

Distance Running Results

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EDITORIAL

List leaders are rather hard to come by at this time of the year. But Margie Saunders is not your average athlete and she got both a list leader and a South African grandmasters record of 64:09 in the Gelvan AC 15 km in Port Elizabeth this weekend. She improved her previous record by 13 seconds. Saunders is the second fastest 60+ runner ever; only the holder of the world best, Kathryn Martin (USA) with 61:25, is ahead of her. Saunders finished fourth overall in a race won by Ntombesintu Mfunzi in 57:06.

The 37th Voet van Afrika Marathon (on a new course) went to Zimbabwean Bernard Rukadza in 2:26:44 and ever-present Candyce Hall in 3:18:51. Lungile Gongqa (1:07:07) and Tanith Maxwell (1:25:23) had easy wins in the half marathon (likewise on a new course).

Internationally, Elroy Gelant finished third in the Bupa Great Birmingham Run Half Marathon, clocking 1:03:17, while Irvette van Zyl was seventh in 1:14:24.

Bernard Kipyego won the TCS Amsterdam Marathon in 2:06:22; the first four men ran PBs. The women's race went to Bethlehem Moges, with the next three all settings PBs.

Amy Aronson (formerly of UCT, now living in London and running for the famous British club Thames Hare and Hounds) did not run a PB (84:25) in the Gun Run as indicated last week; she clocked 82:56 earlier this year in Brighton.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Goss & Balfe South Coast Marathon & Half Marathon, Scottburgh to Amanzimtoti
- * Constantia Valley Grape Run Half Marathon & 14 km, Constantia
- * Voet van Afrika Marathon, Half Marathon & 10 km, Bredasdorp
- * Gelvan AC 15 km, Port Elizabeth
- * Marthinus Jenkins Memorial 10 km, George
- * Spur to Spur 10 km, George
- * Spar 10 km Challenge, East London

International highlights:

- * TCS Amsterdam Marathon, Amsterdam, NED
- * Dong-A Ilbo Gyeongju Marathon, Gyeongju, KOR
- * Beijing International Marathon, Beijing, CHN
- * Janus Rock 'n' Roll Denver Half Marathon, Denver, USA
- * Medio Maratón Ciudad de Valencia, Valencia, ESP

- * Bupa Great Birmingham Run, Birmingham, GBR
 - * Nick Symmonds Springfield 800 m, Springfield, USA
 - * De Lage Landen Marathon Eindhoven, Eindhoven, NED
 - * Verve 10 km Run Sopot, Sopot, POL
 - * Giro Internazionale Città di Trento, Trento, ITA
 - * XC: Wisconsin adidas Invitational, Madison, USA
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ROAD RUNNING

Goss & Balfe South Coast Marathon & Half Marathon

Scottburgh to Amanzimtoti, 19 October

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

Marathon

MEN

1 Nkosingithi Michael Duma (Nedbank) 2:37:43 (R2000); 2 Mosoeunyane Morapalla (Nedbank) 2:40:29 (R750); 3 Jabulani Dloomo (Bluff) 2:40:45 (R500).

Veterans: 1 Paul Eichert (Westville) 2:50:05 (R200); 2 Thandekile Sotubhu (Westville) 2:56:34 (R150); 3 Wilson Xolo (Umlazi) 3:00:00 (R100). **Masters:** 1 Nicholas Dlamini (Boxer) 3:06:30 (R200); 2 Willie Shabalala (uMhlathuze) 3:07:31 (R150); 3 Sipho Mhlanga (NRB Harriers) 3:17:29 (R100). **G'masters:** 1 Chris van der Westhuizen (uMhlathuze) 3:56:47 (R200).

WOMEN (Same prize money as men)

1 Janie Grundlingh (Westville) 3:04:45; 2 Nonsikelelo Mbambo (Natal Carbineers) 3:20:20; 3 Monica Vorster (Boksburg) 3:25:32.

Veterans: 1 Sibongile Ziqubu (Eskom) 3:28:00; 2 Patricia Dammann (ROAG) 3:28:51; 3 Ria Mornet (CH) 3:29:01. **Masters:** 1 Janine Goes (Dolphin CS) 3:54:30; 2 Elize Cilliers (Savages) 3:57:49; 3 Daniela Papini (Savages) 4:04:40. **G'masters:** 1 Maureen Parry (Chiltern) 5:04:01.

Half marathon

MEN

1 Michael Mzobe (SCS) 1:11:46 (R300); 2 Phiwayinkosi Mthembu (Bluff) 1:13:47 (R200); 3 Delani Armstrong Mkhize (Nedbank) 1:14:42 (R100).

Veterans: 1 Bhekisisa Khumalo (Chiltern) 1:24:15 (R150); 2 Sibusiso Ncubuka (Stella) 1:31:17 (R100); 3 Garry Babich (Maxed Elite) 1:33:16 (R50). **Masters:** 1 Mike Sutton (Yellowwood Park) 1:32:25 (R150); 2 Thulani Mbatha (Willie Mtolo) 1:37:22 (R100); 3 Mkhangezi Luthuli (Durban Runner) 1:41:40 (R50). **G'masters:** 1 Raymond Meyer (Savages) 1:57:30 (R150). **Juniors:** 1 Phumelelo Mveli (Yellowwood Park) 1:24:26 (R100).

WOMEN (Same prize money as men)

1 Cary-Ann Smith (Nedbank) 1:25:25; 2 Janene Carey (Boxer) 1:28:00 (1st vet); 3 Maya Lawrie (Boxer) 1:29:37.

Veterans: 1 Janene Carey (Boxer) 1:28:00; 2 Maya Lawrie (Boxer) 1:29:37; 3 Sandy de Beer (SANDF) 1:38:14. **Masters:** 1 Debby de Koning (Eskom) 1:45:59; 2 Heather Wenke (Westville) 1:54:00; 3 Silvia Burton (Hillcrest) 1:56:00. **G'masters:** 1 Pamela Rasmussen (Queensburgh) 1:59:47. **Juniors:** 1 Lungelo Nzama (Born to Run) 1:57:23.

Constantia Valley Grape Run Half Marathon & 14 km

Constantia, 19 October

(Distances: 21.1 km & 14 km; loop courses, very hilly, partly on gravel through vineyards and forest.)

Note: Yet another race here for Tsungai Mwanengeni and junior Granwin Katzen, who competed in the Voet van Afrika Half Marathon and 10 km respectively the day before. – Ed.

