

Distance Running Results

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EDITORIAL

In 2001 I was most fortunate to attend the Berlin Marathon and do TV commentary for ESPN when Naoko Takahashi became the first woman in history to run a sub-2:20 marathon (and South Africa's Makhosonke Fika finished seventh in 2:10:47). Yesterday I could watch another historic Berlin Marathon, albeit from thousands of kilometres away and this time from in front of the TV, but the occasion was no less dramatic. Dennis Kimetto's brilliant surge from 30 to 35 km brought him across the finish beyond the Brandenburg Gate as the first man under 2:03:00. His 2:02:57 in his fourth marathon smashed Wilson Kipsang's 2:03:23 of last last year by 26 seconds; he, Kipsang and Emmanuel Mutai are the only men with two sub-2:04 times. In an extraordinary race, new time-for-place records were set by the 2nd, 4th, 5th, 6th and 7th runners. Kimetto's halves were 61:45 and 61:12 – the latter the third fastest in history (but fastest on a standard course). His half-marathon PB is 59:14.

Kimetto pulled away from Mutai in the 38th kilometer, but Mutai, who had a slight lead at 30 km, set the IAAF 30 km world record of 1:27:37 by just one second. Mutai's 2:03:13 for the full distance is second fastest time in history.

Here is a comparison of the 5 km splits in the last three world records, all run in Berlin (the last three columns are the times for the last 2.195 km, second half and last 7.195 km):

Dennis Kimetto	14:42	14:42	14:46	14:26	14:32	14:30	14:09!	14:42	6:28	61:12	21:20
Wilson Kipsang	14:33	14:43	14:29	14:35	14:53	14:48	14:35	14:36	6:11	61:49	20:47
Patrick Makau	14:37	14:40	14:35	14:38	14:48	14:20	14:38	14:59	6:23	61:54	21:22

Kipsang remains the only one with five sub-2:05 marathons and on the average for top-five marathons he leads Geoffrey Mutai with 2:04:15 to 2:04:30, followed by Emmanuel Mutai (2:04:53), Haile Gebrselassie (2:04:57) and Makau (2:05:05). Kimetto's three-race average is now an astounding 2:03:39.

In the women's race René Kalmer had an excellent run to finish ninth in a PB of 2:29:27 – her first top-ten finish in one of the Marathon Majors. Her previous PB was the 2:29:59 she ran in Yokohama in 2011. Kalmer ran a very even first half; her 5 km splits were: 17:32, 17:28, 17:28, 17:25, 17:30, 17:35, 17:49, 18:26; halves: 1:13:43 and 1:15:44; last 2.195 km: 8:14.

After charging away from the start in an attempt to break Deena Kastor's US record, Shalane Flanagan was passed by three Ethiopians and then fought back to finish third in a PB 2:21:14, with the win going to Tirfi Tsegaye in a PB 2:20:18.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Ethekwini Township to Township Marathon & Half Marathon, Umlazi to Kwa Mashu & Chesterville to Kwa Mashu
- * Cape Town Festival of Running Half Marathon, Cape Town
- * Michell's Pass Half Marathon & 10 km, Ceres
- * Despatch Superspar 10 km, Despatch
- * Ommiedraai Friends 10 km, Kenilworth

International highlights:

- * BMW Berlin Marathon, Berlin, GER
- * Warsaw Marathon, Warszawa, POL
- * ING Route du Vin Half Marathon, Remich to Wormeldange to Remich, LUX
- * Le Lion 2014, Belfort to Montbéliard, FRA
- * Singelloop, Utrecht, NED
- * Akron Half Marathon, Akron, USA
- * XC: Lidingöloppet, Stockholm, SWE

CORRECTIONS AND ADDITIONS

In the results of the **Capital Classic 24-hour race** (which was the SA Championships) in last week's DRR Hazel Moller's new SA record of 190.433 km was not acknowledged. Moller broke the previous record of 171.263 km set by Mavis Hutchinson in Johannesburg on 27-28 August 1971. Yvonne Sumner holds the SA road record of 188.647, run in Durban on 11 October 1986.

The second woman in the race was Benise (not Denise) Geyser, sister of the men's winner Johan van der Merwe. The woman in third, Colinda Potgieter, is another sister of Van der Merwe and the mother of distance runner Martinique Potgieter (see also the News section).

Lastly, it is believed that the results of the 20-mile race are incorrect because of problems with the timing apparatus.

