

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

Neither Stephen Mokoka (running in Phalaborwa) nor Annerien van Schalkwyk (injured) defended their SA half-marathon titles on the fast Port Elizabeth course (the same one that was used last year) and Lucky Mohale and Irvette van Blerk won their first national road titles – in the case of Mohale his first SA title of any kind. With many top runners electing to run the Foskor Half Marathon in Phalaborwa on the same day, the times were generally somewhat slower than last year.

Van Blerk, who won the SA title in the 10000 metres on the track the last two years, crossed the line a whopping 2:04 ahead of Zintle Xiniwe (who won in 2007 and 2008). Xiniwe and Louisa Leballo in eighth were the only two women in the top ten who did not set a new personal best.

Van Blerk clocked her previous PB of 74:09 when she won the Jakaranda Centre Half Marathon (at altitude) at the end of May; she ran exactly 3 minutes faster here. In last year's race Van Schalkwyk also scored a huge PB – this time Van Blerk did so and in the process ran the fastest championship time since Elana Meyer won the 1999 title in 70:53. She moves up into fifth on the SA all-time list behind Meyer, Colleen de Reuck, René Kalmer and Zola Pieterse. She was only 26th in last year's race.

South Africa's top marathon runner, Tanith Maxwell, finished an excellent third, just 9 seconds behind Xiniwe.

Mohale, whose victory in the men's race in 61:58 was much closer than Van Blerk's, improved by 1:33 on the PB he set in last year's race, when he finished 15th. Sibusiso Nzima, the current cross-country champion, was second in 62:10. Apart from Mohale and Nzima, three other men in the top ten ran PBs: Lungisa Mdedelwa, Chabeli Nyedimane and Nkosinathi Madyo.

In last year's super fast race, seven South Africans, plus two foreigners, dipped under 62 minutes; this time only the winner could manage this. The much reduced prize money certainly had an effect on the quality of the field, and just as certainly caused the runners from Zimbabwe and Lesotho to stay away.

In the veteran (40-49) age group Mluleki Nobanda retained his title, but his 1:06:17 was considerably slower than the SA record of 1:04:48 he set last year. Vladimir Kotov, who was second in the 50-59 age group in 2009, ran more than 4 minutes faster for a magnificent win in 69:38.

Two other runners retained their titles: Sithembele Fanekho in the junior race and Olga Howard in the 50-59 age group – the latter by only one second.

Unfortunately there is still lingering doubt about the length of the course and DRR has again received queries about the route from international statisticians. Last year I calculated the Race Time Bias (RTB) figure, formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances), for the race, and came up with figures of -4.59 sec/km for the men and -6.62 sec/km for the women. This meant that the men's figure was just within the accepted limit of -5 sec/km, but the women's considerably above it. Using 24 men's times and 26 women's times this year, the figures are -2.10 sec/km and -6.49 sec/km respectively. The combined figure is -4.38 sec/km. While the latter is within the allowable limit, the women's figure, as well as the many big PBs set, are a worrisome aspect of this race. List leaders were set in all categories.

South African athletes won two medals at the World Junior Championships in Canada – a gold by the talented Luvo Manyonga in the long jump and a bronze by Tazmin Brits in the javelin throw. Two other athletes reached finals: Wayde van Niekerk was fourth in the 200 and Rocco van Rooyen sixth in the javelin throw. Gert Swanepoel was 22nd in the decathlon.

At the Herculis Diamond League meeting in Monaco last week, Silas Kiplagat and Amine Laalou became the 19th and 20th runners to go through the 3:30 barrier in the 1500 m. The first three to achieve this feat all did so in 1985: Steve Cram and Said Aouita in Nice on 16 July, running 3:29.67 and 3:29.71 respectively, and Sydney Maree (3:29.77) in Cologne on 25 August. Seb Coe was the fourth to run sub-3:30 – on 7 September 1986 in Rieti when he clocked the same time as Maree.

In the Monaco 1500 American Andrew Wheating surprised with an improvement of 6.62 sec on his PB, finishing fourth in 3:30.90. Wheating is now the fourth fastest American ever behind Bernard Lagat, Maree and Alan Webb. In the women's 3000 Wheating's compatriot Shannon Rowbury improved her PB by a massive 15.80 sec to finish third in 8:31.38 (Sentayehu Ejigu won in a world-leading 8:28.41). Only Mary Slaney among Americans is faster.

Also in Monaco, Mbulaeni Mulaudzi was third in the 800 m in a list leader 1:43.29. René Kalmer was 13th in the 3000 in a disappointing 8:52.28.

A well-known runner in the Western Cape, Jean Hann, passed away recently in Villiersdorp. Hann, who represented Western Province on numerous occasions, still holds the WP masters record for 10 km.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Voet of the Wine Route 10 km, Kuils River
- * Lotto South African Half-marathon Championships, Port Elizabeth
- * Foskor Half Marathon & 10 km Development Race, Phalaborwa
- * New Balance Maxi Cross 15 km Trail Run, Pretoria
- * ADT Pirates 10 km, Johannesburg
- * XC: WP League Meeting, Koeberg

International highlights:

- * Quad-City Times Bix 7, Davenport, USA
- * Track: IAAF World Junior Championships, Moncton, CAN; Herculis Meeting, Monaco, MON

ROAD RUNNING

Voet of the Wine Route 10 km (1st)

Kuils River, 25 July

(Certified out-and-back course with loop at far end. Weather: cold, no wind)

Note: Both Graham Katzen and Nancy Will, who ran in the SA Half Marathon the previous day, ran again here. Katzen, who was second in Port Elizabeth, won the veteran category. – Ed.

