

Distance Running Results

Vol. 11, No. 3 – 24 January 2011

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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: Riël Hauman

EDITORIAL

The SA Cross-country Trials for the World Championships took place in sunny weather in Potchefstroom this weekend, but on a muddy course due to recent heavy rain (as can be seen in the picture of Annerien van Schalkwyk on the right). According to reports received by *Distance Running Results*, the organisation of the meeting was outstanding. Kgosi Tsosane, who the previous weekend was beaten by SA cross-country champion Stephen Mokoka by 2 seconds in the Dis-Chem 5 km, this time took revenge – by a single second. Lungisa Mdedelwa was third.



In the women's race the Phalula twins sandwiched Van Schalkwyk, with Lebogang taking the win and her sister finishing third. Here the winning margin was also one second. René Kalmer was sixth.

In the Capestorm Red Hill 36.2 km Joanna Thomas got her third win – by more than 18 minutes! She also won the race in 2008 and 2010, and the accompanying marathon in 2006. Pieter Koopman took the marathon last year; this time he won the shorter race.

In what must be an extremely rare occurrence, three sisters – Megan, Tanya and Kimberley Wilson – finished as the first three juniors in the Aspen Heights Spar Historic 10 km in Port Elizabeth.

Gert Thys failed to finish the Standard Chartered Dubai Marathon, the 14th DNF of his career (he has completed 37 marathons).

DRR's long-time KZN correspondent Alen Hattingh is back home after an extended post-operation stay in hospital. Alen has sent his first set of results this week; we wish him a speedy recovery to full health again.

In the main results of the Hohenort 15 km last week, Lufumba Sakila was indicated as the first junior. He did not get the junior prize (as was in fact indicated in the category results) because he was not wearing the necessary age category tags. Sakila hails from the Democratic Republic of the Congo and speaks French, but no English.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Kearsney Striders Half Marathon & 10 km, Botha's Hill
- * Aspen Heights Spar Historic 10 km, Port Elizabeth
- * Capestorm Red Hill 36.2 km & Marathon, Fish Hoek
- * Akasia Marathon, Half Marathon & 10 km, Pretoria
- * Dis-Chem Half Marathon & 5 km, Bedfordview
- * Candlelight Run 10 km
- * XC: SA Cross-country Trials, Potchefstroom

International highlights:

- * Tri-City Medical Center Carlsbad Marathon & Half Marathon, Carlsbad, USA
- * Mitja Marato Internacional Vila de Santa Pola, Alicante, ESP
- * Standard Chartered Dubai Marathon, Dubai, UAE
- * XC: Discovery Kenya Cross-country, Eldoret, KEN; Cross Internacional Juan Muguerza, Elgoibar, ESP; Kenyan Armed Forces Cross-country Championships, Nanyuki, KEN

ROAD RUNNING

Kearsney Striders Half Marathon & 10 km

Botha's Hill, 23 January

(Distances: 21.1 km & 10 km; loop courses)

Half marathon

MEN

1. Prodigal Khumalo, ZIM/Mr Price, 1:11:05
2. Munyaradzi Jari, ZIM/Bluff Meats, 1:14:26
3. Samson Tenai, ZIM/Bluff Formula One, 1:14:41

40-49: 1. Willie Majombozi, Boxer, 1:26:37; 2. Herbert Herbert, Toyota, 1:27:28; 3. Cliff Robbertse, Westville, 1:33:20. **50-59:** 1. Andy Daly, Westville, 1:36:28; 2. Bongani Ndlovu, Zabalaza, 1:39:26. **60+:** 1. John Morrison, Saints, 1:52:42. **Juniors:** 1. Troy Meaker 2:02:20.

WOMEN

1. Loveness Madziva, ZIM/Nedbank, 1:29:50 (1st jun)
2. Danielle Adlam, Boxer, 1:30:42
3. Sarah Gray, Collegians, 1:38:41

40-49: 1. Karen Fisher, Westville, 1:54:04; 2. Tammy Dennill, Westville, 1:54:05; 3. Michelle Williams, Westville, 1:55:05. **50-59:** 1. Lindsay Watkens, Westville, 1:57:29; 2. Maria Waring, Run Walk 4 Life, 1:57:29. **60+:** 1. Patricia Crawley, Sani, 2:09:28. **Juniors:** 1. Loveness Madziva, ZIM/Nedbank, 1:29:50

10 km

MEN

1. Samuel Pazanga, ZIM/Mr Price, 37:43
2. Vusi Cele, Mr Price, 38:59
3. Sthabiso Mkhize, Hillcrest Villagers, 39:00 (1st jun)

Juniors: 1. Sthabiso Mkhize, Hillcrest Villagers, 39:00; 2. Nkosinadhi Dlamini, Hillcrest Villagers, 41:15 ; 3. Mthakosisi Ngcobo, Toti, 45:17.

WOMEN

1. Puseltso Dladla, Boxer, 48:03
2. Kirsten Williams, Collegian Harriers, 49:34

3. Paula Walker, 57:41 (1st jun)

Juniors: 1. Paula Walker, 57:41; 2. Geena Mechanicos, 58:43; 3. Catherine Nortje, 1:11:21.

Aspen Heights Spar Historic 10 km

Port Elizabeth, 22 January
(Loop course. Finishers: 405.)

