

Distance Running Results

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EDITORIAL

South African ultrarunner Johan Oosthuizen finished seventh in the JFK 50-mile race in the USA, running 6:12:25. He was one place behind Michael Wardian, who two weeks before had been third in the World 100 km (and was 26th in the Comrades earlier this year).

The racing schedules of some runners are a serious cause of concern – none more so than junior Luxolo Mdzanga. Since 9 October (seven weeks ago) this promising youngster has run six 10 km races, an extremely difficult one over 13 km (see results in this issue) and no fewer than four half marathons! That is 157 km of racing, or 24 km a week. Others who race

almost constantly are Asiphe Sikabalanjana (also a junior), Nomvuyisi Seti, Sheryl de Lange, Ntombesintu Mfunzi, and Deliwe Nyanga (to mention a few). The latter two finished first and second in the weekend's Lemaitre Industrial Safety Footwear 15 km in Port Elizabeth.

At the opposite end of the scale is Ulrica Stander, who won the Phil Pansegrouw Memorial Half Marathon this weekend in 83:22 after she had also won the Durbanville Half Marathon a month ago. Her time on Saturday was less than a minute slower than her personal best, set earlier this year in the SA Half Marathon (a much quicker course).

One of South Africa's best-known races, the City Lodge RAC Tough One 32 km, was held for the 37th time this weekend and went to Charles Tjiane (after three wins in a row by Juan van Deventer) and Irvette van Blerk.

The AirTel Delhi Half-Marathon produced some phenomenal results, especially on the women's side. The all-time record for the number of women to run sub-69 minutes in a half marathon was broken with nine. The previous mark was seven at the IAAF World Half-marathon Championships in Udine in 2007. Also, the best time for place was set for 9th



Leonard Koman sets his world record of 41:13 in the Zevenheuvelenloop 15 km in Nijmegen, the Netherlands, last weekend. [IAAF]

position by Kenya's Lydia Cheromei (1:08:55). Furthermore, 18-year-old Merima Mohammed set a world best time for 18-year-olds in second place: 1:08:36. The previous best was 1:10:09 by Lineth Chepkurui of Kenya in Philadelphia in 2006.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * City Lodge RAC Tough One 32 km, Johannesburg
- * Stella Tribute 15 km, Durban
- * Phil Pansegrouw Memorial Half Marathon & 10 km, Bellville
- * Lemaitre Industrial Safety Footwear 15 km, Port Elizabeth
- * Sani Stagger Marathon & Half Marathon, Sani Pass
- * Sanlam Niel Joubert Plaaswedloop, Simondium
- * Cape Point Half Marathon, Cape Town
- * Heather Park Super Spar Half Marathon, George

International highlights:

- * Marathon de La Rochelle, La Rochelle, FRA
 - * Applied Materials Silicon Valley Turkey Trot 5 km, San Jose, USA
 - * Manchester Road Race, Manchester, USA
 - * Hanji Aoki Cup/2008 Chiba Ekiden, Chiba, JPN
 - * AirTel Delhi Half Marathon, New Delhi, IND
 - * Medio Maratón Ciudad de Valencia, Valencia, ESP
 - * XC: Cross International de Llodio, Llodio, ESP; Cross de l'Acier, Leffrinckroucke, FRA; NCAA Division I Cross-country Championships, Terre Haute, USA; Cross Internacional de Soria, Soria, ESP
 - * JFK 50 Mile, Boonsboro to Williamsport, USA
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ROAD RUNNING

City Lodge RAC Tough One 32 km (37th)

Johannesburg, 28 November

(Hilly loop course)

MEN

1	Charles Tjiane	Mr Price	1:46:40
2	Vusi Malobola	Bonitas	1:47:16
3	Lucky Mohale	Bonitas	1:47:56
4	Nkopane Seqhobane	LES/Gauteng Striders	1:48:00
5	Serame Kutsane	Nedbank	1:49:59
6	Ntobeko Mtintso	Kwa-Themba	1:50:26
7	Odwa Tunyiswa	Nedbank	1:50:59
8	Tshidiso Bosiu	Gauteng Striders	1:51:33
9	Ehyah Mogoboya	Nedbank	1:51:44
10	Boeti Hoff	Toyota	1:52:15

Veterans

1	Elias Mabane	Bidvest	1:52:55
2	Elgin Mokale	Harmony	1:55:57
3	Jacob Mazibuko	Bidvest	1:58:16

Masters:

1	Johannes Seakamela	RAC	2:07:18
2	Samuel Mogudi	RAC	2:09:56
3	Themba Phulu	Yebo Striders	2:10:01

G'masters:

1	Paulus Masilela	Irene	2:28:58
2	Daniel Hlongwane	Nedbank AGN	2:30:55
3	Vincent Lentsoenyane	JHAC	2:34:03

WOMEN

1	Irvette van Blerk	Nedbank	2:04:54
2	Tshifhiwa Mundalamo	Nedbank	2:14:26
3	Paulina Njeya	Bonitas	2:14:29
4	Julanie Basson	Toyota	2:19:22
5	Jennifer Koech	KEN	2:22:44
6	Tessa Burrell (1 st vet)	Gauteng Striders	2:30:47
7	Jeanie Henderson	RAC	2:29:50
8	Maqhuti Phaka	Gauteng Striders	2:30:47
9	Kashmira Parbhoo	Nedbank	2:31:40
10	Gillian Sieling	Fourways	2:31:58

Veterans

1	Tessa Burrell	Gauteng Striders	2:24:33
2	Gillian Sieling	Fourways	2:31:58
3	Jane Mudau	Bonitas	2:33:58

Masters:

1	Valerie Watson	New Balance	2:56:??
2	Estelle Viljoen	Kempton	3:07:??

G'masters:

