

Distance Running Results

Vol. 13, No. 32 – 12 August 2013

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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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Publisher: Riël Hauman

EDITORIAL

Two years ago in Daegu Mo Farah was surprised by Ibrahim Jeilan (ETH), who outkicked him for gold in the 10000 metres at the World Championships. Farah said afterwards that he had never heard of Jeilan, but would never forget him. On Saturday in Moscow Farah was prepared for Jeilan's speed and, with his own blistering kick over the last lap, won the gold medal in 27:21.71 to add to the two gold medals he won in London last year.

Farah spent most of the race in the pack slowly moving up to avoid trouble. He got serious with two laps to go, ran that lap in 60.6 seconds, but really dropped the hammer for the last circuit where he was clearly sprinting flat out in the final 200 m to hold off Jeilan and Paul Tanui, who was close behind. He clicked off the last lap in 55.5 seconds to put the race away.

"At two hundred meters again I could see he was making his move, trying on the outside," Farah said of Jeilan. "He was right there and I was thinking that, 'not again, not again, not again,' and had just that little bit more. It was definitely worth it."

Farah's training partner Galen Rupp, second behind him in London, finished fourth this time. The third American, Dathan Ritzenhein, finished tenth, giving coach Alberto Salazar three men in the top 10. Both Farah and Rupp will double back for the first round of the 5000 m tomorrow.

Farah ended the Ethiopian streak in the 10000 m at five, and his winning time is also the fastest ever on Russian soil – replacing the 27:42.69 by Miruts Yifter at the 1980 Olympics. But in the women's race the Ethiopians reigned supreme when another trademark sprint finish gave Tirunesh Dibaba her third world title – the first woman to do so.

Dibaba's time was 30:43.37, but it was her last lap of 59.98 that was most impressive. None of the other women could match that. "That is what I planned," Dibaba told reporters later. She has also won two world titles over 5000 m.

Many fans had hoped that Dibaba would race against Meseret Defar in the 5000 m, but she had only entered the longer race. A reporter pressed her on why this was, and she responded that it had nothing to do with fearing her longtime rival, but was rather a decision by the Ethiopian federation to allow younger athletes to have a chance at competing in a World Championships.

The very first final of the Championships, the women's marathon, was an intriguing race, with Italian record holder Valeria Straneo showing tremendous courage in taking the lead from the start in the difficult conditions. She reached 10 km at 2:24:30 pace and over the next 30 km the pressure she applied shook off one rival after another.

Straneo led until 40 km, when she was passed by defending champion Edna Kiplagat, who displayed great patience (and confidence) after a rather slow start. "My body was tired from the start," Kiplagat admitted afterwards. "When we started the race it did not react immediately, so I had to start running slowly." She added: "It was hard for me."

Kiplagat won in 2:25:44 to become the first woman to successfully defend her marathon title. Straneo was just 14 sec behind.

South Africa's Tanith Maxwell, who described the marathon as "a war zone", could finish only 42nd in 2:56:37. In an e-mail Maxwell said she had severe stomach problems that started just after her arrival in Moscow after a 33-hour flight. The South Africans have no team doctor, so she had difficulty obtaining medicine. She admitted that she "went out on a suicidal pace" (she reached 10 km in 37:54) and that the heat and humidity made many athletes pay the price of a too fast start. A total of 23 dropped out.

This issue includes the results of the marathon and the two 10000-metre finals (the only distance finals so far). Complete results, heats included, will be published next week.

In two of the regular series of park runs over 5 km that are held in various locations across the country, Jenna Challenor recorded 16:35 in Durban (North Beach), while Gladwin Mzazi and Ettiene Plaatjies clocked 15:12 and 15:18 respectively in Stellenbosch.

Not many people outside Norway probably know the name Helge Hafsås, but he has built a rather remarkable marathon career over the last two decades. Hafsås recently won the Hornindalsvatnet Marathon in 2:48:33 – the 17th time that he has won this race (which has had 22 runnings). Hafsås, who has 160 marathon wins in his career, now owns the world record for the most wins within a single marathon series. The South African record for most wins in a single race series belongs to Michael McDermott, who won the Harrismith Mountain Race sixteen times. The world record stands behind the name of David Wakeling (GBR), who won the Gatliff 50 km nineteen times between 1989 and 2011!

Riël Hauman

INCLUDED IN THIS ISSUE:

- * McKenna Scott Pinelands 10 km, Pinelands
- * HFGPA Old Eds Half Marathon & 10 km, Johannesburg
- * Build It Nongoma Half Marathon, Nongoma
- * ReMax Wierie Half Marathon & 10 km, Pretoria
- * Jive Women's Day Challenge 10 km, Bellville
- * Castle Walk 10 km, Pretoria
- * Totalsports Ladies Race 10 km, Stellenbosch
- * Totalsports Ladies Race 10 km, Johannesburg
- * Checkout Ladies 10 km, Durban
- * Medunsa Half Marathon & 10 km, Pretoria
- * PPC Riebeeckberg Marathon, Half Marathon & 10 km, Riebeeck West
- * XC: Eastern Cape Championships, Port Elizabeth; KZN Championships, Pinetown; Mpumalanga Leagues, Badplaas & Delmas

International highlights:

- * New Balance Falmouth Road Race, Woods Hole to Falmouth Heights, USA
 - * Sun-Herald City to Surf 14 km, Sydney, AUS
 - * IAAF World Championships Women's Marathon, Moscow, RUS
 - * Track: IAAF World Championships, Moscow, RUS
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ROAD RUNNING

McKenna Scott Pinelands 10 km

Pinelands, 11 August

(Certified flat two-loop course. Weather: Cold with wind. Finishers: 832.)

