

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

South Africa won no medals in the distance events at the African Championships in Nairobi. The highest positions came from Juan van Deventer, who was sixth in the 1500 m in 3:37.99, and Mapaseka Makhanya, who secured the same position in the 800 m in 2:04.91. South Africa, who topped the medal table at the previous edition of the meeting, won a total of 19 medals (six gold) this time – three fewer than in 2008 (when the country took twelve golds).

Johan Oosthuizen finished fourth in the Swiss Alpine Marathon over 78 km in Davos. The winner was Jonas Buud (SWE), who took the title for the third time in a row.

At the European Championships in Barcelona, Britain's Mo Farah became the first British man to win the 10000 m at a European Championships, and the first man in twenty years to win both the 5000 m and 10000 m at these championships. In the 5000 he ran the final four laps in 63.6-61.4-59.2-55.7 (3:59.8 for last 1600 m), and the final kilometer in 2:25.24, the fastest ever at these championships.

Two world-beating African distance runners did not fare so well in recent races. Zersenay Tadese, undefeated the past seven years at 20 km or the half marathon, failed to finish the Media Maratón Internacional Bogotá, won by Deriba Merga, while earlier in the week Olympic marathon champion Samuel Wanjiru could not finish the Giro Podistico Internazionale di Castelbuono over 11.3 km (won by Tadese).

Locally Zintle Xiniwe, second last weekend in the SA Half Marathon, won the Clover Milk Run over 10 km in Port Elizabeth in a quick 33:51. The men's race went to Stephen Mokoka in 28:56.

Western Province veteran runner Ursula Frans finished seventh (third vet) in the Cities Marathon in Blacktown, Australia, on 25 July. Frans clocked 3:05:51.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * McKenna Scott Pinelands 10 km, Pinelands
- * Clover Milk Run, Port Elizabeth
- * Braai Ketts Longest Day 12-hour Race, Pietermaritzburg
- * Zwartkop Half Marathon & 10 km, Pretoria
- * Midrand Striders 15 km, Johannesburg
- * Napier Half Marathon, Napier
- * XC: WP League Meeting, Khayelitsha

International highlights:

- * European Championships Marathons, Barcelona, ESP
 - * Media Maratón Internacional Bogotá, Bogotá, COL
 - * Giro Podistico Internazionale di Castelbuono, Castelbuono, ITA
 - * Semi-Marathon Marvejols Mende, Lozere, FRA
 - * USA 100-mile Trail Championships, Willoughby Hills, USA
 - * Swiss Alpine Marathon, Davos, SUI
 - * Track: CAA Safaricom African Senior Athletics Championships, Nairobi, KEN
 - * European Championships, Barcelona, ESP
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ROAD RUNNING**McKenna Scott Pinelands 10 km**

Pinelands, 1 August
(Certified loop course)

MEN

1. Neo Molema (MP) 31:02; 2. Luxolo Mdzanga (Gugs) 31:05 (1st jun); 3. Peter Tsawayo (ZIM/Gugs) 31:10; 4. Zola Matshoba (Celtic) 31:42; 5. Asive Njenxa (Khay) 31:50; 6. Erick Chirchir (KEN/Celtic) 32:44; 7. Nkosinathi Sotyantya (Celtic) 32:56; 8. Sihle Mapukata (MP) 33:08; 9. Zolani Sowazi (Gugs) 33:41; 10. Akhona Makila (VOB) 34:22; 11. Luthando Diko (Celtic) 34:22; 12. Thabiso Sakayi (Gugs) 34:43; 13. Quiton September (Met) 35:50; 14. Xolani Makinana (Gugs) 35:50; 15. Vuyisanani Ndevu (OM) 36:15; 16. Cecil Roffey (Adid) 36:16; 17. Brendon Lowen (Ind) 36:23; 18. Chris Mitchell (Celtic) 36:30 (1st vet); 19. Imran Paya (Gugs) 36:57; 20. A.N. Other (East) 36:58.

40-49: 1. Chris Mitchell (Celtic) 36:30; 2. Paul Rietmann (Celtic) 37:27; 3. Doctor Tshiseko (Celtic) 37:56. **50-59:** 1. Goodman Mpukane (Gugs) 37:40; 2. Derrick Rondganger (Telkom) 44:13; 3. Charles Parry (Pine) 44:37. **60+:** 1. Jimmy Morris (Forest) 40:08; 2. Radebe Madlingezi (MP) n/t; 3. Issy Margolin (Celtic) 45:48. **Juniors:** 1. Luxolo Mdzanga (Gugs) 31:05; 2. Zola Matshoba (Celtic) 31:42; 3. Asive Njenxa (Khay) 31:50.

WOMEN

1. Anneline Roffey (Adid) 36:58; 2. Joanna Thomas (VOB) 39:26 (1st vet); 3. Kim Woolrich (Celtic) 40:32; 4. Asiphe Sikabalanjana (Gugs) 40:58 (1st jun); 5. Olga Howard (Celtic) 40:59 (1st mast); 6. Kerry Roos (Knysna) 41:04; 7. Patricia Adams (Met) 41:57; 8. Carole Mesham (Ind) 42:04; 9. Glenda Werth (Met) 42:09; 10. Candyce Hall (Hout) 42:13; 11. Kirsten Norris (VOB) 42:32; 12. Helen McDonald (Harf) 42:43; 13. Sue Dickson (VOB) 43:03; 14. Evelina Tshabalala (Gugs) 43:54; 15. Dawn Middelkoop (VOB) 44:16; 16. Charmaine Cupido (Ned) 44:37; 17. Lorna Loubser (Sanlam) 45:36; 18. Claire Cousins (Ind) 46:47; 19. Nathalie Cloete (Durb) 46:50.

