

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

The scintillating new world record of 2:03:38 by defending champion Patrick Makau in the BMW Berlin Marathon yesterday overshadowed everything else that happened over the weekend. Makau broke the previous record of 2:03:59, set in Berlin in 2008 by Haile Gebrselassie, who – sadly – failed to finish a marathon for the second consecutive time, by 21 seconds.

South Africa's Hendrick Ramaala finished tenth in 2:16:00 with halves of 63:37 and 72:23.

It was only the third time in history that both world record holders had run in the same marathon. In a welcome return to form – although, of course, not nearly the form she was in her heyday – Paula Radcliffe finished third in 2:23:36 as Florence Kiplagat became the eleventh woman under 2:20 with her 2:19:44 winning performance.

But the day belonged to the smooth striding Makau, who shed all his pacemakers and Gebrselassie before 30 km. If he had had company for the stretch between 30 km and 36/37 km, who knows what his time would have been.

His split between 25 km and 30 km may have been too fast, and he then slowed to 14:38 and 14:59 for the next two 5 km segments. In contrast, both Gebrselassie, when he set the previous record in 2008, and Geoffrey Mutai in Boston earlier this year ran much faster over this section (see comparison on the next page).

Makau did clinch his first world record of the day when he flashed through 30 km in 1:27:38.



The clock says it all. [IAAF]

	Makau		Gebrselassie		Mutai	
5 km	14:37		14:35		14:32	
10 km	29:17	14:40	29:13	14:38	29:08	14:36
15 km	43:52	14:35	44:03	14:50	43:48	14:40
20 km	58:30	14:38	58:50	14:47	58:45	14:57
21.1 km	61:44		62:05		61:58	
25 km	73:18	14:48	73:41	14:51	73:16	14:31
30 km	1:27:38 WR	14:20	1:28:27	14:46	1:28:24	15:08
35 km	1:42:16	14:38	1:43:05	14:38	1:42:35	14:11
40 km	1:57:15	14:59	1:57:34	14:29	1:56:48	14:13
42.195 km	2:03:38 WR		2:03:59 WR		2:03:02	
Last 2.195 km	6:23		6:25		6:14	

Makau's average for his five fastest marathons is now 2:05:07, second only to Geb's 2:04:57. His previous best was the 2:04:48 he ran in Rotterdam last year. (See also Stats Time later in this issue for a comparison between the world's fastest marathons.) Significantly, Makau's three best marathons since 2008 average 2:04:31.

Kiplagat, at 24, is the youngest ever to breach the 2:20 barrier (in her first completed marathon). She is one of only three women who have broken both 2:20 and 30:30 for 10 km – the others are Radcliffe and Sun Yingjie. In second Irina Mikitenko, who finished in jubilant fashion after a cautious start, ran the world's fastest marathon by a 39-year-old (2:22:18). Mikitenko clocked her PB of 2:19:19 when she won the race in 2008.

The Cape Town Marathon (which incorporated the WP Championships) was won by Kenyan Amos Maiyo in 2:14:55, with Zimbabwean Chiyedza Chokore taking the women's race in 2:46:31. Best performance of the day came from Maya Lawrie, whose 2:50:09 PB in fourth is the fastest time by a South African veteran for 3½ years (also a WP open record). Others who set PBs are Anthony Godongwana, Lungile Gongqa, Zolani Ntongana, Tebello Poni, Nomvuyisi Seti and Carey-Ann Smith.

In the 10 km Irvette van Blerk beat René Kalmer, 33:20 to 34:03. In an e-mail before the race Kalmer, SA's fastest marathoner of the year, told DRR that she felt she was in good form in Daegu and that her position and time "did not reflect" her effort. She added that, although she had known that the World Championships did not present the best conditions for a marathon, she felt that had learnt much. For the next month she wants to focus on shorter races and is currently running (in training) "the kind of times on the track that I had done when I was concentrating on track races". She is planning on racing the Bupa Great Birmingham Run Half Marathon on 23 October. Her main aim at the moment is the Olympic Marathon, she wrote.

Apart from Lawrie's time, one other list leader was set this weekend, by Sonja Laxton, who ran 44:57 in the Andrew Greyling Memorial 10 km in Pretoria.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Cape Town Marathon & 10 km, Cape Town
- * Tonevale Game Park 16 km & 10 km, Durban
- * Mtubatuba 10 km Challenge, Mtubatuba
- * Andrew Greyling Memorial Half Marathon & 10 km, Pretoria
- * Dis-Chem Andries Steyn Memorial Races, Buffels Bay
- * Algoa Bus Heritage Day 5 km, Port Elizabeth

International highlights:

- * BMW Berlin Marathon, Berlin, GER
 - * ABN AMRO Singelloop, Utrecht, NED
 - * Meia-Maratona de Portugal, Lisbon, POR
 - * Maratonina Città di Udine, Udine, ITA
 - * Warsaw Marathon, Warsaw, POL
 - * Fifth Avenue Mile, New York, USA
 - * XC: Lidingöloppet, Stockholm, SWE
 - * World Mountain Running Championships, Tirana, ALB
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CORRECTIONS

The times given for the City to City 50 km in last week's DRR should all be one second slower. The official results received by DRR for the 50 km (no official results for the other two races have been received) show the times in hundredths of a second, so they should be rounded up according to the rules. Thus Odwa Tunyiswa's winning time becomes 2:50:37 and that of Lizih Chokore 3:28:57, and so on.



- Allie van Niekerk sent this photograph of runners early in the race, while some others are still being transported by bus to the start.
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NEWS

In a controversial move the IAAF has decided that women's world records will only be recognised if they were set in women-only races. This article appeared in *The New York Times* (before this weekend's Berlin Marathon). Note that the Association of Road Racing Statisticians (ARRS) took the same decision when it was established. – Ed.

NO MEN ALLOWED IF A WOMAN WANTS TO SET A RECORD

Now added to the list of banned performance-enhancing substances for female distance runners: men.

The world governing body for track and field has decided in late August that records in women's road racing will count only if they are set in women-only events, to nullify the benefits of pacesetting by faster male runners, a dynamic that can exist in some marathons, half marathons and 10 km races where men and women are in the same field.

