

# 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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Publisher: Riël Hauman

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## EDITORIAL

Two of the oldest 15 km races in the country were held this weekend – the Brooks Hohenort race in Constantia, Cape Town, had its 42<sup>nd</sup> running, while the N2 City Bluewater Bay race in Port Elizabeth was run for the 31<sup>st</sup> time. Most of the list leaders (six) were achieved in the Port Elizabeth race, with the best performance coming from grandmaster Margie Saunders, whose 66:47 is the best by anyone over 50 so far this year.

Nineteen list leaders were produced in the Bestmed ACE Half Marathon and 10 km in Pretoria, where Stephen Mokoka (30:52) won the 10 km and Kenyan Vincent Kipchirchir (70:35) the half marathon. Kataza Shipalana (37:33) and Catherine Malungane (88:31) took the respective women's titles.

Derrick Chamberlain informed DRR that the third woman in the Bophelong 10 km (results in last week's issue) was indeed a runner named Nthabiseng Tshehla and not Ntebaleng Letsela (LES).

In the same issue it was stated that the Big Hill 10 km was found to be short using the Race Time Bias calculation. According to Norrie Williamson the first five runners ran short due to the lead car turning too early; the rest of the athletes ran the correct distance and both courses (there was also a half marathon) have been measured correctly. All the age category times, as well as the women's, in the 10 km are therefore correct.



The two runners in last week's picture are Thulani (Ephraim) Sibisi and Matthews Batswadi. Only one DRR reader, Mark Dowdeswell, got both right – but Batswadi only after some extra prompting! The other readers who tried to identify the pair only had Sibisi correct. Among their top career performances were Sibisi's win in the 1986 Two Oceans and Batswadi's nine SA titles (including three in a row in both the 10000 m and cross-country).

Due to the late publication of DRR's US partner *Race Results Weekly*, we will catch up with the main international results next week.

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* Brooks Hohenort 15 km, Constantia
- \* N2 City Bluewater Bay 15 km, Port Elizabeth
- \* Bestmed ACE Half Marathon & 10 km, Pretoria

**International highlights:**

- \* Saucony Halve-Marathon von Egmond, Egmond Aan Zee, NED

**ROAD RUNNING****Brooks Hohenort 15 km** (42nd)

Constantia, 16 January

(Certified loop course, very hilly. Weather: warm, became hot later. Finishers: 2621 [significantly up from 1928 last year].)

## MEN

1. Vuyolwethu Mbukushe (Gugs) 48:31 (R1000)
2. Sibusiso Madikizela (Multi) 48:44 (R700)
3. Dwayne Philander (Ind) 49:19 (R500)

(Prize money was the same in all age categories except 70+: R600, R450, R350.)

**Veterans:** 1. Graham Katzen (Celtic) 55:08; 2. Gareth Berning (VOB) 55:41; 3. Quinton Prince (Met) 56:59. **Masters:** 1. Eric Coetzee (FNB) 56:23; 2. Monde Tutani (Gugs) 59:14; 3. Zolani Ntsodo (SANDF) 60:27. **G'masters:** 1. Muhammad Kriel (Ommie) 63:30; 2. Jimmy Morris (Forest) 68:09; 3. Christian Edwards (VOB) 69:05. **G/g'masters:** 1. Jeff Smith (Itheko) 69:48 (R350); 2. Gideon Malherbe (Celtic) 85:58 (R250). **Juniors:** 1. Samuel van der Merwe (Bell) 50:06; 2. Lukhanyo Nobakada (VOB) 51:57; 3. Esona Mbombo (Sanlam) 55:59.

## WOMEN (Same prize money as men)

1. Ebeth Marais (Maties) 58:52
2. Anneline Roffey (FNB) 62:17
3. Candyce Hall (Carb) 63:54

**Veterans:** 1. Obertina Kanyongo (ZIM/WC) 64:24; 2. Ursula Frans (Ned) 66:17; 3. Busisiwe Matiwane (Celtic) 68:49. **Masters:** 1. Olga Howard (Celtic) 68:46; 2. Mariëtte Strauss (Tyger) 69:23; 3. Paola Vignani (ITA/VOB) 69:43. **G'masters:** 1. Nancy Will (Pine) 74:58; 2. Helen du Plessis (Brack) 80:54; 3. Brenda Stevenson (Pine) 88:09. **G/g'masters:** 1. Margie Plantema (VOB) 89:24; 2. Pixie Sparg (Celtic) 95:45. **Juniors:** 1. Busisiwe Gwala (VOB) 77:39; 2. Razaan Kamaldien (Multi) 80:46; 3. Lien Erasmus (Strand) 80:54.