40-49: 1. Joanna Thomas (VOB) 39:26; 2. Glenda Werth (Met) 42:09; 3. Sue Dickson (VOB) 43:03. **50-59:** 1. Olga Howard (Celtic) 40:59; 2. Dawn Middelkoop (VOB) 44:16; 3. Charmaine Cupido (Ned) 44:37. **60+:** 1. Marietha Herbert (Bell) 49:43; 2. Pixie Sparg (Celtic) 50:21; 3. Rita van Wyk (Brack) 57:53. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 40:58; 2. Melanie van Niekerk (Ind) 52:13; 3. Taahirah Davids (Itheko) 71:55.

Clover Milk Run

Port Elizabeth, 31 July
(Distance: 10 km; loop course. Finishers: 1092.)

MEN

1	Stephen	Mokoka	Transnet RE AGN	25	28:56
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2	Kgosi	Tsosane	Nedbank Bfn Ach	24	28:57
3	Sibabalwe	Mzazi	Transnet RE AGN	21	28:59
4	Zolani	Ntongana	Mr Price WP	30	29:15
5	Xolisa	Tyali	Nedbank RC CGA	21	29:28
6	Lusapho	April	Temp	28	29:37
7	Lindikhaya	Mthangayi	Mr Price WP	31	30:02
8	Anthony	Godongwana	Mr Price Celtic	25	30:04
9	Sibusiso	Thu	PEAAC	22	30:30
10	Xola	Bongoza (1 st jun)	Mr Price PE	17	30:40
11	Rodney	Prins	Mr Price PE	21	31:15
12	Khayaletu	Makalima	Mr Price PE	26	31:16
13	Mzolisi	Makhanda	Nedbank RC EP	27	31:24
14	Daniel	Phakathe	ADT CGA	19	31:26
15	Sandile	Ngunuza	Nedbank RC EP	27	31:28
16	Mzwanele	Maphekula	Nedbank RC EP	33	31:29
17	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	42	32:05
18	Melikhaya	Frans	Nedbank RC EP	18	32:08
19	Mariano	Eesou	Nedbank RC EP	18	32:10
20	Siphuxolo	Vani	Kwanobuhle	16	32:13
40-44:					
1	Maboyisana	Mazwayi	Nedbank RC EP	42	32:05
2	Christopher	Mabengeza	Nedbank RC EP	44	33:22
3	Luvuyo	Stephen	Nedbank RC EP	40	34:19
45-49:					
1	Welcome	Loliwe	Nedbank RC EP	45	35:28
2	Kenneth	Menze	Nedbank RC EP	48	35:32
3	Colben	Ngcupe	Nedbank RC EP	47	36:24
50-54:					
1	Alfred	Spier	Elite AC	50	37:11
2	Sidwel	Roboshi	Nedbank RC EP	50	37:54
3	Themba	Bhelwana	Oxford	53	38:05
55-59:					
1	Sizinzo	Kama	Achilles AAA	59	40:15
2	Chris	Terblanche	Achilles AAA	55	41:45
3	Bruce	Mcewan	Achilles AAA	56	42:43
60-64:					
1	Hannes	Els	Madiba Bay	60	40:26
2	Errol	Rossouw	PEAAC	60	42:47
3	Percy	Dalton	Achilles AAA	61	43:14
65-69:					
1	Tamsanqa	Jusayi	Mr Price PE	68	39:02
2	Godfrey	Kariem	Cadbury AC	69	48:09
3	Eckart	Schumann	Body Concept	65	49:50
70-74:					
1	Henry	Human	VWAC	71	1:02:18
2	Selwyn	Solomon	Crusaders AC	72	1:11:29
3	John	Peart	Nedbank RC EP	74	1:11:36
75-79:					
1	Wells	Anderson	PEAAC	78	1:00:53
2	Hilary	Pritchard	Crusaders AC	75	1:08:06
Juniors:					
1	Xola	Bongoza	Mr Price PE	17	30:40
2	Daniel	Phakathe	ADT CGA	19	31:26
3	Melikhaya	Frans	Nedbank RC EP	18	32:08

WOMEN

1	Zintle	Xiniwe	Nedbank RC WP	23	33:51
2	Thozama	April	Transnet RE AGN	24	33:56
3	Catherine	Skosana	Transnet RE AGN	29	34:53
4	Ledile	Raseboya	Transnet RE AGN	23	34:55
5	Nandipha	Dywili (1 st jun)	Mr Price AGN	18	35:36
6	Charné	Bosman	MPCGA	34	36:16
7	Lusanda	Bomvana	Mr Price Tra	18	36:25
8	Ntombesintu	Mfunzi	Mr Price PE	28	36:41
9	Bathobele	Hlazo	Hlazo AC	16	37:44
10	Deliwe	Nyanga	Nedbank RC EP	21	38:51
11	Ursula	Kuhn	NMMU AC	28	40:53
12	Annica	Coetzee	NMMU AC	18	42:14
13	Jane	Barnardo	Body Concept	35	42:41
14	Lee	Muller	Temp	27	43:15
15	Margie	Saunders (1 st mast)	Nedbank RC EP	56	43:21
16	Christine	Claasen (1 st vet)	Achilles AAA	45	43:32
17	Anita	Ndiki	Nedbank RC EP	19	43:35
18	Grizelda	Pietersen	Achilles AAA	41	43:37
19	Tineke	Rademeyer	Muirite Striders	16	43:46
20	Mamokete	Lechela	Matela	28	44:17

