

Distance Running Results

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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EDITORIAL

Defending champion Stephen Mokoka (who has won the last three South African titles in the track 10000 m), was beaten at the SA Cross-country Championships in Bloemfontein on Saturday by Tshamano Setone (who has won the last two track 5000 m titles) – but only by a whisker. Both were given the same time, 36:09. Xolisa Tyali had to be content with the same position as in 2010 (third), 26 seconds behind the first two.

In the women's race over 8 km Lebo Phalula retained her title in 28:31 ahead of Nolene Conrad, with twin Lebogang third. The 4 km events went to Isaac Mbuyase (11:51) and Mlwakhule Funeka (14:41).

Former double world champion Zola Pieterse was first in the 45-49 age group, but did not count in the Championships as she was an individual entrant, so the title went to Salome Vermeulen. It seems that the organisers/officials did not realise that foreigners (eg. Onneile Dintwe) were included in provincial teams. This was brought to the attention of Pieter de Jager, Technical Manager of ASA (who was not at the meeting) by DRR, and he undertook to investigate. According to him, Dintwe was not in the original CGA team, but must have been added later (against the rules on foreign participation).

In the City to City 50 km Elias Mabane became the third fastest SA veteran ever with his 2:52:19 in second place.



Mathew Kisorio (left) and Sammy Kitwara on their way to their historic times in Philadelphia. [Race Results Weekly]

It was a great weekend for half-marathoning. In the Rock 'n' Roll Philadelphia Half Marathon Mathew Kisorio (KEN) clocked the fastest time ever on US soil when he won in 58:46, also becoming the third fastest man in history. The race was run in almost perfect conditions, and Sammy Kitwara (KEN) finished just one second behind Kisorio.

Kitwara's time is the fastest ever for second place, and Philadelphia's course record is now behind only those of Lisbon and The Hague. Kitwara's average for his three fastest half marathons is now 59:06, second only to Zersenay Tadese's 58:47.

In the Bupa Great North Run in South Shields, the world's largest half marathon with 54 000 entrants, Kenyans Martin Mathathi (58:56) and

Lucy Kabuu (1:07:06) both clocked career best times, and Mathathi handily broke Zersenay Tadese's 2005 course record of 59:05.

Kabuu's mark is the second fastest in the world this year behind only Mary Keitany's 1:05:50 world record set in February at Ras Al Khaimah.

Emmanuel Mutai, who was third in the Great North Run in 59:52, and Kisorio became the 75th and 76th runner respectively to break an hour in the half marathon. There have been four sub-59 performances so far this year, the most ever.

René Kalmer ran a brilliant 71:46 for eighth in the Great North Run – the second fastest of her career. Only her 70:37 in the 2009 World Half Marathon in Birmingham is faster.

The Duke of York Flying Scramble, the country's fourth oldest road race, was held for the 80th time this weekend and resulted in the second consecutive victory for Sbonelo Duma.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * City to City Ultramarathon, Half Marathon & 10 km, Pretoria to Johannesburg
- * ARD 3 Vlei Race, Grassy Park
- * Sanlam SAPS Challenge Half Marathon, Durban
- * Duke of York Flying Scramble, Pietermaritzburg
- * Beachcomber 15 km, Strandfontein
- * CSIR Half Marathon & 10 km, Pretoria
- * Ebenezer 10 km Classic, Port Elizabeth
- * Itala Challenge 38 km & 10 km, Vryheid
- * Hartenbos Spar 15 km, Hartenbos
- * Bedworth Centre 20 km, 15 km & 10 km, Vanderbijlpark
- * Jonkershoek Half Marathon, Stellenbosch
- * XC: South African Cross-country Championships, Bloemfontein, RSA

International highlights:

- * Bupa Great North Run, Newcastle to South Shields, GBR
 - * ING Rock 'n' Roll Philadelphia Half Marathon, Philadelphia USA
 - * Dam tot Damloop, Amsterdam to Zaandam, NED
 - * Tübinger Stadtlauf 7.5 km, Tübingen, GER
 - * Bupa Great North CityGames, Gateshead, GBR
 - * Great Cow Harbor 10 km, Northport, USA
 - * Track: Notturna di Milano, Milano, ITA; DecaNation, Annecy, FRA; Belgacom Memorial Van Damme, Brussels, BEL; All Africa Games, Maputo, MOZ
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ROAD RUNNING

City to City Ultramarathon (38th), Half Marathon & 10 km

Centurion to Johannesburg, 18 September

(Distances: 50 km, 21.1 km & 10 km. The 50 km is a point-to-point course, but uphill and undulating [from 1400 m above sea level to 1748 m]. The half marathon & 10 km are loop courses in Marlboro and Inanda respectively. Finishers: ultra – 1812.)

50 km

MEN

1	Odwa Tunyiswa	Nedbank	2:50:36
2	Elias Mabane	Bidvest	2:52:19
3	Bongumusa Mthembu	Mr Price	2:56:27

4	Leonard Koki	ZIM/Mr Price	2:57:35
5	Adoro Lephethesang	LES/Toyota	2:58:31
6	Rofhiwa Mathidi	Nedbank	2:59:14
7	Ntobeko Mtintso	Striders	2:59:21
8	Sandile Ngunuza	Nedbank	3:00:33
9	Peter Tadziripa	ZIM/Mr Price	3:01:04
10	Steven Dikobo	?	3:01:24

Veterans:

1	Elias Mabane	Bidvest	2:52:19
2	Marko Mambo	ZIM/Mr Price	3:04:00
3	Petros Sosibo	Nedbank	3:38:33

Masters:

1	Thabiso Raleghetla	LES/Toyota	3:26:35
2	Soccer Ncube	Striders	3:35:34
3	Themba Phulu	Panorama	3:39:12

G'masters:

1	Daniel Hlongwane	Nedbank	4:20:44
2	Ezekiel Masha	Rokies	4:26:46

G/g'masters:

1	Pele Tshikundamalema	Vodacom	5:10:58
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WOMEN

1	Lizih Chokore	ZIM/Nedbank	3:28:56
2	Samukeliso Moyo	ZIM/Mr Price	3:31:22
3	Riana van Niekerk	Mr Price	3:36:12
4	Mandiwana Ndothiwa	Nedbank	3:41:17
5	Joyce Makwarela	Bonitas	3:44:56
6	Tawapo Bhiri	ZIM/Nedbank	3:47:07
7	Monica Kathivu	ZIM/Mr Price	3:48:57
8	Rose Jeptun	KEN/Nedbank	3:54:10
9	Tshifhiwa Mundalamo	Nedbank	3:57:11
10	Regina Koech	KEN/Nedbank	3:59:30

Veterans:

1	Cathrine Naane	Goldfields	4:23:15
2	Josie Leong	Discovery	4:33:24
3	Assalina Nyathi	Fit 2000	4:34:19

Masters:

1	Connie Blom	Ppmc	5:04:51
2	Jane Nel	Amanzi	5:26:05
3	Selinah Ntavhanyeni	Vhembe AC	5:26:11

G'masters:

1	Patricia Moore	Alberton	5:54:34
2	Rosina Sebati	Rand Athletics	6:14:25

Half marathon

MEN

1.	Papi Mazibuko	Toyota	1:06:25
2.	Cornelius Lasat	KEN	1:06:34
3.	Moeketsi Mosuhli	LES/Mr Price	1:06:49
4.	Masilo Matjeane	LES/Toyota	1:10:08
5.	Coolboy Ngamole	Nedbank	1:10:43

WOMEN

1.	Tabitha Tsatsa	ZIM/Mr Price	1:21:11
2.	Jodi Moss	Temple	1:35:02

3. Emma Mathibela	Temple	1:39:02
4. Maria Moloko	Mazda	1:40:31
5. Annette v.d. Merwe	ACRW	1:44:33

10 km

MEN

1. Desmond Mokgubu	ADT	30:36
2. Frik Guys	Nedbank	30:56
3. Precious Makhobalo	Nedbank	31:29

WOMEN

1. Lebogang Pahlula	Gauteng Striders	36:38
2. Linah Mhlongo (1 st vet)	ANMAR	42:19
3. Sarah Mahlangu	Toyota	42:34

ARD 3 Vlei Race (1st)

Grassy Park, 18 September

(Distance: 10 km. Weather: cool, overcast, no wind. Finishers: 830.)

Note: Victories on two consecutive days for Luxolo Mdzanga – he also won the Beachcomber 15 km (see below). Others who ran on both days were Candyce Hall, Helen du Plessis, Marietha Herbert, Gaylon Atson and Mariëtte Esterhuyse (she competed in the SA Cross-country Championships on Saturday). – Ed.

