

Distance Running Results

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EDITORIAL

Two list leaders were set this weekend, by veteran Maboyisana Mazwayi in Port Elizabeth (31:31 for 10 km) and master Johannes Seakamela in Boksburg (54:29 for 15 km). Meanwhile, Zimbabwean Godfrey Koki continues to run illegally as a veteran (see comment with the results of the Sportsmans Warehouse 15 km below).

Internationally, Paula Radcliffe showed there should be no doubt about her readiness for this weekend's ING New York City Marathon when she won the BUPA Great North Run 10 miles in 51:11, the fifth fastest statistically valid time ever recorded for a ten mile distance, according to the independent Association of Road Racing Statisticians, and only 11 seconds slower than Sonia O'Sullivan's 2002 course record. In New York Radcliffe will defend her title over 2006/2007 World Marathon Majors champion Gete Wami of Ethiopia, two-time world marathon champion Catherine Ndereba of Kenya, 2008 Boston Marathon champion Dire Tune of Ethiopia, and 2006 Boston Marathon champion Rita Jeptoo of Kenya, amongst others.

According to *Race Results Weekly*, Radcliffe told reporters in a conference call last month that she had overcome the lingering effects of the injury that hampered her in the Olympic Marathon and felt strong headed into New York. The run in Portsmouth was Radcliffe's first-ever ten miler as a professional.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Constantia Valley Grape Run, Constantia
- * Sportsmans Warehouse 15 km, Boksburg
- * Algoa FM Boardwalk Cancer Run, Port Elizabeth
- * Rola Motor Group 10 km Classic, Somerset West
- * Girls & Boys Town 50th Anniversary Half Marathon & 10 km, Tongaat
- * Spar Nite Half Marathon , Newcastle
- * Ebenezer 10 km, Port Elizabeth
- * Track: Tygerberg Open Meeting, Parow

International highlights:

- * Lifestyle Sports - adidas Dublin Marathon, Dublin, IRL
 - * BUPA Great South Run 10 Miles, Southsea to Portsmouth, GBR
 - * Dresdner Kleinwort Frankfurt Marathon, Frankfurt, GER
 - * Venice Marathon, Venezia, ITA
 - * Istanbul Eurasia Marathon, Istanbul, TUR
-

NEWS

XINIWE DISQUALIFICATION STANDS; MLAMBO WINS SPAR GP

Zintle Xiniwe's appeal against her disqualification from the final race in the Spar Grand Prix series has been turned down by Athletics South Africa, with the main prize of R50 000 therefore going to Poppy Mlambo. As reported in *Distance Running Results* last week, the South African half-marathon champion was disqualified from the race in Johannesburg which gave her the overall title in the competition because she had withdrawn from the SA team for the World Half-marathon Championships, which were held on the same day in Rio de Janeiro.

In a letter to Xiniwe's club, Celtic Harriers, Leonard Chuene, President of ASA, wrote: "I need to state categorically that any athlete who is selected by ASA to represent South Africa at any competition is under obligation to honour the selection. ASA does not condone a situation where athletes put their club's interest above that of their country. ASA selected [Xiniwe] into a provisional team in July and if she had challenges with her selection she should have raised them there and then."

Chuene also stated that he had to "uphold the rules of the organisation and cannot accede to [Xiniwe's] request".

Xiniwe still wins R8 000 for her sixth place in the Grand Prix.

The top 32 athletes in final Spar Grand Prix standings are as follows (the table shows each athlete's points and prize money):

INDIVIDUALS

1	Poppy	Mlambo	27	Mr Price CGA	88	R50 000
2	Ezbe	Strydom	27	NW Univ	80	R30 000
3	Gloria	Baeba	27	Transnet RE	78	R15 000
4	Michelle	Bartman	44	Cape Tech	76	R10 000
5	Irvette	van Blerk	21	Various	75	R9 000
6	Zintle	Xiniwe	21	Celtics	73	R8 000
7	Catherine	Nkosi	27	Transnet RE	70	R6 000
8	René	Kalmer	27	Mr Price CGA	65	R5 000
9	Jenna	Challenor	27	Boxer	64	R4 000
10	Annerien	van Schalkwyk	29	Irene	60	R3 000
11	Sonja	Laxton	60	RAC	59	R1 000
12	Tshifihwa	Mundalamo	26	Nedbank AGN	57	R1 000
13	Simangele	Mabuza	25	Nedbank AVT	34	R1 000
14	Nancy	Will	55	Pinelands	30	R1 000
15	Ronel	Thomas	36	Nedbank AGN	27	R1 000
	Grace	de Oliveira	46	Mr Price KZN	27	R1 000
	Phyllis	de Fouw	35	Std Bank	27	R1 000
18	Anneline	Roffey	27	Mr Price WPA	24	R1 000
19	Sarah	Mahlangu	42	Mr Price CGA	24	R1 000
20	Burrell	Tessa	43	Gaut Striders	23	R1 000
21	Noria	Sibanda	20	Nedbank AGN	22	
22	Thozama	April	22	Celtics	21	
	Lisa	Maritz	28	Irene	21	
	Mpho	Mabuza	28	Powerade	21	
25	Vuyiseka	Dlongwana	19	Mr Price TK	20	
	Charné	Bosman	32	Mr Price AGN	20	
27	Violet	Raseboya	22	Transnet RE	19	
	Andrea	Steyn		Temp	19	
29	Myrette	Filmalter		Tuks	18	
30	Ntombi	Ntshiliza	26	NMMU	17	
	Tanith	Maxwell	32	Mr Price KZN	17	

	Marietjie	Ceronio	51	Nedbank AVT	17
CLUBS					
1	Transnet Rail Engineering		188	R7 500	
2	Mr Price Central Gauteng		182	R5 000	
3	Nedbank Gauteng North		138	R2 500	
4	Celtic Harriers		117		
5	Irene		95		
6	North West University		82		
7	Cape Technikon		75		
8	Rand Athletic Club		71		
9	Boxer		67		
10	Nedbank Vaal		50		

ROAD RUNNING

Constantia Valley Grape Run

Constantia, 26 October

(Distance: 21.0975 km. Certified loop course, extremely hilly, partly on gravel through vineyards and forest.)