1	Penny Visser	Breakthru	3:03:10
2	Elaine Greenblatt	RRR	3:03:56

Stella Tribute 15 km

Durban, 28 November
(Loop course)

MEN

1 Richard Nene ZIM/Mr Price 50:39, 2 Menzi Ncgobo KZNU 51:01, 3 Sifunin Kosi CS 51:07.

40-49: 1 Dumisani Njombo Chatsworth 56:30, 2 Sibusiso Ntuli Nedbank 57:54, 3 Mayor Kathsa Toyota 58:02. **50-59:** 1 Maxwell Mngwengwe Toyota 59:52, 2 Jan Koegelenberg Mr Price 1:00:23, 3 Andy Daly West 1:00:56. **60+:** 1 Les Smith West 1:11:23, 2 Johan Cronje West 1:21:09. **Juniors:** 1 Mthokozisi Ncgobo Toti 58:26

WOMEN

1 Jenna Challenor Boxer 59:49, 2 Danielle Adlam Boxer 1:04:10, 3 Janine Engels PDAC 1:07:59

40-49: 1 Janine Engels PDAC 1:07:57, 2 Sandie de Beer SANDF 1:08:21, 3 Jeanette Davidson DHSOB 1:10:03. **50-59:** 1 Sandy Fismer Hilton 1:12:50, 2 Wendy Rook Savages 1:14:55, 3 Jenny Scott Dolphin Coast 1:20:30. **60+:** 1 Gill Tregenna Westville 1:26:58, 2 Maureen Parry Chiltren 1:32:35.

Phil Pansegrouw Memorial Half Marathon & 10 km

Bellville, 27 November

(Distances: 21.1 km & 10 km; certified out-and-back course with loop at far end [half-marathon] and out-and-back course [10 km], both hilly.)

Half marathon

MEN

1. Luxolo Mdzanga (Gugs) 71:32 (1st jun); 2. Marks Mpekula (VOB) 71:58; 3. Gcobani Mndi (Gugs) 72:12; 4. Bonisile Ngculana (AAC) 72:28; 5. Vladimir Kotov (BLR/Cent) 72:55 (1st vet); 6. Sihle Mapukata (MP) 73:16; 7. Nande Qamgwane (Khay) 77:16; 8. Akhona Makila (VOB) 77:19; 9. Godwin Swartz (Eerste) 77:21; 10. Jesse Petoors (Eerste) 77:37.

Veterans: 1. Vladimir Kotov (BLR/Cent) 72:55; 2. Johnny Persents (Adid) 80:33; 3. Bruce Stewart (Gugs) 83:30. **Masters:** 1. Desmore Oppel (Durb) 87:38; 2. Hendrik Coetzee (Durb) 92:56; 3. Garry Wilford (Durb) 93:06. **G'masters:** 1. Kevin Kohler (Edge) 99:098; 2. James Bhana (Ind) 1:41:49; 3. Melville Silk (AAC) 1:52:02. **Juniors:** 1. Luxolo Mdzanga (Gugs) 71:32; 2. Gcobani Mndi (Gugs) 72:12; 3. Nande Qamgwane (Khay) 77:16.

WOMEN

1. Ulrica Stander (NBMC) 83:22; 2. Helene Perold (Adid) 90:08; 3. Suzanne Marais (Ind) 94:58; 4. Chantal Simpson (Pine) 97:18 (1st vet); 5. Liesl Stoltz (Durb) 97:22; 6. Elizabeth de Gouveia (Durb) 98:43; 7. Ursula Turck (Strand) 98:50; 8. Melissa Rothman (NBMC) 99:29; 9. Reghanna Beukes (Eerste) 1:40:51 (1st jun); 10. E. Marais (Ind) 1:41:12.

Veterans: 1. Chantal Simpson (Pine) 1:37:18; 2. Tania Kapp (VOB) 1:41:14; 3. Anita Oppel (Durb) 1:42:35. **Masters:** 1. Caroline Weinel (Durb) 1:46:20; 2. Cynthia Booysen (Gugs) 2:06:21; 3. Jeanette van Wyk (Tyger) 2:01:55. **G'masters:** 1. Hester Kotze (Durb) 1:47:52; 2. Pixie Sparg (Celtic) 1:59:26; 3. Sarah Herdien (Atlantis) 2:17:13. **Juniors:** 1. Reghanna Beukes (Eerste) 1:40:51; 2. Benine Havenga (Tyger) 2:28:34.

10 km

MEN

1. Gladwin Mzazi (Trans) 30:53; 2. Unathi Nteta (AAC) 31:42 (1st jun); 3. Jeromy Andreas (Ind) 32:52; 4. Alfonso Primo (Maties) 32:57; 5. Asive Njenxa (Khay) 33:32; 6. Bongile Tshewula (East) 33:41; 7. Boy Makutu (Ned) 34:53; 8. Thandile Joseph (East) 35:02; 9. Sazi Bonakele (Khay) 35:44; 10. Patrick Qelo (Khay) 35:50.

Veterans: 1. Gerald Sullivan (Durb) 37:57; 2. Ismael Mosame (Ind) 38:20; 3. Thembelani Figland (Ned) 38:26. **Masters:** 1. Eric Mlonyeni (Ned) 37:50; 2. Goodman Mpukane (Gugs) 38:15; 3. Howard Makwabe (SANDF) 41:15. **G'masters:** 1. Johann Botha (RWFL) 46:10; 2. Henry Cleophas (Ned) 46:25; 3. Roger Davis (FH) 47:11. **Juniors:** 1. Unathi Nteta (AAC) 31:42; 2. Jeromy Andreas (Ind) 32:52; 3. Asive Njenxa (Khay) 33:57.

