

Distance Running Results

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EDITORIAL

Two of South Africa's oldest shorter distance road races were held this weekend. In Constantia, Cape Town, the Brooks Hohenort 15 km took place for the 41st time in ideal conditions, with the wins going to Virginia Ngudlumana in 48:46 and Zintle Xiniwe in 58:24. Xiniwe, in her second 15 km victory of the year, set one of eight list leaders in this race. Nomvuyisi Seti was second to Xiniwe both here and in the Ocean Basket 15 km last weekend.

A day later Nkosikhona Mhlakwana won the 37th Harcourts Ronnie Davel Memorial 16 km in Hilton in 54:58, with the women's race going to Cary-Ann Smith in 71:36. Former Comrades champion Shaun Meiklejohn took the masters category in 66:45.

Internationally, Dominique Scott, who studies at the University of Arkansas and spent the holidays with her parents in Cape Town, started the year with a PB for 1000 m indoors at the Arkansas Invitational, clocking 2:42.60. Her mother, Renée, ran a masters list leader in the Hohenort race.



Virginia Ngudlumana wins the Brooks Hohenort race on Saturday. [Jasper Coetzee]

In the results of the aQuellé Runners' Memorial 8 km (DRR 15:01) John September's club should be Itheko, not Celtic Harriers. Also, the third grandmaster in the Reconciliation Day 10 km was Mandelkosi Radebe (not Radebe Madlingozi).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Harcourts Ronnie Davel Memorial 16 km, Hilton
- * Brooks Hohenort 15 km, Constantia
- * Swift Engineering Oujaarsdraffie 10 km, Hartenbos
- * Total Moordkuil 15 km, Hartenbos
- * Mossel Bay Harriers Nite Race, Mossel Bay
- * Somerson Half Marathon & 10 km, Mossel Bay

- * Knysna 10 km Nite Race, Knysna
- * Palm Tyres Half Marathon & 10 km, George

International highlights:

- * PWE Halve-Marathon von Egmond, Egmond Aan Zee, NED
 - * Portugal 10 km Championships, Maia, POR
 - * XC: Great Edinburgh Cross-country, Edinburgh, Scotland, GBR
 - * Campaccio Classica del Cross, San Giorgio su Legnano, ITA
 - * Indoor track: Arkansas Invitational, Fayetteville, AR, USA
-

ROAD RUNNING

Harcourts Ronnie Davel Memorial 16 km (37th)

Hilton, 11 January

(Undulating loop course. Finishers: 583.)

MEN

1.	Nkosikhona Mhlakwana	Speed Expl	54:58
2.	Ndumiso Sokhela	Speed Expl	55:47
3.	Silindhile Gubese	Speed Expl	55:45

40-49:

1.	Cyprian Radebe	G/Edendale	74:45
2.	Patrick Mkhize	Phuma KZN	79:46

50-59:

1.	Shaun Meiklejohn	Save Orian AC	66:45
2.	Niel Neat	Forest Hills	77:04
3.	Sipho Mbokazi	Toyota AC	77:14

60-69:

1.	Eric Quibell	HV	72:53
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Juniors:

1.	Ndumiso Sokhela	Speed Expl	55:47
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WOMEN

1.	Cary-Ann Smith	Nedbank AC	71:36
2.	Danielle Adlam	Nedbank AC	72:33
3.	Cara Peek	Coll Harr	74:23

40-49:

1.	Pat Dammann	ROAG	80:57
2.	Ria Mornet	Coll Harr	81:21
3.	Sandy de Beer	SANDF	84:31

50-59:

1.	Elize Cilliers	DHSOB	92:56
2.	Jenny Taylor	Saints	94:08
3.	Liz Booyesen	Coll Harr	98:18

60+:

1.	Pam Rasmussen	QBH	99:44
2.	Pat Fisher	Stella AC	104:04

Juniors:

1.	Zuzile Zungu	Eskom AC	119:03
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Brooks Hohenort 15 km (41st)

Constantia, 10 January

(Certified loop course, very hilly. Weather: cool, perfect running conditions.)

Note: Eric Coetzee was the first master across the line, but wore only one age tag so did not qualify for a category prize. He certainly ran a list leader; his time will be added when the complete results become available. – Ed.