MEN

1	Khayaletu	Makalima	Mr Price AC EP	27	32:38
2	Ricardo	Plaatjies	Elite AC	27	32:48
3	Mila	Pasiya	Nedbank RC EP	31	33:31
4	Marinus	Johnson	Nedbank RC EP	25	33:44
5	Sandile	Ngunuza	Nedbank RC EP	28	33:49
6	Zandisile	Mpisane	Mr Price AC EP	27	33:54
7	Mthandazo	Loni (1 st jun)	Nedbank RC EP	17	33:56
8	David	Majara	Mr Price AC EP	30	34:57
9	Sonwabo	Hina	PEAAC	21	35:05
10	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	42	35:15
11	Thando	Bixa	Triangle Sports	30	35:32
12	Monwabisi	Mtwisha	Temp	26	36:04
13	Terrance	Mjekula	Triangle Sports	38	36:06
14	Mutekile	Rasmeni	Triangle Sports	46	36:24
15	Freddie	Jantjies	Mr Price AC EP	41	36:35
16	Sinekhaya	Ndlakuse	Nedbank RC EP	21	36:56
17	Riaan	Kock	Nedbank RC EP	40	37:13
18	David	Mama	Aspen Pharmacare	35	37:35
19	August	Esau	Nedbank RC EP	40	37:58
20	Ruan	Smalberger	St Albans CS EP	21	38:39

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	42	35:15
2	Freddie	Jantjies	Mr Price AC EP	41	36:35
3	Riaan	Kock	Nedbank RC EP	40	37:13

45-49:

1	Mutekile	Rasmeni	Triangle Sports	46	36:24
2	Melville	Joseph	SANDF EP	47	39:53
3	Randall	Cunningham	Elite AC	49	41:32

50-54:

1	Alfred	Spiers	Elite AC	50	40:05
2	Charles	Baatjies	Elite AC	54	40:33
3	Joseph	Bain	St Albans CS EP	51	41:00

55-59:

1	Sizinzo	Kama	Achilles AAA	59	41:08
2	Bruce	McEwan	Achilles AAA	57	44:55
3	Chris	Terblanche	Achilles AAA	55	45:53

60-64:

1	Hannes	Els	Madiba Bay AC	61	44:14
2	Percy	Dalton	Achilles AAA	62	45:17
3	Cilliers	Swart	Nedbank RC EP	64	45:21

65-69:

1	Tamsanqa	Jusayi	Nedbank RC EP	68	42:55
2	Jan	Von Mollendorf	Elite AC	65	1:04:06
3	Piet	Scholtz	Queenstown	66	1:04:09

70-74:

1	Gerald	Hoxley	Achilles AAA	70	59:30
2	Selwyn	Solomon	Crusaders AC	72	1:07:08
3	Alf	Zehmke	Outeniqua	71	1:09:09

75-79:

1	Hilary	Pritchard	Crusaders AC	76	1:08:47
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Juniors:

1	Mthandazo	Loni	Nedbank RC EP	17	33:56
2	Nicholas	Affat	Rand AC	17	46:04
3	Lwazi	Banzi	Malabar AC	17	57:07

WOMEN

1	Davera	Magson	Mr Price AC EP	36	40:17
2	Deliwe	Nyanga	Nedbank RC EP	21	40:45
3	Noxolo	Marks	Mr Price AC EP	24	44:44
4	Grizelda	Pietersen (1 st vet)	Achilles AAA	42	45:38
5	Elmarie	Bezuidenhout	Charlo RR	28	46:19
6	Lizette	Sydien	Elite AC	24	47:08
7	Hanlie	V.d. Westhuizen (1 st mast)	Transnet RE EP	54	47:41
8	Janette	Schierz-Crusius	Body Concept	50	47:45
9	Shannon	Swart	Profiles AC	28	49:30
10	Debbie	Dodd	Charlo RR	40	49:33
11	Adele	Nel	St Albans CS EP	37	50:00
12	Tiani	Claassen	Transnet RE EP	20	50:38
13	Lindie	Stander	St Albans CS EP	26	50:44
14	Yolandie	Green	Profiles AC	35	53:19
15	Liz	Grundlingh (1 st g'mast)	Muirite Striders	64	53:27
16	Megan	Wilson (1 st jun)	Charlo RR	15	54:16
17	Yolande	Knoetze	Elite AC	43	54:27
18	Sera	Ganyana	Temp	24	54:40
19	Denise	Darlow	Charlo RR	42	54:41
20	Lindie	Steyn	Kimberley RR	23	54:54

40-44:

1	Grizelda	Pietersen	Achilles AAA	42	45:38
2	Debbie	Dodd	Charlo RR	40	49:33
3	Yolande	Knoetze	Elite AC	43	54:27

45-49:

1	Aletta	Joubert	Crusaders AC	49	55:21
2	Yvette	Kleinbooi	PEAAC	48	55:40
3	Esteleen	Kramer	Cadbury AC	49	55:43

50-54:

1	Hanlie	Van der Westhuizen	Transnet RE EP	54	47:41
2	Janette	Schierz-Crusius	Body Concept	50	47:45
3	Christine	Snyman	VW AC	54	55:21

55-59:

1	Jos	Els	Madiba Bay AC	58	55:37
2	Marcelle	Harran	Body Concept	56	1:00:56
3	Glenys	Joubert	Nedbank RC EP	59	1:09:08

60-64:

1	Liz	Grundlingh	Muirite Striders	64	53:27
2	Minnie	Trimally	PEAAC	61	56:09
3	Lorraine	Siebrits	Outeniqua	60	1:09:09

65-69:

1	Orgia	Nell	Muirite Striders	67	1:10:40
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70-74:

1	Dorothy	Hart	PEAAC	72	1:06:06
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Juniors:

1	Megan	Wilson	Charlo RR	15	54:16
2	Tanya	Wilson	Charlo RR	18	1:03:44
3	Kimberley	Wilson	Charlo RR	15	1:05:44

Capestorm Red Hill 36.2 km (35th) & Marathon (21st)

Fish Hoek, 22 January

(Distances: 36.2 km & 42.195 km; certified, very hilly loop courses. Finishers: 36.2 km – 853; marathon – 587. Weather: Cool, strong wind.)

36.2 km

MEN

1. Pieter Koopman (Maties) 2:10:17; 2. Zolani Bhitane (Adid) 2:15:04; 3. Marks Mpekula (VOB) 2:15:23; 4. William Robinson (UCT) 2:22:27; 5. Clifford Drury (Ned) 2:24:38 (1st vet); 6. Patrick Ketelo (Adid) 2:26:18; 7. Simon von Witt (AAC) 2:26:38; 8. Johnny Persents (Adid) 2:26:38; 9. Bruce Stewart (Gugs) 2:27:44; 10. Chris Mitchell (Celtic) 2:28:47; 11. Johan van Zyl (Tyger) 2:31:41; 12. Aldrin Smit (NBMC) 2:31:57; 13. M. Eadie (Celtic) 2:33:11; 14. Forgiveness Zhante (Durb) 2:33:48; 15. Youssef Kanouni (Itheke) 2:33:59; 16. Shafiek Cassiem (Celtic) 2:34:36 (1st mast); 17. Charles Witbooi (VOB) 2:34:39; 18. Andries Ntsizakalo (Ned) 2:35:15; 19. Mervin Steenkamp (Itheke) 2:36:05; 20. Masixole Peza (Adid) 2:36:26.