MEN

1. Sibusiso Mbingeleli (Mr Pr) 69:52; 2. Lindikhaya Mthangayi (Mr Pr) 71:07; 3. Avukile Ntongana (Mr Pr) 71:24; 4. Siyabonga Ngabeni (Celt) 71:58; 5. Anthony Godongwana (Celt) 72:36; 6. John Mboko (Mr Pr) 74:57; 7. Odwa Goqwana (Atl) 75:24; 8. Eric Chirchir (KEN/Celt) 76:15; 9. Siyabulela Qondiso (VOB) 77:09; 10. Quinton Prince (Met) 77:10; 11. Brian Mapeyi (VOB) 77:32 (1st vet); 12. Masixole Pheza (Ad) 78:25; 13. Johnny Persents (Ad) 78:44; 14. Mkhululi Mbejeni (Atl) 78:55; 15. Professor Khwatane (VOB) 79:09; 16. Samson Gulubela (Atl) 79:13; 17. Graham Katzen (Celt) 79:49; 18. Michael Bailey (Celt) 80:06; 19. Tebello Poni (VOB) 80:18; 20. Bonisile Ngculana (Atl) 80:19; 21. Mzukile Silayi (Ad) 81:39; 22. Sibusiso Valashiya (Atl) 81:42; 23. Patrick Mbinambina (Celt) 82:58; 24. Michael Bekapi (VOB) 84:31; 25. Rupert Becker (FH) 84:51; 26. Carlo Jacobs (Top) 84:56; 27. Mark Owen (Ind) 84:57; 28. Chris Mitchell (Celt) 85:27; 29. Ryan Winter (Pine) 85:31; 30. Jacov Lalou (UCT) 87:16.

Masters: (40+): 1. Brian Mapeyi (VOB) 77:32; 2. Johnny Persents (Ad) 78:44; 3. Michael Bekapi (VOB) 84:31. **(50+):** 1. Les Chivell (FH) 93:25; 2. Richard Johnson (H.Harr) 95:13; 3. John Bush (Celt) 97:03. **(60+):** 1. D-J. Price (FH) 102:21; 2. Eric Bateman (VOB) 108:24; 3. M.Y. Abrahams (Ned) 114:25. **(70+):** 1. Caspar Greeff (Atl) 124:57.

WOMEN

1. Bulelwa Mtshagi (Celt) 88:29; 2. Maureen Dladla (FS SAPS) 90:06; 3. Kim Laxton (Celt) 92:19; 4. Nomvuyisi Seti (Mr Pr) 93:56; 5. Ursula Frans (Mr Pr) 94:44; 6. Joanna Thomas (VOB) 95:13 (1st vet); 7. Busisiwe Matiwane (Celt) 96:39; 8. Leanne Juul (Mr Pr) 97:10; 9. Candice Davison (Harf Harr) 98:15; 10. Julia van Rensburg (Celt) 98:40; 11. Meredith Leva (Ind) 98:42; 12. Dain Hamilton (For) 98:48; 13. Renée Scott (Ad) 99:48; 14. Natalie Bird (VOB) 102:00; 15. Dee Smale (Ind) 102:58; 14. Caroline Hanks (Sat) 103:22; 17. Michelle Dreyer (Paarl) 104:10; 18. Kirsty Marshall (Ind) 104:27; 19. Jenna Kamps (RAC) 105:41; 20. Nancy Will (Pine) 106:15 (1st mast).

Masters: (40+): 1. Joanna Thomas (VOB) 95:13; 2. Dain Hamilton (For) 98:48; 3. Renée Scott (Ad) 99:48. **(50+):** 1. Nancy Will (Pine) 106:15; 2. Charmaine Cupido (Ned) 117:05; 3. Lindsay Jackson (VOB) 117:20; **(60+):** 1. Pixie Sparg (Celt) 119:51; 2. Avril Delapelin-Dumont (WC) 132:11; 3. Marie Smit (Mittal) 134:31.

Sportsmans Warehouse 15 km

Boksburg, 26 October 2008

(Loop course)

Note: Once again Godfrey Koki has competed as a veteran here, while he is not close to 40 years old – something that has been pointed out time and again. It seems inconceivable that the officials (and his club, for that matter) do not put an end to this continued activity which is taking prize money away from the runners who should legitimately receive it. – Ed.

MEN

1 Vusi Mamabolo (Powerade) 46:59; 2 John Ngeni (Bagwera) 47:08; 3 Lucky Mohale (Powerade) 48:42; 4 Eugene Tau (Nedbank) 48:43; 5 Augustine Manamela (Powerade) 49:41.

Veterans: 1 Godfrey Koki (ZIM/Boxer) 51:03; 2 Lawrence Chipangaan (Powerade) 52:07; 3 Jerry Rankapule (Powerade) 55:13. **Masters:** 1 Johannes Seakamela (RAC) 54:29; 2 Andre Jansen (Toy) 59:01; 3 Marius Carstens (Alberton) 59:43. **G'masters:** 1 Pele Tshikundamalema (Yebo) 68:28. **G/g'masters:** 1 John McDonald (RAC) 76:07. **Juniors:** 1 Harold Segodi (Yebo) 51:01.

WOMEN

1 Takalane Nthulane (Transnet) 58:44; 2 Sarah Mahlangu (MP) 60:26 (1st vet); 3 Lesley Train (Nedbank) 60:36; 4 Louise Oosthuizen (Alberton) 64:14; 5 Ashley Schnetler (Kempies) 65:03.

Veterans: 1 Sarah Mahlangu (MP) 60:26; 2 Louise Oosthuizen (Alberton) 64:14; 3 Lisa Green (RAC) 66:58. **Masters:** 1 Patricia Shaw (BNAC) 82:07; 2 Sharon van Wyk (RWFL) 84:54; 3 Colleen Constandakis (BNAC) 89:37. **G'masters:** 1 Margaret James (Brooks) 96:38. **G/g'masters:** 1 Rita Tsas (RWFL) 1:59:26. **Juniors:** 1 Ashley Schnetler (Kempies) 65:03.

Algoa FM Boardwalk Cancer Run

Port Elizabeth, 25 October

(Distance: 10 km; loop course)

Note: This is the sixth time this year where George and Ntombesintu Ntshiliza have won the open category at the same race. – Ed.

