

Distance Running Results

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EDITORIAL

A brilliant run by Lindsay van Aswegen in the IAU World 100 km Championships in Winschoten on Saturday was the highlight of the weekend. Van Aswegen finished third in 7:42:05 behind Marina Bychkova (RUS), 7:27:19, and Joanna Zakrzewski (GBR), 7:41:06. Van Aswegen's time is the third best ever by a South African – only Helene Joubert's SA record of 7:31:47 and René du Plessis' 7:41:52, both run in Winschoten in 1995 and 1997 respectively – are faster. Van Aswegen won the 40-44 age category.

Van Aswegen's splits for the 10 km laps were: 45:11, 45:12, 45:37, 45:40, 45:50, 46:34, 46:29, 47:03, 47:24, 47:11.

Kerry Koen finished ninth in 8:06:29 – the eighth fastest ever SA time. Bychkova's time is 22nd on the world all-time list. Van Aswegen, Koen and Salome Brits (8:51:41) finished fourth in the team competition behind Russia, the USA and Japan. Shaun Meiklejohn was 45th in the men's race (2nd in the 45-49 category). Prolific US racer Michael Wardian, who was third last year (and 26th in the Comrades), finished second behind Giorgio Calcaterra (ITA).

Top-notch performances were produced in South Africa's only race in which women get a head start on the male runners, the Medihelp Tekkie Challenge 10 km in Kuils River. This year the women's advantage was 6 min 10 sec and for the first time since the inaugural race in 2008 the female winner, Zintle Xiniwe, stayed in front of the chasing men. In fact, the first three women (Nomvuyisi Seti and Bulelwa Simae were second and third) finished ahead of the male winner, Lindikhaya Mthangayi. In perfect running conditions both Xiniwe (35:29) and Mthangayi (30:19) set course records. Six more course records fell in the various age categories (veteran men and women, master women, grandmaster men, and junior men and women).

Linah Mhlongo scored her third consecutive win in the Karoo Ultramarathon, which was held for the 41st time. Zwelithini Vaphi's massive victory over a quality runner such as Lucas Nonyana will certainly raise some eyebrows. Vaphi (39) ran the second fastest winning time in the history of the race – 5:03:37. Vaphi has run twenty marathons during the past five years – ten of them slower than 3 hours, of which eight were slower than 3:20. The average time of those that were sub-3 hours is



Lindikhaya Mthangayi nearing the finish of the Medihelp Tekkie Challenge on Saturday. [Jasper Coetzee]

2:50:20 (4:02/km). In the last three years he has run slower than 3:20 on five occasions. His most recent marathon was the Jackie Gibson in March, where he clocked 3:14:38 (4:36/km). His pace in the Karoo was 3:48/km. He last ran the Karoo in 2009, recording 5:25:39. His fastest marathon in the past five years was 2:44:25 (Soweto, 2008). He did finish 27th in the Comrades in 6:09:45.

Apart from the Karoo, two other long-running races were held this weekend, the Kowie Striders 27 km and the Shanduka Coal – Springlake Colliery Mpati Mountain Race.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Medihelp Tekkie Challenge, Kuils River
- * Value Logistics Ou Voetpad 16 km & 10 km, Pretoria
- * Kowie Striders 27 km & 10 km, Bathurst to Port Alfred
- * Karoo Ultramarathon, Laingsburg
- * Shanduka Coal – Springlake Colliery Mpati Mountain Race, Dundee
- * Hi-Tec Puffer & Tuffer Puffer, Cape Town

International highlights:

- * "21k" de Buenos Aires, Buenos Aires, ARG
 - * Mattoni Grand Prix, Prague, CZE
 - * IAU World 100 km Championships, Winschoten, NED
 - * Track: ISTAF, Berlin, GER; Rieti 2011, Rieti, ITA; Weltklasse in Zürich, Zürich, SUI
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CORRECTIONS & ADDITIONS

A number of errors crept into the results of the Lifestyle Dolphin Coast 50 km & Half Marathon and the PetroSA races last week.

The second runner in the 50 km was Freedom Shezi, not Frans Shezi. The second woman was Nicola McMurray, not McMurry. Eugene Ncube was given as third in both the 50 km and the half marathon; the correct third-placer in the half marathon was Mzokhona Nzimande (DAC) in 78:35.

In the PetroSA races Bulelwa Mtshagi was indicated as running for Nedbank, but she is a member of Celtic Harriers. Nomvuyisi Seti runs for the same club – Celtic Harriers – but it is not called Mr Price Celtic Harriers anymore.

▪ An interesting sidelight in the Satori race (results also in last week's issue) is that the second and third veterans in both the men's and women's competition are twins – Jimmy and Clifford Drury, and Viv Williams and Renée Scott.

ROAD RUNNING

Medihelp Tekkie Challenge (4th)

Kuils River, 10 September

(Distance: 10 km. Certified loop course. Weather: Cool, overcast after rain earlier in the morning, perfect conditions. Finishers: 1160.)

Note: This is the only road race in South Africa that is run on a handicap basis. This year the women started 6 min 10 sec ahead of the men and for the first time since the inaugural race in 2008 (when Anneline Roffey won outright) the women stayed in front.

