

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 highlight of the weekend came from foreign visitor Julia Bleasdale (GBR), who won the Constantia Village 15 km, known for its quick course, by a massive margin over one of South Africa's top runners, Zintle Xiniwe. Bleasdale, who finished eighth in both the Olympic 5000 m and 10000 m, clocked 50:01 – the fastest time run in South Africa since Elana Meyer recorded 49:20 in 1997. Xiniwe's 53:16 is a personal best and the quickest by a South African this year. Bleasdale set two PBs on the track last year, both at the Olympics: 15:02.00 in the heats (the fastest by a Briton in 2012) and 30:55.63 in the final (second only to Jo Pavey's 30:53.20).

Two more list leaders were run in Constantia, by masters Eric Coetzee and Judy Bird. Of course, Vladimir Kotov, who is not yet a South African citizen, is about 30 seconds faster than Coetzee.

In the Sarens Edenvale Challenge Half Marathon Irvette van Zyl remained on a winning streak with her decisive victory against René Kalmer, 76:18 to 77:06. This was Van Zyl's thirteenth win in a row. It is a remarkable series of performances, but what is very worrisome is that she has now competed in twelve races this year – and the year is only ten weeks old! Put another way, she has raced a total of 257.8 km, or 25.8 km a week!! This is an incredible and wholly unnecessary schedule for an athlete with her talent.

Kalmer had her best race of the year so far a week ago in the Springs Striders 32 km, which was held for the 44th time. She won by more than 20 minutes in 1:58:48 and broke Frith van der Merwe's 21-year-old course record by 3:28. Kalmer's time is the third fastest ever by a South African (see Stats Time) and it was her third win in a row in the Springs classic.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Sarens Edenvale Challenge Marathon & Half Marathon, Edenvale
- * ens.co.za & UniCopy Stella Royal 25 km & 10 km, Durban
- * Zululand District Ultramarathon & 10 km, Nongoma to Ulundi
- * Wonderboom Junction Bobbies Half Marathon & 10 km, Pretoria
- * Constantia Village 15 km, Constantia
- * Sportsmans Warehouse 15 km, Port Elizabeth
- * Lighthouse 10 km, Cape Town
- * Springs Striders 32 km & 15 km, Springs
- * MKB Swartland Half Marathon & 10 km, Moorreesburg
- * Buffs Marathon, Macleantown to East London

- * Nestlé Pirates Half Marathon, Johannesburg
- * XC: KZNA Parlauf Relay, Westville

International highlights:

- * ABN AMRO City Pier City Half Marathon, Den Haag, NED
 - * Nagoya International Ladies Marathon, Nagoya, JPN
 - * Gate River Run 15 km, Jacksonville, USA
 - * Outdoor track: Sydney Track Classic, Sydney, AUS; Ben Brown Invitational Fullerton, USA
 - * Indoor track: NCAA Division I Indoor Championships, Fayetteville, USA
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ROAD RUNNING

Sarens Edenvale Challenge Marathon & Half Marathon

Edenvale, 10 March

(Distances: 42.195 km & 21.1 km; loop courses)

Note: These races were previously known as the Remax Challenge. – Ed.

Marathon

MEN

1. Sipho Ncube (ZIM/Toy) 2:32:23
2. Jacob Mazibuko (Bid) 2:36:54
3. Johannes Mthimkulu (Gallop) 2:37:48

Veterans: 1. Sipho Ncube (ZIM/Toy) 2:32:23. **Masters:** 1. Gert Pelser (Mag) 3:11:21.

G'masters: 1. Maxwell Zeelie (Four) 3:33:36.

WOMEN

1. Belinda Waghorn (Toy) 3:17:12
2. Shelley van der Spuy (Boks) 3:18:34 (1st vet)
3. Kathryn Cronje (Troi) 3:21:56

Veterans: 1. Shelley van der Spuy (Boks) 3:18:34. **Masters:** 1. Carolyn Wridgeway (Boks) 3:54:44.

Half marathon

MEN

1. Xolani Nkinane (BSAC) 1:11:21
2. Zuko Macala (Voda) 1:13:13
3. Lucky Mabuza (Wand) 1:18:15 (1st vet)

Veterans: 1. Lucky Mabuza (Wand) 1:18:15. **Masters:** 1. Antonio da Matta (BNAC) 1:29:07. **G'masters:** 1. Brian Chamberlain (Kudus) 1:34:35.

WOMEN

1. Irvette van Zyl (Ned) 1:16:18
2. René Kalmer (Ned) 1:17:06
3. Nolene Conrad (Ned) 1:20:48

Veterans: 1. Lindy Benson (Bedford) 1:31:59. **Masters:** 1. Jane Mudau (Ned) 1:31:45.

G'masters: 1. Linda Icely (Old Eds) 2:10:54.

ens.co.za & UniCopy Stella Royal 25 km (38th) & 10 km

Durban, 10 March

(Loop courses)

MEN

1.	Samuel Pazanga	ZIM/Maxed Elite	1:24:24
2.	Proffesor Mollen	ZIM/Maxed Elite	1:24:45
3.	Thobeso Nyahonkulu	Chatsworth AC	1:27:48

40-49:

1.	Thembinkosi Gumede	Boxer AC	1:30:32
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50-59:

1.	Peter Sehloho	Boxer AC	1:38:25
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60+:

1.	Mbekiseni Mchunu	Kwa Mashu AC	2:04:16
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WOMEN

1.	Melanie van Rooyen	Richards Bay AC	1:47:43
2.	Pat Damman	Forest Hills	1:53:10
3.	Nonsikelelo Mbambo	Ntl Carb	1:57:09

40-49:

1.	Maureen Slack	West AC	1:58:49
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50-59:

1.	Grace de Oliveira	Boxer AC	1:58:04
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60+:

1.	Pam Rasmussen	QBH	2:17:08
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10 km

MEN

1.	Lungisa Mdedelwa	Boxer AC	30:40
2.	Elmore Sibanda	ZIM	32:14
3.	Sthembela Funeka	Boxer AC	32:23

WOMEN

1.	Jenna Challenor	Boxer AC	37:15
2.	Lauren Dougall	Ind	39:43
3.	Cary-Ann Smith	Nedbank AC	40:55

Zululand District Ultramarathon & 10 km

Nongoma to Ulundi, 10 March

(Distances: 56 km & 10 km; point-to-point courses)

Note 1: Unfortunately, as was the case last year, some of the times in these results as released by the race organisers are missing. The times in the 10 km faster than one hour were given in hundredths of a second and rounded up by DRR according to the rules. – Ed.

