

Distance Running Results

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Publisher: Riël Hauman

EDITORIAL

Seven list leaders were set this weekend in the Algoa Bus Bay to Bay 100 km from Jeffreys Bay to Port Elizabeth. The race is aided, although very hilly. Davera Magson won for the second consecutive time, with 73-year-old Caspar Greeff's 11:40:10 being faster than the winner in the 60-64 age category (and 55-59 category).

In the AirTel Delhi Half Marathon Deriba Merga equalled Haile Gebrselassie's world fastest time for the year when he won by one second in 59:15. Three runners clocked under an hour. Merga was fourth in the Olympic Marathon.

The ING New York City Marathon had 38 356 starters (down from 39 265 last year) and 37 899 finishers (down from the race record 38 607 last year).

A couple of sharp-eyed readers noticed the error in the list of Paula Radcliffe's last seven marathons in DRR 8:44. The Olympic Marathon was left out; I apologise for this mistake. Here are Radcliffe's last *eight* marathons:

2:23:56	New York	1 st	2 Nov 2008
2:32:38	OG Beijing	23 rd	17 Aug 2008
2:23:09	New York	1 st	4 Nov 2007
2:20:57	WC Helsinki	1 st	14 Aug 2005
2:17:42	London	1 st	17 Apr 2005
2:23:10	New York	1 st	7 Nov 2004
DNF	OG Athens	DNF	22 Aug 2004
2:15:25 PB	London	1 st	13 Apr 2003

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Comrades Greater Edendale 10 km, Pietermaritzburg
- * Realtors International Half Marathon, Bloubergstrand
- * Algoa Bus Bay to Bay 100 km & 50 km Challenge, Jeffreys Bay to Port Elizabeth & Port Elizabeth
- * Liquifruit Irene Half Marathon & 10 km, Irene
- * Olifants River 10 km, Vredendal
- * Rainbow 10 km, George
- * Eskom Gijimas 10 km, Parow
- * Mercedes Benz Border 15 km Championships, East London
- * Track: Longest Nite 12-hour track race, Durban

International highlights:

- * AirTel Delhi Half Marathon, New Delhi, IND
- * Alpha Bank Athens Classic Marathon, Athens, GRE
- * Straconi Golden Run, Cuneo, ITA
- * Asics Bolt, Noosa, AUS
- * Standard Chartered Nairobi Marathon & Half Marathon, Nairobi, KEN
- * XC: Southeastern Conference Championships, Starkville, USA

ROAD RUNNING**Comrades Greater Edendale 10 km**

Pietermaritzburg, 9 November

MEN

1.	Elmore Sibanda	ZIM/Boxer AC	30:08
2.	Samuel Paradza	ZIM/Form One AC	30:44
3.	Richard Nene	ZIM/Boxer AC	31:36

40-49:

1.	Patrick Mkhize	Ngwenya AC	39:09
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50-59:

1.	Joseph Dumakude	Verulam AC	42:27
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60+:

1.	Petros Shumi	Zabalazi AC	N/T
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WOMEN

1.	Olivia Chitate	ZIM/Mr Price AC	36:34
2.	Poppy Mlambo	Mr Price AC	37:04
3.	Nomsa Ntsethe	Mr Price AC	40:50

40-49:

1.	Mary Mvelase	Boxer AC	N/T
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50-59:

1.	Sandy Fismer	Hilton Harr	N/T
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Realtors International Half Marathon

Bloubergstrand, 8 November

(Distance: 21.0975 km; certified figure-8 course)

MEN

1. Anthony Godongwana (Celt) 69:35 (R400); 2. Peter Tsawayo (ZIM/RCS Gug) 70:03 (R275); 3. Zolani Bhitane (Ned) 72:13 (R165); 4. Vladimir Kotov (BLR/Mr Pr) 72:57 (1st mast); 5. Johnny Persents (Ad) 73:40 (1st vet); 6. Wanda Roro (Ad) 75:37 (1st jun); 7. Brian Mapeyi (VOB) 76:07; 8. Dawid Visser (Mr Pr) 76:45; 9. Luvuyo Mlungu (VOB) 77:09; 10. Eddie Lambert (Celt) 77:12; 11. Bulelani Bhebha (VOB) 77:21; 12. Michael Bekapi (VOB) 77:52; 13. Carlo Jacobs (Top) 79:29; 14. Alfred Maliti (Celt) 81:29; 15. Goodman Mpukane (RCS Gug) 83:19; 16. Sahied Jagger (MP Titans) 83:32; 17. Roger Dickson (VOB) 83:37; 18. Jakobus Januarie (Met) 83:9; 19. Botsane Sabata (WC) 84:00; 20. Friedl van der Merwe (Str) 84:05; 21. Arnold Nardy (Edg) 84:08; 22. Corus Naudé (Ind) 84:52; 33. Mike O'Donovan (VOB) 84:56; 24. Edward Conrad (Atl Harr) 85:15; 25. Julian Paul (WP Def) 85:43; 26. Albertus Bock (Ad) 85:54 (1st g'mast); 27. Johann Diener (Str) 85:56; 28. Francois Groenewald (Edg) 86:07; 30. Willem Swanepoel (Brack) 87:00.

Masters: (40+): 1. Johnny Persents (Ad) 73:40 (R300); 2. Brian Mapeyi (VOB) 76:07 (R150); 3. Michael Bekapi (VOB) 77:52 (R125). **(50+):** 1. Vladimir Kotov (BLR/Mr Pr)

72:57 (R200); 2. Goodman Mpukane (RCS Gug) 83:19 (R125); 3. Johann Diener (Str) 85:56 (R100). **(60+)**: 1. Albertus Bock (Ad) 85:54 (R200); 2. Blackie Swart (Sw) 100:59 (R75); 3. Claude Brooks (Top) 102:41 (R50). **Juniors**: 1. Wanda Roro (Ad) 75:37 (R150); 2. Bulelani Bhebha (VOB) 77:21.