Veterans: 1. Clifford Drury (Ned) 2:24:38; 2. Johnny Persents (Adid) 2:26:38; 3. Bruce Stewart (Gugs) 2:27:44. **Masters:** 1. Shafiek Cassiem (Celtic) 2:34:36; 2. Ludwig Lillie (Durb) 2:37:05; 3. Paul Cieverts (Top) 2:38:26. **G'masters:** 1. Hennie Wentzel (Durb) 2:47:13; 2. Roelof van Weele (Whalers) 3:20:41; 3. Gideon Malherbe (Celtic) 3:26:33. **G/g'masters:** 1. Caspar Greeff (AAC) 4:01:16; 2. Dave Kirby (SH) 4:57:30.

WOMEN

1. Joanna Thomas (VOB) 2:36:30 (1st vet); 2. Ursula Turck (Strand) 2:54:55; 3. Coriaan de Villiers (Harf) 2:55:34; 4. Liana Maree (Stell) 2:55:57; 5. Wilna Eybers (Strand) 2:59:49; 6. Rachel Shuttleworth (Strand) 3:01:03; 7. Lisa-Jo Austin (Durb) 3:02:21; 8. Kirsten Norris (VOB) 3:03:06; 9. Sandra van Graan (Edge) 3:03:17; 10. Eleanor Cook (AUS) 3:04:02; 11. Emma Liebenberg (Ind) 3:04:14; 12. Marie Louw (Adid) 3:05:35; 13. Miranda Symons (Adid) 3:07:25; 14. Lorna Loubser (Sanlam) 3:08:15; 15. Kasha Drut (Celtic) 3:09:48; 16. Caroline Willis (Celtic) 3:10:11; 17. Theresa Burgess (VOB) 3:11:14; 18. Georgina Sinclair (VOB) 3:11:27; 19. Janine Lewerenz (Ind) 3:13:46; 20. Tracy Baxter (Satori) 3:15:05.

Veterans: 1. Joanna Thomas (VOB) 2:36:30; 2. Wilna Eybers (Strand) 2:59:49; 3. Sandra van Graan (Edge) 3:03:17. **Masters:** 1. Maretha de Kock (Adid) 3:26:32; 2. Moira Oliver (Satori) 3:27:00; 3. Brenda Stevenson (Pine) 3:27:31. **G'masters:** 1. Olwyn Oliver (FH) 3:46:45; 2. Chippy Steele (Hout) 3:55:09; 3. Sarie Erasmus (Swart) 4:36:14.

Marathon

MEN

1. Jumat Witbooi (Bred) 2:37:43; 2. Innocent Nogwaza (Adid) 2:44:57; 3. Quinton Prince (Met) 2:48:15; 4. Khaya Fokwana (VOB) 2:54:55; 5. E. Whitebooi (SANDF) 2:58:07; 6. Enrico September (Paarl) 2:59:58; 7. Basil Lehman (Met) 3:01:06 (1st vet); 8. Kosie Botha (CS Bol) 3:01:22 (1st mast); 9. Jimmy Drury (Ned) 3:01:35; 10. J. Stemmet (Bonnie) 3:01:58; 11. Zolani Ntsodo (SANDF) 3:02:17; 12. Dumisani Dosi (Paarl) 3:02:29; 13. Elliot Man (Gugs) 3:04:00; 14. Andries Swanepoel (Brack) 3:04:49; 15. Lungisa Cuba (Celtic) 3:06:18; 16. R. Gebenga (Atlantis) 3:06:20; 17. Desmore Opper (Durb) 3:08:05; 18. Derick Zoutman (Swart) 3:08:47; 19. Danny Ngoy-Kadisha (Durb) 3:08:55; 20. Mark Kalis (Celtic) 3:09:04.

Veterans: 1. Basil Lehman (Met) 3:01:06; 2. Jimmy Drury (Ned) 3:01:35; 3. Z. Ntsodo (SANDF) 3:02:17. **Masters:** 1. Kosie Botha (CS Bol) 3:01:22; 2. Desmore Oppel (Durb) 3:08:05; 3. Richard Johnson (OM) 3:21:04. **G'masters:** 1. Joseph Matthews (MPT) 4:06:50; 2. Denzil Bardwell (FH) 4:07:38; 3. Tony Abrahamson (For) 4:25:04.
G/g'masters: 1. Brian Key (For) 3:50:21.

WOMEN

1. Farwa Mentoor (Bon) 3:09:33; 2. Kerry Armstrong (Celtic) 3:16:56; 3. Candyce Hall (Hout) 3:17:54; 4. Elizabeth de Gouveia (Durb) 3:31:48; 5. Liesl Stoltz (Durb) 3:34:23; 6. Caitlin Lewis (Ind) 3:40:46; 7. Juliette Savini (Durb) 3:41:27 (1st mast); 8. Tania Anderson (VOB) 3:41:35; 9. Cailey Bredenkamp (Paarl) 3:44:01 (1st vet); 10. Sue Ulyett (AAC) 3:47:05; 11. Charmaine Meyer (MPT) 3:49:12; 12. Lorraine Rogers (Durb) 3:49:47; 13. Ronel Steenkamp (Durb) 3:53:00; 14. Cheryl du Sautoy (RAC) 3:54:45; 15. Charissa Balman (Satori) 3:55:10; 16. Caroline Weinel (Durb) 3:56:23; 17. Diane de Carteret-Martin (Maties) 3:56:24; 18. Jacky Meiklejohn (Maties) 3:56:25; 19. Marli Grewar (Ind) 3:56:47; 20. Dalene du Toit (Swart) 3:57:18.

Veterans: 1. Cailey Bredenkamp (Paarl) 3:44:01; 2. Charmaine Meyer (MPT) 3:49:12; 3. Ronel Steenkamp (Durb) 3:53:00. **Masters:** 1. Juliette Savini (Durb) 3:41:27; 2. Lorraine Rogers (Durb) 3:49:47; 3. Adri Visser (Swart) 4:14:45.

