

Distance Running Results

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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EDITORIAL

Highlight of the weekend was the new world record for 15 km by Ethiopian star Tirunesh Dibaba, who ran the longest race of her career in Nijmegen and clocked 46:28 to break the previous record of 46:55 by Kayoko Fukushi in 2006. Dibaba's 5 km splits were 15:58, 15:25 and 15:05 (each one faster than the previous one). Her husband, Sileshi Sihine, won the mens race in 42:14, with South Africa's Sibusiso Nzima sixth in a list leader of 44:15.

Magdalena Visser, who lives in the USA, also finished sixth in the Big Sur Half Marathon in 80:13 – just 2 seconds slower than the list leader for veterans.

As is noted in the results, Bulelwa Mtshagi ran both the Easterns 10 km (which she won) and the Landmarks Half Marathon (finishing second) on consecutive days. What is even more worrying, though, is the fact that at least two juniors, Sibusiso Thu and Luxolo Mdzanga, also ran both races. (Among the runners in the older age categories who participated in both races were master Nancy Will and grandmasters Pixie Sparg and Marietha Herbert.)

Despite my best efforts to correct wrong gender indications in the results of the Dwars River Valley races (in last week's DRR), a few still slipped through. Nelis Swart and Reggie Crowster, both males, were listed in the female results of the half marathon and 10 km respectively. My apologies for this oversight.

Ursula Frans is indicated as running for Toyota in the City to City 50 km, but as far as DRR could ascertain, she is still a member of Adidas.

Readers may have picked up that the female winner of the Marathon des Alpes Maritimes Nice-Cannes in last week's issue, Merima Mohammed (ETH), was only 17 years old. This has now been confirmed. She ran 2:33:56 in her debut; the world best for a 17-year-old is the 2:23:37 run by Min Liu (CHN) in 2001.

Former world record holder Tegla Loroupe was 2352nd in the ING New York Marathon in 3:54:09.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Landmarks Half Marathon, Rondebosch
- * Stella 15 km Tribute Race, Durban
- * Edendale 10 km, Pietermaritzburg
- * Easterns 10 km, Kraaifontein

- * Willows Challenge 10 km, Port Elizabeth
- * Spar Marathon & Half Marathon, Bela-Bela
- * Sportsmans Warehouse 10 km , Roodepoort
- * Kaapsehoop Marathon, Kaapsehoop to Nelspruit
- * Track: Collison Cup Meeting, Parow

International highlights:

- * Fortis Zevenheuvelenloop, Nijmegen, NED
- * Yokohama Women's Marathon, Yokohama, JPN
- * Big Sur Half Marathon, Monterey, USA

ROAD RUNNING

Landmarks Half Marathon (8th)

Rondebosch, 15 November

(Distance: 21.0975 km; certified, hilly loop course)

Note: This was Bulelwa Mtshagi's second race in two days; she had also won the Easterns 10 km the day before (see results in this issue).

MEN

1. Zolani Ntongana (MP) 67:02 (R800); 2. Sibusiso Mbingeleli (MP) 67:04 (R500); 3. Anthony Godongwana (Celtic) 67:58 (R250); 4. Targai Rukadza (ZIM/Gugs) 70:51; 5. Sibusiso Thu (MP EP) 72:47 (1st jun); 6. Luxolo Mdzanga (Gugs) 73:05; 7. Nande Qamgwana (Khay) 73:36; 8. Denis Obiero (KEN/Celtic) 73:37; 9. Asanda Mkiti (MP) 74:00; 10. Luvuyo ? (TM) 74:06; 11. Zolani Sawazi (Gugs) 74:23; 12. Johnny Persents (Adid) 74:54 (1st vet); 13. Luvuyo Thwala (Khay) 75:47; 14. Thobekile Mbulawa (Khay) 76:38; 15. Vladimir Kotov (BLR/Cent) 76:42 (1st mast); 16. Robert Roro (Celtic) 77:52; 17. Byron February (Well) 78:37; 18. Vizicelo ? (Hout) 78:47; 19. Wonke Nzama (Adid) 79:14; 20. Jimmy Drury (MP) 79:22; 21. Clifford Drury (MP) 79:23; 22. Charles Witbooi (VOB) 79:52; 23. Dion Middelkoop (VOB) 79:55; 24. Thabiso Sakayi (AAC) 80:15; 25. B. Mdlalose (Def) 80:46; 26. Michael Bekapi (VOB) 81:16; 27. Marco de Freitas (Celtic) 82:15; 28. A.N. Other; 29. Mawbongwe Nodada (Khay) 83:03; 30. Simphiwe Gceba (Gugs) 83:13.

Veterans: 1. Johnny Persents (Adid) 74:54 (R400); 2. Jimmy Drury (MP) 1:19:22 (R300); 3. Clifford Drury (MP) 1:19:23 (R200). **Masters:** 1. Vladimir Kotov (BLR/Cent) 76:42 (R350); 2. Malcolm Harrington (SS) 91:33 (R250); 3. Richard Johnson (OM) 92:30 (R150). **G'masters:** 1. Albertus Bock (Adid) 90:20 (R300); 2. Jimmy Morris (For) 91:54 (R200); 3. Fred Moore (Ind) 1:40:38 (R150). **Juniors:** 1. Sibusiso Thu (MP EP) 72:47 (R300); 2. Luxolo Mdzanga (Gugs) 73:05 (R250); 3. Nande Qamgwana (Khay) 73:37 (R200).