MEN

1. Hein Camphor (Adid) 32:26 (R350); 2. Duane Fortuin (Adid) 32:29 (R200); 3. Tebello Poni (VOB) 32:34 (R150); 4. Victor Msopi (VOB) 32:43; 5. Fabian Faro (MPT) 33:27; 6. Graham Katzen (Celtic) 33:33 (1st vet); 7. Sihle Mapukata (MP) 33:44; 8. Wanda Roro (Adid) 33:56; 9. Nkosinathi Sotyantya (Celtic) 34:03 (1st jun); 10. Mervin Steenkamp (Itheke) 34:05; 11. Shaun Abrahams (Adid) 34:40; 12. Riaan Witbooi (?) 34:57; 13. Laban Ponco (Ned) 35:02; 14. Bongile Tshewula (East) 35:16; 15. Ricardo Jaftha (Eerste) 36:04; 16. Gernik ? (FH) 36:11; 17. Aldrin Smit (NBMC) 36:13; 18. Willem Swanepoel (Brack) 36:17; 19. Carlo Botha (ATC) 36:23; 20. Bronwine Snyders (Adid) 36:42.

40-49: 1. Graham Katzen (Celtic) 33:33 (R200); 2. Andries Swanepoel (Brack) 37:00 (R150); 3. Barend Jacobs (Celtic) 37:14 (R100). **50-59:** 1. Gregory Jacobs (Edge) 37:26 (R200); 2. Kevin Isaacs (Celtic) 37:50 (R150); 3. Mohammad Kriel (Ned) 38:34 (R100). **60+:** 1. Johann Botha (Durb) 46:47 (R150); 2. Oeloff Crouse (Brack) 55:25 (R100); 3. Wally Hart (SH) 55:47 (R75). **Juniors:** 1. Nkosinathi Sotyantya (Celtic) 34:03 (R250); 2. Ruan Kapp (Bell) 41:09 (R150); 3. Stephen Clouts (RWFL) 45:43 (R100).

WOMEN (Same prize money as men)

1. Asiphe Sikabalanjana (Gugs) 41:40 (1st jun); 2. Melody Marcus-Cupido (Met) 42:49; 3. Mariëtte Esterhuyse (Tyger) 43:46 (1st vet); 4. Patricia Adams (Met) 44:14; 5. Chantel Simpson (Pine) 44:19; 6. Charmaine Cupido (Ned) 45:08 (1st mast); 7. Ronel Steenkamp (Durb) 45:20; 8. Lorna Loubser (Sanlam) 45:41; 9. Glenda Werth (Met) 46:16; 10. Courtney Groener (Bell) 46:31; 11. Nancy Will (Pine) 46:41; 12. Esmé Koopman (Durb) 46:47; 13. Maretha de Kock (Adid) 47:00; 14. Lindie Bouwer (Sanlam) 48:50; 15. Mia Smit (Held) 49:01; 16. Annemi van Zyl (Celtic) 49:04; 17. Johandie de Kock (Tyger) 49:07; 18. Marinelle Tolken (Brack) 49:16; 19. Sandy Kood (VOB) 49:47; 20. Sonia Harlock (FH) 49:48.

40-49: 1. Mariëtte Esterhuyse (Tyger) 43:46; 2. Chantel Simpson (Pine) 44:19; 3. Ronel Steenkamp (Durb) 45:20. **50-59:** 1. Charmaine Cupido (Ned) 45:08; 2. Nancy Will (Pine) 46:41; 3. Maretha de Kock (Adid) 47:00. **60+:** 1. Mariëtha Herbert (Bell) 51:36; 2. Pixie Sparg (Celtic) 52:12; 3. Zonia Barnard (Celtic) 59:58. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 41:40; 2. Courtney Groener (Bell) 46:31; 3. Melanie van Niekerk (WC) 57:09.

Lotto South African Half-marathon Championships (31st)

(as part of the Race Against Time Series)

Port Elizabeth, 24 July

(Distance: 21.1 km. Loop course at sea level. Weather: Good, overcast – excellent conditions. Finishers: 705.)

Note: Runners indicated with an asterisk (*) were not part of the SA Half-marathon Championships, because they were not members of a provincial team. (In contrast to previous years, there were no foreigners in the race apart from Vladimir Kotov – see note with 50-59 age group results.) – Ed.

MEN

1	Lucky	Mohale	CGA	24	1:01:58	R5 000
2	Sibusiso	Nzima	CGA	23	1:02:10	R4 000
3	Lusapho	April*	Temp	28	1:02:24	R3 500
4	Lungisa	Mdedelwa*	NEDEC	25	1:02:30	R3 000
5	Zolani	Ntongana	WPA	30	1:02:34	R2 500
6	Olebogeng	Masire	ACNW	27	1:02:40	R2 000
7	Chabeli	Nyedimane	FS	22	1:02:46	R1 500
8	Samuel	Segoaba	FS	27	1:02:52	R1 000
9	Boy	Soke	FS	27	1:03:16	R500
10	Nkosinathi	Madyo	WPA	22	1:03:17	R375
11	Benedict	Moeng	AGN	27	1:03:57	
12	Omphemetse	Mothibi	ANWN	25	1:04:03	
13	Anthony	Godongwana	WPA	25	1:04:30	
14	Sityhilo	Diko*	NEDCGA	20	1:05:06	
15	Michael	Mazibuko	AVT	23	1:05:15	
16	Sikhumbuzo	Seme	AGN	25	1:05:21	
17	Nkululeko	Zamisa	AGN	25	1:05:26	
18	Lucky	Miya	CGA	29	1:05:31	
19	Motsamai	Motone	AGN	30	1:05:47	
20	Odwa	Thunyiswa	CGA	25	1:05:54	
21	Lindikhaya	Mthangayi	WPA	31	1:05:58	
22	Mzukile	Silayi	ANWN	20	1:05:59	
23	Pule	Hlabalaba	FS	27	1:06:00	
24	Lungile	Gongqa*	MPEP	31	1:06:04	
25	Mluleki	Nobanda (1 st vet)	AT	41	1:06:17	
26	Sithembele	Fanekho (1 st jun)	AT	19	1:06:23	
27	Thobane	Chagwe	KZN	18	1:06:30	
28	Stoffel	Sebuasengwe	ACNW	24	1:06:37	
29	Sibusiso	Mbingeleli	WPA	32	1:06:39	
30	Xola	Bongoza	EPA	17	1:06:43	
31	Joseph	Mphuthi	AVT	33	1:06:45	
32	Themba	Miya	CGA	28	1:07:01	
33	Frik	Guys	CGA	24	1:07:04	
34	Mzwanele	Maphekula	EPA	33	1:07:10	
35	Tom	Lusaseni	WPA	21	1:07:34	
36	Patrick	Sefako	ACNW	25	1:07:34	
37	Graham	Katzen	WPA	40	1:07:46	
38	Avukile	Ntongana	WPA	25	1:07:48	
39	Anele	Maliza	EPA	32	1:07:50	
40	Joel	Madiba*	Tshwane	19	1:08:00	
41	Ishamel	Phokwane	ANWN	25	1:08:02	
42	Siyabulela	Mtsha	AT	22	1:08:03	
43	Mawande	Hlongwe	AT	18	1:08:07	
44	Kgotso	Sesing	FS	25	1:08:07	
45	Mzuvelile	Hlanti*	NXAR	29	1:08:08	
46	Sandile	Ngumuza*	NEDEC	27	1:08:14	
47	Piet	Mosebedi	AGN	40	1:08:24	
48	Luxolo	Mdzanga	WPA	17	1:08:30	
49	Molifi	Tsuane	ACNW	28	1:08:31	
50	Bulelani	Niwa	EPA	24	1:08:37	

