

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

The Prefontaine Classic in Eugene, part of the IAAF Diamond League, lived up to its reputation of producing great distance running. Juan van Deventer finished third in the second of the mile races in 3:54.12 (his first international race of the year), with Peter van der Westhuizen sixth in 3:55.98. Van Deventer's time is the fastest by a South African this year, while Van der Westhuizen ran 3:54.90 in Oslo a month ago.

In the main four-lap event, the Bowerman Mile, Olympic champion Asbel Kiprop clocked 3:49.75 to win. Leading American was Andrew Wheating, who was fifth in 3:51.74 – more than 6 seconds faster than his PB!

The 5000 m went to Tariku Bekele in 12:58.93. It is only the fourth time that a sub-13 race has been run outside of Europe; the others came at the 2006 Commonwealth Games in Melbourne, the 2008 Olympics in Beijing, and the Diamond League meeting in Doha earlier this year. Said Aouita achieved the very first sub-13 time in Rome in 1987.

Tirunesh Dibaba won the women's 5000 in 14:34.07 – the 33rd sub-15 time of her career. Shalane Flanagan was second in 14:49.08 in her last track race before starting training for her marathon debut in November.

In the rain-marred meeting in Madrid on Friday Mbulaeni Mulaudzi won the 800 in 1:45.1. Johan Cronje was third in the 1500 in 3:37.3 and René Kalmer sixth in the same event for women in 4:11.1. (The electronic timing apparatus broke down because of the rain and all times were recorded by hand.)

Locally it has been another quiet weekend because of the World Cup; hopefully road running will be back on track – so to speak – in two weeks.

In the result of the 1500 m at the Nancy Meeting in France (DRR 10:25) the time of the winner, Mahiedine Mekhissi Benabbad, was given as 3:25.24; it should have been 3:35.24.

Riël Hauman

INCLUDED IN THIS ISSUE:

* Alliance Half Marathon, Uitenhage

International highlights:

- * AJC Peachtree Road Race, Atlanta, USA
- * Sapporo International Half Marathon, Sapporo, JPN
- * Lake Saroma 100 km, Lake Saroma, JPN

* Track: Prefontaine Classic, Eugene, USA; Meeting de Atletismo Madrid, Madrid, ESP

ROAD RUNNING

Alliance Half Marathon (20th)

Uitenhage, 3 July

(Distance: 21.1 km; loop course. Finishers: 251.)

Note: This race was not held for the past two years, but has now been resumed. – Ed.

MEN

1	Zolani	Ngqaqa	Mr Price PE	21	1:08:33
2	George	Ntshiliza	Nedbank RC	30	1:09:10
3	Khayaletu	Makalima	Mr Price PE	26	1:10:15
4	Mzolisi	Makhanda	Nedbank RC	27	1:10:44
5	Maboyisana	Mazwayi	Nedbank RC	42	1:11:33
6	Emerson	Kayana	Nedbank RC	36	1:11:59
7	Robert	Matthys	Mr Price PE	34	1:14:06
8	Alfred	Qogi	Nedbank RC	36	1:14:28
9	Zandisile	Mpisane	Mr Price PE	26	1:15:59
10	Melikhaya	Frans	Nedbank RC	18	1:16:06
11	Thando	Bixa	Triangle Sports	30	1:16:51
12	Kobus	Joubert	Jeffreys Bay	35	1:17:14
13	Dubase	Derrick	Nedbank RC	35	1:17:45
14	Luvuyo	Stephen	Nedbank RC	40	1:18:17
15	Willie	Ensel	Nedbank RC	33	1:18:23
16	Hans	Jacobs	Nedbank RC	41	1:18:46
17	Johannes	Arries	Nedbank RC	36	1:18:54
18	Athenkosi	Makwayi	Nedbank RC	17	1:19:14
19	Welcome	Loliwe	Nedbank RC	45	1:20:31
20	Mongezi	Mboya	PEAAC	32	1:20:49

