

Distance Running Results

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Publisher: Riël Hauman

EDITORIAL

Two stars of yesteryear (and current DRR subscribers), who are both still running well in their sixties, had good runs this weekend in the Wanderers races. Multiple SA champion and record holder Sonja Laxton won her category in the Matthews Motshwarateu 10 km in 46:43, while former Two Oceans and SA Marathon winner Brian Chamberlain did likewise in the Joe Stutzen Half Marathon in 1:36:36. Sonja's daughter Kim took the open category in 1:20:36, while another DRR subscriber, Liz Ruickbie, won the grandmasters division in 1:48:57. The remarkable Deirdre Larkin (81) ran 60:23 in the 10 km.

The Mandela Day Marathon, with huge prize money (R40 000 for the winners), went to Ethiopian Getachew Bekele in 2:29:48 and Zimbabwean Chiyedza Chokore in 3:06:20. The race is run on a point-to-point but very difficult course in KZN.

Rutendo Nyahora's 53:54 in last weekend's Ocean Basket Marcel van 't Slot 15 km (results in the previous DRR) is a new Zimbabwean record (by one second).

In the results of the World Championships in last week's issue the name of the third team in the men's 4x400 relay was omitted. The bronze medal went to Russia in 2:59.90 (behind the USA and Jamaica).

In the results of the Capital Climb race in Pietermaritzburg Bongmusa Mthembu's club was given as Maxed Elite, but he in fact runs for Nedbank.

Gert le Roux's funeral service

Several of South Africa's top athletes of earlier years, as well as a number of prominent coaches and athletics administrators, attended the funeral of well-known administrator and statistician Gert le Roux in Faerie Glen, Pretoria, on Friday. Among condolences received from around the world was one from the IAAF, which also published a tribute to Le Roux on its website (<http://www.iaaf.org/news/iaaf-news/iaaf-mourns-the-death-of-renowned-south-afric>).

Among the top athletes attending were Ina van Rensburg, Ilze Wicksell, the first South African under 2 minutes for 800 m, Reg Marchant, Hennie Kotze, and Bambie Heiberg, who performed on the violin. Among the coaches were Pieter Labuschagne, Steve Rautenbach, Dewald Steyn, Doep du Preez, and Richard Mayer, while among the administrators were Henry Windell, Chris Botes, Mac van Vuuren, Danie Cornelius and Frik Vermaak. Also present was Cobus Kok, Chairman of the SA Athletics Statisticians, of which Le Roux was a Life President.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Wanderers Joe Stutzen Half Marathon & Matthews Motshwarateu 10 km, Johannesburg
- * Mandela Day Marathon & 10 km, Imbali to Lions River (marathon) & Howick to Lions River (10 km)
- * Lakeside Mall 10 km, Benoni
- * Volkswagen 10 km, Uitenhage
- * Atlantis Half Marathon, Atlantis
- * Love Run Half Marathon & 10 km, Pretoria
- * Tramonto Wedding Run Half Marathon & 10 km, George
- * Landbouskou 10 km, George
- * XC: WP Championships, Bellville; Mpumalanga Championships, White River

International highlights:

- * Crim 10-Mile Road Race, Flint, USA
- * Amatrice - Configno 8.5 km, Amatrice, ITA
- * Track: Kamila Skolimowska Memorial, Warszawa, POL; DN Galan, Stockholm, SWE

ROAD RUNNING

Wanderers Joe Stutzen Half Marathon & Matthews Motshwarateu 10 km

Johannesburg, 25 August

(Distances: 21.1 km & 10 km; loop courses at altitude. Finishers: half marathon – 1600; 10 km – 1443. Weather: mild spring conditions.)

Half-marathon

MEN

1. Xolisa Tyali (Ned) 1:07:19
2. Paul Otisi Nyamachere (ZIM/Ned) 1:08:04
3. Tshido Bosiu (GS) 1:09:03

Veterans: 1. Timothy Mafokane (Scaw) 1:14:29; 2. Elias Mabane (Ned) 1:15:48.

Masters: 1. Tony Silva (Bed) 1:19:28. **G'masters:** 1. Brian Chamberlain (Kudus) 1:36:36.

G/g'masters: 1. Patrick Mafilika (Ned) 1:53:38.

