

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

Highlight of the weekend was – again, for the second straight Sunday – a world record in the 800 m by David Rudisha. This time he lowered his previous mark of 1:41.09 by .08 of a second, winning by nearly two seconds in Rieti. With the help of pacemaker Sammy Tangui, who trains with Rudisha, and Jackson Kivuva, Rudisha was able to go out faster for 400 m (48.20) than a week ago. Despite slowing in the next 200 m, Rudisha closed out the race with a ferocious kick, fending off Boaz Lalang.

In the 1500 Juan van Deventer ran the fastest time by a South African this year: 3:34.52. Two days earlier, in Brussels, Caster Semenya had done likewise in the 800 with her 1:59.65 for third after a badly judged race at the final Diamond League meeting of the year. (At the same meeting Rudisha won the 800 in 1:43.50.)

In the World 50 km Trophy race in Ireland three South Africans placed in the top seven. Sandile Ngunuza was second in 2:53:06, with Lucas Nonyana fifth and Joseph Mphuthi seventh. In the women's race Lesley Train finished eighth.

The unfortunate staging of two Spar Grand Prix Series races on consecutive days – actually only about 18 hours apart – resulted in wins in both events for Irvette van Blerk. She clocked 33:45 in Durban and 34:26 in Pretoria. A number of the top women ran both races – apart from Van Blerk Zintle Xiniwe, Annerien van Schalkwyk and the Kalmer sisters all placed in the top ten twice. René Kalmer, who won the first two races in the series, in Bellville and Port Elizabeth, in 33:25 and 33:53 respectively, could clock only 37:03 and 37:08 this weekend.

The talented Van Blerk's racing schedule is a major cause for concern. During the last twelve weeks (since 29 May) she has run three half marathons, seven 10 km events and one 15 km. She won all these races, among them two national championships (the 10 km just five days after the Johannesburg Totalsports race. *Distance Running Results* unfortunately does not receive cross-country results from Gauteng, so it is not known whether she also competed in this discipline. But even if she did not, this is far too much racing.

In the Pretoria Spar race Mavis Stadler missed Miemie Schoeman's SA record in the 70+ age group by one second with her 62:24.

Van Schalkwyk was indicated in the results of the Riebeeckberg Half Marathon as running for Irene Marathon Club (to which she previously belonged), but she is actually a member of the Nedbank AGN club now.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series, Durban
- * Joe Stutzen Half Marathon & Matthews Motshwarateu 10 km, Johannesburg
- * Meditrax Academy Half Marathon & 8 km, Empangeni
- * Spar Grand Prix Series, Pretoria
- * Transnet Rail Engineering 15 km, Uitenhage
- * Atlantis Harriers 15 km, Atlantis
- * Saasveld Half Marathon, George
- * Midlands 100-miler, Winterton to Pietermaritzburg
- * Tromonto Wedding Run 10 km, George
- * XC: WP Championships, Bellville

International highlights:

- * Hokkaido Marathon, Sapporo, JPN
- * Crim Festival of Races, Flint, USA
- * World 50 km Trophy, Galway, IRL
- * Track: Tilastopaja Cup, Turku, FIN; Sustersic and Cvetan Memorial, Ljubljana, SLO; Rieti 2010, Rieti, ITA; Belgacom Memorial Van Damme, Brussels, BEL; Meeting Lille Metropole, Lille, FRA

ROAD RUNNING

Spar Grand Prix Series

Durban, 29 August
(Distance: 10 km; loop course)

1 Irvette van Blerk (Nedbank) 33:45; 2 Zintle Xiniwe (Nedbank) 34:48; 3 Poppy Mlambo (Nedbank) 35:06; 4 Annerien van Schalkwyk (Nedbank) 35:12; 5 Tebogo Masehla (Transnet) 35:42; 6 Mpho Mabuza (Nedbank) 35:48; 7 Thozama April (Transnet) 36:31; 8 Marelize Retief (Nedbank) 36:51; 9 Christine Kalmer (Nedbank) 36:55; 10 René Kalmer (Nedbank) 37:03.

Veterans: 1 Tessa Burrell (Gauteng Striders) 38:19; 2 Maya Lawrie (Boxer) 38:21; 3 Grace de Oliveira (Boxer) 39:12. **Masters:** 1 Olga Howard (Celtics) 44:35; 2 Debby de Koning (Eskom) 47:39; 3 June Watson (PDAC) 48:37. **G'masters:** 1 Lien Botha (Toti) 48:39; 2 Gill Tregenna (West) 54:09; 3 Aletta Englebrecht (SCS) 55:05. **Juniors:** 1 Nandipha Dywili (Mr Price) 37:06; 2 Avela Nkweba (Temp) 38:09; 3 Mpumelelo Mnyandu (Temp) 38:48.

Joe Stutzen Half Marathon & Matthews Motshwarateu 10 km

Johannesburg, 29 August
(Distances: 21.1 km & 10 km; loop courses)

Note: Patrick Baranskyn reports that the three leaders in the men's half marathon reported a missed loop on their second lap, which was not their fault. This was confirmed by the lead motorcyclist, but it is not known how many runners behind the first three also ran short. – Ed.

Half marathon

MEN

1 Raphael Segodi (Temp) 62:42; 2 Steven Dikobo (ADT) 62:44; 3 Odwa Tunyiswa (Nedbank) 62:52; 4 Lucas Raseruthe (Toyota) 64:06; 5 Derocious Makhobolo (GS) 64:53.

Veterans: 1 Gethun Wordofa (ETH/ADT) 66:46. **Masters:** 1 Samuel Mogodi (RAC) 79:39.
G'masters: 1 Ken Poole (Jeppe) 1:44:31. **Juniors:** 1 Kabela Rabogale (ACRW) n/t.

WOMEN

1 Azwindini Gladys Lukhwareni (Transnet) 87:53; 2 Annah Watkinson (Troisport) 90:28; 3 Monica Neuling (Boksburg) 91:54; 4 Dimakatso Menong (Temp) 93:45; 5 Ali Glatt (Temp) 94:18.

Veterans: 1 Mari Bruwer (Arcelor Mittal) 1:41:57. **Masters:** 1 Natalie Saunders (Fourways) 1:47:40. **G'masters:** 1 Jill Strelitz (RAC) 2:17:04.