WOMEN

1	Deliwe	Nyanga	Nedbank RC	21	1:23:17
2	Marisa	Ferraris	Triangle Sports	39	1:30:51
3	Frith	van der Merwe	RFLG	46	1:33:43
4	Davera	Magson	Mr Price PE	35	1:37:20
5	Nerine	Loock	Nedbank RC	34	1:39:19
6	Natalie	Ross	Rhodes Universi	19	1:40:55
7	Noxolo	Marks	Mr Price PE	24	1:45:51
8	Susan	Smit	Jeffreys Bay	40	1:46:51
9	Adele	Nel	St Albans CSEP	37	1:46:59
10	Lizette	Sydien	Elite AC	23	1:47:45
11	Laura	Maritz	Elite AC	49	1:48:20
12	Susan	Alcock	Triangle Sports	44	1:55:46
13	Lindie	Stander	St Albans CSEP	25	1:56:09
14	Leta	Dos Santos	Spar Walmer AC	45	1:57:18
15	Caroline	Lee	Morningside Cc	46	1:58:07
16	Denise	Darlow	Charlo R R	41	1:58:35
17	Paulette	Jordaan	Muirite Strider	52	1:59:00
18	Hermie	Fisher	Madiba Bay	42	1:59:48
19	Odessa	Perelson	Madiba Bay	25	2:00:27
20	Christine	Snyman	VWAC	54	2:01:00

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

AJC Peachtree Road Race (41st)

(USA Men's 10 km Championship)

Atlanta, USA, 4 July

(Distance: 10 km; point-to-point course with 3.4 m/km elevation loss. Finishers 50 044.)

MEN

1	Gebre	Gebremariam	ETH	25	27:56
2	Peter	Kirui	KEN	22	27:56
3	Lelisa	Desisa	ETH	20	27:58
4	Shadrack	Kosgei	KEN	25	27:59
5	Terefe	Maregu	ETH	27	27:59
6	Wilson	Kipsang	KEN	27	28:00
7	Wesley	Korir	KEN	26	28:07
8	Sammy	Kitwara	KEN	22	28:11
9	Abreham	Cherkos	ETH	20	28:14
10	Edward	Moran	USA	29	28:19 (US champion)

WOMEN

1	Lineth	Chepkurui	KEN	22	30:51
2	Alice	Timbilili	KEN	27	31:12
3	Edna	Kiplagat	KEN	30	31:18
4	Kim	Smith	NZL	28	31:23
5	Dire	Tune	ETH	25	31:25
6	Belainesh	Gebre	ETH	23	31:33
7	Shewarge Alene	Amare	ETH	23	32:04
8	Mamitu	Daska	ETH	26	32:05
9	Bezunesh	Bekele	ETH	27	32:05
10	Buzunesh	Deba	ETH	22	32:10

Sapporo International Half Marathon (53rd)

Sapporo, JPN, 4 July

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

MEN

1. Cyrus Njui (KEN) 1:01:20
2. Martin Mathathi (KEN) 1:01:32
3. Samuel Ndungu (KEN) 1:01:35
4. James Mwangi (KEN) 1:02:44
5. Mekubo Job Mogusu (KEN) 1:03:18
6. Vincent Kipruto (KEN) 1:03:42
7. Harun Njoroge (KEN) 1:03:44

WOMEN

1. Yuri Kano 1:11:46
2. Azausa Nojiri 1:12:02
3. Flomena Cheyech (KEN) 1:12:27
4. Noriko Matsuoka 1:12:34
5. Misaki Katsumata 1:12:42
6. Obare Dorica (KEN) 1:13:18

7. Yukiko Akaba 1:13:30

ULTRA/MOUNTAIN RUNNING

Lake Saroma 100 km

Lake Saroma, JPN, 27 June

Note: Andy Milroy reports that Wainaina, twice Olympic medallist in the marathon (1996, 2000), broke the previous Kenyan record by almost two hours! The temperature during the race peaked out at 32 °C and almost half the field did not finish. – Ed.