MEN

1. Mthandazo Qhina (Ned) 30:54
2. Sityhilo Diko (Ned) 31:25
3. Peter Tsawayo (ZIM/Gugs) 31:32

Veterans: 1. Xolile Macanda (Gugs) 33:57; 2. Roger Diickson (VOB) 34:31; 3. Sabelo Ngcwama (Celtic) 35:02. **Masters:** 1. Goodman Mpukane (Gugs) 38:19; 2. Shafiek Cassiem (Itheko) 38:49; 3. Gerald Sullivan (Durb) 38:53. **G'masters:** 1. Barry Bester (Durb) 41:38; 2. Albert Williams (Top) 43:54; 3. Paul San Giorgio (VOB) 44:22. **G/g'masters:** 1. Chet Sainsbury (Celtic) 54:13. **Juniors:** 1. Lukhanyo Nobakada (VOB) 32:41; 2. Babalo Hambu (Itheko) 33:33; 3. Mehdu Ntembeko (Gugs) 35:10.

WOMEN

1. Anneline Roffey (NBMC) 37:55
2. Candyce Hall (Ned) 38:54
3. Colleen de Oliveira (NBMC) 40:36

Veterans: 1. Chantal Simpson (Ned) 42:47; 2. Clare Cussons (VOB) 42:56; 3. Janet Adam (Harf) 44:17. **Masters:** 1. Charmaine Cupido (Ned) 46:52; 2. Cailey Bredenkamp (Paarl) 51:57; 3. Naomi Badenhorst (VOB) 54:27. **G'masters:** 1. Helen du Plessis (Tyger) 50:42; 2. Pixie Sparg (Celtic) 51:08; 3. Marietha Herbert (Bell) 51:31. **G/g'masters:** 1. Jean Cammidge (FH) 62:51. **Juniors:** 1. Nthuseng Lolwana (VOB) 41:23; 2. Londeka Miya (Gugs) 47:56; 3. Samantha Rietman (Celtic) 42:32.

HFFA Old Eds Half Marathon & 10 km

Johannesburg, 11 August

(Distances: 21.1 km & 10 km; loop courses. Weather: Very cold.)

Half marathon

MEN

1. Siyabonga Makhaluza (GS) 68:06; 2. Paul Nyamachere (ZIM/Ned) 68:37; 3. Frik Guys (Ned) 69:44.

Veterans: 1. Zongamele Dyubeni (Bid) 72:24; 2. Sipho Ncube (ZIM/Toy) 74:30; 3. Elias Mabane (Ned) 76:25. **Masters:** 1. Reform Ndlovu (Rand) 80:21; 2. Tony Silva (Bed) 80:26; 3. Arnold Geerds (RAC) 89:31. **G'masters:** 1. Stephen Seema (SAPS) 94:09.

WOMEN

1. Cornelia Joubert (Ned) 81:28; 2. Frehiwot Tadesse (ETH/Ned) 87:22; 3. Paula Quinsee (Comp) 90:23 (1st vet).

Veterans: 1. Paula Quinsee (Comp) 90:23; 2. Michelle Kellock (Bed) 92:05; 3. Vanessa Bowman (Kemp) 1:42:44. **Masters:** 1. Connie Blom (NB) 1:49:25; 2. Pam Hampton (Sunning) 1:55:39; 3. Estelle Viljoen (Kemp) 1:56:44. **G'masters:** 1. Elaine Greenblatt (RAC) 2:02:38.

10 km

MEN

1. Derocious Makhobalo (SI) 31:13; 2. Givemore Mudzinganyama (ZIM/Bid) 31:40; 3. Lebogang Khonbobe (Toy) 32:39.

Veterans: 1. Belay Hagos (ETH/ADT) 34:46; 2. Never Matiya (Wand) 34:49; 3. Tokyo Mofokeng (SC) 35:53. **Masters:** 1. Dan Mothibe (NB) 37:04; 2. Dean Passmore (Boks) n/t; 3. Sontaga Mabale (Break) 40:21. **G'masters:** 1. Mike Hirst (Strid) 40:24.

WOMEN

1. Nolene Conrad (Ned) 37:54; 2. Lauren Dance (Ind) 40:08; 3. Goodness Lichaba (SI) 42:53.

Veterans: 1. Jillian Corona (Boks) 45:09; 2. Sarah Mahlangu (Toy) 45:32; 3. Asalina Nyathi (Post) 47:37. **Masters:** 1. Sandra Brookstone (Ind) 46:49; 2. Riëtte van der Merwe (Ned) 50:05; 3. Selinah Netshisaulu (RAC) 51:51. **G'masters:** 1. Jenny Robertshaw (Rockies) 64:11.

Build It Nongoma Half Marathon

Nongoma, 11 August
(Distance: 21.1 km)

MEN

1	Siyabonga	Nkonde	Boxer	1:07:05
2	Samuel	Pazanga	ZIM/Maxed	1:08:15
3	Mangaile	Khatoane	Phantane	1:09:41
4	Sithembele	Fanekho	Boxer	1:11:24
5	Ayanda	Mncube	Ebhleni	1:11:44

Veterans:

1	Sfiso	Mthiyane	NRB	1:23:30
2	Thokozani	Sibiya	NRB	1:30:57
3	Wilson	Maphalala	Msukaligwa	1:32:42

Masters:

1	Sipho	Majombozi	Boxer	1:31:07
2	Sabelo	Ndlovu	Vryheid	1:48:19

G'masters:

1	Gerald	Thabede	Nongoma	2:48:19
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Juniors:

1	Ayanda	Mncube	Ebhleni AC	1:11:44
2	Patrick	Nkosi	NRB AC	1:48:19

WOMEN

1	Peres	Jepchirchir	KEN/Maxed	1:20:41
2	Slindile	Chili	Chesterville	1:27:43 (1 st jun)
3	Zovuyo	Ncathama	Boxer	1:38:57
4	Phumzile	Maphalala	Msukwaligwa	1:43:26
5	Iris	Ndlovu	NRB	1:44:51

Veterans:

1	Priscilla	Dlamini	Toyota	1:51:14
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Juniors:

1	Slindile	Chili	Chesterville	1:27:43
2	Andile	Cebekhulu	NRB	2:05:21

ReMax Wierie Half Marathon & 10 km

Pretoria, 10 August

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 750; 10 km – 925.)