WOMEN

1. Kim Laxton (Sunning) 1:20:36
2. Thembi Baloyi (TUT) 1:25:55
3. Jodi Moss (Disc) 1:27:59

Veterans: 1. Gillian Sieling (Ned) 1:30:46; 2. Julie Soichee (Rockies) 1:35:05. **Masters:**

1. Sandra Brookstone (Ind) 1:38:18. **G'masters:** 1. Liz Ruickbie (Ned) 1:48:57. **Juniors:**

1. Chloe Burns (RH) 1:39:40.

10 km

MEN

1. Samuel Mathabatha (TIE) 30:47
2. Sibusiso Madikizela (Manoni) 30:52
3. Lebogang Khonkhobe (Toy) 31:17

Veterans: 1. Philemon Mecrow (SG) 36:37; 2. Dieter Muller (Boks) 36:51. **Masters:** 1.

Sondag Mabale (Break) 41:11. **G'masters:** 1. Alex Weed (Florida) 51:24. **G/g'masters:** 1.

Tom Cain (RH) 68:53. **Juniors:** 1. Denkeh Sodaherama (Ned) 35:26.

WOMEN

1. Monique Stander (NB) 37:33 (1st jun)

2. Emma Mathibela (Toy) 40:15
3. Gabriela Dennill (Rockies) 42:46

Veterans: 1. Beth Mandel (Pirates) 48:20; 2. Monica Reis (Roode) 48:43. **Masters:** 1. Elize van Staden (Kempton) 56:33. **G'masters:** 1. Sonja Laxton (RAC) 46:43. **G/g'masters:** 1. Deirdre Larkin (GBR/RH) 60:23. **Juniors:** 1. Monique Stander (NB) 37:33.

Mandela Day Marathon & 10 km

Imbali to Lions River (marathon) & Howick to Lions River (10 km), 25 August
(Distances: 42.195 km & 10 km; the marathon a point-to-point course with 900 m of ascent and 450 m of descent – the first 19 km are mostly uphill; the 10 km point to point.)

Marathon

MEN

1 Getachew Bekele (ETH/Nedbank AGN) 2:29:48 (R40 000), 2 David Rasefako (Toyota) 2:30:50 (R25 000), 3 Sikhumbuzo Seme (Tuks) 2:31:25 (R18 000), 4 Mosounyana Marapall (ZIM/Nedbank) 2:32:13 (R12 000), 5 Sityhilo Diko (Nedbank) 2:32:30 (R10 000).

(Prize money the same in all age categories: R1000, R800, R500)

40-49: 1 Bethuel Netshifhefhe (Nedbank) 2:39:58, 2 Peter Tadziripa (ZIM/Maxed) 2:44:07, 3 Richard Dlamini (Phuma) 2:46:15. **50-59:** 1 Peter Sehloho (Boxer) 2:59:47, Reform Ndlovu (Rand H) 3:02:31, 3 Sipho Willie Majombozi (Boxer) 3:14:57. **60+:** 1 Wessel Bhayi (Nedbank) 3:57:06, 2 Ndabazipheli Gema (Ixopo) 4:01:45.

WOMEN (Same prize money as men)

1 Chiyedza Chokore (ZIM/Maxed) 3:06:20 CR, 2 Lizih Chokore (ZIM/Nedbank) 3:08:29, 3 Catherine Skosana (Transnet) 3:09:38, 4 Winile Mnisi (SWZ/Maxed) 3:11:53, 5 Carey-Ann Smith (Nedbank) 3:12:21.

40-49: 1 Gladys Cheruiyot (KEN/Toyota) 3:24:19, 2 Catherine Ncane (Sibanye) 3:38:08, 3 Sarah Mahlangu (Toyota) 3:40:21. **50-59:** 1 Blanche Moila (Savages) 4:10:15, 2 Sheree Kirsten (Westville) 4:43:34, 3 Glenda Badenhorst (uMhlathuze) 4:43:52. **60+:** 1 Merryll Duncan (Forest) 5:12:36, 2 Irma Stephens (Eskom) 5:13:28.

