

Distance Running Results

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EDITORIAL

Running is not supposed to be a contact sport, but nobody seems to have told Ethiopian Lelisa Desisa, who pushed former world record holder Wilson Kipsang aside in the last 500 metres of yesterday's TCS New York City Marathon in an effort to get past the tall Kenyan. It was to no avail, as Kipsang – after glancing down on the much smaller Ethiopian and exchanging some words with him – accelerated as if they had just run a 10 km race and sped away to the win in 2:10:59 and the World Marathon Majors crown.

"When [Desisa] came from this other side, then he brushed on my shoulder this other side," an upset Kipsang, who totally ignored the Ethiopian in the finish area, said afterwards. "Then I was telling him what happened, and there's a lot of space."



The first three in the TCS New York City Marathon: former champion Gebre Gebremariam, Wilson Kipsang and a somewhat glum-looking Lelisa Desisa. [Jane Monti for *Race Results Weekly*]

Kipsang's time in the very windy conditions is the slowest since German Silva's 2:11:00 in 1995.

The women's race also came down to a sprint, with Mary Keitany outkicking her Kenyan compatriot Jemima Sumgong by three seconds in 2:25:07. It is the smallest winning margin in the history of the race. Portugal's Sara Moreira (2:26:00) was third in her debut over the distance.

South Africa's Lusapho April, third last year, was with the leaders for the first 30 km, but then fell off the pace and could only manage twelfth in 2:16:50. But there was good news for South Africa too, as on the other side of the world his countryman Stephen Mokoka successfully defended his title in the Shanghai Marathon and broke his own course record with 2:08:43, just 10 seconds slower than his PB, and a list leader. Mokoka has a superb series of achievements in the race, also scoring a second place in 2011 and fourth in 2012.

In the Nike Soweto Marathon a pedestrian 2:17:55 brought Sintayehu Legese Yinesu a massive R100 000, while fellow Ethiopian Meseret Mengistu Biru repeated her Sanlam Cape Town Marathon win in 2:36:02.

In Tuscaloosa, USA, Dominique Scott won the SEC Championships cross-country title with relative ease.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Nike Soweto Marathon & Half Marathon, Soweto
- * Landmarks Half Marathon, Rondebosch
- * Elsies River AC 10 km, Elsies River
- * Rudamans Kaapsehoop Marathon, Half Marathon & 10 km, Kaapsehoop to Nelspruit
- * Amakhosikazi 10 km, Pretoria
- * Old Mutual 10 km, Pinelands

International highlights:

- * TCS New York City Marathon, New York, USA
 - * Shanghai International Marathon, Shanghai, CHN
 - * XC: Sun Belt Conference Championships, Mobile, USA; Big South Conference Championships, Boiling Springs, USA; Conference USA (C-USA) Championships, Denton, USA; Southeastern Conference (SEC) Championships, Tuscaloosa, USA
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ROAD RUNNING

Nike Soweto Marathon (22nd) & Half Marathon

Soweto, 2 November

(Distances: 42.195 km & 21.1 km; loop courses)

Note: The 10 km results contain too many errors to be published here. The winner of the men's race was Desmond Khoza in 29:59. – Ed.

Marathon

MEN

1. Sintayehu Legese Yinesu (ETH) 2:17:55 (R100 000)
2. Motlokoa Nkhabutlane (LES) 2:18:10 (R50 000)
3. Teboho Sello (LES) 2:18:33 (R25 000)
4. Hellen Kimutai (KEN) 2:19:16 (R15 000)
5. Matela Makhetha (LES) 2:20:35 (R10 000)
6. Tsotang Maine (LES) 2:23:06 (R7500)
7. Ntsindiso Mphakathi 2:23:35 (R6000)
8. Johannes Kekana, 42, 2:25:40 (R5000)
9. Joseph Munyoki (KEN) 2:26:42 (R2500)
10. Charles Tjiane, 40, 2:27:08 (R2000)

WOMEN (Same prize money as men)

1. Meseret Mengistu Biru (ETH) 2:36:02
2. Isabella Jepchumba (KEN) 2:51:32
3. Sisay Arsedo (ETH) 2:54:30
4. Jennifer Koech (KEN) 2:56:53
5. Pamela Anesomuk (KEN) 2:57:50
6. Martha Khumalo 2:58:12
7. Tabitha Tsatsa (ZIM), 42, 3:01:37
8. Poppy Mlambo 3:05:07

