

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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Publisher: RiPël Hauman

EDITORIAL

Tanith Maxwell, on her way to Berlin in three weeks' time, finished an excellent second in the Bristol Half Marathon (also the UK Championships) in an excellent 74:33.

Former national record holder Frith van der Merwe scored the 50th marathon win of her career when she won the 25th Afri-Save Muirite Marathon in Uitenhage this weekend. Her time of 3:18:55 is the slowest of her marathon victories; her last win also came in this race in 2006. In the men's race Emerson Kayana scored his eleventh win – a truly magnificent performance. He had eight wins in a row starting in 2001, but did not run last year.

Europe won the final major athletics meeting of the year, the Continental Cup, in Split by beating the strong Americas squad, 429 points to 419.5. Africa was a rather poor third with 292 points, followed by Asia-Pacific with 286.5. The only double champion was Bernard Lagat, who won both the 3000 m and 5000 m.

David Rudisha's 100-metre splits in his second world record (1:41.01; result in DRR 10:34) were: 12.7, 11.7 [24.3], 12.2 [36.5], 12.4 [48.9], 12.6 [61.5], 13.1 [1:14.59], 13.1 [1:27.7], 13.3; the four 200s were run in 25.3, 24.6, 25.7, 26.4; and the 400s in 48.9 and 52.1.

With *Race Results Weekly* not being published until tomorrow, we will catch up with international results again next week; a few major results are included here.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Women's Race, Pietermaritzburg
- * Satori Camel Run, Noordhoek, Cape Town
- * Afri-Save Muirite Marathon & 10 km, Uitenhage
- * Spirit of Flight 10 km, Pretoria
- * Light Our World 10 km, Pretoria
- * XC: Gauteng North Championships, Pretoria

International highlights:

- * Bristol Half Marathon, Bristol
 - * Brabants Dagblad 10 Miles, Maandag 10 km & Tilburg Ladies Run 10 km, Tilburg, NED
 - * Track: IAAF/VTB Bank Continental Cup, Split, CRO
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ROAD RUNNING

Spar Women's Race

Pietermaritzburg, 5 September
(Distance: 10 km)

1.	Poppy Mlambo	Nedbank A C	36:16
2.	Tebogo Masehla	Ind	37:37
3.	Makosi Mhlongo	Savages A C	38:04

40-49:

1.	Maya Lawrie	Boxer A C	39:19
2.	Grace de Oliviera	Boxer A C	40:37
3.	Nana Sigubudu	Boxer A C	46:48

50-59:

1.	Sandy Fismer	Hilton Harr	46:24
2.	Debby de Koning	Escom Gij	47:50
3.	Jidith Grove	Hilton Harr	48:19

60+:

1.	Anne Weeden	PDAC	47:21
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Satori Camel Run

Noordhoek, Cape Town, 5 September
(Distance: 16.1 km; loop course, partly on gravel and beach)

MEN

1. Sityhilo Diko (Ned CGA) 60:03; 2. Luvuyo Nthando (Sat) 60:48; 3. Chris Mitchell (Celtic) 63:52; 4. Tristan Kelly (Ind) 65:21; 5. Ryan Winter (Pine) 65:41.

40-49: 1. Chris Mitchell (Celtic) 63:52; 2. Oloff van Zyl (VOB) 67:10; 3. Pieter Hanekom (Ned) 62:28. **50-59:** 1. Allan Ryninks (Harf) 74:32; 2. Max Brock (Celtic) 86:43; 3. Rob Korb (Edge) n/t. **60+:** 1. Richard Acheson (VOB) 79:43; 2. Terry Smith (Celtic) 88:33; 3. Jim Scott (FH) n/t. **Juniors:** 1. Jonathan Gilmour (VOB) 71:32; 2. Stephen Coete (RWFL) 87:06.

WOMEN

1. Dain Hamilton (Forest) 76:04 (1st vet); 2. Carmen Caldwell (Harf) 76:59; 3. Helen McDonald (Harf) 77:49; 4. Tania Anderson (VOB) 78:13; 5. Kirstin O'Sullivan (Harf) 79:40.

40-49: 1. Dain Hamilton (Forest) 76:04; 2. Colleen Hohlfield (SS) 85:36; 3. Sarah Gordon (Whalers) 85:53. **50-59:** 1. Dawn Middelkoop (VOB) 82:57; 2. Sonia Smith (MPT) 91:06; 3. Michelle Priestman (VOB) 93:05. **60+:** 1. Sonia Beard (Forest) 1:39:37; 2. Yvonne Blomkamp (VOB) 1:41:44; 3. Marlene James (Pine) 1:45:18.

Afri-Save Muirite Marathon (25th) & 10 km

Uitenhage, 4 September
(Distances: 42.195 km & 10 km; loop courses. Finishers: marathon – 202; 10 km – 175.)

