

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

Jenna Challenor (Boxer) produced the best performance of the weekend when she won the Totalsports Ladies Race 10 km in Durban in a personal best of 34:59, dipping one second under her previous PB, set in 2009. Poppy Mlambo was more than a minute behind.

Internationally, the Herculis Diamond League Meeting in Monaco saw outstanding performances in the distance events, especially the 1500 m (see Stats article below).

Readers of DRR who save their copies should note that issue number 13:24 (Vol. 13, No. 24) was numbered 07172013 in the filename, but it should be 06172013 (i.e., 17 June 2013). The date was correct at the top of the issue in the file itself.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Totalsports Ladies Race, Durban
- * Mooikloof Realtors 10 km, Pretoria
- * Drakenstein Half Marathon, Paarl

International highlights:

- * Semi-Marathon Marvejols Mende, Lozere, FRA
 - * Ägeriseelauf, Oberägeri, SUI
 - * Econet Victoria Falls Marathon & Zambezi Lite Half Marathon, Victoria Falls, ZIM
 - * Track: Savo Games, Lapinlahti, FIN; Herculis Meeting, Stade Louis II, MON; European Junior Championships (22nd), Rieti, ITA; Lahti Games, Lahti, FIN
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STATS

FABULOUS 1500 FOR FARAH IN MONACO

The fabulous 1500 m in Monaco last week produced two changes to the top ten men on the all-time list. Former Olympic champion Asbel Kiprop moved into fourth on the list with his 3:27.72, behind world record holder Hicham El Guerrouj, Bernard Lagat and Noureddine Morceli. But the most extraordinary performance in the race came from Mo Farah, who is the Olympic champion in the much longer 5000 m and 10000 m – yet he broke the European record of Fermin



Asbel Kiprop, with Mo Farah in the background, on his way to his 3:27.72 in Monaco.
[Track & Field News]

Cacho as well as the British record of Steve Cram, which has been standing for almost 30 years, with his 3:28.81!

In a wonderful twist of fate, Cram had to do TV commentary on Farah's performance. Cram's 3:29.67, run in Nice in 1985, now places him 20th on the all-time list.

Farah is only the third runner in history, after Paavo Nurmi and Sándor Iharos, to hold the European records for 1500 m and 10000 m (26:46.57) at the same time.

It should be noted that El Guerrouj, who ran under 3:28 nine times (plus another seven times under 3:29), owns seven of the top ten performances on the all-time list. Lagat is the only other runner who has more than two sub-3:28 times; he has three.

Here are the all-time top twenty men:

3:26.00	Hicham El Guerrouj (MAR)	Rome	14 Jul 98
3:26.34	Bernard Lagat (KEN)	Brussels	24 Aug 01
3:27.37	Noureddine Morceli (ALG)	Nice	12 Jul 95
3:27.72	Asbel Kiprop (KEN)	Monaco	19 Jul 13
3:28.12	Noah Ngeny (KEN)	Zurich	11 Aug 00
3:28.81	Mohamed Farah (GBR)	Monaco	19 Jul 13
3:28.95	Fermin Cacho (ESP)	Zurich	13 Aug 97
3:28.98	Mehdi Baala (FRA)	Brussels	05 Sep 03
3:29.02	Daniel Kipchirchir Komen (KEN)	Rome	14 Jul 06
3:29.14	Rashid Ramzi (BRN)	[10] Rome	14 Jul 06
3:29.18	Vénuste Niyongabo (BDI)	Brussels	22 Aug 97
3:29.27	Silas Kiplagat (KEN)	Monaco	22 Jul 10
3:29.29	William Chirchir (KEN)	Brussels	24 Aug 01
3:29.46	Saïd Aouita (MAR)	Berlin	23 Aug 85
3:29.46	Daniel Komen (KEN)	Monaco	16 Aug 97
3:29.47	Augustine Choge (KEN)	Berlin	14 Jun 09
3:29.50	Caleb Ndiku (KEN)	Monaco	19 Jul 13
3:29.51	Ali Saïdi-Sief (ALG)	Lausanne	04 Jul 01
3:29.53	Amine Laâlou (MAR)	Monaco	22 Jul 10
3:29.67	Steve Cram (GBR)	Nice	16 Jul 85