The ruling raises existential questions in the sport about what, exactly, a world-record performance is. If men are in the field but a female runner leaves them all behind and finishes in record time, should that not be treated as the record? And why is it considered smart racing strategy to benefit from the pace of a faster runner of the same sex but unsporting if a female runner follows the stride of a man?

As the debate simmered among the sport's officials and fans, the governing body, the IAAF, prepared to rewrite the record books. Paula Radcliffe of England, scheduled to run the Berlin Marathon on Sunday, will arrive as the women's world record holder — but the record is no longer what she thought it was.

What was understood to be the women's world marathon record — the 2:15:25 that Radcliffe ran over 26.2 miles at the 2003 London Marathon, in a mixed race with male

pacesetters for elite women — is now out of consideration. So is the 2:17:18 she ran at the Chicago Marathon, another mixed race, in 2002.

What is now the record — yet only the third-fastest race that Radcliffe has run — is the 2:17:42 that she ran in London in 2005. In that race, elite women started 45 minutes ahead of the men's field, racing and finishing separately, now a common practice in major marathons.

Her 2:15:25 is now considered merely a "world best."

So the time is a world best, but the world best is no longer the world record.

Got that?

The decision by the IAAF may seem straight out of the absurdity of Woody Allen's "Bananas," where the rebel leader declared, "All children under 16 years old are now 16 years old."

Race directors for marathons in New York, Boston, Chicago, Berlin and London, known as the World Marathon Majors, have criticized the IAAF's decision. So has the Association of International Marathons, which represents about 300 international races. In a joint statement, the two groups said, "The current situation where the fastest time is not now recognized as a record is confusing and unfair and does not represent the history of our sport."

What the road running commission of the IAAF would have preferred was to consider both of Radcliffe's times — the male-paced 2:15:25 and the female-paced 2:17:42 — to be world records. Not that such a designation would have been any less confusing to casual fans of the sport.

The IAAF's intent was to recognize a difference in achievement between women who set marks while paced by men and those with a more difficult task of setting records while running on their own or, in rare cases, being paced by other women, said Mary Wittenberg, director of the New York City Marathon and a member of the IAAF's road racing commission.

"The IAAF wanted to show that women can stand on their own two feet, that they don't need guys to help them get to world records," Wittenberg said. "There's definitely a difference. Women run faster with men as pacers, about a two-minute differential on average."

But to call one accomplishment a "world best" and another "a world record" only leaves the public befuddled, Wittenberg said.

"It becomes, What does it all mean?" she said. "Is it the fastest ever or not?"

Men are allowed to be paced by other men in road races, so why not women, said Amby Burfoot, winner of the 1968 Boston Marathon and editor-at-large at *Runner's World* magazine. (It is difficult to find women with sufficient speed to pace an elite women's marathon.)

"We don't need additionally muddied waters when it comes to women's records," Burfoot said in an e-mail. "We all understand that as long as you cover a fair, accurate course on your own two feet, then your effort should be eligible for a world record."

In an interview with the *Runner's World* website, Radcliffe said the ruling would be difficult to apply fully, given that a number of national and regional records have been set in mixed races, which is how the vast majority of women's road races are conducted.

"I also think it is a little unfair to set it like that retroactively," Radcliffe told *Runner's World*.

In her best performances in London and Chicago, in mixed races, she said that she purposely ran alongside men rather than behind them. In the 2003 London Marathon, her fastest race, "I was actively racing" the two male pacesetters, Radcliffe said, adding, "I fully believe that I would have run pretty much the same time that day alone."

Despite the slower record, she said, "Rules are rules, and I am not stressing about things that are out of my control."

A spokesman said the IAAF became concerned in February, when Mary Keitany of Kenya, paced by a man, set the women's half-marathon world record in 1:05:50, shattering the previous mark by 35 seconds.

The governing body came to believe that "there was too much of a difference" between the record times set in road races paced by men and those in women-only races, Nick

Davies, the IAAF spokesman, said. "In track events, of course, women aren't paced by men."

Reaction in the running community to the new rule was mixed. Blake Russell, an American who finished 27th in the women's marathon at the 2008 Beijing Olympics, said that women often had no choice but to use male pacesetters. Still, she said, they provide a clear advantage.

"Under the new rule, it will definitely be more of a fair playing field," Russell said. "So I support that."

Kara Goucher, another top American female marathoner, said the new rule would inevitably diminish previous performances. "That's too bad," Goucher said.

One of those diminished performances could be that of Deena Kastor, who won a bronze medal in the 2004 Olympic marathon and set a United States women's record of 2:19:36 in winning the 2006 London Marathon while being paced by two men.

Kastor's previous American record of 2:21:16 was set in the same 2003 London Marathon in which male pacesetters guided Radcliffe to her best time of 2:15:25. If changed, the American record would apparently become the 2:24:52 that provided Joan Benoit Samuelson a gold medal at the 1984 Los Angeles Olympics.

Kastor has yet to hear anything official but is awaiting a dreaded phone call. She seems as confused as everyone else.

"I wouldn't mind if someone would have broken that record because it's gratifying to see the sport move forward," Kastor said. "But to have it taken away? That feels like a little bit of a cheap shot."

The new ruling is expected to be challenged by road racing officials. There is always a chance that the discarded records could become records yet again.

"To have it stripped from you, when no drugs were involved, when no scandal was involved, is just hard to believe," Kastor said.

ROAD RUNNING

Cape Town Marathon & 10 km

(WP Marathon Championships)

Cape Town, 25 September

(Distances: 42.195 km & 10 km; near-loop courses, with identical start and finish lines for the two races, 2.8 km apart [6.6% separation for the marathon; 28% for the 10 km])

Note: No junior results were available in the 10 km and no finishers figures for both races.
– Ed.

