

Distance Running Results

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

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EDITORIAL

The best performance of the weekend came from 18-year-old Annie Bothma (she turns 19 on 26 December and will be a senior from 1 January), who bettered Lena Lötter's Western Province record in the HFGA West Coast AC Half Marathon in Bloubergstrand with her 79:09. It is also a list leader – with a second list leader coming from master Eric Coetzee (76:18).

In the middle of the week Yolande Maclean won the Rowlin National Brokers 15 km by almost 6 minutes with a good 55:37.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Save Hyper Orion Half Marathon & 10 km, Pietermaritzburg
- * HFGA West Coast AC Half Marathon, Bloubergstrand
- * Super Spar Marathon, Half Marathon & Women's 10 km, Bela-Bela
- * Liquifruit Half Marathon & 10 km, Irene
- * LabourWise 10 km, Strand
- * Rowlin National Brokers 15 km & 10 km, Benoni

International highlights:

- * Joon Ang Seoul International Marathon, Seoul, KOR
 - * Marathon des Alpes Maritimes Nice-Cannes, Nice to Cannes, FRA
 - * Athens Marathon, Athens, GRE
 - * NYRR Dash to the Finish Line 5 km, New York, USA
 - * Indianapolis Monumental Marathon & Half Marathon, Indianapolis, USA
 - * XC: USATF New England Association Cross-country Championships, Boston, USA
 - * IAU 50 km World Trophy Final, Doha, QAT
-

CORRECTIONS & ADDITIONS

Mention was made in *Distance Running Results* last week about the fast times in the **Elsies River 10 km**. DRR has received a number of reports from runners who took part whose GPS watches showed the course to be approx. 400 m short, which would certainly explain the fast times. Some runners were also seen to "substantially" cut some corners, which were not adequately taped. This could have resulted in an even shorter course (than merely being 400 m short).

DRR then applied 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), to the results received. Eighteen

times gave a figure of -5.91 sec/km – over the limit of -5 sec/km. Times in this race will therefore not be used in any statistical lists.

The results of the top ten men in the **Nike Soweto Marathon** (see last week's DRR) have been amended. There may be further changes and DRR is also awaiting the final list of top ten women; these will be published when received.

The corrected list of the top ten men is:

1. Sintayehu Legese Yinesu (ETH) 2:17:55
2. Motlokoa Nkhabutlane (LES) 2:18:10
3. Teboho Sello (LES) 2:18:33
4. Ramolefi Motsieloa (LES) 2:19:06
5. Amos Limakori (KEN) 2:19:16
6. Matela Makhetha (LES) 2:20:35
7. Shadrack Kemboi (KEN) 2:21:28
8. Tsotang Maine (LES) 2:23:06
9. Ntsindiso Mphakathi 2:23:35 (debut)
10. Johannes Kekana 2:25:40

ROAD RUNNING

Save Hyper Orion Half Marathon & 10 km

Pietermaritzburg, 9 November

(Distances: 21.1 km & 10 km; loop courses)

Half marathon

MEN

- | | | | |
|----|-----------------|-----------|-------|
| 1. | Slandile Gubese | Phuma | 65:56 |
| 2. | Philane Ngcobo | Coll Harr | 67:36 |
| 3. | Muzi Madikwa | Coll Harr | 73:15 |

40-49:

- | | | | |
|----|------------------|--------|-------|
| 1. | Bongani Lepheane | Thokoa | 75:58 |
|----|------------------|--------|-------|

50-59:

- | | | | |
|----|------------------|------------|-------|
| 1. | Shaun Meiklejohn | Save Orion | 82:23 |
|----|------------------|------------|-------|

60+:

- | | | | |
|----|------------------|------------|--------|
| 1. | Ronald Heathcote | Umhlathuze | 108:02 |
|----|------------------|------------|--------|

Juniors:

- | | | | |
|----|---------------|------|--------|
| 1. | Bryan Reistof | RWFL | 122:30 |
|----|---------------|------|--------|