10 km

MEN

1 Esau Nkosi (Nedbank) 31:07; 2 Jackson Chauke (ADT) 32:09; 3 Michael Davidson (Troisport) 32:49; 4 Eliyah Mogoboya (Nedbank) 33:23; 5 Rooseveldt Mudua (RAC) 33:28.

Veterans: 1 Never Matiya (Wanderers) 33:55. **Masters:** 1 Bruce Fordyce (Nedbank) 40:35. **G'masters:** 1 Wilson Maguru (Nedbank) 40:30. **Juniors:** 1 Micheal v Aswegen (Toyota) 32:37

WOMEN

1 Charné Bosman (Mr Price) 36:50; 2 Riana van Niekerk (Mr Price) 38:02; 3 Takalane Nthulane (Transnet) 40:22; 4 Elizabeth Phaka (GS) 40:35; 5 Allison Lailvaux (Temp) 41:26.

Veterans: 1 Lindsay van Aswegen (Toyota) 41:27. **Masters:** 1 Sonja Laxton (RAC) n/t.
G'masters: 1 Sandy Fine (Rockies) 61:26. **Juniors:** 1 Anna Masilo (Nedbank) 50:03.

Meditrax Academy Half Marathon & 8 km

Empangeni, 29 August

(Distances: 21.1 km & 8 km; loop courses)

Half marathon

MEN

1.	Samuel Pazanga	ZIM/Mr Price AC	73:50
2.	Shingi Badza	ZIM/Form One	74:03
3.	Mxondsi Dudu	Mr Price AC	75:50

40-49:

1.	Macngiseni Jiyane	UAC	85:16
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50-59:

1.	Mike Peachey	R/Bay AC	121:02
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60+:

1.	Rich Witherden	Vry AC	128:32
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WOMEN

1.	Simone Scrase	R/Bay AC	100:29 (1 st vet)
2.	Nicola McMurray	Temp/Ind	103:20
3.	Iris Ndlovu	Boxer AC	113:17

40-49:

1.	Simone Scrase	R/Bay AC	100:29
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50-59:

1.	Zelda Floor	Mtunzini AC	128:32
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8 km**MEN**

1.	Bernard Phatsane	Nedbank AC	27:20
2.	Mzwandile Sibisi	Forest Hills	27:29
3.	Andile Buthelezi	UAC	27:43

WOMEN

1.	Nomaebo Mthethwa	UAC	47:21
2.	Busi Mthonti	UNIZUL	49:30
3.	Corne Cortzee	R/Bay AC	54:36

Spar Grand Prix Series

Pretoria, 28 August

(Distance: 10 km; loop course. Finishers: 5 400)

1	Irvette van Blerk	Nedbank	34:26
2	Rutendo Nyahora	ZIM/Nedbank	34:59
3	Sharon Tavengwa	ZIM/Nedbank	35:08
4	Annerien van Schalkwyk	Nedbank	35:30
5	Miriam Thole	MAW/Tuks	36:39
6	Samukeliso Moyo	ZIM/Mr Price	36:48
7	Thabita Tsatsa	ZIM/Mr Price	36:55
8	René Kalmer	Nedbank	37:08
9	Christine Kalmer	Nedbank	37:11
10	Catherine Skosana	Transnet	37:15
11	Onneile Dintwe	BOT/Nedbank	37:23
12	Charné Bosman	Mr Price	37:56
13	Marelize Retief	Nedbank	38:07
14	Mpho Mabuza	Nedbank	38:16
15	Kerry-Ann Walton	Running Inn	38:30
16	Thozama April	Transnet	38:46
17	Hellen Chiundo	ZIM/Nedbank	38:10
18	Ronel Thomas	Boxer	38:18
19	Tessa Burrell	Gauteng Striders	39:23
20	Zintle Xiniwe	Nedbank	39:24

Veterans:

1	Tessa Burrell	Gauteng Striders	39:23
2	Ansie Viljoen	Irene	42:22
3	Lettie Saayman	Irene	44:08

Masters:

1	Marietjie Ceronio	Nedbank	45:15
2	Lynette Fisher	Tuks	45:53
3	Olga Howard	Celtic	46:52

G'masters:

1	Sonja Laxton	RAC	44:54
2	Sarie du Toit	PMK	48:21
3	Penny Visser	Breaktrhu Midrand	51:21

G/g'masters:

1	Mavis Stadler	Agape	1:02:24
2	Marina Odendaal	Solidariteit	1:06:30
3	Miemie Schoeman	Transnet	1:22:02

Juniors:

1	Nandipha Dywili	Mr Price	39:40
2	Lusanda Bomvana	Mr Price	41:11
3	Juan-Marie Cooper	Khoza	41:18

Transnet Rail Engineering 15 km

Uitenhage, 28 August

(Loop course. Finishers: 394.)

MEN

1	Zolani	Ngqaqa	Mr Price PE	21	46:42
2	George	Ntshiliza	Nedbank RC	30	46:46
3	Melikhaya	Frans (1 st jun)	Nedbank RC	18	47:45
4	Mzwanele	Maphekula	Nedbank RC	34	48:14
5	Mzolisi	Makhanda	Nedbank RC	27	48:16
6	Eric	Sigxashe	Nedbank RC	31	49:46
7	Bulelini	Niwa	PEAAC	24	49:53
8	Zolani	Mabongo	Mr Price PE	24	50:20
9	Anele	Maliza	Mr Price PE	32	50:21
10	Zandisile	Mpisane	Mr Price PE	27	50:30
11	Mariano	Eesou	Nedbank RC	18	50:32
12	Mzamo	Fokwana	Charlo RR	32	50:54
13	Robert	Matthys	Mr Price PE	34	50:57
14	Mila	Pasiya	Nedbank RC	30	51:17
15	Athenkosi	Makwayi	Nedbank RC	18	51:22
16	Nkosinathi	Masango	Temp	24	51:58
17	Christopher	Mabengeza (1 st vet)	Nedbank RC	44	52:02
18	Vuso	Nkonzo	Mr Price PE	25	52:58
19	Derrick	Dubase	Nedbank RC	36	53:35
20	Thando	Bixa	Triangle Sports	30	53:41

40-44:

1	Christopher	Mabengeza	Nedbank RC	44	52:02
2	Mzukisi	Klaas	Nedbank RC	41	54:20
3	Christo	Muller	Body Concept	42	57:31

45-49:

