

Distance Running Results

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EDITORIAL

South Africa's two top road racers, Stephen Mokoka and René Kalmer, excelled in the weekend's Bupa Great South Run 10 miles from Southsea to Portsmouth. Mokoka finished second in 46:25, the same time as winner Mo Farah (GBR), in extremely windy conditions. Kalmer was fourth in 55:11, one place ahead of former world marathon champion Catherine Ndereba (KEN). Compatriot Tanith Maxwell finished 13th.

Outstanding performances were once again the order of the day in the Standard Chartered Nairobi Marathon and Half Marathon. In the longer race, at 1680 m of altitude, 45 men ran 2:20 or better, while in the half marathon 76 men dipped under 66 minutes! In the marathon both winners, Moses Kigen and Irene Jerotich, ran Kenyan all-comers' records – 2:10:12 and 2:28:57 (both PBs!)

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Constantia Valley Grape Run, Cape Town
- * Sportsmans Warehouse 15 km, Boksburg
- * The Boardwalk Algo FM Cancer Run, Port Elizabeth
- * Tuks Alumni Half Marathon & 10 1km, Pretoria
- * Silver Queen 10 km, Ysterplaat
- * Tonevale Game Park Run, Tonevale
- * Michell's Pass Half Marathon & 10 km, Ceres
- * Meiringspoort Half Marathon & 10 km, Meiringspoort to De Rust
- * Spar Grand Prix Series, Johannesburg

International highlights:

- * Lifestyle Sports - adidas Dublin Marathon, Dublin, IRL
 - * Commerzbank Frankfurt Marathon, Frankfurt, GER
 - * Bupa Great South Run 10 Miles, Southsea to Portsmouth, GBR
 - * Standard Chartered Nairobi Marathon & Half Marathon, Nairobi, KEN
 - * XC: CIAA Conference Championships, Cary, USA
 - * Track: Chinese National Games, Jinan, CHN
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ROAD RUNNING

Constantia Valley Grape Run

Cape Town, 25 October

(Distance: 21.0975 km; hilly, partly on gravel through vineyards and forest)

MEN

1. Sibusiso Mbingeleli (MP) 69:19; 2. Anthony Godongwana (Celtic) 70:14; 3. Neo Molema (MP) 71:21; 4. Tebello Poni (VOB) 71:26; 5. Sipho Phala (VOB) 76:26; 6. Johnny Persents (Adid) 76:29 (1st vet); 7. Professor Khwetane (VOB) 76:45; 8. Mziyanda Gumenge (VOB) 78:29; 9. Victor Msopi (VOB) 79:08; 10. Vladimir Kotov (BLR/Cent) 81:33 (1st mast); 11. Richard Woolridch (Celtic) 81:34; 12. William Robinson (UCT) 86:11; 13. Arnold Nardy (Edge) 84:22; 14. Gcobani Mndi (VOB) 85:01; 15. Mark Dunley-Owen (VOB) 85:17; 16. Raymond Howard (Celtic) 85:45; 17. Siyabonga Maweza (Top) 86:02; 18. Aaron Boyisi (B'fell) 88:19; 19. Cecil Roffy (Adid) 88:34; 20. Xolani Ernest (Celtic) 88:42; 21. A.N. Other; 22. Alan Mattheus (Ind) 89:17; 23. Les Chivell (FH) 89:22; 24. Kevin Isaacs (Celtic) 90:18; 25. Brandon van Vuuren (Ind) 90:32; 26. Angelo Henry (MSM) 90:36; 27. Warren Jeppe (Ind) 90:38; 28. Heimie Misroll (Pine) 90:58; 29. Rupert Becker (Ind) 90:59; 30. William Ruisch van Dugteren (AAC) 91:08.

40-49: 1. Johnny Persents (Adid) 76:29; Ludwich Lillie (Durb) 93:02; 3. Sidney Rustin (SANDF) 95:19. **50-59:** 1. Vladimir Kotov (BLR/Cent) 81:33; 2. Raymond Howard (Celtic) 85:45; 3. Les Chivell (FH) 89:22. **60+:** 1. Albertus Bock (Adid) 94:06; 2. Brian Key (Forest) 1:41:27; 3. Julian Williams (Hout) 1:50:24.

WOMEN

1. Thozama April (Celtic) 85:34; 2. Bulelwa Mtshagi (Celtic) 87:53; 3. Anneline Roffey (Adid) 89:21; 4. Busisiwe Matiwane (Celtic) 93:23; 5. Ronel Natrass (Adid) 95:46; 6. Ursula Frans (Adid) 97:35 (1st vet); 7. Candice Davison (Harf) 97:41; 8. Kim Ground (Celtic) 97:42; 9. Chantal de Lange (Adidas) 97:54; 10. Kutwando Ramaboa (UCT) 99:22; 11. Olga Howard (Celtic) 1:40:08 (1st mast); 12. Bayly Bulkeley (Ind) 1:40:46; 13. Sandra van Graan (Edge) 1:42:02; 14. Julie Stevens (Ind) 1:42:41; 15. Claire Horner (Ind) 1:42:49; 16. Elizabeth de Gouveia (Durb) 1:43:09; 17. Miranda Ward (Paarl) 1:44:01; 18. Madré Steenkamp (Met) 1:44:04; 19. Bev Charters (VOB) 1:44:05; 20. Kirsten Norris (Ind) 1:44:59.

40-49: 1. Ursula Frans (Adid) 97:35; 2. Sandra van Graan (Edge) 1:42:02; 3. Kathy McQuaide-Little (Celtic) 1:46:16. **50-59:** 1. Olga Howard (Celtic) 1:40:08; 2. Bev Charters (VOB) 1:44:05; 3. Nancy Will (Pine) 1:46:09. **60+:** 1. Pixie Sparg (Celtic) 2:00:16; 2. Chippy Steel (Sav) 2:06:05; 3. Yvonne Blomkamp (VOB) 2:18:24.