MEN

1. Virginia Ngudlumana (Itheke) 48:46 (R850)
2. Tom Lusaseni (Itheke) 48:50 (R600)
3. Sityhilo Diko (Ned) 49:13 (R400)

(All age category prizes except 70+ were the same: R550, R400, R300.)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 51:27; 2. Shawn Abrahams (Itheke) 54:05; 3. Pieter Koopman (Itheke) 55:12. **Masters:** 1. Monde Tutani (Gugs) 58:46; 2. Julian Paul (SANDF) 59:56; 3. Shafiek Cassiem (Itheke) 62:20. **G'masters:** 1. Muhammad Kriel (Ommie) 63:01; 2. Awie Veldsman (Held) 64:06; 3. Christian Edwards (VOB) 68:09. **G/g'masters:** 1. Joseph Matthews (MS) 79:00 (R300); 2. Francois Hofmeyr (Celtics) 85:53 (R200). **Juniors:** 1. Lukhanyo Nobakada (VOB) 52:39; 2. Luwando Makhasi (Ommie) 53:48; 3. Denzil Byman (Itheke) 57:20.

WOMEN (Same prize money as men)

1. Zintle Xiniwe (NBMC) 58:24
2. Nomvuyisi Seti (Itheke) 60:48
3. Pamela Moyikwa (VOB) 61:52 (1st jun)

Veterans: 1. Sandra van Graan (Edge) 62:03; 2. Ursula Frans (NBMC) 65:04; 3. Obertina Kanyongo (ZIM/WC) 66:17. **Masters:** 1. Renée Scott (VOB) 69:05; 2. Charmaine Cupido (Ned) 70:10; 3. Olga Howard (Celtics) 70:47. **G'masters:** 1. Nancy Will (Pine) 71:56; 2. Helen du Plessis (Tyger) 81:06; 3. Louisa van der Westhuizen (Stell) 82:40. **G/g'masters:** 1. Margie Plantema (VOB) 85:04; 2. Pixie Sparg (Celtics) 86:32. **Juniors:** 1. Pamela Moyikwa (VOB) 61:52; 2. Busisiwe Gwala (VOB) 64:19; 3. Siziphiwe Mbatsa (Ind) 68:17.

Swift Engineering Oujaarsdraffie 10 km

Hartenbos, 31 Desember

(Loop course. Finishers: 404 [down from 464 last year].)

Note: René Kalmer finished second overall and Annie Bothma fourth. – Ed.

MEN

1	Elroy Gelant	Transnet	28	33:45
2	Nelson Bass	UCT	35	35:17
3	Selwyn Losper	Mosselbay Harriers	50	35:38
4	Christo Niemand	RWFL	21	36:10
5	Llewellyn Coleman	TEMP	16	37:31
6	Dudley April	Nedbank SWD	19	37:39
7	Marlon Mortlock	KMC	40	37:41
8	Patrick Peters	SANDF	50	37:46
9	Hannes Naude	Nedbank SWD	24	38:01
10	Peter Jaehne	Outeniqua Harriers	49	38:16

WOMEN

1	René Kalmer	Modern Athlete	34	34:35
2	Annie Bothma	Nedbank WPA	19	35:20
3	Andrea Steyn	Pepto Cycle LAB	31	38:32

4	Leilani Scheffer	RWFL ANW	31	39:35
5	Anel van Wyk	RWFL	35	41:09
6	Beatrix Coetzee	Stellenbosch AC	28	41:30
7	Vicky van der Merwe	TEMP	28	41:34
8	Joelie Erasmus	TEMP	46	42:04
9	Annatjie Botes	Nedbank SWD	57	42:26
10	Cecilia Nel	Hartenbos Drawwers	33	42:44

Total Moordkuil 15 km

Hartenbos, 27 December

(Loop course on gravel, hilly. Finishers: 308 [slightly up from 302 last year].)

MEN

1	Lindile Tokota	Nedbank SWD	47	54:59
2	Burt Verster	Tuks	21	57:58
3	Godwin Heyns	Nedbank SWD	16	1:01:55
4	Granville Gelant	Nedbank SWD	16	1:02:25
5	Elroy Gelant	Transnet	28	1:02:25
6	Marlon Mortlock	KMC	40	1:03:30
7	Sydney Landsberg	Nedbank SWD	53	1:03:52
8	Jaco Botha	Wingate	41	1:04:04
9	Lawrence Kuhn	TEMP	19	1:05:23
10	Mario Meyer	Hartenbos Drawwers	35	1:05:23

WOMEN

1	Andrea Steyn	Pepto Cycle Lab	30	1:08:48
2	Isel Barnard	TEMP	27	1:09:19
3	Annatjie Botes	Nedbank SWD	57	1:11:19
4	Cecilia Nel	Hartenbos Drawwers	32	1:12:50
5	Belinda Tull	TEMP	44	1:13:33
6	Charmaine Lamprecht	Nedbank SWD	31	1:17:36
7	Aneen Koch	VOB	46	1:17:38
8	Salome Castelyn	TEMP	53	1:19:27
9	Joanie Coetzee	TEMP	52	1:21:38
10	Nicola Pabst	Magnolia	39	1:21:47

Mossel Bay Harriers Nite Race

Mossel Bay, 23 December

(Finishers: 203)

Note: This is probably the race that was previously called the Casino Night Race, which had 228 finishers last year. – Ed.

