

# 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

One list leader was set this weekend, by grandmaster Clive Owen in the Mamre 15 km, which did not have the usual large number of quick times this year. Owen ran 59:03; he now has two list leaders. Nkosinathi Madyo retained his title in 47:04, while Bulelwa Simae won the women's race in 55:42 (she also won in 2011).

Internationally, one of the weekend's highlights came at the US High School National Championships, where Wesley Frazier showed that Mary Cain is not the only super 17-year-old in the USA meriting attention. Frazier became the first ever athlete to win three events at the Championships when she took the mile in 4:39.66, the 2 miles in 10:07.35 and the 5000 m in 15:55.94.

Earlier in the week Meseret Defar, displaying her trademark devastating kick, ran a world lead of 14:26.90 for 5000 m at the ExxonMobil Bislett Games.

In the results of the New Balance Table Mountain 16 km in last week's DRR, the athlete shown as the first woman, Lenka Ramothello, is in fact a man. So the women's winner was Lee-Ann Dawson, all the other women have to be moved up one place, and the tenth placer becomes Marijke West (Swartland), 1:31:27.

Long-time reader and contributor Rowyn James asked why the standard marathon times in the Old Mutual Two Oceans, where Charné Bosman recorded 2:44:10, were not included in last week's list of top ten marathon times for the year. DRR does not have those times, but in any case follows the policy of the Association of Road Racing Statisticians (ARRS) that does not include *en route* times in longer races in statistical lists, or recognise them as records even though the shorter distance may be – as in the case of the Two Oceans – officially certified and correctly timed. The only exception is the 50 km times in the Two Oceans, because there are so few standard-course 50 km races in South Africa and therefore few opportunities for runners to achieve top times on unaided courses. (DRR has been unable to ascertain whether the marathon mark in the Two Oceans conforms to the rules for aided courses, i.e. as far as the start/finish separation is concerned.)

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* Mamre 15 km, Mamre
- \* Impendle 10 km, Impendle
- \* Boland Half-marathon Championships, Robertson
- \* Wilderness Half Marathon & 10 km, Hoekwil
- \* XC: KZN League Meeting, Mayville; WP League Meeting, Duynefontein

**International highlights:**

- \* Steamboat Classic 4 Miles, Peoria, USA
  - \* Track: Göteborg GP, Göteborg, SWE; New Balance Nationals Outdoor 2013, Greensboro, USA; ExxonMobil Bislett Games, Oslo, NOR; World Challenge de Dakar, Dakar, SEN; Nijmegen Global Athletics, Nijmegen, NED; Moscow Challenge, Moskva, RUS
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**ROAD RUNNING****Mamre 15 km**

Mamre, 15 June

(Certified, undulating out-and-back course)

Note: No sign of the usual fast times this year. Last year Nkosinathi Madyo set a course record of 45:19, while Sityhilo Diko was second in 46:38 and Zintle Xiniwe won the women's race in 53:18, also a course record; the first three women went sub-55. In 2011 the winning time was 45:25, with the first three women breaking 60 min. – Ed.

**MEN**

1. Nkosinathi Madyo (Ned) 47:04
2. Sityhilo Diko (Ned) 47:35
3. Danzil Paulse (East) 47:38

**Veterans:** 1. Xolile Macanda (Gugs) 51:48; 2. Shawn Abrahams (Itheke) 53:15; 3. John Horn (Edge) 55:13. **Masters:** 1. Roston Isaacs (Ned) 55:34; 2. Leon Williams (Swart) 57:02; 3. James Bugar (Forest) 60:07. **G'masters:** 1. Clive Owen (Edge) 59:03; 2. Albert Williams (Top) 66:52; 3. Jimmy Adonis (Gugs) 80:06. **G/g'masters:** 1. Carl Hendricks (Brack) 79:39; 2. George Kaue-Smith (VOB) 86:03; 3. Yusuf Gamielien (Itheke) 86:21. **Juniors:** 1. Babalo Hambli (Itheke) 51:37; 2. Lungile Mdaka (VOB) 52:36; 3. Raydon Balie (WR) 52:53.

**WOMEN**

1. Bulelwa Simae (Ned) 55:42
2. Sandra van Graan (Edge) 62:16 (1<sup>st</sup> vet)
3. Sheryl de Lange (NBMC) 62:25

**Veterans:** 1. Sandra van Graan (Edge) 62:16; 2. Sheryl de Lange (NBMC) 62:25; 3. Adinda Cilliers (ORAK) 72:16. **Masters:** 1. Mariëtte Strauss (Tyger) 62:55; 2. Olga Howard (Celtic) 64:31; 3. Cheryl Rudolph (East) 68:27. **G'masters:** 1. Adri Visser (Swart) 76:45; 2. Helen du Plessis (Tyger) 77:08; 3. Ruth Leverton (Pine) 79:15. **G/g'masters:** 1. Mariam Khan (Ommie) 2:16:16; 2. Joyce Archer (RWFL) 2:22:04. **Juniors:** 1. Azel Boois (Salk) 75:43; 2. Londeka Miya (Gugs) 81:17.