1	Welcome	Loliwe	Nedbank RC	45	54:43
2	Robin	Fourie	Achilles AAA	47	58:23
3	Colben	Ngcupe	Nedbank RC	47	59:04

50-54:

1	Alfred	Spiers	Elite AC	50	57:35
2	Sidwel	Roboshi	Nedbank RC	50	59:33
3	Charles	Baatjies	Elite AC	53	1:00:15

55-59:

1	Sizinzo	Kama	Achilles AAA	59	1:03:29
2	Chris	Terblanche	Achilles AAA	55	1:04:24
3	Roger	Trader	Achilles AAA	56	1:05:28

60-64:

1	Fred	Verrall	Charlo RR	62	1:07:44
2	Errol	Rossouw	PEAAC	60	1:08:03
3	Eric	Mapara	Rhodes Universi	63	1:10:20

65-69:

1	Tamsanga	Jusayi	Mr Price PE	68	1:01:58
2	Godfrey	Kariem	Cadbury AC	69	1:13:41
3	Eckart	Schumann	Body Concept	65	1:15:52

70+:

1	John	Peart	Nedbank RC	74	1:55:11
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Juniors:

1	Melikhaya	Frans	Nedbank RC	18	47:45
2	Mariano	Eesou	Nedbank RC	18	50:32

3	Athenkosi	Makwayi	Nedbank RC	18	51:22
WOMEN					
1	Deliwe	Nyanga	Nedbank RC	21	1:00:05
2	Marisa	Ferraris	Triangle Sports	39	1:02:04
3	Ursula	Kuhn	NMMU AC	29	1:04:12
4	Jane	Barnardo	Body Concept	35	1:04:16
5	Grizelda	Pietersen (1 st vet)	Achilles AAA	41	1:06:29
6	Lesley	Wood (1 st mast)	Achilles AAA	53	1:08:17
7	Christine	Claasen	Achilles AAA	46	1:08:17
8	Noxolo	Marks	Mr Price PE	24	1:08:53
9	Lizette	Sydien	Elite AC	24	1:10:02
10	Julia	Cayisa	Nedbank RC	27	1:10:32
11	Hanlie	Van der Westhuizen	Transnet RE	54	1:10:45
12	Paulette	McEwan	Achilles AAA	45	1:10:50
13	Laura	Maritz	Elite AC	49	1:11:33
14	Treloar	Childs	Spar Walmer AC	47	1:12:26
15	Janette	Schierz-Crusius	Body Concept	49	1:12:37
16	Adele	Nel	St Albans CSEP	37	1:12:49
17	Sime	Baynes	Body Concept	26	1:14:02
18	Angela	Ackermann	Body Concept	31	1:15:24
19	Lindie	Stander	St Albans CSEP	25	1:16:01
20	Megan	Wilson (1 st jun)	Charlo RR	14	1:16:23
40-44:					
1	Grizelda	Pietersen	Achilles AAA	41	1:06:29
2	Jacqui	Van der Vyver	Elite AC	41	1:17:07
3	Yolande	Knoetze	Elite AC	43	1:20:02
45-49:					
1	Christine	Claasen	Achilles AAA	46	1:08:17
2	Paulette	McEwan	Achilles AAA	45	1:10:50
3	Laura	Maritz	Elite AC	49	1:11:33
50-54:					
1	Lesley	Wood	Achilles AAA	53	1:08:17
2	Hanlie	Van der Westhuizen	Transnet RE	54	1:10:45
3	Christine	Snyman	VWAC	54	1:20:56
55-59:					
1	Glenys	Joubert	Nedbank RC	58	1:52:20
2	Anna	Cruywagen	Spar Walmer AC	57	2:09:06
60-64:					
1	Liz	Grundlingh	Muirite Strider	63	1:18:53
2	Helene	Oppel	Crusaders AC	60	1:25:25
3	Rita	Boucher	Spar Walmer AC	60	1:32:58
65-69:					
1	Orgia	Nell	Muirite Strider	66	1:47:04
70+:					
1	Dorothy	Hart	PEAAC	72	1:39:26
Juniors:					
1	Megan	Wilson	Charlo RR	14	1:16:23
2	Terray	Newcombe	Nedbank RC	19	1:21:51
3	Tanya	Wilson	Charlo RR	17	1:30:11

Atlantis Harriers 15 km

Atlantis, 28 August

MEN

1. Luxolo Mdzanga (Gugs) 48:09 (1st jun); 2. Peter Tsawayo (ZIM/Gugs) 48:10; 3. Sityhilo Diko (Ned CGA) 48:41; 4. Duane Fortuin (Adid) 49:16; 5. Fabian Faro (MPT) 49:57; 6. Graham Katzen (Celtic) 50:11 (1st vet); 7. Tebello Poni (VOB) 50:51; 8. Eric Mdoda (East) 50:56; 9. Professor Khwetane (VOB) 51:12; 10. Mthandazo Qhina (VOB) 51:51; 11. Morné Kammies (Met) 51:57; 12. Bongile Tshevu (East) 51:58; 13. Zolani Sowazi (Gugs) 52:02; 14. Vladimir Kotov (BLR/Cent) 52:06 (1st mast); 15. Akhona Makila (VOB) 52:27; 16. Mandla Pangalele (Gugs) 52:39; 17. Vuyoethu Piyose (Met) 52:55; 18. Alex Madikane (Gugs) 53:07; 19. Njokwana Yegethe (Celtic) 53:28; 20. Luthando Diba (Celtic) 53:53.

Veterans: 6. Graham Katzen (Celtic) 50:11; 2. Michael Bekapi (VOB) 55:50; 3. Japtha Nero (Ind) 55:53. **Masters:** 1. Vladimir Kotov (BLR/Cent) 52:06; 2. Gregory Jacobs (Edge) 57:34; 3. Steven Parkins (Met) 59:10. **G'masters:** 1. Ronnie le Roux (Brack) 68:42; 2. Kevin Kohler (Edge) 70:00. **Juniors:** 1. Luxolo Mdzanga (Gugs) 48:09; 2. Akhona Makila (VOB) 52:27; 3. Njokwana Yegethe (Celtic) 53:28.