MEN

1. Luxolo Mdzanga (Gugs) 32:13
2. Hein Camphor (Adid) 32:21
3. Sihle Mapukata (MP) 33:20

Veterans: 1. Graham Katzen (Celtics) 33:50; 2. Shaun Abrahams (Adid) 34:39; 3. Basil Lehman (AAC) 36:42. **Masters:** 1. Christian Edwards (VOB) 41:48; 2. Robert Arnold (Top) 42:08; 3. Desmond Frecthas (SANDF) 42:08. **G'masters:** 1. Ronnie le Roux (Brack) 43:37; 2. Paul Fortuin (VOB) 46:10; 3. Issy Margolin (Celtics) 46:54. **G/g'masters:** 1. Derry Devine (VOB) 76:13. **Juniors:** 1. Xoliswa Melane (Ned) 34:13; 2. Odwa Mbangatha (Cent) 35:33; 3. Granwin Katzen (Celtics) 35:41.

WOMEN

1. Bulelwa Mtshagi (Celtics) 40:04; 2. Candyce Hall (Hout) 40:08; 3. Mariëtte Esterhuyse (Tyger) 43:20 (1st vet).

Veterans: 1. Mariëtte Esterhuyse (Tyger) 43:20; 2. Cailey Bredenkamp (Paarl) 50:00; 3. Wendy-Joy Timms (SS) 53:13. **Masters:** 1. Charmaine Cupido (Ned) 46:46; 2. Helen du Plessis (Tyger) 49:17; 3. Hilary Rhode (Edge) 51:34. **G'masters:** 1. Marietha Herbert (Bell) 51:19; 2. Alicia de Lilly (Brack) 66:15; 3. Anne Margolin (Celtics) 76:34. **G/g'masters:** 1. Marian Khan (Ommie) 89:36. **Juniors:** 1. Nikita Dlamini (Cent) 45:38; 2. Gaylon Atson (MPT) 47:00; 3. Londeka Miya (Gugs) 47:06.

Sanlam SAPS Challenge Half Marathon

Durban, 18 September

(Distance: 21.1 km. Finishers: 1025.)

Note: Women's winner Jenna Challenor also ran the SA Cross-country Championships the previous day. – Ed.

MEN

1.	Samuel Pazanga	ZIM/Mr Price AC	65:43
2.	Robson Chigara	ZIM/Form One AC	65:48
3.	Jari Manyaradzi	ZIM/Form One AC	66:54

40-49:

1.	Peter Sehloho	Boxer AC	75:48
2.	Samuel Mabuza	Corr Serv	77:47
3.	Herbert Mazongolo	Toyota AC	78:03

50-59:

1.	Richard Dlamini	Toyota AC	85:03
2.	Phineas Ntombela	KZN St	89:29
3.	Achim Mhlanzi	Savages AC	89:35

60+:

1.	Michael Langa	Athletic North	89:31
2.	Mike Rook	Savages AC	91:49
3.	Mbekiseni Mchunu	Savages AC	94:33

WOMEN

1.	Jenna Challenor	Boxer AC	82:16
2.	Loveness Madziva	ZIM/Phumanathi AC	83:40
3.	Janine Carey	Boxer AC	85:39

40-49:

1.	Jenny Sutton	YWP AC	91:48
2.	Sandy De Beer	SANDF	100:16
3.	Maureen Slack	Riverside Harr	102:14

50-59:

1.	Jenny Scott	DCS	107:09
2.	Danielle Papini	Savages AC	111:43
3.	Elize Celliers	Savages AC	115:24

Duke of York Flying Scramble (80th)

Pietermaritzburg, 18 September

(Distance: 16 km; point-to-point, severely downhill course)

MEN

1.	Sbonelo Duma	Boxer AC	51:51
2.	Lindani Zuma	Boxer AC	53:15
3.	Sanele Sibisi	Mr Price AC	53:45

40-49:

1.	Kosikona Dlamini	SAPS	58:33
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50-59:

1.	Joseph Dumakude	Verulam AC	71:22
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60+:

1.	Ian Abraham	Eskom Gijams	83:57
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WOMEN

1.	Kirsten Williams	Coll Harr	64:48
2.	Amanda Bradshaw	Herbalife AC	68:15
3.	Thobile Ngwane	Mr Price AC	69:22

40-49:

1.	Louise Pretorius	Corr Serv	96:59
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50-59:

1.	Suzanne Oberholzer	RWFL	85:04
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60+

1.	Olive Athony	Spartan AC	103:50
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Beachcomber 15 km

Strandfontein, 17 September

(Certified loop course. Weather: cool, no wind. Finishers: 407.)

MEN

1. Luxolo Mdzanga (Gugs) 47:02 (R250)
2. Mziyanda Gumenge (VOB) 47:12 (R150)
3. Abongile Snyman (AAC) 47:24 (R100)

Veterans: 1. Pieter Hanekom (Ned) 55:06 (R100); 2. Carlo Jacobs (Gugs) 57:32 (R75); 3. Roston Isaacs (Ind) 58:28 (R50). **Masters:** 1. Julian Paul (SANDF) 59:12 (R100); 2. Robert Arnold (Top) 61:59 (R75); 3. Angus Kleinsmith (SH) 63:32 (R50). **G'masters:** 1. Johann Diener (Strand) 63:51 (R80); 2. Henry Cleophas (NBMC) 68:52 (R60); 3. Roger Davis (Celtics) 69:38 (R40). **Juniors:** 1. Siphe Dlokweni (Ind) 55:28 (R125); 2. Bhuhle Yokwana (VOB) 56:12 (R75).

WOMEN (Same prize money as men)

1. Candyce Hall (Hout) 61:09; 2. Andrea Pretorius (NBMC) 62:57; 3. Colleen de Oliveira (NBMC) 64:45.

Veterans: 1. Ronel Steenkamp (Durb) 65:34; 2. Martha Pretorius (Top) 75:17; 3. Elsabe Moyo (Gugs) 76:31. **Masters:** 1. Anne Pool (Strand) 71:37; 2. Helen du Plessis (Tyger) 72:14; 3. Beverley Mehl (Top) 77:54. **G'masters:** 1. Marietha Herbert (Bell) 78:49; 2. Maryna Vos (Bell) 95:20; 3. Marlene James (Pine) 96:43. **Juniors:** 1. Nomaxesibe Ntsingca (VOB) 66:57; 2. Gaylon Atson (MPT) 74:25; 3. Shanell Campher (MPT) 79:12.

CSIR Half Marathon & 10 km

Pretoria, 17 September

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 690; 10 km – 1300.)

Note: The finisher totals for both races were far below last year's figures. – Ed.

Half marathon

MEN

- 1 Tsitsetso Ramokheseng (LES/Mr Price) 66:14; 2 Leburu Kgosiemang (Klerksdorp) 69:44;
- 3 Wesley Mutai (KEN/New Balance) 70:50.

Veterans: 1 Keith Reynolds (Irene) 85:50; 2 Nuno Thomaz (New Balance) 92:51.

Masters: 1 Johan Roodt (Akasia) 1:41:47; 2 Danie Krugel (ACRW) 1:45:20. **G'masters:** 1 Patrick Mafilika (Nedbank) 1:50:25. **Juniors:** 1 Joseph Khati (Ikhozi) 88:26.

WOMEN

1 Louisa Leballo (Bonitas) 84:31; 2 Dimakatso Menong (Bidvest) 90:58; 3 Catherine Malungane (Transnet) 93:02.

Veterans: 1 Debbie Tiley (Discovery) 1:42:18; 2 Ansa Strydom (Overkruin) 1:48:28.

Masters: 1 Lindsay Steinhobel (Breakthru Midrand) 1:56:33; 2 Jeanne Prinsloo (Overkruin) 1:58:20. **G'masters:** 1 Rina Machado (Ndaba) 2:22:31.

10 km

MEN

1 Anthony Godongwana (Celtic Harriers) 31:12; 2 Wesley Ruto (KEN/Nedbank) 32:03; 3 Sibusiso Nzima (Nedbank) 32:30.

Veterans: 1 Elias Mabane (Bidvest) 38:32; 2 Sam Mashiloane (Toyota) 39:08. **Masters:** 1 Herman Meyer (Temp) 47:07; 2 Jannie Buys (PPMK) 48:16. **G'masters:** 1 Mike du Bruto (Irene) 42:44. **Juniors:** 1 Gift Mosamedi (Temp) 44:17.

WOMEN

1 Muchaneta Gwata (ZIM/Mr Price) 37:32; 2 Margaret Mohohoma (ZIM/Mr Price) 38:20; 3 Liziwe Mabona (Tuks) 39:59.

Veterans: 1 Canie Cullen (Wingate) 45:54; 2 Debbie Bredenkamp (HQH) 47:38. **Masters:** 1 Linda Potgieter (Magnolia) 50:32; 2 Emmarie Theunissen (Irene) 53:15. **G'masters:** 1 Olga Smit (PVM Affies) 62:20. **Juniors:** 1 Jennifer Baker (Breakthru Midrand) 50:26.

Ebenezer 10 km Classic
Port Elizabeth, 17 September
(Loop course. Finishers: 457.)