WOMEN (Same prize money as men)

1. Sheryl de Lange (Ned) 88:49 (1st vet); 2. Sue Dickson (VOB) 90:15; 3. Marlize van Schaik (Dur) 93:43; 4. Karen de Kock (Met) 93:44; 5. Tania J. van Rensburg (Dur) 94:54; 6. Sandra van Graan (Edg) 95:50; 7. Tania Kapp (VOB) 97:00; 8. Lorna Loubser (Sanlam) 98:23; 9. Nancy Will (Pine) 99:20 (1st mast); 10. Tracey Bunn (Edg) 99:21; 11. Robyn Redhead (Edg) 99:22; 12. Bev Baker (VOB) 99:36; 13. Veronica van Niekerk (Elg/Grab) 99:50 (1st g'mast); 14. Andrea Pretorius (Ind) 99:57; 15. Theresa Brand (NB) 100:20; 16. Lubina du Buisson (Ind) 102:43; 17. Lindie Bouwer (Sanlam) 103:31; 18. Candyce Hall (N.Carb) 103:45; 19. Ilse Engle (Tyg/NL) 104:33; 20. Tamsin Elsley (Ind) 105:06.

Masters: (40+): 1. Sheryl de Lange (Ned) 88:49; 2. Sue Dickson (VOB) 90:15; 3. Sandra van Graan (Edg) 95:50. **(50+)**: 1. Nancy Will (Pine) 99:20; 2. Sonia Smith (Top) 107:17; 3. Ferial Johaar (Top) 110:18. **(60+)**: 1. Veronica van Niekerk (Elg/Grab) 99:50; 2. Pixie Sparg (Celt) 111:12; 3. Marie Smit (Mittal) 119:56. **Juniors**: Benine Havenga (Tyg/NL) n/t.

Algoa Bus Bay to Bay 100 km (21st) & 50 km Challenge

Jeffreys Bay to Port Elizabeth (100 km) & Port Elizabeth (50 km), 8 November
(100 km point to point with no elevation loss, but very hilly; 50 km a loop)

100 km

MEN

1	Victor	Ngubelanga	Nedbank RC KZN	33	7:07:46
2	Melikhaya	Sithuba	Mr Price Transk	24	7:22:49
3	Mbuyiseli	Mema	Nedbank RC EP	30	7:24:20
4	Riaan	Kock	Nedbank RC EP	38	7:38:05
5	Simphiwe	Tana	Run/W For Life	29	7:50:52
6	Joseph	Molaba	Nedbank Agn	35	7:55:33
7	Darrell	Wicht (1 st vet)	Raleigh AC	45	7:59:59
8	Mzukisi	Klaas	PEAAC	39	8:00:37
9	Danny	Hartzenberg	Nedbank RC EP	32	8:03:49
10	Welcome	Loliwe	Nedbank RC EP	43	8:05:05
11	Mzikanti	Tana	Temp	30	8:08:33
12	Principal	Fana	Nedbank RC SWD	40	8:15:21
13	John	van der Byl	Mitchell's Plai	42	8:22:11
14	Alfred	Qogi	Nedbank RC EP	35	8:36:55
15	Colben	Ngcupe	PEAAC	45	8:41:15
16	Vusumzi	Runeli	Nedbank RC EP	35	8:41:16
17	Vukile	Ndabeni	Old Selbornian	33	8:44:02
18	Efese	Peter	SANDF EP	48	8:44:58
19	Nkosinathi	Gcakasi	Bluewater Bay	37	8:51:21
20	Leonard	Nkosa	Mr Price AC EP	40	8:52:55

40-44:

1	Welcome	Loliwe	Nedbank RC EP	43	8:05:05
2	Principal	Fana	Nedbank RC SWD	40	8:15:21
3	John	van der Byl	Mitchell's Plai	42	8:22:11

45-49:

1	Darrell	Wicht	Raleigh AC	45	7:59:59
2	Colben	Ngcupe	PEAAC	45	8:41:15
3	Efese	Peter	SANDF EP	48	8:44:58

50-54:

1	Wellington	Matiso	Nedbank RC EP	52	10:40:03
2	Mkhululi	Kala	Nedbank RC EP	50	10:41:52
3	Robert	Emmett	Hewat AC	50	11:31:44

55-59:

1	Errol	Rossouw	PEAAC	58	12:01:44
2	Nicky	Smit	Old Selbornian	56	13:27:26
3	Henry	Fredericks	SAP MC EP	55	14:07:53

60-64:

1	Herman	Dekker	SAP MC EP	63	14:07:41
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70+:

1	Caspar	Greeff	Atlantic AC	73	11:40:10
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WOMEN

1	Davera	Magson	Mr Price AC EP	34	8:46:18
2	Martha	Pretorius	Athlone AC	38	9:07:04
3	Anel	Viljoen	Temp	31	11:31:56
4	Marlene	Wiese (1 st g'mast)	Kowie Striders	62	11:41:18
5	Theresa	Lillis (1 st mast)	Achilles AAA	52	11:57:56
6	Michelle	Fookwe	Temp (1 st vet)	41	12:23:38
7	Ingrid	de Monk	X-Cel AC	41	12:53:46
8	Antoinette	Human	Willard Batt	40	13:12:10
9	Jean	Burgher	Pinelands AC	45	14:10:05
10	Chantel	Nel	X-Cel AC	35	14:14:07

40-44:

1	Michelle	Fookwe	Temp	41	12:23:38
2	Ingrid	de Monk	X-Cel AC	41	12:53:46
3	Antoinette	Human	Willard Batt	40	13:12:10

45-49:

1	Jean	Burgher	Pinelands AC	45	14:10:05
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50-54:

1	Theresa	Lillis	Achilles AAA	52	11:57:56
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60-64:

1	Marlene	Wiese	Kowie Striders	62	11:41:18
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50 km**MEN**

1	Luyolo	Nqi	Charlo AC	22	3:46:11
2	Richard	Dolf	PEAAC	38	3:56:29
3	Jeffrey	van Niekerk	Charlo AC	35	4:11:26
4	Peter	van Rensburg (1 st mast)	Elite AC	50	4:15:35
5	Xolani	Matinise	Charlo AC	37	4:15:39
6	Zolani	Mnyama	Charlo AC	24	4:21:51
7	Rudi	van Tonder	Despatch AC	36	4:25:04
8	Robert	Rietmuller	PEAAC	52	4:35:21
9	Bongani	Nelo	Charlo AC	23	4:41:40
10	Basil	McLean (1 st vet)	Madiba Bay AC	49	4:43:09

40+:

1	Basil	McLean	Madiba Bay AC	49	4:43:09
2	Bafumane	Nyanga	PEAAC	48	5:01:50
3	Daniel	Raubenheimer	Nedbank RC SWD	41	5:46:58

50+:

1	Peter	van Rensburg	Elite AC	50	4:15:35
2	Robert	Rietmuller	PEAAC	52	4:35:21
3	Selwyn	Uithaler	X-Cel AC	52	4:57:14

60+:

1	David	O'Reilly	X-Cel AC	61	5:39:56
2	William	Grobler	Elite AC	60	5:51:02
3	Brian	Smith	PEAAC	65	7:27:16

WOMEN

1	Maresa	Ah Kun	Bluewater Bay	32	4:13:14
2	Dominique	Clogg	Run/W For Life	33	4:29:29
3	Aldi	Whitehead (1 st vet)	Jeffreys Bay	41	5:02:36
4	Layle	Henderson	Rhodes Universi	25	5:11:02
5	Helen	Short	Charlo AC	33	5:38:50
6	Aletta	Joubert	Crusaders AC	46	5:44:22
7	Sharon	Smuts	St Albans CSEP	42	5:48:16
8	Charlene	de Coning	Spar Walmer AC	44	5:49:42
9	Ronelle	Niksch	Elite AC	46	5:51:01
10	Anusha	Naidu	Charlo AC	41	5:58:36

40+:

1	Aldi	Whitehead	Jeffreys Bay	41	5:02:36
2	Aletta	Joubert	Crusaders AC	46	5:44:22
3	Sharon	Smuts	St Albans CSEP	42	5:48:16

50+:

1	Christina	Kriek	Jeffreys Bay	59	6:19:09
2	Elsa	Gomez	Jeffreys Bay	56	6:40:42
3	Sharon	Brown	PEAAC	55	7:27:56

60+:

1	Anna	Potgieter	Jeffreys Bay	62	7:30:54
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Relay (50 km)

Athletic clubs men

1. Mr Price Team A 2:33:57
2. Mr Price Team B 2:39:13
3. Nedbank RC Team A 2:41:36
4. New Balance AC 2:46:06
5. Nedbank RC Team B 2:48:15

Athletic clubs women

1. Young Lions 3:13:59
2. Nedbank RC 3:41:57
3. PEAAC 4:33:21

Liquifruit Irene Half Marathon & 10 km

Irene, 8 November

(Distances: 21.0975 km & 10 km; loop courses)

Half marathon

MEN

1 John Ngeny (KEN/Bagwera) 66:01; 2 Mathews Nkoana (Powerade) 66:04; 3 Pule Hlabahlaba (Transnet) 66:07; 4 Phineas Mothoa (Madibeng) 66:27; 5 Wesley Ruto (KEN/Global) 66:44.

Veterans: 1 Tidimalo Modiga (Toy) 73:17; 2 Stemmer Lekota (Temp) 73:54; 3 James Khotla (Goldfields) 76:10. **Masters:** 1 Johannes Setsedi (NB) 86:29; 2 Titus Vala (RAC) 96:02. **G'masters:** 1 Pele Tshukundamela (Yebo) 1:40:49; 2 Gly Davies (Sunninghill) 1:43:23. **G/g'masters:** 1 Ian Goddard (BNAC) 2:07:26. **Juniors:** 1 Esau Radebe (Transnet) 87:38; 2 Sean Olewagen (Khoza) 2:06:35.

WOMEN

1 Moleboheng Mafata (LES/Toy) 80:57; 2 Margaret Mahohoma (ZIM/MP) 83:58; 3 Jennifer Koech (KEN/Nedbank) 88:53; 4 Sharon Chinokuya (ZIM) 89:46 (1st jun); 5 Michelle Williams (RAC) 90:23.

Veterans: 1 Marietjie Montgomery (Temp) 93:37; 2 Catherine Naane (Goldfields) 98:00; 3 Bentel Mirela (Jeppe) 98:15. **Masters:** 1 René van Zyl (Mag) 97:33; 2 Francis van Blerk (Nedbank) 1:47:25. **G'masters:** 1 Penny Visser (Breakthru) 2:02:40; 2 Hazel Quilliam (Roodepoort) 2:08:20. **Juniors:** 1 Sharon Chinokuya (ZIM) 89:46; 2 Geraldine Combrink (Exxaro) 1:47:10.

10 km

MEN

1 Lucky Mohale (Powerade) 31:01; 2 Mthetho Goxo (Powerade) 31:17; 3 Paul Letsiye (Goldfields) 31:34; 4 Jacob Letsholo (Goldfields) 31:40; 5 Stefans Tsuane (Goldfields) 32:17.