10 km

MEN

1 Thobani Chagwe (Boxer) 31:02 (R3000), 2 Nyembe Spamandla (Klipriver) 31:26 (R1500), 3 Samuel Pazanga (ZIM/Maxed) 31:57 (R1000)

40-49: Belay Hagos Alemayehu (ETH/ADT) 33:51 (R300). **50-59:** Shaun Meiklejohn (Nedbank) 39:05 (R300). **60+:** Robin Archer (Queensburgh) 52:19 (R300). **Juniors:** M. Sihle (Klipriver) 33:52 (R300).

WOMEN (Same prize money as men)

1 Peres Jepchirchir (KEN/Maxed) 35:06, 2 Jenna Challenor (Boxer) 36:01, 3 Fortunate Chidzivo (ZIM/Maxed) 37:45.

40-49: Xoli Mwelase Phuma 47:18. **50-59:** Debby de Koning Eskom 50:36. **60+:** Sandy Fismer Hilton 50:45. **Juniors:** Tadesse Frehiwot (ETH/Nedbank) 39:29.

Lakeside Mall 10 km

Benoni, 25 August

MEN

1 Thapelo Mofokeng (SAPADC) 31:05; 2 Sam Bolo (BCC) 31:15; 3 Vincent Kutoane (GS) 31:29.

WOMEN

1 Robyn Kaltenbrunn (Benoni High) 38:53; 2 Goodness Lichaba (Sports Interchange) 41:01; 3 Boitumelo Mphela (Temp) 41:36.

Volkswagen 10 km

Uitenhage, 24 August

(Loop course. Finishers: 449.)

MEN

1	Mariano	Eesou	Absa NMMU AC	21	30:09
2	Zolani	Ngqaqa	Maxed Elite EP	24	30:48
3	Melikhaya	Frans	Nedbank RC EP	21	30:54
4	Mzolisi	Makhandla	Nedbank RC EP	30	30:59
5	Bulelini	Niwa	PEAAC	27	31:17
6	Anele	Maliza	Nedbank RC EP	35	31:20
7	Masibulele	Heugh (1 st jun)	Motherwell AC	19	31:51
8	Sandile	Ngunuza	Nedbank RC EP	30	31:56
9	Patrick	Made	Maxed Elite EP	31	32:25
10	Sinathi	Mafanga	SAP M C EP	22	32:34
11	Thanduxolo	Mpushe	Motherwell AC	24	33:08
12	Mzamo	Fokwana	Charlo AC	35	33:31
13	Hasan	Shire	Malabar AC	21	33:40
14	Luyolo	Dyubhele	Absa NMMU AC	20	33:41
15	Zamubuntu	Teyise	Warriors AC	36	33:48
16	Desmond	Zibi (1 st vet)	Ikhamva AC	49	34:05
17	Christopher	Mabengeza	Nedbank RC EP	47	34:17
18	Athenkosi	Festile	Youth 4 Change AC	14	34:17
19	Stefano	Visagie	Temp	21	34:19
20	Mutekile	Rasmeni	Maxed Elite EP	48	34:42

40-44:

1	Johannes	Jonck	St Albans CS EP	40	36:16
2	Mzwandile	July	Charlo AC	40	38:30
3	Bradley	MacKenzie	Achilles AAA	41	39:16

45-49:

1	Desmond	Zibi	Ikhamva AC	49	34:05
2	Christopher	Mabengeza	Nedbank RC EP	47	34:17
3	Mutekile	Rasmeni	Maxed Elite EP	48	34:42

50-54:

1	Neil	De Meillon	Nedbank RC EP	50	39:07
2	Joseph	Bain	St Albans CS EP	53	39:20
3	Ian	Patterson	Muirite Striders	50	39:32

55-59:

1	Chris	Terblanche	Achilles AAA	58	42:49
2	Sipho	Ncandana	Warriors AC	57	42:56
3	Roger	Trader	Achilles AAA	59	43:12

60-64:

1	Graham	Channon	Achilles AAA	63	43:16
2	Sizinzo	Kama	Achilles AAA	62	43:20

3	Paul	Steffens	Nedbank RC EP	62	47:42
65-69:					
1	Syd	Lippstreu	Crusaders AC	65	46:17
2	William	Vorster	PEAAC	67	48:51
3	David	O'Rielly	Nedbank RC EP	65	49:03
70-74:					
1	Tamsanga	Jusayi	Nedbank RC EP	71	45:40
2	Robin	Clark	Achilles AAA	72	1:09:40
Juniors:					
1	Masibulele	Heugh	Motherwell AC	19	31:51
2	Athenkosi	Festile	Youth 4 Change AC	14	34:17
3	Brendon	Effenaar	Maxed Elite EP	17	35:32
WOMEN					
1	Ntombesintu	Mfunzi	Bonitas AC	31	35:38
2	Freedah	Ncube	Absa NMMU AC	31	41:17
3	Ndileka	Mvakwendlu	Temp	22	41:53
4	Katherine	Van der Walt	Body Concept	37	42:00
5	Siphokazi	Nojoko (1 st jun)	Motherwell AC	18	42:12
6	Christine	Claasen (1 st vet)	Achilles AAA	48	42:30
7	Laura	Maritz (1 st mast)	Elite AC	52	43:47
8	Janine	Gardiner	Charlo AC	32	43:59
9	Grizelda	Pietersen	Maxed Elite EP	44	44:14
10	Tiani	Claassen	Despatch AC	22	44:33
11	Megan	Wilson	Charlo AC	17	44:48
12	Gail	Klichowicz	Achilles AAA	46	46:25
13	Terray	Newcombe	Elite AC	22	47:07
14	Sarah	Hulley	Temp	22	47:18
15	Debbie	Dodd	Charlo AC	42	47:36
16	Suzanne	Lavis	PEAAC	55	47:44
17	Nurunnisa	Madatt	Malabar AC	51	47:55
18	Bronwen	Perry	Crusaders AC	31	48:46
19	Sunelle	Horne	Bluewater Bay	39	49:52
20	Liz	Goosen	Madiba Bay AC	40	50:16
40-44:					
1	Grizelda	Pietersen	Maxed Elite EP	44	44:14
2	Debbie	Dodd	Charlo AC	42	47:36
3	Liz	Goosen	Madiba Bay AC	40	50:16
45-49:					
1	Christine	Claasen	Achilles AAA	48	42:30
2	Gail	Klichowicz	Achilles AAA	46	46:25
3	Judy	Beens	Charlo AC	46	51:03
50-54:					
1	Laura	Maritz	Elite AC	52	43:47
2	Nurunnisa	Madatt	Malabar AC	51	47:55
3	Doreen	Ferreira	Charlo AC	54	50:22
55-59:					
1	Suzanne	Lavis	PEAAC	55	47:44
2	Christine	Snyman	Despatch AC	57	54:43
3	Marietjie	Pietersen	Achilles AAA	56	56:11
60-64:					
1	Cathy	Ives	Achilles AAA	60	50:44
2	Jos	Els	Madiba Bay AC	61	55:43
3	Marietta	Millard	VW AC	64	1:07:50
65-69:					
1	Liz	Grundlingh	Muirite Striders	66	54:52

2	Jeanette	Pienaar	PEAAC	65	1:02:43
3	Denise	Terblanche	Walmer AC	66	1:03:32
75-79:					
1	Dorothy	Hart	Charlo AC	75	1:14:03
Juniors:					
1	Siphokazi	Nojoko	Motherwell AC	18	42:12
2	Megan	Wilson	Charlo AC	17	44:48
3	Kimberley	Wilson	Charlo AC	17	50:21

Atlantis Half Marathon

Atlantis, 24 August

(Distance: 21.1 km; loop course. Perfect running conditions. Finishers: 597.)

Note: This race used to be a 15 km. – Ed.

MEN

1. Mthandazo Qhina (Ned) 1:06:39 (R700)
2. Danzil Paulse (East) 1:06:47 (R400)
3. Tom Lusaseni (Itheko) 1:07:47 (R300)

Veterans: 1. Xolile Macanda (Gugs) 1:13:52 (R350); 2. Roger Dickson (VOB) 1:14:22 (R250); 3. Flip Jorapetse (SANDF) 1:16:36 (R150). **Masters:** 1. Zolani Ntsodo (SANDF) 1:20:30 (R300); 2. Roston Isaacs (Ned) 1:24:30 (R200); 3. Goodman Mpukane (Gugs) 1:24:34 (R100). **G'masters:** 1. Barry Bester (Durb) 1:31:51 (R200); 2. Ivan Marais (Ned) 1:34:59 (R150); 3. Albert Williams (Top) 1:35:50 (R100). **G/g'masters:** 1. Carl Hendricks (Brack) 1:58:26 (R100); 2. Yusuf Gamaldien (Itheko) 2:07:43 (R75); 3. Caspar Greeff (AAC) 2:12:29 (R50). **Juniors:** 1. Sive Ngubu (Ned) 1:11:15 (R200); 2. Babalo Hambu (Itheko) 1:12:42 (R150); 3. Masibulele Juju (Gugs) 1:24:23 (R100).