Half marathon

MEN

1 Derocious Makhobalo (Sports Interchange) 67:25; 2 Elija Mogoboya (Nedbank) 68:45; 3 Michael Rutto (KEN/Toyota) 69:01.

Veterans: 1 Siphon Ncube (ZIM/Toyota) 76:29; 2 Elias Mabane (Nedbank) 77:06; 3 Jackson Seanego (New Balance) 79:28. **Masters:** 1 Klaus Bartels (Boksburg) 88:36; 2 Dieter Stapel (BNAC) 89:54; 3 Chris Fuller (RAC) 92:56. **G'masters:** 1 John Woodnutt (Morningside) 95:21; 2 Arthur Valasis (Hamlet Online) 1:45:05. **G/g'masters:** 1 Pele Tshikudumalema (Toyota) 1:54:29. **Juniors:** 1 Brian Mbambo (Zwakala) 79:44.

WOMEN

1 Aurelia Ruto (KEN/Nedbank) 83:05; 2 Nobhule Tshuma (Elim) 86:52 (1st jun); 3 Prudence Zwane (Transnet) 88:23.

Veterans: 1 Vanessa Bowman (Kempton) 96:57; 2 Zelda Breytenbach (New Balance) 97:48; 3 Ansie Breytenbach (Irene) 99:09. **Masters:** 1 Ansa Strydom (Overkruin) 1:45:20; 2 Connie Blom (New Balance) 1:46:56; 3 Ina Lagerwall (Magnolia) 1:49:46. **G'masters:** 1 Rina Machado (Ndaba) 2:20:36; 2 Ria Smit (Running Inn) 2:24:41. **G/g'masters:** 1 Mavis Stadler (Agape) 2:16:40. **Juniors:** 1 Nobhule Tshuma (Elim) 86:52.

10 km

MEN

1 Mthetho Goxo (Gallopers) 31:49; 2 Cornelius Lagat (KEN/Global) 32:44; 3 Altus Badenhorst (Nedbank) 33:07.

Veterans: 1 Graham Megaw (Tuks) 37:47; 2 Fanie v. Vuuren (Centak) 40:23; 3 Johannes Ratsela (Zwakala) 41:15. **Masters:** 1 Arnold Geerdts (RAC) 39:57; 2 Johnny Jonker (Denel) 45:20; 3 Nico Vos (Centurion) 48:28. **G'masters:** 1 Pieter Rossouw (Enduro) 49:24; 2 Wallie Weder (Agape) 50:27. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 51:18. **Juniors:** 1 Mpho Mooka (Transnet) 37:14.

WOMEN

1 Myrette Filmalter (Nedbank) 37:28; 2 Riana v. Niekerk (Bonitas) 39:41; 3 Takalane Nthulani (Transnet) 42:54.

Veterans: 1 Lorraine Boshoff (VTM) 44:08; 2 Lettie Saayman (Nedbank) 44:46; 3 Sonja Scheepers (Irene) 58:05. **Masters:** 1 Irene Jonker (Randmark) 51:00; 2 Annalize de Klerk (Middelburg) 51:22; 3 Liz Robinson (Magnolia) 80:39. **G'masters:** 1 Anne Bellomusto (Morningside) 51:04; 2 Lynn de Bruin (Irene) 51:36. **G/g'masters:** 1 Deidre Larkin (Randburg) 64:39. **Juniors:** 1 Monique de Bruin (Agape) 43:38.

Jive Women's Day Challenge 10 km

(Women only)

Bellville, 9 August

(Certified undulating double-leg out-and-back course. Weather: Very cold, no wind. Finishers: 1077.)

Note: The number of finishers were 21% higher than last year.

1. Nomvuyisi Seti (Itheko) 37:04 (R2000)

2. Khanya Mateyisi (Khay) 37:38 (R1500)
3. Linley Holmes (FH) 38:47 (R1000)
4. Pamela Moyikwa (VOB) 39:03 (R750)
5. Busisiwe Gwala (VOB) 39:25 (R500)
6. Candyce Hall (Ned) 39:25 (R450)
7. Elmarie Coetzee (NBMC) 39:59 (R400)
8. Sandra van Graan (Edge) 40:15 (R350)
9. Bulelwa Mtshagi (Celtic) 40:17 (R300)
10. Busisiwe Matiwane (Celtic) 40:36 (R250)

Veterans: 1. Linley Holmes (FH) 38:47 (R500); 2. Elmarie Coetzee (NBMC) 39:59 (R400); 3. Sandra van Graan 40:15 (Edge) (R300). **Masters:** 1. Mariëtte Strauss (Tyger) 41:50 (R500); 2. Cheryl Rudolph (East) 45:21 (R400); 3. Charmaine Cupido (Ned) 45:44 (R300). **G'masters:** 1. Helen du Plessis (Tyger) 50:29 (R500); 2. Pixie Sparg 51:09 (Celtic) (R400); 3. Ruth Leverton (Pine) 57:37 (R300). **G/g'masters:** 1. Annatjie Berntzen (Tyger) 69:15 (R500). **Juniors:** 1. Pamela Moyikwa (VOB) 39:03 (R500); 2. Busisiwe Gwala (VOB) 39:25 (R450); 3. Ntateng Lolwana (VOB) 42:32 (R400).

Castle Walk 10 km

Pretoria, 9 August

(Loop course. Weather: wet and cold. Finishers: 910.)