Veterans: 1 Lawrence Chipangaan (Powerade) 34:09; 2 Dan Mothibe (NB) 34:55; 3 Paul Mabena (Ilanga) 37:20. **Masters:** 1 Andre Jansen (Toy) 38:07; 2 Wilson Moloto (Powerade) 39:06. **G'masters:** 1 Jim Dodds (RAC) 47:11; 2 Rodger Price (RAC) 49:11. **G/g'masters:** 1 Ken Nurden (Agape) 46:57. **Juniors:** 1 Nhlanhla Sithole (GS) 33:52; 2 Dewan Botha (Krugersdorp) 36:22; 3 Tshupo Matala (Temp) 39:48.

WOMEN

1 Ronel Thomas (Nedbank) 37:32; 2 Ndothiwa Mandiwana (Nedbank) 38:37; 3 Sarah Mahlangu (MP) 40:00; 4 Asheigh Schnetler (Kempies) 40:32 (1st jun); 5 Andronica Mokgotla (Temp) 41:07.

Veterans: 1 Sarah Mahlangu (MP) 40:00; 2 Liz Popich (CSIR) 48:58; 3 Eugenia Iturralde (Mag) 49:58. **Masters:** 1 Anne Bellamusto (Morningside) 64:35; 2 Natalie Sanders (Fourways) 50:15. **G'masters:** 1 Liz Mulder (RAC) 64:35; 2 Rita Laker (Overkruin) 65:47. **G/g'masters:** 1 Marina Odendaal (Solid) 59:25. **Juniors:** 1 Asheigh Schnetler (Kempies) 40:32; 2 Andronica Mokgotla (Temp) 41:07; 3 Juan-Marie Cooper (KHOSA) 41:59.

Olifants River 10 km

Vredendal, 8 November

MEN

1. Manfred Samuels (H.Harr) 34:14 (1st jun); 2. Anthoni Matthee (H.Harr) 34:24; 3. Owen Smith (Saf/Wel) 35:02.

Masters: (40+): 1. Moos Ruiters (Salkor) 37:25; 2. Eckhardt Visser (Dur) 38:00; 3. Arrie Koopman (Saf/Wel) 40:08. **(50+):** 1. Sakkie Mentoer (Salkor) 50:53; 2. Daniël Papier (Salkor) 56:26. **Juniors:** 1. Manfred Samuels (H.Harr) 34:14; 2. Anthoni Matthee (H.Harr) 34:24; 3. McNeil Hendricks (H.Harr) 36:0.

WOMEN

1. Alae Brand (Adid) 37:55; 2. Geraldine Hanekom (Ind) 46:09; 3. Adèle Diener (Str) 53:53.

Masters: (40+): 1. Elzette van Schalkwyk (Brack) 60:49.

Rainbow 10 km

George, 8 November

MEN

1	Vuyo	Witbooi	Outeniqua	33	32:14
2	Giaan	Moos	Rainbow	24	33:04
3	Salman	Booi	RWFL	35	33:10
4	Julie	Saaiers	Nedbank	39	33:56
5	Wentzel	Witbooi	RWFL	29	35:03
6	Ensliano	Deyce	Nedbank	16	36:19
7	Anton	Chevalier	Nedbank	43	37:50
8	Mchi	Thakali	Rainbow	33	39:10
9	Mihan	Roos	Knysna	30	39:47
10	?	Skolo	Rainbow	43	41:59
11	Arno	du Plessis	Outeniqua	33	42:01
12	Nicholas	Smith	Nedbank	33	43:35
13	At	Schoeman	Nedbank	50	44:15
14	Willie	Hewitt	Outeniqua	44	44:35
5	Zwiegelaar	Jurgens	Nedbank	60	44:38
16	Derick	Bruce	Rainbow	45	45:00
17	Benjamin	Swartbooi	Outeniqua	40	45:13
18	Henk	de Klerk	Nedbank CT	35	45:40
19	Moses	Frans	Outeniqua	43	46:28
20	?	le Roux	Rainbow	35	46:50

WOMEN

1	Charlene	Folding	Nedbank	28	43:57
2	Charmaine	van der Walt	Nedbank Achille	49	45:15
3	Ad	Cole	Eden	41	46:01
4	Kerry	Roos	Knysna	30	46:05
5	Laura	Klinck	Outeniqua	37	46:56
6	Suzaan	Kruger	Outeniqua	25	47:31
7	?	Steenkamp	Ind	25	47:38
8	Cheri	Shaver	Ind	36	49:10
9	Julie	Chevalier	Nedbank	40	49:21
10	C	van Velden	Nedbank	39	49:58

Eskom Gijimas 10 km

Parow, 5 November

(Certified two-loop course with separate out-and-back leg)

MEN

1. Tom Lusaseni (Celt) 31:57; 2. Anthony Godongwana (Celt) 32:08; 3. Thanduluntu Magqaza (M.Spart) 32:15; 4. Shaun Zuzani (Ned) 32:31 (1st jun); 5. Unathi Phezolo (RCS Gug) 32:42; 6. Wanda Roro (Ad) 32:47; 7. Vladimir Kotov (BLR/Mr Pr) 33:01 (1st mast); 8. Luxolo Mdzanga (RCS Gug) 33:30; 9. Johnny Persents (Ad) 33:33 (1st vet); 10. Cliff Drury (Mr Pr) 34:39; 11. Richard Bergoër (Ned) 35:04; 12. Jimmy Drury (Mr Pr) 35:17; 13. Aldrin Smit (NB) 35:39; 14. Chris Mitchell (Celt) 36:18; 15. Adriaan Adendorff (Bel) 36:19; 16. Whitey Motaboghi (Celt) 36:22; 17. Johan van Zyl (Tyg/NL) 36:23; 18. Sabata Botsane (WC) 36:29; 19. Anathi Kabingesi (RCS Gug) 36:35; 20. Kyayeletso Jacobs (RCS Gug) 36:41; 21. Bronwyn Snyders (BD) 36:48; 22. Jan Nero (Mat) 36:48; 23. Edward Zazi (Harf Harr) 37:40; 24. Goodman Mpukane (RCS Gug) 37:44; 25. Roston Isaacs (Ned) 38:05; 26. Alpheus Gaobuse (Tyg/NL) 38:14; 27. Duran Faro (Ind) 38:22; 28. Anathi Magobhiane (RCS Gug) 38:28; 29. Siyabonga Maweza (Top) 38:34; 30. Eckhard Visser (Dur) 38:35