Marathon

MEN

1	Emerson	Kayana	Nedbank RC EP	36	2:36:16
2	Ayanda	Mayi	Nedbank RC EP	31	2:38:15
3	Mutekile	Rasmeni (1 st vet)	Triangle Sports	45	2:38:46
4	Alfred	Qogi	Nedbank RC EP	37	2:42:03
5	George	Ntshiliza	Nedbank RC EP	30	2:42:30

6	Mila	Pasiya	Nedbank RC EP	30	2:42:30
7	Willie	Ensel	Nedbank RC EP	33	2:43:13
8	Melikhaya	Jacobs	Nedbank RC EP	32	2:43:57
9	Mongezi	Mboya	PEAAC	32	2:46:21
10	Mzukisi	Klaas	Nedbank RC EP	41	2:47:08
11	Sisa	Camasu	Nedbank RC EP	35	2:48:27
12	John	Rafani	Nedbank RC EP	43	2:49:13
13	Kgotso	Majara	Nedbank RC EP	30	2:50:44
14	Nkosinathi	Gcakasi	Bluewater Bay	39	2:52:06
15	Thembekile	Msipa	Charlo RR	36	2:52:29
16	Colben	Ngcupe	Nedbank RC EP	47	2:53:12
17	Daryl	North	Achilles AAA	33	2:53:30
18	Welcome	Loliwe	Nedbank RC EP	45	2:53:58
19	Ruan	Smalberger	Nedbank RC EP	20	2:54:05
20	Thomas	Pongola	Nedbank RC EP	34	2:54:46

40-44:

1	Mzukisi	Klaas	Nedbank RC EP	41	2:47:08
2	John	Rafani	Nedbank RC EP	43	2:49:13
3	Alfred	Pakkies	PEAAC	42	3:01:37

45-49:

1	Mutekile	Rasmeni	Triangle Sports	45	2:38:46
2	Colben	Ngcupe	Nedbank RC EP	47	2:53:12
3	Welcome	Loliwe	Nedbank RC EP	45	2:53:58

50-54:

1	Sidwel	Roboshi	Nedbank RC EP	50	3:07:55
2	Andre	Willemse	Elite AC	52	3:13:12
3	Leonard	Erasmus	Willard Batteries	52	3:21:15

55-59:

1	Sizinzo	Kama	Achilles AAA	59	3:23:26
2	Bruce	Mcewan	Achilles AAA	56	3:32:29
3	Colin	Parkins	Bluewater Bay	56	3:38:43

60-64:

1	Percy	Dalton	Achilles AAA	62	3:40:32
2	Piet	Meyer	St Albans CS EP	60	3:49:12
3	Graham	Channon	Achilles AAA	60	4:01:22

65-69:

1	Tamsanqa	Jusayi	Mr Price AC EP	68	3:31:55
2	Godfrey	Kariem	Cadbury AC	69	4:06:21

70+:

1	Dermott	Devine	Acis VOB	75	4:51:44
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WOMEN

1	Frith	Van der Merwe (1 st vet)	Run For Life EP	46	3:18:55
2	Christine	Claasen	Achilles AAA	46	3:24:01
3	Jene	Banfield	Run For Life EP	40	3:28:37
4	Elmarie	Bezuidenhout	Charlo RR	28	3:35:52
5	Hanlie	Van Der Westhuizen	Transnet RE EP	54	3:41:21
6	Buyelwa	Kobokana	Nedbank RC EP	45	3:48:04
7	Adele	Nel	St Albans CS EP	37	4:06:10
8	Yolande	Weitz	Temp	42	4:06:57
9	Angela	Ackermann	Body Concept	31	4:10:04
10	Sime	Baynes	Body Concept	26	4:10:05
11	Denise	Darlow	Charlo RR	41	4:24:35
12	Debbie	Dodd	Charlo RR	39	4:24:41
13	Beth	Hechter	Body Concept	33	4:25:51
14	Sunet	Harris	St Albans CS EP	37	4:26:46

15	Leta	Dos Santos	Walmer AC	46	4:28:52
16	Cathy	Allers	Transnet RE EP	48	4:29:21
17	Sharon	Smuts	St Albans CS EP	44	4:34:28
18	Antoinette	Human	Willard Batteries	42	4:35:01
19	Doris	Liberty	Elite AC	50	4:36:10
20	Helen	Short	Charlo RR	34	4:36:28

40-44:

1	Jene	Banfield	Run For Life EP	40	3:28:37
2	Yolande	Weitz	Temp	42	4:06:57
3	Denise	Darlow	Charlo RR	41	4:24:35

45-49:

1	Frith	Van der Merwe	Run For Life EP	46	3:18:55
2	Christine	Claasen	Achilles AAA	46	3:24:01
3	Buyelwa	Kobokana	Nedbank RC EP	45	3:48:04

50-54:

1	Hanlie	Van der Westhuizen	Transnet RE EP	54	3:41:21
2	Doris	Liberty	Elite AC	50	4:36:10
3	Christine	Snyman	VW AC	54	4:39:04

60-64:

1	Rita	Boucher	Walmer AC	60	4:53:53
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10 km

MEN

1	Zolani	Ngqaqa	Mr Price AC EP	21	30:41
2	Melikhaya	Frans (1 st jun)	Nedbank RC EP	18	32:15
3	Morne	Buis	Nedbank RC EP	17	33:26
4	Vernon	Booyse	Absa NMMU AC	18	33:29
5	Robert	Matthys	Mr Price AC EP	34	34:23
6	Terrance	Mjekula	Triangle Sports	37	34:37
7	Thanduxolo	Mpushe	Kwanobuhle	21	35:02
8	Hans	Jacobs (1 st vet)	Nedbank RC EP	42	35:29
9	Mpumelelo	Ndlumbini	Nedbank RC EP	35	35:46
10	Thando	Rwexana	Nedbank RC EP	23	36:11
11	Mziwonke	Gulwa	Nedbank RC EP	18	37:45
12	Siphelo	Nyoka	PEAAC	32	38:23
13	Hernus	Sass	Nedbank RC EP	45	38:40
14	Mkhululi	Rhoboshe	Nedbank RC EP	18	39:58
15	Christopher	Mabengeza	Nedbank RC EP	44	40:03
16	Ian	Humphries	Temp	33	40:16
17	Sindile	Ngiyo	Nedbank RC EP	15	40:30
18	Juan	Cordier	Temp	25	40:37
19	Frikkie	Boshoff	Nedbank RC EP	30	41:09
20	Samkelo	Sinyongo	Nedbank RC EP	29	41:16