MEN

1. Eric Wainaina (KEN) - 6:39:52
2. Noriyuki Araki - 6:41:07

WOMEN

1. Emi Matsushita (nee Iwasaki) - 7:49:31

TRACK

Prefontaine Classic

(IAAF Diamond League)

Eugene, USA, 3 July

MEN

1000:

1	Abubaker Kaki	SUD	2:13.62
2	Boaz Kiplagat Lalang	KEN	2:14.83
3	Nick Symmonds	USA	2:16.35
4	Alfred Kirwa Yego	KEN	2:17.60
5	Duane Solomon	USA	2:17.84

1 mile:

Race 1 –

1	Asbel Kiprop	KEN	3:49.75
2	Amine Laalou	MAR	3:50.22
3	Mekonnen Gebremedhin	ETH	3:50.68
4	Daniel Komen	KEN	3:50.70
5	Andrew Wheating	USA	3:51.74
6	Nicholas Kiptanui Kemboi	KEN	3:52.84
7	Lopez Lomong	USA	3:53.18
8	Mohamed Moustoui	MAR	3:53.70
9	Bernard Lagat	USA	3:54.36
10	Haron Keitany	KEN	3:57.07

Race 2 –

1	Ryan Gregson	AUS	3:53.19
2	Andrew J. Acosta	USA	3:53.76
3	Juan van Deventer	RSA	3:54.12
4	David Torrence	USA	3:54.47
5	Josphat Mitunga Kithii	KEN	3:55.16
6	Peter van der Westhuizen	RSA	3:55.98
7	Stephen Pifer	USA	3:56.12
8	Russell Brown	USA	3:56.92
9	Belal Mansoor Ali	BRN	3:57.22

10	Galen Rupp	USA	3:57.72
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5000:

1	Tariku Bekele	ETH	12:58.93
2	Dejen Gebremeskel	ETH	12:59.30
3	Imane Merga	ETH	13:00.18
4	Eliud Kipchoge	KEN	13:01.17
5	Bekana Daba	ETH	13:05.35
6	Mathew Kipkoech Kisorio	KEN	13:07.26
7	Chris Solinsky	USA	13:08.11
8	Daniel Lemashon Salel	KEN	13:09.80
9	Collis Birmingham	AUS	13:10.97
10	Josphat Bett Kipkoech	KEN	13:11.60
11	Abera Kuma	ETH	13:11.92
... 13	Matthew Tegenkamp	USA	13:25.09

WOMEN

800:

1	Mariya Savinova	RUS	1:57.56
2	Nancy Jebet Langat	KEN	1:57.75
3	Janeth Jepkosgei Busienei	KEN	1:57.84
4	Phoebe Wright	USA	1:58.22
5	Alysia Johnson	USA	1:58.84
6	Anna Pierce	USA	1:59.42
7	Kenia Sinclair	JAM	1:59.55
8	Maryam Yusuf Jamal	BRN	1:59.89
9	Maggie Vessey	USA	1:59.90
10	Shannon Rowbury	USA	2:00.47
11	Pamela Jelimo	KEN	2:03.14

3000 s/chase:

1	Milcah Chemos Cheywa	KEN	9:26.70
2	Marta Domínguez	ESP	9:29.61
3	Sofia Assefa	ETH	9:30.05
4	Korene Hinds	JAM	9:32.20
5	Bridget Franek	USA	9:32.35

5000:

1	Tirunesh Dibaba	ETH	14:34.07
2	Shalane Flanagan	USA	14:49.08
3	Sally Kipyego	KEN	14:54.50
4	Pauline Chemning Korikwian	KEN	14:55.27
5	Amy Begley	USA	14:56.72
6	Wude Ayalew	ETH	15:02.47
7	Megan Metcalfe	CAN	15:21.70
8	Jennifer Rhines	USA	15:22.05
9	Desireé Davila	USA	15:29.78
10	Lauren Fleshman	USA	15:33.32

Meeting de Atletismo Madrid

Madrid, ESP, 2 July

MEN

800:

Race 1 –

1	Mbulaeni Mulaudzi	RSA	1:45.1
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2	Manuel Olmedo	ESP	1:45.4
3	Jackson Mumbwa Kivuva	KEN	1:45.4
4	Kevin López	ESP	1:45.8
5	Álvaro Rodríguez	ESP	1:45.8

1500:

Race 1 –

1	Remmy Limo Ndiwa	KEN	3:36.2
2	Thomas Lancashire	GBR	3:37.3
3	Johan Cronje	RSA	3:37.3
4	Yassine Bensghir	MAR	3:38.3
5	Demma Daba	ETH	3:38.7
6	Nick McCormick	GBR	3:38.9
7	Bethwell Birgen	KEN	3:39.1
8	Garrett Heath	USA	3:40.3
9	Molefe Molefe	RSA	3:41.9