40-49:

1. Mluleki Nobanda (AT), 41, 1:06:17 R1 000
2. Graham Katzen (WPA), 40, 1:07:46 R750
3. Piet Mosebedi (AGN), 40, 1:08:24 R500

50-59:

1. Vladimir Kotov# (BLR/WPA), 52, 1:09:38 R1 000
2. Charles Vilakazi (CGA), 50, 1:11:07 R750
3. Johannes Seakamela (CGA), 50, 1:14:16 R500

#) Kotov, although a foreigner, has a South African residence permit and is eligible for the national championships.

60+:

1. Mike du Bruto (AGN), 61, 1:23:01 R1 000
2. Albertus Bock (WPA), 64, 1:23:13 R750
3. Don Charles (CGA), 61, 1:24:04 R500

Juniors:

1. Sithembele Fanekho (AT), 19, 1:06:23 R2 000
2. Thobane Chagwe (KZN), 18, 1:06:30 1 500
3. Xola Bongoza (EPA), 17, 1:06:43 R1000

WOMEN (Same prize money as men)

1	Irvette	Van Blerk	CGA	23	1:11:09
2	Zintle	Xiniwe	WPA	23	1:13:13
3	Tanith	Maxwell	KZN	34	1:13:22
4	Thozama	April	AGN	24	1:13:58
5	Mpho	Mabuza	CGA	30	1:15:28
6	Nolene	Conrad	CGA	24	1:15:47
7	Christine	Kalmer	CGA	24	1:15:54
8	Louisa	Leballo	AGN	32	1:16:22
9	Nomvuyisi	Seti	WPA	28	1:18:22
10	Cornelia	Joubert	CGA	22	1:18:35
11	Bulelwa	Mtshagi	WPA	30	1:18:39
12	Nandipha	Dywili (1 st jun)	AGN	18	1:18:42
13	Charne	Bosman	AGN	34	1:19:15
14	Lusanda	Bomvana*	MPTkei	18	1:19:30
15	Juan-Marie	Cooper*	Khosa	17	1:19:46
16	Joyce	Thiane	FS	23	1:19:50
17	Michelle	Bartman (1 st vet)	WPA	46	1:21:10
18	Tessa	Burrell	CGA	45	1:21:48
19	Putseletso	Maema	FS	27	1:21:49
20	Maya	Lawrie	KZN	42	1:21:50
21	Maryna	Swanepoel	FS	24	1:22:20
22	Busiswe	Matiwane	WPA	35	1:22:22
23	Ulrica	Stander	WPA	35	1:22:25
24	Grace	De Oliveira	KZN	49	1:23:07
25	Helene	Perold	WPA	26	1:23:45
26	Elmarie	Coetzee	WPA	46	1:23:52
27	Sheryl	De Lange	WPA	42	1:23:56
28	Danielle	Adlam	KZN	30	1:24:01
29	Liza-Mari	Bright	EPA	28	1:24:11
30	Ester	Brink	WPA	45	1:25:15
31	Bathobebe	Hlazo*	Hlazo	16	1:25:45
32	Jane	Mudau	AGN	47	1:25:55
33	Ansie	Viljoen	AGN	46	1:26:30
34	Xoliswa	Bici*	NEDAGN	30	1:27:46
35	Vuyokazi	Gebe	AT	21	1:28:02
36	Sarah	Mahlangu	CGA	44	1:28:31
37	Marisa	Ferraris*	Triangle	39	1:29:04
38	Johanna	Claassen*	NEDSWD	41	1:29:19

39	Helga	Mathee*	NB Eden	35	1:29:48
40	Olga	Howard (1 st mast)	WPA	51	1:29:51
41	Annetjie	Botes	ASWD	52	1:29:52
42	Nontembo	Kalvas	AT	18	1:30:39
43	Michelle	Enslin*	Temp	42	1:33:14
44	Margie	Saunders	EPA	56	1:33:27
45	Christine	Claasen	EPA	45	1:33:38
46	Leslie	Wood	EPA	53	1:35:18
47	Grizelda	Pietersen*	ACHPE	41	1:35:55
48	Nancy	Will	WPA	57	1:36:37
49	Priscilla	Maleiba*	Cadbury	39	1:36:50
50	Veronica	Van Niekerk (1 st g'mast)	BA	64	1:36:59

40-49:

1. Michelle Bartman (WPA), 46, 1:21:10
2. Tessa Burrell (CGA), 45, 1:21:48
3. Maya Lawrie (KZN), 42, 1:21:50

50-59:

1. Olga Howard (WPA), 51, 1:29:51
2. Annetjie Botes (ASWD), 52, 1:29:52
3. Margie Saunders (EPA), 56, 1:33:27

60+:

1. Veronica van Niekerk (BA), 64, 1:36:59
2. Elaine Greenblatt (CGA), 61, 1:38:57
3. Liz Grundlingh (EPA), 63, 1:48:37

Juniors:

1. Nandipha Dywili (AGN), 18, 1:18:42
2. Lusanda Bomvana* (MPTkei), 18, 1:19:30
3. Juan-Marie Cooper* (Xhosa), 17, 1:19:46
- ... 5. Nontembeko Kalvas (AT), 18, 1:30:39 (silver medal in SA Championships)

Foskor Half Marathon & 10 km Development Race

Phalaborwa, 24 July

(Distances: 21.1 km & 10 km; loop courses)

Note: Elias Mabane, who has been suspended, ran here. His prize money was withheld. – Ed.

