

# 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

It was a weekend of excellent performances. Kim Laxton started it off in Parow on a cool, misty morning when she ran away with the Glenryck Tygerberg 30 km, held for the 34<sup>th</sup> time, to win by more than 12 minutes in 1:58:12. It is the fastest winning time since Monica Drögemöller clocked the course record of 1:57:54 way back in 1992. Drögemöller, the holder of the SA record for 30 km with 1:53:01, also dipped below 2 hours in 1990 when she won in 1:59:56.

Laxton's time is the tenth fastest ever by a South African woman and places her fifth on the all-time performers list behind Drögemöller, Evelina Tshabalala, Liz Eglington and Jowaine Parrott. She scored the first of two list leaders for the Laxton family this weekend: the next day mother Sonja ran 44:57 in the Spar Grand Prix Series 10 km.

In the Old Mutual Om die Dam 50 km Chiyedza Chokore, who was denied a second consecutive victory in 2011 by her sister, Lizih, and then won again in 2012, was again stopped from winning – this time by Muchaneta Gwata, who reached the finish just under 4 minutes ahead in 3:33:24. While the first two were Zimbabweans, the rest of the top ten were all South Africans. In the men's race Kenyan John Chebii took the win in 2:50:12.



**Above:** A smiling Kim Laxton on her way to victory in the Glenryck Tygerberg 30 km on Saturday, where she missed the course record by 18 sec. [Jasper Coetzee] **Left:** The first three in the Spar Grand Prix 10 km in Cape Town: Mapaseka Makhanya, winner Rutendo Nyahora and Zintle Xiniwe. [Reg Caledoctt]



In the first race of the Spar Grand Prix Series in Cape Town Irvette van Zyl's streak of thirteen wins in a row was broken – not by one runner, but four! Rutendo Nyahora (ZIM) grabbed top points in 33:12, followed by Mapaseka Makhanya in a list-leading time and personal best (by almost a minute) of 33:23. Local star Zintle Xiniwe was third,

followed by René Kalmer, who thus could not add to her fabulous string of 27 Spar victories.

Apart from Makhanya and Sonja Laxton, two more list leaders were set in this race, by Janene Carey (37:59) and Annie Bothma (37:17). And apart from Kim Laxton, two more were delivered in the Tygerberg race, by Eric Coetzee (1:54:25) and Veronica van Niekerk (2:40:44).

In the results of the Wonderboom Junction Bobbies 10 km in DRR last week Caroline Wostmann's club was indicated as Breakthru Midrand, but in fact she now runs for Nedbank.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* Spar Grand Prix Series 10 km, Cape Town
- \* Gaterite Hyper Cash & Carry Marathon, Half Marathon & 10 km, Verulam
- \* Umzimkhulu Superspar Corridor Half Marathon, Ixopo to Umzimkhulu
- \* Old Mutual Om die Dam 50 km, Half Marathon & 10 km, Hartebeespoort Dam
- \* Glenryck Tygerberg 30 km, Parow
- \* Lake Farm Charity Run 10 km, Port Elizabeth
- \* Emnambithi Half Marathon, Ladysmith
- \* Rainbow Farms 30 km & 10 km, Worcester
- \* Tortoise Tuff 30 km & 10 km, Sedgefield
- \* Track: WP Senior & Masters Championships, Bellville

#### **International highlights:**

NYC Half Marathon, New York, USA, 17 March

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### **CORRECTION**

#### **RENÉ KALMER'S RECORD IN SPRINGS STRIDERS 32 KM**

Yes, René Kalmer did indeed break the course record with her 1:58:48 in the Springs Striders 32 km (reported in DRR last week), but the record she broke was not Frith van der Merwe's 2:01:16 of 1992 nor the 1:59:55 run by Sonja Laxton in 1985. In the all-time list also included (in Stats Time) Laxton's performance was wrongly indicated as having been run in Johannesburg, but it was in fact in the Springs race.

According to information received by DRR, the route for the race was the same from (at least) 1985 to 1991 and then (for the 1992 event) it was modified slightly. Then it was changed again "early in the 2000s" to the two-lap course it is today.

So Laxton's time was the course record until 1991, then on the changed course Van der Merwe's time became the record and this lasted until the course was changed. Thus Kalmer broke her own record of 2:03:49, set last year.

Laxton's 1985 time was the first SA sub-2 hour performance ever for 32 km.

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### **NEWS**

#### **ASA TURMOIL: STATEMENT BY JAMES EVANS**

Readers of *Distance Running Results* are no doubt aware from reports in the media of the new turmoil that hit South African athletics in the last few weeks and culminated in the vote of impeachment against the President of Athletics South Africa, James Evans, last

weekend. This past weekend Evans released the following statement, which is given here in full:

"Contrary to media reports that I was removed as President of Athletics South Africa at a meeting on 9 March 2013, that meeting did not make such a decision.

"On more than one occasion this past week, in correspondence to myself and my attorneys, Mr Hendrick Ramaala, the deputy president of Athletics South Africa, and self-styled acting president, has acknowledged that all that was passed was a motion of impeachment. A simple reading of any dictionary will indicate that all that the word "impeachment" means is that the person is accused or charged. Why that was not understood by most journalists who reported on the meeting, is not clear.

"In terms of the Athletics South Africa Constitution, an impeachment has to now be dealt with in terms of clause 17, which deals with removal of a Board or Commission member. That must still happen.

"On Thursday, Mr Ramaala acknowledged this when he indicated, in separate correspondence to me and to my attorneys, that I am still the President, but suspended. However, despite requests for the Board resolution suspending, none has been received. And that is because none exists. In terms of the Athletics South Africa Constitution, only the Board has the power to suspend a person pending a hearing before the disciplinary committee. However, because Mr Ramaala has purported to act in terms of clause 19 of the Constitution, the matter cannot be dealt with by a disciplinary committee and has to be handled by a Special General Meeting in terms of clause 17.

"While this may seem like undue technicality, Mr Ramaala has purported to act in terms of the Athletics South Africa Constitution and he is therefore bound by it.