Akasia Marathon, Half Marathon & 10 km

Pretoria, 22 January

(Distances: 42.195 km, 21.1 km, 10 km. Finishers: marathon – 504; half marathon – 1100; 10 km – 1600.)

Note: Veterans won both the men's and women's marathon races. – Ed.

Marathon

MEN

1 Greg Barnes (Irene) 2:35:11 (1st vet); 2 Wesley Ruto (KEN/Nedbank) 2:40:27; 3 Masetla Faston (Temp) 2:40:33.

Veterans: 1 Greg Barnes (Irene) 2:35:11; 2 Moses Letlhake (Dept of Public Works) 2:47:25; 3 Sam Mashiloane (Bonitas) 3:04:31. **Masters:** 1 Rufan Palm (AS Eagles) 3:18:43. **G'masters:** 1 Daniel Hlongwane (Nedbank) 3:35:50.

WOMEN

1 Vanessa Bowman (Kempton) 3:25:56 (1st vet); 2 Anelle Vorster (Irene) 3:35:51; 3 Christelle v.d. Merwe (Irene) 3:37:31.

Veterans: 1 Vanessa Bowman (Kempton) 3:25:56; 2 Ansa Strydom (Overkruin) 4:01:48; 3 Daleen Jarrett (Agape) 4:03:19. **Masters:** 1 Heleen Hall (Rustenburg) 3:44:10.

Half marathon

MEN

1 Michael Ngasake (ZIM/Mr Price) 69:10; 2 William Chinyanga (ZIM/Nedbank) 69:37; 3 Esau Radebe (Transnet) 70:33.

Veterans: 1 Elias Mabane (Bidvets) 77:16. **Masters:** 1 Peter Sebola (Wingate) 1:40:36. **G'masters:** 1 Mike du Bruto (Irene) 1:45:31.

WOMEN

1 Kerry-Ann Walton (Running Inn) 84:38; 2 Margaret Mahohoma (ZIM/Mr Price) 86:35; 3 Winia Jansen v. Rensburg (Tuks) 91:37.

Veterans: 1 Ansie Viljoen (Irene) 92:35. **Masters:** 1 Marina Coetzee (PMK) 1:47:11.
G'masters: 1 Marilyn Moore (Breakthru Midrand) 2:21:25.

10 km

MEN

1 Joshua Sabao (ZIM/Mr Price) 31:33; 2 Wesley Mutai (KEN/New Balance) 31:43; 3 Frans Makola (Transnet) 32:18.

Veterans: 1 Piet Mosibedi (HSRC) 32:43. **Masters:** 1 Francis Mukuka (ZAM/Bashewa) 37:37. **G'masters:** 1 Pele Tshuhandamela (Yebo Striders) 44:40. **Juniors:** 1 Bradford Bevrett (JHAC) 53:19.

WOMEN

1 Natalie Constantinides (Tuks) 42:09; 2 Jane Mudau (Bonitas) 42:58 (1st vet); 3 Mariska Buys (New Balance) 43:19.

Veterans: 1 Jane Mudau (Bonitas) 42:58. **Masters:** 1 Maryna Steinman (Agape) 51:20.
G'masters: 1 Mavis Stadler (Agape) 62:22.

Dis-Chem Half Marathon & 5 km

Bedfordview, 16 January
 (Distances: 21.1 km & 5 km; loop courses)

Note: A new course record for Irvette van Blerk in the half marathon. – Ed.

Half marathon

MEN

1. Xolisa Tyali (Ned) 67:11; 2. Shadrack Hoff (Bashewa) 67:51; 3. Johannes Kekana (MP) 68:22; 4. Zongamele Dyubeni (Ned) 68:43; 5. Lucky Mohale (Bonitas) 68:59; 6. Enny Mashoene (MP) 69:10; 7. Richard Mavuso (MP) 69:35; 8. Ntobeko Mtintso (Kwa-T) 71:00; 9. Thabo Nkuna (Bonitas) 72:00; 10. Hlasa Vincent Seng (Ned) 73:01.

WOMEN

1. Irvette van Blerk (Ned) 76:28 CR; 2. Mpho Mabuza (Ned) 83:25; 3. René Kalmer (Ned) 83:45; 4. Gillian Sieling (Ind) 87:06; 5. Julianie Basson (Toyota) 88:49; 6. Vicky Cotter (Wand) 93:12; 7. Sarah Mahlangu (MP) 94:47; 8. Mari Bruwer (Arc M) 95:27; 9. Sekamotho Kulashe (Ind) 95:30; 10. Kashmira Parbhoo (Ned) 96:52.

5 km

MEN

1	Stephen	Mokoka	Transnet	25	14:43
2	Kgosi	Tsosane	Nedbank	24	14:45
3	Tshamano	Setone	Ind	23	14:46
4	Sibusiso	Nzima	Nedbank	24	15:25
5	Tumelo	Motlagale	Nedbank	24	15:38
6	A.N. Other				15:46
7	Motsamai	Motone	Transnet	30	15:54
8	Sibusiso	Madilazela	Art of Running	19	16:02
9	Armin	Botha	Univ Jhb	18	16:09
10	Joshua	Sabao	ZIM/Mr Price	21	16:11

WOMEN

1	Nolene	Conrad	Univ Jhb	25	18:18
2	Puseletso	Dladla	Art of Running	19	19:19
3	Noria	Sibanda	Art of Running	22	19:27
4	Vanessa	Bowman	Kemp rr	41	22:11

5 Nomvula Kenyane ADT 40 22:28

Candlelight Run 10 km

(In SWD, but venue and date unknown)

MEN

1	Ettienne	Plaatjies	Nedbank	23	32:39
2	George	Ntshiliza	Nedbank-EP	31	33:36
3	Lindile	Tokota	Nedbank	43	33:40
4	Gershevill	Jacobs	Nedbank	20	33:42
5	Luwayne	Duitsjan	Hartenbos Drawwers	24	34:03
6	Julius	Korkee	Rainbow AC		34:50
7	Frans	Malgas	Knysna AC	20	35:27
8	Juan	Pretorius	Hartenbos Drawwers	29	35:31
9	Melikhaya	Msizi	Knysna AC		35:35
10	Granville	Hendricks	Ind	27	35:40