ROAD RUNNING

Totalsports Ladies Race

Durban, 21 July

(Distance: 10 km; certified loop course of 4 km with 2.5 km out-and-back section and a closing 1 km)

1. Jenna Challenor (Boxer) 34:59 (R2500)
2. Poppy Mlambo (Boxer) 36:11 (R1250)
3. Thabisa Sirayi (Lions) 37:04 (R750)
4. Mthethwa Nomcebo (uMhlathuze) 37:53 (R500)
5. Silindile Chili (Chester) 38:45 (1st jun) (R400)
6. Debbie Perry (Boxer) 39:21 (R300)
7. Sarah King (Ned) 39:22 (R200)
8. Shani Silver (Boxer) 39:40 (1st vet) (R100)
9. Caylee Ellero (Bluff) 39:58
10. Sthembile Radebe (Shongweni) 40:26

40-49: 1. Shani Silver (Boxer) 39:40 (R750), 2. Maureen Slack (West) 43:03 (R400), 3. Jenny Tyers (West) 45:54 (R200). **50-59:** 1. Grace de Oliveira (Boxer) 42:32 (R750), 2. Janine Engels (PDAC) 44:32 (R400), 3. Blanche Moila (Savages) 46:29 (R200). **60-69:** 1. Sandy Fismer (Hilton) 48:11 (R500), 2. Pat Fisher (Stella) 51:58 (R200), 3. Aletta Englenbrecht (Ind) 1:00:53 (R100). **70+:** 1. Gill Tregenna (West) 55:07 (R250), 2. Hester Bekker (Stella) 1:09:21 (R100), 3. Elizabeth Howard Davies (AN) 1:22:27 (R50). **Juniors:**

1. Silindile Chili (Chester) 38:45 (R1000), 2. Caylee Ellero (Bluff) 39:58 (R750), 3. Sthembile Radebe (Shongweni) 40:26 (R500).

Mooikloof Realtors 10 km

Pretoria, 20 July

(Weather: Very cold)

Note: This race was previously known as the Fanie Booysen Ice Breaker. – Ed.

MEN

1. Altus Badenhorst (Ned) 33:18; 2. Musa Nkosi (Ind) 34:47; 3. Elias Mabane (Ned) 35:47 (1st vet).

Veterans: 1. Elias Mabane (Ned) 35:47; 2. Leon Baker (Break) 39:36. **Masters:** 1. Nuno Thomaz (New Balance) 39:12; 2. Colin Fisher (CSIR) 42:34. **G'masters:** 1. Wallie Weder (Agape) 49:43. **G/g'masters:** 1. Patrick Mafilika (Ned) 50:47. **Juniors:** 1. Heuer Joubert (Tuks) 40:05.

WOMEN

1. Myrette Filmalter (Nedbank) 38:01; 2. Leani Grimes (Tuks) 41:57; 3. Paulina Phaho (Transnet) 43:40 (1st vet).

Veterans: 1. Paulina Phaho (Transnet) 43:40; 2. Carien Visser (Tuks) 44:08. **Masters:** 1. Ansa Strydom (Overkruin) 47:50; 2. Connie Blom (New Balance) 49:19. **G'masters:** 1. Marilyn Moore (Break) 58:37. **G/g'masters:** 1. Deidre Larkin (Randburg Harriers) 61:25. **Juniors:** 1. Monique de Bruyn (Agape) 43:59.

Drakenstein Half Marathon

Paarl, 29 June

(Distance: 21.1 km. Finishers: 147.)