WOMEN (Same prize money as men)

1. Nomvuyisi Seti (Itheko) 1:22:46
2. Kutlwano Ramaboa (WC) 1:26:39
3. Helene Roux (NBMC) 1:28:50

Veterans: 1. Elmarie Coetzee (NBMC) 1:29:15; 2. Patricia Adams (Itheko) 1:32:48; 3. Tracy Rogers (Forest) 1:36:55. **Masters:** 1. Mariëtte Strauss (Tyger) 1:33:42; 2. Olga Howard (Celtic) 1:38:30; 3. Lorraine Rogers (Durb) 1:41:51. **G'masters:** 1. Helen du Plessis (Tyger) 1:51:51; 2. Pixie Sparg (Celtic) 1:57:08; 3. Jakkie Greyling (Brack) 2:30:22. **G/g'masters:** 1. Annetjie Berntzen (Tyger) 2:35:22. **Juniors:** 1. Londeka Miya (Gugs) 2:01:22.

Love Run Half Marathon & 10 km

Pretoria, 24 August

(Distances: 21.1 km & 10 km)

Half marathon

MEN

- 1 Lucky Mtshali (Elim) 69:57; 2 Vincent Kutoane (GS) 70:35; 3 Steve Ngqola (Transnet) 71:22.

Veterans: 1 Elias Mabane (Nedbank) 77:02; 2 Michael Lukhele (Transnet) 89:03; 3 Ettienne Roux (Akasia) 89:38. **Masters:** 1 Sondaga Mabale (Midrand) 92:00; 2 Nuno Thomaz (New Balance) 92:42; 3 Temba Ngcaka (ACE) 1:45:14. **G'masters:** 1 Elias Raphulu (RWFL) 98:42; 2 John Whitter (RAC) 1:55:42; 3 Iain McFadyen (Phobians)

1:56:54. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 1:52:08; 2 Graham Strangleman (Phobians) 2:32:54.

WOMEN

1 Riana van Niekerk (Bonitas) 86:05; 2 Lettie Seabela (SAPS Academy) 97:00; 3 Ansie Breytenbach (Irene) 1:40:49 (1st vet).

Veterans: 1 Ansie Breytenbach (Irene) 1:40:49; 2 Sonette Nell (Overkruin) 1:46:55; 3 Retha Strydom (Eskom) 1:57:19. **Masters:** 1 Ansa Strydom (Overkruin) 1:43:00; 2 Rita van Wyk (Boksburg) 1:47:52; 3 Connie Blom (New Balance) 1:51:27. **G'masters:** 1 Rina Machado (Ndaba) 2:22:29; 2 Maz Moore (Midrand) 2:26:06; 3 Liz Shochet (Fit 2000) 2:43:54. **G/g'masters:** 1 Mavis Stadler (Agape) 2:22:58. **Juniors:** 1 Georgia Janisch (Magnolia) 1:46:06; 2 Pearl Shipalana (Airports Company) 2:04:42.

10 km

MEN

1 Mthetho Goxo (Gallopers) 33:20; 2 Lukhanyo Mabinza (Transnet) 35:28; 3 Thabang Mafa (Elim) 38:07.

Veterans: 1 Wayne Goliath (GN Masters) 44:18; 2 Louis Begeman (Magnolia) 50:44; 3 Willie Steyn (New Balance) 53:29. **Masters:** 1 Colin Fisher (CSIR) 42:36; 2 Mike van Eck (Kempton) 47:49; 3 Leon Page (Irene) 48:42. **G'masters:** 1 Willie Weder (Agape) 53:04; 2 Hubrecht Ribbens (CSIR) 56:07; 3 George Seoka (Attridgeville) 58:52. **G/g'masters:** 1 Charlie Stewart (Phobians) 60:04; 2 Willem de Villiers (Tuks) 64:37; 3 Danie Roux (Kempton) 66:09. **Juniors:** 1 Thabang Mafa (Elim) 38:07; 2 Lebogang Mbara (Elim) 38:23; 3 Makgobatlou Mphuthi (Elim) 42:01.