WOMEN

1	Melissa	van As	Nedbank	28	40:46
2	Kerry	Roos	Knysna AC	32	42:13
3	Lize	Cornelius	Hartenbos Drawwers	24	42:44
4	Anna	Haw	Nedbank	26	43:05
5	Johanna	Claasen	Nedbank	42	43:25
6	Michelle	van Rooyen	?	15	45:36
7	Tanja	Fourie	Outeniqua Harriers	24	48:16
8	Abigail	Modra	Zwartberg	17	48:28
9	Lucille	Rena	Mosselbay Harriers	20	48:50
10	Karin	Pauw	Nedbank	45	49:07

CROSS-COUNTRY

SA Cross-country Trials

Potchefstroom, 22 January

Note: The photograph at right shows how close the finish in the men's race was, with Stephen Mokoka mostly obscured by winner Kgosi Tsosane. (All pictures of the Trials by Martin van Schalkwyk) – Ed.

MEN (12 km)

1	Kgosi	Tsosane	CGA	37:57
2	Stephen	Mokoka	AGN	37:58
3	Lungisa	Mdedelwa	ATRA	38:02
4	Boy	Soke	AFS	38:06
5	Xolisa	Tyali	CGA	38:29
6	Tshamano	Setone	CGA	38:37
7	Sibusiso	Nzima	CGA	38:44
8	Ruben	Ramolefi	CGA	38:44
9	Isaac	Mboyaze	CGA	39:08
10	Gladwin	Mzazi	AGN	39:09
11	Benedict	Moeng	AGN	39:14
12	William	Manelo	AFS	39:22
13	Samuel	Segoaba	AFS	39:29
14	Lucky	Miya	CGA	39:35
15	Olebogeng	Masire	CGA	39:40



16	Siyabonga	Nkode	KZNA	39:40
17	Joel	Mmone	ACNW	39:46
18	Rafaela	Mahapa	AGN	39:50
19	Motsamai	Motone	AGN	39:56
20	Lungile	Gongqa	EPA	40:04
21	Thabang	Masihleho	AFS	40:04
22	Sibusiso	Madikizela	KZNA	40:09
23	Thoriso	Ratsela	CGA	40:10
24	Bonginkosi	Zwane	KZNA	40:12
25	Anthony	Godongwana	WPA	40:13
26	Tumelo	Moteagale	ACNW	40:18
27	Lucky	Mohale	CGA	40:19
28	Molefe	Molefe	CGA	40:20
29	Elroy	Gelant	WPA	40:21
30	Pieter	Wilders	CGA	40:21
31	Dean	Brummer	ACNW	40:27
32	Thulo	Nyedimane	AFS	40:33
33	Chabeli	Nyedimane	AFS	40:36
34	Lucas	Buthobutle	ACNW	40:37
35	Edwin	Molepo	ACNW	40:39
36	Don	Andreas	NWC	40:49
37	Thubalethu	Phaku	KZNA	40:58
38	Witness	Hlalele	AVT	41:02
39	Clinton	Swanepoel	CGA	41:08
40	Joel	Madiba	AGN	41:13
41	Robin	Lindgren	SWE	41:22
42	David	Gatebe	IND	41:23
43	Siyabulela	Mtsha	ATRA	41:25
44	Stofel	Sebuaseng	ACNW	41:34
45	Sithembele	Fanekho	ATRA	41:37
46	Asanda	Malunga	ATRA	41:40
47	Omphemetse	Mothibi	ANWN	41:49
48	Johannes	Molehe	AFS	41:52
49	Mikael	Ekvall	SWE	41:53
50	Dikotsi	Lekopa	ACNW	42:04

JR. MEN (8 km)

1	William	Kaptein	BOLA	26:05
2	Merline	Klaaste	ASWD	26:28
3	Jeromy	Andreas	WPA	26:29
4	Luyanda	Qolo	BOLA	26:35
5	Luxolo	Mdzanga	WPA	26:45
6	Edwin	Sesipi	CGA	26:46
7	Teboho	Mabesele	AFS	26:47
8	Mfumaneko	Fadane	AVT	27:22
9	Morena	Mokoena	CGA	27:29
10	Thabiso	Mateba	CGA	27:35
11	Kgalalelo	Mathabatha	IND	27:38
12	Paul	Miya	CGA	27:42
13	Benjamin	Molehe	AFS	27:53
14	Sandy	Londt	CNW	27:55
15	Gift	Mahlangu	AGN	28:02
16	Karabo	Jacobs	AVT	28:06
17	Unathi	Nteta	WPA	28:07
18	Sekhalo	Mthimkhulu	AGN	28:28
19	Charlie	Maclean	IND	28:40
20	Mpho	Makofane	AGN	28:44

21	Tumelo	Mokabane	ACNW	28:46
22	Tumisang	Monnatlala	CGA	28:48
23	Zusiphe	Mpiyakhe	ATRA	28:52
24	Sonnyboy	Mkhwanazi	KZNA	28:55
25	Koos	Baloyi	AGN	28:58
26	Mawande	Hlongwe	ATRA	29:02
27	Jacob	Tseko	IND	29:16
28	Sthabiso	Mkhize	KZNA	29:20
29	Edward	Moshoete	CGA	29:22
30	Lucky	Thatho	CGA	29:29

WOMEN (8 km)

Note: The picture shows Lebogang Phalula taking the win from Annerien van Schalkwyk, with twin sister Lebo in the background. – Ed.

