) 3:43:07. **Masters:** 1. Julie Shadwell (VOB) 3:50:07; 2. Juliette Savini (Durb) 3:51:38; 3. Georgina Sindair (VOB) 3:55:58. **G'masters:** 1. Ruth Leverton (Pine) 4:38:38.

### **PWC George Claassen Half Marathon & 10 km**

Pretoria, 18 January

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1900 [up from 1500 last year] & 10 km – 3300 [up from 3000 last year].)

#### **Half marathon**

MEN

1 Vuyisele Tshoba (Transnet) 70:01; 2 Stanley Mofu (Fortis North) 70:15; 3 Wesley Mutai (KEN/Toyota) 71:14.

**Veterans:** 1 Never Matiya (Florida) 74:43; 2 Philemon Manyaka (New Balance) 77:22; 3 Greg Barnes (Irene) 77:38. **Masters:** 1 Elias Letlape (Nedbank) 88:15; 2 James Sekhuwela (Aurecon) 91:13. **G'masters:** 1 John Woodnutt (Morningside) 99:13. **Juniors:** 1 Brian Mbambo (Zwakala) 86:56.

WOMEN

1 Prudence Zwane (Transnet) 87:15; 2 Catherine Malungane (Transnet) 89:17; 3 Riana van Niekerk (Temp) 91:23.

**Veterans:** 1 Zeldia Breytenbach (New Balance) 99:09; 2 Belinda Hickman-Mosdell (HQB) 1:40:58; 3 Margaret Marggraff (Turn 2 God) 1:46:43. **Masters:** 1 Rita van Wyk (Boksburg) 1:45:14; 2 Ansa Strydom (New Balance) 1:47:45. **G'masters:** 1 Vullie Spies (Tuks) 2:02:58.

#### **10 km**

MEN

1 Stephen Mokoka (Transnet) 30:46; 2 Anthony Godongwana (Transnet) 32:04; 3 Steve Ngqola (Transnet) 33:00.

**Veterans:** 1 Colin Witbooi (PMMC) 36:12; 2 Leon Baker (Breakthru Midrand) 36:32; 3 Enrico Flusk (PMMC) 39:45. **Masters:** 1 Daniel Mothibe (New Balance) 36:16; 2 Colin Fisher (CSIR) 43:15. **G'masters:** 1 Machiel van Niekerk (Magnolia) 42:55. **Juniors:** 1 Thabang Maleka (Temp) 34:59.

WOMEN

1 Myrette Filmlalter (Nedbank) 36:00; 2 Thozama April (Transnet) 38:16; 3 Marli van Staden (New Balance) 39:20.

**Veterans:** 1 Paulina Phaho (Transnet) 41:30; 2 Lorraine Boshoff (VTM) 43:06; 3 Lindie Kompaan (Phobians) 45:39. **Masters:** 1 Elsabe Brink (New Balance) 44:36; 2 Debbie Bredenkamp (HQB) 47:07. **G'masters:** 1 Lynn de Bruin (Irene) 51:59. **Juniors:** 1 Michelle Redelinghuys (Suthies H/S) 44:43.

### **N2 City Shopping Centre Bluewater Bay 15 km (29<sup>th</sup>)**

Port Elizabeth, 18 January

(Loop course. Finishers: 666 [down from 694 last year].)

MEN

1	Zolani	Ngqaqa	Absa NMMU AC	25	48:01
2	Masande	Mlonyeni	Nedbank RC EP	33	48:21

3	Sandile	Ngunuza	Nedbank RC EP	31	48:40
4	Mkhuseli	Nyongo	Absa NMMU AC	27	48:54
5	Bulelini	Niwa	PEAAC	28	49:55
6	Mzwanele	Maphekula	Malabar AC	37	50:15
7	Masixole	Dlaku	Maxed Elite EP	35	51:17
8	Anele	Maliza	Nedbank RC EP	35	51:23
9	Melikhaya	Frans	Nedbank RC EP	21	51:33
10	Mila	Pasiya	Nedbank RC EP	34	51:36
11	Siyabonga	Kahla (1 <sup>st</sup> jun)	Youth 4 Change AC	18	52:33
12	Sylvester	Honnie	Ikhamba AC	30	52:49
13	Terrance	Mjekula (1 <sup>st</sup> vet)	Warriors AC	41	53:31
14	Gcobani	Bekwapi	Charlo AC	34	53:33
15	Mzamo	Fokwana	Charlo AC	36	54:08
16	Emerson	Kayana	Nedbank RC EP	40	54:10
17	George	Ntshiliza	Nedbank RC EP	34	54:14
18	Melikhaya	Malinga	Motherwell AC	33	54:42
19	Michael	Bester	Achilles AAA	26	54:57
20	Khayaletu	Makalima	Nedbank RC EP	30	55:37
<b>40-44:</b>					
1	Terrance	Mjekula	Warriors AC	41	53:31
2	Emerson	Kayana	Nedbank RC EP	40	54:10
3	Adriaan	Gouws	Nedbank RC EP	40	56:50
<b>45-49:</b>					
1	Mutekile	Rasmeni	Maxed Elite EP	49	56:33
2	John	Rafani	Nedbank RC EP	46	58:52
3	Vernon	Newfeldt	Gelvan AC	47	1:00:06
<b>50-54:</b>					
1	Desmond	Zibi	Ikhamba AC	50	58:36
2	Bennie	Stadler	Achilles AAA	50	58:53
3	Darrell	Wicht	Warriors AC	50	59:22
<b>55-59:</b>					
1	Leneth	Erasmus	Aspen Pharmacare	55	1:05:06
2	Disemba	Blou	Warriors AC	55	1:06:28
3	Sipho	Ncandana	Warriors AC	57	1:06:38
<b>60-64:</b>					
1	Hannes	Els	Madiba Bay AC	64	1:05:24
2	Graham	Channon	Achilles AAA	64	1:08:28
3	Sizinzo	Kama	Achilles AAA	62	1:08:36
<b>65-69:</b>					
1	Syd	Lippstreu	Crusaders AC	65	1:17:18
2	David	O'Rielly	Nedbank RC EP	66	1:17:57
3	William	Vorster	PEAAC	67	1:20:44
<b>70-74:</b>					
1	Tamsanqa	Jusayi	Nedbank RC EP	71	1:08:19
2	Ron	Clark	Temp	71	1:19:03
3	Godfrey	Kariem	Gelvan AC	73	1:21:39
<b>Juniors:</b>					
1	Siyabonga	Kahla	Youth 4 Change AC	18	52:33
2	Mandilakhe	Nel	Transnet Eng EP	16	56:42
3	Ruan	Jonck	St Albans CS EP	17	57:30
<b>WOMEN</b>					
1	Ntombesintu	Mfunzi	Nedbank RC EP	32	57:40
2	Thabisa	Sirayi	EC Sport Academy	20	1:04:28
3	Ndileka	Mvakwendlu	Tinarha AC	23	1:06:01
4	Nokholo	Hlezupondo	SANDF EP	34	1:08:11