Note 1: The results of this race were very incomplete, with many gaps (e.g., three names are missing in the top eight), so only the top three men and women are given here. The winner, Danzil Paulse, was indicated as being a junior, although he is not. He should not have received the junior prize money. – Ed.

Note 2: The times appear to be quite fast, especially those of the first three runners. Using the RTB (Race Time Bias) 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, the figure (using five time comparisons), is -5.5 sec/km, just over the allowable limit of -5 sec/km. The times will therefore not be used for statistical purposes. – Ed.

MEN

1	Danzil Paulse	Easterns	1:06:54
2	Tsungai Mwanengeni	ZIM/NBMC	1:08:24
3	Dicardo Jakobs	Nedbank	1:09:28

WOMEN

1	J Nel	NBMC	1:31:35
2	L Willemse	Velocity	1:34:34
3	T Rogers	Foresters	1:36:42

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

Semi-Marathon Marvejols Mende (41st)

Lozere, FRA, 21 July

(Distance: 22.4 km; very hilly with two big climbs; the first gains 325 m from 4.9 km to 9.1 km; the second gains 207 m from 14 km to 19.9 km)

MEN (gun times) -

1. Franklin Chepkwony, KEN, 1:12:00
2. Luka Kanda, KEN, 1:12:28
3. Samson Kiflemariam, ERI, 1:12:54
4. Nicholas Kiprono, UGA, 1:13:44
5. Abebe Negewo, ETH, 1:13:49

WOMEN

1. Ednah Kimaiyo, KEN, 1:26:44
2. Tetyana Vernygor, UKR, 1:30:00
3. Jemila Wortesa, ETH, 1:31:07
4. Martha Komu, FRA, 1:31:22
5. Natalia Starkova, RUS, 1:31:27

Ägeriseelauf (15th)

Oberägeri, SUI, 19 July

(Distance: 14.5 km; loop course around a lake with no start/finish separation)

MEN (extended gun times)

1. Viktor Röthlin, 1974, SUI 44:39.1
2. Estefanus Hailemichael, 1982, ERI 45:47.7
3. Samuel Kisang, 1979, SUI 46:26.0

WOMEN (extended gun times)

1. Renate Wyss, 1985, SUI 50:41.1
2. Emma Pooley, 1982, SUI 51:49.8
3. Sabine Reiner, 1981, AUT 51:58.2

Econet Victoria Falls Marathon & Zambezi Lite Half Marathon

Victoria Falls, ZIM, 14 July

(Distances: 42.195 km & 21.1 km. Finishers: marathon – 102; half marathon – 330.)

Marathon

MEN

1	Nkosiya	Sibanda	32	ZIM	2:19:11
2	Leonard	Koki	35	ZIM	2:23:54
3	Collin	Parura	28	ZIM	2:24:29
4	Lyno	Muchena	25	ZIM	2:24:52
5	Charles	Soza	30	ZIM	2:29:34

Veterans:

1	Patrick	Chipoyi	53	ZIM	2:43:42
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WOMEN

1	Samukeliso	Moyo	39	ZIM	2:54:44
2	Chiyedza	Chokore	35	ZIM	2:57:49
3	Muchaneta	Gwata	28	ZIM	3:06:07
4	Monica	Kativhu	33	ZIM	3:16:26
5	Doris	Bechi	30	KEN	3:21:24

Veterans:

1	Vanessa	Williams	40	GBR	3:47:46
2	Tammy	Dennill	47	RSA	4:04:18

Half marathon

MEN

1	Wirimayi	Juwawo	33	ZIM	1:05:50
2	Jonathan	Chinyoka	23	ZIM	1:06:00
3	Edwin	Chimombo	31	ZIM	1:06:27
4	Phathisa	Ngwabi	23	ZIM	1:06:37
5	Rabson	Chigara	34	ZIM	1:06:42

Veterans:

1	Willard	Gobah	45	ZIM	1:24:13
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WOMEN

1	Constance	Nyasango	23	ZIM	1:18:56
2	Alicen	Manake	22	ZIM	1:21:09
3	Sithulisiwe	Zhou	20	ZIM	1:22:22
4	Fortunate	Chidzivo	26	ZIM	1:24:03
5	Jennipher	Mweembe	26	ZIM	1:32:48

Veterans:

1	Sandi	Koenig	47	RSA	1:57:13
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TRACK**Savo Games**

Lapinlahti, FIN, 21 July

MEN

3000 s/chase:

1. Chris Winter, CAN, 8:28.92
2. Youcef Abdi, AUS, 8:35.79
3. Taylor Milne, CAN, 8:39.86
4. Ruben Ramolefi, RSA, 8:43.90

WOMEN

800:

1. Caster Semenya, RSA, 2:04.48
2. Heather Wilson, USA, 2:04.79
3. Sini Mole Markose, IND, 2:05.07

Herculis Meeting

(10th stop of 2013 IAAF Diamond League)

Stade Louis II, MON, 19 July

MEN**800 (DL):**

1. Duane Solomon, USA, 1:43.72
2. Pierre-Ambroise Bosse, FRA, 1:43.76 PB
3. Kevin López, ESP, 1:43.93
4. Marcin Lewandowski, POL, 1:44.20
5. Rafith Rodríguez, COL, 1:44.33
6. Tyler Mulder, USA, 1:44.34 PB
7. Timothy Kitum, KEN, 1:44.45
8. Ferguson Rotich Cheruiyot, KEN, 1:44.89

1500:

1. Asbel Kiprop, KEN, 3:27.72 PB/WL
2. Mo Farah, GBR, 3:28.81 AR
3. Caleb Ndiku, KEN, 3:29.50 PB
4. Bethwell Birgen, KEN, 3:30.77 PB
5. Ilham Tanui Özbilen, TUR, 3:31.30 NR
6. Collins Cheboi, KEN, 3:31.53 PB
7. Bob Tahri, FRA, 3:32.73 PB
8. Matthew Centrowitz, USA, 3:33.58
9. Florian Carvalho, FRA, 3:33.59
10. Nick Symmonds, USA, 3:34.55 PB
11. Simon Denissel, FRA, 3:37.73
12. Hamza Driouch, QAT, 3:39.13
13. Leo Manzano, USA, 3:44.59

5000 (DL):

1. Edwin Soi, KEN, 12:51.34 PB/WL/MR
2. Albert Rop, 1994, BRN, 12:51.96 AR
3. Isiah Koech, KEN, 12:56.08
4. Thomas Longosiwa, KEN, 12:59.81
5. Lawi Lalang, KEN, 13:00.95 PB
6. Galen Rupp, USA, 13:05.17
7. Augustine Choge, KEN, 13:11.02
8. Ben True, USA, 13:13.98
- Bernard Lagat, USA, DNF

WOMEN**1500:**

1. Jenny Simpson, USA, 4:00.48
2. Hellen Obiri, KEN, 4:00.93
3. Brenda Martinez, USA, 4:00.94 PB
4. Shannon Rowbury, USA, 4:01.28
5. Gabriele Anderson, USA, 4:01.48 PB
6. Viola Kibiwot, KEN, 4:02.50
7. Mimi Belete, BRN, 4:03.63
8. Nancy Jebet Langat, KEN, 4:03.91
9. Gelete Burka, ETH, 4:04.36
- ... 12. Maryam Yusuf Jamal, BRN, 4:07.31

3000 s/chase:

1. Milcah Chemos Cheywa, KEN, 9:14.17
2. Lydia Chepkurui, KEN, 9:15.18

3. Fancy Cherotich, KEN, 9:36.82
4. Shalaya Kipp, USA, 9:37.23
5. Eilish McColgan, GBR, 9:45.72
6. Jamie Cheever, USA, 9:49.48
7. Claire Perraux, FRA, 9:51.95
8. Clarisse Cruz, POR, 10:24.47