Race 2 –

1	Alvaro Lozano	ESP	3:50.7
2	Isaac Mboyaza	RSA	3:51.4
3	Alberto Galindo	ESP	3:51.7

WOMEN

800:

Race 1 –

1	Yvonne Hak	NED	1:59.2
2	Neisha Bernard-Thomas	GRN	2:00.4
3	Malika Akkaoui	MAR	2:00.6
4	Christin Wurth-Thomas	USA	2:01.4

1500:

1	Natalia Rodríguez	ESP	4:06.7
2	Btissam Lakhoud	MAR	4:06.8
3	Siham Hilali	MAR	4:07.7
4	Meskerem Assefa	ETH	4:09.8
5	Stephanie Twell	GBR	4:09.8
6	René Kalmer	RSA	4:11.1
7	Aïcha Bani	MAR	4:12.1
8	Elena García	ESP	4:27.5
9	Marije te Raa	NED	4:30.0
10	Bridey Delaney	AUS	4:36.0
	Lebogang Phalula	RSA	DNF

3000:

1	Iness Chepkesis Chenonge	KEN	8:51.3
2	Sule Utura	ETH	8:51.9
3	Zakia Mrisho	TAN	8:52.5
3	Margaret Wangari Muriuki	KEN	8:52.5
5	Esther Chemtai	KEN	8:53.8
6	Jessica Augusto	POR	8:54.9
7	Mimi Belete	BRN	8:55.8
8	Inês Monteiro	POR	9:09.1
9	Soud Kanbouchia	MAR	9:16.0
10	Rosa Morató	ESP	9:16.7
11	Emelia Gorecka	GBR	9:23.2
12	Dina Lebo Phalula	RSA	9:40.9

NEWS

THREE WORLD LEADERS IN S.A. JUNIOR TEAM

Three athletes currently in the top spot on the world list of their respective events have been included in the SA team for the World Junior Championships in Moncton, Canada, to be held on 20-25 July. They are Cheyne Rahme, Luvo Manyonga and Tazmin Britz. A total of 23 athletes are in the team.

The team is:

MEN:

Waide Jooste	(CGA)	100 m & 200 m
Gideon Trotter	(AFS)	100 m
Wade van Niekerk	(AFS)	200 m
Sean de Klerk	(AFS)	200 m
Shaun de Jager	(BOL)	400 m
Jacques de Swardt	(AGN)	400 m
Ratlale Mokone	(AFS)	1500 m
Kobus Moolman	(AGN)	110 m hurdles
Werner Pretorius	(AGN)	110 m hurdles
Le Roux Hamman	(ANWN)	400 m hurdles
Pieter Marx	(AFS)	400 m hurdles
Cheyne Rahme	(CGA)	pole vault
Luvo Manyonga	(BOL)	long jump
Stefan Brits	(BOL)	long jump
Dewald van Heerden	(CGA)	discus throw
Rocco van Rooyen	(WPA)	javelin throw
Dean Goosen	(AVT)	javelin throw
Gert Swanepoel	(CNW)	decathlon

4 x 100 m relay squad: Gideon Trotter, Waide Jooste, Wade van Niekerk, Sean de Klerk, Kobus Moolman, Werner Pretorius

WOMEN

Justine Palframan	(KZN)	200 m
Anuschka Nice	(AGN)	800 m
Jean-Marie Senekal	(BOL)	400 m hurdles
Annemie Smith	(SWDA)	hammer throw
Tazmin Britz	(ACNW)	javelin throw

VIEWPOINT

This article by well-known British athletics writer Tony Ward appeared on his blog, *Inside Track*. – Ed.

DIACK MUST GO

If Lamine Diack decides to stand for re-election for the presidency of the International Association of Athletics Federations (IAAF) at its Congress in Daegu in 2011 he, if elected, will at the end of the tenure in 2015 be the oldest serving President in IAAF history at the age of 82.

