

Distance Running Results

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

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Publisher: Riël Hauman

EDITORIAL

The best racing of the weekend came in the Ocean Basket Marcel van 't Slot 15 km in Pretoria, where Gladwin Mzazi set a new course record of 44:38. The previous holder of the record (45:57), Lucky Mohale, had to be content with fourth place after having won the last three races. One list leader was set, by Johannes Kekana, who easily beat Gert Thys and Elias Mabane in the veteran category in 46:51. The women's race went to Louisa Leballo in 55:39.

In the John Korasie 30 km Nancy Will set a list leader of 2:39:03 in the grandmaster category. The country's leading grandmaster, Margie Saunders, had another tremendous run in the Continental 10 km, where her 42:28 was better than the times achieved in the veteran and master categories. She finished seventh overall.

In the results of the Totalsports race in Stellenbosch in last week's DRR René Kalmer's club was wrongly given as Nedbank, although she runs for Modern Athlete. DRR neglected to correct this and regrets the error.

With the delayed publication of DRR's US partner publication *Race Results Weekly* I have decided to send subscribers this issue early today and publish a special edition with the results of the European Championships and African Championships, where South Africa won nineteen medals, tomorrow.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * John Korasie 30 km, Simon's Town
 - * Midlands Capital Climb, Pietermaritzburg
 - * Continental 10 km, Port Elizabeth
 - * Ocean Basket Marcel van 't Slot 15 km, Pretoria
 - * Oak Cottage Spar Mountain Drive Half Marathon, Grahamstown
 - * Women's Day 10 km, Oudtshoorn
 - * Exxaro Mogol Marathon, Half Marathon & 10 km, Lephalale (Ellisras)
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ROAD RUNNING

John Korasie 30 km

Simon's Town, 17 August
(Certified, very hilly loop course)

Note: Just 16 hours after running in the WP Cross-country Championships Zintle Xiniwe, Candyce Hall (see also below), Cheryl Rudolph and Nancy Will ran again here. – Ed.

MEN

1. Siviwe Nkombe (Itheko) 1:44:56 (R550)
2. Michael Bailey (Asics) 1:46:35 (R350)
3. Vuyolwethu Mbukushe (Gugs) 1:48:22 (R250)

(All age category prizes were the same: R350, R250, R150.)

Veterans: 1. Sabelo Ngcwama (Celtic) 1:58:09; 2. Youssuf Kanouni (NBMC) 1:58:39; 3. Xolile Macanda (Gugs) 2:02:25. **Masters:** 1. Monde Tutani (Gugs) 2:07:09; 2. Steven Parkins (Tyger) 2:08:29; 3. Kevin Isaacs (Top) 2:11:13. **G'masters:** 1. Muhammad Kriel (Ommie) 2:14:43; 2. Jimmy Morris (Forest) 2:19:27; 3. Albert Williams (Top) 2:28:06.

WOMEN (Same prize money as men)

1. Zintle Xiniwe (NBMC) 2:11:13
2. Ursula Frans (NBMC) 2:12:50 (1st vet)
3. Candyce Hall (NC) 2:17:15

Veterans: 1. Ursula Frans (NBMC) 2:12:50; 2. Adele Waldron (WC) 2:17:26; 3. Ursula Turck (Strand) 2:18:29. **Masters:** 1. Julie Shadwell (VOB) 2:33:47; 2. Cheryl Rudolph (East) 2:35:34; 3. Georgina Sinclair (VOB) 2:39:43. **G'masters:** 1. Nancy Will (Pine) 2:39:03; Toni Upham (SH) 3:24:05; 3. Avril de Lapelin-Dumont (WC) 3:24:18.

Midlands Capital Climb (39th)

Pietermaritzburg, 17 August
(Distance: 15 km; very hilly out-and-back course. Finishers: 1047.)

Note: Malibongwe Dlamini, who won last year, and Helen Buley both finished second, but were the first to reach the top of the climb. – Ed.

