

Distance Running Results

Vol. 11, No. 30 – 1 August 2011

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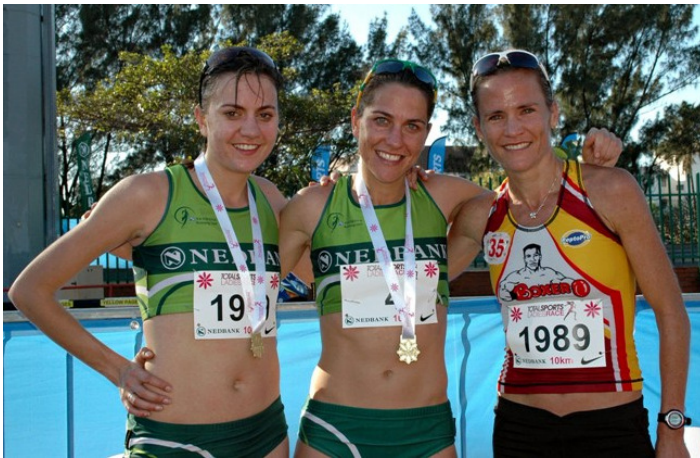
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Publisher: Riël Hauman

EDITORIAL

There was some quick running in the two major 10 km races this weekend. In Durban René Kalmer and Tanith Maxwell, two of South Africa's trio of athletes in the World Championships Marathon, ran away with the Totalsports Ladies Race. Kalmer won in 33:29, with

Maxwell second in 34:58. They were the only runners under 35 minutes.



Kalmer said in an e-mail that she was well pleased with her performance, as it came "on heavy legs" after a week of hard marathon training; she did a 37 km run on Friday. Her time is the third fastest by a South African this year: only Irvette van Blerk (32:50) and Kalmer herself (33:07) have run faster.

The previous day in Port Elizabeth the third member of the marathon team, Annerien van Schalkwyk, finished second in the Clover Milk Run in 34:09. Zintle Xiniwe took the win in 34:06.

Two more women, Ntombesintu Mfunzi (35:02) and Nomvuyisi Seti (35:26 – just 8 seconds slower than her PB) ducked under 36 minutes. In the men's

race Xolisa Tyali (29:20), Kgosi Samuel Tsosane (29:36) and Nkosinathi Madyo (29:57) broke 30 minutes.

The international highlight of the past week was Kenyan Vivian Cheruiyot's 14:20.87 for 5000 m at the Diamond League meeting in Stockholm, a national record and the fourth fastest time ever run for the distance. Cheruiyot won by exactly 23 seconds.

Cheruiyot's compatriot Geoffrey Mutai won his third and fourth consecutive races of the year, only five days apart and on two different continents. The Boston Marathon champion first won the 86th edition of the Giro Podistico Internazionale di Castelbuono 10 km in Italy in 29:05 and then jetted across the Atlantic to take the Media Maratón Internacional Bogotá in Colombia in 62:20. Stephen Mokoka was eighth in the latter race in 67:17.

Riël Hauman

The Kalmer sisters, Christine and René, and Tanith Maxwell after the Totalsports 10 km in Durban.
[Actionphoto.net]

INCLUDED IN THIS ISSUE:

- * Totalsports Ladies Race, Durban
- * McKenna Scott Pinelands 10 km, Pinelands
- * Clover Milk Run, Port Elizabeth
- * Old Mutual Rustenburg Mountain Race & 10 km, Rustenburg
- * Zwartkop Half Marathon & 10 km, Pretoria
- * Longest Day 12-hour Race, Pietermaritzburg
- * Vryheid Game Park Run, Vryheid
- * Meditrax Academy Mfuli Mountain Race, Empangeni
- * Worcester Voorsieners/Hospice Half Marathon & 10 km, Worcester
- * XC: Boland Trials #6, Pniel; WP League, Strandfontein

International highlights:

- * Media Maratón Internacional Bogotá, Bogotá, COL
- * San Francisco Marathon, Half Marathon & "Second Half" Half Marathon, San Francisco, USA
- * Quad-City Times Bix 7, Davenport, USA
- * Giro Podistico Internazionale di Castelbuono, Castelbuono, ITA
- * Swiss Alpine Marathon, Davos, SUI
- * Track: Aviva UK Trials & Championships, Birmingham, GBR; Gentse Feestenmeeting, Gent, BEL; DN Galan, Stockholm, SWE

ROAD RUNNING**Totalsports Ladies Race**

Durban, 31 July

(Distance: 10 km; certified loop course of 4 km with 2.5 km out-and-back section and a closing 1 km. Finishers: 1340.)

1	René	Kalmer	31	Ned CGA	33:29
2	Tanith	Maxwell	35	Boxer	34:58
3	Christine	Kalmer	25	Ned KZN	36:38
4	Puseletso	Dladla	21	Dbn Uni	37:30
5	Maya	Lawrie (1 st vet)	43	Boxer	37:36
6	Makhosazana	Mhlongo	29	Savages	37:40
7	Kerry	Koen	30	Ned KZN	38:02
8	Happiness	Mkhize (1 st jun)	18	Tuks	38:39
9	Shani	Silver	41	Kears	39:35
10	Nontokozi	Mkhize	19	Egij KZN	39:51
11	Fikile	Mbuthuma	30	Ned KZN	39:57
12	Slindile	Chili	17	Chester	41:21
13	Debbie	Sessions	36	DHSOB	41:32
14	Sthembile	Radebe	16	Boxer	43:08
15	Maureen	Slack	42	River	43:32
16	Tholakele	Sigubudu	42	Phuma AC	43:45
17	Hleziphi	Ncayiyana	39	Ned KZN	44:21
18	Sizwe	Dlamini	18	Temp	45:10
19	Sindisiwe	Jali	33	Egij KZN	45:34
20	Karen	Behrens	32	West	45:37

40-49:

1	Maya	Lawrie	43	Boxer	37:36
2	Shani	Silver	41	Kears	39:35
3	Maureen	Slack	42	River	43:32

50-59:

1	Blanche	Moila	54	Savages	46:54
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2	Zanele	Nduli	54	West	53:19
3	Florence	Curran	58	Highway	59:24
60-69:					
1	Aletta	Engelbrecht	62	SCS	54:17
2	Ivy	Lottering	66	Wings	68:37
3	Ingrid	Bolt	65	Temp	70:25
70+:					
1	Hester	Bekker	76	Stella	67:13
2	Jodi	Pastorino	74	Temp	84:12
3	Gloria	De Klerk	73	Temp	84:57
Juniors:					
1	Happiness	Mkhize	18	Tukjs	38:39
2	Nontokoza	Mkhize	19	Egij KZN	39:51
3	Slindile	Chili	17	Chester	41:21

McKenna Scott Pinelands 10 km

Pinelands, 31 July

(Certified two-loop course. Weather: cool, no wind. Finishers: 782.)