1	Lebogang	Phalula	CGA	29:59
2	Annerien	Van Schalkwyk	AGN	30:00
3	Lebo	Phalula	CGA	30:04
4	Mapaseka	Makhanya	IND	30:12
5	Tebogo	Masehla	CGA	30:44
6	René	Kalmer	IND	31:01
7	Mpho	Mabuza	CGA	31:19
8	Christine	Kalmer	CGA	31:28
9	Charné	Bosman	AGN	31:39
10	Ntombisintu	Mfunzi	EPA	31:43
11	Liziwe	Mabona	AGN	31:50
12	Makhosi	Mhlongo	KZNA	31:56
13	Anna	Moeketsi	AFS	32:05
14	Portia	Ngwenya	AGN	32:10
15	Marelize	Retief	AGN	32:17
16	Nolene	Conrad	CGA	32:22
17	Noria	Sibanda	KZNA	32:34
18	Ashleigh	Schnetler	CGA	32:35
19	Thembi	Baloyi	AGN	32:39
20	Patience	Khumalo	AGN	33:01
21	Thozama	April	AGN	33:13
22	Vuyokazi	Gebe	ATRA	33:20
23	Nandipa	Dywili	AGN	33:25
24	Puseletso	Dladla	KZNA	33:30
25	Takalane	Nthulane	CGA	33:42
26	Ronel	Thomas	AGN	34:03
27	Kataza	Shipalana	AVT	34:29
28	Tshegofatso	Taukobong	AGN	34:30
29	Annika	Claasens	CGA	34:50
30	Itumeleng	Molomo	AGN	35:30



JR. WOMEN (6 km)

Note: The photograph shows the first three junior women on the podium, with Caroline Marandela on the left and Thato Makhafola on the right. – Ed.

1	Letitia	Saayman	AGN	23:28
2	Caroline	Marandela	CGA	23:35
3	Thato	Makhafola	CGA	23:40



4	Sylvia	Tshetlanyane	CGA	23:50
5	Thandeka	Manzana	AGN	24:03
6	Konzeni	Gwegwe	ATRA	24:16
7	Anneke	Gildenhuys	AFS	24:32
8	Dominique	Scott	WPA	24:35
9	Ankia	Stols	AGN	24:50
10	Masabata	Matoane	AGN	24:55
11	Juan-Marie	Cooper	CGA	25:07
12	Mamphielo	Sibanda	CGA	25:15
13	Mphumelelo	Mnyandu	KZNA	25:33
14	Kyla	Van Graan	AGN	25:42
15	Lerato	Mohloai	AVT	25:45
16	Keitumetsi	Disipi	CGA	25:50
17	Gerdrie	Wolmarans	AGN	25:56
18	Avela	Nkweba	ATRA	26:13
19	Ntokozi	Mkhize	KZNA	26:17
20	Abongile	Nonkosi	ATRA	26:28
21	Jeanine	Meyer	CGA	26:40
22	Chante	Venter	CGA	26:52
23	Rizani	Van Aswegen	AVT	27:10
24	Chandre	Du Plessis	AGN	27:28
25	Avela	Nongci	ATRA	27:32
26	Rose	Shabalala	CGA	27:44
27	Lutendo	Thovagi	AGN	27:48
28	Mamello	Malao	AFS	28:02
29	Danel	Prinsloo	AFS	28:05
30	Mbali	Mokoena	KZNA	28:09

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

Tri-City Medical Center Carlsbad Marathon (21st) & Half Marathon

Carlsbad, USA, 23 January

(Distances: 42.195 km and 21.1 km; rolling out-and-back course)

Half marathon (gun times)

MEN

1. Wesley Korir, 28, KEN 1:02:46 1500 + 1000i
2. Macdonard Ondara, 26, KEN 1:02:58 750
3. Samuel Kosgei, 26, UGA 1:03:21 300

i) Earned time incentive for sub-1:04:00

WOMEN

1. Jane Kibii, 25, KEN 1:12:33 1500 + 1000i
2. Misiker Mekonnin Demissie, 24, ETH 1:15:13 750
3. Hirut Mandefro, 25, ETH 1:15:28 300

i) Earned time incentive for sub-1:15:00

Marathon (gun times)

MEN

- | | | |
|--|---------|------------|
| 1. Demese Tefera, 28, ETH | 2:27:28 | 500 + 500i |
| 2. Shingirai Badza, 36, ZIM | 2:29:11 | 250 + 500i |
| 3. Sergio Gonzalez, 24, San Marcos, CA | 2:30:28 | 100 |

i) = Earned time incentive for sub-2:30:00

WOMEN

- | | | |
|--|------------|--------------|
| 1. Mary Akor, 34, Hawthorne, CA | 2:45:51 | 500 + 1000ii |
| 2. Emily Belli, 33, San Diego, CA | 2:46:18 PB | 250 + 500i |
| 3. Johanna Bonfiglio, 34, Carlsbad, CA | 2:48:53 DB | 100 + 500i |

i) Earned time incentive for sub-2:50:00

Mitja Marato Internacional Vila de Santa Pola (21st)

Alicante, ESP, 23 January

(Distance: 21.1 km; loop course with negligible start/finish separation or elevation change)

MEN (gun times)

- | | | |
|-------------------------------------|---------------|------------------|
| 1. Azmeraw Bekele, ETH | 1:00:32 PB/CR | 600 + 5000* euro |
| 2. Joseph Kiptoo Birech, KEN | 1:00:40 | 400 |
| 3. Robert Kipkorir, KEN | 1:03:05 | 300 |
| 4. David Kilel, KEN | 1:04:31 | 200 |
| 5. Luis Miguel Martin Berlanas, ESP | 1:05:35 | 100 |

*) Course Record/5000 euro bonus

WOMEN (gun times)

- | | | |
|---------------------------------|------------|-----|
| 1. Rkia El Moukim, MAR | 1:11:49 | 600 |
| 2. Rita Jeptoo, KEN | 1:12:02 | 400 |
| 3. Esther Hidalgo Garcia, ESP | 1:14:06 PB | 300 |
| 4. Maria Jose De Toro Saiz, ESP | 1:15:54 | 200 |
| 5. Wafiya Benali, MAR | 1:19:57 | 100 |

Standard Chartered Dubai Marathon (12th)

Dubai, UAE, 21 January

(Distance: 42.195 km; AIMS certified, record-standard course)