Half marathon**MEN**

1 Stephen Mokoka (Transnet) 63:25; 2 Johannes Kekana (Mr Price) 64:35; 3 Nkopane Seqhobane (LES/GS) 64:40; 4 David Ngakane (Nedbank) 65:01; 5 Coolboy Ngamole (Nedbank) 65:26; 6 Jeffrey Gwebu (Nedbank) 65:42; 7 Norman Dlomo (Lekoa) 65:54; 8 Mike Fokoroni (ZIM/Nedbank) 65:58; 9 Tsofong Maine (LES/Toyota) 66:30; 10 Enos Matalane (Toyota) 66:39.

Veterans: 1 Elgin Mokgale (Harmony Striders) 71:26; 2 Elias Mabane (Bidvest) 74:16; 3 Tidimalo Modiga (Toyota) 75:22. **Masters:** 1 Themba Phulu (Vyebo Striders) 75:05; 2 Jerry Rankapule (Nedbank) 79:38; 3 Francis Makuka (ZAM/Bashewa) 81:24. **G'masters:** 1 Paulus Masilela (Irene) 82:22; 2 Daniel Hlongwane (Nedbank) 90:47; 3 Johannes Setshedi (New Balance) 95:17. **Juniors:** 1 Siseko Zindlovi (GS) 74:12; 2 Thabiso Mateba (GS) 76:42; 3 Livhuwane Netshaulu (Thoyandou) 76:48

WOMEN

1 Mamorallo Tjoka (LES/Toyota) 75:05; 2 Thabitsa Tsatsa (ZIM/Mr Price) 76:44; 3 Samukeliso Moyo (ZIM/Mr Price) 78:47; 4 Poppy Mlambo (Nedbank) 80:26; 5 Tshifhiwa Mundalamo (Nedbank) 80:33; 6 Catherine Skosana (Mr Price) 81:17; 7 Rutendo Nyahora (ZIM/Nedbank) 82:27; 8 Onneile Dintwe (BOT/Nedbank) 82:40; 9 Muchaneta Gwata (ZIM/Mr Price) 83:20; 10 Helen Chiundu (ZIM/Nedbank) 83:36.

Veterans: 1 Lindsey v Aswegen (Toyota) 86:14; 2 Catherine Naane (Goldfields) 93:58; 3 Florence Molawa (Arcelor Mittal) 97:14. **Masters:** 1 Thandi Mlambo (Afrox) 2:03:50; 2 Margaret Boshoe (Sunninghill) 2:04:08; 3 Cornelia v Antwerpen (Phalaborwa) 2:06:23. **G'masters:** 1 Jeanette Truter (Namaqua) 2:00:15. **Juniors:** 1 Evidence Lephalala (Moletjie) 2:03:02; 2 Alice Botes (Nedbank) 2:03:03; 3 Portia Mabena (Temp) 2:03:31.

10 km

MEN

1 Enock Manyandi (Nedbank) 30:57; 2 Vincent Kutoane (Nedbank) 30:23; 3 Desmond Mokgobu (ADT) 31:35.

WOMEN

1 Cynthia Maloyi (Temp) 39:33; 2 Phaswa Phadu (Temp) 39:59; 3 Jeanette Tembi (Temp) 43:25.

ADT Pirates 10 km

Johannesburg, 11 July

(Loop course. Finishers: 1369.)

MEN

1	Nkopane	Seqhobane	LES/Gaut Str	30	30:38
2	Perocious	Mkhobalo	Gaut Str	22	30:52
3	Donald	Mthipa	Nedbank	31	31:19
4	Odwa	Tunyiswa	Nedbank	25	31:43
5	Enoch	Manyandi	Nedbank	21	32:02
6	Shadrack	Selewane	ADT	31	32:03
7	Clinton	Swanepoel	Univ Jhb	21	32:03
8	Mthetho	Goxo	Nedbank	33	32:27
9	Armin	Botha	Univ Jhb	17	32:33
10	Kgathatso	Checha	ADT	31	33:02

WOMEN

1	Irvette	van Blerk	Nedbank	23	36:28
2	Juan-Marie	Cooper	Khosa	17	38:40
3	Toni	Snoxell	Jeppe	22	39:05
4	Maxine	Heine-Wacker	Nedbank	20	39:55
5	Chante	Venter	Nedbank	15	40:50
6	Briguetta	?	Univ Jhb	15	41:31
7	Janine	Cooper	Khosa	14	41:42
8	Lauren	Botha	Univ Jhb	15	42:16
9	Michelle	Mee	RAC	38	42:46
10	Melissa	Pretorius	Alberton	15	43:21

TRAIL RUNNING

New Balance Maxi Cross 15 km Trail Run

Fountains Nature Reserve, Pretoria, 24 July

MEN

1 Thabang Madiba (Nissan) 58:37; 2 Lympton Maifo (Nedbank) 58:54; 3 Kenneth Mahlaole (Nedbank) 62:51.

Veterans: 1 Albie Geldenhuys (Irene) 66:53. **Masters:** 1 Tonie vd Oefer (Agape) 86:46.
G'masters: 1 Geoff Davis (RH) 1:44:10. **G/g'masters:** 1 Des Robins (Fit 2000) 2:36:54.
Juniors: 1 Hendre Tieleman (Striders) 1:43:10; 2 Werner Botha (Kempies NB) 1:47:07.