Sportsmans Warehouse 15 km

Boksburg, 25 October

(Loop course)

MEN

1 Lucky Mohale (GS) 45:59; 2 Sipho Ncube (ZIM/MP) 46:38; 3 Maru Ondo Olimu (ETH/ADT) 47:05; 4 Nkopane Seqhobane (LES/GS) 47:16; 5 Olebogeng Masire (Goldfields) 47:45.

Veterans: 1 Gethun Wordofa (ETH/ADT) 49:34; 2 Lawrence Chipangaan (Powerade) 50:13; 3 Billy Majafa (Powerade) 51:44. **Masters:** 1 Andre Jansen (GS) 57:02; 2 Raymond Sibanyoni (Scaw) 60:08; 3 Marius Carstens (Alberton) 61:27. **G'masters:** 1 Don Charles (Brotherhood) 60:28. **G/g'masters:** 1 Kallie Beneke (Kempton) 73:20. **Juniors:** 1 Amos Khumalo (Diepkloof) 53:10.

WOMEN

1 Lesley Train (Nedbank) 58:54; 2 Takalane Nthulane (Transnet) 61:07; 3 Sarah Mahlangu (MP) 64:17 (1st vet); Estie Grobler (MP) 64:30; 5 Nani Nobesule (GS) 67:38.

Veterans: 1 Sarah Mahlangu (MP) 64:17; 2 Yvonne Laing (Jeppe) 68:41; 3 Cynthia Mokovane (Powerade) 70:23. **Masters:** 1 Gail Visagie (RWFL) 77:39; 2 Loraine Stone (RAC) 78:26; 3 Trudie Evans (BNAC) 86:12. **G'masters:** 1 Jenny Robertshaw (RRR) 91:30. **G/g'masters:** 1 Phyllis Maartens (Fit 2000) 1:50:30. **Juniors:** 1 Nomsa Cossa (Daveyton) 75:36.

The Boardwalk Algo FM Cancer Run

Port Elizabeth, 24 October

(Distance: 10 km; loop course)

MEN

1	George	Ntshiliza	Mr Price PE	30	29:48
2	Nkosinathi	Madyo	Nedbank RC	21	30:02
3	Xola	Bongoza (1 st jun)	Mr Price PE	16	31:02
4	Zolani	Mabongo	Mr Price PE	23	31:07
5	Luyanda	Tshangana	Mr Price PE	26	31:22
6	Ivan	Ambraal	Malabar	20	31:26
7	Mzolisi	Makhanda	Nedbank RC	26	31:33
8	Ricardo	Plaatjies	Elite AC	26	32:43
9	Lubabaloo	Mdlungwane	PEAAC	16	32:47
10	Masixole	Diaku	Temp	35	33:37
11	Mvuyisi	Gcogco	Nedbank RC	20	33:52
12	Simon	Adams	Malabar	18	34:56
13	Bonakele	Ntshangase	Nedbank RC	27	35:33
14	Terrance	Mjekula	Raleigh AC	37	35:40
15	Thamsanqa	Mangi	Temp	25	36:15
16	Sinekhaya	Ndlakuse	Nedbank RC	20	36:43
17	Freddie	Jantjies (1 st vet)	Malabar	40	36:49
18	Ruan	Smalberger	Nedbank RC	19	37:05
19	Adrian	Gouws	Raleigh AC	36	37:34
20	Malungisa	Olayi	PEAAC	30	37:36

40-44:

1	Freddie	Jantjies	Malabar	40	36:49
2	Martin	Jansen	Nedbank RC	41	39:41
3	Warren	Griffiths	Muirite Strider	44	42:13

45-49:

1	Neil	De Meillon	New Balance	46	38:06
2	Ian	Patterson	Muirite Strider	46	39:07
3	Alfred	Spiers	Elite AC	49	39:17

50-54:

1	Leonard	Erasmus	Willard Batt	51	41:38
2	Sam	Erasmus	Nedbank RC	52	43:44
3	Renier	Van Vuuren	PEAAC	52	44:53

55-59:

1	Hein	Lodewyks	Raleigh AC	57	40:12
2	Fikile	Seya	Nedbank RC	56	40:41
3	Hannes	Els	Madiba Bay	59	41:24

60-64:

1	Piet	Meyer	St Albans CSEP	60	46:09
2	William	Vorster	PEAAC	63	46:14
3	Thembisile	Ntoni	PEAAC	61	51:48

65-69:

1	Rolf	Mentzel	Temp	69	56:18
2	Jan	Trosee	Despatch AC	68	1:03:54
3	Gerald	Bouwer	Achilles AAA	66	1:06:08

70-74:

1	Selwyn	Solomon	Crusaders AC	71	1:03:55
2	John	Peart	Nedbank RC	73	1:11:05
3	Alf	Zehmke	PEAAC	70	1:22:14

75-79:

1	Wells	Anderson	PEAAC	77	1:01:40
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80+:

1	Henry	Botha	Despatch AC	82	1:16:01
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Juniors:

1	Xola	Bongoza	Mr Price PE	16	31:02
2	Lubabaloo	Mdlungwane	PEAAC	16	32:47
3	Simon	Adams	Malabar	18	34:56

WOMEN

1	Ntombesintu	Ntshiliza	Mr Price PE	27	36:53
2	Deliwe	Nyanga	PEAAC	20	37:09
3	Babalwa	Ngcoko	Mr Price PE	22	38:28
4	Ursula	Kuhn	Nmmu AC	28	40:25
5	Faizel	Williams	Temp	26	40:45
6	Sharon	Zeelie	Raleigh AC	38	43:28
7	Shandre	Van Heerden	Temp	21	44:29
8	Treloar	Childs (1 st vet)	Spar Walmer AC	46	44:37
9	Suretha	Verwey	Jeffreys Bay	43	45:02
10	Davera	Magson	Mr Price PE	34	45:38
11	Jane	Barnardo	Temp	34	45:42
12	Julie	Taunton	Crusaders AC	49	45:46
13	Simone	Paine	Temp	25	46:00
14	Noxolo	Marks	Mr Price PE	23	46:01
15	Janette	Schierz-Crusius	Body Concept	49	46:30
16	Sharon	Tessendorf	Temp	27	47:05
17	Melanie	Muller	Bluewater Bay	26	47:20
18	Peta	Fothergill	Nedbank RC	28	47:30
19	Annemart	Rossouw	Charlo RR	27	48:17
20	Michelle	Sivewright	Raleigh AC	40	48:26