MEN

- | | | | |
|----|--------------------|-------------|-------|
| 1. | Thobane Chagwe | Ind | 49:48 |
| 2. | Malibongwe Dlamini | Coll Harr | 50:12 |
| 3. | Nhlanhla Tshabala | Maxed Elite | 53:06 |

40-49:

- | | | | |
|----|-------------------|-----------|-------|
| 1. | Zamokwale Ngubane | Phuma KZN | 63:35 |
|----|-------------------|-----------|-------|

50-59:

- | | | | |
|----|------------------|----------|-------|
| 1. | Willie Majombozi | Boxer AC | 63:17 |
|----|------------------|----------|-------|

60+:

- | | | | |
|----|------------|----------|-------|
| 1. | Ruben Gema | Ixopo AC | 79:16 |
|----|------------|----------|-------|

WOMEN

- | | | | |
|----|--------------------|------------|-------|
| 1. | Cary-Ann Smith | Boxer AC | 65:59 |
| 2. | Helen Buley | Coll Harr | 68:08 |
| 3. | Nonsikelelo Mbambo | Natal Carb | 68:18 |

40-49:

- | | | | |
|----|-------------|------|-------|
| 1. | Pat Dammann | ROAG | 72:48 |
|----|-------------|------|-------|

50-59:

1.	Janine Engels	West AC	77:29
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60+:

1.	Gill Tregenna	West AC	98:48
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Continental 10 km

Port Elizabeth, 16 August

(Loop course. Finishers: 512 [significantly up from 321 last year].)

Note: Repeat victories here for Melikhaya Frans and Ntombesintu Mfunzi. – Ed.

MEN

1	Melikhaya	Frans	Nedbank RC EP	22	30:56
2	Zolani	Ngqqaqa	Madibaz AC	25	31:04
3	Andre	Ketchem	X-Cel AC	30	31:11
4	Bulelini	Niwa	PEAAC	28	31:55
5	Mzolisi	Makhanda	Nedbank RC EP	31	32:09
6	Sibusiso	Thu	Transnet Eng EP	26	32:23
7	Ryan	Peter	Madibaz AC	20	33:00
8	Adriaan	Gerwel (1 st jun)	X-Cel AC	18	33:19
9	Duwayne	Lucas	Aspen Pharmcare	24	33:29
10	Brendon	Effenaar	X-Cel AC	18	33:34
11	Terrance	Mjekula (1 st vet)	Charlo AC	41	34:19
12	Lonwabo	Williams	Tinarha AC	15	34:48
13	Lindelani	Mlisi	Motherwell AC	15	34:53
14	Christopher	Mabengeza	Nedbank RC EP	48	34:59
15	Michael	Bester	Achilles AAA	27	35:16
16	Desmond	Zibi (1 st mast)	Ikhamba AC	50	35:25
17	Tumelo	Mochelenyane	Nedbank RC EP	32	35:35
18	Nkosinathi	Gcakasi	Bluewater Bay	43	36:26
19	Thobile	Xata	Bluewater Bay	40	36:39
20	Adriaan	Gouws	Nedbank RC EP	41	36:48

40-44:

1	Terrance	Mjekula	Charlo AC	41	34:19
2	Nkosinathi	Gcakasi	Bluewater Bay	43	36:26
3	Thobile	Xata	Bluewater Bay	40	36:39

45-49:

1	Christopher	Mabengeza	Nedbank RC EP	48	34:59
2	Adrian	Clarke	Temp	49	38:02
3	Freek	Daniels	Transnet Eng EP	48	38:38

50-54:

1	Desmond	Zibi	Ikhamba AC	50	35:25
2	Kenneth	Menze	Bluewater Bay	52	36:52
3	Neil	De Meillon	Nedbank RC EP	51	39:41

55-59:

1	Alan	Taylor	Achilles AAA	57	42:11
2	Schoombee	Pretorius	Warriors AC	56	44:11
3	Christopher	Nyodi	Bluewater Bay	55	44:28

60-64:

1	Sizinzo	Kama	Achilles AAA	63	41:29
2	Donald	Mancasa	Transnet Eng EP	60	47:56
3	Armin	Brandle	Charlo AC	62	50:30

65-69:

1	Syd	Lippstreu	Crusaders AC	66	49:03
2	Chris	Viljoen	Temp	67	55:54

3	Andre	Fourie	Nedbank RC EP	67	56:55
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	72	43:53
2	Rolf	Mentzel	Profiles AC	74	55:21
3	Robin	Clark	Achilles AAA	73	1:08:49
Juniors:					
1	Adriaan	Gerwel	X-Cel AC	18	33:19
2	Brendon	Effenaar	X-Cel AC	18	33:34
3	Lonwabo	Williams	Tinarha AC	15	34:48
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC EP	32	38:48
2	Siphokazi	Nojoko	Motherwell AC	19	40:55
3	Ndileka	Mvakwendlu	Tinarha AC	23	41:35
4	Olivia	Read	Temp	38	41:41
5	Terri-Lynn	Penney	Run For Life EP	37	41:50
6	Terray	Newcombe	Elite AC	23	41:58
7	Margie	Saunders (1 st g'mast)	Nedbank RC EP	60	42:28
8	Christine	Claasen (1 st vet)	Achilles AAA	49	43:31
9	Leigh-Ann	Bowden	Midrand AC	40	43:41
10	Anche	Schubart	Achilles AAA	32	45:17
11	Camarin	Van Eyk	Nedbank RC EP	32	45:20
12	Janette	Schierz-Crusius (1 st mast)	Body Concept	53	45:21
13	Grizelda	Pietersen	Maxed Elite EP	45	45:30
14	Lindie	Steyn	Charlo AC	27	46:27
15	Sunelle	Horne	Bluewater Bay	40	46:42
16	Monique	Jordaan	Madibaz AC	22	46:52
17	Elana	Loest	Temp	35	47:09
18	Treloar	Childs	Walmer AC	51	47:12
19	Nolikhanyo	Mdwayi	Transnet Eng EP	33	48:46
20	Agnes	Van Iddekinge	Profiles AC	48	49:10
40-44:					
1	Leigh-Ann	Bowden	Midrand AC	40	43:41
2	Sunelle	Horne	Bluewater Bay	40	46:42
3	Susan	Grannum	Walmer AC	43	52:28
45-49:					
1	Christine	Claasen	Achilles AAA	49	43:31
2	Grizelda	Pietersen	Maxed Elite EP	45	45:30
3	Agnes	Van Iddekinge	Profiles AC	48	49:10
50-54:					
1	Janette	Schierz-Crusius	Body Concept	53	45:21
2	Treloar	Childs	Walmer AC	51	47:12
3	Rosemary	Joubert	Crusaders AC	53	53:02
55-59:					
1	Amanda	Wolmarans	Walmer AC	55	51:53
2	Christine	Snyman	Despatch AC	58	55:17
3	Barbara	Foot	Crusaders AC	55	55:33
60-64:					
1	Margie	Saunders	Nedbank RC EP	60	42:28
2	Helene	Oppel	Crusaders AC	64	59:59
3	Rina	Strydom	Temp	64	1:21:54
65-69:					
1	Liz	Grundlingh	Muirite Striders	67	54:53
2	Jeanette	Pienaar	PEAAC	66	1:06:37
3	Denise	Terblanche	Walmer AC	67	1:07:33

70-74:

1	Orgia	Nell	Muirite Striders	70	1:09:25
2	Isabella	Childs	Walmer AC	72	1:12:16

75-79:

1	Dorothy	Hart	Charlo AC	76	1:18:01
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Juniors:

1	Danielle	Harkin	Madibaz AC	18	1:04:23
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Ocean Basket Marcel van 't Slot 15 km

Pretoria, 16 August

(Loop course. Finishers: 2150 [down from 2270 last year]; also 858 in 5 km.)

MEN

1 Gladwin Mzazi (Transnet) 44:38 CR; 2 Kgosi Tsosane (Nedbank) 44:41; 3 Desmond Mokgobu (Maxed Elite) 44:54; 4 Lucky Mohale (Maxed Elite) 45:25; 5 Precious Mashele (Transnet) 45:34.

Veterans: 1 Johannes Kekana (Toyota) 46:51; 2 Gert Thys (Maxed Elite) 48:32; 3 Elias Mabane (Nedbank) 50:19. **Masters:** 1 Sontaga Mabale (Breakthru Midrand) 61:09; 2 Victor Phetoe (Irene) 61:20; Rob Hudson (Irene) 63:00. **G'masters:** 1 Theo Swanepoel (Kempton) 68:27; 2 Petrus Ratshikakalo (Magnolia) 69:34. **G/g'masters:** 1 Johan Wessels (Running Inn) 81:57.

WOMEN

1 Louisa Leballo (Temp) 55:39; 2 Kim Laxton (Sunninghill) 56:17; 3 Simongele Mabuza (Transnet) 60:32; 4 Happiness Mkhize (Tuks) 61:29; 5 Jane Mudau (Nedbank) 63:48 (1st mast).