5	Siphokazi	Nojoko	Motherwell AC	19	1:08:53
6	Janette	Schierz-Crusius (1 <sup>st</sup> mast)	Body Concept	53	1:08:58
7	Grizelda	Pietersen (1 <sup>st</sup> vet)	Maxed Elite EP	45	1:09:50
8	Megan	Wilson (1 <sup>st</sup> jun)	Charlo AC	18	1:10:00
9	Thabisa	Mayedwa	Motherwell AC	27	1:10:09
10	Janine	Gardiner	Charlo AC	32	1:10:33
11	Terray	Newcombe	Elite AC	22	1:11:45
12	Ilze	Ritter	Temp	25	1:11:52
13	Tiani	Claassen	Despatch AC	23	1:12:57
14	Nurunnisa	Madatt	Malabar AC	51	1:15:28
15	Angela	Parker	Charlo AC	36	1:15:33
16	Annelie	Nel	Body Concept	39	1:16:17
17	Tania	Jordaan	Charlo AC	37	1:16:27
18	Priscilla	Maleiba	Gelvan AC	43	1:16:36
19	Treloar	Childs	Walmer AC	50	1:16:56
20	Jane	Kemp	Nedbank RC EP	37	1:17:02

**40-44:**

1	Priscilla	Maleiba	Gelvan AC	43	1:16:36
2	Yolanda	Dugmore	Charlo AC	41	1:17:33
3	Debbie	Dodd	Charlo AC	43	1:17:40

**45-49:**

1	Grizelda	Pietersen	Maxed Elite EP	45	1:09:50
2	Gail	Klichowicz	Achilles AAA	47	1:17:15
3	Judy	Beens	Charlo AC	46	1:20:01

**50-54:**

1	Janette	Schierz-Crusius	Body Concept	53	1:08:58
2	Nurunnisa	Madatt	Malabar AC	51	1:15:28
3	Treloar	Childs	Walmer AC	50	1:16:56

**55-59:**

1	Elize	Smalberger	St Albans CS EP	58	1:20:48
2	Amanda	Wolmarans	Walmer AC	55	1:20:53
3	Michelle	Lawson	Charlo AC	55	1:29:49

**60-64:**

1	Cathy	Ives	Achilles AAA	60	1:20:16
2	Jos	Els	Madiba Bay AC	61	1:33:01
3	Marietta	Millard	VW AC	64	1:51:22

**65-69:**

1	Liz	Grundlingh	Muirite Striders	67	1:27:28
2	Christine	Fourie	Elite AC	67	1:34:58
3	Denise	Terblanche	Walmer AC	66	1:45:33

**70-74:**

1	Orgia	Nell	Muirite Striders	70	1:51:05
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**75-79:**

1	Dorothy	Hart	Charlo AC	75	1:48:50
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**Juniors:**

1	Megan	Wilson	Charlo AC	18	1:10:00
2	Kimberley	Wilson	Charlo AC	18	1:25:49
3	Jani	Swiegelaar	Nedbank RC EP	16	1:30:55

**Mielie Marathon (36<sup>th</sup>)**

Welkom, 18 January

(Distance: 42.195 km; loop course. Finishers: 205.)

**MEN**

1.	Sipho Ncube (1 <sup>st</sup> vet)	ZIM/Mr Price	2:35:50
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2.	Loki Diradingoe	Transnet	2:37:20
3.	E. Motemekoane	Sibanye	2:39:05
4.	Tshehla Ralekhetlo	Marquard	2:39:56
5.	Lindsay Parry	Fourways	2:45:56

**Veterans:**

1.	Sipho Ncube	ZIM/Mr Price	2:35:50
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**Masters:**

1.	Jospeh Molehe	Harmony	3:01:30
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**G'masters:**

1.	Trevor Parry	Harmony	3:47:52
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## WOMEN

1.	Paulinah Njeya	Toyota	3:28:08
2.	Yolande van Heerden	Bfn Achilles	3:46:14
3.	Elmien Scott	Goudveld Multi Sport	3:49:07
4.	Johnene Ralph (1 <sup>st</sup> vet)	Vodacom Kby	3:49:38
5.	Ilse Nel	Goudveld Multi Sport	3:50:21

**Veterans:**

1.	Johnene Ralph	Vodacom Kby	3:49:38
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**Masters:**

1.	Estelle Croucamp	New Balance	4:26:43
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**Dis-Chem Half Marathon & Rehidrat 5 km**

Bedfordview, 12 January

(Distance: 21.1 km & 5 km; loop courses)

Note: The first two men in the half marathon finished in the same order as last year, but in slightly slower times. – Ed.