MEN

1	Elroy Gelant	Transnet	28	35:10
2	Julius Korkee	Mosselbay Harriers	30	35:26
3	Travis Johnston	Temp	29	36:21
4	Selwyn Losper	Mosselbay Harriers	50	36:51
5	Ashwell Clooco	Mosselbay Harriers	18	37:56
6	Dudley April	Nedbank SWD	19	38:03
7	Wilhelm Steyn	Cycle Lab PTA	35	38:19
8	Armand Nieuwenhuys	Tuks	23	39:08
9	Granville Gelant	Nedbank SWD	16	39:16
10	Mario Meyer	Hartenbos Drawwers	35	39:20

WOMEN

1	Marrida Leen	Mosselbay Harriers	17	40:40
2	Andrea Steyn	Cycle Lab PTA	30	41:51
3	Cecilia Nel	Hartenbos Drawwers	32	43:49
4	Annatjie Botes	Nedbank SWD	57	44:31
5	Jacklyn Kruger	Temp	27	46:12
6	Heste Viviers	NBMC AGN	29	46:28
7	Elzet Oosthuizen	Nedbank SWD	41	47:32
8	René Otto	MiWay Warriors	55	48:54
9	Loraine J. van Rensburg	Goudveld Multisport	29	48:59
10	Tanja Schutte	Running Inn	38	49:10

Somerson Half Marathon & 10 km

Mossel Bay, 20 December

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 314 [exactly the same as last year]; 10 km – 286 [up from 320].)

Note: Anna Coetzee finished eighth overall in the half marathon and Marrida Leen ninth in the 10 km. Also in the 10 km, Elmarie Coetzee was second overall and first master (as she was in the Palm Tyres 10 km – results below), while her daughter, Sumé Matthysen (8th overall), took the second junior prize in her last race in this age category. – Ed.

Half marathon**MEN**

1	Julius Korkee	Mosselbay Harriers	30	1:12:33
2	Lindile Tokota	Nedbank SWD	47	1:15:15
3	Sivuyile Jika	Mosselbay Harriers	32	1:17:39
4	Keith Clark	Outeniqua Harrie	39	1:18:22
5	Marlon Mortlock	KMC	40	1:22:45
6	Patrick Peters	Military Sport Club	50	1:22:54
7	Sydney Landsberg	Nedbank SWD	53	1:22:57
8	Jaco Botha	Wingate	41	1:23:24
9	Dudley April	Nedbank	23	1:24:06
10	Anthony Khedama	Nedbank SWD	38	1:24:58

WOMEN

1	Anna Coetzee	Temp	19	1:23:04
2	Lisl Grobler	KMC	37	1:30:24
3	Anel van Wyk	RWFL	35	1:32:10
4	Annatjie Botes	Nedbank SWD	57	1:33:03
5	Hannie Kruger	Hartenbos Drawwers	54	1:33:51
6	Terray Newcombe	Elite AC	23	1:36:02
7	Janet van Veijeren	Temp	43	1:37:25
8	Heste-Mari Viviers	NBMC CGA	29	1:41:04
9	René Otto	MiWay Warriors	55	1:42:52
10	Danelle van Rensburg	Temp	40	1:43:02

10 km**MEN**

1	Godwin Heyns	Mosselbay Harriers	16	33:33
2	Burt Verster	Tuks	21	33:55
3	Estean Badenhorst	Kovsies	19	35:16
4	Nelson Bass	UCT	35	36:00
5	Maurice van Wyk	Temp	17	37:13
6	Bradley Carelse	Nedbank SWD	16	38:27
7	Johannes Esterhuizen	Temp	18	38:34

8	Arne Verster	AS Eagles	17	38:35
9	Jesse Visagie	Temp	23	39:47
10	Hermanus Jonkerman	Nedbank SWD	55	40:06

WOMEN

1	Marrida Leen	Mosselbay Harriers	17	39:21
2	Elmarie Coetzee	NBMC WPA	50	40:23
3	Cecilia Nel	Hartenbos Drawwers	32	42:32
4	Elzet Oosthuizen	Nedbank SWD	41	44:44
5	Juanita Fourie	Temp	38	46:20
6	James Klerck	Temp	21	46:31
7	Helene Roux	NBMC WPA	30	47:08
8	Sumé Matthysen	NBMC WPA	19	47:08
9	Celeste Nagel	Temp	17	47:18
10	Clarisha Pieterse	Mosselbay Harriers	16	47:50

Knysna 10 km Nite Race

Knysna, 17 December

(Finishers: 306 [down from 368 last year].)