40-44:

1	Suretha	Verwey	Jeffreys Bay	43	45:02
2	Michelle	Sivewright	Raleigh AC	40	48:26
3	Leana	Berg	Nedbank RC	40	48:32

45-49:

1	Treloar	Childs	Spar Walmer AC	46	44:37
2	Julie	Taunton	Crusaders AC	49	45:46
3	Janette	Schierz-Crusius	Body Concept	49	46:30

50-54:

1	Colleen	Steele	Temp	52	51:12
2	Lyn	Reimann	Temp	50	52:54
3	Gillian	Ferreira	Temp	51	53:04

55-59:

1	Jos	Els	Madiba Bay	57	56:53
2	Marcelle	Harran	Body Concept	55	1:00:31
3	Rita	Boucher	Spar Walmer AC	59	1:01:38

60-64:

1	Liz	Grundlingh	Muirite Strider	62	49:08
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2	Minnie	Trimalley	Temp	60	56:39
3	Jeanette	Pienaar	Temp	61	1:07:38
65-69:					
1	Isabella	Childs	Spar Walmer AC	68	1:15:53
2	Shirley	Jorgensen	Charlo RR	67	1:16:20
3	Marina	Shadiach	Temp	65	1:21:56
70+:					
1	Dorothy	Hart	PEAAC	71	1:01:42
2	Aletta	Fourie	Raleigh AC	71	1:18:05
3	Lorna	Brown	PEAAC	70	1:27:18
Juniors:					
1	Nonkangeloko	Nyanga	PEAAC	16	50:00
2	Marolene	Gouws	Temp	16	52:04
3	Alicia	Seloane	Nedbank RC	19	55:32

Tuks Alumni Half Marathon & 10 1km

Pretoria, 24 October

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

Note: Both races were about 600 m too long. – Ed.

Half marathon

MEN

1 Joshua Sabao (ZIM/Tuks) 68:03; 2 Esau Radebe (Transnet) 69:07; 3 Aaron Gabonewe (Mr Price) 69:40.

Veterans: 1 Greg Barnes (Irene) 78:26. **Masters:** 1 Colin Fisher (CSIR) 90:57.

G'masters: 1 Iain McFadyen (Phobians) 1:59:31. **G/g'masters:** 1 Martin Coetzee (Magnolia) 2:09:14. **Juniors:** 1 Kabelo Rabogal (ACR) 93:32.

WOMEN

1 Kim Laxton (White River) 84:24; 2 Irvette van Blerk (Nedbank) 86:58; 3 Adinda Kruger (Nedbank) 91:01.

Veterans: 1 Sandra Steenkamp (ACR) 98:53. **Masters:** 1 Pam Hampton (Sunninghill) 1:45:42. **G'masters:** 1 Maz Moore (Breakthru Midrand) 2:17. **G/g'masters:** 1 Ann Hoddow (RWFL) 3:02:43.

10 km

MEN

1 Wirimayi Juwawo (ZIM) 32:39; 2 Lucky Mohale (GS) 33:24; 3 Martial Jaji (ZIM/Bashewa) 35:26 (1st jun).

Veterans: 1 Rob Hudson (Irene) 42:52. **Masters:** 1 Dieter Gloeck (Magnolia) 50:42.

G'masters: 1 Pieter Rossouw (Enduro) 48:43. **G/g'masters:** 1 Ken Nurden (Agape) 56:01. **Juniors:** 1 Martial Jaji (ZIM/Bashewa) 35:26.

WOMEN

1 Myrette Filmater (Tuks) 40:12; 2 Maphetang Matlakeng (LES/Mr Price) 44:56 (1st jun); Mishelene Lagerwall (Magnolia) 45:14.

Veterans: 1 Gillian Sieling (Fourways) 45:44. **Masters:** 1 Marietjie Montgomery (Bashewa) 47:27. **G'masters:** 1 Sonja Laxton (RAC) 46:52. **G/g'masters:** 1 Marina Odendaal (Sol) 60:14. **Juniors:** 1 Maphetang Matlakeng (LES/Mr Price) 44:56.

Silver Queen 10 km

Ysterplaat, Cape Town, 21 October
(Certified loop course)

MEN

1. Neo Molema (MP) 32:50; 2. Patrick Magadla (VOB) 33:00; 3. Sipho Phala (VOB) 36:14.

40-49: 1. Thembinkosi Zweni (Gugs) 37:08; 2. Piter Hanekom (Ned) 39:21; 3. Steven Parkins (Met) 39:34. **50-59:** 1. Vladimir Kotov (BLR/Cent) 34:52; 2. Nick Miles (WC) 40:10; 3. Peter Wrensch (Tyg) 41:08. **60+:** 1. Willie van Wyk (B'fell) 45:00; 2. Koos Botha (B'fell) 52:29; 3. Caspar Greeff (AAC) 53:53. **Juniors:** 1. Nkosinathi Botyantya (Celtic) 34:25; 2. Bukelani Bhabha (VOB) 34:40; 3. Daniel Paulse (B'fell) 34:46.