**Half marathon**

## MEN

1.	Elroy Gelant (Pukke)	1:07:24 (R4000)
2.	Desmond Mokgobu (ME)	1:07:32 (R2000)
3.	Wirimayi Juwawo (ZIM)	1:07:40 (R1000)
4.	David Manja (Ned)	1:07:56 (R650)
5.	Lucky Mohale (MP)	1:09:42 (R500)

**Veterans:** 1. Sipho Ncube (ZIM/MP) 1:11:56 (R1000); 2. Gert Thys (Ind) 1:13:08 (R650); 3. Johannes Kekana (Toy) 1:16:18 (R500). **Masters:** 1. Themba Phulu (Panorama) 1:24:18 (R500); 2. Gideon Radebe (Sasol) 1:26:45 (R300); 3. Antonio da Matta (BN) 1:28:09 (R150). **G'masters:** 1. John Woodruff (Morning) 1:37:08 (R325); Don Charles (Ned) 1:38:31 (R150). **Juniors:** 1. Patrick Colborne (Ind) 1:29:04 (R400); Armand Burger (Vaal) 1:39:32 (R300).

WOMEN (Same prize money as men)

1.	René Kalmer (Ind)	1:18:26
2.	Rutendo Nyahora (ZIM/Ned)	1:20:14
3.	Yolande Maclean (Ind)	1:21:20
4.	Myrette Filmalter (Ned)	1:22:32
5.	Christine Kalmer (Ned)	1:24:06

**Veterans:** 1. Gillian Sieling (Ned) 1:29:20; 2. Julie Soicher (RRR) 1:40:38; 3. Heather Walden (Crusaders) 1:41:45. **Masters:** 1. Judy Bird (Midrand) 1:32:26; 2. Leonie Jurgens (BN) 1:44:08; 3. Sandra Brookstone (Ind) 1:46:20. **G'masters:** 1. Anne Bellomusto

(Morning) 1:56:25; 2. Penny Visser (Midrand) 2:08:10. **Juniors:** 1. Chanté Venter (NWU) 2:02:10; 2. Gemma Cooke-Tonnesen (Jeppe) 2:31:16.

### 5 km

#### MEN

1	Lebogang Masilo	Transnet	23	14:53
2	Sibusiso Nzima	Nedbank	27	14:56
3	Paulos Radebe	Elim Clinic	23	14:58

#### Veterans:

1	Never Matiya	Florida	44	16:22
2	Belay Hagos Alemayehu	ETH/Nedbank	47	16:49

#### Masters:

1	Sontaga Mabale	Breakthru	54	19:19
2	Piet Chauke	Gallopers	50	20:10

#### G'masters:

1	Daniel Motshiwene	Nedbank	60	22:22
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#### Juniors:

1	Lukhanyo Nobakada	VOB	16	15:55
2	Kabelo Melamu	Nedbank	16	16:04

#### WOMEN

1	Lebo Phalula	Mr Price	30	16:55
2	Zandile Hadebe	Univ Jhb	19	18:38
3	Lebogang Phalula	Mr Price	30	18:48

#### Veterans:

1	Catherine Naane	Sibanye Gold	47	22:07
2	Sarah Mahlango	Toyota	47	22:41

#### Masters:

1	Ronel Theron	Kempton RR	53	32:50
2	Myrina Wessels	RWFL	52	37:58

#### G'masters:

1	Rachel Ledwaba	Ram Rockies	65	33:10
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#### Juniors:

1	Zandile Hadebe	Univ Jhb	19	18:38
2	Nobuhle Tshuma	LES/Elim Clinic	19	18:55

### Varsity Kudus 15 km

Johannesburg, 5 January  
(Loop course)

#### MEN

1	Abram Khumalo	Univ JHB	26	49:32
2	Xolisa Tyali	Nedbank	26	49:49
3	Africa Mailola	Nedbank	29	50:05

#### Veterans:

1	Sipho Ncube	ZIM/Mr Price	42	52:18
2	Never Matiya	Florida	44	54:16
3	Lucky Mabuza	Wanderers	41	59:55

#### Masters:

1	Meshack Motla	South Deep	52	1:02:51
2	Andre Mamade	Ind	50	1:06:18

#### G'masters:

1	Don Charles	Nedbank	64	1:10:33
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2	John Woodnutt	Morningside	61	1:11:06
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## WOMEN

1	Yolande Maclean	Ind	35	1:00:17
2	Caroline Wostmann	Nedbank	30	1:04:28
3	Gillian Sieling	Nedbank	44	1:04:50

**Veterans:**

1	Gillian Sieling	Nedbank	44	1:04:50
2	Vanessa Bowman	Kempton RR	44	1:12:33
3	Jillian Sotto-Corona	Boksburg	40	1:12:40

**Masters:**

1	Rita van Wyk	Boksburg	50	1:17:10
2	Yvonne Rice-Oxley	Nedbank	57	1:21:12

**G'masters:**

1	Elaine Greenblatt	RAC	64	1:25:49
2	Itheng Margaret Boshoe	Sunninghill	62	1:41:40

**Swift Engineering Oujaarsdraffie 10 km**

Hartenbos, 31 December

(Loop course. Finishers: 464 [up from 374 last year].)

Note: Another high placing for René Kalmer – third overall this time! – Ed.

## MEN

1	Godwin	Heyns	Hartenbos Drawwers	15	34:42
2	Elroy	Gelant	Temp	27	34:43
3	Ashwell	Clooco	Mosselbaai Harriers	17	36:19
4	Hannes	Naude	Kovsies	23	37:02
5	Jugene	Maart	Mosselbaai Harriers	26	37:12
6	Corus	Naudé	West Coast AC	40	37:17
7	Marlou	Mortlock	Knysna Marathon Club	39	37:49
8	Johannes	Esterhuizen	Temp	17	38:00
9	Christo	Niemand	RWFL	20	38:12
10	Cameron	Swanepoel	Temp	17	38:19

## WOMEN

1	René	Kalmer	Nedbank AC CGA	33	35:12
2	Leilani	Scheffer	RWFL Rustenburg	30	39:58
3	Mariska	Buys	New Balance	23	41:51
4	Annatjie	Botes	Nedbank AC SWD	56	42:42
5	Ralph	Johnene	Vodacom Kimberley RR	44	44:43
6	Naretha	Stockenstrom	Temp	43	45:04
7	Desiré	Serfontein	Achilles	50	45:30
8	Cecile	Nel	Hartenbos Drawwers	32	45:37
9	Lohandi	Janse v Rensburg	Tygerberg NLK	19	46:10
10	Hermé	Visser	RWFL Rustenburg	33	46:18

**Casino Night Race 10 km**

Mossel Bay, 23 December

(Loop course. Finishers: 228 [up from 149 last year].)