MEN

1. Luxolo Mdzanga (Gugs) 31:28 (R250); 2. Gcobani Mndi (Gugs) 31:30 (R150); 3. Lukhanya Malgas (Khay) 31:38 (R100).

(Same prize money in all age categories: R100, R75, R50)

Veterans: 1. Dion Middelkoop (VOB) 35:22; 2. Gavin McCarthy (Edge) 36:49; 3. Paul Rietmann (Celtic) 38:29. **Masters:** 1. Goodman Mpukane (Gugs) 37:34; 2. Zama Witvoet (Gugs) 39:07; 3. Albert Williams (Top) 43:22. **G'masters:** 1. Ronnie le Roux (Brack) 42:56; 2. Johan Botha (RWFL) 43:09; 3. Rodger Davis (Celtic) 45:02. **Juniors:** 1. Gcobani Mndi (Gugs) 31:30; 2. Lukhanya Malgas (Khay) 31:38; 3. Asive Njenxa (Khay) 32:54.

WOMEN (Same prize money as men)

1. Bulelwa Mtshagi (Celtic) 36:44; 2. Asiphe Sikabalanjana (Gugs) 37:32; 3. Claire Horner (Adid) 37:47.

Veterans: 1. Evelina Tshabalala (Gugs) 39:42; 2. Chantel Simpson (Ned) 46:11; 3. Susan Mostert (RWFL) 47:41. **Masters:** 1. Bev Charters (VOB) 44:56; 2. Charmaine Cupido (Ned) 46:11; 3. Helen du Plessis (Tyger) 48:09. **G'masters:** 1. Marietha Herbert (Bell) 49:03; 2. Pixie Sparg (Celtic) 50:13; 3. Rosalie Richfield (UCT) 56:16. **Juniors:** 1. Khanya Mateyisi (Khay) 41:51; 2. Gaylon Atson (MPT) 45:22; 3. Londeka Miya (Gugs) 47:41.

Clover Milk Run

Port Elizabeth, 30 July

(Distances: 10 km & 5 km; loop courses. Finishers: 10 km – 904; 5 km – 657.)

10 km

MEN

1	Xolisa	Tyali	Nedbank RC CGA	22	29:20
2	Kgosi Samuel	Tsosane	Transnet RE GN	25	29:36
3	Nkosinathi	Madyo	Nedbank RC WP	23	29:57
4	Lindikhaya	Mthansayi	Mr Price RC WP	32	30:05
5	Rodney	Prins	Mr Price AC EP	22	30:06
6	Tom	Lusaseni	Mr Price AC EP	22	30:18
7	Zolani	Ntongana	Mr Price RC WP	31	31:25
8	Sandile	Ngunuza	Nedbank RC EP	28	32:00
9	Anele	Maliza	Nedbank RC EP	33	32:17

10	Luyanda	Tshangana	Mr Price AC EP	28	32:21
11	Mzwanene	Maphekula	Run For Life EP	34	32:42
12	Melikhaya	Frans (1 st jun)	Nedbank RC EP	19	32:50
13	Masibulele	Heugh	PEAAC	17	32:55
14	Lubabaloo	Mdlungwane	PEAAC	17	33:11
15	Mila	Pasiya	Nedbank RC EP	31	33:12
16	Ricardo	Plaatjies	Elite AC	28	33:15
17	Kobus	Joubert	Jeffreys Bay AC	36	33:17
18	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	43	33:21
19	Alfred	Qogi	Nedbank RC EP	37	33:24
20	Terrance	Mjekula	Triangle Sports	38	33:29
40-44:					
1	Maboyisana	Mazwayi	Nedbank RC EP	43	33:21
2	Paul	Wolff	Triangle Sports	43	34:54
3	August	Esau	Nedbank RC EP	40	34:57
45-49:					
1	Basie	Boneparte	Albany RR	45	34:25
2	Christopher	Mabengeza	Nedbank RC EP	45	34:35
3	Adrian	Clarke	Temp	46	37:04
50-54:					
1	Michael	Bekapi	Varsity Old Boys	50	36:02
2	Alfred	Spies	Elite AC	51	36:38
3	Andre	Van den Berg	Jeffreys Bay AC	51	37:09
55-59:					
1	Sipho	Ncandana	Triangle Sports	55	42:51
2	Roger	Trader	Achilles AAA	57	43:25
3	Donald	Mancasa	Triangle Sports	57	43:40
60-64:					
1	Sizinzo	Kama	Achilles AAA	60	39:12
2	Hannes	Els	Madiba Bay AC	61	40:56
3	Fred	Verrall	Charlo RR	62	42:20
65-69:					
1	Tamsanqa	Jusayi	Nedbank RC EP	69	38:49
2	Johannes	Herbst	Muirite Striders	65	47:29
3	Eckart	Schumann	Body Concept	66	50:52
70-74:					
1	Godfrey	Kariem	Cadbury AC	70	48:21
2	Rolf	Mentzel	Profiles AC	71	51:52
3	John	Adrianatos	Oudtshoorn AC	74	57:29
75-79:					
1	Wells	Anderson	PEAAC	79	1:02:22
2	John	Peart	Nedbank RC EP	75	1:14:10
Juniors:					
1	Melikhaya	Frans	Nedbank RC EP	19	32:50
2	Masibulele	Heugh	PEAAC	17	32:55
3	Lubabaloo	Mdlungwane	PEAAC	17	33:11
WOMEN					
1	Zintle	Xiniwe	Nedbank RC WP	24	34:06
2	Annerien	Van Schalkwyk	Nedbank RC AGN	32	34:09
3	Ntombesintu	Mfunzi	Mr Price AC EP	29	35:02
4	Nomvuyisi	Seti	Mr Price Celtic	29	35:26
5	Jamie-Lee	Schlemmer (1 st jun)	PEAAC	15	39:35
6	Kayla	Nell	Absa NMMU AC	17	40:02
7	Terri-Lynn	Penney	Run For Life EP	34	40:07
8	Natasha	De Villiers	Absa NMMU AC	22	40:25