Masters: (40+): 1. Johnny Persents (Ad) 33:33; 2. Chris Mitchell (Celt) 36:18; 3. Roston Isaacs (Ned) 38:05. **(50+):** 1. Vladimir Kotov (BLR/Mr Pr) 33:01; 2. Goodman Mpukane (RCS Gug) 37:44; 3. Desmond Rondganger (Bel) 39:16. **(60+):** 1. Willie van Wyk (Brack) 48:48; 2. Neels Derrenberg (Bel) 51:02; 3. Bernard Kleinveld (RCS Gug) 51:30. **Juniors:** 1. Shaun Zuzani (Ned) 32:31; 2. Unathi Phezolo (RCS Gug) 32:42; 3. Wanda Roro (Ad) 32:47.

WOMEN

1. Elmarie Coetzee (Ad) 40:21 (1st vet); 2. Busisiwe Matiwane (Celt) 41:01; 3. Sheryl de Lange (Ned) 41:18; 4. Natsha Oosthuizen (Ad) 41:21; 5. Yonela Hewu (RCS Gug) 42:38 (1st jun); 6. Karen de Kock (Met) 44:22; 7. Anina Heystek (H.Harr) 44:23; 8. Patricia Adams (Met) 44:48; 9. Lorna Loubser (Sanlam) 45:01; 10. Bertha Denichaud (Edg) 45:04; 11. Tracy Bunn (Edg) 45:14; 12. Elizabeth de Gouveia (Dur) 45:24; 13. Nancy Will (Pine) 45:39 (1st mast); 14. Ronél Steenkamp (Tyg/NL) 45:58; 15. Ayanda Mqhakayi (RCS Gug) 46:27; 16. Tysia Johannes (UWC) 46:49; 17. Grietjie Malan (Tyg/NL) 46:55; 18. Helga Louw (Sw) 47:02; 19. Tandi Kitching (Dur) 47:08; 20. Marinelle Tolken (Brack) 47:11.

Masters: (40+): 1. Elmarie Coetzee (Ad) 40:21; 2. Sheryl de Lange (Ned) 41:18; 3. Bertha Denichaud (Edg) 45:04. **(50+):** 1. Nancy Will (Pine) 45:39; 2. Charmaine Cupido (Ned) 48:16; 3. Diane Rixon (VOB) 48:23. **(60+):** 1. Pixie Sparg (Celt) 49:33; 2. Marietha Herbert (Bel) 51:44; 3. Marie Smit (Mittal) 55:19. **Juniors:** 1. Yonela Hewu (RCS Gug) 42:38; 2. Anina Heystek (H.Harr) 44:23; 3. Ayanda Mqhakayi (RCS Gug) 46:27.

Powerade Sports Zone Highway Women's Time-trial League (7th)

Westville, 4 November
(Distance: 4 km)

1.	Danelle Adlam	PDAC	15:06
2.	Lise Muchna	PDAC	15:28
3.	Janine Engels	PDAC	16:49
4.	Julie Shadwell	HV	16:57
5.	Shanon Clarke	West	17:04
6.	Kylie Griffin	West	17:09
7.	Sam Hibbert	PDAC	17:19
8.	Kerry Anne Norcott	PDAC	17:26
9.	Hillary	PDAC	17:27
10.	Wendy Fitzmaurice	West	17:40

Super League Trophy (final standings)

1.	West	551 points
2.	PDAC	536
3.	HV	234
4.	Hi Way	123
5.	Chiltern	104

Mercedes Benz Border 15 km Championships

East London, 25 October
(Out-and-back course)

MEN

1.	Lusapho April* (Oxford Striders)	46:59
2.	Sipho Mbusi (Mr. Price Transkei)	48:21
3.	Melikhaya Sithuba (Mr. Price Transkei)	48:25
4.	Simthembile Ngwele (Mr. Price Transkei)	49:40 (1 st jun)
5.	Mzuvelile Hlanti (Oxford Striders)	50:01

6. Siboleke Ponono (Mr. Price Transkei)	50:38
7. Makaya Masumpa (Oxford Striders)	51:14 (1 st vet)
8. Doran Fritz (United)	51:39
9. Thembinkosi Bishop (Oxford Striders)	51:50
10. Linda Poyo (Hamiltons)	53:41
11. Andile Hlazo (Mr. Price Transkei)	53:59
12. Dumisani Sipamla (Hamiltons)	54:08
13. Llewellyn Basson (United)	54:12
14. Desmond Witbooi (Albany)	54:27
15. M. Rautini (Individual)	55:44
16. Temba Nombida (United)	55:59
17. Vukile Ndabeni (Old Selbornians)	56:45
18. Colbert Lolwana (Pacers)	56:57
19. Craig Alers (Living Free)	57:00
20. Julian Pretorius (Oxford Striders)	57:12

40+:

1. Makaya Masumpa* (Oxford Striders)	51:14
2. Thembinkosi Bishop (Oxford Striders)	51:50
3. Edgar Moyo (East London AC)	57:43

50+:

1. Temba Bhelwana* (Oxford Striders)	57:25
2. Jay Jay Parsotam (Oxford Striders)	65:15
3. Sinclair Warner (Old Selbornians)	67:39

60+:

1. Neville Burton* (East London AC)	66:19
2. Arthur Brindley (Buffalo RR)	70:51
3. Neil Cryer (Old Selbornians)	71:01

80+:

1. Zeb Luhabe (Real Gijimas)	131:41
------------------------------	--------

Juniors:

1. Simthembile Ngwele (Mr. Price Transkei)	49:40
2. Siboleke Ponono (Mr. Price Transkei)	50:38
3. Andile Hlazo (Mr. Price Transkei)	53:59
4. Llewellyn Basson* (United)	54:12

WOMEN

1. Liziwe Mabona* (Oxford Striders)	60:22
2. Asiphe Sikhbalanjane (Mr. Price Transkei)	62:06 (1 st jun)
3. Sharon Wood (Oxford Striders)	63:28 (1 st vet)
4. Xoliswa Bici (Mr. Price Transkei)	64:38
5. Theresa Breetzke (Oxford Striders)	68:29
6. Charlene Kennedy (Old Selbornians)	68:29
7. Alwaba Hlazo (Mr. Price Transkei)	69:36
8. Tracy Maree (Old Selbornians)	69:49
9. Ingrid Webber (Individual)	69:55
10. Debbie Gee (Individual)	71:13
11. Chantelle Adoons (United)	71:15
12. Janine Jackson (Buffalo RR)	73:16
13. Carol Tinhof (Individual)	74:17
14. Milly van Vuuren (Oxford Striders)	76:11
15. Bev MacDonald (Individual)	76:41 (1 st master)
16. Maryna Coetzee (Oxford Striders)	77:37
17. Karen Minnie (United)	77:55
18. L. van Wyk (Individual)	78:29
19. Daynie Loots (Individual)	78:30
20. Margie Brindley (Buffalo RR)	80:04 (1 st g'mast)

40+:

1. Sharon Wood* (Oxford Striders)	63:28
2. Theresa Breetzke (Oxford Striders)	68:29
3. Debbie Gee (Individual)	71:13

50+:

1. Bev MacDonald (Individual)	76:41
2. Maureen Pitt* (Oxford Striders)	80:16
3. Geraldine Beard (Old Selbornians)	80:31

60+:

1. Margie Brindley* (Buffalo RR)	80:04
2. Joy Airth (Buffalo RR)	87:25
3. Susan Gomm (Oxford Striders)	98:51

Juniors:

1. Asiphe Sikhbalanjane (Mr. Price Transkei)	62:06
2. Alwaba Hlazo (Mr. Price Transkei)	69:36
3. Chantelle Adoons* (United)	71:15

*) Border champion

TRACK**Longest Nite 12-hour track race**

Durban, 8-9 November

MEN

1. James McAllister	Umhlathuze AC	107.11 km
2. Gert Wyhe	Eg Striders	102.15
3. Hamilton Langa	Umhlathuze AC	97.29

WOMEN

1. Linda Vivian	Umhlathuze AC	102.20 km
2. Elise Stander	Umhlathuze AC	94.80
3. Shakum T Ramjee	DAC	89.88

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**AirTel Delhi Half Marathon (4th)**

New Delhi, IND, 9 November

(Distance: 21.1 km)

MEN

1. Deriba Merga, ETH	59:15	CR USD 25,000
2. Wilson Kipsang, KEN	59:16	15,000
3. Wilson Chebet, KEN	59:34	10,000
4. Tilahun Regassa, 1990, ETH	1:00:28	9,000
5. Tadessa Tola, ETH	1:00:45	7,000
6. Diudone Disi, RWA	1:01:47	6,000
7. Kiplimo Kimutai, KEN	1:00:58	5,000
8. Joseph Meregu, KEN	1:01:03	3,000

- | | | |
|--------------------------------|---------|-------|
| 9. Ethetu Wondimu, ETH | 1:01:04 | 2,000 |
| 10. William Chebon Chebor, KEN | 1:01:17 | 1,500 |

WOMEN

- | | | |
|----------------------------|---------|---------------|
| 1. Aselefech Mergia, ETH | 1:08:17 | CR USD 25,000 |
| 2. Jenet Getenet, ETH | 1:08:18 | 15,000 |
| 3. Peninah Arusei, KEN | 1:08:20 | 10,000 |
| 4. Atsede Habtamu, ETH | 1:09:37 | 9,000 |
| 5. Ashu Kasim, ETH | 1:10:19 | 7,000 |
| 6. Tiki Gelana, ETH | 1:10:22 | 6,000 |
| 7. Pauline Njeri, KEN | 1:10:23 | 5,000 |
| 8. Hurssa Mare Dibaba, ETH | 1:10:28 | 3,000 |
| 9. Pauline Wangui, KEN | 1:10:36 | 2,000 |
| 10. Tigist Tufa, ETH | 1:10:41 | 1,500 |

Alpha Bank Athens Classic Marathon (26th)

Athens, GRE, 9 November

(Distance: 42.195 km; hilly point-to-point course from Marathon to Athens [same course as the 2004 Olympic Games marathon])

MEN

- | | | |
|--------------------------|---------|--------------------|
| 1. Paul Lekuraa, KEN | 2:12:42 | 6000 + 3000i Euros |
| 2. Julius Kiprotich, KEN | 2:12:42 | 5000 + 3000i |
| 3. Paul Kogo, KEN | 2:12:49 | 4000 + 3000i |

i) Earned time bonus for sub-2:14:40

WOMEN

- | | | |
|-----------------------------|---------|--------------|
| 1. Mai Tagami, JPN | 2:36:58 | 6000 Euros |
| 2. Elena Tokhonova, RUS | 2:40:45 | 5000 |
| 3. Georgia Ampatzidou*, GRE | 2:40:53 | 4000 + 2000^ |

Straconi Golden Run (20th)

Cuneo, ITA, 9 November

(Distances: Men, 10 km; Women, 6 km)