"As regards the meeting held on 9 March, the constitutionality of it was questioned by several people, including a number of provinces, before the meeting. Because Mr Ramaala refused to accept the arguments made against its constitutionality, I requested that it be referred to arbitration before the meeting. Mr Ramaala did not advise the meeting about this request and the meeting proceeded. On Tuesday, Mr Ramaala agreed in writing to my attorneys that the question of constitutionality of the meeting has to be referred to arbitration. However, to date, although he has been acting in the capacity as acting president, he has not made any attempt to refer the matter to the Arbitration Foundation of South Africa.

"As regards the meeting on 9 March 2013, I need to add that a plane ticket from Cape Town (where I live) to Johannesburg (where the meeting was held) was cancelled by the airline due to non-payment by Athletics South Africa. No-one from Athletics South Africa advised me that the ticket would not be paid for. I was thus denied the opportunity to attend the meeting. It is noteworthy that no-one called me that morning to ask me where I was.

"Since Mr Ramaala has failed to show that I have been validly suspended and because he has acknowledged in writing that I am still the President of Athletics South Africa, I shall be resuming all my duties from Monday and will ensure that the matter is referred for arbitration as soon as possible.

"I need to add further that I have, for the past few weeks, been advising the Board of Athletics South Africa that there are serious issues in the finance department which have been reported to me. The indications, backed by documentary evidence, are that there has been theft and fraud. The Board has failed to act on those allegations, but has rather acted on information from the finance department in making allegations against me. Due to the failure by the Board to act, I will be ensuring that a complaint is laid with the South African Police on Monday morning. Corruption cannot be covered up any longer.

"Disciplinary complaints which have been laid, including against a board member, but which have not been acted on by the Board, will also be referred to the disciplinary committee for action.

"Unfortunately, this matter has disrupted the operations of the organisation. This has resulted in a team not being entered for the African Youth Championships. Also payment of outstanding prize money from the Soweto Marathon has not been paid despite there being funds in that account to pay them.

"It is also unfortunate that it was reported in the media that there was a large majority who passed the motion of impeachment, with no comment on the fact that there were only 27 members present, with the quorum being 26. Six of the 17 provincial members were not present, having indicated in writing that they would not attend, two attended and contested the constitutionality of the meeting and two voted against the mandate which had been given by their provinces in writing before the meeting. In all 10 provincial members had called for the meeting to not proceed and a commission of enquiry into the Board, the finances and the structure of Athletics South Africa. I have supported that call. That proposal was ignored, but many of the provincial members have renewed, in writing, their call for a fresh meeting, to reconsider the matter and call for a commission of enquiry. In the end, it is the will of the provinces, having received proper mandates from their members, which must prevail."

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## ROAD RUNNING

### Spar Grand Prix Series 10 km

Cape Town, 17 March

(Certified loop course. Finishers: not available.)

1. Rutendo Nyahora (ZIM/Ned AGN) 33:12
2. Mapaseka Makhanya (Trans) 33:23
3. Zintle Xiniwe (Maxed) 33:41
4. René Kalmer (Ned CGA) 33:50
5. Irvette van Zyl (Ned CGA) 33:59
6. Nolene Conrad (Ned CGA) 34:03
7. Christine Kalmer (Ned CGA) 34:35
8. Khanya Mateyisi (Khay) 35:31
9. Myrette Filmalter (Ned AGN) 35:48
10. Poppy Mlambo (Boxer) 36:11
11. Jenna Challenor (Boxer) 36:21
12. Portia Ngwenya (Trans) 36:34
13. Tanith Maxwell (Boxer) 36:38
14. Patience Khumalo (TUT AGN) 37:09
15. Bulelwa Simae (Ned WP) 37:12
16. Annie Bothma (Held) 37:17
17. Anna Moeketsi (Trans FS) 37:28
18. Cary-Ann Smith (Ned KZN) 37:30
19. Annamarie Thomas (Ind) 37:30
20. Thozama April (Trans) 37:30
21. Asiphe Sikabalanjana (East) 37:37
22. Catherine Skosana (Trans) 37:55
23. Janene Carey (Boxer) 37:59
24. Linley Holmes (FH) 38:38
25. Clarièce Slingers (Itheke) 39:16

**Veterans:** 1. Janene Carey (Boxer) 37:59; 2. Linley Holmes (FH) 38:38; 3. Sheryl de Lange (NBMC) 40:07. **Masters:** 1. Mariëtte Strauss (Tyger) 41:36; 2. Annatjie Botes (Ned SWD) 41:43; 3. Grace de Oliveira (Boxer) 41:47. **G'masters:** 1. Sonja Laxton (RAC) 44:57; 2. Helen du Plessis (Tyger) 48:47; 3. Mariëtha Herbert (Bell) 50:06. **Juniors:** 1. Annie Bothma (Held) 37:17; 2. Ileana Dreyer (Itheke) 40:11; 3. Amy Abrahams (UWC) 41:26.

## Gaterite Hyper Cash & Carry Marathon, Half Marathon & 10 km

Verulam, 17 March

(Distances: 42.195 km, 21.1 km & 10 km. Finishers: marathon – 456; half marathon – 464.)