The times of the first three men in the **Kwik Fire/Charles Electrical SAPS Striders Heritage Challenge Half Marathon** in last week's DRR were all 10 minutes too slow. So Emmanuel Birgen in fact ran 64:52, Joseph Munyoki 64:53 and Sandile S (?) 65:25. These very fast times, together with the quick women's times (some of which differed substantially from those taken by DRR correspondent Alen Hattingh at the race, prompted DRR to test the results with the Race Time Bias (RTB) calculation formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances). In the half marathon six time comparisons produce a factor of -12:39 sec/km, more than twice the allowable limit of -5 sec/km, while in the 10 km it is -11.00 sec/km (seven time comparisons). Performances in both these races will therefore not be used for any statistical lists.

ROAD RUNNING

Ethekwini Township to Township Marathon & Half Marathon

Umlazi to Kwa Mashu (marathon) & Chesterville to Kwa Mashu (half marathon),

28 September

(Distances: 42.195 km & 21.1 km; point-to-point courses.)

Note: The direction of the race alternates each year. – Ed.

Marathon

MEN

1 Melly Kennedy (ZIM) 2:19:54 (R40 000); 2 Joseph Munyoki (KEN/Phantane) 2:21:41 (R20 000); 3 Emmanuel Birgen (KEN/Phantane) 2:22:11 (R15 000); 4 Professor Mollen (ZIM) 2:24:21 (R10 000); 5 Lyno Muchena (ZIM/Ned AGN) 2:24:39 (R8000); 6 Moses Mosuhli (LES/ME AGN) 2:25:25 (R5000); 7 Ngonidzashe Ncube (ME) 2:25:31 (R4000); 8 Malibongewe Dlamini (CH) 2:26:50 (R3000); 9 David Ngakane (Ned CGA) 2:27:09 (R2000); 10 Pilso Malau (Tlokoa) 2:27:40 (R1000).

(All age category prizes were the same: R2000, R1500, R1000.)

Veterans: 1 Brighton Chipere (ZIM/ME) 2:27:41; 2 Sandile Makhaye (Phuma) 2:34:08; 3 Bongani Ngobese (Osisweni) 2:44:08. **Masters:** 1 Edmund Mngadi (Stella) 3:12:51; 2 Mfundiso Weston Mvunguse (SCS) 3:18:40; 3 Simon Chiliza (Sydenham) 3:25:07.

G'masters: 1 Michael Langa (AN) 3:20:36; 2 Mbhekiseni Mchunu (KwaMashu) 4:06:31; 3 Amos Ntuli (GGA) 4:19:07.

WOMEN (Same prize money as men)

1 Pamela Anesomuk (KEN/Phantane) 2:52:53; 2 Chiyedza Chokore (ZIM/ME) 2:53:47; 3 Jennifer Koech (KEN/Ned) (AGN) 2:54:14; 4 Ntebaleng Letsela (LES/Phantane) 2:58:24; 5 Lineo Chaka (LES/Ned) 2:59:09; 6 Samukeliso Moyo (ZIM/ME CGA) 3:01:53; 7 Patience Khumalo (TUT) 3:13:16; 8 Nonsikelelo Mbambo (NC) 3:13:19; 9 Tawapo Bhiri (ZIM/Ned) 3:17:33; 10 Takalane Nthulane (Trans AGN) 3:19:15.

Veterans: 1 Samukeliso Moyo (ZIM/ME CGA) 3:01:53; 2 Sibongile Ziqubu (Eskom) 3:42:53; 3 Norah Tembisile Mwelase (Kwa Dabeka) 3:46:17. **Masters:** 1 Elize Cilliers (Savages) 4:00:03; 2 Mamaekele Masiu (Phantane) 4:01:54; 3 Eunice Ntuli (NRB Harriers) 4:20:26. **G'masters:** 1 Pat Fisher (Stella) 4:24:33; 2 Ivy Gertrude Lottering (Wings) 4:30:48; 3 Philisiwe Made (SAPS) 05:21:31.

Half marathon

MEN

1 Nkosikhona Mhlakwana (DR) 1:10:07 (R3000); 2 Mangaile Khatoane (Phantane) 1:11:15 (R1500); 3 Sipho Mbanjwa (Phantane) 1:12:09 (R1000).

Veterans: 1 Eugene Sabelo Ncube (Phumanathi) 1:21:57 (R300). **Masters:** 1 Sipho Wellington Phakathi (CH) 1:37:10 (R300). **G'masters:** 1 Ian Abrams Eskom) 2:01:31 (R300). **Juniors:** 1 Mbhasombi Gumede (Inanda) 1:16:50 (R300); 2 Sibusiso Njilo (Inanda) 1:20:22 (R200); 3 Mbongeni Sibiya (Mtubatuba) 1:26:44 (R100).