Veterans: 1 Cornia Broere (Tuks) 74:31; 2 Naretha Stockenstrom (RWFL) 77:30; 3 Susan Rossouw (CSIR) 79:47. **Masters:** 1 Jane Mudau (Nedbank) 63:48; 2 Debbie Bredenkamp (HQH) 71:10; 3 Connie Blom (New Balance) 72:29. **G'masters:** 1 Sonja Laxton (RAC) 80:46; 2 Vollie Spies (Tuks) 84:33. **G/g'masters:** 1 Mavis Stadler (Agape) 96:41.

Oak Cottage Spar Mountain Drive Half Marathon

Grahamstown, 9 August

(Distance: 21.1 km; hilly loop course, partly on gravel. Finishers: 325 [up from 294 last year].)

MEN

1	Lungile	Gongqa	Temp	35	1:09:01
2	Mthandazo	Qhina	Nedbank RC WP	36	1:10:52
3	Melikhaya	Frans	Nedbank RC EP	22	1:12:11
4	Andre	Ketchem	X-Cel AC	30	1:12:17
5	Melikhaya	Kepe	Nedbank RC EP	38	1:13:49
6	Anele	Maliza	Nedbank RC EP	36	1:16:20
7	Zolani	Ngqaqa	Madibaz AC	25	1:17:04
8	Siyabonga	Kahla (1 st jun)	Motherwell AC	18	1:17:13
9	Melikhaya	Malinga	Tinarha AC	34	1:17:34
10	Masande	Mlonyeni	Nedbank RC EP	33	1:18:51
11	Zolile	Mhlahlo	Achilles AAA	39	1:18:55
12	Desmond	Zibi (1 st mast)	Ikhamba AC	50	1:19:14
13	Basie	Bonaparte (1 st vet)	Albany R R	48	1:19:29
14	Sizakele	Dayimani	Kowie Striders	34	1:19:42
15	Mzamo	Fokwana	Charlo AC	36	1:21:32
16	Kgotso	Majara	Ikhamba AC	33	1:21:32

17	Christopher	Mabengeza	Nedbank RC EP	48	1:21:49
18	Lonwabo	Williams	Tinarha AC	15	1:23:17
19	Emerson	Kayana	Nedbank RC EP	40	1:24:56
20	Mncedi	Khanti	Tinarha AC	34	1:25:16

40-44:

1	Emerson	Kayana	Nedbank RC EP	40	1:24:56
2	Michael	Prince	Nedbank RC EP	40	1:27:22
3	Thembekile	Msipa	Charlo AC	40	1:29:25

45-49:

1	Basie	Bonaparte	Albany R R	48	1:19:29
2	Christopher	Mabengeza	Nedbank RC EP	48	1:21:49
3	Vernon	Newfeldt	Gelvan AC	48	1:30:31

50-54:

1	Desmond	Zibi	Ikhamva AC	50	1:19:14
2	Nelson	Vlakkbok	Charlo AC	50	1:32:30
3	Robin	Fourie	Achilles AAA	51	1:38:31

55-59:

1	Disemba	Blou	Charlo AC	56	1:37:23
2	Peter	Van Rensburg	Elite AC	56	1:44:37
3	Schoombee	Pretorius	Warriors AC	56	1:45:37

60-64:

1	Hannes	Els	Warriors AC	64	1:41:17
2	Richard	Foss	Albany R R	60	1:50:37
3	Graham	Channon	Achilles AAA	64	1:51:50

65-69:

1	David	O'reilly	Nedbank RC EP	66	2:11:09
2	Syd	Lippstreu	Crusaders AC	66	2:16:15
3	Stavie	Van Aardt	Albany R R	67	2:21:05

70-74:

1	Robin	Clark	Achilles AAA	73	2:57:35
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Juniors:

1	Siyabonga	Kahla	Motherwell AC	18	1:17:13
2	Lonwabo	Williams	Tinarha AC	16	1:23:17
3	Deyernito	Du Plessis	Temp	16	1:32:34