Well-known EP veteran runner George Vuyani Buka (41) of the Nedbank club died of a heart attack on Saturday after finishing the Ebenezer 10 km in 41:45. [Photo supplied]



MEN

1	Bulelini	Niwa	PEAAC	25	31:25
2	Mzolisi	Makhanda	Nedbank RC EP	28	31:32
3	Melikhaya	Frans (1 st jun)	Nedbank RC EP	19	31:45
4	Anele	Maliza	Nedbank RC EP	33	31:57
5	Luyanda	Tshangana	Mr Price AC EP	28	32:21
6	Ricardo	Plaatjies	Elite AC	28	32:30
7	Eric	Sigxashe	Mr Price AC EP	32	33:01
8	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	43	33:08
9	Thando	Bixa	Triangle Sports	31	33:28
10	Sabatha	Simangweni	Run For Life EP	23	33:32
11	Terrance	Mjekula	Triangle Sports	38	33:42
12	Lubabaloo	Mdlungwane	PEAAC	18	33:59
13	Desmond	Zibi	Nedbank RC EP	47	34:06
14	Luyolo	Dyubhele	Absa NMMU AC	18	34:41
15	Mpumelelo	Ndlumbini	Nedbank RC EP	36	35:06
16	Thando	Rwexana	Nedbank RC EP	24	35:15
17	Mzukisi	Klaas	Nedbank RC EP	42	35:20
18	Daryl	North	Achilles AAA	34	35:20
19	Zoysile	Maklein	PEAAC	40	35:25
20	Sinekhaya	Ndlakuse	Nedbank RC EP	22	35:31

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	43	33:08
2	Mzukisi	Klaas	Nedbank RC EP	42	35:20
3	Zoysile	Maklein	PEAAC	40	35:25

45-49:

1	Desmond	Zibi	Nedbank RC EP	47	34:06
2	Vernon	Newfeldt	Willard Batteries	45	37:52
3	Jacob	Abraham	Body Concept	45	37:53

50-54:

1	Disemba	Blou	Triangle Sports	53	39:00
2	Lenneth	Erasmus	Willard Batteries	53	39:04
3	Joseph	Bain	St Albans CS EP	51	39:24

55-59:

1	Donald	Mancasa	Triangle Sports	57	42:25
2	Bruce	Mcewan	Achilles AAA	57	43:24
3	Robert	Rietmuller	PEAAC	55	44:55

60-64:

1	Richard	Weatherall-Thomas	PEAAC	60	40:11
2	Hannes	Els	Madiba Bay AC	61	40:51
3	Fred	Verrall	Charlo RR	63	42:26

65-69:

1	L	Dingani	Temp	69	46:18
2	Johannes	Herbst	Muirite Striders	65	47:33
3	William	Vorster	PEAAC	65	51:27

70-74:

1	Godfrey	Kariem	Cadbury AC	70	47:28
2	Rolf	Mentzel	Profiles AC	71	52:01
3	Robin	Clark	Achilles AAA	70	1:01:14

75-79:

1	Ernie	Verrall	Absa NMMU AC	76	1:01:14
2	John	Peart	Nedbank RC EP	75	1:12:55

Juniors:

1	Melikhaya	Frans	Nedbank RC EP	19	31:45
2	Lubabaloo	Mdlungwane	PEAAC	18	33:59
3	Luyolo	Dyubhele	Absa NMMU AC	18	34:41

WOMEN

1	Terri-Lynn	Penney	Run For Life EP	34	41:06
2	Ursula	Kuhn	Absa NMMU AC	30	42:20
3	Margie	Saunders (1 st mast)	Nedbank RC EP	58	42:22
4	Priscilla	Dyantyi	Mr Price AC EP	37	43:11
5	Grizelda	Pietersen (1 st vet)	Achilles AAA	42	43:53
6	Laura	Maritz	Elite AC	50	44:20
7	Tiani	Claassen	Transnet RE EP	20	44:27
8	Janette	Schierz-Crusius	Body Concept	51	44:45
9	Davera	Magson	Nedbank RC EP	36	45:00
10	Lizette	Sydien	Elite AC	25	45:09
11	Bianka	Gerber	Charlo RR	23	45:58
12	Hanlie	Van der Westhuizen	Transnet RE EP	55	45:59
13	Adele	Nel	St Albans CS EP	38	46:26
14	Angela	Ackermann	Body Concept	32	46:38
15	Jade	Hooke	Temp	20	46:39
16	Natalie	Marais	Rhodes University	22	47:03
17	Yolanda	Dugmore	Charlo RR	38	47:41
18	Paulette	Mcewan	Achilles AAA	46	47:46
19	Nontalo	Tikilili	Temp	21	47:48
20	Samantha	Schewitz	Charlo RR	40	47:59

40-44:

1	Grizelda	Pietersen	Achilles AAA	42	43:53
2	Samantha	Schewitz	Charlo RR	40	47:59

3	Debbie	Dodd	Charlo RR	40	48:06
45-49:					
1	Paulette	Mcewan	Achilles AAA	46	47:46
2	Rozelle	Von Molendorff	Elite AC	47	49:21
3	Desiree	Ebrahim	Willard Batteries	46	49:24
50-54:					
1	Laura	Maritz	Elite AC	50	44:20
2	Janette	Schierz-Crusius	Body Concept	51	44:45
3	Amanda	Wolmarans	Walmer AC	52	53:35
55-59:					
1	Margie	Saunders	Nedbank RC EP	58	42:22
2	Hanlie	Van der Westhuizen	Transnet RE EP	55	45:59
3	Christine	Snyman	Vw AC	55	52:35
60-64:					
1	Liz	Grundlingh	Muirite Striders	64	51:38
2	Denise	Terblanche	Walmer AC	64	1:01:38
3	Debbie	Oelofse	Legacy AC	64	1:22:53
65-69:					
1	Orgia	Nell	Muirite Striders	68	1:10:54
2	Angeline	Kivedo	Walmer AC	65	1:11:58
3	Margaret	Brittain	Legacy AC	68	1:14:46
70-74:					
1	Dorothy	Hart	PEAAC	73	1:02:36
2	Aletta	Fourie	Triangle Sports	73	1:28:29
Juniors:					
1	Megan	Wilson	Charlo RR	16	49:48
2	Tanya	Wilson	Charlo RR	18	52:17
3	Kimberley	Wilson	Charlo RR	16	53:14

Itala Challenge 38 km & 10 km

Vryheid, 17 September

38 km

MEN

1	Justice	Nkosi	Lancaster Striders	2:41:48
2	Bongani	Misimango	Vryheid Athletic Club	2:55:13
3	Phulani	Malinga	Ind	3:09:50

WOMEN

1	Judith	Geldenhuis	Estcourt	4:11:03
2	Leana	Aslett	Assegai	4:40:00
3	T	Winterboer	Umhlatuze	4:51:01

10 km

MEN

1	T	Sibiya	Siyaphila AC	37:02
2	Ezrom	Zwane	Lancaster Striders	42:33
3	Elias	Argaw	Mquth AC	44:14

WOMEN

1	Khuphutule	Kunene	Klip River Striders	57:17
2	Vicci	Vivier	Cannon	1:00:19
3	Sanri	Van Zyl	Ind	1:05:29

Hartenbos Spar 15 km

Hartenbos, 17 September

MEN

1. Julius Koree	Rainbow	50:34
2. Vuyo Witbooi	Outeniqua Harriers	52:51
3. Selwyn Losper	Mosselbaai Harriers	53:06

Veterans:

1. Selwyn Losper	Mosselbaai Harriers	53:06
2. Fana Prinsipal	Coastline	54:46

Masters:

1. Hermanus Jonkerman	Nedbank Running Club George	1:00:04
2. Andrew Jansen	Hartenbos Drawwers	1:08:17

G'masters:

1. Plaatjie Cronje	Outeniqua Harriers	1:16:33
2. Peet Meyer	CSIR	1:22:40

G/g'masters:

1. Alf Zhemke	Outeniqua Harriers	1:47:53
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Juniors:

1. Domminic Muller	Hartenbos Drawwers	1:22:57
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WOMEN

1. Lize Cornelius	Hartenbos Drawwers	1:07:15
2. Marie Wolmarans	Nedbank Running Club George	1:07:17
3. Thea-Mari van der Sandt	Nedbank Running Club George	1:12:37

Veterans:

1. Christa Smit	Hartenbos Drawwers	1:15:07
2. Elmien Nel	Nedbank Running Club George	1:17:16

Masters:

1. Marie Wolmarans	Nedbank Running Club George	1:07:17
2. Annemarie Roetz	Nedbank Running Club George	1:20:47

G'masters:

1. Rea Oosthuizen	Hartenbos Drawwers	1:24:15
2. Saundria Visser	Nedbank Running Club George	1:31:51

Bedworth Centre 20 km, 15 km & 10 km

Vanderbijlpark, 10 September

20 km**MEN**

1 Lucas Jani (Sasol) 62:33; 2 William Makwalakwala (Toyota) 63:31; 3 Thidiso Bosiu (Gauteng Striders) 65:07.

WOMEN

1 Cornelia Joubert (Randmark) 77:01; 2 Dimakatso Menong (Bidvest) 83:40; 3 Paulina Mokoena (Nedbank) 91:22.

15 km**MEN**

1 John Thipe (Mr Price) 47:38; 2 Sabata Mokanyane (Bidvest) 48:27; 3 Fusi Nkhuta (Nedbank) 49:32.

WOMEN

1 Marie Bruwer (Arcelor Mittal) 67:31; 2 Florence Molawa (Arcelor Mittal) 68:36; 3 Moleboheng Matlakeng (LES/Toyota) 68:54.