WOMEN

1. Mariëtte Esterhuyse (Tyg) 41:51; 2. Sheryl de Lange (Adid) 42:03; 3. Candyce Hall (Hout) 45:33.

40-49: 1. Mariëtte Esterhuyse (Tyg) 41:51; 2. Sheryl de Lange (Adid) 42:03; 3. Nicolebe Koegelenberg (B'fell) 50:58. **50-59:** 1. Nancy Will (Pine) 48:36; 2. Cynthia Booysen (Gugs) 51:49; 3. Lynette Voigt (Top) 52:53. **60+:** 1. Marianne Nelson (Durb) 61:20; 2. Charlotte Kettlewell (VOB) 69:14; 3. Wendy Josephs (RWFL) 70:28. **Juniors:** 1. Monique Swartz (Ind) 49:53; 2. Benine Havenga (Tyg) 59:36.

Tonevale Game Park Run

Tonevale, 24 October
(Distance: 16 km; loop course)

MEN

1.	Muhle Mkwanazi	R/Bay AC	65:06
2.	Bernard Phalatsane	Nedbank AC	65:58
3.	Rasta Sibiya	UAC	66:36

40-49:

1.	Amos Nkosi	R/Bay AC	72:25
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50-59:

1.	Barlan Govender	Cahatsworth AC	82:18
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60+:

1.	Jerome Mswane	UAC	107:09
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WOMEN

1.	Nomcebo Mthetwa	UAC	88:34
2.	Kalani Buthelezu	UAC	89:27
3.	Maria Mthembu	Boxer AC	95:54

40-49:

1.	Priska Ntuli	UAC	108:40
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50-59:

1.	Trish Winterboer	UAC	112:27
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60+:

1.	Linda Vivian	UAC	117:18
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Michell's Pass Half Marathon & 10 km

Ceres, 17 October

(Distances: 21.0975 km & 10 km; the half marathon out and back & very hilly, the 10 km a loop)

Half marathon

MEN

1	Pieter	Koopman	35	Maties	1:10:29
2	Tsungai	Mwangengeni	34	Mr Price	1:12:21
3	Quinton	Lambert	28	Temp	1:18:27
4	Mervin	Seryners	20	Ceres	1:18:37
5	Owen	Smith	39	Wellington	1:18:38
6	Charlton	September	26	Nedbank	1:22:21
7	Anton	Mouton	24	Ceres	1:23:44
8	Thomas	Moses	52	Worcester	1:24:07
9	John	Molefé	39	Ceres	1:24:09
10	Eckhardt	Vivier	43	Durbanville	1:24:32
11	Piet	Geduld	37	Swartland	1:25:44
12	Jan	Oliphant	42	Worcester	1:26:05
13	Abraham	Africa	34	Temp	1:26:25
14	Derick	Zoutman	32	Swartland	1:26:54
15	John	Small	47	Wellington	1:27:19
16	Conrad	Madman	32	Durbanville	1:28:42
17	Marius	Muller	31	Ceres	1:29:11
18	Eric Ntobeko	Feleza	34	Guguletu	1:29:29
19	Christopher	Baadjies	32	Temp	1:31:23
20	Johnny	Bruintjies	44	Worcester	1:32:06

40-49:

1	Eckhardt	Vivier	43	Durbanville	1:24:32
2	Jan	Oliphant	42	Worcester	1:26:05
3	John	Small	47	Wellington	1:27:19

50-59:

1	Thomas	Moses	52	Worcester	1:24:07
2	Johannes	Jacobs	56	Celtic Harriers	1:34:04
3	Jacob	Erasmus	53	Ceres	1:36:31

60+:

1	Terry	Dowling	64	Vob	1:50:31
2	Paul	De Wet	63	Worcester	1:53:04
3	Vernon	Du Preez	64	Strandlopers	1:53:49

Juniors:

1	Henrico	Hunter	17	Worcester	1:37:16
2	Darryl	Williams	17	Montagu	1:41:24

WOMEN

1	Jacoline	Haasbroek	44	Stellenbosch	1:29:41
2	Liana	Maree	32	Stellenbosch	1:34:14
3	Veronica	Van Niekerk	64	Ega	1:40:07
4	Charao	De Klerk	23	Temp	1:40:23
5	Anneke	Slabbert	38	Stellenbosch	1:42:57
6	Carli	Basson	30	Paarl	1:43:31
7	Resia	Swart	36	Stellenbosch	1:45:13
8	Dalene	Du Toit	42	Swartland	1:45:24
9	Huguette	Van Der Merwe	41	Paarl	1:45:37
10	Helen	Wolfaardt	28	Temp	1:47:56
11	Nathalie	Cloete	40	Durbanville	1:48:05
12	Marinda	Surridge	40	Strand	1:50:43

13	Liza	Retief	38	Paarl	1:51:07
14	Magriet	Hanekom	54	Ceres	1:51:57
15	Junita	Van As	35	Durbanville	1:53:02
16	Anica	Kotze	17	Bonnievale	1:53:39
17	Ronel	Terblanche	39	Wellington	1:54:42
18	Helane	Smit	45	Swartland	1:54:44
19	Tanja	Spamer	40	Wellington	1:54:49
20	Joanne	Els	46	Wellington	1:55:21

40-49:

1	Jacoline	Haasbroek	44	Stellenbosch	1:29:41
2	Dalene	Du Toit	42	Swartland	1:45:24
3	Huguette	Van Der Merwe	41	Paarl	1:45:37

50-59:

1	Magriet	Hanekom	54	Ceres	1:51:57
2	Adri	Visser	57	Swartland	1:58:03
3	Marietjie	Nieuwoudt	50	Swartland	02:02:21

60+:

1	Veronica	Van Niekerk	64	Ega	1:40:07
2	Prisilla	Von Schlicht	61	Tygerberg	1:55:28
3	Thelma	Rossouw	60	Worcester	02:01:20