### Marathon

#### MEN

1.	Themba Arsilo	Escom AC	2:37:27
2.	Themba Mthembu	Maxed Elite	2:38:51
3.	Sifiso Chiliza	Chatsworth AC	2:39:10

#### 40-49:

1.	Abdool Milanzi	Skakaland	2:52:52
2.	Herbert Mazongolo	Toyota AC	2:58:48
3.	Robert Ngema	Phoenix Strd	3:00:13

#### 50-59:

1.	Craig Anderson	DHSOB	2:56:19
2.	Kosie Botha	Corr Serv	3:02:30
3.	Cosmos Langa	Corr Serv	3:12:56

#### 60+:

1.	Chris v.d. Westhuizen	Umhlathuze AC	3:45:05
2.	Jeff Mkhize	Mtubatuba AC	3:46:01
3.	Mbekeseni Mchunu	Kwa Mashu	3:57:50

#### WOMEN

1.	Melanie van Rooyen	R/Bay AC	3:07:15
2.	Monica Vorster	Boksburg AC	3:21:51
3.	Precious Duma	Chatsworth AC	3:25:44

#### 40-49:

1.	Lungile Nkosi	Escom AC	4:01:01
2.	Michele Coskey	Virginia	4:26:01
3.	Sibongile Mkhize	Ntl. Carb.	4:34:48

#### 50-59:

1.	Frankie Cawdrey	Chiltern	4:26:22
2.	Lizette Botha	RWFC	4:31:19
3.	Denise Reynecke	QBH	4:56:58

#### 60+:

1.	Merle Daiacan	Forest Hills	4:38:22
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### Half marathon

#### MEN

1.	Malvern Paradza	ZIM/Maxed Elite	72:03
2.	Nkosi Ngcongo	Stella AC	72:54
3.	Bernard Phlatasane	ZIM/Form One AC	72:58

#### 40-49:

1.	Thembinkosi Gumede	Boxer AC	75:33
2.	May Sithole	Corr Serv	77:21
3.	Simon Marolong	New Bal	78:22

#### 50-59:

1.	Peter Sehloho	Boxer AC	80:38
2.	Johan Makhanya	Escom AC	91:37
1.	Matthew Novokoza	Corr Serv	92:13

#### 60+:

1.	Michael Langa	Athletic N	95:12
2.	Lindsay Rogerson	Riverside Harr	106:10

3.	Michael de Koning	HQ	115:31
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## WOMEN

1.	Fikile Mbuthuma	Nedbank AC	92:05
2.	Miriam Mooki	Corr Serv	94:35
3.	Maureen Slack	West AC	101:04

**40-49:**

1.	Maureen Slack	West AC	101:04
2.	Hleziphi Ncayiyana	Nedbank	103:54
3.	Tammy Dennill	West AC	111:36

**50-59:**

1.	Wendy Fitzmaurice	West AC	107:57
2.	Jenny Scott	SCS	115:29
3.	Denise Johansson	Maxed Elite	128:23

**60+:**

1.	Pat Fischer	Stella AC	131:00
2.	Linda Bell	QBH	134:28
3.	Maureen Parry	Chiltern	137:31

**10 km**

## MEN

1.	Enoch Skhosana	Ind	33:36
2.	Babalo Mtsotoba	Stella AC	34:12
3.	K. Khanyisa	Stella AC	34:24

**Juniors:**

1.	Siyabonga Mkhize	Inanda	37:48
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## WOMEN

1.	Ntombesintu Mfunzi	Corr Serv	37:31
2.	Prudence Zwane	Corr Serv	42:10
3.	Shayna Smith	Ind	46:44

**Juniors:**

1.	Thobile Khomo	Inanda	47:56
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**Umzimkhulu Superspar Corridor Half Marathon**

Ixopo to Umzimkhulu, 17 March

(Distances: 21.1 km; point-to-point course)

## MEN

1.	Samwell Kittun	KEN/Thantane AC	65:01
2.	Thobane Chagwe	Boxer AC	65:06
3.	Stembile Fanekho	Boxer AC	65:21

**40-49:**

1.	Mbongani Sosibo	Nedbank AC	77:02
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**50-59:**

1.	Maxwell Mngwengwe	Boxer AC	89:47
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## WOMEN

1.	Daisy Kipngetich	KEN/Thatane AC	82:06
2.	Puseletso Dladla	Savages AC	84:03
3.	Janet Dlamini	Umzimkhulu Strd	88:21

**40-49:**

1. Sibongile Ziqubu      Escom AC                      95:10

**Old Mutual Om die Dam 50 km (23<sup>rd</sup>), Half Marathon & 10 km**

Hartebeespoort Dam, 16 March

(Distances: 50 km, 21.1 km & 10 km; hilly loop courses. Finishers: 50 km – 2990; 21 km – 2850; 10 km – 1750.)

**50 km**

MEN

1 John Chebii (KEN/Nedbank) 2:50:12; 2 Leonard Koki (ZIM/Nedbank) 2:53:58; 3 Mabule Raphotle (Temp) 2:57:46; 4 Andreas Masoeu (Mr Price) 2:59:28; 5 Rofhiwa Mathidi (Nedbank) 2:59:36; 6 Lucas Nonyana (ABSA) 3:01:22; 7 Ntobeko Mtintso (Kwa Thema) 3:02:10; 8 Samuel Mashishi (FFA) 3:04:28; 9 Raphael Ndlovu (Elim) 3:04:55; 10 Samuel Ongaki (KEN/Nedbank) 3:07:36.

**Veterans:** 1 Jacob Mazibuko (Bisvest) 3:10:58; 2 Reuben Setumu (Toyota) 3:12:32.

**Masters:** 1 Reform Ndlovu (Randburg Harriers) 3:29:08; 2 Bethuen Mlambo (Mr Price) 3:39:12. **G'masters:** 1 Les Ivings (Carletonville) 4:11:51; 2 Theo Swanepoel (Kempton) 4:51:07. **G/g'masters:** 1 Hendrik Wageng (Kudus) 5:03:28.

WOMEN

1 Muchaneta Gwata (ZIM/Mr Price) 3:33:24; 2 Chiyedza Chokore (ZIM/Mr Price) 3:37:18; 3 Carien Visser (Tuks) 3:40:31 (1<sup>st</sup> vet); 4 Caroline Wostmann (Nedbank) 3:41:44; 5 Julianie Basson (Toyota) 3:43:08; 6 Anne Bonniwell (Nedbank) 3:43:38; 7 Mapulane Majoro (Toyota) 3:48:24; 8 Lesley Train (Toyota) 3:54:23; 9 Belinda Waghorn (Toyota) 3:57:25; 10 Vanessa Bowman (Kempton) 4:06:54.