**Impendle 10 km**

Impendle, 15 May

(Finishers: 84)

**MEN**

- |    |                  |             |       |       |
|----|------------------|-------------|-------|-------|
| 1. | Thobani Chagwe   | Boxer AC    | 32:19 | R1200 |
| 2. | Elmo Sibanda     | Maxed Elite | 32:40 | R900  |
| 3. | Siyabonga Nkonde | Boxer AC    | 32:54 | R700  |

**40-49:**

- |    |             |          |       |      |
|----|-------------|----------|-------|------|
| 1. | Sifiso Zuma | Eskom AC | 39:23 | R400 |
|----|-------------|----------|-------|------|

**50-59:**

|    |                |          |       |      |
|----|----------------|----------|-------|------|
| 1. | Siyabonga Jali | Boxer AC | 49:56 | R300 |
|----|----------------|----------|-------|------|

**60+:**

|    |               |             |       |      |
|----|---------------|-------------|-------|------|
| 1. | Mandla Gasela | Impendle AC | 60:32 | R300 |
|----|---------------|-------------|-------|------|

**Juniors:**

|    |                   |              |       |      |
|----|-------------------|--------------|-------|------|
| 1. | Aphelela Phungula | Umzinkulu AC | 36:00 | R700 |
|----|-------------------|--------------|-------|------|

WOMEN (Same prize money as men)

|    |                  |                 |       |
|----|------------------|-----------------|-------|
| 1. | Slindile Chili   | Chesterville AC | 43:38 |
| 2. | Nonsikelo Mbambo | Natal Carbs     | 46:31 |
| 3. | Xoli Madida      | Natal Carbs     | 47:14 |

**40-49:**

|    |                  |          |       |
|----|------------------|----------|-------|
| 1. | Sibongile Ziqubu | Eskom AC | 52:30 |
|----|------------------|----------|-------|

**Juniors:**

|    |                |              |       |
|----|----------------|--------------|-------|
| 1. | Slindile Chili | Chesterville | 53:30 |
|----|----------------|--------------|-------|

**Boland Half-marathon Championships**

Robertson, 8 June

(Distance: 21.1 km; loop course)

Note: This race was part of the Miles of Smiles Half Marathon, for which no results were received. – Ed.

**MEN**

|   |                  |                        |         |
|---|------------------|------------------------|---------|
| 1 | Andries Pongwana | Nedbank Franschhoek AC | 1:09:38 |
| 2 | Luyanda Qolo     | Elgin Grabouw AC       | 1:11:27 |
| 3 | Dicardo Jacobs   | Nedbank Franschhoek AC | 1:12:05 |

**Veterans:**

|   |                |                          |         |
|---|----------------|--------------------------|---------|
| 1 | Isaac Opperman | Correctional Services AC | 1:17:16 |
| 2 | Japtha Nero    | Nedbank Franschhoek AC   | 1:23:13 |
| 3 | Philip Peters  | Swartland AC             | 1:45:25 |

**Masters:**

|   |                   |              |         |
|---|-------------------|--------------|---------|
| 1 | Sollie van Rooyen | Worcester AC | 1:26:24 |
| 2 | Thomas Moses      | Worcester AC | 1:31:09 |
| 3 | Piet Smith        | Swartland AC | 1:49:23 |

**G'masters:**

|   |                 |              |         |
|---|-----------------|--------------|---------|
| 1 | Louwtjie Swarts | Swartland AC | 1:50:45 |
| 2 | Kosie Koopman   | Worcester AC | 1:56:59 |
| 3 | Henk Bos        | Montagu AC   | 1:59:37 |

**WOMEN**

|   |                         |                        |         |
|---|-------------------------|------------------------|---------|
| 1 | Michelle Dreyer         | Nedbank Franschhoek AC | 1:32:02 |
| 2 | Elizabeth van den Bergh | Bredasdorp AC          | 1:40:37 |
| 3 | Betsy Retief            | Wellington AC          | 1:43:59 |

**Veterans:**

|   |                         |               |         |
|---|-------------------------|---------------|---------|
| 1 | Elizabeth van den Bergh | Bredasdorp AC | 1:40:37 |
| 2 | Betsy Retief            | Wellington AC | 1:43:59 |
| 3 | Vondra Singleton        | Worcester AC  | 2:05:24 |

**Masters:**

|   |                    |              |     |
|---|--------------------|--------------|-----|
| 1 | Marietjie Niewoudt | Swartland AC | n/t |
| 2 | Magriet Hanekom    | Ceres AC     | n/t |
| 3 | Cailey Bredenkamp  | Paarl AC     | n/t |

**G'masters:**

|   |                      |                  |         |
|---|----------------------|------------------|---------|
| 1 | Veronica van Niekerk | Elgin Grabouw AC | 1:51:17 |
| 2 | Adri Visser          | Swartland AC     | 1:57:00 |
| 3 | Gerda van der Merwe  | Ceres AC         | 1:57:39 |

**Wilderness Half Marathon & 10 km**

Hoekwil, 25 May

(Distances: 21.1 km &amp; 10 km; out-and-back courses. Finishers: half marathon – 106; 10 km – 180.)

**Half marathon****MEN**

|    |           |           |                    |    |         |
|----|-----------|-----------|--------------------|----|---------|
| 1  | Lloyd     | Bosman    | Nedbank            | 25 | 1:08:04 |
| 2  | Gershwill | Jacobs    | RWFL               | 22 | 1:11:27 |
| 3  | Lindile   | Tokota    | Nedbank            | 45 | 1:13:37 |
| 4  | Zandisile | Ngeva     | Nedbank            | 35 | 1:16:56 |
| 5  | Andre     | Kotze     | ?                  | 40 | 1:16:58 |
| 6  | Melikhaya | Msizi     | Knysna MC          | 29 | 1:18:50 |
| 7  | Sydney    | Landsberg | Nedbank            | 51 | 1:21:23 |
| 8  | Keith     | Clark     | Outeniqua Harriers | 38 | 1:23:57 |
| 9  | Whayn     | Windwaai  | Outeniqua Harriers | 34 | 1:28:24 |
| 10 | Peter     | Jaehne    | RAC                | 48 | 1:29:22 |