WOMEN (Same prize money as men)

1. Thozama April (Celtic) 81:37; 2. Bulelwa Mtshagi (Celtic) 84:50; 3. Bussiwe Matiwane (Celtic) 87:22; 4. Farwa Mentoor (Bonitas) 88:25; 5. Danette Smith (Mat) 90:18; 6. Sheryl de Lange (Adid) 93:17 (1st vet); 7. Olga Howard (Celtic) 93:52 (1st mast); 8. E. Branagan (GBR) 94:44; 9. Sue Dickson (VOB) 96:28; 10. Bev Charters (VOB) 99:02; 11. Candyce Hall (Hout) 99:05; 12. Chantel Simpson (Pine) 1:40:15; 13. Kathleen McQuaide (Celtic) 1:40:23; 14. Theresa Brand (NBMC) 1:40:50; 15. Nancy Will (Pine) 1:41:09; 16. Tanya Kapp (VOB) 1:41:38; 17. Sebonzile Shabalala (AAC) 1:41:46; 18. Jayde Gowar-Jackson (For) 1:42:08; 19. Jossie Kew (Ind) 1:42:23; 20. Renée Scott (Adid) 1:42:47.

Veterans: 1. Sheryl de Lange (Adid) 93:17; 2. Sue Dickson (VOB) 96:28; 3. Chantel Simpson (Pine) 1:40:15. **Masters:** 1. Olga Howard (Celtic) 93:52; 2. Bev Charters (VOB) 99:02; 3. Nancy Will (Pine) 1:41:09. **G'masters:** 1. Pixie Sparg (Celtic) 1:53:32; 2. Marietha Herbert (Bell) 2:02:56; 3. Yvonne Blomkamp (VOB) 2:08:23. **Juniors:** 1. Lee-

Ann Slack (VOB) 1:52:38; 2. Amy Gillmore (VOB) 1:53:40; 3. Benine Havenga (Tyg) 2:22:49.

Stella 15 km Tribute Race

Durban, 15 November
(Loop course. Finishers: 972.)

MEN

1.	Njabulo Phemuv	Nedbank AC	49:40 (1 st jun)
2.	Samuel Mwambula	Stella AC	50:18
3.	Clement Nkosi	Mr Price AC	50:51

40-49:

1.	Peter Sehloho	Boxer AC	52:38
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50-59:

1.	Jan Koeglenberg	Mr Price AC	59:16
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60+:

1.	Mbekeseni Mchunu	Savages	67:29
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Juniors:

1.	Njabulo Phemuv	Nedbank AC	49:40
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WOMEN

1.	Makhosi Mhlono	Savages AC	59:09
2.	Cary Ann Smith	Boxer AC	59:17
3.	Maya Lawrie	Boxer AC	61:38 (1 st vet)

40-49:

1.	Maya Lawrie	Boxer AC	61:38
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50-59:

1.	Blanche Moila	Savages	70:24
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60+:

1.	Gill Tregenna	West AC	82:48
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Edendale 10 km

Pietermaritzburg, 15 November
(Loop course)

MEN

1.	Wesley Ruto	KEN/Nedbank AC	31:18
2.	Thubalethu Phaku	DET	31:21
3.	Thabo Molefe	Mr Price AC	31:31

40-49:

1.	Enoch Ngubane	Mr Price AC	38:43
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50-59:

1.	Joseph Dumakude	Verulam AC	40:18
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60+:

1.	Petrus Shimi	Zabalaza AC	45:31
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Juniors:

1.	Ramolifi Motsini	Ind	32:05
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WOMEN

1.	Tanith Maxwell	Boxer AC	38:20
2.	Alison Manake	Formula One AC	40:49
3.	Thobile Ziqubu	Mr Price AC	41:28

40-49:

1. Lauren de Scaway Howick AC 47:11

50-59:

1. Sandra Fismer Hilton Harriers 47:47

Juniors:

1. Alison Manake Formula One AC 40:49

Easterns 10 km

Kraaifontein, 14 November

(Certified loop course. Finishers: 560.)

MEN

1. Patrick Magadla (VOB) 30:25 (R300); 2. Dicardo Jacobs (Mat) 30:30 (R200); 3. Pieter Koopman (Mat) 30:37 (R150); 4. Unathi Phezolo (AAC) 30:46 (1st jun); 5. Duane Fortuin (Celtic) 30:55; 6. Piet Jacobs (Ned Bol) 31:10; 7. Luxolo Mdzanga (Gugs) 31:19; 8. Tebello Poni (VOB) 31:23; 9. Sibusiso Thu (MP EP) 31:26; 10. Gcobani Mndi (VOB) 32:20; 11. Akhona Makila (VOB) 32:41; 12. Bongile Tshewula (East) 32:50; 13. Morné Kammies (Met) 32:55; 14. Mervin Steenkamp (Adid) 32:55; 15. Sakhumzi Taho (Ned) 33:01; 16. Babalo Landela (Adid) 33:03; 17. Shaun Abrahams (Adid) 33:21; 18. Danzil Paulse (B'fell) 33:26; 19. Stanley Malange (Gugs) 34:03; 20. Johannes April (Mat) 34:19; 21. Thandile Josephu (Gugs) 34:50; 22. Luthando Diba (Celtic) 34:54; 23. Duran ? (NBMC) 34:54; 24. Arnold Nardy (Edge) 35:04; 25. Chris Mitchell (Celtic) 35:07 (1st vet); 26. André Afrika (Eerste) 35:08; 27. Lionel Cronjé (Met) 36:42; 28. Isaac Oliphant (Def) 36:12; 29. Gregory Jacobs (Edge) 36:18 (1st mast); 30. Bethuel Lephawo (Strand) 36:25.