Marathon

MEN

1. Amos Maiyo (KEN/MP) 2:14:55 (R25000)
2. Raphael Segodi (Bid) 2:16:47 (R15000)
3. Anthony Godongwana (Celtics) 2:17:01 (R12500)
4. Gilbert Mutandiro (ZIM/MP) 2:17:17 (R10000)
5. Lungile Gongqa (MP) 2:17:30 (R7500)
6. Jacob Yano (KEN) 2:18:02 (R5000)
7. Zolani Ntongana (MP) 2:18:43 (R3750)
8. Mzwanele Maphekula (RWFL) 2:18:57 (R2500)
9. Matela Makhetha (Ind) 2:20:21 (R1500)
10. Tebello Poni (VOB) 2:20:44 (R1000)
- Gert Thys DNF
- Neo Molema DNF
- Sityhilo Diko DNF

Veterans: 1. Johnny Persents (Adid) 2:37:27 (R3750); 2. Selwyn Losper (Mossel) 2:39:56 (R2500); 3. Nkosinathi Gcakasi (Ind) 2:40:13 (R1250). **Masters:** 1. Raymond Howard

(Celtics) 2:49:22 (R3750); 2. Shafiek Cassiem (Celtics) 2:56:10 (R2500); 3. Zama Witvoet (Gugs) 2:57:59 (R1250). **G'masters:** 1. Sizino Kama (Ach) 3:19:36 (R2500); 2. Johan Botha (RWFL) 3:33:22 (R1250); 3. Hans Egli (VOB) 3:49:00 (R500).

WOMEN (Same prize money as men)

1. Chiyedza Chokore (ZIM/MP) 2:46:31
2. Margaret Mahohoma (ZIM/MP) 2:47:01
3. Bulelwa Mtshagi (Celtics) 2:48:44
4. Maya Lawrie (Boxer) 2:50:09
5. Muchaneta Gwata (ZIM/MP) 2:51:31
6. Nomvuyisi Seti (Celtics) 2:52:17
7. Catherine Skosana (Ind) 2:53:55
8. Azwindini Lukhwareni (Transnet) 2:57:33
9. Cary-Ann Smith (Ned) 2:58:20
10. Busisiwe Matiwane (Celtics) 3:01:37

Veterans: 1. Maya Lawrie (Boxer) 2:50:09; 2. Linah Mhlango (Anmar) 3:06:13; 3. Suzette Vermaak (Khara) 3:12:02. **Masters:** 1. Laura Maritz (Elite) 3:33:29; 2. Natalie de Villiers (Maties) 3:44:09; 3. Colleen Hohlfeld (SS) 3:45:30. **G'masters:** 1. Veronica van Niekerk (EGA) 3:52:52; 2. Marilyn Moore (Break) 4:36:01; 3. Avril de Lapelin-Dumont (WC) 4:43:26.

10 km

MEN

1. Stephen Mokoka (Transnet) 28:52 (R12500)
2. Tshamano Setone (UJ) 28:54 (R7500)
3. Gladwin Mzazi (Transnet) 28:57 (R6250)
4. Kgosi Samuel Tsosane (Transnet) 28:58 (R5000)
5. Desmond Mokgobu (ADT) 29:01 (R3750)
6. Lungisa Mdedelwa (Ned) 29:09 (R2500)
7. Lindikhaya Mthangayi (MP) 29:14 (R1875)
8. Xoliswa Tyali (Ned) 29:48 (R1250)
9. Nkosinathi Madyo (Ned) 29:54 (R750)
10. Siyabulela Mtsha (Glen) 30:02 (R500)

Veterans: 1. Sylvester Moleko (Bid) 32:15 (R1875); 2. Graham Katzen (Celtics) 32:55 (R1250); 3. Shaun Abrahams (Adid) 34:01 (R625). **Masters:** 1. Vladimir Kotov (BLR/Cent) 34:01 (R1875); 2. Michael Bekapi (VOB) 36:36 (R1250); 3. Julian Paul (SANDF) 37:09 (R625). **G'masters:** 1. Awie Veldsman (Held) 39:17 (R1250); 2. Lionel Klassen (Durb) 45:46 (R1250*); 3. Michael Clarke (VOB) 46:03 (R250).

*) This figure is probably wrong, as it is the same as the first prize.

WOMEN (Same prize money as men)

1. Irvette van Blerk (Ned) 33:20
2. René Kalmer (Ned) 34:03
3. Zintle Xiniwe (Ned) 34:34
4. Nolene Conrad (JC) 34:54
5. Bulelwa Simae (Ned) 35:36
6. Portia Ngwenya (TUT) 35:59
7. Samukeliso Moyo (ZIM/MP) 36:21
8. Asiphe Sikabalanjana (Gugs) 37:40
9. Thembi Baloyi (TUT) 38:13
10. Joanna Thomas (VOB) 38:28

Veterans: 1. Joanna Thomas (VOB) 38:28; 2. Sheryl de Lange (Adid) 40:38; 3. Ester Brink (Strand) 41:33. **Masters:** 1. Olga Howard (Celtics) 42:52; 2. Charmaine Cupido

(Ned) 45:32; 3. Bev Charters (VOB) 45:50. **G'masters:** 1. Marietha Herbert (Bell) 50:46; 2. Pixie Sparg (Celtics) 51:29; 3. Rosalie Richfield (UCT) 55:17.

Tonevale Game Park 16 km & 10 km

Durban, 25 September

Note: Unfortunately the organisers provided no clubs with these results. – Ed.

16 km

MEN

- | | | |
|----|-------------------|-------|
| 1. | Simon Makhonza | 58:46 |
| 2. | Manafuthi Ngubane | 62:06 |
| 3. | Nkosinathi Zungu | 66:34 |

40-49:

- | | | |
|----|-------------------|-------|
| 1. | Mbongiseni Jiyane | 67:48 |
|----|-------------------|-------|

50-59:

- | | | |
|----|-------------------|-------|
| 1. | Willie v Rensberg | 73:34 |
|----|-------------------|-------|

60+:

- | | | |
|----|--------------------|--------|
| 1. | Warwick Withinshaw | 105:06 |
|----|--------------------|--------|

WOMEN

- | | | |
|----|------------------|-------|
| 1. | Nomcebo Mthethwa | 75:48 |
| 2. | Nicola McMurray | 78:08 |
| 3. | Simone Scrase | 81:59 |

40-49:

- | | | |
|----|---------------|-------|
| 1. | Simone Scrase | 81:59 |
|----|---------------|-------|

50-59:

- | | | |
|----|---------------|-------|
| 1. | Debbie Mannix | 99:05 |
|----|---------------|-------|

10 km

MEN

- | | | |
|----|-----------------|-------|
| 1. | Siphiso Mthembu | 43:37 |
| 2. | Selby Mthethwa | 46:29 |
| 3. | Joe Mead | 50:41 |