10 km

MEN

1 Xolisani Zamkele (VUT) 30:55; 2 Joseph Pama (Lekoa) 31:25; 3 Sandile Zuma (VUT) 31:56.

WOMEN

1 Refiwe Kubheka (VUT) 42:29; 2 Nohlanhla Ngubeni (VUT) 42:55; 3 Heather Kappmeier (Nedbank) 48:02.

Jonkershoek Half Marathon

Stellenbosch, 27 August

(Distance: 21.1 km; loop course. Finishers: 514.)

MEN

1	Thembelani	Zola	Mr Price	1:10:22
2	Godwin	Swartz	Elsies River	1:10:49
3	Bongile	Tshewula	Easterns	1:12:58
4	Jacques	Pretorius	Maties	1:13:55
5	Henrico	Rooi	Nedbank	1:14:03
6	Lochner	Slabbert	Maties	1:14:08
7	Craig	Burns	Maties	1:15:54
8	Dumisani	Dosi	Paarl	1:16:14
9	Charl	?	Acis VOB	1:18:44
10	B.	Lephallo	Strand	1:19:05

40-49:

1	Dawid	Pieterse	Dwarsrivier	1:17:08
2	Marthinus	Monk	Celtic Harriers	1:20:01
3	Isak	Olifant	Defence	1:20:19

50-59:

1	Friedl	Van der Merwe	Strand	1:21:03
2	Max	Ruppert	Strand	1:24:43
3	Frank	Gillian	Whalers	1:26:43

60+:

1	Carl	Muller	Stellenbosch	1:30:47
2	Johann	Diener	Strand	1:31:35
3	Alf	Scullard	Whalers	1:36:30

Juniors:

1	Godwin	Swartz	Elsies River	1:10:48
2	Marshall	Rooi	Nedbank	1:23:14
3	Edward	Van der Merwe	Maties	1:27:39

WOMEN

1	Ursula	Frans	Adidas	1:29:56
2	Helette	Basson	Langebaan	1:30:49
3	Tana	Fourie	Plexus Durbanville	1:30:56
4	Liza-Mari	Giliomee	Maties	1:36:44
5	Lesyl	Potgieter	ATC Running	1:36:51
6	Ursula	Turck	Strand	1:37:33
7	Helma	Nel	Strand	1:40:41
8	Tanya	Posthumus-Fox	Ind	1:41:37
9	Carla	Pietersen	Ind	1:41:48

10	Talia	Norvall	ATC Running	1:41:51
40-49:				
1	Ursula	Frans	Adidas	1:29:56
2	Wilna	Eybers	Strand	1:32:34
3	Rachel	Shuttlewood	Strand	1:34:04
50-59:				
1	Miranda	Ward	Paarl	1:37:34
2	Shery	Rudolf	Easterns	1:37:57
3	Natalie	De Villiers	Maties	1:41:01
60+:				
1	Mabel	Olivier	Strand	2:26:45
2	Glenda	Theobald	Whalers	2:27:49
3	Annatjie	Berntsen	Tygerberg NLC	2:27:49
Juniors:				
1	Benine	Havenga	Tygerberg NLC	2:20:19

CROSS-COUNTRY

South African Cross-country Championships (63rd for men, 48th for women)
Bloemfontein, 17 September

Note: All distances are 4 km, except where indicated. See the Editorial for comments about the participation of Zola Pieterse and Onneile Dintwe. – Ed.

SR. MEN (12 km)

1	Tshamano	Setone	CGA	36:09
2	Stephen	Mokoka	AGN	36:09
3	Xolisa	Tyali	CGA	36:35
4	Samuel	Segoaba	AFS	36:42
5	Jeffery	Gwebu	CGA	37:00
6	Godfrey	Ramokone	AFS	37:26
7	Mbongeni	Ngxazozo	CGA	37:35
8	Frik	Guys	CGA	37:41
9	Kgosi	Tsosane	AGN	37:45
10	Sabata	Mokanyane	CGA	37:46
11	Thulo	Nyedimane	AFS IND	38:00
12	Lucas	Jani	AMPU	38:13
13	Motsamai	Motone	AGN	38:17
14	Lebogang	Masilo	CGA	38:17
15	Benedict	Moeng	AGN	38:23
16	Chabeli	Nyedimane	AFS IND	38:25
17	Khothatso	Mokone	AFS	38:33
18	Sityhilo	Diko	WPA	38:41
19	Zwene	Moreng	AFS	38:42
20	Thoriso	Ratsela	CGA	38:42
21	Johannes	Molehe	AFS	38:42
22	Tumelo	Motlagale	ACNW	38:47
23	Vuxisile	Tshoba	CGA	38:59
24	Nkosinathi	Madyo	WPA	39:00
25	Motlatsi	Madiba	CGA	39:12
26	Andries	Pongwana	AFS IND	39:17
27	Amos	Thanjekwayo	AMPU	39:25
28	Sikhumbuzo	Seme	AGN	39:33
29	Loki	Diradingoe	AFS	39:36
30	Duane	Fortuin	WPA	39:46

31	Nongongo	Nkoliseko	ATRA	39:47
32	Keorapetse	Molefe	ANWN	39:48
33	William	Manelo	AFS	39:50
34	Jean	Brummer	ACNW	39:57
35	Victor	Msopi	WPA	40:01
36	Lucky	Mohale	CGA	40:13
37	Sphamandla	Nyembe	KZNA	40:18
38	Lukhando	Mabinza	AGN	40:34
39	Oscar	Sixoka	ATRA	40:37
40	Ntiti	Konana	ACNW	40:38
41	Stanley	Mofu	AGN	40:41
42	Motseki	Tjale	CGA	40:41
43	Bonginkosi	Zwane	KZNA	40:53
44	Andile	Ngqwangi	ATRA	40:54
45	Tshepo	Motsehela	AFS	40:58
46	Sihlalo	Xwazi	AGW	40:59
47	Wilfred	Macholo	AFS IND	41:17
48	Willem	Ndzhukula	AGN	41:19
49	Jp	Abrahams	WPA	41:26
50	John	Thipe	CGA	41:26

SR. MEN

1	Isaac	Mbuyase	CGA	11:51
2	Mtsha	Siyabulela	ATRA	12:05
3	Abram	Khumalo	CGA	12:16
4	Adriaan	Geldenhuis	ACNW	12:22
5	Steve	Ngqola	AGN	12:24
6	Rodney	Prins	EPA	12:27
7	Paul	Tjaoana	CGA	12:32
8	Essau	Nkosi	CGA	12:36
9	Jacques	Pretorius	BOLA	12:43
10	Israel	Legoete	AGN	12:47
11	Xolisani	Zamkele	AVT	12:47
12	Jackson	Chauke	CGA	12:51
13	Pilgrim	Gumbi	AGN	12:51
14	Masanda	Mlonyeni	EPA	12:53
15	Kenneth	Ndabezitha	AMPU	13:06
16	Gino	Nkoe	AGN	13:10
17	Mkhuseli	Nyongo	EPA	13:10
18	Hilroy	Slingers	BOLA	13:18
19	Terrence	Mukona	CGA	13:34
20	Ishmael	Phokwane	ANWN	13:56
21	Vuyolwethu	Kayi	WPA	14:00
22	Marinus	Johnson	EPA	14:07
23	Mzandolo	Lusindiso	ATRA	14:08
24	Tebogo	Lechela	AVT	14:12
25	Oupa	Maseko	AGN	14:13
26	Molefi	Senyane	AFS IND	14:17
27	Elliot	Makgoba	AGN	14:20
28	Julius	Maloka	AFS	14:23
29	Robertius	Matthys	EPA	14:33
30	Rasta	Matetoane	ACNW	14:38

Men 40-44 (8 km)

1	Butiki	Jantjies	CGA	25:48
2	Piet	Mosebedi	AGN	26:04
3	Lawrence	Chipangaan	CGA	26:28

Men 45-49 (8 km)

1	Trevor	Toerin	CGA	27:11
2	Isaac	Opperman	BOLA	27:20
3	John	September	WPA	28:28

Men 50-54 (8 km)

1	Jerry	Rankapule	CGA	29:31
2	Alfred	Spiers	EPA	29:58
3	Stuart	Mccoll	ACNW	30:01

Men 55-59 (8 km)

1	Danie	Cronje	AFS	30:37
2	David	Dire	CGA	32:51
3	Elias	Mahlala	KZNA	33:03

Men 60-64 (6 km)

1	Awie	Veldsman	WPA	23:50
2	Eric	Quibell	KZNA	23:52
3	Joe	Rebordao	CGA	25:30

Men 65-69 (6 km)

1	Paulus	Masilela	AGN	25:22
2	Andrew	Spence	KZNA	25:44
3	Joe	Bellingham	AGN	26:05

Men 70-74 (6 km)

1	Andries	Van der Merwe	AGN	31:20
2	Neville	Muir	AGN	45:38

Men 75-79 (6 km)