European Junior Championships (22nd)

Rieti, ITA, 18-21 July

MEN

800 (21):

- | | | |
|-------------------------------|---------|--------|
| 1. Patrick ZWICKER, GER, 1994 | 1:49.58 | Gold |
| 2. Aaron BOTTERMAN, BEL, 1994 | 1:49.80 | Silver |
| 3. Leo MORGANA, FRA, 1994 | 1:50.04 | Bronze |

1500 (20):

- | | | |
|---------------------------------|---------|--------|
| 1. Jake WIGHTMAN, GBR, 1994 | 3:44.14 | Gold |
| 2. Süleyman BEKMEZCI, TUR, 1995 | 3:44.45 | Silver |
| 3. Julius LAWNIK, GER, 1995 | 3:45.43 | Bronze |

5000 (20):

- | | | |
|-------------------------------|----------|--------|
| 1. Ali KAYA, TUR, 1994 | 13:49.76 | Gold |
| 2. Samuele DINI, ITA, 1994 | 14:36.25 | Silver |
| 3. Jonathan DAVIES, GBR, 1994 | 14:36.62 | Bronze |

10000 (18):

- | | | |
|----------------------------|----------|--------------|
| 1. Ali KAYA, TUR, 1994 | 28:31.16 | CR/NJR* Gold |
| 2. Lorenzo DINI, ITA, 1994 | 29:31.11 | PB Silver |
| 3. Dino BOŠNJAK, CRO, 1994 | 29:59.07 | Bronze |

3000 s/chase (21):

- | | | |
|-------------------------------|---------|-----------|
| 1. Zak SEDDON, GBR, 1994 | 8:45.91 | Gold |
| 2. Viktor BAKHAREV, RUS, 1994 | 8:47.81 | Silver |
| 3. Ersin TEKAL, TUR, 1995 | 8:54.54 | PB Bronze |

WOMEN

800 (20):

- | | | |
|-----------------------------------|---------|-----------|
| 1. Aníta HINRIKSDÓTTIR, ISL, 1996 | 2:01.14 | Gold |
| 2. Olena SIDORSKA, UKR, 1994 | 2:01.46 | Silver |
| 3. Christina HERING, GER, 1994 | 2:03.11 | PB Bronze |

1500 (21):

- | | | |
|-----------------------------------|---------|-----------|
| 1. Nataliya PRYSHCHEPA, UKR, 1994 | 4:18.51 | Gold |
| 2. Sofia ENNAOUI, POL, 1995 | 4:20.20 | Silver |
| 3. Aurora DYBEDOKKEN, NOR, 1995 | 4:21.27 | PB Bronze |

3000 (20):

- | | | |
|--------------------------------|---------|-----------|
| 1. Emelia GORECKA, GBR, 1994 | 9:12.53 | SB Gold |
| 2. Emine Hatun TUNA, TUR, 1995 | 9:25.83 | PB Silver |
| 3. Anna PETROVA, RUS, 1994 | 9:30.00 | Bronze |

5000 (21):

- | | | |
|--------------------------------|----------|-----------|
| 1. Jip VASTENBURG, NED, 1994 | 16:03.31 | Gold |
| 2. Oona KETTUNEN, FIN, 1994 | 16:03.79 | PB Silver |
| 3. Elena KUDASHKINA, RUS, 1994 | 16:08.12 | Bronze |

3000 s/chase (20):

1. Oona KETTUNEN, FIN, 1994	9:45.51 NJR	Gold
2. Marusa MIŠMAŠ, SLO, 1994	9:51.15 NJR/NR	Silver
3. Maya REHBERG, GER, 1994	10:00.04 PB	Bronze

Lahti Games

Lahti, FIN, 17 July

MEN

3000 s/chase:

1. Jonathan Ndiku, KEN, 8:25.08; 2. Alex Genest, CAN, 8:25.75; 3. Chris Winter, CAN, 8:33.13; ... 8. Ruben Ramolefi, RSA, 8:54.56

WOMEN

800: 1. Caster Semenya, RSA, 2:06.58; 2. Charlene Lipsey, USA, 2:06.96; 3. Rachel Aubry, CAN, 2:07.13.