WOMEN (Same prize money as men)

1 Karen Chekwemoi (UGA/ME CGA) 1:21:22; 2 Constance Nyasango (ZIM) 1:24:23; 3 Fikile Mbuthuma (Ned) 1:28:55.

Veterans: 1 Hleziphi Ncayiyana (Ned) 1:53:30. **Masters:** 1 Lesley Martin (Eskom) 3:02:59. **G'masters:** 1 Jenny Abrams (Eskom) 3:03:04. **Juniors:** 1 Londiwe Msezane (Inanda) 1:50:20; 2 Nontobeko Hlabisa (Mtubatuba) 2:06:09; 3 Lungelo Nzama (BtR) 2:13:15.

Cape Town Festival of Running Half Marathon (15th)

Cape Town, 28 September

(Distance: 21.1 km; certified hilly out-and-back course. Weather: cool, no wind.

Finishers: 693 [up from 637 last year].)

MEN

1. Siviwe Nkombi (Itheke) 1:08:36
2. Duran Byman (Itheke) 1:08:52
3. Abongile Snyman (East) 1:10:04
4. Sityhilo Diko (Ned) 1:10:56
5. Lwandile Lange (Khay) 1:11:45

Veterans: 1. Xolile Macanda (Gugs) 1:15:51; 2. Graham Katzen (Itheke) 1:17:59; 3. Yusuf Kannouni (Ned) 1:19:22.

Masters: 1. Eric Coetzee (NBMC) 1:17:26; 2. Duncan Jobetha (SANDF AGW) 1:23:21; 3. Shafiek Cassiem (Itheke) 1:25:20.

G'masters: 1. Muhammad Kriel (Ommie) 1:28:10; 2. Albert Williams (Top) 1:37:19; 3. Mervyn Smith (Celtic) 1:44:33.

WOMEN

1. Candyce Hall (NC) 1:28:12
2. Ursula Turck (Strand) 1:29:38 (1st vet)
3. Kutlwano Ramaboa (WC) 1:30:25
4. Busisiwe Matiwane (Celtic) 1:31:19
5. Phatiswa Dyalvane (Gugs) 1:32:05

THE CANDYCE HALL RACING BAROMETER

With the Festival of Running Half Marathon, Candyce Hall finished eight days in which she raced a total of 73.3 km. After finishing the Sanlam Cape Town Marathon last Sunday in her best time of the year (3:05:47), she also raced the Ommiedraai Friends 10 km on Wednesday (see results below), and then won this half marathon.

In the 38 weeks since the beginning of the year she has now raced three ultras (89.3 km, 56 km and 50 km), nine marathons, eleven half marathons, three races of 30 km each and one of 27 km, apart from a huge number of shorter races. This brings her total racing kilometres for the year to 1194.3 km in 56 races. That means, on average, a race every 4.8 days.

Put another way, she has averaged 31.4 km per week, i.e. an average of a half marathon every 4.7 days, or a marathon every 9.4 days!

□ Five other women who, like Hall, had run in the Cape Town Marathon, also raced half marathons this weekend: Ursula Turck, Ursula Frans, Kutlwano Ramaboa, Busisiwe Matiwane and Nomvuyisi Seti.

Veterans: 1. Ursula Turck (Strand) 1:29:38; 2. Sheryl de Lange (NBMC) 1:32:53; 3. Tracy Forbes (VOB) 1:35:19. **Masters:** 1. Vanda Amos (WC) 1:55:42; 2. Zubeida Lippert (Celtic) 1:56:41; 3. Cheryl Smit (WC) 2:04:27. **G'masters:** 1. Helen du Plessis (Tyger) 1:49:25; 2. Pixie Sparg (Celtic) 2:01:53; 3. Avril de Lapelin-Dumont (WC) 2:19:12.

Michell's Pass Half Marathon (23rd) & 10 km (9th)

Ceres, 27 September

(Distances: 21.1 km & 10 km; the half marathon out and back, very hilly; the 10 km a loop. Finishers: half marathon – 231 [one more than last year's 230]; 10 km – 352 [significantly up from 196].)

Note: A new course record for Tom Lusaseni, breaking Lindikhaya Mthangayi's 1:09:12. – Ed.

Half marathon

MEN

1	Tom	Lusaseni	Itheke	25	1:08:50
2	Siyabonga	Makhaluza	Easterns	26	1:09:25
3	Tsungai	Mwanengeni	ZIM/NBMC	40	1:10:31
4	Danzil	Paulse	Easterns	21	1:11:43
5	Ahmed	Hassan	Nedbank	24	1:14:00
6	Thembelani	Zola	Nedbank	39	1:17:35
7	Oscar	Coetzee	NBMC	31	1:18:13
8	Bongile	Tshewula	Easterns	28	1:18:15
9	Envor	Rhodas	Easterns	21	1:18:46