1	Dion	Heigers	AGN	35:06
2	Martin	Coetzee	AGN	38:00
3	Budge	Rens	CGA	50:23

Juniors (8 km)

1	Armin	Botha	CGA	25:23
2	William	Kaptein	BOLA	25:37
3	Mfumancko	Fadane	ATRA	25:40
4	Sithembile	Dondolo	CGA	26:02
5	Thabiso	Mateba	CGA	26:06
6	Anastacius	Ontong	AFS	26:07
7	Sonnyboy	Mkhwanazi	KZNA	26:16
8	Simon	Mokonyama	AGN	26:19
9	Monwabisi	Mkhonzi	CGA	26:27
10	Zusiphe	Mpiyakhe	ATRA	26:31

Men 23

1	Lloyd	Bosman	ACNW	11:59
2	Enock	Manyandi	CGA	12:03
3	Derocious	Makhobalo	CGA	12:21
4	Dewayne	Mouries	WPA IND	12:29
5	Itumeleng	Tshetlanyane	CGA	12:34
6	Pule	Botsane	AFS	12:38
7	Tumelo	Mahlangu	CGA	12:38
8	Nalezetsane	Motloung	AFS	12:40
9	Melusi	Nxumalo	CGA	12:43
10	Itumeleng	Phala	ANWN	12:47

Men 21

1	Steven	Mhlongo	CGA	12:14
2	Thato	Molatedi	CGA	12:26
3	Pieter	Wilders	CGA	12:29
4	Joel	Madiba	AGN	12:31
5	Koos	Mbele	AVT	12:34
6	Reuben	Magengenene	CGA	12:38
7	Abednico	Mashaba	AMPU	12:40

8	Nkosinathi	Vilakazi	AMPU	12:43
9	Sifiso	Mncwango	CGA	12:47
10	Mariano	Eesou	EPA	12:53

Boys 17 (6 km)

1	Blessing	Ncube	CGA	19:18
2	Bonginkosi	Mankge	AMPU	19:35
3	Hendrik	Mokoena	AFS	19:52

SR. WOMEN (8 km)

1	Lebo	Phalula	CGA	28:31
2	Nolene	Conrad	CGA	28:41
3	Lebogang	Phalula	CGA	28:58
4	Mpho	Mabuza	CGA	29:23
5	Onneile	Dintwe	(BOT) CGA	29:43
6	Cornelia	Joubert	CGA	30:14
7	Jenna	Challenor	KZNA	30:18
8	Catherine	Skosana	AGN	30:28
9	Anna	Moeketsi	AFS	30:32
10	Ntombesintu	Mfunzi	EPA	30:39
11	Myrette	Filmalter	AGN	30:49
12	Puseletso	Maema	AFS	31:06
13	Michelle	Williams	CGA	31:06
14	Puseletso	Dladla	KZNA	31:21
15	Busisiwe	Matiwane	WPA	31:35
16	Carlyn	Fischer	AGN	31:38
17	Bulelwa	Simae	WPA	31:48
18	Gladys	Lukhwareni	AGN	31:51
19	Makhosi	Mhlongo	KZNA	31:52
20	Twané	Van der Westhuizen	ACNW	32:09
21	Patience	Khumalo	AGN	33:08
22	Maryna	Swanepoel	AFS	33:18
23	Deliwe	Nyanga	EPA	33:29
24	Nelmarie	Loubser	AFS	33:30
25	Anneke	Gildenhuis	AFS	33:36
26	Asiphe	Sikabalanjana	WPA	33:49
27	Sheryl	De Lange	WPA	34:07
28	Danette	Smith	WPA	34:27
29	Simangele	Mabuza	AGN	34:36
30	Kim	Westbrook	KZNA	35:16

SR. WOMEN

1	Mlwakhule	Funeka	ATRA	14:41
2	Mia	Pienaar	ACNW	14:53
3	Nandipa	Dywili	AGN	15:28
4	Dolores	Bondis	AFS	15:43
5	Thandi	Malindi	AFS IND	15:51
6	Angelique	Leitao	CGA	16:29
7	Magrieta	Smith	BOLA	16:55
8	Amandie	Pansegrauw	ANWN	17:12
9	Simone	Faasen	AGN	17:15
10	Yolanda	Pretorius	CGA	17:20
11	Ohna	Louw/Visser	CGA	17:54
12	Charine	Kruger	CGA	18:08
13	Kathryn	Thomas	AGN	18:32
14	Tina Mari	Meyer	BOLA	19:03
15	Lindie	Pansegrauw	ANWN	22:32
16	Erica	Bosch	ANWN	28:22

Women 40-44

1	Heilani	Streuderst	ASWD	15:52
2	Sheryl	De Lange	WPA	16:01
3	Alta	Welmans	WPA	16:04

Women 45-49

1	Zola	Pieterse	AFS IND	14:37
2	Salome	Vermeulen	AGN	15:56 [SA champion]
3	Connie	Van der Westhuizen	CGA	16:12 [silver medal]
4	Elmarie	Coetzee	WPA	16:33 [bronze medal]

Women 50-54:

1	Sandra	Steenkamp	AGN	17:07
2	Lynette	Fischer	AGN	17:36
3	Olga	Howard	WPA	18:00

Women 55-59

1	Francis	Van Blerk	AGN	17:51
2	Judith	Grove	KZNA	18:18
3	Jane	Dickson	KZNA	18:47

Women 60-64

1	Zonia	Barnard	WPA	23:14
2	Rosalie	Richfield	WPA	23:26
3	Josephina	Stungwane	CGA	28:18

Women 65-69

1	Pixie	Sparg	WPA	20:58
2	Wendy	Wilkins	CGA	21:47
3	Maria Cornelia	Visser	CGA	23:03

Women 70-74

1	Kytie	Burger	ANWN	32:48
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Juniors (6 km)

1	Sirayi	Thabisa	ATRA	22:37
2	Sylvia	Tshetlanyane	CGA	23:03
3	Mamphielo	Sibanda	CGA	23:17
4	Happiness	Mkhize	AGN	23:31
5	Googness	Lichaba	CGA	23:32
6	Danel	Prinsloo	AFS	23:36
7	Carlin	Jansen Van Rensburg	ACNW	23:49
8	Gerdri	Wolmarans	AGN	24:00
9	Keitumetsi	Disipi	CGA	24:10
10	Maria	Makgoshini	CGA	24:16

Women 23

1	Portia	Ngwenya	AGN	14:29
2	Thembi	Baloyi	AGN	15:09
3	Mishelene	Lagerwall	AGN	15:41
4	Doseda	Obisi	CGA	16:00
5	Nerissa	Van der Walt	AGN	16:06
6	Regina	Thukane	AFS	16:11
7	Junaida	Peters	EPA	16:23
8	Natasha	De Villiers	EPA	16:36
9	Refiwe	Khubeka	AVT	16:38
10	Rolline	Machabaphala	CGA	17:00

Women 21

1	Maxine	Heine-Wacker	CGA	14:22
2	Ashleigh	Schnettler	CGA	14:46
3	Anuschka	Nice	AGN	15:00
4	Annika	Claassens	CGA	15:03
5	Letitia	Saayman	AGN	15:17
6	Anelda	Pypers	CGA	15:40

7	Chandre	Du Plessis	AGN	16:05
8	Nonhlanhla	Ngubeni	AVT	16:20
9	Linda	Hanekom	WPA	16:23
10	Palesa	Madoa	AGN	16:30

Girls 17

1	Murendwa	Davhana	CGA	15:04
2	Kyla	Van Graan	AGN	15:07
3	Xabo	Glenrose	AMPU	15:11

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**Bupa Great North Run (31st)**

Newcastle to South Shields, GBR, 18 September

(Distance: 21.1 km; point-to-point course with elevation loss of 30.5 m and a start/finish separation of more than 75%; elite women run separate race with 25 minute headstart)

MEN

1.	Martin Mathathi, KEN	58:56 PB/CR
	[13:57 / 27:50 / 41:38 + 44:42 10 mi.]	
2.	Jonathan Maiyo, KEN	59:27
3.	Emmanuel Mutai, KEN	59:52 PB
4.	Micah Kogo, KEN	1:00:03
5.	Abdellatif Meftah, FRA	1:01:02
6.	Jaouad Gharib, MAR	1:01:31
7.	Juan Luis Barrios, MEX	1:03:09
8.	Yared Hagos, ERI?	1:03:31
9.	Daniel Chaves Da Silva, BRA	1:03:37 PB
10.	Keith Gerrard, GBR	1:03:39 DB
11.	Jorge Torres, USA	1:03:52

ELITE WOMEN (gun times/women's only race)

1.	Lucy Kabuu, KEN	1:07:06 PB
	[16:09 / 31:52 / 47:27 + 50:38 10 mi.]	
2.	Jessica Augusto, POR	1:09:27
3.	Marisa Barros, GBR	1:10:29
4.	Jo Pavey, GBR	1:10:49
5.	Helen Clitheroe, GBR	1:10:57 DB
6.	Irene Jerotich, KEN	1:11:03
7.	Irene Mogaka, KEN	1:11:13
8.	René Kalmer, RSA	1:11:46
9.	Krisztina Papp, HUN	1:12:08
10.	Freya Murray, GBR	1:12:44 DB
11.	Maria McCambridge, IRL	1:13:49 PB
12.	Berhane Adere, ETH	1:14:07

