

Distance Running Results

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EDITORIAL

Best performances of the weekend came in the Ocean Basket Marcel van 't Slot 15 km in Pretoria, where Lucky Mohale won the men's race in 46:33, grabbing a time incentive for running sub-46:45, and Irvette van Blerk, who has recovered from the injuries sustained when struck by a car recently, the women's race in 56:15. Four other women dipped under an hour.

With the year now 34 weeks old, Mthandazo Qhina (Guguletu) has already run 26 races – and if he also ran the Western Province Cross-country Championships on Saturday (the results have not been received yet), it would be 27. This total includes the Two Oceans (56 km), one marathon, three races over 30 km, eight half marathons and several other races for a massive total of 521 km of racing. Over the past fifteen weeks he has raced fifteen times – 16 if he ran the provincial championships too – for a total of 255 km! If anyone still wonders why South African road running is in such poor shape, this is the answer – and this runner is only one of many, many talented athletes who race themselves into the ground week in and week out.

I would like to point out that the incomplete results of the Riebeeckberg races referred to in last week's DRR were not the official ChampionChip results, but were received from a different source. After publication of that edition of DRR the ChampionChip results – which include all the necessary information, such as ages, gender, categories, etc. – were received and these are included this week. (The problem of the first woman, aged 56, in the 10 km, whose time was given as 36:43, remains – in the Women's Day Challenge 10 km in Goodwood she ran 87:46!)

The distance for the 40-49 age group in the Eastern Province cross-country meeting in Grahamstown (results in last week's DRR) should have been 8 km and not 6 km. Correspondent André Pienaar, who won the category, wrote to say that he is indeed getting slower, but not THAT slow! My apologies for the error.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * John Korasie 30 km, Simon's Town
- * Old Eds Half Marathon & 10 km, Johannesburg
- * Ocean Basket Marcel van 't Slot 15 km, Pretoria
- * Women's Day Challenge 10 km, Goodwood
- * Totalsports Ladies Race 10 km, Johannesburg
- * Totalsports Ladies Race 10 km, Stellenbosch
- * Goldberg & De Villiers Inc. 10 km, Port Elizabeth

- * Castle Walk 10 km, Pretoria
- * Sanet Wentzel Memorial Women's Day 10 km, Oudtshoorn
- * Seacom Mtunzini Bush Challenge 16 km, Mtunzini
- * PPC Riebeeckberg Marathon & Half Marathon, Riebeeck West
- * ArcelorMittal Saldanha Half Marathon, Saldanha
- * XC: Absa NMMU Eastern Province Championships, Port Elizabeth; Boxer KZNA Championships, Durban; WP League, Tokai

International highlights:

- * New Balance Falmouth Road Race, Woods Hole to Falmouth Heights, USA
 - * Sun-Herald City to Surf 14 km, Sydney, AUS
 - * Track: Meeting voor Mon, Kessel-Lo, BEL; Vattenfall Lappeenranta Games, Lappeenranta, FIN
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ROAD RUNNING

John Korasie 30 km

Simon's Town, 14 August

(Certified, very hilly loop course. Finishers: 586.)

MEN

1. Mthandazo Qhina (Gugs) 1:42:09; 2. Nicholas Rupanga (Celtics) 1:46:11; 3. Samson Gulubela (AAC) 1:46:36.

Veterans: 1. Johnny Persents (Adid) 1:48:18; 2. Dion Middelkoop (VOB) 1:57:55; 3. Andries Swanepoel (Brack) 1:59:09. **Masters:** 1. Zama Witvoet (Gugs) 2:06:33; 2. Shafiek Cassiem (Celtics) 2:07:22; 3. Daniel Wijsbroek (WC) 2:21:58. **G'masters:** 1. Bernard Hayes (FH) 2:27:30; 2. Roger Davis (Celtics) 2:33:05; 3. Eugene Cairncross (SS) 2:40:58.

WOMEN

1. Bulelwa Mtshagi (Celtics) 2:04:42; 2. Joanna Thomas (VOB) 2:07:20 (1st vet); 3. Nomvuyisi Seti (Celtics) 2:12:13.

Veterans: 1. Joanna Thomas (VOB) 2:07:24; 2. Sandra van Graan (Edge) 2:21:54; 3. Bev Baker (VOB) 2:31:59. **Masters:** 1. Miranda Ward (Paarl) 2:32:11; 2. Colleen Hohlfield (SS) 2:32:37; 3. Moira Oliver (Sat) 2:43:43. **G'masters:** 1. Avril Delapelin-Dumont (WC) 3:21:17; 2. Marianne Nelson (Durb) 3:45:43; 3. Jennie Bancroft (WC) 4:03:55.

Old Eds Half Marathon & 10 km

Johannesburg, 13 August

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

Half marathon

MEN

1. Odwa Tunyiswa (Ned) 68:50; 2. Nkopane Seqhobane (LES/GS) 69:45; 3. Charles Tjiane (MP) 70:08.

Veterans: 1. Gethun Wordofa (ETH/Toyota) 71:08; 2. Never Matiya (Wand) 74:34; 3. David Mthonyana (GS) 75:24. **Masters:** 1. Joseph Mugolovhedzi (RRR) 89:02; 2. Stephen Seema (SAPS) 93:44; 3. Willem van den Berg (RRW) 94:12. **G'masters:** 1. Don Charles (Ned) 89:54.

WOMEN

1. Kim Laxton (Sunning) 83:45; 2. Mpho Mabuza (Ned) 85:04; 3. Yolande Maclean (Jeppe) 85:38.

Veterans: 1. Barene Jankovich-Besan (RAC) 96:50; 2. Vanessa Bowman (Kempton) 101:28; 3. Debbie Tiley (Disc) 105:56. **Masters:** 1. Natalie Sanders (Four) 1:47:56; 2. Sarah Webb (RAC) 1:51:32; 3. Rhona Berry (RAC) 2:00:00. **G'masters:** 1. Penny Visser (Breakthru) 1:54:46.