Veterans: 1. Chris Mitchell (Celtic) 35:07 (R120); 2. Isaac Oliphant (Def) 36:12 (R75); 3. Andries Swanepoel (B'fell) 36:35 (R60). **Masters:** 1. Gregory Jacobs (Edge) 36:18 (R120); 2. Eise Geerts (Bell) 39:21 (R75); 3. Garry Wilford (Durb) 39:50 (R60). **G'masters:** 1. Willie van Wyk (B'fell) 43:20 (R100); 2. Peter Donald (WC) 45:00 (R75); 3. Carl Hendricks (Ned) 45:52 (R60). **Juniors:** 1. Unathi Phezolo (AAC) 30:46 (R75); 2. Luxolo Mdzanga (Gugs) 31:19 (R60); 3. Sibusiso Thu (MP EP) 31:26 (R45).

WOMEN (Same prize money as men)

1. Bulelwa Mtshagi (Celtic) 38:02; 2. Zintle Xiniwe (MP) 38:06; 3. Nomvuyisi Seti (MP) 38:33; 4. Mari Rabie (Mat) 38:42; 5. Natasha Oosthuizen (Adid) 39:13; 6. Mariëtte Esterhuyse (Tyg) 40:24 (1st vet); 7. Tania Fourie (Durb) 40:45; 8. Sandra van Graan (Edge) 40:47; 9. Patricia Adams (Met) 40:56; 10. Andrea Pretoriusn (NBMC) 41:38; 11. Colleen de Oliveira (NBMC) 41:55; 12. Tanya Kapp (VOB) 42:15; 13. Nancy Will (Pine) 43:26 (1st mast); 14. Ronel Steenkamp (Durb) 43:57; 15. Elizabeth de Gouveia (Durb) 44:24; 16. Charmaine Cupido (Ned) 44:39; 17. Glenda Werth (Ned) 44:51; 18. Melany Porter (Pine) 45:22; 19. Reghana Beukes (Eerste) 45:27 (1st jun); 20. Lorraine Rogers (Durb) 45:27.

Veterans: 1. Mariëtte Esterhuyse (Tyg) 40:24; 2. Sandra van Graan (Edge) 40:47; 3. Tanya Kapp (VOB) 42:15. **Masters:** 1. Nancy Will (Pine) 43:26; 2. Charmaine Cupido (Ned) 44:39; 3. Lorraine Rogers (Durb) 45:27. **G'masters:** 1. Marietha Herbert (Bell) 48:39; 2. Pixie Sparg (Celtic) 51:43; 3. Rita van Wyk (B'fell) 58:46. **Juniors:** 19. Reghana Beukes (Eerste) 45:27; 2. Courtney Groener (Bell) 55:00; 3. Shaundrey-Lee Farmer (Eerste) 58:03.

Willows Challenge 10 km

Port Elizabeth, 14 November

Note: This is a largely off-road race. – Ed.**MEN**

1	George	Ntshiliza	Mr Price PE	30	33:28
2	Ivan	Ambraal	Malabar	20	33:34
3	Juwayne	Fletcher (1 st jun)	Mr Price PE	18	36:14
4	Alfred	Pakkies (1 st vet)	Legacy AC	41	40:34
5	Jabulani	Dube	Nedbank RC	39	41:05
6	Charles	Booyesen	Body Concept	25	41:59
7	Philbert	Tyombo	PEAAC	46	42:06
8	John	Stevens	Bluewater Bay	45	42:07
9	Gerrie	Hermann (1 st mast)	Jeffreys Bay	53	42:30
10	Rico	Clotz	Raleigh AC	44	42:44
11	William	Wilson	NMMU AC	32	43:55
12	Wellington	Tshingane	SANDF EP	39	44:34
13	Deon	Claassen	Elite AC	34	44:41
14	Johan	Britz	Temp	29	44:59
15	Andre	Willemse	Elite AC	51	45:21
16	Jan	van Eeden	Nedbank RC	51	45:25
17	Renier	van Vuuren	PEAAC	52	45:47
18	Mbuyiseli	Stenge	Nedbank RC	31	45:51
19	Samora	Mzalazala	Temp	26	46:01
20	Johannes	Stevens	Bluewater Bay	16	46:13

40-44:

1	Alfred	Pakkies	Legacy AC	41	40:34
2	Rico	Clotz	Raleigh AC	44	42:44
3	Ziyaad	Dolley	Malabar	41	46:27

45-49:

1	Philbert	Tyombo	PEAAC	46	42:06
2	John	Stevens	Bluewater Bay	45	42:07
3	De Wet	Williams	Temp	47	47:48

50-54:

1	Gerrie	Hermann	Jeffreys Bay	53	42:30
2	Andre	Willemse	Elite AC	51	45:21
3	Jan	van Eeden	Nedbank RC	51	45:25

55-59:

1	Andre	Oelofse	Temp	55	51:19
2	Henry	Thorne	Willard Batt	56	51:44
3	Pyott	Cakwebe	Temp	57	53:02

60-64:

1	Les	Brightman	Raleigh AC	61	46:45
2	Piet	Meyer	St Albans CSEP	60	50:41
3	William	Grobler	Elite AC	61	1:00:48

65-69:

1	Jan	Trosee	Despatch AC	68	1:09:13
2	Gerald	Scheepers	PEAAC	67	1:21:56

70+:

1	Alf	Zehmke	PEAAC	70	1:21:57
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Juniors:

1	Juwayne	Fletcher	Mr Price PE	18	36:14
2	Johannes	Stevens	Bluewater Bay	16	46:13
3	Ntando	Poro	Charlo RR	19	46:36

WOMEN

1	Treloar	Childs (1 st vet)	Spar Walmer AC	46	46:30
2	Hanlie	van der Westhuizen (1 st mast)	Despatch AC	53	49:15
3	Janette	Schierz-Crusius	Body Concept	49	50:23
4	Hermie	Fisher	Madiba Bay	42	50:52
5	Julie	Taunton	Crusaders AC	49	51:37
6	Pamela	Swanepoel	Body Concept	27	53:25
7	Doris	Liberty	Elite AC	49	56:11
8	Cathy	Allers	Despatch AC	47	57:25
9	Ashley	Parcells (1 st jun)	NMMU AC	19	57:29
10	Shannon	Gerber	Temp	15	57:35
11	Anita	George	Temp	39	57:36
12	Odessa	Perelson	Temp	24	58:02
13	Yolande	van Niekerk	Temp	35	58:44
14	Ronel	Scheepers	PEAAC	34	58:45
15	Sue-Ellen	Ingram	Raleigh AC	29	59:04
16	Leta	dos Santos	Spar Walmer AC	45	59:07
17	Petra	Pienaar	Spar Walmer AC	45	59:37
18	Antoinette	Coertze	Despatch AC	45	59:47
19	Danielle	Smart	Temp	26	59:50
20	Allison	Brussow	Temp	35	1:00:10

40-44:

1	Hermie	Fisher	Madiba Bay	42	50:52
2	Barbara	Meylahn	Temp	44	1:04:10
3	Sanet	van Niekerk	Muirite Strider	40	1:05:41

45-49:

1	Treloar	Childs	Spar Walmer AC	46	46:30
2	Janette	Schierz-Crusius	Body Concept	49	50:23
3	Julie	Taunton	Crusaders AC	49	51:37

50-54:

1	Hanlie	van der Westhuizen	Despatch AC	53	49:15
2	Christine	Snyman	Vwac	53	1:03:12
3	Estelle	Burger	Nedbank RC	52	1:07:32

55-59:

1	Maria	Oppel	Crusaders AC	59	1:01:38
2	Marcelle	Harran	Body Concept	55	1:03:43
3	Glenys	Joubert	Raleigh AC	58	1:07:31

60-64:

1	Pat	Scheepers	PEAAC	61	1:14:13
2	Debbie	Oelofse	Legacy AC	63	1:16:39

65-69:

1	Isabella	Childs	Spar Walmer AC	68	1:15:45
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70+:

1	Dorothy	Hart	PEAAC	71	1:07:34
2	Aletta	Fourie	Raleigh AC	71	1:26:22
3	Lorna	Brown	PEAAC	70	1:30:29

Juniors:

1	Ashley	Parcells	NMMU AC	19	57:29
2	Shannon	Gerber	Temp	15	57:35

Spar Marathon & Half Marathon

Bela-Bela (Warmbaths), 14 November

(Distances: 42.195 km & 21.0975 km; loop courses)

Marathon

MEN

1 Willie Sithole (Vyebo Striders) 2:36:20; 2 Nare Makgakga (Corr Serv) 2:43:45; 3 Erick Ledwaba (Polokwane) 2:47:36 (1st vet).

Veterans: 1 Erick Ledwaba (Polokwane) 2:47:36; 2 Pienas Magashule (Polokwane) 2:51:16; 3 Lushada Mashavhathanga (Tuks) 3:33:17. **Masters:** 1 Billy van der Berg (RRW) 3:26:01; 2 Rufan Palm (AS Eagles) 3:44:05; 3 Charles Pheeha (Eskom) 3:47:53.

G'masters: 1 Johannes Mosehla (Polokwane) 3:36:59; 2 Freddy Kola (Moretele) 3:57:51; 3 Hans-Peter Stebler (RAC) 4:18:17.

WOMEN

1 Jacqui Young (Fourways) 3:34:59; 2 Antoinette Looock (Agape) 3:54:28 (1st vet); 3 Jeanette Chalmers (Midas) 3:57:46.

Veterans: 1 Antoinette Looock (Agape) 3:54:28; 2 Sarie Coetzee (Potties) 4:23:36; 3 Marisa Oosthuizen (IRC) 4:26:31. **Masters:** 1 Petro de Lange (ACR) 4:41:32; 2 Rosa Sekele (RWFL) 4:45:48; 3 Marie Venter (Polokwane) 4:50:40.

Half marathon

MEN

1 Desmond Mogobo (Temp) 74:22; 2 Victor Mugwara (HMK) 3 Given Monese (RWFL) 78:00.

Veterans: 1 Israel Modibana (Eskom) 87:18; 2 Jerome Gcaba (GS) 89:33. **Masters:** 1 Phuti Mabotha (Eskom) 1:45:55 2 Dewald van der Heever (AS Eagles) 1:47:19.

G'masters: 1 Paul Looock (Agape) 1:56:12; 2 Deon Marais (Phobians) 2:01:53. **Juniors:** 1 Given Monese (RWFL) 78:00; 2 Nicholas Mohaze (RWFL) 1:40:07.