**N2 City Bluewater Bay 15 km** (31<sup>st</sup>)

Port Elizabeth, 16 January

(Loop course. Finishers: 669 [down from 752 last year].)

## MEN

1	Amos	Nyongo	Transnet Eng EP	29	47:04
2	Melikhaya	Frans	Ikhamba AC	25	49:06
3	Anele	Maliza	Nedbank RC	37	49:32
4	George	Ntshiliza	Bluewater Bay	36	50:48
5	Andre	Ketchem	Xcel AC	32	50:49
6	Lubabalo	Mdlungwane	Tinarha AC	25	51:21
7	Brendon	Effenaar	Nedbank RC	19	51:55

8	Bulelani	Niwa	PEAAC	30	52:25
9	Siyabonga	Kahla	Motherwell AC	20	52:30
10	Mila	Pasiya	Nedbank RC	36	52:32
11	Terrance	Mjekula (1 <sup>st</sup> vet)	Temp	43	52:36
12	Andile	Motwani (1 <sup>st</sup> jun)	Tinarha AC	19	53:24
13	Zolile	Mhlahlo	Achilles AAA	41	53:25
14	Thobile	Xata	Bluewater Bay	41	54:28
15	Zamubuntu	Teyise	Charlo AC	39	55:30
16	Alfred	Qogi	Nedbank RC	42	56:01
17	Desmond	Zibi (1 <sup>st</sup> mast)	Achilles AAA	52	56:20
18	Nathi	Mda	Motherwell AC	24	56:40
19	Tumelo	Mochelenyane	Nedbank RC	33	56:55
20	Mncedi	Khanti	Tinarha AC	36	57:22
<b>40-44:</b>					
1	Terrance	Mjekula	Temp	43	52:36
2	Zolile	Mhlahlo	Achilles AAA	41	53:25
3	Thobile	Xata	Bluewater Bay	41	54:28
<b>45-49:</b>					
1	Jabulani	Dube	Vukani MS Club	45	59:41
2	August	Esau	Nedbank RC	45	1:00:17
3	Chris	Darke	Charlo AC	47	1:01:57
<b>50-54:</b>					
1	Desmond	Zibi	Achilles AAA	52	56:20
2	Bennie	Stadler	Achilles AAA	52	59:35
3	Michael	Bekapi	Ikhamva AC	54	1:01:08
<b>55-59:</b>					
1	Kevin	Gillmer	Muirite Strider	55	1:10:04
2	Clifford	Hicken	Nedbank RC	58	1:11:00
3	Ronald	Ndiza	Transnet Eng EP	56	1:11:23
<b>60-64:</b>					
1	Elvis	Galela	Madibaz AC	63	1:05:03
2	Sizinzo	Kama	Achilles AAA	64	1:09:07
3	Bruce	McEwan	Achilles AAA	62	1:11:10
<b>65-69:</b>					
1	Albert	Ngcanga	Xcel AC	65	1:12:21
2	Graham	Channon	Achilles AAA	66	1:12:23
3	Percy	Dalton	Achilles AAA	67	1:17:31
<b>70-74:</b>					
1	Tamsanqa	Jusayi	Nedbank RC	73	1:17:58
2	Eckart	Schumann	Body Concept	70	1:22:00
3	Herman	Dekker	SAPS AC EP	71	1:34:00
<b>75-79:</b>					
1	Godfrey	Kariem	Gelvan AC	75	1:28:04
<b>Juniors:</b>					
1	Andile	Motwani	Tinarha AC	19	53:24
<b>WOMEN</b>					
1	Ntombesintu	Mfunzi	Nedbank RC	34	58:22
2	Siphokazi	Nojoko	Motherwell AC	21	1:01:15
3	Ndileka	Mvakwendlu	Tinarha AC	25	1:02:46
4	Davera	Magson (1 <sup>st</sup> vet)	Nedbank RC	41	1:04:17
5	Nokholo	Hlezupondo	SANDF AC EP	36	1:05:22
6	Margie	Saunders (1 <sup>st</sup> g'mast)	Nedbank RC	62	1:06:47
7	Elmare	Bezuidenhout	Charlo AC	33	1:07:10
8	Terray	Newcombe	Elite A C	24	1:08:42
9	Janette	Schierz-Crusius (1 <sup>st</sup> mast)	Body Concept	55	1:09:52