Half marathon

MEN

1. Siviwe Nkombi (Itheko) 1:13:01 (R500)
2. Gerswill Jacobs (Itheko) 1:13:41 (R400)
3. Wanda Roro (Itheko) 1:14:43 (R300)

Veterans: 1. Tsungai Mwanengeni (NBMC) 1:16:29 (R300); 2. Xolile Macanda (Gugs) 1:20:39 (R250); 3. Quinton Prince (Met) 1:20:57 (R150). **Masters:** 1. Eric Coetzee (NBMC) 1:25:59 (R250); 2. Monde Tutani (Gugs) 1:29:15 (R200); 3. Desmore Oppel (Durb) 1:38:11 (R100). **G'masters:** 1. Albert Williams (Top) 1:42:29 (R225); 2. Mervin Smith (Celtic) 1:50:53 (R150); 3. Albert Mahlahla (Held) 1:52:43 (R75). **G/g'masters:** 1. Tony Riddick (RWFL) 1:54:13 (R200).

WOMEN (Same prize money as men)

1. Busisiwe Matiwane (Celtic) 1:33:58
2. Fortunate Chidzivo (ZIM/Itheko) 1:35:24
3. Alae Brand (Ind) 1:36:51

Veterans: 1. Janet Adam (Harf) 1:41:22; 2. Dain Hamilton (Forest) 1:41:56; 3. Elizabeth de Gouveia (Durb) 1:42:38. **Masters:** 1. Georgina Andreas (VOB) 1:49:30; 2. Sonia Smith (Celtic) 2:00:06; 3. Moira Oliver (Satori) 2:01:30. **G'masters:** 1. Brenda Fitzgerald (VOB) 1:53:16; 2. Helen du Plessis (Tyger) 2:03:33; 3. Pixie Sparg (Celtic) 2:09:36. **G/g'masters:** 1. Heather Cooke (Ind) 2:43:05.

14 km

MEN

1. Vuyolwethu Mbukushe (Gugs) 46:56 (R300)
2. Duran Byman (Itheko) 47:52 (R200)
3. Abongile Snyman (East) 48:13 (R150)

Veterans: 1. Lawrence Chipangaan (Gallop) 50:38 (R200); 2. Yusuf Kanouni (NBMC) 53:41 (R150); 3. Jonathan Maree (East) 1:46:14 (R100). **Masters:** 1. Zolani Ntsodo (SANDF) 59:27 (R200); 2. Shafiek Cassiem (Itheko) 63:00 (R100); 3. Leonard Kaki (Gugs) 63:18 (R75). **G'masters:** 1. Paul San Giorgio (VOB) 71:12 (R150); 2. Neil Ebing (WPCC) 75:36 (R75); 3. Achmat Salie (ARD) 95:25 (R50). **G/g'masters:** 1. Peter van den Berg (Celtic) 79:34 (R100). **Juniors:** 1. Granwin Katzen (Itheko) 53:29 (R150); 2. Denzil Byman (Itheko) 55:50 (R100); 3. Yanga Keli (Sanlam) 59:15 (R75).

WOMEN (Same prize money as men)

1. Sheryl de Lange (NBMC) 62:12 (1st vet)
2. Christine de Kock (Durb) 63:29 (1st jun)
3. Rose Jenkins (Ind) 66:28

Veterans: 1. Sheryl de Lange (NBMC) 62:12; 2. Coriaan de Villiers (Ned) 67:10; 3. Clare Cousins (VOB) 69:26. **Masters:** 1. Bridgid Hamilton-Russell (Harf) 61:44; 2. Diane Creswell (White R) 67:02; 3. Tina Harkett (AAC) 79:14. **G'masters:** 1. Rosalie Richfield (UCT) 95:30; 2. Lynda Fillmore (Edge) 96:28; 3. Cynthia Kavanagh (Edge) 99:09.

G/g'masters: 1. Annatjie Berntzen (Tyger) 1:57:18. **Juniors:** 1. Christine de Kock (Durb) 63:29.

Voet van Afrika Marathon, Half Marathon (both 37th) & 10 km

Bredasdorp, 18 October

(Distances: 42.195 km – NEW hilly loop course, mostly on gravel; 21.1 km – NEW hilly loop course, mostly on gravel; and 10 km – hilly loop course. Finishers: marathon – 238 men + 68 women = 306 total [down from 320 last year], half marathon – 692 [significantly up from 441], 10 km – 518 [down from 558].)

Note: Yet another race for Candyce Hall in the marathon and Nancy Will in the half marathon. Hall finished 19th overall. Busisiwe Gwala finished ninth overall in the 10 km. – Ed.

Marathon

MEN

1	Bernard	Rukadza	ZIM/Gugs	2:26:44
2	Mthandazo	Qhina	Ned WP	2:27:39
3	Thulane	Magaula	GCH	2:30:09
4	Dicardo	Jakobs	Itheko	2:35:34
5	Luyanda	Mapoyi	Khay	2:39:44
6	Admire	Rushika	ZIM/VOB	2:40:54
7	Lindile	Tokota	Ned SWD	2:41:32
8	Jumat	Witbooi	Bonnie	2:47:18
9	Zwelithini	Vaphi	GCH	2:47:51
10	Mandla	Pangalele	Gugs	2:50:01
11	Richard	Flint	VOB	2:52:12
12	Warren	Jeppe	VOB	2:59:45
13	Gcobani	Ngqola	NBMC	3:00:54
14	Johan	Stemmet	Bonnie	3:03:18
15	Marco	De Freitas	Celtic	3:15:14
16	Meshack	Morapedi	Intouch	3:15:52
17	Mlungisi	Njongnkuli	Khay	3:16:20
18	Pieter	Hanekom	Ned WP	3:17:58
19	Stephan	Joubert	Outenh	3:19:31
20	Daniel	Khumalo	GCH	3:20:18

Veterans:

1	Lindile	Tokota	Ned SWD	2:41:32
2	Zwelithini	Vaphi	GCH	2:47:51
3	Gcobani	Ngqola	NBMC	3:00:54

Masters:

1	Thomas	Moses	Worc	3:28:20
2	Daniel	Van Wyk	Paarl	3:30:36
3	Appie	Maritz	Paarl	3:32:32

G'masters:

1	Gary	Ristow	Edge	4:03:39
2	Brian	Merryweather	Edge	4:05:06
3	Peter	Jakoby	Knysna	4:20:23

WOMEN

1	Candyce	Hall	Carbineers	3:18:51
2	Ursula	Frans	NBMC	3:21:41
3	Suzette	Vermaak	Ned WP	3:26:47
4	Laura	Peddle	Strand	3:38:21
5	Elisabeth	Van der Berg	Bredas	3:42:39

THE CANDYCE HALL RACING BAROMETER

Candyce Hall added yet another marathon – her tenth of the year – in Bredasdorp. She has now run 61 races so far in 2014 for a total of 1298.7 km in 41 weeks. That gives her an average of 31.7 km a week, or on average a half marathon every 4.7 days!