WOMEN

- | | | | |
|----|--------------------|-------------|-------|
| 1. | Xoli Madida | Natal Carbs | 88:35 |
| 2. | Sarah Grey | Coll Harr | 89:16 |
| 3. | Nonsikelelo Mbambo | Natal Carbs | 92:05 |

40-49:

- | | | | |
|----|-----------------|-------|-------|
| 1. | Sbongile Ziqubu | Eskom | 92:32 |
|----|-----------------|-------|-------|

50-59:

- | | | | |
|----|-----------------|-------|--------|
| 1. | Debby de Koning | Eskom | 104:12 |
|----|-----------------|-------|--------|

60+:

- | | | | |
|----|--------------|-----|--------|
| 1. | Corrie Spies | QBH | 106:35 |
|----|--------------|-----|--------|

10 km

MEN

- | | | | |
|----|-----------------|----------|-------|
| 1. | Ndumiso Sokhela | Speed Ex | 32:03 |
| 2. | Menzi Ngcobo | Nedbank | 33:38 |
| 3. | Mat Ekase | Toyota | 33:59 |

40-49:

1.	Thabani Mchunu	Vultures	37:28
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50-59:

1.	Manduzi Mkhize	Mtubatuba	49:41
----	----------------	-----------	-------

60+:

1.	Johnan Nel	Maxed Elite	53:50
----	------------	-------------	-------

Juniors:

1.	Ndumiso Sokela	Speed Ex	32:03
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WOMEN

1.	Ndumiso Khoza	Natal Carbs	42:53
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2.	Xoli Mwelase	Phuma	48:16
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3.	Sindisiwe Jali	Eskom	47:45
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40-49:

1.	Xoli Mwelase	Phuma	48:16
----	--------------	-------	-------

50-59:

1.	Pricilia Naidoo	VAC	63:48
----	-----------------	-----	-------

60+:

1.	Sandy Fismer	HH	50:39
----	--------------	----	-------

Juniors:

1.	Ndumiso Khoza	Natal Carbs	42:53
----	---------------	-------------	-------

HFWA West Coast AC Half Marathon

Bloubergstrand, 8 November

(Distance: 21.1 km; certified out-and-back course with a loop at each end. Weather: cool, ideal running conditions. Finishers: 710 [up from 678 last year].)

MEN

1. Tom Lusaseni (Itheko) 1:08:24 (R1000)

2. Akhona Makila (VOB) 1:08:46 (R700)

3. Tsungai Mwanengeni (ZIM/NBMC) 1:08:48 (R500) (1st vet)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 1:08:48 (R500); 2. Lawrence Chipangaan (Gallop) 1:12:55 (R400); 3. Xolile Macanda (Gugs) 1:14:48 (R300); **Masters:** 1. Eric Coetzee (NBMC) 1:16:18 (R500); 2. Vladimir Kotov (Cent) 1:19:27 (R400); 3. Johnny Persents (WR) 1:23:08 (R300). **G'masters:** 1. Clive Owen (Edge) 1:31:48 (R500); 2. Albert Williams (Top) 1:34:10 (R400); 3. Albert Mahlahla (Held) 1:40:27 (R300).

G/g'masters: 1. Kaare James (Pine) 2:20:03 (R300); 2. Boet van Zyl (SH) 2:23:13 (R200); 3. Derry Devine (VOB) 2:43:00 (R100). **Juniors:** 1. Granwin Katzen (Itheko) 1:19:05 (R300); 2. Gershwin Kammies (Sanlam) 1:20:19 (R200); 3. Yanga Keli (Sanlam) 1:27:48 (R100)

WOMEN (Same prize money as men)