MEN

1	Mariano Eesou	NMMU Madibaz	23	31:00
2	Zolani Ngqaga	NMMU Madibaz	25	31:23
3	Elfonzo Pieterse	Nedbank SWD	25	33:13
4	Lindile Tokota	Nedbank SWD	47	33:52
5	Zandisile Ngeva	Nedbank SWD	37	34:16
6	Dylan van Wyk	Plett AC	18	34:47
7	Archie Boome	KMC	18	36:00
8	Wilhelm Steyn	Peptopro Cycle	35	37:13
9	Daniel Viljoen	HS Randburg	15	37:36
10	Marlon Mortlock	KMC	40	37:46

WOMEN

1	Andrea Steyn	Peptopro Cycle	30	38:45
2	Carina Viljoen	HS Randburg	17	39:34
3	Jacque van der Waals	Temp	40	40:30
4	Siphokazi Nojoko	Motherwell AC	20	40:35
5	Macnita Samuels	KMC	17	42:06
6	Lisl Grobler	KMC	38	42:36
7	Sheryl de Lange	NBMC WPA	46	42:48
8	Cecilia Nel	Hartenbos Drawwers	32	43:01
9	Annatjie Botes	Nedbank SWD	57	43:28
10	Ursula Turck	Temp	42	43:55

Palm Tyres Half Marathon & 10 km

George, 13 December

(Distances: 21.1 km & 10 km; out-and-back courses. Finishers: half marathon – 148 [up from 125 last year]; 10 km – 132 [up from 123].)

Half marathon

MEN

1	Elfonzo Pieterse	Nedbank SWD	25	1:18:32
2	Lloyd Bosman	Nedbank SWD	26	1:18:33
3	Godwin Heyns	Mosselbay Harriers	16	1:23:15
4	Keith Clark	Outeniqua Harriers	39	1:23:26

5	Rodney Halom	Outeniqua Harriers	31	1:25:50
6	Bradley Carelse	Nedbank SWD	16	1:26:10
7	Anton Chevalier	Nedbank SWD	49	1:27:29
8	Jacques Mouton	Outeniqua Harriers	36	1:28:15
9	Sydney Landsberg	Nedbank SWD	53	1:28:25
10	Peter Jaehne	Outeniqua Harriers	49	1:29:45

WOMEN

1	Melissa van Rensburg	Nedbank SWD	32	1:30:40
2	Nancy Cloete	Outeniqua Harriers	27	1:32:33
3	Chante Meyer	Nedbank SWD	20	1:45:16
4	Elana Buckley	Nedbank SWD	39	1:45:59
5	Janet Viljoen	Temp	43	1:46:19
6	Yolind Strydom	Nedbank SWD	40	1:47:12
7	Alma Janse van Rensburg	Tygerberg	56	1:47:12
8	Aneen Koch	KWAY VOB	46	1:47:31
9	Marie Wolmarans	Nedbank SWD	55	1:48:26
10	Jo-Ann Fransman	Outeniqua Harriers	37	1:49:28

10 km

MEN

1	Charles Nel	Tuks	25	33:05
2	Julius Korkee	Mosselbay Harriers	30	33:35
3	Dullan Solomons	Nedbank SWD	16	33:38
4	Archie Boome	KMC	18	33:58
5	Wouter Frazenburg	Nedbank SWD	37	35:48
6	Christo Niemand	RWFL	21	35:57
7	Armand Nieuwenhuys	Tuks	23	36:03
8	Elton Botha	KMC	21	37:48
9	Marlon Mortlock	KMC	40	38:29
10	Siyabulela Mgeba	Nedbank SWD	31	39:09