Note 2: The times in the 10 km look quite fast. Using the Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, a figure of -4.05 sec/km is returned for four time comparisons – comfortably within the limit of -5 sec/km, so these times are acceptable for statistical purposes. – Ed.

56 km

MEN

1	Moses	Morapalla	Nedbank	3:27:28
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2	Julius	Tenai	KEN/Phantane	3:27:54
3	Prodigal	Khumalo	Maxin Lite	3:28:08
4	Mcedisi	Mkhize		3:29:01
5	Maifo	Lympson	Nedbank	3:32:21
6	Sikhumbuzo	Dlamini	Boxer	3:33:20
7	Victor	Ngubelanga	Maxed Elite	3:34:12
8	Simon	Peu	Toyota	3:37:32
9	Justice	Nkosi	Phuma	3:37:41
10	Themba	Mthembu	Maxed Elite	3:38:12

Veterans:

1	Simon	Peu	Toyota	3:37:32
2	Justice	Nkosi	Phuma	
3	Reginald	Ngobese	Gauteng	

Masters:

1	Mfundiso	Mvunguse	South Coast
2	Maxwell	Mngwengwe	Boxer
3	Enock	Cilo	Assegai

G'masters:

1	Bongani	Ndlovu	Zabalaza
2	Chris	Westhuizen	Umhlathuze
3	Sidiso	Dlomo	Pongola

WOMEN

1	Winile	Mnisi	SWZ/Maxed Elite	4:35:54
2	Monica	Kativhu	ZIM/Maxed Elite	4:41:47
3	Fikile	Mbuthuma	Nedbank	4:50:18
4	Iris	Ndlovu	Nrb Harriers	5:14:14
5	Nicola	McMurray	Mfunzini	5:22:58
6	Zethu	Mnyandu	Nrb Harriers	5:25:23
7	Sibongile	Mpanza	Boxer	5:52:45
8	Sindisiwe	Jali	Eskom	5:56:12
9	Eunice	Ntuli	Nrb Harriers	5:56:27
10	Lungile	Nkosi	Eskom	5:56:37

Veterans:

1	Eunice	Ntuli	Nrb Harriers	5:56:27
2	Lungile	Nkosi	Eskom	5:56:37
3	Judith	Malaba	Savages	5:59:??

10 km**MEN**

1	Siyabonga	Nkonde	Boxer	29:59
2	Samuel	Kiptum	KEN/Pantane	31:17
3	Phinda	Mayisela	Leopard	31:59

Veterans:

1	Amos	Zulu	Take Is	39:02
2	Wilson	Maphalala	Formula 1	40:54
3	Michael	?	Correctional	43:30

Masters:

1	Nkosikelela	Zondi	Ulundi	51:49
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Juniors:

1	Sakhile	Mthembu	Pantane	32:47
2	Mxolisi		Dumbe	33:03
3	Welcome	Hlatshwayo	Max	33:15

WOMEN

1	Leneo	Chaka	LES/Nedbank	35:18
2	Faith	Kiptoo	KEN/Plantane	37:03
3	Daizy	Kipngetich	KEN/Plantane	38:08

Veterans:

1	Sibongile	Mkhize	Natal Carbs	66:32
2	Mathoyi	Hadebe	SAPS	66:51
3	Nombuso	Sabelo	Germ sport	67:00

Masters:

1	Philisiwe	Madi	SAPS	63:22
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G'masters:

1	Ntombi	Masangane	Mamba	75:06
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Juniors:

1	Slindile	Chili	Chesterville	40:30
2	Keneuoe	Foloko	Nedbank	41:30
3	Nondumiso	Zulu	Qadi	41:31

Wonderboom Junction Bobbies Half Marathon & 10 km

Pretoria, 9 March

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

Half marathon

MEN

1. Luwis Masunda (ZIM/Ned) 1:06:43

Veterans: 1. Dawie de Villiers (Win) 1:22:10. **Masters:** 1. Colin Fisher (CSIR) 1:30:07.

G'masters: 1. John Woodnutt (Morning) 1:37:28. **G/g'masters:** 1. Patrick Mafilika (Ned) 1:52:04. **Juniors:** 1. Enzo Dlamini (Irene) 2:00:47.

WOMEN

1. Andriel Rossouw (Over) 1:34:57

Veterans: 1. Sonette Nell (Over) 1:42:38. **Masters:** 1. Elsabé Brink (NB) 1:40:17.

G'masters: 1. Vollie Spies (Tuks) 1:58:20. **Juniors:** 1. Laura Svominen (RF) 2:17:09.

10 km

MEN

1. Cornelius Lagat (KEN/Global) 30:55

Veterans: 1. Piet Mosebedi (Trans) 33:35. **Masters:** 1. Nuno Thomaz (NB) 37:50.

G'masters: 1. Mike du Bruto (Irene) 39:10. **G/g'masters:** 1. Danie Roux (Kempton) 59:09. **Juniors:** 1. Mpho Motaung (Prestige) 34:01.

WOMEN

1. Caroline Westmann (Break) 38:30

Veterans: 1. Ronel Thomas (Boxer) 42:06. **Masters:** 1. Linda van der Gryp (Krugers)

47:44. **G'masters:** 1. Lyn de Bruin (Irene) 49:45. **G/g'masters:** 1. Mavis Stadler (Agape) 63:40. **Juniors:** 1. Simone Verwey (Eldor) 41:30.

