

Distance Running Results

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EDITORIAL

Former Comrades record holder Vladimir Kotov set a new Western Province masters record in the 29th running of the Avbob 15 km in Table View this weekend. Kotov has a still pending provincial record of 49:48 for the distance; this time he clocked 49:40. Bulelwa Mtshagi won the women's race in a quick 56:56. Winner of the men's race was Sityhilo Diko, who once had a date of birth of 10 September 1989, but now owns an ID showing he was born in 1991 (see also "The curious case of Sityhilo Diko" in DRR 9:08 earlier this year). It is a real tragedy for the sport that runners have to resort to these kinds of shenanigans in order to win prize money for a few more years in an age category where they do not belong. See also the note about Sibusiso Thu with the results of the Volkswagen 10 km in this issue.

In the Cross Fiestas de la Virgen in Spain twins Lebogang and Lebo Phalula finished first and fourth respectively.

Next week's issue of DRR will be the last for 2009.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Illovo Sugar 15 km Christmas Challenge, Durban
- * Avbob 15 km, Table View
- * Volkswagen 10 km, Despatch
- * Ernst Louw Memorial Race, Hartenbos

International highlights:

- * Honolulu Marathon, Honolulu, HI
 - * East Asian Games Half Marathon, Hong Kong, HKG
 - * Course de Noël, Sion, SUI
 - * XC: SPAR European Cross-country Championships, Dublin, IRL; Cross Fiestas de la Virgen, Yecla, ESP
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ROAD RUNNING

Illovo Sugar 15 km Christmas Challenge (16th)

Durban, 13 December

(Loop course. Finishers: 1890.)

MEN

1.	Thubaletu Phaku	DET	47:51	R300
2.	Ticha Matende	ZIM/Form One AC	48:46	R250
3.	Mariyaradi Jari	ZIM/Form One AC	48:59	R150

All age categories except juniors the same prize money – R150, R100, R75:

40-49:

1.	Peter Sehloho	Boxer AC	54:21
2.	Garrett Robson	Boxer AC	56:18
3.	Thomas Mtshali	Toyota AC	58:09

50-59:

1.	Nicolas Dlamini	Boxer AC	60:04
2.	Jeremiah Ngwenya	Boxer AC	61:37
3.	Derek Mazibuko	West AC	63:23

60+:

1.	Mbekiseni Mchunu	Savages AC	68:40
2.	Pieter Badenhorst	PDAC	69:28
3.	Poolan Reddy	Chatsworth AC	82:50

Juniors:

1.	Mariyaradzi Jari	Form One AC	48:59	R75
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WOMEN (Same prize money as men)

1.	Jenna Challenor	Boxer AC	57:57
2.	Danielle Adlam	Boxer AC	59:42
3.	Janene Carey	Boxer AC	62:43

40-49:

1.	Grace de Oliveira	Boxer AC	65:34
2.	Mayreen Slack	Glenwood AC	69:55
3.	Sandy De Beer	SANDF	74:10

50-59:

1.	Julie Jennings	R/Bay AC	72:16
2.	Debby De Koning	Eskom Gijimas	78:54
3.	Jane Baker	DAC	85:12

60+:

1.	Lien Botha	Toti AC	77:44
2.	Alet Engelbrecht	SCS	89:09
3.	Cynthia Perks	HV	107:07

Avbob 15 km (29th)

Table View, 12 December

(Certified loop course. Finishers: 968.)

Note: Sityhilo Diko, whose date of birth used to be 10 September 1989 but who now apparently has a new ID showing a date of birth of 10 September 1991, here ran as a junior once again and won the race. – Ed.