WOMEN

1. Asiphe Sikabalanjana (Gugs) 39:49 (1st jun); 2. Busisiwe Matiwane (Celtic) 40:30; 3. Sheryl de Lange (Adid) 40:45; 4. Ebeth Marais (Tyger) 41:34; 5. Asiphe Snyman (Celtic) 42:39; 6. Bulelwa Simae (Ned) 42:43; 7. Patricia Adams (Met) 43:45; 8. Amy Abrahams (Eerste) 43:54; 9. Ronel Steenkamp (Durb) 44:49; 10. Leanda de Bruyn (NBMC) 46:17.

Veterans: 1. Sheryl de Lange (Adid) 40:45; 2. Patricia Adams (Met) 43:44; 3. Ronel Steenkamp (Durb) 44:47. **Masters:** 1. Charmaine Cupido (Ned) 47:00; 2. Helen du Plessis (Tyger) 48:35; 3. Hester Fortune (Ind) 53:42. **G'masters:** 1. Marietha Herbert (Bell) 52:43; 2. Irene Eygelaar (Edge) 65:57; 3. Charlotte Kettlewell (VOB) 68:28. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 39:49; 2. Ebeth Marais (Tyger) 41:34; 3. Asiphe Snyman (Celtic) 42:58.

Lemaitre Industrial Safety Footwear 15 km

Port Elizabeth, 27 November

(Loop course. Finishers: 513)

MEN

1	Zolani	Ngqaqa	Mr Price AC EP	21	48:06
2	George	Ntshiliza	Nedbank RC EP	31	48:10
3	Khayaalethu	Makalima	Mr Price AC EP	27	49:22
4	Bulelini	Niwa	PEAAC	25	49:39
5	Masixole	Dlaku	Mr Price AC EP	32	49:52
6	Mzwanele	Maphekula	Nedbank RC EP	34	50:13
7	Zolani	Mabongo	Mr Price AC EP	24	50:32
8	Sandile	Ngunuza	Nedbank RC EP	27	51:57
9	Sindile	Somke	Nedbank RC EP	34	52:32
10	Sampie	Mokgatla	Nedbank RC AVT	31	52:57
11	Conrad	Charles	Malabar AC	20	53:10
12	Zandisile	Mpisane	Mr Price AC EP	27	54:05
13	Mongezi	Mboya	PEAAC	33	54:14
14	Thando	Bixa	Triangle Sports	30	54:27
15	Lubabalo	Jusayi (1 st jun)	Mr Price AC EP	19	54:32
16	Mutekile	Rasmeni (1 st vet)	Triangle Sports	45	54:42
17	Michael	Bester	Achilles AAA	23	55:19
18	Terrance	Mjekula	Triangle Sports	38	55:36
19	Bradley	Mackenzie	Achilles AAA	38	55:38
20	Zolile	Mhlahlo	Triangle Sports	35	55:43
40-44:					
1	Paul	Wolff	Triangle Sports	42	56:05
2	John	Rafani	Nedbank RC EP	43	56:38
3	Bolly	Jekana	Nedbank RC EP	43	1:00:37
45-49:					
1	Mutekile	Rasmeni	Triangle Sports	45	54:42
2	Darrell	Wicht	Triangle Sports	47	57:57
3	Robin	Fourie	Achilles AAA	47	1:00:46
50-54:					
1	Alfred	Spiers	Elite AC	50	1:01:17
2	Charles	Baatjies	Elite AC	54	1:01:20
3	Andre	Willemse	Elite AC	52	1:02:04
55-59:					
1	Sizinzo	Kama	Achilles AAA	59	1:02:14
2	Chris	Terblanche	Achilles AAA	55	1:05:16
3	Bruce	Mcewan	Achilles AAA	57	1:07:15
60-64:					
1	Fred	Verrall	Charlo RR	62	1:06:28
2	Percy	Dalton	Achilles AAA	62	1:09:17
3	Cilliers	Swart	Nedbank RC EP	63	1:11:09
65-69:					
1	Tamsanqa	Jusayi	Mr Price AC EP	68	1:05:50
2	Eckart	Schumann	Body Concept	65	1:18:43
3	Robin	Clark	Achilles AAA	69	1:36:58
70-74:					
1	Godfrey	Kariem	Cadbury AC	70	1:14:13
2	Michael	Collins	PEAAC	72	1:16:50
3	Gerald	Hoxley	Achilles AAA	70	1:29:11
75-79:					
1	Ernie	Verrall	Absa NMMU AC	76	1:36:58

Juniors:

1	Lubabalo	Jusayi	Mr Price AC EP	19	54:32
2	Ayanda	Blou	Triangle Sports	16	1:13:26
3	Armand	Rautenbach	Temp	19	1:34:19

WOMEN

1	Ntombesintu	Mfunzi	Mr Price AC EP	28	58:17
2	Deliwe	Nyanga	Nedbank RC EP	21	59:53
3	Davera	Magson	Mr Price AC EP	36	1:02:19
4	Christine	Claasen (1 st vet)	Achilles AAA	46	1:09:14
5	Grizelda	Pietersen	Achilles AAA	42	1:10:34
6	Vicki	Terblanche	Bluewater Bay	31	1:11:29
7	Elmarie	Bezuidenhout	Charlo RR	28	1:11:53
8	Aimee-Noel	Hartley	Temp	31	1:12:27
9	Sharon	Zeelie	Triangle Sports	39	1:12:51
10	Lizette	Sydien	Elite AC	24	1:13:11
11	Janette	Schierz-Crusius (1 st mast)	Body Concept	50	1:13:29
12	Paulette	Mcewan	Achilles AAA	45	1:14:09
13	Laura	Maritz	Elite AC	50	1:14:21
14	Julie	Taunton	Crusaders AC	50	1:15:32
15	Camarin	Van Eyk	Elite AC	28	1:17:33
16	Adele	Nel	St Albans CS EP	37	1:18:30
17	Sime	Baynes	Body Concept	27	1:18:40
18	Angela	Ackermann	Body Concept	31	1:18:42
19	Jaclynn	Fisner	Queenstown	30	1:19:00
20	Lara	Theron	Randburg	42	1:19:37