Constantia Village 15 km

Constantia, 9 March

(Certified loop course. Weather: cool, perfect running conditions. Finishers: 2882.)

MEN

1. Nkosinathi Madyo (Ned) 44:50
2. Lungile Gongqa (Ikhamva) 45:20
3. Lindikhaya Mthangayi (Itheke) 47:09
4. Mthandazo Qhina (Ned) 47:14
5. Tom Lusaseneni (Itheke) 47:27

Veterans: 1. Graham Katzen (Itheke) 48:50; 2. Shawn Abrahams (Itheke) 51:14; 3. Xolile Macanda (Gugs) 51:55. **Masters:** 1. Vladimir Kotov (BLR/Cent) 50:54; 2. Eric Coetzee (CPUT) 51:26; 3. Chris Mitchell (Celtic) 55:07. **G'masters:** 1. Barry Bester (Durb) 65:28; 2. Brian Collier (AAC) 66:44; 3. Paul San Giorgio (VOB) 68:03. **G/g'masters:** 1. Brian Key (Forest) 69:01; 2. Denzil Bardwell (FH) 76:13. **Juniors:** 1. Babalo Hambani (Itheke) 53:10; 2. Lwando ? (Ommie) 54:54; 3. Sipho Dlokweni (Ommie) 56:53.

WOMEN

1. Julia Bleasdale (GBR) 50:01
2. Zintle Xiniwe (MP) 53:16
3. Bulelwa Simae (Ned) 54:27
3. Yolande Maclean (Ind) 56:22
5. Nomvuyisi Seti (Itheke) 57:36

Veterans: 1. Ursula Frans (Celtic) 61:07; 2. Sheryl de Lange (NBMC) 62:32; 3. Tracey Forbes (VOB) 64:29. **Masters:** 1. Judy Bird (Break) 61:12; 2. Mariëtte Strauss (Tyger) 65:09; 3. Cheryl Rudolph (East) 67:42. **G'masters:** 1. Helen du Plessis (Tyger) 74:29; 2. Mariëtha Herbert (Bell) 76:42; 3. Robin Sherry (Forest) 83:10. **G/g'masters:** 1. Fiona Chisholm (RWFL) 95:26; 2. Jean Cammidge (FH) 97:50. **Juniors:** 1. Londeka Miya (Gugs) 80:01; 2. Melanie Dawes (Pine) 1:42:18; Nabeelah Orrie (Itheke) 1:50:04.

Sportsmans Warehouse 15 km

Port Elizabeth, 9 March

(Loop course. Finishers: 754.)

MEN

1	Mkhuseli	Nyongo	Absa NMMU AC	26	46:17
2	Melikhaya	Frans	Nedbank RC EP	21	46:22
3	Zolani	Ngqqa	Ikhamva AC	24	46:38
4	Bulelini	Niwa	PEAAC	27	48:48
5	Anele	Maliza	Nedbank RC EP	35	48:54
6	Maxwell	Goodman (1 st vet)	Malabar AC	40	48:57
7	Zolani	Mabongo	Ikhamva AC	26	49:24
8	Masande	Mlonyeni	Nedbank RC EP	32	50:06
9	Masibulele	Heugh (1 st jun)	Ikhamva AC	18	50:25
10	Mzamo	Fokwana	Charlo AC	35	51:06
11	Khayaletu	Makalima	Nedbank RC EP	29	51:17
12	Desmond	Zibi	Ikhamva AC	49	51:38
13	Duwayne	Lucas	Ikhamva AC	23	52:40
14	Thando	Ncipha	Malabar AC	19	53:00
15	Melikhaya	Malinga	SA Prof Develop	32	53:05
16	Paul	Wolff	Achilles AAA	44	53:13
17	Gcobani	Bekwapi	Charlo AC	33	53:23
18	Luvuyo	Stephen	Nedbank RC EP	42	53:40
19	Mzukisi	Klaas	SA Prof Develop	44	53:47

20	Freddie	Jantjies	Temp	43	54:27
40-44:					
1	Maxwell	Goodman	Malabar AC	40	48:57
2	Paul	Wolff	Achilles AAA	44	53:13
3	Luvuyo	Stephen	Nedbank RC EP	42	53:40
45-49:					
1	Desmond	Zibi	Ikhamva AC	49	51:38
2	Mutekile	Rasmeni	Ikhamva AC	48	55:21
3	Welcome	Loliwe	Nedbank RC EP	48	55:22
50-54:					
1	Michael	Bekapi	Charlo AC	51	57:41
2	Kenneth	Menze	Nedbank RC EP	51	57:55
3	Alfred	Spiers	Elite AC	52	58:06
55-59:					
1	Charles	Baatjies	Gelvan AC	56	1:04:32
2	Bruce	McEwan	Achilles AAA	59	1:08:09
3	Selwyn	Uithaler	Gelvan AC	57	1:08:46
60-64:					
1	Sizinzo	Kama	Achilles AAA	61	1:02:00
2	Jimmy	Styan	Achilles AAA	60	1:03:50
3	Hannes	Els	Madiba Bay AC	63	1:04:44
65-69:					
1	David	O'Rielly	Nedbank RC EP	65	1:17:04
2	William	Vorster	PEAAC	66	1:19:03
3	Eckart	Schumann	Body Concept	67	1:19:04
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	70	1:07:33
2	Godfrey	Kariem	Gelvan AC	72	1:18:09
3	Robin	Clark	Achilles AAA	72	1:54:30
Juniors:					
1	Masibulele	Heugh	Ikhamva AC	18	50:25
2	Thando	Ncipha	Malabar AC	19	53:00
3	Jonguxolo	Mani	Absa NMMU AC	19	1:05:01
WOMEN					
1	Ntombesintu	Mfunzi	Bonitas AC	31	1:02:06
2	Jane	Barnardo	Body Concept	38	1:03:09
3	Deliwe	Nyanga	Nedbank RC EP	23	1:04:53
4	Jene	Banfield (1 st vet)	Run For Life EP	42	1:05:08
5	Katherine	Van der Walt	Body Concept	37	1:06:00
6	Christine	Claasen	Achilles AAA	48	1:06:53
7	Laura	Maritz (1 st mast)	Elite AC	52	1:07:19
8	Natalie	Langdon	Temp	20	1:07:34
9	Janette	Schierz-Crusius	Body Concept	52	1:07:59
10	Janine	Prins	Body Concept	33	1:08:02
11	Terray	Newcombe	Elite AC	22	1:08:04
12	Elmarie	Bezuidenhout	Charlo AC	31	1:08:12
13	Michelle	Galloway	Absa NMMU AC	25	1:08:41
14	Elizma	Horne	Temp	34	1:08:53
15	Megan	Wilson (1 st jun)	Charlo AC	17	1:08:55
16	Kirsty	Hodgskiss	Rhodes University	22	1:09:29
17	Marisa	Ferraris	Achilles AAA	42	1:09:41
18	Anche	Schubart	Achilles AAA	31	1:09:46
19	Sharon	Gouws	Nedbank RC EP	41	1:10:54
20	Tiani	Claassen	Despatch AC	22	1:11:14