9	Annica	Coetzee	Absa NMMU AC	19	40:35
10	Liandre	Knoesen	Nedbank RC EP	32	40:38
11	Jane	Barnardo	Body Concept	36	40:48
12	Mariëtte	Hattingh (1 st vet)	Nedbank RC EP	45	41:29
13	Marisa	Ferraris	Triangle Sports	40	41:33
14	Ursula	Kuhn	Absa NMMU AC	29	42:29
15	Chantel	Verwey	Absa NMMU AC	24	42:33
16	Katherine	Van der Walt	Body Concept	35	43:15
17	Grizelda	Pietersen	Achilles AAA	42	43:32
18	Natalie	Ross	Rhodes University	20	43:43
19	Maresa	Ah Kun	Bluewater Bay	35	43:45
20	Lorna	Lumb	PEAAC	43	44:21

40-44:

1	Marisa	Ferraris	Triangle Sports	40	41:33
2	Grizelda	Pietersen	Achilles AAA	42	43:32
3	Lorna	Lumb	PEAAC	43	44:21

45-49:

1	Mariëtte	Hattingh	Nedbank RC EP	45	41:29
2	Treloar	Childs	Walmer AC	48	46:40
3	Christine	Claasen	Achilles AAA	46	46:55

50-54:

1	Pat	Thomson	Achilles AAA	51	44:23
2	Laura	Maritz	Elite AC	50	44:26
3	Lesley	Wood	Achilles AAA	54	44:50

55-59:

1	Hanlie	Van der Westhuizen	Transnet RE EP	55	45:49
2	Christine	Snyman	VWAC	55	52:00
3	Cathy	Ives	Achilles AAA	58	53:49

60-64:

1	Liz	Grundlingh	Muirite Striders	64	52:38
2	Helene	Oppel	Crusaders AC	61	57:33
3	Denise	Terblanche	Walmer AC	63	1:03:01

65-69:

1	Margaret	Paton	Charlo RR	65	1:00:53
2	Margaret	Brittain	Legacy AC	68	1:14:42
3	Angeline	Kivido	Walmer AC	65	1:23:42

70-74:

1	Dorothy	Hart	PEAAC	73	1:04:01
2	Lorna	Brown	PEAAC	72	1:23:42
3	Aletta	Fourie	Triangle Sports	73	1:29:10

Juniors:

1	Jamie-Lee	Schlemmer	PEAAC	15	39:35
2	Kayla	Nell	Absa NMMU AC	17	40:02
3	Annica	Coetzee	Absa NMMU AC	19	40:35

5 km**MEN**

1	Mariano	Eesou	Nedbank RC EP	19	15:06
2	Masande	Mlonyeni	Nedbank RC EP	30	15:15
3	Eric	Sigxashe	Temp	32	15:17

WOMEN

1	Deliwe	Nyanga	Nedbank RC EP	22	18:38
2	Asanda	Solani	Temp	12	19:56
3	Thabisa	Mayedwa	Nedbank RC EP	15	20:06

Old Mutual Rustenburg Mountain Race & 10 km

Rustenburg, 30 July
(Distances: 25 km; loop course, very hilly & partly on gravel; & 10 km)

Note: Sekete Lesole and Tabitha Tsatsa repeated their wins of last year. – Ed.

25 km

MEN

1. Sekete Lesole (LES/MP) 1:24:29
2. Edwin Chimombo (ZIM) 1:25:33
3. David Radebe (Toyota) 1:26:17



Veterans: 1. Butiki Jantjies (MP) 1:33:06; 2. Elvis Molewa (Ind) 1:41:12; 3. Simon Segau (Disc) 1:45:44. **Masters:** 1. Steven Moagi (Chamber) 2:01:44. **G'masters:** 1. Jose Reboradao (RAC) 2:03:22. **Juniors:** 1. Adrian Drescher (Anglo) 1:57:24. **King of the Mountain** (6.7 km): Sekete Lesole 26:45.

WOMEN

1. Tabitha Tsatsa (ZIM/MP) 1:40:44
2. Cornelia Joubert (Rand) 1:41:04
3. Samukeliso Moyo (ZIM/MP) 1:44:46

Veterans: 1. Vanessa Bowman (Kempton) 2:06:57; 2. Lynn Biesheuvel (RAC) 2:18:35; 3. Rita van Wyk (Boks) 2:19:35. **Masters:** 1. Frances van Blerk (Ned) 2:09:35. **G'masters:** 1. Penny Visser (Break) 2:31:34. **Queen of the Mountain** (6.7 km): Cornelia Joubert 32:31.

10 km

MEN

1. Ruan Meintjies (Protea) 34:49 (1st jun); 2. Danny Mokgethi (Ind) 38:24 (1st vet); 3. Kagiso Kute (Mafi) 39:09.

Veterans: 1. Danny Mokgethi (Ibnd) 38:24. **Masters:** 1. Chris van Wyk (Boks) 61:33. **G'masters:** 1. Pat de Klerk (RAC) 57:16. **Juniors:** 1. Ruan Meintjies (Protea) 34:49.

WOMEN

1. Karon Murley (Protea) 47:04; 2. Jenine Jordaan (Anglo) 49:43 (1st jun); 3. Magda Haasborek (Larrie) 49:52 (1st vet).

Veterans: 1. Magda Haasbroek (Larrie) 49:52. **G'masters:** 1. Eva O'Brien (Phob) 95:58. **Juniors:** 1. Jenine Jordaan (Anglo) 49:43.



Sekete Lesole and Cornelia Joubert take the King and Queen of the Mountain awards after 6.7 km in the Old Mutual Rustenburg Mountain Race. Joubert was second at the finish line. [Photographs supplied]

Zwartkop Half Marathon & 10 km

Pretoria, 30 July

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

Half marathon

MEN

1 William Chinyanga (ZIM/Nedbank) 70:10; 2 Craig Cynkin (Nike) 75:14; 3 Benzani Motau (Exxaro) 77:14.

Veterans: 1 Daniel Gwangwa (New Balance) 85:39. **Masters:** 1 Theo Swanepoel (Kempton) 94:11. **G'masters:** 1 Charlie Stewart (Phobians) 2:03:13. **G/g'masters:** 1 Dion Heigers (ACRW) 2:15:33.