**Veterans:** 1 Carien Visser (Tuks) 3:40:31; 2 Vanessa Bowman (Kempton) 4:06:54.

**Masters:** 1 Val Watson (New Balance) 4:28:54; 2 Francis van Blerk (Nedbank) 4:50:51.

**G'masters:** 1 Petra Myburg (Striders) 5:46:58; 2 Iris Zulu (Vodacom) 6:15:44.

**Half marathon**

MEN

1 Joel Mmone (Nedbank) 66:37; 2 Luwis Masunda (ZIM/Nedbank) 68:42; 3 David Manja (Nedbank) 70:10.

**Veterans:** 1 Simon Mphulanyane (Bonitas) 74:12; 2 Molete Kheledi (Toyota) 76:44.

**Masters:** 1 Philemon Mailola (Moretele) 86:39; 2 Ambrose Klaassen (Jaguars) 86:42.

**G'masters:** 1 John Woodnutt (Morningside) 96:07. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 1:53:42.

WOMEN

1 Faith Kiptoo (KEN/Nedbank) 82:41; 2 Margaret Mahohoma (ZIM/Toyota) 88:12; 3 Keshoketswe Lechaba (Elim) 88:21.

**Veterans:** 1 Jill Oliphant (RAC) 98:53; 2 Renee Binneman (FFA) 99:43. **Masters:** 1 Connie Blom (New Balance) 2:00:56; 2 Brenda Kritzinger (Hartenbos) 2:10:58. **G'masters:** 1 Vullie Spies (Tuks) 1:56:42. **G/g'masters:** 1 Mavis Stadler (2:27:16).

**10 km**

MEN

1 Paulus Radebe (Elim) 31:15; 2 Marshall Jaji (ZIM/Nedbank) 31:59; 3 Lucky Mtshali (Elim) 32:10.

**Veterans:** 1 Jackson Seanego (New Balance) 34:57; 2 Stemmer Lekoto (NPO) 37:13.  
**Masters:** 1 Francis Makuka (ZAM/Bashewa) 36:40; 2 Sondag Mabale (Breakthru Midrand) 39:02. **G'masters:** 1 Pat de Klerk (RAC) 57:38. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 63:36. **Juniors:** 1 Donald Meleane (Nedbank) 33:41.

#### WOMEN

1 Mamorallo Tjoka (LES/Toyota) 36:16; 2 Luleka Dyonki (Nedbank) 40:54; 3 Nerissa v.d. Walt (New Balance) 41:02.

**Veterans:** 1 Lona Liebenberg (New Balance) 51:40. **Masters:** 1 Jane Mudau (Nedbank) 41:30; 2 Linda v.d. Gryp (Krugersdorp) 47:43. **G'masters:** 1 Betha v.d. Raad (Irene) 81:00. **G/g'masters:** 1 Deidre Larkin (Randburg Harriers) 59:53. **Juniors:** 1 Nobuhle Tshuma (Elim) 41:39.

### Glenryck Tygerberg 30 km (34<sup>th</sup>)

Parow, 16 March

(Certified, very hilly loop course. Weather: cool with mist early on, ideal running conditions.)

#### MEN

1. Wanda Roro (NBMC) 1:40:03
2. Tom Lusaseni (Itheke) 1:40:04
3. Bernard Rukadza (ZIM/NBMC) 1:40:43

**Veterans:** 1. Xolile Macanda (Gugs) 1:53:19; 2. John September (Celtic) 1:57:23; 3. Zolani Ntsodo (SANDF) 1:57:42. **Masters:** 1. Eric Coetzee (CPUT) 1:54:25; 2. Eric Mlonyeni (Strand) 2:08:27; 3. Maxwell Godloza (NBMC) 2:14:30. **G'masters:** 1. John Bush (Celtic) 2:31:38; 2. Ivan Marais (Ned) 2:34:12; 3. David Jordaan (Arcelor) 2:38:32. **G/g'masters:** 1. Peter Chubb (VOB) 3:06:45.

#### WOMEN

1. Kim Laxton (Sunning) 1:58:12
2. Nomvuyisi Seti (Itheke) 2:10:39
3. Ursula Turck (Strand) 2:12:21 (1<sup>st</sup> vet)

**Veterans:** 1. Ursula Turck (Strand) 2:12:21; 2. Sandra van Graan (Edge) 2:15:44; 3. Elmarie Coetzee (NBMC) 2:18:38. **Masters:** 1. Anne Pool (Strand) 2:42:23; 2. Cailey Bredenkamp (Paarl) 2:45:48; 3. Mathilda le Roux (Durb) 2:46:18. **G'masters:** 1. Veronica van Niekerk (EGA) 2:40:44; 2. Olwyn Oliver (FH) 2:59:34; 3. Honour Nkala (AAC) 3:01:28.

### Lake Farm Charity Run 10 km

Port Elizabeth, 16 March

(Hilly, off-road loop course. Finishers: 322.)

Note: In a rather strange decision, the organisers replaced the 25 km race, which had been held for 28 years, with a trail run. – Ed.

#### MEN

1	Masibulele	Heugh (1 <sup>st</sup> jun)	Ikhamva AC	18	34:23
2	Melikhaya	Frans	Nedbank RC EP	21	34:24
3	Zolani	Ngqaqa	Ikhamva AC	24	34:24
4	Hasan	Shire	Malabar AC	20	36:18
5	Nkosinathi	Gcakasi (1 <sup>st</sup> vet)	Bluewater Bay	42	38:13
6	Michael	Bekapi (1 <sup>st</sup> mast)	Charlo AC	51	40:09



7	Wayne	Mitchell	Achilles AAA	40	40:11
8	Jarryd	Cooke	Absa NMMU AC	19	42:14
9	Aphiwe	Kisiyane	PEAAC	21	43:39
10	Hannes	Els (1 <sup>st</sup> g'mast)	Madiba Bay AC	63	44:15
11	Martin	Jansen	Nedbank RC EP	44	44:35
12	Bafumane	Nyanga	Ikhamba AC	52	44:49
13	Frank	Piron	Charlo AC	49	45:09
14	Alan	Taylor	Achilles AAA	55	45:10
15	Rudi	Van Tonder	Elite AC	40	45:13
16	Johann	Postma	Elite AC	47	45:24
17	Mark	Huppelschoten	Body Concept	34	45:26
18	Peter	Van Rensburg	Elite AC	54	45:51
19	Wellington	Tshingane	SANDB EP	42	45:58
20	Tamsanqa	Jusayi (1 <sup>st</sup> g/g'mast)	Nedbank RC EP	70	46:24