WOMEN

1	Jacque van der Waals	Temp	40	39:51
2	Elmarie Coetzee	NBMC WPA	50	40:59
3	Sanet Brits	Nedbank SWD	55	43:06
4	Cecilia Nel	Hartenbos Drawwers	32	43:29
5	Carike Jacobs	Nedbank SWD	38	46:51
6	Macnita Samuels	KMC	17	47:13
7	Alicia Cawood	Nedbank SWD	29	49:10
8	Ilse Oliphant	RWFL	37	49:59
9	Alta Diedericks	Outeniqua Harriers	49	50:47
10	Anel Oosthuizen	UJ	19	50:56

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

PWE Halve-Marathon von Egmond (42nd)

Egmond Aan Zee, NED, 11 January

(Distance: 21.1 km, with some sections on the beach; elite women run separately with 9 minute, 17 seconds head start)

MEN (gun times)

- | | |
|-------------------------|---------|
| 1. Azmeraw Mengist, ETH | 1:03:01 |
| 2. Bonsa Diba, ETH | 1:03:36 |
| 3. John Mwangangi, KEN | 1:03:53 |
| 4. Abdi Nageeye, NED | 1:03:59 |
| 5. Lucas Rotich, KEN | 1:04:10 |

WOMEN

- | | |
|--------------------------|---------|
| 1. Purity Cherotich, KEN | 1:11:40 |
| 2. Meseret Hailu, ETH | 1:12:32 |
| 3. Gladys Chesir, KEN | 1:12:58 |
| 4. Mihret Derbe, ETH | 1:15:03 |
| 5. Lucy Macharia, KEN | 1:15:37 |

Portugal 10 km Championships

Maia, POR, 11 January

MEN (gun times)

- | | |
|---------------------------------------|-------|
| 1. Rui Pedro Silva, SL Benfica | 28:59 |
| 2. Rui Pinto, SL Benfica | 29:08 |
| 3. Licinio Pimentel, Individual Porto | 29:08 |
| 4. Alberto Paulo, SL Benfica | 29:21 |
| 5. Daniel Pinheiro, Maia AC | 29:23 |

WOMEN (gun times)

- | | |
|--------------------------------------|----------|
| 1. Ana Dulce Félix, SL Benfica | 31:25 PB |
| 2. Sara Moreira, Sporting CP | 32:09 |
| 3. Carla Salomé Rocha, SL Benfica | 32:22 PB |
| 4. Sara Catarina Ribeiro, SL Benfica | 32:52 PB |
| 5. Vanessa Fernandes, SL Benfica | 33:35 |

CROSS-COUNTRY

Great Edinburgh Cross-country

Edinburgh, Scotland, GBR, 10 January

(Distances: Men, 4 km and 8 km; women, 6 km)

OVERALL TEAM RESULTS (4 team scoring races combined): 1. USA, 121 points; 2. Europe, 189; 3. GBR, 223.

SR. MEN (8 km/4 laps):

Team results: 1. USA, 30 points; 2. GBR, 66; 3. EUROPE, 81

- | | |
|------------------------|-----------------------|
| 1. CHRIS DERRICK, USA | 25:31 (retains title) |
| 2. JAKE RILEY, USA | 25:33 |
| 3. JONATHAN HAY, GBR | 25:36 |
| 4. REED CONNOR, USA | 25:38 |
| 5. CHARLIE HULSON, GBR | 25:39 |

SR. MEN SHORT RACE (4 km/2 laps) - Not part of team competition:

- | | |
|----------------------------|-----------------------|
| 1. GARRETT HEATH, USA | 12:11 (retains title) |
| 2. JAPHETH KORIR, KEN | 12:19 |
| 3. DATHAN RITZENHEIN, USA | 12:27 |
| 4. ASBEL KIPROP, KEN | 12:29 |
| 5. TOM LANCASHIRE, GBR | 12:35 |
| 6. JAIRUS BIRECH, KEN | 12:38 |
| 7. EDWIN SOI, KEN | 12:44 |
| 8. THOMAS LONGOSIWA, KEN | 12:45 |
| ... 15. BERNARD LAGAT, USA | 13:07 |

JR. MEN (8 km/4 laps):

Team results: 1. USA, 14 points; 2. EUROPE, 27; 3. GBR, 49

- | | |
|-----------------------------------|-------|
| 1. Yemaneberhan Crippa, EUR (ITA) | 19:57 |
| 2. Cerake Geberkidane, USA | 20:07 |
| 3. Olin Hacker, USA | 20:08 |
| 4. Caleb Webb, USA | 20:28 |
| 5. Andrew Rafla, USA | 20:35 |

SR. WOMEN (6 km/3 laps):