MEN

1 Derocious Makhobalo (Sports Interchange) 32:56; 2 Lucas Jani (Transnet) 33:06; 3 Paulus Radebe (Elim) 33:13.

Veterans: 1 Elias Mabane (Nedbank) 39:03; 2 Leon Baker (Breakthru Midrand) 41:42; 3 David Mashiane (Agape) 48:33. **Masters:** 1 Gert Brits (GN Masters) 49:25; 2 Pieter Venter (Running Inn) 50:46; 3 Japie Badenhort (ACRW) 52:14. **G'masters:** 1 Attie Barnard (Berts Bricks) 55:34; 2 Wallie Weder (Agape) 56:23; 3 John Cannon (Irene) 56:44. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 54:32; 2 Danie Roux (Kempton) 67:47; 3 Graham Strangleman (Phobians) 67:57. **Juniors:** 1 Dillon Baker (Breakthru Midrand) 50:36.

WOMEN

1 Aurelia Ruto (KEN/Nedbank) 39:02; 2 Myrette Filmalter (Nedbank) 39:29; 3 Thembi Baloyi (TUT) 41:55.

Veterans: 1 Ansie Breytenbach (Irene) 48:16; 2 Hester Kollmeyer (GN Masters) 57:50; 3 Magriet Hattingh (Irene) 59:13. **Masters:** 1 Elsabe Brink (New Balance) 50:55; 2 Ansa Strydom (Overkruin) 51:34; 3 Connie Blom (New Balance) 52:04. **G'masters:** 1 Rina Machado (Ndaba) 67:39; 2 Ria Duvenhage (Transnet) 72:53; 3 Bertha Schack (Akasia) 78:46. **Juniors:** 1 Pearl Shipalana (Airports Company) 54:57; 2 Lisa Langeveld (Temp) 55:54.

Totalsports Ladies Race 10 km

(Women only)

Stellenbosch, 9 August

Distance: 10 km. Loop course.

1. René Kalmer (Ned CGA), 32, 33:36
2. Bulelwa Simae (Ned WP), 36, 36:49
3. Anneline Roffey (NBMC), 32, 37:41
4. Annie Bothma (Held), 17, 38:14
5. Amy Abrahams (UWC), 19, 39:25

6. Colleen de Oliveira (NBMC), 27, 40:00
7. Danette Smith (NBMC), 24, 40:20
8. Robyn Williams (Ind), 23, 40:32
9. Sheryl de Lange (NBMC), 45, 40:34
10. Helene Roux (NBMC), 29, 40:47
11. Ursula Frans (Celtic), 44, 40:56
12. Shirley McMurray (NBMC), 29, 41:21
13. Mia Lutsch (Ind), 28, 41:50
14. Patricia Adams (Itheko), 42, 42:24
15. Clare Cousins (VOB), 43, 42:49
16. Yolandi Swanepoel (Ind), 33, 42:50
17. Claudia Wesemann (Ind), 27, 42:52
18. Tammy Gardiner (VOB), 29, 43:26
19. Olga Howard (Celtic), 55, 44:00
20. Cariena Steenkamp (Ind), 36, 44:20

Veterans: 1. Sheryl de Lange (NBMC) 40:34; 2. Ursula Frans (Celtic) 40:56; 3. Patricia Adams (Itheko) 42:24. **Masters:** 1. Olga Howard (Celtic) 44:00; 2. Sandy Hood (VOB) 46:19; 3. Miranda Ward (Paarl) 47:00. **G'masters:** 1. Veronica van Niekerk (EGA) 49:01; 2. Edna Brand (Lbaan) 61:14; 3. Rita van Wyk (Brack) 63:24. **G/g'masters:** 1. Anneli Gous (Rob) 69:37. **Juniors:** 1. Annie Bothma (Held) 38:14; 2. Amy Abrahams (UWC) 39:25; 3. Andrea Terblanche (Paarl) 70:12.

Totalsports Ladies Race 10 km

(Women only)

Johannesburg, 9 August

1. Cornelia Joubert (Ned) 37:55
2. Christine Kalmer (Ned) 38:07
3. Lebo Phalula (Maxed) 38:29
4. Nolene Conrad (Ned) 38:47
5. Mpho Mabuza (Bonitas) 39:38
6. Frehiwot Tadesse (ETH/Ned) 40:39
7. Keneilwe Seteng (UJ) 40:51
8. Sandile Hadebe (UJ) 42:18

Checkout Ladies 10 km

(Women only)

Durban, 9 August

- | | | | |
|----|-------------------|-----------------|-----------------------------|
| 1. | Peres Jepchirchir | KEN/Maxed Elite | 35:10 |
| 2. | Jenna Challenor | Boxer AC | 35:40 |
| 3. | Slindlile Chili | Chesterville AC | 38:48 (1 st jun) |
| 4. | Janene Carey | Boxer AC | 39:08 (1 st vet) |

40-49:

- | | | | |
|----|------------------|-----------|-------|
| 1. | Janene Carey | Boxer AC | 39:08 |
| 2. | Lungile Nkosi | Escom AC | 50:31 |
| 3. | Roshini Nathasen | Hi Way AC | 52:47 |

50-59:

- | | | | |
|----|-------------------|----------|-------|
| 1. | Grace de Oliveira | Boxer AC | 44:24 |
| 2. | Lizette Botha | RWFL | 58:37 |
| 3. | Toto Mthethwa | Toti AC | 59:31 |

60+

- | | | | |
|----|------------|-----------|-------|
| 1. | Pat Fisher | Stella AC | 55:33 |
|----|------------|-----------|-------|

2.	Krishnie Balaram	Toti AC	75:26
3.	Selvi Chetty	Chatsworth AC	82:41

Juniors:

1.	Slindile Chili	Chesterville AC	38:48
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Medunsa Half Marathon & 10 km

Pretoria, 3 August

(Distances: 21.1 km & 10 km; loop courses. Finishers: Half marathon – 331; 10 km – 437.)

Note: Unfortunately the organisers did not provide full first names. The first runner in the 10 km is probably Lucas Jani. René Kalmer finished eighth overall in the half marathon. – Ed.