MEN

1	Sityhilo	Diko	Nedbank	18	47:21
2	Nkosinathi	Madyo	Nedbank	21	47:50

3	Tebello	Poni	VOB	24	48:42
4	Zolile	Bhitane	Temp	27	49:39
5	Vladimir	Kotov	BLR/Century City	51	49:40
6	Victor	Msopi	VOB		50:22
7	Manbla	Pangalele	Gugs	31	51:06
8	Johnny	Persents	Adidas	43	51:09
9	Stanley	Malange	Gugs	33	51:22
10	Bongile	Tshewula	Easterns	23	51:25
11	John	September	Celtics	43	51:27
12	Patrick	Magadla	VOB	22	51:30
13	George	McCallum	Mamre	25	51:34
14	Manfred	Samuels	Helderberg	19	51:51
15	Eric	Mdoda	Easterns	19	51:56
16	Xolile	Macanda	Nedbank	38	52:03
17	Sibusisu	Nomtanda	Metropolitan	20	52:23
18	Dawid	Gous	Swartland	27	52:38
19	Riaan	Wildskut	Easterns	22	52:57
20	Jonathath	Collins	Easterns	22	52:57

WOMEN

1	Bulelwa	Mtshagi	Celtics	30	56:56
2	Anneline	Roffey	Adidas	28	57:09
3	Zintle	Xiniwe	Mr Price	23	57:49
4	Nomvuyisi	Seti	Mr Price	28	01:02:53
5	Chantel	de Lange	Adidas	29	01:04:06
6	Patricia	Adams	Metropolitan	39	01:04:45
7	Coleen	de Oliviera	New Balance	23	01:05:20
8	Christa	Mulder	Adidas	47	01:07:21
9	Rutlwano	Ramaboa	UCT	33	01:07:25
10	Cleo	Oliver	UCT	33	01:07:53
11	Nancy	Will	Pinelands	57	01:09:02
12	Rita	Toto	Gugs	47	01:09:42
13	Charmaine	Cupido	Nedbank	53	01:11:01
14	Monice	Brand	Adidas	42	01:11:09
15	Helene	Perold	Durbac	25	01:11:11
16	Elmarie	Coetzee	Adidas	45	01:11:12
17	Bianca	Marais	Edgemead	33	01:12:35
18	Renata	Schoeman	New Balance	32	01:12:48
19	Zukile	Sogiba	Temp	27	01:13:07
20	G.	Tshoboblo	AAC	44	01:13:07

Volkswagen 10 km

Despatch, 12 December
(Loop course. Finishers: 282.)

Note: This is the tenth double victory of the year for the Ntshiliza couple, George and Ntombesintu. Note also that Sibusiso Thu, who recently ran a number of races as a junior in the Western Province (and received junior prize money), here ran at his correct age, 21 (his date of birth is 13 February 1988). – Ed.

MEN

1	George	Ntshiliza	Mr Price PE	30	31:31
2	Sibusiso	Thu	Mr Price PE	21	31:39
3	Mzolisi	Makhanda	Nedbank RC	27	31:48
4	Zolani	Mabongo	Mr Price PE	23	32:03
5	Xola	Bongoza (1 st jun)	Mr Price PE	16	32:28

6	Sandile	Ngunuza	Nedbank RC	27	32:48
7	Phumzile	Sikawuti	Nedbank RC	30	32:52
8	Kgotso	Majara	Nedbank RC	29	33:22
9	Robert	Matthys	Mr Price PE	33	33:42
10	Kelly	Soyamba	Nedbank RC	32	34:13
11	Alfred	Qogi	Nedbank RC	36	34:23
12	Melikhaya	Frans	Nedbank RC	17	35:08
13	Masibulele	Heugh	Nedbank RC	15	35:18
14	Mutekile	Rasmeni (1 st vet)	Raleigh AC	44	35:19
15	Sinekhaya	Ndlakuse	Nedbank RC	20	35:26
16	Welcome	Loliwe	Nedbank RC	45	36:19
17	Gcobani	Bekwapi	Nedbank RC	30	36:27
18	David	Mama	Temp	34	36:53
19	John	Rafani	Mr Price PE	42	36:58
20	Malungisa	Olayi	PEAAC	30	37:02

40-44:

1	Mutekile	Rasmeni	Raleigh AC	44	35:19
2	John	Rafani	Mr Price PE	42	36:58
3	Alfred	Pakkies	Legacy AC	41	37:59

45-49:

1	Welcome	Loliwe	Nedbank RC	45	36:19
2	Ian	Patterson	Muirite Strider	46	38:51
3	Philbert	Tyombo	PEAAC	47	40:14

50-54:

1	Andre	Willemse	Elite AC	51	40:41
2	Chris	Terblanche	Achilles AAA	54	43:05
3	Daniel	Ferreira	Elite AC	51	43:45

55-59:

1	Errol	Rossouw	PEAAC	59	45:04
2	Mbulelo	Sobikwa	Crusaders AC	55	48:09
3	Joseph	Serfontein	PEAAC	59	48:57

60-64:

1	Piet	Meyer	St Albans CSEP	60	53:18
2	Andre	Fourie	Elite AC	62	54:20
3	William	Grobler	Elite AC	61	57:56

65-69:

1	Nic	Snyman	PEAAC	65	53:43
2	Loynes	Jenkerson	Spar Walmer AC	68	57:35
3	Robin	Clark	Achilles AAA	68	58:51

70+:

1	Henry	Human	VWAC	70	1:02:01
2	John	Peart	Nedbank RC	73	1:11:27
3	Alf	Zehmke	PEAAC	70	1:14:36

Juniors:

1	Xola	Bongoza	Mr Price PE	16	32:28
2	Melikhaya	Frans	Nedbank RC	17	35:08
3	Masibulele	Heugh	Nedbank RC	15	35:18

WOMEN

1	Ntombesintu	Ntshiliza	Mr Price PE	27	35:44
2	Elene	Lourens (1 st jun)	Maties AC	19	35:59
3	Deliwe	Nyanga	PEAAC	20	38:39
4	Treloar	Childs (1 st vet)	Spar Walmer AC	46	44:45
5	Tineke	Rademeyer	Muirite Strider	16	46:37
6	Suzanne	Lavis (1 st mast)	Jeffreys Bay	51	47:11
7	Noxolo	Marks	Mr Price PE	23	47:35

8	Hanlie	van der Westhuizen	Despatch AC	53	48:00
9	Janette	Schierz-Crusius	Body Concept	49	48:08
10	Adele	Nel	St Albans CSEP	36	48:18
11	Laura	Maritz	Randburg Harrie	49	49:28
12	Liz	Grundlingh (1 st g'mast)	Muirite Strider	62	49:34
13	Amanda	Prideaux	Bluewater Bay	34	50:49
14	Nonkangelelko	Nyanga	PEAAC	16	51:29
15	Megan	Wilson	Temp	14	51:30
16	Cheri	Rademeyer	Muirite Strider	18	51:59
17	Jacqui	van der Vyver	Elite AC	41	52:22
18	Christa	Meuwesen	Bluewater Bay	43	52:58
19	Miemsie	Swanepoel	Elite AC	48	53:19
20	Lindie	Stander	NMMU AC	25	53:28

40-44:

1	Jacqui	van der Vyver	Elite AC	41	52:22
2	Christa	Meuwesen	Bluewater Bay	43	52:58
3	Liesel	Barker	Temp	42	53:57

45-49:

1	Treloar	Childs	Spar Walmer AC	46	44:45
2	Janette	Schierz-Crusius	Body Concept	49	48:08
3	Laura	Maritz	Randburg Harrie	49	49:28

50-54:

1	Suzanne	Lavis	Jeffreys Bay	51	47:11
2	Hanlie	van der Westhuizen	Despatch AC	53	48:00
3	Gillian	Dealtry	Crusaders AC	51	1:02:14

55-59:

1	Marcelle	Harran	Body Concept	55	1:00:33
2	Rita	Boucher	Spar Walmer AC	59	1:06:01
3	Glenys	Joubert	Raleigh AC	58	1:12:32

60-64:

1	Liz	Grundlingh	Muirite Strider	62	49:34
2	Retha	Snyman	PEAAC	62	56:37
3	Olive	Williams	Temp	60	1:04:17

65-69:

1	Orgia	Nell	Muirite Strider	66	1:06:08
2	Bertie	Richards	Muirite Strider	65	1:32:08

70+:

1	Dorothy	Hart	PEAAC	71	1:04:30
2	Aletta	Fourie	Raleigh AC	71	1:22:08

Juniors:

1	Elene	Lourens	Maties AC	19	35:59
2	Tineke	Rademeyer	Muirite Strider	16	46:37
3	Nonkangelelko	Nyanga	PEAAC	16	51:29

Ernst Louw Memorial Race

Hartenbos, 9 December

(Distance: 10 km; course configuration unknown. Finishers: 136.)