Juniors:

1	Anica	Kotze	17	Bonnievale	1:53:39
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10 km**MEN**

1	Dicardo	Jakobs	23	Maties	30:50
2	Thembelani	Zola	34	Mr Price	32:23
3	Anthonio	May	18	Nedbank	32:48
4	Hillroy	Slingers	19	Worcester	33:01
5	Marshall	Rooi	17	Nedbank	35:06
6	Petrus	Volmoer	23	Adidas	35:12
7	Maxwell	Gouws	15	Temp	36:14
8	Morne	Hansen	38	Worcester	36:28
9	Nicolaas	Kees	46	Robertson	37:42
10	Aobakwe	Molaletsa	17	Salkorane	37:54

WOMEN

1	Joslyn	Skippers	18	Temp	41:04
2	Nomvuyisi	Seti	28	Mr Price	42:48
3	Chrisna	Bezuidenhout	26	Temp	48:40
4	Jolandi	Hauman	27	Durbanville	51:34
5	Monique	Loots	33	Run/Walk For Life	54:16
6	Paulette	Ellis		Temp	54:28
7	Tia	Odendaal	42	Worcester	54:43
8	Lauren	Field	24	Run/Walk For Life	54:44
9	Christine	White	22	Temp	54:50
10	Margaret	Von Zeil	45	Pinelands	54:55

Meiringspoort Half Marathon & 10 km

Meiringspoort to De Rust, 17 October

(Distances: 21.0975 km & 10 km; point-to-point downhill courses. Finishers: half marathon – 905; 10 km – 534.)

Half marathon

MEN

1	Friedel	Maans	Adidas	27	1:07:11
2	Masande	Mlonyeni	Nedbank	29	1:07:21
3	Bernardo	Fredericks	Spoornet	22	1:10:09
4	Principal	Fana	Rainbow	41	1:10:32
5	Isaac	Opperman	CSBOL	43	1:11:44
6	Booi	Salman	RFWLSWD	36	1:13:46
7	Frans	Malgas	Knysna	19	1:14:48
8	Melikhaya	Msizi	Knysna	26	1:15:23
9	Jonathan	Hardnick	NedSWD	40	1:15:33
10	Thabiso	Baholo	RWFLSWD	43	1:15:46

WOMEN

1	Liza-Marie	Bright	Eliteac	27	1:21:35
2	Helene	Perold	Durbac	25	1:24:06
3	Elmarie	Coetzee	Adidas	45	1:24:48
4	Davera	Magson	MPEP	34	1:26:14
5	Anna	Haw	Temp	25	1:27:20
6	Alison	Jordaan	Outenh	43	1:27:38
7	Kerry	Roos	Knysna	31	1:27:48
8	Lisl	Grobler	Knysna	33	1:27:58
5	Hanlie	Stegmann	Someast	51	1:28:51
10	Jane	Barnardo	Temp	34	1:29:07

10 km

MEN

1	Dune	Danster	Oudts	17	0:32:16
2	Sinesipho	Didishe	Knysna	17	0:33:12
3	Geraldo	Innes	Rainbow	18	0:35:02
4	Augus	Vaaltyn	Temp	30	0:36:15
5	Frans	Stalmeester	Temp	36	0:36:27
6	Greens	Groenewald	RFWLSWD	36	0:36:42
7	Tony	Cleophas	NedSWD	43	0:36:54
8	Anton	Chevalier	NedSWD	44	0:37:12
9	Joseph	Adams	Rainbow	44	40:23
10	Jassem	Jafta	RWFLSWD	49	40:31

WOMEN

1	Lana	Theunissen	Outenh	37	0:39:59
2	Louise	Muller	NedSWD	18	0:40:22
3	Sanchia	Du Preez	RFWLSWD	17	0:43:32
4	Barbara	Malan	Temp	23	0:46:34
5	Ane	Kruger	Temp	15	0:46:36
6	Elsa	De Villiers	Hbosdraw	50	0:46:56
7	Willemien	Van Der Linde	NedSWD	34	0:47:11
8	Ina-Maree	Visagie	Temp	38	0:49:29
9	Erna	Van Zyl	Elite AC	37	0:51:01
10	Wilma	Smith	NedSWD	43	0:51:01

Spar Grand Prix Series

Johannesburg, 11 October

(Distance: 10 km. Loop course. Finishers: 3669.)

Note: As noted last week, the time of Louisa Leballo in tenth place was wrong. Here are the correct (and deeper) results; thanks to Vreni Welch for provided these. – Ed.

1	Lebogang	Phalula	Univ Jhb	25	35:24
2	Dianah	Phalula	Univ Jhb	25	35:41
3	Irvette	van Blerk	Nedbank CGA	22	36:03
4	Marelize	Retief	Nedbank AGN	23	37:00
5	Thozama	April	Celtic WPA	23	38:04
6	A.N. Other				
7	Bianca	van Niekerk	Nedbank CGA	15	38:24
8	Eunice	Nhlapo	Gaut Str	31	38:26
9	Maxine	Heine-Wacker	Nedbank CGA	19	38:50
10	Jenna	Challenor	Boxer	28	38:53
11	Louisa	Leballo	Mr Price AGN	31	39:42
12	Takalane	Nthulani	Transnet	29	39:59
13	Gladys (Azwindini)	Lukhwareni	Nedbank AGN	29	40:06
14	Danielle	Adlam	Boxer	29	40:07
15	Janene	Carey	Boxer	37	40:18
16	Ndofhiwa	Mandiwana	Nedbank AGN	29	40:23
17	Maya	Lawrie	Boxer	42	40:27
18	Ashleigh	Schnetler	Kempies NB	18	40:34
19	Bronwyn	Small	Ind	28	40:35
20	Michelle	Bartman	Harfield Har	45	41:24