Half marathon

MEN

1. Joel Mmone 1:07:15 (R10 000)
2. Xolisa Tyali 1:07:15 [correct] (R5000)
3. Phillip Birech (KEN) 1:07:36 (R3000)
4. Lebenya Nkoka (LES) 1:08:21 (R1500)
5. Philani Buthelezi 1:08:42 (R1000)
6. Chabeli Nyedimane 1:09:38
7. Tumelo Mahlangu 1:11:02
8. Matthews Leeto 1:11:06
9. Jonas Makhele 1:11:11
10. Obed Kopong 1:12:06

WOMEN (Same prize money as men)

1. Mapaseka Makhanya 1:22:09
2. Anna Moeketsi 1:23:09
3. Samukeliso Moyo (ZIM) 1:24:08
4. Botsa Mathejane 1:30:43
5. Natalie Ross 1:33:44
6. Cath Drummond 1:36:26
7. Anna Tembo (MAW) 1:36:43
8. Lerato Mokopanela 1:36:44
9. Kate McDade 1:37:09
10. Megan Dempster 1:37:20

Landmarks Half Marathon

Rondebosch, 2 November

(Distance: 21.1 km; certified hilly loop course)

Note: Just one day after dipping under 41 minutes in the Elsie's River 10 km, Charmaine Cupido ran again here – as did Muhammad Kriel, Albert Williams, Helen du Plessis and Xolile Macanda. – Ed.

MEN

1. Anthony Godongwana (Trans) 67:41
2. Tom Lusaseni (Itheke) 68:54
3. Lungile Gongqa (Ned) 69:23
4. Duane Fortuin (Itheke) 69:30
5. Mthandazo Qhina (Ned) 69:41

40-44: 1. Tsungai Mwanengeni (ZIM/NBMC) 73:41; 2. Xolile Macanda (Gugs) 78:00; 3. Sabelo Ngcwama (Celtic) 79:47. **45-49:** 1. Lawrence Chipangaan (Gallop) 80:34; 2. Tholang Moloi (SANDF) 81:27; 3. Bruce Stewart (AAC) 85:57. **50-54:** Eric Coetzee (NBMC) 78:32; 2. Monde Tutani (Gugs) 84:19; 3. Shafiek Cassiem (Itheke) 88:08. **55-59:** 1. Robert Arnold (Top) 88:51; 2. Sam Kotze (Ned) 1:40:10; 3. Charles Parry (Pine) 1:41:23. **60-64:** 1. Muhammad Kriel (Ommie) 93:20; 2. Albert Williams (Top) 98:16; 3. Christian Edwards (VOB) 1:44:09. **65-69:** 1. Jimmy Morris (Forest) 95:51; 2. Ian Bocock (Forest) 1:50:01; 3. D.J. Price (FH) 1:50:39. **70+:** 1. Rob Joubert (SS) 2:11:34; 2. Ken Andrew (Celtic) 2:12:04; 3. Yusuf Gamielien (Itheke) 2:18:39. **Juniors:** 1. Granwin Katzen (Itheke) 77:58; 2. Azola Maqabuka (Ind) 85:12; 3. Darren Bownes (Hout) 88:53.

WOMEN

1. Zintle Xiniwe (NBMC) 80:02
2. Bulelwa Simae (Ned) 82:28
3. Thozama April (Trans) 84:54

4. Fortunate Chidzivo (ZIM/Itheko) 91:57
5. Ursula Frans (NBMC) 92:43 (1st vet)

40-44: 1. Ursula Frans (NBMC) 92:43; 2. Janet Adam (Harf) 98:13; 3. Elizabeth de Gouvaia (Durb) 98:24. **45-49:** 1. Obertina Kanyongo (ZIM/WC) 1:34:32; 2. Marjorie van der Merwe (Ind) 1:41:48; 3. Karen Jennings (VOB) 1:44:15. **50-54:** 1. Viv Williams (ATC) 1:41:46; 2. Bridget Hamilton Russell (Harf) 1:46:28; 3. Cheryl Rudolph (East) 1:50:01. **55-59:** 1. Olga Howard (Celtic) 1:39:04; 2. Charmaine Cupido (Ned) 1:43:27; 3. Dawn Saunders (Held) 1:56:12. **60-64:** 1. Nancy Will (Pine) 1:47:14; 2. Helen du Plessis (Tyger) 1:55:33; 3. Colette van Eck (FH) 1:59:18. **65-69:** 1. Pixie Sparg (Celtic) 2:04:01; 2. Yvonne Blomkamp (VOB) 2:39:27. **70+:** 1. Marlene James (Pine) 2:19:29; 2. Avril de Lapelin-Dumont (WC) 2:22:45; 3. Jean Cammidge (FH) 2:27:42. **Juniors:** 1. Christine de Kock (Durb) 97:56.