MEN

1	Luwayne	Duitsjan	Mosselbaai Harriers	23	33:15
2	Gurome	Gelderbloem	Mosselbaai Harriers	33	33:50
3	Juan	Pretorius	Hartenbos Drawwers	27	35:01
4	Selwyn	Losper	Mosselbaai Harriers	45	35:14
5	Mario	Meyer	Nedbank RC SWD	30	37:17
6	Tommie	Visagie	Temp	38	39:04

7	Mihan	Roos	Knysna	31	39:09
8	De Waal	Swart	New Balance Multisport	27	39:42
9	Frans	Rademeyer	Hartenbos Drawwers	35	40:24
10	Jacques	Mouton	Outeniqua Harriers	31	42:45

WOMEN

1	Kerry	Roos	Knysna	31	44:05
2	Elzet	Oosthuizen	Nedbank RC SWD	36	45:18
3	Lelané	van der Merwe	Nedbank RC SWD	36	47:11
4	Suzaan	Kruger	Outeniqua Harriers	26	48:51
5	Ina-Mari	Visagie	Temp	38	49:19
6	Christa	Smit	Mosselbaai Harriers	42	49:33
7	Susna	du Plessis	Temp	38	49:45
8	Maryke	Sass	Temp	38	50:11
9	Kleintjie	van Schalkwyk	Hartenbos Drawwers	46	50:48
10	Carina	Muller	Hartenbos Drawwers	31	50:49

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

Honolulu Marathon (37th)

Honolulu, HI, 13 December

(Distance: 42.195 km; certified out and back course. Finishers: 20 321.)

MEN (gun times)

1. Patrick Ivuti, KEN 2:12:14 \$40,000 + 6000i
2. Nicholas Chelimo, KEN 2:13:10 16,000 + 4000i
3. William Chebon Chebor, KEN 2:14:59 10,000 + 2000i
4. Jimmy Muindi, KEN 2:17:17 6,000

WOMEN (gun times)

1. Svetlana Zakharova, RUS 2:28:34 \$40,000 + 6000i
2. Kiyoko Shimahara, JPN 2:29:53 16,000 + 4000i
3. Pamela Chepchumba, KEN 2:32:41 10,000

i) Earned time bonuses.

East Asian Games Half Marathon (5th)

Hong Kong, HKG, 13 December

(Distance: 21.1 km)

MEN

1. Tomoya Onishi, JPN 1:06:05
2. Pak Song Chol, PRK 1:06:05 (As reported)
3. Chang Chia-Che, TPE 1:06:30

WOMEN

1. Kim Kum Ok, PRK 1:11:55
2. Yuri Kano, JPN 1:12:03
3. Yoko Miyauchi, JPN 1:12:36

Course de Noël (41st)

Sion, SUI, 12 December

(Distances: Men, 7.35 km; Women, 5.25 km)

MEN (extended times)

1. Tolossa Chengere, 1983, ETH 20:03.1
2. Simon Tesfay, 1985, SUI 20:04.2
3. Paul Kipkorir, 1984, KEN 20:04.4

WOMEN (extended times)

1. Ejegayehu Dibaba, 1982, ETH 15:34.3
2. Caroline Chepkwony, 1985, KEN 16:04.5
3. Derartu Tulu, 1971, ETH 16:18.8

CROSS-COUNTRY**SPAR European Cross-country Championships (16th)**

Dublin, IRL, 13 December

Senior MEN (9997 m):

Teams: 1. Spain 34 points; 2. Great Britain & NI 54; 3. Italy 62; 4. France 67; 5. Portugal 73; 6. Ireland 115; 7. Belgium 146; 8. Germany 149; 9. Denmark 169; 10. Finland 197.