STATS TIME

This week we include a list of the top ten women in the 10 km. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed. Three athletes – Mapaseka Makhanya, Lebo Phalula and Zintle Xiniwe – dominate the list, with eleven performances among them.

2013 10 KM: TOP 10 WOMEN

32:49	Mapaseka Makhanya	1	Durban	23 Jun
33:23	Makhanya-2	2	Cape Town	17 Mar
33:36	Dinah Lebo Phalula	2	Port Elizabeth	04 May
33:41	Zintle Xiniwe	3	Cape Town	17 Mar
33:48	Phalula-2	1	Durban	19 May
33:50	René Kalmer	4	Cape Town	17 Mar
33:55	Christine Kalmer	2	Durban	19 May
33:55	Phalula-3	1	Pretoria	16 Feb
33:59	Irvette van Zyl	5	Cape Town	17 Mar
34:03	Makhanya-3	3	Port Elizabeth	04 May
34:03	Nolene Conrad	6	Cape Town	17 Mar
34:19	Makhanya-4	2	Pretoria	16 Feb
34:20	Charné Bosman	1	Pretoria	21 Mar
34:23	Cornelia Joubert	4	Port Elizabeth	04 May
34:26	Xiniwe-2	1	Stellenbosch	20 Feb
34:34	Phalula-4	10	Casablanca	02 Jun
34:36	Xiniwe-3	1	Goodwood	02 Mar
34:50	Thozama April	6	Port Elizabeth	04 May

THIS MONTH IN HISTORY

40 years ago: 13 July 1973

In recent years Dave Bedford made a name for himself as the race organiser of the London Marathon, in which he succeeded year after year to bring together the most splendid male and female fields available. But he also tasted success in the British capital during his running days. On this day Bedford wrote his own piece of history when he ran a world record of 27:30.8 for 10000 metres in the AAA Championships, bettering the famous 27:38.4 by

Lasse Viren in the 1972 Olympics. In 8th place Henk Altmann broke Ewald Bonzet's South African record with 28:47.9. Altmann's time was never submitted for record approval, and four weeks later Andries Krogmann ran 28:27.2 in Arnhem, Holland.

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)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		02 Mar
	44:30	Lusapho April	Port Elizabeth	
21.1 km	43:38	Ben True (USA)		30 Mar 06 Jul
	41:13	Leonard Patrick Komon (KEN) 2010		
	63:36	Stephen Mokoka	Cape Town	
	63:11A	Lloyd Bosman	Knysna	
25 km	58:41A	Bernard Koech (KEN)		04 May
	58:23	Zersenay Tadese (ERI) 2010		
	78:45	Lucky Mohale	Pretoria	
	73:34	Richard Kiprotich (KEN)		
30 km	71:50	Sammy Kosgei (KEN) 2010		06 Jan
	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:34:30	Nkosinathi Madyo	Camps Bay	
	1:29:31	Yuki Kawauchi (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		05 May
	2:08:32	Lusapho April	Hannover	
	2:04:45	Lelisa Desisa (ETH)		
100 km	2:03:38	Patrick Makau (KEN) 2011		
	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	70:17	Masibulele Heugh	Port Elizabeth	29 Jun
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	32:49	Mapaseka Makhanya	Durban	23 Jun
	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	36:43	Zola Pieterse	George	29 Jun
	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	56:41	Annie Bothma	Eersterivier	22 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	86:01	Slindile Chili	Richards Bay	30 Jun
	1:09:05	Delilah Asiago (KEN) 1991		

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