**WOMEN**

|    |           |              |                    |    |         |
|----|-----------|--------------|--------------------|----|---------|
| 1  | Melissa   | Van Rensburg | Nedbank            | 31 | 1:31:49 |
| 2  | Elize     | Kloppers     | Hartenbos Drawwers | 43 | 1:35:57 |
| 3  | Annatjie  | Botes        | Nedbank            | 55 | 1:37:57 |
| 4  | Linda     | Hagerty      | Knysna MC          | 36 | 1:43:20 |
| 5  | Cecile    | Reed         | UCT                | 36 | 1:47:00 |
| 6  | Sunett    | De Jager     | Nedbank            | 42 | 1:54:01 |
| 7  | Charmaine | Lamprecht    | Nedbank            | 29 | 1:56:32 |
| 8  | Natalie   | Terry        | Temp               | 43 | 1:56:44 |
| 9  | Monica    | Taylor       | Temp               | 27 | 1:58:32 |
| 10 | Alta      | Diedricks    | Outeniqua Harriers | 47 | 1:58:49 |

**10 km****MEN**

|    |           |           |                     |    |       |
|----|-----------|-----------|---------------------|----|-------|
| 1  | Ettiene   | Plaatjies | Nedbank             | 25 | 32:31 |
| 2  | Elfonzo   | Pieterse  | Nedbank             | 24 | 34:25 |
| 3  | Julius    | Korkee    | Mossel Bay Harriers | 28 | 34:41 |
| 4  | Jan       | Isaks     | Rainbow AC          | 28 | 35:35 |
| 5  | Principal | Fana      | Mossel Bay Harriers | 44 | 36:27 |
| 6  | Gerald    | Meniel    | RWFL                | 24 | 36:59 |
| 7  | T         | Msuthwana | Sedgefield Striders | 32 | 38:39 |
| 8  | Zuzile    | Ntsinyabo | Temp                | 38 | 38:37 |
| 9  | Hermanus  | Jonkerman | Nedbank             | 53 | 39:49 |
| 10 | Elton     | Botha     | Knysna MC           | 20 | 40:07 |

**WOMEN**

|   |         |           |                |    |       |
|---|---------|-----------|----------------|----|-------|
| 1 | Kirsty  | Weir      | Nedbank        | 35 | 43:21 |
| 2 | Lisl    | Grobler   | Knysna MC      | 37 | 45:34 |
| 3 | Marie   | Wolmarans | Nedbank        | 54 | 47:02 |
| 4 | Macnita | Samuals   | Knysna MC      | 16 | 48:56 |
| 5 | Johanna | Claassen  | Nedbank        | 40 | 51:06 |
| 6 | Rolene  | Looock    | Temp           | 24 | 53:20 |
| 7 | Janneke | Wolmarans | New Balance WP | 24 | 52:56 |

|    |        |        |         |    |       |
|----|--------|--------|---------|----|-------|
| 8  | Karin  | Pauw   | Nedbank | 47 | 54:22 |
| 9  | Sulani | Fourie | Temp    | 23 | 54:32 |
| 10 | Wilme  | Gous   | ?       | 26 | 54:59 |

## CROSS-COUNTRY

### KZN League Meeting (5<sup>th</sup>)

Mayville, Durban, 15 June

Note: All distances are 4 km except where indicated otherwise. – Ed.

#### SR. MEN (12 km)

|    |                    |         |       |
|----|--------------------|---------|-------|
| 1. | Thubalethu Phaku   | DUT     | 41:36 |
| 2. | Monwabisis Cele    | Savages | 42:36 |
| 3. | Mlungeni Maphumalo | Toti AC | 44:31 |

#### 40-49 (8 km):

|    |                |           |       |
|----|----------------|-----------|-------|
| 1. | Xolani Nocanda | Toti AC   | 30:55 |
| 2. | Grant Cummings | West AC   | 30:56 |
| 3. | Sibusiso Ntuli | Phuma KZN | 32:03 |

#### 50-59 (8 km):

|    |                  |             |       |
|----|------------------|-------------|-------|
| 1. | Freddie Mhlongo  | Zabalaza AC | 30:55 |
| 2. | Willie Majombozi | Boxer AC    | 32:24 |
| 3. | Andy Daly        | West AC     | 33:21 |

#### 60+ (6 km):

|    |                        |         |       |
|----|------------------------|---------|-------|
| 1. | Piet Vorster           | PDAC    | 27:57 |
| 2. | Oberholzer de Villiers | Toti AC | 28:26 |
| 3. | Laurie Raubenheimer    | HH      | 28:56 |

#### SR. WOMEN (8 km)

|    |                      |          |       |
|----|----------------------|----------|-------|
| 1. | Janene Carey         | Boxer AC | 33:46 |
| 2. | Lenor Steffens       | QBH      | 36:13 |
| 3. | Nokuthula Ntshangase | Savages  | 38:47 |

#### SR. WOMEN

|    |            |         |       |
|----|------------|---------|-------|
| 1. | Lynn Blake | Toti AC | 20:15 |
|----|------------|---------|-------|

#### 40-49:

|    |               |          |       |
|----|---------------|----------|-------|
| 1. | Shani Silver  | Boxer AC | 17:09 |
| 2. | Kylie Griffin | West AC  | 17:15 |
| 3. | Erica Walker  | HH       | 17:30 |

#### 50-59:

|    |                |            |       |
|----|----------------|------------|-------|
| 1. | Elize Cilliers | Savages AC | 20:03 |
| 2. | Judith Groves  | HH         | 20:28 |
| 3. | Judy Tanoel    | Toti       | 21:10 |

#### 60+:

|    |              |    |       |
|----|--------------|----|-------|
| 1. | Sandy Fismer | HH | 21:03 |
|----|--------------|----|-------|

### WP League Meeting (5<sup>th</sup>)

Duynfontein (Koeberg Nature Reserve), 8 June

Note: All distances are 4 km except where indicated otherwise. – Ed.