WOMEN

1. Bulelwa Mtshagi (Celtic) 59:53; 2. Sheryl de Lange (Adid) 61:37 (1st vet); 3. Ursula Frans (Adid) 61:43; 4. Nomvuyisi Seti (MP) 61:57; 5. Mariëtte Esterhuyse (Tyger); 6. Martha Lötter (Adid) 65:41 (1st jun); 7. Patricia Adams (Met) 66:33; 8. Tania Kapp (VOB) 66:41; 9. Lorna Loubser (Sanlam) 68:06; 10. Glenda Werth (Met) 68:51; 11. Ronel Steenkamp (Durb) 69:04; 12. Elizabeth de Gouveia (Durb) 69:12; 13. Marnette Meyer (Adid) 70:48; 14. Cheryl Rudolph (East) 70:59; 15. Johandie de Kock (Tyger) 71:54; 16. Charmaine Cupido (Ned) 72:16 (1st mast); 17. Lorraine Rogers (Durb) 73:17; 18. Megan Goliath (Brack) 73:26; 19. Martha Pretorius (Top) 73:31; 20. Hanlie Lötter (Ind) 75:10.

Veterans: 1. Sheryl de Lange (Adid) 61:37; 2. Ursula Frans (Adid) 61:43; 3. Mariëtte Esterhuyse (Tyger). **Masters:** 1. Charmaine Cupido (Ned) 72:16; 2. Lorraine Rogers (Durb) 73:17; 3. Hanlie Lötter (Ind) 75:10. **G'masters:** 1. Mariëtha Herbert (Bell) 78:41; 2. Pixie Sparg (Celtic) 80:57. **Juniors:** 1. Martha Lötter (Adid) 65:41; 2. Benine Havenga (Tyger) 1:40:10.

Saasveld Half Marathon

George, 28 August

(Distance: 21.1 km; loop course, mostly on gravel)

MEN

1	Principal Fana	Rainbow	41	1:13:28
2	Gurome Gelderbloem	Mossel Bay	34	1:15:16
3	Vuyo Witbooi	Outeniqua	35	1:18:23
4	Selwyn Losper	Nedbank	46	1:18:39
5	Paulus Allart	Mossel Bay	363	1:20:55
6	Dewald Kleinhans	Hartenbos	27	1:21:30
7	Nic de Beer	Randburg Harriers	37	1:21:40
8	Mario Meyer	Hartenbos	31	1:21:54
9	Marlon Mortlock	Knysna	36	1:25:43
10	Marsel Roos	Knysna	29	1:25:44

WOMEN

1	Alison Jordaan	Outeniqua	44	1:34:11
2	Kerry Roos	Knysna	32	1:36:05
3	Lisl Grobler	Knysna	34	1:36:06
4	Renee Moll		40	1:42:48

5	Karen le Roux	Outeniqua	43	1:50:02
6	Suzaan Kruger	Outeniqua	27	1:50:03
7	Maryke Sass	Mossel Bay	39	1:52:05
8	Rome Phillipson	Mossel Bay	28	1:52:06
9	Elana Buckley	Nedbank	34	1:52:19
10	Elmien Nel	Outeniqua	39	1:52:56

Midlands 100-miler

Winterton to Pietermaritzburg, 27-28 August
(Distance: 161 km; point-to-point hilly course)

MEN

1.	Mandla Hlongwa	Nedbank AC	16:09:20
2.	Barry Trevor Roberts	Hill Vill	16:32:40
3.	Hendrik C Moen	Irene AC	17:09:12
4.	Mogale Piloso	SANDF WP	17:24:27
5.	Lucas v.d. Merwe	Standerton AC	18:12:21

WOMEN

1.	Hazel Moller	Bedfordview AC	20:26:49
2.	Lizette Botha	Toti AC	22:09:40
3.	Brenda Mitchell	Coll Harr	22:52:50
4.	Helena Pahl	Umhlathuza AC	23:08:01
5.	Sandra Deyssel	AlphACent	23:27:29

Tromonto Wedding Run 10 km

George, 21 August
(Finishers: 178)

MEN

1	Julius Korkee	Rainbow AC	25	35:03
2	Melykha Msiza	Knysna AC	26	35:31
3	Sinesiphe Didishe	Knysna AC	18	36:17
4	Dawid Matroos	Rainbow AC	36	37:13
5	Hermanus Jonkerman	Outeniqua Harriers	50	37:41
6	Marlin Mortlock	Knysna AC	36	37:49
7	Jannie Nieuwenhuys	Nedbank-SWD	48	37:54
8	Marsel Roos	Knysna AC	29	38:01
9	Jonathan Hartnick	Nedbank SWD	41	38:39
10	Ctranville Hendricks	Rainbow AC	27	39:12

WOMEN

1	Johanna Claassen	Nedbank SWD	42	41:38
2	Helga Mathee	New Balance Eden	35	42:49
3	Annatjie Botes	Nedbank SWD	52	43:09
4	Lana Theunissen	Outeniqua Harriers	38	44:02
5	Ronee Moll	Ind	40	44:50

CROSS-COUNTRY**WP Championships**

Bellville, 21 August

Note: The athletes' names are in the order of surname followed by first name. – Ed.**MEN****12 km:**

1	Lusaseni Tom	Adidas	36:08
2	Qhina Mthandazo	Adidas	36:46
3	Ngudlumana Virginia	Adidas	37:11
4	Camphor Hein	Adidas	37:16
5	Bailey Michael	Celtic Harriers	37:19
6	Fortuin Duane	Adidas	37:23
7	Pienaar Barry-John	Bellville	37:24
8	Msopi Victor	ACSIS VOB	37:44
9	Poni Tebello	ACSIS VOB	37:59
10	Nogwaza Innocent	Adidas	38:31

4 km:

1	Ngudlumana Virginia	Celtic Harriers	12:23
2	Wildskut Riaan	ATC	12:27
3	Mdzanga Luxolo	RCS Gugs	12:37
4	Faro Fabian	MP Titans	12:48
5	Matshoba Zolani	Celtic Harriers	12:56
6	Abrahams JP	Adidas	13:01
7	Makila Akhona	ACSIS VOB	13:02
8	Mdoda Eric	Easterns	13:05
9	Matshoba Zola	Celtic Harriers	13:13
10	Pedro Enver	CPUT	13:14

40-44 (8 km):

1	Katzen Graham	Celtic Harriers	26:05
2	Abrahams Shaun	Adidas	26:27
3	Opperman Isaac	Correctional Services	26:33

45-49 (8 km):