ING Rock 'n' Roll Philadelphia Half Marathon (34th)

Philadelphia USA, 18 September

(Distance: 21.1 km; certified, flat, out-and-back course)

MEN (gun times)

1. Mathew Kisorio, KEN	58:46 ACR/PB/CR	\$9500
2. Sammy Kitwara, KEN	58:48 PB	2000
3. James Mwangi, KEN	1:00:42	1500
4. Peter Kamais, KEN	1:01:06	750
5. Julius Koskei, KEN	1:01:21 PB	500
6. Shawn Forrest, Greenville, NC, (AUS)	1:01:34	
7. Abderrahim Goumri, MAR	1:01:41	
8. Hosea Macharinyang, KEN	1:01:42	
9. Bobby Curtis, Ardmore, PA	1:01:52 DB	1500#
10. Markos Geneti, ETH	1:02:01	

WOMEN

1. Kim Smith, Providence, RI, (NZL)	1:07:11 ACR/PB/CR	\$9500
2. Werknesh Kidane, ETH	1:07:26 PB	2000
3. Buzunesh Deba, Bronx, NY (ETH)	1:09:53 PB	1500
4. Jane Kibii, KEN	1:10:23 PB	1000
5. Maegan Krifchin, Ithaca, NY	1:11:04 PB	1250#
6. Diane Nukuri-Johnson, BDI	1:12:08 NR	
7. Yolanda Caballero, COL	1:12:35 PB	
8. Claire Hallissey, Alex., VA, (GBR)	1:12:39	
9. Misiker Mekonnin Demissie, ETH	1:12:57	
10. Dot McMahan, Rochester Hills, MI	1:12:57 PB	400^

Dam tot Damloop (27th)

Amsterdam to Zaandam, NED, 18 September

(Distance: 10 miles; point-to-point course with no elevation change)

Note: The elite women had a head start of 5 minutes and 46 second. The men caught them easily this year. – Ed.

MEN (gun times)

1. Leonard Patrick Komon, KEN	44:27 CR
	[13:13 / 27:17 / 41:26]
2. Samuel Tsegay, ERI	44:38
	[13:13 / 27:22 / 41:30]
3. John Mwangangi, KEN	45:13
4. Kennedy Kimutai, KEN	45:15
5. Henry Kiplagat, KEN	46:19

WOMEN (all-women's race/gun times)

1. Priscah Jepleting Cherono, KEN	51:57
2. Dinah Chepkemai, KEN	52:46
3. Abebech Afework, ETH	52:48
4. Lornah Kiplagat, NED	53:01
5. Tabitha Wanbui, KEN	53:38

Tübinger Stadtlauf 7.5 km (18th)

Tübingen, GER, 18 September

MEN

1. Elisha Kipchichir Rotich, KEN 21:01
2. Bernard Lagat, USA 21:08
3. Arne Gabius, GER 21:13

WOMEN

1. Eunice Chebibii, KEN 24:35
2. Elena Zadorozhnaya, RUS 24:36
3. Simret Restle, GER 25:07

Bupa Great North CityGames

Gateshead, GBR, 17 September

(Distances: Women, 1 mile; Men, 1 mile and 2 miles)

MEN

Mile:

1. Bernard Lagat, USA, 4:06.01
2. Kyle Miller, USA, 4:08.14
3. Andrew Osagie, GBR, 4:09.53

2 Mile:

1. Mo FARAH, GBR, 8:37.72
2. Brian OLINGER, USA, 8:42.15
3. Jeff SEE, USA, 8:46.34

WOMEN

Mile:

1. Hannah ENGLAND, GBR, 4:39.49
2. Helen CLITHEROE, GBR, 4:40.65
3. Treniere MOSER, USA, 4:44.05
4. Jenny MEADOWS, GBR, 4:44.99

Great Cow Harbor 10 km (34th)

Northport, USA, 17 September

(Point-to-point and hilly course with 4.1 m/km elevation drop and 7% start/finish separation [not record-standard])

MEN (extended gun times)

1. Mo Trafteh, 26, Duarte, CA 28:17.4 CR \$3000
2. Carlos Trujillo, 26, Middleton, ID 29:13.1 1500
3. James Strang, 26, Colorado Springs, CO 29:17.3 1000

WOMEN (extended gun times)

1. Janet Cherobon-Bawcom, 33, Rome, GA 32:26.4 CR \$3000
2. Deena Kastor, 38, Mammoth Lakes, CA 33:20.7 1500
3. Alisha Williams, 29, Colorado Springs, CO 33:47.8 1000

TRACK**Notturna di Milano** (12th)

Milano, ITA, 18 September

Note: It had to happen sooner or later. David Rudisha's unbeaten streak was snapped at 34 by Mohammed Aman of Ethiopia. Aman has a listed date of birth of 10-Jan-1994, but David Monti, publisher of *Race Results Weekly*, met him in Daegu and does not believe he is 17 years old. Nonetheless, he set a personal best and beat the world's #1 800 m runner, and that's quite an accomplishment for an athlete of any age. – Ed.

MEN**800:**

1. Mohammed AMAN, ETH, 1:43.50 PB
2. David RUDISHA, KEN, 1:43.57
3. Marcin LEWANDOSKI, POL, 1:45.05

3000:

1. Augustine CHOGE, KEN, 7:41.30
2. Mekonnen GEBREMEDIN, ETH, 7:41.42
3. Thomas LONGOSIWA, KEN, 7:42.00

DecaNation

Annecy, FRA, 18 September

Teams: 1. USA, 133.5; 2. Russia, 129; 3. Germany, 115; 4. France, 109; 5. China, 68; 6. Spain, 66.5; 7. **South Africa**, 66; 8. Great Britain, 33.

MEN**800:**

- | | |
|----------------------------|---------|
| 1. Soren LUDOLPH, GER | 1:50.85 |
| 2. Tyler MULDER, USA | 1:51.03 |
| 3. Luis Alberto MARCO, ESP | 1:51.32 |
| 4. Tlou SELOBA, RSA | 1:52.50 |

1500:

- | | |
|---------------------------------|---------|
| 1. Will LEER, USA | 3:58.82 |
| 2. Florian ORTH, GER | 3:59.10 |
| 3. Francisco Javier ABAD, ESP | 3:59.26 |
| ... 6. Elroy GELANT, RSA | 4:00.21 |

3000 s/chase:

- | | |
|-----------------------------------|---------|
| 1. Nicolay CHAVKIN, RUS | 8:26.03 |
| 2. Vincent ZOUAOUI DANDRIEUX, FRA | 8:33.35 |
| 3. Ben BRUCE, USA | 8:34.24 |
| ... 7. Dean BRUMMER, RSA | 8:48.34 |

WOMEN**800:**

- | | |
|----------------------------------|---------|
| 1. Maggie VESSEY, USA | 2:00.39 |
| 2. Fanjanteino FELIX, FRA | 2:03.10 |
| 3. Isabel MACIAS, ESP | 2:03.80 |
| ... 6. Mandie BRANDT, RSA | 2:10.20 |

1500:

- | | |
|----------------------|---------|
| 1. Denise KREBS, GER | 4:24.93 |
|----------------------|---------|

2. Shannon ROWBURY, USA 4:25.31
3. Irina MARACHEVA, RUS 4:25.98
- ... 5. Mapaseka MAKHANYA, RSA 4:29.25

3000 s/chase:

1. LI Zhenzhu, CHN 9:40.12
2. Bridget FRANEK, USA 9:40.51
3. Lyubov KHARLAMOVA, RUS 9:52.60
- ... 5. Teboho MASEHLA, RSA 10:06.47

Belgacom Memorial Van Damme

(14th and Final Stop of Samsung Diamond League)
Brussels, BEL, 16 September

MEN

800 (DL):

1. David Rudisha, KEN, 1:43.96
2. Mohammed Aman, ETH, 1:44.29
3. Asbel Kiprop, KEN, 1:44.46
4. Marcin Lewandowski, POL, 1:44.53
5. Alfred Kirwa Yego, KEN, 1:44.98
6. Andreas Bube, DEN, 1:45.04 PB
7. Jackson Kivuva, KEN, 1:45.27
8. Bram Som, NED, 1:45.81
- Abubaker Kaki, SUD, DNF
- Sammy Tangui, KEN, DNF

5000 (DL):

1. Imane Merga, ETH, 12:58.32
2. Thomas Longosiwa, KEN, 12:58.70
3. Vincent Chepkok, KEN, 12:59.50
4. Tariku Bekele, ETH, 13:01.85
5. Alistair Cragg, IRL, 13:03.53 NR
6. Albert Rop, KEN, 13:03.70 PB
7. Polat Kemboi Arikan, TUR, 13:05.98 NR
8. Patrick Mutunga Mwikya, KEN, 13:19.13 PB
9. Collis Birmingham, AUS, 13:34.08