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC EP	32	1:26:50
2	Babalwa	Ngcoko	Nedbank RC EP	27	1:38:48
3	Siphokazi	Nojoko	Motherwell AC	19	1:39:24
4	Ndileka	Mvakwendlu	Tinarha AC	23	1:40:59
5	Terray	Newcombe	Elite AC	23	1:42:56
6	Christine	Coppinger	Temp	26	1:43:51
7	Mandy	Jackson	Temp	33	1:48:41
8	Janine	Gardiner	Charlo AC	33	1:49:09
9	Sarah-Jane	Fargan	Temp	24	1:49:21
10	Nolikhanyo	Mdwayi	Transnet Eng EP	33	1:53:17
11	Jade	De Sousa	Temp	21	1:53:19
12	Sarah	Raubenheimer	Rhodes University	21	1:54:16
13	Megan	Wilson (1 st jun)	Charlo AC	18	1:54:22
14	Gail	Klichowicz (1 st vet)	Achilles AAA	47	1:55:14
15	Callie	Thomson	Temp	23	1:55:41
16	Debbie	Dodd	Charlo AC	43	1:57:05
17	Kirsti-Joan	Still	Temp	30	1:57:39
18	Katie	Dixie	Temp	31	1:57:55
19	Judy	Beens	Charlo AC	47	2:00:22
20	Wilandi	Esterhuysen	Mansgenoeg AC	35	2:01:43

40-44:

1	Debbie	Dodd	Charlo AC	43	1:57:05
2	Liz	Goosen	Warriors AC	41	2:03:46
3	Helen	John	No Club	40	2:10:01

45-49:

1	Gail	Klichowicz	Achilles AAA	47	1:55:14
2	Judy	Beens	Charlo AC	47	2:00:22
3	Janice	Mckerry	Queenstown	49	2:05:53

50-54:

1	Rosemary	Joubert	Crusaders AC	53	2:03:09
2	Merle	Nair	Achilles AAA	52	2:08:40
3	Lynette	Crause	Walmer AC	54	2:15:26

55-59:

1	Amanda	Wolmarans	Walmer AC	55	2:08:07
2	Christine	Snyman	Despatch AC	58	2:20:22
3	Barbara	Foot	Crusaders AC	55	2:22:26

60-64:

1	Cathy	Ives	Achilles AAA	61	2:12:55
2	Jos	Els	Warriors AC	62	2:17:39

65-69:

1	Marlene	Wiese	Kowie Striders	68	2:28:52
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Juniors:

1	Megan	Wilson	Charlo AC	18	1:54:22
2	Unathi	Sonanzi	Motherwell AC	16	2:11:39
3	Marike	Marais	St Albans CS EP	16	2:15:14

Women's Day 10 km

(Women only)

Oudtshoorn, 9 August

(Loop course. Finishers: 41 women; also 21 men)

1	Blanca la Grange	RWFL	15	44:03
2	Cecilia Nel	Hartenbos Drawwers	32	45:14
3	Anita Beutel	Oudtshoorn AAC	32	45:51
4	Chantell Barkhuizen	Nedbank SWD	34	47:28
5	Sumien Hugo	Temp	17	47:58
6	Marida Louw	Temp	33	50:39
7	Ilse Oliphant	RWFL	37	51:06
8	Janri Joubert	Hartenbos Drawwers	23	54:42
9	May Weideman	Temp	25	55:14
10	Josephine Oosthuizen	Oudtshoorn AAC	39	55:49



Eliya Mogoboya wins the Exxaro Mogol Marathon.
[Photograph supplied]

Exxaro Mogol Marathon, Half Marathon & 10 km

Lephalale (Ellisras), 2 August

(Distances: 42.195 km, 21.1 km & 10 km. Course configurations unknown. Finishers: marathon – 38 men + 6 women = 44 total; half marathon – 60; 10 km – 54.)

Note: The winners of the marathon are Eliya Mogoboya and Martinique Potgieter, who was 12th overall. – Ed.

Marathon

MEN

1	E	Mogoboya	Nedbank	30	2:24:30
2	S	Ncube	Mr Price	42	2:25:49
3	E	Mabane	Nedbank	45	2:26:27
4	P	Muthubi	Maxed Elite	32	2:27:22
5	R	Photo	P/Burg Road Runners		2:30:08
6	E	Lesudi	Nedbank	40	2:33:04
7	L	Nonyana	Maxed Elite	35	2:33:40
8	P	Ramolo	Mr Price	37	2:38:52
9	M	Kipsego	Toyota	35	2:39:10
10	M	Emmanuel	Vhembe	41	2:39:20