Half marathon**MEN**

1	J Gwebu	Toyota	32	1:07:04
2	R Mavuso	Temp	35	1:07:42
3	C Kemel	Toyota	28	1:10:11
4	M Nenungu	Zwakala	31	1:13:18
5	P Tadziripa	ZIM	40	1:13:54
6	C Cynkin	ADT	28	1:15:39
7	C Mtshweni	Tuks	36	1:16:01
8	S Jantjies	SAB Runners	40	1:16:40
9	E Setshedi	Temp		1:17:37
10	V Matlhamela	Exxaro	27	1:19:57

WOMEN

1	R Kalmer	Nedbank	32	1:16:13
2	R Koech	KEN/Toyota	24	1:20:15
3	C Bosman	Bonitas	37	1:21:29
4	P Zwane	Transnet	32	1:28:41
5	N Morake	DRDLR	40	1:41:36
6	L Hlako	Zwakala	31	1:42:24
7	G Janisch	Magnolia	15	1:43:38
8	A Strydom	Overkruin	50	1:43:50
9	V Fourie	Magnolia	43	1:46:40
10	H De Bruin	Irene	35	1:48:08

10 km**MEN**

1	J Lucas	Transnet	29	30:56
2	V Tshoba	Transnet	22	31:10
3	M Mokanyama	Monaco	21	31:39
4	C Lagat	KEN/Global	22	31:49
5	W Mutai	KEN/Toyota		32:00
6	M Chepto	KEN/Toyota	26	32:21
7	G Nkoe	Nissan	30	32:57
8	B Dube	Temp	22	32:57
9	M Swakaxa	Dipaseleng	21	33:55
10	S Hoff	Nedbank	40	33:59

WOMEN

1	A Ruto	KEN/Nedbank	24	36:43
2	T Baloyi	TUT	24	37:23
3	C Malungani	Transnet	31	39:49
4	P Phaho	Transnet	42	43:37

5	S Hansen	Temp		50:07
6	S Newman	Breakthru	42	51:56
7	D Stewart	Solidariteit	25	52:23
8	T Barnes	Love Running	26	53:20
9	J De la Porte	VTM	46	54:07
10	D Motsepe	Corr Serv	33	54:41

PPC Riebeeckberg Marathon (28th), Half Marathon & 10 km

Riebeeck West, 3 August

(Distances: 42.195 km, 21.1 km & 10 km; loop courses, very hilly)

Note: As is the case every year, the results were difficult to unravel. Some athletes' gender is wrong, no ages are indicated and many clubs are missing. The results of the three races were distributed in one document, and the athletes were numbered from 1 for the winner in the 10 km to 1222 for the last runner in the marathon. The second woman in the 10 km is probably Anneline Roffey. The results were received from Harold Berman (DRR was unable to obtain the results from the organisers). – Ed.

Marathon

MEN

1	Dicardo Jakobs	Nedbank		2:28:53
2	Velani Lusaseni			2:35:21
3	Anda Lubelwana	Hout Bay Harriers		2:39:48
4	Pieter Koopman			2:43:49
5	Admire Rushika	ZIM/Nedbank		2:48:21
6	Bonisile Ngculana	Atlantic		2:49:11
7	Dawid Gous	Swartland		2:51:37
8	Roger Dickson	VOB		2:58:16
9	Tsungai Mwanengeni	ZIM/NBMC		2:58:54
10	Tholang Moloji	SANDF WP		3:02:34

WOMEN

1	Candyce Hall	Hout Bay Harriers		3:21:22
2	Liana Maree	Stellenbosch		3:41:43
3	Suzette Vermaak-McIvor	Nedbank		3:49:11
4	Theresa Visser	Wellington		3:50:48
5	Lorraine Rogers	Durbanville		3:53:06
6	Lindie Bouwer	Sanlam		3:54:29
7	Matilda le Roux	Nedbank		3:57:10
8	Marietjie de Vries	Strand		3:58:37
9	Adele Cruywagen	Swartland		4:02:36
10	Arina Cilliers	Olifantsrivier		4:03:37

Half marathon

MEN

1	Ettienne Plaatjies	Nedbank		1:07:43
2	Duane Fortuin	Bellville		1:08:39
3	Wanda Roro			1:11:36
4	Samson Gulubela			1:13:22
5	Vincent Lebogang Mpona	PPC Lime Acres		1:13:54

WOMEN

1	Bulelwa Mtshagi	Celtic Harriers		1:32:22
2	Jenny Close	NBMC		1:33:45
3	Tammy Gardiner	VOB		1:40:13
4	Camilla Francis			1:40:51

5 Helette Basson Langebaan Strandlopers 1:43:12

10 km

MEN

1	Garith Maarman	Altech Autopage	33:21
2	Sive Ngobo	Nedbank	33:50
3	Thomas Struis	Swartland	36:14

WOMEN

1	Nomvuyisi Seti		38:59
2	Anneline Geldenhuys	NBMC	39:35
3	Mariëtte Strauss	Tygerberg	43:36

CROSS-COUNTRY

Eastern Cape Championships

Port Elizabeth, 10 August

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

SR. MEN (12 km)

1	Mxolisi	Dama	Vaal AC	31	32:58
2	Mkhuseli	Nyongo	NMMU	27	38:00
3	Rodney	Prins	Maxed EP	24	38:03
4	Mariano	Eesou	NMMU	21	38:29
5	Bulelini	Niwa	PEAAC	27	39:42
6	Melikhaya	Frans	Nedbank	21	40:29
7	Zolani	Mabongo	Maxed EP	27	40:29
8	Andre	Ketchem	TREEC	29	41:14
9	Masande	Mlonyeni	Nedbank	32	41:37
10	Aphlyn	Taai	TREEC	31	41:39