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 (30th)

Dublin, IRL, 26 October

(Distance: 42.195 km)

MEN

1. Feyisa Lilesa, ETH	2:09:12	15,000 + 4000i
2. Aleksey Sokolov, RUS	2:10:38	10,000 + 3000i
3. Noah Serem, KEN	2:11:14	7500 + 2000i

WOMEN

1. Kateryna Stetsenko, UKR	2:32:45	15,000
2. Helalia Johannes, NAM	2:33:26	10,000
3. Tiki Gelana, ETH	2:33:49	7500

Commerzbank Frankfurt Marathon (28th)

Frankfurt, GER, 25 October

(Distance: 42.195 km; certified course)

MEN (gun times)

1. Gilbert Kirwa, KEN	2:06:14 PB/CR	€ 15,000 + 75,000i + 5,000*
2. Robert Kiprono Cheruiyot, KEN	2:06:23 PB	10,000 + 20,000i
3. William Kiplagat, KEN	2:07:05	7,500 + 10,000i
4. Elias Kemboi Chelimo, KEN	2:08:15 PB	5,000 + 5,000i
5. Alemayehu Shumye Tafere, ETH	2:08:46 PB	3,500
6. Sammy Kurgat, KEN	2:09:34	2,500
7. Benjamin Kiptoo Koulum, KEN	2:10:07	2,000
8. Laban Kipkemboi, KEN	2:10:40	1,500
9. Siraj Amda Bene, ETH	2:10:41	1,000
10. Günther Weidlinger, AUT	2:10:47 NR	500

i) Earned time incentive bonus

*) Course record bonus

WOMEN (gun times)

1. Agnes Kiprop, KEN	2:26:57	€ 15,000
2. Hellen Kimutai, KEN	2:27:50	10,000
3. Karolina Jarzynska, POL	2:29:10	7,500
4. Firehiwot Dado, ETH	2:29:20	4,000
5. Rasa Drazdauskaite, LTU	2:30:29	2,500
6. Georgina Rono, KEN	2:31:49	1,500
7. Atsede Baysa Tesema, ETH	2:32:05	1,000
8. Rose Cheruiyot, KEN	2:32:05	500
9. Irine Limika, KEN	2:33:07	
10. Luminita Zaituc (40+), GER	2:35:06	

Bupa Great South Run 10 Miles

Southsea to Portsmouth, GBR, 25 October

(Distance: 10 miles; point-to-point course)

ELITE MEN (gun times)

1. Mo Farah, GBR	46:25 DB
2. Stephen Mokoka, RSA	46:25 DB
3. Luke Kibet, KEN	47:16
4. Scott Overall, GBR	48:00 DB
5. Moumin Geele, SOM	48:00

ELITE WOMEN (gun times)

1. Inês Monteiro, POR	52:32 NR*
[16:05-32:04-48:40]	
2. Ana Dulce Félix, POR	53:58 DB
[16:13-32:32-49:57]	
3. Benita Willis, AUS	54:41 PB
[16:40-33:51-50:59]	
4. René Kalmer, RSA	55:11 DB
5. Catherine Ndereba, KEN	55:28
... 13. Tanith Maxwell, RSA	58:58

Standard Chartered Nairobi Marathon (7th) & Half Marathon

Nairobi, KEN, 25 October

(Distances: 42.195 km, loop course; and 21.1 km)

Marathon (gun times):**MEN**

- | | |
|----------------------------|----------------|
| 1. Moses Kigen | 2:10:12 PB/ACR |
| 2. Nathan Naibei | 2:11:16 |
| 3. Peter Kiplagat Sitienei | 2:11:32 |
| 4. Simon Mukum | 2:11:39 |
| 5. Meshack Kosgei | 2:11:45 |

WOMEN

- | | |
|------------------------------|----------------|
| 1. Irene Jerotich Kosgei | 2:28:57 PB/ACR |
| 2. Alice Cheplangat Nyerechi | 2:30:38 |
| 3. Sharon Jemutai Cherop | 2:33:53 |
| 4. Irene Mogaka Kemunto | 2:35:51 |
| 5. Rebby Cherono Koech | 2:38:23 |

Half marathon (gun times):**MEN**

- | | |
|-----------------------------|---------|
| 1. Ernest Kiprugut Kebenei | 1:01:54 |
| 2. Barnabas Kiplagat Kosgei | 1:02:12 |
| 3. Geoffrey Kanyanjua Ngugi | 1:02:18 |
| 4. Erick Kipkoech Rotich | 1:02:24 |
| 5. Ruto Rutoh Kipkoech | 1:02:34 |
| 6. Vestus Chemor | 1:02:48 |
| 7. Philip Kipkurgat Yiego | 1:02:58 |
| 8. Kenneth Kiprop Kipkemoi | 1:02:59 |
| 9. Hillary Kiprono Bii | 1:03:11 |
| 10. Benjamin Kiprono Tarus | 1:03:11 |

WOMEN

- | | |
|-------------------------------|---------|
| 1. Magdaline Jepkorir Chemjor | 1:12:18 |
| 2. Consalater Yadaa | 1:12:47 |
| 3. Pamela Chepkoech Bundotich | 1:12:50 |
| 4. Risper Kimaiyo Jemeli | 1:14:10 |
| 5. Fridah Lodepa Jepkite | 1:16:38 |
| 6. Faith Chemutai | 1:17:11 |
| 7. Kyalo Jackson Nyamasyo | 1:18:21 |
| 8. Emily Chemutai Ngetich | 1:18:23 |
| 9. Dorcas Jeptooo Talam | 1:18:35 |
| 10. Joan Martha Cherop | 1:18:56 |

CROSS-COUNTRY**CIAA Conference Championships**

Cary, USA, 22 October

MEN (8 km) - 1. Johnny Shuping, St. Aug (RSA), 24:59.3; 2. Geoffrey Langat, VA Union (KEN), 25:37.9.