Another prolific racer, Nancy Will, who is more than 30 years older than Hall, ran the half marathon in Bredasdorp and has totalled only 2 km less than Hall since the beginning of August (in nineteen races). In this period she raced two marathons only six days apart, as well as a 30 km event and five half marathons for a total of 317.9 km in eleven weeks – or 28.9 km a week!

On five occasions Will ran races on consecutive days.

6	Sue	MacKinnon	Celtic	3:45:36
7	Renee	Cheary	Harf	3:45:36
8	Charisse	Hansen	Lbaan	3:50:18
9	Marelise	Pretorius	Wcoast	3:52:02
10	Rachel	De Bruin	Pentagon	3:52:45
11	Annmarie	Steyn	Whalers	3:54:38
12	Jeanette	Steyn	Bonnie	3:54:51
13	Martha	Pretorius	SANDF BOL	3:56:56
14	Erika	Nieuwoudt	Kruger	4:01:59
15	Anne	Pool	Strand	4:07:18
16	Lorna	Loubser	Sanlam	4:07:45
17	Lisa	Osrin	VOB	4:14:19
18	Berdene	Nell	Bracken	4:14:38
19	Esterlene	Levendal	Intouch	4:15:34
20	Veruschke	Kolbe	Intouch	4:15:34

Veterans:

1	Ursula	Frans	NBMC	3:21:41
2	Suzette	Vermaak	Ned WP	3:26:47
3	Elisabeth	Van der Berg	Bredas	3:42:39

Masters:

1	Jeanette	Steyn	Bonnie	3:54:51
2	Erika	Nieuwoudt	Kruger	4:01:59
3	Anne	Pool	Strand	4:07:18

G'masters:

1	Tonni	Upham	Spartan	05:02:58
2	Ruth	Leverton	Pine	05:16:33

Half marathon**MEN**

1	Lungile	Gongqa	Ned WP	1:07:07
2	Mluleki	Nobanda	SAPS PE	1:09:09
3	Nkosinathi	Madyo	Ned WP	1:10:07
4	Tsungai	Mwanengeni	ZIM/NBMC	1:11:55
5	Mphuphumi	Ngedle	SAPS SWD	1:11:58
6	Tshepo	Motsehela	SAPS NFS	1:12:01
7	Vakalisa	Kopolo	Khay	1:14:55
8	Pieter	Koopman	Ned BOL	1:15:02
9	Noko	Mabotha	SAPS MPL	1:16:12
10	Matthews	Koie	SAPS CGA	1:16:25
11	Pitso	Kana	Bertsb	1:16:27
12	Muzikayise	Koza	SAPS CGA	1:16:42
13	Walter	Mpondi	SAPS LIM	1:16:43
14	Gift	Kelehe	SAPS NW	1:17:31
15	Mtsamayi	Sibisi	SAPS MPL	1:18:55
16	Sthembiso	Ntombela	SAPS KZN	1:19:23
17	Randall	Smith	Itheko	1:20:31
18	Dumisani	Dosi	SAPS WP	1:21:25
19	Selwyn	Losper	SAPS SWD	1:22:02
20	Moses	Selelo	SAPS LIM	1:22:51

Veterans:

1	Mluleki	Nobanda	SAPS PE	1:09:09
2	Tsungai	Mwanengeni	ZIM/NBMC	1:11:55
3	Pieter	Koopman	Ned BOL	1:15:02

Masters:

1	Selwyn	Losper	SAPS SWD	1:22:02
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2	Kenneth	Motsoai	SAPS NW	1:24:27
3	Mtetelwa	Hlaze	SAPS PE	1:27:56

G'masters:

1	Azwihangwisi	Maguru	Temp	1:38:32
2	Petros	Dauhana	SAPS LIM	1:38:41
3	Piet	Smit	Bredas	1:52:46

Juniors:

1	Duahn	Vermeulen	Bredas	1:41:13
2	Jeandre	Snyman	Temp	2:07:24

WOMEN

1	Tanith	Maxwell	Boxer	1:25:23
2	Nomvuyisi	Seti	Itheko	1:30:13
3	Marie	Wessels	Temp	1:33:35
4	Rianda	Gilliland	Aac	1:39:08
5	Marie	Louw	NBMC	1:41:44
6	Ellie	Courts	Celtic	1:42:00
7	Sandra	Moll	SAPS AGN	1:42:12
8	Simangele	Nhlengethwa	SAPS CGA	1:43:10
9	Nancy	Will	Pine	1:45:04
10	Anel	Wesson	Temp	1:45:06
11	Lettie	Seabela	SAPS CGA	1:45:47
12	Natalia	Ballentine	Temp	1:46:27
13	Ilse	Hugo	Ceres	1:46:29
14	Ntomboxolo	Mdubeki	SAPS PE	1:46:37
15	Motheo	Kgaphola	SAPS CGA	1:48:52
16	Christel	Van der Heever	Durbac	1:48:54
17	Una	Saayman	SAPS WP	1:49:51
18	Ivy	Sogiba	SAPS SWD	1:50:16
19	Janine	Lucas	Old	1:51:30
20	Masamuel	Moyana	SAPS NFS	1:53:09

Veterans:

1	Marie	Louw	NBMC	1:41:44
2	Ellie	Courts	Celtic	1:42:00
3	Sandra	Moll	SAPS AGN	1:42:12

Masters:

1	Una	Saayman	SAPS WP	1:49:51
2	Christine	Hibberd	Whalers	1:58:50
3	Victoria	Ngobese	SAPS CGA	2:00:52

G'masters:

1	Nancy	Will	Pine	1:45:04
2	Sarah	Herdien	Velocity	2:18:10
3	Benita	Olivier	Rwflswd	2:18:43

Juniors:

1	Amoretta	September	East	2:42:38
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10 km**MEN**

1	Granwin	Katzen	Itheko	35:05
2	Aphelele	Fanekho	Ned BOL	35:07
3	Akhona	Makhila	VOB	35:31
4	Bulelani	Bhebha	VOB	36:29
5	Denzil	Ryman	Itheko	38:06
6	Danzel	Minnaar	Worc	38:23
7	Mare	Bosman	Temp	39:55
8	Mihle	Mvelakubi	Temp	41:51

9	Jayde	Brammer	Temp	41:54
10	Darren	Fourie	Temp	42:56

WOMEN

1	Busisiwe	Gwala	VOB	41:53
2	Fortunate	Chidzivo	ZIM	42:55
3	Nomaxesibe	Ngcantsi	VOB	46:07
4	Carla	Beyers	Maties	47:06
5	Jessica	Du Plessis	Durbac	47:59
6	Aletta	Oosthuizen	Temp	50:15
7	Denika	Burger	Temp	50:47
8	Alana	Van der Merwe	Temp	52:57
9	Heidi	Uys	Temp	53:27
10	Corlene	Nell	Temp	53:34

Gelvan AC 15 km

Port Elizabeth, 18 October

(Loop course. Finishers: 474 [up from 371 last year].)