Note: René Kalmer placed fifth overall. – Ed.**MEN**

1	Elroy	Gelant	Temp	27	31:13
2	Elfonzo	Pieterse	Nedbank RC	24	32:57
3	Gurome	Gelderbloem	Mossel Bay Harriers	37	35:47
4	Siyabonga	Madala	Nedbank	28	36:57
5	Corus	Naude	West Coast	40	37:56
6	Peter	Jaehne	Outeniqua Harriers	48	39:13
7	Andy	Helenc	VKRR	40	39:17
8	Dudley	April	Nedbank	18	39:56
9	Phil	Du Toit	Paarl	35	39:58
10	Cobus	Van Niekerk	Temp	40	39:59

**WOMEN**

1	Renè	Kalmer	Nedbank	33	37:27
2	Marrida	Leen	Mossel Bay Harriers	16	41:42
3	Mariska	Buys	New Balance	23	42:15
4	Clarisha	Pieterse	Mossel Bay Harriers	15	45:28
5	Johnene	Ralph	Kimberley RR	44	46:06
6	Tina-Mari	Meyer	Edgemead	26	48:23
7	Manansa	Truter	Berts Bricks	24	48:43
8	Carla	Coetzee	Nedbank	25	48:56
9	Terray	Newcombe	Elite AC	22	48:57
10	Elzet	Oosthuizen	Hartenbos Drawwers	40	49:13

**Somerson Half Marathon & 10 km**

Mossel Bay, 21 December

(Distances: 21.1 km &amp; 10 km; loop courses. Finishers: half marathon – 314 [up from 251 last year]; 10 km – 320 [up from 227 last year].)

Note: René Kalmer finished sixth overall in the half marathon and Marrieda Leen tenth in the 10 km – Ed.**Half marathon****MEN**

1	Elroy	Gelant	Temp	27	1:07:51
2	Lindile	Tokota	Nedbank	46	1:11:51
3	Melikhaya	Msizi	Knysna	30	1:15:54
4	Gurome	Gelderbloem	Mosselbaai Harriers	37	1:19:19
5	Nelson	Bass	UCT	34	1:20:53
6	Keith	Clark	Outeniqua Harriers	38	1:21:26
7	Pieter	Henning	Discovery	26	1:22:00
8	Jaco	Botha	Wingate	40	1:25:36
9	Nuno	Thomaz	New Balance	51	1:26:25
10	Peter	Jaehne	Outeniqua Harriers	48	1:27:11

**WOMEN**

1	René	Kalmer	Nedbank	33	1:21:24
2	Helene	Roux	New Balance	29	1:29:55
3	Mariska	Buys	New Balance	23	1:32:33
4	Elize	Kloppers	Hartenbos Drawwers	43	1:33:33

5	Annatjie	Botes	Nedbank	56	1:34:17
6	Helene	Anderson	New Balance	40	1:39:11
7	Tana	Janse van Rensburg	New Balance	43	1:39:39
8	Johnene	Ralph	Kimberley RR	44	1:40:48
9	Janet	Van Veijeren	Newcastle Harriers	42	1:42:31
10	K	Hoatson	Newcastle Harriers	35	1:42:32

**10 km**

## MEN

1	Elfonso	Pieterse	Nedbank RC	24	33:27
2	Burt	Verster	Tuks	20	34:42
3	Godwin	Heyns	Hartenbos Drawwers	15	35:03
4	Ashwell	Clooco	Mosselbaai Harriers	17	35:32
5	Jugene	Maart	Mosselbaai Harriers	26	37:08
6	Mauritz	Jansen v. Rensburg	Outeniqua Harriers	42	37:19
7	Marlon	Mortlock	Knysna	39	38:54
8	Dudley	April	Nedbank RC	18	38:59
9	Arné	Verster	AS Eagles	16	39:00
10	Amand	Niewenhuys	Temp	22	39:20

## WOMEN

1	Marrida	Leen	Mosselbaai Harriers	16	39:18
2	Sheryl	De Lange	Mosselbaai Harriers	45	42:42
3	Clarisha	Pieterse	Mosselbaai Harriers	15	44:12
4	Ruweida	Du Preez	Run/Walk For Life	41	44:29
5	Cecile	Nel	Hartenbos Drawwers	31	45:06
6	Mardi	Van Schalkwyk	Temp	17	45:19
7	Naretha	Stockenström	Temp	45	46:34
8	Karli	Van Wyk	Alberton AK	28	47:22
9	Aneen	Meyer	Knysna MC	29	47:24
10	Imogen	Van Wyk	Temp	21	48:20

**Palm Tyres Half Marathon & 10 km**

George, 14 December

(Distances: 21.1 km &amp; 10 km; out-and-back courses. Finishers: half marathon – 125 [up from 116 last year]; 10 km – 123 [up from 93 last year].)