1. Zintle Xiniwe (NBMC) 1:17:45

2. Annie Bothma (Ned) 1:19:09 (1st jun)

3. Nomvuyisi Seti (Itheko) 1:26:26

Veterans: 1. Obertina Kanyongo (ZIM/WC) 1:29:09; 2. Ursula Frans (NBMC) 1:30:18; 3. Inge Reissenzahn (Pine) 1:44:38. **Masters:** 1. Mariëtte Strauss (Tyger) 1:33:55; 2. Charmaine Cupido (Ned) 1:35:22; 3. Olga Howard (Celtic) 1:37:35. **G'masters:** 1. Helen du Plessis (Tyger) 1:48:27; 2. Ruth Leverton (Pine) 2:06:40; 3. Lyn Wood (Edge) 2:08:34. **G/g'masters:** 1. Marlene James (Pine) 2:13:27; 2. Avril de Lapelin-Dumont (WC) 2:18:32; 3. Annatjie Berntzen (Tyger) 2:43:45. **Juniors:** 1. Annie Bothma (Ned) 1:19:09 (WP rec); 2. Busisiwe Gwala (VOB) 1:29:17; 3. Christine de Kock (Durb) 1:36:12.

Super Spar Marathon, Half Marathon & Women's 10 km

Bela-Bela (Warmbaths), 8 November

(Distances: 42.195 km, 21.1 km & 10 km; out-and-back courses)

Note: There was no prize money for category winners in the marathon and half marathon.
– Ed.

Marathon

MEN

1 Phuti Mohale (Pietersburg) 2:32:39; 2 Elias Mabane (Nedbank) 2:39:22 (1st vet); 3 Andries Malete (Polokwane) 2:41:01; 4 Emmanuel Matumba (Vhembe) 2:42:02; 5 Leburu Kgosiemang (Born 2 Run) 2:51:10.

WOMEN

1 Monica Foster (Boksburg) 3:23:07; 2 Jillian Sotto-Corona (Boksburg) 3:27:11 (1st vet); 3 Suzette van Broembse (FFA) 3:33:53; 4 Izelle Louw (Loskop) 3:59:30; 5 Pearl Hughes (Polokwane) 4:06:43.

Half marathon

MEN

1 Sello Lekalakala (Ikhozi) 72:42; 2 Robinson Matsi (Mmokgosi) 73:21; 3 Pontsho Ngobeni (Potties) 75:26.

WOMEN

1 Nkele Aphane (RAC) 1:49:22; 2 Gail Strang (Born 2 Run) 1:50:19; 3 Mart-Mari v.d. Merwe (Fit 2000) 1:51:53.

10 km

(Women only)

1 Catherine Malungane (Transnet) 40:22; 2 Leani Grimes (Tuks) 42:11; 3 Elzanne Roos (Temp) 47:11.

Veterans: 1 Trudie du Plessis (Loskop) 1:57:44. **Masters:** 1 Ilsa Lawrie (Sabie) 1:45:58.

G'masters: 1 Wendy Muir (Phobians) 1:47:10.

Liquifruit Half Marathon & 10 km

Irene, 8 November

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1. Peter Muso (Dain) 1:10:13
2. Joala Mothobi (Elim) 1:12:11
3. Victor Mabusu (Olifants) 1:14:44
4. Kwabena Fremdong (Divine) 1:14:47
5. Tsietsi Legalabane (Xhosa) 1:15:43

Veterans: 1. Kenneth Baloyi (Olifants) 1:19:40; 2. Tsheletji Mosebedi (Trans) 1:20:16; 3. Leon Baker (Break) 1:22:16. **Masters:** 1. Sontaga Mabale (Break) 1:29:01; 2. André Bekker (RH) 1:29:23. **G'masters:** 1. Johannes Khole (JH) 1:49:54; 2. Schalk Hoon (Klerks) 1:53:00. **G/'gmasters:** 1. Pele Tshikundamalema (Toy) 1:52:06.

WOMEN

1. Andronica Mokgotla (Toy) 1:26:42
2. Gloria Baeba (Trans) 1:28:30

3. Azwindini Gladys Lukhwareni (Ned) 1:36:26
4. Catherine Naane (Sibanye) 1:37:25 (1st vet)
5. Toni Bennetts (Klerks) 1:38:27

Veterans: 1. Catherine Naane (Sibanye) 1:37:25; 2. Madeleen Simmonds (Ned) 1:41:57;
 3. Busisiwe Pagati (Scaw) 1:48:36. **Masters:** 1. Connie Blom (NB) 1:42:36; 2. Ansa
 Strydom (NB) 1:43:27. **G'masters:** 1. Vollie Spies (Tuks) 2:03:00; 2. Lettie Coetzee
 (Goud) 2:16:16. **G/g'masters:** 1. Deirdre Larkin (RH) 2:37:57.