WOMEN

1 Sanet Loubser (Running Inn) 1:47:39; 2 Linda Potgieter (Phobians) 1:49:40; 3 Claire Anderson (Temp) 1:52:43.

Veterans: 1 Louise Goosen (Kempton) 1:53:31; 2 Letmarie Dreeckmeyer (AS Eagles) 1:59:14. **Masters:** 1 Linda Potgieter (Phobians) 1:49:40; 2 Rhoda Berry (RAC) 2:09:32.

G'masters: 1 Filicity Robberts (Polokwane) 2:39:02; 2 Amanda Econom (VS) 2:47:48.

Sportsmans Warehouse 10 km

Roodepoort, 8 November

(Loop course)

MEN

1 Lucky Mohale (GS) 30:33; 2 Degene Asafa (ETH/ADT) 30:34; 3 Vincent Kutoane (Nedbank) 31:09.

Veterans: 1 Gethun Wordofa (ETH/ADT) 32:39; 2 Meshack Motla (Powerade) 35:59; 3 David Khosa (RH) 37:37. **Masters:** 1 Andre Jansen (GS) 38:13. **G'masters:** 1 Jack Tokwane (Sasol) 44:29. **Juniors:** 1 David Hlalele (ADT) 34:22.

WOMEN

1 Marelize Retief (Nedbank) 36:06; 2 Elizabeth Mtombeni (Matlakeng) 37:10; 3 Takalane Nthulane (Transnet) 39:24.

Veterans: 1 Connie van der Westhuizen (FH) 42:50; 2 Linda van der Gryp (Krugersdorp) 46:29; 3 Annetjie Strydom (Nedbank) 52:03. **Masters:** 1 Brenda Nooy (RAC) 50:48. **G'masters:** 1 Hildagonda Brewer (RWFL) 70:48. **Juniors:** 1 Bianca van Niekerk (Nedbank) 39:30.

Kaapsehoop Marathon

Kaapsehoop to Nelspruit, 7 November

(Distance: 42.195 km; point-to-point, severely downhill course. Finishers: 720.)

Note: DRR is still trying to obtain the results of the accompanying half marathon. – Ed.

MEN

1	Sipho	Ngomane	Mr Price	27	2:19:36
2	Nthuthuko	Maseko	Nedbank LVCC	27	2:19:57
3	Samuel	Makamu	Nelspruit MC	32	2:27:15
4	Welcome	Rasmeni	Fit2000	44	2:36:45
5	Sean	Henry	Anmar - Brs Striders	42	2:36:57
6	December	Mashaba	Nelspruit MC	39	2:39:56
7	Bright	Mabuza	Nedbank LVCC	32	2:42:04
8	John	Mahlangu	Nedbank	41	2:43:00
9	Elias	Makamu	Nelspruit MC	25	2:44:04
10	Patrick	Rambau	Sabie Shufflers	30	2:44:20

WOMEN

40	Anita	O'Brien	Alpha Centurion	31	3:08:33
52	Maretha	van Niekerk	Varsity Sports	25	3:13:37
66	Norma	Crampton	Nelspruit MC	48	3:19:40
78	Lizette	Muller	New Balance	40	3:25:14
83	Jo-Ann	Nicholl	Irene	34	3:26:09
88	Marynn	Meets	CSIR	37	3:28:03
90	Tracey	Housdon	Phobians	39	3:28:15
96	Anelle	Vorster	Irene	37	3:28:48
104	Hendrien	Dirkse van Schalkwyk	Tuks	33	3:32:24
112	Marieke	Baasch	Akasia	36	3:34:15

TRACK

Collison Cup Meeting (2nd)

Parow, 27 October

MEN

1000:	1	JP	Abrahams	Adidas	2:36.40
	2	Taariq	Solomons	Midas Spartans	2:37.69
	3	Thabang	Samson	WCSS	2:37.79
	4	Juliano	Abrahams	Adidas	2:40.83
	5	Marvin	Smith	WCSS	2:41.19
	6	Toby	Philander	Adidas	2:42.97
	7	Dian	Visser	Boland Landbou	2:46.71
	8	Justin	Heyman	Tygerberg	2:47.37
	9	Oscar	Lott	Tygerberg	2:48.77
	10	Roemark	Smith	WCSS	2:50.19

WOMEN

1000:	1	Luandi	du Toit	WCSS	3:11.03
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2	Gerda-Marie	Theron	Tyg-NLC	3:11.25
3	Leandra	du Bruyn	Tyg-NLC	3:13.36
4	Carmen	Peters	WCSS	3:19.09
5	Anthea	Siegelhaar	WCSS	3:21.71
6	Stephanie	Buys	Tyg-NLC	3:23.21
7	Tamara	Nel	WCSS	3:27.46
8	Sinead	Alberts	MHS	3:53.59
9	Diane	Swart	MHS	3:54.49
10	Taheirah	Rykliet	MP Titans	4:08.71

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

Fortis Zevenheuvelenloop (26th)

Nijmegen, NED, 15 November

(Distance: 15 km; flat certified course)

MEN (gun times)

1. Sileshi Sihine, ETH 42:14
2. Nicholas Kiprono, UGA 42:14 NR
3. Abraham Rotich, KEN 43:04 PB
4. Ayele Abshiro, 1990, ETH 43:10
5. Stephen Kiprotich, UGA 44:07
6. Sibusiso Nzima, **RSA** 44:15