1. Alemayehu BEZABEH, ESP 30:45 Gold
2. Mo FARAH, GBR 31:02 Silver
3. Serhiy LEBID, UKR 31:17 Bronze
4. Sergio SÁNCHEZ, ESP 31:26
5. Ayad LAMDASSEM, ESP 31:30
6. José ROCHA, POR 31:34
7. Eduard MBENGANI, POR 31:41
8. Mark KENNEALLY, IRL 31:42
9. Daniele MEUCCI, ITA 31:42
10. Stéphane JOLY, SUI 31:46
- ... 40. Alistair CRAGG, IRL 32:53

U.23 MEN (8018 m):

Teams: 1. France 31 points; 2. Great Britain & NI 45; 3. Belgium 59; 4. Spain 81; 5. Turkey 102; 6. Ireland 105; 7. Portugal 128; 8. Netherlands 134; 9. Germany 137; 10. Italy 213.

1. Nouredine SMAÏL, FRA 25:11 Gold
2. Hassan CHAHDI, FRA 25:17 Silver
3. Atelaw Yeshetela BEKELE, BEL 25:21 Bronze
4. Florian CARVALHO, FRA 25:30
5. Mitch GOOSE, GBR 25:33
6. Christoph RYFFEL, SUI 25:38
7. Abdi NAGEEYE, NED 25:40
8. Ricky STEVENSON, GBR 25:40
9. Musa ROBA-KINKAL, GER 25:41
10. Alexander SÖDERBERG, SWE 25:45

Junior MEN (6039 m):

Teams: 1. Great Britain & NI 24 points; 2. France 58; 3. Norway 77; 4. Belgium 93; 5. Spain 98.

1. Jeroen D'HOEDT, BEL	18:46	Gold
2. Nick GOOLAB, GBR	18:47	Silver
3. James WILKINSON, GBR	18:47	Bronze
4. Sondre Nordstad MOEN, NOR	18:49	
5. Richard GOODMAN, GBR	18:56	
6. Rui PINTO, POR	18:57	
7. Nemanja CEROVAC, SRB	18:59	
8. Bryan CANTERO, FRA	19:01	
9. Abdelatif HADJAM, FRA	19:03	
10. Lars Erik MALDE, NOR	19:03	

Senior WOMEN (8018 m):

Teams: 1. Portugal 25 points; 2. Great Britain & NI 51; 3. Spain 58; 4. Ireland 82; 5. Italy 103; 6. France 130; 7. Sweden 141; 8. Germany 161.

1. Hayley YELLING, GBR	27:49	Gold
2. Rosa MORATÓ, ESP	27:56	Silver
3. Adriënné HERZOG, NED	28:04	Bronze
4. Jessica AUGUSTO, POR	28:11	
5. Inês MONTEIRO, POR	28:14	
6. Anna Dulce FÉLIX, POR	28:19	
7. Olivera JEVTIC, SRB	28:21	
8. Tetyana HOLOVCHENKO, UKR	28:25	
9. Freya MURRAY, GBR	28:25	
10. Sara MOREIRA, POR	28:32	

U.23 WOMEN (6039 m):

Teams: 1. Great Britain & NI 22 points; 2. Russia 25; 3. France 85; 4. Germany 85; 5. Ireland 98; 6. Spain 155; 7. Ukraine 162; 8. Italy 163.

1. Sultan HAYDAR, TUR	21:14	
2. Irina SERGEYEVA, RUS	21:15	
3. Jessica SPARKE, GBR	21:26	
4. Charlotte BROWNING, GBR	21:30	
5. Hollie ROWLAND, GBR	21:31	
6. Tatyana SHUTOVA, RUS	21:32	
7. Sandra ERIKSSON, FIN	21:32	
8. Natalya PUCHKOVA, RUS	21:36	
9. Alfiya KHASANOVA, RUS	21:39	
10. Stevie STOCKTON, GBR	21:39	
11. Stephanie TWELL, GBR	21:42	

Junior WOMEN (4039 m):

Teams: 1. Russia 47; 2. Great Britain & NI 51; 3. Germany 73; 4. France 98; 5. Italy 100.