MEN

- | | | |
|------------------------------|-----------------------|-------------|
| 1. David Barmasai Tumo, KEN | 2:07:18 PB | USD 250,000 |
| [1:02:46 / 1:04:32] | | |
| 2. Evans Cheruiyot, KEN | 2:08:17 | 100,000 |
| [1:02:47 / 1:05:30] | | |
| 3. Eshetu Wendimu Tsige, ETH | 2:08:54 | 50,000 |
| 4. Derese Chimsa Edae, ETH | 2:09:08 | 25,000 |
| 5. Stephen Kibet, KEN | 2:09:27 PB | 15,000 |
| Gert Thys, RSA | DNF (1:03:40 at half) | |

WOMEN

- | | | |
|-----------------------------|------------|-------------|
| 1. Aselefech Mergia, ETH | 2:22:45 | USD 250,000 |
| [1:11:12 / 1:11:33] | | |
| 2. Lydia Cheromei, KEN | 2:23:01 PB | 100,000 |
| [1:11:12 / 1:11:49] | | |
| 3. Isabellah Andersson, SWE | 2:23:41 NR | 50,000 |

[1:12:05 / 1:11:36]		
4. Atsede Habtamu Besuye, ETH	2:24:26 PB	25,000
5. Atsede Bayisa Tesema, ETH	2:25:08	15,000
... 8. Werknesh Kidane, ETH	2:27:15 DB	12,000
[1:11:12 / 1:16:03]		
Berhane Adere, ETH	DNF (1:11:45 at half)	

CROSS-COUNTRY

Discovery Kenya Cross-country

Eldoret, KEN, 23 January

SR. MEN (12 km)

1. Geoffrey Kipsang	36:14.4	KSH 20,000 (=USD 249)
2. Ismael Rashid	36:35.3	15,000
3. Albert Matebor	36:44.2	10,000
4. Stephen Kiprotich	36:52.8	9,000
5. Philip Kimutai	36:52.9	8,000
... 33. Martin Lel,	38:15	

SR. WOMEN (8 km)

1. Priscah Jepleting Cheronno	27:48.1	KSH 20,000
2. Priscah Jeptoo	27:49.6	15,000
3. Viola Kibiwott	27:57.5	10,000
4. Mercy Cheronno	28:01.7	9,000
5. Fridah Damongole	28:19.5	8,000

Cross Internacional Juan Muguerza (68th)

Elgoibar, ESP, 23 January

SR. MEN (10796 m)

1. Lenard Patrick Komon, 1988, KEN	32:05
2. Micah Kogo, 1986, KEN	32:14
3. Sergey Lebid, 1975, UKR	32:15
4. Ricardo Serrano, 1980, ESP	32:40
5. Miguel Angel Barzola, 1982, ARG	32:41

SR. WOMEN (6624 m)

1. Sara Moreira, 1985, POR	22:08
2. Diana Martín, 1981, ESP	22:09
3. Gemma Barrachina, 1986, ESP	22:11
4. Alessandra Aguilar, 1978, ESP	22:23
5. Emily Pidgeon, 1989, GBR	22:27

Kenyan Armed Forces Cross-country Championships

Nanyuki, KEN, 22 January

SR. MEN (12 km)

1. John Chepkwony (TKA)	35:41.2
2. Leonard Oloitiptip (LAB)	35:41.4
3. Vincent Kiprop (KAH)	35:47.1
4. William Chebon Chebor (MAB)	35:51.0
5. Linus Chumba (EMB)	35:52.1
... 23. Joseph Ebuya	n/t

... 47. Joshua Chelanga n/t

SR. WOMEN (8 km)

1. Lineth Chepkurui (MAB)	27:18.3
2. Iness Chenonge (MAB)	27:19.2
3. Sharon Cherop (ISL)	27:26.5
4. Peninah Arusei (TKA)	27:32.4
5. Hellen Obiri (LAB)	27:41.7

STATS TIME

This week's Stats Time differs somewhat from the usual format to have a look at the controversial 50 km time run last weekend by American Josh Cox, the second fastest ever.

– Ed.

In last week's DRR the result of the Rock 'n' Roll Arizona Marathon from Phoenix to Tempe (a point-to-point course) was included. In this race Josh Cox completed the marathon in first place (in 2:17:32) and then, in an apparent solo effort, went on to run 20 laps on a track to complete 50 km. His time was 2:43:45, just 7 seconds slower than Thompson Magawana's world record set in the 1988 Old Mutual Two Oceans. The 50 km was also point to point, with a start/finish separation of 29% and an elevation gain of 14 m.

Doubts about the legality of Cox's mark (he set the previous US record of 2:47:17 on the same course in 2009) were expressed immediately.

Noted ultra statistician Andy Milroy wrote in an e-mail message: "Bearing in mind how hard RSA runners have found it to get close to Magawana's mark [and] bearing in mind the sheer number of RSA 50 km races, some of which are point to point AND downhill, [Cox's time] is surprising."

It should be noted that Cox could finish no better than 177th in last year's Comrades.

Ken Young, publisher of *The Analytical Distance Runner*, was even more outspoken.

"One of the standing precepts of record keeping is that records may only be established in *bona fide* competition. The definition of *bona fide* competition entails a number of requirements. First, the race must be advertised in advance so that other potential record claimants may also have a shot at the record. Second, the record claimant may not be paced by runners not entered in the race. There are more requirements but these are the ones relevant to the present discussion.

"[Regarding Cox's time], an examination of the race website for the marathon and accompanying half marathon showed no indication that a 50 km option was available. There is no evidence this 'race' was openly advertised in advance. Except for the after-the-fact press release, there is no mention of a 50 km race and there are no official results posted on the race website for a 50 km race.

"In addition, Cox clearly had the advantage of being paced by runners in the marathon who were not entered in the 50 km 'competition' and had no intention of finishing 50 km. This situation is not dissimilar from the situation on 12 March 2006 at the Alphen aan den Rijn 20 km where Haile Gebreselassie (ETH) ran 1:11:37 for 25 km. Rather than tack the extra 5 km after the finish as in the Cox case, the 5 km was added before the 20 km race was started and, in fact, the start of the 20 km race was made coincident with the point when Gebreselassie crossed the start line where he picked up a new set of pacers who were not entered in the 25 km competition.

"The Cox 50 km performance fails two criteria that are required for recognition of a record. The race was not properly advertised in advance and the record claimant was paced by runners not entered in the 50 km competition. For these reasons, this mark will not be recognized by the Association of Road Racing Statisticians (as his previous mark made under the same conditions in 2009 likewise was not recognized by the ARRS)."