MEN

1	George	Ntshiliza	Mr Price AC EP	29	30:21
2	Zolani	Ngqaqa (1 st jun)	Nedbank RC EP	19	30:25
3	Phumelelo	August	NMMU AC	23	30:34
4	Melikhaya	Kepe	Nedbank RC EP	32	31:28
5	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	40	31:31
6	Khayaletu	Makalima	Mr Price AC EP	25	31:58
7	Zamubuntu	Teyise	Nedbank RC EP	32	32:22
8	Luyanda	Tshangana	Mr Price AC EP	25	32:47
9	Bulelani	Vena	Mr Price AC EP	29	33:09
10	Lubabaloo	Mdlungwane	Nedbank RC EP	15	33:12
11	Mlungiseleli	Manyati	St Albans CSEP	32	33:25
12	Mzolisi	Makhanda	NMMU AC	25	33:36
13	Welcome	Loliwe	Nedbank RC EP	43	34:33
14	Freek	Daniels	Cadbury AC	42	35:49
15	Philbert	Tyombo	PEAAC	45	35:53
16	Richard	Dolf	PEAAC	38	35:56
17	Thokozani	Fani	Temp	19	35:59

18	Efese	Peter	SANDF EP	48	36:00
19	Colben	Ngcupe	PEAAC	45	36:11
20	Zingisile	Mkosana	Nedbank RC EP	31	36:31
40-44:					
1	Maboyisana	Mazwayi	Nedbank RC EP	40	31:31
2	Welcome	Loliwe	Nedbank RC EP	43	34:33
3	Freek	Daniels	Cadbury AC	42	35:49
45-49:					
1	Philbert	Tyombo	PEAAC	45	35:53
2	Efese	Peter	SANDF EP	48	36:00
3	Colben	Ngcupe	PEAAC	45	36:11
50-54:					
1	Ferdinand	Grobler	Despatch AC	50	38:37
2	Donald	Mancasa	Raleigh AC	54	40:31
3	Selwyn	Uithaler	X-Cel AC	52	41:30
55-59:					
1	Errol	Rossouw	PEAAC	58	42:04
2	Jimmy	Styan	Raleigh AC	56	43:07
3	Anton	De Koning	Temp	59	44:18
60-64:					
1	Jackson	Ngcoko	Willard Batt	60	39:45
2	William	Vorster	PEAAC	62	44:49
3	Peter	Eck	Muirite Strider	61	52:07
65-69:					
1	Loynes	Jenkerson	Spar Walmer AC	67	51:09
2	Brian	Smith	PEAAC	65	1:01:51
3	Alf	Zehmke	PEAAC	69	1:17:31
70+:					
1	David	Fraser	PEAAC	70	51:06
2	James	Morey	PEAAC	71	1:07:08
3	Selwyn	Solomon	Crusaders AC	70	1:07:33
Juniors:					
1	Zolani	Ngqaqa	Nedbank RC EP	19	30:25
2	Lubabaloo	Mdlungwane	Nedbank RC EP	15	33:12
3	Thokozani	Fani	Temp	19	35:59
WOMEN					
1	Ntombesintu	Ntshiliza	NMMU AC	26	39:51
2	Zoleka	Dondashe	Nedbank RC EP	23	39:51
3	Deliwe	Nyanga (1 st jun)	PEAAC	19	39:57
4	Ursula	Kuhn	NMMU AC	27	40:27
5	Babalwa	Ngcoko	Mr Price AC EP	21	42:48
6	Suretha	Verwey (1 st vet)	Jeffreys Bay	42	45:16
7	Janette	Schierz-Crusius	Body Concept	48	45:21
8	Michelle	Sivewright	Raleigh AC	39	46:03
9	Sharon	Jessop	Raleigh AC	38	46:03
10	Amanda	Prideaux	Bluewater Bay	33	46:29
11	Hanlie	v.d. Westhuizen (1 st mast)	Umvoti AC	52	47:07
12	Lindie	Barnardo	NMMU AC	24	47:12
13	Noxolo	Marks	Nedbank RC EP	22	47:35
14	Annemart	Rossouw	Charlo AC	26	48:06
15	Liz	Grundlingh (1 st g'mast)	Muirite Strider	61	48:36
16	Carmen	Meyer	PEAAC	36	48:42
17	Yolanda	Green	Elite AC	33	49:33
18	Christelle	Blume	Jeffreys Bay	40	49:52
19	Laetitia	Smith	Despatch AC	39	50:03

20	Genee	Reed	Temp	24	50:13
40-44:					
1	Suretha	Verwey	Jeffreys Bay	42	45:16
2	Christelle	Blume	Jeffreys Bay	40	49:52
3	Christa	Slabbert	PEAAC	40	51:10
45-49:					
1	Janette	Schierz-Crusius	Body Concept	48	45:21
2	Aletta	Joubert	Crusaders AC	46	54:00
3	Yolande	Watson	Nedbank RC EP	46	54:35
50-54:					
1	Hanlie	van der Westhuizen	Umvoti AC	52	47:07
2	Monica	Kemp	Madiba Bay AC	53	51:30
3	Christine	Snyman	VWAC	52	53:28
55-59:					
1	Rita	Boucher	Spar Walmer AC	58	1:01:50
2	Karen	Duffell-Canham	Crusaders AC	55	1:10:03
3	Sharon	Brown	PEAAC	55	1:15:21
60-64:					
1	Liz	Grundlingh	Muirite Strider	61	48:36
2	Margaret	Paton	Charlo AC	63	51:22
3	Denise	Terblanche	Spar Walmer AC	61	1:03:36
65-69:					
1	Orgia	Nell	Muirite Strider	65	1:08:15
2	Isabella	Childs	Spar Walmer AC	67	1:08:33
3	Catharene	Botha	Temp	67	1:19:01
70+:					
1	Dorothy	Hart	PEAAC	70	59:27
2	Eve	Hurwitz	Temp	70	1:22:20
Juniors:					
1	Deliwe	Nyanga	PEAAC	19	39:57
2	Lee-Anne	Diedericks	PEAAC	18	51:40
3	Terray	Newcombe	Nedbank RC EP	17	52:42

Rola Motor Group 10 km Classic

Somerset West, 25 October
(Certified loop course)