WOMEN

1 Charné Bosman (Mr Price) 81:14; 2 Kim Laxton (Sunninghill) 81:59; 3 Winia Janse van Rensburg (Tuks) 85:49.

Veterans: 1 Elisheva Rossouw (Nedbank) 1:59:36. **Masters:** 1 Sandra Steenkamp (Irene) 98:24. **G'masters:** 1 Ina Wheatley (PMMC) 2:03:36.

10 km

MEN

1 Wesley Ruto (KEN/Nedbank) 32:57; 2 Altus Badenhorst (Tuks) 33:20; 3 Greg Barnes (Irene) 34:24 (1st vet).

Veterans: 1 Greg Barnes (Irene) 34:24. **Masters:** 1 Neil Ebing (WPCC) 42:50. **G'masters:** 1 Lammie Fourie (Agape) 52:40. **G/g'masters:** 1 Ken Nurden (Agape) 46:32. **Juniors:** 1 Henco Schoeman (Eldoraigne H/S) 39:10.

WOMEN

1 Ashleigh Schnetler (UJ) 37:38; 2 Tiffany Bell (Kempies New Balance) 39:35; 3 Olga Firsova (RUS) 40:20.

Veterans: 1 Ronel Fourie (Transnet) 53:49. **Masters:** 1 Rina Pretorius (AS Eagles) 55:33. **G'masters:** 1 Sonja Laxton (RAC) 46:57. **G/g'masters:** 1 Mavis Stadler (Agape) 60:01. **Juniors:** 1 Tiffany Bell (Kempies New Balance) 39:35.

Longest Day 12-hour Race (16th)

Pietermaritzburg, 30 July

Note: Lizette Botha, winner of the past two years, finished fourth this time. The race is run on a grass track of 333 m long. Each runner's distance covered is given in kilometres. – Ed.

MEN

1.	Henk Moen	Irene A C	124
2.	Patrick Mkhize	Verulem A C	119.34
3.	Nkosi Mvelase	Escom Gijimas	115.33
4.	Kristen Tiemey	Hillcrest Vill	112
5.	Kombokwakhe Khumalo	SAPS	111

WOMEN

1.	Julie Fourie	Hillcrest Vill	105.50
2.	Khaya Mhlati	DAC	95.67
3.	Jo Anne Piper	Escom Gijimas	93.74
4.	Lizette Botha	RWFL	92.36
5.	Sharda Narotham	Escom Gijimas	89.59

Vryheid Game Park Run

Vryheid, 30 July

(Distance: 15 km; loop course, mostly on gravel)

MEN

1	Siyabongo Nkondo	Boxer	50:41
2	Amos Twala	Toyota	54:17
3	Msimango Bongani	Vryheid	54:48

40-49: Wilson Maphalala Nedbank 1:07:31

50-59: Andre Spies New Castle Harriers 1:16:40

60+: Clive Buntting Biggersberg 1:54:18

Juniors: Mduduzi Hlatshwayo Mr Price 56:44

WOMEN

1	Xoli Madida	Temp	1:13:34
2	Elizabeth Maphalala	Nedbank	1:22:11
3	Karien Gouws	Newcastle Harriers	1:23:01

40-49: Shelley Geel Cannon Richards Bay 1:38:25

50-59: Tes Lundie Assegai 1:39:14

60+: Georgie Tasseron Vryheid 1:55:36

Juniors: Sonelle Wilken Biggersberg 1:31:37

Meditrax Academy Mfuli Mountain Race

Empangeni, 23 July

(Distance: 16 km)

MEN

1. Lindokhule Ntombela (uMhlat) 1:57:40.

40-49: 1. Sanan Naidoo (Chats) 2:39:50. **50-59:** 1. Corrie Spies (Queens) 3:16:26.

Juniors: 1. Lindokhule Ntombela (uMhlat) 1:57:40.

WOMEN

1. Corné Coetzer (RBAC) 2:36:03.

40-49: 1. Corné Coetzer (RBAC) 2:36:03. **50-59:** 1. Tanya van der Walt ((RBAC) 2:37:08.

60+: 1. Lydia Bailey (RBAC) 3:12:25.

Worcester Voorsieners/Hospice Half Marathon & 10 km

Worcester, 23 July

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 146; 10 km – 128.)

Note: Shaun Lekay was indicated as a junior once again in these results (it has happened quite a few times this year). He was born on 1 September 1991 and therefore is not a junior anymore. The sixth runner in the women's 10 km is probably a male. – Ed.

Half marathon

MEN

1	Shaun Lekay	Robertson	19	1:08:30
2	Phumlani Sigidi	Nedbank	24	1:08:43
3	Hillroy Slingers	Fit2run	20	1:10:14

4	Dawid	Gous	Swartland	28	1:10:14
5	Admire	Rushika	Houtbay	25	1:12:29
6	Dawid	Van Rooyen	Fit2run	25	1:14:30
7	Quinton	Lambert	Ceres	30	1:15:25
8	Eugene	Van Wyk	Fit2run	17	1:15:57
9	Mathias	?	Houtbay		1:16:46
10	Dumisani	Dosi	Paarl	32	1:16:49

WOMEN

1	Anneline	Roffey	Adidas	30	1:25:13
2	Michele	Dreyer	Paarl	32	1:27:12
3	Steyntjie	Prins	Paarl	57	1:39:11
4	Huguette	Van der Merwe	Paarl	43	1:42:16
5	Lola	Van der Merwe	Worcester	35	1:42:44
6	Anne	Pool	Strand	50	1:42:55
7	Arina	Cilliers	Orak	43	1:46:49
8	Lizelle	Grootboom	Brackenfell	43	1:47:39
9	Liza	Retief	?	39	1:47:41
10	Cailey	Bredenkamp	Paarl	48	1:48:25

10 km

MEN

1	Willem	Kaptein	Robertson	19	31:24
2	Roger	Davids	Robertson	23	32:12
3	Garith	Maarman	Swartland	25	32:15
4	Ignatius	Davids	Robertson	19	32:26
5	Eugene	Davids	Robertson	21	33:34
6	Petrus	Volmoer	Ceres	25	33:52
7	Leswyn	Arendse	Robertson	24	34:46
8	Henrico	Oberholzer	Worcester	16	35:11
9	Alfred	Tshabeni	Whalers	37	35:19
10	Michael	Mouries	Montagu	21	35:25