10	Quinton	Lambert	Ceres	33	1:19:00
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WOMEN

1	Nomvuyisi	Seti	Itheko	33	1:27:39
2	Ursula	Frans	NBMC	45	1:32:14
3	Nicola	Kelly	Temp	23	1:38:46
4	Ilse	Hugo	Ceres	40	1:42:36
5	Chanelle	Hoffman	Strand	43	1:47:44
6	Inge	Reissenzahn	Pinelands	43	1:48:40
7	Cornell	Badenhorst	Easterns	36	1:51:49
8	Arina	Cilliers	Olifantsrivier	46	1:52:28
9	Marina	Potgieter	NBMC	42	1:52:41
10	Azel	Boois	Salkor	18	1:52:49

10 km

MEN

1	Angelo	Booyesen	Paarl	22	31:43
2	Justin	Fritz	Ceres	20	31:48
3	Andrew	Louw	Easterns	21	32:52
4	Johannes	Jansen	Robertson	19	33:00
5	Nadeel	Wildschutt	Ceres	17	33:18
6	Garith	Maarman	Swartland	28	33:25
7	Lwandile	Langa	Easterns	25	33:35
8	Adrian	Wildschutt	Ceres	16	33:58
9	Pieter	Koopman	Nedbank	39	34:02
10	Danzel	Minnaar	Worcester	27	34:28

WOMEN

1	Mariëtte	Strauss	Tygerberg	52	42:43
2	Clairiece	Slingers	Nedbank	16	43:11
3	Ileana	Dreyer	Nedbank	17	43:18
4	Vernoschka	Abrahams	Nedbank	17	43:28
5	Liezl	Du Plooy	Ceres	39	44:33
6	Christine	De Kock	Durbanville	18	46:01
7	Paola	Vignani	ITA/Nedbank	50	46:08
8	Nica	Du Toit	Temp	32	46:56
9	Jana	Grobbelaar	Ceres	17	47:04
10	Busisiwe	Gwala	VOB	17	48:15

Despatch Superspar 10 km

Despatch, 27 September

(Finishers: 343 [down from 387 last year].)

MEN

1	Mariano	Eesou	Madibaz AC	22	31:12
2	Andre	Ketchem	X-Cel AC	30	31:26
3	Masande	Mlonyeni	Nedbank RC EP	34	32:33
4	Melikhaya	Kepe	Nedbank RC EP	38	32:36
5	Adriaan	Gerwel (1 st jun)	X-Cel AC	18	33:27
6	Brendon	Effenaar	X-Cel AC	18	33:39
7	Zolile	Mhlahlo	Achilles AAA	39	33:55
8	Morne	Buis	Maxed Elite EP	22	34:22
9	Mzamo	Fokwana	Charlo AC	36	34:49
10	Paul	Wolff (1 st vet)	Achilles AAA	46	35:08
11	Duwayne	Lucas	Aspen Pharmacare	25	35:34
12	Rory	Scheffer	Achilles AAA	22	36:03

13	Mongezi	Mboya	PEAAC	36	36:08
14	Emerson	Kayana	Nedbank RC EP	40	36:17
15	Lindeleni	Mlisa	Motherwell AC	16	36:23
16	Daryl	North	Achilles AAA	37	36:43
17	Mandilakhe	Nel	Motherwell AC	17	36:45
18	Welcome	Loliwe	Nedbank RC EP	49	36:46
19	Mzukisi	Klaas	Motherwell AC	45	36:53
20	Thembekile	Msipa	Charlo AC	40	37:44
40-44:					
1	Emerson	Kayana	Nedbank RC EP	40	36:17
2	Thembekile	Msipa	Charlo AC	40	37:44
3	Alfred	Qogi	Nedbank RC EP	41	38:28
45-49:					
1	Paul	Wolff	Achilles AAA	46	35:08
2	Welcome	Loliwe	Nedbank RC EP	49	36:46
3	Mzukisi	Klaas	Motherwell AC	45	36:53
50-54:					
1	Absalom	Kemp	Maxed Elite EP	50	38:04
2	Colben	Ngcupe	Motherwell AC	51	40:01
3	Nelson	Vlakkbok	Charlo AC	50	40:09
55-59:					
1	Peter	Van Rensburg	Elite AC	56	44:33
2	Chester	Brooks	X-Cel AC	56	46:04
3	Koos	Olivier	Nedbank RC EP	56	46:10
60-64:					
1	Hannes	Els	Warriors AC	64	41:34
2	Bruce	McEwan	Achilles AAA	61	45:32
3	Errol	Rossouw	PEAAC	64	48:10
65-69:					
1	Percy	Dalton	Achilles AAA	66	50:37
2	Herman	Dekker	SAP M C EP	69	53:36
3	Eckart	Schumann	Body Concept	69	54:30
70-74:					
1	Brian	Smith	PEAAC	71	1:11:27
2	Robin	Clark	Achilles AAA	73	1:14:34
75-79:					
1	Ernie	Verrall	Madibaz AC	79	1:03:07
Juniors:					
1	Adriaan	Gerwel	X-Cel AC	18	33:27
2	Brendon	Effenaar	X-Cel AC	18	33:39
3	Lindeleni	Mlisa	Motherwell AC	16	36:23
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC EP	32	38:27
2	Jamie-Lee	Schlemmer (1 st jun)	Madibaz AC	18	40:24
3	Davera	Magson	Nedbank RC EP	39	41:19
4	Siphokazi	Nojoko	Motherwell AC	19	41:40
5	Jene	Banfield (1 st vet)	Run For Life EP	44	43:24
6	Asanda	Solani	Motherwell AC	31	43:28
7	Nomakhosi	Ntliziyo	Youth 4 Change AC	16	43:56
8	Christine	Claasen (1 st mast)	Achilles AAA	50	44:03
9	Terray	Newcombe	Elite AC	23	44:37
10	Luthando	Nxanisa	Tinarha AC	21	46:49
11	Camarin	Van Eyk	Nedbank RC EP	32	46:50
12	Janine	Gardiner	Charlo AC	33	46:56
13	Lindie	Steyn	Charlo AC	27	46:57