What galls most people is that the reason he was unopposed at the last election in 2007 in Osaka was his undertaking that this would be his last hurrah; that come Korea he would step down gracefully in favour of whoever wins the succession battle between (probably)

Sergey Bubka, Lord Sebastian Coe and the first African woman to win an Olympic track title, Nawal el Moutawakel. Any one of that trio has the proven ability to extricate the IAAF from the financial and administrative quagmire which it currently finds itself in. Any one of that trio has the leadership qualities so sadly lacking in the present incumbent.

What surely must further irk Diack's critics is the fact that he is after a much bigger prize – the presidency of Senegal no less. He says that friends (unspecified) are urging him to challenge President Abdoulaye Wade and "help the country make the transition back to democracy". He also says that other friends (also unspecified) are urging him to stand again for the IAAF Presidency. Should he be elected Senegalese president, Diack says he would immediately relinquish the athletics post and a interim president would serve out the remaining three years. So we all know where Lamine's priorities lie.

The IAAF has always over-venerated its presidents, treating them more like old-fashioned potentates than mere leaders of sport. It may be something to do with their advancing years. The organisation has had only five presidents since its inauguration in 1912 and each has lived into his seventies. The longest serving was the first president, Siegfried Edstrom of Sweden, who served for 34 years.

Diack has not been a particularly effective president. His communication skills outside of the French language have been poor. Vice-President Coe recently said that the IAAF faced commercial, internal and external challenges. "We're not engaging with young people," he said.

Diack recently admitted that his organisation faced making cutbacks of \$20 million over the next three years and although its finances will be boosted by the recent sponsorship of its Diamond League by Samsung there is no evidence so far that it is engaging with the wider public with its new venture.

"Necessity," Plato said, "is the mother of invention." When it became clear that the commercial possibilities open to the sport in the early eighties were unlikely to be exploited internationally, the then president of FIDAL, Primo Nebiolo, quietly assembled enough votes to defeat the incumbent president, Adrian Paulen, who was forced to stand down after only five years in office. Changes swiftly occurred under the extrovert Italian lawyer including the acceptance of a form of professionalism and the introduction of world championships.

Incidentally, had Paulen not stood down it would have been the only presidential election to date in IAAF history.

We are in a similar position now with athletics worldwide struggling to vie not only with the other, more commercially savvy major sports but with new, exciting physical activities that make the drabness of repetitious athletics training unattractive to young people.

We need leadership that has been sadly lacking during Diack's tenure. Bubka, Coe and El Moutawakel must seek nomination for election in 2011. If Diack still decides to enter the fray then so be it, it is his prerogative. But none of the younger candidates should imagine that standing aside to give him another free run for four years is doing the sport a service. Clearly it is not. Diack must go.

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2010 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. This week we have another track list, the 5000 m for women.

2010 5000 METRES: TOP 10 WOMEN

15:45.40i	René Kalmer	6	Stockholm	10 Feb
15:48.45	Lebo Phalula	1	Port Elizabeth	19 Feb
15:51.32	Kalmer-2	1	Durban	20 Mar
15:58.34	Phalula-2	2	Durban	20 Mar
16:06.14	Lebogang Phalula	2	Port Elizabeth	19 Feb

16:12.69	Thozama April	3	Durban	20 Mar
16:13.31	Lebo Phalula-3	6	Bilbao	19 Jun
16:20.55	Irvette van Blerk	4	Durban	20 Mar
16:37.30	Ntombesintu Ntshiliza	4	Port Elizabeth	19 Feb
16:42.98	Lebogang Phalula-2	5	Durban	20 Mar
16:46.82	Ronel Thomas	5	Port Elizabeth	19 Feb
16:57.30	Catherine Skosana	6	Port Elizabeth	19 Feb
17:04.25	Marelize Retief	7	Port Elizabeth	19 Feb
17:12.0	Elene Lourens	1	Stellenbosch	20 Feb

i) indoors

MORE STATS

TWO OCEANS 50 KM TIMES

Rowyn James has kindly provided the final 50 km split times in this year's Old Mutual Two Oceans Marathon. The top twenty men and women are given here. The last three columns are the 50 km time, position at 50 km and final time.