**Half marathon**

## MEN

1	Lindile	Tokota	Knysna AC	46	1:12:05
2	Elfonzo	Pieterse	Nedbank AC	24	1:15:45
3	Melikhaya	Msizi	Knysna AC	17	1:16:39

## WOMEN

1	Heléne	Roux	New Balande Eden	29	1:32:42
2	Annatjie	Botes	Nedbank AC	56	1:38:24
3	Julia	Janse van Rensburg	VOB	31	1:39:34

**10 km**

## MEN

1	Ashwell	Clooco	Mosselbaai Harriers	17	35:27
2	Godwin	Heyns	Hartenbos Drawwers	15	36:26
3	Jugene	Maart	Mosselbaai Harriers	26	36:49

## WOMEN

1	Melissa	van Rensburg	Nedbank AC	31	39:08
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2	Cornel Wright	Nedbank AC	30	40:44
3	Elize Kloppers	Hartenbos Drawwers	43	42:55

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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

### **Chevron Houston Marathon (42nd) & Aramco Half Marathon (10<sup>th</sup>)**

(Incorporating the USA Half-marathon Championships)

Houston, USA, 19 January

(Distances: 42.195 km & 21.1 km; certified, loop courses with no net elevation change)

### **USA Half-marathon Championships (gun times)**

#### MEN

1.	Meb Keflezighi, 38	1:01:23	\$12,000 + 1,500i
2.	Aaron Braun, 26	1:01:38 PB	10,000 + 1,500i
3.	Josphat Boit, 30	1:01:41 PB	7,000 + 1,500i
4.	Tyler Pennel, 26	1:01:44 PB	5,000 + 1,500i
5.	Matt Llano, 25	1:01:47 PB	3,000 + 1,500i
6.	Luke Puskedra, 23	1:01:48	2,000 + 1,500i
7.	Shadrack Biwott, 28	1:01:56	1,000 + 1,500i
8.	Fernando Cabada, 31	1:02:00 PB	750 + 1,250i
9.	Timothy Ritchie, 26	1:02:00 PB	500 + 1,250i
10.	Gabe Proctor, 23	1:02:22 PB	250 + 1,250i

#### WOMEN

1.	Serena Burla, 21	1:10:48	\$12,000 + 1,500i
2.	Lauren Kleppin, 25	1:12:12 PB	10,000 + 1,000i
3.	Caitlin Comfort, 24	1:12:16 PB	7,000 + 1,000i
4.	Wendy Thomas, 35	1:12:29 PB	5,000 + 1,000i
5.	Clara Santucci, 26	1:12:58 PB	3,000 + 1,000i
6.	Mattie Suver, 26	1:13:06	2,000 + 750i
7.	Tera Moody, 33	1:13:25	1,000 + 750i
8.	Stephanie Dinius, 24	1:13:28 PB	750 + 750i
9.	Alia Gray, 25	1:13:34 PB	500 + 750i
10.	Kara Lubieniecki, 24	1:13:38 PB	250 + 750i
11.	Sara Hall, 30	1:13:38 PB	750i

i) Earned time incentive bonus

### **Marathon (gun times)**

#### MEN

1.	Bazu Worku, 23, ETH	2:07:32	\$40,000
2.	Getachew Terfa*, 30, ETH	2:07:54	20,000
3.	Jose Antonio Uribe, 28, MEX	2:08:55 PB	10,000
4.	Dadi Yami Gemedra, 32, ETH	2:11:08	6,000
5.	Dominic Ondoro, 25, KEN	2:11:43	4,000

#### WOMEN

1.	Abebech Bekele, 23, ETH	2:25:52	\$40,000
2.	Meskerem Assefa, 28, ETH	2:25:59	20,000
3.	Gelete Burka, 27, ETH	2:26:03	10,000
4.	Biruktait Degefa, 23, ETH	2:26:22	6,000

5. Makda Haji, 25, ETH 2:27:37 4,000  
 Tanith Maxwell, 37, RSA DNF

### **Standard Chartered Mumbai Marathon (11th)**

Mumbai, IND, 19 January  
 (Distance: 42.195 km)

MEN (gun times)

1. Evans Ruto, KEN 2:09:33 USD 41,000  
 2. Lawrence Kimaiyo, KEN 2:09:45 21,000  
 3. Philemon Baaru, KEN 2:09:58 15,000  
 4. Stephen Chebogut, KEN 2:10:56 10,000  
 5. Ishmael Bushendich, KEN 2:11:18 8,000  
 ... 8. Hailu Mekonnen, ETH 2:12:17 3,000  
 ... 15. Prodigal Kumalo, ZIM 2:24:04

WOMEN (gun times)

1. Dinknesh Mekash, ETH 2:28:08 USD 41,000  
 2. Gladys Kipsoi, KEN 2:29:53 21,000  
 3. Bizunesh Urgesa, ETH 2:30:00 15,000  
 4. Etalemahu Kidane, ETH 2:31:53 10,000  
 5. Asnakech Mengistu, ETH 2:32:42 8,000

### **CROSS-COUNTRY**

#### **Cross Internacional de Itálica (32nd)**

Seville, ESP, 19 January

INTERNATIONAL MEN (10.8 km):

1. Paul Tanui, KEN, 31:32  
 2. Timothy Toroitich, UGA, 31:34  
 3. Emmanuel Bett, KEN, 31:54  
 4. Ayad Lamdassem, ESP, 32:29  
 5. Javier Guerra Polo, ESP, 32:29

INTERNATIONAL WOMEN (8 km):

1. Hiwot Ayalew, ETH, 27:18  
 2. Alemitu Heroye, ETH, 27:23  
 3. Mercy Cherono, KEN, 27:36  
 4. Trihas Gebre, ETH, 28:06  
 5. Lillian Partridge, GBR, 28:11

#### **Kenyan Police Cross-country Championships**

Nairobi, KEN, 11 January

MEN (12 km):

1. Geoffrey Kipsang, 36:46  
 2. Geoffrey Mutai, 37:26  
 3. Augustine Choge, 37:28  
 4. Josephat Bett, 38:03  
 5. Joseph Kitur, 38:09  
 6. Philemon Rono, 38:12  
 7. Bernard Kipkemoi, 38:17  
 8. Nicholas Togom, 38:19

9. Isaiah Kiplangat, 38:31
10. Joseph Kiptum, 38:35

WOMEN (8 km):

1. Florence Kiplagat, 27:44
2. Irene Jelagat, 28:29
3. Edith Chelimo, 28:33
4. Janet Kisa, 28:55
5. Isabella Ochichi, 28:57
6. Ann Cheptanui, 29:38
7. Beatrice Chepchumba, 29:40
8. Esther Chemutai, 29:48
9. Hellen Nzembi, 29:58
10. Monica Wangare, 30:11