MEN

1. Lindikhaya Mthangayi (MP) 30:19 CR (R1000)
2. Zolani Ntongana (MP) 30:27 (R500)

3. Tom Lusaseni (MP) 30:32 (R300)
4. Sityhilo Diko (Adid) 30:37 (R200)
5. Duane Fortuin (Adid) 30:46 (R100)

(The prize money in all age categories are the same: R300, R200, R100.)

40-49: 1. John September (Celtic) 33:55 CR; Shaun Abrahams (Adid) 33:58; 3. Dawid Petersen (Dwars) 35:38. **50-59:** 1. Vladimir Kotov (BLR/Cent) 34:53; 2. Julian Paul (SANDF) 37:35; 3. Goodman Mpukane (Gugs) 39:34. **60+:** 1. Awie Veldsman (Held) 40:06 CR; 2. Johann Diener (Strand) 41:07; 3. Ronnie le Roux (Brack) 43:28. **Juniors:** 1. Godwin Swartz (Elsies) 31:35 CR; 2. Xolisa Melane (Ned) 33:29; 3. Babalo Hambi (Adid) 33:36.

WOMEN (Same prize money as men)

1. Zintle Xiniwe (Ned) 35:29 CR (R500#)
2. Nomvuyisi Seti (Celtic) 35:44
3. Bulelwa Simae (Ned) 36:03
4. Bulelwa Mtshagi (Celtic) 36:38
5. Ulrica Stander (NBMC) 36:57

#) Incentive for first across the finish line (in addition to first prize of R1000)

40-49: 1. Ursula Frans (Adid) 40:12 CR; 2. Sheryl de Lange (Adid) 41:22; 3. Sandra van Graan (Edge) 42:23. **50-59:** 1. Olga Howard (Celtic) 40:54 CR; 2. Cheryl Rudolph (East) 44:56; 3. Charmaine Cupido (Ned) 47:04. **60+:** 1. Marietha Herbert (Bell) 50:51; 2. Pixie Sparg (Celtic) 52:18; 3. Rita van Wyk (Brack) 62:03. **Juniors:** 1. Pamela Mtshemba (VOB) 38:18 CR; 2. Asiphe Snyman (Celtic) 39:49; 3. Namaxesibe Ngcantsa (VOB) 44:33.

Value Logistics Ou Voetpad 16 km & 10 km

Pretoria, 10 September

(Loop courses, partly on gravel and sand tracks)

16 km

MEN

1 Stephen Mokoka (Transnet) 57:36; 2 Wesley Mutai (KEN/New Balance) 57:39; 3 Lukhanyo Mabenza (Transnet) 57:52.

Veterans: 1 Dirk Cloete (Irene) 70:25. **Masters:** 1 Colin Fischer (CSIR) 79:58.

G'masters: 1 Paulus Masilela (Kempton) 75:04.

WOMEN

1 Sharon Chinokuya (ZIM/Mr Price) 75:06; 2 Heleen van der Walt-Nickel (Irene) 81:36; 3 Max Visagie (Wingate) 82:23.

Veterans: 1 Heleen van der Walt-Nickel (Irene) 81:36. **Masters:** 1 Lindsay Steinharber (Breakthru Midrand) 1:47:22. **G'masters:** 1 Mavis Stadler (Agape) 2:00:22.

10 km

MEN

1 Joel Madiba (TUT) 32:27; 2 Stephen Ngqolo (Transnet) 32:27; 3 Joshua Sabao (ZIM/Mr Price) 32:28.

Veterans: 1 Jatin Pasotam (Jacaranda) 75:43. **Masters:** 1 Piet van Loggerenberg (Irene) 51:03. **G'masters:** 1 Steve Otto (AS Eagles) 45:15. **Juniors:** 1 Henco Schoeman (Hoerskool Eldoraigne) 35:38.

WOMEN

1 Muchaneta Gwata (ZIM/Mr Price) 37:23; 2 Portia Ngwenya (TUT) 37:35; 3 Thembi Baloyi (TUT) 42:30.

Veterans: 1 Riana Mentz (Overkruin) 50:20. **Masters:** 1 Francis van Blerk (Nedbank) 47:47. **G'masters:** 1 Ria Smit (Running Inn) 66:06.

Kowie Striders 27 km (33rd) & 10 km

Bathurst to Port Alfred, 10 September

(27 km – point-to-point course, with approx. 20 km on gravel; 10 km – loop. Finishers: 27 km – 154; 10 km – 85.)

NOTE: Second win in a row here for Mzwanele Maphekula, and second places for Mzamo Fokwana and Terri-Lynn Penney one week after running the Afri-Save Muirite Marathon. – Ed.