MEN

1	Melikhaya	Frans	Nedbank RC EP	22	47:19
2	Mariano	Eesou	Madibaz AC	22	48:02
3	Andre	Ketchem	X-Cel AC	31	48:24
4	George	Ntshiliza	Motherwell AC	35	48:44
5	Mzwanele	Maphekula	Malabar AC	38	49:19
6	Mzamo	Fokwana	Charlo AC	37	50:19
7	Siyabonga	Kahla (1 st jun)	Motherwell AC	18	50:32
8	Ryan	Peter	Madibaz AC	20	50:34
9	Zolile	Mhlahlo	Achilles AAA	39	50:46
10	Mila	Pasiya	Nedbank RC EP	35	51:33
11	Bulelini	Niwa	PEAAC	28	52:21
12	Duwayne	Lucas	Aspen Pharmacare	25	52:23
13	Terrance	Mjekula (1 st vet)	Charlo AC	42	52:29
14	Paul	Wolff	Achilles AAA	46	53:35
15	Malibongwe	Mbelu	Run For Life EP	42	53:36
16	Thobile	Xata	Bluewater Bay	40	54:20
17	Rikhotso	Rooi	Run For Life EP	31	55:11
18	Desmond	Zibi (1 st mast)	Ikhamva AC	51	55:33
19	Kenneth	Menze	Bluewater Bay	52	55:34
20	Thembekile	Msipa	Charlo AC	40	55:49

40-44:

1	Terrance	Mjekula	Charlo AC	42	52:29
2	Malibongwe	Mbelu	Run For Life EP	42	53:36
3	Thobile	Xata	Bluewater Bay	40	54:20

45-49:

1	Paul	Wolff	Achilles AAA	46	53:35
2	Peter	O'Kennedy	Achilles AAA	47	1:06:07
3	Geddes	Gallant	SANDF EP	48	1:06:38

50-54:

1	Desmond	Zibi	Ikhamva AC	51	55:33
2	Kenneth	Menze	Bluewater Bay	52	55:34
3	Michael	Bekapi	Maxed Elite EP	53	59:50

55-59:

1	Disemba	Blou	Charlo AC	56	1:04:16
2	Alan	Taylor	Achilles AAA	57	1:06:03

3	Peter	Van Rensburg	Elite AC	56	1:07:06
60-64:					
1	Hannes	Els	Warriors AC	64	1:03:15
2	Sizino	Kama	Achilles AAA	63	1:06:53
3	Bruce	McEwan	Achilles AAA	61	1:08:56
65-69:					
1	Cilliers	Swart	Nedbank RC EP	67	1:12:21
2	Percy	Dalton	Achilles AAA	66	1:17:20
3	William	Vorster	PEAAC	68	1:18:23
70-74:					
1	Ron	Clark	Bluewater Bay	71	1:17:50
2	Brian	Smith	PEAAC	71	1:52:33
75-79:					
1	Henry	Human	VW AC	75	1:44:48
2	John	Peart	Nedbank RC EP	78	2:17:07
80+:					
1	Wells	Anderson	PEAAC	82	1:43:19
Juniors:					
1	Siyabonga	Kahla	Motherwell AC	18	50:32
2	Cobus	Gerber	Madibaz AC	19	1:02:49
3	Leslie	Ferreira	Temp	19	1:49:46
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC EP	32	57:06
2	Ndileka	Mvakwendlu	Tinarha AC	23	1:02:59
3	Davera	Magson	Nedbank RC EP	39	1:03:10
4	Margie	Saunders (1 st g'mast)	Nedbank RC EP	61	1:04:09
5	Jene	Banfield (1 st vet)	Run For Life EP	44	1:04:40
6	Terray	Newcombe	Elite AC	23	1:07:56
7	Grizelda	Pietersen	Maxed Elite EP	45	1:08:15
8	Janette	Schierz-Crusius (1 st mast)	Body Concept	54	1:08:29
9	Sharon	Gouws	Nedbank RC EP	43	1:08:55
10	Michelle	Galloway	Madibaz AC	27	1:08:56
11	Laura	Maritz	Elite AC	53	1:09:25
12	Tiani	Claassen	Despatch AC	23	1:09:48
13	Maresa	Ah Kun	Bluewater Bay	38	1:10:15
14	Elmarie	Bezuidenhout	Charlo AC	32	1:11:34
15	Janine	Gardiner	Charlo AC	33	1:12:36
16	Nolikhanyo	Mdwayi	Transnet Eng EP	33	1:12:38
17	Megan	Wilson (1 st jun)	Charlo AC	19	1:12:53
18	Gail	Klichowicz	Achilles AAA	47	1:13:03
19	Louise	Mazuelas	Charlo AC	36	1:14:00
20	Annelie	Nel	Body Concept	40	1:14:46
40-44:					
1	Jene	Banfield	Run For Life EP	44	1:04:40
2	Sharon	Gouws	Nedbank RC EP	43	1:08:55
3	Annelie	Nel	Body Concept	40	1:14:46
45-49:					
1	Grizelda	Pietersen	Maxed Elite EP	45	1:08:15
2	Gail	Klichowicz	Achilles AAA	47	1:13:03
3	Lana	Bruyns	Elite AC	46	1:18:33
50-54:					
1	Janette	Schierz-Crusius	Body Concept	54	1:08:29
2	Laura	Maritz	Elite AC	53	1:09:25
3	Johannette	Oosthuizen	Body Concept	50	1:14:46

55-59:

1	Amanda	Wolmarans	Walmer AC	55	1:20:46
2	Barbara	Foot	Crusaders AC	55	1:24:54
3	Christine	Snyman	Despatch AC	58	1:26:05

60-64:

1	Margie	Saunders	Nedbank RC EP	61	1:04:09
2	Helene	Oppel	Crusaders AC	64	1:34:13
3	Nicki	Van Niekerk	Muirite Striders	60	1:37:39

65-69:

1	Liz	Grundlingh	Muirite Striders	67	1:26:05
2	Jeanette	Pienaar	PEAAC	66	1:39:25

70-74:

1	Orgia	Nell	Muirite Striders	71	1:47:52
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75-79:

1	Dorothy	Hart	Charlo AC	76	2:00:27
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Juniors:

1	Megan	Wilson	Charlo AC	19	1:12:53
2	Kimberley	Wilson	Charlo AC	19	1:23:46
3	Luzanne	Bruyns	Elite AC	15	1:33:50

Marthinus Jenkins Memorial 10 km

George, 18 October

(Two-loop course. Finishers: 109 [down from 138 last year].)