WOMEN

1	Magrietha	Smit	Ceres	26	40:41
2	Ileana	Dreyer	Fit2run	15	43:06
3	Jacqueline	Goliath	Fit2run	15	43:12
4	Mary-Ann	Baron	Fit2run	48	44:17
5	Liza-Mari	Dippenaar	Fit2run	16	44:30
6	Noel	Lakay	Korrek Diens	44	45:51
7	Magrieta	Willemse	Ceres	27	46:39
8	Christine	De Beer	Temp	24	46:52
9	Magriet	Hanekom	Ceres	56	47:42
10	Lerine	?	Ceres	49	47:47

CROSS-COUNTRY**Boland Trials #6**

Pniel, 30 July

SR. MEN

12 km:

1	Pieter Koopman	Maties AC	41:20
2	Roger Davids	Robertson AC	42:52
3	Eugene Davids	Robertson	44:20

4 km:

1	William Kaptein	Robertson Ac	12:42
2	Jacques Pretorius	Maties AC	12:54
3	Shaun Lekay	Robertson	13:03

Masters (8 km)

1	Isaac Opperman	Kor. D	27:33
2	Dawid Pieterse	Dwarsriviervallei AC	29:21
3	Richard du Toit	Whalers	23:26

U.19 (8 km)

1	William Kaptein	Robertson AC	26:12
2	Luyanda Qolo	Uyazo Wamapile	27:02
3	Nicolin Farmer	Whalers	27:14

U.17 (6 km)

1	Marco Jansen	Salkor	20:38
2	Maxwell Gouws	Ceres Sek	20:42
3	Richard Bester	Weston/Salkor	21:18

SR. WOMEN

4 km:

1	Adri Meyer	Maties AC	17:17
2	Madelein Nel	Saldanha AC	17:48
3	Ria Labuschagne	Maties AC	17:53

Masters (4 km)

1	Mary Ann Baron	Fit 2 Run	19:06
2	Lorenza Groenveld	Maties AC	21:32

U.19 (6 km)

1	Annamart Laubscher	ParelVallei	24:51
2	Heleen Malan	Swartland	25:38
3	Mari Scott	HS Vredenburg	26:52

U.17 (4 km)

1	Janey vd Merwe	Worc.Gim	15:52
2	Suzaan Broodryk	Paarl GIM	16:26
3	Sulette Kotze	Swartland	16:37

WP League (6th)

Strandfontein, 23 July

Note: All men's age categories run 8 km, except the u.17 boys (6 km) and all women's age categories run 4 km, except the u.19 girls (6 km). – Ed.

SR. MEN (12 km)

1	Duane	Fortuin	Adidas	38:09
2	Michael	Bailey	ACSIS VOB	38:23
3	Manfred	Samuels	Helderberg Harr	38:42
4	Sipho	Phala	ACSIS VOB	39:01
5	Hein	Camphor	Adidas	39:03
6	JP	Abrahams	Adidas	39:04
7	Wanda	Roro	Adidas	39:13
8	Velani	Lusaseni	Adidas	39:19
9	Bonisile	Ngculana	Atlantic	40:26
10	Luyanda	Mapoyi	Khayelitsha	40:36

SR. MEN (4 km)

1	Vuyolwethu	Kayi	Tygerberg NLK	11:52
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2	Barry-John	Pienaar	Tygerberg NLK	11:53
3	Dewayne	Mouries	Itheko	12:01
4	Luxolo	Mdzango	RCS Gugs	12:17
5	JP	Abrahams	Adidas	12:21
6	Riaan	Wildskut	ATC Running	12:25
7	Enver	Pedro	CPUT	12:26
8	Wanda	Roro	Adidas	12:27
9	Sibusiso	Valashiya	Bidvest	12:32
10	Bulelani	Bhebha	ACSIS VOB	12:34

40-49:

1	Johnny	Persents	Adidas	26:56
2	Graham	Katzen	Celtic Harriers	27:15
3	Tholang	Moloi	Defence WP	27:23

50-59:

1	Raymond	Howard	Celtic Harriers	29:37
2	Shafiek	Cassiem	Celtic Harriers	30:36
3	Julian	Paul	Defence WP	30:39

60+:

1	Awie	Veldsman	Helderberg Harr	31:34
2	Johan	Diener	Strand	33:34
3	Paul	Fortuin	ACSIS VOB	37:25

U.19:

1	Jeromy	Andreas	UWC	25:53
2	Godwin	Swartz	Elsies River	26:03
3	Orion	Faro	MP Titans	26:41

U.17:

1	Anthony	Timoteus	UWC	19:03
2	Bradwin	Engel	Celtic Harriers	19:11
3	Asive	Njenxa	Khayelitsha	19:21

SR. WOMEN (8 km)

1	Bulelwa	Simae	Nedbank WP	30:01
2	Dominique	Scott	Adidas	30:49
3	Candyce	Hall	Hout Bay	33:01
4	Danette	Smith	Adidas	33:04
5	Sheryl	de Lange	Adidas	33:16
6	Andrea	Pretorius	NBMC	33:51
7	Jenny	Close	NBMC	34:15
8	Helene	Perold	Adidas	35:55
9	Evelina	Tshabalala	RCS Gugs	36:42
10	Renata	Schoeman	NBMC	36:51

SR. WOMEN (4 km)

1	Linda	Hanekom	Adidas	15:16
2	Helene	Perold	Adidas	15:55
3	Ayanda	Mahlombe	Atlantic	16:15
4	Phelokazi	Mbombo	Khayelitsha	16:21
5	Natasha	Oosthuizen	Adidas	16:41
6	Monyane	Teleko	Nedbank WP	16:48
7	Tanya	du Toit	No Club	17:17
8	Lucia	Lewis	UWC	17:26
9	Lee Ann	Olivier	CPUT	17:56
10	Anthea	Siegelaar	WCSS	18:12

40-49:

1	Sheryl	De Lange	Adidas	15:38
2	Alta	Welms	NBMC	16:03

3	Tana	Janse v Rensburg	West Coast	16:28
50-59:				
1	Olga	Howard	Celtic Harriers	16:29
2	Bev	Charters	ACSIS VOB	17:34
3	Charmaine	Cupido	Nedbank WP	18:43
60+:				
1	Pixie	Sparg	Celtic Harriers	20:23
2	Zonia	Barnard	Celtic Harriers	21:37
3	Rosalie	Richfield	UCT	22:53
U.19:				
1	Khanya	Mateyisi	Khayelitsha	24:45
2	Reghana	Beukes	Eerste River	26:05
3	Shaundrey-Lee	Farmer	Eerste River	27:56
U.17:				
1	Pamela	Mtshemla	ACSIS VOB	15:02
2	Ebeth	Marais	Tygerberg NLC	15:27
3	Annie	Bothma	Helderberg Harr	15:39