10	Nomakhosi	Ntliziyo (1 <sup>st</sup> jun )	Youth FC AC	17	1:09:54
11	Claire	Van der Nest	Body Concept	34	1:11:02
12	Camarin	Van Eyk	Nedbank RC	33	1:11:08
13	Katherine	Van der Walt	Body Concept	39	1:11:56
14	Talana	Vosloo	Nedbank RC	34	1:13:35
15	Nolikhanyo	Mdwayi	TPT AC EP	34	1:13:40
16	Joan	Viljoen	Nedbank RC	21	1:13:40
17	Pearl	Prinsloo	Elite A C	36	1:14:30
18	Hanlie	Van der Westhuizen	Despatch AC	59	1:14:49
19	Cathy	Curtain	Muirite Strider	45	1:14:52
20	Sunelle	Horne	Bluewater Bay	41	1:14:53

**40-44:**

1	Davera	Magson	Nedbank RC	41	1:04:17
2	Sunelle	Horne	Bluewater Bay	41	1:14:53
3	Amanda	Prideaux	Bluewater Bay	40	1:15:18

**45-49:**

1	Cathy	Curtain	Muirite Strider	45	1:14:52
2	Elize	Fenwick	Kouga Multi SC	46	1:20:05
3	Joanne	Tucker	Charlo AC	48	1:21:51

**50-54:**

1	Desiree	Titus	Gelvan AC	50	1:22:09
2	Ina	Meaker	Walmer AC	54	1:25:50
3	Annelize	Theron	Team Vitality C	52	1:26:15

**55-59:**

1	Janette	Schierz-Crusius	Body Concept	55	1:09:52
2	Hanlie	Van der Westhuizen	Despatch AC	59	1:14:49
3	Laura	Maritz	Elite A C	55	1:20:08

**60-64:**

1	Margie	Saunders	Nedbank RC	62	1:06:47
2	Renee	Hawkridge	Harlequin Harri	64	1:20:04
3	Jacomina	Linstrom	Rand Ath Club	62	1:27:39

**65-69:**

1	Liz	Grundlingh	Muirite Strider	69	1:31:04
2	Jeanette	Pienaar	PEAAC	67	1:43:51
3	Denise	Terblanche	Walmer AC	68	1:52:49

**70-74:**

1	Orgia	Nell	Muirite Strider	72	1:54:53
2	Angeline	Kivedo	Walmer AC	70	2:25:12

**75-79:**

1	Dorothy	Hart	Madibaz AC	77	2:03:29
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**Juniors:**

1	Nomakhosi	Ntliziyo	Youth FC AC	17	1:09:54
2	Monique	Van Willing	Despatch AC	17	1:26:47

**Bestmed ACE Half Marathon & 10 km (23<sup>rd</sup>)**

Pretoria, 16 January

(Distances: 21.1 km & 10 km; undulating loop courses [the half marathon almost two loops].)

Note: Collin Kanyimo, third in the half marathon, was previously known as Collin Parura. – Ed.

**Half marathon**

MEN

1. Vincent Kipchirchir (KEN/Ned) 1:10:35

2. Lucas Jani (Trans) 1:11:31
3. Collin Kanyimo (ZIM) 1:13:17

**Veterans:** 1. Mpho Ngoepe (Unisa) 1:20:24. **Masters:** 1. Joseph Moloto (SANDF) 1:27:04. **G'masters:** 1. John Woodnutt (Morning) 1:35:45. **G/g'masters:** 1. Johan Jansen van Vuuren (Irene) 2:23:39.

#### WOMEN

1. Catherine Malungane (Trans) 1:28:31
2. Lesego Hlako (Zwak) 1:31:58
3. Adrie Kotze (Wingate) 1:38:06

**Veterans:** 1. Vanessa Bowman (Kempton) 1:40:13. **Masters:** 1. Renate van Niekerk (Mag) 1:52:06. **G'masters:** 1. Kim Roberts (Kudus) 2:19:29. **Juniors:** 1. Nompumlelo Shongwe (Ind) 1:43:42.

#### 10 km

##### MEN

1. Stephen Mokoka (Trans) 30:52
2. Lesiba Precious Mashela (Trans) 31:01
3. Vuyisile Tshoba (Rockies) 31:36

**Veterans:** 1. Piet Mosebedi (Trans) 37:12. **Masters:** 1. Dan Mothibe (NB) 40:26. **G'masters:** 1. Mike du Bruto (Irene) 43:38. **G/g'masters:** 1. Andries van der Merwe (Trans) 55:26. **80+:** 1. Ken Nurden (Agape) 56:58. **Juniors:** 1. Samekeliswe Shongwe (Tuks) 34:59.