27 km

MEN

1	Mzwanele	Maphekula	Run For Life EP	35	1:29:25
2	Mzamo	Fokwana	Charlo RR	33	1:37:10
3	Basie	Boneparte (1 st vet)	Albany RR	45	1:37:23
4	Melikhaya	Jacobs	Nedbank RC EP	33	1:38:02
5	Jeremiah	Botha	Albany RR	31	1:40:15
6	Thembinkosi	Mdyogolo	Nedbank RC EP	43	1:46:24
7	Carriot	Galela	Run For Life EP	42	1:46:32
8	Desmond	Witbooi	Nedbank RC EP	40	1:46:54
9	Graham	Eshmade	Crusaders AC	34	1:47:26
10	Vernon	Newfeldt	Willard Batteries	45	1:47:40
11	Thembekile	Msipa	Charlo RR	37	1:49:14
12	Bennie	Stadler	Achilles AAA	48	1:49:16
13	Ricardo	Pillay	Rhodes University	23	1:49:33
14	Bongani	Bashe	Run For Life EP	30	1:51:48
15	David	Mama	Aspen Pharmacare	35	1:52:09
16	Velisile	Jela	Run For Life EP	42	1:53:26
17	Nkosinathi	Mfanyana	Kowie Striders	29	1:56:24
18	Frikkie	Boshoff	Nedbank RC EP	31	1:56:47
19	Sylvester	Jeffries	Albany RR	24	1:56:49
20	Disemba	Blou (1 st mast)	Triangle Sports	53	1:56:59

40-44:

1	Thembinkosi	Mdyogolo	Nedbank RC EP	43	1:46:24
2	Carriot	Galela	Run For Life EP	42	1:46:32
3	Desmond	Witbooi	Nedbank RC EP	40	1:46:54

45-49:

1	Basie	Boneparte	Albany RR	45	1:37:23
2	Vernon	Newfeldt	Willard Batteries	45	1:47:40
3	Bennie	Stadler	Achilles AAA	48	1:49:16

50-54:

1	Disemba	Blou	Triangle Sports	53	1:56:59
2	Lenneth	Erasmus	Willard Batteries	53	2:02:30
3	Samuel	Erasmus	Nedbank RC EP	53	2:10:54

55-59:

1	Sipho	Ncandana	Triangle Sports	55	1:57:07
2	Richard	Foss	Albany RR	57	2:08:54
3	Donald	Mancasa	Triangle Sports	57	2:08:54

60-64:

1	Fred	Verrall	Charlo RR	63	2:01:08
2	Hansie	Els	Somerset East	63	2:09:15
3	Paul	Steffens	Transnet RE EP	60	2:11:28

65-69:

1	Tamsanqa	Jusayi	Nedbank RC EP	69	2:00:54
2	Philip	Van Gass	Bellville AC	65	2:44:32
3	Jean	Nepgen	Kowie Striders	66	4:15:36

WOMEN

1	Jene	Banfield (1 st vet)	Run For Life EP	41	2:02:36
2	Terri-Lynn	Penney	Run For Life EP	34	2:04:34
3	Elmarie	Bezuidenhout	Charlo RR	29	2:06:02
4	Laura	Maritz (1 st mast)	Elite AC	50	2:12:15
5	Janette	Schierz-Crusius	Body Concept	51	2:14:04
6	Tamaryn	Roberts	Temp	29	2:19:16
7	Adele	Nel	St Albans CS EP	38	2:21:15
8	Diana	Grant	Temp	39	2:23:24
9	Desiree	Ebrahim	Willard Batteries	46	2:25:20
10	Denise	Darlow	Charlo RR	42	2:28:03
11	Sharon	Smuts	St Albans CS EP	45	2:31:28
12	Christine	Snyman	VW AC	55	2:35:58
13	Melanie	Bruce-Miller	Rhodes University	21	2:39:22
14	Kate	Cobbing	Temp	30	2:40:03
15	Nomfundo	Hlela	Body Concept	29	2:40:43
16	Rosemary	Joubert	Crusaders AC	50	2:47:53
17	Yvette	Jonker	Transnet RE EP	39	2:48:23
18	Lisa	Micklewright	Temp	42	2:49:59
19	Christine	Cordier	Oxford Striders	43	2:50:07
20	Glynis	Scott	Bluewater Bay	51	2:51:25

40-44:

1	Jene	Banfield	Run For Life EP	41	2:02:36
2	Denise	Darlow	Charlo RR	42	2:28:03
3	Lisa	Micklewright	Temp	42	2:49:59

45-49:

1	Desiree	Ebrahim	Willard Batteries	46	2:25:20
2	Sharon	Smuts	St Albans CS EP	45	2:31:28
3	Pearl	Damons	Willard Batteries	48	3:12:54

50-54:

1	Laura	Maritz	Elite AC	50	2:12:15
2	Janette	Schierz-Crusius	Body Concept	51	2:14:04
3	Rosemary	Joubert	Crusaders AC	50	2:47:53

55-59:

1	Christine	Snyman	VW AC	55	2:35:58
2	Gail	Knox	Old Selbornians	56	3:47:37

60-64:

1	Heather	Joyce	Temp	62	3:17:37
2	Meg	Clark	Temp	60	3:45:37
3	Carol	Nepgen	Kowie Striders	60	4:15:37

65-69:

1	Marlene	Wiese	Kowie Striders	65	3:13:47
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Juniors:

1	Tanya	Wilson	Charlo RR	18	3:11:22
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10 km**MEN**

1	Lusapho	April	Oxford Striders	29	32:01
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2	Revan	Fillis	Albany RR	21	36:27
3	Anelisa	Stamper	Temp	24	36:36
4	Xolani	Ngcikhwe	Rhodes University	39	37:37
5	Malibongwe	Mbelu	Run For Life EP	39	37:47
6	Alvino	Williams (1 st jun)	Albany RR	18	41:26
7	Ayanda	Blou	Triangle Sports	17	41:54
8	Sylvester	Appollis	Nedbank RC EP	28	43:43
9	Luthand0	Dastile	Temp	31	45:42
10	Chuma	Gadu	Temp	17	47:22
11	Siya	Pikoli	Kowie Striders	17	47:23
12	Mthobeli	Dzudzudzu	Temp	32	48:34
13	Kurtis	Williams	Temp	15	48:57
14	John	Galela (1 st mast)	Run For Life EP	51	49:19
15	Timothy	Ross	Rhodes University	19	49:55
16	Henrico	Marais	Somerset East	26	49:57
17	Fiddich	Mutele	Temp	15	50:28
18	Wouter	Loots (1 st vet)	Triangle Sports	49	50:49
19	Cornel	Wright	Temp	27	50:52
20	Zalisile	Dyonashe	Run For Life Borer	23	51:32