WOMEN

1 Gloria Baeba (Transnet) 75:39; 2 Estie Grobler (Mr Price) 85:58; 3 Vanessa Bowman (Kempton) 86:07.

Veterans: 1 Vanessa Bowman (Kempton) 86:07. **Masters:** 1 Christa Mouton (Agape) 1:50:03. **G'masters:** 1 Rina Machadu (Ndaba) 2:11:23. **G/g'masters:** 1 Deidre Larkin (RH) 2:44:54.

CROSS-COUNTRY

WP League Meeting (5th)

Koeberg, 17 July

Note: The athletes' names are in the order of surname followed by first name. – Ed.

MEN

12 km:

1	Fortuin Duane	Adidas	41:51
2	Camphor Hein	Adidas	41:59
3	Poni Tebello	ACSIS VOB	42:12
4	Qhina Mtandazo	Adidas	42:32
5	Bailey Michael	Celtic Harriers	42:34
6	Nogwaza Innocent	Adidas	42:58
7	Roro Wanda	Adidas	43:25
8	Msopi Victor	ACSIS VOB	43:41
9	Pangalele Mandla	RCS Gugs	44:57
10	Malange Stanley	RCS Gugs	45:26

4 km:

1	Meleni Wongalethu	ACSIS VOB	13:16
2	Wildskut Riaan	ATC	13:24
3	Tshewula Bongile	Easterns	13:51
4	Petoors Jessie	Eerste River	13:53
5	Mdutyana Nicholas	Celtic Harriers	13:55
6	Floors Elroy	Tygerberg NLK	14:11
7	Collins Jonathan	Easterns	14:18
8	Snyders Bronwine	Adidas	14:29
9	Witbooi Riaan	Eerste River	14:43
10	Swanepoel Willem	Brackenfell	14:47

40-49 (8 km):

1	Persents Johnny	Adidas	29:52
2	September John	Celtic Harriers	30:08

3	Abrahams Shaun	Adidas	30:58
50-59 (8 km):			
1	Isaacs Kevin	Celtic Harriers	31:51
2	Paul Julian	Defence WP	32:11
3	Tom Gemjikile	Eskom Gijimas WP	32:47
60+ (8 km):			
1	Veldsman Awie	Helderberg Harriers	34:07
2	Bock Albertus	Adidas	34:58
3	Donald Peter	West Coast	40:31
Juniors (8 km):			
1	Andreas Jeromy	UWC	26:51
2	Nteta Unathi	Atlantic	26:58
3	Mdzanga Luxolo	RCS Gugs	28:03

WOMEN

8 km:

1	Mtshagi Bulelwa	Celtic Harriers	33:51
2	De Lange Sheryl	Adidas	34:52
3	De Bruin René	Defence WP	35:03
4	Perold Helene	Adidas	35:44
5	Roos Elsire	Bellville	35:57
6	Matiwane Busisiwe	Celtic Harriers	36:12
7	De Oliveira Colleen	NB Multisport	38:21
8	Scott Tanya	UCT	38:31
9	Leibbrandt Dominique	UCT	42:28
10	Smit Lisa	NB Multisport	42:31

4 km:

1	Hanekom Linda	Adidas	17:21
2	Manchip Genine	Maties	19:04
3	Johannes Tyshia	RCS Gugs	20:16
4	Nkhola Patience	Khayelitsha	21:04
5	Olivier Lee-Ann	CPUT	21:28
6	Truter Vanessa	Helderberg Harriers	21:33
7	Christians Carol	RCS Gugs	21:54
8	Philander Emmeranthia	Adidas	24:05
9	King Petra	Sanlam	24:18
10	Bedwell Michelle	Pinelands	25:08

40-49 (4 km):

1	De Lange Sheryl	Adidas	16:12
2	Esterhuyse Mariëtte	Tygerberg NLK	17:28
3	Malan Mariaan	Melkbos	17:54

50-59 (4 km):

1	Howard Olga	Celtic Harriers	16:39
2	Will Nancy	Pinelands	18:47
3	Cupido Charmaine	Nedbank	19:07

60+ (4 km):

1	Sparg Pixie	Celtic Harriers	21:33
2	Barnard Zonia	Celtic Harriers	23:56
3	James Marlene	Pinelands	24:49

Juniors (6 km):

1	Sikabalanjana Asiphe	RCS Gugs	23:02
2	Beukes Reghana	Eerste River	24:41
3	Speelman Augustine	Blue Downs	27:41

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

Quad-City Times Bix 7 (36th)

(USA 7-mile Championships for men & women)

Davenport, USA, 24 July

(Distance: 7 miles)

MEN

- 1) Ryan Hall (CA), 32:55, \$12,500 or 2010 automobile
- 2) Ed Moran (VA), 33:00, \$4000
- 3) Sean Quigley (PA), 33:05, \$2500
- 4) Antonio Vega (MN), 33:08, \$1500
- 5) James Carney (CO), 33:21, \$1000

WOMEN

- 1) Lisa Koll (IA), 37:52, \$12,500 or 2010 automobile
- 2) Amy Hastings (CA), 38:33, \$4000
- 3) Andrea Walkonen (MA), 38:43, \$2500
- 4) Blake Russell (CA), 39:23, \$1500
- 5) Lindsay Allen (AZ), 39:57, \$1000

TRACK

IAAF World Junior Championships

Moncton, CAN, 19-25 July

Note: Results of all the events at the meeting are given here, with the top five in the distance events and the medal winners in the other events, plus South African positions in finals. – Ed.

MEN

100 (21, -0.7): Dexter Lee JAM 10.21; 2 Charles Silmon USA 10.23; 3 Jimmy Vicaut FRA 10.28.

200 (23, 0.5): Shota Iizuka JPN 20.67; 2 Aliaksandr Linnik BLR 20.89; 3 Aaron Brown 21.00; 4 Wayde van Niekerk RSA 21.02.

400 (22): Kirani James GRN 45.89; 2 Marcell Deák-Nagy HUN 46.09; 3 Errol Nolan USA 46.36.

800 (25): David Mutua KEN 1:46.41; 2 Cas Loxsom USA 1:46.57; 3 Robby Andrews USA 1:47.00; 4 Niall Brooks GBR 1:47.02; 5 Samir Dahmani FRA 1:47.82.