Elsies River AC 10 km

Elsies River, 1 November

(Certified loop course, flat but with many turns. Weather: perfect running conditions.

Finishers: 810 [significantly up from 535 last year].)

Note: An exceptionally fast time here by master Charmaine Cupido, who ran more than three minutes faster than the top veteran. – Ed.

MEN

1. Nkosinathi Madyo (Ned) 29:54
2. Vuyolwethu Mbukushe (Gugs) 30:05
3. Akhona Makila (VOB) 30:22

Veterans: 1. Lawrence Chipangaan (Gallop) 32:03; 2. Shawn Abrahams (Itheko) 32:18; 3. Xolile Macanda (Gugs) 32:54. **Masters:** 1. Kevin Isaacs (Edge) 37:00; 2. Julian Paul (SANDF) 37:10; 3. Zutsoda ? (SANDF) 38:14. **G'masters:** 1. Muhammad Kriel (Ommie) 37:31; 2. Albert Williams (Top) 41:13; 3. Paul San Giorgio (VOB) 45:11. **Juniors:** 1. Aphelele Fanekho (Ind) 31:17; 2. Angelo Matthys (ARD) 34:32; 3. Gershwin Kammies (Sanlam) 35:15.

WOMEN

1. Busisiwe Gwala (VOB) 38:04 (1st jun)
2. Anel Terblanche (NBMC) 39:32
3. Charmaine Cupido (Ned) 40:56 (1st mast)

Veterans: 1. Tanya Kapp (NBMC) 44:11; 2. Zethena October (Ravens) 45:19; 3. Martha Pretorius (SANDF) 45:46. **Masters:** 1. Charmaine Cupido (Ned) 40:56; Levona Paul (SANDF) 50:31; 3. Gail Hageman (Edge) 52:53. **G'masters:** 1. Helen du Plessis (Tyger) 47:10; 2. Lyn Wood (Edge) 54:46; 3. Lynda Filmore (Edge) 61:01. **Juniors:** 1. Busisiwe Gwala (VOB) 38:04; 2. Nomaxesibe Ngcantsi (VOB) 41:31; 3. Siziphiwe Mbatsa (Itheko) 43:52.

Rudamans Kaapsehoop Marathon, Half Marathon & 10 km

Kaapsehoop to Nelspruit, 1 November

(Distances: 42.195 km, 21.1 km & 10 km; point-to-point, severely downhill courses [not record eligible]. Finishers: marathon – 1645 [up from 1375 last year]; half marathon – 889 [up from 720]; 10 km – 490 [down from 600].)

Marathon

MEN

1 Elias Mabane (Nedbank) 2:22:28 (1st vet); 2 Thapelo Mofokeng (MAD Multisport) 2:22:54; 3 Fanie Matshipa (Samancor) 2:25:08; 4 Gordon Lesetedi (Samancor) 2:26:52; 5 Amos Dlodlu (Fit 2000) 2:27:28; 6 Isaac Mkhabela (Marula) 2:33:30; 7 Zondi Mdumiseni (Natal Carbineers) 2:34:42; 8 Petoro Gaebetse (Samancor) 2:35:11; 9 Paul Kekana (RAC) 2:36:10; 10 Mokento Galane (Elim) 2:38:12.

Veterans: 1 Elias Mabane (Nedbank) 2:22:28; 2 Petoro Gaebetse (Samancor) 2:36:10; 3 Joseph Lekgotla (Anglo) 2:48:15. **Masters:** 1 Moses Letchaku (Public Works) 2:50:44; 2 Marius Carstens (Alberton) 2:58:45; 3 Nuno Thomaz (New Balance) 3:09:06. **G'masters:** 1 Arthur Valasis (Hamlet online) 3:31:11.

WOMEN

1 Nonsikelelo Mbambo (Natal Carbineers) 2:59:28; 2 Cheryl-Lynn Koekemoer (Kempton) 3:03:09; 3 Michelle Mee (RAC) 3:08:11; 4 Mitsie v.d. Westhuizen (New Balance) 3:09:04; 5 Heidi Kalidas (Eskom) 3:15:06; 6 Denise de Souza (Randburg Harriers) 3:18:26; 7 Amanda Silva (RAC) 3:18:36; 8 Vanessa Bowman (Kempton) 3:20:09; 9 Barbara Lockenmeier (Alberton) 3:20:28; 10 Nocawe Morake (DRDLR) 3:20:46.