MEN

1	Mabhutle	Lebopo	2:47:02	2	3:06:18
2	Moeketsi	Mosuhli	2:47:32	3	3:07:29
3	Teboho	Sello	2:47:02	1	3:07:44
4	Stephen	Muzhingi	2:49:44	7	3:10:35
5	Warinyane	Lebopo	2:48:07	4	3:10:51
6	Mike	Fokoroni	2:49:19	6	3:11:38
7	Moses	Njodzi	2:48:44	5	3:12:14
8	Mpesela	Ntloseu	2:52:32	10	3:13:37
9	Nkosiya	Sibanda	2:52:27	9	3:15:01
10	Sandile	Ngunuza	2:53:14	11	3:15:42
11	Samuel	Bolo	2:53:57	13	3:16:04
12	Collen	Makaza	2:50:45	8	3:16:12
13	Charles	Tjiane	2:56:51	17	3:17:28
14	Peter	Muthubi	2:53:51	12	3:17:31
15	Mzwanele	Maphekula	2:55:18	14	3:17:41
16	Marko	Mambo	2:56:07	15	3:19:27
17	Vladimir	Kotov	2:58:18	19	3:19:48
18	Modibe	Mamabolo	2:56:48	16	3:20:52
19	Jacob	Mazibuko	3:00:54	25	3:23:17
20	Temo	Rampuku	3:00:50	24	3:23:25

WOMEN

1	Olesya	Nurgalieva	3:18:17	1	3:41:53
2	Elena	Nurgalieva	3:18:17	2	3:42:19
3	Adinda	Kruger	3:25:34	4	3:49:23
4	Tshifhiwa	Mundalamo	3:25:14	3	3:52:21
5	Samukeliso	Moyo	3:28:28	5	3:55:32
6	Riana	Van Niekerk	3:31:19	6	3:57:57
7	Joanna	Thomas	3:35:39	7	4:02:08
8	Davera	Magson	3:38:30	10	4:02:43
9	Kerry	Koen	3:36:43	8	4:02:57
10	Mary	Coordt	3:38:00	9	4:04:10
11	Lesley	Train	3:44:39	13	4:09:36
12	Leanne	Juul	3:43:41	11	4:10:01
13	Suzette	Botha	3:44:59	14	4:10:27

14	Belinda	Waghorn	3:46:41	16	4:12:02
15	Paula	Quinsee	3:45:03	15	4:12:32
16	Maya	Lawrie	3:47:35	18	4:13:07
17	Ursula	Frans	3:44:12	12	4:13:15
18	Vicky	Cotter	3:47:58	20	4:15:32
19	Jane	Mudau	3:47:09	17	4:15:55
20	Celeste	Swart	3:47:54	19	4:16:22

THIS MONTH IN HISTORY

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

22 years ago: 15 July 1989

Top marathon times are not often run in July in South Africa. Of course, whenever Frith van der Merwe at her best decided to compete in a winter marathon, it was a different matter. On this day in Knysna's Forest Marathon Van der Merwe, who only five months before had won her first SA title in Port Elizabeth in a national record 2:30:35, finished fourth overall in 2:39:10. One position ahead of her was Andrew Bosch, nowadays a well-known exercise physiologist, coach and contributor to DRR, and eleven positions behind her was Rowyn James, nowadays race director of the Old Mutual Two Oceans Marathon and also a DRR contributor.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2010