SR. MEN

1	Mkhuseli	Nyongo	NMMU	27	12:22
2	Zolani	Mabongo	Maxed EP	27	12:33
3	Sibusiso	Thu	TREEC	25	12:54
4	Masibulele	Heugh	Saprof	19	13:23
5	Mvuyisi	Gcogco	UMF	23	14:04
6	Monde	Neti	Nedbank	23	14:47
7	Annil	Salman	Maxed EP	23	16:40

40-49 (8 km)

1	Maxwell	Goodman	Malabar	40	28:14
2	Desmond	Zibi	Ikhamba	49	29:18
3	Christopher	Mabengeza	Nedbank	47	29:35

50-59 (8 km)

1	Alfred	Spiers	Eliteac	53	30:53
2	Kenneth	Menze	Nedbank	51	31:17
3	Joseph	Bain	CSEP	53	32:57

60+ (6 km)

1	Hannes	Els	Madiba	63	26:32
2	Sizinzo	Kama	Ach	62	27:03
3	Tamsanqa	Jusayi	Nedbank	71	28:38

U.23

1	Mariano	Eesou	NMMU	21	12:29
2	Sinathi	Mafanga	SAPPE	22	13:04

2.	Ayanda Mncube	Ebuhleni AC	34:10
3.	Bonginkosi Zwane	Phantane AC	34:26

SR. MEN

1.	Nkosikhona Mhlakwana	UAS	11:35
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40-44 (8 km):

1.	Grant Cummings	West AC	25:46
2.	Xolani Nocanda	Toti AC	25:56
3.	Nicolas Njadu	Nedbank AC	26:18

45-49 (8 km):

1.	Thierry Pletinckx	Toti AC	27:37
2.	Alan Harms	Sunshine HMP	27:55
3.	Wayne Scott	PDAC	28:10

50-54 (8 km):

1.	Willie Majombozi	Boxer AC	28:08
2.	Lawrence Herron	Toti AC	29:03
3.	Ken Culverwell	West AC	29:50

55-59 (8 km):

1.	Aubrey Roberts	West AC	29:11
2.	Andy Daly	West AC	29:22
3.	Laurie Raubenheimer	HH	30:30

60-64 (6 km):

1.	Bongani Ndlovu	Zabalaza AC	23:58
2.	Les Smith	West AC	25:57
3.	Robin Archer	QBH	26:40

65-69 (6 km):

1.	Andrew Spence	SCS	24:27
2.	Piet Badenhorst	PDAC	25:19
3.	Ray Meyer	Savages AC	27:30

70+ (6 km):

1.	Noel Saville	Toti AC	27:40
2.	Fred Moodley	GEM	34:18

Juniors (8 km):

1.	Ndumiso Sokela	UAS	23:33
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SR. WOMEN (8 km)

1.	Cary-Ann Smith	Nedbank AC	27:05
2.	Mkhosi Mhlongo	Savages AC	28:35
3.	Xoli Madida	Natal Carb	34:38

SR. WOMEN

1.	Nokuthula Ntshangase	Savages A C	15:21
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40-44:

1.	Janene Carey	Boxer AC	14:08
2.	Lise Muchna	PDAC	14:49
3.	Ursula Cockburn	MAC	15:43

45-49:

1.	Erica Walker	HH	15:19
2.	Michelle Sim	Eskom AC	16:02
3.	Maureen Slack	West AC	16:29

50-54:

1.	Rentia Dennison	ROAG	16:13
2.	Janine Engels	PDAC	16:49
3.	Debby de Koning	Eskom AC	17:45

55-59:

1.	Blanche Moila	Savages AC	17:12
2.	Sheree Kirsten	West AC	18:40
3.	Denise Reynecke	QBH	20:31
60-64:			
1.	Judith Grove	HH	17:17
2.	Sandy Fismer	HH	18:17
65-69:			
1.	Stephanie Carlton-Shields	PDAC	23:31
2.	Antoinette Beekman	PDAC	32:11
70+:			
1.	Gill Tregenna	West AC	20:15
Juniors:			
1.	Gena Lofstrand	Fast Feet	20:54

Mpumalanga Leagues

Note: Both these leagues were indicated in the results as being "League 7". The first was held in Badplaas on 4 August and the second in Delmas on 3 August. The times in the second were indicated in hundredths of a second and were rounded up according to the rules by DRR. All distances are 8 km except where indicated otherwise. – Ed.

BADPLAAS, 4 August

SR. MEN

1	Freedom Makhubela	East high A/C	29:27
2	Mduduzi Havana	East high A/C	30:32

SR. MEN (4 km)

1	Leonard Makhanye	Sasol	13:32
2	Bheki Nkosi	Born to win	13:37

40-44

1	Ezekiel Kgopodimetse	Sasol	31:24
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55-59

1	Piet Britton	Eskom	40:46
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U.23

1	Lucky Sithole	Sasol	29:05
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JR. MEN

1	Nkosinathi Sindane	SASOL	28:18
2	Manana Thulani	Msukaligwa	28:23
3	Pietie Oosthuizen	Nelspruit H/S	30:42

YOUTH MEN

1	Bonga Masina	Sasol	28:37
2	Thokozani Miya	Sasol	29:52
3	Henning van Aswegen	Bergvlam H/S	31:29

SR. WOMEN

1	Nadine Pretorius	Secunda	43:06
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SR. WOMEN (4 km)

1	Ntombzodwa Ncongwane	Sasol	19:06
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45-49 (4 km)

1	Cariendo Odendal	Eskom	23:47
2	Erika Aarena	Eskom	24:19

U.21 (4 km)