Veterans: 1 Michelle Mee (RAC) 3:08:11; 2 Vanessa Bowman (Kempton) 3:20:09; 3 Barbara Lockenmeier (Alberton) 3:20:28. **Masters:** 1 Ansa Strydom (New Balance) 3:27:46; 2 Sue Harrisberg (RAC) 3:27:50; 3 Rita v. Wyk (Boksburg) 3:33:05. **G'masters:** 1 Bella Carmichael (RRW) 4:22:47.

Half marathon

MEN

1 Tebogo Pulusa (Dwarsrivier) 66:31; 2 Tlou Peu (MAD Multisport) 66:32; 3 Ntuthuko Maseko (Nedbank) 66:51.

Veterans: 1 Davis Labuschagne (Cycle Lab) 83:05; 2 Phillip van Rooyen (RWFL) 84:15. **Masters:** 1 Frank da Ascencao (Boksburg) 95:13; 2 Mark Baker (Temp) 99:32. **G'masters:** 1 John Mashaba (Definition) 1:40:54. **Juniors:** 1 Oscar Ngomane (Born to Run) 75:34; 2 Hennie van Aswegen (RWFL) 77:33.

WOMEN

1 Naomi Nel (Temp) 89:55; 2 Mariska Steinbach (New Balance) 90:04; 3 Ansie Breytenbach (Irene) 94:01 (1st mast).

Veterans: 1 Cornea Broere (Tuks) 97:12; 2 Marinda Surridge (ACRW) 98:47. **Masters:** 1 Ansie Breytenbach (Irene) 94:01; 2 Allison Hay (Nelspruit) 94:16. **G'masters:** 1 Liz Ruickbie (Nedbank) 1:42:06. **Juniors:** 1 Cornelia Janse van Rensburg (Nedbank) 1:53:21; 2 Anthea Lees (Nedbank) 1:53:22.

10 km

MEN

1 William Mothosala (Nedbank) 31:15; 2 Piet Jacobs (Nedbank) 31:22; 3 Prince Ndlovu (RWFL) 31:34.

Veterans: 1 Elmon Ndlovu (SANDF) 41:27; 2 Herbert Zeeman (Magnolia) 62:30. **Masters:** 1 Dingaan Mabale (Sabie) 38:56; 2 Chris Claasen (Secunda) 59:06. **G'masters:** 1 Machiel

van Niekerk (Magnolia) 43:04. **G/g'masters:** 1 Danie Roux (Kempton) 60:30. **Juniors:** 1 Siphon Thulani (Born to Win) 32:36; 2 Willem Botha (Bergvlam) 37:56; 3 De Villiers Basson (Nedbank) 42:48.

WOMEN

1 Noria Sibanda (Definition) 40:30; 2 Janelle Verster (Unisa) 43:05; 3 Manda Gomes (Temp) 45:27.

Veterans: 1 Sibongele Mlombo (Legogote) 48:47; 2 Unice Mbujaane (Corr Serv) 56:02.

Masters: 1 Ilse Crous (Unisa) 48:33; 2 Annelize de Klerk (Middelburg) 55:23. **G'masters:** 1 Jenny Robertshaw (Rockies) 57:43. **Juniors:** 1 Lizaan de Blanche (Nelspruit H/S) 45:49; 2 Madri Wiid (Nedbank) 46:18; 3 Clair Frey 46:57.

Amakhosikazi 10 km

Pretoria, 1 November

(Flat two-lap course. Weather: overcast, cool, ideal running conditions. Finishers: 401; also 209 in 5 km.)

Note: One day before running the Nike Soweto Half Marathon, Samukeliso Moyo won the 10 km here. – Ed.

MEN

1. Lucky Mohale (ME) 30:31
2. Precious Mashele (Trans) 30:35
3. Richard Mavuso (Ind) 32:17

Veterans: 1. Shadrack Hoff (NB) 32:36; 2. Enoch Skosana (Trans) 32:48; 3. Greg Barnes (NB) 33:35. **Masters:** 1. Leon Page (Irene) 47:31. **G'masters:** 1. Abdul Mohamed (Mag) 52:45. **G/g'masters:** 1. Pele Tshikundamalema (Toy) 47:07. **Juniors:** 1. Wiehan van Noordwyk (Eldor) 39:52.

WOMEN

1. Samukeliso Moyo (ZIM/ME) 38:23 (1st vet)
2. Nandipha Dywili (Trans) 38:33
3. Catherine Skosana (Ned) 39:44

Veterans: 1. Samukeliso Moyo (ZIM/ME) 38:23; Paulina Phaho (Trans) 43:59; 3. Charmaine Warriker (Voor) 49:53. **Masters:** 1. Elsabé Brink (NB) 44:35. **G/g'masters:** 1. Bertha van den Raad (Irene) 76:44. **Juniors:** 1. Sumarie Moolman (ACRW) 54:09; 2. Kayla Skosana (ACRW) 84:30.