#### SR. MEN (12 km)

|   |         |         |          |       |
|---|---------|---------|----------|-------|
| 1 | Bernard | Rukadza | ZIM/NBMC | 41:04 |
|---|---------|---------|----------|-------|

|    |            |            |              |       |
|----|------------|------------|--------------|-------|
| 2  | Wanda      | Roro       | NBMC         | 41:18 |
| 3  | Xolisa     | Batala     | VOB          | 41:35 |
| 4  | Riaan      | Wildskut   | Easterns     | 41:58 |
| 5  | Andrew     | Louw       | Easterns     | 42:03 |
| 6  | Bulelani   | Bhebha     | VOB          | 42:23 |
| 7  | Samson     | Gulubela   | Bidvest      | 42:31 |
| 8  | Sinethemba | Mdzanga    | Gugs         | 42:32 |
| 9  | Godwin     | Swartz     | NBMC         | 43:05 |
| 10 | Marks      | Mpekula    | VOB          | 43:24 |
| 11 | Siviwe     | Nkombi     | Itheko       | 43:41 |
| 12 | Petros     | Kwashi     | Gugs         | 43:48 |
| 13 | Oscar      | Coetzee    | NBMC         | 44:02 |
| 14 | Abongile   | Snyman     | Easterns     | 44:07 |
| 15 | Mandla     | Pangalele  | Gugs         | 44:25 |
| 16 | Mnonophetu | Zungnzazne | Strand       | 44:41 |
| 17 | Luyanda    | Mapoyi     | Khayelitsha  | 44:42 |
| 18 | Bongile    | Tshewula   | Easterns     | 45:07 |
| 19 | Ashley     | De Klerk   | Eerste River | 45:09 |
| 20 | Bronwin    | van Rhyn   | NBMC         | 45:15 |

## SR. MEN

|    |            |          |                 |       |
|----|------------|----------|-----------------|-------|
| 1  | Danzil     | Paulse   | Easterns        | 13:57 |
| 2  | Vuyolwethu | Mbukushe | Gugs            | 13:58 |
| 3  | Siboniso   | Soldaka  | CPUT            | 14:19 |
| 4  | Marks      | Mpekula  | VOB             | 14:31 |
| 5  | Mabona     | Mlulami  | Itheko          | 14:43 |
| 6  | Keathon    | Olivier  | CPUT            | 14:44 |
| 7  | Ricardo    | Jafta    | Eerste River    | 15:01 |
| 8  | Siyanda    | Coko     | Khayelitsha     | 15:02 |
| 9  | Alrich     | Arendsen | UWC             | 15:03 |
| 10 | Leon       | Lewis    | Velocity        | 15:12 |
| 11 | Llewellyn  | Jacobs   | Celtic Harriers | 16:23 |
| 12 | Wandisile  | Nciphah  | Ind             | 16:38 |
| 13 | Jacques    | van Wyk  | CPUT            | 16:42 |
| 14 | Ayanda     | Kanzi    | Gugs            | 16:49 |
| 15 | Barry      | Goliath  | ATC Running     | 16:57 |
| 16 | Gift       | Ngwenya  | Khayelitsha     | 17:01 |
| 17 | Thembaletu | Molefe   | CPUT            | 17:12 |
| 18 | Faseegh    | Fortune  | Nedbank WP      | 17:17 |
| 19 | Evan       | Fortuin  | Easterns        | 17:31 |
| 20 | George     | Qithi    | Itheko          | 17:39 |

## VETERAN MEN (8 km)

|   |        |          |                 |       |
|---|--------|----------|-----------------|-------|
| 1 | Xolile | Macanda  | Gugs            | 29:09 |
| 2 | Sabelo | Ngcwama  | Celtic Harriers | 30:38 |
| 3 | Shawn  | Abrahams | Itheko          | 30:41 |

## MASTER MEN (8 km)

|   |         |          |                 |       |
|---|---------|----------|-----------------|-------|
| 1 | Eric    | Coetzee  | CPUT            | 31:11 |
| 2 | Chris   | Mitchell | Celtic Harriers | 31:52 |
| 3 | Goodman | Mpukane  | Gugs            | 32:35 |

## G'MASTER MEN (8 km)

|   |        |             |          |       |
|---|--------|-------------|----------|-------|
| 1 | Clive  | Owen        | Edgemoor | 34:41 |
| 2 | Albert | Williams    | Top Form | 37:43 |
| 3 | Paul   | San Giorgio | VOB      | 39:32 |

## U.19 (8 km)

|   |          |           |      |       |
|---|----------|-----------|------|-------|
| 1 | Emiele   | Paulsen   | NBMC | 28:04 |
| 2 | Du-Wayne | Philander | UWC  | 28:06 |

|             |            |          |      |       |
|-------------|------------|----------|------|-------|
| 3           | Anthony    | Timoteus | UWC  | 28:52 |
| U.17 (6 km) |            |          |      |       |
| 1           | Bruce-Lynn | Damons   | WCSS | 17:19 |
| 2           | Kaleb      | Beukes   | UWC  | 17:24 |
| 3           | Ashley     | Smith    | WCSS | 17:41 |

## SR. WOMEN (8 km)

|    |           |             |                    |       |
|----|-----------|-------------|--------------------|-------|
| 1  | Bulelwa   | Simae       | Nedbank WP         | 32:06 |
| 2  | Kanya     | Mateyisi    | Khayelitsha        | 33:07 |
| 3  | Candyce   | Hall        | Nedbank WP         | 35:44 |
| 4  | Sheryl    | de Lange    | NBMC               | 37:03 |
| 5  | Busisiwe  | Matiwane    | Celtic Harriers    | 37:21 |
| 6  | Adele     | Waldron     | West Coast         | 39:21 |
| 7  | Elizabeth | de Gouveia  | Plexus Durbanville | 41:53 |
| 8  | Shanon    | Martin      | VOB                | 42:07 |
| 9  | Portia    | Adams       | NBMC               | 42:39 |
| 10 | Tyshia    | Johannes    | Gugs               | 43:31 |
| 11 | Cheryl    | Rudolph     | Easterns           | 44:01 |
| 12 | Taryn     | McDonald    | Celtic Harriers    | 44:28 |
| 13 | Zamasa    | Tiki        | Gugs               | 45:12 |
| 14 | Lindie    | Bouwer      | Nedbank WP         | 46:14 |
| 15 | Cleo-Ann  | Josephs     | UWC                | 46:45 |
| 16 | Julie     | Fritz       | Easterns           | 46:56 |
| 17 | Anzonias  | Joseph      | Telkom             | 47:25 |
| 18 | Mandisa   | Nqayi       | Gugs               | 48:11 |
| 19 | Inge      | Reissenzahn | Pinelands          | 48:55 |
| 20 | Griet     | Zakarian    | Ind                | 48:57 |