**40-44:**

1	Nkosinathi	Gcakasi	Bluewater Bay	42	38:13
2	Wayne	Mitchell	Achilles AAA	40	40:11
3	Martin	Jansen	Nedbank RC EP	44	44:35

**45-49:**

1	Frank	Piron	Charlo AC	49	45:09
2	Johann	Postma	Elite AC	47	45:24
3	Guy	Cooke	Temp	48	49:54

**50-54:**

1	Michael	Bekapi	Charlo AC	51	40:09
2	Bafumane	Nyanga	Ikhamba AC	52	44:49
3	Peter	Van Rensburg	Elite AC	54	45:51

**55-59:**

1	Alan	Taylor	Achilles AAA	55	45:10
2	Christo	Stumke	Temp	56	58:33
3	Stephen	Coetzee	Bluewater Bay	57	1:00:56

**60-64:**

1	Hannes	Els	Madiba Bay AC	63	44:15
2	Steve	Macdonald	Temp	60	55:21
3	Eldon	Fortmann	Walmer AC	62	57:54

**65-69:**

1	Syd	Lippstreu	Crusaders AC	65	52:23
2	Thembisile	Ntoni	PEAAC	65	57:33
3	Andre	Fourie	Elite AC	65	1:06:42

**70-74:**

1	Tamsanqa	Jusayi	Nedbank RC EP	70	46:24
2	Petrus	De Jager	PEAAC	73	1:28:12

**Juniors:**

1	Masibulele	Heugh	Ikhamba AC	18	34:23
2	Graham	Reynolds	Bluewater Bay	18	46:47
3	Likhaya	Rooi	Temp	15	47:15

**WOMEN**

1	Deliwe	Nyanga	Nedbank RC EP	23	44:29
2	Terray	Newcombe	Elite AC	22	45:55
3	Janette	Schierz-Crusius (1 <sup>st</sup> mast)	Body Concept	52	46:37
4	Siphokazi	Nojoko (1 <sup>st</sup> jun)	SA Prof Develop	18	48:18
5	Tiani	Claassen	Despatch AC	22	49:55
6	Helen	Mills	Temp	36	52:09
7	Elizmari	Du Toit	Temp	29	53:21
8	Dorianne	Phillips (1 <sup>st</sup> vet)	Temp	40	53:49
9	Estee	Cockcroft	Temp	28	54:01

10	Claire	Van Der Nest	Temp	32	54:30
11	Natalie	Elliot	PEAAC	35	54:44
12	Rene	Jachens	Nedbank RC EP	40	55:05
13	Amanda	Wolmarans	Walmer AC	54	55:50
14	Nerine	Loock	Nedbank RC EP	36	55:51
15	Toegeda	Vyver	Nedbank RC EP	40	56:09
16	Jacomina	Linstrom	Rand AC	59	56:52
17	Nikki	Strooh	Walmer AC	36	56:59
18	Chifuno	Stevens	Temp	22	57:11
19	Lesley	Maggott	Achilles AAA	45	57:38
20	Lana	Bruyns	Elite AC	44	58:06
<b>40-44:</b>					
1	Dorianne	Phillips	Temp	40	53:49
2	Rene	Jachens	Nedbank RC EP	40	55:05
3	Toegeda	Vyver	Nedbank RC EP	40	56:09
<b>45-49:</b>					
1	Lesley	Maggott	Achilles AAA	45	57:38
2	Charlene	De Coning	Crusaders AC	48	1:00:43
3	Anneline	Rautenbach	Nedbank RC EP	45	1:03:00
<b>50-54:</b>					
1	Janette	Schierz-Crusius	Body Concept	52	46:37
2	Amanda	Wolmarans	Walmer AC	54	55:50
3	Ina	Meaker	Walmer AC	51	59:03
<b>55-59:</b>					
1	Jacomina	Linstrom	Rand AC	59	56:52
2	Jean	Hustler	Temp	55	59:44
3	Juliana	Van Eyk	Nedbank RC EP	56	1:17:21
<b>60-64:</b>					
1	Jos	Els	Madiba Bay AC	60	59:19
2	Pat	Scheepers	PEAAC	64	1:04:26
3	Jeanette	Pienaar	PEAAC	64	1:10:47
<b>65-69:</b>					
1	Christine	Fourie	Elite AC	66	1:03:05
2	Kaye	Henrick	PEAAC	66	1:17:38
3	Elaine	Laidlaw	Temp	68	1:27:47
<b>70-74:</b>					
1	Margaret	Brittain	Legacy AC	70	1:17:40
2	Isabella	Childs	Walmer AC	71	1:18:18
<b>74-75:</b>					
1	Dorothy	Hart	Charlo AC	75	1:13:17
2	Joey	Biggs	Temp	75	1:37:30
<b>Juniors:</b>					
1	Siphokazi	Nojoko	SA Prof Develop	18	48:18
2	Danielle	Harkin	Absa NMMU AC	17	1:21:58

### Emnambithi Half Marathon

Ladysmith, 16 March

(Distance: 21.1 km)

#### MEN

1.	Bongani Saleva	Bigg AC	79:18
2.	Lindani Sangweni	Bigg AC	80:00
3.	Lindelani Nxumalo	Loskop Gij	80:10

**40-49:**

1.	S. Ndebele	SANDF	85:38
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**50-59:**

1.	Jan Oberholzer	LAC	95:34
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**60+:**

1.	Wessel Bhay	Nedbank AC	94:54
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**Juniors:**

1.	Lindelani Nxumalo	Loskop Gij	80:10
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**WOMEN**

1.	Xoli Madida	Ntl. Carb.	106:37
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2.	Montoteluko Mlambo	Loskop Gij	109:49
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3.	Givanni Coccianti	LAC	118:04
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**40-49:**

1.	Tracy v.d. Merwe	Bigg AC	136:45
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**50-59:**

1.	Cathy de Beer	Vryheid AC	124:59
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**60+:**

1.	Cathy Blake	Bigg AC	142:22
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**Rainbow Farms 30 km & 10 km**

Worcester, 9 Maart

(Out-and-back courses. Finishers: 30 km – 221; 10 km – 194.)