10 km

MEN

1. Precious Mashele (Trans) 30:21
2. Philip Birech (KEN/Global) 30:22
3. Sikhumbuzo Seme (Trans) 31:50
4. Shadrack Hoff (NB) 32:12 (1st vet)
5. Bafana Dube (Trans) 32:20

Veterans: 1. Shadrack Hoff (NB) 32:12; 2. Never Matiya (Bed) 34:53; 3. David
 Labuschagne (Cycle) 38:28. **Masters:** 1. Francis Makuka (ZAM/Phob) 37:10; 2. Appie
 Pienaar (PMC) 41:44. **G'masters:** 1. Cyril Vergie (Merc) 47:17; 2. Pieter Rossouw (Enduro)
 55:55. **G/g'masters:** 1. Patrick Mafilika (Ind) 51:43. **Juniors:** 1. Jonas Radebe (BNAC)
 36:57; 2. Henco Schoeman (Ned) 37:06; 3. Wiehan van Noordwyk (Eldor) 39:22.

WOMEN

1. Nobuhle Tshuma (ZIM/CR) 37:27
2. Nandipha Dywili (Trans) 37:55
3. Catherine Skosana (Ned) 39:14
4. Jacqui van der Waals (Ind) 40:31 (1st vet)
5. Robyn Kaltenbrun (BH) 41:54 (1st jun)

Veterans: 1. Jacqui van der Waals (Ind) 40:31; 2. Paulina Phaho (Trans) 43:07; 3. Sarah
 Mahlangu (Toy) 44:17. **Masters:** 1. Jane Mudau (Ned) 42:37; 2. Rosemary Rakhakane
 (Gallop) 60:12. **G'masters:** 1. Moira Terwey (RWFL) 65:00; 2. Olga Smit (Affies) 68:53.
G/g'masters: 1. Phyllis Maartens (Fit) 1:50:34. **Juniors:** 1. Robyn Kaltenbrun (BH)
 41:54; 2. Sumarie Moolman (ACRW) 89:30.

LabourWise 10 km

Strand, 5 November

(Finishers: 379 [up from 320 last year])

Note: The first five women were two juniors, two veterans and a master – not a senior in sight! – Ed.

MEN

1. Akhona Makila (VOB) 31:31 (R300)
2. Wanda Roro (Itheko) 31:38 (R200)
3. Nkosinathi Sotyantya (Itheko) 31:49 (R150)
4. Duran Byman (Itheko) 31:54 (R100)
5. Siyabonga Makaluza (East) 32:11 (R50)

Veterans: 1. Lawrence Chipangaan (Gallop) 34:20 (R250); 2. John September (Itheko)
 35:06 (R150); 3. Nicholas Mpontshane (WR) 36:37 (R100). **Masters:** 1. Eric Mlonyeni
 (Strand) 40:13 (R250); 2. Reginald Crowster (Tyger) 45:04 (R150); 3. André van der
 Merwe (Stell) 45:47 (R100). **G'masters:** 1. Awie Veldsman (Held) 40:38 (R250); 2. Paul
 San Giorgio (VOB) 47:01 (R150); 3. David Jordaan (Arc M) 49:18 (R100). **Juniors:** 1.

Granwin Katzen (Itheke) 35:09 (R200); 2. Buhle Yokwana (VOB) 35:13 (R150); 3. Denzil Byman (Itheke) 35:59 (R100).