##### WOMEN

1. Kataza Shipalana (Trans) 37:33
2. Glenrose Xaba (Sasol) 38:09
3. Liziwe Mabona (Ind) 38:48

**Veterans:** 1. Jacquie van der Waals (Irene) 40:55. **Masters:** 1. Ansie Breytenbach (Irene) 46:36. **G'masters:** 1. Frances van Blerk (Ned) 51:21. **G/g'masters:** 1. Annetjie Greyvenstein (Irene) 60:49. **80+:** 1. Miemie Schoeman (Trans) 1:47:47. **Juniors:** 1. Keletso Senosi (Tuks) 39:28.

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## 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

#### **Saucony Halve-Marathon von Egmond** (43rd)

Egmond Aan Zee, NED, 10 January

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

Note: *Race Results Weekly* reports that athletes faced cold and stormy weather at this year's race, so times were very slow. Men's champion Yekeber Bayabel won last year's Stockholm Marathon, while women's champion Genet Yalew finished fifth at last summer's All-Africa Games in the 5000 m. She has a half-marathon PB of 68:46. – Ed.

#### MEN (gun times)

- |                         |         |
|-------------------------|---------|
| 1. Yekeber Bayabel, ETH | 1:08:08 |
| 2. Bernard Kipyego, KEN | 1:08:33 |
| 3. Abera Kuma, ETH      | 1:08:40 |

#### WOMEN (gun times)

- |                            |         |
|----------------------------|---------|
| 1. Genet Yalew, 1992, ETH  | 1:19:02 |
| 2. Dibaba Kuma, ETH        | 1:19:31 |
| 3. Jackline Chepngeno, KEN | 1:20:34 |
- 

## NEWS

### **REPORT ALLEGES POSSIBLE CRIMINAL BEHAVIOUR BY TOP IAAF OFFICIALS**

Top officials running the sport of track and field have for years abused their positions and possibly engaged in criminal behavior, blackmailing athletes who doped and failing to discipline them in a timely fashion, according to a report released last week by the World Anti-Doping Agency.

The *New York Times* reported that the 89-page report was the result of an investigation by a task force that spent the last year examining allegations of widespread doping and corruption. It raised questions about past leaders of the sport who were already under criminal investigation as well as the sport's celebrated current leader, Sebastian Coe, a two-time Olympic gold medalist who was in charge of the 2012 Summer Olympics in London.

The first part of the group's inquiry concluded in November, with a report that accused Russia of a state-sponsored doping program. Those findings prompted track and field's governing body to suspend Russia from global competition, jeopardizing its participation in this summer's Olympics in Rio de Janeiro.

The investigation's second report, in Munich, shifted attention from Russia to the ruling body overseeing the sport globally: the International Association of Athletics Federations.

Well before the antidoping commission's investigation, the IAAF knew the extent of Russia's drug abuse, Dick Pound, an author of the report, said. Top officials, the inquiry found, were complicit in keeping tainted athletes in competition, extorting money from athletes and delaying the processing of drug test violations.

Unlike Russian coaches, trainers, doctors and state police — whom the commission accused of actively destroying drug samples — IAAF officials did not erase records but rather delayed filing them, expecting that inaction might make matters go away, the inquiry found.

The report raised new questions about how compromised sports officials can be in investigating and disciplining doping violations, calling the corruption embedded in the organization. "It cannot be ignored or dismissed as attributable to the odd renegade acting on his own," it said. "It is increasingly clear that far more IAAF staff knew about the problems than has currently been acknowledged."

Lamine Diack, the organization's longtime president until last August, solicited illegal payments in exchange for such delayed processing of paperwork, the report said, and in at least one instance advised a lawyer he needed to consult Russian President Vladimir Putin, who had become a friend, regarding the doping violations of nine Russian athletes.

Diack is under criminal investigation in France, authorities there announced last year, as are Habib Cisse, Diack's legal adviser, and Gabriel Dollé, a former director of the IAAF's antidoping division. None are working for the IAAF any longer.

Interpol, the international police organization, is also leading an ongoing global investigation into corruption within track and field. The organization has put out a wanted notice for one of Diack's sons, Papa Massata Diack.

Because of the systemic nature of the corruption, the report suggested, Coe, the current president of the IAAF who spent seven years as Diack's vice president, would likely have been aware of the alleged criminal behavior. Coe has denied any knowledge of nefarious activity at the IAAF.

In taking questions at the news conference where the report was made public, Pound found himself in the curious position of both seeming to implicate Coe but also defending him. "Giving an opinion as to whether he lied or not," Pound said, assessing his knowledge of the extent of the corruption: "I'd say he didn't lie."