14	Megan	Wilson	Charlo AC	19	48:35
15	Gail	Klichowicz	Achilles AAA	47	48:42
16	Louise	Mazuelas	Charlo AC	36	48:54
17	Nolikhanyo	Mdwayi	Transnet Eng EP	33	48:59
18	Talana	Vosloo	Nedbank RC EP	33	50:14
19	Liz	Goosen	Warriors AC	41	50:30
20	Jane	Kemp	Nedbank RC EP	38	50:42
40-44:					
1	Jene	Banfield	Run For Life EP	44	43:24
2	Liz	Goosen	Warriors AC	41	50:30
3	Toegeda	Vyver	Nedbank RC EP	42	51:25
45-49:					
1	Gail	Klichowicz	Achilles AAA	47	48:42
2	Judy	Beens	Charlo AC	47	50:50
3	Desiree	Ebrahim	Gelvan AC	49	51:24
50-54:					
1	Christine	Claasen	Achilles AAA	50	44:03
2	Rosemary	Joubert	Crusaders AC	53	52:37
3	Merle	Nair	Achilles AAA	52	54:08
55-59:					
1	Barbara	Foot	Crusaders AC	55	56:03
2	Noleen	Norris	Gelvan AC	57	1:04:03
3	Stephanie	Hay	Walmer AC	58	1:06:07
60-64:					
1	Cathy	Ives	Achilles AAA	61	56:02
2	Jos	Els	Warriors AC	62	57:50
3	Nicki	Van Niekerk	Muirite Striders	60	1:06:27
65-69:					
1	Denise	Terblanche	Walmer AC	67	1:07:26
2	Anna	Le Roux	Muirite Striders	67	1:34:51
70-74:					
1	Orgia	Nell	Muirite Striders	71	1:11:03
75-79:					
1	Dorothy	Hart	Charlo AC	76	1:16:25
Juniors:					
1	Jamie-Lee	Schlemmer	Madibaz AC	18	40:24
2	Nomakhosi	Ntliziyo	Youth 4 Change AC	16	43:56
3	Megan	Wilson	Charlo AC	19	48:35

Ommiedraai Friends 10 km

Kenilworth, 24 September

(Course configuration unknown. Weather: cool and windy. Finishers: 1430.)

MEN

1. Akhona Makila (VOB) 32:01 (R500)
2. Siviwe Nkombi (Itheko) 32:02 (R400)
3. Aphelele Fanekho (Ind) 32:49 (1st jun) (R300)

(All age category prizes except juniors were the same: R300, R250, R150.)

Veterans: 1. Graham Katzen (Itheko) 33:21; 2. Xolile Macanda (Gugs) 34:21; 3. Flip Jorapetse (SANDF) 34:28. **Masters:** 1. Eric Coetzee (NBMC) 34:38; 2. Monde Tutani (Gugs) 38:12; 3. Shafiek Cassiem (Itheko) 38:53. **G'masters:** 1. Muhammed Kriel (Ommie) 39:32; 2. Alberet Williams (Top) 43:13; 3. Paul San Giorgio (VOB) 46:54.

G/g'masters: 1. Joseph Matthews (MS) 48:03; 2. Carl Hendricks (Elsies) 53:38; 3. Yusuf

Gamieldien (Itheko) 55:21. **Juniors:** 1. Aphelele Fanekho (Ind) 32:49 (R350); 2. Granwin Katzen (Itheko) 33:45 (R300); Lungile Mdaka (VOB) 34:01 (R200).