Team results: 1. EUROPE, 44; 2. USA, 61; 3. GBR, 81

- | | |
|------------------------------------|-------|
| 1. EMELIA GORECKA, GBR | 21:26 |
| 2. FIONNUALA BRITTON, EUR (IRL) | 21:33 |
| 3. TRIHAS GEBRE, EUR (ESP) | 21:50 |
| 4. BRIANNE NELSON, USA | 21:54 |
| 5. YEKATERINA SOKOLENKO, EUR (RUS) | 21:56 |
| 6. EMMA BATES, USA | 22:01 |
| ... 11. GEMMA STEEL, GBR | 22:25 |

JR. WOMEN (6 km/3 laps):

Team results: 1. USA, 16 points; 2. GBR, 27; 3. EUR, 37

- | | |
|----------------------------------|-------|
| 1. Makena Morley, USA | 14:40 |
| 2. Anna Rohrer, USA | 14:47 |
| 3. Anna-Emilie Moller, EUR (DEN) | 15:02 |
| 4. Phoebe Law, GBR | 15:05 |
| 5. H Knowles-Jones, GBR | 15:16 |

Campaccio Classica del Cross (58th)

(IAAF Cross-country Permit Meeting)

San Giorgio su Legnano, ITA, 6 January

Note: *Race Results Weekly* reports that American Dathan Ritzenhein, who was announced as part of the 2015 Boston Marathon elite athlete field last week, returned to his cross-country roots -- in 2001 he claimed a bronze medal at the IAAF World Cross-country Championships U.20 race in Belgium. This was Ritzenhein's first victory in any event in two and one-half years. – Ed.

MEN (10 km)

1. Dathan RITZENHEIN, USA	29:08	
2. Andrea LALLI, G.A. FIAMME GIALLE	29:09	€ 1000
3. Daniele MEUCCI, C.S. ESERCITO	29:23	600

WOMEN (6 km)

1. Janet KISA, KEN	19:00
2. Peres JEPCHIRCHIR, KEN	19:01
3. Betsy SAINA, KEN	19:04

INDOOR TRACK

Arkansas Invitational

Fayetteville, USA, 9 January

WOMEN

1000:

1. Stephanie Brown, NIKE, 2:41.31 PB
2. Dominique Scott, Arkansas (RSA), 2:42.60 PB
3. Olivia O'Hare, Tulsa (GBR), 2:47.66 PB

NEWS

News items (most of it, sadly, about drug abuse) from *Athletics International*.

Interviewed by Pat Butcher last month, Haile Gebrselassie (41) said he is thinking of running one more marathon, either in May or in Berlin in September. However, because of his busy business schedule (he employs 1500 people) he can train only for a maximum of 90 minutes per day. Those business interests include a car dealership, a cinema circuit, a hotel complex, a coffee plantation and gold mining, and yet he is seriously thinking of running also for election to the Ethiopian parliament. "It's not just a political ambition for myself; I want to do something for my country," he said.

The top ranked 5000 m runner of 2014, Caleb Ndiku, has announced his targets for this year. The 22-year-old Kenyan is first setting his sights on winning the world cross-country title in March (he was the junior champion in 2010) and then returning to China in a bid to claim the 5000 m gold medal at the World Champs. That's not all: he will attempt to break Daniel Komen's 1997 world 2 miles best of 7:58.61 and take his 5000 m PB (currently 12:59.17) below 12:50.

Kenya's Wilson Kiprop (27), who clocked 27:01.98 for 10000 m in 2012, has decided to give up track racing in order to concentrate on the marathon. World half-marathon champion in 2010, he ran 2:09:09 in his marathon debut that year.

British marathon great Ron Hill (76) completed, on 21 December, 50 years of running at least a mile each and every day for more than 18 000 days, clocking up a total of nearly 160 000 miles!

RUSSIANS PLAN TO SUE OVER TV ALLEGATIONS

WADA announced on 16 December the composition of the Independent Commission that will investigate the serious doping allegations recently aired in a series of German TV documentaries. Joining chairman Dick Pound (former WADA President) will be Prof Richard McLaren, a longstanding member of the Court of Arbitration for Sport, and a third member to be announced. The Commission's role is to establish if there have been any breaches of World Anti-Doping Code or International Standard processes or rules by signatories to the Code; if there have been any breaches of rules by WADA-accredited laboratories; if there have been any breaches of anti-doping rules by athletes and their entourage members (including coaches, trainers and doctors); and to gather information and explore whether sufficient evidence exists that could lead to sanctions against any individual or organisation under rules of the World Anti-Doping Code.