## SR. WOMEN

|    |               |            |                 |       |
|----|---------------|------------|-----------------|-------|
| 1  | Linda         | Hanekom    | Tygerberg       | 18:38 |
| 2  | Leanda        | Du Bruyn   | CPUT            | 18:59 |
| 3  | Tina-Mari     | Meyer      | Edgemead        | 19:01 |
| 4  | Lee-Shay      | Willemse   | Velocity        | 19:13 |
| 5  | Lucia         | Lewis      | ATC Running     | 19:54 |
| 6  | Madelé        | du Plessis | Edgemead        | 20:11 |
| 7  | Shaundrey-Lee | Farmer     | Eerste River    | 20:44 |
| 8  | Sonja         | Meyer      | UWC             | 20:51 |
| 9  | Chantal       | Links      | Eerste River    | 21:03 |
| 10 | Anel          | Terblanche | Celtic Harriers | 21:33 |
| 11 | Alexia        | Snyders    | Helderberg Harr | 24:03 |
| 12 | Kayde         | Hendricks  | Helderberg Harr | 24:17 |
| 13 | Melissa       | Bothma     | Edgemead        | 24:22 |
| 14 | Yvonne        | Valentine  | Helderberg Harr | 25:49 |
| 15 | Petra         | King       | Sanlam          | 26:15 |
| 16 | Candice       | Mazzolini  | VOB             | 26:33 |
| 17 | Robyn         | Ryk        | Velocity        | 26:53 |
| 18 | Renee         | Cupido     | Itheko          | 27:32 |
| 19 | Karen         | Wessels    | NBMC            | 27:34 |
| 20 | Lucinda       | Cloete     | Eerste River    | 28:01 |

## VETERAN WOMEN

|   |        |          |           |       |
|---|--------|----------|-----------|-------|
| 1 | Linley | Holmes   | Fish Hoek | 17:51 |
| 2 | Sheryl | de Lange | NBMC      | 18:02 |
| 3 | Wilna  | Eybers   | Strand    | 18:31 |

## MASTER WOMEN

|   |          |         |                 |       |
|---|----------|---------|-----------------|-------|
| 1 | Mariëtte | Strauss | Tygerberg       | 18:21 |
| 2 | Olga     | Howard  | Celtic Harriers | 19:02 |

|                       |         |           |                  |       |
|-----------------------|---------|-----------|------------------|-------|
| 3                     | Bev     | Charters  | VOB              | 20:24 |
| <b>G'MASTER WOMEN</b> |         |           |                  |       |
| 1                     | Pixie   | Sparg     | Celtic Harriers  | 23:21 |
| 2                     | Theresa | Isaacs    | VOB              | 24:48 |
| 3                     | Esmé    | September | Spartan Harriers | 26:04 |
| <b>U.19 (6 km)</b>    |         |           |                  |       |
| 1                     | Annie   | Bothma    | Helderberg Harr  | 20:18 |
| 2                     | Pamela  | Moyikwa   | VOB              | 21:37 |
| 3                     | Celeste | Renaud    | NBMC             | 21:53 |
| <b>U.17</b>           |         |           |                  |       |
| 1                     | Lolita  | Kieviato  | UWC              | 15:04 |
| 2                     | Kristen | Heath     | VOB              | 15:27 |
| 3                     | Tegan   | Pitt      | Fish Hoek        | 15:33 |

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## 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

### Steamboat Classic 4 Miles (40th)

Peoria, USA, 15 June  
(Certified loop course)

Note: Shadrack Kosgei won this classic American race for a record fifth time; he first won back in 2003. Women's champion Risper Gesabwa successfully defended her title. – Ed.

MEN (gun times)

|    |                            |       |        |
|----|----------------------------|-------|--------|
| 1. | Shadrack Kosgei, 28, KEN   | 18:05 | \$3000 |
| 2. | Wilson Kiprotich, 32, KEN  | 18:09 | 1500   |
| 3. | Patrick Cheptoeke, 27, KEN | 18:11 | 1000   |

WOMEN

|    |                               |       |        |
|----|-------------------------------|-------|--------|
| 1. | Risper Gesabwa, 24, KEN       | 20:42 | \$3000 |
| 2. | Diane Nukuri-Johnson, 28, BDI | 20:50 | 1500   |
| 3. | Chemtai Rionotukei, 26, KEN   | 22:22 | 1000   |

## TRACK

### Göteborg GP (Folksam GP)

Göteborg, SWE, 15 June

MEN

Race B:

|    |                                  |         |
|----|----------------------------------|---------|
| 1. | Rynhardt van Rensburg, 1992, RSA | 1:48.81 |
| 2. | Jan Van Den Broeck, 1989, BEL    | 1:49.44 |
| 3. | Joe Thomas, 1988, GBR            | 1:49.73 |



## New Balance Nationals Outdoor 2013

(USA Outdoor High School National Championships)  
Greensboro, USA, 14-16 June

### GIRLS

#### Mile:

Championship Sections (16) -  
Section 2:

- |                          |                 |         |
|--------------------------|-----------------|---------|
| 1. Wesley Frazier (1995) | 13 Raleigh, NC  | 4:39.66 |
| 2. Josette Norris        | 14 Tenaflly, NJ | 4:48.54 |
| 3. Stephanie Jenks       | 16 Aurora, IA   | 4:50.72 |