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

Media Maratón Internacional Bogotá (12th)

(IAAF Gold Label Road Race)

Bogotá, COL, 31 July

(Distance: 21.1 km at 2600 m of altitude)

MEN

1.	Geoffrey Mutai, KEN	1:02:20	CR	3,100,000 + Automobile
2.	Deriba Merga, ETH	1:04:49	COP	12,000,000 (=USD 6749)
3.	Wilson Chebet, KEN	1:04:57		8,000,000
... 8.	Stephen Mokoka, RSA	1:07:17		1,500,000
... 11.	Wirimayi Juwawo, ZIM	1:07:59		

WOMEN

1.	Joyce Chepkirui, KEN	1:13:34		Automobile^
2.	Mare Dibaba, ETH	1:13:54	COP	12,000,000 (=USD 6749)
3.	Emily Chebet, KEN	1:15:41		8,000,000
4.	Shewarge Alene Amare, ETH	1:16:26		5,500,000
5.	Gladys Tejeda, PER	1:16:33		4,000,000

San Francisco Marathon (34th), Half Marathon & "Second Half" Half Marathon

San Francisco, USA, 31 July

(Distances: 42.195 km [loop course]; 21.1 km [point-to-point])

Note: This event has a marathon plus two half marathons. Competitors in the the first half marathon run the first half of the marathon course (including the Golden Gate Bridge), while the second covers the second half.

Marathon (gun times):

MEN

1. Michael Wardian, 37, Arlington, VA 2:27:06

"Second Half" Half marathon (gun times):

MEN

1. Keith Bechtol, 26, Palo Alto, CA 1:05:19
 2. Armen Vartanian, 31, San Mateo, CA 1:05:40
 3. Chris Chavez, 25 1:06:11

WOMEN

1. Caroline Kirui, 20, Auburn, CA (KEN) 1:15:15
 2. Caroline White, 26, Klamath Falls, OR 1:16:28
 3. Emily Potter, 32 1:17:10

Quad-City Times Bix 7 (37th)

Davenport, USA, 30 July

(Distance: 7 miles)

MEN (gun times)

1. Silas Kipruto, 26, KEN 32:36 \$12,500^
 2. Allan Kiprono, 21, KEN 32:47 4,000
 3. Lani Rutto, 22, KEN 33:09 2,500
 4. Shadrack Kosgei, 26, KEN 33:21 1,500
 5. Linus Chumba, 31, KEN 33:32 1,000
 6. Abdi Abdirahman, 24, Tucson, AZ 33:47 900

WOMEN

1. Caroline Rotich, 27, KEN 36:42 \$12,500^
 2. Jellilah Kerubo Tiniga, 25, KEN 37:46 4,000
 3. Diane Nukuri-Johnson, 26, BDI 37:59 2,500
 4. Madai Perez, 31, MEX 38:33 1,500
 5. Catherine Ndereba, 39, KEN 38:42 1,000

50+: Joan Samuelson, 54, Freeport, ME 44:39

Giro Podistico Internazionale di Castelbuono (86th)

(La Corsa Piu' Antica)

Castelbuono, ITA, 26 July

(Distance: NEW DISTANCE - 10 km, certified [approx. 9 x 1130 m loop]; hilly course with cobblestone surface)

MEN

1. Geoffrey Mutai, KEN 29:05 CR
 2. Gebre Gebremaiam, ETH 30:13
 3. Mathew Kisorio, KEN 30:14
 4. Geoffrey Kusuro, UGA 30:30
 5. Rachid Kisri, MAR 30:37

ULTRA/MOUNTAIN/TRAIL RUNNING

Swiss Alpine Marathon (26th)

Davos, SUI, 30 July

Note: Jonas Budd of Sweden won the 78 km for the fourth consecutive time. – Ed.

78 km (course gains then loses 2320 m of elevation):

MEN

1. Jonas Budd, SWE 6:11:02
2. Huw Lobb, GBR 6:28:40
3. Kaburaki Kaburagi, JPN 6:41:12
- ... 6. Johan Oosthuizen, RSA 6:57:04

WOMEN

1. Eilizabeth Hawker, GBR 7:16:17
2. Maja Meneghin-Pliska, SUI 7:27:47
3. Kajsa Berg, SWE 7:36:46

TRACK

Aviva UK Trials & Championships

Birmingham, GBR, 29-31 July

MEN

1500:

Final (31):

1. James SHANE, NEWHAM EB, 3:36.22 PB
2. Andy BADDELEY, HARROW, 3:39.44
3. Nick MCCORMICK, MORPETH, 3:41.66

5000 (31):

1. Mo FARAH, NEWHAM EB, 14:00.72
2. Andy VERNON, AFD, 14:01.72
3. Jonathan MELLOR, LIVERPOOL, 14:04.11

WOMEN

800 (31):

1. Jenny MEADOWS, WIGAN, 2:02.28
2. Emma JACKSON, STOKE, 2:02.48
3. Marilyn OKORO, SHAFT'BURY, 2:03.55

1500 (30):

1. Hannah ENGLAND, OXFORD, 4:07.05
2. Lisa DOBRISKEY, ASHFORD, 4:07.23
3. Barbara PARKER, NORWICH, 4:12.19SB

5000 (31):

1. Julia BLEASDALE, HILLINGDON, 15:49.02PB
2. Eilish MCCOLGAN, DUNDEE, 15:52.69PB
3. Beth POTTER, SHAFT'BURY, 15:56.65

Gentse Feestenmeeting (21st)

(Flanders Cup)

Gent, BEL, 30 July

MEN

1500:

Heat 1:

1. Andrew BUMBALOUGH, 1987, USA, 3:40.35
- Samuel SEPENG, **RSA**, DNF

WOMEN

1500:

Heat 1:

1. Nicole SIFUENTES, 1986, CAN, 4:08.45
- ... 7. Emma COBURN, 1990, USA, 4:12.97
- Mapaseka MAKHANYA, 1985, **RSA**, DNF

DN Galan

(11th Stop of 2011 Samsung Diamond League)