"The IAAF takes this opportunity to reiterate its full support of the WADA investigation," said IAAF President Lamine Diack. "Our primary concern must always be to protect the integrity of competition in support of the vast majority of clean athletes, and we look forward to working with WADA to this end." In addition, the IAAF stated that the independent IAAF Ethics Commission's investigation into related and separate allegations made against certain individuals and the administration of the sport, will ensure all matters of concern are thoroughly and rigorously examined. To underline the independence of the process it should be noted that the IAAF Ethics Commission is not required to keep the IAAF informed or consulted about the initiation, details or progress of an investigation.

Meanwhile, according to the AFP news agency, Yulia Stepanova has revealed why she and her husband Vitaliy Stepanov wanted to lift the lid on doping in Russia. "In Russia (doping) is called 'the cocktail' – it contains various substances: EPO for endurance sports and steroids for power. I was banned for having an abnormal blood reading; I took EPO and I admitted that in a letter to WADA almost two years ago. I explained how Russia's national team coach provided me with EPO and how the Russian Federation's chief of the medical commission guided me towards doping. No one ever said I had to take it (EPO) ... but everyone said that if I wanted to be a top athlete I would have to participate." She added: "Officials who support doping instead of fighting it should be kicked out. Since most of the coaches come from the former Soviet Union it would be impossible for them to change their ways. If you really want to fight doping, you can't ban officials like coaches for two or four years, but for life. The (sports) ministry needs to bring in young coaches from abroad and give them time to build a system which works without doping. The entire Federation should be banned from all international competitions for two years."

On 23 December Vladimir Kazarin (coach of Olympic 800 m champion Mariya Savinova) told Reuters that he, together with the Russian Federation, will be filing law suits against the Stepanovs and the TV programme maker Hajo Seppelt. The following day, Russian Sports Minister Vitaliy Mutko revealed that a WADA commission had visited Russia at his request and collected around 3000 samples from Russian athletes to be re-tested in their laboratories. Mutko told a Russian TV channel that anyone involved in doping by athletes would be fired and banned from the sport from between three years and life.

The Kenyan Federation revealed on 19 December that marathoner Rita Jeptoo's "B" sample, analysed at the WADA lab in Lausanne, has proved positive for EPO and a hearing would be arranged for early this month. She faces a two-year ban and the forfeiture of her lucrative 2013-14 World Marathon Majors title among other results.

Athletics Kenya President, Isaiah Kiplagat, revealed on 26 December that in addition to 16 doping cases made public there are another 16 doping test failures by Kenyan athletes who cannot be traced. "They are elusive but we are doing our best to get hold of them. Most competed in Peru, Mexico, USA and Europe. A few cases were in Asia. There are also five

cases of transgender and IAAF wants us to determine the gender of these athletes, if they are men or women, by testing their hormones.”

Under WADA's new World Anti-Doping Code, which came into effect on 1 January, the minimum ban for serious deliberate doping offences (involving steroids, growth hormone, EPO, etc) has been extended from two years to four years, although admitting a violation can be rewarded with a reduced ban. In exceptional cases WADA has the power to eliminate a ban entirely and offer complete confidentiality for substantial assistance. Bans of up to four years will be imposed on athletes who refuse or evade sample collection. The penalty for missing three tests within a 12-month period (instead of 18 months) has been increased from 18 months to two years. A ban of up to two years will be imposed on an athlete associating with a person such as a coach, doctor or physio who has been found guilty of a criminal or disciplinary offence equivalent to a doping violation, such as providing banned substances. The statute of limitations has increased from eight to ten years.

The IAAF has published the full athletics timetable for the Rio Olympics in 2016. The main difference from previous Olympic schedules is that there will be at least one final during every morning session. IAAF competitions director Paul Hardy explains: “Staging finals in the morning was done at the request of the Rio 2016 Organising Committee and the Olympic Broadcasting Service, supported by the International Olympic Committee. Having finals in the morning will also ensure that we receive maximum visibility for athletics at the Olympic Games across all time zones.” Note that many evening sessions will end at around 11 pm with an early start the next morning.

STATS TIME

This week we include a list of the top ten SA women in the half marathon for 2014. Secondary performances by the top three are also listed. René Kalmer's dominance of the SA road running scene is obvious from the list – she has six performances, with the first four being sub-75.