WOMEN

- | | | |
|----|-----------------|-------|
| 1. | Liesel Biendulf | 58:22 |
| 2. | Susan Augustyn | 80:05 |
| 3. | Bridget Picton | 82:17 |

Mtubatuba 10 km Challenge

Mtubatuba, 25 September

MEN

- | | | | |
|----|--------------------|-----------------|-------|
| 1. | Samuel Pazanga | ZIM/Mr Price AC | 30:34 |
| 2. | Malvern Paradza | ZIM/Mr Price AC | 30:46 |
| 3. | Siphomandla Nyembe | Boxer AC | 31:25 |

40-49: 1. Willie Majombozi (Boxer) 35:23; 2. Sifiso Mthiyane (ZAC) 35:28; 3. Elias Mdladla (Eskom) 37:25. **50-59:** 1. Nicholas Dlamini (Boxer) 37:48; 2. M. Zungu (Umhlat) 39:21; 3. Bongani Ndlovu (Zab) 41:08. **60-69:** 1. Petros Shumi (Zab) 46:51; 2. Kitty Konar (DAC) 60:05. **Juniors:** 1. Njabulo Mncwango (MAC) 33:56; 2. Mduduzi Hlatshwayo (MP) 37:48; 3. Sibusiso Maphalala (MP) 37:51.

WOMEN

1.	Puseletso Dladla	Klipriver AC	37:42
2.	Mpumelelo Mnyandu	Klipriver AC	37:48
3.	Mkhosi Mhlongo	Savages AC	38:05

50-59: 1. Blanche Moila (Sav) n/t. **60-69:** 1. Ntombi Masangane (Imamba) 76:00.
Juniors: 1. Mpumelelo Mnyandu (Klip) 37:48; 2. Nontokozi Mkhize (Eskom) 39:43; 3. Balile Dlamini (Klip) 41:42.

Andrew Greyling Memorial Half Marathon & 10 km

Pretoria, 24 September

(Distances: 21.1 km & 10 km. Finishers: half marathon – 750; 10 km – 1050.)

Note: Charné Bosman took a wrong turn, following some 10 km runners who were on a warm-down run. Her time was adjusted by the officials. – Ed.

Half marathon

MEN

1 William Chinyanga (ZIM/Nedbank) 69:31; 2 Steve Ngqolo (Transnet) 71:07; 3 Shadrack Hoff (Mr Price) 71:25.

Veterans: 1 Jackson Seanego (New Balance) 76:31. **Masters:** 1 Colin Fisher (CSIR) 90:30. **G'masters:** 1 Frikkie v Eeden (GRRR) 1:49:42. **G/g'masters:** 1 Dion Heigers (ACRW) 2:20:00.

WOMEN

1 Charné Bosman (Mr Price) 78:10 (adj. time); 2 Kim Laxton (Sunninghill) 84:14; 3 Winia Janse van Rensburg (Tuks) 92:32.

Veterans: 1 Ansie Viljoen (Irene) 1:43:27. **Masters:** 1 Rene v Zyl (Tuks) 1:51:50.
G'masters: 1 Rina Machado (Ndaba) 2:15:13. **G/g'masters:** 1 Mavis Stadler (Agape) 2:19:39.

10 km

MEN

1 Sukhumbuzo Seme (Tuks) 32:42; 2 Wesley Ruto (KEN/Nedbank) 32:55; 3 Benedict Moeng (Transnet) 34:00.

Veterans: 1 Elias Mabane (Bidvest) 34:09. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 37:28. **G'masters:** 1 Steve Otto (AS Eagles) 45:20. **G/g'masters:** 1 Ken Nurden (Agape) 51:35. **Juniors:** 1 Nkosinathi Sotyantya (Transnet) 34:50.

WOMEN

1 Myrette Filmlalter (Yuks) 39:11; 2 Jackie v.d. Waals (Tuks) 40:50; 3 Mishelene Lagerwall (New Balance) 40:56.

Veterans: 1 Asseling Nyathi (Fit 2000) 45:35. **Masters:** 1 Francis v. Blerk (Nedbank) 46:52. **G'masters:** 1 Sonja Laxton (RAC) 44:57. **G/g'masters:** 1 Miemie Schoeman (Transnet) 83:10. **Juniors:** 1 Margot van Nieuwenhuizen (Centak) 51:02.

Dis-Chem Andries Steyn Memorial Races

Buffels Bay, 24 September

(Distances: 21.1 km & 10 km; out-and-back courses. Finishers: half marathon – 76; 10 km – 124.)

Note: Helga Matthee finished sixth overall in the half marathon. – Ed.

Half marathon

MEN

1	Julius	Korkee	Rainbow MC	26	1:13:22
2	Vuyo	Witbooi	Outeniqua Harriers	36	1:16:49
3	Melikhaya	Msizi	Knysna MC	29	1:18:30
4	Mnjamezeli	Nangu	Plett AC	39	1:23:23
5	Mihan	Roos	Knysna MC	33	1:29:35
6	Tim	Smith	Ind	21	1:31:57
7	Dirk	Joubert	Hartenbos Drawwers	53	1:35:10
8	James	Ngxale	Knysna MC	48	1:37:05
9	Andrew	Ditema	Ind	47	1:37:33
10	Siegazi	Masundwane	Plett AC	31	1:38:18

40-49: 1. James Ngxale 1:37:03. **50-59:** 1. Dirk Joubert 1:35:10. **60-69:** 1. Peter Jakoby 1:39:32. **Juniors:** 1. Rogan Leckie 1:38:26.

WOMEN

1	Helga	Mathee	Nedbank RC	36	1:30:41
2	Alison	Jordaan	Nedbank RC	45	1:31:13
3	Lisl	Grobler	Knysna MC	35	1:34:31
4	Elize	Kloppers	Hartenbos Drawwers	41	1:36:10
5	Marie	Wolmarans	Nedbank RC	52	1:40:20
6	Lize	Cornelius	Hartenbos Drawwers	25	1:40:45
7	Christa	Smit	Hartenbos Drawwers	43	1:50:36
8	Anè	Kruger	Beaufort West Drawwers	17	1:51:26
9	Annemarie	Roetz	Nedbank RC	51	1:53:02
10	Michelle	Nagel	Plett AC	39	1:53:03

40-49: 1. Alison Jordaan 1:31:13. **50-59:** 1. Marie Wolmarans 1:40:20. **60-69:** 1. Saundria Visser 2:09:49. **Juniors:** 1. Anè Kruger 1:51:26.