WOMEN (Same prize money as men)

1. Pamela Moyikwa (VOB) 40:05 (1st jun)
2. Busisiwe Gwala (VOB) 40:06
3. Wilna Eybers (Strand) 40:32 (1st vet)
4. Ursula Turck (Strand) 41:30
5. Mariëtte Strauss (Tyger) 42:52 (1st mast)

Veterans: 1. Wilna Eybers (Strand) 40:32; 2. Ursula Turck (Strand) 41:30; 3. Anneke Sabbert (Stell) 46:06. **Masters:** 1. Mariëtte Strauss (Tyger) 42:52; 2. Charmaine Cupido (Ned) 44:51; 3. Estetine Levendahl (IT) 49:59. **G'masters:** 1. Nancy Will (Pine) 44:55; 2. Helen du Plessis (Tyger) 50:05; 3. Pixie Sparg (Celtic) 54:20. **Juniors:** 1. Pamela Moyikwa (VOB) 40:05; 2. Busisiwe Gwala (VOB) 40:06; 3. Ntuseng Lolwana (VOB) 47:02.

Rowlin National Brokers 15 km & 10 km

Benoni, 5 November

(Loop courses. Finishers: 15 km – 460 [down from 633 last year]; 10 km – 760 [down from 791]; also 1500 in 5 km.)

15 km

MEN

1 Tumelo Mahlangu (Nedbank) 47:08; 2 Vusi Malobola (Maxed Elite) 47:48; 3 Odwa Tunyiswa (Cool Running) 48:01.

Veterans: 1 Sipho Dlamini (GCH) 57:06. **Masters:** 1 Philemon Mborazi (Benoni Harriers) 62:23. **G'masters:** 1 Willie Maisela (Boksburg) 62:22. **G/g'masters:** 1 Joe Teixeira (Hamlet on line) 88:23.

WOMEN

1 Yolande Maclean (Temp) 55:37; 2 Lauren Dance (MAD Multisport) 61:28; 3 Robyn Kaltenbrun (Benoni High) 61:29.

Veterans: 1 Adel Hechter (Boksburg) 82:56. **Masters:** 1 Rita van Wyk (Boksburg) 78:10. **G'masters:** 1 Lettie Coetzee (Goudveld Multisport) 86:47.

10 km

MEN

1 Collen Mailola (Nedbank) 31:36; 2 Siyabanga Mabena (GS) 31:53; 3 Don Ndlovu (Cool Running) 32:06.

Veterans: 1 Jaco de Jager (Kempton) 39:49. **Masters:** 1 Ian Morshead (Boksburg) 37:09. **G'masters:** 1 Hans Sliep (Top Start) 48:35. **G/g'masters:** 1 Daniel MacNamara (Kayalami) 67:20.

WOMEN

1 Dianne Krige (Kempies) 46:00; 3 Michelle Meyer (Boksburg) 46:02; 4 Evangela Thompson (Temp) 46:16.

Veterans: 1 Lindi Benson (BCC) 47:53. **Masters:** 1 Jennifer Rogers (Boksburg) 54:37. **G'masters:** 1 Maz Moore (Kayalami) 65:53. **G/g'masters:** 1 Dot van Heerden (Fit 2000) 97:55.

Paarlberg Half Marathon (79th)

Paarl, 11 October

(Distance: 21.1 km; hilly loop course. Finishers: 254 [up from 237 last year].)

MEN

1	Tsungai	Mwanengeni	ZIM/NBMC	40	1:13:46
2	Danzil	Paulse	Easterns Kraaifontein	21	1:13:54
3	Thembelani	Zola	Nedbank	39	1:14:31
4	Angelo	Booyesen	Paarl	23	1:14:48
5	Abongile	Snyman	Easterns Kraaifontein	31	1:15:59
6	Ahmed	Hassan	Nedbank	24	1:16:07
7	Mervin	Steenkamp	Itheko	26	1:21:06
8	Dawid	Pieterse	Dwarsrivier	44	1:22:11
9	Sive	Ngubo	Nedbank	20	1:24:22
10	Isaac	Opperman	Korrektiewe Dienste	48	1:25:01