40-44:

1	Grizelda	Pietersen	Achilles AAA	41	43:37
2	Jacqui	Van Der Vyver	Elite AC	41	49:25
3	Hermie	Fisher	Madiba Bay	42	50:27

45-49:

1	Christine	Claasen	Achilles AAA	45	43:32
2	Treloar	Childs	Walmer AC	47	45:17
3	Johannette	Oosthuizen	Temp	46	46:28

50-54:

1	Lesley	Wood	Achilles AAA	53	44:51
2	Hanlie	Van Der Westhuizen	Transnet RE EP	54	47:14
3	Jenny	Reynolds	Temp	52	50:34

55-59:

1	Margie	Saunders	Nedbank RC EP	56	43:21
2	Monica	Kemp	Madiba Bay	55	52:25
3	Jos	Els	Madiba Bay	58	55:35

60-64:

1	Liz	Grundlingh	Muirite Striders	63	49:11
2	Minnie	Trimally	PEAAC	60	52:51
3	Helene	Oppel	Crusaders AC	60	55:28

65-69:

1	Orgia	Nell	Muirite Striders	66	1:08:54
2	Esly	Strydom	Legacy AC	65	1:14:26
3	Shirley	Jorgensen	Charlo R R	68	1:18:31

70+:

1	Dorothy	Hart	PEAAC	72	1:00:14
2	Aletta	Fourie	Triangle Sports	72	1:21:21

Juniors:

1	Nandipha	Dywili	Mr Price AGN	18	35:36
2	Lusanda	Bomvana	Mr Price Tra	18	36:25
3	Bathobele	Hlazo	Hlazo AC	16	37:44

Braai Ketts Longest Day 12-hour Race (15th)

Pietermaritzburg, 31 July

Note: Lizette Botha finished sixth overall; she also won last year. The race is run on a grass track of 333 m long. – Ed.

MEN

1. Barnie Trevor-Roberts	Hill Vill	122.33 km
2. Henk Moen	Irene AC	119.67 km
3. Lucas v.d. Merwe	Standerton AC	107.57 km
4. George Waswa	UKZN	103.42 km
5. Paddy Collins	Kersney Striders	101.69 km

WOMEN

1. Lizette Botha	Toti AC	101.33 km (6 th)
2. Veronica Mhlali	DAC	96.00 km
3. Brenda Mitchell	Coll Harr	92.01 km

Zwartkop Half Marathon & 10 km

Pretoria, 31 July

(Distances: 21.1 km & 10 km; loop courses. Finishers: Half marathon – 450; 10 km – 820.)

Half marathon

MEN

1 Wesley Mutai (KEN/New Balance) 69:15; 2 Johannes Mthinkulu (Nedbank) 69:26; 3 Brighton Chipere (ZIM/Nedbank) 69:44.

Veterans: 1 Jackson Seanego (New Balance) 75:51. **Masters:** 1 Johannes Seakamela (RAC) 78:55. **G'masters:** 1 Glen Davies (Sunninghill) 1:43:05. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 1:51:18. **Juniors:** 1 Kabelo Rabogale (ACRW) 1:48:08.

WOMEN

1 Kerri Walton (Running Inn) 86:00; 2 Margaret Mahohoma (Mr Price) 87:45; 3 Sandra Steenkamp (Irene) 95:40 (1st vet).

Veterans: 1 Sandra Steenkamp (Irene) 95:40. **Masters:** 1 Marina Coetzee (PMK) 1:56:46. **G'masters:** 1 Maz Moore (Breakthru Midrand) 2:13:49.

10 km

MEN

1 Enoch Manyandi (Nedbank) 31:08; 2 Esau Radebe (Transnet) 32:28; 3 Frans Makola (Transnet) 32:34.

Veterans: 1 Koos Aphane (PMMC) 39:33. **Masters:** 1 Jan Mokiti (Exxaro) 43:30. **G'masters:** 1 Johannes Setshedi (New Balance) 40:24. **G/g'masters:** 1 Ken Nurden (Agape) 45:41. **Juniors:** 1 Caleb Khokhololo (Elim) 35:16.

WOMEN

1 Muchaneta Gwata (ZIM/Mr Price) 38:05; 2 Bridget Bezuidenhout (UJ) 40:12 (1st jun); 3 Maryke Meyer (New Balance) 40:35.

Veterans: 1 Ansie Viljoen (Irene) 41:16. **Masters:** 1 Marietjie Ceronio (Nedbank) 43:37. **G'masters:** 1 Betha vd Raad (Irene) 78:10. **G/g'masters:** 1 Mavis Stadler (Agape) 59:47. **Juniors:** 1 Bridget Bezuidenhout (UJ) 40:12.

Midrand Striders 15 km

Johannesburg, 18 July

(Loop course. Finishers: 1029.)