MEN

- | | |
|--------------------------------|-------|
| 1. Peter Chesang Kurui, KEN | 27:45 |
| 2. Julius Kipkurgat, 1988, KEN | 28:16 |
| 3. Rachid Kisri, 1975, MAR | 28:36 |

WOMEN

- | | |
|-------------------------|-------|
| 1. Vincenza Sicari, ITA | 19:43 |
| 2. Judit Varga, HUN | 20:24 |
| 3. Cristina Menna, ITA | 20:30 |

Asics Bolt

Noosa, AUS, 1 November

(Distance: 5 km, five-lap course)

MEN (gun times)

- | | |
|---------------------------|-------|
| 1. Collis Birmingham, AUS | 13:57 |
|---------------------------|-------|

WOMEN (gun times)

- | | |
|------------------------|-------|
| 1. Lara Tamsett, AUS | 16:05 |
| 2. Benita Johnson, AUS | 16:19 |

Standard Chartered Nairobi Marathon (6th) & Half Marathon

Nairobi, KEN, 26 October

(Distances: 42.195 km, loop course; and 21.1 km. Finishers: Marathon, 812; Half Marathon, 2413)

Note: Nairobi is at high altitude; it is probable that both these courses aren't the full length.
– Ed.

Marathon

MEN

- | | | |
|-------------------------|---------|----------------------------|
| 1. Kikwei Tuiyange, KEN | 2:10:30 | KS 1,500,000 (=USD 19,711) |
| 2. Gitia Baaru, KEN | 2:11:01 | 650,000 |
| 3. Cosmas Musyoka, KEN | 2:13:10 | 350,000 |

WOMEN

- | | | |
|---------------------------|---------|----------------------------|
| 1. Emma Muthoni, KEN | 2:33:42 | KS 1,500,000 (=USD 19,711) |
| 2. Jerotich Irene, KEN | 2:37:08 | 650,000 |
| 3. Jepkemboi Chesire, KEN | 2:40:07 | 350,000 |

Half marathon:

MEN

- | | | |
|---------------------------|---------|------------------------|
| 1. Kurui Chesang, KEN | 1:02:23 | KS 150,000 (=USD 1971) |
| 2. Sitienei Kiplagat, KEN | 1:02:34 | 100,000 |
| 3. Gilbert Yegon, KEN | 1:02:43 | 50,000 |

WOMEN

- | | | |
|----------------------------|---------|------------------------|
| 1. Pascalia Jepkorir, KEN | 1:11:07 | KS 150,000 (=USD 1971) |
| 2. Elizabeth Rumakol, KEN | 1:12:56 | 100,000 |
| 3. Florence Jepkosgei, KEN | 1:13:29 | 50,000 |

CROSS-COUNTRY**Southeastern Conference Championships**

Starkville, USA, 3 November

WOMEN (6 km)

Teams: 1. Arkansas 46; 2. Florida 53; 3. Tennessee 107

- | | |
|---|----------|
| 1. Catherine White, SO, Arkansas | 20:07.26 |
| 2. Hollie Knight, SO, Auburn | 20:18.52 |
| 3. Sarah Bowman, SR, Tennessee | 20:27.26 |
| ... 8. Christine Kalmer, SR, [RSA] Arkansas | 20:54.74 |

NEWS**GODFREY KOKI SUSPENDED**

Zimbabwean Godfrey Koki, who has been running and winning prize money illegally as a veteran in South African road races, has been suspended at last.

Athletics South Africa has informed provinces that Koki was suspended by KZN Athletics. In a letter from KZNA President Aleck Skosana circulated by ASA, he states that "Koki ... has been a subject of investigation for some time now due to the fact that he has been running within the province and winning prizes in different categories that are not in line with ASA rules and regulations. The Executive has come to a conclusion that the athlete must be suspended with immediate effect starting from ... 28th October 2008.

"This is due to the complaints that we received last month and this month that he is running in different categories without proof of birth [sic]. This afternoon we received information from his club chairman that indeed he does have two identity documents, claiming that the other was issued by the army in his country of birth, which is Zimbabwe. For that reason we are requesting ASA to deal with the matter until final disciplinary action is finalised."

Of course, Koki has not only been running as a veteran within KZN province, but also in other provinces. In its letter ASA does not state how it will proceed with the matter.

BACKGROUND

This article was published in *The San Francisco Chronicle*. Note: A few days after the race O'Connell was indeed declared the winner when race organisers reversed their original decision. – Ed.

FASTEST TIME WINS, NOT SO? NOT SO!

There were over 20 000 competitors in Sunday's Nike Women's Marathon in San Francisco. And 24-year-old Arien O'Connell, a fifth-grade teacher from New York City, ran the fastest time of any of the women.

But she didn't win.

It doesn't get much simpler than a footrace. All it takes is a starting line, a finish line and a clock. You fire the gun and the first person to the end of the course is the winner.

However, as the marathon officials said to O'Connell - not so fast.

While O'Connell had the greatest run of her life and covered the course faster than any woman, she was told she couldn't be declared the winner because she didn't run with the "elite" group who were given a 20-minute head start.

So what could have been a lovely Cinderella story about a young woman rising above her expectations in a race that bills itself as all about empowering women turned into a strict the-rules-are-the-rules edict?

San Francisco has become one of those destination locations for the new breed of distance runner. Between the San Francisco Marathon in July and the Nike race - billed as the largest women's marathon in the world - over 40 000 runners will visit this year.

"That's pretty weak," said Jon Hendershott, associate editor of the authoritative *Track & Field News* magazine. "Think of the PR they could have had with this girl coming out of nowhere. It sounds like they got caught totally off guard."

O'Connell, who describes herself as "a pretty good runner," had never managed to break three hours in five previous marathons. But as soon as she started at 7 a.m. Sunday, she knew it was her day. In fact, when she crossed the finish line 26.2 miles later, her time of 2:55:11 was so unexpectedly fast that she burst into tears.