## INDOOR TRACK

### University of Washington Indoor Preview

Seattle, USA, 18 January

MEN

800:

Section 1 -

- |                   |             |         |
|-------------------|-------------|---------|
| 1. Jordan Welling | Bowerman AC | 1:57.53 |
|-------------------|-------------|---------|

Section 2 -

- |                 |                  |         |
|-----------------|------------------|---------|
| 1. Kent Nowak   | Portland         | 1:55.31 |
| 2. Alan Webb    | Bowerman A C     | 1:55.88 |
| 3. Ethan Hewitt | Alaska Anchorage | 1:56.48 |

Mile:

Section 5 -

- |                  |                   |            |
|------------------|-------------------|------------|
| 1. Patrick Casey | Oregon Track Club | 3:58.06 WL |
| 2. Joe Rosa      | Stanford          | 4:01.72 PB |
| 3. Erik Olson    | Stanford          | 4:02.12 PB |
| 4. Alan Webb     | Bowerman A C      | 4:02.81    |

### Arkansas vs. Texas Dual Meet

Fayetteville, USA, 17 January

Mile:

1. Dominique Scott, Arkansas (RSA) 4:38.49 WL/PB
2. Stephanie Brown, Arkansas 4:41.26 PB
3. Marielle Hall, Texas 4:49.17

### Dartmouth vs. Columbia vs. Yale Meet

Hanover, USA, 18 January

WOMEN

1000:

- |                     |              |            |
|---------------------|--------------|------------|
| 1. Abbey D'Agostino | SR Dartmouth | 2:46.88 PB |
| 2. Madeline Rathbun | JR Columbia  | 2:54.21    |
| 3. Danika Simonson  | SR Columbia  | 2:54.23    |

## Kentucky Track & Field Invitational

Lexington, USA, 17-18 January

MEN

800 (18): 1. Thomas Bojanowski, SR Wake Forest (GER), 1:50.53; 2. Zach Dahleen, 5 Unattached, 1:50.74; 3. David Mokone, SR Western KY (RSA), 1:51.69.

## Boston University Multi-Team Meet

Boston, USA, 16 January

MEN

5000:

- |                 |                           |                    |
|-----------------|---------------------------|--------------------|
| 1. Galen Rupp   | Nike Oregon Project       | 13:01.26 NR/ACR/WL |
| 2. Sam Chelanga | Nike (KEN)                | 13:04.35 PB        |
| 3. Cam Levins   | Nike Oregon Project (CAN) | 13:19.16 NR        |

WOMEN

1000:

Section 2 -

- |                   |                     |                       |
|-------------------|---------------------|-----------------------|
| 1. Mary Cain      | Nike Oregon Project | 2:39.25 WJR/HSR/FR/PB |
| 2. Treniere Moser | Nike Oregon Project | 2:39.32 PB            |
| 3. Emma Bolduc    | Sacred Heart        | 2:59.86               |

## OUTDOOR TRACK

### Cooks Garden Classic

Wanganui, NZL, 20 January

MEN

Mile:

Men's Race -

- |                            |         |
|----------------------------|---------|
| 1. Nick Willis, Lower Hutt | 3:55.98 |
| 2. Malcolm Hicks, Auckland | 4:00.12 |
| 3. Matt Harris, Scottish   | 4:08.02 |

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## NEWS

### CHRIS CHATAWAY PASSES AWAY AT 82

Sir Christopher Chataway, former world record holder for 5000 m and one of the men who paced Roger Bannister to the first four-minute mile on 6 May 1954, passed away on Sunday after suffering from cancer for two and a half years. The following obituary, slightly edited here, appeared on the BBC News website.

Christopher Chataway was a high achiever who excelled in a number of fields. An Olympic athlete and one-time world 5000 m record holder, he was also a television reporter, a Conservative MP and a government minister.

Having also been a successful businessman and a chairman of the Civil Aviation Authority, he described himself in 2010 as having "never made up my mind what I wanted to do".

Born in Chelsea in January 1931, Christopher Chataway was educated at Sherborne School in Dorset and, after National Service, at Magdalen College, Oxford, where he took an honours degree in politics, philosophy and economics and became president of the University Athletic Club.

He represented Great Britain in the Olympic Games in 1952 and 1956; he ran a memorable 5000 m race against Emil Zatopek and was a pacemaker when Roger Bannister ran the first four-minute mile in 1954.

Later the same year, on 13 October, Chataway reached the peak of his running career with a victory over the Russian world record holder, Vladimir Kuts, establishing what was then a world record over 5000 m – 13:51.6 (Kuts took the record back a mere ten days later).

After working as a junior executive for a big firm of brewers, he joined Independent Television News in 1955 as a staff reporter, and then joined the BBC's television team as a commentator on current affairs, before eventually working on *Panorama* for four years.

Chataway entered Parliament in 1959 as Conservative member for North Lewisham. However, he lost his seat at the 1964 general election, and returned to television and journalism while establishing himself in local government.

He returned to the House of Commons in 1969 after winning a by-election at Chichester, and became the opposition spokesman on the environment. In the summer of 1970 he took a prominent part both in organising and presenting the Conservative Party's election broadcasts.

As minister of posts and telecommunications in the new government, Chataway became responsible for a Post Office that had recently been turned into a public corporation and was undergoing rapid but turbulent modernisation.

As minister he was also responsible for introducing local commercial radio stations.

In April 1972, Chataway moved to the Department of Trade and Industry as minister in charge of the new industrial development executive, and was responsible for development



Above: Chris Brasher, Roger Bannister and Chris Chataway after the historic race on 6 May 1954 in Oxford in which Bannister broke through the 4-minute barrier with his 3:59.4 (he also equalled the world 1500 m record *en route* with his 3:43.0). Chataway was second in 4:07.2 and Brasher sixth; Chataway himself went under 4 minutes the next year. Below: The three men thirty years later in 1984.





in the regions and for virtually the whole of private sector industry, including computers, small firms and tourism.