40-44:

1	Grizelda	Pietersen	Achilles AAA	42	1:10:34
2	Lara	Theron	Randburg	42	1:19:37
3	Jacqui	Van Der Vyver	Elite AC	42	1:20:19

45-49:

1	Christine	Claasen	Achilles AAA	46	1:09:14
2	Paulette	Mcewan	Achilles AAA	45	1:14:09
3	Claire	Nagel	Elite AC	46	1:19:39

50-54:

1	Janette	Schierz-Crusius	Body Concept	50	1:13:29
2	Laura	Maritz	Elite AC	50	1:14:21
3	Julie	Taunton	Crusaders AC	50	1:15:32

55-59:

1	Cathy	Ives	Achilles AAA	57	1:27:03
2	Jos	Els	Madiba Bay AC	58	1:28:15
3	Monica	Kemp	Madiba Bay AC	55	1:28:51

60-64:

1	Liz	Grundlingh	Muirite Striders	63	1:21:27
2	Helene	Oppel	Crusaders AC	60	1:36:09
3	Marlene	Wiese	Kowie Striders	64	1:40:32

65-69:

1	Orgia	Nell	Muirite Striders	67	1:47:14
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70-74:

1	Dorothy	Hart	PEAAC	72	1:48:38
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Juniors:

1	Megan	Wilson	Charlo RR	15	1:27:24
2	Terray	Newcombe	Nedbank RC EP	19	1:28:44
3	Tanya	Wilson	Charlo RR	18	1:44:48

Sani Stagger Marathon & Half Marathon

Sani Pass, 27 November

(Distances: 42.195 km [up and down pass] & 21.1 km [down pass])

Marathon

MEN

1. Eric Ngubane	Mr Price AC	3:20:30
2. Petros Sosibo	Mr Price AC	3:26:11
3. Bongmusa Mthembu	Mr Price AC	3:26:14

40-49:

1. Petros Sosibo	Mr PriceAC	3:26:11
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50-59:

1. Michael Phogale	Exxaro AC	4:48:22
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60+

1. Albert Lumley	Gold Reef AC	5:31:12
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WOMEN

1. Tracy Zunckel	Estcourt AC	4:09:43
2. Erina Du Toit	Lichtenberg AC	4:15:56
3. Thobile Ngwane	Mr Price AC	4:33:37

40-49:

1. Beveley Scott	New Harr	4:40:52
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50-59:

1. Leonie Jurgens	Brakpan AC	5:18:00
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Half marathon

MEN

1. David Visser	Mr Price AC	1:23:27
2. Warren Jee	Vaal Triangle	1:34:12
3. Chico Subramnian	R/Bay AC	1:35:32

40-49:

1. Jan Kruger	Corr Harr	1:42:31
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50-59

1. Chico Subramnian	R/Bay AC	1:35:32
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60+

1. Dave Bennett	Sani AC	2:20:15
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WOMEN

1. Yolande Visser	Mr Price	1:42:37
2. Cathryn Bode	Ind	1:46:55
3. Kim Jackson	DHSOB	1:49:13

40-49:

1. Kim Jackson	DHSOB	1:49:13
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50-59:

1. Clare Mangan	Glenwood Harr	2:16:55
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60+

1. Aretha Strydom	Alpha Centurion	3:20:07
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Sanlam Niel Joubert Plaaswedloop (15th)

Simondium, 24 November

(Distance: 13 km; loop course on gravel farm roads, very hilly)

Note: A surprise reappearance by former junior star Lena Lötter, who hasn't competed for quite a while, with a winning time just 30 sec slower than the route record. Sister Martha won the junior category and mother Hanlie the masters. – Ed.

MEN

1. Anthony Godongwana (Celtic) 41:50; 2. Tom Lusaseni (Adid) 41:54; 3. Lindikhaya Mthangayi (MP) 41:58.

Veterans: 1. Isaac Opperman (CS) 44:56; 2. Johnny Persents (Adid) 49:20; 3. Owen Smith (Well) 49:40. **Masters:** 1. Henry Cieverts (Top) 54:55; 2. Fuad Henericks (Ind) 57:45; 3. T. Swanepoel (Kempton) 58:11. **G'masters:** 1. Reinie Dick (Held) 62:22; 2. Kevin Kohler (Edge) 64:52; 3. Henk Bos (Strand) 69:47. **Juniors:** 1. Luxolo Mdzanga (Gugs) 42:39; 2. William Kaptein (Rob) 45:50; 3. Thandile Joseph (East) 46:45.

WOMEN

1. Lena Lötter (Ind) 49:23; 2. Jacky Bakkes (Paarl) 52:18 (1st vet); 3. Sheryl de Lange (Adid) 53:15.

Veterans: 1. Jacky Bakkes (Paarl) 52:18; 2. Sheryl de Lange (Adid) 53:15; 3. Almari de Bruyn (NBMC) 64:24. **Masters:** 1. Hanlie Lötter (Ind) 67:12; 2. Helen du Plessis (Tyger) 69:21; 3. Hester Fortune (Brack) 73:05. **G'masters:** 1. Pixie Sparg (Celtic) 68:28; 2. Marietha Herbert (Bell) 70:33; 3. Zonia Barnard (Celtic) 78:14. **Juniors:** 1. Martha Lötter (Adid) 64:11; 2. Reghanna Beukes (Eerste) 64:58; 3. Courtney Groener (Bell) 65:52.