MEN

1	Lloyd Bosman	Nedbank	26	32:50
2	Elfonzo Pieterse	Nedbank	25	33:50
3	Ashwell Clooco	Mosselbay Harriers	18	34:45
4	Melikhaya Msizi	KMC	31	36:44
5	Elton Botha	KMC	21	37:16
6	Rodney Halom	Outeniqua Harriers	31	38:32
7	Tasco Msuthwana	Sedgefield Striders	33	39:02
8	Sidney Somathamba	Outeniqua Harriers	46	39:13
9	Alfred Nise	KMC	46	39:47
10	Jacques Mouton	Outeniqua Harriers	36	39:54

Veterans:

1	Sidney Somathamba	Outeniqua Harriers	39:13
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Masters:

1	Hermanus Jonkerman	Nedbank SWD	49:10
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G'masters:

1	Jan du Toit	Hartenbos Drawwers	46:56
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Juniors:

1	Ashwill Clooco	Mossel Bay Harriers	34:45
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WOMEN

1	Nancy Cloete	Outeniqua Harriers	27	41:11
2	Lisl Grobler	KMC	38	42:03
3	Annatjie Botes	Nedbank	56	44:22
4	Charmaine Lamprecht	Nedbank	30	45:42
5	Marie Wolmarans	Nedbank	55	47:17
6	Alicia Cawood	Nedbank	29	50:41
7	Suzaan Kruger	Outeniqua Harriers	31	50:44
8	Antionette du Preez	Hartenbos Drawwers	42	50:57
9	Sunet Liebenberg	Nedbank	36	51:07
10	Annemarie van der Westhuizen	Nedbank	54	51:36

Veterans:

1	Antoinette du Preez	Hartenbos Drawwers	50:59
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Masters:

1	Annatjie Botes	Nedbank SWD	44:22
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G'masters:

1	Toekie Steenkamp	Nedbank SWD	56:44
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Spur to Spur 10 km

George, 15 October

(Finishers: 257 [down from 278 last year].)

Note: Lloyd Bosman and Melissa van Rensburg won their third titles in a row. – Ed.**MEN**

1	Lloyd Bosman	Nedbank	26	31:22
2	Elfonzo Pieterse	Nedbank	25	31:28
3	Godwin Heyns	Mosselbay Harriers	16	32:42
4	Ashwell Clooco	Mosselbay Harriers	18	33:21
5	Dullan Solomons	Nedbank	16	33:48
6	Wouter Frazenburg	Nedbank	37	35:22
7	Melikhaya Msizi	KMC	31	35:29
8	Jeandre McCarthy	Outeniqua Harriers	15	36:13
9	Gerhard Viljoen	HSRB	48	36:13
10	Jacques Mouton	Outeniqua Harriers	36	36:57

WOMEN

1	Melissa van Rensburg	Nedbank	32	37:50
2	Annatjie Botes	Nedbank	56	42:25
3	Suzaan Kruger	Outeniqua Harriers	31	42:30
4	Mellusca Farnham	Nedbank	25	44:01
5	Charmaine Lamprecht	Nedbank	30	44:37
6	Linzi Spence	Temp	46	44:37
7	Marisa du Plessis	Temp	34	45:05
8	Yvette Borrett	Nedbank	48	45:09
9	Alicia Cawood	Nedbank	29	46:05
10	Carike Jacobs	Nedbank	38	46:20

Spar 10 km Challenge

East London, 11 October

(Finishers: 99)

MEN

1	Thandikwethu	Nobatama	Real Gijimas	28	35:30
2	Dumusani	Spamla	Cheetahs	43	37:47
3	Lanelli	Meek	Ind	20	39:21
4	Themba	Bhelwana	Oxford Striders	57	40:02
5	Dumisa	Masixole	Municipal AC	30	40:34
6	Nkosana	Mpolweni	Real Gijimas	52	41:59
7	Elliott	Ntaka	ELAC	40	43:07
8	Scott	Wilson	Ind	45	44:46
9	Amos	Qwetha	Real Gijimas	46	45:52
10	Graham	Kumm	Oxford Striders	62	46:32

40-49:	1	Dumisani Spamla	Cheetahs	37:47
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	2	Antony Rooney	Oxford Striders	60:01
50-59:	1	Themba Bhelwana	Oxford Striders	40:02
	2	Nkosana Mpolweni	Real Gijimas	41:59
60+:	1	Graham Kumm	Oxford Striders	46:32

WOMEN

1	Carol	Tinhof	Ind	41	48:43
2	Alison	Langtree	Born to Run	51	49:53
3	Yolanda	Barnard	Ind	36	52:03
4	Zondito	Rubusho	Mdantsane	30	52:41
5	Reneé	Wade	ELAC	56	54:26
6	Onela	Bhelwana	Oxford Striders	15	54:52
7	Hermien	Jones	Ind	44	55:07
8	Lizahn	de Jager	Ind	25	55:28
9	Maureen	Pitt	Oxford Striders	56	56:14
10	Estelle	Evans	Ind	39	56:22

40-49:	1	Maryna Coetzee	Oxford Striders	59:49
50-59:	1	Alison Langtree	Born to Run	49:53
	2	Reneé Wade	ELAC	54:26
60+:	1	Michelle Whittington	Old Selbornians	58:31
Juniors:	1	Sihle Gquzula	Oxford Striders	49:50
	2	Onela Bhelwana	Oxford Striders	54:52

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

TCS Amsterdam Marathon (39th)

(IAAF Gold Label Road Race/Dutch Marathon Championships for men & women)

Amsterdam, NED, 19 October

(Distance: 42.195 km; certified loop course with stadium finish)

MEN (gun times)

1.	Bernard Kipyego, KEN	2:06:22 PB
	[1:03:41 / 1:02:41]	
2.	Lucas Rotich, KEN	2:07:18 PB
3.	John Mwangangi, KEN	2:07:28 PB
4.	Essa Ismail Rashed, QAT	2:07:54 PB
5.	Elijah Kemboi, KEN	2:09:21
6.	Abel Kirui, KEN	2:09:45
7.	Philemon Rono, KEN	2:10:23
8.	Nicholas Kipkemboi, KEN	2:13:57
9.	Marcos Sanza, ESP	2:16:59
10.	Solonei Rocha da Silva, BRA	2:17:23
11.	Gideon Kipketer, KEN	2:18:59
12.	Willem van Schuerbeeck, BEL	2:19:03
13.	Paul Zwama, NED	2:21:59 (1st NC)
14.	Sebastien Schletterer, NED	2:23:20
15.	Jesse Stroobants, BEL	2:23:40
	Wilson Chebet, KEN	DNF