Chataway retained his Chichester seat in at the general election of February 1974 but he did not seek re-election in the October election that year. He thus bowed out of politics at the early age of 43, and went to work in the city where he held several directorships.

In June 1995, Chataway was given a knighthood for his services to the aviation industry in the Queen's Birthday Honours, having served as chairman of the Civil Aviation Authority.

He did not rest on his laurels however, as he also served as chairman of the Bletchley Park Trust, responsible for the upkeep of the UK's wartime code breaking museum.

Chataway had started running again in his 50s and at the age of 73 he was persuaded by former long-distance runner Brendan Foster to take part in the gruelling Great North Run, a race he continued to run for several years in aid of Vicky's Water Project, a fund-raising charity set up in the name of his son's fiancée who was killed in a road accident.

In comparing the experience with his youthful racing, Chataway said: "I sometimes think that running, which was a sort of tormentor in my youth, has returned to be a friendly codger in my old age."



Chataway's most famous race, when he beat Vladimir Kuts in the match between London and Moscow in the White City Stadium to set a new world record of 13:51.6. In a dramatic tussle under floodlights in front of 50 000 spectators, Chataway passed Kuts for the first time in the race 20 metres from the finish.

## **IRVETTE OUT OF LONDON; TARGETS BERLIN**

South Africa's fastest half-marathon and marathon athlete of 2013, Irvette van Zyl, won't be lining up for the London Marathon, in which she finished 10<sup>th</sup> last year, because of injury.

"My problems started in 2013 when I won twelve races in a row, finished third in the Two Oceans Half Marathon and ran my personal best of 2:31:26 in the London Marathon," Van Zyl said.

"But since then I have been battling with a knee injury that seemed to come and go as it pleased. However, initially I could maintain all my training with not too much discomfort. Then I still had a few solid performances over 10 km and the half-marathon distances. At the end of September my knee got worse and a torn meniscus was diagnosed. I underwent arthroscopic surgery on 14 October. The operation was successful and after six weeks I could start running again.

"At the beginning of 2014 my knee started swelling and I felt a lot of discomfort while running. I went back to the doctor, and this time it was bad synovitis and oedema in my knee that resulted in the extreme swelling – basically, overuse of the knee joint.

"I went to an orthopedic surgeon, whose verdict was: 'You have to rest for 3 months.'

"Now I have a new goal: the Berlin Marathon at the end of September. If all goes well, watch out! I am not yet done with chasing that sub 2:30 mark!"

## **CAIN ON A ROLL EARLY**

Mary Cain and Galen Rupp set significant records at the Boston University Multi-Team Meet in Boston last week while coach Alberto Salazar looked on, reports *Race Results Weekly*.

In the women's 1000 m, the 17-year-old Cain clocked a new world indoor junior record of 2:39.25. The previous mark of 2:40.1 was set by American Diana Richburg back in 1982. Cain just edged Nike Oregon Project teammate and USA 1500 m champion Treniere Moser, who clocked 2:39.32, a personal best.

Cain now holds USA junior indoor records for 1000 m, 1500 m (4:11.72), mile (4:28.25), 3000 m (9:04.51), and two miles (9:38.68). Should she break 2:01.8 for 800 m later this indoor season -- she is running that event at the NYRR Millrose Games on 15 February -- she will have all the American indoor junior records from 800 m to two miles.

Rupp broke Lopez Lomong's American indoor 5000 m record, clocking 13:01.26. Rupp's time is also a USA all-comer's record. (Results elsewhere in this issue.)

## **STACKED FIELD WILL FACE FARAH IN MARATHON DEBUT**

A potential victory for marathon debutant Mo Farah at the Virgin Money London Marathon on 13 April just got a lot harder after event organizers announced a powerful elite field to challenge the two-time Olympic gold medalist, reports *Race Results Weekly*.

A total of seven men who have broken two hours and six minutes during their careers have entered the race, led by Kenyan world record holder Wilson Kipsang (2:03:23) and the fastest man ever on a certified marathon course, Geoffrey Mutai (2:03:02\*), also of Kenya.

Kipsang, 31, the 2012 Olympic Marathon bronze medalist, has run sub-2:04 twice in his career, and has run under 2:05 on four occasions. His marathon victories include Berlin (2013/world record), Frankfurt (2010, '11) and London (2012). He's also won prestigious half marathons like the NYC Half (2013) and Great North Run (2012).

Mutai, 32, is twice the TCS New York City Marathon champion (2013, '11), and has won Boston (2011), Berlin (2012) and Eindhoven twice (2008, '09).

Recently crowned World Marathon Majors champion Tsegaye Kebede, 26, of Ethiopia (2:04:38 PB), the reigning London champion; London course record holder Emmanuel Mutai, 29, of Kenya (2:03:52); 2012 Olympic Marathon champion Stephen Kiprotich, 24, of Uganda (2:07:20); and two-time TCS New York City Marathon champion Marilson Gomes Dos Santos, 36, of Brazil (2:06:34) are also in the field.

Farah, who lives in Portland, Oregon, and is coached by Alberto Salazar under Nike's Oregon Project program, expected a very tough race after running about 20 kilometers of last year's contest as a reconnaissance run.

"I gained a lot of valuable experience running part of the course alongside the top guys last year and can't wait to race over the full distance this April," Farah said through a statement provided by race organizers. He continued: "I had another great year on the track in 2013, but the marathon is my main focus for this year. As a young boy growing up in London it has always been my ambition to run the London Marathon and to be able to make my marathon debut in my home town is very special."

The Virgin Money London Marathon is part of the World Marathon Majors series which includes the commercial marathons in Berlin, Boston, Chicago, London, New York and Tokyo, plus the IAAF World Championships and Olympic Marathons in the years those races are contested.