45-49:

1	Wouter	Loots	Triangle Sports	49	50:49
2	Colin	Meyer	Run For Life EP	47	54:00
3	Andre	Pienaar	Bluewater Bay	48	1:01:22

50-54:

1	John	Galela	Run For Life EP	51	49:19
2	Peter	Sulter	Albany RR	50	1:00:00
3	Justin	Arthur	Kowie Striders	51	1:01:48

55-59:

1	Hubert	Botha	Albany RR	56	53:47
2	Roger	Hannington	PEAAC	56	57:29
3	Brett	Wienand	Temp	57	1:07:02

60-64:

1	Stavie	Van Aardt	Albany RR	64	56:43
2	Peter	Stockwell	Albany RR	64	56:52
3	Andre	Fourie	Elite AC	64	58:31

65-69:

1	Anthony	Groats	Albany RR	65	58:49
2	Billy	Futter	Kowie Striders	65	1:14:36
3	Sid	Penney	Run For Life EP	66	1:36:59

Juniors:

1	Alvino	Williams	Albany RR	18	41:26
2	Ayanda	Blou	Triangle Sports	17	41:54
3	Chuma	Gadu	Temp	17	47:22

WOMEN

1	Zola	Pieterse (1 st vet)	Temp	45	40:40
2	Natalie	Ross	Rhodes University	20	42:42
3	Natalie	Marais	Rhodes University	22	48:59
4	Eldi	Van Rooyen	Somerset East	29	51:21
5	Sally	Price-Smith	Run For Life EP	49	52:17
6	Lisa	Liebenberg	Somerset East	20	53:44
7	Karen-Lee	Meyer	Run For Life EP	47	53:53
8	Bronwen	Perry	Crusaders AC	29	54:34
9	Marielize	Van Zyl (1 st mast)	Crusaders AC	52	55:33
10	Megan	Wilson (1 st jun)	Charlo RR	16	56:19
11	Ronette	Marais	Somerset East	26	56:23

12	Benice	Putter	Somerset East	54	56:38
13	Fanelwa	Lutshaba	Rhodes University	34	58:01
14	Kimberley	Wilson	Charlo RR	16	58:08
15	Lynne	Dell	Temp	24	58:40
16	Laura	Magnus	Temp	23	58:41
17	Tammy	Strombeck	Temp	36	1:01:14
18	Helen	Fourie	Elite AC	41	1:01:56
19	Tracy	Going	Temp	44	1:02:06
20	Helen	Clark	Westville AC	49	1:07:01

40-44:

1	Helen	Fourie	Elite AC	41	1:01:56
2	Tracy	Going	Temp	44	1:02:06

45-49:

1	Zola	Pieterse	Temp	45	40:40
2	Sally	Price-Smith	Run For Life EP	49	52:17
3	Karen-Lee	Meyer	Run For Life EP	47	53:53

50-54:

1	Marielize	Van Zyl	Crusaders AC	52	55:33
2	Benice	Putter	Somerset East	54	56:38
3	Noleen	Norris	Cadbury AC	54	1:12:00

55-59:

1	Wendy	Wienand	Temp	55	1:07:40
2	Colleen	Webb	Absa NMMU AC	56	1:28:57

60-64:

1	Marion	Penney	Run For Life EP	62	1:37:00
2	Colleen	Mackin	Temp	61	1:50:27

Juniors:

1	Megan	Wilson	Charlo RR	16	56:19
2	Kimberley	Wilson	Charlo RR	16	58:08
3	Carla	De Wet	Queenstown	15	1:16:40

Karoo Ultramarathon (41st)

Laingsburg, 10 September

(Distance: 80 km; loop course, partly on gravel. Finishers: 108.)

MEN

1	Zwelithini	Vaphi	Toyota AC	39	5:03:37
2	Lucas	Nonyana	Bonitas	32	5:12:31
3	Abram	Hugo	Toyota AC	32	5:17:44
4	Mbuyiseli	Mema	Nedbank RC	33	5:21:10
5	Christopher	Mabengeza	Nedbank RC	45	5:38:33
6	Jappie	Khotle	Mittal Steel	35	5:39:49
7	Frans	Kutu	Mittal Steel	34	6:00:38
8	Henk	Mulder	Temp	37	6:02:50
9	Lindile	Tokota	Nedbank RC SWD	43	6:10:44
10	Mxolisi	Fana	Coastline AC	42	6:12:00
11	Emerson	Kayana	Nedbank RC	37	6:14:02

40-44:

1 Lindile Tokota (Nedbank RC SWD) 43 6:10:44

2 Mxolisi Fana (Coastline AC) 42 6:12:00

3 Jakobus de Jager (Kempton RR) 40 6:29:58

45-49:

1 Christopher Mabengeza (Nedbank RC) 45 5:38:33

2 Theuns Strecker (Irene MC) 48 8:04:52

3 Gabriel Colyn (RWFL CNW) 45 8:16:25

50-54:

1 Hercu Hofmeyr (Altech Swartland) 53 6:51:09

2 Booï Lewis (Nedbank RC) 50 7:30:51

3 Lukas van der Merwe (Standerton MC) 52 7:55:09

55-59:

1 Theo Swanepoel (Kempton RR) 59 7:16:48

2 Deon Rossouw (Krugersdorp AC) 59 8:04:28

3 Ric Marini (RAC) 56 8:11:37

60-64:

1 Jimmy Harding (Dosco Gijimas) 63 7:58:14

2 Walter Sonnendecker (Krugersdorp AC) 60 8:36:25

3 Richard Butcher (Altech Swartland) 62 8:47:31

65-69:

1 Albert Lumley (Golden Reef) 67 8:54:24

WOMEN

1	Linah	Mhlongo	Anmar	40	6:36:17
2	Martha	Pretorius	Topform AC	41	7:33:36
3	Barene	Jankovich-Besan	Rand Ath Club	42	7:42:38
4	Rome	Phillipson	Mossel Bay Harr	29	7:51:26
5	Betsie	Retief	Wellington AC	40	7:54:48
6	Jeanett	Lenono	Varsity Old Boys	47	8:20:39
7	Anne	Pool	Strand AC	50	8:21:45
8	Sanet	Calitz	Namakwa Sands	40	8:45:55
9	Estelle	Kroukamp	Ind	50	8:55:12
10	Marinda	Ludick	Bothaville MC	43	9:01:47

40-44:

1 Linah Mhlongo (Anmar) 40 6:36:17

2 Martha Pretorius (Topform AC) 41 7:33:36

3 Barene Jankovich-Besan (RAC) 42 7:42:38

45-49:

1 Jeanett Lenono (Varsity Old Boys) 47 8:20:39

2 Kleintjie van Schalkwyk (Hartenbos Draw) 47 9:26:43

3 Christel Jacobs (Hartenbos Draw) 46 9:26:44

50-54:

1 Anne Pool (Strand AC) 50 8:21:45

2 Estelle Kroukamp (Ind) 50 8:55:12

3 Reinette Kok (Dosco Gijimas) 50 9:46:00

Shanduka Coal – Springlake Colliery Mpati Mountain Race (31st)

Dundee, 10 September

(Distance: 15 km; hilly loop course on tar, mountain trails & gravel. Finishers: 178.)

MEN

1. Bongakosi Zwani (Madaeni AC) 59:50

2. Kwenya Ngubane (Mr Price AC) 61:07

3. Bongani Msimango (Vryheid AC) 61:48

40-49:

1. Petros Mavuso (Abaqlusi AC) 69:27

50-59:

1. Bongani Ndlovu (Zabalaza AC) 81:00

60+:

Petros Shumi (Zabalaza AC) 94:34

Juniors:

1. Welcome Hlatswayo (Mr Price AC) 64:00

WOMEN

1. Winile Mnisi (Toyota AC) 71:53
2. Loveness Madziva (ZIM/Phumanathi AC) 75:04
3. Xoli Madiza (Ntl Carbineers) 78:50

40-49:

1. Nana Sigubudu (Boxer AC) 86:59

50-59:

1. Zanele Ntuli (West AC) 118:55

Juniors:

1. Nompume Mnyandu (Klip River AC) 82:16

Hi-Tec Puffer & Tuffer Puffer

Cape Town, 27 August

(Distances: 80 km – point to point, and 160 km – out and back. Partly on tar, but mostly on mountain tracks and trails. Finishers: 108 & 9.)



DRR KwaZulu-Natal correspondent Alen Hattingh with fellow Westville club members at the Mpati Mountain Race, (from left) Achim Braig, his wife Bongiwe, and the winner of the masters category, Zanele Ntuli. [Photograph supplied]

Note: Karoline Hanks finished second overall. – Ed.

Puffer**MEN**

- | | | |
|---|---------------|---------|
| 1 | Nic de Beer | 7:10:34 |
| 2 | Ross McGregor | 8:33:51 |
| 3 | Rupert Becker | 8:39:57 |
| 4 | Derrick Baard | 8:40:17 |
| 5 | Eric Tollner | 8:47:04 |

WOMEN

- | | | |
|---|-------------------|---------|
| 1 | Karoline Hanks | 8:21:42 |
| 2 | Melany Porter | 8:53:41 |
| 3 | Caroline Balkwill | 9:40:06 |
| 4 | Phillipa Coleman | 9:44:38 |
| 5 | Vanessa Fisher | 9:46:18 |

Tuffer Puffer

- | | | |
|---|--------------------|----------|
| 1 | Janette Terblanche | 25:03:15 |
| 2 | Mark Spengler | 25:51:56 |
| | Ray Cranston | 25:51:56 |
| 4 | Beaumont Cooper | 28:17:40 |
| 5 | Alan Green | 29:20:16 |
| 6 | Grant Oliver | 30:31:25 |
| 7 | Jacky Meiklejohn | 31:08:29 |
| | Dirk McIntosh | 31:08:29 |
| 9 | Henk Carstens | 31:31:07 |