1500 (22): Caleb Ndiku KEN 3:37.30; 2 Abderrahmane Anou ALG 3:38.86; 3 Mohamed Al-Garni QAT 3:38.91; 4 Mohamed Bensghir MAR 3:39.97; 5 Alberto Imedio ESP 3:41.82.

5000 (24): David Bett KEN 13:23.76; 2 John Kipkoech KEN 13:26.03; 3 Aziz Lahbabi MAR 13:28.92; 4 Moses Kibet UGA 13:36.59; 5 Belete Assefa ETH 13:42.10.

10000 (20): Dennis Masai KEN 27:53.88; 2 Gebretsadik Abraha ETH 28:03.45; 3 Paul Lonyangat KEN 28:14.55; 4 Mohammed Ahmed 29:11.75; 5 Aaron Pulford NZL 29:14.23 NJR.

3000 s/chase (25): Jonathan Ndiku KEN 8:23.48; 2 Albert Yator KEN 8:33.55; 3 Jacob Araptany UGA 8:37.02; 4 Abdelaziz Merzougui MAR 8:40.08; 5 Alemu Desta ETH 8:44.07.

110 H (25, -2.4): Pascal Martinot Lagarde FRA 13.52; 2 Vladimir Vukicevic NOR 13.59; 3 Jack Meredith GBR 13.59.

400 H (23): Jehue Gordon TRI 49.30; 2 Takatoshi Abe JPN 49.46; 3 Leslie Murray ISV 50.22.
 HJ (23): Mutaz Essa Barshim QAT 2.30; 2 David Smith USA 2.24; 3 Naoto Tobe JPN 2.21.
 PV (22): Anton Ivakin RUS 5.50; 2 Claudio Michel Stecchi ITA 5.40; 3 Andrew Sutcliffe GBR 5.35.
 LJ (21): Luvo Manyonga RSA 7.99/-1.0; 2 Eusebio Cáceres ESP 7.90/-1.2; 3 Taylor Stewart 7.63/-0.7.
 TJ (25): Aleksey Fyodorov RUS 16.68/-0.5; 2 Ernesto Revé CUB 16.47/-1.7; 3 Omar Craddock USA 16.23/-3.6.
 SP (21): Jacko Gill NZL 20.76 NJR; 2 Božidar Antunović SRB 20.20; 3 Ding Yongheng CHN 20.14.
 DT (24): Andrius Gudžius LTU 63.78 NJR; 2 Andrei Gag ROU 61.85; 3 Julian Wruck AUS 61.09.
 HT (25): Conor McCullough USA 80.79 AJR; 2 Ákos Hudi HUN 78.37; 3 Alaa El-Din Mohamed El-Ashry EGY 76.66.
 JT (23): Till Wöschler GER 82.52 NJR; 2 Genki Dean JPN 76.44; 3 Dmitri Tarabin RUS 76.42; ... 6 Rocco van Rooyen RSA 74.13.
 Decathlon (21): Kevin Mayer FRA 7928 NJR; 2 Ilya Shkurenkov RUS 7830; 3 Marcus Nilsson SWE 7751; ... 22 Gert Swanepoel RSA 5024.
 10000 walk (23): Valeriy Filipchuk RUS 40:43.17; 2 Cai Zelin CHN 40:43.59; 3 Pyotr Bogatyrev RUS 40:50.37.
 4x100 (24): USA 38.93; 2 JAM 39.55; 3 TRI 39.72.
 4x400 (25): USA 3:04.76; 2 NGR 3:06.36; 3 GBR 3:06.49

WOMEN

100 (21, -0.7): Jodie Williams GBR 11.40; 2 Takeia Pinckney USA 11.49; 3 Jamile Samuel NED 11.56.
 200 (23, -0.5): Stormy Kendrick USA 22.99; 2 Jodie Williams GBR 23.19; 3 Jamile Samuel NED 23.27.
 400 (22): Shaynae Miller BAH 52.52; 2 Margaret Etim NGR 53.05; 3 Bianca Razor ROU 53.17.
 800 (22): Mirela Lavric ROU 2:01.85; 2 Cherono Koech KEN 2:02.29; 3 Annet Negesa UGA 2:02.51; 4 Rose M. Almanza CUB 2:02.67; 5 Ajee Wilson USA 2:04.18.
 1500 (25): Tizita Bogale ETH 4:08.06; 2 Ciara Mageean IRL 4:09.51 NJR; 3 Nancy Chepkwemoi KEN 4:11.04; 4 Jordan Hasay USA 4:13.95; 5 Ioana Doaga ROU 4:14.27.
 3000 (19): Mercy Cherono KEN 8:55.07; 2 Emebet Anteneh ETH 8:55.24; 3 Layes Abdullayeva AZE 8:55.33 NUR; 4 Purity Rionoripo KEN 8:56.91; 5 Tejitu Daba BRN 9:01.22 NJR.
 100 H (22, 0.9): Isabelle Pedersen NOR 13.30 NJR; 2 Jenna Pletsch GER 13.35; 3 Miriam Hehl GER 13.46.
 400 H (24): Katsiaryna Artsiukh BLR 56.16; 2 Vera Rudakova RUS 57.16; 3 Evonne Britton USA 57.32.
 HJ (25): Marija Vukovic MNE 1.91 NR NJR; 2 Airiné Palšytė LTU 1.89; 3 Elena Vallortigara ITA 1.89.
 PV (24): Angelica Bengtsson SWE 4.25; 2 Victoria Von Eynatten GER 4.20; 3 Holly Bleasdale GBR 4.15.
 LJ (23): Irisdaymi Herrera CUB 6.41/0.3; 2 Wang Wupin CHN 6.23/0.1; 3 Marharyta Tverdohlib UKR 6.20/0.0.
 TJ (22): Dailenis Alcántara CUB 14.09/2.0; 2 Laura Samuel GBR 13.75/0.9 NJR; 3 Deng Lina CHN 13.72/1.8.
 SP (20): Geisa Arcanjo BRA 17.02; 2 Meng Qianqian CHN 16.94; 3 Cui Shuang CHN 16.13.
 DT (22): Yaimí Pérez CUB 56.01; 2 Erin Pendleton USA 54.96; 3 Yuliya Kurylo UKR 53.96.
 HT (24): Sophie Hitchon GBR 66.01 NJR; 2 Barbara Špiler SLO 65.28; 3 Zhang Li CHN 63.96.
 JT (21): Sanni Utriainen FIN 56.69; 2 Lina Muze LAT 56.64; 3 Tazmin Brits RSA 54.55.
 Heptathlon (23): Dafne Schippers NED 5967; 2 Sara Gambetta GER 5770; 3 Helga Margrét Thorsteinsdóttir ISL 5706.