10000:

1. Kenenisa Bekele, ETH, 26:43.16 WL
2. Lucas Kimeli Rotich, KEN, 26:43.98 PB
3. Galen Rupp, USA, 26:48.00 NR
4. Emmanuel Kipkemei Bett, KEN, 26:51.95 PB
5. Eliud Kipchoge, KEN, 26:53.27
6. Geoffrey Kirui, KEN, 26:55.73 PB
7. Titus Kipjumba Mbishej, KEN, 26:59.81 PB
8. Paul Kipchumba Lonyangata, KEN, 27:21.62 PB
9. Mike Kipruto Kigen, KEN, 27:30.53 PB
10. Dennis Chepkongin Masai, KEN, 27:32.97 PB
11. Josphat Bett Kipkoech, KEN, 27:57.60

WOMEN

1500 (DL):

1. Morgan Uceny, USA, 4:00.06 WL/PB
2. Mariem Alaoui Selsouli, MAR, 4:00.77 PB
3. Maryam Yusuf Jamal, BRN, 4:01.40

4. Anna Mishchenko, UKR, 4:01.73 PB
5. Hannah England, GBR, 4:02.03
6. Janeth Jepkosgei Busienei, KEN, 4:02.32 PB
7. Hellen Onsando Obiri, KEN, 4:02.42 PB
8. Natalia Rodríguez, ESP, 4:02.57
9. Mimi Belete, BRN, 4:03.13
10. Kalkidan Gezahegne, ETH, 4:03.38
- ... 13. Jennifer Simpson, USA, 4:03.68
14. Ingvill Måkestad Bovim, NOR, 4:03.79
15. Genzebe Dibaba, ETH, 4:06.28
- Btissam Lakhoud, MAR, DNF

3000 s/chase (DL):

1. Yuliya Zaripova, RUS, 9:15.43
2. Habiba Ghribi, TUN, 9:16.57
3. Mercy Wanjiku Njoroge, KEN, 9:20.09
4. Sofia Assefa, ETH, 9:21.20
5. Milcah Chemos Cheywa, KEN, 9:21.41
6. Hiwot Ayalew, ETH, 9:26.25
7. Mekdes Bekele, ETH, 9:26.51
8. Lydia Chebet Rotich, KEN, 9:35.21
9. Giulia Martinelli, ITA, 9:39.21 PB
10. Purity Cherotich Kirui, KEN, 9:42.84

All Africa Games (10th)

Maputo, MOZ, 11-15 September

Note: South African distance runners were conspicuous by their absence at this meeting. – Ed.

MEN

800 (13):

1. Taoufik Makhoulfi, ALG, 1:46.32 Gold
2. Boaz Lalang, KEN, 1:46.40 Silver
3. Job Kinyor, KEN, 1:46.52 Bronze

1500 (15):

1. Caleb Ndiku, KEN, 3:39.12 Gold
2. Collins Cheboi, KEN, 3:39.72 Silver
3. Taoufik Makhoulfi, ALG, 3:39.99 Bronze

5000 (15):

1. Moses Kipsiro, UGA, 13:43.08 Gold
2. Yenew Alamirew, ETH, 13:43.33 Silver
3. Abayneh Ayele, ETH, 13:43.51 Bronze

10000 (12):

1. Ibrahim Jeilan, ETH, 28:18.22 Gold
2. Bedan Karuki Muchiri, KEN, 28:19.32 Silver
3. Azmeraw Bekele, ETH, 28:20.61 Bronze

3000 s/chase (11):

1. Birhan Getahun Shiferaw, ETH, 8:17.36 Gold
2. Roba Gari, ETH, 8:18.42 Silver
3. Sisay Koreme Mojo, ETH, 8:20.72 Bronze

Half Marathon (15):

1. Lelisa Desisa, ETH, 1:04:31 Gold
2. Kennet Kipkemoi, KEN, 1:04:44 Silver
3. Bekana Daba, ETH, 1:04:51 Bronze
4. Leonard Kipkoech, KEN, 1:05:02
5. Kelvin Pangiso, ZIM, 1:05:11
- ... 10. Lewis Masunda, ZIM, 1:07:22
- ... 13. Reinhold Iitaa, NAM, 1:09:17

WOMEN

800 (12):

1. Annet Negesa, UGA, 2:01.81 Gold
2. Fantu Mangiso, ETH, 2:03.22 Silver
3. Sylvia Chesebe, KEN, 2:04.16 Bronze

1500 (15):

1. Irene Jelagat, KEN, 4:13.67 Gold
2. Joyce Chepkirui, KEN, 4:13.71 Silver
3. Tezita Bogale, ETH, 4:14.41 Bronze

5000 (11):

1. Sule Utura, ETH, 15:38.70 Gold
2. Emebet Anteneh Mengistu, ETH, 15:40.13 Silver
3. Pauline Korikwiang, KEN, 15:40.93 Bronze

10000 (14):

1. Sule Utura, ETH, 33:24.82 Gold
2. Wude Ayalew, ETH, 33:24.88 Silver
3. Pauline Korikwiang, KEN, 33:26.17 Bronze
- DNF-- Meselech Melkamu, ETH (stopped around 16:50)

3000 s/chase (13):

1. Hyvin Kiyeng Jepkemoi, KEN, 10:00.50 Gold
2. Hiwot Ayalew, ETH, 10:00.57 Silver
3. Birtukan Adamu, ETH, 10:02.22 Bronze

Half Marathon (15):

1. Mare Dibaba, ETH, 1:10:47 Gold
2. Mamitu Daska, ETH, 1:10:52 Silver
3. Helalia Johannes, NAM, 1:11:12 Bronze
4. Penina Arusei, KEN, 1:11:35
5. Sarah Chepchirchir, KEN, 1:12:39
- ... 7. Rutendo Nyahora, ZIM, 1:19:35

NEWS**FUKUSHI TO RE-LAUNCH MARATHON CAREER IN CHICAGO**

With national records at 3000 m, 5000 m and the half marathon, Kayoko Fukushi is Japan's best distance runner. Her accolades include three medals at the Asian Games -- including the gold at 10000 m in 2006 -- two Olympic Games appearances, five sub-15:00 5000 m marks, and a sixth place finish at the 2006 IAAF World Road Running Championships. She is the undisputed star of her Wacoal corporate team, and enjoys a huge fan and media following, writes David Monti of *Race Results Weekly*.

But Fukushi, 29, is not yet a marathoner, at least by her own high standards. Back in 2008 she made her debut at the distance at the Osaka International Women's Marathon with much fanfare. Dressed in her fuchsia Wacoal uniform with matching pink arm warmers, a black scarf around her neck, and white gloves to ward off the chill, Fukushi was the first to exit the stadium and decided to race aggressively, despite her lack of experience at the distance. By the 5 km mark, she had opened a 23-second lead, and her margin widened to 1:45 by 20 km. She was on a 2:21 pace, knowing that a victory in a fast time would insure Olympic team selection.

By 30 km (1:41:25) Fukushi was still leading by two minutes, but over the next 5 km she began to slow dramatically. Briton's Mara Yamauchi had broken away from the chase group and just before 35 km passed the struggling Fukushi (Yamauchi went on to win her first marathon in a then personal best 2:25:10). Fukushi continued to slow. In a dramatic meltdown chronicled on live television, Fukushi fell four times before finishing 19th in 2:40:54. Her last fall came just five meters from the finish line. Managing a smile, she rose to finish under her own power, before being helped off the track by officials; she was immediately mobbed by photographers. She has not attempted the distance since.

One video of her collapse at Osaka has been watched on YouTube over 40 000 times.

Fukushi hopes for a completely different outcome at the Bank of America Chicago Marathon on Sunday, 9 October. She said recently that the Chicago race would be an important step in getting her on the starting line for the London Olympic Marathon in 2012, a race she would still have to qualify for at a Japanese Marathon next year.

Fukushi has raced well last year, including a fourth place finish over 10000 m at the Asian Games, just two seconds out of the medals (she was also fifth in the 5000 m). This year, she has raced sparingly. Although she rolled over the field in the Marugame Half Marathon last February and ran 30:54.20 at the Peyton Jordan Cardinal Invitational 10000 m last May, showing her best form, she skipped the Japanese national championships because she was recovering from an unspecified surgery. Her most recent performance was a modest 1:17:19 at the Shibetsu Half Marathon in Hokkaido on 24 July.

In the meantime Chicago organizers have announced a diverse field of top runners for their race. In addition to two-time defending women's champion Liliya Shobukhova of Russia (previously announced), executive race director Carey Pinkowski announced that France's Christelle Daunay (2:24:22 PB), Australia's Benita Willis (2:22:36), Russia's Mariya Konovalova (2:23:50), Ethiopians Askale Tafa (2:21:31), Atsede Besuye (2:24:26), and Belainesh Gebre (2:32:13), as well as China's Wei Yanan (2:23:12), had joined the women's field.