WOMEN (Same prize money as men)

1. Pamela Moyikwa (VOB) 38:56 (1st jun)
2. Candyce Hall (NC) 39:03
3. Busisiwe Gwala (VOB) 40:09

Veterans: 1. Sheryl de Lange (NBMC) 41:31; 2. Tanya Kapp (NBMC) 46:25; 3. Tracey Rogers (Forest) 47:09. **Masters:** 1. Mariëtte Strauss (Tyger) 42:09; 2. Charmaine Cupido (Ned) 44:12; 3. Paoloo Vignani (Ned Bol) 44:41. **G'masters:** 1. Nancy Will (Pine) 49:01; 2. Helen du Plessis 49:59; 3. Pixie Sparg (Celtic) 53:51. **G/g'masters:** 1. Marlene James (Pine) 61:33; 2. Jean Cammidge (FH) 64:39; 3. Annatjie Berntzen (Tyger) 74:23. **Juniors:** 1. Pamela Moyikwa (VOB) 38:56; 2. Busisiwe Gwala (VOB) 40:09; 3. Nomaxesibe Ngcantsi (VOB) 42:54.

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

BMW Berlin Marathon (41st)

(A World Marathon Majors event; an IAAF Gold Label Road Race)

Berlin, GER, 28 September

(Distance: 42.195 km; AIMS-certified loop course)

MEN (gun times)

- | | | |
|--------------------------------------|---------------|------------------------------|
| 1. Dennis Kimetto, KEN | 2:02:57 CR/WR | € 40,000 + 30,000i + 50,000* |
| [1:01:45 / 1:01:12] | | |
| 2. Emmanuel Mutai, KEN | 2:03:13 PB | 20,000 + 15,000i |
| [1:01:46 / 1:01:27 + 1:27:37 30K WR] | | |
| 3. Abera Kuma, ETH | 2:05:56 PB | 15,000 |
| [1:01:45 / 1:04:11] | | |
| 4. Geoffrey Kamworor, KEN | 2:06:39 | 12,000 |
| 5. Eliud Kiptanui, KEN | 2:07:28 | 10,000 |
| 6. Frankline Chepkwony, KEN | 2:07:35 | 7,500 |
| 7. Levy Matebo, KEN | 2:08:33 | 5,000 |
| 8. Maswai Kiptanui, KEN | 2:10:18 | 4,000 |
| 9. Tsegaye Kebede, ETH | 2:10:27 | 3,000 |
| [1:02:04 / 1:08:23] | | |
| 10. Kazuki Tomaru, JPN | 2:11:25 PB | 2,000 |
| ... 19. Falk Cierpinski, GER | 2:17:25 | |

*) Course and world record/€50,000 bonus

i) Earned time bonus (bonuses only available for 1st and 2nd place)

WOMEN (gun times)

- | | | |
|--------------------------|------------|--------------------|
| 1. Tirfi Tsegaye, ETH | 2:20:18 PB | € 40,000 + 15,000i |
| [1:09:56 / 1:10:22] | | |
| 2. Feyse Tadese, ETH | 2:20:27 PB | 20,000 + 15,000i |
| [1:09:56 / 1:10:31] | | |
| 3. Shalane Flanagan, USA | 2:21:14 PB | 15,000 |
| [1:09:38 / 1:11:36] | | |
| 4. Tadelech Bekele, ETH | 2:23:02 PB | 12,000 |

5. Abebech Afework, ETH	2:25:02	10,000
6. Kayoko Fukushi, JPN	2:26:25	7,500
7. Anna Hahner, GER	2:26:44 PB	5,000
8. Ines Melchor, PER	2:26:48 NR	4,000
9. René Kalmer, RSA	2:29:27 PB	3,000
10. Adriana Da Silva, BRA	2:38:05	2,00

i) Earned time bonus (bonuses only available for 1st and 2nd place)

Warsaw Marathon (36th)

Warszawa, POL, 28 September

(Distance: 42.195 km; multi-loop course with no start/finish separation)

MEN (gun times)

1. Victor KIPCHIRCHIR, KEN	2:09:59
2. Jonathan KIPTOO YEGO, KEN	2:10:58
3. Benson OLOISUNGA, KEN	2:11:26 PB
4. Samson BARMAO, KEN	2:12:38
5. Edeo Mamo TELO, ETH	2:13:40

WOMEN (gun times)

1. Svitlana STANKO, 1976, UKR	2:33:04
2. Hellen MUSYOKA NZEMBI, KEN	2:35:58 PB
3. Worknesh TOLA, ETH	2:36:24
4. Consalater YADAA, KEN	2:37:07
5. Izabela TRZASKALSKA, POL	2:39:26 PB