40-44:

1	Jene	Banfield	Run For Life EP	42	1:05:08
2	Marisa	Ferraris	Achilles AAA	42	1:09:41
3	Sharon	Gouws	Nedbank RC EP	41	1:10:54

45-49:

1	Christine	Claasen	Achilles AAA	48	1:06:53
2	Claire	Nagel	Elite AC	48	1:12:30
3	Rozelle	Von Molendorff	Elite AC	48	1:14:02

50-54:

1	Laura	Maritz	Elite AC	52	1:07:19
2	Janette	Schierz-Crusius	Body Concept	52	1:07:59
3	Rosemary	Joubert	Crusaders AC	52	1:20:48

55-59:

1	Cathy	Ives	Achilles AAA	59	1:18:48
2	Elize	Smalberger	St Albans CS EP	57	1:20:36
3	Christine	Snyman	Despatch AC	56	1:23:00

60-64:

1	Jos	Els	Madiba Bay AC	60	1:24:55
2	Helene	Oppel	Crusaders AC	63	1:30:51
3	Rina	Pelser	Run For Life EP	60	1:39:58

65-69:

1	Christine	Fourie	Elite AC	66	1:32:14
2	Denise	Terblanche	Walmer AC	65	1:38:01
3	Angeline	Kivedo	Walmer AC	67	1:59:09

75-79:

1	Dorothy	Hart	Charlo AC	75	1:46:45
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Juniors:

1	Megan	Wilson	Charlo AC	17	1:08:55
2	Kimberley	Wilson	Charlo AC	17	1:18:48
3	Bianca	Collett	Charlo AC	17	1:27:45

Lighthouse 10 km (11th)

Cape Town, 6 March
(Certified loop course)

MEN

1. Lungile Gongqa (Ikhamva) 30:33
2. Unathi Nteta (AAC) 31:40
3. Nkosinathi Sotyantya (Itheko) 31:54

Veterans: 1. Graham Katzen (Itheko) 32:46; 2. Xolile Macanda (Gugs) 33:47; 3. Gavin McCarthy (Edge) 36:33. **Masters:** 1. Vladimir Kotov (Cent) 33:49; 2. Eric Coetzee (CPUT) 34:49; 3. Eise Geerts (Bell) 40:16. **G'masters:** 1. Paul San Giorgio (VOB) 43:40; 2. Ivan Marais (Ned) 46:07; 3. Willie van Wyk (Brack) 49:51. **Juniors:** 1. Granwin Katzen (Itheko) 32:24; 2. Babalo Hambi (Itheko) 34:47; 3. Siphe Dlokweni (Ommie) 37:23.

WOMEN

1. Lena Lötter (Ind) 36:35
2. Nomvuyisi Seti (Itheko) 38:48
3. Candyce Hall (Ned) 39:27

Veterans: 1. Sandra van Graan (Edge) 40:45; 2. Ursula Frans (Celtic) 41:07; 3. Sheryl de Lange (NBMC) 41:33. **Masters:** 1. Mariëtte Strauss (Tyger) 42:53; 2. Olga Howard (Celtic) 45:25; 3. Vanda Amos (WC) 49:23. **G'masters:** 1. Helen du Plessis (Tyger) 50:15; 2. Mariëtha Herbert (Bell) 51:17; 3. Ruth Leverton (Pine) 60:12. **Juniors:** 1. Londeka Miya (Gugs) 48:29; 2. Nabeela Orrie (Itheko) 67:01.

Springs Striders 32 km (44th) & 15 km

Springs, 3 March

(Loop courses)

32 km

MEN

1. Lucky Miya (Gallopers) 1:45:23
2. Juan van Deventer (Nedbank) 1:46:51
3. Modibe Ludwick Mamabolo (Nedbank) 1:48:03

Veterans:

1. Sipho Ncube (ZIM/Toyota) 1:50:22
2. Belay Hagos (ETH/ADT) 1:58:43
3. Justice Dlamini (Mzunzi) 2:06:20

Masters:

1. Gideon Radebe (Anglo) 2:09:26
2. Themba Phulu (Panorama) 2:09:42
3. Lidah Muphungo (Anglo) 2:11:14

G'masters:

1. John Woodnutt (Morningside) 2:31:14
2. Willie Maisela (Boksburg) 2:41:45

WOMEN

1. René Kalmer (Nedbank) 1:58:48 CR
2. Jane Mudau (Nedbank) 2:19:13 (1st mast)
3. Catherine Koll (Mr Price) 2:27:13

Veterans:

1. Shelley van der Spuy (Boksburg) 2:28:14
2. Linah Mhlono (Nedbank) 2:29:56
3. Noamasonto Skosana (Nedbank) 2:36:22

Masters:

1. Jane Mudau (Nedbank) 2:19:13
2. Caroline Wridgeway (Boksburg) 2:46:37
3. Deidre Peterson (Jeppe) 2:59:33

G'masters:

1. Margaret Boshoe (Sunninghill) 3:16:18
2. René Hawkridge (Harlequins) 3:16:46

15 km

MEN

1. Xolani Nkiwane (Blue Sky) 49:47
2. Sacko Macala (Toyota) 50:50
3. Oscar Sixoka (MP) 50:59

Veterans: 1. Etienne Marais (Ned) 64:32; 2. Phillip Nibs (Legends) 66:37; 3. Stan Kruger (Boks) 83:37. **Masters:** 1. Joseph Sibiya (KT) 86:04; 2. Allan Moffatt (RAC) n/t; 3. Danny Semple (BNAC) n/t. **G'masters:** 1. Les Flint (Bedford) 86:11; 2. Albert Collins (Fit2000) n/t. **Juniors:** 1. Andrew Roodt (UJ) 55:35.

WOMEN

1. Andronica Mokgotla (Ind) 58:54
2. Maxine van Deventer (UJ) 59:22
3. Michelle Strydom (UJ) 64:55

Veterans: 1. Elizabeth Mahamo (Ricoh) 71:37; 2. Kebitsaman Lebone (RAC) 73:53; 3. Kholife Khoza (KT) 77:32. **Masters:** 1. Mariet Geyer (Kempton) n/t; 2. Shereen van Wyk

(RWFL) 96:33; 3. Gail Claassen (NB) 97:56. **G'masters:** 1. Bets Greyling (Sun) 86:11; 2. Deidre Larkin (Rand) 97:04. **Juniors:** 1. Michelle Strydom (UJ) 64:55.

MKB Swartland Half Marathon & 10 km

Moorreesburg, 2 March

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 269; 10 km – 267.)

MEN

1	Bulelani	Bhebha	Acis VOB	22	1:13:19
2	Dawid	Gous	Swartland	30	1:15:12
3	Christopher	Baadjies	Ceres	35	1:16:14
4	Quinton	Lambert	Ceres	31	1:16:32
5	Mervin	Seryners	Ceres	22	1:17:43
6	Dumisani	Dosi	Paarl	34	1:18:29
7	Anton	Mouton	Ceres	27	1:19:34
8	Tau	Khotso	Ceres	33	1:19:47
9	Jan	Nehro	Maties	40	1:19:56
10	Japhta	Nero	Nedbank	42	1:23:09

WOMEN

1	Danette	Smith	NBMC	24	1:29:14
2	Michelle	Dreyer	Nedbank	34	1:31:21
3	Busisiwe	Matiwana	Celtic Harriers	37	1:32:26
4	Elizabeth	de Gouveia	Durbanville	39	1:36:25
5	Rezani	Scholtz	Stellenbosch	39	1:40:18
6	Ena	Gous	Worcester	42	1:41:15
7	Helette	Basson	Langebaan	38	1:41:55
8	Helena	Bester	Ind	34	1:44:35
9	Lindie	Bouwer	Nedbank	28	1:48:23
10	Annalita	Goosen	NBMC	47	1:48:26

10 km

MEN

1	Luyanda	Qolo	Elgin Grabouw	21	31:13
2	Justin	Fritz	Ceres	20	32:32
3	Akhona	Modaka	EGA	19	33:50
4	Dawid	van Rooyen	Nedbank	26	35:11
5	Marthinus	Corah	EGA	33	35:11
6	Buhle	Yokwana	Acis VOB	17	35:37
7	Francois	Groenewald	Elgin	26	36:16
8	Reginald	Arendse	Nedbank	29	36:21
9	Richard	Nozingo	Nedbank	28	36:26
10	Nide-John	Engelbrecht	Itheko	19	36:49

WOMEN

1	Magrietha	Smit	Ceres	28	41:15
2	Jacqueline	Goliath	Itheko	17	44:32
3	Liezl	du Plooy	Ceres	37	45:20
4	Natasha	Sliosberg	Brackenfell	18	48:14
5	Suzanne	van der Merwe	Swartland	58	48:57
6	Magriet	Hanekom	Ceres	58	49:18
7	Leana	van Niekerk	Swartland	31	50:27
8	Magrieta	Willemse	Ceres	29	51:57
9	Soreen	Gouws	Swartland	47	52:19
10	Petro	Rossouw	Swartland	16	53:14

Bufs Marathon (40th)

Maclean town to East London, 23 February

(Distance: 42.195 km; point-to-point downhill course, dropping approx. 9.5 m/km from start to finish. Finishers: 455.)

MEN

1. Zingisile Mariken (Ned EP) 2:24:00
2. Simphiwe Mfowe (Ned EP) 2:30:28
3. Thandabantu Rhafuza (Ned EP) 2:31:48

WOMEN

1. Stephanie Smith (Ox Str) 3:01:43
2. Jene Banfield (RWFL) 3:23:52
3. Hayley McLaren (LFAC) 3:25:01

Nestlé Pirates Half Marathon

Johannesburg, 17 February

(Distance: 21.1 km; very hilly loop course. Finishers: 2728.)

Note: The day after winning the BestMed Tuks 10 km, Irvette van Zyl took another win here. – Ed.