WOMEN (gun times)

1. Bethlehem Moges, ETH 2:28:35
2. Ogla Kimaiyo, KEN 2:29:15 PB
3. Diane Nukuri-Johnson, BDI 2:29:35 PB
4. Megertu Ifa, ETH 2:32:31 PB
5. Guteni Shone, ETH 2:36:57

Dong-A Ilbo Gyeongju Marathon

Gyeongju, KOR, 19 October

(Distance: 42.195 km; loop course)

MEN (gun times)

1. Silas Cheboit, KEN 2:07:15 PB
2. Joel Kemboi Kimurer, KEN 2:07:53
3. Dereje Tesfaye, ETH 2:08:17
4. Belay Asefa, ETH 2:08:45
5. Laban Kipkemboi, KEN 2:09:25

Beijing International Marathon (34th)

(IAAF Gold Label Road Race/Chinese Marathon Championships)

Beijing, CHN, 19 October

(Distance: 42.195 km; point-to-point course with stadium finish and no elevation change)

MEN (gun times)

1. Girmay Birhanu, ETH, 1987 2:10:42
2. Abebe Degefa, ETH, 1984 2:10:54
3. Solomon Bushendich, KEN, 1984 2:11:07

WOMEN (gun times)

1. Fatuma Sado, ETH, 1991 2:30:03
2. Meseret Kitata, ETH, 1990 2:31:08 PB=
3. Gong Lihua, CHN, 1993 2:32:23 PB (1st NC)

Janus Rock 'n' Roll Denver Half Marathon (5th)

Denver, USA, 19 October

(Distance: 21.1 km at high altitude)

MEN (gun times)

1. Andy Wacker, 26, Boulder, CO 1:05:43 \$1400

WOMEN (gun times)

1. Kristen Arendt, 25, Niwot, CO 1:17:19 DB \$1400
- ... 5. Colleen De Reuck, 50, Boulder, CO 1:22:59 100

Medio Maratón Ciudad de Valencia (24th)

Valencia, ESP, 19 October

(Distance: 21.1 km; two-loop course with no start/finish separation)

MEN (gun times)

1. Abraham Cheroben, KEN 58:48 PB/WL/CR € 2000
2. Kenneth Kiprop Kipkemai, KEN 59:01 PB 1200
3. Matthew Kisorio, KEN 59:50 800
4. Titus Mbishei, KEN 59:55 PB 500

5. Mamiyo Nuguse Hirsuato, ETH	1:01:07 PB	300
6. Simon Cheprot, KEN	1:01:07	200
7. Edwin Kiprop Kiptoo, KEN	1:01:13 PB	200
8. Jacob Kendagor, KEN	1:01:35	200
9. Asefa Mengstu Negewo, ETH	1:01:36 PB	200
10. Dawitt Weldeslasie, ETH	1:01:37 PB	200
11. Vincent Kipsang Rono, KEN	1:01:43	
12. Fikadu Haftu Tsadik, ETH	1:01:51	
13. Vincent Yator, KEN	1:02:45	
14. Kennedy Kipyeko, KEN	1:02:46	
15. Anis Selmouni, MAR	1:02:49	

WOMEN (gun times)

1. Emily Chebet, KEN	1:08:01 PB/CR	€ 2000
2. Margaret Wangari Muriuki, KEN	1:09:02 PB	1200
3. Beatrice Mutai, KEN	1:09:30 PB	800
4. Joyce Chepkirui, KEN	1:10:37	500
5. Alice Kimutai, KEN	1:10:38	300
6. Angela Jemesunde Tanui, KEN	1:12:25	200
7. Maria Elena Espeso Gayte, ESP	1:13:02	200 + 800^
8. Haftamnesh Tesfay Haylu, ETH	1:14:29	200
9. Elena Moreno Mazo, ESP	1:14:58	200 + 400^
10. Vanessa Veiga Comensana, ESP	1:15:11	200 + 200^

^) Earned Spanish citizen prize money

Bupa Great Birmingham Run (4th)

Birmingham, GBR, 19 October

(Distance: 21.1 km; standard loop course with hills)

MEN (gun times)

1. Joel Kimutai, KEN	1:01:39 PB
2. Emmanuel Bett, KEN	1:02:33
3. Elroy Gelant, RSA	1:03:17
4. Josphat Bett, KEN	1:03:20
5. Thomas Ayeko, TAN	1:03:27

WOMEN (gun times)

1. Polline Wanjiku, KEN	1:10:48
2. Doris Changeiywo, KEN	1:11:29
3. Linet Masai, KEN	1:11:45 DB
4. Ana Dulce Félix, POR	1:12:15
5. Faith Kipsum, KEN	1:12:40
6. Christelle Daunay, FRA	1:13:25
7. Irvette Van Zyl, RSA	1:14:24

Nick Symmonds Springfield 800 m (3rd)

Springfield, USA, 17 October

(Distance: 800 m; point-to-point course with no turns)

Note: Olympian and World Championships medallist Nick Symmonds hosted his annual 800 m road race and took the professional victory in 1:51.20, the fastest time ever recorded for 800 m on the roads. This was Symmonds' first race since March, when he failed to advance out of the IAAF World Indoor Championships preliminary round. – Ed.

MEN

Elite Race:

1. Nick Symmonds 1:51.20 WR
2. Ben Blankenship 1:51.55
3. Andrew Wheating 1:53.01

De Lage Landen Marathon Eindhoven (31st)

Eindhoven, NED, 12 October

(Distance: 42.195 km; two-loop course)

Note: A somewhat difficult marathon debut here for Leonard Patrick Komon. He ran with the leaders through halfway, but faded badly in the second half to clock only 2:14:25. "During the last hour of the race I asked myself a lot of questions," he said. "I did a lot of thinking in the final 15 kilometers as I was passing nobody other than joggers" (on the first lap of the two-lap course). – Ed.

MEN (gun times)

1. Tilahun Regassa, ETH 2:06:21
[1:03:05 / 1:03:16]
2. Jonathan Maiyo, KEN 2:06:47
3. Alfars Lagat, KEN 2:07:11 PB
4. Sammy Kigen Korir, KEN 2:08:05 PB
5. Richard Sigei, KEN 2:12:36
6. Leonard Patrick Komon, KEN 2:14:25 DB
[1:03:04 / 1:11:21]

WOMEN (gun times)

1. Iwona Lewandowska, POL 2:28:33
2. Olga Kalendarova-Ochal, POL 2:32:06
3. Monika Stefanowicz, POL 2:32:25 PB

Verve 10 km Run Sopot (1st)

Sopot, POL, 12 October

Note: Paula Radcliffe continued her comeback. – Ed.