**30 km****MEN**

1	Dicardo	Jacobs	Nedbank	27	1:43:13
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2	Thembelani	Zola	Itheko	38	1:54:16
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3	Tandile	Joseph	Easterns	19	1:55:00
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4	Nickle-John	Engelbrecht	Itheko	19	2:00:51
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5	Jacques	Botes	Nbmc	37	2:01:02
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6	Anton	Mouton	Ceres	27	2:01:29
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7	Aaron	Lewis	Ravensmead	48	2:03:25
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8	Elias	?	Paarl	42	2:08:36
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9	Henrico	Hunter	Worcester	21	2:10:08
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10	Danzil	Willemse	Tydelik	31	2:11:58
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**WOMEN**

1	Paola	Vignani	ITA/Montagu	49	2:24:11
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2	Ena	Gous	Worcester	42	2:27:03
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3	Mandy	Regenass	Tydelik	36	2:29:22
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4	Anne	Pool	Strand	51	2:30:18
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5	Liza	Retief	Paarl	41	2:32:46
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6	Marietjie	De Vries	Strand	40	2:33:14
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7	Gerda	Henn	Wild Runners	33	2:35:54
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8	L	Grootboom	Brackenfell	45	2:38:08
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9	Maryke	Sass	Petrosa	41	2:39:20
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10	Romé	Phillipson Meyer	Hartenbos	31	2:40:24
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**10 km****MEN**

1	Justin	Fritz	Ceres	20	32:00
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2	William	Kaptein	Robertson	20	32:33
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3	Dawid	Van Rooyen	Nedbank	26	33:15
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4	Dawid	Pieterse	Dwarsrivier	42	33:27
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5	Chrisando	Jacobs	Paarl	19	33:30
6	Roger	Dauids	Robertson	26	33:48
7	Danzel	Minnaar	Montagu	25	34:13
8	JC	Dreyer	Worcester	17	34:18
9	Eugene	Dauids	Atc	22	34:23
10	Olgernon	Dauids	Robertson	18	34:27

## WOMEN

1	Magrietha	Smith	Ceres	28	41:15
2	Jacqueline	Goliath	Itheko	17	41:54
3	Liezl	Du Plooy	Ceres	37	43:36
4	E	Van den Berg	Bredasdorp	40	43:59
5	Azel	Boois	Salkorane	17	45:14
6	Jeanne	Vermeulen	Bredasdorp	15	46:12
7	Maritsa	Volschenk	Nedbank	18	47:40
8	Natasha	?	Bredasdorp	18	48:17
9	M	Hanekom	Ceres	58	48:36
10	Ilse	Hugo	Ceres	39	48:40

**Tortoise Tuff 30 km & 10 km**

Sedgefield, 9 March

(Out-and-back courses. Finishers: 30 km – 151; 10 km – 147.)

**30 km**

## MEN

1	Lloyd	Bosman	Nedbank	25	1:46:20
2	Lindile	Tokota	Nedbank	45	1:49:31
3	Zandisile	Ngeva	Nedbank	35	1:53:33
4	Keith	Clark	Outeniqua Harriers	38	2:01:20
5	Sydney	Landsberg	Nedbank	51	2:02:08
6	Marlon	Mortlock	Knysna MC	39	2:05:46
7	Marsel	Roos	Knysna MC	31	2:07:14
8	Dewald	Kleinhans	Hartenbos Drawwers	30	2:07:50
9	Anton	Chevalier	Nedbank	47	2:09:46
10	Juqeme	Maart	Mossel Bay Harriers	25	2:10:37

## WOMEN

1	Helga	Mathee	Nedbank	38	2:12:41
2	Elize	Kloppers	Hartenbos Drawwers	42	2:16:02
3	Kirsty	Weir	Temp	34	2:18:29
4	Annatjie	Botes	Nedbank	55	2:20:14
5	Lisl	Grobler	Knysna MC	36	2:21:05
6	Alison	Jordaan	Nedbank	46	2:23:57
7	Jacob	Karelse	Mossel Bay Harriers	54	2:26:22
8	Marie	Wolmarans	Nedbank	53	2:32:16
9	Johanna	Claasen	Nedbank	44	2:38:29
10	Sunett	De Jager	Nedbank	41	2:40:27

**10 km**

## MEN

1	Elfonzo	Pieterse	Nedbank	24	31:38
2	Julius	Korkee	Mossel Bay Harriers	28	31:39
3	Principal	Fana	Mossel Bay Harriers	44	33:44
4	Greshwin-Lane	Du Plessis	Knysna MC	27	34:13
5	Sinesipho	Didishe	Knysna MC	21	34:46
6	Siyabonga	Madala	Nedbank	27	35:19

7	Graham	Sass	Knysna MC	43	35:46
8	Archie	Boome	Knysna MC	17	36:41
9	Julian	Manewil	Nedbank	19	37:49
10	Dylon	Butler	Knysna MC	18	38:05

## WOMEN

1	Aneen	Meyer	Knysna MC	28	41:50
2	Linda	Hegerty	Knysna MC	36	42:49
3	Christa	Smit	Hartenbos Drawwers	45	47:52
4	Marcelle	Van Tonder	Nedbank	18	48:01
5	Michele	Trumper	Knysna MC	41	50:44
6	Wendy	Pace	Temp	28	51:15
7	May	Weideman	Nedbank	24	51:16
8	Sharipa	Louw	Knysna MC	44	51:58
9	Miekie	Van der Merwe	Oudtshoorn AAC	53	52:08
10	Marida	Louw	Oudtshoorn AAC	32	52:31

## TRACK

**WP Senior & Masters Championships**

(Senior Championships: 102<sup>nd</sup> for men; 70<sup>th</sup> for women)  
Bellville, 15-16 March

Note: All the distance events were on the second day except the 10000 m. The masters events are indicated by an "M" in brackets and more than three names are given to show the various age groups, indicated by 40, 45, etc. – Ed.