40-44:

1	Hans	Jacobs	Nedbank RC EP	42	35:29
2	Christopher	Mabengeza	Nedbank RC EP	44	40:03
3	Wellington	Tshingane	SANDF EP	40	44:19

45-49:

1	Hernus	Sass	Nedbank RC EP	45	38:40
2	Jacobus	Wyatt	Transnet RE EP	47	49:05
3	Plaaitjie	Damons	VW AC	47	49:55

50-54:

1	Schoombee	Pretorius	Triangle Sports	53	49:00
2	Fanie	Claassen	Transnet RE EP	52	49:04
3	Jan	Le Roux	Elite AC	51	54:27

55-59:

1	Chris	Terblanche	Achilles AAA	55	42:42
2	Aubrey	Le Roux	Transnet RE EP	57	51:16
3	Peter	Bashela	Willard Batteries	58	55:18

60-64:

1	Eldon	Fortmann	Walmer AC	60	56:42
2	Dirk	Jansen	Transnet RE EP	60	58:53
3	William	Grobler	Elite AC	62	59:23

70+:

1	Kai	Tarnow	Jeffreys Bay AC	71	1:03:31
2	John	Peart	Nedbank RC EP	74	1:11:46

Juniors:

1	Melikhaya	Frans	Nedbank RC EP	18	32:15
2	Morne	Buis	Nedbank RC EP	17	33:26
3	Vernon	Booyse	Absa NMMU AC	18	33:29

WOMEN

1	Deliwe	Nyanga	Nedbank RC EP	21	39:58
2	Wilma	Meyer	Temp	32	44:01
3	Priscilla	Maleiba (1 st vet)	Cadbury AC	40	44:20
4	Grizelda	Pietersen	Achilles AAA	41	44:46
5	Lizette	Sydien	Elite AC	24	46:22
6	Janette	Schierz-Crusius (1 st mast)	Body Concept	50	48:43
7	Lindie	Stander	St Albans CS EP	26	50:32
8	Cheri	Rademeyer (1 st jun)	Absa NMMU AC	19	51:13
9	Bianka	Gerber	Absa NMMU AC	22	52:36
10	Terray	Newcombe	Nedbank RC EP	19	53:37
11	Yolinda	Erasmus	Temp	35	54:47
12	Sunelle	Horne	Bluewater Bay	36	55:20
13	Elmari	Van de Merwe	VW AC	46	55:37
14	Elize	Smalberger	Temp	54	55:43
15	Helene	Oppel (1 st g'mast)	Crusaders AC	60	55:57
16	Wendy	Denston	Aspen Pharmacare	37	56:01
17	Mary	Mangan	Body Concept	33	56:16
18	Ronell	Claassen	Transnet RE EP	47	56:30
19	Margie	Van Huyssteen	Temp	48	56:56
20	Zelda	Krige	Walmer AC	50	57:02

40-44:

1	Priscilla	Maleiba	Cadbury AC	40	44:20
2	Grizelda	Pietersen	Achilles AAA	41	44:46
3	Antoinette	Bosman	Temp	43	57:26

45-49:

1	Elmari	Van De Merwe	VW AC	46	55:37
2	Ronell	Claassen	Transnet RE EP	47	56:30
3	Margie	Van Huyssteen	Temp	48	56:56

50-54:

1	Janette	Schierz-Crusius	Body Concept	50	48:43
2	Elize	Smalberger	Temp	54	55:43
3	Zelda	Krige	Walmer AC	50	57:02

55-59:

1	Cathy	Van der Merwe	Temp	56	1:15:00
2	Sharon	Brown	PEAAC	56	1:17:36
3	Anna	Cruywagen	Walmer AC	57	1:31:49

60-64:

1	Helene	Oppel	Crusaders AC	60	55:57
2	Denise	Terblanche	Walmer AC	63	1:06:15

3	Debbie	Oelofse	Legacy AC	63	1:16:11
70-74:					
1	Dorothy	Hart	PEAAC	72	1:03:00
75-79:					
1	Marianne	Balarin	Acsis VOB	76	1:40:40
Juniors:					
1	Cheri	Rademeyer	Absa NMMU AC	19	51:13
2	Terray	Newcombe	Nedbank RC EP	19	53:37
3	Simone	Ladwig	Transnet RE EP	17	1:01:04

Spirit of Flight 10 km

Pretoria, 4 September
(Loop course)

Note: DRR has received unconfirmed reports that the race was 300 meters short. Mavis Stadler's time is more than 3 minutes faster than the SA record for great grandmasters. 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), is a whopping -10.8 sec/km – more than twice the accepted limit of -5 sec/km. These times will not be included in statistical lists. – Ed.

MEN

1 Dibonto Totse (LES/Toyota) 29:25; 2 Collen Parura (ZIM/Bashewa) 30:27; 3 Joel Madiba (TUT) 30:57.

Veterans: 1 Greg Barnes (Irene) 32:24; 2 Jackson Seanego (New Balance) 33:12.

Masters: 1 Colin Fisher (CSIR) 38:27. **G'masters:** 1 Mike de Bruto (Irene) 36:57.

G/g'masters: 1 Pale Mafoma (Vyebo Striders) 43:44. **Juniors:** 1 Joel Madiba (TUT) 30:57.

WOMEN

1 Riana van Niekerk (Mr Price) 36:10; 2 Kerry Walton (Running Inn) 37:00; 3 Thembi Baloyi (TUT) 38:29.

Veterans: 1 Ansie Viljoen (Irene) 38:31; 2 Vanessa Bowman (Kempton) 42:30. **Masters:**

1 Linda Potgieter (Magnolia) 44:46. **G'masters:** 1 Sarie du Toit (PMK) 45:07.

G/g'masters: 1 Mavis Stadler (Agape) 56:40.