MEN

1. Szymon KULKA, 1993, POL, 29:38
2. Joel Komen KOSOJEI, 1987, KEN, 29:51
3. Artur KERN, 1980, POL, 30:19

WOMEN

1. Dominika NOWAKOWSKA, 1985, POL, 34:26
2. Justyna KORYTKOWSKA, 1986, POL, 35:04
3. Marta KRAWCZYNSKA, 1988, POL, 35:08
4. Paula RADCLIFFE, 1973, GBR, 35:28

Giro Internazionale Città di Trento (68th)

Trento, ITA, 11 October

(Distance: 10 km; multi-loop course with 1091 m for each full lap)

MEN (extended gun times)

1. Muktar EDRIS, ETH 28:52
2. Thomas LONGOSIWA, KEN 29:07

3. Elvis KIPKOECH, KEN	29:09
4. Geoffrey KUSURO, UGA	29:16
5. Andrea LALI, ITA	29:17
6. Edwin SOI, KEN	29:25

CROSS-COUNTRY

Wisconsin adidas Invitational

Madison, USA, 17 October

MEN (8 km)

Team Results: 1. Syracuse, 85; 2. Iona, 154; 3. Wisconsin, 176 ...

1. Maksim Korolev	SR Stanford	23:43
2. Futsum Zienasellassie	JR Northern Arizona	23:47
3. Aaron Nelson	SR Washington	23:51

WOMEN (6 km)

Team Results: 1. Michigan State, 87; 2. Arkansas, 191; 3. Iowa State, 212 ...

1. Crystal Nelson	JR Iowa State	19:35
2. Rachele Schulist	SO Michigan State	19:39
3. Shelby Houlihan	SR Arizona State	19:41
... 7. Elise Cranny	FR Stanford	19:53
8. Dominique Scott	JR Arkansas (RSA)	19:54

NEWS

Not distance running, but this article from *Athletics International* will surely be of interest to all DRR readers. – Ed.

THE JUSTIN GATLIN CONTROVERSY CONTINUES

Justin Gatlin is aiming to contest both the 100 m and 200 m at next year's World Champs. The 100 m will remain his priority, but he hopes to reduce his best 200 m time to 19.4. Although he is 32, he feels that because of his years away from competition (due to doping bans) his age in track years is 26 or 27. His inclusion in the shortlist for the IAAF's World Athlete of the Year Award has aroused much controversy. As reported in the last issue, Robert Harting requested the IAAF to remove his name from the list because it included former doping offenders, and specifically Gatlin, who was unbeaten all year and clocked world leading pbs of 9.77 and 19.68.

Harting's stance was welcomed by DLV (German Federation) President Clemens Prokop, who commented: "This is a remarkable, courageous step and an important sign against the trivialisation of doping in sport." Another influential supporter is Alfons Hörmann, President of the German Olympic Sports Confederation, while IAAF Vice-President Seb Coe has said of Gatlin's presence on the list: "Personally I have big problems with that." He added: "The only thing I would say is he is entitled to compete, but I'm not particularly comfortable about it."

The controversy surrounding Gatlin (two drug bans, one of eight years reduced to four by an arbitration panel) – and, although barely mentioned, two others on the list who have a doping history in LaShawn Merritt (two years, reduced by three months after arbitration) and Sandra Perkovic (six months ban) – has drawn attention again to the issue of possible long-term benefits of performance-enhancing drugs. The 2011 world 400 m hurdles champion Dai Greene was uncompromising in his views on Gatlin. He told BBC Sport: "Either he's still taking performance-enhancing drugs to get the best out of him at his

advanced age, or the ones he did take are still doing a fantastic job. Because there is no way he can still be running that well at this late point in his career. After having years on the sidelines, being unable to train or compete, it doesn't really add up – 9.77 is an incredibly fast time. You only have to look at his performances. I don't believe in them.” Coe, who is in favour of a four-year ban for a serious doping offence, has stated: “The effect of anabolic steroids is certainly not transient. I think sanctions have to take into consideration the extent of the effect that they can have on a career even when the athlete is clean.”

Research in Norway conducted by a team of scientists on mice has established that muscles can retain the advantages provided by anabolic steroids for a very lengthy period. Kristian Gundersen, Professor of Physiology at the University of Oslo, has said: “I think it is likely that effects could be lifelong or at least lasting decades in humans. Our data indicate the exclusion time of two years is far too short. Even four years is too short.” He added: “I would be very surprised if there were any major differences between humans and mice in this context. The fundamental biology of muscle growth is similar in humans and in mice, and in principle any drug that builds muscle mass could trigger this mechanism. I was excited by the clarity of the findings. It's very rare, at least in my experience, that the data are so clear cut.” He explained: “If you exercise, or take anabolic steroids, you get more nuclei and you get bigger muscles. If you take away the steroids, you lose the muscle mass, but the nuclei remain inside the muscle fibres. They are like temporarily closed factories, ready to start producing protein again when you start exercising again.”

The World Anti-Doping Agency has welcomed the findings, although Dr Olivier Rabin, Wada's Director of Science, struck a note of caution. “We need proof we can transfer such results to humans. In the future, if these results do demonstrate there is an issue beyond two or four years we will bring it to the attention of the members of our committees. Scientific committees to start with, but also the executive committee of WADA and the foundation board, to see if that would justify the future revision of the code and changes to the rules. We can do a lot of things with mice that we cannot do with humans. We can cure a lot of diseases in mice that we cannot cure yet in humans, so there is always a big gap between mice and humans. It doesn't strictly mean these results will be transferred to human beings.”

STATS TIME

This week we take a look at the chronological order of the first twenty sub-2:05 marathons. The table shows each runner's age, while the last three columns show the number of marathons required to go under 2:05 for the first time, the runner's previous best and his current best.

The youngest to break 2:05 is Tsegaye Mekonen Asefa, who was 18 years 7 months; the oldest is Haile Gebrselassie, who was 35 years 5 months when he did it for the last time (Berlin, 2008). Five men – Moses Mosop, Ayele Abshero, Dennis Kimetto, Lelisa Desisa and Bernard Koech – have broken 2:05 in their first marathon.