WOMEN

1	M	Potgieter	P/Burg Road Runners	24	3:01:08
2	C	Malungane	Transnet	32	3:04:46
3	J	Mudau	Nedbank	51	3:24:05
4	B	Geyser	Mogol Exxaro Marathon Club	31	3:31:05
5	C	Potgieter	P/Burg Road Runners	42	3:44:21
6	P	Phaho	Transnet	42	3:51:05

Half marathon

MEN

1	T	Miya	Tsakane Athletics	32	1:11:23
2	T	Malesa	Tzaneen	25	1:12:44
3	D	Mahlanga	Temp	29	1:13:42
4	K	Chirchir	KEN/Nedbank	28	1:16:13
5	A	Kgosana	Northam	40	1:16:34

WOMEN

1	K	Tiro	Eskom Gijimas	36	1:58:14
2	S	Shabalala	TCTA-CGA	38	2:09:23
3	N	Satekge	Eskom Gijimas	31	2:10:40
4	J	Mathebela	Temp	21	2:12:32
5	B	Belinda	SANDF-Lima	53	2:14:19

10 km

MEN

1	C	Khokhololo	Elim Clinic	23	34:28
2	G	Makakabo	Temp	19	35:05
3	J	Maphoto	Eskom Gijimas	21	36:25
4	N	Mokgane	Temp	32	37:01
5	S	Simon	Eskom Gijimas	31	37:34

WOMEN

1	F	Florence	Vhembe	20	49:57
2	T	Mukwevho	Eskom Gijimas	21	51:13

3	L J van Vuuren	Temp	25	61:16
4	H Christie	Mogol Exxaro Marathon	25	66:09
5	M Ratshefola	Temp		66:21

NEWS

BEKELE WILL RACE IN CHICAGO

Three-time Olympic gold medallist Kenenisa Bekele will race his second marathon at the Bank of America Chicago Marathon on 12 October, reports *Race Results Weekly*. The world record holder at 5000 m and 10000 m will be making his American road racing debut, seeking a win and the \$100 000 first-place prize.

"I am looking forward to coming back to America, and to running fast," Bekele, 32, said in a statement. "I have heard great things about the fans in Chicago and the course."

In his marathon debut on April 6, Bekele won the Schneider Electric Marathon de Paris in a course record of 2:05:03. His margin of victory at the IAAF Gold Label road race was one minute and 45 seconds.

"After my win in Paris, I understand the marathon distance a lot better and I will bring that experience to Chicago. I know Chicago has a very fast course and, therefore, my goal is to break the course record of 2:03:45," Bekele continued. "After that, everything is possible."

Celebrating its 37th edition, the Bank of America course record was set by Kenya's Dennis Kimetto last year. Kimetto will not be defending his title, instead racing the BMW Berlin Marathon on 28 September.

Only once in race history has an Ethiopian won the men's race. That came in 2012, when Tsegaye Kebede set a then-course record of 2:04:38. In 2013, the race featured 39 122 finishers, an event record.

"Kenenisa Bekele is one of the best, most versatile and exciting athletes competing on the global stage today," said Bank of America Chicago Marathon Executive Race Director Carey Pinkowski. "Any time an athlete of Bekele's caliber lines up to race, course records and world records are in jeopardy. We expect Bekele to put on a speed show, and it's not out of the question to think that Bekele could bring the world record back home to Chicago."

Of course, Pinkowski is speaking of Kenyan Wilson Kipsang's World Record of 2:03:23, set at the 2013 BMW Berlin Marathon. Four world records have been set on the flat and fast Chicago Marathon course.

One of the most decorated athletes in athletics history, Bekele is an 18-time World Championships medallist. This will be his first World Marathon Major contest.

The Bank of America Chicago Marathon had previously announced that reigning women's champion Rita Jeptoo will return seeking her second title. She is currently leading the World Marathon Majors standings with 75 points.

SHORT NEWS ITEMS FROM ATHLETICS INTERNATIONAL

In order to concentrate on his current commitments and the IAAF Presidential election next year, **Seb Coe** has decided not to run for the position of chairman of the BBC trust, a post for which he was considered the favourite.

A street in New York City has been named after one of the USA's greatest distance runners as, on Saturday, 228th Street at Broadway was co-named **Ted Corbitt** Way, close to where he lived for many years. He was the first Afro-American to compete for the USA in an Olympic marathon (1952), his best time being 2:26:44 in 1958. He became a legendary ultra-distance runner, setting countless American records and completing 199 races from the marathon distance upwards; he would sometimes cover 200 miles a week in training and logged some 200 000 miles of running. He died in 2007, aged 88.