4x100 (24): USA 43.44; 2 GER 43.74; 3 NED 44.09.
 4x400 (25): USA 3:31.20; 2 NGR 3:31.84; 3 JAM 3:32.24.

Herculis Meeting

(IAAF Samsung Diamond League)
 Monaco, MON, 22 July

MEN

800:

1	Abubaker Kaki	SUD	1:43.10
2	Boaz Kiplagat Lalang	KEN	1:43.29
3	Mbulaeni Mulaudzi	RSA	1:43.29
4	Jackson Mumbwa Kivuva	KEN	1:43.72
5	Abraham Kiplagat	KEN	1:43.77
6	Nick Symmonds	USA	1:44.06
7	David Torrence	USA	1:45.14
8	Belal Mansoor Ali	BRN	1:45.46
9	Brice Etès	MON	1:47.61
10	Jeff Lastennet	FRA	1:48.44
	Khadevis Robinson	USA	DNF

1500:

1	Silas Kiplagat	KEN	3:29.27
2	Amine Laalou	MAR	3:29.53
3	Augustine Kiprono Choge	KEN	3:30.22
4	Andrew Wheating	USA	3:30.90
5	Ryan Gregson	AUS	3:31.06
6	Lopez Lomong	USA	3:32.20
7	Bernard Lagat	USA	3:32.51
8	Taoufik Makhloufi	ALG	3:32.94
9	Nicholas Kiptanui Kemboi	KEN	3:33.76
10	Daniel Kipchirchir Komen	KEN	3:34.84
	David Krummenacker	USA	DNF

WOMEN

800:

1	Alysia Johnson	USA	1:57.34
2	Jemma Simpson	GBR	1:58.74
3	Anna Pierce	USA	1:58.89
4	Halima Hachlaf	MAR	1:59.04
5	Elisa Cusma Piccione	ITA	1:59.13
6	Phoebe Wright	USA	1:59.21
7	Egle Balciūnaitė	LTU	1:59.29
8	Kenia Sinclair	JAM	1:59.76
9	Hind Déhiba Chahyd	FRA	1:59.99
10	Neisha Bernard-Thomas	GRN	2:00.95
11	Maggie Vessey	USA	2:01.85
	Ekaterina Kostetskaya	RUS	DNF

3000:

1	Sentayehu Ejigu	ETH	8:28.41
2	Maryam Yusuf Jamal	BRN	8:29.20
3	Shannon Rowbury	USA	8:31.38
4	Mimi Belete	BRN	8:32.18
5	Sylvia Jebiwott Kibet	KEN	8:37.48
6	Margaret Wangari Muriuki	KEN	8:37.97

7	Beleynesh Oljira	ETH	8:40.73
8	Viola Jelagat Kibiwot	KEN	8:45.28
9	Zakia Mrisho	TAN	8:46.57
10	Lauren Fleshman	USA	8:46.97
11	Krisztina Papp	HUN	8:48.25
12	Natalya Popkova	RUS	8:50.80
13	René Kalmer	RSA	8:52.28
14	Iness Chepkesis Chenonge	KEN	8:54.70
	Erin Donohue	USA	DNF

NEWS

MOTSOENENG BANNED FOR TWO YEARS

Comrades third-placed finisher Sergio Motsoeneng has been banned by Athletics South Africa (ASA) for two years after he had been found guilty of using "illegal substances" during this year's race. ASA has not announced what substances were found in the samples Motsoeneng provided for the test, nor when the period of suspension will end.

An enquiry by *Distance Running Results* last week to obtain this information, and to ascertain whether a hearing had been held, was met with the following e-mail response by Richard Stander, administrative head of ASA: "A more complete statement will be released to the media later. The Comrades [Marathon] Association is under pressure to pay out the prize money."

However, until the publication of this issue of DRR no statement has been made. There was also no initial statement regarding Motsoeneng's suspension, just a letter from ASA that was sent to its member provinces.

The letter said the athlete has been banned "from all athletics for a period of 2 years in accordance with IAAF Rules", but did not mention the start or end of the period of suspension.

Motsoeneng won R90 000 in prize money. His gold medal will now go to Peter Muthubi, who finished eleventh. All runners behind Motsoeneng will move up one position and their prize money will be adjusted accordingly. Muthubi will also receive the prize money for tenth position, R12 000.

STORM BREWING OVER CAPE TOWN MARATHON

A storm is brewing about the organisation of the Cape Town Marathon on 26 September, a race which will also host the SA Marathon Championships. According to James Evans, President of Western Province Athletics (WPA), the host province has been informed by Athletics South Africa (ASA) that the race will now be organised by Top Events, a Cape Town events management company.

In a letter written to Ray Mali, SASCOC's administrator of ASA, and released to the media, Evans wrote that a meeting had been held between Richard Stander, assistant administrator of ASA, and "an unauthorised member of staff of the City of Cape Town" about the appointment of Top Events, and that WPA had not been invited.

Top Events is also the organiser of the Safari Half Marathon in Wellington, a race on the Boland athletics calendar. Apart from his duties at ASA, Stander is also the CEO of Boland Athletics.

In the letter Evans pointed out that the race has been organised by a local organising committee "consisting of WPA members from diverse communities and clubs within the province" since 2007. "Careful attention was given to the goals of transformation in appointing the LOC."

According to Evans, the marathon is organised as a partnership between WPA and the city. "The partnership between WPA and the City extends beyond the marathon and

includes assistance with various other development programmes, including cross country meetings and fun runs throughout the City and throughout the year.”