MEN

1	Siyabonga Makhaloza	Gauteng Str	24	1:08:38
2	Titsetso Ramokheseng	LES/Mr Price	27	1:09:21
3	Lucky Miya	Gallopers	31	1:09:52
4	Nkopane Seqhobane	LES/Gauteng Str	33	1:10:01
5	Zongamele Dyubeni	Bidvest	39	1:10:53

Veterans:

1	Sipho Ncube	ZIM/Toyota	41	1:16:09
2	Never Matiya	Wanderers	43	1:16:31
3	Bheki Nene	ADT	43	1:17:51

Masters:

1	Reform Ndlovu	Rand Har	50	1:25:17
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G'masters:

1	John Woodnutt	Morningside	60	1:40:45
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WOMEN

1	Irvette van Zyl	Nedbank	25	1:21:52
2	Cornelia Joubert	Nedbank	24	1:22:43
3	Kim Laxton	Sunninghill	30	1:25:42
4	Kate McDade	Ind	25	1:28:10
5	Melanie Jennett	Fourways	40	1:34:59

Veterans:

1	Melanie Jennett	Fourways	40	1:34:59
2	Jill Oliphant	RAC	41	1:42:14
3	Linda Smart	Dainfern	46	1:45:09

Masters:

1	Jane Mudau	Nedbank	50	1:36:10
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G'masters:

1	Margaret Boshoe	Sunninghill	62	2:19:00
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CROSS-COUNTRY

KZNA Parlauf Relay

Westville, 8 March

MEN (8 km)

1.	Lucky Dladla/Innocent Nyawose	Queensburgh Harriers	27:01
2.	Derek Wasserfall/Jonathan Edwards	Boxer A C	27:31
3.	Sphmandla Nzama/Innocent Bhengu	Maxed Elite/IND	28:11

WOMEN (6 km)

1.	Danielle Adlam/Cary-Ann Smith	Boxer/Nedbank A C	23:15
2.	Wendy Morgan/Lauren Calenbourne	Westville A C	23:48
3.	Fiona Baldwin/Teneal Featherby	PDAC	25:04

MIXED TEAMS (8 km)

1.	Andy Daly/Trish Bahlman	West/Nedbank A C	30:54
2.	Erica Walker/Mike Udal	Hilton Harriers	32:25
3.	Kylie Griffin/Michael Lusignea	Westville A C	32:54

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

ABN AMRO City Pier City Half Marathon (39th)

Den Haag, NED, 10 March

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

MEN (gun times)

1. Edwin Kipyego, KEN, 1:00:05 PB
[14:02 / 27:53 / 42:17 / 56:58]
2. Henry Kiplagat, KEN, 1:00:55
3. Abere Belay, ETH, 1:00:58 PB
4. Kennedy Kimutai, KEN, 1:01:00 PB
5. Ezekiel Chebii, KEN, 1:01:20
6. Tesfaalem Mehari, ETH, 1:01:32
7. Alfars Lagat, KEN, 1:01:34
8. Tebalu Zawude, ETH, 1:02:12
9. Vincent Yator, KEN, 1:02:12
10. Alfred Cherop, KEN, 1:02:23

WOMEN (gun times)

1. Laurane Picoche, FRA, 1:11:45 PB
[16:48 / 33:30 / 50:44 / 1:08:05]
2. Tone Iltad Hjalmarssen, NOR, 1:14:15
3. Marta Esteban, ESP, 1:14:58 PB
4. Marieke Falkmann, NED, 1:15:28
5. Gladys Ganiel O'Neill, IRL, 1:15:51
6. Stefanie Bouma, NED, 1:15:53 PB
7. Sara Sig Møller, DEN, 1:16:07 PB
8. Laura Markovaara, FIN, 1:16:34
9. Veronika Blom, NOR, 1:17:21
10. Sabine van der Reijt, NED, 1:17:50

Nagoya International Ladies Marathon (32nd)

Nagoya, JPN, 10 March

(Distance: 42.195 km; certified out and back course)

(gun times)

1. Ryoko Kizaki, JPN 2:23:34 PB
[1:11:32 / 1:12:02]
2. Berhane Dibaba, ETH 2:23:51 PB
[1:11:32 / 1:12:19]
3. Mizuki Noguchi, JPN 2:24:05
[1:11:32 / 1:12:33]
4. Jelena Prokcuka, LAT 2:25:46
5. Eri Hayakawa, JPN 2:26:17 PB
6. Mestawet Tufa, ETH 2:26:20 DB
7. Yoko Miyauchi, JPN 2:27:17
8. Genet Getaneh, ETH 2:28:08
9. Asami Kato, JPN 2:30:26 DB
10. Misato Horie, JPN 2:30:52 PB
11. Asami Furuse, JPN 2:30:57 PB
12. Nikki Chapple, AUS 2:32:31 DB
13. Hiroko Yoshitomi, JPN 2:32:43
14. Chizuru Ideta, JPN 2:32:50 PB
15. Kumi Ogura, JPN 2:34:01 PB
16. Shino Saito, JPN 2:35:47 DB
17. Akane Kutazaki, JPN 2:37:14 PB
18. Sumiko Suzuki, JPN 2:38:06
19. Tomomi Higuchi, JPN 2:39:22
20. Mai Tanabe, JPN 2:40:21

Gate River Run 15 km (36th)

(U.S. 15 km Championships for men and women; 2nd stop USA Running Circuit)

Jacksonville, USA, 9 March

(Certified standard course)

Note: Like last year, Janet Bawcom not only successfully defended her women's title, but she also got the "Equalizer" bonus (again!) for finishing ahead of the first man (the elite women were given a 6:35 head start). Bawcom crossed the finish line 29 seconds ahead of men's winner Ben True. – Ed.

