

# Distance Running Results

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*Distance Running Results* (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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## EDITORIAL

The best news of the week was Haile Gebrselassie's announcement that he has unretired (see News section).

Leonard Patrick Komon's winning time of 26:44 at the ABN AMRO Singelloop in Utrecht, Netherlands, on 26 September has been ratified as the new 10 km world record by the IAAF. His mark replaces Micah Kogo's 27:01 from Brunssum, Netherlands, on 29 March 2009.

Apart from Gebrselassie and Hendrick Ramaala (who stopped at about 19 km), other nonfinishers in last Sunday's New York City Marathon were Viktor Röthlin (SUI), Simon Bairu (CAN) in his debut, German Silva (MEX), Orlando Pizzolato (ITA), Teyba Erkesso (ETH), Mara Yamauchi (GBR), defending champion Derartu Tulu (ETH), Tatyana Pushkareva (RUS) and Salina Kosgei (KEN).

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Edendale 10 km, Pietermaritzburg
- \* Bluff Vets Half Marathon, Durban
- \* Realtors International Half Marathon, Bloubergstrand
- \* Spar Marathon, Half Marathon & 10 km, Bela-Bela
- \* Oppi Koppi 10 km Trail Run, Uitenhage
- \* Twizza Bongolo Marathon, Queenstown

### International highlights:

- \* Turin Marathon, Torino, ITA
  - \* Maratona di Livorno, Livorno, ITA
  - \* Medical Center 10 km Classic, Bowling Green, USA
  - \* Carrera Popular de Negreira, Negreira (La Coruña), ESP
  - \* EDP Maratona do Porto, Porto, POR
  - \* XC: Cross Castellano-Manchego del Vino y del Queso, Toledo, ESP; NCAA Division I West Regional Championships, Springfield, USA
  - \* IAU 100 km World Championships, Gibraltar, GIB
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## ROAD RUNNING

### Edendale 10 km

Pietermaritzburg, 14 November  
(Loop course)

Note: This race was at least 350 m short, according to reports received by DRR (the times do look suspiciously fast). – Ed.

#### MEN

1. Daniel Tegon (KEN) 29:28
2. Dominic Khoza 29:41
3. Sibusiso Nzima 29:53

**40-49:** 1. Phillip Mchunu (SAPS) 37:28. **50-59:** 1. Joseph Dumakude (VAC) 41:35. **60+:** 1. Petros Shumi (ZAC) 41:24.

#### WOMEN -

1. Onneile Dintwe (BOT) 35:15
2. Makosi Mhlongo 35:37
3. Tanith Maxwell 35:55

**40-49:** 1. Mia de Villiers (NC) 57:27. **50-59:** 1. Debby de Koning (Eskom) 45:54.

### Bluff Vets Half Marathon

Durban, 14 November  
(Distance: 21.1 km; loop course)

#### MEN

1. Mandla Dlamuka (Boxer) 1:19:14, 2. Sibusiso Ntuli (Nedbank) 1:21:14,
3. Willie Majombozi (Boxer) 1:21:27.

**50-59:** 1. Jeremiah Ngwenya (Boxer) 1:24:23, 2. Maxwell Mngwengwe (Toyota) 1:30:23, 3. Mark Sutton (YWP) 1:31:55. **60+:** 1. Robert Bett (YWP) 1:38:59, 2. Mbhekiseni Mchunu (Savages) 1:44:03, 3. Les Smith (Westville) 1:44:22.

#### WOMEN

1. Jenny Sutton (YWP) 1:36:54, 2. Jenny Engels (PDAC) 1:38:20, 3. Nana Sigubudu (Boxer) 1:43:14.

**50-59:** 1. Denise Johnson (Harlequins) 2:01:24, 2. Denise Reyneke (Queensburg) 2:04:01, 3. Zanele (Westville) 2:10:52. **60+:** 1. Gill Tregenna (West) 1:58:01, 2. Lynda Bell (Queensburg) 2:07:19, 3. Judy Collen (Harlequins) 2:26:01.

### Realtors International Half Marathon

Bloubergstrand, 13 November  
(Distance: 21.1 km; certified out-and-back course with a loop at each end. Finishers: 691.)