Light Our World 10 km

Pretoria, 1 September
(400 finishers)

MEN

1 Joshua Sabao (ZIM/Mr Price) 33:52; 2 Godfrey Mokoena (Exxaro) 37:37; 3 Charles Reynolds (Wonderboom) 39:08 (1st jun).

Veterans: 1 Willie van Rensburg (Wonderboom) 41:42. **Masters:** 1 Rufan Palm (AS Eagles)

42:24. **G'masters:** 1 Sarel Hietbrink (Fit 2000) 49:38. **G/g'masters:** 1 Patrick Mafilika

(Nedbank) 49:45. **Juniors:** 1 Charles Reynolds (Wonderboom) 39:08.

WOMEN

1 Ansie Viljoen (Irene) 42:44 (1st vet); 2 Inge Fabris-Roteli (Tuks Alumni) 48:09; 3 Estelle Paul (Temp) n/t.

Veterans: 1 Ansie Viljoen (Irene) 42:44. **Masters:** 1 Linda Potgieter (Magnolia) 51:39.
G'masters: 1 Ria Duvenhage (Transnet) 75:54. **G/g'masters:** 1 Mavis Stadler (Agape) 63:15.

CROSS-COUNTRY

Gauteng North Championships

Pretoria, 21 August

MEN

12 km:

1	George Mofokeng	Transnet	41:21
2	Sikhumbuzo Seme	Tuks	42:00
3	Frans Makola	Transnet	42:11
4	Andrew Roodt	Tuks	43:04
5	Masande Mboyeni	Transnet	44:22
6	Willem Ndzhukula	PMMC	44:26
7	Kabelo Sithole	Rodney Mokoena	45:31
8	Richard Mavuso	Mr Price	46:21
9	Siyabulela Mmbashe	Rodney Mokoena	46:31
10	Bradley Bonne	Tuks	46:46

4 km:

1	Esau Radebe	Transnet	12:41
2	Rafael Mohapa	TUT	12:48
3	Jacob Rozani	RBS	13:12
4	Phillip Molefe	Individual	13:13
5	Thabang Madiba	Nissan	13:19
6	Anele Songibido	Individual	13:25
7	Eliot Makgoba	Temba Sunrise	13:46
8	Simon Peo	Bonitas	14:03
9	Andries Malete	Temba Sunrise	14:06
10	Gilbert Mashimini	RBS	14:16

40-44 (8 km):

1	Albe Geldenhuys	Irene	28:25
2	Chris Erasmus	Tuks	30:37
3	Graham Burnett	Individual	31:16

45-49 (8 km):

1	Nuno Thomaz	New Balance	28:26
2	Moses Letlhaku	Dept Of Public Works	29:28
3	David de Villiers	Wingate	30:20

50-54 (8 km):

1	Alet Kieser	New Balance	29:55
2	Rufan Palm	As Eagles	32:24
3	Jan Bester	ACRW	33:22

55-59 (6 km):

1	Machiel van Niekerk	Individual	35:57
2	Gerhard Smit	PMK	35:58
3	Dewald van den Heever	AS Eagles	36:41

60-64 (6 km):

1	Mike de Bruto	Irene	23:10
2	Pieter Rossouw	Enduro	26:38
3	Sarel Hietbrink	Fit 2000	27:39

65-69 (6 km):

1	Mike Kleinsmit	Transnet	29:51
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2	Bob Garden	Garsfontein High	30:13
3	Iven Moorhouse	Phobians	34:54

70-74 (6 km):

1	Aps van der Merwe	Transnet	33:07
2	Ernest Gobey	RWFL	36:31

75-79 (6 km):

1	Martin Coetzee	Magnolia	36:24
2	Frans Grobler	Transnet	53:36

U.23 (4 km):

1	Elias Molemane	Individual	13:57
2	Andy Mukona	Tuks	14:04
3	Khaya Banda	UCKG	14:51

U.21 (4 km):

1	Kagiso Nyirenda	Rbs	12:59
2	Fourie Wiid	Tuks	13:16
3	Rhynard van Rooyen	Overkruin	13:21

Juniors (8 km):

1	Moses Dirane	Temba Sunrise	27:51
2	Joel Madiba	TUT	27:59
3	Gift Mahlangu	Rosinah Sedibane	28:05

WOMEN**8 km:**

1	Annerien van Schalkwyk	Nedbank	28:22
2	Mirriam Thole	MAW/Tuks	28:41
3	Zintle Sinqe	Tuks	29:09
4	Catherine Skosana	Transnet	29:15
5	Violet Raseboya	Transnet	30:17
6	Charne Bosman	Mr Price	30:19
7	Adinda Kruger	Nedbank	30:26
8	Tshegofatso Taukobong	Transnet	32:01
9	Itumeleng Molomo	Transnet	33:13
10	Tondani Mundalamo	Arcadia	33:51

4 km:

1	Louise van Niekerk	Individual	16:34
2	Isel Grimes	Individual	16:39
3	Simone Faasen	Exxaro	18:17
4	A. van der Westhuizen	New Balance	19:37
5	Kathryn Thomas	New Balance	20:59
6	Natalie Lubbe	Enduro	24:04

40-44 (4 km):

1	Salome Vermeulen	Bronkhorstspruit	17:17
2	Yvette van Schalkwyk	Akasia	18:26
3	Letmari Dreeckmeier	AS Eagles	18:46

45-49 (4 km):