ING Route du Vin Half Marathon (53rd)

Remich to Wormeldange to Remich, LUX, 28 September

(Distance: 21.1 km; out-and-back course)

MEN (gun times)

1. Peter Kimeli Some, KEN	1:03:12 € 1250
2. John Kemboi, KEN	1:03:17 900
3. Yonas Kinde, ETH	1:03:22 700
4. Shumet Akahew Mengistu, ETH	1:04:33 400
5. Paul Kosgei Malakwen, KEN	1:04:45 300

WOMEN (gun times)

1. Violah Jepchumba, KEN	1:13:20 € 1250
2. Agnes Mutune, KEN	1:13:49 900
3. Zakia Mrisho, TAN	1:14:42 700
4. Sally Kimaiyo, KEN	1:15:01 400
5. Yisaak Melat, ETH	1:15:19 300

Le Lion 2014 (32nd)

Belfort to Montbéliard, FRA, 28 September

(Distance: 21.1 km; point-to-point course)

MEN (gun times)

1. Mulue Andom, ETH	1:02:03
2. Raymond Chemungor Kemboi, KEN	1:02:13
3. Solomon Kirwa Yego, KEN	1:02:50
4. Alfred Kipserem Cherop, KEN	1:03:57

5. Salim Saiti Saremo, KEN 1:04:21

WOMEN (gun times)

1. Peres Jepchirchir, KEN 1:09:12 CR*
 2. Leonidah Mosop, KEN 1:13:02
 3. Bentu Shiferaw Wodajo, ETH 1:18:59

Singelloop (64th)

Utrecht, NED, 28 September

(Distance: 10 km; flat one-loop course with no start/finish separation)

MEN (gun times)

1. David Kogei, KEN, 28:46
 2. Daniel Rotich, KEN, 28:51
 3. Philip Langat, KEN, 28:57

WOMEN (gun times)

1. Lucy Macharia, KEN, 32:26
 2. Jane Moraa, KEN, 32:57
 3. Rose Chelimo, KEN, 33:10
 ... 6. Lebogang Phalula, RSA, 33:42

Akron Half Marathon

Akron, USA, 27 September

(Distance: 21.1 km)

MEN (gun times)

1. Philani Buthelezi, 25, Durban, ZA (RSA) 1:05:56 \$500
 2. Abraham Chirchir, 34, Indianapolis, IN (KEN) 1:06:26 250
 3. Ryan Kienzie, 28, Canton, OH 1:06:54 100

WOMEN (gun times)

1. Kelsi Nutter, 25, Concord, OH 1:17:05 \$500

CROSS-COUNTRY

Lidingöloppet

Stockholm, SWE, 26-28 September

(Distance: 30 km, plus other races, including for children)

30 km (27/gun times):

MEN

1. Lewis Korir, 1986, KEN, 1:37:13
 2. Lema Abere Chane, 1985, ETH, 1:38:04
 3. Ezekiel Cherop, 1983, KEN, 1:40:27
 4. Japhet Kipkorir, 1981, KEN, 1:41:49
 5. Tesama Dadafo Dhaqabi, 1989, ETH, 1:41:49

WOMEN

1. Annelie Johansson, 1978, SWE, 1:57:28
 2. Isabellah Andersson, 1980, SWE, 1:58:29
 3. Emma Nordling, 1985, SWE, 1:58:46

NEWS

MARTINIQUE POTGIETER, 9TH IN COMRADES, RETURNS POSITIVE DRUGS TEST

South African marathon and ultramarathon runner Martinique Potgieter, 24, returned a positive test for a diuretic and a stimulant after this year's Comrades Marathon, the South African Institute for Drug-Free Sport (SAIDS) has announced. Potgieter finished ninth in the ultramarathon between Pietermaritzburg and Durban on 1 June, winning a gold medal for a top ten finish.

Khalid Galant, SAIDS CEO, said both Potgieter's "A" and "B" samples showed the presence of the diuretic Furosemide and the stimulant Phentermine. Potgieter will now be given a hearing in front of a tribunal.

This year's "down" race over 89.28 km was Potgieter's second Comrades. Last year she finished 162nd in 9:33:37. Her time in 2014, when she just missed out on a sub-7 hour performance, was an improvement of more than 2½ hours – to 7:00:46.

Before the Comrades, in March, Potgieter had won the PricewaterhouseCoopers Marathon in 3:03:07 and two months after the ultramarathon she won the Exxaro Mogol Marathon in 3:01:08. Her best marathon time before this year was 3:51:58 in 2013.

Galant said that twenty athletes were tested at the Comrades Marathon; all of these tests, except Potgieter's, showed a negative result.

It is not known when Potgieter's hearing will take place.