#### MEN

1. Tom Lusaseni (Adid) 66:56
2. Lindikhaya Mthangayi (MP) 67:06
3. Anthony Godongwana (Celtic) 69:14

**40-49:** 1. Graham Katzen (Celtic) 72:19; 2. John September (Celtic) 73:49; 3. Johnny Persents (Adid) 78:26. **50-59:** 1. Vladimir Kotov (BLR/Cent) 71:07; 2. Raymond Howard

(Celtic) 77:51; 3. Friedel van der Merwe (Strand) 80:27. **60+:** 1. Kevin Kohler (Edge) 97:42; 2. James Bhana (Ind) 1:40:04; 3. Melville Silke (AAC) 1:49:50. **Juniors:** 1. Luxolo Mdzanga (Gugs) 76:57; 2. Akhona Makila (VOB) 77:23; 3. André Arendse (Mil HS) 89:23.

#### WOMEN

1. Nomvuyisi Seti (MP) 88:16  
2. Bulelwa Mtshagi (Celtic) 88:17  
3. Sheryl de Lange (Adid) 88:28 (1<sup>st</sup> vet)

**40-49:** 1. Sheryl de Lange (Adid) 88:28; 2. Glenda Werth (Met) 91:01; 3. Sandra van Graan (Edge) 93:27. **50-59:** 1. Olga Howard (Celtic) 96:13; 2. Charmaine Cupido (Ned) 98:10; 3. Dawn Middelkoop (VOB) 98:25. **60+:** 1. Marietha Herbert (Bell) 1:51:55; 2. Pixie Sdparg (Celtic) 1:52:09; 3. Olwyn Oliver (FH) 1:59:03. **Juniors:** 1. Tatum Monnery (Mil HS) 1:49:00; 2. Felicity Mthembu (Mil HS) 2:01:58; 3. Elaan Coetzee (Ind) 2:20:52.

### Spar Marathon, Half Marathon & 10 km

Bela-Bela (Warmbad), 13 November

(Distances: 42.195, 21.1 km & 10 km; loop courses. Finishers: marathon – 220; half marathon – 260; 10 km – 200.)

#### Marathon

##### MEN

1 Samuel Mashishi (ADT) 2:36:30; 2 Silas Manamela (Eskom) 2:51:05; 3 Mathews Seomane (Eskom) 2:52:15.

**Veterans:** 1 Mathews Ramoshaba (Wingate) 3:07:41. **Masters:** 1 Monde Metsoalene (Mazda) 3:26:46. **G'masters:** 1 Jimmy Harding (Dosco) 4:12:42.

##### WOMEN

1 Anita O'Brien (Nedbank) 3:35:48; 2 Melanie Melville (Polokwane) 3:43:14; 3 Melissa Pellikan (ACRW) 3:55:53.

**Veterans:** 1 Debbie Slater (Florida) 4:11:05. **Masters:** 1 Marina Coetzee (PMK) 4:41:51.

#### Half marathon

##### MEN

1 Tsietsie Pako (Polokwane) 76:58; 2 Gino Nkoe (RWFL) 82:58; 3 Mathews Monene (RWFL) 84:32.

**Veterans:** 1 Israel Madibana (Eskom) 91:28. **Masters:** 1 Buks de Bruyn (Nylstroom) 1:43:41. **G'masters:** 1 Jannie van Deventer (Fit 2000). **Juniors:** 1 Mathews Monene (RWFL) 84:32.

##### WOMEN

1 Rita van Wyk (Boksburg) 1:54:51 (1<sup>st</sup> vet); 2 Nadine Breytenbach (Irene) 1:57:53; 3 Louise Goosen (Kempton) 1:58:10.

**Veterans:** 1 Rita van Wyk (Boksburg) 1:54:51. **Masters:** 1 Heleen Holl (Rustenburg) 2:00:43. **G'masters:** 1 Debbie v Heerden (Roodepoort) 2:25:54.

#### 10 km

##### MEN

1 Martin Nkoe (RWFL) n/t; 2 Elliot Makgoba (Themba) n/t; 3 Abra Motau (Temp) n/t.

## WOMEN

1 Lizette Nortje (New Balance) 47:57; 2 Doris Mabilu (Foskor) 50:03; 3 Vatherin Malungwane (Transnet) 53:23.

**Oppi Koppi 10 km Trail Run**

Uitenhage, 13 November

Note: Correspondent André Pienaar notes that “no two runners covered the same distance, so no one knows how far they actually ran”! The route was supposed to be 8.2 km. – Ed.