Pound repeatedly attributed the allegations to an "institutional failure."

Several IAAF staff said they sought to draw attention to the doping abuses to leaders but were ignored. "There was an evident lack of political appetite within the IAAF to confront Russia with the full extent of its known and suspected doping activities," the Pound report said.

But Pound said that Coe, who took over the IAAF in August is the best person to lead reforms of the world body: "As far as the ability of Lord Coe to remain at the head of the IAAF, I think it's a fabulous opportunity for the IAAF to seize this opportunity and under strong leadership to move forward out of this.

"There's an enormous amount of reputational recovery to do here and, descending to personalities, I can't think of anyone better than Lord Coe to lead that. So all out fingers are crossed in that respect."

Coe has recognized in recent weeks that the sport, and his organization specifically, are in crisis. Last week, he announced he had hired a team of outside lawyers and accountants to conduct an internal investigation at the IAAF, and that he planned to institute stricter organizational controls and double the antidoping budget by midyear.

"I don't want to lay the failures of an entire council and its governance process at the feet of one individual," Pound said.

The three-person commission that authored the report was created in December 2014. It consisted of Pound, founding president of the World Anti-Doping Agency; Richard H. McLaren, a Canadian lawyer; and Günter Younger, the head of cybercrime for the police in the German state of Bavaria.

The commission's investigation was inspired by reports from the German public broadcaster ARD, which released a documentary in December 2014 focused on doping in Russian athletics.

In August, ARD and *The Sunday Times* of London released a second report regarding the leaked results of thousands of blood tests of international athletes dating to 2001. Those results showed one in seven athletes had abnormal blood test results — reportedly including celebrated athletes with clean records — prompting the antidoping commission to widen the focus of its inquiry.

In its report, the commission said it had reviewed all blood tests from 2001 to 2015 and found that the IAAF had, in fact, done a fine job in following up on suspicious tests. The report concluded that the leaked data was not grounds on which to conclude that an athlete

had or had not used drugs, and that in most suspicious cases, the IAAF had ordered follow-up urine tests, required of athletes whose blood tests suggest blood doping.

The report's message was of a corrupt administration more than an international culture of widespread cheating among athletes.

Invoking scandals at FIFA, world soccer's governing body, and the International Olympic Committee, Pound said the significance of the IAAF's corruption was unique in affecting the outcome of competitions.

"It's not just a bunch of people sitting a table passing money to each other," he said. "You've got to have 21st-century governance even if it's an organization that's 19th century in origin."

In an earlier report by the Associated Press mention was made of discussions between the IAAF and Russian authorities. "This matter of the Russian athletes' blood levels is now so serious and is not getting any better (in fact possibly getting worse) that immediate and drastic action is needed," Pierre Weiss, then the IAAF general secretary, wrote in an October 2009 hand-delivered letter to Valentin Balakhnichev, the Russian athletics president banned last week for life from the sport.

"Not only are these athletes cheating their fellow competitors but at these levels are putting their health and even their own lives in very serious danger," Weiss wrote, telling Balakhnichev that blood results from Russian athletes "recorded some of the highest values ever seen since the IAAF started testing."

Tests conducted at the 2009 World Championships, where Russia won 13 medals, "strongly suggest a systematic abuse of blood doping or EPO-related products," Weiss added.

EPO was also one of Lance Armstrong's drugs of choice. The injectable hormone and blood transfusions, both banned in sports, are used by cheats to boost their levels of oxygen-carrying red blood cells, artificially improving performance. Over-abused, they can make blood go sludgy, with increased risk of clots, strokes and heart attacks.

The documents reveal how the IAAF wrestled with Russia — nudging and cajoling its leaders to act, but also using scientific advances in blood testing to try to catch offenders. They shed light on key junctures in the crisis, which has been muddied by allegations that IAAF and Russian officials took bribes from athletes to hide their doping so they could continue competing.

Other key findings:

—Internal IAAF papers before the 2012 London Olympics proposed hiding doping sanctions for less well-known Russian athletes from public view. An April 2012 note said this hush-hush approach couldn't be granted to Russia's best athletes because that would allow them to keep "11 world titles and numerous European titles acquired under the influence of doping." It added: "It is impossible to 'discreetly' remove from competition for two years athletes who are multiple world and/or Olympic champions. Their absence from major competitions will inevitably prompt questions and investigations from experts and the media."