## MEN

## 800:

1. Sibusiso Magwaza (Khay) 1:52.32
2. Leswyn Arendse (UWC) 1:53.52
3. Darren Stevens (SPAA) 1:54.92

## 800 (M):

1. Shawn Abrahams 40 (Itheko) 2:01.72
2. Oloff van Zyl 40 (VOB) 2:11.16
3. Tobias Philander 45 (Itheko) 2:12.05
4. Karel Moloi 40 (SANDF) 2:15.44
- ... 6. Merlin Julie 50 (Ind) 2:19.66
- ... 8. Achmat Solomons 50 (Bol) 2:24:46
9. Len Claassen 60 (Tuks) 2:26.54
10. Yousef Kannouni 35 (MAR/Itheko) 2:36.99
- ... 12. Henry Cleophas 60 (Ned) 2:55.37
13. Christo Jefthas 55 (Bol) 2:57.59

## 1500:

1. Emile Paulsen (NBMC) 3:59.66
2. Orian Faro (MPT) 4:00.62
3. Leswyn Arendse (UWC) 4:01.78

## 1500 (M):

1. Edward Lambert 35 (NBMC) 4:22.95
2. Christo van Rooyen 35 (NBMC) 4:28.86
3. Tobias Philander 45 (Itheko) 4:32.18
4. Yousef Khanouni 35 (MAR/Itheko) 4:37.73
5. Karel Moloi 40 (SANDF) 4:41.14

- ... 7. Dries Swart 45 (NBMC) 4:54.71
- 8. Merlin Julie 50 (Ind) 5:14.95
- ... 10. Maurice Hill 40 (UWC) 6:00.27

## 3000 s/chase:

- 1. Siboniso Soldaka (CPUT) 9:14.10
- 2. Godwin Swartz (NBMC) 9:14.82
- 3. Vuyolwethu Mbukushe (Gugs) 9:23.11

## 3000 s/chase (M):

- 1. Christo van Rooyen 35 (NBMC) 10:36.33
- 2. Edward Lambert (NBMC) 11:31.68

## 5000:

- 1. Unathi Nteta (AAC) 14:47.83
- 2. Duwayne Philander (UWC) 15:04.56
- 3. Bary-John Pienaar (Tyger) 15:15.00

## 5000 (M):

- 1. Edward Lambert (NBMC) 6:55.61
- 2. Yousef Khanouni 35 (MAR/NBMC) 17:21.12
- 3. Keith Reynolds 45 (Bell) 18:18.81
- 4. Dries Swart 45 (NBMC) 18:45.81
- 5. Bub Evans 75 (AAC) 26:08.92

## 10000:

- 1. Nkosinathi Sotyantya (Itheko) 30:33.78
- 2. Duran Byman (Tyger) 31:43.23
- 3. Danzil Paulse (East) 31:54.41

## 10000 (M):

- 1. Yousef Kannouni 35 (MAR/Itheko) 34:58.62
- 2. Gerald Sullivan 50 (Durb) 38:25.73
- 3. Martin Whatley (Bell) 43:33.86

## WOMEN

## 800:

- 1. Alet Marais (Tyger) 2:11.81
- 2. Icarien van Deventer (Tyger) 2:11.99
- 3. Christene Bosch (Tyger) 2:14.72

## 800 (M):

- 1. Lana Theunissen 40 (SWD) 2:39.65
- 2. Mariëtte Strauss 50 (Tyger) 2:49.02
- 3. Annatjie Botes 55 (Ned SWD) 2:50.83
- 4. Lizl Windt 35 (SWD) 2:54.83
- 5. Soreen Gouws 45 (Bol) 3:07.88
- 6. Christine Williams 70 (VOB) 3:47.71

## 1500:

- 1. Khanya Mateyisi (Khay) 4:43.07
- 2. Leanda du Bruyn (Tyger) 4:47.52
- 3. Tanya Scott (UCT) 4:55.68

## 1500 (M):

- 1. Ulrica Stander 35 (NBMC) 4:41.20

Ulrica Stander on her way to victory in the 1500 m at the WPA Championships this weekend, followed by Khanya Mateyisi, Leanda du Bruyn (partly obscured) and Sumé Matthysen. Tanya Scott, who fell in the first 100 m, had not caught up with the leaders at this stage. Later in the afternoon Stander set a new WPA W35 age group record of 17:27.31 in the 5000 m. [Jasper Coetzee]



2000 s/chase (M):

1. Mariëtte Strauss 50 (Tyger) 8:32.38

3000 s/chase:

1. Felicity Mthembu (Cent) 14:09.05

5000:

1. Ebeth Marais (Tyger) 17:47.93
2. Tanya Scott (UCT) 18:06.38
3. Leanda du Bruyn (Tyger) 18:41.74

5000 (M):

1. Ulrica Stander 35 (NBMC) 17:27.31 WP age-group record
2. Glouda Smal 35 (Bell) 24:05.82

10000:

1. Danette Smith (NBMC) 40:12.00

10000 (M):

1. Annatjie Botes 55 (Ned SWD) 42:41.58

## 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

### NYC Half Marathon (8th)

Central Park to South Street Seaport, New York, USA, 17 March  
(Distance: 21.1 km; certified point-to-point course with about 20 m of elevation loss and less than 50% start/finish separation [performances acceptable by IAAF and USATF for records]; challenging hills in first half)

#### MEN

1. Wilson Kipsang, KEN, 1:01:02, \$20 000
2. Daniele Meucci, ITA, 1:01:06, \$10 000
3. Dathan Ritzenhein, USA, 1:01:10, \$5500
4. Leonard Korir, KEN, 1:01:19, \$3500
5. Juan Luis Barrios, MEX, 1:01:21, \$2500
6. Sam Chelanga, KEN, 1:01:26, \$1500
7. Stephen Sambu, KEN, 1:01:34, \$1000
8. Julius Arile, KEN, 1:01:38, \$750
9. Jason Hartmann, USA, 1:01:51, \$600
10. Kenta Murayama, JPN, 1:02:02, \$400
- ... 12. Bernard Lagat, USA, 1:02:33, \$250
- ... 15. Abdi Abdirahman, USA, 1:03:20, \$100