10 km

MEN

1. Derocious Makhobalo (GS) 31:43; 2. Esau Nkosi (GS) 31:52; 3. Thabiso Mateba (GS) 33:38.

Veterans: 1. Isaac Masilela (ADT) 34:15; 2. Reginald Ngobese (GS) 34:35; 3. Arnold Geerdts (RAC) 39:58. **Masters:** 1. Jerry Rankapule (Ned) 39:32; 2. Jacob Letlhake (Foch) 41:37; 3. Neil Ebing (WPCC) 44:06. **G'masters:** 1. Mike Hirst (SS) n/t.

WOMEN

1. Lebogang Phalula (GS) 37:24; 2. Lebo Phalula (GS) 37:48; 3. Gillian Sieling (Ned) 41:36 (1st vet).

Veterans: 1. Gillian Sieling (Ned) 41:36; 2. Linah Thoko Nkosi (BS) 51:30; 3. Cynthia Mkovane (Ned) 51:33. **Masters:** 1. Sonja Laxton (RAC) 47:16; 2. Sewe Maponya (Wand) 53:08; 3. Delmarie Henning (Randburg) 59:58. **G'masters:** 1. Bets Greyling (Sun) 65:51.

Ocean Basket Marcel van 't Slot 15 km

Pretoria, 13 August

(Loop course. Finishers: 1460.)

Note: Lucky Mohale won the time incentive bonus of R5 000 for running sub-46:45. – Ed.

MEN

1 Lucky Mohale (Mr Price) 46:33; 2 Enos Matalane (Bonitas) 47:52; 3 Wesley Ruto (KEN/Nedbank) 47:57; 4 Benedict Moeng (Transnet) 48:49; 5 Anthony Godongwana (Celtic Harriers) 49:20.

Veterans: 1 Elias Mabane (Bidvest) 53:23; 2 Jackson Seanego (New Balance) 54:04; 3 Reuben Setumo (Toyota) 55:09. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 58:54; 2 Jerry Rankapule (Nedbank) 60:07; 3 Julian Paul (PMMC) 60:14. **G'masters:** 1 Johannes Setshedi (New Balance) 66:22; 2 Eben du Pisanie (Akasia) 74:59. **G/g'masters:** 1 Pele Tshikundamalema (Vyebo Striders) 70:36.

WOMEN

1 Irvette van Blerk (Nedbank) 56:15; 2 Muchaneta Gwata (ZIM/Mr Price) 58:07; 3 Margaret Mahohoma (ZIM/Mr Price) 58:12; 4 Kim Laxton (Sunninghill) 58:52; 5 Maxine Heine-Wacker (UJ) 59:02.

Veterans: 1 Jane Mudau (Bonitas) 67:53; 2 Vanessa Bowman (Kempton) 69:47; 3 Ansie Viljoen (Irene) 71:01. **Masters:** 1 Francis van Blerk (Nedbank) 72:29; 2 Connie Blom (PPMK) 74:42; 3 Alta v.d. Berg (Running Inn) 81:05. **G'masters:** 1 Sonja Laxton (RAC) 72:28; 2 Debbie v Heerden (Roodepoort) 92:44. **G/g'masters:** 1 Mavis Stadler (Agape) 94:28.

Women's Day Challenge 10 km

(Women only)

Goodwood, 9 August

(Certified out-and-back course with many corners [new course]. Finishers: 1485.)

1. Nomvuyisi Seti (Celtic) 36:30 (R2000)
2. Bulelwa Mtshagi (Celtic) 36:42 (R1500)
3. Ulrica Stander (NBMC) 36:52 (R1000)
4. Asiphe Sikabalanjana (Gugs) 38:08 (R750)
5. Busisiwe Matiwane (Celtic) 39:03 (R500)
6. Candyce Hall (Hout) 39:23 (R450)
7. Dianne Emery (Ind) 39:40 (R400)
8. Asiphe Snyman (Celtic) 40:27 (R350)
9. Sheryl de Lange (Adid) 40:41 (R300)
10. Danette Smith (Adid) 41:08 (R250)

40-49: 1. Sheryl de Lange (Adid) 40:41 (R500); 2. Ursula Frans (Adid) 41:16 (R400); 3. Mariëtte Esterhuyse (Tyger) 41:45 (R300). **50-59:** 1. Cheryl Rudolph (East) 44:28 (R500); 2. Charmaine Cupido (Ned) 45:02 (R400); 3. Bev Charters (VOB) 47:18 (R300). **60-69:** 1. Marietha Herbert (Bell) 49:44 (R500); 2. Pixie Sparg (Celtic) 50:29 (R400); 3. Sarah Herdien (Atlantis) 57:57 (R300). **70+:** 1. Peggy Reid (Spart) 68:30 (R500). **Juniors:** 1. Asiphe Snyman (Celtic) 40:27 (R500); 2. Khanya Mateyisi (Khay) 42:07 (R450); 3. Nomaxesib Ngcantsi (VOB) 44:26 (R400).



Two runners of the WP New Balance Multisport Club who excelled in the Women's Day events in Goodwood. Sumé Matthysen (left) won the fun run overall, beating all the men, while Ulrica Stander was third in the 10 km. [Jasper Coetzee]

Totalsports Ladies Race 10 km

(Women only)

Johannesburg, 9 August

1. Lebo Phalula 35:50
2. Irvette van Blerk 36:20
3. Onneile Dintwe (BOT) 36:43
4. Tebogo Masehla 37:10
5. Mpho Mabuza 37:52
6. Cornelia Joubert 38:16
7. Christine Kalmer 38:39
8. Andronica Mokgotla 41:52

Veterans:

1. Sarah Mahlangu 44:06
2. Catherine Naane 44:29
3. René Binneman 45:53

Masters:

1. Brenda Nooy 48:54
2. Sewela Maponya 52:41
3. Gladys Mongalane 53:52

G'masters:

1. Sonja Laxton 45:49
2. Magret Ithumeng 58:31
3. Rachel Ledwaba 1:05:40

G/g'masters:

1. Deidre Larkin 1:08:06

Juniors:

1. Kedumetse Disipi 42:57
2. Tandile Hadebe 43:27
3. Jolene Rabie 45:26

Totalsports Ladies Race 10 km

(Women only)

Stellenbosch, 9 August

(Loop course. Finishers: 2261.)