The complete men's elite field is as follows with career best times:

- Geoffrey Mutai (KEN), 2:03:02\*
- Wilson Kipsang (KEN), 2:03:23 WR
- Emmanuel Mutai (KEN), 2:03:52
- Ayele Abshero (ETH), 2:04:23
- Feyisa Lilesa (ETH), 2:04:32
- Tsegaye Kebede (ETH), 2:04:38
- Stanley Biwott (KEN), 2:05:12
- Marilson dos Santos (BRA), 2:06:34
- Martin Mathathi (KEN), 2:07:16
- Stephen Kiprotich (UGA), 2:07:20
- Samuel Tsegay (ERI), 2:07:28

Mustapha El Aziz (MAR), 2:07:55  
 Amanuel Mesel (ERI), 2:08:17  
 Scott Overall (GBR), 2:10:55  
 Ryan Vail (USA), 2:11:45  
 Mo Farah (GBR), Debut  
 Ibrahim Jeilan (ETH), Debut  
 Chris Thompson (GBR), Debut  
 Ben Livesey (GBR), Debut

\*) Time achieved at the 2011 Boston Marathon which is not acceptable for record-setting. Mutai's best time on a record-quality course is 2:04:15 (Berlin, 2012).

## STATS TIME

This week we include a list of the top ten veteran women 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 WOMEN

1:20:40	Suzette Botha	1	Pietermaritzburg	24 Feb
1:23:31	Janene Carey	1	Durban	14 Jul
1:24:07	Zola Pieterse	1	Bedfordview	13 Jan
1:24:41	Paulina Phaho	1	Benoni	27 Jan
1:26:27	Shani Silver	2	Durban	14 Jul
1:26:32	Linley Holmes	1	Gordon's Bay	14 Apr
1:28:00	Ursula Turck	2	Gordon's Bay	14 Apr
1:28:15	Ursula Frans	1	Riebeeck Kasteel	31 Aug
1:28:58	Sandra van Graan	3	Gordon's Bay	14 Apr
1:29:15	Elmarie Coetzee	1	Atlantis	24 Aug

## THIS MONTH IN HISTORY

### 30 years ago: 5 January 1984

The wind was howling in Stellenbosch on this evening. But 17-year-old Bloemfontein schoolgirl Zola Budd was on fire that night (as were the stands of the Coetzenburg track, where a blaze later in the evening made spectators scurry to safety). Running barefooted as usual, she smashed Mary Decker's 5000-metre world record with a time of 15:01.83. Three months later Zola was a British citizen and another four months later she faced Decker in that infamous 3000-metre clash at the Los Angeles Olympic Games. The Stellenbosch performance was never recognised as a world record because South Africa was still banned at the time, but in August 1985 Budd ran a career-best 14:48.07 in Crystal Palace, London, to beat Ingrid Kristiansen and set an official global record.

## 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	30:46	Stephen Mokoka	Pretoria	18 Jan
	28:34	Abel Kipsang (KEN)		
	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	67:24	Elroy Gelant	Bedfordview	12 Jan
	62:52	Ayele Abshiro Biza (ETH)		
	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	2:36:39	Thembelani Zola	Fish Hoek	18 Jan
	2:08:06	Mark Kiplagat Kipchumba (KEN)		
	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	2:45:46	Nic de Beer	Fish Hoek	18 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	36:16	Daniel Mothibe	Pretoria	18 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	83:17	Peter Sehloho	Botha's Hill	19 Jan
	66:42	Martin Rees (GBR) 2003		
25 km				
30 km	2:03:06	Chris Mitchell	Camps Bay	05 Jan
Marathon	3:01:30	Joseph Molehe	Welkom	18 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	41:16	Mike du Bruto	Pretoria	04 Jan
15 km	62:47	Clive Owen	Constantia	11 Jan
21.1 km	97:08	John Woodruff	Bedfordview	12 Jan

25 km				
30 km	2:17:58	Barry Bester	Camps Bay	05 Jan
32 km				
Marathon	3:47:52	Trevor Parry	Welkom	18 Jan
100 km				
<u>Juniors</u>				
10 km	34:59	Thabang Maleka	Pretoria	18 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	86:56	Brian Mbambo	Pretoria	18 Jan
	59:16	Samuel Wanjiru (KEN) 2005		
<b>WOMEN</b>				
<u>Open</u>				
10 km	36:00	Myrette Filmatter	Pretoria	18 Jan
	32:21	Sophie Duarte (FRA)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	57:40	Ntombesintu Mfunzi	Port Elizabeth	18 Jan
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	78:26	René Kalmer	Bedfordview	12 Jan
	71:55	Guteni Shone Imana (ETH)		
	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	2:59:42	Zola Pieterse (vet)	Charleston	18 Jan
	2:21:36	Mare Dibaba Hurssa (ETH)		
	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
	32:14	Priscilla Welch (GBR) 1985		
15 km	64:15	Gillian Sieling	Johannesburg	05 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	89:20	Gillian Sieling	Bedfordview	12 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km				
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:15:53	Elmarie Coetzee	Camps Bay	05 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:59:42	Zola Pieterse	Charleston	18 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	44:36	Elsabe Brink	Pretoria	18 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	92:26	Judy Bird	Bedfordview	12 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		

25 km				
30 km	2:33:38	Lorraine Rogers	Camps Bay	05 Jan
Marathon	3:50:07	Julie Shadwell	Fish Hoek	18 Jan
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	51:59	Lyn de Bruin	Pretoria	18 Jan
15 km	68:21	Margie Saunders	Jeffreys Bay	04 Jan
21.1 km	1:56:25	Anne Bellomusto	Bedfordview	12 Jan
25 km				
30 km	2:45:55	Veronica van Niekerk	Camps Bay	05 Jan
32 km				
Marathon	4:38:38	Ruth Leverton	Fish Hoek	18 Jan
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	2:02:10	Chanté Venter	Bedfordview	12 Jan
	1:09:05	Delilah Asiago (KEN) 1991		

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