MEN

1	Raphael	Segodi	Gaut Str	24	47:38
2	Enock	Manyandi	Nedbank CGA	21	47:53
3	Tumelo	Motlagale	Nedbank CNW	23	48:10
4	Lucky	Miya	Nedbank CGA	29	48:35
5	Nkopane	Seqhobane	LES/Gaut Str	30	49:40
6	Stephen	Molepo	Mr Price CGA	33	52:57
7	Rofwwa	Mattindi	ZIM/Nedbank CGA	26	53:18
8	Lucas	Raserwthe	Toyota	29	53:29
9	Simon	Tshabalala	Spirit Wind	29	53:53
10	Victor	Mabuza	Nedbank CGA	26	54:01

WOMEN

1	Irvette	van Blerk	Nedbank CGA	23	56:37
2	Jane	Mudau	Ind	40	1:05:52
3	Melanie	Jennett	Fourways	37	1:05:58
4	Maphetang	Matlakeng	LES/Mr Price CGA	19	1:06:42
5	Susan	Sloan	Adv Racing	28	1:07:11
6	Lucie	Zelenkova*	Troisport	36	1:08:20
7	Michelle	Strydom	Nedbank CGA	16	1:08:52
8	Vanessa	Bowman	Kempton RR	40	1:12:37
9	Michelle	Harvett	Kempton RR	34	1:14:07
10	Claire	Nicholson	Rand Har	24	1:14:35

*) Probably not a South African citizen.

Napier Half Marathon (16th)

Napier, 19 June

(Distance: 21.1 km; hilly loop course, mostly on gravel and farm roads)

Note: The times were given in hundredths of a second and were rounded up according to the rules. – Ed.**MEN**

1	Thembelani	Zola	Mr Price	35	1:13:43
2	Graham	Katzen	Celtic	40	1:13:59
3	Enrico	Newman	Bredasdorp	24	1:14:35
4	Roger	Davids	Riviersonderend	22	1:16:40
5	Randall	Smith	Bredasdorp	26	1:18:34
6	Marshall	Rooi	Nedbank	18	1:21:26
7	Ivan	Reynicke	Bredasdorp	42	1:21:35
8	Francois	Groenewald	Elgin Grabouw Ath	24	1:23:25
9	Jumat	Witbooi	Bredasdorp	23	1:23:46
10	Pieter	Hanekom	Nedbank	41	1:24:02

WOMEN

1	Elizabeth	vd Berg	Bredasdorp	37	1:37:58
2	Tameshia	Hammer	Ind	24	1:39:38
3	Louise	Erasmus	Whalers	46	1:43:56
4	Johanna	Claassen	Nedbank	41	1:44:13
5	Marinelle	Tolken	Brackenfell	44	1:44:28
6	Veronica	van Nierkerk	Elgin Grabouw Ath	64	1:44:36

7	Anne	Pool	Strand	49	1:44:54
8	Theresa	Visser	Ind		1:45:04
9	Elizabeth	de Gouveia	Plexus Durbenville	36	1:47:42
10	Grietjie	Malan	Tygerberg	45	1:51:02

CROSS-COUNTRY

WP League Meeting (6th)

Khayelitsha, 24 July

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

MEN

12 km:

1	Qhina Mtandazo	Adidas	38:21
2	Pienaar Barry-John	Bellville	38:41
3	Camphor Hein	Adidas	38:51
4	Poni Tebello	ACSIS VOB	38:52
5	Roro Wanda	Adidas	39:55
6	Mpekula Marks	ACSIS VOB	40:36
7	Mapoyi Luyanda	Khayelitsha	40:45
8	Pangalele Mandla	RCS Gugs	40:53
9	Sowazi Zolani	RCS Gugs	41:59
10	Monde Mpemnyama	Celtic Harriers	42:04

4 km:

1	Wildskut Riaan	ATC	12:18
2	Meleni Wongalethu	ACSIS VOB	12:26
3	Faro Fabian	MP Titans	12:35
4	Tshewula Bongile	Easterns	12:48
5	Petoors Jessie	Eerste River	12:53
6	Collins Jonathan	Easterns	13:02
7	Witbooi Riaan	Eerste River	13:04
8	Bhitane Zolile	No Club	13:17
9	Tsele Lonwabo	Khayelitsha	13:21
10	Pedro Enver	CPUT	14:01

40-49 (8 km):

1	September John	Celtic Harriers	27:56
2	Jacobs Barend	Celtic Harriers	28:47
3	Moloi Tholang	Defence WP	29:09

50-59 (8 km):

1	Paul Julian	Defence WP	29:15
2	Mpukani Goodman	RCS Gugs	29:28
3	van der Merwe Friedl	Strand	29:58

60+ (8 km):

1	Veldsman Awie	Helderberg Harriers	31:24
2	van Zyl Johan	Bellville	39:12
3	Hart Wally	Spartan Harriers	42:28

Juniors (8 km):

1	Nteta Unathi	Atlantic	25:26
2	Andreas Jeromy	UWC	25:27
3	Makila Akhona	ACSIS VOB	26:13

WOMEN**8 km:**

1	Pretorius Andrea	NB Multisport	33:57
2	Scott Tanya	UCT	34:31
3	Tshabalala Evelina	RCS Gugs	36:42
4	Mbombo Phelokazi	Khayelitsha	37:26
5	de Kock Johandie	Tygerberg NLK	38:27
6	Leibbrandt Dominique	UCT	38:43
7	Ngcobo Nonhlanhla	UWC	39:23
8	Inggs Stella	UCT	41:12
9	Lastufka Erica	UCT	42:13
10	Paul Levona	Defence WP	42:29

4 km:

1	Fillies Levonia	MP Titans	17:01
2	Manchip Genine	Maties	17:15
3	Ngcobo Nonhlanhla	UWC	17:25
4	Olivier Lee-Ann	CPUT	18:03
5	Johannes Tyshia	RCS Gugs	18:34
6	Kupe Nomveliso	RCS Gugs	20:07
7	Smith Esmerelda	Celtic Harriers	21:41
8	Battersby Jane	Spartan Harriers	21:57
9	Smith C	Telkom	22:51
10	Bedwell Michelle	Pinelands	23:19

40-49 (4 km):

1	Brand Monice	Adidas	16:01
2	Malan Mariaan	Melkbos	16:21
3	Esterhuyse Mariëtte	Tygerberg NLK	16:48

50-59 (4 km):

1	Cupido Charmaine	Nedbank	17:38
2	Hood Sandy	ACSIS VOB	18:29
3	Smith Sonia	MP Titans	19:27

60+ (4 km):

1	Sparg Pixie	Celtic Harriers	19:38
2	Barnard Zonia	Celtic Harriers	21:13
3	James Marlene	Pinelands	22:29

Juniors (6 km):

1	Sikabalanjana Asiphe	RCS Gugs	24:41
2	Dayimani Asanda	Atlantic	25:48
3	Beukes Reghana	Eerste River	26:05

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**European Championships Men's Marathon (20th)**

Barcelona, ESP, 1 August

(Distance: 42.195 km; certified four-loop course)

MEN (gun times)

1. Viktor RÖTHLIN, 1974, SUI 2:15:31 Gold
2. José Manuel MARTÍNEZ, 1971, ESP 2:17:50 Silver

3. Dmitriy SAFRONOV, 1981, RUS	2:18:16	Bronze
4. Ruggero PERTILE, 1974, ITA	2:19:33	
5. Pablo VILLALOBOS, 1978, ESP	2:19:56	
6. Rafael IGLESIAS, 1979, ESP	2:20:14	
7. Migidio BOURIFA, 1969, ITA	2:20:35 (40+)	
8. Lee MERRIEN, 1979, GBR	2:20:42	
9. Aleksey SOKOLOV, 1983, RUS	2:20:49	
10. Luís FEITEIRA, 1973, POR	2:21:28	
Stefano BALDINI, 1971, ITA	DNF	

Media Maratón Internacional Bogotá (11th)

(IAAF Gold Label Road Race)

Bogotá, COL, 1 August

(Distance: 21.1 km at 2600 m of altitude. Prize money in Colombian pesos.)

MEN

1. Deriba Merga, ETH	1:02:31	CR	3,300,000# + Renault Logan automobile^
2. Isaac Macharia, KEN	1:04:39		12,000,000
3. Ahmed Baday, MOR	1:04:47		8,000,000
4. Hillary Kimaiyo, KEN	1:04:54		5,500,000
5. Raul Pacheco, PER	1:05:10		4,000,000
6. Constantino Leon, PER	1:05:12		3,000,000
7. Julius Kipketer, KEN	1:05:48		2,000,000
8. Abraham Tadesse, SUI	1:05:52		1,500,000
9. Gobin Condor, PER	1:05:59		800,000
10. Waldir Ureta, PER	1:06:14		500,000
Zersenay Tadese, ERI	DNF		

WOMEN

1. Alene Shewarge Amara, ETH	1:13:54		Renault Logan automobile^
2. Dire Tune, ETH	1:14:01		8,000,000
3. Tatiana Aryasova, RUS	1:14:22		4,000,000
4. Pamela Chepcumba, KEN	1:15:04		2,000,000
5. Jemena Masayauri, PER	1:15:55		1,500,000
6. Yolanda Fernandez, COL	1:16:45		1,000,000
7. Asmae Leghzaoui, MAR	1:17:01		800,000
8. Gladys Tejada, PER	1:17:08		600,000
9. Bertha Sanchez, COL	1:18:20		500,000
10. Julia Rivera, PER	1:19:11		400,000

#) Course record bonus

^)First prize is a Renault Logan automobile valued at approximately 21,000,000 pesos

European Championships Women's Marathon (8th)

Barcelona, ESP, 31 July

(Distance: 42.195 km; certified four-loop course)

WOMEN (gun times)

1. Zivile BALCIUNAITE, LTU	2:31:14	Gold
2. Nailya YULAMANOVA, RUS	2:32:15	Silver
3. Anna INCERTI, ITA	2:32:48	Bronze
4. Tetyana FILONYUK, UKR	2:33:57	
5. Isabellah ANDERSSON, SWE	2:34:43	
6. Olivera JEVTIC, SRB	2:34:56	
7. Alessandra AGUILAR, ESP	2:35:04	

8. Marisa BARROS, POR	2:35:43
9. Irina TIMOFEYEVA, RUS	2:35:53
10. Rosaria CONSOLE, ITA	2:36:20
11. Silviya SKVORTSOVA, RUS	2:36:31
12. Lidia SIMON, ROU	2:36:52
Fernanda RIBEIRO, POR	DNF (40+)

Giro Podistico Internazionale di Castelbuono (85th)

(La Corsa Piu' Antica)

Castelbuono, ITA, 26 July

(Distance: 11.3 km [10 x 1130 m loop]; hilly course with cobblestone surface)

MEN (gun times)

1. Zersenay Tadese, ERI	34:20
2. Abreham Cherkos Feleke, ETH	34:31
3. Vincent Kipruto, KEN	34:34
4. James Kwambai, KEN	35:17
5. Gabriele De Nard, ITA	35:35
... 7. Robert Kiprono Cheruiyot, KEN	35:54
Samuel Wanjiru, KEN	DNF (third lap)