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

"21k" de Buenos Aires

(South American Half-marathon Championships)
Buenos Aires, ARG, 11 September
(Distance: 21.1 km)

MEN

- | | |
|-----------------------------------|------------|
| 1. Marilson Gomes dos Santos, BRA | 1:01:13 |
| 2. Jean Carlos da Silva, BRA | 1:04:45 |
| 3. Rafael Santos Novais, BRA | 1:04:46 PB |

WOMEN

- | | |
|------------------------------------|------------|
| 1. Adriana Aparecida da Silva, BRA | 1:13:16 PB |
| 2. Rosalba Chacha, ECU | 1:13:45 PB |
| 3. Sandra Amarillo, ARG | 1:13:50 PB |
| 4. Rosa Liliana Godoy, ARG | 1:13:53 |
| 5. Bertha Sánchez, COL | 1:15:06 |

Mattoni Grand Prix (15th)

Prague, CZE, 10 September
(Distances: Men, 10 km; Women, 5 km)

MEN (gun times)

- | | |
|------------------------|--------------|
| 1. Philemon Limo, KEN | 27:34 PB/CR* |
| 2. Henry Chirchir, KEN | 28:34 |
| 3. Aduugna Tekele, ETH | 28:56 |

WOMEN (gun times)

- | | |
|-----------------------------------|-------|
| 1. Priscah Jepleting Cherono, KEN | 15:32 |
| 2. Tadelech Bekele, ETH | 15:51 |
| 3. Tabitha Gichia Wambui, KEN | 15:56 |

ULTRARUNNING

IAU World 100 km Championships

Winschoten, NED, 10 September
(Ten-lap course)

MEN

- Giorgio Calcaterra (ITA) 6:27:32
- Michael Wardian (USA) 6:42:49
- Andrew Henshaw (USA) 6:44:35
- Pieter Vermeesch (BEL) 6:47:01
- Shinji Nakadai (JPN) 6:48:32
- Matt Wood (USA) 6:50:23
- Jonas Buud (SWE) 6:52:19
- Yoshiki Takada (JPN) 7:03:55
- André Collet (GER) 7:04:35
- Dominique Bordet (FRA) 7:04:37
- ...
- Shaun Meiklejohn (RSA) 7:52:37

Charles Tjiane (RSA), Fanie Matshipa (RSA), dnf

WOMEN

1. Marina Bychkova (RUS) 7:27:19
2. Joanna Zakrzewski (GBR) 7:41:06
3. Lindsay van Aswegen (RSA) 7:42:05
4. Irina Vishnevskaya (RUS) 7:45:27
5. Meghan Arbogast (USA) 7:51:10
6. Annette Bednosky (USA) 7:54:59
7. Gloria Vinstedt (SWE) 7:55:09
8. Sabine Hofer (AUT) 8:02:17
9. Kerry Koen (RSA) 8:06:29
10. Maria Aksenova (RUS) 8:06:54
- ...
28. Salome Brits (RSA) 8:51:41

TRACK

ISTAF (69th)

(IAAF World Challenge Series)
 Berlin, GER, 11 September

MEN

1500:

- | | |
|--------------------------------|------------|
| 1. Augustine Choge, KEN | 3:31.14 |
| 2. Abdalaati Iguidi, MAR | 3:31.60 |
| 3. Nixon Kiplimo Chepseba, KEN | 3:31.66 |
| 4. Mohamed Moustoui, MAR | 3:31.84 PB |
| 5. Ilham Tanui Özbilen, TUR | 3:32.23 NR |

3000 s/chase:

- | | |
|------------------------------|------------|
| 1. Paul Kipsiele Koech, KEN | 8:04.48 |
| 2. Bernard Nganga, KEN | 8:05.88 PB |
| 3. Elias Kemboi Chelimo, KEN | 8:14.28 |
| 4. Ruben Ramolefi, RSA | 8:16.29 |
| 5. Hillary Kipsang Yego, KEN | 8:17.23 |

WOMEN

800:

- | | |
|-----------------------------------|---------|
| 1. Janeth Jepkosgei Busienei, KEN | 1:58.26 |
| 2. Caster Semenya, RSA | 1:58.74 |
| 3. Maggie Vessey, USA | 1:59.33 |
| 4. Sviatlana Usovich, BLR | 1:59.49 |
| 5. Jemma Simpson, GBR | 1:59.59 |
| ... 8. Halima Hachlaf, MAR | 2:04.25 |

Rieti 2011 (41st)

(IAAF World Challenge Series)
 Rieti, ITA, 10 September

MEN

800:

Race 1 -

- | | |
|---------------------------|-----------------------|
| 1. David Rudisha, KEN | 1:41.33 WL |
| 2. Adam Kszczot, POL | 1:43.30 PB |
| 3. Mohammed Aman, ETH | 1:43.37 NR/NJR/WYR/PB |
| 4. Alfred Kirwa Yego, KEN | 1:44.07 |

5. Marcin Lewandowski, POL 1:44.53

Race 2 -

1. Andrew Osagie, GBR 1:45.65
 2. Maury Castillo, CUB 1:46.70
 3. Giordano Benedetti, ITA 1:47.36

1500:

1. Asbel Kiprop, KEN 3:30.46 PB
 2. Nick Willis, NZL 3:35.52
 3. Tesfaye Cheru, ETH 3:35.71 PB
 4. Amine Laalou, MAR 3:36.41
 5. Cornelius Ndiwa, KEN 3:36.51

3000:

1. Bernard Lagat, USA 7:32.13
 2. Vincent Kiprop Chepkok, KEN 7:32.38
 3. Thomas Pkemei Longosiwa, KEN 7:32.71
 4. Tariku Bekele, ETH 7:34.71
 5. Albert Rop, KEN 7:35.66 PB

WOMEN

1500:

Race 1 -

1. Mariem Alaoui Selsouli, MAR 4:01.04
 2. Ekaterina Martynova, RUS 4:02.10
 3. Anna Mishchenko, UKR 4:02.79 PB
 4. Hind Déhiba Chahyd, FRA 4:03.02
 5. Tatyana Tomashova, RUS 4:03.69
 6. Natalia Rodríguez, ESP 4:03.93
 7. Ingvill Måkestad Bovim, NOR 4:04.12
 ... 10. Jenny Simpson, USA 4:06.13
 11. Mimi Belete, BRN 4:06.62

Race 2 -

1. Hellen Onsando Obiri, KEN 4:04.10 PB
 2. Genzebe Dibaba, ETH 4:05.90 PB
 3. Kaila McKnight, AUS 4:06.58

Weltklasse in Zürich (82nd)

(13th Stop of 2011 Samsung Diamond League/First of Two Final Meetings)

Zürich, SUI, 8 September

MEN

1500 (DL Final):

1. Nixon Chepseba, KEN 3:32.74 USD 40,000*
 2. Silas Kiplagat, KEN 3:33.56
 3. Haron Keitany, KEN 3:34.37
 4. Mohamed Moustauoui, MAR 3:34.61
 5. Augustine Choge, KEN 3:34.67
 6. Mekonnen Gebremedhin, ETH 3:34.75
 7. Asbel Kiprop, KEN 3:34.89
 8. Daniel Kipchirchir Komen, KEN 3:36.78
 9. Jeff Riseley, AUS 3:39.45
 10. Yoann Kowal, FRA 3:42.41
 Abubaker Kaki, SUD DNF

David Krummenacker, USA DNF (pace)
 Nick Symmonds, USA DNF (pace)

3000 s/chase (DL Final):

1. Ezekiel Kemboi, KEN	8:07.72	
2. Paul Kipsiele Koech, KEN	8:07.89	USD 40,000*
3. Benjamin Kiplagat, UGA	8:12.08	
4. Ruben Ramolefi, RSA	8:15.40	
5. Jonathan Ndiku, KEN	8:16.15	
6. Hillary Kipsang Yego, KEN	8:20.31	
7. Ion Luchianov, MDA	8:22.24	
8. Richard Mateelong, KEN	8:28.81	
9. Ben Bruce, USA	8:29.24	
10. Lukasz Parszczyński, POL	8:32.17	

WOMEN

800 (DL Final):

1. Mariya Savinova, RUS	1:58.27	
2. Alysia Montano, USA	1:58.41	
3. Jenny Meadows, GBR	1:58.92	USD 40,000*
4. Janeth Jepkosgei Busienei, KEN	1:59.71	
5. Caster Semenya, RSA	1:59.77	
6. Ekaterina Kostetskaya, RUS	2:00.06	
7. Morgan Uceny, USA	2:00.59	
8. Malika Akkaoui, MAR	2:01.47	
9. Kenia Sinclair, JAM	2:01.71	
10. Yuliya Rusanova, RUS	2:03.24	
Halima Hachlaf, MAR	DNF	

5000 (DL Final):

1. Vivian Cheruiyot, KEN	14:30.10	USD 40,000*
2. Sally Kipyego, KEN	14:30.42	PB
3. Linet Masai, KEN	14:35.11	
4. Sylvia Kibet, KEN	14:35.43	
5. Priscah Jepleting Cherono, KEN	14:44.82	
6. Meselech Melkamu, ETH	14:45.76	
7. Sentayehu Ejigu, ETH	14:55.28	
8. Viola Kibiwot, KEN	15:03.97	
9. Alemitu Bekele, TUR	15:08.86	
10. Zakia Mrisho, TAN	15:17.18	
... 12. Yelena Zadorozhnaya, RUS	15:25.15	
13. Lidia Chojecka, POL	15:29.42	
14. Helen Clitheroe, GBR	15:29.85	
15. Shalane Flanagan, USA	15:32.31	

*) Earned Diamond League overall points title, worth USD 40,000

NEWS

COMRADES UPS PRIZE MONEY TO R2.6 MILLION

The Comrades Marathon Association (CMA) has announced that it will increase the prize money for the 2012 race by nearly twenty percent, making the total payment a massive R2 653 700.

The male and female winner of the race will each receive R300 000 – R50 000 more than previously. In addition to the prize money for the top ten positions, any man or

woman breaking the current Comrades "down" run records held by Leonid Shvetsov and Frith van der Merwe will be paid an amount of R300 000 each.