1	Lettie Saayman	Irene	16:58
2	Amanda le Roux	Tuks	18:07
3	Lelanie van Zyl	Nedbank	18:39

50-54 (4 km):

1	Lynette Fischer	Tuks	18:25
2	Mari van der Westhuizen	Benoni High Ac	20:01
3	Jackie Navarria	Nedbank	20:14

55-59 (4 km):

1	Frances van Blerk	Nedbank	18:50
2	Vere Moorhouse	Phobians	22:58

3	Stephanie Claassen	Tuks	26:11
60-64 (4 km):			
1	Esme Kloppers	Transnet	23:12
2	Elize De Beer	Individual	26:26
U.23 (4 km):			
1	Mishelene Lagerwall	New Balance	16:20
2	Obisi Dosedá	TUT	16:48
3	Nerissa van der Walt	Tuks	16:51
U.21 (4 km):			
1	Anuscha Nice	Tuks	14:39
2	Thitshaamba Ravhandalala	TUT	15:01
3	Gerdri Wolmarans	Affies	16:14
Juniors (6 km):			
1	Happiness Mkhize	Tuks	25:07
2	Ankia Stols	Centurion High	25:19
3	Melissa Taylor	Garsfontein High	25:50

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

Bristol Half Marathon (22nd)
(UK Half-marathon Championships)
Bristol, GBR, 5 September
(Distance: 21.1 km)

MEN

1. Edwin Kipyego (KEN) 1:03:08
2. Shiferaw Tewodros (ETH) 1:04:36
3. Andy Vernon (GBR) 1:04:43

WOMEN

1. Claire Hallissey (GBR) 1:12:02
2. Tanith Maxwell (RSA) 1:14:33
3. Becky Penty (GBR) 1:15:58

Brabants Dagblad 10 Miles, Maandag 10 km & Tilburg Ladies Run 10 km

(Dutch 10 km Championships)
Tilburg, NED, 5 September

Note: The women ran a separate race. – Ed.

10 miles

MEN

1. Job Tanui KEN 47:19 (14:46-29:34-44:22)
2. Abiyote Guta ETH 47:23
3. Isaac Arusei KEN 47:30
4. Fred Kosgei KEN 47:40
5. Phil Wicks GBR 48:31

10 km

MEN

1. Abera Kuma	ETH	27:52	(5km in 13:55)
2. John Mwangangi	KEN	27:53	(13:56)
3. Ayele Abshero	ETH	28:26	(13:56)
4. Koen Raymaekers	NED	29:15	(14:25) [national champion]
5. Patrick Stitzinger	NED	29:29	

WOMEN

1. Meselech Melkamu	ETH	31:33	(5 km in 15:41)
2. Emebet6 Anteneh	ETH	31:40	(15:42)
3. Lornah Kiplagat	NED	31:42	(15:41) [national champion]
4. Genet Yalew	ETH	31:47	(15:42)
5. Aniko Kalevics	HUN	32:40	(15:52)
... 8. Beata Naigambo	NAM	33:52	

TRACK**IAAF/VTB Bank Continental Cup**

Split, CRO, 4-5 September

MEN

800 (05):

1	David Lekuta Rudisha	Africa	1:43.37	(CR)	8
2	Marcin Lewandowski	Europe	1:44.81	.	7
3	Belal Mansoor Ali	Asia-Pacific	1:44.92	.	6
4	Kleberon Davide	Americas	1:44.96	.	5
5	Nick Symmonds	Americas	1:44.98	.	4
6	Michael Rimmer	Europe	1:45.91	.	3
7	Shiferaw Wola	Africa	1:46.56	.	2
8	Tristan Garrett	Asia-Pacific	1:50.32	.	1

1500 (04):

1	Amine Laalou	Africa	3:35.49	.	8
2	Mekonnen Gebremedhin	Africa	3:35.70	.	7
3	Leonel Manzano	Americas	3:36.48	.	6
4	Arturo Casado	Europe	3:37.43	.	5
5	Andrew Baddeley	Europe	3:38.41	.	4
6	Asbel Kiprop	Africa	3:38.81	.	.
7	Yoann Kowal	Europe	3:39.30	.	.
8	Taylor Milne	Americas	3:39.94	.	3
9	Mohammed Shaween	Asia-Pacific	3:40.75	.	2
10	Mitchell Kealey	Asia-Pacific	3:41.51	.	1

3000 (05):

1	Bernard Lagat	Americas	7:54.75	.	8
2	Moses Ndiema Kipsiro	Africa	7:54.98	(SB)	7
3	Bayron Piedra	Americas	7:55.52	.	6
4	Tariku Bekele	Africa	7:55.79	.	5
5	Vincent Kipsegechi Yator	Africa	7:57.46	.	.
6	Adrian Blincoe	Asia-Pacific	7:57.67	.	4
7	Daniele Meucci	Europe	7:57.98	(SB)	3
8	Ben St.Lawrence	Asia-Pacific	7:58.55	.	2
9	Mateusz Demczyk	Europe	7:59.92	.	1
10	Noureddine Smail	Europe	8:11.66	.	.
11	Diego Alberto Borrego	Americas	8:12.92	(SB)	.

3000 s/chase (05):

1	Richard Kipkemboi Mateelong	Africa	8:09.67	(CR)	8
2	Roba Gari	Africa	8:09.87	(NR)	7
3	Mahiedine Mekhissi-Benabbad	Europe	8:09.96	.	6
4	Benjamin Kiplagat	Africa	8:14.47	.	.
5	Ion Luchianov	Europe	8:22.86	.	5
6	Youcef Abdi	Asia-Pacific	8:23.39	(SB)	4
7	Tareq Mubarak Taher	Asia-Pacific	8:26.54	.	3
8	Daniel Huling	Americas	8:27.59	.	2
9	José Alberto Sánchez	Americas	8:48.11	.	1
10	José Luis Blanco	Europe	8:48.79	.	.