WOMEN

1. Tirunesh Dibaba, ETH 46:28 WR
2. Bezunesh Bekele, ETH 47:48
3. Tetyana Holovchenko, UKR 50:33 PB
4. Ilse Pol, NED 51:14
5. Merel de Knegt, NED 51:54

Yokohama Women's Marathon (1st)

Yokohama, JPN, 15 November

(Distance: 42.195 km; three-lap course, flat)

(gun times)

1. Inga Abitova, RUS 2:27:18
2. Kiyoko Shimahara, JPN 2:28:51
3. Catherine Ndereba, KEN 2:29:13
4. Bruna Genovese, ITA 2:29:57
5. Miki Ohira, JPN 2:30:22
- ... 11. Constantina Dita, ROU 2:36:06

Big Sur Half Marathon (7th)

Monterey, USA, 15 November

(Distance: 21.1 km; out-and-back course)

MEN (gun times)

1. Stephen Muange, 28, Las Cruces, NM (KEN) 1:03:37 \$2000

WOMEN (gun times)

1. Mary Akor, 33, Lomita, CA 1:15:55 \$2000

2. Fiona Docherty, 34, Boulder, CO (NZL) 1:16:37 1000

3. Lauren Johnson, 30, Portland, OR 1:17:04 800

... 6. Magdalena Visser, 41, San Francisco, CA (RSA) 1:20:13 200 + 500m

m) Earned masters prize money

NEWS

CHUENE & CO SHOULD GO NOW, ATHLETES DEMAND

Further steps towards a new dispensation in South African athletics were taken this past weekend when the Board of Athletics Gauteng North, led by Chris Britz, was forced to resign, and a special general meeting of Mpumalanga Athletics decided to suspend its president, Ben Makola, with immediate effect.

A special athletes' meeting in Johannesburg demanded the immediate resignation of Leonard Chuene and his Board and demanded that the provinces convene a meeting at which a new Board for ASA could be elected. Concern was expressed about next year's track and field season, and whether there would be sponsors for the major meetings.

Among the athletes who have signed a petition asking for resignation of the ASA Board members are Geraldine Pillay, Hendrick Ramaala, Estie Witstock, Chris Harmse, Juan van Deventer, René Kalmer, and Tshamane Setone.

The six athletics provinces in opposition to Athletics South Africa (ASA) – Western Province, Eastern Province, Boland, Free State, Gauteng North and Mpumalanga – were joined by the SA Sports Association for Physically Disabled (SASAPD), which stated in a media release that it has "watched in dismay the events of the past few months which have resulted in the recent suspension of the President, the Board and 3 staff members of ASA by SASCOC.

"The President and NEC of SASAPD can no longer remain silent on this matter," the statement continued. "It views the recent conduct of the ASA President in lying to the country with the support of some members of the ASA Board, as conduct that has without doubt brought ASA of which SASAPD is an associate member, into disrepute."

"SASAPD therefore publicly supports the suspension by SASCOC of the ASA President and Board, pending the outcome of the SASCOC disciplinary enquiry."

Unofficially Central Gauteng also supports the movement against Chuene, and it is believed that Central Northwest will also join the group soon. The only major province still supporting Chuene is Kwazulu-Natal.

According to reports, three members of the ASA Board have now resigned: Lorraine Laine, Britz and the very unpopular Hendrik Mokganyetsi.

Last week four provinces threw down the gauntlet to the national body because of its handling of the Caster Semenya saga. In a "final call to resign", Western Province, Eastern Province, Boland and Free State gave members of the Board of ASA until noon last Wednesday to leave their posts.

They were joined by athletes, administrators, coaches and followers of the sport all over the country who voiced their approval that steps had been taken against the discredited Chuene administration, called a "reign of terror" by one newspaper. Athletes came to the fore to confirm rumours, which have been circulating for years, of their mistreatment by

ASA officials, while one of the country's top coaches said that anyone who had criticised ASA during the past 17 years had his or her athletics career "ended within two weeks".

Three of the four provinces (Eastern Province, Boland and Western Province) had called on ASA in September for an explanation why it had not disclosed "from the outset that tests had been conducted, on ASA's instruction, on [Semenya] before the World Championships in Athletics; why the ASA Council meeting [on 12 September] was not notified of this fact; why the ASA members were not notified that they had not been told the truth before the press conference was held on 19 September 2009 and to disclose what other facts, if any, they had been concealing. They were further called upon to explain why no action has been taken against any officials or employees of ASA who were party to the ordering of the tests and the events that followed."

This request, to which was added a call for disclosure of ASA's financial statements, met with no response from ASA.

In their statement released last week, the four provinces accused ASA of being "riddled with corruption, ineptitude and outright incompetence. There is a very real risk that ASA is insolvent, which will prejudice ASA's athletes, members and suppliers.

"It has become clear that the Board of Athletics South Africa has no respect for either the truth or the members of ASA. It is also clear that the ASA Board will not hesitate to waste further money on yet more futile legal action. While the members of the Board are protecting their own positions, the sport and the athletes suffer. Athletics South Africa is now, in differing degrees, in conflict with the International Association of Athletics Federations, the South African Sports Confederation and Olympic Committee and all political parties in South Africa. There is no clearer indication that the Board of ASA has brought the organisation into disrepute."

The provinces therefore asked the Board members to resign before Wednesday at 12 noon. If this did not happen, formal charges would be laid with the ASA Disciplinary Committee "against each individual member of the ASA Board for bringing the sport of athletics and ASA into disrepute and also for violating the ASA constitution".