1	Jacobs Barend	Celtic Harriers	27:43
2	Mitchell Chris	Celtic Harriers	28:34
3	Kelly Percy	Celtic Harriers	29:36

50-54 (8 km):

1	Howard Raymond	Celtic Harriers	28:08
2	Paul Julian	Defence WP	29:07
3	Mpukane Goodman	RCS Gugs	29:11

55-59 (8 km):

1	Chivell Les	Fish Hoek	29:23
2	Tom Gemjikile	Eskom Gijimas WP	30:11
3	Lindsay Robbie	Nedbank	30:57

60-64 (8 km):

1	Veldsman Awie	Helderberg Harriers	30:32
2	Bock Albertus	Adidas	31:21
3	van Zyl Johan	Bellville	38:04

65-69 (8 km):

1	Donald Peter	West Coast	36:14
2	James Kaare	Pinelands	42:36
3	Weston John	West Coast	47:21

70-74 (8 km):

1	Daly Seamus	ACSIS VOB	40:11
2	van Zyl Jakobus	ACSIS VOB	45:49

75-79 (8 km):

1	Devine Derry	ACSIS VOB	50:32
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U:19 (8 km):

1	Andreas Jeromy	UWC	24:31
2	Mdzanga Luxolo	RCS Gugs	24:32
3	Matshoba Zolani	Celtic Harriers	24:51

WOMEN**8 km:**

1	Xiniwe Zintle	Nedbank	29:01
2	Roffey Anneline	Adidas	30:23
3	De Lange Sheryl	Adidas	30:47
4	Perold Helene	Adidas	31:21
5	De Bruin René	Defence WP	31:44
6	Roos Elsie	Bellville	31:45
7	Marcus-Cupido Melody	Metropolitan	32:15
8	Matiwane Busisiwe	Celtic Harriers	32:51
9	De Oliveira Colleen	NB Multisport	32:59
10	Pretorius Andrea	NB Multisport	33:49

4 km:

1	Hanekom Linda	Adidas	15:51
2	Perold Helene	Adidas	15:52
3	Theron Gerda-Marié	Tygerberg NLK	16:04
4	Fillies Levonia	MP Titans	16:58
5	Lewis Lucia	UWC	17:25
6	Jordaan Marlise	Bellville	17:41
7	Ngcobo Nonhlanhla	UWC	17:55
8	Olivier Lee-Ann	CPUT	19:12
9	Smith Esmerelda	Celtic Harriers	21:23
10	King Petra	Sanlam	22:01

40-44 (4 km):

1	De Lange Sheryl	Adidas	15:52
2	Brand Monice	Adidas	17:24
3	Malan Mariaan	Nedbank	17:51

45-49 (4 km):

1	Coetzee Elmarie	Adidas	15:59
2	Esterhuyse Mariëtte	Tygerberg NLK	16:27
3	Meyer Marnette	Adidas	17:31

50-54 (4 km):

1	Howard Olga	Celtic Harriers	16:48
2	Cupido Charmaine	Nedbank	18:17
3	Hood Sandy	ACSIS VOB	19:54

55-59 (4 km):

1	Will Nancy	Pinelands	18:49
2	Rixon Diana	ACSIS VOB	20:25
3	Isaacs Theresa	ACSIS VOB	21:22

60-64 (4 km):

1	Barnard Zonia	Celtic Harriers	22:26
2	September Esmé	Spartan Harriers	24:15
3	Eygelaar Irene	Edgemoor	25:58

65-69 (4 km):

1	Sparg Pixie	Celtic Harriers	20:41
2	James Marlene	Pinelands	22:55

3	Williams Christine	Spartan Harriers	23:56
70-74 (4 km):			
1	Reid Peggie	Spartan Harriers	27:53
2	Johnson Magdaline	Tygerberg NLK	28:52
3	Norton Margaret	Spartan Harriers	32:26
75-79 (4 km):			
1	Balarin Marianne	ACSIS VOB	37:07
2	Wilson Julie	Celtic Harriers	41:01
U:19 (6 km):			
1	Parker Mickey	UCT	25:17
2	Sikabalanjana Asiphe	RCS Gugs	25:25
3	Phillips Shireen	Helderberg Harr	26:59

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

Hokkaido Marathon (24th)

Sapporo, JPN, 29 August

(Distance: 42.195 km; near-loop course with about 3 km start/finish separation and 11 m elevation loss)

MEN

1. Cyrus Njui (KEN) 2:11:22 DB
2. Harun Njoroge (KEN) 2:13:04
3. Mekubo Mogusu (KEN) 2:16:38 PB

WOMEN

1. Yumiko Hara 2:34:12
2. Hiroko Miyauchi 2:35:42
3. Mizuho Nasukawa 2:36:07

Crim Festival of Races (34th)

(USA Men's 10-mile Championship)

Flint, USA, 28 August

(Distance: 10 miles)

MEN (gun times)

1. Julius Kogo, 25, KEN 47:06 \$5000
2. Robert Letting, 26, KEN 47:15 3000
3. Kiprotich Kirui, 25, KEN 47:24 1500
4. Fasil Bizuneh, 30, Flagstaff, AZ 47:29 7000a

a) Earned USA Championship prize money

WOMEN

1. Mare Dibaba, 21, ETH 53:52 \$5000
2. Caroline Rotich, 26, KEN 53:54 3000
3. Misiker Mekonnin Demissie, 25, ETH 53:58 1500
4. Sharon Thompson, 31, Franklin, TN 55:24
5. Catherine Ndereba, 38, KEN 56:05

ULTRA/MOUNTAIN/TRAIL RUNNING

World 50 km Trophy

Galway, IRL, 29 August

MEN

1	Collen Makaza (ZIM)	2:47:22
2	Sandile Ngunuza (RSA)	2:53:06
3	Michael Wardian (USA)	2:54:57
4	Kaito Iwayama (JPN)	2:56:20
5	Lucas Nonyana (RSA)	2:56:57
6	Malcolm Campbell (USA)	2:58:19
7	Joseph Mphuthi (RSA)	3:02:41
8	Marco Boffo (ITA)	3:06:54
9	Evgeniy Glyva (UKR)	3:09:11
10	Julian Rendall (GBR)	3:09:20

WOMEN

1	Susan Harrison (GBR)	3:15:43
2	Mary Coordt (USA)	3:28:31
3	Irene Kalter	3:34:22
4	Helen Taranowski	3:37:43
5	Adela Salt	3:40:10
...		
8	Lesley Train (RSA)	3:45:26

TRACK

Tilastopaja Cup

Turku, FIN, 29 August

Note: Josephat Kiprono Menjo ran a solo, world-leading 26:56.74 for 10000 m in the only event contested. He covered the first half in 13:22.69, then came back in 13:34.05. - Ed.