5000 (04):

1	Bernard Lagat	Americas	13:58.23	.	8
2	Moses Ndiema Kipsiro	Africa	13:58.35	.	7
3	Bouabdellah Tahri	Europe	13:58.79	.	6
4	Edwin Cheruiyot Soi	Africa	13:59.04	.	5
5	Imane Merga	Africa	14:00.53	.	.
6	Collis Birmingham	Asia-Pacific	14:00.60	.	4
7	Serhiy Lebid	Europe	14:00.73	.	3
8	Mert Girmalegesse	Europe	14:05.24	.	.
9	Diego Alberto Borrego	Americas	14:19.58	.	2

WOMEN

800 (04):

1	Janeth Jepkosgei Busienei	Africa	1:57.88	.	8
2	Kenia Sinclair	Americas	1:58.16	(SB)	7
3	Mariya Savinova	Europe	1:58.27	.	6
4	Jennifer Meadows	Europe	1:58.88	.	5
5	Tintu Luka	Asia-Pacific	1:59.17	(NR)	4
6	Zehra Bouras	Africa	1:59.61	.	3
7	Nikki Hamblin	Asia-Pacific	1:59.66	(PB)	2
8	Alysia Johnson	Americas	2:01.83	.	1

1500 (05):

1	Hind Déhiba Chahyd	Europe	4:19.78	.	8
2	Nicole Edwards	Americas	4:21.34	.	7
3	Christin Wurth-Thomas	Americas	4:21.46	.	6
4	Mimi Belete	Asia-Pacific	4:22.27	.	5
5	Asli Cakir	Europe	4:22.43	.	4
6	Nikki Hamblin	Asia-Pacific	4:22.45	.	3
7	Gelete Burka	Africa	4:23.76	.	2
8	Nancy Jebet Langat	Africa	4:23.93	.	1
9	Kaila McKnight	Asia-Pacific	4:27.40	.	.
.	Btissam Lakhoud	Africa	DNF	.	.

3000 (04):

1	Meseret Defar	Africa	9:03.33	.	8
2	Alemitu Bekele	Europe	9:04.08	.	7
3	Shannon Rowbury	Americas	9:04.82	.	6
4	Malindi Elmore	Americas	9:05.75	.	5
5	Iness Chepkesis Chenonge	Africa	9:07.18	.	4
6	Tejitu Daba	Asia-Pacific	9:08.86	.	3
7	Sara Moreira	Europe	9:10.37	.	2
8	Yuriko Kobayashi	Asia-Pacific	9:10.92	.	1
9	Kaila McKnight	Asia-Pacific	9:24.50	.	.

.	Btissam Lakhouad	Africa	DNS	.	.
3000 s/chase (05):					
1	Yuliya Zarudneva	Europe	9:25.46	(CR)	8
2	Milcah Chemos Cheywa	Africa	9:25.84	.	7
3	Sofia Assefa	Africa	9:29.53	.	6
4	Hanane Ouhaddou	Africa	9:39.39	(SB)	.
5	Lisa Aguilera	Americas	9:41.48	.	5
6	Korene Hinds	Americas	9:45.08	.	4
7	Hatti Dean	Europe	9:45.36	.	3
8	Zhenzhu Li	Asia-Pacific	9:47.28	(SB)	2
9	Sophie Duarte	Europe	9:49.93	.	.
10	Minori Hayakari	Asia-Pacific	10:04.97	.	1
5000 (05):					
1	Vivian Cheruiyot	Africa	16:05.74	.	8
2	Sentayehu Ejigu	Africa	16:07.11	.	7
3	Molly Huddle	Americas	16:08.60	.	6
4	Elvan Abeylegesse	Europe	16:10.36	.	5
5	Zakia Mrisho	Africa	16:12.94	.	.
6	Shitaye Eshete	Asia-Pacific	16:15.47	.	4
7	Jessica Augusto	Europe	16:18.20	.	3
8	Megan Metcalfe	Americas	16:29.63	.	2

NEWS

SPAR GRAND PRIX STANDINGS

The current standings, after four of the five races, in the Spar Grand Prix Series are:

Open

1	Irvette van Blerk	Nedbank CGA	82
2	Rene Kalmer	Nedbank CGA	74
3	Zintle Xinewe	Nedbank WP	62
4	Thozama April	Transnet Rail Eng.	58
5	Nandipha Dywili	Mr Price AGN	56
6	Mpho Mabuza	Nedbank CGA	51
7	Ronel Thomas	Boxer	49
8	Christine Kalmer	Nedbank CGA	38
9	Annerien van Schalkwyk	Nedbank AGN	34
10	Marelise Retief	Nedbank AGN	33
11	Poppy Mlambo	Nedbank CGA	31
12	Tanith Maxwell	Boxer	29
13	Tessa Burrell	Gauteng Striders	23
14=	Jenna Challenor	Boxer	17
14=	Ntombi Mfunzi	Mr Price EP	17
16=	Maxine Heine-Wacker	Nedbank CGA	16
16=	Tebogo Masehla	Transnet Rail Eng.	16
18=	Dominique Scott	Adidas	11
18=	Catherine Skosana	Transnet Rail Eng.	11
20=	Anneline Roffey	Adidas	10
20=	Oneille Dintwe	Nedbank AGN	10

Juniors:

1	Nandipha Dywili	Mr Price AGN	30
2	Dominique Scott	Adidas	9
3	Lusanda Bomvana	Mr Price Transkei	8

Veterans:

1	Tessa Burrell	Gauteng Striders	25
2	Grace de Oliveira	Boxer	6
3=	Michelle Bartman	Harfield Harriers	4
3=	Celeste Swart	Nedbank EC	4
3=	Ansie Viljoen	Irene	4
3=	Maya Lawrie	Boxer	4

Masters:

1	Olga Howard	Celtics	23
2	Marietjie Ceronio	Nedbank Vaal	5
3=	Charmaine Cupido	Nedbank WP	4
3=	Lesley Wood	Achilles	4
3=	Lynnette Fisher	Tuks	4
3=	Debby de Koning	PDAC	4

Grandmasters:

1	Sonja Laxton	RAC	15
2	Lien Botha	Stella	5
3=	Marietha Herbert	Bellville	4
3=	Liz Grunglingh	Muirite Striders	4
3=	Sarie du Toit	PMK	4
3=	Gill Tregenna	Temp	4

Clubs:

1	Nedbank CGA	297
2	Boxer	131
3	Mr Price AGN	95
4	Transnet Rail Eng.	88
5	Nedbank AGN	83
6	Nedbank WP	62
7	Gauteng Striders	48
8	Adidas	36

SAMSUNG DIAMOND LEAGUE: FINAL STANDINGS

100: 1. Gay 16; 2. Thompson 8; 3. Blake 7; 800: 1. Rudisha 20; 2. Kaki 10; 3. Lewandowski 5; 1500: 1. Kiprop 22; 2. Choge 13; 3. Manzano 6; 400H: 1. Jackson 28; 2. Culson 7; 3. Greene 6; PV: 1. Lavillenie 20; 2. Mohr 15; 3. Michalski 5; TJ: 1. Tamgho 18; 2. Copello 13; 3. Olsson 10; SP: 1. Cantwell 25; 2. Hoffa 14; 3. Majewski 7; JT: 1. Thorkildsen 30; 2. Pitkämäki 13; 3. De Zordo 5; W 200: 1. Felix 22; 2. Solomon 8; 3. Knight 4; 800: 1. Jepkosgei 17; 2. Savinova 12; 3. Johnson 8; 5000: 1. Cheruiyot 18; 2. Ejigu 15; 3. Masai 6; 3000SC: 1. Chemos 24; 2. Assefa 9; 3. Rotich 5; 100H: 1. Lopes-Schliep 22; 2. Jones 14; 3. Pearson 10; HJ: 1. Vlasic 32; 2. Di Martino 4; 3. Green 3; TJ: 1. Savigne 22; 2. Rypakova 22; 3. Alekhina 4; DT: 1. Barrios 20; 2. Perkovic 16; 3=. Samuels. Grasu & Thurmond 3.

MAKAU HEADS BERLIN FIELD IN GEB'S ABSENCE

Four of the top 10 marathon times ever have been recorded at the real,-Berlin Marathon, and organizers hope that their flat and fast course will deliver more top performances at this year's race on Sunday, 26 September. Seven of the leading contenders in the men's race have career best times under two hours and seven minutes, reports *Race Results Weekly*.

The top two athletes are Kenyans Patrick Makau and Geoffrey Mutai. Makau, who won last April's Rotterdam Marathon in the fastest time of 2010, is the fourth-fastest marathoner of all time with a 2:04:48 personal best. Mutai finished only seven seconds

behind Makau in Rotterdam in 2:04:55. Makau has already tasted victory in Berlin: he's won the Vattenfall Berlin Half Marathon twice.

Also announced were Kenyans Eliud Kiptanui (2:05:39 PB) and Gilbert Yegon (2:06:18), and Ethiopians Bazu Worku (2:06:15) and Yemane Tsege Adhane (2:06:30).

Haile Gebrselassie, who won Berlin the previous three years, setting the current world record of 2:03:59 in 2008, will not be returning to Berlin this year. He'll be making his first appearance at the ING New York City Marathon, instead.

In 2009 Berlin was Europe's second largest marathon (behind London) with 34 994 finishers.

- Note: South Africa's Tanith Maxwell will also compete in Berlin.

WORLD MARATHON MAJORS LIKELY TO BE DECIDED IN CHICAGO

The top- and second-ranked women in the 2009/2010 World Marathon Majors (WMM) points competition, Russia's Liliya Shobukhova and Germany's Irina Mikitenko, will face each other at the 33rd Bank of America Chicago Marathon on 10 October, reports *Race Results Weekly*. That match-up will likely determine the World Marathon Majors series champion who will walk off with a winner-take-all prize of \$500 000.

Shobukhova, who won in Chicago last year and was also Virgin London Marathon champion last April, has 60 points in the series (each victory is worth 25 points). Mikitenko has 40 points, so she could surpass Shobukhova in Chicago by winning the race while Shobukhova finishes fifth (one point) or lower. Should Mikitenko win and Shobukhova finish fourth, giving both athletes 65 points, Mikitenko would be series champion under WMM rules which specify that if athletes are both tied on points and head-to-head record (they would be tied 2-2) the athlete who achieved her points in the fewest races would be the winner. Mikitenko would have earned points in just three races to Shobukhova's four.

The only other athlete with a chance in the series, Kenya's Salina Kosgei, who has 36 points, could only win if Shobukhova scores no points in Chicago and Kosgei outscores Mikitenko in another fall WMM race by at least five points. Kosgei's participation in a fall marathon has not yet been announced by either the real,- Berlin Marathon or the ING New York City Marathon.