Cape Point Half Marathon

Cape Town, 14 November

(Distance: 21.1 km)

Note: Unfortunately no clubs were indicated in the results. – Ed.

MEN

1	Tom Lusaseni	1:11:13
2	Anthony Godongwana	1:11:38
3	Lindikhaya Mthangayi	1:13:10
4	Velani Lusaseni	1:13:49
5	Luxolo Mdzanga	1:14:53
6	Nande Qhamgwane	1:15:07
7	Luyanda Mapoyi	1:17:36
8	Mayiji Bathandwa	1:19:19
9	Zolani Bhitane	1:20:38
10	Enrico September	1:24:22

WOMEN

1	Bulelwa Mtshagi	1:29:46
2	Nomvuyisi Seti	1:29:49
3	Asiphe Sikabalanjana	1:30:14
4	Ester Brink	1:32:57
5	Jacoline Haasbroek	1:34:42
6	Coriaan de Villiers	1:36:06
7	Lesyl Potgieter	1:38:22
8	Ronelle Marshall	1:38:45
9	Charlotte Noble	1:39:50

10 Karoline Hanks 1:40:03

Heather Park Super Spar Half Marathon

George, 13 November

(Distance: 21.1 km; loop course. Finishers: 147.)

MEN

1	Sandile	Ngunuza	Nedbank	27	1:10:12
2	Donney	Danster	Nedbank	18	1:12:16
3	Luwayne	Duitsjan	Hartenbos Drawwers	24	1:12:39
4	Gurome	Gelderbloem	Mossel Bay Harriers	34	1:12:59
5	Julius	Korkee	Rainbow AC	26	1:13:17
6	Vuyo	Witbooi	Outeniqua Harriers	35	1:13:50
7	Frans	Malgas	Knysna AC	20	1:15:33
8	Melikhaya	Msizi	Knysna AC	27	1:16:41
9	Elfonzo	Pieterse	Rainbow AC	21	1:16:51
10	Principal	Fana	Rainbow AC	42	1:17:46

WOMEN

1	Melissa	van As	Nedbank	28	1:26:37
2	Alison	Jordaan	Outeniqua Harriers	44	1:29:35
3	Johanna	Claassen	Nedbank	42	1:33:42
4	Annatjie	Botes	Nedbank	52	1:36:51
5	Elize	Klopper	Hartenbos Drawwers	40	1:43:13
6	Linda	v.d. Gryp	Krugersdorp	48	1:43:41
7	A.N. Other			35	1:44:06
8	Rome	Phillipson	Mossel Bay Harriers	28	1:45:17
9	Kleintjie	van Schalkwyk	Hartenbos Drawwers	47	1:49:58
10	Tania	Erasmus	Nedbank	35	1:51:45

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

Marathon de La Rochelle (20th)

La Rochelle, FRA, 28 November

(Distance: 42.195 km)

MEN (gun times)

1.	Haile Haja Gemeda, ETH	2:09:44	PB/CR	€6000
2.	Azmeraw Bekele, ETH	2:10:25	DB	4000
3.	Nahashon Kimaiyo, KEN	2:10:36	PB	3000

WOMEN (gun times)

1.	Goitetom Haftu Tesema, ETH	2:28:24	PB/CR	€6000
2.	Meseret Hailu Debele, ETH	2:30:42	PB	4000
3.	Marta Markos, ETH	2:32:14	PB	3000

Applied Materials Silicon Valley Turkey Trot 5 km

San Jose, USA, 25 November

(Certified four-lap course [men and women run separate races])

MEN

- | | |
|---------------------------------------|------------------|
| 1. Alan Webb, 27, Portland, OR | 13:36 CR \$2,500 |
| 2. Galen Rupp, 24, Portland, OR | 13:39 DB 1,500 |
| 3. Scott Bauhs, 24, Mammoth Lakes, CA | 13:47 850 + 500^ |
| 4. Diego Estrada, 20, Flagstaff, AZ | 13:50 DB (NCAA) |
| 5. Scott Smith, 24, Flagstaff, AZ | 13:51 DB 500 |

^) Earned Pacific Association/USATF award

WOMEN

- | | |
|--|------------------|
| 1. Beverly Ramos, 23, PUR | 16:19 DB \$2,500 |
| 2. Aziza Aliyu, 25, ETH | 16:24 1,500 |
| 3. Teresa McWalters, 26, Cambridge, MA | 16:32 850 + 500^ |
| 4. Annie Bersagel, 27, Stanford, CA | 16:34 500 + 350^ |
| 5. Lindsay Allen, 24, Flagstaff, AZ | 16:37 250 |

Manchester Road Race (74th)

Manchester, USA, 25 November

(Distance: 4.748 miles, hilly)

Note: Some of the legends of the Manchester Road Race ran here. *Runner's World* magazine editor at large, Amby Burfoot, completed the race for the 48th time (he won here nine times between 1968 and 1977). Amy Rudolph, a five-time Manchester champion, competed for the 14th time, finishing 13th in the women's division in 26:16. Judi St. Hilaire, a four-time winner between 1985 and 1992, completed the course for the 12th time.