This section lists this year's best South African performance 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	28:40	Gladwin Mzazi	Sasolburg	06 Feb
	27:04	Josphat Kiprono (KEN)		
15 km	27:01	Micah Kogo (KEN) 2009		06 Mar
	43:50	Lusapho April	Port Elizabeth	
21.1 km	42:58	Mohamed Trafeh (USA)		06 Feb
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
25 km	63:15	Chabeli Nyedimane	Bloemfontein	09 May
	58:23	Zersenay Tadese (ERI)		
30 km	58:23	Zersenay Tadese (ERI) 2010		10 Jan
	75:02	Lusapho April	Berlin	
Marathon	71:50	Sammy Kosgei (KEN)		02 May
	71:50	Sammy Kosgei (KEN) 2010		
100 km	1:38:03	Nkosinathi Madyo	Camps Bay	
	89:46	Atsushi Fujita (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
	2:10:45	Lusapho April	Hannover	
	2:04:48	Patrick Makau (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
	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	30:34a	Mluleki Nobanda	East London	22 May
	28:51	Paulo Catarino (POR) 2003		
15 km	48:36	Graham Katzen	Eersterivier	26 Jun
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:00	Maboyisana Mazwayi	Port Elizabeth	08 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	87:31a	Basie Bonaparte	Somerset East	24 Apr
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:04	Lindile Tokota	Sedgefield	13 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:29:04	Reginald Ngobese	Sasolburg	06 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:53	Raymond Howard	Bellville	05 Jun
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:36	Charles Vilakazi	Boksburg	09 May
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:31	Eloi de Oliveira	Pietermaritzburg	28 Feb
	66:42	Martin Rees (GBR) 2003		
25 km	91:02a	Simphiwe Ntentesa	Pinetown	24 Jan
30 km	1:57:40	Raymond Howard	Parow	21 Mar
Marathon	2:45:10	Ernest Tjela	Sasolburg	06 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	37:58	Awie Veldsman	Bellville	05 Jun
15 km	59:47	Albertus Bock	Constantia	13 Mar
21.1 km	85:17	Mike du Bruto	Pretoria	06 Feb
25 km	1:47:41	Mike du Bruto	Pretoria	08 May
30 km	2:13:46	Albertus Bock	Camps Bay	10 Jan
Marathon	3:10:22a	Simon Mokone	East London	27 Feb
100 km				

Juniors

10 km	30:10	Unathi Phezolo	Brackenfell	20 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	47:28	Siyabonga Makhaluzo	Eersterivier	26 Jun
	42:25	Moses Mosop (KEN) 2004		
21.1 km	67:40	Melikhaya Frans	Port Elizabeth	08 May
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Open

10 km	32:32	René Kalmer	New York	12 Jun
	30:45a	Lineth Chepkurui (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	51:24	Tanith Maxwell	Eersterivier	26 Jun
	49:48	Feyissa Tadese (ETH)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	72:39	René Kalmer	Cape Town	03 Apr

	67:07	Elvan Abeylegesse (TUR)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:36:29	René Kalmer	Johannesburg	24 Jan
	79:53	Mary Keitany (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:03:52	Farwa Mentoor	Camps Bay	10 Jan
	1:43:24	Mara Yamauchi (GBR)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:34:24	Tanith Maxwell	London	25 Apr
	2:22:00	Liliya Shobukhova (RUS)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:06	Tessa Burrell	Port Elizabeth	01 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	56:31	Michelle Bartman	Eersterivier	26 Jun
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	82:33	Michelle Bartman	Brackenfell	15 May
	69:56	Irina Permitina (RUS) 2009		
25 km	1:47:49	Ansie Viljoen	Pretoria	08 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:43	Joanna Thomas	Camps Bay	10 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:52:04a	Joanna Thomas	Oudtshoorn	27 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	40:28	Olga Howard	Bellville	10 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	63:25	Olga Howard	Eersterivier	26 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	1:32:40	Margie Saunders	Port Elizabeth	08 May
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:04:09a	Jenny Scott	Pinetown	24 Jan
30 km	2:16:34	Olga Howard	Camps Bay	10 Jan
Marathon	3:08:34a	Annatjie Botes	Oudtshoorn	27 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	43:28	Sonja Laxton	Port Elizabeth	01 May
15 km	72:20	Sonja Laxton	Johannesburg	10 Jan
21.1 km	1:43:09	Veronica van Niekerk	Wellington	01 May
25 km	2:10:34	Elaine Greenblatt	Johannesburg	24 Jan
30 km	2:31:56	Veronica van Niekerk	Camps Bay	10 Jan
Marathon	3:41:39	Elaine Greenblatt	Sasolburg	06 Feb
100 km				

Juniors

10 km	34:28	Dominique Scott	Bellville	05 Jun
	31:42	Zola Pieterse (RSA) 1984		
15 km	57:44	Asiphe Sikabalanjana	Constantia	13 Mar
	49:40	Ines Chenonge (KEN) 2001		

21.1 km	88:00	Juan-Marie Cooper	Pretoria	20 Feb
	1:09:05	Delilah Asiago (KEN)	1991	

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