The top ten men on the SA all-time list for 50 km are as follows (with the next three runners who have times on standard courses added):

2:43:38	Thompson Magawana		Cape Town	02-Apr-88
2:44:03A	Josiah Thugwane		Middelburg	23-Apr-05
2:44:45A	Simon Peu		Middelburg	05-Apr-03
2:45:27A	Graham Malinga		Middelburg	24-Apr-04
2:45:41A	Bethuel Netshifhefhe		Pretoria	25-Sep-06
2:46:08A	Ben Choeru		Johannesburg	21-Aug-82
2:46:34A	Willie Farrell		Pretoria	02-Aug-80
2:47:00A	Miltas Tshabalala		Middelburg	23-Apr-94
2:47:04A	Johnny Halberstadt		Pretoria	15-Jul-78
2:47:08A	Jerry Modiga	(10)	Centurion	29-Aug-99
2:47:39	Zithulele Sinqe		Cape Town	29-Mar-97
2:48:06	Eric Mhlongo		Cape Town	29-Mar-97
2:49:39	Othaniel Phalane		Hartbeespoort	20-Mar-10

THIS MONTH IN HISTORY

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

52 years ago: 25 January 1959

Famous American ultrarunner Ted Corbitt won the Shanahan Catholic Club Marathon in Philadelphia in 2:29:43. This race, now known as the Philadelphia Marathon, has had 52 runnings with Corbitt having the most victories, four. The course was only about 41.8 km in 1959. Among the other famous winners of the race are John Kelly, Tom Osler and Amby Burfoot. Two Russian runners who have often run in South African ultramarathons, Elvira Kolpakova and Marina Bychkova, won the race in 2000 (2:41:56) and 2006 (2:40:31) respectively.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2011

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	31:55	Richard Mavuso	Pretoria	15 Jan
	29:13	Abraham Kiprotich (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:43	Lusapho April	Jeffreys Bay	08 Jan
	44:43	Lusapho April (RSA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	67:11	Xolisa Tyali	Bedfordview	16 Jan
	62:33	Ayele Abshuro Biza (ETH)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	75:02	Lusapho April	Berlin	09 May
	71:50	Sammy Kosgei (KEN) 2010		
30 km	1:36:14	Elroy Gelant	Camps Bay	09 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:35:11	Greg Barnes	Pretoria	22 Jan
	2:07:18	David Barmasai Tumo (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	32:43	Piet Mosibedi	Pretoria	22 Jan
	28:51	Paulo Catarino (POR) 2003		
15 km	50:30	Graham Katzen	Constantia	15 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	74:24	Elias Mabane	Pretoria	15 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km				
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:14	Graham Katzen	Camps Bay	09 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:35:11	Greg Barnes	Pretoria	22 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	39:57	Mike du Bruto	Pretoria	15 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	57:30	Alfred Spiers	Jeffreys Bay	08 Jan
	[52:23	Vladimir Kotov (BLR)	Constantia	15 Jan]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	84:52	Nicholas Dlamini	Scottburgh	16 Jan
	66:42	Martin Rees (GBR) 2003		
25 km				
30 km	1:58:23	Raymond Howard	Camps Bay	09 Jan
Marathon	3:01:22	Kosie Botha	Fish Hoek	22 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	39:57	Mike du Bruto	Pretoria	15 Jan
15 km	62:32	Mike Hirst	Johannesburg	09 Jan
21.1 km	95:15	Michael Langa	Scottburgh	16 Jan
25 km				
30 km	2:10:29	Jimmy Morris	Camps Bay	09 Jan
Marathon	3:35:50	Daniel Hlongwane	Pretoria	22 Jan
100 km				

Juniors

10 km	33:56	Mthandazo Loni	Port Elizabeth	22 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:42	Juwayne Fletcher	Jeffreys Bay	08 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	1:46:54	Kyle Storkey	Scottburgh	16 Jan
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Open

10 km	38:02	Catherine Skosana	Pretoria	15 Jan
	32:46	Christelle Daunay (FRA)		
	30:21	Paula Radcliffe (GBR) 2003		

15 km	56:38	Ntombesintu Mfunzi	Jeffreys Bay	08 Jan
	56:38	Ntombesintu Mfunzi (RSA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	76:28	Irvette van Blerk	Bedfordview	16 Jan
	72:53	Abebech Afewok Bekele (ETH)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km				
	79:53	Mary Keitany (KEN) 2010		
30 km	2:04:22	Joanna Thomas	Camps Bay	09 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	3:09:33	Farwa Mentoor	Fish Hoek	22 Jan
	2:22:45	Aselefech Mergia (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	42:26	Ansie Viljoen	Pretoria	15 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	61:42	Joanna Thomas	Constantia	15 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	92:35	Ansie Viljoen	Pretoria	22 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km				
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:04:22	Joanna Thomas	Camps Bay	09 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	3:25:56	Vanessa Bowman	Pretoria	22 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	47:41	Hanlie v.d. Westhuizen	Port Elizabeth	22 Jan
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	69:43	Julie Taunton	Jeffreys Bay	08 Jan
	54:33	Shirley Matson (USA) 1991		
21.1 km	1:47:11	Marina Coetzee	Pretoria	22 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km				
30 km	2:27:59	Dawn Middelkoop	Camps Bay	09 Jan
Marathon	3:41:27	Juliette Savini	Fish Hoek	22 Jan
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	62:22	Mavis Stadler	Pretoria	22 Jan
15 km	78:57	Marietha Herbert	Constantia	15 Jan
21.1 km	1:43:22	Liz Ruickbie	Pretoria	15 Jan
25 km				
30 km	2:35:21	Veronica van Niekerk	Camps Bay	09 Jan
Marathon				
100 km				
<u>Juniors</u>				
10 km	54:16	Megan Wilson	Port Elizabeth	22 Jan
	31:42	Zola Pieterse (RSA) 1984		

15 km	68:36 49:40	Jeanni Seymour Ines Chenonge (KEN) 2001	Johannesburg	09 Jan
21.1 km	1:09:05	Delilah Asiago (KEN) 1991		

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