MEN (gun times)

- | | |
|---|--------------|
| 1. Mourad Marofit, 28, Hebron, KY (MAR) | 21:39 \$4000 |
| 2. Ben True, 24, Hanover, NH | 21:43 3000 |
| 3. David McCarthy, 22, Providence, RI (IRL) | 21:45 2500 |
| 4. Harbert Okuti, 25, High Falls, NY (UGA) | 21:45 2000 |
| 5. Stephen Furst, 25, Raleigh, NC | 21:46 1500 |

WOMEN (gun times)

- | | |
|--|--------------|
| 1. Sally Kipyego, 24, Eugene, OR (KEN) | 24:08 \$4000 |
| 2. Delilah Dicusenzo, 27, New York, NY | 24:51 3000 |
| 3. Amy Mortimer, 29, Leonardville, KS | 24:54 2500 |
| 4. Leonora Joy-Petrina, 28, Bayport, NY | 25:05 2000 |
| 5. Diane Nukuri-Johnson, 25, Iowa City, IA (BDI) | 25:07 1500 |
| ... 13. Amy Rudolph, 37, Auburn, AL | 26:17 |

Hanji Aoki Cup/2008 Chiba Ekiden (22nd)

Chiba, JPN, 23 November

(Distance: Six sections totalling 42.195 km with mixed-gender teams: 5 km [men], 5 km [women], 10 km [men], 5 km [women], 10 km [men], 7.195 km [women])

TEAMS:

- | | | | |
|--------|---------|--------|---------|
| 1. JUT | 2:07:52 | 7. AUS | 2:14:07 |
| 2. KEN | 2:08:06 | 8. ITA | 2:14:55 |
| 3. JPN | 2:08:12 | 9. ROU | 2:15:02 |

4. RUS	2:09:35	10. CAN	2:15:13
5. USA	2:10:54	11. CZE	2:15:23
6. Chiba	2:12:56	12. NOR	2:17:01

AirTel Delhi Half Marathon (6th)

(IAAF Gold Label Road Race)

New Delhi, IND, 21 November

(Distance: 21.1 km; AIMS certified)

MEN

1. Geoffrey Mutai, 1981, KEN	59:38	USD 25,000
2. Lelisa Desisa, 1990, ETH	59:39 PB	15,000
3. Yacob Jarso, 1988, ETH	1:00:07 DB	10,000
4. Silas Kipruto, 1984, KEN	1:00:21	9,000
5. Feyisa Lelisa, 1990, ETH	1:00:33 PB	7,000
6. Titus Masai, 1989, KEN	1:00:38	6,000
7. Leonard Langat, 1990, KEN	1:00:51	5,000
8. Ayele Woldegiorgis, 1987, ETH	1:00:51 PB	3,000
9. Peter Kirui, 1988, KEN	1:01:10	2,000
10. Dechase Shume, 1986, ETH	1:01:38 PB	1,500

WOMEN

1. Aselefech Mergia, 1985, ETH	1:08:35	USD 25,000
2. Merima Mohammed, 1992, ETH	1:08:36 PB	15,000
3. Wude Ayalew Yimer, 1987, ETH	1:08:36	10,000
4. Aberu Kebede, 1989, ETH	1:08:39	9,000
5. Atsede Baysa, 1987, ETH	1:08:42 PB	7,000
6. Mestawet Tufa, 1983, ETH	1:08:48 PB	6,000
7. Feyse Boru, 1988, ETH	1:08:50 PB	5,000
8. Sharon Cherop, 1984, KEN	1:08:51 PB	3,000
9. Lydia Cheromei, 1977, KEN	1:08:55	2,000
10. Doris Changeywo, 1984, KEN	1:10:40 DB	1,500
... 16. Helalia Johannes, 1980, NAM	1:14:19	

Medio Maratón Ciudad de Valencia (20th)

Valencia, ESP, 21 November

(Distance: 21.1 km)

MEN (gun times)

1. John Mwangangi, KEN	1:01:10	€ 1000
2. Gilbert Masai, KEN	1:01:18	600
3. Bernard Kipyego, KEN	1:02:08	400
4. Erick Kibet, KEN	1:02:12	250
5. Hassan Ben Lkhanouch, MAR?	1:03:43	125

WOMEN (gun times)

1. Joyce Chepkirui, 1991, KEN	1:09:25 PB/CR*	€ 1000 + 1000
2. Atsede Habtam, ETH	1:09:27	600
3. Anna Incerti, ITA	1:10:41	400

*) Course record/€1000 bonus

CROSS-COUNTRY

Cross International de Llodio (27th)

Llodio, ESP, 28 November

SR. MEN (9790m):

- | | |
|-------------------------------------|-------|
| 1. Teklemariam Medhin, 1989, ERI | 31:24 |
| 2. Josphat Kiprono Menjo, 1979, KEN | 31:33 |
| 3. Samuel Tesgay, 1988, ERI | 31:40 |
| 4. Zersenay Tadese, 1982, ERI | 31:50 |

SR. WOMEN (7640m):

- | | |
|--|-------|
| 1. Alessandra Aguilar Moran, 1978, ESP | 28:02 |
| 2. Rosa Morato Rodríguez, 1979, ESP | 28:22 |
| 3. Aicha Bani, 1988, MAR | 28:28 |
| 4. Diana Martín Jimenez, 1981, ESP | 28:39 |
| 5. Irene Pelayo González, 1980, ESP | 28:55 |
| 6. Dina Lebo Phalula, 1983, RSA | 29:02 |
| ... 15. Lebogang Phalula, 1983, RSA | 29:56 |

Cross de l'Acier (21st)

Leffrinckroucke, FRA, 28 November

MEN (9.95 km):

- | | |
|-------------------------|-------|
| 1. Joseph Ebuya, KEN | 28:08 |
| 2. Imane Merga, ETH | 28:37 |
| 3. Mike Kigen, KEN | 28:42 |
| 4. Jacob Chesari, KEN | 28:52 |
| 5. Abraham Kiplimo, KEN | 28:53 |

WOMEN (6.55 km):

- | | |
|--------------------------------|-------|
| 1. Linet Masai, KEN | 21:40 |
| 2. Emebet Anteneh, 1992, ETH | 21:59 |
| 3. Purity Rionoripo, 1993, KEN | 22:03 |
| 4. Almenesh Belete, ETH | 22:08 |
| 5. Bertukan Feyisa, 1991, ETH | 22:10 |

NCAA Division I Cross-country Championships (72nd for men & 35th for women)

Terre Haute, USA, 22 November

(Distances: men, 10 km; women, 6 km)

MEN

Teams: 1. Oklahoma State 73 points; 2. Florida State 193; 3. Wisconsin 223; 4. Stanford 237; 5. Oklahoma 281; 6. Oregon 289; 8. Iona 303; 9. Northern Arizona 317; 10. Arkansas 329.