MEN

1. Zolani Ntongana (Mr Pr) 31:10; 2. Tom Lusaseni (Celt) 32:3; 3. Anthony Godongwana (Celt) 32:19; 4. Neo Molema (Mr Pr) 32:45; 5. Tsungai Mwanengeni (ZIM/Mr Pr) 33:00; 6. Unathi Phezolo (RCS Gug) 33:00 (1st jun); 7. Shaun Zuzani (Ned) 33:31; 8. Piet Jacobs (Ned) 33:47; 9. Wanda Roro (Ad) 33:55; 10. Luxolo Mdzanga (RCS Gug) 34:50; 11. Velani Lusaseni (Ad) 35:56; 12. Riaan Wildskut (East) 36:19; 13. David Molema (Mr Pr) 36:38; 14. Whitey Motabogi (Celt) 37:19; 15. Alfred Maliti (Celt) 37:21; 16. Aldrin Smit (NB) 37:36; 17. Anathi Kabingesi (RCS Gug) 37:53; 18. Jacques van Wyk (CPUT) 38:33; 19. Adriaan Adendorff (Bel) 38:38; 20. Johnny Persents (Ad) 39:33 (1st vet); 21. Goodman Mpukane (RCS Gug) 40:09 (1st mast); 22. Anathi Magobhiyane (RCS Gug) 40:09; 23. Willie van Zyl (Ind) 40:14; 24. Albertus Bock (Ad) 40:22 (1st g'mast); 25. Friedl van der Merwe (Str) 40:29; 26. Pieta Swanepoel (Str) 41:7; 27. Bethuel Lephallale (Str) 41:27; 28. Mervyn Coetzee (Mr Pr) 41:33; 29. Christoff Smit (Ind) 41:59; 30. Richard Kennard (Ned) 42:11.

Masters: (40+): 1. Johnny Persents (Ad) 39:33; 2. Friedl van der Merwe (Str) 40:29; 3. Mervyn Coetzee (Mr Pr) 41:33. **(50+):** 1. Goodman Mpukane (RCS Gug) 40:09; 2. Richard Kennard (Ned) 42:11; 3. Heinrich Dietsch (VOB) 42:21. **(60+):** 1. Albertus Bock (Ad)

40:22; 2. Henk Bos (Str) 50:00; 3. Malcolm Rhodes (Pine) 51:29. **Juniors:** 1. Unathi Phezolo (RCS Gug) 33:00; 2. Shaun Zuzani (Ned) 33:31; 3. Wanda Roro (Ad) 33:55.

WOMEN

1. Thozama April (Celt) 39:10; 2. Nolene Conrad (UWC) 39:31; 3. Maureen Dladla (FS SAPS) 40:27; 4. Jeannie Bomford (Ind) 40:44; 5. Busisiwe Matiwane (Celt) 41:59; 6. Sheryl de Lange (Ned) 42:52 (1st vet); 7. Asanda Dayimani (RCS Gug) 44:14 (1st jun); 8. Anél Mostert (Ind) 45:32; 9. Khulukazi Lupondo (RCS Gug) 46:01; 10. Nolene Kritzingier (Ind) 47:44; 11. Nancy Will (Pine) 48:49 (1st mast); 12. Liezl Heerschap (Ind) 49:24; 13. Liz Verheyden (Ind) 49:44; 14. Kerri Roos (Knys) 49:53; 15. Marinda Surridge (Str) 50:05; 16. Ayanda Mqhakayi (RCS Gug) 50:12; 17. Danielle Heunis (Stel) 50:49; 18. Yonela Hewu (RCS Gug) 50:54; 19. Wilna Eybers (Str) 51:19; 20. Lindie Bouwer (Sanlam) 51:25.

Masters: (40+): 1. Sheryl de Lange (Ned) 42:52; 2. Anne Pool (Str) 52:12; 3. Karin Fourie (Str) 53:06. **(50+):** 1. Nancy Will (Pine) 48:49; 2. Charmaine Cupido (Ned) 51:40; 3. Diana Rixon (VOB) 51:41. **(60+):** 1. Marietha Herbert (Bel) 52:51; 2. Dolla Naurattel (Ceres) 67:49; 3. Charlotte Kettlewell (VOB) 69:28. **Juniors:** 1. Asanda Dayimani (RCS Gug) 44:14; 2. Khulukazi Lupondo (RCS Gug) 46:01; 3. Ayanda Mqhakayi (RCS Gug) 50:12.

Girls & Boys Town 50th Anniversary Half Marathon & 10 km

Tongaat, 26 October

(Distances: 21.0975 km & 10 km)

Half marathon

MEN

1.	Samuel Paradza	Form One AC	70:07
2.	Richard Nene	Boxer AC	70:33
3.	Eric Ngubane	Nedbank AC	71:11

40-49:

1.	Bheki Mbele	Toyota AC	84:33
2.	Dumisani Mbili	UKZN AC	89::56
3.	Bheki Mbatha	Nedbank AC	89:48

50-59:

1.	Jeriamah Ngwenya	Boxer AC	83:32
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60+:

1.	Victor Padaychee	Woodview AC	106:05
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WOMEN

1.	Sibongile Mpanza	Boxer AC	95:59
2.	Marie Mntembu	Boxer AC	98:32
3.	Angela Bott	DHSOB AC	98:37

40-49:

1.	Julie Shadwell	HV	101:38
2.	Tammy Dennill	West AC	104:58
3.	Priscilla Naidoo	VAC	126:34

50-59:

1.	Sheree Kirsten	PDAC	112:30
2.	Pat Fischer	Stella AC	126:48
3.	Denise Rehnecke	QBH	127:24

60+:

1.	Gill Tregenna	West	120:03
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10 km**MEN**

1.	Bernard Phalatsane	Boxer AC	33:35
2.	Sipho Ngxongo	Hlabisa AC	34:21
3.	Chimombo Edward	Formula One AC	36:00

WOMEN

1.	Bongkile Hlongwane	Chatsworth AC	41:44
2.	Nana Sigubudu	Boxer AC	46:34
3.	Bev Livingstone	DCS	54:58

Spar Nite Half Marathon

Newcastle, 25 October

(Distance: 21.0975 km)

MEN

1.	Jazi Ndaba	Nambithi Striders	72:18
2.	Nongi Nkosi Mlaba	Mr Price AC	74:24
3.	Zita Hadebe	Bethlehem AC	74:45

40-49:

1.	Lincoln Sibiya	Ladysmith AC	91:48
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50-59:

1.	Simon Chicza	Sydenham AC	88:46
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60+:

1.	Clive Bunting	Biggarsberg AC	126:45
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WOMEN

1.	Judy Geldenhuys	Newcastle Harriers	102:09
2.	Ingrid Kusëul	Vryheid AC	110:35
3.	Carin Franzen	Vryheid AC	116:24

40-49:

1.	Ingrid Kuseul	Vryheid AC	110:35
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50-59:

1.	Lorraine v.d. Nest	Vryheid AC	134:30
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60+:

1.	Cathy v.d. Merwe	Biggarsberg AC	152:37
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Ebenezer 10 km

Port Elizabeth, 18 October

Note: The open results were included last week; here are the categories. – Ed.**MEN****40-44:**