Old Mutual 10 km (22nd)

Pinelands, 29 October

(Certified loop course with many turns. Weather: cool, windy. Finishers: 2010 [significantly up from 1685 last year].)

MEN

1. Lungile Gongqa (Ned) 30:09 (R600)
2. Tom Lusaseni (Itheko) 30:29 (R400)
3. Sibusiso Madikizela (Itheko) 30:40 (R300)
4. Anthony Timotheus (UWC) 30:46 (1st jun) (R200)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 31:22 (R300); 2. Lawrence Chipangaan (Gallop) 33:10 (R250); 3. Xolile Macanda (Gugs) 33:51 (R150). **Masters:** 1. Eric Coetzee (NBMC) 34:41 (R250); 2. Monde Tutani (Gugs) 36:14 (R200); 3. Chris Mitchell (Celtic)

36:17 (R150). **G'masters:** 1. Albert Williams (Top) 43:03 (R200); 2. Cornelius de Wee (Tyger) 46:50 (R150). **Juniors:** 1. Anthony Timotheus (UWC) 30:46 (R350); 2. Granwin Katzen (Itheko) 31:47 (R250); 3. Lungile Mdaka (VOB) 33:20 (R200).

WOMEN (Same prize money as men)

1. Bulelwa Simae (Ned) 36:26
2. Annie Bothma (Ned) 36:47 (1st jun)
3. Pamela Moyikwa (VOB) 37:49
4. Busisiwe Gwala (VOB) 39:18

Veterans: 1. Sandra van Graan (Edge) 39:42; 2. Ursula Frans (NBMC) 40:50; 3. Sheryl de Lange (NBMC) 42:36. **Masters:** 1. Elmarie Coetzee (NBMC) 40:57; 2. Mariëtte Strauss (Tyger) 42:28; 3. Viv Williams (ATC) 43:35. **G'masters:** 1. Nancy Will (Pine) 48:18; 2. Helen du Plessis (Tyger) 49:55. **Juniors:** 1. Annie Bothma (Ned) 36:47; 2. Pamela Moyikwa (VOB) 37:49; 3. Busisiwe Gwala (VOB) 39:18.

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 New York City Marathon (44th)

(World Marathon Majors Event/IAAF Gold Label Road Race)

New York, USA, 2 November

(Distance: 42.195 km, certified, point-to-point, challenging, 5.5 m total elevation loss [negligible])

MEN (gun times)

- | | | |
|-----------------------------------|---------|-----------|
| 1. Wilson Kipsang, 32, KEN | 2:10:59 | \$100,000 |
| [1:06:56 / 1:04:03] | | |
| 2. Lelisa Desisa, 24, ETH | 2:11:06 | 60,000 |
| 3. Gebre Gebremariam, 30, ETH | 2:12:13 | 40,000 |
| 4. Meb Keflezighi, 39, USA | 2:13:18 | 25,000 |
| 5. Stephen Kiprotich, 25, UGA | 2:13:25 | 15,000 |
| 6. Geoffrey Mutai, 33, KEN | 2:13:44 | 12,500 |
| 7. Masato Imai, 30, JPN | 2:14:36 | 10,000 |
| 8. Peter Cheruiyot Kirui, 26, KEN | 2:14:51 | 5,000 |
| 9. Ryan Vail, 28, USA | 2:15:08 | 3,000 |
| 10. Nick Arciniaga, 31, USA | 2:15:39 | 2,000 |
| 11. Yuki Kawauchi, 27, JPN | 2:16:41 | 750^ |
| 12. Lusapho April, 32, RSA | 2:16:50 | 500^ |
| ... 3023. Bob Kennedy, 44, USA | 3:26:17 | PB (net) |

^) Prize money reduced by 50% for slower than 2:16:30

ALL-WOMEN'S PROFESSIONAL RACE (gun times)

- | | | |
|-------------------------------|---------|---------------------|
| 1. Mary Keitany, 32, KEN | 2:25:07 | \$100,000 + 25,000i |
| [1:13:42 / 1:11:25] | | |
| 2. Jemima Sumgong, 29, KEN | 2:25:10 | 60,000 + 25,000i |
| 3. Sara Moreira, 29, POR | 2:26:00 | DB 40,000 + 15,000i |
| 4. Jelena Prokopcuka, 38, LAT | 2:26:15 | 25,000 + 15,000i |
| 5. Desiree Linden, 31, USA | 2:28:11 | 15,000 |
| 6. Rkia El Moukim, 26, MAR | 2:28:12 | DB 12,500 |
| 7. Firehiwot Dado, 30, ETH | 2:28:36 | 10,000 |