1	René	Kalmer	30	Ned CGA	34:04
2	Zintle	Xiniwe	24	Ned WP	34:48
3	Bulelwa	Simae	34	Ned WP	36:28
4	Dominique	Scott	19	Adidas	37:05
5	Nicole	Marais	27	WPCC	39:54
6	Sunel	Jacobs	20	Maties	41:02
7	Vicky	Van der Merwe	21	Temp	41:58
8	Suzanne	Marais	46	Strand	42:18
9	Helette	Basson	37	Lbaan	42:25
10	Olga	Howard	53	Celtic	42:45

40-49: 1. Suzanne Marais (Strand) 42:18; 2. Patricia Adams (Met) 44:11; 3. Tania Welgemoed (Strand) 47:47. **50-59:** 1. Olga Howard (Celtic) 42:45; 2. Carine Kruger (Held) 49:32; 3. Magriet Hanekom (Ceres) 50:22. **60+:** 1. Veronica van Niekerk (EGA) 48:07; 2. Marianne Nelson (Durb) 61:38; 3. Marie Hill (Ceres) 64:25. **Juniors:** 1. Dominique Scott (Adid) 37:05; 2. Natasha Scott (Adid) 46:45; 3. Liza-Marie Dippenaar (Fit2) 48:08.

Goldberg & De Villiers Inc. 10 km

Port Elizabeth, 9 August

(Finishers: 394)

MEN

1	Bulelini	Niwa	PEAAC	25	32:18
2	Ricardo	Plaatjies	Elite AC	28	33:52
3	Conrad	Charles	Malabar AC	21	35:43
4	Tumelo	Mochelenyane	Nedbank RC EP	29	36:28
5	Willem	Maré (1 st vet)	Jeffreys Bay AC	47	36:55
6	Mpumelelo	Ndlumbini	Nedbank RC EP	36	37:14
7	Graham	Eshmade	Crusaders AC	34	38:19
8	Sindile	Ngiyo (1 st jun)	Nedbank RC EP	16	38:31
9	Brandon	Nass	Charlo RR	18	38:34
10	Alfred	Spiers (1 st mast)	Elite AC	51	38:55
11	Adriaan	Gouws	Nedbank RC EP	38	39:11
12	Aaron	Nxumalo	PEAAC	27	39:22
13	Hein	Lodewyks	Absa NMMU AC	28	39:25
14	Wayne	Mitchell	Achilles AAA	38	39:36
15	Jacob	Abraham	Body Concept	45	39:38
16	Riaan	Kock	Nedbank RC EP	41	39:40
17	Vernon	Newfeldt	Willard Batteries	45	40:36
18	Jacques	Barnard	Transnet RE EP	35	40:43
19	Andrew	Porter	Achilles AAA	39	41:13
20	Lenneth	Erasmus	Willard Batteries	53	41:24

40-44:

1	Riaan	Kock	Nedbank RC EP	41	39:40
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2	Willem	Dafel	Elite AC	43	43:10
3	Craig	Dickson	Body Concept	44	43:47
45-49:					
1	Willem	Maré	Jeffreys Bay AC	47	36:55
2	Jacob	Abraham	Body Concept	45	39:38
3	Vernon	Newfeldt	Willard Batteries	45	40:36
50-54:					
1	Alfred	Spiers	Elite AC	51	38:55
2	Lenneth	Erasmus	Willard Batteries	53	41:24
3	Bafumane	Nyanga	Mr Price AC EP	50	42:34
55-59:					
1	Donald	Mancasa	Triangle Sports	57	42:28
2	Bruce	McEwan	Achilles AAA	57	44:46
3	Robert	Rietmuller	PEAAC	55	45:57
60-64:					
1	Sizinzo	Kama	Achilles AAA	60	42:46
2	Errol	Rossouw	PEAAC	61	46:51
3	Graham	Channon	Achilles AAA	61	47:53
65-69:					
1	Tamsanqa	Jusayi	Nedbank RC EP	69	44:01
2	Eckart	Schumann	Body Concept	66	53:02
3	Tom	D'Arcy	Achilles AAA	65	57:52
70-74:					
1	Godfrey	Kariem	Cadbury AC	70	49:42
2	Gerald	Hoxley	Achilles AAA	70	58:11
3	Robin	Clark	Achilles AAA	70	1:01:49
75-79:					
1	Ernie	Verrall	Absa NMMU AC	76	57:45
2	John	Peart	Nedbank RC EP	75	1:12:17
Juniors:					
1	Sindile	Ngiyo	Nedbank RC EP	16	38:31
2	Brandon	Nass	Charlo RR	18	38:34
3	Fourie	Van Zyl	Bluewater Bay	18	45:20
WOMEN					
1	Ntombesintu	Mfunzi	Mr Price AC EP	29	37:40
2	Deliwe	Nyanga	Nedbank RC EP	22	39:41
3	Natalie	Ross	Rhodes University	20	44:52
4	Christine	Claasen (1 st vet)	Achilles AAA	46	45:01
5	Sharon	Gouws	Triangle Sports	40	46:01
6	Lesley	Wood (1 st mast)	Achilles AAA	54	46:19
7	Maresa	Ah Kun	Bluewater Bay	35	46:42
8	Georgina	Randle	Rhodes University	22	46:50
9	Pelo	Nxasana	Temp	30	47:08
10	Janette	Schierz-Crusius	Body Concept	50	47:13
11	Treloar	Childs	Walmer AC	48	47:32
12	Heidi	Jansen	Achilles AAA	44	48:13
13	Pat	Thomson	Achilles AAA	51	48:14
14	Adele	Nel	St Albans Cs EP	38	49:12
15	Samantha	Schewitz	Charlo RR	40	49:30
16	Yolanda	Dugmore	Charlo RR	38	49:37
17	Debbie	Dodd	Charlo RR	40	50:59
18	Claire	Nagel	Elite AC	47	51:27
19	Megan	Wilson (1 st jun)	Charlo RR	15	51:31
20	Gail	Klichowicz	Achilles AAA	44	51:44