1	Maboyisana	Mazwayi	Nedbank RC EP	40	32:16
2	Christopher	Mabengeza	Mr Price AC EP	42	35:33
3	Welcome	Loliwe	Nedbank RC EP	43	35:43

45-49:

1	Desmond	Zibi	Mr Price AC EP	45	31:46
2	Colben	Ngcupe	PEAAC	45	37:17
3	Clive	Wewers	Elite AC	48	41:02

50-54:

1	Charles	Baatjies	Nedbank RC EP	51	37:42
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2	Sam	Erasmus	Nedbank RC EP	50	41:48
3	Donald	Mancasa	Raleigh AC	54	42:29
55-59:					
1	Fikile	Seya	Nedbank RC EP	55	39:45
2	Sizinzo	Kama	Achilles AAA	57	40:11
3	Piet	Meyer	St Albans CSEP	58	46:44
60-64:					
1	Jackson	Ngcoko	Willard Batt	60	41:07
2	William	Vorster	PEAAC	62	46:16
3	David	O'rielly	X-Cel AC	60	47:39
65-69:					
1	Loynes	Jenkerson	Spar Walmer AC	67	55:06
2	Henry	Human	VWAC	69	57:29
3	Robin	Clark	Nedbank RC EP	67	58:59
70-74:					
1	Samuel	Stemele	New Balance	70	53:20
2	Hilary	Pritchard	Crusaders AC	74	1:05:04
3	Selwyn	Solomon	Crusaders AC	70	1:08:39
80-84:					
1	Henry	Botha	Despatch AC	81	1:10:02
Juniors:					
1	Zolani	Ngqaqa	Nedbank RC EP	19	30:26
2	Ivan	Ambraal	Nedbank RC EP	19	32:50
3	Melikhaya	Frans	Nedbank RC EP	16	33:34
WOMEN					
40-44:					
1	Lavinia	Darlow	Charlo AC	40	55:19
2	Christa	Meuwesen	Bluewater Bay	42	55:27
3	Mariaan	Landman	Elite AC	43	1:08:55
45-49:					
1	Treloar	Childs	Spar Walmer AC	45	40:33
2	Janette	Schierz-Crusius	Body Concept	48	48:36
3	Nurunnisa	Madatt	Malabar	46	52:02
50-54:					
1	Suzanne	Lavis	Jeffreys Bay	50	44:29
2	Hanlie	Van Der Westhuizen	Umvoti AC	52	50:33
3	Hendrina	Claassen	Despatch AC	52	1:03:05
55-59:					
1	Joan	Senekal	Temp	56	1:12:46
2	Rina	Barnard	Elite AC	55	1:19:53
60-64:					
1	Liz	Grundlingh	Muirite Strider	61	49:50
2	Margaret	Paton	Charlo AC	63	54:05
3	Debbie	Oelofse	Legacy Ac	61	1:13:24
65-69:					
1	Isabella	Childs	Spar Walmer AC	67	1:13:12
70-74:					
1	Dorothy	Hart	PEAAC	70	1:02:33
75-79:					
1	Sylvia	Pritchard	Crusaders AC	75	1:27:11
Juniors:					
1	Deliwe	Nyanga	PEAAC	19	41:17
2	Lee-Anne	Diedericks	PEAAC	18	57:48
3	Tracy	Goldswain	Temp	15	1:14:31

TRACK

Tygerberg Open Meeting

Parow, 25 October

MEN

800: 1. Nande Qamgwana (Khaye) 2:02.17; 2. Enver Pedro (MP Titans) 2:03.85; 3. Danté Nel (Mat) 2:04.35.

1500: 1. Nande Qamgwana (Khaye) 4:14.39; 2. Enver Pedro (MP Titans) 4:15.59; 3. Puyisanani Mbevu (Khaye) 4:38.97.

5000: 1. Nkosinathi Jotyantya (Khaye) 16:46.54; 2. Lundi Mapoyi (Khaye) 17:47.88; 3. Benjamin Ganyathi (Mr Pr) 18:34.39.

WOMEN

800: 1. Sam Rietman (Celt) 2:30.52; 2. Tatum Monnery (Tyg/NL) 2:32.02.

1500: 1. Tatum Monnery (Tyg/NL) 5:21.88; 2. Sam Rietman (Celt) 5:31.54; 3. Jane Snowball (Tyg/NL) 6:37.60.

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

Lifestyle Sports - adidas Dublin Marathon (29th)

Dublin, IRL, 27 October

(Distance: 42.195 km)

MEN (gun times)

1. Andrey Naumov, UKR	2:11:06
2. Thomas Omwenga, KEN	2:12:29
3. Tomas Abyu, GBR	2:13:06
4. Joseph Nguran, KEN	2:13:59
5. Mykola Antonenko, UKR	2:14:40
... 7. Leonid Shvetsov, RUS	2:16:17

WOMEN

1. Larisa Zousko, RUS	2:29:55
2. Haile Kebebus, ETH	2:30:03
3. Hadish Letay Negash, ETH	2:31:13
4. Katerina Stetsenko, UKR	2:31:21
5. Helalia Johannes, NAM	2:32:30
6. Tabitha Tsatsa, ZIM	2:33:21

BUPA Great South Run 10 Miles

Southsea to Portsmouth, GBR, 26 October

(Distance: 10 miles; point-to-point course. Finishers: 11 474.)

MEN (gun times)

1. Bernard Kipyego, KEN	46:43	(28:44 at 10 km)
2. Martin Fagan, IRL	46:58 DB	(28:50)
3. Luke Kibet, KEN	47:01	(28:50)
4. José Manuel Martínez, ESP	47:16	(28:50)
5. Tewodros Shiferaw, ETH	48:07	(29:30)

- | | |
|------------------------|------------------|
| 6. Andrew Carlson, USA | 48:08 PB (29:41) |
| 7. Michael Aish, NZL | 48:10 (29:31) |
| 8. Gary Murray, IRL | 48:11 (29:42) |
| 9. Dan Robinson, GBR | 48:12 (29:42) |
| 10. Moumim Geele, SOM | 48:16 (29:31) |

ELITE WOMEN (gun times)