10 km

MEN

1	Sinesipho	Didisho	Knysna MC	20	34:41
2	Archie	Boome	Knysna MC	15	36:35
3	Sithembe	Tabata	Plett AC	43	36:52
4	Marius	Schlechter	Knysna MC	46	37:46
5	Slade	West	Sedgefield Striders	18	37:50
6	Jason	Pietersen	Knysna MC	19	38:49
7	Dylan	Butler	Knysna MC	16	40:40
8	Jimmy	Robertson	Hartenbos Drawwers	30	43:56
9	André	Barnardo	Nedbank RC	55	44:18
10	Aubrey	Brinkhuis	Knysna MC	41	44:18

40-49: 1. Tabata Sithembe 36:52. **50-59:** 1. André Barnardo 44:18. **60-69:** 1. Danie Theron 58:02. **Juniors:** 1. Archie Boome 36:35.

WOMEN

1	Johanna	Claassen	Nedbank RC	43	45:15
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2	Jolene	Koekemoer	Nedbank RC	31	47:22
3	Linda	Hegerty	None	34	47:34
4	Sharifa	Louw	Knysna MC	42	52:10
5	Carli	Theron	None	34	53:04
6	Ria	Mattheus	Plett AC	53	53:07
7	Liza	Hartman	None	39	54:06
8	Luca	Hartman	None	15	54:06
9	Elizna	Maree	None	27	55:20
10	Lisa	Behrens	Plett AC	40	55:46

40-49: 1. Johanna Claassen 45:15. **50-59:** 1. Ria Mattheus 53:07. **60-69:** 1. Esther Oosthuizen 58:31. **Juniors:** 1. Liezl Bashford 77:10.

Algoa Bus Heritage Day 5 km

Port Elizabeth, 24 September

Finishers: 356.

MEN

1	Mkhuseli	Nyongo	Absa NMMU AC	25	14:49
2	Bulelini	Niwa	PEAAC	25	15:19
3	Melikhaya	Frans (1 st jun)	Nedbank RC	19	15:32
4	Masibulele	Heugh	PEAAC	17	15:59
5	Mvuyisi	Gcogco	Umf AC	22	16:16

40-44:

1	Maboyisana	Mazwayi	Nedbank RC	43	16:46
2	Freddie	Jantjies	Temp	42	16:58
3	John	Parry	Temp	44	21:33

45-49:

1	Craig	Dickson	Body Concept	45	19:46
2	Leonardo	De Villiers	Temp	45	20:10
3	Coenie	Kukkuk	Transnet RE EP	49	21:48

50-54:

1	Alec	Riddle	Charlo RR	50	20:26
2	Renier	Van Vuuren	PEAAC	54	21:42
3	Andre	Nel	Sap M C EP	51	22:35

55-59:

1	Mxolisi	Mgobo	Algoa Bus	55	26:40
2	Pierre	Knoesen	Madiba Bay	57	29:27
3	Liver	Faba	Algoa Bus	58	30:46

60-64:

1	Joseph	Serfontein	PEAAC	60	25:53
2	Gladman	Dwesi	Algoa Bus	60	26:49
3	Sidwell	Kuze	Temp	63	30:31

65-69:

1	William	Vorster	PEAAC	65	24:49
2	Karal	Steyn	Temp	65	40:14

Juniors:

1	Melikhaya	Frans	Nedbank RC	19	15:32
2	Masibulele	Heugh	PEAAC	17	15:59
3	Luyolo	Dyubhele	Absa NMMU AC	18	16:26

WOMEN

1	Natascha	De Villiers	Absa NMMU AC	22	20:06
2	Asanda	Goldzeleni (1 st jun)	Temp	19	21:25
3	Treloar	Childs (1 st vet)	Walmer AC	48	21:28

4	Jenna	Parry	Temp	11	21:32
5	Sarah	Rautenbach	Temp	15	22:59
40-44:					
1	Lynda	Marriott	Charlo RR	42	26:48
2	Elizabeth-Jane	Ackerman	Charlo RR	43	29:26
3	Yougeeda	Reciet	Temp	40	31:07
45-49:					
1	Treloar	Childs	Walmer AC	48	21:28
2	Janine	Barnard	Bluewater Bay	45	27:16
3	Elaine	Tuck	Temp	49	29:46
50-54:					
1	Amanda	Wolmarans	Walmer AC	52	26:32
2	Zelda	Krige	Walmer AC	51	29:18
3	Tobeka	Mabusela	Temp	50	33:54
55-59:					
1	Theresa	Muller	Temp	55	34:55
2	Esmeralda	Le Roux	Temp	58	41:56
3	Sharon	Meistre	Temp	56	47:09
60-64:					
1	Liz	Grundlingh	Muirite Striders	64	24:34
2	Marilyn	Hall Mitchell	Temp	61	27:18
3	Jeanette	Pienaar	PEAAC	63	31:02
65-69:					
1	Ronelle	Steyn	Temp	67	33:19
2	Norah	Beukes	Crusaders AC	66	43:09
3	Nannette	Rogel	Temp	67	53:40
70-74:					
1	Dorothy	Hart	PEAAC	73	30:32
2	Isabella	Childs	Temp	70	39:21
3	Catharine	Botha	Temp	70	40:52
Juniors:					
1	Asanda	Goldzeleni	Temp	19	21:25
2	Jenna	Parry	Temp	11	21:32
3	Sarah	Rautenbach	Temp	15	22:59

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

BMW Berlin Marathon (38th)

(A World Marathon Majors event; an IAAF Gold Label Road Race)

Berlin, GER, 25 September

(Distance: 42.195 km; AIMS-certified loop course. Finishers: 25 576 men + 7 421 women = 32 997 total)

Note: Twenty of the top 25 women set career best times. – Ed.