"I ran my best time by like 12 minutes, which is insane," she said.

At the awards ceremony, the O'Connell clan looked on as the top times were announced and the "elite" female runners stepped forward to accept their trophies.

"They called out the third-place time and I thought, 'I was faster than that,' " she said. "Then they called out the second-place time and I was faster than that. And then they called out the first-place time (3:06), and I said, 'Heck, I'm faster than her first-place time, too.'"

Just to make sure, O'Connell strolled over to a results station and asked a race official to call up her time on the computer. There it was, some 11 minutes faster than the official winner.

"They were just flabbergasted," O'Connell said. "I don't think it ever crossed their minds."

No one seemed exactly sure what to do. The trophies had already been handed out and the official results announced. Now organizers seem to be hoping it will all go away.

"At this point," Nike media relations manager Tanya Lopez said Monday, "we've declared our winner."

O'Connell said some race officials actually implied she'd messed up the seeding by not declaring herself an "elite" runner.

"If you're feeling like you're going to be a leader," race producer Dan Hirsch said Monday, "you should be in the elite pack."

So this is her fault? O'Connell was just being modest.

"I'm a good, solid runner," she said. "I never considered myself elite."

Jim Estes, associate director of the long-distance running program for USA Track and Field, did his best to explain the ruling. He's had some practice with the issue. The Sunday before last, at the Chicago Marathon, a Kenyan named Wesley Korir pulled off a similar surprise, finishing fourth even though he wasn't in the elite group and started five minutes after the top runners.

In that situation, and in this one, Estes made the same ruling: It didn't count. O'Connell wasn't declared the winner and Korir didn't collect fourth-place prize money.

"The theory is that, because they had separate starts, they weren't in the same race," Estes said. "The woman who is winning the elite field doesn't have the opportunity to know she was racing someone else."

Estes admits that giving the elite runners a sizable head start may not be the best policy.

"These are things this race and other races need to look at," Estes said. "It comes down to what a race is, and who is racing who."

Nonsense, said Hendershott. He said O'Connell took her best shot, ran the fastest and should have won.

"What's she supposed to do, lay back because she's not an elite runner?" he asked. "If the elites are going to lay back, that's their fault."

As for O'Connell, she's not bitter. After all, she got her best time ever, had a nice weekend in San Francisco and comes home with a story.

But she didn't win. Maybe the best way to explain that is to say it is just another case of the elites in San Francisco giving the city a bad name.

STATS

MARATHON COMPARATIVE PERFORMANCES

Ken Young has published the following comparison of marathon performances in 2008 (so far) and 2007 in *The Analytical Distance Runner*.

MEN										
	Total	<2:20	<2:19	<2:18	<2:17	<2:16	<2:15	<2:14	<2:13	<2:12
2008	6351	1151	1015	887	763	638	530	429	318	241
2007	5936	1206	1033	861	707	587	466	342	265	192
		<2:11	<2:10	<2:09	<2:08	<2:07	<2:06	<2:05	<2:04	
2008		159	98	63	34	15	7	2	1	
2007		121	78	45	25	6	1	1	0	

WOMEN

	Total	<2:50	<2:48	<2:46	<2:44	<2:42	<2:40	<2:38	<2:36	<2:34
2008	6374	1173	1011	875	740	619	520	424	336	259
2007	5713	1149	971	822	686	562	453	346	259	190
		<2:32	<2:30	<2:28	<2:26	<2:24	<2:22	<2:20		
2008		185	125	67	28	9	2	1		
2007		129	78	36	19	10	3	0		

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 MEN

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

1:02:04	Stephen Mokoka	1	SA Championships	Port Elizabeth	05 Jul
1:02:16	Hendrick Ramaala	2	SA Championships	Port Elizabeth	05 Jul
1:02:18	Boy Soke	3	SA Championships	Port Elizabeth	05 Jul
1:02:26	Tshamano Setone	4	SA Championships	Port Elizabeth	05 Jul
1:02:31A	Kanie Simons	1	Long Tom	Lydenburg	29 Mar
1:02:51	Enos Matalane	1	Matha Series	Nelspruit	05 Apr
1:03:01	Norman Dlomo	5	SA Championships	Port Elizabeth	05 Jul
1:03:06	Jeffrey Gwebu	6	SA Championships	Port Elizabeth	05 Jul
1:03:16	Lindikhaya Mthangayi	7	SA Championships	Port Elizabeth	05 Jul
1:03:34	Lusapho April	2	Two Oceans	Cape Town	22 Mar

THIS MONTH IN HISTORY

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

20 years ago: 13 November 1988

Mark Plaatjes, who had recently moved to the United States, scored his first marathon win in his new homeland when we won the Columbus Marathon in 2:12:17 – the 30th sub-2:13 time by a South African. Compatriot Ashley Johnson was third in 2:15:12. Five years after this victory, which netted him \$20 000, he would win the world title in the colours of the USA ahead of Namibian Luketz Swartbooi. Plaatjes won the SA marathon title in 1985, setting a national record of 2:08:58 on an aided course.

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)		
	59:15	Deriba Merga (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	7:07:46a	Victor Ngubelanga	Port Elizabeth	08 Nov

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	7:59:59a	Darrell Wicht	Port Elizabeth	08 Nov

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	10:40:03a	Wellington Matiso	Port Elizabeth	08 Nov

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	11:40:10a	Caspar Greeff (70+)	Port Elizabeth	08 Nov

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	8:46:18a	Davera Magson	Port Elizabeth	08 Nov

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	11:41:18	Marlene Wiese (60+)	Port Elizabeth	08 Nov

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	11:41:18	Marlene Wiese	Port Elizabeth	08 Nov

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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