- | | |
|----------------------------|---------------------------|
| 1. Paula Radcliffe, GBR | 51:11 PB (31:37 at 10 km) |
| 2. Jessica Augusto, POR | 53:15 PB (32:58) |
| 3. Magdalene Mukunzi, KEN | 53:18 PB (32:44) |
| 4. Martha Komu, KEN | 54:29 DB (33:19) |
| 5. Christelle Daunay, FRA | 54:38 DB (33:23) |
| 6. Benita Johnson, AUS | 55:16 (34:05) |
| 7. Beata Rakonczai, HUN | 55:20 (34:05) |
| 8. Hayley Yelling, GBR | 56:14 (34:12) |
| 9. Alessandra Augilar, ESP | 56:41 (34:49) |
| 10. Joyce Kanda, KEN | 56:54 (34:32) |

Dresdner Kleinwort Frankfurt Marathon (27th)

Frankfurt, GER, 26 October

(Distance: 42.195 km; certified course)

MEN (net times)

- | | |
|----------------------------------|---|
| 1. Robert Kiprono Cheruiyot, KEN | 2:07:21 DB/CR 15,000 + 30,000i + 5,000 CR |
| 2. Wilson Kigen, KEN | 2:08:16 PB 10,000 + 10,000i |
| 3. Stephen Kiogora, KEN | 2:08:24 PB 7,500 + 10,000i |
| 4. Philemon Tarbei, KEN | 2:08:47 PB 5,000 + 5,000i |
| 5. Benson Barus, KEN | 2:08:57 3,500 |
| 6. Japhet Kosgei, 1968, KEN | 2:09:24 2,500 |
| 7. Benjamin Maiyo, KEN | 2:09:58 2,000 |
| 8. Julius Kibet Koskei, KEN | 2:10:14 PB 1,500 |
| 9. Vincent Kipsos, KEN | 2:10:23 1,000 |
| 10. William Kiplagat, KEN | 2:10:53 500 |

i) Earned time bonus

WOMEN (net times)

- | | |
|----------------------------------|------------------------|
| 1. Sabrina Mockenhaupt, GER | 2:26:22 PB 15,000 Euro |
| 2. Olesya Nurgalieva, RUS | 2:27:37 PB 10,000 |
| 3. Melanie Kraus, GER | 2:28:20 PB 7,500 |
| 4. Irene Limika, KEN | 2:28:31 DB 4,000 |
| 5. Kirsten Melkevik Otterbu, NOR | 2:29:40 2,500 |
| 6. Leah Malot, KEN | 2:32:02 1,500 |
| 7. Ornella Ferrara, 1968, ITA | 2:32:13 1,000 |
| 8. Flora Kandie, KEN | 2:34:16 500 |
| 9. Yelena Nurgalieva, RUS | 2:36:01 |
| 10. Bernadette Pichlmaier, GER | 2:38:00 |

Venice Marathon (23rd)

Venezia, ITA, 26 October

(Distance: 42.195 km; AIMS certified)

MEN (gun times)

- | | |
|-----------------------|-----------------------|
| 1. Joseph Lomala, KEN | 2:11:06 7500* + 2000i |
| 2. Jacob Chesire, KEN | 2:11:07 5000* + 2000i |

3. Kidane Gemechu Abdi, ETH 2:11:57 3500* + 2000i
4. Wodajo Kure Teferi, ETH 2:14:21 1500*
5. Paul Kimugul, KEN 2:14:51 1250*

i) Earned time bonus for sub-2:12:00

WOMEN (gun times)

1. Aniko Kalovics, HUN 2:31:24 7500*
2. Anne Kosgei, KEN 2:32:21 5000*
3. Florence Chepkurui, KEN 2:35:09 3500*
4. Caroline Kwambai, KEN 2:38:33 1500*
5. Amane Seid Chewo, ETH 2:40:59 1250*

*) Prize money was reduced by 50% for slow times

Istanbul Eurasia Marathon (30th)

Istanbul, TUR, 26 October

(Distance: 42.195 km)

MEN (gun times)

1. Kasime Adilo Roba, 1979, ETH 2:11:16 USD 60,000
2. Lishan Yigezu Fanta, 1985, ETH 2:11:37 30,000
3. Iaroslav Musinschi, 1976, MDA 2:11:43 NR 20,000
4. Philip Serem, 1978, KEN 2:13:42 12,000
5. Siyoum Debele, 1975, ETH 2:13:54 10,000

WOMEN -

1. Nailiya Yulamanova, 1980, RUS 2:30:17 USD 60,000
2. Yuliya Gromova, 1974, RUS 2:31:36 30,000
3. Mehtap Sizmaz, 1978, TUR 2:33:17 20,000 + 20,000^
4. Liliya Yadzhak, 1970, RUS 2:35:11 10,000
5. Malgorzata Sobanska, 1969, POL 2:35:32 6,000

^) Earned Turkish citizen prize money

NEWS

GOLD FIELDS SPIRIT OF COMRADES

Two of South Africa's best-known ultra distance runners and an American have been awarded the 2008 Spirit of Comrades Awards. The trio are Kenny Craig, Riël Hugo and Mark Bloomfield.

According to a media release issued by the Comrades Marathon Association, Craig and Hugo have been honoured not only because their conduct and attitude to the Comrades have embodied the spirit of the race for more than four decades, but because they are the only two men to have completed the race 40 times in succession.

Kenny Craig started his Comrades career back in 1959, and soon became a pivotal figure in the race. His lively spirit, engaging personality and boundless enthusiasm for the Comrades drew many other runners to the event. He ran all through the sixties, seventies and eighties, finishing under sub-7:30 on ten occasions, with a personal best of 6:55 in 1975. He ran the race every year until 1998, when he finally took his bow, having completed 40 consecutive races.

The 66-year-old Riël Hugo completed his 40th consecutive Comrades Marathon in 2008, becoming only the second runner after Craig to achieve the feat.

Hugo ran for Germiston Callies in his first Comrades back in 1969. He subsequently moved to the Western Cape and has run for the local Durbanville club for the past seven years. A prodigious racer, with ultramarathon running as a way of life, Hugo has also completed 36 Two Oceans Marathons and numerous standard marathons.

In addition to his 40-year streak, Hugo has done brilliantly time-wise. He has 21 silvers (including a best time of 6:20 in 1982), and a further twelve runs under 9 hours. Only 7 of his races have been over the current Bill Rowan Medal time of 9 hours.

Mark Bloomfield is the second international recipient of the prestigious Spirit of Comrades award, which is given in recognition of his unstinting support for the race amongst the American road running community.

Bloomfield ran three Comrades Marathons himself – in 2003, 2004 and 2005 – until a heart condition prevented him from further participation in the race. Since then he has made it his personal mission to promote the race, its spirit, ethos and history, beyond the shores of South Africa.