WOMEN

1	Ursula	Turck	Strand	42	1:36:50
2	Somari	Goussard	Temp	36	1:42:50
3	Liana	Maree	Stellenbosch	37	1:43:27
4	Marlize	Vienings	Tygerberg	38	1:44:21
5	Sarah-Jane	Jackson	Paarl	27	1:51:15
6	Cheryl	Rudolph	Easterns Kraaifontein	53	1:52:58
7	Anne	Pool	Strand	53	1:55:46
8	Una	Saayman	SAPS WP	53	1:55:55
9	Inge	Reissenzahn	Pinelands	43	1:56:26
10	Tiané	De Jongh	Temp	21	1:56:57

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

Joon Ang Seoul International Marathon (16th)

Seoul, KOR, 9 November

(Distance: 42.195 km)

MEN (gun times)

1. Feyisa Bekele, 1983, ETH	2:07:43	USD 50,000
2. Evans Kiplagat, 1988, KEN	2:07:46 PB	30,000
3. Thomas Kiplagat, KEN	2:07:52 PB	15,000
4. Sergey Lebid, 1975, UKR	2:08:32 PB	10,000
5. Luka Rotich, 1988, KEN	2:08:48	5,000

WOMEN (gun times)

1. Ahn Seul-Ki, 1992, KOR	2:37:47 PB	KRW 10,000,000 (=USD 9217)
2. Bae Soon-Jung, KOR	2:38:19 PB	3,000,000
3. Kim Ji-Eun, 1983, KOR	2:40:21	2,000,000

Marathon des Alpes Maritimes Nice-Cannes (7th)

Nice to Cannes, FRA, 9 November

(Distance: 42.195 km; point-to-point coastal course; flat)

MEN

- | | |
|-----------------------------|------------|
| 1. Shume Hailu Legesse, ETH | 2:09:27 |
| 2. Barnabas Kiptum, KEN | 2:10:29 PB |
| 3. Edwin Kemboi, KEN | 2:10:39 PB |
| 4. Marius Kipserem, KEN | 2:10:58 |
| 5. Bellor Yator, KEN | 2:11:21 |

WOMEN

- | | |
|-------------------------|------------|
| 1. Rose Chepchumba, KEN | 2:33:52 PB |
| 2. Emily Rotich, KEN | 2:35:22 |
| 3. Tigist Abidi, ETH | 2:37:30 |

Athens Marathon. The Authentic (32nd)

(Greek Marathon Championships)

Athens, GRE, 9 November

(Distance: 42.195 km; hilly point-to-point course from Marathon to Athens, finishing in the ancient Panethenaiko Stadium [same course as the 2004 Olympic Games marathon].)

MEN (gun times)

- | | |
|---|--------------|
| 1. Felix Kipchirchir Kandie, 1987, KEN | 2:10:37 CR*^ |
| 2. Raymond Kimutai Bett, 1984, KEN | 2:12:34 |
| 3. Josphat Kiptanui Too Chobei, 1986, KEN | 2:15:38 |

*) Course record; previous 2:10:55, Stefano Baldini (ITA), Olympic Games, 2004

^) Event record; previous 2:11:35, Raymond Bett (KEN), 2012

WOMEN

- | | |
|------------------------------------|---------|
| 1. Naomi Jepkogei Maiyo, 1989, KEN | 2:41:06 |
| 2. Nancy Joan Rotich, 1987, KEN | 2:41:29 |
| 3. Linah Jerop Chirchir, 1983, KEN | 2:42:41 |

NYRR Dash to the Finish Line 5 km (3rd)

United Nations Plaza to Central Park, New York, USA, 1 November

(Certified point-to-point course with 10 m elevation GAIN)

MEN (gun times)

- | | |
|---|-------|
| 1. Donn Cabral, 24, Annandale, NJ | 14:24 |
| 2. Yonas Mebrahtu, 26, Flagstaff, AZ (ERI) | 14:31 |
| 3. Gelaw Siraw Kebede, 28, New York, NY (ETH) | 14:31 |
| 4. Eliud Ngetich, 20, New York, NY (KEN) | 14:32 |
| 5. Gesera Genemo, 28, Washington, DC (ETH) | 14:33 |

WOMEN (gun times)