TRACK**Chinese National Games (11th)**

Jinan, CHN, 21-26 October

MEN**5000 (26):**

1. Lin Xiangqian 13:38.77 PB
2. Tian Mengxu 13:39.53 PB
3. Jiang Bing 13:39.61 PB
4. Li Zicheng 13:40.88 NJR [1990]
5. Sun Wenyong 13:42.39 PB
6. Dong Guojian 13:43.47 PB
7. Ma Jifu 13:43.64 PB
8. Yu Zhiyang 13:48.41 SB
9. Yang Dinghong 13:50.43 SB
10. Yan Jun 13:52.62 PB

10000 (21):

1. Tian Mengxu 28:15.06 PB
2. Dong Guojian 28:17.60 PB
3. Yang Dinghong 28:19.08 PB
4. Lu Hanxiong 28:21.66 PB
5. Li Zicheng 28:22.87 PB [1990]
6. Li Fei 28:26.78 PB
7. Ren Longyun 28:31.86 SB
8. Zhang Zhongji 28:57.54 SB
9. Gao Laiyuan 29:30.81 SB
10. Cheng Tao 29:36.80 SB

3000 s/chase (21):

1. Sun Wenli 8:25.11 PB
2. Lin Xiangqian 8:27.14 PB
3. Yang Tao 8:38.89 PB
4. Yang Xiang 8:44.01 PB
5. Sun Wenyong 8:45.10 SB

WOMEN**5000 (21):**

1. Xue Fei 15:11.72 SB
2. Zhang Xin 15:13.30 PB
3. Zhu Yingying 15:16.57 PB
4. Jia Chaofeng 15:27.07 PB
5. Zhu Yanmei 15:29.62 PB
6. Hao Xiaofan 15:29.68 PB
7. Chang Jinxue 15:29.76 PB
8. Jin Yuan 15:33.41 PB
9. Su Qian 15:45.87 PB
10. Dong Xiaoqin 15:47.56 SB
11. Fang Xiaoyu 15:49.92 PB
12. Chen Huirong 15:50.44 SB
13. Chen Xiaofang 15:51.68 SB
14. Zhao Min 15:52.28 PB [1991]
15. Lu Minhong 15:52.40 PB
16. Fu Pei 15:53.67 PB
17. Jin Lingling 16:03.44 SB
18. Jiang Yuanyuan 16:04.34 SB

19. Sun Wenqin 16:10.76 SB
 20. Zheng Xiaolin 16:21.77 SB

10000 (26):

1. Bai Xue 31:17.62 PB
 2. Zhu Yingying 31:44.28 PB
 3. Jia Chaofeng 31:45.67 PB
 4. Zhou Chunxiu 31:59.93 SB
 5. Sun Weiwei 32:21.30 PB
 6. Zhu Xiaolin 32:36.25 SB
 7. Zhu Yanmei 32:41.37 PB
 8. Chang Jinxue 32:41.52 PB
 9. Chen Huirong 32:44.38 SB
 10. Dong Xiaoqin 33:09.02 SB

NEWS

BERLIN 10000 – NINE TIMES INELIGIBLE

In the women's 10000-metre final at the IAAF World Championships in Berlin, nine runners starting in the outside stagger did not cover the entire race distance; therefore, the IAAF has decided that while their times and placings will remain the same, their performances will not be eligible for statistical purposes, including personal bests or season's bests. The affected runners and performances are:

Start Position	Athlete	Finish	Time
14	Florence Jebet Kiplagat, KEN	12	31:30.85
15	Linet Chepkwemoi Masai, KEN	1	30:51.24
16	Yingying Zhang, CHN	18	32:33.63
17	Yukari Sahaku, JPN	20	33:41.17
18	Wude Ayalew, ETH	3	30:51.95
19	Ana Dulce Félix, POR	10	31:25.67
20	Yurika Nakamura, JPN	7	31:14.39
21	Grace Kwamboka Momanyi, KEN	4	30:52.25
22	Kseniya Agafonova, RUS	15	31:43.14

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2009 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.

2009 15 KM: TOP TEN MEN

44:27	Lusapho April	1	Port Elizabeth	07 Mar
45:28	Joseph McKenzie	1	Eerste River	27 Jun
45:57	Thandulunthu Magqaza	2	Eerste River	27 Jun
46:03	Nkosinathi Madyo	2	Port Elizabeth	31 Jan
46:04	Dicardo Jacobs	1	Eerste River	27 Jun
46:04	Rodney Prins	1	Port Elizabeth	03 Oct
46:07	Lucky Miya	1	Germiston	19 Apr
46:13	Tom Lusaseni	1	Constantia	07 Mar
46:14	Zolani Ngqaza	1	Port Elizabeth	07 Mar
46:14	Pieter Koopman	2	Mamre	20 Jun
46:14	Odwa Tunyiswa	1	Pretoria	13 Jun

THIS MONTH IN HISTORY

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

11 years ago: 11 October 1998

Three weeks after Ronaldo da Costa (BRA) had set a new world marathon record of 2:06:05 in Berlin, Kenyan Ondoro Osoro won the Chicago Marathon in 2:06:54 – the third fastest time in history. Khalid Khannouchi (MAR) was second in 2:07:19 and South African Gert Thys third in 2:07:45. In the women's race two South Africans finished second and third – Colleen de Reuck in 2:27:04 and Elana Meyer in 2:27:20. The next year Khannouchi would break the world record with 2:05:42 in Chicago, while Thys would set a South African record of 2:06:33 in Tokyo (which still stands).

SOUTH AFRICAN ROAD LIST LEADERS FOR 2009

This section lists 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 SA 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 grey background. World records are shown in green. – Ed.