In 2005 he was appointed the Comrades Marathon's first International Ambassador in recognition not only of his passion for the event, but also his boundless enthusiasm for spreading the Comrades Marathon message, promoting Comrades awareness abroad, and for his efforts to increase international participation in the race.

He still travels to South Africa each June, entirely at his own expense, to work as a volunteer to assist, support and encourage international runners participating in the event. Back home, Bloomfield, in the course of his work as a Washington lobbyist, always seeks out opportunities to spread the Comrades message, encouraging Americans to take up the challenge. He has written numerous articles for American running magazines about the Comrades, mans the Comrades stand at the New York Marathon Expo and acts as a one-on-one advisor to aspirant Comrades Marathon participants.

RUSSIAN WOMEN SUSPENDED

Russian middle distance runners Yelena Soboleva and Tatyana Tomashova are among seven athletes who have been handed two-year bans by the All Russia Athletics Federation (ARAF), according to *Race Results Weekly*.

The pair, along with middle distance runners Yulia Fomenko, Svetlana Cherkasova, and Olga Yegorova, and throwers Daria Pishchalnikova and Gulfiya Khanafeyeva, were provisionally suspended by the IAAF on the eve of the Olympic Games after a targeted investigation using DNA evidence found that they had tampered with the doping control process after fraudulently substituting urine.

Their bans are retroactive beginning on the dates that their samples were collected, according to the ARAF decision.

Soboleva's sample was collected on 26 April 2007, which will nullify two of her world indoor 1500 m records set this year, a 3:58.05 performance on February 10, and then again a month later at the World Indoor Championships in Valencia, Spain, where she won gold in 3:57.71. She will also lose that indoor title along with the silver medal from last year's World Championships in Osaka.

Prior to her provisional suspension in late July, Soboleva produced then-world leading performances of 1:54.85 and 3:56.59, in the 800 m and 1500 m, respectively. Soboleva will still remain the world indoor record holder in the event. She set the previous record of 3:58.28 in 2006.

Fomenko, who raced to world indoor silver behind Soboleva in Valencia, will also lose her medal, as all her performances since 27 April 2007 will be nullified.

Tomashova, who raced sparingly this season, will have all of her results from 23 May 2007 wiped out. Cherkasova, whose ban begins on 26 April 2007, had 1:58.37 and 4:06.58 performances to her credit this season. The date for the start of Yegorova's ban has yet to be confirmed. The 36-year-old was the controversial 2001 world champion in the 5000 m.

WORLD RANKINGS

Ken Young published the following world and South African distance rankings in the latest issue of *The Analytical Distance Runner* (with each runner's ranking points shown).

WORLD Men

3062	Kenenisa Bekele (ETH)
3009	Edwin Soi (KEN)
2999	Sileshi Sihene (ETH)
2992	Moses Kipsiro (UGA)
2989	Eliud Kipchoge (KEN)
2976	Zerisenay Tadese (ERI)
2960	Bernard Lagat (AZ/USA)
2960	Ahmad Abdullah (QAT)
2956	Tariku Bekele (ETH)
2955	Patrick Makau (KEN)
(10)	
2955	Haile Gebreselasie (ETH)
2955	Evans Cheruiyot (KEN)
2954	Moses Masai (KEN)
2948	Martin Irungu (KEN)
2943	Josphat Muchiri (KEN)
2937	Abraham Feleke (ETH)
2934	Maregu Zewdie (ETH)
2933	Wilson Chebet (KEN)
2931	Samuel Wanjiru (KEN)
2929	Mark Kiptoo (KEN)
(20)	

WORLD Women

2994	Meseret Defar (ETH)
2992	Tirunesh Dibaba (ETH)
2963	Elvan Abeylegesse (TUR)
2952	Vivian Cheruiyot (KEN)
2931	Meselech Melkamu (ETH)
2911	Linet Masai (KEN)
2905	Priscila Cherono (KEN)
2900	Gelete Burika (ETH)
2900	Shalane Flanagan (OR/USA)
2891	Lornah Kiplagat (NED)
(10)	
2879	Sylvia Kibet (KEN)
2879	Kara Goucher (OR/USA)
2875	Kimberley Smith (RI/NZL)
2873	Pamela Chepchumba (KEN)
2866	Mestawat Tufa (ETH)
2861	Yuriko Kobayashi (JPN)
2861	Liliya Shobukhova (RUS)
2858	Gulnara Samitova (RUS)
2857	Getenesh Wami (ETH)
2856	Edith Masai (KEN)
(20)	

RSA Men

2798	Hendrick Ramaala
2795	Morosi Boy Soke
2787	Stephen Mokoka

2784 Enos Matalane
 2757 Sibusiso Nzima
 2755 Tshamano Setone
 2742 Kgosi (Samuel) Tsosane
 2738 Nkopano Seqhobane
 2730 Joseph Xolisa
 2730 Lungile Gongga
 (10)

RSA Women

2699 René Kalmer
 2652 Dinah Lebo Phalula
 2650 Zintle Xiniwe
 2641 Violet Raseboya
 2633 Irvette van Blerk
 2608 Annerien van Schalkwyk
 2582 Tanith Maxwell
 2582 Nandipha Dywili
 2579 Rianna van Niekerk
 2565 Moleboheng Mafata
 (10)

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2008 each week, with one list per issue. Secondary performances of the top three are also listed. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2008 HALF MARATHON: TOP 10 OPEN WOMEN

Note that the Long Tom route is severely downhill, dropping a whopping 37.5 m/km.

1:13:02	Zintle Xiniwe	1	SA Championships	Port Elizabeth	05 Jul
1:14:25	René Kalmer	1	Matha Series	Bloemfontein	04 Oct
1:15:41	Irvette van Blerk	4	Matha Series	Bloemfontein	04 Oct
1:15:42	Louisa Leballo	2	Matha Series	Polokwane	29 Mar
1:15:48	Charné Bosman	1	Jeffreys Bay	Jeffreys Bay	05 Jan
1:16:00	Annerien van Schalkwyk	2	SA Championships	Port Elizabeth	05 Jul
1:16:19	Tanith Maxwell	3	SA Championships	Port Elizabeth	05 Jul
1:16:20A	Eunice Phindile Nhlapo	1	Long Tom	Lydenburg	29 Mar
1:17:31	Ntombesintu Ntshiliza	4	SA Championships	Port Elizabeth	05 Jul
1:17:48	Dimakatso Menong	5	SA Championships	Port Elizabeth	05 Jul

THIS MONTH IN HISTORY

In this weekly column we highlight a special race or event from the past that happened in the current month.

