

Distance Running Results

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EDITORIAL

Highlight of the weekend was the new list leader for veterans in the 27th Aspen Pharmacare Port Elizabeth City Marathon by Maya Lawrie. The Boxer athlete finished second in 2:55:37 to take the top spot in her age group for the year. Another 40+ athlete, Celeste Swart, also dipped under 3 hours. Davera Magson scored her third consecutive win in the marathon, while in the 10 km the Ntshiliza couple, George and Ntombesintu, got their ninth double victory of 2009.

Tsegaye Kebede is only 1.58 m tall and weighs 50 kg, but he is a force to be reckoned with in the marathon. The 22-year-old Ethiopian capped off an excellent 2009 season with his second consecutive win in the Fukuoka Marathon in Japan, breaking his own course record by 52 seconds, and running a career best time of 2:05:18 – the fastest marathon ever on Japanese soil. In addition to his Fukuoka victory, Kebede also finished second in London in April (2:05:20), and earned the bronze medal at the IAAF World Championships Marathon in Berlin (2:08:35).

It is disturbing news indeed that there are moves afoot to install Banele Sindani in the place of Leonard Cheuene as president of Athletics South Africa. The notorious and divisive Sindani was the original instigator of the rot in South African athletics that was perpetuated by Cheuene and his pals and which ultimately led to the rebellion by athletes and administrators in the wake of the Caster Semenya saga. There is no place in athletics for the arrogance and racism that Sindani used to display – characteristics that led to the ousting of and withdrawal by many top officials, administrators, etc. The only way to save athletics in South Africa is by a new beginning – such as has been seen in the past few weeks – but a new beginning means just that, a fresh start, and the sport does not need (or deserve) someone as polarising as Sindani.

Readers who are on holiday in KZN already, or will be there this coming weekend, should not forget the 16th Illovo Sugar Christmas Challenge 15 km in Westville on Sunday. It starts at 06:00; for enquiries phone 031 266-5252 (Tuesday, 17:00-20:00).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * BMG Stainbank Cup, Durban
- * Roy Brown Memorial Half Marathon & 10 km, Krugersdorp
- * Aspen Pharmacare Port Elizabeth City Marathon (27th) & 10 km, Port Elizabeth
- * Run/Walk for Life Half Marathon & 10 km, Somerset West
- * Langeberg Mall Velskoen 32 km & 10 km, Hartenbos
- * Metropolitan 10 km (16th), Bellville

- * The Spares Shop Heatonville 19.5 km, Empangeni
- * Phil Pansegrouw Memorial Half Marathon & 10 km, Bellville
- * Die Vlakte Marathon & Half Marathon, Heidelberg to Witsand

International highlights:

- * Fukuoka International Open Marathon Championships, Fukuoka, JPN
 - * Kosa 10 Miles, Kosa, JPN
 - * Standard Chartered Singapore Marathon, Singapore, SIN
 - * Wincanton Montferland Run, 's-Heerenberg, NED
 - * Course de l'Escalade, Genève, SUI
 - * XC: Cross Internacional de la Constitución, Alcobendas, ESP; Cross Internacional de la Constitución, Aranda de Duero (Burgos), ESP
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ROAD RUNNING

BMG Stainbank Cup (36th)

Durban, 6 December

(Distance: 15 km; loop course)

MEN

1.	Thubalethu Phaku	DUT	48:25
2.	Jali Mungadzi	Form One AC	48:48
3.	Simon Mpholo	Form One AC	50:37

40-49:

1.	Bongeni Sosibo	Nedbank AC	55:55
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50-59:

1.	Jan Koegelenberg	Mr Price AC	62:18
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60+:

1.	Mbekeseni Mchunu	Savages	69:42
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WOMEN

1.	Jenna Challenor	Boxer AC	59:25
2.	Danielle Adlam	Boxer AC	61:01
3.	Janine Carey	Boxer AC	63:45

40-49:

1.	Janette Davidson	DHSOB	69:41
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50-59:

1.	Theresa Scott	PDAC	83:38
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60+:

1.	Gill Tregenna	West AC	90:07
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Roy Brown Memorial Half Marathon & 10 km

Krugersdorp, 6 December

(Distances: 21.0975 km & 10 km)

Half marathon

MEN

1 Kgosi Tsosane (Nedbank) 66:50; 2 Tshidiso Bosiu (GS) 66:55; 3 Vincent Kutoane (Nedbank) 69:45; 4 Maphite Mojaki (ADT) 72:22; 5 Elgin Mokale (Harmony) 72:51.

Veterans: 1 Elgin Mokale (Harmony) 72:51; 2 Lucas Matlala (Nedbank) 81:01. **Masters:** 1 Aubrey Watson (NB) 86:05. **G'masters:** 1 Jack Thokoane (Sasol) 96:51 **Juniors:** 1 Adriaan van der Berg (RRW) 1:48:10.

WOMEN

1 René Kalmer (MP) 83:38; 2 Elizabeth Mtombeni (Mohlakeng) 87:06; 3 Michelle du Toit (Khosa) 98:26; 4 Jolani Basson (Nedbank) 1:41:09; 5 Ronel van Graan (Krugersdorp) 1:41:11.

Veterans: 1 Maria Bruwer (Mittal) 1:42:02; 2 Catherine Naane (Goldfields) 1:42:37.

Masters: 1 Alta van der Berg (Running Inn) 1:51:27. **G'masters:** 1 Debbie van Heerden (Roodepoort) 2:08:58.

10 km

MEN

1 Tumelo Motlagale (Nedbank) 31:27; 2 Motlatsi Madiba (ADT) 31:56; 3 Jeremia Bojasi (Krugersdorp) 32:03; 4 David Checha (Temp) 32:34; 5 Thapelo Madiba (Kagiso) 33:47.