#### 2 Miles:

Championship Sections (15) -  
Section 2:

- |                          |                   |          |
|--------------------------|-------------------|----------|
| 1. Wesley Frazier (1995) | 13 Raleigh, NC    | 10:07.35 |
| 2. Annie Heffernan       | 15 Cincinnati, OH | 10:13.58 |
| 3. Hannah DeBalsi        | 16 Westport, CT   | 10:16.20 |

#### 5000 (15):

Section 2 (14) -

- |                          |                        |                |
|--------------------------|------------------------|----------------|
| 1. Wesley Frazier (1995) | 13 Raleigh, NC         | 15:55.94 MR/PB |
| 2. Erin Finn (1994)      | 13 West Bloomfield, MI | 16:17.89 PB    |
| 3. Bethanie Brown        | 13 Waterville, ME      | 16:41.84 PB    |



Wesley Frazier wins one of her three titles at the US High School National Championships. [Chris Lotsbom/Race Results Weekly]

## ExxonMobil Bislett Games

(6th stop of 2013 IAAF Diamond League)  
Oslo, NOR, 13 June

### MEN

#### Dream Mile (DL):

1. Ayanleh Souleiman, DJI, 3:50.53
2. Nixon Chepseba, KEN, 3:50.95 PB
3. James Kiplagat Magut, KEN, 3:51.11
4. Ilham Tanui Özbilen, TUR, 3:52.30
5. Collins Cheboi, KEN, 3:52.70
6. David Bustos, ESP, 3:53.40
7. Bethwell Birgen, KEN, 3:53.46
8. Andreas Vojta, AUT, 3:53.95
9. Johan Cronje, RSA, 3:54.86

#### 3000 s/chase (DL):

1. Conseslus Kipruto, KEN, 8:04.48
2. Ezekiel Kemboi, KEN, 8:07.00
3. Hillary Kipsang Yego, KEN, 8:09.01
4. Jaius Kipchoge Birech, KEN, 8:11.29
5. Gilbert Kiplangat Kirui, KEN, 8:12.36
6. Abel Kiprop Mutai, KEN, 8:19.93
7. Roba Gari, ETH, 8:24.66
8. Hamid Ezzine, MAR, 8:24.73

**WOMEN****800 (DL):**

1. Ekaterina Poistogova, RUS, 1:59.39
2. Nataliia Lupu, UKR, 1:59.59
3. Janeth Jepkosgei Busienei, KEN, 2:00.09
4. Fantu Magiso, ETH, 2:00.25
5. Nelly Jepkosgei, KEN, 2:00.52
6. Winny Chebet, KEN, 2:01.21
7. Laura Crowe, IRL, 2:02.69 PB
8. Clarisse Moh, FRA, 2:03.54

**5000 (DL):**

1. Meseret Defar, ETH, 14:26.90 WL
2. Viola Kibiwot, KEN, 14:33.48 PB
3. Genzebe Dibaba, ETH, 14:37.68
4. Margaret Wangari Muriuki, KEN, 14:40.48 PB
5. Mercy Cherono, KEN, 14:42.43
6. Buze Diriba, ETH, 14:50.02 PB
7. Agnes Jebet Tirop, KEN, 14:50.36 PB
8. Irene Chepet Cheptai, KEN, 14:57.56

**World Challenge de Dakar**

(IAAF World Challenge)

Dakar, SEN, 12 June

**MEN****1500:**

1. Daniel Kipchirchir Komen, KEN, 3:35.15
2. Tesfaye Cheru, ETH, 3:35.67
3. Hillary Cheruiyot Ngetich, KEN, 3:35.87
4. Abdelhadi Labäli, MAR, 3:35.95
5. Benson Seurei, KEN, 3:37.32
6. Mohammad Al-Azemi, KUW, 3:37.95
7. Teshome Dirirsa, ETH, 3:38.03
8. Juan van Deventer, RSA, 3:40.83

**WOMEN****3000:**

1. Almaz Ayana, ETH, 8:44.30
2. Bouaasayriya Kaltoum, MAR, 9:02.43
3. Hiwot Gebrekidan, ETH, 9:06.22
4. Alia Saeed Mohammed, UAE, 9:07.42
5. Mapaseka Makhanya, RSA, 9:08.87

**Nijmegen Global Athletics**

Nijmegen, NED, 12 June

**MEN****1500:****Race A:**

1. Jerry Motsau, RSA, 3:38.69
2. Jeroen d'Hoedt, BEL, 3:39.83
3. Adam Czerwinski, POL, 3:39.89
- ... 13. Dean Brummer, RSA, 3:46.79

5000:

1. Yitayal Atnafu, ETH, 13:19.46
2. Birhanu Legese, ETH, 13:19.84
3. Dame Tasama, ETH, 13:19.91
- ... 21. Armin Botha, RSA, 14:26.89

WOMEN

800:

Race A:

1. Sanne Versteegen, NED, 2:03.98
2. Lovisa Lindh, SWE, 2:04.50
3. Charlotte Schonbeck, SWE, 2:05.25
- ... 9. Mandie Brandt, RSA, 2:09.13

3000:

1. Tejitu Daba, BRN, 8:48.37
2. Alemitu Haroye, ETH, 8:50.40
3. Ruti Aga, ETH, 8:56.73
- ... 12. Nolene Conrad, RSA, 9:32.28

## Moscow Challenge

(IAAF World Challenge Series/Russian 10000 m Championships)

Moskva, RUS, 11 June

MEN

800:

1. Andre Olivier, RSA, 1:44.93
2. Yuriy Borzakovskiy, RUS, 1:45.24
3. Michael Rimmer, GBR, 1:45.34
- ... 5. Bram Som, NED, 1:48.21

## NEWS

### ELANA MEYER LAUNCHES ENDURANCE ACADEMY

The Rio Olympics may be a bit too soon for the SA Endurance Academy (Endurocad) to achieve its goals already, but it seems certain that Elana Meyer's new venture will significantly raise the standard of distance running in this country over the long term.