Furthermore, the Disciplinary Committee would be asked "to expel the individuals concerned from ASA and to ban them for life", while criminal charges would be laid against each individual member of the Board for "various breaches of the Companies Act" and for fraud.

The provinces also stated that, "should ASA fail to pay to all athletes all outstanding and overdue prize moneys and to pay to all member provinces all moneys owing to them for hosting ASA events, legal steps will be taken to recover such moneys".

PROVISIONAL TEAM FOR WORLD CROSS-COUNTRY

Athletics South Africa has announced a provision team of 36 athletes, including a full complement of seniors, to take part in the World Cross-country Championships in Bydgoszcz, Poland, on 28 March 2010.

Final trials will be held in Potchefstroom on 16 January, after which a final team of six athletes in each category will be selected. These athletes will compete in the Southern Region Cross-country Championships in the Seychelles on 27 February.

The provisional team is:

Senior men: Sibusiso Nzima (CGA), Stephen Mokoka (AGN), Jeffrey Gwebu (CGA), Kgosi Tsosane (AFS), Xolisa Tyali (CGA), Lungisa Mdedelwa (ATRA), Samuel Segoaba (AFS), Lucky Miya (CGA) and Coolboy Ngamole (CGA).

Senior women: Tebogo Masehla (CGA), Lebogang Phalula (CGA), Annerien van Schalkwyk (AGN), Poppy Mlambo (CGA), Marelize Retief (AGN), Ntombesintu Ntshiliza (EPA), Jenna Challenor (KZN) Thozama April (WPA) and Lebo Phalula (CGA).

Junior men: Joel Mmonne (ACNW), Vuyisile Tshoba (CGA), Reuben Magengenene (CGA), Adoonsie Mohlakoana (AVT), Sityile Diko (CGA), Joel Madiba (AGN), Lucas Bothobutle (ACNW), Anele Faku (ATRA) and Tedi Khoza (AFS).

Junior women: Sylvia Tshetlanyane (CGA), Letitia Saayman (AGN), Juan-Marie Cooper (CGA), Amukelani Baloyi (CGA), Ellen Mynhardt (AGN), Lusanda Bomvana (ATRA), Ashleigh Schmetler (CGA), Avela Nkweba, (ATRA) and Nandipha Dywili (ATRA).

ENTRIES FOR TWO OCEANS NOW OPEN

Online entries are open for the country's biggest road running event, the 2010 Old Mutual Two Oceans Marathon, which takes place on Easter Saturday, 3 April.

In a media release the Two Oceans announced that the Old Mutual has confirmed that it will be sponsoring the event for a further three years.

Due to a renewed interest amongst the ultramarathon running fraternity, participants are encouraged to get their qualifying marathon done as soon as they can and to submit their entry to avoid possible disappointment. The qualifying window is 1 September 2009 to 3 March 2010. Entries close on 3 March 2010 or when 11 000 entries for each distance (the 56 km and half marathon) are reached – whichever comes first.

Participants are encouraged to enter online at www.twooceansmarathon.org.za but can also pick up entry forms from leading sports shops and running clubs

countrywide towards the end of November.

Runners will be able to downgrade, upgrade, substitute or do seeding changes, but this will only be permitted during the week of 4 to 10 March 2010 and cost implications plus other conditions will be applicable.

According to Race Director Rowyn James, the 2010 event will see the introduction of additional seeding pens with generous time batches for the half marathon. "We have also introduced extra prize money for the grandmasters and great grandmasters, as well as the veteran and masters' team prizes," he said.

South African entrants wanting to run the ultramarathon must belong to a running club and have a valid provincial licence number, as no temporary licences will be issued for the 56 km event.

FOUR WINS GAVE KALMER SPAR TRIUMPH

René Kalmer's win in the Spar Women's Challenge Grand Prix Series – her second in three years – brought her the first prize of R50 000. This was despite the fact that she had to miss the Johannesburg race in October, when she was representing South Africa in the World Half Marathon in Birmingham. (The final standings were published in DRR 9:37.)

Kalmer's win came because she had built up an unassailable lead by winning the first four races in the series. Her 122 points were 22 more than those of junior Maxine Heine-Wacker, who was second.

Cape Town veteran Michelle Bartman of Harfield Harriers was third with 96 points. Heine-Wacker and Bartman were both able to take advantage of the bonus points available to category runners for winning in their categories and setting category records. Heine-Wacker ran in four races and Bartman in all five.

"The Spar races are great," Kalmer said. "They are only for women, and that makes them very special. The start of the Soweto Marathon was awful – all the men pushing and jostling to get into good positions. Afterwards, they were very good to me, and a lot of the men helped me during the race, but it wasn't much fun at the start!"

"But with the Spar races, the focus is all on you. When you win the race, you are the first person across the line, and that is really very satisfying."

"I think Spar also does a lot for the development of athletics. You see women of all shapes and sizes taking part, enjoying wearing their race t-shirts and having fun with the

goodie bags. I think quite a few people who take up road running start off by taking part in the Spar Challenge races.”

BOOK REVIEW

***Three men named Matthews*, by Richard Mayer. Published by Red Lion Books, Johannesburg; distributed by Bacchus Books CC. 385 pages.**

In view of the fact that there are so few good athletics books in South Africa, the publication of a new title is always a big event. In *Three men named Matthews*, Richard Mayer has written a superb account of the roles played by Matthews Temane, Matthews Motshwarateu and Matthews Batswadi during the golden age of South African distance running.