Stockholm, SWE, 29 July

MEN

1500 Race 1 (DL):

- | | | |
|----------------------------------|---------|------------|
| 1. Silas Kiplagat, KEN | 3:33.94 | USD 10,000 |
| 2. Asbel Kiprop, KEN | 3:34.42 | 6,000 |
| 3. Nick Willis, NZL | 3:34.49 | 4,000 |
| 4. Daniel Kipchirchir Komen, KEN | 3:34.51 | 3,000 |
| 5. Collins Cheboi, KEN | 3:35.07 | 2,500 |

3000 s/chase (DL):

- | | | |
|------------------------------|---------|------------|
| 1. Paul Kipsiele Koech, KEN | 8:05.92 | USD 10,000 |
| 2. Benjamin Kiplagat, UGA | 8:14.42 | 6,000 |
| 3. Jonathan Muia Ndiku, KEN | 8:17.77 | 4,000 |
| 4. Hillary Kipsang Yego, KEN | 8:19.30 | 3,000 |
| 5. Jairus Kipchoge, KEN | 8:19.41 | 2,500 |

WOMEN

800 Race 1 (DL):

- | | | |
|-------------------------------|---------|---------------|
| 1. Kenia Sinclair, JAM | 1:58.21 | SB USD 10,000 |
| 2. Malika Akkaoui, MAR | 1:59.75 | 6,000 |
| 3. Yuneisy Santiusty, CUB | 2:00.06 | 4,000 |
| 4. Alice Schmidt, USA | 2:00.25 | 3,000 |
| 5. Svetlana Klyuka, RUS | 2:00.44 | 2,500 |
| 6. Alysia Montano, USA | 2:00.69 | 2,000 |
| 7. Halima Hachlaf, MAR | 2:00.70 | 1,500 |
| 8. Caster Semenya, RSA | 2:01.28 | 1,000 |

5000 Race 1 (DL):

- | | | |
|---------------------------|----------|------------------|
| 1. Vivian Cheruiyot, KEN | 14:20.87 | NR/WL USD 10,000 |
| 2. Sally Kipyego, KEN | 14:43.87 | 6,000 |
| 3. Sylvia Kibet, KEN | 14:45.31 | SB 4,000 |
| 4. Shalane Flanagan, USA | 14:46.80 | 3,000 |
| 5. Priscah Cheronon, KEN | 14:51.55 | 2,500 |
| 6. Pauline Korikwang, KEN | 14:52.51 | 2,000 |
| 7. Mercy Cheronon, KEN | 14:58.66 | 1,500 |
| 8. Dolores Checa, ESP | 15:02.24 | 1,000 |

9. Viola Kibiwot, KEN	15:05.34	1,000
10. Magdalena Lewy Boulet, USA	15:14.25 PB	1,000

NEWS

IRVETTE VAN BLERK ALSO STRUCK BY CAR

Eleven weeks after South African 1500m champion Juan van Deventer's hopes for the IAAF World Championships in Daegu, Korea, were dashed when he was hit by a car while on a training run, the same fate befell SA 10 km champion Irvette van Blerk. Van Blerk was struck by a car on Thursday while training with René Kalmer only a few blocks from where Van Deventer was hurt in Ruimsig, near Johannesburg.

Fortunately for Van Blerk, who ran 33:56 in the New York Mini 10 km in June, she was not injured nearly as badly as Van Deventer, whose left knee cap was broken. She suffered lacerations to her legs and head and also hurt her hip and neck. She did not have to be hospitalised.

Ironically, Van Blerk visited Van Deventer, who is recuperating but cannot yet resume training, earlier in the day.

Kalmer said they had been running on the right hand side of the road, facing oncoming traffic. Van Blerk, who was doing a fartlek session, was a few metres ahead of her. The motorist who struck Van Blerk passed another car and hit the runner on the opposite side of the road.

Kalmer, the SA half-marathon and 5000 m champion, voiced criticism against "speeding motorists" and said she planned to start a petition asking the traffic authorities to act against the "reckless driving" in the streets of the town.

Van Blerk leads the SA performance lists in the 10 km and half marathon this year with the 32:50 she ran in Durban in June and 1:10:56 in New York in March, both PBs.

JAMES EVANS ELECTED TO LEAD ASA

James Evans was elected as the new President of Athletics South Africa (ASA) at a meeting held on Saturday. Evans was Acting President since former president Leonard Chuene and vice-president Kakata Maponyane were banned by SASCOC last year.

Evans was one of nine candidates for the position and received 25 of the 54 votes. The other candidates were James Mokoka (AGN), Motlatsi Keikabile (ANWN), Harold Adams (BOLA), James Moloi (CGA), Hendrick Ramaala (CGA), Aleck Skhosana (KZNA), Tshifiwa Makhoshi (LIMA) and William Mokatsanyane (SASA).

"There was a lively debate before the elections. It was a long and difficult process, but we can move forward now," said Evans after the being elected.

Motlatsi Keikabile (Athletics North West) was elected as the new Vice-President of ASA.

The elections were held under the supervision of SASCOC and the Department of Sport and Recreation as independent bodies. Eligible to vote were the provinces (2 votes each), seven associates (1 vote each), 4 commissions (1 vote per member) and the board members (1 vote each).

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2011 each week, with one list per issue. Secondary performances of the top three are also listed. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2011 10 KM: TOP 9 VETERAN MEN

Note: These are all the veterans who have run under 33 minutes this year. – Ed.

31:45	Butiki Jantjies	1	Germiston	22 May
31:45	Piet Mosebedi	2	Germiston	22 May
31:51	Isaac Opperman	1	Bellville	04 Jun
31:52	Opperman-2	1	Stellenbosch	23 Feb
32:02	Mosebedi-2	1	Pretoria	21 Mar
32:06	Mosebedi-3	1	Centurion	02 May
32:15	Mosebedi-4	1	Pretoria	05 Feb
32:23	Mabhoyisana Mazwayi	1	Port Elizabeth	14 May
32:31	Graham Katzen	1	Bellville	16 Apr
32:32	Lawrence Chipangaan	3	Germiston	22 May
32:40	Opperman-3	1	Worcester	12 Mar
32:43	Mosebedi-5	1	Pretoria	22 Jan
32:51	Mosebedi-6	1	Pretoria	19 Feb
32:51	Mxolisi Principal Fana	1	George	03 Jun
32:52	Never Matiya	2	Pretoria	21 Mar
32:53	Johnny Persents	2	Bellville	04 Jun

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: 8 July 2001

Elana Meyer had a busy international season in 2001 and on this day came up against the redoubtable Kenyan Catherine Ndereba in the Utica Boilermaker 15 km. Three months later Ndereba would become only the second woman to run a sub-2:20 marathon when she won the Chicago Marathon; here she beat Meyer by 5 seconds in 48:06. Meyer's 48:11 would put her more than 5½ minutes in front of the next athlete on the SA list for the year. A week after Ndereba's run in Chicago Meyer set the last SA record of her career – and a world 35+ record – when she ran 31:13 for 10 km in Budapest. In the Utica mens' race Meyer's compatriot Shadrack Hoff was second, but equalled Meshack Mogotsi's SA record of 42:58. All three these records still stand. Fourth in Utica was Constantina Dita (ROM), who seven years later would beat Ndereba for the Olympic marathon title.