MEN

10000:

1. Josephat Kiprono Menjo, 1979, KEN 26:56.74 PB/WL
2. Joonatan Oporta, 1989, FIN 31:57.08

Sustersic and Cvetan Memorial

(Slovenian Grand Prix)

Ljubljana, SLO, 29 August

MEN

800:

Heat 2 -

1. Joseph Mutua, 1992, KEN 1:50.08
2. Johan Cronje, RSA 1:50.11
3. Tomas Kazi, HUN 1:50.24

Rieti 2010 (40th)
 (IAAF World Challenge)
 Rieti, ITA, 28-29 August

MEN

800 (29):

Heat A:

- | | |
|----------------------------|---------------|
| 1. David Rudisha, KEN | 1:41.01 WR |
| 2. Boaz Lalang, KEN | 1:42.95 PB |
| 3. Nick Symmonds, USA | 1:43.76 PB |
| 4. Michael Rimmer, GBR | 1:43.89 PB/EL |
| 5. Marcin Lewandowski, POL | 1:44.10 SB |
| 6. Arturo Casado, ESP | 1:44.74 PB |

Heat B:

- | | |
|------------------------------|------------|
| 1. Job Kinyor, KEN | 1:46.40 |
| 2. Antonio Manuel Reina, ESP | 1:46.56 |
| 3. Prince Mumba, ZAM | 1:46.64 SB |

1500 (29):

- | | |
|---------------------------|------------|
| 1. Asbel Kiprop, KEN | 3:31.78 SB |
| 2. Silas Kiplagat, KEN | 3:31.97 |
| 3. Nixon Chepseba, KEN | 3:32.42 PB |
| 4. Yusuf Saad Kamel, BRN | 3:33.06 SB |
| 5. Geoffrey Rono, KEN | 3:33.20 |
| 6. Augustine Choge, KEN | 3:33.99 |
| 7. Demma Daba Bikila, ETH | 3:34.16 |
| 8. David Torrence, USA | 3:34.25 PB |
| 9. Juan van Deventer, RSA | 3:34.52 SB |
| 10. Mehdi Baala, FRA | 3:34.59 |
| 11. Andy Baddeley, GBR | 3:35.35 |

3000 (29):

- | | |
|-----------------------------|------------|
| 1. Tariku Bekele, ETH | 7:28.70 WL |
| 2. Bernard Lagat, USA | 7:29.00 AR |
| 3. Edwin Cheruiyot Soi, KEN | 7:29.75 PB |
| 4. John Kipkoech, KEN | 7:32.72 |
| 5. Chris Solinsky, USA | 7:34.32 PB |
| 6. Bouabdellah Tahri, FRA | 7:35.50 EL |
| 7. Collis Birmingham, AUS | 7:38.77 PB |
| 8. Essa Ismail Rashed, QAT | 7:39.61 PB |
| 9. Adrian Blincoe, NZL | 7:46.38 PB |
| 10. Dan Huling, USA | 7:46.97 PB |
| ... 13. Sergey Lebid, UKR | 7:49.45 |
| 14. Galen Rupp, USA | 7:50.46 |
| 15. Isaac Songok, KEN | 7:52.59 |

WOMEN

1500 (29):

- | | |
|----------------------------|------------|
| 1. Maryam Yusuf Jamal, BRN | 3:58.93 SB |
| 2. Mimi Belete, BRN | 4:00.25 PB |
| 3. Hind Dehiba Chahyd, FRA | 4:01.07 |
| 4. Shannon Rowbury, USA | 4:01.63 |
| 5. Ingvill Måkestad, NOR | 4:02.20 |

3000 (29):

- | | |
|----------------------|---------|
| 1. Sylvia Kibet, KEN | 8:39.07 |
|----------------------|---------|

2. Mercy Cherono, KEN	8:42.09 PB
3. Pauline Korikwang, KEN	8:43.67
4. Megan Wright, CAN	8:44.29 PB
5. Zakya Mrisho, TAN	8:44.53 SB

Belgacom Memorial Van Damme

(Samsung Diamond League)

Brussels, BEL, 27 August

MEN

800 (DL):

1. David Rudisha, KEN	1:43.50	\$10,000 + 40,000
2. Abubaker Kaki, SUD	1:43.84	6,000
3. Boaz Lalang, KEN	1:44.29	4,000
4. Marcin Lewandowski, POL	1:44.97	3,000
5. Jackson Kivuva, KEN	1:45.62	2,500

1500 (DL):

1. Asbel Kiprop, KEN	3:32.18	\$10,000 + 40,000
2. Leonel Manzano, USA	3:32.37 PB	6,000
3. Augustine Choge, KEN	3:32.88	4,000
4. Mekonnen Gebremedhin, ETH	3:33.40	3,000
5. Thomas Lancashire, GBR	3:33.96 PB	2,500
6. Daniel Kipchirchir Komen, KEN	3:34.03	2,000
Johan Cronje, RSA	DNF	

3000 s/chase:

1. Mahiedine Mekhissi-Benabbad, FRA	8:02.52 PB
2. Paul Kipsiele Koech, KEN	8:07.66
3. Roba Gary, ETH	8:13.15
4. Tomasz Szymkowiak, POL	8:21.55
5. Albert Yator, KEN	8:23.69 PB

WOMEN

800 (DL):

1. Janeth Jepkosgei, KEN	1:58.82	\$10,000 + 40,000
2. Mariya Savinova, RUS	1:59.49	6,000
3. Caster Semenya, RSA	1:59.65	4,000
4. Alysia Johnson, USA	1:59.89	3,000
5. Jenny Meadows, GBR	1:59.93	2,500
6. Anna Pierce, USA	2:00.05	2,000
7. Elisa Cusma Piccione, ITA	2:00.35	1,500
8. Tintu Luka, IND	2:00.79 PB	1,000
9. Jemma Simpson, GBR	2:01.13	
10. Neisha Bernard-Thomas, GRN	2:01.75	
Halima Hachlaf, MAR	DNF	

5000 (DL):