—A September 2012 internal brief for then-IAAF President Lamine Diack estimated that 42 percent of tested Russian elite athletes doped. Suspected doping in Turkey, Spain, Morocco and Ukraine also "is particularly worrying," the brief said.

—After the 2009 Worlds in Berlin, Weiss told Balakhnichev that seven Russian athletes — including two gold medalists — would have been forced to sit out the competition if the IAAF had had the same "no start" rules as some other sports, which can forcibly sideline competitors with abnormal blood readings.

—Before the 2009 Worlds, Weiss also alerted Balakhnichev that athletes were evading tests by saying they were serving in the Russian military and couldn't tell testers where they were. "These difficulties ... effectively prevent the IAAF from conducting sufficient testing on Russian elite athletes compared to other major nations," Weiss wrote.



## IRVETTE IN LONDON MARATHON AGAINST TUFA AND KEITANY



Tigist Tufa, Mary Keitany and Aselefech Mergia and her daughter Sena Gemechu after the 2015 New York City Marathon. [Jane Monti for *Race Results Weekly*]

South Africa's Irvette van Zyl is one of the top runners in the elite field for the Virgin Money London Marathon, reports David Monti for *Race Results Weekly*. The race will be run on 24 April.

In last year's race Ethiopia's Tigist Tufa threw in a snappy 16:14 split from 35 to 40 km to become the surprise winner, defeating pre-race favorite and two-time London champion Mary Keitany of Kenya by 18 seconds. That victory launched Tufa, 28, to the top echelon of marathon running. The two will have a rematch this year.

Keitany, the number 2-ranked marathoner in the world last year by *Track & Field News*, got her revenge at the TCS New York City Marathon in November, running away from the field in the final 10 km, relegating Tufa to third place and winning by nearly a minute and one-half.

The race features a star-studded field where Tufa and Keitany are only the tip of a massive iceberg of talent. Indeed, the elite women's field boasts last year's winners of the Berlin, Chicago, Dubai, London, New York, and World Championships marathons. Five women have broken the 2:20 barrier, while a total of nine have broken 2:22.

The other key contenders from Kenya are Gladys Cherono (2:19:25 PB), last year's BMW Berlin Marathon champion; Florence Kiplagat (2:19:44), last year's Bank of America Chicago Marathon winner; Priscah Jeptoo (2:20:14), the 2012 Olympic Marathon silver medalist; and Jemima Sumgong (2:20:48), the 2014 TCS New York City Marathon runner-up. From Ethiopia, three-time Standard Chartered Dubai Marathon winner Aselefech Mergia (2:19:31 PB), and reigning world champion Mare Dibaba (2:19:52) are also in the race.

Moreover, the race will serve as the British trials for the 2016 Olympics. The first two British women to finish the race who have met the 2:31:00 UK Athletics qualifying standard will earn provisional berths on the team (UK Athletics will announce the team the day after the race). British athletes competing are Sonia Samuels (2:28:04 PB), Freya Ross (2:28:10), Alyson Dixon (2:29:30), Louise Damen (2:30:00), Susan Partridge (2:30:46), Jess Coulson (debut) and Charlotte Purdue (debut).

The Virgin London Marathon is part of the Abbott World Marathon Majors series and will be the second event in the AWMM Series X which begins at the Boston Marathon on 18 April. The current series, Series IX, ends at the Tokyo Marathon on 28 February.

Here is the full elite women's field:

Tigist Tufa (ETH) 2:21:52; Mary Keitany (KEN) 2:18:37; Gladys Cherono (KEN) 2:19:25; Aselefech Mergia (ETH) 2:19:31; Florence Kiplagat (KEN) 2:19:44; Mare Dibaba (ETH) 2:19:52; Priscah Jeptoo (KEN) 2:20:14; Feyse Tadese (ETH) 2:20:27; Jemima Sumgong (KEN) 2:20:48; Jessica Augusto (POR) 2:24:25; Volha Mazuronak (BLR) 2:25:36; Rkia El Moukim (MAR) 2:26:33; Diana Lobacevske (LTU) 2:28:03; Sonia Samuels (GBR) 2:28:04; Freya Ross (GBR) 2:28:10; Alyson Dixon (GBR) 2:29:30; Louise Damen (GBR) 2:30:00; Susan Partridge (GBR) 2:30:46; Irvette van Zyl (RSA) 2:31:26; Cassie Fien (AUS) 2:38:53; Jess Coulson (GBR) debut; Charlotte Purdue (GBR) debut.