WOMEN

1 Emma Mathibela (Toyota) 42:19; 2 Chantelle Breytenbach (Polokwane) 46:54; 3 Surette Reynecke (Nedbank) 49:20.

Veterans: 1 Sonia Scheepers (Irene) 62:45; 2 Ilse le Roux (Magnolia) 70:20; 3 Aletha v.d. Berg (Irene) 80:59. **Masters:** 1 Francis van Blerk (Nedbank) 54:02; 2 Debbie Bredenkamp (HQB) 54:57; 3 Vera Nell (Magnolia) 55:39. **G'masters:** 1 Ria Duvenhage (Transnet) 70:33; 2 Bertha Schack (Akasia) 76:11; 3 Bertha v.d. Raad (Irene) n/t. **G/g'masters:** 1 Deidre Larkin (Randburg Harriers) 66:29. **Juniors:** 1 Lodrica Makobatlou (Elim) 49:27; 2 Mogau Moropane (Elim) 51:11; 3 Lisa Langeveld (Temp) 52:40.

Tramonto Wedding Run Half Marathon & 10 km

George, 17 August

(Distances: 21.1 km & 10 km; loop courses on gravel. Finishers: half marathon – 123; 10 km – 116.

Note: Melissa van Rensburg finished 12th overall in the half marathon, and Renee Moll and Marcelle van Tonder 7th and 11th respectively in the 10 km. – Ed.

Half marathon

MEN

1	Lloyd Bosman	Nedbank	25	1:08:42
2	Ettiene Plaatjies	Nedbank	25	1:10:19
3	Gershwill Jacobs	Nedbank	22	1:12:56
4	Melikhaya Msizi	Knysna MC	29	1:19:15
5	Tasko Msuthwaka	Sedgefield Striders	32	1:22:17
6	Whayn Windwaai	Outeniqua Harriers	34	1:22:44
7	Sydney Landsberg	Nedbank	52	1:22:52
8	Bethuel Mahlats Mapheto	Military Sport Club	30	1:23:31

9	Joey Klaasen	Nedbank	43	1:24:33
10	Keith Clark	Outeniqua Harriers	38	1:25:53

WOMEN

1	Melissa van Rensburg	Nedbank	31	1:27:53
2	Elize Kloppers	Hartenbos Drawwers	43	1:32:57
3	Kathrin Walther	Temp	33	1:35:09
4	Lisl Grobler	Knysna MC	37	1:35:50
5	Annatjie Botes	Nedbank	55	1:39:35
6	Alison Jordaan	Nedbank	47	1:39:37
7	Anel van Wyk	RWFL	33	1:43:17
8	Johanna Claassen	Nedbank	40	1:44:36
9	Karen Le Roux	Temp	46	1:45:07
10	Charmaine Lamprecht	Nedbank	29	1:46:52

10 km

MEN

1	Lloyd Bosman	Nedbank	25	32:42
2	Elfonzo Pieterse	Nedbank	24	33:09
3	Anton Chevalier	Nedbank	48	39:25
4	Cornelius Bewee	Sedgefield Striders	51	41:01
5	Julian Manewil	Nedbank	19	41:31
6	Mariano Pietersen	Nedbank	15	43:50
7	B.M. Mapheto	Military Sport Club	30	45:44
8	Jacobus Boshoff	Nedbank	43	46:14
9	Shaun Smith	Temp	21	46:40
10	Nico Gerber	Outeniqua Harriers	51	47:08

WOMEN

1	Renee Moll	Nedbank	43	44:59
2	Marcelle van Tonder	Nedbank	18	46:48
3	Olivia Mckinlay	Temp	32	49:22
4	Eugene Marais	New Balance Eden	40	50:04
5	Eileen Ketterer	New Balance Eden	31	53:37
6	Zane Coetzee	Nedbank	25	53:43
7	Antoinette du Preez	Hartenbos Drawwers	41	54:06
8	Danielle Williams	Sedgefield Striders	34	55:34
9	Sunet Liebenberg	Nedbank	35	55:44
10	Julie Chevalier	Nedbank	45	57:19

Landbouskou 10 km

George, 15 August

(Finishers: 87)

Note: Melissa van Rensburg finished 12th overall. – Ed.