On the men's side, Pinkowski has recruited two-time ING New York City Marathon winner Marilson Gomes dos Santos of Brazil (2:06:34), and a host of Japanese athletes: Atsushi Sato (2:07:13), Takayuki Matsumiya (2:10:04), Takashi Horiguchi (2:12:05), Kouji Gokaya (2:12:07), Hironori Arai (2:12:17), Masaki Shimoju (2:12:18) and Yuuki Moriwaki (2:13:34). Ethiopians Bazu Worku (2:05:25), Getu Feleke (2:05:44), Bekana Daba (2:07:04) and Terefe Maregu (2:09:03), and Kenyans Evans Cheruiyot (2:06:25), Bernard Kipyego (2:07:01), Joshua Chelanga (2:08:21), Wesley Korir (2:08:24) and Dickson Chumba (2:08:44) will also be there. Pinkowski had previously announced Kenya's Moses Mosop and America's Ryan Hall for the race.

The Bank of America Chicago Marathon is the fastest in the United States. Even taking into account the superfast times at Boston last April, Chicago has recorded more than twice the number of sub-2:07 marathons than Boston: 16 to 7. The course records are 2:05:41 by the late Samuel Wanjiru in 2009, and 2:17:18 by Paula Radcliffe in 2002.

WATCH THE TOTALSPORTS RACES

DRR understands that the SABC may not broadcast the television productions of the Totalsports races that were held countrywide. Here are YouTube links to the three events:

STELLENBOSCH:

www.youtube.com/watch?v=CD_P-BggUkQ

DURBAN:

www.youtube.com/watch?v=HApBlscfjqI

JOHANNESBURG:

<http://www.youtube.com/watch?v=s4uEpcHxHSQ>

BACKGROUND

FARAH CAPS MAGICAL YEAR WITH WIN IN GATESHEAD

By David Monti, *Race Results Weekly*

Spreading his arms wide as he broke the tape in Gateshead on Saturday at the two-mile event at the Great North City Games, Mo Farah heaved a sigh of relief. Nine long months of hard training and competition were finally over.

"It was all right," Farah said immediately after his comfortable victory in 8:37.72. "Break now."

But during those nine months, Farah compiled the kind of record which even great athletes are unable to do over an entire career. In 16 races on all four surfaces -- cross country, indoor track, track and road -- Farah finished first in all but three of them, establishing himself as the world's #1 distance runner below the marathon distance. His accomplishments this year include both medals (gold, European Indoor 3000 m and World Championships 5000 m, and silver, World Championships 10000 m), and fast times (European record at 10000 m, 26:46.57; British records at 5000 m indoors, 13:10.60, and outdoors, 12:53.11).

Farah's stature has risen so high that he was even honored recently before an Arsenal football match at Emirates Stadium. Farah has been a big Arsenal supporter since his childhood in London.

"What was so special, was going to Emirates (Stadium) and getting introduced to the crowd right before the game and just getting a massive cheer from the Arsenal fans," Farah said with just a touch of disbelief. "I'm a huge Arsenal fan."

Farah's versatility makes him a very unusual athlete. He's hard to beat on any surface, and under coach Alberto Salazar he's put himself in a wide range of events this year, all with great success. He won the Bupa Great Edinburgh Cross-country last January on a snow-covered course, then raced four consecutive indoor races, winning all but one. Fifteen days after winning the European Indoor 3000 m title in Paris last March, he surprised observers by jumping into the NYC Half Marathon with training partner Galen Rupp. He won in 1:00:23, the fastest time ever by a Briton, although ineligible for a record because of the point-to-point and slightly downhill course.

"You know, as an athlete it's very exciting when you're changing events," Farah explained. "New York Half Marathon was really awesome for me; I really enjoyed that. The reason why, I've never competed in one before, and I ended up winning and running a decent time. And then coming back indoors, I quite like indoors. You've got to do your speed. Then, cross-country in the winter, it's a bit cold and snowy, but you have to do the work. I really like competing in different events."

Farah said that he will return to Portland, Ore., where he currently makes his home and trains with USA 10000 m record holder Galen Rupp, and take a long break before resuming his training. He has not allowed his mind to stray too far into next year when he will be one of the big stars of the London 2012 Olympics. Farah said that it's counterproductive to look too far ahead.

Instead of running here in Gateshead, Farah could have run in the Samsung Diamond League 5000 m final in Brussels on Friday. He was the event's points-leader, and had he won the race he would have collected \$50 000 in prize money, including the \$40 000 given to the Diamond Race winner. But he and coach Salazar felt that taking a victory lap here was the better choice after such a hard season.

"I'm leading the Diamond points, so if I would have won, it would have been good," Farah said. "But, sometimes you can get carried away too much. As an athlete, you always want to win and be everywhere, but sometimes you have to learn to just say 'no' and just do one race, call it a day. I am tired. I definitely would have gone into that race tired. I wanted to be 100 percent. So, I came here and just competed two miles, the shorter distance, which is going to be good."

Mo Farah's complete racing record for 2011 from the RRW Athlete Performance Database:

- (1) Bupa Great Edinburgh Cross Country 8 km 08-Jan 25:41
- (2) New Balance Indoor Grand Prix 3000m 05-Feb 7:35.81
- (1) Aviva Grand Prix 5000m 19-Feb 13:10.60 NR
- (1) European Indoor Championships Prelim 3000m 04-Mar 8:02.36
- (1) European Indoor Championships Final 3000m 05-Mar 7:53.00 (Gold Medal)
- (1) NYC Half-Marathon 21.1 km 20-Mar 1:00:23 DB
- (1) Bupa Run London 10-K (NC) 10 km 30-May 29:15
- (1) Prefontaine Classic 10,000m 03-Jun 26:46.57 NR/ER (#2 2011)
- (1) Aviva Birmingham Grand Prix 5000m 10-Jul 13:06.14
- (1) Herculis Meeting 5000m 22-Jul 12:53.11 NR/MR (#1 2011)
- (1) Aviva UK Trials & Championships 5000m 31-Jul 14:00.72
- (1) Aviva London Grand Prix 3000m 05-Aug 7:40.15
- (2) IAAF World Championships Final 10,000m 28-Aug 27:14.07 (Silver Medal)
- (2) IAAF World Championships Prelim 5000m 01-Sep 13:38.03
- (1) IAAF World Championships Final 5000m 04-Sep 13:23.36 (Gold Medal)
- (1) Great North City Games 2 miles 17-Sep 8:38

STATS TIME

Both Lindsay van Aswegen and Kerry Koen moved into the top ten on the all-time 100 km list with their performances in Winschoten last weekend. Theirs are the first performances since 1999 to make the top ten. Here is the list:

ALL-TIME 100 KM: TOP 10 WOMEN

7:31:47	Helene Joubert	Winschoten	16-Sep-95
7:41:52	René du Plessis	Winschoten	13-Sep-97
7:42:05	Lindsay van Aswegen	Winschoten	10-Sep-11
7:44:38	Charlotte Noble	Winschoten	13-Sep-97
7:48:30	Rae Bisschoff	Winschoten	16-Sep-95
7:59:56	Elizabeth McCaul	Chavagnes	15-May-99
8:03:37	Carol Mercer	Chavagnes	15-May-99
8:03:50	Pat Lithgow	Torhout	08-Aug-93
8:06:29	Kerry Koen	Winschoten	10-Sep-11
8:10:37	Sanet Beukes	Moscow	04-May-96

THIS MONTH IN HISTORY

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

33 years ago: 2 September 1978

The SA Cross-country Championships have been held in Bloemfontein a few times in its 63-year history. The second occasion was in 1978 when Kevin Shaw ran away with the title. He won in 36:38, with Matthews Batswadi, who had won the previous three years, second in 36:57 and the other famous Matthews, Motshwarateu, third. Further down the field came the national marathon champion, Brian Chamberlain, who was followed by another top marathoner, Ernest Seleke. On 30 December Shaw would run the fastest marathon time by a South African for the year – 2:14:02 in the Sea of Galilee Marathon. The women's race went to Esther van Zyl, who retained her title ahead of Sarina Mostert. Earlier in the year Van Zyl had also won the SA 1500-metre 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.

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 Trafeh (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		

WOMENOpen

10 km	32:50	Irvette van Blerk	Durban	19 Jun
	30:38	Joyce Chepkurui (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:44	Zintle Xiniwe	Eersterivier	25 Jun
	48:41	Alice Timbilili (KEN)		
	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		

25 km	65:50p	Mary Keitany (KEN) 2011		
	94:11	Louisa Leballo	Pretoria	07 May
30 km	83:22	Filomena Chepchirchir (KEN)		
	79:53	Mary Keitany (KEN) 2010		
	2:02:46	Bulelwa Simae	Parow	03 Apr
Marathon	1:46:27	Hiroshi Ominami (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
	2:34:47	René Kalmer	Prague	08 May
100 km	2:19:19	Mary Keitany (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
	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
15 km	31:42	Zola Pieterse (RSA) 1984		
	59:51	Annie Bothma	Eersterivier	25 Jun

21.1 km	49:40	Ines Chenonge (KEN) 2001	30 Apr
	1:25:31	Letitia Saayman Stellenbosch	
	1:09:05	Delilah Asiago (KEN) 1991	

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