He added that the application for an events permit “has been filed in the name of WPA. It was filed months ago.”

Evans pointed out that entry forms had been printed and distributed at a cost to WPA. “Online entries have already opened and several entries have been received. Commitments have been made to suppliers.”

He continued: “Should the decision of [ASA] as communicated by your secretary, Richard Stander, stand, that the marathon is to be organised by Top Events, all of the above will fall away. WPA will withdraw from the event and withdraw all requests for permits and permissions. We will incur losses due to the cancellation of commitments to suppliers and the need to refund all entries already received. Our long term relationship with the City will be adversely affected and the existing development programmes will probably be cancelled.

“There are two months left to the race. It will be impossible for any new event organiser to organise the event in the middle of the city from scratch. If the current LOC and WPA are not trusted by ASA to organise the event, they will withdraw from the event completely.”

Evans wrote that WPA wanted an explanation from ASA “as to why it entered into discussions with the City of Cape Town behind our backs and without including us in any way. We also require an explanation from ASA as to why it has revoked the standing arrangement in place from 2007 that WPA will be the host and organiser of the Cape Town Marathon. In giving the explanation, ASA must set out in detail the exact manner in which WPA has failed to keep to any athletics or other requirements previously set by ASA.”

STATS TIME

The super fast 5000-metre race in the Paris Diamond League meeting placed the spotlight on the progress the world’s women have made in this event. Vivian Cheruiyot won in a world-leading 14:27.41, with Sentayehu Ejigu second in a PB 14:28.39 – becoming the eleventh woman to dip under 14:30. Earlier in the year she had run 14:30.96, then her PB. Twelve women were faster than 15 minutes in Paris. René Kalmer ran a South African list leader of 15:44.08. Here is a list of all the women who have run sub-14:30.

ALL-TIME 5000 METRES: TOP 11 WOMEN

1	14:11.15	WR	Tirunesh Dibaba	ETH	1	Oslo	2008
2	14:12.88		Meseret Defar	ETH	1	Stockholm	2008
3	14:22.51	NR	Vivian Cheruiyot	KEN	2	Oslo	2007
4	14:23.75	AR	Liliya Shobukhova	RUS	1	Kazan	2008
5	14:24.68	NR	Elvan Abeylegesse	TUR	1	Bergen	2004
6	14:28.09	AR	Jiang Bo	CHN	1	Shanghai	1997
7	14:28.39		Sentayehu Ejigu	ETH	2	Paris	2010
8	14:29.11	NR	Paula Radcliffe	GBR	1	Bydgoszcz	2004
9	14:29.32		Olga Yegorova	RUS	1	Berlin	2001
10	14:29.32		Berhane Adere	ETH	1	Oslo	2003
11	14:29.82		Dong Yanmei	CHN	2	Shanghai	1997

THIS MONTH IN HISTORY

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

40 years ago: 18 July 1970

Scottish runner Lachie Stewart won the Commonwealth Games 10000 metres on home turf

in Edinburgh when he defeated world record holder Ron Clarke (AUS), 28:11.71 to 28:13.44. The bronze medal went to Dick Taylor (ENG) in 28:15.34; these three filled positions two, three and four on the world list for the year. Stewart's namesake Ian won the 5000 in 13:22.8. Clarke, who set the world record of 27:39.4 (the world's first sub-28 performance) in 1965 and was also the world record holder in the 5000 in 1970, never managed to win a Commonwealth title.

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)		
	27:01	Micah Kogo (KEN) 2009		
15 km	43:50	Lusapho April	Port Elizabeth	06 Mar
	42:46	Lelisa Desisa (ETH)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	61:58	Lucky Mohale	Port Elizabeth	24 July
	58:23	Zersenay Tadese (ERI)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	75:02	Lusapho April	Berlin	09 May
	71:50	Sammy Kosgei (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	89:46	Atsushi Fujita (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:10:45	Lusapho April	Hannover	02 May
	2:04:48	Patrick Makau (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km				
	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	66:17	Mluleki Nobanda	Port Elizabeth	24 July
	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	71:07	Charles Vilakazi	Port Elizabeth	24 July
	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	83:01	Mike du Bruto	Port Elizabeth	24 July
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	66:23	Sithembele Fanekho	Port Elizabeth	24 July
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

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
	47:57	Edna Kiplagat (KEN)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	71:09	Irvette van Blerk	Port Elizabeth	24 July
	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 49:35	Michelle Bartman Priscilla Welch (GBR) 1985	Eersterivier	26 Jun
21.1 km	81:10 69:56	Michelle Bartman Irina Permitina (RUS) 2009	Port Elizabeth	24 July
25 km	1:47:49 82:13	Ansie Viljoen Mizuki Noguchi (JPN) 2005	Pretoria	08 May
30 km	2:06:43 1:51:37	Joanna Thomas Mieke Pullen (NED) 2001	Camps Bay	10 Jan
Marathon	2:52:04a 2:26:51	Joanna Thomas Priscilla Welch (GBR) 1987	Oudtshoorn	27 Feb
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	40:28 34:44	Olga Howard Tatyana Pozdniakova (UKR) 2005	Bellville	10 Apr
15 km	63:25 54:33	Olga Howard Shirley Matson (USA) 1991	Eersterivier	26 Jun
21.1 km	89:51 76:07	Olga Howard Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	24 July
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 2:31:05	Annatjie Botes Tatyana Pozdniakova (UKR) 2005	Oudtshoorn	27 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	43:28	Sonja Laxton	Port Elizabeth	01 May
15 km	72:20	Sonja Laxton	Johannesburg	10 Jan
21.1 km	1:36:59	Veronica van Niekerk	Port Elizabeth	24 July
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				
<u>Juniors</u>				
10 km	34:28 31:42	Dominique Scott Zola Pieterse (RSA) 1984	Bellville	05 Jun
15 km	57:44 49:40	Asiphe Sikabalanjana Ines Chenonge (KEN) 2001	Constantia	13 Mar
21.1 km	78:42 1:09:05	Nandipha Dywili Delilah Asiago (KEN) 1991	Port Elizabeth	24 July

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