40-44:

1	Sharon	Gouws	Triangle Sports	40	46:01
2	Heidi	Jansen	Achilles AAA	44	48:13
3	Samantha	Schewitz	Charlo RR	40	49:30

45-49:

1	Christine	Claasen	Achilles AAA	46	45:01
2	Treloar	Childs	Walmer AC	48	47:32
3	Claire	Nagel	Elite AC	47	51:27

50-54:

1	Lesley	Wood	Achilles AAA	54	46:19
2	Janette	Schierz-Crusius	Body Concept	50	47:13
3	Pat	Thomson	Achilles AAA	51	48:14

55-59:

1	Cathy	Ives	Achilles AAA	58	54:55
2	Stephanie	Hay	Walmer AC	55	1:05:10
3	Elsie	Koch	Temp	58	1:06:42

60-64:

1	Liz	Grundlingh	Muirite Striders	64	52:48
2	Helene	Oppel	Crusaders AC	61	58:33
3	Denise	Terblanche	Walmer AC	64	1:05:55

65-69:

1	Margaret	Paton	Charlo RR	65	1:00:54
2	Angeline	Kivido	Walmer AC	65	1:17:25
3	Norah	Beukes	Crusaders AC	65	1:33:15

70-74:

1	Dorothy	Hart	PEAAC	73	1:03:43
2	Aletta	Fourie	Triangle Sports	73	1:29:02

Juniors:

1	Megan	Wilson	Charlo RR	15	51:31
2	Kimberley	Wilson	Charlo RR	15	54:12
3	Marike	Marais	Temp	15	1:08:04

Castle Walk 10 km

Pretoria, 9 August
(Finishers: 970)

MEN

1 Wesley Ruto (KEN/Nedbank) 33:30; 2 Sikhumbuzo Seme (Tuks) 33:52; 3 Piet Mosebedi (Transnet) 34:13 (1st vet).

Veterans: 1 Piet Mosebedi (Transnet) 34:13. **Masters:** 1 Machiel van Niekerk (Magnolia) 48:09. **G'masters:** 1 Steve Otto (AS Eagles) 49:08. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 51:48. **Juniors:** 1 Nkosinathi Sotyantya (Celtic Harriers) 36:59.

WOMEN

1 Muchaneta Gwata (ZIM/Mr Price) 39:04; 2 Annerien van Schalkwyk (Nedbank) 39:09; 3 Margaret Mahohoma (ZIM/Mr Price) 40:34.

Veterans: 1 Debbie Bredenkamp (HQH) 49:11. **Masters:** 1 Francis van Blerk (Nedbank) 51:03. **G'masters:** 1 Rina Machado (Ndaba) 68:27. **G/g'masters:** 1 Mavis Stadler (Agape) 63:33. **Juniors:** 1 Jennifer Baker (Breakthru Midrand) 57:01.

Sanet Wentzel Memorial Women's Day 10 km

Oudtshoorn, 9 August

MEN

1	Vuyo	Witbooi	Outeniqua Harriers	36	34:08
2	PS	Masango	Temp	25	38:29
3	H	Greens	Nedbank	38	40:29
4	Jacques	Mouton	Outeniqua Harriers	33	44:35
5	Eddie	Mouton	Nedbank	37	44:35

WOMEN

1	Elizma	Horne	De Rust	32	40:33
2	Carmen	Maloney	OAAC	40	44:27
3	Tanja	Fourie	Outeniqua Harriers	25	44:34
4	Ané	Kruger	Beaufort West	17	47:05
5	May	Weideman	Temp	22	47:36

Seacom Mtunzini Bush Challenge 16 km

Mtunzini, 7 August
(Loop course, partly off-road)

MEN

1.	Stuninkosi Ngqoyingle	Corr Serv	57:32 (R400)
2.	Sakhile Mthembu	Incwenga	57:43 (R300)
3.	Vusi Cele	Mr Price	58:47 (R200)

40-49:

1.	Brenden Mayer	Chiltern	76:40 (R150)
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50-59:

1.	Andrew Booysen	Coll Harr	84:11 (R150)
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60+:

1.	Piet Vorster	PDAC	80:34 (R150)
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70+:

1.	Eberhard Fritsch	ZAC	125:10
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Juniors:

1.	Sakhile Mthembu	Incwenga	57:43 (R150)
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WOMEN (Same prize money as men)

1.	Tanith Maxwell	Boxer AC	69:44
2.	Cary Ann Smith	Nedbank AC	73:48
3.	Nomcebo Mthembu	uMhlathuze	81:05

40-49:

1.	Maureen Slack	Riverside Harr	82:22
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50-59:

1.	Tris Winterboer	uMhlathuze	97:48
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60+:

1.	Marilyn Cox	Savages AC	117:26
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70+:

1.	Maggie Marshall	Savages AC	129:46
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PPC Riebeeckberg Marathon (26th) & Half Marathon

Riebeeck West, 30 July

(Distances: 42.195 km & 21.1 km; loop courses, very hilly)

Note: The male and female winners were included last week. Here are the first five men and women in the open categories, as well as the first three in the various age categories. Note that since the main categories in both races are indicated as "open" in the results, the veterans Tholang Moloi and Gesina Retief in the marathon should actually be included as fourth and fifth respectively in the open categories. Likewise in the half marathon Linley Holmes should have been placed second in the open category. All three these runners should have received the relevant prize money for the open category. DRR has left the results unchanged as received. See also the Editorial. – Ed.