- | | |
|---|---------|
| 1. Samuel Chelanga, SR Liberty (KEN) | 29:22.2 |
| 2. Stephen Sambu, JR Arizona (KEN) | 29:26.5 |
| 3. Luke Puskedra, JR Oregon | 29:38.0 |
| 4. Leonard Korir, JR Iona (KEN) | 29:42.0 |
| 5. Chris Derrick, JR Stanford | 29:44.7 |
| 6. Jake Riley, JR Stanford | 29:45.0 |
| 7. Girma Mecheso, JR Oklahoma State (ETH) | 29:47.5 |
| 8. German Fernandez, JR Oklahoma State | 29:49.3 |
| 9. Colby Lowe, JR Oklahoma State | 29:57.6 |

10. Matt Centrowitz, JR Oregon 30:01.1

WOMEN

Teams: 1. Villanova 120 points; 2. Florida State 154; 3. Texas Tech 165; 4. Georgetown 167; 5. New Mexico 227; 6. Colorado 314; 7. Stony Brook 334; 8. Iowa State 341; 9. Providence 343; 10. Syracuse 347.

1. Sheila Reid, JR Villanova (CAN)	20:06.9
2. Emily Infeld, JR Georgetown	20:09.2
3. Jordan Hasay, SO Oregon	20:13.0
4. Risper Kimaiyo, SO UTEP (KEN)	20:16.1
5. Rose Tanui, JR Texas Tech (KEN)	20:17.6
6. Lucy Van Dalen, SR Stony Brook (NZL)	20:19.2
7. Holly Van Dalen, SR Stony Brook (NZL)	20:19.3
8. Megan Hogan, SR George Washington	20:19.6
9. Pilar McShine, SR Florida State (TRI)	20:24.4
10. Amanda Marino, SR Villanova	20:26.1
11. Kendra Schaaf, JR North Carolina	20:26.7
... 14. Emily Sisson, FR Wisconsin	20:28.3

Cross Internacional de Soria (17th)

Soria, ESP, 21 November

Note: No sign of Dina Lebo Phalula's twin sister in the results. – Ed.

SR. MEN (10 km)

1. Joseph Ebuya, 1986, KEN	29:57
2. Mathew Kisorio, 1986, KEN	29:58
3. Ayad Lamdassem, 1981, ESP	30:31
4. Kiflon Sium, 1987, ERI	30:56
5. Tesfayohannes Mesfin, 1974, ERI	31:17

WOMEN (8 km)

1. Dina Lebo Phalula, 1982, RSA	28:18
2. Rosa Morato Rodríguez, 1979, ESP	28:21
3. Ana Dias, 1987, POR	28:25
4. Hannah Wanjiru, 1980, KEN	28:35
5. Aicha Bani, 1988, ESP?	28:44

ULTRA/MOUNTAIN/TRAIL RUNNING

JFK 50 Mile (48th)

Boonsboro to Williamsport, USA, 20 November
(Distance: 50.2 miles; point-to-point course)

MEN

1. Brian Dumm, 27, Colorado Springs, CO	5:52:02
2. David Riddle, 29, Cincinnati, OH	5:53:09
3. Jacob Edwards, 23, Boulder, CO	5:59:36
... 6. Michael Wardian, 36, Arlington, VA	6:12:07
7. Johan Oosthuizen, 37, RSA	6:12:25

WOMEN

1. Amy Sproston, 36, Portland, OR	6:57:16
2. Pam Smith, 38, Salem, OR	6:57:37

VIEWPOINT

This article by Norrie Williamson, slightly edited here, appeared on his website, www.coachnorrie.co.za, and is reproduced with his permission. - Ed.

WHAT, SHVETSOV ON DRUGS? NONSENSE!, SAYS DE VRIES

"How can anyone include Leonids good name to doping?" asks Ray de Vries in a media release put out by the local agent as spokesman for two-time Comrades winner Russian Leonid Shvetsov, who last week was alleged to be both a supplier and user of banned performance enhancing substances since the mid 1990's.

De Vries went on to say that he had been in contact with Shvetsov in Russia. "I have advised Leonid to take legal opinion as his future career has been compromised by unfounded rumours. We have asked the athlete involved to explain his actions," said De Vries.

From a speculative viewpoint it would seem the weight of opinion is against De Vries' standpoint.

Britain's Peter Whitehead, Canadian Bruce Raymer and ex-South African and 1993 world marathon champion Mark Plaatjes are among the top international athletes to have supported the contentions made by Belgian-born Eddy Hellebuyck who was a central figure in the elite training group in Albuquerque during the build-up to the 1996 Atlanta Olympics.

Others in that group included South Africans Gert Thys and Josiah Thugwane, who went on to win the Olympic gold medal in the Georgia city.

Thys, who won the Cape Town Marathon in September, has only just returned to the sport having completed a two-year drug ban.

De Vries also said that some well-known athletes, including a South African Comrades winner who tested positive, have stayed at the training camp.

Plaatjes said: "Everybody in the sport knew about Leonid. On the circuit, he always had the reputation as a doper. That's what Leonid did."

Whitehead didn't mince his words: "Leonid wasn't clean, and never had been

in my book. His times in training didn't come close to matching up with his times in races."