NEWS SNIPPETS FROM *ATHLETICS INTERNATIONAL*

(Not all of it on distance running)

Paula Radcliffe (40) began her racing comeback with 35:49 in the Worcester 10 km on 21 September (her target had been 35 min). It was her first race since 15 April 2012. She is planning to end her career in next April's London Marathon, where she hopes to break 2:30.

Olympic and three-time world discus throw champion Robert Harting, whose longest throw of 70.66 in 2012 ranks him 18th on the world all-time list, is campaigning for a tiny increase in the 2 kg weight of the discus so that new world records could be established. He regards Jürgen Schult's world record of 74.08 from 1986, in an era when GDR athletes were widely doped as state-backed policy, as "ridiculous and an insult to all those who throw today". A similar argument could be made regarding the women's discus record of 76.80 by Gabriele Reinsch in 1988. The 21st century "record" is 71.08 by Sandra Perkovic.

Regarding doping, Co-Editor Mel Watman asked the question: Isn't it time for the IAAF to close down Viktor Chegin's walks training centre and ban all relevant back-up staff from involvement in athletics? Hardly a month goes by without walkers who train there testing positive in drugs tests, forfeiting race walking's credibility and bringing the sport into disrepute. The latest to be caught and banned for two years by the anti-doping commission of the All-Russian Athletics Federation are Irina Yumanova (23), who clocked 1:26:47 for 20 km in 2012 and was the 2013 World University Games silver medallist, and Nadezhda Mokeyeva (18) who recorded 45:31 for 10 km in March.

Furthermore, seven other Russian athletes have been handed two-year bans: Roman Semakin, Vyacheslav Shalamov, Damir Saurbayev, Anna Yagupova, Polina Dontsova and – particularly shocking – 15-year-old twins Olga and Yelena Paushkina, the latter having won the 2013 European Youth Olympic Festival 1500 m.

STATS TIME

This week we include a list of the top ten SA women in the 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 MARATHON: TOP 10 WOMEN

2:29:27	René Kalmer	9	Berlin	28 Sep
2:36:36A	Mapaseka Makhanya	2	Johannesburg	07 Sep
2:41:49	Zintle Xiniwe	7	Cape Town	21 Sep
2:43:34A	Tanith Maxwell	6	Brighton	06 Apr
2:46:51	Paulina Njeya	9	Cape Town	21 Sep
2:46:52	Kim Laxton	6	Xiamen	02 Jan
2:47:15A	Irvette van Zyl	1	Howick	31 Aug
2:50:40	Yolande Maclean	1	Pretoria	23 Feb
2:54:59	Nolene Conrad	4	Hannover	27 Apr
2:56:01	Paulinah Njeya	1	Mafikeng	15 Feb

THIS MONTH IN HISTORY

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

66 years ago (exactly): 29 September 1948

In the rain-marred 1948 Olympic 1500-metre final in London Dutchman Wim Slykhuis, called the "King of the Finish", was outdueled by the Swedish duo of Henry Eriksson and Lennart Strand, but on this day in Malmö he got at least partial revenge. He faced Strand, the world record holder for 1500 m who in the Olympic race had been beaten by Eriksson for the first time, and on this occasion his quick closing speed was too much for his rival. Slykhuis, who in London had also won the bronze medal in the 5000 m, won in 4:09.4, the world's second fastest time of the year, with Strand second in 4:11.8 and Denis Johansson (FIN) third in 4:12.8.

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	28:44	Stephen Mokoka	Cape Town	21 Sep
	27:25	Stephen Sambu (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:29	Lusapho April	Port Elizabeth	01 Mar
	43:04	Ben True (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	60:47	Stephen Mokoka	Copenhagen	29 Mar
	59:08	Geoffrey Kamworor (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	81:09	Sikhumbuso Seme	Pretoria	10 May

	80:18A	George Ntshiliza	Somerset East	22 Mar
	71:47	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:40:20	Anthony Godongwana	Camps Bay	05 Jan
	1:28:52	Yuma Hattori (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:04:29	Wilson Kipsang (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	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	2:21:16	Charles Tjiane	Cape Town	21 Sep
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	35:04	Eric Coetzee	Grassy Park	14 Sep
	[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
	38:35	Clive Owen	Cape Town	21 Sep
15 km	58:27	Muhammad Kriel	Eersterivier	21 Jun
21.1 km	84:16	Awie Veldsman	Atlantis	23 Aug
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	3:11:05	Stephen Seema	Cape Town	21 Sep

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	2:29:27	René Kalmer	Berlin	28 Sep
	2:18:57A	Rita Jeptoo (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

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		

Masters (50+)

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	Somerset 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				

Grandmasters (60+)

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	3:21:21	Nancy Will	Cape Town	21 Sep
100 km				

Juniors

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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