1	Mondi Thipe	Sasol	18:20
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JR. WOMEN (6 km)			
1	Glenrose Xaba	Sasol	22:27
YOUTH WOMEN (6 km)			
1	Chantel van Niekerk	Bergvlam	37:17
2	Fortunate Phuko	Eskom	39:37
3	Precious Madisa	Eskom	40:39
DELMAS, 3 August			
SR. MEN			
1	Jonas Mahlangu	Ekangala Athletics	28:20
2	Alloyd Mathebu		28:48
3	Sbusiso Monareng	Bethal	29:42
4	Mandla Mahlangu	Nkangala Athletics	32:43
40-44			
1	Jabu Nkosi	Midack	32:58
2	Nico Bronkhorst	Cambridge	35:14
45-49			
1	Abednego Shongwe	Nedbank	29:49
2	Isaac Ngwenya	Nedbank	36:37
50-54			
1	Conrad van den Berg	Midack	34:23
2	Johan Makhanya	Eskom	35:19
YOUTH MEN			
1	Titus Segote	Ekangala Athletics	28:30
2	Lwazilwenkosi Phakathi	HTS Witbank	29:03
3	Jabulani Maseko	Nkangala Athletics	30:33
U.21 (4 km)			
1	Nkosinathi Vilakazi		12:20
2	Doctor Sigudu	Nkangala AA	14:00
3	Lwazilwenkosi Phakathi	HTS Witbank	16:25
WOMEN			
45-49 (4 km)			
1	Elzarie Jordaan	Eskom	20:04
2	Sibongile Nkosi	Ekangala Club	24:23
55-59 (4 km)			
1	Hannalie van Zyl	Eskom	20:43
2	Zodwa Motaun	Ekangala Club	26:34
U.23 (4 km)			
1	Snowy Maila	Nkangala Athletics	24:12
U.21 (4 km)			
1	Micaela Gerling	Midack	19:43
JR. WOMEN (6 km)			
1	Thandeka Sibanyoni	Nkangala Academy	27:58
YOUTH WOMEN (6 km)			
1	Luzaan Zaaiman	HTS Witbank	27:44

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**New Balance Falmouth Road Race (41st)**

Woods Hole to Falmouth Heights, USA, 11 August

(Distance: 7.0 miles; certified point-to-point course with rolling hills)

MEN (extended net times)

1. Micah Kogo, 27, KEN	32:09.1	\$10,000	
2. Ben True, 27, Hanover, NH	32:11.2	7,500	+ 5,000a
3. Emmanuel Mutai, 28, KEN	32:19.9	5,000	
4. Abdi Abdirahman, 36, Tucson, AZ	32:28.4	3,500	+ 3,000a
5. Ben Bruce, 30, Flagstaff, AZ	32:44.0	2,000	+ 2,000a

WOMEN (extended net times)

1. Joyce Chepkirui, 24, KEN	36:42.8	\$10,000	
2. Gemma Steel, 27, GBR	37:05.8	7,500	
3. Linet Masai, 23, KEN	37:06.5	5,000	
4. Diane Nukuri-Johnson, 28, BDI	37:15.2	3,500	
5. Adrienne Herzog, 27, NED	37:20.8	2,000	
... 32. Joan Samuelson, 56, Cape Elizabeth, ME	44:04		500m

m= Earned masters prize money

a= Earned American prize money

Sun-Herald City to Surf 14 km (43rd)

Sydney, AUS, 11 August

MEN (net times)

1. Ben Moreau, AUS, 41:48
2. Liam Adams, AUS, 42:03
3. Steve Kelly, AUS, 42:48

WOMEN (net times)

1. Linda Spencer, AUS, 48:28
2. Milly Clark, AUS, 49:41
3. Sarah Klein, AUS, 49:53

IAAF World Championships Women's Marathon (14th)

Moscow, RUS, 10 August

(Distance: 42.195 km; IAAF-certified course with stadium start/finish incorporating three 10-kilometer loops up and down the roadway adjacent to the Moscow River. Gun times.)

1. Edna KIPLAGAT, 1979, KEN	2:25:44	Gold	USD 60,000
2. Valeria STRANEO, 1976, ITA	2:25:58	Silver	30,000
3. Kayoko FUKUSHI, 1982, JPN	2:27:45	Bronze	20,000
4. Ryoko KIZAKI, 1985, JPN	2:31:28		15,000
5. Alessandra AGUILAR, 1978, ESP	2:32:38		10,000
6. Emma QUAGLIA, 1980, ITA	2:34:16		6,000
7. Madai PÉREZ, 1980, MEX	2:34:23		5,000
8. KIM Hye-Gyong, 1993, PRK	2:35:49		4,000

9. Deena KASTOR, 1973, USA	2:36:12
10. Susan PARTRIDGE, 1980, GBR	2:36:24
11. Jessica TRENGOVE, 1987, AUS	2:37:11
12. Diana LOBACEVSKE, 1980, LTU	2:37:48
13. Aberu KEBEDE, 1989, ETH	2:38:04
14. KIM Hye-Song, 1993, PRK	2:38:28
15. Lishan DULA, 1987, BRN	2:38:47
16. Sonia SAMUELS, 1979, GBR	2:39:03
17. SIN Yong-Sun, 1990, PRK	2:39:22
18. Dot MCMAHAN, 1976, USA	2:39:52
19. DING Changqin, 1991, CHN	2:40:13
20. Zivile BALCIÜNAITÉ, 1979, LTU	2:41:09
... 42. Tanith MAXWELL, 1976, RSA	2:56:37

Mizuki NOGUCHI, 1978, JPN	DNF
Beata NAIGAMBO, 1980, NAM	DNF
Tiki GELANA, 1987, ETH	DNF
Meselech MELKAMU, 1985, ETH	DNF
Helalia JOHANNES, 1980, NAM	DNF

TRACK

IAAF World Championships

Moscow, RUS, 10-18 August

MEN

10000 (10):

- 1 Mohamed Farah GBR 27:21.71
- 2 Ibrahim Jeylan ETH 27:22.23
- 3 Paul Tanui KEN 27:22.61
- 4 Galen Rupp USA 27:24.39
- 5 Abera Kuma ETH 27:25.27
- 6 Bedan Karoki KEN 27:27.17
- 7 Kenneth Kipkemoi KEN 27:28.50
- 8 Nguse Tesfaldet ERI 27:29.21
- 9 Mohammed Ahmed CAN 27:35.76
- 10 Dathan Ritzenhein USA 27:37.90;