Indeed, the subtitle of the book is “Memories of the golden age of South African athletics and its aftermath”, and Mayer creates a vivid report on the careers of the three outstanding, but so different, runners and how these impacted on the standards of distance running in this country.

Of course, Mayer needs no introduction to athletics fans and is well qualified to write a book like this. A practising attorney, he is “a true fanatic”, as Prof Tim Noakes calls him in the Foreword, a vocal supporter of the training principles established by Arthur Lydiard, and never afraid to speak his mind on what he sees as the problems that hamstringing coaching (and therefore athletic excellence) in South Africa.

The book takes the crucial clash in 1988 between Motshwarateu and the man who was then the world’s top distance runner, Arturo Barrios, as its starting point. This race showed the tough “Loop en Val” at his best, and he decisively beat the Mexican in a new South African record time of 27:54.

Throughout the book the trio and their exploits come to life – Motshwarateu, “the hardest man”, Temane, “the gentle man from Hammanskraal”, and Batswadi, “the progenitor... the first black Springbok” – thanks to Mayer’s thorough research, knowledge of the sport and of what makes a great athlete, and his passion for distance running. And while the three men named Matthews are in the centre of the story, many other stars are also highlighted: Sydney Maree, Johan Fourie, Mark Plaatjes, Willie Mtolo, Zola Budd and Elana Meyer, amongst others.

Mayer also discusses what has gone wrong with South African athletics since the golden era. It can be summarised in four words: neglect of our coaches. South African coaches – “the best people placed to advance and develop the sport” – are marginalised,” he writes, and offers a solution: “A professional and well-established coaching structure which extends to every major population centre, from the grass-roots to the elite level, backed at all levels by the most advanced coaching techniques and sports science”.

The book has an excellent general index, as well as a theme and sub-entry index, making it easy to find information about an athlete or a race, or any event included in the text.

It is a pity that there are a number of spelling mistakes in names (Sinque instead of Sinqe, Thungwane instead of Thugwane, Seshedi instead of Setshedi, [Charles] Niewoudt instead of Nieuwoudt, to name a few), but this does not detract significantly from the wealth of wonderful material brought together in this book.

All lovers of athletics should obtain a copy of *Three men named Matthews*. (R.H.)

STATS TIME

Following on last week's all-time list of the top twenty men in the 50 km, here is a list of the all-time top 20 South African women. Note that, apart from the five times shown for her, Frith van der Merwe has another five times that are good enough for a place on the list

ALL-TIME 50 KM: TOP 20 WOMEN

3:04:30A	Frith van der Merwe	1	Pretoria	05-Aug-89
3:08:39	Van der Merwe-2	1	Cape Town	25-Mar-89
3:16:57A	Van der Merwe-3	1	Pretoria	06-Aug-88
3:16:57	Celeste Swart	1	Port Elizabeth	17-Feb-01
3:17:31A	Paulina Phaho	1	Loskop Dam	24-Apr-04
3:19:43A	Yolande Maclean	2	Loskop Dam	24-Apr-04
3:20:00A	Phaho-2	1	Pretoria	26-Sep-04
3:21:01	Monica Drögemöller	1	Cape Town	02-Apr-88
3:21:31	Van der Merwe-4	1	Hartbeespoort	26-Mar-94
3:22:39	Riana van Niekerk	1	Hartbeespoort	17-Mar-07
3:22:50	Helene Joubert	2	Hartbeespoort	26-Mar-94
3:22:53	Lizanne Holmes	2	Cape Town	29-Mar-97
3:23:08A	Van der Merwe-5	1	Loskop Dam	23-Apr-94
3:23:17A	Azwindini Lukhwareni	1	Johannesburg	07-Sep-03
3:24:34A	Annette Falkson	[10]	Verwoerdburg	03-Aug-91
3:26:24A	Madeleen Otto	1	Verwoerdburg	06-Aug-94
3:26:29	Sarah-Jane Kumalo	1	Hartbeespoort	20-Mar-04
3:26:33A	René du Plessis	1	Loskop Dam	18-Apr-98
3:26:38A	Helen Lucre	1	Johannesburg	11-Aug-84
3:27:03A	Grace de Oliveira	2	Loskop Dam	05-Apr-03
3:27:20	Phaho-2	2	Hartbeespoort	20-Mar-04
3:27:27A	Laura Xaba	1	Pretoria	01-Aug-92
3:27:38	Sarah Mahlangu	1	Hartbeespoort	15-Mar-03
3:28:08A	Lyn Lombaard	1	Pretoria	08-Aug-87
3:28:28A	Linah Nomsa Mhlongo	2	Loskop Dam	18-Apr-98
3:29:48A	Phaho-3	3	Loskop Dam	05-Apr-03
3:30:06A	Laura Hofer	[20]	Pretoria	05-Aug-89

THIS MONTH IN HISTORY

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

45 years ago: 13 November 1964

Last Friday was the 45th anniversary of De Villiers Lamprecht's first dream mile by a South African (also on a Friday). "Div", as he was called, ran 3:59.7 on the Coetzenburg track, which was then still cinders. And Lamprecht achieved the feat by running barefoot! South Africa thus became the 16th country in the world to have a four-minute miler since Great Britain's Roger Bannister broke the barrier on 6 May 1954. Four days later in Auckland, New Zealand's Peter Snell, who in March had become the first man to run a dream mile in South Africa, set a new world record of 3:54.1.

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

WOMEN

Seniors

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
	55:09	Christine Kalmer	Tulsa	31 Oct
	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 Mikitenko (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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