2014 21.1 KM: TOP 10 WOMEN

1:11:53	René Kalmer	Copenhagen	29 Mar
1:12:12	Kalmer-2	Johannesburg	07 Jun
1:12:50	Irvette van Zyl	Johannesburg	07 Jun
1:12:53	Dinah Lebo Phalula	Johannesburg	07 Jun
1:13:16	Phalula-2	Hamburg	29 Jun
1:14:00	Phalula-3	Cape Town	19 Apr
1:14:20	Jenna Challenor	Copenhagen	29 Mar
1:14:23	Kalmer-3	Cape Town	19 Apr
1:14:24	Van Zyl-2	Birmingham	19 Oct
1:14:43	Mapaseka Makhanya	Port Elizabeth	15 Nov
1:14:54	Kalmer-4	Kochi	07 Dec
1:15:02A	Kalmer-5	Johannesburg	07 Sep
1:15:04A	Dinahrose Lebogang Phalula	Johannesburg	07 Sep
1:15:43	Kalmer-6	Pretoria	01 Feb
1:16:32	Cornelia Joubert	Boksburg	13 Apr
1:16:44	Christine Kalmer	Cape Town	19 Apr
1:16:47	Mpho Mabuza	Swakopmund	04 Oct
1:16:51	Zintle Xiniwe	Wellington	01 May

THIS MONTH IN HISTORY

This weekly column highlights a special race or event from the past that happened in the current month.

9 years ago: 28 January 2006

The Mielie Marathon is one of South Africa's oldest races over the classic distance and will be held for the 37th time this year. The first one, the brainchild of the well-known Louis Massyn, was on 3 February 1979 (there were 99 finishers) and since 1998 it has always been run in January. On this day it produced its fastest ever women's time when Yolande Maclean took the honours in 2:57:42 – one of only two occasions when the women's winning time was under 3 hours. Since this performance Maclean has run faster in only three races.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

This is the last compilation of list leaders for 2015. 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				
15 km	26:44 48:41	Leonard Patrick Komon (KEN) 2010 Zolani Ngqqaqa	Jeffreys Bay	03 Jan
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
25 km	58:23	Zersenay Tadese (ERI) 2010		
30 km	71:50 71:18p 1:37:54	Sammy Kosgei (KEN) 2010 Dennis Kipruto Kimetto (KEN) Duane Fortuin	Camps Bay	04 Jan
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
100 km	2:03:38 2:03:23p 6:13:33	Patrick Makau (KEN) 2011 Wilson Kipsang (KEN) 2013 Takahiro Sunada (JPN) 1998		

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km				
15 km	28:51 53:50 44:14	Paulo Catarino (POR) 2003 Terrance Mjekula Pierre Levisse (FRA) 1992	Jeffreys Bay	03 Jan
21.1 km	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km				

30 km	76:49	Martin Mondragon (MEX) 1994		
	1:52:57	Xolile Macanda	Camps Bay	04 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	30:35	Tecwyn Davies (GBR) 1988		
15 km	58:26	Desmond Zibi	Jeffreys Bay	03 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	66:42	Martin Rees (GBR) 2003		
25 km				
30 km	1:53:00	Eric Coetzee	Camps Bay	04 Jan
Marathon	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km				
15 km	63:01	Muhammad Kriel	Constantia	10 Jan
21.1 km				
25 km				
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon				
100 km				
<u>Juniors</u>				
10 km	27:52	Richard Chelimo (KEN) 1990		
15 km	52:39	Lukhanyo Nobakada	Constantia	10 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	30:21	Paula Radcliffe (GBR) 2003		
15 km	58:24	Zintle Xiniwe	Constantia	10 Jan
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	65:50	Mary Keitany (KEN) 2011		
25 km	79:53	Mary Keitany (KEN) 2010		
30 km	1:56:32	Tanith Maxwell	Camps Bay	04 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:15:25	Paula Radcliffe (GBR) 2003		

100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	32:14	Priscilla Welch (GBR) 1985		
15 km	62:03	Sandra van Graan	Constantia	10 Jan
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	69:56	Irina Permitina (RUS) 2009		
25 km	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:11:00	Adele Waldron	Camps Bay	04 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	69:05	Renée Scott	Constantia	10 Jan
	54:33	Shirley Matson (USA) 1991		
21.1 km	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km				
30 km	2:23:26	Olga Howard	Camps Bay	04 Jan
Marathon	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km				
15 km	71:56	Nancy Will	Constantia	10 Jan
21.1 km				
25 km				
30 km	2:27:24	Nancy Will	Camps Bay	04 Jan
Marathon				
100 km				
<u>Juniors</u>				
10 km	31:42	Zola Pieterse (RSA) 1984		
15 km	61:52	Pamelia Moyikwa	Constantia	10 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:09:05	Delilah Asiago (KEN) 1991		

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