1. Vivian Cheruiyot, KEN	14:34.13	\$10,000 + 40,000
2. Linet Masai, KEN	14:35.07	6,000
3. Sentayehu Ejigu, ETH	14:35.13	4,000
4. Alemitu Bekele, TUR	14:36.79	3,000
5. Sally Kipyego, KEN	14:38.64	2,500
6. Elvan Abeylegesse, TUR	14:39.61	2,000
7. Sylvia Kibet, KEN	14:39.80	1,500
8. Iness Chenonge, KEN	14:43.14	1,000

9. Meselech Melkamu, ETH	14:44.26
10. Molly Huddle, USA	14:44.76 AR
11. Stephanie Twell, GBR	14:54.08 PB
12. Mercy Cherono, KEN	14:58.88

3000 s/chase (DL):

1. Sofia Assefa, ETH	9:20.72	\$10,000
2. Milcah Chemos Cheywa, KEN	9:22.34	6,000 + 40,000
3. Almaz Ayana, ETH	9:22.51	WJR 4,000
4. Mekdes Bekele, ETH	9:24.17	3,000
5. Lisa Aguilera, USA	9:24.84	PB 2,500

Meeting Lille Metropole

(EAA Permit)

Lille, FRA, 24 August

MEN

800:

1. Belal Mansour Ali, 1988, BRN	1:44.80
2. Samir Dahmani, 1991, FRA	1:47.42
3. Cornelius Ndiwa, 1988, KEN	1:49.66

1500:

1. Silas Kiplagat, 1989,	3:35.50
2. Nixon Chepseba, 1990, KEN	3:36.15
3. Mahiedine Mekhissi-Benabbad, 1985, FRA	3:36.18
4. Andy Baddeley, 1982, GBR	3:36.22
5. Bob Tahri, 1978, FRA	3:36.29
... 7. Mehdi Baala, 1978, FRA	3:37.05

3000 s/chase:

1. Richard Mateelong, 1983, KEN	8:11.04
2. Roba Gary, 1982, ETH	8:18.35
3. Elijah Chelimo, 1987, KEN	8:24.94

WOMEN

800:

1. Elena Kofanova, 1988, RUS	1:58.83
2. Nikki Hamblin, 1988, NZL	2:01.42
3. Alisson Leonard, 1991, GBR	2:02.95

3000:

1. Zakia Mrisho, 1984, TAN	8:45.05
2. Esther Chemtai, 1988, KEN	8:46.36
3. Ines Chenonge, 1982, KEN	8:46.46
4. Sara Hall, USA	8:52.35 PB

NEWS

MARATHON MAJORS NEW YORK & CHICAGO ANNOUNCE TOP STARS

The champions of the 2008 Olympic, 2010 London, and 2010 Boston marathons will face each other at the Bank of America Chicago Marathon on Sunday, 10 October, reports *Race Results Weekly*. It will be the first time that Samuel Wanjiru, Tsegaye Kebede, and Robert Kiprono Cheruiyot will compete against each other in the same race.

It has also been announced that the reigning world half-marathon champion and world 25 km record holder, Mary Keitany of Kenya, will make her marathon debut at the ING New York City Marathon on Sunday, 7 November.

Also, American marathon record holder and Olympic bronze medallist Deena Kastor is expecting her first child next March and will miss New York.

"I was looking forward to returning to New York this fall to attempt to fulfill my longtime dream of winning there," Kastor said through a prepared statement. "Since my marathon debut in 2001, winning the ING New York City Marathon has been on my list of running goals."

Wanjiru, 23, set the Olympic marathon record of 2:06:32 in Beijing two years ago. The Kenyan used repeated surges to beat back his competition, and still had enough left in the tank to run 66 seconds for his final lap of the track in the Bird's Nest stadium. The former world half-marathon record holder won both the London and Chicago marathons in 2009 and has a personal best time of 2:05:10 for the distance. In his most recent marathon in London last April, Wanjiru was forced to drop out with a knee injury.

"The Bank of America Chicago Marathon has a fantastic course and I am looking forward to returning there to defend my title," said Wanjiru who set a course record 2:05:41 in Chicago last year. "I know there will be good competition and I will be ready for a fast and competitive race."

Kebede, 23, who only weighs 50 kg, won the Virgin London Marathon this year in 2:05:19, just one second shy of his personal best. That victory followed a sensational season in 2009 where he made three important marathon podiums: second at London, third at the IAAF World Championships, and first at Fukuoka. He broke 2:05:30 twice in 2009, and was the 2008 Olympic Marathon bronze medallist.

"After competing in Europe, Asia and my home continent of Africa, I'm looking forward to competing in America for the first time in my life," said Kebede through a statement. "Chicago is one of the most prestigious races in the world, and after winning London this spring, I feel privileged to compete here in Chicago against some of the best marathoners in the world."

In winning Boston this year, Cheruiyot ran the fastest-ever marathon without pacemakers, shattering the course record of his namesake Robert Kipkoech Cheruiyot by more than a minute, clocking a career best 2:05:52. Cheruiyot, 22, burst on the world scene in 2008 when, in his first trip ever outside of Kenya, he set the course record at the Frankfurt Marathon in 2:07:21.

The Chicago race organisers also announced that Vincent Kipruto, the 22 year-old Kenyan who set his personal best time of 2:05:13 in Rotterdam this year, will also compete. Kipruto was third in Chicago last year in 2:06:08. American Ryan Hall (2:06:17 PB) will also compete in Chicago for the first time.

Chicago has one of the world's fastest, record-standard marathon courses. The 2:07 barrier has been broken 14 times in Chicago, and the men's world record has been broken there twice, first by Britain's Steve Jones in 1984 (2:08:05), then by Morocco's Khalid Khannouchi in 1999 (2:05:42). Khannouchi later became an American citizen.

Keitany, 28, who is coached by Italian Gabriele Nicola in Iten, has developed over the last four seasons into the world's most dominant female half-marathon runner. In 2007 she set what was then the Kenyan half-marathon record of 1:06:48 while winning the silver medal at the IAAF World Half-marathon Championships in Udine, Italy. She took maternity leave in 2008, but was back in top form by the fall of 2009 when she took the gold medal at the same championships in Birmingham, England, in a sizzling 1:06:36, a championships and Kenyan record. Last May, she shattered the world 25 km record in Berlin, running 1:19:53.