Raymer's statement appears damning in the detail. "Leonid quite openly kept a stockpile of EPO in his refrigerator, behind the milk and orange juice," reported the Canadian. "He approached me with the offer to sell me some EPO. He told me how easy it was to inject. He quoted me a price for one cycle — \$400. I told him no thanks, and he came back to me with an offer of \$350. He came back to me several times, reducing the price to \$300. It was kind of bizarre. Leonid is a big, menacing guy. I almost wanted to buy some EPO just to get him off my back."

When Raymer continued to decline Shvetsov's sales pitch for EPO, he says, the Russian then offered to sell him the anabolic agent clenbuterol, which is also on the list of banned substances. "Leonid was pretty brash about drugs," Raymer continues. "His room was like a pharmacy full of banned drugs. Besides the EPO and clenbuterol, I also saw Winstrol [the brand name for the anabolic steroid stanozolol] and Anavar [the steroid oxandrolone]."

Hellebuyck, who was also banned for substance abuse, initiated the exposure during an interview for an American running magazine which was published in mid-October.

In the statement released by De Vries' agency, Shvetsov dismissed claims that he has been involved in distributing banned substances to fellow athletes.

"I chatted to Leonid in Russia today and he is very upset that a fellow athlete could even suggest that he was in any way connected to the taking of illicit substances by athletes," said De Vries, claiming to be the Russian's spokesman.

"Leonid is an Olympian and has won marathons and ultramarathons worldwide; he has won the Comrades

Marathon twice and placed a number of times. He has a number of race records around the world. He has been tested fifty times or more and has never tested positive. Now an athlete who has admitted to doping names Leonid as the bad guy – what a load of crap,” wrote De Vries in his statement.

“This makes a mockery of drug tests at our Comrades Marathon – he has been tested every time and has never tested positive.”

At the time of writing there had been no official word from the World Anti Doping Association (WADA) and so it would appear that Shvetsov, who retired from competition in 2009, is unlikely to be charged or face a penalty.

Without instruction from the federation or WADA it is unlikely that any action will be taken about an event that took place in 2009 or before.

The Comrades Marathon Association

(CMA) “is aware of the allegations against Leonid Shvetsov”, said General Manager Gary Boshoff. “These allegations of the use of banned substance are very disconcerting, but we will not be making any comment until conclusive evidence is produced.”

The Comrades was amongst the first road races in the country to pilot and implement drug testing, commencing this in the late 1980s. Currently the race contracts the South African Institute for Drug-free Sport to test the top ten men and women, and a random selection of elite runners.

“As an affiliate of KwaZulu-Natal Athletics and Athletics South Africa, the CMA fully subscribes to the testing protocol of the International Association of Athletics Federations (IAAF) and WADA for performance-enhancing drugs and banned substances,” said Boshoff.

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. 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 HALF MARATHON: TOP 10 VETERAN MEN

1:06:17	Mluleki Nobanda	1	Port Elizabeth	24 Jul
1:07:46	Graham Katzen	2	Port Elizabeth	24 Jul
1:08:24	Piet Mosebedi	3	Port Elizabeth	24 Jul
1:08:43	Reginald Ngobese	4	Port Elizabeth	24 Jul
1:09:08	Sylvester Moleko	1	Brakpan	24 Oct
1:09:39A	Mxolisi Principal Fana	1	De Rust	16 Oct
1:09:42	Makaya Masumpa	5	Port Elizabeth	24 Jul
1:09:46A	Isaac Opperman	2	De Rust	16 Oct
1:10:00	Mabhoyisana Mazwayi	1	Port Elizabeth	08 May
1:10:29	Bheki Nene	6	Port Elizabeth	24 Jul

THIS MONTH IN HISTORY

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

10 years ago: 19 November 2000

Felix Limo (KEN) won the Zevenheuvelenloop 15 km by three seconds over Salim Kipsang (KEN), 42:53 to 42:56. Gert Thys was third in 43:14, the fastest time by a South African that year. Thys's time is still the equal 15th fastest ever by a South Africa. Birhane Adere (ETH) won the women's race by a nine-second margin over Susan Chepkemei (KEN), 48:06 to 48:15. Getenesh Wami (ETH) was third in 48:32. Limo broke the world record

here the following year with 41:29 – this was surpassed by Leonard Komon last weekend in the same race.

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)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	43:50	Lusapho April	Port Elizabeth	06 Mar
	41:13	Leonard Patrick Komon (KEN)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
	41:13p	Leonard Patrick Komon (KEN) 2010		
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	2:08:33	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
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15 km	30:35	Tecwyn Davies (GBR) 1988		
	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
	47:54	Genet Getaneh (ETH)		
	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

25 km	69:56	Irina Permitina (RUS) 2009		
	1:47:49	Ansie Viljoen	Pretoria	08 May
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	2:06:43	Joanna Thomas	Camps Bay	10 Jan
Marathon	1:51:37	Mieke Pullen (NED) 2001		
	2:52:04a	Joanna Thomas	Oudtshoorn	27 Feb
100 km	2:26:51	Priscilla Welch (GBR) 1987		
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	40:28	Olga Howard	Bellville	10 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	63:25	Olga Howard	Eersterivier	26 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:51	Olga Howard	Port Elizabeth	24 July
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:04:09a	Jenny Scott	Pinetown	24 Jan
30 km	2:16:34	Olga Howard	Camps Bay	10 Jan
Marathon	3:08:34a	Annatjie Botes	Oudtshoorn	27 Feb
100 km	2:31:05	Tatyana Pozdniakova (UKR) 2005		
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
10 km	34:28	Dominique Scott	Bellville	05 Jun
	31:42	Zola Pieterse (RSA) 1984		
15 km	57:44	Asiphe Sikabalanjana	Constantia	13 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	78:42	Nandipha Dywili	Port Elizabeth	24 July
	1:09:05	Delilah Asiago (KEN) 1991		

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