## MEN

|    |           |              |                  |    |         |
|----|-----------|--------------|------------------|----|---------|
| 1  | Peter     | Kosaber      | Temp             | 36 | 51:31   |
| 2  | Reyno     | Momberg      | Temp             | 27 | 58:58   |
| 3  | Marcel    | Rademeyer    | Temp             | 14 | 1:10:22 |
| 4  | Ferdinand | Grobler      | Transnet RE EP   | 52 | 1:10:45 |
| 5  | Derick    | Birch        | Muirite Striders | 56 | 1:10:45 |
| 6  | Plaaitjie | Damons       | VW AC            | 47 | 1:10:46 |
| 7  | Gideon    | Labuschagne  | Muirite Striders | 50 | 1:10:48 |
| 8  | Tertius   | Du Toit      | Muirite Striders | 55 | 1:11:15 |
| 9  | Christo   | Van Der Walt | Muirite Striders | 39 | 1:11:16 |
| 10 | Starlyne  | Hassien      | VW AC            | 42 | 1:14:45 |

## WOMEN

|    |        |               |                  |    |         |
|----|--------|---------------|------------------|----|---------|
| 1  | Aletta | Joubert       | Crusaders A C    | 48 | 1:14:55 |
| 2  | Cheri  | Rademeyer     | Absa NMMU A C    | 19 | 1:17:00 |
| 3  | Tineke | Rademeyer     | Muirite Striders | 17 | 1:17:00 |
| 4  | Petra  | Pienaar       | Bluewater Bay    | 46 | 1:17:14 |
| 5  | Jos    | Els           | Madiba Bay A C   | 58 | 1:17:22 |
| 6  | Erika  | Hayward       | Muirite Striders | 32 | 1:17:25 |
| 7  | Teresa | Van Jaarsveld | Temp             | 39 | 1:22:53 |
| 8  | Elmari | Van der Merwe | VW AC            | 46 | 1:28:45 |
| 9  | Tersia | Rademeyer     | Muirite Striders | 45 | 1:28:45 |
| 10 | Carol  | Mallett       | Muirite Striders | 42 | 1:33:05 |

**Twizza Bongolo Marathon (34<sup>th</sup>)**

Queenstown, 6 November

(Distance: 42.195 km; loop course. Finishers: 278.)

Note: Xoliswa Bici scored her sixth win in a row, and seventh overall, while Eugene Pelem got his second successive victory. – Ed.

## MEN

1. Eugene Pelem (Ned) 2:32:07
2. Sengamgatane Motemekoane (Gold) 2:39:34
3. Mzuvelile Hlanti (Nxar) 2:40:05
4. Thandabantu Rhafuza (Boxer) 2:40:26
5. Emerson Khayana (Ned) 2:40:40

## WOMEN

1. Xoliswa Bici (Ned) 3:22:37
  2. Charlene Kennedy (OS) 2:30:10
  3. Andrea Williams (OS) 3:38:20
  4. Renette Kriel (OS) 3:38:37
  5. Nosisa Soqhaga ((Hlazo) 3:53:39
-

## 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

#### **Turin Marathon** (24th)

(IAAF Silver Label Road Race)

Torino, ITA, 14 November

(Distance: 42.195 km; AIMS certified)

##### MEN (gun times)

1. Ruggero Pertile, 1974, ITA 2:10:58
2. Lawrence Kimaiyo, 1990, KEN 2:11:45 DB
3. Habteselassie Gemechu Lemma, 1984, ETH 2:12:21 PB

##### WOMEN (gun times)

1. Priscah Jeptoo, 1984, KEN 2:27:02 PB
2. Geleto Fate Tola, 1987, ETH 2:28:22 PB
3. Florence Chepsoi, 1984, KEN 2:32:38
- ... 5. Olesya Nurgalieva, 1976, RUS 2:34:08
- ... 7. Elena Nurgalieva, 1976, RUS 2:37:21

#### **Maratona di Livorno** (30th)

Livorno, ITA, 14 November

(Distance: 42.195 km)

##### MEN

1. Eric Chirchir, KEN 2:17:10
2. Philemon Metto Kipkering, KEN 2:19:48
3. Hicham el Barouki, MAR 2:20:05

##### WOMEN

1. Ilaria Bianchi (40+), ITA 2:42:02

#### **Medical Center 10 km Classic** (31st)

Bowling Green, USA, 23 October

##### MEN

1. Macdonald Ondara, 25, Santa Fe, NM (KEN) 28:24 \$1000
2. Joseph Ngetich, 25, Kennesaw, GA (KEN) 28:24 400
3. Daniel Kipkoech Gathei, 24, Kennesaw, GA (KEN) 29:02 300