Bernard Lagat's pending US 5 km road record of 13:19 at Carlsbad on 30 March will not be ratified. A cone was placed in the wrong location, resulting in the course being short by four metres.

BACKGROUND

THE CANDYCE HALL RACING BAROMETER

Natal Carbineers WP runner Candyce Hall has further upped her racing distance for the year this past weekend by covering 42 km on Saturday and Sunday. On the first day she ran two races at the WP Cross-country Championships, 12 km in total, and the next day finished third in the John Korasie 30 km. This came three weeks after she completed the PPC Riebeeckberg Marathon – and in between she racked up a further 32 km in four races!

She has now surpassed 1000 racing kilometres for the year – her total stands at 1052.7 km in 32 weeks, or an astounding 32.9 km per week! She therefore races an average of a half marathon every 4.5 days.

She has completed three ultras (89.3 km, 56 km and 50 km), eight marathons, eight half marathons, three races of 30 km each and one of 27 km; her total is 49 races, or a race every 4.6 days.

STATS TIME

This week we include a list of the top ten SA men in the half marathon for 2014. 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.

2014 HALF MARATHON: TOP 10 MEN

1:00:47	Stephen Lesego Mokoka	12	Copenhagen	29 Mar
1:01:10	Elroy Gelant	13	Copenhagen	29 Mar
1:01:16	Lusapho April	15	Copenhagen	29 Mar
1:01:55	Gladwin Sibabalwe Mzazi	12	Prague	05 Apr
1:04:16	Mokoka-2	1	Cape Town	19 Apr
1:04:27	Joel Mmone	1	Johannesburg	07 Jun
1:04:40	Benedict Moeng	4	Cape Town	19 Apr
1:04:46	Xolisa Tyali	1	Benoni	26 Jan
1:04:49	Sikhumbuzo Seme	1	Pretoria	05 Jul
1:04:50	Kgosi Samuel Tsosane	2	Pretoria	05 Jul
1:05:03	Lukhanyo Mabinza	3	Pretoria	05 Jul

THIS MONTH IN HISTORY

We continue our look back at the history of the mile. – Ed.

39 years ago: 12 August 1975

"The greatest mile race of all," said John Walker of the 1981 Bislett Games mile in Oslo (as noted here a few weeks ago). But on this day he himself ran one of the greatest four-lap performances of all time when, at the Göteborg Games in Slottsskogsvallen Stadium, he not only broke the 3:51 barrier but also went through the 3:50 barrier. Smashing Filbert Bayi's 3:51.0 world record of three months earlier, the powerful Kiwi took the race by an astounding 5.8 seconds in 3:49.4 from Ken Hall (AUS, 3:55.2). The race was to be over 1500 m, but Walker promised the organisers a world record if they changed it to a mile. A

"perfect race", he called it after he had run laps of 55.8, 59.3 (1:55.1), 57.9 (2:53.0) and 56.4. At the end of the year, after also having run the two fastest 1500-metre times of 1975, he was named Athlete of the Year by *Track & Field News* and the next year he took the Olympic title in Montreal.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2014

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	29:00	Kgosi Samuel Tsosane	Sasolburg	01 Feb
	27:25	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		01 Mar
	44:29	Lusapho April	Port Elizabeth	
21.1 km	43:04	Ben True (USA)		29 Mar
	60:47	Stephen Mokoka	Copenhagen	
25 km	59:08	Geoffrey Kamworor (KEN)		10 May
	58:23	Zersenay Tadese (ERI) 2010		
30 km	81:09	Sikhumbuso Seme	Pretoria	22 Mar
	80:18A	George Ntshiliza	Somerset East	
Marathon	71:47	Abraham Cheroben (KEN)		05 Jan
	71:50	Sammy Kosgei (KEN) 2010		
100 km	71:18p	Dennis Kipruto Kimetto (KEN)		02 Jan
	1:40:20	Anthony Godongwana	Camps Bay	
Marathon	1:28:52	Yuma Hattori (JPN)		02 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
100 km	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:04:29	Wilson Kipsang (KEN)		
100 km	2:03:38	Patrick Makau (KEN) 2011		02 Jan
	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	30:31	Gert Thys	Goodwood	01 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	46:51	Johannes Kekana	Pretoria	16 Aug
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:40	Gert Thys	Wellington	01 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	82:29	Shadrack Hoff	Pretoria	10 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:48:05	Graham Katzen	Parow	30 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:25:39	Sandile Makhaye	Pietermaritzburg	23 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				