8. Valeria Straneo, 38, ITA	2:29:24	5,000
9. Buzunesh Deba, 27, ETH	2:31:40	3,000
10. Annie Bersagel, 31, USA	2:33:02	2,000
11. Deena Kastor, 41, USA	2:33:18	1,500 + 3,000m
12. Ana Dulce Félix, 32, POR	2:35:33	1,000
13. Edna Kiplagat, 34, KEN	2:36:24	
[1:13:42 / 1:22:42]		
14. Kara Goucher, 36, USA	2:37:03	
[1:14:00 / 1:23:03]		

i) Earned time bonus

Shanghai International Marathon (15th)

(IAAF Gold Label Road Race)

Shanghai, CHN, 2 November

(Distance: 42.195 km)

MEN

1. Stephen Mokoka **RSA** 2:08:43
2. Abreham Cherkos ETH 2:08:47
3. Stephen Chemlany KEN 2:08:56
4. Endeshaw Negesse ETH 2:09:47
5. Mark Korir KEN 2:11:35
6. Julius Keter KEN 2:14:48
7. Mariko Kiplagat KEN 2:17:24
8. Wirimayi Juwawo ZIM 2:18:19

WOMEN

1. Tigist Tufa ETH 2:21:52
2. Caroline Kilel KEN 2:25:22
3. Misiker Mekonnin ETH 2:29:03
4. Mamitu Daska ETH 2:29:35
5. Atsede Baysa ETH 2:31:44
6. Deribe Godana ETH 2:32:50
7. Almaz Negede ETH 2:37:42
8. Christelle Vacher FRA 2:52:29

CROSS-COUNTRY

Sun Belt Conference Championships

Mobile, USA, 2 November

MEN (8 km)

Team Results: 1. South Alabama, 53; 2. Appalachian State, 55; 3. Texas-Arlington, 61.

1. Christoph Graf, JR, S Alabama 24:26.6
2. Michael Pienaar, FR, S Alabama (**RSA**) 24:29.4
3. Craig Lautenslager, JR, U T A 24:43.5

WOMEN (5 km)

Team Results: 1. Texas-Arlington, 51; 2. Appalachian State, 60; 3. Arkansas State, 64.

1. Hannah Stefanoff, SR, Ga State 16:57.7
2. Tristin Van Ord, SO, Appalachian 17:02.6
3. Rexi Parcells, SR, A State 17:09.5

Big South Conference Championships

Boiling Springs, USA, 1 November

MEN (8 km)

Team Results: 1. High Point 27; 2. Liberty 52; 3. Campbell 75.

1. Jeff LaCoste, JR High Point 24:59.30
2. Jacob Kipserem, FR Campbell (KEN) 25:04.50
3. Chris Colo, SR High Point 25:05.40

WOMEN (5 km)

Team Results: 1. High Point, 67; 2. Liberty, 73; 3. Radford, 81.

1. Jacy Christiansen, SR Liberty 17:37.64
2. Joan Maritim, FR Campbell 17:47.67
3. Letitia Saayman, JR Coastal Carolina (RSA) 17:49.73
- ... 5. Kyla Van Graan, SO Coastal Carolina (RSA) 18:14.17

Conference USA (C-USA) Championships

Denton, USA, 1 November

MEN (8 km)

Team Results: 1. North Texas, 50; 2. UTEP, 58; 3. Mid Tenn State, 67.

1. Anthony Rotich, JR, UTEP (KEN) 24:04.4
2. Cosmas Boit, SO, UTEP (KEN) 24:08.3
3. Troy Taylor, JR, North Texas 24:15.1
- ... 12. David Mokone, SR, Western Kentucky (RSA) 24:51.7

WOMEN (5 km),

Team Results: 1. Mid. Tenn. State, 55; 2. Rice, 62; 3. North Texas, 91.

1. Cali Roper, SO, Rice 16:43.7
2. Hannah Maina, SO, Mid. Tenn. State (KEN) 16:50.0
3. Joan Jepkirui, FR, UTEP (KEN) 16:50.2

Southeastern Conference (SEC) Championships

Tuscaloosa, USA, 31 October

MEN (8085 m)

Team Results: 1. Arkansas, 54; 2. Mississippi, 60; 3. Auburn, 77.