#### WOMEN

1. Carolina Rotich, KEN, 1:09:09, \$20 000
2. Diane Nukuri-Johnson, BDI, 1:09:12, \$10 000
3. Lisa Stublic, CRO, 1:09:18, \$5500
4. Sabrina Mockenhaupt, GER, 1:09:42, \$3500
5. Lyudmila Kovalenko, UKR, 1:09:43, \$2500
6. Madai Perez, MEX, 1:10:27, \$1500
7. Yolanda Caballero, COL, 1:10:30, \$1000

8. Tomomi Tanaka, JPN, 1:10:31, \$750
  9. Stephanie Rothstein Bruce, USA, 1:10:53, \$600
  10. Sara Moreira, POR, 1:11:03, \$400
- 

### STATS TIME

When Robert Chemosin and Simon Cheprot ran sub-60 in the aided Rome-Ostia Half Marathon on 3 March, they became the 99<sup>th</sup> and 100<sup>th</sup> runner respectively to beat the hour barrier. Here is an all-time top-20 performers list. Note that all the runners are from Kenya (17) and Ethiopia (3). Thirteen have broken 59 minutes and five of the performances came in Ras Al Khaimah. Hendrick Ramaala's South African record is 60:07 (1997).

#### HALF MARATHON: TOP 20 ALL-TIME MEN

58:23	Zersenay Tadesse		ETH	Lisbon	21 Mar 10
58:33	Samuel Wanjiru		KEN	The Hague	17 Mar 07
58:46	Matthew Kisorio		KEN	Philadelphia	18 Sep 11
58:47	Atsedu Tsegay		ETH	Prague	31 Mar 12
58:48	Sammy Kitwara		KEN	Philadelphia	18 Sep 11
58:52	Patrick Makau		KEN	Ras Al Khaimah	20 Feb 09
58:54	Stephen Kibet		KEN	The Hague	11 Mar 12
58:54	Geoffrey Kipsang		KEN	Ras Al Khaimah	15 Feb 13
58:55	Haile Gebrselassie		ETH	Phoenix	15 Jan 06
58:56A	Martin Mathathi	(10)	KEN	South Shields	18 Sep 11
58:56	Stanley Biwott		KEN	Ras Al Khaimah	15 Feb 13
58:58	Geoffrey Mutai		KEN	Ras Al Khaimah	15 Feb 13
58:59	Wilson Kipsang		KEN	Ras Al Khaimah	20 Feb 09
59:02	Jonathan Maiyo		KEN	The Hague	11 Mar 12
59:05	Evans Cheruiyot		KEN	Udine	14 Oct 07
59:05	Ezekiel Chebii		KEN	Lille	01 Sep 12
59:06A	Paul Tergat		KEN	Lisbon	26 Mar 00
59:07	Paul Kosgei		KEN	Berlin	02 Apr 06
59:07A	Micah Kogo		KEN	South Shields	16 Sep 12
59:09	James Kwambai	(20)	KEN	Rotterdam	13 Sep 09
...					
59:20A	Hendrick Ramaala	(30)	RSA	Lisbon	26 Mar 00

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#### THIS MONTH IN HISTORY

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

##### 30 years ago: 5 March 1983

Alberto Salazar came to Phoenix for the Continental Homes 10 km to break Mike Musyoki's world record of 27:49. He had Musyoki for company, but a troublesome headwind put paid to his chances. He did break a record, though: his own American record, with his 28:01 after seven surges in the last mile to get rid of the Kenyan, who finished 4 seconds in arrears. The field included many other notables – Rodolfo Gomez (MEX, 5th), Dietmar Millionig (AUT, 7th), Markus Ryffel (SUI, 11th), Bill Rodgers (USA, 14th), and Craig Virgin (USA, 17th). Wendy Sly (ENG) won the women's race in 32:05, followed by Betty-Jo (Geiger) Springs (USA) in 33:03 and Ingrid Kristiansen (NOR) in 33:07. Two weeks before, Salazar had won the US Cross-country Trials – and another two weeks later he finished fourth in the World Championships.

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## 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
	28:15	Silas Kipruto (KEN)		
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		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
	1:34:17	Joseph Sweeney (IRL)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:17:32	Benedict Moeng	Oudtshoorn	03 Feb
	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	1:54:25	Eric Coetzee	Parow	16 Mar
	[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				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
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		
<b>WOMEN</b>				
<u>Open</u>				
10 km	33:23	Mapaseka Makhanya	Cape Town	17 Mar
	31:40	Joyce Chepkirui (KEN)		
	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	1:58:12	Kim Laxton	Parow	16 Mar
	1:51:51	Stephanie Bouma (NED)		
	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		
<u>Veterans (40+)</u>				
10 km	37:59	Janene Carey	Cape Town	17 Mar
	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

25 km	69:56	Irina Permitina (RUS) 2009		
	1:46:01A	Janine Carey	Pinetown	27 Jan
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	2:11:30	Elmarie Coetzee	Camps Bay	06 Jan
Marathon	1:51:37	Mieke Pullen (NED) 2001		
	2:49:38	Suzette Botha	Oudtshoorn	03 Feb
100 km	2:26:51	Priscilla Welch (GBR) 1987		
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
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	2:24:05	Olga Howard	Camps Bay	06 Jan
Marathon	3:14:43	Jane Mudau	Pretoria	23 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	44:57	Sonja Laxton	Cape Town	17 Mar
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	2:40:44	Veronica van Niekerk	Parow	16 Mar
Marathon	3:46:17	Veronica van Niekerk	Oudtshoorn	03 Feb
100 km				
<u>Juniors</u>				
10 km	37:17	Annie Bothma	Cape Town	17 Mar
	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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