- | | |
|--|-------|
| 1. Gwen Jorgensen, 28, Saint Paul, MN | 16:03 |
| 2. Etaferahu Temesgen, 25, Silver Spring, MD (ETH) | 16:07 |
| 3. Steph Twell, 25, GBR | 16:12 |
| 4. Nicole Schappert Tully, 28, Englewood, NJ | 16:25 |
| 5. Lauren Penney, 24, Somerset, NJ | 16:28 |

Indianapolis Monumental Marathon (7th) & Half Marathon

Indianapolis, USA, 1 November

(Distances: 42.195 km – record-standard course with negligible start/finish separation & 21.1 km – record-standard course with negligible start/finish separation)

Note: A magnificent new course record in the marathon for 17-year-old Alana Hadley from Charlotte, NC, who was fourth last year in 2:41:56 and this time broke that personal best by more than three minutes to take down the 2013 mark set by Colleen de Reuck, who is 33 years older. Hadley, who failed to finish a marathon and half marathon earlier this year, won easily by more than 2½ minutes and took home \$2200. – Ed.

Marathon (gun times)

MEN

1. Michael Eaton, 27, Louisville, KY 2:19:49 \$1200
2. Edward Tabut, 31, Coon Rapids, MN (KEN) 2:19:57 750
3. Tyler Andrews, 24, Concord, MA 2:20:03 600

WOMEN

1. Alana Hadley, 17, Charlotte, NC 2:38:34 PB/CR \$1200 + 1000#
2. Autumn Ray, 34, Tucson, AZ 2:41:09 750 + 1000#
3. Sallie Ford, 27, Jacksonville, FL 2:41:49 600 + 1000#

#) Earned Olympic Trials qualifier bonus (sub-2:43:00)

Half marathon (gun times)

MEN

1. Tom Anderson, 24, Indianapolis, IN 1:04:27 \$500 + 500#
2. Jordan Kyle, 27, Indianapolis, IN 1:04:58 400 + 500#
3. Rob Mullett, 27 Indianapolis, IN (GBR) 1:05:05 300

#) Earned Olympic Trials qualifier bonus (sub-1:05:00)

WOMEN

1. Alisha Williams, 32, Colorado Springs, CO 1:12:39 \$500 + 500#
2. Andie Cozzarelli, 24, Raleigh, NC 1:13:49 400 + 500#
3. Mattie Suver, 27, Colorado Springs, CO 1:14:24 300 + 500#

#) Earned Olympic Trials qualifier bonus (sub-1:15:00)

CROSS-COUNTRY

USATF New England Association Cross-country Championships

Boston, USA, 9 November

MEN (10 km)

Teams: 1. Boston Athletic Association, 19 points; 2. New Balance Boston, 36; 3. Western Mass Distance Project, 90.

- | | | |
|-----------------------|--------------------|----------|
| 1. Ethan Shaw | 24 Boston Athletic | 30:06.89 |
| 2. Dan Lowry | 24 Boston Athletic | 30:28.56 |
| 3. Johannes Motschmar | 20 06-Unattached | 30:32.33 |
| 4. John Bleday | 23 02-Unattached | 30:33.09 |
| 5. Henry Sterling | 23 NE Distance | 30:41.82 |

WOMEN (6 km)

Teams: 1. Boston Athletic Association, 15 points; 2. New Balance Boston, 53; 3. Gr. Boston TC, 64.

1. Sarah Pagano	23 Boston Athletic	20:45
2. Elaina Balouris	22 Boston Athletic	20:45
3. Juliet Bottorff	23 Boston Athletic	20:46
4. Katie Matthews	24 Boston Athletic	20:47
5. Jen Rhines	40 Boston Athletic	20:48

ULTRA/MOUNTAIN/TRAIL RUNNING

IAU 50 km World Trophy Final

Doha, QAT, 31 October

MEN

1. Collen Mazawa ZIM 3:00:41
2. Phil Anthony GBR 3:01:26
3. Harm Sengers NED 3:05:01

WOMEN

1. Emily Harrison USA 3:32:30
2. Joanna Zakrzewski GBR 3:33:23
3. Catrin Jones CAN 3:37:57

NEWS

News snippets from *Athletics International*:

American miling great **Steve Scott** (58), who was diagnosed with testicular cancer in 1994 but following surgery and chemotherapy overcame the disease, is now undergoing treatment for prostate cancer. Runner-up to Steve Cram in the 1983 World Champs 1500 m, he broke 4 minutes for the mile a record 136 times and his best time was 3:47.69 in 1982. His great rival, John Walker, has suffered from Parkinson's disease since 1996.