1. Stanley Kebenei, SR Arkansas (KEN) 23:49.27
2. Ty McCormack, SR Auburn 23:58.64
3. Wes Gallagher, JR Mississippi 24:21.28

WOMEN (5872 m)

Team Results: 1. Arkansas, 32; 2. Vanderbilt, 85; 3. Alabama, 140.

1. Dominique Scott, JR Arkansas (RSA) 19:22.74
 2. Grace Heymsfield, SR Arkansas 19:32.21
 3. Chelsea Blaase, JR Tennessee 19:32.37
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NEWS

JEPTOO'S POSITIVE TEST CASTS CLOUD OVER KENYAN BRILLIANCE

A cloud was cast over the great tradition of Kenyan distance running on Friday when Rita Jeptoo, winner of the Boston and Chicago marathons the past two years, tested positive for a banned substance, reports *The New York Times*.

Jeptoo, 33, who has won Boston three times and Chicago twice, is by far the most prominent Kenyan runner to have failed a doping test. She had a positive test on an "A" sample for an unnamed banned substance, according to the World Marathon Majors, which represents the world's six most prominent marathons. But under antidoping rules, a second sample of the same test must come back positive for her to be found guilty of a doping violation by the International Association of Athletics Federations (IAAF).

Jeptoo is the second high-profile female marathon runner to be entangled in a doping scandal this year. In April, Liliya Shobukhova of Russia, who has the second-fastest women's marathon time, received a two-year ban after abnormalities were found in her biological markers that are used to detect evidence of doping.

Along with neighboring Ethiopia, Kenya has developed the world's richest tradition in distance running. In recent years, though, the sport has grown more complicated there, characterized by wondrous achievement and undermined by evidence of doping as money and interest have bloomed and technology has grown more sophisticated.

After Dennis Kimetto's new world record in Berlin an antidoping task force last month criticized Kenya's track and field federation for what it said were lax efforts to catch athletes using banned substances.

More than 30 athletes have tested positive for banned substances in recent years, a report by the task force said. Pharmacies, clinics and athletes' representatives have assisted in the procurement of prohibited drugs, it said. The blood-boosting drug EPO, which enhances oxygen-carrying capacity, was one substance mentioned in the report.

Officials with the World Anti-Doping Agency, who expressed frustration with efforts in Kenya, recently met with Kenyan officials about the country's efforts to combat the use of prohibited substances.

On Sunday, after the New York City Marathon, Jeptoo was to receive a check for \$500 000 for winning the World Marathon Majors, a prize for the top male and female runners for performances at races in Tokyo, Boston, London, Berlin, Chicago and New York in a two-year cycle. That was postponed.

Any formal sanctions against Jeptoo would be levied by the IAAF, which has not yet announced a doping violation or any potential ban. The World Marathon Majors has joined the IAAF in helping to provide more out-of-competition testing, considered the only reliable way to catch those using banned substances. Nick Bitel, general counsel of the marathon group, said on Friday, "Cheats need to understand that they are not welcome in our sport and that they will be caught."

Although Jeptoo was not competing in Sunday's race, the news of her positive test was a distraction for the final major marathon of the year. Many elite runners heard about Jeptoo's positive doping test on their way to, or at, a scheduled news conference Friday morning. Instead of talking about his attempt to become the first man to win three New York City Marathons in a row since Alberto Salazar in 1982, Geoffrey Mutai, another Kenyan standout, was confronted with questions about how often he had been drug-tested and whether he thought he was running on a level playing field.



Rita Jeptoo wins the Boston Marathon earlier this year for the third time. [*The New York Times*]

For years, it has been said that many Kenyan distance runners refuse to take even an aspirin for a headache. And some international experts cautioned against painting all Kenyans with a brush of skepticism.

Yet the number of positive tests in Kenya has risen sharply in recent years, which could reflect increased testing as much as growing drug use.

Jeptoo is the third runner to test positive among one of Kenya's most successful training groups, which has Federico Rosa as its manager and Claudio Beradelli as its coach. Rosa and Beradelli, who are from Italy, denied any involvement in doping. The Rosa group, founded by Federico Rosa's father, Gabriele, a highly respected marathon coach, has produced such top stars as Paul Tergat, a former world record holder in the marathon, and Sammy Wanjiru, the 2008 Olympic champion.

But the training group — and by extension, Kenyan distance running — has come under increased examination. Mathew Kisorio, a former member of the group, received a two-year ban in 2012 and later told the German television network ARD that doping was not rare in Kenya.

"I went with it because everyone told me I wasn't the only one — and none of the others got caught for doping," he said. "I know that a lot of medical substances are used, which are injected straight to the blood for the body to have more oxygen. And when you run, you run so smooth. You have more stamina."