### STATS TIME

South Africa has two of the top female grandmasters in the world in Nancy Will and Margie Saunders, who hold a number of single-age world records between them. The world's fastest grandmaster marathoner, the famous Frenchwoman Chantal Langlace, last year came within a

whisker of breaking the 3-hour barrier, albeit on a course that drops 1.5 m/km. The world record therefore remains behind the name of the Kiwi Bernardine Portenski. In her prime Langlace twice broke the world record, with 2:46:24 in 1974 and 2:35:16 in 1977. Below is an all-time list of the top eleven grandmasters in the marathon, followed by Saunders in 19<sup>th</sup> place.

### MARATHON: WORLD'S TOP 11 GRANDMASTER WOMEN

3:00:28a	Chantal Langlace (FRA)		25 Oct 2015	60y292d	Rennes FRA
3:01:30	Bernardine Portenski (NZL)		04 Jul 2010	60y312d	Gold Coast AUS
3:02:50	Claudine Marchadier (FRA)		25 Nov 2007	60y087d	La Rochelle FRA
3:05:13	Christine Kennedy (IRL)		13 Dec 2015	60y349d	Dallas USA
3:07:48	Emmi Luthi (SUI)		28 Oct 2007	63y241d	Lucerne SUI
3:08:50	Georgette Pairo (FRA)		30 Nov 2008	61y340d	La Rochelle FRA
3:08:59	Maria-Concecao Grare (POR)		17 Nov 2013	60y121d	Valencia ESP
3:11:51	Hannelore Horst (GER)		07 Oct 2012	63y152d	Bremen GER
3:11:57a	Barbara Miller (USA)		17 Apr 2000	60y254d	Boston USA
3:12:36a	Sharon Vos (USA)	[10]	02 Nov 2014	60y001d	New York USA
3:14:37	Nancy Will (RSA)	[11]	20 Sep 2015	62y353d	Cape Town RSA
...					
3:15:48	Margaret Saunders (RSA)	[19]	06 Dec 2014	61y081d	Port Elizabeth RSA

### THIS MONTH IN HISTORY

#### 10 years ago: 28 January 2006

The Mielie Marathon in Welkom, which was first run in 1979, has seen some excellent performances by women over the years. Only two runners have ever run faster than 3 hours; the first was Debbie Menton (2:59:26 in 1994), who boasts an achievement that is quite rare in top marathons – she won the race on five consecutive occasions. But the best performance of all came on this day from Yolande Maclean, who ran 2:57:42 to win by more than 28 minutes! The marathon will be held for the 37th time this month.

### SOUTH AFRICAN ROAD LIST LEADERS FOR 2016

This is the first compilation of list leaders for 2016. 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	30:52	Stephen Mokoka	Pretoria	16 Jan
	28:56	Yohan Durand (FRA)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	47:04	Amos Nyongo	Port Elizabeth	16 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	71:31	Lucas Jani	Pretoria	16 Jan
	62:45	Aritaka Kajiwara (JPN) & Kinari Ikeda (JPN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km				
	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
30 km	1:42:14	Sibusiso Madikizela	Camps Bay	10 Jan

Marathon	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014
	2:10:18	Vincent Kipruto Limo (KEN)
100 km	2:02:57	Dennis Kipruto Kimetto (KEN) 2014
	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	34:49	Enoch Skosana	Pretoria	02 Jan
	28:51	Paulo Catarino (POR) 2003		
15 km	52:36	Terrance Mjekula	Port Elizabeth	16 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	80:24	Mpho Ngoepe	Pretoria	16 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	76:49	Martin Mondragon (MEX) 1994		
30 km	1:53:58	Thembelani Zola	Camps Bay	10 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		

#### Masters (50+)

10 km	39:14	Paul Mabena	Pretoria	02 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	56:20	Desmond Zibi	Port Elizabeth	16 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	87:04	Joseph Moloto	Pretoria	16 Jan
	66:42	Martin Rees (GBR) 2003		
25 km				
30 km	1:59:47	Eric Coetzee	Camps Bay	10 Jan
Marathon	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

#### Grandmasters (60+)

10 km	43:38	Mike du Bruto	Pretoria	16 Jan
	32:48	Martin Rees (GBR) 2013		
15 km	63:30	Muhammad Kriel	Constantia	16 Jan
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	95:45	John Woodnutt	Pretoria	16 Jan
	71:31	Martin Rees (GBR) 2013		
25 km	94:01	Doug Winn (USA) 2010		
30 km	2:21:37	Garry Wilford	Camps Bay	10 Jan
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				