MEN

1	Lloyd Bosman	Nedbank	25	32:01
2	Elfonzo Pieterse	Nedbank	24	32:19
3	Julius Korkee	Mossel Bay Harriers	28	34:20
4	Rayline Konstabel	Nedbank	17	37:21
5	Mauritz Janse van Rensburg	Outeniqua Harriers	42	37:39
6	Whayn Windwaai	Outeniqua Harriers	34	37:47
7	Jacques Mouton	Outeniqua Harriers	35	37:55
8	Peter Jaehne	Outeniqua Harriers	48	38:08
9	Steven Joubert	Outeniqua Harriers	34	39:08

10	Ashwill Hendriks	Nedbank	21	39:10
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WOMEN

1	Melissa van Rensburg	Nedbank	31	39:16
2	Renee Moll	Nedbank	43	43:50
3	Marcelle van Tonder	Nedbank	18	43:52
4	Debedine Pieterse	Temp	19	45:44
5	Suzaan Kruger	Outeniqua Harriers	30	45:55

CROSS-COUNTRY

WP Championships

Bellville, 17 August

Note: All distances are 4 km except where indicated otherwise. Unfortunately some of the junior age groups have no times. – Ed.

SR. MEN (12 km)

1	Duane Fortuin	Bidvest	36:39
2	Danzil Paulse	Easterns	36:49
3	Nkosinathi Madyo	Nedbank	37:07
4	Sityhilo Diko	Nedbank	37:21
5	Godwin Swartz	NBMC	37:25
6	Xolisa Batala	VOB	37:41
7	Unathi Mteta	Atlantic	37:42
8	Hein Camphor	NBMC	37:52
9	Andrew Louw	Easterns	38:36
10	Abongile Snyman	Easterns	38:43

SR. MEN

1	Nkosinathi Sotyantya	Itheko	11:41
2	Vuyolwethu Mbukushu	Gugs	11:45
3	Danzil Paulse	Easterns	11:49
4	Sibusiso Magwaza	Khayelitsha	11:59
5	Siboniso Soldaka	CPUT	12:02
6	Marco Buys	UWC	12:17
7	Bulelani Bhebha	VOB	12:21
8	Akhona Makila	VOB	12:24
9	Enver Pedro	NBMC	12:38
10	Ricardo Jaftha	Eerste River	12:47

40-44 (8 km):

1	Graham Katzen	Itheko	25:56
2	Xolile Macanda	Gugs	26:33
3	Sabelo Ngcwama	Celtic Harriers	27:05

45-49 (8 km):

1	Henry Wolstenholme	NBMC	27:54
2	John Horn	Edgemead	28:08
3	John September	Celtic Harriers	29:38

50-54 (8 km):

1	Eric Coetzee	CPUT	27:24
2	Chris Mitchell	Celtic Harriers	28:42
3	Steven Parkins	Tygerberg	29:21

55-59 (8 km):

1	Goodman Mpukane	Gugs	29:19
2	Les Chivell	Fish Hoek	31:28

3	Henry	Cieverts	Top Form	32:01
60-64 (8 km):				
1	Clive	Owen	Edgemead	30:01
2	Awie	Veldsman	Helderberg Harr	31:27
3	Albert	Williams	Top Form	34:25

65-69 (8 km):				
1	Oloff	Crous	Brackenfell	47:17
2	Earl	Hargreaves	Celtic Harriers	49:23
3	Roy	Tomlinson	Spartan Harriers	51:34

70-74 (8 km):				
1	Peter	Donald	West Coast	36:31
2	Carl	Hendricks	Brackenfell	40:34

75-79 (8 km):				
1	Jakobus	van Zyl	VOB	47:03
2	Derry	Devine	VOB	55:22

U.19 (8 km):				
1	Anthony	Timoteus	UWC	24:22
2	Emiele	Paulsen	NBMC	24:59
3	Granwin	Katzen	Itheko	25:01

U.17 (6 km):				
1	Bruce-Lynn	Damons	WCSS	n/t
2	Kaleb	Beukes	UWC	n/t
3	Ashley	Smith	WCSS	n/t