Marathon

MEN

1	Thembelani	Zola	Mr Price WP	35	2:38:13
2	Luyanda	Mapoyi	NBMC	25	2:38:43
3	Tom	Lusaseni	Celtic Harriers	22	2:41:05
4	Dumisani	Dosi	Paarl AC	32	2:51:51
5	Anele	Mnukwa	EGA	31	2:53:36

Veterans:

1	Tholang	Moloi	SANDEF WP	42	2:47:16
2	Japhta	Nero	Riebeeck Valley	41	2:59:20
3	Andries	Swanepoel	Brackenfell	41	3:06:34

Masters:

1	Thomas	Moses	Worcester	54	3:02:18
2	Henry	Cieverts	Topform	53	3:19:34
3	Daniel	Wijsbroek	West Coast	51	3:28:03

G'masters:

1	Loutjie	Swartz	Swartland	60	3:56:46
2	Richard	Butcher	Swartland	62	4:04:15
3	Japie	Truter	Swartland	66	4:55:29

WOMEN

1	Lisa	Low	?	39	3:22:17
2	Maretha	Combrinck	Namaqua	24	3:27:49
3	Kutlwano	Ramaboa	UCT	35	3:32:58
4	Liana	Maree	Stellenbosch	34	3:36:22
5	Lindie	Bouwer	Sanla	26	3:51:35

Veterans:

1	Gesina	Retief	Wellington	40	3:44:46
2	Cailey	Bredenkamp	Paarl	48	3:51:54
3	Marie-Dalene	Van Niekerk	Swartland	44	3:57:25

Masters:

1	Anne	Pool	Strand	50	3:48:40
2	Adri	Visser	Swartland	59	4:13:58
3	Ruth	Leverton	Pinelands	58	4:38:09

G'masters:

1	Veronica	Van Niekerk	EGA	65	3:54:49
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Half marathon

MEN

1	Mthandazo	Qhina	Adidas	33	1:10:25
2	Tsungai	Mwanengeni	ZIM/NBMC	37	1:11:00
3	Wanda	Roro	Adidas	22	1:11:23

4	Dawid	Gous	Swartland	28	1:14:16
5	Simon	Von Witt	Atlantic	34	1:15:31

Veterans:

1	Mike	O'Donovan	VOB	42	1:21:25
2	Stefan	Patten	VOB	40	1:25:14
3	Roston	Isaacs	Nedbank WP	49	1:26:36

Masters:

1	Leon	Williams	Swartland	50	1:23:49
2	Hendrik	Coetzee	Durbanville	53	1:33:26
3	Piet	Smit	Swartland	56	1:33:37

G'masters:

1	Rob	Logan	Pinelands	60	1:55:43
2	Mike	Taylor	Tygerberg	66	1:57:21
3	Clement	Gregory	Clarence	60	1:58:16

Juniors:

1	Enrique	Havenga	Worcester	18	1:26:02
2	Wessel	Fourie	?	19	1:56:26
3	Willie	Van Houwelingen	?	20	1:58:47

WOMEN

1	Bulelwa	Mtshagi	Celtic Harriers	31	1:25:27
2	Tania	Van Rensburg	Durbanville	37	1:30:10
3	Cecile	Jansen v. Rensburg	?	35	1:40:26
4	Elsje	Maree	NBMC	39	1:40:38
5	Phelokazi	Mbombo	Khayelitsha	22	2:41:20

Veterans:

1	Linley	Holmes	West Coast	41	1:27:11
2	Bev	Baker	VOB	49	1:41:08
3	Wynnie	Swanepoel	Metropolitan	40	1:47:23

Masters:

1	Styntjie	Prins	Paarl	57	1:40:49
2	Lindsay	Lowe	VOB	53	1:49:43
3	Belinda	Morkel	RWFL	50	1:58:15

G'masters:

1	Netta	Truter	Phalaborwa	63	1:55:08
2	Sarah	Hardien	Atlantis Harriers	61	2:09:59
3	Marlene	Wiese	Kowie Striders	65	2:15:57

Juniors:

1	Louise	Van d. Westhuizen	Bellville	20	2:44:24
2	Wilandi	Van d. Westhuizen	Bellville	18	2:44:24
3	Jolande	Carstens	Swartland	20	2:49:39

ArcelorMittal Saldanha Half Marathon

Saldanha, 23 July

(Distance: 21.1 km. Finishers: 299.)

Note: Bulelwa Simae finished ninth overall. – Ed.**MEN**

1	Anthony	Godongwana	Celtic Harriers	25	1:07:03
2	Sityhilo	Diko	Adidas	20	1:10:26
3	Mthandazo	Qhina	RCS Gugs	34	1:14:22
4	Lufumba	Sakila	Celtic Harriers	19	1:14:39
5	Cobus	Gous	ArcelorMittal Saldanha AC	32	1:19:29

6	Richard	Flint	Acsis VOB	26	1:20:20
7	Joseph	Pascal	Easterns Kraaifontein	37	1:21:46
8	Zolani	Ntsodo	Defence	47	1:21:47
9	Dawid	Andrews	Salkorlane	45	1:22:57
10	Caven	Matsho	Defence	27	1:24:30

WOMEN

1	Bulelwa	Simae	Nedbank	34	1:22:38
2	Busisiwe	Matiwane	Celtic Harriers	36	1:26:38
3	Ursula	Frans	Adidas	42	1:30:51
4	Mariette	Esterhuyse	Tygerberg	49	1:33:50
5	Patricia	Adams	Metropolitan	40	1:34:13
6	Helette	Basson	Langebaan	37	1:34:23
7	Helena	Oberholzer	Pirates (CGA)	34	1:35:48
8	Helena	Schoeman	Langebaan	43	1:43:10
9	Charisse	Hansen	Langebaan	45	1:43:15
10	Lindie	Bouwer	Sanlam	26	1:48:10

CROSS-COUNTRY

Absa NMMU Eastern Province Championships

Port Elizabeth, 13 August

Note: All age groups ran 4 km, except the boys u.19, men 40-49, and men 50-59 (all 8 km), and the boys u.17, men 60-69 and girls u.19 (all 6 km). – Ed.