Meyer, arguably the best distance runner produced in South Africa who set six world records and won 30 SA titles, launched Endurocad earlier this month with the aim of becoming "the most proficient high performance endurance sports academy in Africa. It offers a complete suite of services to develop, support and manage world class distance runners."

Partnered by Investec Asset Management, Endurocad will cater for elite endurance athletes – in distance running, race walking, cycling and triathlon – and will provide a scientific approach to high performance, group training, sports and business management and skills and enterprise development. Athletes will be assisted to "make a living from their talent and to build a brand and business for life after sport".

The academy will comprise two tiers: firstly a "satellite squad" of 120-plus "very talented athletes" who will have access to coaching guidance and schedules, scientific daily on-line monitoring and nutrition guidance, and who will be able to participate in regional and high-altitude training camps; and secondly an "elite academy" of 40 of the country's best athletes, who will receive an annual bursary and have access to, inter alia, full board and

lodging, full coaching and management support, specialist medical and physiological support, scientific daily monitoring, all high performance facilities and training gear.

Endurocad's website is at [www.endurocad.co.za](http://www.endurocad.co.za). Meyer is the CEO and Janet Welham the Director.

## **AIMS WILL HONOUR WORLD'S BEST MARATHONERS**

Starting in November, the Association of International Marathons (AIMS) will honour the world's best male and female marathon runner with a new award. The first AIMS Best Marathon Runner Award gala will take place in Athens on 8 November.

The recipients of the awards will be nominated by the more than 350 AIMS members worldwide. Three men's and three women's names will be nominated; the AIMS Board of Directors will choose the winners.

At the same gala AIMS will also recognise and honour "exceptional marathon figureheads and personalities for their contribution to the development of the marathon movement", according to an AIMS media release.

Winners will receive a cash award of \$15 000; the other nominees will each receive \$5 000.

## **STATS TIME**

This week we include a list of the twenty men who have run the most sub-2:20 marathons in the world. Note the names of two Comrades record holders – Vladimir Kotov in fourth and Leonid Shvetsov in eleventh. Other famous names are Bong-ju Lee, Bill Rodgers and Abebe Mekonnen.

### **WORLD'S MOST SUB-2:20 MARATHONS**

|    |                              |           |
|----|------------------------------|-----------|
| 75 | Doug Kurtis (USA)            | 1980-1994 |
| 71 | Kjell-Erik Stahl (SWE)       | 1979-1995 |
| 47 | Eddy Hellebuyck (BEL=>USA)   | 1983-2003 |
| 46 | Vladimir Kotov (BLR)         | 1979-1999 |
| 45 | Fedor Ryzhov (RUS)           | 1983-2003 |
| 42 | Ric Sayre (USA)              | 1979-1993 |
| 42 | Belaye Wolashe (ETH)         | 1989-2006 |
| 41 | Yakov Tolstikov (RUS)        | 1980-1997 |
| 40 | Tesfaye Eticha (ETH)         | 1994-2009 |
| 39 | Giorgio Calcaterra (ITA)     | 1999-2008 |
| 10 |                              |           |
| 38 | Leonid Shvetsov (RUS)        | 1991-2008 |
| 38 | Bong-Ju Lee (KOR)            | 1990-2009 |
| 37 | Bill Rodgers (USA)           | 1974-1988 |
| 37 | Abebe Mekonnen (ETH)         | 1984-1998 |
| 37 | El Hadi Moumou (MAR=>FRA)    | 1992-1998 |
| 37 | Moges Taye (ETH)             | 1995-2010 |
| 36 | Osmiro daSilva deSouza (BRA) | 1986-2000 |
| 36 | Joshua Rop (KEN)             | 1999-2009 |
| 36 | James Muindi (KEN)           | 1993-date |
| 35 | Andrey Gordayev (RUS)        | 1997-2011 |
| 20 |                              |           |

## THIS MONTH IN HISTORY

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

### 20 years ago: 13 June 1993

One year after Willie Mtolo had become the first SA marathon runner to win an international race since South Africa's readmission to world athletics, Jan Tau scored the country's second successive win in the Enschede Marathon (then still called the Twente Marathon) when he took the 25th edition in 2:12:19. He beat Viktor Mosgovoy (RUS) and Tekeye Gebrselassie (ETH), while Weronika Troxler (POL) was the only woman under 3 hours with her 2:44:33. The previous year Tau had finished third in the SA Marathon in a personal best of 2:11:56, beating Josiah Thugwane by almost two minutes, but then failed to finish the Olympic Marathon.

## 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    | 28:12   | Stephen Mokoka                   | Manchester     | 26 May |
|          | 27:32A  | Isiah Koech (KEN)                |                |        |
|          | 26:44   | Leonard Patrick Komon (KEN) 2010 |                |        |
| 15 km    | 44:30   | Lusapho April                    | Port Elizabeth | 02 Mar |
|          | 43:38   | Ben True (USA)                   |                |        |
|          | 41:13   | Leonard Patrick Komon (KEN) 2010 |                |        |
| 21.1 km  | 63:36   | Stephen Mokoka                   | Cape Town      | 30 Mar |
|          | 58:41A  | Bernard Koech (KEN)              |                |        |
|          | 58:23   | Zersenay Tadese (ERI) 2010       |                |        |
| 25 km    | 78:45   | Lucky Mohale                     | Pretoria       | 04 May |
|          | 73:34   | Richard Kiprotich (KEN)          |                |        |
|          | 71:50   | Sammy Kosgei (KEN) 2010          |                |        |
|          | 71:18p  | Dennis Kipruto Kimetto (KEN)     |                |        |
| 30 km    | 1:34:30 | Nkosinathi Madyo                 | Camps Bay      | 06 Jan |
|          | 1:29:31 | Yuki Kawauchi (JPN)              |                |        |
|          | 87:49** | Haile Gebrselassie (ETH) 2009    |                |        |
| Marathon | 2:08:32 | Lusapho April                    | Hannover       | 05 May |
|          | 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   | 30:33 | Gert Thys                 | Durban       | 19 May |
|         | 28:51 | Paulo Catarino (POR) 2003 |              |        |
| 15 km   | 48:30 | Graham Katzen             | Duynefontein | 23 Feb |
|         | 44:14 | Pierre Levisse (FRA) 1992 |              |        |
| 21.1 km | 68:10 | Gert Thys                 | Wellington   | 01 May |