6:18:24 Mario Ardemagni (ITA) 2004

Masters (50+)

10 km	35:07	Tobias Philander	Bellville	12 Apr
	[35:00	Vladimir Kotov (BLR)	Cape Town	08 Mar]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:20	Eric Coetzee	Brackenfell	19 Jul
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:07	Dan Mothibe	Pretoria	15 Feb
	66:42	Martin Rees (GBR) 2003		
25 km	1:45:51	Victor Phetoe	Pretoria	10 May
	95:40A	Shaun Meiklejohn	Pinetown	26 Jan
30 km	1:59:56	Sollie van Rooyen	Parow	30 Mar
Marathon	2:46:35	Daniel Mothibe	Pretoria	23 Feb
	2:42:57A	Thomas Lizo	East London	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:35	Muhammad Kriel	Bellville	31 May
15 km	58:27	Muhammad Kriel	Eersterivier	21 Jun
21.1 km	87:09	Mike Hirst	Vereeniging	02 Mar
25 km	2:01:18	Petrus Ratshikakala	Pretoria	10 May
	2:00:34A	Mbekiseni Mchunu	Pinetown	26 Jan
30 km	2:09:56	Muhammad Kriel	Parow	30 Mar
Marathon	3:14:47	Les Ivings	Vereeniging	02 Mar
100 km				

Juniors

10 km	29:54	Thabang Mosiako	Bloemfontein	22 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:38	Granwin Katzen	Ravensmead	26 Apr
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:46	Tshwanelo Mojokeng	Sasolburg	01 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	32:20	Irvette van Zyl	Stellenbosch	09 Aug
	31:04	Mamitu Daska (ETH)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:54	Kim Laxton	Germiston	06 Apr
	47:00	Shalane Flanagan (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	71:53	René Kalmer	Copenhagen	29 Mar
	66:19	Joyce Chepkirui (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:44:00	Marli van Staden	Pretoria	10 May
	97:30A	Cary-Ann Smith	Pinetown	26 Jan
	84:37	Janet Rono Chelegat (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:01:11	Zintle Xiniwe	Parow	30 Mar
	1:44:19	Yuka Takashima (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:46:52	Kim Laxton	Xiamen	02 Jan
	2:43:34A	Tanith Maxwell	Brighton	06 Apr
	2:18:57A	Rita Jeptoo (KEN)		

100 km	2:15:25	Paula Radcliffe (GBR) 2003		
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:24	Paulina Phaho	Pretoria	31 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:37	Sandra van Graan	Eersterivier	21 Jun
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	83:10	Suzette Botha	Mount Edgecombe	25 May
	69:56	Irina Permitina (RUS) 2009		
25 km	1:47:39	Michelle Mee	Pretoria	10 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:09:47	Ursula Turck	Parow	30 Mar
	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	40:10	Elmarie Coetzee	Bellville	31 May
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	60:59	Elmarie Coetzee	Eersterivier	21 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:34	Judy Bird	Johannesburg	09 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:01:43	Ansa Strydom	Pretoria	10 May
	1:55:22A	Janette Schierz-Crusius	Somers East	22 Mar
30 km	2:13:07	Elmarie Coetzee	Parow	30 Mar
Marathon	3:09:05	Marie Bruwer	Vereeniging	02 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	41:31	Margie Saunders	Port Elizabeth	26 Apr
15 km	64:22	Margie Saunders	Port Elizabeth	01 Mar
21.1 km	1:30:53	Margie Saunders	Port Elizabeth	29 Mar
25 km	2:10:01	Lyn de Bruin	Pretoria	10 May
30 km	2:39:03	Nancy Will	Simon's Town	17 Aug
Marathon	4:18:07	Vollie Spies	Pretoria	23 Feb
	3:45:33A	Wendy Fitzmaurice	East London	01 Mar
100 km				
<u>Juniors</u>				
10 km	35:07	Pamela Moyikwa	Bellville	31 May
	31:42	Zola Budd (GBR) 1984		
15 km	54:48	Annie Bothma	Ravensmead	26 Apr
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	87:07	Jenet Dlamini	Pietermaritzburg	23 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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