Veterans: 1 Dale Rynhoud (Irene) 49:53. **Masters:** 1 Andre Jansen (GS) 37:58; 2 John Grundy (RH) 44:19. **G'masters:** 1 Jim Dodds (RAC) 44:39; 2 Brian Bodys (RH) 49:13.

Juniors: 1 Thapelo Madiba (Kagiso) 33:47.

WOMEN

1 Onneile Dintwe (BOT/Nedbank) 36:46; 2 Juan-Marie Cooper (Khosa) 38:03 (1st jun); 3 Bianca van Niekerk (Nedbank) 39:25; 4 Kashmira Parhboo (Lenasia) 42:46; 5 Sarah Mahlangu (MP) 46:08 (1st vet); 6 Clair Liebmann (Florida) 46:46.

Veterans: 1 Sarah Mahlangu (MP) 46:08; 2 Ester Patience (Celtic) 62:52. **G'masters:** 1 Annett Roos (RAC) 72:22. **Juniors:** 1 Juan-Marie Cooper (Khosa) 38:03.

Aspen Pharmacare Port Elizabeth City Marathon (27th) & 10 km

Port Elizabeth, 5 December

(Distances: 42.195 km & 10 km; out-and-back courses. Finishers: marathon – 625; 10 km – 296.)

Marathon

MEN

1	Masixole	Dlaku	Mr Price PE	31	2:25:29
2	Eugene	Pelem	Nedbank RC	30	2:29:26
3	Piet	Jacobs	Nedbank RC WP	31	2:31:40
4	Mila	Pasiya	Nedbank RC	30	2:31:59
5	Lucky	Dladla	SANDF AC	36	2:32:32
6	Samson	Mkhize	SANDF FS	36	2:33:20
7	Zolile	Mhlahlo	Raleigh AC	34	2:36:42
8	Anthony	Nyabanyaba (1 st mast)	SANDF FS	55	2:38:03
9	Isaac	Mokhobo (1 st vet)	SANDF FS	41	2:38:04
10	Alfred	Qogi	Nedbank RC	36	2:38:55
11	Kobus	Joubert	Elite AC	36	2:39:31
12	D	Jansen	SANDF AGN	35	2:41:19
13	Peter	Sehloho	Boxer Superst	46	2:41:38
14	Mzamo	Fokwana	Charlo RR	32	2:44:30
15	Christopher	Mabengeza	Nedbank RC	43	2:44:51
16	V D	Ntuli	SANDF AGN	37	2:44:52
17	Melikhaya	Jacobs	Nedbank RC	31	2:45:01
18	Colben	Ngcupe	PEAAC	46	2:45:54
19	Thobile	Xata	Nedbank RC	35	2:46:09
20	Daryl	North	Achilles AAA	32	2:46:27

40-44:

1	Isaac	Mokhobo	SANDF FS	41	2:38:04
2	Christopher	Mabengeza	Nedbank RC	43	2:44:51
3	John	Rafani	Mr Price PE	42	2:47:24

45-49:

1	Peter	Sehloho	Boxer Superst	46	2:41:38
2	Colben	Ngcupe	PEAAC	46	2:45:54
3	Sonnyboy	Leeuw	SANDF GW	45	2:48:00

50-54:

1	Julian	Paul	SANDF WP	50	2:53:58
2	Andre	Van Den Berg	Jeffreys Bay	50	2:56:47
3	Andre	Willemse	Elite AC	51	3:11:03

55-59:

1	Anthony	Nyabanyaba	SANDF FS	55	2:38:03
2	Bruce	Mcewan	Achilles AAA	56	3:18:52
3	Dicky	Cloete	SANDF WP	57	3:24:57

60-64:

1	Percy	Dalton	Achilles AAA	61	3:42:02
2	Cilliers	Swart	Nedbank RC	63	3:43:57
3	Piet	Meyer	St Albans CSEP	60	3:56:45

65-69:

1	Godfrey	Kariem	Cadbury AC	69	4:26:28
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WOMEN

1	Davera	Magson	Mr Price PE	35	2:54:05
2	Maya	Lawrie (1 st vet)	Boxer Superst	42	2:55:37
3	Celeste	Swart	Nedbank RC	40	2:58:33
4	Berdine	Smit	Nedbank RC AGN	45	3:16:57
5	Jane	Barnardo	Temp	34	3:17:45
6	Maresa	Ah Kun	Bluewater Bay	34	3:19:42
7	Christine	Claasen	Achilles AAA	45	3:20:59
8	Terri-Lynn	Penney	RFLG	32	3:24:42
9	Michelle	Sivewright	Raleigh AC	40	3:26:19
10	Sharon	Jessop	Raleigh AC	39	3:26:27
11	Sanmari	Woithe	Raleigh AC	40	3:28:57
12	Marilyn	Zimmermann	Raleigh AC	34	3:29:27
13	Pat	Thomson	Achilles AAA	49	3:32:05
14	Jene	Banfield	RFLG	39	3:32:15
15	Anelle	Vorster	Irene M C	37	3:33:38
16	Joy Anne	Pregalato	Achilles AAA	39	3:35:08
17	Grizelda	Pietersen	Achilles AAA	41	3:38:07
18	Sandy	De Beer	SANDF KZN	40	3:39:13
19	Gail	Langley	Buffalo R R	41	3:40:12
20	Eddelene	Smith	Nedbank RC MPU	30	3:40:56

40-44:

1	Maya	Lawrie	Boxer Superst	42	2:55:37
2	Celeste	Swart	Nedbank RC	40	2:58:33
3	Michelle	Sivewright	Raleigh AC	40	3:26:19

45-49:

1	Berdine	Smit	Nedbank RC AGN	45	3:16:57
2	Christine	Claasen	Achilles AAA	45	3:20:59
3	Pat	Thomson	Achilles AAA	49	3:32:05

50-54:

1	Monica	Kemp	Madiba Bay	54	4:12:43
2	Penelope	Dokter	Temp	54	4:17:59
3	Christine	Snyman	Vwac	53	4:27:13

55-59:

1	Cathy	Ives	Achilles AAA	56	3:55:32
2	Rita	Boucher	Spar Walmer AC	59	4:55:59

60-64:

1	Liz	Grundlingh	Muirite Strider	62	4:15:26
2	Marlene	Wiese	Kowie Striders	63	4:41:27
3	Dodie	Springer	Albany R R	61	4:58:44

10 km**MEN**

1	George	Ntshiliza	Mr Price PE	30	31:14
2	Khayaletu	Makalima	Mr Price PE	26	31:57
3	Xola	Bongoza (1 st jun)	Mr Price PE	16	32:15
4	Bulelini	Niwa	PEAAC	24	32:37
5	Phindani	Zondwane	Durban AC	27	35:32
6	Charles	Mtsweni	Durban AC	29	35:33
7	Ruan	Smalberger	Nedbank RC	19	38:00
8	Philbert	Tyombo (1 st vet)	PEAAC	47	39:57
9	Matebesi	Morake	Durban AC	28	40:08
10	Howard	Makwabe	SANDF EP	49	40:10
11	Martin	Jansen	Nedbank RC	41	40:22
12	Monde	Neti	Nedbank RC	14	41:24
13	Danie	Claassen	Despatch AC	48	42:47
14	Hansie	Els (1 st g'mast)	Somerset East	61	42:47
15	Pierre	Knoesen (1 st mast)	Madiba Bay	55	43:42
16	Nico	Pockbass	X-Cel AC	42	44:31
17	De Wet	Williams	Temp	47	44:48
18	Jacques	Verster	Raleigh AC	21	45:01
19	Keith	Van Onselen	Spar Walmer AC	45	45:43
20	Garth	Wolff	Rand Ath Club	42	45:45

40-44:

1	Martin	Jansen	Nedbank RC	41	40:22
2	Nico	Pockbass	X-Cel AC	42	44:31
3	Garth	Wolff	Rand Ath Club	42	45:45

45-49:

1	Philbert	Tyombo	PEAAC	47	39:57
2	Howard	Makwabe	SANDF EP	49	40:10
3	Danie	Claassen	Despatch AC	48	42:47

50-54:

1	Festus	Wiesie	Pretoria Mil MC	53	49:41
2	Desmond	Fillies	SANDF AGN	54	49:43
3	Mof	Botha	Achilles AAA	54	52:44

55-59:

1	Pierre	Knoesen	Madiba Bay	55	43:42
2	Youart	Tose	Achilles AAA	57	49:08
3	Charles	Rose	PEAAC	56	49:12

60-64:

1	Hansie	Els	Somerset East	61	42:47
2	William	Vorster	PEAAC	63	46:54
3	Graham	Channon	Achilles AAA	60	47:57

65-69:

1	Rolf	Kordes	Raleigh AC	69	1:11:36
2	Gerald	Scheepers	PEAAC	67	1:15:06

70+:

1	Ernie	Verrall	NMMU AC	75	57:17
2	Wells	Anderson	PEAAC	77	1:01:38

3	John	Peart	Nedbank RC	73	1:13:37
Juniors:					
1	Xola	Bongoza	Mr Price PE	16	32:15
2	Monde	Neti	Nedbank RC	14	41:24
3	Daniel	Grimes	Raleigh AC	18	46:45
WOMEN					
1	Ntombesintu	Ntshiliza	Mr Price PE	27	38:06
2	Deliwe	Nyanga	PEAAC	20	39:05
3	Gerda-Marie	Theron	Tygerberg NLC A	22	43:29
4	Treloar	Childs (1 st vet)	Spar Walmer AC	46	45:21
5	Melanie	Muller	Bluewater Bay	27	47:33
6	Heather	Paton	Temp	28	50:32
7	Terray	Newcombe (1 st jun)	Nedbank RC	18	50:40
8	Gail	Klichowicz	Achilles AAA	43	51:17
9	Nonkangelelko	Nyanga	PEAAC	16	52:07
10	Ronel	Scheepers	PEAAC	34	52:40
11	Miemsie	Swanepoel	Elite AC	48	52:49
12	Liesel	Barker	Temp	42	53:23
13	Listia	Barkhuizen	Temp	34	53:25
14	Jacqueline	Green	Pretoria Mil MC	31	53:40
15	Ina	Wheatley (1 st g'mast)	Pretoria Mil MC	61	53:57
16	Charmaine	Croft	Temp	32	53:58
17	Melanie	Duncan	Temp	35	54:12
18	Lisa	West	PEAAC	45	55:07
19	Michelle	Elfick	Temp	38	55:17
20	Victoria	Goodall	VWAC	28	55:27
40-44:					
1	Gail	Klichowicz	Achilles AAA	43	51:17
2	Liesel	Barker	Temp	42	53:23
3	Annelize	Van Niekerk	Temp	43	57:34
45-49:					
1	Treloar	Childs	Spar Walmer AC	46	45:21
2	Miemsie	Swanepoel	Elite AC	48	52:49
3	Lisa	West	PEAAC	45	55:07
50-54:					
1	Theresa	Lillis	Achilles AAA	53	55:33
2	Hendrina	Claassen	Despatch AC	53	1:06:05
3	Tertia	Grobler	Despatch AC	50	1:09:10
55-59:					
1	Marcelle	Harran	Body Concept	55	1:02:18
2	Rina	Pelser	RFLG	57	1:08:21
3	Rina	Barnard	Elite AC	56	1:18:56
60-64:					
1	Ina	Wheatley	Pretoria Mil MC	61	53:57
2	Denise	Terblanche	Spar Walmer AC	62	1:05:41
3	Christine	Fourie	Elite AC	63	1:10:13
65-69:					
1	Orgia	Nell	Muirite Strider	66	1:04:48
2	Isabella	Childs	Spar Walmer AC	68	1:11:05
3	Shirley	Jorgensen	Charlo R R	67	1:11:40
70+:					
1	Dorothy	Hart	PEAAC	71	1:03:49
2	Lorna	Brown	PEAAC	70	1:21:21
Juniors:					
1	Terray	Newcombe	Nedbank RC	18	50:40