##### WOMEN

1. Janet Cherobon, 32, Rome, GA (KEN) 33:59 \$1000
2. Sonja Friend-Uhl, 39, Brentwood, TN 35:25 400
3. Ekaterina Fateeva, 26, Hebron, KY (RUS) 35:46 300
- ... 5. Bonita Paul, 29, Bowling Green, KY (RSA) 36:18 100

**Carrera Popular de Negreira (31st)**

Negreira (La Coruña), ESP, 7 November

(Distance: 10 km)

**MEN**

1. Joseph Kipkosgei Bwambok, KEN 29:31
2. Barnaba Sigei, KEN 30:53
3. Ruben Castro Portela 32:07

**WOMEN**

1. Marisa Barros, POR 32:48
2. Winnie Jepkemboi, KEN 34:05
3. Pamela Pertom 35:09

**EDP Maratona do Porto (7th)**

Porto, POR, 7 November

(Distance: 42.195 km with 40m elevation loss, but the second half is all uphill)

**MEN**

1. Alex Kirui, KEN 2:14:25 3000 euro
2. Paulo Gomes, POR 2:15:09 1000\*
3. Anthony Ndungu, KEN 2:15:39 750\*

\*) Prize money reduced by 50% for times slower than 2:15:00.

**WOMEN**

1. Beatrice Toroitich, KEN 2:37:49 1500\* euro
2. Pamela Chepchumba, KEN 2:51:44 1000\*
3. Lidia Pereira, POR 2:56:51 750\*

\*) Prize money reduced by 50% for times slower than 2:31:00.

**CROSS-COUNTRY****Cross Castellano-Manchego del Vino y del Queso (40th)**

Toledo, ESP, 14 November

**MEN (9000 m)**

1. Alemayehu Bezabeh, A. Bikila, 29:22
2. Samuel Tsegai, ERI, 29:23
3. Josephat Kiprono Menjo, KEN, 30:29
4. Sergio Sanchez Martínez, FC Barcelona, 30:49
5. Miguel Barzola, ARG, 30:50

**WOMEN (6000)**

1. Alessandra Aguilar Moran, FC Barcelona, 23:03
2. Malika Asahssah, C.A.B Puerto Alicant (MAR), 23:22
3. Rosa Morato Rodriguez, Valencia Terra I Mar, 23:29
4. Eunice Jepkorir, KEN, 23:37
5. Jaqueline Martín Alvarez, FC Barcelona, 23:44
6. Dina Lebo Phalula, RSA, 23:44
7. Dinahrose Lebogang Phalula, RSA, 23:50

## NCAA Division I West Regional Championships

Springfield, USA, 13 November

MEN (10 km)

Team Results: 1. Oregon 63; 2. Stanford 65; 3. California 78

|                      |               |          |
|----------------------|---------------|----------|
| 1. Trevor Dunbar     | Portland      | 29:57.89 |
| 2. Stephen Sambu     | Arizona (KEN) | 29:57.95 |
| 3. Michael Coe       | California    | 29:59.47 |
| 4. Luke Puskedra     | Oregon        | 30:03.29 |
| 5. Jonathan Peterson | UC Davis      | 30:07.41 |
| 6. Matt Centrowitz   | Oregon        | 30:14.35 |

WOMEN (6 km)

Team Results: 1. Washington 73; 2. Oregon 77; 3. Stanford 86

|                  |            |          |
|------------------|------------|----------|
| 1. Jordan Hasay  | Oregon     | 20:01.90 |
| 2. Deborah Maier | California | 20:06.81 |
| 3. Alex Kosinski | Oregon     | 20:09.53 |

## ULTRARUNNING

### IAU 100 km World Championships

Gibraltar, GIB, 6 November

MEN

|                                   |         |        |
|-----------------------------------|---------|--------|
| 1. Shinji Nakadai, 32, JPN        | 6:43:44 | Gold   |
| 2. Jonas Buud, 36, SWE            | 6:47:40 | Silver |
| 3. Michael Wardian, 36, USA       | 6:49:18 | Bronze |
| 4. Noriyuki Araki, 29, JPN        | 6:50:00 |        |
| 5. Oleksandr Holovnytsky, 35, UKR | 6:51:03 |        |

WOMEN

|                               |         |        |
|-------------------------------|---------|--------|
| 1. Ellie Greenwood, 31, GBR   | 7:29:05 | Gold   |
| 2. Monica Carlin, 39, ITA     | 7:30:50 | Silver |
| 3. Lizzy Hawker, 34, GBR      | 7:33:26 | Bronze |
| 4. Gloria Vinstedt, SWE       | 7:37:06 |        |
| 5. Meghan Arbocast, USA       | 7:46:01 |        |
| ... 7. Irina Visnevskaya, RUS | 7:52:40 |        |

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## NEWS

### GEBRSELASSIE WILL CONTINUE RUNNING

As was widely expected, marathon world record holder Haile Gebrselassie has announced his unretirement. After abruptly announcing his retirement after dropping out of the ING New York City Marathon last Sunday, Gebrselassie has decided to continue his running career after all, according to his long-time management firm, Global Sports Communications (GSC).