Semi-Marathon Marvejols Mende (38th)

Lozere, FRA, 25 July

(Distance: 22.4 km; very hilly with two big climbs; the first gains 325 m from 4.9 km to 9.1 km; the second gains 207 m from 14 km to 19.9 km)

MEN (gun times)

1. Luka Kanda, KEN	1:11:38
2. John Kyui, KEN	1:12:51
3. Samson Kiflemariam, ERI	1:13:46
4. Martin Toroitich, UGA	1:13:56
5. Tujaba Megeresa Beyu, ETH	1:14:02

WOMEN (gun times)

1. Beyene Tirfi Tsegaye, ETH	1:23:13
2. Emily Rotich, KEN	1:24:47
3. Martha Komu, KEN	1:26:49
4. Volha Salevich, BLR	1:29:46
5. Petra Kaminkova, CZE	1:32:41

ULTRA/TRAIL/MOUNTAIN RUNNING

USA 100-mile Trail Championships

Willoughby Hills, USA, 31 July

(Distance: 100 miles on trails)

MEN

1. Todd Braje, 34, McKinleyville, CA	15:29:24
2. Mark Godale, 40, Aurora, OH	15:48:35
3. Jack Pilla, 52, Charlotte, VT	16:22:54

WOMEN

1. Annette Bednosky, 43, Jefferson, NC	16:44:21
2. Connie Gardner, 46, Medina, OH	18:36:16

3. Larissa Abramiuk, 41, Wayland, MA, 19:15:09

Swiss Alpine Marathon (25th)

Davos, SUI, 31 July

(Distance: 78 km [course gains then loses 2320 m of elevation])

MEN

1. Jonas Buud, SWE, 5:49:14
2. Thomas Lorblanchet, FRA, 6:04:38
3. Jean-Yves Rey, SUI, 6:09:02
4. Johan Oosthuizen, **RSA**, 6:15:00

WOMEN

1. Jasmin Nunige, SUI, 6:39:28
2. Maja Meneghin-Pliska, SUI, 6:43:52
3. Corinne Zeller, SUI, 6:44:33

TRACK

CAA Safaricom African Senior Athletics Championships (17th)

Nairobi, KEN, 28 July – 1 **August**

MEN

800 (30):

- | | | |
|--------------------------------|---------|--------|
| 1. David Rudisha, KEN | 1:42.84 | GOLD |
| 2. Alfred Kirwa Yego, KEN | 1:44.85 | SILVER |
| 3. Jackson Kivuna, KEN | 1:45.47 | BRONZE |
| 4. Shiferaw Wola Gende, ETH | 1:46.39 | PB |
| 5. Mouhcine El Amine, MAR | 1:47.18 | |
| ... 8. Windy Jonas, RSA | 1:49.08 | |

Semi-finals (29):

Heat 1 -

- | | | |
|-------------------------------------|---------|---|
| 1. Jackson Kivuna, KEN | 1:49.48 | Q |
| 2. Shiferaw Wola Gende, ETH | 1:49.53 | Q |
| 3. Mor Seck, SEN | 1:49.80 | Q |
| DNS - Mbulaeni Mulaudzi, RSA | | |

Heat 2 -

- | | | |
|----------------------------|---------|---|
| 1. David Rudisha, KEN | 1:46.58 | Q |
| 2. Alfred Kirwa Yego, KEN | 1:47.28 | Q |
| 3. Mouhcine El Amine, MAR | 1:47.68 | Q |
| 4. Windy Jonas, RSA | 1:48.56 | Q |

1500 (01):

- | | | |
|----------------------------------|---------|--------|
| 1. Asbel Kiprop, KEN | 3:36.19 | GOLD |
| 2. Amine Laalou, MAR | 3:36.38 | SILVER |
| 3. Gebremedhin Woldegirgis, ETH | 3:36.65 | BRONZE |
| 4. Silas Kiplagat, KEN | 3:36.74 | |
| 5. Nicholas Kemboi, KEN | 3:37.07 | SB |
| 6. Juan Van Deventer, RSA | 3:37.99 | |
| ... 9. Johan Cronje, RSA | 3:40.25 | |

5000 (01):

- | | | |
|-------------------|----------|------|
| 1. Edwin Soi, KEN | 13:30.46 | GOLD |
|-------------------|----------|------|

2. Vincent Yator, KEN	13:30.53	SILVER
3. Mark Kiptoo, KEN	13:32.45 SB	BRONZE
4. Moses Kipsiro, UGA	13:39.80	
5. Imane Merga, ETH	13:41.98	
6. Tariku Bekele, ETH	13:42.41	
... 17. Tshamano Setone, RSA	14:21.36	

10000 (28):

1. Wilson Kiprop, KEN	27:32.91	GOLD
2. Moses Kipsiro, UGA	27:33.37 PB	SILVER
3. Geoffrey Mutai, KEN	27:33.83	BRONZE
4. Mathew Kisorio, KEN	27:56.71	
5. Yakob Jarso Kintra, ETH	28:20.66 SB	
DNF - Sileshi Sihine, ETH		

3000 s/chase (30):

1. Richard Mateelong, KEN	8:23.54	GOLD
2. Ezekiel Kemboi, KEN	8:26.13	SILVER
3. Roba Gary Chubeta, ETH	8:27.15	BRONZE
4. Nahom Mesfin, ETH	8:30.25	
5. Benjamin Kiplagat, UGA	8:32.03	
DQ - Edwin Molepo, RSA		