The Kenyan Government is to set up an **Anti-Doping Agency of Kenya** (ADAK) to deal with doping cases. Launching a report into the problem on 17 October, Dr Hassan Wario (Sports Cabinet Secretary) said: "This is the start of a strong offensive to the few people who may want to tarnish the name of the country and negate the long journey we have walked towards sporting excellence. We will set up an independent body with legal mandate and financially facilitated to tackle the doping menace. We will enact anti-doping legislation before 1 January 2016." The report was received by Kip Keino, Chairman of the Kenya Olympic Committee, but conspicuous by their absence from the occasion in Nairobi were officials of Athletics Kenya despite no fewer than 36 athletes having been banned for using prohibited substances during the last two years.

STATS TIME

This week we look at the ten fastest women marathon runners according to the average of their top five performances. Eighteen women have now run 25 sub-2:20 times; the first one to do so, Naoko Takahashi in 2001, is sixth on the list. The only athletes with more than one sub-2:20 are Paula Radcliffe (4), Catherine Ndereba (3), and Mary Keitany and Rita Jeptoo (2 each). Radcliffe is the only one with a sub-2:20 top-5 average (her fifth time is 2:20:57).

FASTEST WOMEN MARATHONERS ON TOP-FIVE AVERAGE

1.	Paula Radcliffe (GBR)	2:18:04
2.	Catherine Ndereba (KEN)	2:20:11
3.	Edna Kiplagat (KEN)	2:21:37
4.	Tirfe Tsegaye Beyene (ETH)	2:21:41
5.	Zhou Chunxiu (CHN)	2:21:42
6.	Naoko Takahashi (JPN)	2:21:47
7.	Florence Kiplagat (KEN)	2:21:52
8.	Tegla Loroupe (KEN)	2:22:02
9.	Mizuki Noguchi (JPN)	2:22:05
10.	Aberu Kebede (ETH)	2:22:17

THIS MONTH IN HISTORY

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

50 years ago: 13 November 1964

It was a very ordinary meeting on the cinder track at Coetzenburg, Stellenbosch, this Friday evening. Very few people knew what was planned. When it ended, it had turned out to be one of the most historic in the history of South African athletes, for the bespectacled Matie student De Villiers Lamprecht (23) had succeeded in his attack on the magical four-minute mile. Barefoot and clad in the famous maroon vest of the university, Lamprecht, who lived in the Dagbreek men's residence, covered the four laps in 58, 59, 61 and 61.7 sec and crossed the line amid tumultuous applause in 3:59.7 to make South Africa the 16th country with a 4-minute miler. He was the first athlete to do it without shoes, and he would repeat the performance another four times, with a best of 3:57.7 in 1970. He was 20th on the 1964 world list, headed by the world record of 3:54.1 which Peter Snell set in Auckland four days after Lamprecht's race. In 1966, on the same track, Lamprecht celebrated the second anniversary of his dream mile with exactly the same time – just seven weeks after he had set a national marathon record of 2:20:42.5, one of the eleven SA records of his career.

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	2:08:43	Stephen Mokoka	Shanghai	02 Nov
	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	Eric Coetzee	Brackenfell	19 Jul
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	76:18	Eric Coetzee	Bloubergstrand	08 Nov
	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	64:09	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	79:09	Annie Bothma	Bloubegstrand	08 Nov
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Derrick Chamberlain, Pete van der Merwe

Published by Riël Hauman
42 Fifteenth Avenue, Boston,
Bellville 7530, RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za



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