*Race Results Weekly* reports that, according to GSC officials, Gebrselassie was "overloaded with heartwarming reactions from all over the world" when he returned home to Ethiopia. They said he underestimated the impact his retirement would have on the Ethiopian public and his fans everywhere, and that he now planned to continue his career through the 2012 Olympics. Gebrselassie, 37, said that during his four and one-half minute

press conference in New York, where he withdrew from the race with knee pain after the 25 km mark, he was overcome with emotion and wasn't thinking clearly.

"I trained so hard for this and I was so focused to be successful in New York," the two-time Olympic 10000 m gold medallist said in a statement. "After the race I was tired, I was in pain and I was disappointed that all my hard work didn't bring me the result I was hoping for. I was very emotional."

Gebrselassie's announcement is good news for the organisers of the Tokyo Marathon next February. Prior to his unsuccessful run in New York, race organisers had announced that Gebrselassie would headline their race on 27 February, just days before the athlete announced his retirement. Presumably, he will start there now.

## **YELLOW PAGES CASH FOR SUB-4 MILES**

South Africa's middle distance runners will be able to cash in during December – provided they can run faster than 4 minutes for the mile. A four-minute mile is a rare event in South Africa these days, and Yellow Pages has decided to do something about it by placing the focus on this distance at the four Yellow Pages Summer Series meetings at the coast in the last month of the year.

The meetings will be held at Coetzenburg (Friday, 10 December), in Oudtshoorn (13 December), Port Elizabeth (15 December) and Parow (18 December).

The first athlete to clock a time faster than 4 minutes during the series will collect R5 000, with athletes thereafter running faster than 4 minutes collecting R1 000 each.

The last athlete to run a sub-4 minute mile in South Africa was Johan Cronje (3:58.81 in Parow on 16 December 2005), while the fastest time this year stands behind the name of Windy Jonas (4:02.88), clocked in Port Elizabeth during the opening event of the Yellow Pages Series on 19 February this year.

## **STATS TIME**

### **THE ATHENS CLASSIC MARATHON**

This year marks the 2500<sup>th</sup> anniversary of the Battle of Marathon on 12 September, 490 BC – the event that spurred the birth of the marathon footrace in 1896. In the 2010 edition of the *NWU Puk SA Athletics Annual* I wrote an article about the origin of the classic race as we know it today. Here I would like to share with DRR readers some interesting facts about the Athens Classic Marathon, which is run on the same course from Marathon to Athens used for the 1896 and 2004 Olympic marathons (although it is probably not the route followed by the legendary messenger Pheidippides in 490 BC).



The first Athens Marathon was held in 1955, and thereafter it was run every second year until 1967 when it became an annual event. Before 1955, however, other marathons were held on the course, such as the 1906 Intercalated Games Marathon and seven editions of the Balkan Games Championships.



Although men such as Abebe Bikila and Buddy Edelen won the race between 1955 and 1968, the marathon really attracted international attention only in 1969 when Bill Adcocks (GBR) ran his brilliant time of 2:11:07.2. Over the next thirty-odd years some of the world's best marathoners – Ian Thompson, Rodolfo Gomez, Gerard Nijboer, Douglas Wakiihuri and Abel Anton among them – would win the race, but Adcocks' record stood untouched.

It was only with the return of the Olympics to Athens in 2004 that Stefano Baldini (ITA) succeeded in finally wiping the record from the books when he clocked 2:10:55 to win the gold medal.

Two South Africans have won the race. On 14 October 1984 Leon Swanepoel was the victor in 2:28:53 and on 11 October 1987 Kevin Flanagan was first across the line in the Panathenaikon Stadium in 2:25:14. Swanepoel, better known as an ultramarathon runner, was ninth in the Standard Bank 100 km Ultramarathon Challenge in Stellenbosch in 1989 when Bruce Fordyce broke the world record. Flanagan, with a PB of 2:15:06 for the marathon, was the SA champion in 1983.