2	Nonkangelelko	Nyanga	PEAAC	16	52:07
3	Irma	Struwig	Temp	15	58:28

Run/Walk for Life Half Marathon & 10 km

Somerset West, 5 December

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

Half marathon

MEN

1. Zolani Ntongana (MP) 67:30; 2. Sibusiso Mbingeleli (MP) 67:49; 3. Dicardo Jacobs (Maties) 68:54.

40-49: 1. Johnny Persents (Adid) 73:46; 2. Keith Court (MP) 73:49; 3. Vladimir Kotov (Cent) 76:05. **50-59:** 1. Raymond Howard (Celtic) 81:23; 2. Goodman Mpukane (Gugs) 85:10; 3. H.P. Cieverts (Top) 89:55. **60+:** 1. Albertus Bock (Adid) 91:49; 2. Vernon du Preez (Lange) 104:15. **Juniors:** 1. Nande Qamgwana (Khay) 74:11; 2. Manfred Samuels (HH) 78:26; 3. Anthony Matthee (HH) 78:57.

WOMEN

1. Bulelwa Mtshagi (Celtic) 85:55; 2. Farwa Mentoer (Bon) 90:16; 3. Sheryl de Lange (Adid) 90:17.

40-49: 1. Sheryl de Lange (Adid) 90:17; 2. Joanna Thomas (VOB) 90:31; 3. Cheryl Rudolph (East) 103:11. **50-59:** 1. Olga Howard (Celtic) 98:20; 2. Bev Charters (VOB) 102:13; 3. Nancy Will (Pine) 103:40. **60+:** 1. Veronica van Niekerk (EGA) 104:53; 2. Hester Kotze (Durb) 105:57. **Juniors:** 1. Benine Havenga (Tyger) 2:22:07; 2. Bernice Adams (Celtic) 2:54:48.

10 km

MEN

1. Sityhilo Diko (Ned) 31:49 (1st jun); 2. Pieter Koopman (Maties) 32:11; 3. Unatha Phezolo (AAC) 32:19.

40-49: 1. John September (Celtic) 34:50; 2. Brian Mapeyi (VOB) 36:41; 3. Andries Ntshizakalo (Ned) 39:23. **50-59:** 1. Gregory Jacobs (Edge) 38:13; 2. Awie Veldsman (HH) 40:30; 3. Muhammad Kriel (Ned) 40:34. **60+:** 1. Johann Botha (RWfL) 44:48; 2. Abie Stanfield (Tyger) 53:22. **70+:** 1. Leo Benning (Whalers) 62:14; 2. Vince Kingwell (VOB) 76:04. **Juniors:** 1. Sityhilo Diko (Ned) 31:49; 2. Unathi Phezolo (AAC) 32:19; 3. Danzel Paulse (B'fell) 34:29.

WOMEN

1. Thozama April (Celtic) 36:55; 2. Zintle Xiniwe (MP) 39:04; 3. Mari Rabie (Maties) 39:16.

40-49: 1. Mariëtte Esterhuyse (Tyger) 42:10; 2. Louise Erasmus (Whalers) 43:02; 3. Gail Jacobs (SANDF) 50:56. **50-59:** 1. Charmaine Cupido (Ned) 47:20; 2. Lorraine Rogers (Durb) 48:33; 3. Diana Rixon (VOB) 50:07. **60+:** 1. Pixie Sparg (Celtic) 51:28; 2. Marietha Herbert (Bell) 51:41. **Juniors:** 1. Asiphe Sikhabalajana (Gugs) 45:28; 2. Asanda Dayimani (AAC) 50:07.

Langeberg Mall Velskoen 32 km & 10 km

Hartenbos, 5 December

(Out-and-back courses)

32 km**MEN**

1	Elroy	Gelant	Temp	23	1:49:11
2	Lindile	Tokota	Nedbank RC SWD	42	1:59:20
3	Vuyo	Witbooi	Outeniqua Harriers	34	2:00:48
4	Selwyn	Losper	Mosselbaai Harriers	45	2:02:00
5	Joey	Klaasen	Nedbank RC SWD	39	2:02:16
6	Mxolisi	Fana	Rainbow AC	41	2:04:23
7	Booi	Salman	RWFL	36	2:06:31
8	Phillipus	Wildeman	Outeniqua Harriers	34	2:17:49
9	Victor	Gugushe	Plett AC	30	2:18:00
10	Mario	Meyer	Nedbank RC SWD	30	2:21:30