MEN

Seniors

10 km	28:21	Stephen Mokoka	Stellenbosch	29 Aug
	27:01	Micah Kogo (KEN)		
15 km	27:01	Micah Kogo (KEN) 2009		07 Mar
	44:27	Lusapho April	Port Elizabeth	
21.1 km	43:26	Ryan Hall (USA)		04 Jul
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
25 km	61:26	Stephen Mokoka	Port Elizabeth	09 May
	58:52	Patrick Makau (KEN)		
30 km	58:33	Samuel Wanjiru (KEN) 2007		22 Mar
	79:32	Shadrack Hoff	Pretoria	
Marathon	73:24	Matthew Kipchirchir (KEN)		26 Apr
	72:45	Paul Kosgei (KEN) 2004		
100 km	1:42:54	Sipho Phala	Parow	19 Sep
	1:29:55	Yu Mitsuya (JPN)		
	88:00	Takayuki Matsumiya (JPN) 2005		
	2:07:44	Hendrick Ramaala	London	
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
	8:30:01a	Welcome Loliwe	Port Elizabeth	
	6:47:59	Vsevolod Khudyakov (RUS)		
	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

10 km	30:18	Mluleki Nobanda	Durban	08 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	48:19	Desmond Zibi	Port Elizabeth	17 Jan
	44:14	Pierre Levisse (FRA) 1992		

21.1 km	64:48	Mluleki Nobanda	Port Elizabeth	04 Jul
	68:44a	Maboyisana Mazwayi	Jeffreys Bay	28 Mar
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:36	Johannes Maluleka	Pretoria	09 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:25	Lindile Tokota	Sedgefield	21 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:27:32	Reginald Ngobese	Durban	08 Feb
	2:24:25a	Lindile Tokota	Oudtshoorn	28 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	8:30:01a	Welcome Loliwe	Port Elizabeth	19 Sep
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:50	Thulani Sibisi	Durban	08 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:07	Goodman Mpukane	Mamre	20 Jun
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	73:28	Samuel Mogudi	Port Elizabeth	04 Jul
	66:42	Martin Rees (GBR) 2003		
25 km	90:56	Eloi de Oliveira	Durban	22 Mar
30 km	1:59:19	Gemjikile Tom	Parow	22 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
Marathon	2:36:53	Eloi de Oliveira	Durban	08 Feb
100 km	10:58:14a	Mkhululi Kala	Port Elizabeth	19 Sep

Grandmasters (60+)

10 km	37:53	Albertus Bock	Stellenbosch	29 Aug
15 km	58:51	Albertus Bock	Constantia	07 Mar
21.1 km	81:53	Tamsanqa Jusayi	Port Elizabeth	04 Jul
25 km	1:47:48a	Tamsanqa Jusayi	Somerset East	14 Mar
30 km	2:09:10	Albertus Bock	Parow	22 Mar
Marathon	3:02:17	Paulus Masilela	Durban	08 Feb
100 km	13:17:53a	Herman Dekker	Port Elizabeth	19 Sep

Juniors

10 km	29:44	Shaun Zuzani	Durban	08 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:56	Xola Bongoza	Port Elizabeth	02 Oct
	42:25	Moses Mosop (KEN) 2004		
21.1 km	67:38	Sithyilo Diko	Port Elizabeth	04 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENSeniors

10 km	32:39	René Kalmer	Stellenbosch	29 Aug
	31:12	Vivian Cheruiyot (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:09	Mia Pienaar	Eerste River	27 Jun
	48:13	Ines Chenonge (KEN)		
	46:55	Kayoko Fukushi (JPN) 2006		
21.1 km	70:37a	René Kalmer	Birmingham	11 Oct
	67:18	Dire Tune (ETH)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:48:56	Davera Magson	Port Elizabeth	21 Mar
	82:31	Peninah Arusei (KEN)		
	82:13	Mizuki Noguchi (JPN) 2005		

30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:47:01	Tomoe Yokoyama (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:41:48	Tanith Maxwell	Berlin	23 Aug
	2:22:11	Irina Mikiitenko (GER)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	11:07:22a	Buyelwa Kobokana	Port Elizabeth	19 Sep
	7:50:00	Irina Vishnevskaya (RUS)		
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	36:52	Michelle Bartman	Port Elizabeth	02 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:58	Michelle Bartman	Constantia	07 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:11	Maya Lawrie	Port Elizabeth	04 Jul
	70:32	Helena Javornik (SLO) 2007		
25 km	1:42:34	Sandra Steenkamp	Pretoria	09 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:58:10	Sarah Mahlangu	Durban	08 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	11:07:22a	Buyelwa Kobokana	Port Elizabeth	19 Sep
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	40:21	Olga Howard	Pinelands	02 Aug
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	63:17	Olga Howard	Mamre	20 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:41	Olga Howard	Port Elizabeth	04 Jul
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:58:00	Rae Bisschoff	Pretoria	09 May
30 km	2:18:56	Annatjie Botes	Sedgefield	21 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
Marathon	3:16:08	Annatjie Botes	Cape Town	27 Sep
100 km				

Grandmasters (60+)

10 km	41:20	Sonja Laxton	Bellville	05 Apr
15 km	68:05	Sonja Laxton	Germiston	20 Sep
21.1 km	1:33:51	Liz Ruickbie	Port Elizabeth	04 Jul
25 km	1:59:25	Regina Hughes	Pretoria	09 May
30 km	2:26:42	Veronica van Niekerk	Parow	22 Mar
Marathon	3:24:03	Elaine Greenblatt	Londen	26 Apr
100 km				

Juniors

10 km	35:45	Maxine Heine-Wacker	Port Elizabeth	02 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	59:33	Juan-Marie Cooper	Pretoria	13 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	79:31	Lusanda Bomvana	Port Elizabeth	04 Jul
	1:09:05	Delilah Asiago (KEN) 1991		

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