Chicago executive race director Carey Pinkowski also announced the participation of several other top women: Russia's Lidiya Grigoryeva and Mariya Konovalova, and Japan's Naoko Sakamoto. Pinkowski had previously said that a trio of American women -- Magdalena Lewy Boulet, Desiree Davila and Colleen De Reuck -- would be running his event.

Shobukhova, 32, has quickly become one of the world's top marathon runners after a successful career on the track (she is still the European record holder for 5000 m). In London last April she ran a personal best 2:22:00, following on the heels of her Chicago win in 2:25:56. She made her marathon debut in London in April 2009 in 2:24:24 to take third place.

Mikitenko, 38, took a similar route from the track to the road. A three-time Olympian at 5000 m, Mikitenko has twice won the WMM overall title in the 2007/'08 and 2008/'09 seasons. She is the German record holder with a 2:19:19 personal best. In her last marathon, she dropped out of the Virgin London Marathon in April with intense shin pain.

STATS TIME

This week we include something different in this column. When Bernard Lagat ran his 7:29.00 American record in Rieti, he became the sixth man to have achieved sub-3:30 for 1500 m, sub-7:30 for 3000 m and sub-13 for 5000 m. The other five, in chronological order based on their first barrier-breaking marks, are: Said Aouita (3:29.71, 7:29.45 & 12:58.39 1985-1989), Daniel Komen (3:29.46, 7:25.16 & 12:56.15 1995-1997), Ali Saïdi-Sief (3:29.51, 7:27.67 & 12:50.86 2000-2001), Hicham El Guerrouj (3:29.59, 7:23.09 &

12:50.24 1996-2003), and Augustine Choge (3:29.47, 7:28.78 & 12:57.01 2004-2009). Lagat's times are 3:28.51, 7:29.00 & 12:59.29 over a period of ten years: 2000-2010.

These statistics made me wonder about the fastest South Africans over the three distances. Here is a list, led by Sydney Maree, of the top ten, based on combined times (the fastest individual times are underlined). All ten men on the list have run sub-3:39 and sub-7:50, and all but one has gone sub-13:35. Two are still active and could yet improve their total time – Juan van Deventer and Tshamano Setone.

	1500	3000	5000	TOTAL
1. Sydney Maree	<u>3:32.30</u>	7:43.00	13:20.63	24:35.93
2. Juan van Deventer	<u>3:34.30</u>	<u>7:41.06</u>	13:22.64	24:38.00
3. Shadrack Hoff	3:38.52	<u>7:46.07</u>	<u>13:14.16</u>	24:38.75
4. Jean Verster	3:38.28	7:46.60	13:31.94	24:46.82
5. Matthews Temane	3:38.30	7:47.50	13:25.15	24:50.95
6. Tshamano Setone	3:38.29	7:49.43	13:25.51	24:53.23
7. Whaddon Niewoudt	3:35.65	7:47.36	13:30.91	24:53.92
8. Johan Landsman	3:33.56	7:48.75	13:32.09	24:54.40
9. Ewald Bonzet	3:37.30	7:49.6	13:30.40	24:57.30
10. Jacques van Rensburg	3:37.60	7:47.77	13:35.35	25:00.72

THIS MONTH IN HISTORY

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

45 years ago: 18 September 1965

Ten months after becoming the first South African to run a dream mile, De Villiers Lamprecht attempted his first marathon – and promptly won the inaugural Stellenbosch Marathon by more than 9 minutes in 2:26:31. In fifth position was Danie van den Berg, who in later years would become a well-known administrator in WP athletics. One place behind him was Wilie Olivier, another famous name in SA athletics. One year later Lamprecht would also win the second Stellenbosch Marathon, in a South African record 2:20:42.5, with Olivier second. Sadly, the race, which in 1974 became the first marathon to be held on a multi-lap course entirely within a South African town, was discontinued after the 1994 event.

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
	<u>27:04</u>	Josphat Kiprono (KEN)		
15 km	<u>27:01</u>	Micah Kogo (KEN) 2009		06 Mar
	43:50	Lusapho April	Port Elizabeth	
	<u>42:46</u>	Lelisa Desisa (ETH)		
21.1 km	<u>41:29</u>	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		24 July
	61:58	Lucky Mohale	Port Elizabeth	
	<u>58:23</u>	Zersenay Tadese (ERI)		

25 km	58:23	Zersenay Tadese (ERI) 2010		
	75:02	Lusapho April	Berlin	09 May
	71:50	Sammy Kosgei (KEN)		
30 km	71:50	Sammy Kosgei (KEN) 2010		
	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	89:46	Atsushi Fujita (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:10:45	Lusapho April	Hannover	02 May
	2:04:48	Patrick Makau (KEN)		
100 km	2:03:59	Haile Gebrselassie (ETH) 2008		
	6:13:33	Takahiro Sunada (JPN) 1998		

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	30:27	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

21.1 km	42:25	Moses Mosop (KEN) 2004		
	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)		
15 km	30:21	Paula Radcliffe (GBR) 2003		
	51:24	Tanith Maxwell	Eersterivier	26 Jun
	47:57	Edna Kiplagat (KEN)		
21.1 km	46:28	Tirunesh Dibaba (ETH) 2009		
	71:09	Irvette van Blerk	Port Elizabeth	24 July
	67:07	Elvan Abeylegesse (TUR)		
25 km	66:25	Lornah Kiplagat (KEN) 2007		
	1:36:29	René Kalmer	Johannesburg	24 Jan
	79:53	Mary Keitany (KEN)		
30 km	79:53	Mary Keitany (KEN) 2010		
	2:03:52	Farwa Mentoor	Camps Bay	10 Jan
	1:43:24	Mara Yamauchi (GBR)		
Marathon	1:38:49	Mizuki Noguchi (JPN) 2005		
	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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