WOMEN

1	Johanna	Claassen	Nedbank RC SWD	41	2:35:28
2	Lisl	Grobler	Knysna	33	2:37:33
3	Carmen	Maloney	Oudtshoorn	38	2:47:08
4	Romé	Phillipson	Mosselbaai Harriers	27	2:52:26
5	Lelané	van der Merwe	Nedbank RC SWD	36	2:55:37
6	Ingrid	Prinsloo	Nedbank RC SWD	50	2:56:19
7	Natalie	Terry	Temp	40	3:03:09
8	Justine	Sharples	Eden AC	36	3:05:28
9	Christa	Smit	Mosselbaai Harriers	42	3:06:54
10	Evette	Joubert	Tygerberg	47	3:11:57

10 km**MEN**

1	Lloyd	Bosman	Pukke	21	31:22
2	Luwayne	Duitsjan	Mosselbaai Harriers	23	34:54
3	Gurome	Gelderbloem	Mosselbaai Harriers	33	35:37
4	Frans	Malgas	Knysna	19	36:34
5	Meklikhaya	Misizi	Knysna	26	37:08
6	Jerome	Swartz	Mosselbaai Harriers	40	37:38
7	Mihan	Roos	Knysna	31	39:35
8	Jugene	Maart	Mosselbaai Harriers	22	40:05
9	Gilliam	Olwage	Temp	40	40:11
10	De Waal	Swart	New Balance MC	27	40:32

WOMEN

1	Annatjie	Botes	Nedbank RC SWD	51	43:53
2	Kerry	Roos	Knysna	31	44:04
3	Sanchia	du Preez	RWFL	17	45:20
4	Kleintjie	van Schalkwyk	Hartenbos Drawwers	46	47:43
5	Ina-Mari	Visagie	Temp	38	49:40
6	Ané	Kruger	Temp	16	49:45
7	Petra	Rossouw	Nedbank RC SWD	32	51:53
8	Christine	Sonnekus	Mosselbaai Harriers	37	52:18
9	Liane	Kannemeyer	CPUT Wellington	22	52:43
10	Mandy	Micheael	Temp	37	53:16

Metropolitan 10 km (16th)

Bellville, 2 December

(Certified loop course; very hilly)

MEN

1. Sityhilo Diko (Ned) 31:17 (R400); 2. Dicardo Jacobs (Maties) 31:24 (R300); 3. Pieter Koopman (Maties) 31:29 (R200); 4. Unathi Phezolo (AAC) 32:15 (R100); 5. Patrick Magadla (VOB) 32:58 (R50).

40-49: 1. Johnny Persents (Adid) 36:19 (R200); 2. Brian Mapeyi (VOB) 36:43 (R150); 3. Thgembinkosi Zweni (Gugs) 36:59 (R100). **50-59:** 1. Vladimir Kotov (BLR/Cent) 33:53 (R150); 2. Nick Miles (WC) 40:53 (R100); 3. Willie Baartman (SH) 41:22 (R50). **60+:** 1. Albertus Bock (Adid) 41:48 (R150); 2. Willie van Wyk (B'fell) 46:28 (R100); 3. M.Y. Abrahams (Top) 49:29 (R50). **Juniors:** 1. Sityhilo Diko (Ned) 31:17 (R250); 2. Unathi Phezolo (AAC) 32:15 (R200); 3. Manfred Samuels (HH) 33:36 (R150).

WOMEN (Same prize money as men)

1. Thozama April (Celtic) 37:24; 2. Zintle Xiniwe (MP) 40:16; 3. Nomvuyisi Seti (MP) 40:30; 4. Busisiwe Matiwane (Celtic) 41:03; 5. Natasha Oosthuizen (Adid) 41:41.

40-49: 1. Sheryl de Lange (Adid) 41:54; 2. Mariëtte Esterhuyse (Tyger) 42:56; 3. Monice Brand (Adid) 47:11. **50-59:** 1. Olga Howard (Celtic) 43:53; 2. Nancy Will (Pine) 47:19; Riana Abrahams (Durb) 50:23. **60+:** 1. Pixie Sparg (Celtic) 53:56; 2. Rita van Wyk (B'fell) 63:46; 3. Sarah Herdien (AAC) 63:46. **Juniors:** 1. Asiphe Sikhlabalanjana (Gugs) 44:31; 2. Amy Abrahams (Eerste) 46:01; 3. Reghana Beukes (Eerste) 46:36.

The Spares Shop Heatonville 19.5 km

Empangeni, 29 November

MEN

1	Sazi	Ndaba	Imnambithi AC	1:08:57
2	Bernard	Phalatsane	Nedbank AC	1:09:46
3	Nkosinathi	Zungu	Nongomo AC	1:12:03

40-49:

1	Amos	Nkosi	Canon Richards Bay AC	1:19:58
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50-59:

1	Mnwenkosi	Zungu	uMhlathuze AC	1:31:36
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60+:

1	Louis	Hansen	uMhlathuze AC	2:24:37
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Juniors:

1	Nkosinathi	Zungu	Nongoma AC	1:12:03
2	Alex	Canhe	uMhlathuze AC	1:29:20
3	Bongani	Buthelezi	Natal Carbineers	1:30:22

WOMEN

1	Nonsikhelo	Mbambo	RWFL	1:03:36
2	Nomcebo	Mthethwa	uMhlathuze AC	1:36:57
3	Simone	Scrase	Canon Richards Bay AC	1:37:32

40-49:

1	Priska	Ntuli	Canon Richards Bay AC	1:57:00
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50-59:

1	Wendy	Fitzmaurice	Westville AC	1:37:55
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60+:

1	Linda	Vivian	uMhlathuze AC	1:28:16
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Phil Pansegrouw Memorial Half Marathon & 10 km

Bellville, 28 November

(Distances: 21.0975 km & 10 km; certified out-and-back course with loop at far end [half marathon] and out-and-back course [10 km], both hilly. Finishers: half marathon – 524; 10 km – 383.)