CHRONOLOGICAL ORDER OF SUB-2:05 MARATHONS

1	2:04:55	Paul Tergat	KEN	34y	Berlin	28 Sep 2003	6 th	2:05:48	2:04:55
2	2:04:56	Sammy Korir	KEN	31y	Berlin	28 Sep 2003	13 th	2:08:02	2:04:56
3	2:04:26	Haile Gebrselassie	ETH	34y	Berlin	30 Sep 2007	10 th	2:05:56	2:03:59
4	2:04:27	Duncan Kibet	KEN	30y	Rotterdam	5 Apr 2009	6 th	2:07:53	2:04:27
5	2:04:27	James Kwambai	KEN	26y	Rotterdam	5 Apr 2009	7 th	2:05:36	2:04:27
6	2:04:48	Patrick Makau	KEN	25y	Rotterdam	11 Apr 2010	3 rd	2:06:14	2:03:38
7	2:04:55	Geoffrey Mutai	KEN	28y	Rotterdam	11 Apr 2010	6 th	2:07:01	2:03:02
8	2:04:57	Wilson Kiprotich Kipsang	KEN	29y	Frankfurt	31 Oct 2010	2 nd	2:07:13	2:03:23
9	2:04:40	Emmanuel Mutai	KEN	26y	London	17 Apr 2011	9 th	2:06:15	2:03:13
10	2:03:06	Moses Mosop	KEN	25y	Boston	18 Apr 2011	Debut	None	2:03:06
11	2:04:53	Gebre Gebremariam	ETH	26y	Boston	18 Apr 2011	2 nd	2:08:14	2:04:53

12	2:04:58	Ryan Hall	USA	28y	Boston	18 Apr 2011	8 th	2:06:17	2:04:58
13	2:04:23	Ayele Abshero	ETH	21y	Dubai	27 Jan 2012	Debut	None	2:04:23
14	2:04:50	Dino Sefer	ETH	23y	Dubai	27 Jan 2012	3 rd	2:10:33	2:04:50
15	2:04:54	Markos Geneti	ETH	27y	Dubai	27 Jan 2012	2 nd	2:06:35	2:04:54
16	2:04:56	Jonathan Maiyo	KEN	23?	Dubai	27 Jan 2012	2 nd	2:12:45	2:04:56
17	2:04:48	Adhane Yemane	ETH	27y	Rotterdam	15 Apr 2012	15 th	2:06:29	2:04:48
18	2:04:50	Getu Feleke	ETH	25y	Rotterdam	15 Apr 2012	5 th	2:05:44	2:04:50
19	2:04:16	Dennis Kimetto	KEN	28y	Berlin	30 Sept 2012	Debut	None	2:02:57
20	2:04:38	Tsegaye Kebede	ETH	25y	Chicago	7 Oct 2012	14 th	2:05:18	2:04:38

THIS MONTH IN HISTORY

We interrupt our look back at the history of the mile for one of the great distance races of all time. – Ed.

50 years ago: 14 October 1964

This was a historical day in the annals of US distance running. At the Tokyo Olympics Billy Mills, a 26-year-old Marine who had not even won the US Trials, came up against the world record holder for 10000 m, Ron Clarke (AUS), whose best was almost a minute faster than his, and a host of other runners far faster than himself. But his stunning kick in the homestretch, annihilating the stretch drives of Clarke and Mohamed Gammoudi, took him to the gold medal in an Olympic record of 28:24.4 – a PB by 46 seconds! He thus became the first – and still only – American to win the Olympic 25-lapper. Mills, now 76, said: “[With 150 metres to go], my mind went back to what my dad once told me: ‘Someday you’ll have wings of an eagle.’ I thought I may never be this close again, so I had to do it now. The wings of an eagle.” And the astounded Clarke, who finished third, said: “Crikey. I burn off all the regular distance runners and what am I left with? An Ethiopian, a Tunisian and a half-Sioux Indian!” Mills, who was actually seven-sixteenths Sioux, has been a lifelong motivational speaker and received the Presidential Citizens Medal in 2012.



□ Photograph: A triumphant Billy Mills wins the 10000 m in Tokyo. [*Track & Field News*]

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	28:22	Gladwin Mzazi	Cape Town	12 Oct
	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
	58:48	Abraham Cheroben (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
	2:02:57	Dennis Kimetto (KEN)		
	2:03:23	Wilson Kipsang (KEN) 2013		
	2:02:57p	Dennis Kimetto (KEN) 2014		
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	34:22	Eric Coetzee	Brackenfell	04 Oct
	[35:00	Vladimir Kotov (BLR)	Cape Town	08 Mar]
	30:35	Tecwyn Davies (GBR) 1988		

15 km	54:20 47:52	Eric Coetzee Titus Mamabolo (RSA) 1991	Brackenfell	19 Jul
21.1 km	76:24 66:42	Eric Coetzee Martin Rees (GBR) 2003	Cape Town	12 Oct
25 km	1:45:51 95:40A	Victor Phetoe Shaun Meiklejohn	Pretoria Pinetown	10 May 26 Jan
30 km	1:59:56	Sollie van Rooyen	Parow	30 Mar
Marathon	2:46:35 2:42:57A 2:19:29	Daniel Mothibe Thomas Lizo Titus Mamabolo (RSA) 1991	Pretoria East London	23 Feb 01 Mar
100 km				

Grandmasters (60+)

10 km	38:35 38:35	Muhammad Kriel Clive Owen	Bellville Cape Town	31 May 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 2:00:34A	Petrus Ratshikakala Mbekiseni Mchunu	Pretoria Pinetown	10 May 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 27:52	Thabang Mosiako Richard Chelimo (KEN) 1990	Bloemfontein	22 Feb
15 km	49:38 42:25	Granwin Katzen Moses Mosop (KEN) 2004	Ravensmead	26 Apr
21.1 km	71:46 59:16	Tshwanelo Mojokeng Samuel Wanjiru (KEN) 2005	Sasolburg	01 Feb

WOMENOpen

10 km	32:20 31:04 30:21	Irvette van Zyl Mamitu Daska (ETH) Paula Radcliffe (GBR) 2003	Stellenbosch	09 Aug
15 km	53:54 47:00 46:28	Kim Laxton Shalane Flanagan (USA) Tirunesh Dibaba (ETH) 2009	Germiston	06 Apr
21.1 km	71:53 66:19 65:50	René Kalmer Joyce Chepkirui (KEN) Mary Keitany (KEN) 2011	Copenhagen	29 Mar
25 km	1:44:00 97:30A 84:37 79:53	Marli van Staden Cary-Ann Smith Janet Rono Chelegat (KEN) Mary Keitany (KEN) 2010	Pretoria Pinetown	10 May 26 Jan
30 km	2:01:11 1:44:19 1:38:49	Zintle Xiniwe Yuka Takashima (JPN) Mizuki Noguchi (JPN) 2005	Parow	30 Mar
Marathon	2:29:27 2:18:57A 2:15:25	René Kalmer Rita Jeptoo (KEN) Paula Radcliffe (GBR) 2003	Berlin	28 Sep
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:24	Paulina Phaho	Pretoria	31 May
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	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	Somerses 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	64:09	Margie Saunders	Port Elizabeth	18 Oct
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	80:04	Annie Bothma	Cape Town	12 Oct
	1:09:05	Delilah Asiago (KEN) 1991		

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