MEN (gun times)

1. Ben True, 27, Hanover, NH 43:38 \$12,000
2. Bobby Curtis, 28, Berkley, MI 43:40 PB 5,000
3. Ryan Vail, 26, Portland, OR 43:43 PB 3,000
4. Sean Quigley, 28, Boulder, CO 43:45 PB 2,000
5. Christo Landry, 26, Ann Arbor, MI 43:46 1,000

WOMEN (gun times)

1. Janet Bawcom, 34, Flagstaff, AZ 49:44 \$12,000 + 5,000i
2. Alisha Williams, 31, Colo Spr, CO 50:01 PB 5,000
3. Stephanie Rothstein Bruce, 29, AZ 50:09 PB 3,000
4. Brianne Nelson, 33, Boulder, CO 50:29 PB 2,000
5. Mattie Suver, 25, Colo Springs, CO 50:30 PB 1,000
6. Alissa McKaig, 27, Blowing Rock, NC 50:35 PB 900
7. Katie DiCamillo, 26, Providence, RI 50:40 PB 800
8. Delilah DiCrescenzo, 30, New York, NY 50:53 700
9. Chelsea Reilly, 23, San Francisco, CA 51:01 PB 600

10. Kellyn Johnson, 26, Flagstaff, AZ 51:07 PB 500

OUTDOOR TRACK

Sydney Track Classic

Sydney, AUS, 9 March

MEN

1500:

- | | | |
|-----------------|----------|------------|
| 1. Nick Willis | NZL | 3:34.68 WL |
| 2. Ryan Gregson | 90 Nswis | 3:35.25 |
| 3. James Kaan | 90 Nswis | 3:37.02 PB |

WOMEN

5000:

- | | | |
|---------------------|---------|----------------|
| 1. Susan Kuijken | NED | 15:43.20 WL/PB |
| 2. Kaila McKnight | 86 Vis | 15:59.72 |
| 3. Jessica Trengove | 87 Sasi | 16:08.27 |

Ben Brown Invitational

Fullerton, USA, 9 March

WOMEN

5000:

A Section -

- | | | |
|--------------------------|------------------|----------------|
| 1. Brenda Martinez, | New Balance | 15:35.65 WL/PB |
| 2. Grace Graham-Zamudio, | Glendale | 16:51.03 |
| 3. Sheree Shea, | Loyola Marymount | 16:53.79 |

INDOOR TRACK

NCAA Division I Indoor Championships

Fayetteville, USA, 8-9 March

MEN

Teams:

1. Arkansas, 74 points
2. Florida, 59
3. Wisconsin, 33
4. Texas A&M, 30
5. Texas Tech, 28

800 (09):

- | | | |
|-------------------|------------------|---------|
| 1. Elijah Greer | JR Oregon | 1:47.13 |
| 2. Casimir Loxsom | SR Penn State | 1:47.23 |
| 3. Declan Murray | SR Loyola (Ill.) | 1:47.60 |

Prelims (08):

Heat 2:

- | | | |
|---------------------|---------------------------|----------|
| 1. Boru Guyota | JR Oregon (ETH) | 1:48.84Q |
| 2. Patrick Rono | SO Arkansas (KEN) | 1:48.91Q |
| ... 7. David Mokone | JR Western Kentucky (RSA) | 1:51.13 |

Mile (09):

1. Lawi Lalang	JR Arizona (KEN)	3:54.74 CR
2. Ryan Hill	SR North Carolina St.	3:55.25
3. Austin Mudd	SO Wisconsin	3:57.93 PB

3000 (09):

1. Lawi Lalang	JR Arizona	7:45.94 CR
2. Kemoy Campbell	JR Arkansas	7:46.95 NR
3. Kirubel Erassa	JR Oklahoma State	7:49.17 PB

5000 (08):

1. Kennedy Kithuka	SR Texas Tech (KEN)	13:25.38 PB
2. Diego Estrada	SR Northern Ariz (MEX)	13:30.24
3. Girma Mecheso	SR Oklahoma State	13:40.28 PB

WOMEN

Teams:

1. Oregon, 56 points
2. Kansas, 44
3. Louisiana State, 43
4. Arkansas, 42.5
5. Central Florida, 30

800 (09):

1. Natoya Goule	JR LSU (JAM)	2:02.00 PB
2. Laura Roesler	JR Oregon	2:02.32 PB
3. Charlene Lipsey	SR LSU	2:02.47 PB

Mile (09):

1. Emma Coburn	SR Colorado	4:29.91
2. Amanda Winslow	SR Florida State	4:31.08 PB
3. Agata Strausa	JR Florida (LAT)	4:36.91

3000 (09):

1. Abbey D'Agostino	JR Dartmouth	9:01.08
2. Jordan Hasay	SR Oregon	9:06.61
3. Cally Macumber	SR Kentucky	9:07.33

5000 (08):

1. Abbey D'Agostino	JR Dartmouth	15:28.11 PB
2. Betsy Saina	SR Iowa State (KEN)	15:33.66
3. Aliphine Tuliamuk-Bolton	SR Wichita State (KEN)	15:38.00
4. Jordan Hasay	SR Oregon	15:40.30 PB

STATS TIME

René Kalmer's new course record in the Springs Striders 32 km last weekend is the third fastest ever by a South African. Only Frith van der Merwe's SA record of 1:53:40 and Kalmer's own 1:56:42 are faster. Here are the top ten times on the all-time list. Van der Merwe and Kalmer have six performances between them on the list.

32 KM: TOP 10 ALL-TIME WOMEN'S TIMES

1:53:40	Frith van der Merwe	Johannesburg	14 May 89
1:56:42	René Kalmer	Vanderbijlpark	15 Oct 11
1:58:48	Kalmer-2	Springs	03 Mar 13

1:59:55	Sonja Laxton	Johannesburg	10 Feb 85
1:59:59	Van der Merwe-2	Nelspruit	10 Jul 93
2:00:19	Van der Merwe-3	Johannesburg	27 Nov 88
2:00:20	Michelle Joy	Vanderbijlpark	03 Dec 89
2:01:16	Van der Merwe-4	Springs	09 Feb 92
2:01:42	Sonja Laxton	Springs	07 Feb 88
2:03:27	Marelize Retief	Johannesburg	22 Nov 09