WOMEN

800 (01):

1. Zahra Bouras, ALG	2:00.22	GOLD
2. Janeth Jepkosgei, KEN	2:00.50	SILVER
3. Malika Akkaoui, MAR	2:01.01	BRONZE
4. Btissam Lakhoud, MAR	2:01.75 SB	
5. Winny Chebet, KEN	2:03.02	
6. Mapaseka Makhanya, RSA	2:04.91	

1500 (30):

1. Nancy Jebet Lagat, KEN	4:10.43	GOLD
2. Gelete Burka, ETH	4:11.12	SILVER
3. Btissam Lakhoud, MAR	4:11.81	BRONZE
4. Irene Jelagat, KEN	4:12.15	
5. Meske Assefa Wondimagegn, ETH	4:14.37	
... 8. René Kalmer, RSA	4:18.21	

Prelims (29):

Heat 1 -

1. Irene Jelagat, KEN	4:13.97 Q
... 5. René Kalmer, RSA	4:18.32 Q

5000 (29):

1. Vivian Cheruiyot, KEN	16:18.72	GOLD
2. Meseret Defar, ETH	16:20.54	SILVER
3. Sentayehu Ejigu, ETH	16:22.32	BRONZE
4. Iness Chenonge, KEN	16:22.65	
5. Sule Utura, ETH	16:26.21	

10000 (31):

1. Tirunesh Dibaba, ETH	31:51.39 SB	GOLD
2. Meselech Melkamu, ETH	31:55.50	SILVER
3. Linet Masai, KEN	31:59.36 SB	BRONZE
4. Wude Ayalew Yimer, ETH	32:29.92 SB	

5. Doris Changeywo, KEN 32:44.07

3000 s/chase (01):

1. Milcah Chemos, KEN	9:32.18	GOLD
2. Sofia Assefa, ETH	9:32.58	SILVER
3. Lydia Rotich, KEN	9:37.32	BRONZE
4. Mercy Njoroge, KEN	9:38.79	
5. Hanane Ouhaddou, MAR	9:43.13	SB
... 9. Myrette Filmalter, RSA	11:23.21	

DNF - Tebogo Masehla, RSA

SOUTH AFRICAN MEDALS IN OTHER EVENTS:

MEN

100: 3. Simon Magakwe 10.14
 200: 3. Magakwe 20.56
 110 hurdles: Ruan de Vries 13.98
 400 hurdles: 1. L.J. van Zyl 48.51, 2. Cornel Fredericks 48.79
 Long jump: 1. Khotso Mokoena 8.23
 Triple jump: Tumelo Thagane 16.64
 Shot put: 1. Burger Lambrechts 18.63; 2. Roelie Potgieter 18.62; 3. Orazio Cremona 18.27
 Discus throw: 3. Victor Hogan 58.11
 Hammer throw: 2. Chris Harmse 72.56
 Javelin throw: Hardus Pienaar 75.96
 4x100: 1. Hannes Dreyer, Magakwe, Lehann Fourie, Thuso Mpuang 39.12

WOMEN

200: Estie Wittstock 23.50
 Discus throw: Elizna Naudé 56.74
 Javelin throw: Sunette Viljoen 63.33; 2. Justine Robbeson 60.24
 Pentathlon: 2. Janet Wienand 5500

European Championships (20th)

Barcelona, ESP, 27 July – 1 August

MEN

800 (31):

1. Marcin LEWANDOWSKI, POL	1:47.07	Gold
2. Michael RIMMER, GBR	1:47.17	Silver
3. Adam KSZCZOT, POL	1:47.22	Bronze

1500 (30):

1. Arturo CASADO, ESP	3:42.74	Gold
2. Carsten SCHLANGEN, GER	3:43.52	Silver
3. Manuel OLMEDO, ESP	3:43.54	Bronze
4. Reyes ESTÉVEZ, ESP	3:43.67	
... 6. Andy BADDELEY, GBR	3:43.87	

5000 (31):

1. Mo FARAH, GBR	13:31.18	Gold
2. Jesus ESPAÑA, ESP	13:33.12	Silver
3. Hayle IBRAHIMOV, AZE	13:34.15	Bronze
4. Sergey LEBID, UKR	13:38.69	

10000 (27):

1. Mo FARAH, GBR	28:24.99	Gold
2. Chris THOMPSON, GBR	28:27.33	Silver

3. Daniele MEUCCI, ITA 28:27.33 Bronze

3000 s/chase (01):

1. Mahiedine MEKHISSI-BENABBAD, FRA 8:07.87 CR* Gold
 2. Bouabdellah TAHRI, FRA 8:09.28 Silver
 3. José Luis BLANCO, ESP 8:19.15 SB Bronze

WOMEN

800 (30):

1. Mariya SAVINOVA, RUS 1:58.22 Gold
 2. Yvonne HAK, NED 1:58.85 PB Silver
 3. Jenny MEADOWS, GBR 1:59.39 Bronze
 ... 7. Mayte MARTÍNEZ, ESP 1:59.97
 8. Svetlana KLYUKA, RUS 2:00.15

1500 (01):

1. Nuria Fernández, ESP 4:00.20 Gold
 2. Hind Dehiba FRA, 4:01.17 Silver
 3. Natalia Rodríguez, ESP 4:01.30 Bronze
 4. Lisa Dobriskey, GBR 4:01.54
 ... 7. Stephanie Twell, GBR 4:02.70

5000 (01):