Sr. MEN

12 km:

1	Rodney	Prins	22	Mr Price RC EP	39:40
2	Zolani	Ngqaqa	22	Mr Price RC EP	40:21
3	Bulelini	Niwa	25	PEAAC	40:26
4	Masande	Mlonyeni	30	Nedbank RC EP	40:31
5	Mariano	Eesou	19	Nedbank RC EP	40:42
6	Eric	Sigxashe	32	Mr Price RC EP	41:28
7	Anele	Maliza	33	Nedbank RC EP	42:04
8	Khayaletu	Makalima	27	Mr Price RC EP	44:06
9	Zandisile	Mpisane	28	Mr Price RC EP	44:10
10	Mvuyisi	Gcogco	21	Umf AC	44:11

4 km:

1	Masande	Mlonyeni	30	Nedbank RC EP	12:49
2	Mkhuseli	Nyongo	25	Absa NMMU AC	13:05
3	Marinus	Johnson	25	Nedbank RC EP	13:21
4	Melikhaya	Frans	19	Nedbank RC EP	13:21
5	Zolani	Mabongo	25	Mr Price RC EP	13:23
6	Lubabaloo	Mdlungwane	17	PEAAC	13:35
7	Simphiwe	Ntombana	17	Nedbank RC EP	13:56
8	Tumelo	Mochelenyane	29	Nedbank RC EP	14:59
9	Alfred	Spiers	51	Elite AC	15:08
10	Samora	Mzalazala	28	PEAAC	16:57

40-49:

1	Maboyisana	Mazwayi	43	Nedbank RC EP	29:15
2	Freddie	Jantjies	42	Mr Price RC EP	29:42
3	August	Esau	40	Nedbank RC EP	29:51

50-59:

1	Alfred	Spiers	51	Elite AC	30:47
2	Andre	Dalton	50	Nedbank RC EP	32:54
3	Sidwel	Roboshi	51	Nedbank RC EP	33:16

60-69:

1	Sizino	Kama	60	Achilles AAA	28:05
2	Graham	Channon	61	Achilles AAA	29:31
3	John	Kotze	60	Achilles AAA	31:10

70+:

1	Robin	Clark	70	Achilles AAA	25:51
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U.23:

1	Zolani	Ngqaqa	22	Mr Price RC EP	12:53
2	Duwayne	Lucas	21	Nedbank RC EP	13:55
3	Alex	Ngxila	22	Univ Fort Hare	13:59

U.21:

1	Mariano	Eesou	19	Nedbank RC EP	13:09
2	Conrad	Charles	21	Malabar AC	13:42
3	Vernon	Booyse	19	Absa NMMU AC	13:48

U.19:

1	Melikhaya	Frans	19	Sisonke H/S	27:32
2	Simthembile	Sobe	17	Motherwell H/S	29:36
3	Thembaletu	Damase	19	Mfesane SSS	30:01

U.17:

1	Masibulele	Heugh	17	Sisonke H/S	20:59
2	Sinathi	Mafanga	16	Samkelo HS	21:21
3	Thando	Nciphah	17	Motherwell H/S	22:48

SR. WOMEN

8 km:

1	Ntombesintu	Mfunzi	29	MPEP	30:47
2	Deliwe	Nyanga	22	Nedbank	33:22
3	Asanda	Solani	28	Nedbank	37:02
4	Thabisa	Mayedwa	25	Nedbank	37:54
5	Adri	Du Plessis	38	Ach	49:51

SR. WOMEN

4 km:

1	Ntombesintu	Mfunzi	29	MPEP	15:22
2	Chantel	Verwey	24	NMMU	17:23
3	Priscilla	Dyantyi	37	MPEP	17:56

40-49:

1	Georgie	Thomas	45	Ach	18:42
2	Paulette	Mcewan	46	Ach	20:25
3	Sharon	Claassen	43	Temp	21:21

50-59:

1	Janette	Schierz-Crusius	50	Bodycon	19:15
2	Cathy	Ives	58	Ach	23:49
3	Malana	Gerber	58	NMMU	26:30

U.23:

1	Natascha	De Villiers	22	NMMU	16:52
2	Junaida	Pieters	21	NMMU	16:57

U.21:

1	Annica	Coetzee	19	NMMU	18:22
2	Thandiwe	Kwanini	20	Mzamomhle S/S	23:14

U.19:

1	Jeanette	Jacobs	18	McCarthy H/S	29:34
2	Asanda	Golozeleni	18	Khumbulani H/S	29:49

3	Christina	Kimberley	17	Newton Tech	29:51
U.17:					
1	Kayla	Nell	17	Framesby H/S	16:36
2	Angelique	Koen	16	Framesby H/S	18:41
3	Siphokazi	Nojoko	16	Motherwell H/S	18:56

Boxer KZNA Championships

Durban, 13 August

Note: All the men's age categories ran 8 km, except 60-69 (6 km). All the women's age categories ran 4 km. – Ed.

SR. MEN

12km

1.	Siyabonga Nkonde	Boxer AC	35:55
2.	Bonginkosi Zwane	Mandeni AC	36:40
2.	Senzo Nkosi	Mandeni AC	37:55

40-44:

1.	Elais Madlala	Escom	30:02
2.	Steve Muchna	PDAC	30:26
3.	Brendon Meyer	Chiltern	31:36

45-49:

1.	Willie Majombozi	Boxer AC	28:50
2.	Simon Russel	PDAC	29:18
3.	Mandla Dumakudu	Boxer AC	29:42

50-54:

1.	Jan Koegelenberg	Mr Price AC	29:21
2.	Tim Dubery	YWP AC	31:38
3.	Ian Grey	Chiltern	32:56

55-59:

1.	Elais Mahlaba	Savages	31:55
2.	Bongani Ndlovu	Zabalaza	32:28
3.	Aubrey Roberts	West AC	33:09

60-64:

1	Eric Quibell	HV	23:44
2.	Petros Shumi	Zabalaza	26:49
3.	Les Smith	West AC	27:16

65-69:

1.	Andrew Spence	SCS	26:38
2.	Piet Badenhorst	PDAC	28:36
3.	Moray Calder	Howick	32:09

SR. WOMEN

8 km:

1.	Jenna Challenor	Boxer AC	28:13
2.	Cary Ann Smith	Nedbank AC	29:59
3.	Loveness Madziva	ZIM/Phuma KZN	31:45

40-44:

1.	Lise Muchna	PDAC	15:23
2.	Shani Silver	West AC	15:36
2.	Ursula Cockburn	MAC	16:22

45-49:

1.	Kylie Griffin	WEST AC	16:35
2.	Janine Engels	PDAC	16:46

3.	Lynda Bridges	Toti	18:09
50-54:			
1.	Blanche Moila	Savages	18:05
2.	Linda Wolhurter	Hilton Harr	18:15
3.	Di Wearne	West AC	18:36
55-59:			
1.	Judith Grove	Hilton Harr	17:36
2.	Sandy Fismer	Hilton Harr	17:42
3.	Jane Dickenson	RWFL	18:01
60-64:			
1.	Lynda Palmer	PDAC	18:35
65-69:			
1.	Lien Botha	Toti AC	19:18
2.	Gill Tregenna	West AC	21:44

WP League (8th)

Tokai, 6 August

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	Sityhilo	Diko	Adidas	36:57
2	Michael	Bailey	ASICS	37:09
3	Mthandazo	Qhina	RCS Gugs	37:24
4	JP	Abrahams	Adidas	37:27
5	Hein	Camphor	Adidas	38:56
6	Manfred	Samuels	Helderberg Harr	38:58
7	Monde	Mpemnyama	Celtic Harriers	39:19
8	Wander	Roro	Adidas	39:31
9	Anele	Ndzuta	Adidas	39:33
10	Abongile	Snyman	Atlantic	39:38

SR. MEN (4 km)

1	Phumlani	Sigidi	Nedbank WP	13:31
2	Sibusiso	Valashiya	Bidvest	13:48
3	Bulelani	Bhebha	ACSIS VOB	13:57
4	Barry-John	Pienaar	Tygerberg NLK	14:01
5	John	Landsman	No Club	14:03
6	Andrew	Louw	ATC Running	14:12
7	Jessie	Petoors	Eerste River	14:14
8	Bongile	Tshewula	Easterns	14:16
9	Nicholas	Mdutyana	Celtic Harriers	14:19
10	Ricardo	Jaftha	Eerste River	14:31

40-49:

1	Johnny	Persents	Adidas	26:24
2	Graham	Katzen	Celtic Harriers	26:26
3	Shaun	Abrahams	Adidas	27:03

50-59:

1	Raymond	Howard	Celtic Harriers	28:36
2	Friedl	van der Merwe	Strand	30:04
3	Julian	Paul	Defence WP	30:17

60+:

1	Awie	Veldsman	Helderberg Harriers	31:31
2	Michael	Clarke	ACSIS VOB	35:57
3	Paul	Fortuin	ACSIS VOB	36:11

U.19:

1	Godwin	Swartz	Elsies River	26:23
2	Babalo	Hambi	Adidas	26:28
3	Danzil	Paulse	Brackenfell	26:42

U.17:

1	Bradwin	Engel	Celtic Harriers	18:48
2	Lukhanyo	Malgas	Khayelitsha	19:01
3	Du-Wayne	Philander	UWC	19:02

SR. WOMEN (8 km)

1	Bulelwa	Simae	Nedbank WP	29:21
2	Bulelwa	Mtshagi	Celtic Harriers	30:22
3	Busisiwe	Matiwane	Celtic Harriers	32:07
4	Carol	Cunninghame	UCT	32:31
5	Andrea	Pretorius	NBMC	33:12
6	Sheryl	de Lange	Adidas	33:45
7	Wilna	Eybers	Strand	34:12
8	Colleen	de Olivera	NBMC	34:41
9	Renata	Schoeman	NBMC	35:52
10	Evelina	Tshabalala	RCS Gugs	36:52

SR. WOMEN (4 km)

1	Bulelwa	Mtshagi	Celtic Harriers	16:01
2	Linda	Hanekom	Adidas	16:42
3	Phelokazi	Mbombo	Khayelitsha	18:08
4	Naome	Teleko	Nedbank WP	18:19
5	Chantel	Watt	Helderberg Harriers	18:25
6	Abegail	Sauls	Itheko	18:37
7	Ayanda	Mahlombe	Atlantic	18:52
8	Alicia	Hartnick	Helderberg Harriers	18:53
9	Lee-Ann	Petersen	Helderberg Harriers	20:05
10	Patience	Nkohla	Khayelitsha	22:06

40-49:

1	Alta	Welmans	NBMC	17:15
2	Sheryl	De Lange	Adidas	17:19
3	Tana	Janse v Rensburg	West Coast	17:55

50-59:

1	Olga	Howard	Celtic Harriers	18:44
2	Bev	Charters	ACSIS VOB	19:01
3	Cheryl	Rudolph	Easterns	19:32

60+:

1	Pixie	Sparg	Celtic Harriers	21:54
2	Zonia	Barnard	Celtic Harriers	24:08
3	Rosalie	Richfield	UCT	24:16

U.19:

1	Khanya	Mateyisi	Khayelitsha	21:53
2	Asiphe	Snyman	Celtic Harriers	22:06
3	Reghana	Beukes	Eerste River	23:41

U.17:

1	Pamela	Mtshemla	ACSIS VOB	16:32
2	Ebeth	Marais	Tygerberg NLC	16:38
3	Amy	Abrahams	Eerste River	17:01

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

New Balance Falmouth Road Race (39th)

Woods Hole to Falmouth Heights, USA, 14 August

(Distance: 7.0 miles; certified point-to-point course, with rolling hills)

MEN

1. Lucas Kimeli Rotich, 27, KEN	31:37	\$10,000
2. Micah Kogo, 25, KEN	31:41	5,000
3. Edward Muge, 28, KEN	32:02	2,000
4. Brian Olinger, 25, Columbus, OH	32:16	1,500 + 10,000a
5. Abdi Abdirahman, 34, Tucson, AZ	32:43	1,000 + 5,000a
6. Ben True, 25, North Yarmouth, ME	32:48	800 + 2,000a
7. Samuel Ndereba, 34, KEN	32:49	650
8. Ed Moran, 30, Williamsburg, VA	32:50	600 + 1,500a
9. Sean Quigley, 27, Philadelphia, PA	32:51	450 + 1,000a
10. Brett Gotcher, 26, Flagstaff, AZ	32:53	350 + 800a