Half marathon

MEN

1	Dicardo	Jacobs	Maties	23	1:08:28
2	Sityhilo	Diko	Nedbank Vaal	18	1:08:56
3	Bernard	Rukhadza	RCS Gugs	28	1:09:07
4	Nande	Qangwana	Khayelitsha	17	1:12:02
5	Victor	Msopi	Acsis VOB	29	1:14:00
6	Thobekile	Mbulawa	Khayelitsha	26	1:15:09
7	Zolani	Matshoba	Celtic	17	1:17:45
8	Asanda	Mkiti	Mr Price WP	31	1:17:51
9	Dawid	Visser	Mr Price WP	30	1:18:30
10	Thembelani	Zola	Mr Price WP	34	1:18:33
11	Joseph	Zithulele	RCS Gugs	27	1:18:47
12	Luvuyo	Thwala	Khayelitsha	24	1:18:57
13	Dumilep	Sigqakaza	SAPS WP	29	1:19:22
14	Johnny	Persents	Adidas	45	1:19:23
15	Clifford	Drury	Mr Price WP		1:19:36
16	Aaron	Lewis	Adidas	40	1:19:58
17	Jimmy	Drury	Mr Price WP		1:20:50
18	Tholang	Moloi	SANDEF WP	40	1:20:54
19	Lundi	Mapoyi	Khayelitsha	18	1:20:59
20	Zuto	Zenzile	Khayelitsha	21	1:22:31

Veterans:

1	Johnny	Persents	Adidas	45	1:19:23
2	Clifford	Drury	Mr Price WP		1:19:36
3	Aaron	Lewis	Adidas	40	1:19:58

Masters:

1	Thomas	Moses	Worcester	52	1:23:01
2	Hendrik	Coetzee	Durbac	51	1:28:58
3	Richard	Johnson	Old Mutual	53	1:32:14

G'masters:

1	Osbourne	Renecke	West Coast	60	1:44:06
2	Carl	Hendricks	Nedbank WP	66	1:48:19
3	Rob	Joubert	South Striders	65	1:54:13

Juniors:

1	Sityhilo	Diko	Nedbank Vaal	18	1:08:56
2	Nande	Qamgwana	Khayelitsha	17	1:12:02
3	Zolani	Matshoba	Celtic	17	1:17:45

WOMEN

1	Bulelwa	Mtshagi	Celtic		1:30:06
2	Mia	Pienaar	Maties	21	1:30:07
3	Sheryl	De Lange	Adidas	41	1:30:34
4	Berdine	Smit	Nedbank WP	45	1:31:38
5	A.N. Other				1:33:07
6	Hanlie	Stegmann	Temp	51	1:33:17
7	Chantel	Simpson	Pinelands	40	1:37:49
8	Y	Visser	Mr Price WP	27	1:39:14

9	Herdien	Van Zyl	New Balance	35	1:39:43
10	Elizabeth	De Gouveia	Durbac	35	1:40:28
11	Ronel	Steenkamp	Durbac	39	1:40:48
12	Tania	Kapp	Acsis VOB	40	1:42:13
13	Karen	De Kock	Durbac	33	1:43:31
14	Ursula	Turck	Strand	37	1:43:56
15	Anne-Marie	Du Plessis	Durbac	34	1:46:13
16	Annatjie	Kilian	Temp	37	1:46:33
17	Nancy	Will	Pinelands	57	1:46:37
18	G	Maree	Temp	37	1:48:07
19	Charmaine	Botha	Durbac	40	1:48:08
20	A.N. Other		Durbac		1:48:31

Veterans:

1	Sheryl	De Lange	Adidas	41	1:30:34
2	Berdine	Smit	Nedbank WP	45	1:31:38
3	Chantel	Simpson	Pinelands	40	1:37:49

Masters:

1	Hanlie	Stegmann	Temp	51	1:33:17
2	Nancy	Will	Pinelands	57	1:46:37
3	Cynthia	Booyesen	RCS Gugs	50	1:54:52

G'masters:

1	Pixie	Sparg	Celtic	65	1:57:00
2	Honour	Nkala	AAC	64	2:08:10
3	Marlene	James	Pinelands	65	2:12:14

Juniors:

1	Benine	Havenga	Tygerberg	17	2:17:53
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10 km**MEN**

1	Anthony	Godongwana	Celtic		31:41
2	Patrick	Magadla	Acsis VOB	22	31:51
3	Luxolo	Mdzanga	RCS Gugs	17	31:54
4	Kevin	Oliphant	Maties	22	32:14
5	Vladimir	Kotov	Century City	51	33:16
6	Bulelani	Bhebha	Acsis VOB	18	34:13
7	Bongile	Tshewula	Easterns	23	34:22
8	Lukhanyo	Malgas	Khayelitsha	14	35:46
9	Michael	Bekapi	Acsis VOB	49	35:56
10	Vuyisanani	Ndevu	Khayelitsha	15	36:08

WOMEN

1	Nomvuyisi	Seti	Mr Price WP	28	40:17
2	Helene	Perold	Durbac	25	41:01
3	Elmarie	Coetzee	Adidas	45	41:02
4	Colleen	De Oliveira	New Balance	23	41:39
5	Mariette	Esterhuyse	Tygerberg	47	41:43
6	Asive	Skabalanjana	RCS Gugs	17	43:29
7	Lusanda	Mesilane	Khayelitsha	15	46:11
8	Charmaine	Cupido	Nedbank WP	53	46:34
9	Ayanda	Mahlomde	AAC	23	47:22
10	Adel	Hamman	Durbac		47:44