MEN

1. Patrick Makau, KEN 2:03:38 WR/CR € 40,000
[1:01:44 / 1:01:54]
2. Stephen Chemlany 2:07:55 PB 20,000
[1:03:31 / 1:04:24]

3. Edwin Kimaiyo, KEN	2:09:50 PB	17,500
4. Felix Limo, KEN	2:10:38	15,000
5. Scott Overall, GBR	2:10:55 DB	10,000
6. Ricardo Serrano, ESP	2:13:32 DB	7,500
7. Pedro Nimo, ESP	2:13:34	5,000
8. Simon Munyutu, FRA	2:14:20	4,000
9. Driss El Himer, FRA	2:14:46	3,000
10. Hendrick Ramaala, RSA	2:16:00	2,000
[1:03:37 / 1:12:23]		
11. Benedict Whitby, GBR	2:16:27	
12. Domenico Ricatti, ITA	2:16:31 DB	
13. Yohanis Abera, ETH	2:16:38	
14. Paul Martelletti, NZL	2:16:49 PB	
15. Nkosiyazi Sibanda, ZIM	2:17:11 PB	
16. Konstantinos Poullos, GRE	2:17:12 PB	
17. Kari Steinn Karlsson, ISL	2:17:12 NR	
18. Antony Ford, GBR	2:17:16 PB	
19. Alex Crabill, USA	2:17:42 PB	
20. Henrik Them Andersen, DEN	2:17:47	
Haile Gebrselassie, ETH	DNF (1:01:43 half, 1:44:53 35 km)	
Emmanuel Samal, KEN	DNF (1:01:44 half, 1:48:26 35 km)	
Falk Cierpinski, GER	DNF (1:16:02 half, 1:18:51 25 km)	

WOMEN (gun times)

1. Florence Kiplagat, KEN	2:19:44 PB € 40,000	
[1:10:11 / 1:09:33]		
2. Irina Mikitenko, GER	2:22:18	20,000
[1:11:34 / 1:10:44]		
3. Paula Radcliffe, GBR	2:23:46	15,000
[1:10:30 / 1:13:16]		
4. Atsede Habtamu, ETH	2:24:25 PB	10,000
5. Tatyana Petrova, RUS	2:25:01 PB	7,500
6. Anna Incerti, ITA	2:25:32 PB	5,000
7. Rosaria Console, ITA	2:26:10 PB	4,000
8. Valeria Straneo, ITA	2:26:33 PB	3,000
9. Eri Okubo, JPN	2:28:49 PB	2,500
10. Miranda Boonstra, NED	2:29:23 PB	2,000
11. Iwona Lewandowska, POL	2:30:38 PB	
12. Christina Bus Holth, NOR	2:33:40 PB	
13. Maja Neuenschwander, SUI	2:33:45 PB	
14. Amy Whitehead, GBR	2:35:39 PB	
15. Leena Puotiniemi, FIN	2:35:54 PB	
16. Catherine Bertone, ITA	2:36:00 PB	
17. Becky Penty, GBR	2:36:19 PB	
18. Tamara Sanfabio, ESP	2:36:48	
19. Patricia Laubertie, FRA	2:36:55 DB	
20. Silke Optekamp, GER	2:37:17 PB	
... Lydia Grigoryeva, RUS	3:23:57	
[1:16:33 / 2:07:24]		
Lidia Simon, ROU	DNF (1:27:51 at 25 km)	

ABN AMRO Singelloop (61st)

Utrecht, NED, 25 September

(Distance: 10 km; flat one-loop course with no start/finish separation)

MEN

- | | |
|--------------------------------|----------|
| 1. Philip Langat, KEN | 27:28 PB |
| 2. Timothy Kiptoo, KEN | 27:45 PB |
| 3. Nicholas Kemboi, QAT | 27:57 PB |
| 4. Kennedy Kimutai, KEN | 27:58 |
| 5. Aschalew Neguse Meketa, ETH | 28:45 |

WOMEN

- | | |
|-----------------------------|-------------|
| 1. Winnie Jepkemoi, KEN | 31:32 PB/CR |
| 2. Elizeba Cherono, KEN | 32:13 PB |
| 3. Rkia El Moukim, MAR | 32:13 PB |
| 4. Jane Muia, KEN | 33:38 |
| 5. Yelena Zadorozhnaya, RUS | 33:52 |

Meia-Maratona de Portugal (12th)

Lisbon, POR, 25 September

(Distance: 21.1 km; out-and-back course with no net elevation change)

MEN (gun times)

- | | |
|-----------------------------|------------|
| 1. Silas SANG, KEN | 1:01:12 |
| 2. Lucas Kimeli ROTICH, KEN | 1:01:37 |
| 3. Benson OLENAKERY, KEN | 1:02:19 PB |
| 4. Sammy KIGEN, KEN | 1:02:30 |
| 5. Dickson MARWA, TAN | 1:03:10 |
| ... 11. Viktor RÖTHLIN, SUI | 1:04:46 |

WOMEN (gun times)

- | | |
|----------------------------------|------------|
| 1. Mary KEITANY, KEN | 1:07:53 |
| 2. Helena KIPROP, KEN | 1:08:57 PB |
| 3. Caroline Cheptonui KILEL, KEN | 1:10:30 |
| 4. Rita JEPTOO, KEN | 1:10:33 |
| 5. Desiree DAVILA, USA | 1:11:27 |

Maratonina Città di Udine (12th)

Udine, ITA, 25 September

(Distance: 21.1 km; one-loop course)

MEN (gun times)

- | | | |
|---------------------------------|------------|---------------|
| 1. Stephen Kibet Kosgei, KEN | 1:00:20 | € 1400 + 200i |
| 2. William Chebon Chebor, KEN | 1:01:10 | 1200 + 150i |
| 3. Charles Kimeli, KEN | 1:01:45 PB | 1000 + 150i |
| 4. Albert Matebor Kiplagat, KEN | 1:01:46 | 800 + 150i |
| 5. Lema Birbirs Tola, ETH | 1:01:56 | 700 + 150i |
| ... 8. James Kwambai, KEN | 1:02:06 | 400 + 100i |

WOMEN (gun times)

- | | | |
|------------------------------------|---------|---------------|
| 1. Pauline Njeri, KEN | 1:10:44 | € 1400 + 100i |
| 2. Joyce Jemutai Kiplimo, KEN | 1:12:34 | 1200 |
| 3. Fridah Domongole Chepkemoi, KEN | 1:13:45 | 1000 |
| 4. Ana Dias, POR | 1:15:43 | 800 |
| 5. Martina Facciani, ITA | 1:16:43 | 700 |

i) Earned time incentive bonus

Warsaw Marathon (33rd)