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.

MENOpen

10 km	28:42	Lusapho April	Port Elizabeth	16 Apr
	27:15	Micah Kogo (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		08 Jan
	44:43	Lusapho April	Jeffreys Bay	
	42:58	Mohamed Trafteh (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		24 Apr
	61:42	Stephen Mokoka	Yangzhou	
	58:30	Zerzenay Tadese (ERI)		
25 km	58:23	Zersenay Tadese (ERI) 2010		07 May
	78:37	Richard Mavuso	Pretoria	
	72:13	Mathew Kipkoech Kisorio (KEN)		
30 km	71:50	Sammy Kosgei (KEN) 2010		09 Jan
	1:36:14	Elroy Gelant	Camps Bay	
Marathon	1:32:08	Jason Lehmkuhle (USA)		08 May
	87:49**	Haile Gebrselassie (ETH) 2009		
	2:09:25	Lusapho April	Hannover	
	2:03:02A	Geoffrey Mutai (KEN)		
100 km	2:03:59	Haile Gebrselassie (ETH) 2008		
	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

10 km	31:45	Butiki Jantjies	Germiston	22 May
	28:51	Paulo Catarino (POR) 2003		
15 km	50:25	Johnny Persents	Eersterivier	25 Jun
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	68:38	Butiki Jantjies	Phalaborwa	23 Jul
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:37	Nikky Masombuka	Pretoria	07 May
	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	2:22:07	Elias Mabane	Benoni	30 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:58	Stuart McCall	Germiston	22 May
	[32:10	Vladimir Kotov	Cape Town	
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:11	Johannes Seakamela	Alberton	13 Mar
	[50:03	Vladimir Kotov (BLR)	Constantia	
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	72:24	Charles Vilakazi	Johannesburg	27 Mar
	[72:01	Vladimir Kotov	Port Elizabeth	
	66:42	Martin Rees (GBR) 2003		
25 km	1:39:05	Edmond Mngadi	Durban	10 Apr
30 km	1:58:23	Raymond Howard	Camps Bay	09 Jan
	[1:46:47	Vladimir Kotov (BLR)	Parow	03 Apr]
Marathon	2:40:32	Stuart McColl	George	13 Feb
	[2:30:24	Vladimir Kotov (BLR)	George	13 Feb]
	2:19:29	Titus Mamabolo (RSA) 1991		

100 km

Grandmasters (60+)

10 km	38:23	Awie Veldsman	Bellville	16 Apr
15 km	59:28	Jimmy Morris	Constantia	12 Mar
21.1 km	84:35	Awie Veldsman	Port Elizabeth	02 Jul
25 km	1:48:44	Michael Langa	Durban	20 Mar
30 km	2:10:29	Jimmy Morris	Camps Bay	09 Jan
Marathon	3:13:44	Don Charles	George	13 Feb
100 km				

Juniors

10 km	30:11	Unathi Nteta	Stellenbosch	23 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	47:22	Luxolo Mdzanga	Eersterivier	25 Jun
	42:25	Moses Mosop (KEN) 2004		
21.1 km	68:59	Melikhaya Frans	Port Elizabeth	02 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	32:50	Irvette van Blerk	Durban	19 Jun
	30:43	Joyce Chepkurui (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:44	Zintle Xiniwe	Eersterivier	25 Jun
	49:31	Jennifer Rhines (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	70:56A	Irvette van Blerk	New York	20 Mar
	72:04	Irvette van Blerk	Cape Town	23 Apr
	65:50	Mary Keitany (KEN)		
	66:25	Lornah Kiplagat (KEN) 2007		
	65:50p	Mary Keitany (KEN) 2011		
25 km	94:11	Louisa Leballo	Pretoria	07 May
	83:22	Filomena Chepchirchir (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:02:46	Bulelwa Simae	Parow	03 Apr
	1:46:27	Hiromi Ominami (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:34:47	René Kalmer	Prague	08 May
	2:19:19	Mary Keitany (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	36:34	Michelle Bartman	Bellville	04 Jun
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:51	Joanna Thomas	Constantia	12 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	82:47	Maya Lawrie	Port Elizabeth	02 Jul
	69:56	Irina Permitina (RUS) 2009		
25 km	1:49:34A	Frith van der Merwe	Somerset East	19 Mar
	1:49:49	Grace de Oliveira	Durban	20 Mar
	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	2:53:24A	Joanna Thomas	Oudtshoorn	26 Feb

	2:54:53	Joanna Thomas	George	13 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	42:09	Olga Howard	Bellville	04 Jun
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	67:09	Bev Charters	Constantia	12 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	88:02	Grace de Oliveira	Durban	24 Jul
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:57:33	Sandra Steenkamp	Pretoria	07 May
30 km	2:25:56	Miranda Ward	Worcester	12 Mar
Marathon	3:10:48	Annatjie Botes	George	13 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	45:36	Sonja Laxton	Port Elizabeth	08 May
15 km	69:11	Liz Ruickbie	Johannesburg	27 Feb
21.1 km	1:35:47	Liz Ruickbie	Port Elizabeth	02 Jul
25 km	2:30:27	Linda Bell	Durban	10 Apr
30 km	2:30:15	Veronica van Niekerk	Worcester	12 Mar
Marathon	3:41:01	Veronica van Niekerk	George	13 Feb
100 km				
<u>Juniors</u>				
10 km	36:08	Dominique Scott	Bellville	10 Apr
	31:42	Zola Pieterse (RSA) 1984		
15 km	59:51	Annie Bothma	Eersterivier	25 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:25:31	Letitia Saayman	Stellenbosch	30 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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