Prize money awards (in Rand) for 2012 are:

1st	300 000
2nd	145 000
3rd	110 000
4th	55 000
5th	42 000
6th	25 000
7th	20 000
8th	18 000
9th	16 000
10th	14 000

Entries for the 2012 Comrades opened on 1 September and close exactly three months later. The race, with a 12-hour cut-off, will be a down run from Pietermaritzburg's City Hall to Durban's Sahara-Kingsmead Stadium, with the start at 05h30 on Sunday, 3 June.

BACKGROUND

61% OF TWO OCEANS FIELD RUN COMRADES TOO

How many runners participate in both South Africa's major ultras in the same year? According to Old Mutual Two Oceans Race Director Rowyn James the two races did some "number crunching" and found that 61% of the SA based athletes in the Cape Town event go on to the longer race in KwaZulu-Natal. This represents a figure of 4 803 runners out of 7 862.

The main findings of the study:

1. 70% of the Comrades field comes from Gauteng and KZN alone – probably because Cape Town is too far away and travelling from there to Durban is too expensive (it therefore is a cost factor).
2. In 2011 the Comrades had 19 600 entries, with only 18 140 having SA ID's – this means 1 460 were from overseas/rest of Africa.
3. The total 2011 Two Oceans entries were 8 646, with only 7 862 having SA ID's – this means 784 were from overseas/rest of Africa.
4. A total of 4 803 runners in the Comrades also did the Two Oceans, i.e. 26.5% of the total SA based Comrades field.
5. These 4 803 runners out of the 7 862 SA based Two Oceans field constitute 61% of the Two Oceans field.

DAEGU TRIVIA

DOUBLE REPEATS NOT SO RARE IN WORD CHAMPS

As reported in DRR last week, the first four athletes in the women's 5000 m in Daegu were the same as two years ago in Berlin. This has never happened before. Noted statistician Ken Nakamura has come up with the following stats on 1-2-3 and 1-2 placings by the same athletes in different editions of the World Championships.

MEN

Top 3:

- at HT, Abduvaliev, Astapkovich and Gescek were 1-2-3 in 1993 and 1995.

Top 2 three times in a row:

- at 20 km walk, Perez and Fernandez finished 1-2 in 2003, 2005 and 2007.

Top 2:

- at 400 m, Michael Johnson and Butch Reynolds finished 1-2 in both 1993 and 1995.
- at 10000 m Gebrselassie and Tergat finished 1-2 in both 1997 and 1999, and Bekele and Sihine were 1-2 in 2005 and 2007.
- at 3000 m steeplechase Kiptanui and Sang were 1-2 in 1991 and 1993, and Shaheen and Kemboi were 1-2 in 2003 and 2005.
- at HJ Sotomayor and Partyka were 1-2 in 1993 and 1997.
- at PV Bubka and Tarasov were 1-2 in 1995 and 1997.
- at DT Riedel and Alekna were 1-2 in 1997 and 2001.
- at decathlon O'Brien & Hamalainen were 1-2 in 1993 and 1995.
- at 50 mm walk Korzeniowski and Garcia were 1-2 in 1997 and 2001.

WOMEN

- at 200 m Felix and Campbell finished 1-2 in 2007 and 2009.
- at TJ Lebedeva and Mbango finished 1-2 in 2001 and 2003.
- at HT Moreno and Kuzenkova were 1-2 in 2001 and 2003.
- at heptathlon Klüft and Barber finished 1-2 in 2003 and 2005.

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 10 MEN

28:42	Lusapho April	1	Port Elizabeth	16 Apr
29:00	Lucky Modike Mohale	1	Germiston	22 May
29:13	George Ntshiliza	2	Port Elizabeth	16 Apr
29:16	Stephen Mokoka	2	Germiston	22 May
29:20	Xolisa Tyali	1	Port Elizabeth	30 Jul
29:20	Kgosi Samuel Tsosane	3	Germiston	22 May
29:22	Mohale-2	1	Johannesburg	15 May
29:23	Nkosinathi Madyo	1	Bellville	04 Jun
29:25	Richard Motsamai Mavuso	5	Germiston	22 May
29:26	Elroy Gelant	6	Germiston	22 May
29:28	Lindikhaya Mthangayi	1	Stellenbosch	23 Feb

THIS MONTH IN HISTORY

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

30 years ago: 4 September 1981

In the most exciting 10000-metre race of the year, at the World Cup in Rome, Werner Schildhauer (GER) won the gold medal by beating Mohamed Kedir (ETH) by one second, with Alberto Salazar (USA) just more than another second back. Schildhauer clocked a national record 27:38.43 to Kedir's 27:39.44 (also a NR), with Salazar finishing in a PB 27:40.69. Only Fernando Mamede's 27:27.7 (the second fastest ever at the time) was faster in 1981; three more men dipped under 28 min in the race. Seven weeks later

Salazar broke the world record in his second marathon when he won the New York race in 2:08:13 (sadly, the course was later found to be 148 m short).

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	Zerzenay 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	7:52:37	Shaun Meiklejohn	Winschoten	10 Sep
	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	7:52:37	Shaun Meiklejohn	Winschoten	10 Sep
	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	7:42:05	Lindsay van Aswegen	Winschoten	10 Sep
	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	7:42:05	Lindsay van Aswegen	Winschoten	10 Sep
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	40:20	Grace de Oliveira	Pretoria	27 Aug
	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				

Grandmasters (60+)

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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