Warsaw, POL, 25 September

(Distance: 42.195 km; multi-loop course with no start/finish separation)

MEN

- | | |
|--------------------------------|---------------|
| 1. John Sammy Kibet, 1982, KEN | 2:08:17 PB/CR |
| 2. Mussau Mwanzia, 1983, KEN | 2:13:22 |
| 3. Mohammed Temam, 1989, ETH | 2:13:41 |

WOMEN

- | | |
|--------------------------------------|---------|
| 1. Sviatlana Stanko, 1976, UKR | 2:31:28 |
| 2. Rael Jepyator, 1984, KEN | 2:34:23 |
| 3. Olga Kalendarowa-Ochal, 1985, POL | 2:37:58 |

Fifth Avenue Mile (31st)

New York, USA, 24 September

(Distance: 1 mile; certified point-to-point course, downhill with 9.2 m elevation loss [5.7 m/km])

MEN

- | | | |
|--|--------|--------|
| 1. Bernard Lagat, 36, Tucson, AZ (Nike) | 3:50.5 | \$5000 |
| 2. Amine Laalou, 29, MAR (Nike) | 3:51.7 | 3500 |
| 3. David Torrence, 25, San Francisco, CA (Nike) | 3:52.4 | 2500 |
| 4. Jeff See, 25, Columbus, OH (Saucony) | 3:52.9 | 1500 |
| 5. Craig Miller, 24, Madison, WI (New Balance) | 3:54.4 | 1000 |
| 6. Jon Rankin, 29, Seattle, WA (Marathonguide.com) | 3:54.7 | 750 |
| 7. Garrett Heath, 25, Palo Alto, CA (Saucony) | 3:55.3 | 500 |
| 8. Jeff Riseley, 24, AUS (Nike) | 3:56.6 | 250 |
| 9. Haron Lagat, 28, KEN (New Balance) | 3:57.0 | 1000i |
| 10. Anthony Famiglietti, 32, Davidson, NC (Reck.Run) | 3:57.1 | |
| 11. A.J. Acosta, 23, San Diego, CA (Unattached) | 3:57.5 | |
| ... 14. Boaz Lalang, 22, KEN (adidas) | 3:59.1 | |
| ... 17. Nick Symmonds, 27, Eugene, OR (Nike Oregon TC) | 4:04.9 | |

i) Earned prime for leading at halfway and finishing in under 4:00.0

WOMEN

- | | | |
|---|--------|--------------|
| 1. Jenny Simpson, 25, Monument, CO (New Balance) | 4:22.3 | \$5000 |
| 2. Sally Kipyego, 25, KEN (Nike Oregon TC) | 4:22.6 | 3500 + 1000i |
| 3. Hannah England, 24, GBR (Nike) | 4:22.6 | 2500 |
| 4. Ingvi Måkestad Bovim, 30, NOR (Nike) | 4:24.6 | 1500 |
| 5. Susan Kuijken, 25, NED (Nike) | 4:25.5 | 1000 |
| 6. Morgan Uceny, 26, Mammoth Lakes, CA (adidas) | 4:26.2 | 750 |
| 7. Shannon Rowbury, 27, San Francisco, CA (Nike) | 4:27.0 | 500 |
| 8. Sara Hall, 28, Big Bear, CA (Asics) | 4:29.1 | 250 |
| 9. Brenda Martinez, 24, Alamosa, CO (New Balance) | 4:29.6 | |
| 10. Barbara Parker, 28, GBR (New Balance) | 4:31.7 | |
| ... 14. Alysia Montano, 25, Canyon Country, CA (Nike) | 4:34.0 | |
| ... 18. Gabriele Anderson, 25, Minneapolis, MN (Brooks) | 4:36.7 | |
| ... 20. Maggie Vessey, 29, Santa Cruz, CA (New Balance) | 4:44.6 | |

i) Earned prime for leading at halfway and finishing in under 4:32.0

CROSS-COUNTRY

Lidingöloppet

Stockholm, SWE, 24 & 25 September
(Distances: 30 km & all-women's 10 km)

Note: This is the world's largest cross-country event, with 43 224 entrants this year. There were 15 360 finishers in the 30 km! – Ed.

30 km (24):

MEN

1. Lewis Korir, 1986, KEN, 1:34:54
2. David Nilsson, 1987, SWE, 1:42:01
3. Lars Johansson, 1985, SWE, 1:42:27
4. Henri Manninen, 1985, FIN, 1:42:36
5. John Sompol, 1988, KEN, 1:44:00
- ... 8. Jonas Buud, 1974, SWE, 1:46:15

WOMEN

1. Charlotte Karlsson, 1984, SWE, 2:02:55
2. Petra Kindlund, 1985, SWE, 2:05:17
3. Eva Nyström, 1977, SWE, 2:06:01
4. Rebecka Törner, 1986, SWE, 2:06:18
5. Kristina Roberto, 1984, SWE, 2:07:47

10 km (25):

1. Isabellah Andersson, 1980, SWE, 35:26
2. Jeri Emuru, 1989, ETH, 35:34
3. Susanne Grimfors, 1977, SWE, 36:21

ULTRA/MOUNTAIN/TRAIL RUNNING

World Mountain Running Championships (27th)

Tirana, ALB, 11 September

SR. MEN (13.5 km with 1500 m elevation gain):

Teams: 1. ITA, 26 points; 2. TUR, 65; 3. FRA, 77; 4. USA, 112; 5. POR, 119

- | | | |
|--------------------------|-------|--------|
| 1. Max KING, USA | 52:06 | Gold |
| 2. Ahmet ARSLAN, TUR | 52:41 | Silver |
| 3. Martin DEMATTEIS, ITA | 52:57 | Bronze |

SR. WOMEN (8.8 km with 1000 m elevation gain):

Teams: 1. ITA, 24 points; 2. CZE, 30; 3. GBR, 31; 4. USA, 34; 5. RUS, 35

- | | | |
|-------------------------------|-------|--------|
| 1. Kasie ENMAN, USA | 40:39 | Gold |
| 2. Elena RUKHLYADA, RUS | 41:47 | Silver |
| 3. Marie-Laure DUMERGUES, FRA | 42:23 | Bronze |

JR. MEN (8.8 km with 1000 m elevation gain):