THIS MONTH IN HISTORY

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

37 years ago: 29 March 1976

During the previous five years Frans le Grange and Ewald Bonzet had dominated steeplechasing in South Africa, setting five national records between them, with Bonzet winning two SA titles and Le Grange one. But on this day, at the Colgate Invitation Meeting in Cape Town, with neither Bonzet nor Le Grange in the race, Julian Marsay immortalised his name in the record books when he became the first South African to dip under 8½ minutes. He won by exactly 16 seconds in 8:29.8 and four days later took his first SA title in Bloemfontein. In a curious – perhaps unique? – coincidence, Marsay set his record on the exact anniversary of the two previous records: Bonzet ran 8:37.6 on 29 March 1974 and 8:31.6 on 29 March 1975! Bonzet won the 5000 m in Cape Town from such notables as Mike Tagg (GBR), Koos Keyser, Matthews Batswadi, Johnny Halberstadt and Andries Krogmann. In Bloemfontein Bonzet won the 1500 m.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

This is the first compilation of list leaders for 2013. The section lists the 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, 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	29:16	Kgosi Tsosane	Pretoria	16 Feb
	28:45	Danielle Meucci (ITA)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		02 Mar
	44:30	Lusapho April	Port Elizabeth	
	43:38	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		27 Jan
	64:06	Stephen Mokoka	Benoni	
	58:54	Geoffrey Kipsang (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		27 Jan
	80:38A	Sibunelo Duma	Pinetown	
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		06 Jan
	1:34:30	Nkosinathi Madyo	Camps Bay	
	1:34:30	Nkosinathi Madyo (RSA)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		03 Feb
	2:17:32	Benedict Moeng	Oudtshoorn	
	2:04:45	Lelisa Desisa (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		

100 km

6:13:33 Takahiro Sunada (JPN) 1998

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

Veterans (40+)

10 km	31:44	Gert Thys	Goodwood	02 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	48:30	Graham Katzen	Duynefontein	23 Feb
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:25	Johannes Kekana	Bedfordview	13 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:32:04A	Basie Boneparte	Somerset East	23 Feb
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:48:35	Graham Katzen	Camps Bay	06 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:21:40	Hendrick Ramaala	Mumbai	20 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:48	Eric Coetzee	Tokai	02 Feb
	[33:28	Vladimir Kotov (BLR)	Athlone	09 Feb]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	51:26	Eric Coetzee	Constantia	09 Mar
	[50:54	Vladimir Kotov (BLR)	Constantia	09 Mar]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:20	Reform Ndlovu	Benoni	27 Jan
	[74:42A	Vladimir Kotov (BLR)	Simon's Town	17 Feb]
	66:42	Martin Rees (GBR) 2003		
25 km	1:41:07A	Nicholas Dlamini	Pinetown	27 Jan
30 km	1:58:37	Eric Coetzee	Camps Bay	06 Jan
	[1:52:06	Vladimir Kotov (BLR)	Camps Bay	06 Jan]
Marathon	2:40:26	Reform Ndlovu	Oudtshoorn	03 Feb
	[2:34:33	Vladimir Kotov	Oudtshoorn	03 Feb]
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	37:59	Clive Owen	Goodwood	02 Mar
15 km	60:32	Clive Owen	Constantia	12 Jan
21.1 km	88:22	Mike Hirst	Benoni	27 Jan
25 km	1:57:44A	Hannes Els	Somerset East	23 Feb
30 km	2:28:52	Harold Dixon	Camps Bay	06 Jan
Marathon	3:10:30	Sizinzo Kama	Oudtshoorn	03 Feb
100 km				

Juniors

10 km	32:12	Lukhanyo Nobakada	Tokai	02 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:56	Masibulele Heugh	Jeffreys Bay	05 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	78:45A	Buhle Yokwana	Simon's Town	17 Feb
	80:15	Joseph Matshe	Pretoria	16 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	33:35	Lebo Phalula	Pretoria	16 Feb
	32:26	Christelle Daunay (FRA)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:16	Zintle Xiniwe	Constantia	09 Mar
	48:48	Sara-Isabel Moreira (POR)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	74:55	Irvette van Zyl	Pretoria	02 Feb
	66:09	Lucy Kabuu (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:46:01A	Janine Carey (vet)	Pinetown	27 Jan
	79:53	Mary Keitany (KEN) 2010		
30 km	2:08:27	Landi Greyling	Camps Bay	06 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:46:13	Cornelia Joubert	Oudtshoorn	03 Feb
	2:23:23	Tirfi Tsegaye Beyene (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	39:02	Paulina Phaho	Pretoria	19 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	58:21	Zola Pieterse	Durbanville	23 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:40	Suzette Botha	Pietermaritzburg	24 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:46:01A	Janine Carey	Pinetown	27 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:11:30	Elmarie Coetzee	Camps Bay	06 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:49:38	Suzette Botha	Oudtshoorn	03 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	41:02	Judy Bird	Pretoria	23 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:12	Judy Bird	Constantia	09 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	96:10	Jane Mudau	Johannesburg	17 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:55:20A	Janette Schierz-Crusius	Somers East	23 Feb
30 km	3:19:48	Annatjie Botes	Oudtshoorn	03 Feb
Marathon	3:14:43	Jane Mudau	Pretoria	23 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	46:33	Sonja Laxton	Pretoria	23 Feb
15 km	74:17	Sonja Laxton	Johannesburg	06 Jan
21.1 km	1:48:06	Sarie du Toit	Pretoria	16 Feb
25 km	2:22:03A	Pam Rasmussen	Pinetown	27 Jan
30 km	3:03:13	Olwyn Oliver	Camps Bay	06 Jan
Marathon	3:46:17	Veronica van Niekerk	Oudtshoorn	03 Feb

100 km

Juniors

10 km	40:54	Chloe Burns	Alberton	03 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	64:40	Zani Kruger	Constantia	12 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	93:39	Nobuhle Tshuma	Bedfordview	13 Jan
	1:09:05	Delilah Asiago (KEN) 1991		

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