WOMEN

1. Magdalena Lewy Boulet, 38, Oakland, CA	36:58	\$10,000 + 10,000a
2. Diane Nukuri-Johnson, 26, BDI	37:13	5,000
3. Catherine Ndereba, 38, KEN	37:24	2,000
4. Janet Cherobon-Bawcom, 32, Rome, GA	37:37	1,500 + 5,000a
5. Kim Conley, 26, San Diego, CA	37:47	1,000 + 2,000a
6. Emily Brown, 26, Minnetonka, MN	37:49	800 + 1,500a
7. Jeannette Faber, 29, Somerville, MA	38:01	650 + 1,000a
8. Blake Russell, 33, Marina, CA	38:02	600 + 800a
9. Kathy Newberry, 32, Ann Arbor, MI	38:03	450 + 650a
10. Clara Grandt, 25, Morgantown, WV	38:18	350 + 600a
... 16. Colleen De Reuck, 47, Boulder, CO	39:12	

40+:

1. De Reuck (above)	39:12	\$2,500
2. Carol Maloney, 46, Brockton, MA	40:59	1,000
3. Joan Samuelson, 53, Freeport, ME	42:31	750

a) Earned USA Citizen Prize Money

Sun-Herald City to Surf 14 km (41st)

Sydney, AUS, 14 August

(Distance: 14 km; from Hyde Park in Sydney to Bondi Beach)

MEN

1. Liam Adams, Moonee Ponds, VIC	41:11
2. Michael Shelley, Oxenford, QLD	41:13
3. Martin Dent, Cook, ACT	41:45

WOMEN

1. Jessica Trengove, Burnside, SA	47:29
2. Emily Brichacek, Bruce, ACT	48:05
3. Clare Geraghty, Camp Hill, QLD	49:01

TRACK

Meeting voor Mon

(Flanders Cup)

Kessel-Lo, BEL, 13 August

MEN

3000:

Race A:

1. Javier CARRIQUEO, ARG, 7:53.46
2. Lander TIJTGAT, EA, 8:02.64
3. Dieter VANSTREELS, DUFF, 8:08.15

Samuel SEPENG, RSA, DNF

WOMEN

1500:

Race A:

1. Nancy CHEPKWEMOI, 1993, KEN, 4:07.63 PB
2. Senbera TEREFI, ETH, 4:09.80
3. Anna PIERCE, USA, 4:13.34

Mapaseka MAKHANYA, RSA, DNF

Vattenfall Lappeenranta Games

Lappeenranta, FIN, 13 August

MEN

3000 s/chase:

1. Jonathan Ndiku, KEN, 8:23.38
2. Willy Rutto Komen, KEN, 8:25.29
3. Jukka Keskisalo, Joensuu Kataja, 8:29.38

Ruben Ramolefi, RSA, DNF (pace)

STATS TIME

Here is another list of track stats – the South African all-time list for 5000 metres. Only twelve SA athletes have been able to break 13:30 and only one – Elroy Gelant – has a 2011 time on the list (Stephen Mokoka, with 13:28.60, has also dipped under 13:30 this year, but has a faster time of 13:27.22 to his credit; he is eleventh on the all-time list). In contrast to the 10000-metre list included last week, most of the times on the list were run overseas.

ALL-TIME 5000 METRES: TOP 10 MEN

13:14.16	Shadrack Hoff	Gateshead	02.07.95
13:20.63	Sydney Maree	Champaign	02.06.79
13:22.07	Alistair Cragg	Walnut	19.04.02
13:22.64	Juan van Deventer	Stockholm	06.08.10
13:24.43	Hendrick Ramaala	Lisbon	19.06.98
13:25.15	Matthews Temane	Stellenbosch	08.11.86
13:25.51	Tshamano Setone	Port Elizabeth	19.02.10

13:25.09	Elroy Gelant	Uden	02.07.11
13:26.55	John Morapedi	Cape Town	12.04.96
13:26.88	Terry Thornton	Stellenbosch	08.11.86

THIS MONTH IN HISTORY

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

58 years ago: 8 August 1953

American Wes Santee was the favourite to win the inaugural Emsley Carr Mile in London's White City Stadium after he had won the AAU 1500-metre title in 3:49.3, the fastest American time in twelve years, and then ran 4:02.4 for the mile in the Compton Invitational – the world's third fastest mile that year. But in London he was surprisingly out-kicked by Briton Gordon Pirie in 4:06.8. In this year's race, run on 6 August, Mexican-born Leonel Manzano (USA) also outkicked a favoured American, Bernard Lagat, in 3:51.24 to 3:51.38. Manzano is the sixth American to win the Emsley Carr Mile, following Jim Beatty (1962), Jim Ryun (1967), Gabe Jennings (2006), Jon Rankin (2007) and Lagat (2009). The race record, 3:45.96, was set in 2000 by Hicham El Guerrouj.

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	28:42	Lusapho April	Port Elizabeth	16 Apr
	27:15	Micah Kogo (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:43	Lusapho April	Jeffreys Bay	08 Jan
	42:58	Mohamed Trafah (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:42	Stephen Mokoka	Yangzhou	24 Apr
	58:30	Zersenay Tadese (ERI)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	78:37	Richard Mavuso	Pretoria	07 May
	72:13	Mathew Kipkoech Kisorio (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	1:36:14	Elroy Gelant	Camps Bay	09 Jan
	1:32:08	Jason Lehmkuhle (USA)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:09:25	Lusapho April	Hannover	08 May
	2:03:02A	Geoffrey Mutai (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	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	02 Mar]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:11	Johannes Seakamela	Alberton	13 Mar
	[50:03	Vladimir Kotov (BLR)	Constantia	12 Mar]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	72:24	Charles Vilakazi	Johannesburg	27 Mar
	[72:01	Vladimir Kotov	Port Elizabeth	02 Jul]
	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		

WOMEN

Open

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		
<u>Veterans (40+)</u>				
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				

Juniors

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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