Teams: 1. TUR, 12 points; 2. POL, 22; 3. ITA, 32; 4. ROM, 34; 5. CZE, 66

- | | | |
|---------------------------------|-------|--------|
| 1. Adem KARAGOZ, TUR | 37:01 | Gold |
| 2. Saul A. PADUA RODRIGUEZ, COL | 37:40 | Silver |
| 3. Murat ORAK, TUR | 38:05 | Bronze |

JR. WOMEN (4.5 km with 500 m elevation gain):

Teams: 1. TUR, 6 points (perfect score); 2. ROM, 11; 3. SLO, 14; 4. AUS, 16; 5. RUS, 24

1. Lea EINFALT, SLO 20:23 Gold
2. Cesminaz YILMAZ, TUR 20:36 Silver
3. Denisa Ionela DRAGOMIR, ROU 20:44 Bronze

NEWS

ONE HUNDRED YEARS OF DEEP ANNUAL MARATHON RANKINGS

The Association of Road Racing Statisticians (ARRS) has announced that the ongoing research undertaken by their network of statisticians into the development of the marathon has reached a significant milestone. Last weekend the ranking list for 1911 was posted, completing a unique set of historical marathon data stretching back one hundred years. The Annual Marathon Project has taken over five years thus far and has resulted in rigorous re-evaluation of marathon marks and the acquisition of a mass of new material from across the globe.

Co-ordinator of the Project, Andy Milroy, said "Creating such a set of detailed statistics reveals new insights into the development of the event. Despite all the work that has been done, the rankings are not complete, the long term task will be to fill in any remaining gaps and add new found results and dates of birth as they are discovered.

The years 1911-2011 are now posted on the ARRS website at the following link:

http://www.arrs.net/YR_Mara.htm

In parallel with the Annual Marathon Project, ARRS also is attempting to document EVERY marathon held. The Marathons Project also now stretches over one hundred years, showing how the event has changed and developed over the decades, from very small fields frequently numbering under ten to the massive events of today with thousands and thousand of runners running the big City marathons. This can be found at this link:

<http://www.arrs.net/MaraList.htm>

Together these two projects take marathon research far beyond what has previously been attempted. The ARRS network of statisticians from across the globe have pooled their research and knowledge to create the most complete picture of the event which has come to dominate long distance running in the latter half of the twentieth century and into the twenty-first.

Ken Young, ARRS webmaster and noted statistician, said: "The intention is to extend the research back to 1900 and beyond. Excellent progress is already been made towards achieving this."

In addition to the marathons projects, the ARRS website also documents hundreds of long held marathons, road, track and cross country races, including national and international championships. Further information can be easily accessed at www.arrs.net

STATS TIME

Patrick Makau's brilliant new world record in Berlin yesterday pushed the BMW Berlin Marathon into top spot (surpassing Rotterdam) on the list of the world's fastest marathons on the average of their top ten performances. Here is an updated list, followed by a list of the ten quickest times ever in the German capital.

WORLD'S FASTEST MARATHONS ON AVERAGE OF TOP 10 PERFORMANCES

1. Berlin 2:04:55
2. Rotterdam 2:05:07
3. London 2:05:21
4. Boston 2:05:39
5. Chicago 2:06:02

6. Amsterdam	2:06:25
7. Paris	2:06:29
8. Fukuoka	2:06:47
9. Dubai	2:06:52
10. Frankfurt	2:06:53

BERLIN'S TOP 10 PERFORMANCES

1. Patrick Makau (KEN)	2:03:38	2011
2. Haile Gebrselassie (ETH)	2:03:59	2008
3. Haile Gebrselassie (ETH)	2:04:26	2007
4. Paul Tergat (KEN)	2:04:55	2003
5. Sammy Korir (KEN)	2:04:56	2003
6. Patrick Makau (KEN)	2:05:08	2010
7. Geoffrey Mutai (KEN)	2:05:10	2010
8. Bazu Worku (ETH)	2:05:25	2010
9. James Kwambai (KEN)	2:05:36	2008
10. Haile Gebrselassie (ETH)	2:05:56	2006

THIS MONTH IN HISTORY

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

60 years ago: 15 September 1951

The great Emil Zatopek (CZE) lowered the world 20000 m (track) record of Viljo Heino (FIN) at the CSSR Army Championships in Prague by more than a minute to 1:01:15.8. Zatopek then went on and also broke Heino's one-hour record, recording 19 558 m. Precisely two weeks later the incomparable Zatopek would reach one of the high points of his career when he lowered the record again, this time to under an hour: 59:51.8 (and also became the first man to run more than 20 km in an hour, with 20 052 m). The next year, of course, he would achieve another feat never recorded before or since when he won the 5000 m, 10000 m and marathon at the Olympic Games in Helsinki.

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)		
15 km	26:44	Leonard Patrick Komon (KEN)		08 Jan
	44:43	Lusapho April	Jeffreys Bay	
	42:58	Mohamed Trafah (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN)		24 Apr
	61:42	Stephen Mokoka	Yangzhou	
	58:30	Zerzenay Tadese (ERI)		
25 km	58:23	Zersenay Tadese (ERI)		07 May
	78:37	Richard Mavuso	Pretoria	
	72:13	Mathew Kipkoech Kisorio (KEN)		

30 km	71:50	Sammy Kosgei (KEN) 2010		
	1:36:14	Elroy Gelant	Camps Bay	09 Jan
	1:32:08	Jason Lehmkuhle (USA)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:09:25	Lusapho April	Hannover	08 May
	2:03:02A	Geoffrey Mutai (KEN)		
100 km	2:03:59	Haile Gebrselassie (ETH) 2008		
	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]
	2:40:32	Stuart McColl	George	13 Feb
Marathon	[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		
	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	2:50:09	Maya Lawrie	Cape Town	25 Sep
	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	44:57	Sonja Laxton	Pretoria	24 Sep
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		

Contributors to this issue: Alen Hattingh, Kevin Harlock, André Pienaar, Derrick Chamberlain, Jakes Jacobs, Allie van Niekerk, SWD Athletics

Published by Riël Hauman
 42 Fifteenth Avenue, Boston, Bellville 7530, RSA
 Telephone: 021 948-0293
 Fax: 0866 89-44-74
 Cellphone: 082 922-8538
 E-mail: rielh@mweb.co.za