Jemima Sumgong, another Rosa group runner, also received a two-year ban after a failed doping test in 2012, but it was later reversed. Sumgong, who is scheduled to compete in Sunday's marathon, declined to comment on Jeptoo's case but said that in general, when it came to the use of performance-enhancing drugs, "we athletes, we are not happy about it."

Rosa said Friday that he had been cooperating with the IAAF in investigating the rising number of positive doping tests in Kenya.

"It's surprising on one side, not surprising on the other because of a lot of problems in Kenya about this," Rosa said of Jeptoo.

Rosa said "there's a fear" doping was becoming commonplace in Kenya, adding, "For sure, we will go legally after the people that put Rita in this situation, and probably also Rita if we found out she is cooperating with them."

STATS TIME

This week we take a look at the twenty fastest marathons ever run by South Africans in Johannesburg (including the rest of the Witwatersrand). Mark Plaatjes has four times on the list and Zithulele Sinqe three.

FASTEST MARATHONS EVER IN JOHANNESBURG

2:14:11	Zithulele Sinqe	1	Johannesburg	21 Jun 87
2:14:45	Mark Plaatjes	1	Johannesburg	10 Oct 84
2:15:02	Plaatjes-2	1	Johannesburg	10 Oct 85
2:15:08	Sinqe-2	2	Johannesburg	10 Oct 85
2:16:03A	Xolisa Tyali	4	Johannesburg	07 Sep 14
2:16:15	Gibeon Moshaba	2	Johannesburg	10 Oct 84
2:16:15	Sinqe-3	1	Johannesburg	10 Oct 86
2:16:33A	Benedict Moeng	2	Johannesburg	08 Sep 13
2:16:55	Plaatjes-3	2	Johannesburg	10 Oct 86
2:17:00	Kevin Shaw	1	Johannesburg	27 Feb 82
2:17:06A	Michael Mazibuko	3	Johannesburg	08 Sep 13
2:17:19	Plaatjes-4	1	Johannesburg	10 Oct 83
2:17:29	David Phalatse	1	Benoni	30 Apr 89
2:17:52	Shaw-2	1	Johannesburg	23 Feb 80
2:17:54	Collin Jabulani Khoza	2	Johannesburg	06 May 07
2:17:57	Kenny Jacobs	3	Johannesburg	10 Oct 85

2:17:59A	Tyali-2	2	Johannesburg	02 Sep 12
2:18:09	Ben Choeu	2	Johannesburg	27 Feb 82
2:18:10A	Mbongeni Ngxazoza	3	Johannesburg	02 Sep 12
2:18:16	Johnny Halberstadt	1	Johannesburg	28 Feb 81

THIS MONTH IN HISTORY

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

26 years ago: 12 November 1988

During the heyday of Coetzenburg athletics, when the Maties' stadium played host each year to a gathering of South Africa's best athletes to pay homage to De Villiers Lamprecht's first dream mile, many top distance events were presented. One of the best took place this evening when national champion Deon Brummer faced an outstanding field in the meeting's signature event. Brummer had run a personal best of 3:55.42 the previous year, but he was up against a man even faster – Bennie Greyling, South Africa's third quickest miler ever at 3:54.59. There was also Jean Verster, and although Verster was the only one of the three to run a PB, he finished only third. Greyling had been beaten decisively by Brummer at the SA Championships in Bloemfontein earlier in the year, but this time his kick was too good for Brummer and he won narrowly in 3:55.42, with Brummer 0.15 sec behind. Verster followed in 3:55.76, with US star Ray Wicksell fourth in 3:56.67 and Deon Fouché fifth in a PB 3:58.23. The next year Brummer again beat Greyling for the national title.

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)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		01 Mar
	44:29	Lusapho April	Port Elizabeth	
	43:04	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		29 Mar
	60:47	Stephen Mokoka	Copenhagen	
	58:48	Abraham Cheroben (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		10 May
	81:09	Sikhumbuso Seme	Pretoria	
	80:18A	George Ntshiliza	Somerset East	
	71:47	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		05 Jan
	1:40:20	Anthony Godongwana	Camps Bay	
	1:28:52	Yuma Hattori (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
	2:08:43	Stephen Mokoka	Shanghai	
Marathon	2:02:57	Dennis Kimetto (KEN)		02 Nov
	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	Eric Coetzee	Brackenfell	19 Jul
	47:52	Titus Mamabolo (RSA)	1991	
21.1 km	76:24	Eric Coetzee	Cape Town	12 Oct
	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	37:31	Muhammad Kriel	Elsies River	01 Nov
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	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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