|          |         |                                                       |           |        |
|----------|---------|-------------------------------------------------------|-----------|--------|
|          | 62:28   | John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996 |           |        |
| 25 km    | 88:25   | Elias Mabane                                          | Pretoria  | 04 May |
|          | 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    | 33:31    | Reform Ndlovu             | Durban       | 19 May  |
|          | [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    | 1:46:22  | Philemon Mailola          | Pretoria     | 04 May  |
|          | 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   |          |                           |              |         |

Grandmasters (60+)

|          |         |               |            |        |
|----------|---------|---------------|------------|--------|
| 10 km    | 37:59   | Clive Owen    | Goodwood   | 02 Mar |
| 15 km    | 59:03   | Clive Owen    | Mamre      | 15 Jun |
| 21.1 km  | 86:20   | Awie Veldsman | Cape Town  | 30 Mar |
| 25 km    | 1:54:16 | Aubrey Watson | Pretoria   | 04 May |
| 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   | 29:06 | Namakoe Nkhasi             | Durban       | 19 May |
|         | 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 | 74:27 | Timothy Munzhelele         | Cape Town    | 30 Mar |
|         | 59:16 | Samuel Wanjiru (KEN) 2005  |              |        |

**WOMEN**Open

|         |       |                            |           |        |
|---------|-------|----------------------------|-----------|--------|
| 10 km   | 33:23 | Mapaseka Makhanya          | Cape Town | 17 Mar |
|         | 30:49 | Tirunesh Dibaba (ETH)      |           |        |
|         | 30:21 | Paula Radcliffe (GBR) 2003 |           |        |
| 15 km   | 51:11 | René Kalmer                | Germiston | 07 Apr |
|         | 48:48 | Sara-Isabel Moreira (POR)  |           |        |
|         | 46:28 | Tirunesh Dibaba (ETH) 2009 |           |        |
| 21.1 km | 74:25 | Irvette van Zyl            | Lisbon    | 24 Mar |
|         | 66:09 | Lucy Kabuu (KEN)           |           |        |
|         | 65:50 | Mary Keitany (KEN) 2011    |           |        |

|          |         |                            |        |        |
|----------|---------|----------------------------|--------|--------|
| 25 km    | 1:32:18 | Tanith Maxwell             | Berlin | 05 May |
|          | 1:21:35 | Lucy Kabuu (KEN)           |        |        |
|          | 79:53   | Mary Keitany (KEN) 2010    |        |        |
| 30 km    | 1:58:12 | Kim Laxton                 | Parow  | 16 Mar |
|          | 1:43:46 | Yuko Mizuguchi (JPN)       |        |        |
|          | 1:38:49 | Mizuki Noguchi (JPN) 2005  |        |        |
| Marathon | 2:31:26 | Irvette van Zyl            | London | 21 Apr |
|          | 2:20:15 | Priscah Jeptoo (KEN)       |        |        |
|          | 2:15:25 | Paula Radcliffe (GBR) 2003 |        |        |
| 100 km   | 6:33:11 | Tomoe Abe (JPN) 2000       |        |        |

Veterans (40+)

|          |          |                            |                  |        |
|----------|----------|----------------------------|------------------|--------|
| 10 km    | 37:06    | Janene Carey               | Durban           | 14 Apr |
|          | 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    | 1:56:17  | Vanessa Bowman             | Pretoria         | 04 May |
|          | 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    | 39:47    | Judy Bird                      | Durban        | 19 May |
|          | 34:44    | Tatyana Pozdniakova (UKR) 2005 |               |        |
| 15 km    | 61:12    | Judy Bird                      | Constantia    | 09 Mar |
|          | 54:33    | Shirley Matson (USA) 1991      |               |        |
| 21.1 km  | 88:01    | Jane Mudau                     | Benoni        | 14 Apr |
|          | 76:07    | Tatyana Pozdniakova (UKR) 2006 |               |        |
| 25 km    | 2:08:02  | Ina Lagerwall                  | Pretoria      | 04 May |
|          | 1:55:20A | Janette Schierz-Crusius        | Somerset 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   |          |                                |               |        |

Grandmasters (60+)

|          |          |                      |            |        |
|----------|----------|----------------------|------------|--------|
| 10 km    | 44:57    | Sonja Laxton         | Cape Town  | 17 Mar |
| 15 km    | 67:26    | Sonja Laxton         | Brakpan    | 28 Apr |
| 21.1 km  | 1:47:15  | Veronica van Niekerk | Wellington | 01 May |
| 25 km    | 2:47:55  | Liz Schochot         | Pretoria   | 04 May |
|          | 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   |          |                      |            |        |

Juniors

|       |       |                          |            |        |
|-------|-------|--------------------------|------------|--------|
| 10 km | 36:47 | Annie Bothma             | Durban     | 19 May |
|       | 31:42 | Zola Pieterse (RSA) 1984 |            |        |
| 15 km | 64:11 | Leigh Barrow             | Ravensmead | 27 Apr |

|         |         |                           |           |        |
|---------|---------|---------------------------|-----------|--------|
| 21.1 km | 49:40   | Ines Chenonge (KEN) 2001  | Cape Town | 30 Mar |
|         | 92:55   | Leigh Barrow              |           |        |
|         | 1:09:05 | Delilah Asiago (KEN) 1991 |           |        |

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