#### Great grandmasters (70+)

10 km	55:26	Andries v.d. Merwe	Pretoria	16 Jan
	37:33	Ed Whitlock (CAN) 2004		

15 km	69:48 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Constantia	16 Jan
21.1 km	2:23:39 82:23	Johan Jansen v. Vuuren Ed Whitlock (CAN) 2001	Pretoria	16 Jan
25 km	99:59	Clive Davies (USA) 1985		
30 km	2:22:55 2:00:56	Jeff Smith Ed Whitlock (CAN) 2001	Camps Bay	10 Jan
Marathon	2:54:49	Ed Whitlock (CAN) 2004		
100 km				
<u>Juniors</u>				
10 km	34:59 27:52	Samekeliswe Shongwe Richard Chelimo (KEN) 1990	Pretoria	16 Jan
15 km	50:06 42:25	Samuel van der Merwe Moses Mosop (KEN) 2004	Constantia	16 Jan
21.1 km	59:16	Samuel Wanjiru (KEN) 2005		
<b>WOMEN</b>				
<u>Open</u>				
10 km	36:54 33:15 30:21m 30:29w	Ashleigh Simonis (jun) Fanny Pruvost (FRA) Paula Radcliffe (GBR) 2003 Asmae Leghzaoui (MAR) 2002	New York	09 Jan
15 km	57:28	Charné Bosman (vet)	Jeffreys Bay	02 Jan
21.1 km	46:14m 46:59w 88:31 73:41 65:09m 66:25w	Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007 Catherine Malungane Stephanie Dinius (USA) Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007	Pretoria	16 Jan
25 km	79:53m 82:47w	Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005		
30 km	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
Marathon	1:38:49m 1:39:11w 3:24:07 2:24:04 2:15:25m 2:17:42w	Mizuki Noguchi (JPN) 2005 Mary Keitany (KEN) 2011 Suzette Vermaak-McIvor (vet) Worknesh Edesa (ETH) Paula Radcliffe (GBR) 2003 Paula Radcliffe (GBR) 2005	Doha	08 Jan
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	39:22 32:14	Jacque v.d. Waals Priscilla Welch (GBR) 1985	Pretoria	02 Jan
15 km	57:28 49:35	Charné Bosman Priscilla Welch (GBR) 1985	Jeffreys Bay	02 Jan
21.1 km	1:40:13 69:56	Vanessa Bowman Irina Permitina (RUS) 2009	Pretoria	16 Jan
25 km	82:13	Mizuki Noguchi (JPN) 2005		

30 km	2:17:14 1:51:37	Ursula Frans Mieke Pullen (NED) 2001	Camps Bay	10 Jan
Marathon	3:24:07 2:26:51	Suzette Vermaak-McIvor Priscilla Welch (GBR) 1987	Doha	08 Jan
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	46:36 34:44	Ansie Breytenbach Tatyana Pozdniakova (UKR) 2005	Pretoria	16 Jan
15 km	66:47 54:33	Margie Saunders (g'mast) Shirley Matson (USA) 1991	Port Elizabeth	16 Jan
21.1 km	1:52:06 76:07	Renate van Niekerk Tatyana Pozdniakova (UKR) 2006	Pretoria	16 Jan
25 km				
30 km	2:20:31	Ester Brink	Camps Bay	10 Jan
Marathon	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	51:21 38:56	Frances van Blerk Lidia Zentner (GER) 2015	Pretoria	16 Jan
15 km	66:47 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	16 Jan
21.1 km	2:19:29 84:56	Kim Roberts Bernadine Portenski (NZL) 2010	Pretoria	16 Jan
25 km				
30 km	1:58:24 2:23:30 2:17:11	Gloria Brown (USA) 1994 Nancy Will Barbara Miller (USA) 1999	Camps Bay	10 Jan
Marathon	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	60:49 44:09	Annetjie Greyvenstein Lavinia Petrie (AUS) 2014	Pretoria	16 Jan
15 km	1:29:24 72:52	Margie Plantema Jo Klein (NED) 2004	Constantia	16 Jan
21.1 km	97:38	Lavinia Petrie (AUS) 2014		
25 km				
30 km	2:18:20 2:50:02 2:47:08	Gerry Davidson (USA) 1991 Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	10 Jan
Marathon	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	36:54 31:42	Ashleigh Simonis Zola Pieterse (RSA) 1984	New York	09 Jan
15 km	69:54 49:40	Nomakhozi Ntliziyo Ines Chenonge (KEN) 2001	Port Elizabeth	16 Jan
21.1 km	1:43:42 1:09:05	Nompumlelo Shongwe Delilah Asiago (KEN) 1991	Pretoria	16 Jan

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