1. Alemitu BEKELE, TUR 14:52.20 CR* Gold
 2. Elvan ABEYLEGESSE, TUR 14:54.44 Silver
 3. Sara MOREIRA, POR 14:54.71 PB Bronze

10000 (28):

1. Elvan ABEYLEGESSE, TUR 31:10.23 EL Gold
 2. Inga ABITOVA, RUS 31:22.83 Silver
 3. Jessica AUGUSTO, POR 31:25.77 Bronze

3000 s/chase (30):

1. Yuliya ZARUDNEVA, RUS 9:17.57 CR* Gold
 2. Marta DOMÍNGUEZ, ESP 9:17.74 Silver
 3. Lyubov KHARLAMOVA, RUS 9:29.82 SB Bronze

STATS TIME

Last weekend's SA Half-marathon Championships saw excellent running in all age categories, despite the fact that many top runners were not in Port Elizabeth. The best performance, if measured against the all-time lists, came from Irvette van Blerk, who moved up into fifth spot on the list with her 71:09 (her previous best was the 72:55 run in the Two Oceans Half Marathon earlier this year, not 74:09 as mentioned in the Editorial). Here are the top twenty runners on the men's and women's all-time lists (including times on aided courses).

ALL-TIME HALF MARATHON: TOP 20 MEN & WOMEN

MEN

0:59:20A	Hendrick Ramaala	2	Lisbon	26 Mar 00
1:00:11A	Zithulele Sinqe	2	East London	25 Jul 87
1:00:11A	Matthews Temane	1	East London	25 Jul 87
1:00:23	Gert Thys	6	Kosice	04 Oct 97
1:00:56A	Xolile Yawa	3	East London	25 Jul 87
1:00:58	Lawrence Peu	1	East London	18 May 91

1:01:00A	Michael Scout	1	Salem	16 May 92
1:01:03	Rami Tsebe	2	Durban	21 Jul 90
1:01:03	David Tsebe	1	Durban	21 Jul 90
1:01:11	Shadrack Hoff	1	Durban	06 Aug 00
1:01:11	Adam Motlagale	1	Durban	28 Aug 93
1:01:14	Solomon Namanyane	4	Durban	22 Jul 89
1:01:15	Abner Chipu	3	Durban	09 Aug 98
1:01:17	Frank Poee	4	Durban	09 Aug 98
1:01:17A	Jan Tau	4	East London	25 Jul 87
1:01:18	George Mofokeng	2	Harare	10 Oct 04
1:01:19	Johannes Mabitle	1	Durban	13 Aug 95
1:01:21	Matthews Motshwarateu	5	Durban	22 Jul 89
1:01:22	Motsehi Moeketsana	4	Durban	06 Aug 00
1:01:24	Meck Mothuli	3	Durban	13 Aug 95

WOMEN

1:06:44	Elana Meyer	1	Tokyo	15 Jan 99
1:08:38	Colleen de Reuck	1	Durban	22 Jul 89
1:10:37A	René Kalmer	15	Birmingham	11 Oct 09
1:11:04A	Zola Pieterse	11	Tokyo	19 Jan 97
1:11:09	Irvette van Blerk	1	Port Elizabeth	24 Jul 10
1:11:26A	Annerien van Schalkwyk	20	Birmingham	11 Oct 09
1:11:42A	Frith van der Merwe	1	Bredasdorp	13 Oct 90
1:12:31	Marietjie McDermott	3	East London	18 May 91
1:12:42	Gwen van Lingen	3	Durban	21 Jul 90
1:12:49	Nicole Fuller	31	Zurich	27 Sep 98
1:13:02	Zintle Xiniwe	1	Port Elizabeth	05 Jul 08
1:13:11	Paulina Phaho	2	East London	01 Sep 96
1:13:12	Lydia Mofula	35	Kosice	04 Oct 97
1:13:15	Michelle Joy	1	Alberton	10 Dec 89
1:13:22	Tanith Maxwell	3	Port Elizabeth	24 Jul 10
1:13:36	Grace de Oliveira	36	Oslo	24 Sep 94
1:13:45	Sonja Laxton	1	Durban	20 Jul 85
1:13:49A	Ronell Scheepers	2	East London	25 Jul 87
1:13:58	Thozama April	4	Port Elizabeth	24 Jul 10
1:14:27A	Poppy Mlambo	40	Birmingham	11 Oct 09

THIS MONTH IN HISTORY

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

17 years ago: 8 August 1993

No South African man has ever won the World 100 km Challenge, but on this day in the Belgian town of Torhout, Cornet Mathomane came closest. Mathomane, already a veteran, finished fourth in 6:38:54 but moved into third with the disqualification of Jean-Paul Praet. It was the greatest 100 km race seen until then, with 21 men under seven hours – led by Russian Konstantin Santalov, who easily retained his title in 6:26:26. Nick Bester was fifth in 6:41:56 and South Africa finished second in the team competition behind Russia. A year later Shaun Meiklejohn was fourth in the World 100 km in Lake Saroma in 6:26:58 – a time beaten only by Bruce Fordyce among South Africans.

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	Michelle Bartman	Eersterivier	26 Jun
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	81:10	Michelle Bartman	Port Elizabeth	24 July
	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		
<u>Masters (50+)</u>				
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	89:51	Olga Howard	Port Elizabeth	24 July
	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				
<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	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	78:42	Nandipha Dywili	Port Elizabeth	24 July
	1:09:05	Delilah Asiago (KEN) 1991		

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