- 11 Thomas Ayeko UGA 27:40.96; 12 Imane Merga ETH 27:42.02;
- 13 Moses Kipsiro UGA 27:44.53; 14 Cam Levins CAN 27:47.89;
- 15 Tsuyoshi Ugachi JPN 27:50.79; 16 Dejen Gebremeskel ETH 27:51.88;
- 17 Goitom Kifle ERI 27:56.38; 18 Chris Derrick USA 28:04.54;
- 19 Daniele Meucci ITA 28:06.74; 20 Stephen Mokoka RSA 28:11.61;
- 21 Suguru Osako JPN 28:19.50; 22 Timothy Toroitich UGA 28:33.61;
- 23 Bashir Abdi BEL 28:41.69; 24 Collis Birmingham AUS 28:44.82;
- 25 Yevgeniy Rybakov 28:47.49; Robert Kajuga RWA DNF; Yuki Sato JPN DNF;
- Jake Robertson NZL DNF; Polat Kemboi Arkan TUR DNF; Alemu Bekele BRN DNF;
- Teklemariam Medhin Weldehlasie ERI DNF; Juan Luis Barrios MEX DNF;

WOMEN

10000 (11):

- 1 Tirunesh Dibaba ETH 30:43.35
- 2 Gladys Cherono KEN 30:45.17
- 3 Belaynesh Oljira ETH 30:46.98
- 4 Emily Chebet KEN 30:47.02
- 5 Hitomi Niiya JPN 30:56.70

6 Shitaye Eshete BRN 31:13.79
 7 Sally Chepyego KEN 31:22.11
 8 Shalane Flanagan USA 31:34.83
 9 Yeshaneh Ababel ETH 32:02.09
 10 Christelle Daunay FRA 32:04.44

11 Marisol Romero MEX 32:16.36; 12 Jordan Hasay USA 32:17.93;
 13 Dulce Félix POR 32:36.73; 14 Amy Hastings USA 32:51.19;
 15 Karolina Jarzyńska POL 32:54.15; 16 Juliet Chekwel UGA 32:57.02 NR;
 17 Gulshat Fazlitdinova 33:31.49; Sabrina Mockenhaupt GER DNF; Lara Tamsett AUS DNF;

STATS TIME

The steeplechase does not usually get much attention in DRR. With the women's final being held in Moscow tomorrow, here is an all-time top ten list. An interesting aspect of the list is that, apart from two performances – including Gulnara Galkina's world record – that came in the same race on 17 August 2008, two others were also run on the same date (not the same year, though). South African record holder Tebogo Masehla is 267th on the list with her 9:54.19.

3000 M STEEPLECHASE: ALL-TIME TOP 10 WOMEN

8:58.81	Gulnara Galkina (RUS)	Beijing	17 Aug 08
9:05.02	Yuliya Zaripova (RUS)	Stockholm	17 Aug 12
9:06.57	Yekaterina Volkova (RUS)	Osaka	27 Aug 07
9:07.14	Milcah Chemos (KEN)	Oslo	07 Jul 12
9:07.32	Marta Dominguez (ESP)	Berlin	17 Aug 09
9:07.41	Eunice Jepkorir (KEN)	Beijing	17 Aug 08
9:08.37	Habiba Ghribi (TUN)	London	06 Aug 12
9:09.00	Sofia Assefa (ETH)	Oslo	07 Jun 12
9:09.19	Tatyana Arkhipova (RUS)	Osaka	27 Aug 07
9:09.61	Hiwot Ayalew (ETH)	Oslo	07 Jun 12

THIS MONTH IN HISTORY

30 years ago: 7 August 1983

World record holder Grete Waitz (NOR) won the gold medal in the marathon at the first IAAF World Championships in Helsinki by three minutes over Marianne Dickerson (USA), 2:28:09 to 2:31:09. Raisa Smekhnova (BLR) got the bronze medal in 2:31:13. Other notable women in this historic event included Rosa Mota (POR, 4th), Jacqueline Gareau (CAN, 5th), Laura Fogli (ITA, 6th), and 45-year-old Joyce Smith (GBR), who finished ninth. Earlier in the year, on 17 April, Waitz had established a global record of 2:25:28.7 in London, a time bettered the very next day by Joan Benoit, who ran 2:22:43 on the downhill Boston course.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

This 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.

MENOpen

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	
	43:38	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		30 Mar 06 Jul
	63:36	Stephen Mokoka	Cape Town	
	63:11A	Lloyd Bosman	Knysna	
	58:41A	Bernard Koech (KEN)		
25 km	58:23	Zersenay Tadesse (ERI) 2010		04 May
	78:45	Lucky Mohale	Pretoria	
	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		
	2:08:32	Lusapho April	Hannover	
Marathon	2:04:45	Lelisa Desisa (ETH)		05 May
	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	
	30:35	Tecwyn Davies (GBR) 1988		
15 km	51:26	Eric Coetzee	Constantia	09 Mar
	[50:54	Vladimir Kotov (BLR)	Constantia	
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:20	Reform Ndlovu	Benoni	27 Jan
	[74:42A	Vladimir Kotov (BLR)	Simon's Town	
	66:42	Martin Rees (GBR) 2003		
25 km	1:46:22	Philemon Mailola	Pretoria	04 May
	1:41:07A	Nicholas Dlamini	Pinetown	
30 km	1:54:25	Eric Coetzee	Parow	16 Mar
	[1:52:06	Vladimir Kotov (BLR)	Camps Bay	

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	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				
<u>Juniors</u>				
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		
WOMEN				
<u>Open</u>				
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		
<u>Veterans (40+)</u>				
10 km	36:17	Janene Carey	Hammarisdale	28 Jul
	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		
<u>Masters (50+)</u>				
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				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
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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