Die Vlake Marathon & Half Marathon

Heidelberg to Witsand, 28 November

(Distances: 42.195 km & 21.0975 km; point-to-point downhill courses)

Marathon

MEN

1	Gurome	Gelderbloem	33	2:35:06
2	Lindile	Tokota	42	2:45:00
3	Johan	Stemmet	35	2:48:38
4	Peter	Bennett	34	2:56:04
5	Hermanus	Jonkerman	50	2:57:00
6	Mario	Meyer	30	2:57:16
7	Hano	Maree	33	2:58:58
8	Marlon	?	35	3:04:50
9	Jonathan	Hardnick	40	3:09:22
10	Zuzile	Ntsiniyabo	36	3:09:22

WOMEN

1	Lisl	Grobler	33	3:16:04
2	Suzette	McIvor		3:19:34
3	Marie	Wolmarans	50	3:31:05
4	Tania	Erasmus	34	3:39:00
5	Elzet	Oosthuizen	36	3:39:51
6	Elize	Kloppers	39	3:41:08
7	Elana	Buckley	34	3:41:12
8	Suzaan	Kruger	26	3:41:49
9	Una	Saayman	48	3:46:23
10	Loura	Klinck	38	3:46:46

Half marathon

MEN

1	Luwayne	Duitsjan	23	1:12:52
2	Frans	Malgas	19	1:13:42
3	Andre	Jakobus	29	1:14:15
4	Selwyn	Losper	45	1:14:49
5	Melikhaya	Msizi	26	1:15:47
6	Ronny	Dlepu	21	1:20:04
7	Jugene	Maart	22	1:20:12
8	Christiaan	Gildenhuys	19	1:23:56
9	Frans	Marthinus	29	1:25:43
10	Nicolaas	Kees	67	1:26:03

WOMEN

1	Farwa	Mentoor	36	1:26:37
2	Annatjie	Botes	52	1:30:34
3	Johanna	Claassen	41	1:31:36
4	Bettie	Stevens	22	1:34:11
5	Carla	Beyers	17	1:36:46
6	Noreen	Davison	51	1:46:16
7	Delanie	de Jong	37	1:49:26
8	Marina	Fourie	35	1:50:11
9	Bernette	Beyers	17	1:51:01
10	Elna	Fourie	26	1:52:55

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

Fukuoka International Open Marathon Championships (63rd)

Fukuoka, JPN, 6 December

(Distance: 42.195 km; certified loop course)

MEN

1. Tsegaye Kebede, ETH 2:05:18 PB/ACR
2. Tekeste Kebede, ETH 2:07:52 PB
3. Dmytro Baranovsky, UKR 2:08:19
4. Dereje Tesfaye, ETH 2:08:36 PB
5. Evans Cheruiyot, KEN 2:09:46

Kosa 10 Miles (34th)

Kosa, JPN, 6 December

MEN

1. Martin Irungu Mathathi, KEN/Team Suzuki 44:52
2. John Thuo, KEN/Team Toyota 45:23
3. Micah Njeru, KEN/Team Toyota Boshoku 46:13
4. Martin Mukule, KEN/Team Toyota 46:32
5. James Mwangi, KEN/Team NTN 46:32

Standard Chartered Singapore Marathon

Singapore, SIN, 6 December

(Distance: 42.195 km)

MEN (gun times)

1. Luke Kibet, KEN 2:11:25 CR USD 35,000
2. Johnstone Chepkwony, KEN 2:11:33 19,000
3. Vincent Krop, KEN 2:11:51 10,000
4. John Kelai, KEN 2:13:14 6,000
5. Leonard Mucheru, KEN 2:15:18 4,500

WOMEN (gun times)

1. Albina Ivanova, RUS 2:32:49 USD 35,000
2. Lyubov Morgunova, RUS 2:34:49 16,000
3. Mary Akor, USA 2:36:44 7,000
4. Jacqueline Nyitpei, KEN 2:37:56 5,000
5. Leah Malot, KEN 2:38:02 3,500

Wincanton Montferland Run (14th)

's-Heerenberg, NED, 6 December

(Distance: 15 km)

MEN

1. Nicholas Manza Kamakya, KEN 42:38
2. Wilfred Murgor, KEN 42:47

3. Ayele Abshiro, ETH 42:50

WOMEN

1. Caroline Cheptonui Kilel, KEN 49:57

2. Constantina Dita, ROU 51:36

3. Ilse Pol, NED 51:46

Course de l'Escalade (32nd)

Genève, SUI, 5 December

(Distances: Men, 7.25 km [three laps]; Women, 4.78 km [two laps])

MEN (extended gun times)

1. Titus Mbishei, 1990, KEN, 20:26.4

2. John Mwangangi, 1990, KEN, 20:30.8

3. Paul Kipkorir, 1982, KEN, 20:32.5

4. Simon Tesfay, 1985, ERI, 20:57.4

5. Tolossa Chengere, 1983, ETH, 20:59.2

WOMEN

1. Caroline Chepkwony, 1985, KEN, 15:29.6

2. Derartu Tulu, 1971, ETH, 15:32.7

3. Jane Muia, 1986, KEN, 15:43.6

4. Abersh Nasga, 1985, ETH, 15:46.5

5. Karolina Jarzynska, 1981, POL, 15:53.2

CROSS-COUNTRY

Cross International de la Constitución (28th)

Alcobendas, ESP, 6 December

MEN (10100 m)

1. Gebre-egziabher Gebremariam, ETH 30:55

2. Teklemariam Medhin, ERI 30:56

3. Leonard Patrick Komon, KEN 31:06

4. Kidane Tadese, ERI 31:08

5. Alberto García, ESP 31:48

WOMEN (5900)