1. Karoline Bjerkeli GRØVDAL, NOR	14:10	
2. Gulshat FAZLITDINOVA, RUS	14:12	
3. Kate AVERY, GBR	14:27	
4. Corinna HARRER, GER	14:33	
5. Federica BEVILACQUA, ITA	14:33	
6. Lauren HOWARTH, GBR	14:35	
7. Sandra MOSQUERA, ESP	14:38	
8. Lyudmila LEBEDEVA, RUS	14:38	
9. Ciara MAGEEAN, IRL	14:40	
10. Cataryna RIBIERO, POR	14:40	

Cross Fiestas de la Virgen (27th)

Yecla, ESP, 13 December

MEN (10 km)

1. Joseph Ebuya, KEN 30:41
2. Kidane Tadesse, ERI 31:53
3. Javier Carriqueo, ARG 31:59
4. Alberto Garcia, ESP 32:02
5. David Solis, ESP 32:22

WOMEN (6 km)

1. Lebogang Phalula, RSA 21:44
2. Ines Chenonge, KEN 21:47
3. Judit Pla, ESP 21:52
4. Dinah Lebo Phalula, RSA 21:58
5. Marta Domínguez, ESP 22:05

NEWS

IAAF RATIFIES GEBRSELASSIE'S WORLD 30 KM RECORD

The IAAF has ratified Haile Gebrselassie's 30 km world record set at the real,- Berlin Marathon in September. Gebrselassie passed through 30 km in 1:27:49, surpassing the previous mark of Japan's Takayuki Matsumiya set in Kumamoto, Japan, in February 2005.

The independent Association of Road Racing Statisticians (ARRS) does not accept marks achieved at intermediate points for world record consideration, so Matsumiya's mark will remain the ARRS world record.

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 WOMEN

Note: The first three times were run in the World Half-marathon Championships, while the others came in the SA Half Marathon/Matha Series in Port Elizabeth.

1:10:37A	René Kalmer	15	Birmingham	11 Oct
1:11:26A	Annerien van Schalkwyk	20	Birmingham	11 Oct
1:14:27A	Poppy Mlambo	40	Birmingham	11 Oct
1:14:52	Tanith Maxwell	4	Port Elizabeth	04 Jul
1:15:29	Tshifhiwa Mundalamo	5	Port Elizabeth	04 Jul
1:15:59	Marelize Retief	6	Port Elizabeth	04 Jul
1:16:37	Catherine Skosana	7	Port Elizabeth	04 Jul
1:16:43	Jenna Challenor	8	Port Elizabeth	04 Jul
1:17:20	Mpho Mabuza	9	Port Elizabeth	04 Jul
1:17:34	Ntombesintu Ntshiliza	10	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: 10 December 1988

Fast 10000-metre races in December are rare – and have become even more rare in recent years, but on 10 December 1988 Matthews Temane produced a quick 28:18.85 in Durban. This was the fourth best time by a South African for the year and Temane beat the second runner, Jerry Modiga, by more than a minute. Earlier in the year Temane had won the sixth of his seven SA titles over 5000 m.

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)		
15 km	27:01	Micah Kogo (KEN) 2009		
	44:15	Sibusiso Nzima	Nijmegen	15 Nov
21.1 km	43:26	Ryan Hall (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
25 km	61:26	Stephen Mokoka	Port Elizabeth	04 Jul
	58:52	Patrick Makau (KEN)		
30 km	58:33	Samuel Wanjiru (KEN) 2007		
	79:32	Shadrack Hoff	Pretoria	09 May
Marathon	73:24	Matthew Kipchirchir (KEN)		
	72:45	Paul Kosgei (KEN) 2004		
100 km	1:42:54	Sipho Phala	Parow	22 Mar
	1:29:55	Yu Mitsuya (JPN)		
100 km	87:49**	Haile Gebrselassie (ETH) 2009		
	2:07:44	Hendrick Ramaala	London	26 Apr
100 km	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
25 km	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
	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)		

Marathon	1:38:49	Mizuki Noguchi (JPN) 2005		
	2:41:48	Tanith Maxwell	Berlin	23 Aug
	2:22:11	Irina Mikitenko (GER)		
100 km	2:15:25	Paula Radcliffe (GBR) 2003		
	11:07:22a	Buyelwa Kobokana	Port Elizabeth	19 Sep
	7:50:00	Irina Vishnevskaya (RUS)		
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
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		
<u>Masters (50+)</u>				
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				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
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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