The ten fastest times in the Athens Classic Marathon are:

|           |                            |      |
|-----------|----------------------------|------|
| 2:10:55   | Stefano Baldini (ITA)      | 2004 |
| 2:11:07.2 | Bill Adcocks (GBR)         | 1969 |
| 2:11:29   | Mebrahtom Keflezighi (USA) | 2004 |
| 2:11:49   | Rodolfo Gomez (MEX)        | 1982 |
| 2:12:01   | Douglas Wakiihuri (KEN)    | 1995 |
| 2:11:11   | Vanderlei de Lima (BRA)    | 2004 |
| 2:12:26   | Jon Brown (GBR)            | 2004 |
| 2:12:42   | Paul Lekuraa (KEN)         | 2008 |
| 2:13:11   | Shigeru Aburaya (JPN)      | 2004 |
| 2:13:16   | Abel Anton (ESP)           | 1997 |

■ The picture on the previous page, from *The Guinness Book of the Marathon*, shows Adcocks (5) in his record race with Huseyin Aktas (TUR, 6) and Kenji Kimihara (JPN, 2).

### THIS MONTH IN HISTORY

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

#### 20 years ago: 4 November 1990

Douglas Wakiihuri (KEN) won the 21st edition of the New York City Marathon over Salvador Garcia (MEX), 2:12:39 to 2:13:19. Welshman Stephen Brace finished third in 2:13:32. In the women's race Wanda Panfil (POL) beat Kim Jones (USA) by 5 seconds in 2:30:45. Katrin Dörre (GER) was third in 2:33:21 while 9-time winner Grete Waitz (NOR) was fourth (2:34:34). Waitz finished the race a total of eleven times (and had one dnf). The next year in Tokyo Panfil would also take the world title, with Dörre claiming the bronze medal.

### 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  |
|          | 26:44   | Leonard Patrick Komon (KEN)                       |                |         |
|          | 27:01   | Micah Kogo (KEN) 2009                             |                |         |
|          | 26:44p  | Leonard Patrick Komon (KEN) 2010                  |                |         |
| 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 Tadesse (ERI)                            |                |         |
|          | 58:23   | Zersenay Tadesse (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 | 2:08:33 | Stephen Mokoka                                    | Seoul          | 07 Nov  |
|          | 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 | 2:19:45 | Butiki Jantjies                                       | Durban         | 02 Oct  |
|          | 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 | 2:43:30 | Charles Vilakazi          | Durban         | 02 Oct  |
|          | 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  |                |         |

#### **WOMEN**

##### Open

|          |         |                            |                |         |
|----------|---------|----------------------------|----------------|---------|
| 10 km    | 32:32   | René Kalmer                | New York       | 12 Jun  |
|          | 30:45a  | Lineth Chepkurui (KEN)     |                |         |
|          | 30:21   | Paula Radcliffe (GBR) 2003 |                |         |
| 15 km    | 51:24   | Tanith Maxwell             | Eersterivier   | 26 Jun  |
|          | 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 | 2:32:33 | Tanith Maxwell             | Berlin         | 26 Sep  |
|          | 2:20:25 | 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<br>54:33      | Olga Howard<br>Shirley Matson (USA) 1991         | Eersterivier   | 26 Jun  |
| 21.1 km  | 89:51<br>76:07      | Olga Howard<br>Tatyana Pozdniakova (UKR) 2006    | Port Elizabeth | 24 July |
| 25 km    | 2:04:09a            | Jenny Scott                                      | Pinetown       | 24 Jan  |
| 30 km    | 2:16:34             | Olga Howard                                      | Camps Bay      | 10 Jan  |
| Marathon | 3:08:34a<br>2:31:05 | Annatjie Botes<br>Tatyana Pozdniakova (UKR) 2005 | Oudtshoorn     | 27 Feb  |
| 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 | 3:30:14 | Veronica van Niekerk | Cape Town      | 26 Sep  |
| 100 km   |         |                      |                |         |

#### Juniors

|         |                  |                                                  |                |         |
|---------|------------------|--------------------------------------------------|----------------|---------|
| 10 km   | 34:28<br>31:42   | Dominique Scott<br>Zola Pieterse (RSA) 1984      | Bellville      | 05 Jun  |
| 15 km   | 57:44<br>49:40   | Asiphe Sikabalanjana<br>Ines Chenonge (KEN) 2001 | Constantia     | 13 Mar  |
| 21.1 km | 78:42<br>1:09:05 | Nandipha Dywili<br>Delilah Asiago (KEN) 1991     | Port Elizabeth | 24 July |

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