30 years ago: 22 October 1978

Bill Rodgers (USA) won the New York City Marathon in 2:12:11.6, more than two minutes ahead of 1974 Commonwealth Games champion Ian Thompson (ENG) at 2:14:12.0. Trevor Wright (GBR) was 3rd at 2:14:35.3. The 46-year-old Jack Foster (NZL) finished 6th in 2:17:28 while 1972 Olympic champion Frank Shorter (USA) was 12th at 2:19:32. In the women's race, Grete Waitz (NOR) got her first of nine wins here with a 2:32:29.8. Martha

Cooksey was 2nd at 2:41:49 and collected a USA title. Sue Petersen (USA) was 3rd with a 2:44:46. Petersen had 43 marathon wins in her career. (The 2008 NYC Marathon is run this Sunday, 2 November.)

SOUTH AFRICAN ROAD LIST LEADERS FOR 2008

In this section I list the best South African performance this year for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed as is the practice in races, 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 light green background. – Ed.

MEN

Seniors

10 km	28:33a	Lusapho April	East London	12 Oct
	27:22	Moses Masai (KEN)		
15 km	45:44	Tom Lusaseni	Eerste River	28 Jun
	43:44	Zenbaba Tegezu (ETH)		
21.1 km	62:04	Stephen Mokoka	Port Elizabeth	05 Jul
	59:15	Haile Gebrselassie (ETH)		
25 km	81:04	Leburu Kgosiemang	Pretoria	10 May
	73:50	Samuel Karuku (KEN)		
30 km	1:29:50	Hendrick Ramaala	London	13 Apr
	1:28:30	Martin Lel (KEN)		
Marathon	2:11:44	Hendrick Ramaala	London	13 Apr
	2:03:59	Haile Gebrselassie (ETH)		
100 km	10:03:41	Ernest Ndzabdza	Cape Town	28 Sep

Veterans

10 km	31:31	Maboyisana Mazwayi	Port Elizabeth	25 Oct
15 km	48:32	John September	Bloubergstrand	05 Jan
21.1 km	67:20	Desmond Zibi	Port Elizabeth	17 May
25 km	88:24	Jackson Seanego	Pretoria	10 May
30 km	1:49:10	Johnny Persents	Parow	02 Mar
Marathon	2:28:09	Lindile Tokota	Mossel Bay	12 Apr
100 km				

Masters

10 km	35:28	Goodman Mpukane	Bellville	31 May
15 km	54:29	Johannes Seakamela	Boksburg	26 Oct
21.1 km	76:03	Samuel Mogudi	Port Elizabeth	05 Jul
25 km	96:25	Jeremiah Ngwenya	Durban	27 Apr
30 km	1:58:13	Zama Witvoet	Camps Bay	13 Jan
Marathon	2:39:29	Samson Mogodi	Durban	10 Feb
100 km				

Grandmasters

10 km	37:47	Tamsanqa Jusayi	Port Elizabeth	23 Aug
15 km	58:50	Albertus Bock	Constantia	08 Mar
21.1 km	83:04	Tamsanqa Jusayi	Jeffreys Bay	05 Jan
25 km	1:57:37	Ken Nurden (70+)	Pretoria	10 May
30 km	2:12:57	Albertus Bock	Parow	02 Mar
Marathon	3:03:36	Paulus Masilela	Cape Town	21 Sep
100 km				

Juniors

10 km	29:37	Sithyilo Diko	Stellenbosch	30 Aug
15 km	46:53	Zolani Ngqqaqa	Despatch	26 Apr
21.1 km	65:24	Esau Radebe	Port Elizabeth	05 Jul

WOMENSeniors

10 km	33:01	Lebo Phalula	Stellenbosch	30 Aug
	31:01	Hilda Kibet (NED)		
15 km	54:45	Zintle Xiniwe	Constantia	08 Mar
	49:36	Deena Kastor (USA)		
21.1 km	73:02	Zintle Xiniwe	Port Elizabeth	05 Jul
	67:57	Fyles Ongori (KEN)		
25 km	1:44:09	Michelle Williams	Pretoria	10 May
	1:24:10	Peninah Arusei (KEN)		
30 km	2:05:32	Bulelwa Mtshagi	Parow	02 Mar
	1:44:00	Miho Notagashira (JPN)		
Marathon	2:36:38	Tanith Maxwell	Warsaw	28 Sep
	2:19:19	Irina Mikitenko (GER)		
100 km	10:31:16	Arina Cilliers	Cape Town	28 Sep

Veterans (40+)

10 km	36:59	Judy Bird	Pretoria	08 Mar
15 km	58:44	Elmarie Coetzee	Ravensmead	26 Jul
21.1 km	81:35	Maya Lawrie	Durban	25 Apr
25 km	1:55:05	Karen Brooks	Pretoria	10 May
30 km	2:13:05	Renée Scott	Parow	02 Mar
Marathon	2:48:06	Tessa Burrell	Rotterdam	13 Apr
100 km	10:31:16	Arina Cilliers	Cape Town	28 Sep

Masters (50+)

10 km	40:20	Loesje de Beer	Port Elizabeth	26 Jul
15 km	64:34	Nancy Will	Bloubergstrand	05 Jan
21.1 km	90:16	Margie Saunders	Port Elizabeth	17 May
25 km	2:02:21	Wendy Fitzmaurice	Durban	27 Apr
30 km	2:20:42	Annatjie Botes	Beaufort West	17 May
Marathon	3:12:07	Annatjie Botes	Durban	10 Feb
100 km				

Grandmasters (60+)

10 km	42:12	Sonja Laxton	Cape Town	21 Sep
15 km	72:39	Marietha Herbert	Eerste River	28 Jun
21.1 km	95:45	Rea Oosthuizen	Great Brak River	15 Mar
25 km	2:22:35	Olga Smit	Pretoria	10 May
30 km	2:27:07	Veronica van Niekerk	Simon's Town	17 Aug
Marathon	3:27:30	Naome Nxumalo	Durban	10 Feb
100 km				

Juniors

10 km	34:11	Nandipha Dywili	Mossel Bay	12 Apr
15 km	57:34	Destiny Titus	Eerste River	28 Jun
21.1 km	81:59	Nandipha Dywili	Port Elizabeth	05 Jul

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