1. Vivian Cheruiyot, KEN 19:53

2. Milcah Cheywa, KEN 20:17

3. Marisa Barros, POR 20:40

4. Marta Tigabea, ETH 20:54

5. Fortuna Zegergish, ERI 20:55

Cross International de la Constitución (24th)

Aranda de Duero (Burgos), ESP, 5 December

MEN (9985 m)

1. Imane Merga, ETH 27:59

2. Amanuel Mesel, 1990, ERI 28:01

3. Samuel Tsegay, ERI 28:05

4. Juan Carlos Higuero, ESP 28:32

5. Javier Carriqueo, ESP 28:33

WOMEN (6105)

- | | |
|------------------------------------|-------|
| 1. Bouchra Chaabi, MAR | 19:42 |
| 2. Dina Lebo Phalula, RSA | 19:51 |
| 3. Dinahrose Lebogang Phalula, RSA | 19:54 |
| 4. Estela Navascues Parra, ESP | 20:04 |
| 5. Teresa Urbina, ESP | 20:05 |
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NEWS

DE REUCK IS USATF MASTERS ATHLETE OF THE YEAR

Four-time Olympian Colleen de Reuck, 45, was named the 2009 USATF Masters Athlete of the Year, reports *Race Results Weekly*. De Reuck was picked the best 40-and-over athlete for all athletics disciplines, not just distance running.

De Reuck is the oldest woman ever to win a major US road running championship, taking the 2009 US 20 km title at the Stratton Faxon New Haven Road Race with a world 45-49 record of 1:07:21.

At the Boston Marathon last April, not only was De Reuck in contention throughout the entire race, she took the lead on three separate occasions. She was crowned the masters winner and finished eighth overall, covering the course in 2:37:57.

De Reuck's other top performances in 2009 includes finishing second overall in the Medtronic Twin Cities Marathon in 2:32:37. The race also played host to the USA Masters Marathon Championships, which saw De Reuck win the W45 age group, and the USA Women's Marathon Championships, in which she finished as the runner-up. De Reuck also won the masters division at the Falmouth Road Race and finished fifth overall.

SALAZAR IS NIKE COACH OF THE YEAR

Three-time ING New York City Marathon champion Alberto Salazar was singled out by USA Track & Field as the Nike Coach of the Year. Salazar, the coach-in-residence at Nike's campus in Beaverton, Oregon, led distance runners Galen Rupp, Dathan Ritzenhein and Kara Goucher to some of best performances of their careers, reports *Race Results Weekly*.

Under Salazar, Rupp completed his collegiate career at the University of Oregon last June by winning the NCAA titles at both 5000 m and 10000 m. He also won the NCAA titles for cross-country, and 3000 m/5000 m indoors, becoming the only man to win all five NCAA distance titles in one season.

Ritzenhein broke Bob Kennedy's USA 5000 m record by running 12:56.27, finished 6th at the IAAF World Championships at 10000 m (the highest finish ever by an American man in that discipline at the meeting), then won the bronze medal at the IAAF World Half-marathon Championships in a personal best 60 minutes flat. That made "Ritz" the second-fastest American ever at the half marathon.

Goucher took third at the Boston Marathon last April. Although disappointed with her performance, the former University of Colorado star had achieved the highest finish in that race by an American woman since Kim Jones finished second in 1993. Goucher also won the Millrose Games mile and the 3000 m at the Reebok Boston Indoor Games, broke 69 minutes twice in half marathons in Lisbon and Chicago, won the USA 5000 m title, and placed 10th at the IAAF World Championships in the marathon.

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.

2009 HALF MARATHON: TOP TEN MEN

Note: All these times were run in the SA Half Marathon/Matha Series in Port Elizabeth.

1:01:26	Stephen Mokoka	1	Port Elizabeth	04 Jul
1:01:32	Lindikhaya Mthangayi	2	Port Elizabeth	04 Jul
1:01:43	Hendrick Ramaala	5	Port Elizabeth	04 Jul
1:01:47	Mbongeni Ngxazozo	6	Port Elizabeth	04 Jul
1:01:49	Lusapho April	3	Port Elizabeth	04 Jul
1:01:57	Enos Matalane	4	Port Elizabeth	04 Jul
1:01:58	Xolisa Tyali	5	Port Elizabeth	04 Jul
1:02:05	Shadrack Hoff	6	Port Elizabeth	04 Jul
1:02:07	Olebogeng Masire	7	Port Elizabeth	04 Jul
1:02:11	Coolboy Ngamole	8	Port Elizabeth	04 Jul

THIS MONTH IN HISTORY

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

21 years ago: 11 December 1988

David Tsebe was well beaten by Italian Gianni Poli in the Honolulu Marathon, only two weeks after running a personal best 29:58 for 10 km in the Nashua Final. Tsebe clocked 2:15:12 – more than 2 minutes behind Poli's 2:12:47. Gidamis Shahanga (TAN) was third in 2:16:47. Earlier in the year Tsebe had also run PBs of 43:47 and 63:31 for 15 km and the half marathon respectively; the next year he would finish second in the both the SA Marathon (2:13:42) and SA Half Marathon (61:11).

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

Open

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		
	87:49p**	Haile Gebrselassie (ETH) 2009		

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		

WOMENOpen

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		
	46:28p	Tirunesh Dibaba (ETH) 2009		
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	36:38	Maggie Visser	Danville (USA)	03 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
	69:56	Irina Permitina (RUS) 2009		
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	2:55:37	Maya Lawrie	Port Elizabeth	05 Dec
	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
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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	58:11	Elene Lourens	Port Elizabeth	28 Nov
	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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