"It will be my debut at the marathon distance and I have no idea how my body will react in the last miles," Keitany said through a media release. "But, I'm confident for the new challenge in front of me."

Women making their marathon debuts in New York have often run well, and several have been victorious, including Norway's Grete Waitz (1978), Scotland's Liz McColgan (1991) and Kenya's Tegla Loroupe (1994).

New York also announced three other athletes who will make their marathon debuts there this year: the husband and wife team of Gebre Gebremariam and Werknesh Kidane of Ethiopia, and Peter Kamais of Kenya. Both Gebremariam and Kidane have won IAAF World Cross-country Championships (Gebremariam in 2009 and Kidane in 2003), and both have been in excellent form this year. Gebremariam has won four major USA road races (Healthy Kidney 10 km, Peachtree 10 km, TD Bank Beach to Beacon 10 km, and the CIGNA Falmouth Road Race), while Kidane won the Bupa Great Manchester 10 km last May in a personal best 31:19 and finished third at the NYRR New York Mini 10 km in June one second quicker. Kamais won the NYC Half Marathon last March in a personal best 59:53.

Also announced were two of Kenya's best marathon men: the 2009 IAAF world marathon champion Abel Kirui, and the third-ranked athlete in the World Marathon Majors, Emmanuel Mutai. Kirui has a 2:05:05 personal best and Mutai has run 2:06:15. New Zealand marathon record holder Kim Smith will also run the women's race (2:25:21 personal best).

These runners will face previously announced athletes who include Americans Shalane Flanagan, Meb Keflezighi and Dathan Ritzenhein; Ethiopian Haile Gebrselassie, and Briton Mara Yamauchi.

Kastor made her marathon debut in New York in 2001 less than two months after the terrorist attacks of 9/11 (she could see the smoke rising from Ground Zero as she rode the bus to the starting line). She finished seventh overall in 2:26:58, winning the USA marathon title and setting what was then an American debut record. She ran the race again in 2004 after winning her Olympic Marathon bronze medal in Athens, but was forced to drop out at 25 km. She also ran in 2006 and finished sixth in 2:27:54.

VIEWPOINT

ONLY ELEVEN GO TO INDIA

By Riël Hauman

South African athletes and the followers of the sport were shocked and dismayed last week when a tiny team of eleven athletes was announced for the Commonwealth Games in October.

Distance Running Results did not receive a media release with the names of the team members, but according to newspaper reports the athletes are: Simon Magakwe (100), Mbulaeni Mulaudzi (800), L.J. van Zyl (400 hurdles), Cheyne Rahme (pole vault), Khotso Mokoena (long jump), Tumelo Thagane (triple jump), Chris Harmse (hammer throw), Caster Semenya (800), Elizna Naudé (discus throw), Sunette Viljoen and Justine Robbeson (javelin throw).

According to reports, a team of 23 athletes was submitted to SASCOC, who eliminated all but the above eleven. Apparently ASA and SASCOC are now in discussion about the team and there is a possibility that at least a men's 4x100 relay team may be added. South Africa won this event at the recent African Championships.

It is believed that SASCOC required that athletes have to be in the top four on the Commonwealth performance list for their event to be included. Yet neither Semenya nor Thagane meets this requirement – while Robert Oosthuizen, who does, is not included. Rahme has not achieved the qualifying standard of 5.60 m.

Magakwe, who has been selected for the 100 m, is 20th on the Commonwealth list for this event, but fourth in the 200!

A total of 35 athletes (26 men, nine women) reached the Commonwealth Games qualifying standards. Among these athletes are such outstanding prospects as Lehann Fourie (sixth on the 110 hurdles list), Cornel Fredericks (6th, 400 H), Luvo Maniyonga (7th, long jump), Hardus Pienaar (7th, javelin throw), and Simoné du Toit (6th, shot put).

Among the distance runners who achieved the qualifying standards but were not included are Tshamano Setone, Stephen Mokoka, Juan van Deventer, Johan Cronje, Peter van der Westhuizen, Lusapho April and René Kalmer.

There seems to be no justification for sending such a small group to the Games. This certainly does not seem to be the way to increase the standard of our performances and help athletes gain experience on the world stage.

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.

2010 MARATHON: TOP 10 MEN

Note: The Ngodwana course is extremely aided.

2:10:45	Lusapho April	5	Hannover	02 May
2:14:45	Hendrick Ramaala	7	San Diego	06 Jun
2:15:29	Ramaala-2	11	Otsu	07 Mar
2:16:09	Malesela Johannes Kekana	2	Stockholm	05 Jun
2:17:58	Coolboy Ngamole	6	Pyongyang	11 Apr
2:18:05A*	Simon Peu	1	Ngodwana	20 Mar
2:19:06	Raphael Segodi	9	Pyongyang	11 Apr
2:19:24	Odwa Uhuru Tunyiswa	2	Sasolburg	06 Feb
2:19:37	Norman Dlomo	18	Vienna	18 Apr
2:19:55A*	Morongara Raseruthe	2	Ngodwana	20 Mar
2:20:07A*	Lovers Hlatshwayo	3	Ngodwana	20 Mar

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: 28 August 1993

In 1993 Adam Motlagale was not quite a household name in South African road running yet, but on this day he ran the race of his life to beat the country's best runners in the SA Half-marathon Championships in Durban. Finishing third behind an Ethiopian and a Kenyan, Motlagale clocked 61:11 – the fastest by a South African that year. The race was one of the greatest half marathons ever in South Africa, with phenomenal depth: eight South Africans dipped under 62 minutes. Far behind Motlagale came to co-holders of the national record, Matthews Temane and Zithulele Sinqe. Motlagale, who three years earlier had won the SA 15 km, was 15th on the 1993 world list.

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	28:23	Stephen Mokoka	Paarl	14 Aug
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	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	30:27	Mluleki Nobanda	Paarl	14 Aug
	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	2:24:16	Lindile Tokota	Mossel Bay	14 Aug
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:06	Charles Vilakazi	Paarl	14 Aug
	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	37:56	Awie Veldsman	Paarl	14 Aug
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	29:57	Thobane Chagwe	Paarl	14 Aug
	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		

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	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				

Grandmasters (60+)

10 km	42:39	Sonja Laxton	Paarl	14 Aug
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				

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	78:42	Nandipha Dywili	Port Elizabeth	24 July
	1:09:05	Delilah Asiago (KEN) 1991		

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