SR. WOMEN (8 km)				
1	Nomvuyisi	Seti	Itheko	29:14
2	Kanya	Mateyisi	Khayelitsha	29:35
3	Bulelwa	Simae	Nedbank	30:09
4	Tanya	Scott	UCT	30:18
5	Candyce	Hall	Nedbank	31:05
6	Busisiwe	Matiwane	Celtic Harriers	32:49
7	Sheryl	de Lange	NBMC	32:57
8	Adele	Waldron	West Coast	33:19
9	Elizabeth	de Gouveia	Durbanville	35:26
10	Rachel	Arnott	West Coast	36:09

SR. WOMEN				
1	Bulelwa	Mtshagi	Celtic Harriers	14:51
2	Linda	Hanekom	Tygerberg	14:57
3	Hanlie	Jordaan	UWC	15:06
4	Lee-Shay	Willemse	Velocity	15:28
5	Anel	Terblanche	Celtic Harriers	15:56
6	Lucia	Lewis	ATC Running	16:11
7	Madelé	du Plessis	Edgemead	16:56
8	Corlia	Meyer	UCT	17:29
9	Protasia	Ndlovu	Gugs	18:54
10	Melissa	Bothma	Edgemead	20:33

40-44:				
1	Linley	Holmes	Fish Hoek	14:49
2	Wilna	Eybers	Strand	15:08
3	Tana	Janse v Rensburg	NBMC	15:18

45-49:				
1	Sandra	van Graan	Edgemead	15:15
2	Sheryl	de Lange	NBMC	15:19
3	Mariaan	Malan	Nedbank	16:26

50-54:

1	Mariëtte	Strauss	Tygerberg	15:59
2	Cheryl	Rudolph	Easterns	16:59
3	Sandy	Hood	VOB	17:44

55-59:

1	Olga	Howard	Celtic Harriers	16:31
2	Charmaine	Cupido	Nedbank	18:13
3	Denise	Johannes	Spartan Harriers	18:37

60-64:

1	Theresa	Isaacs	VOB	20:53
2	Esmé	September	Spartan Harriers	22:14
3	Nancy	Will	Pinelands	22:39

65-69:

1	Pixie	Sparg	Celtic Harriers	19:41
2	Marlene	James	Pinelands	24:41
3	Jennie	Bancroft	West Coast	25:49

70-74:

1	Carol	Gahwiler	VOB	23:27
2	Christine	Williams	VOB	24:22
3	Lee	Keeling	Spartan Harriers	26:21

75-79:

1	Magdaline	Johnson	Tygerberg	29:58
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U.19 (6 km):

1	Annie	Bothma	Helderberg Harr	n/t
2	Ebeth	Marais	Tygerberg	n/t
3	Amy	Abrahams	UWC	n/t

U.17:

1	Zani	Kruger	Bellville	n/t
2	Lolita	Kievieto	UWC	n/t
3	Londeka	Miya	Gugs	n/t

Mpumalanga Championships

White River, 17 August

Note: All distances are 4 km except where indicated otherwise. – Ed.**SR. MEN (12 km)**

1	Siswe Mahlalela	Mbhuelula	39:31
2	Freedom Makhubela	East High Club	40:20
3	Hovana Mduduzi	East High Club	41:15

SR. MEN

1	Bheki Nkosi	Born to Win	13:16
2	Leonard Makhanye	Sasol	13:32
3	Martin Vilakazi	SAPS MPU	14:52

MEN 40 (8 km)

1	Sipho Hlumbane	ESKOM	29:39
2	Ezekiel Kgopodimetse	Sasol	30:13
3	Joseph Joubert	Midack	31:44

MEN 45 (8 km)

1	Abednego Shongwe	Nedbank	31:33
2	Sean Henry	Midack	32:35
3	Johan Kruger	Rooies Atletiek klub	34:29

MEN 50 (8 km)

1	Conrad van den Berg	Midack	34:45
2	Johan Makhanya	Eskom Athletics Club	35:21

MEN 55 (8 km)		
1 Piet Britton	Eskom	39:45
2 Dirk Badenhorst	Bethal	42:49
MEN 60 (6 km)		
1 Isaac Manyika	Nedbank	27:01
MEN 65 (6 km)		
1 G Joubert	Midack	27:17
MEN U.23		
1 William ?	-	12:50
2 Lucky Sithole	Sasol	13:55
3 Bhekisia Dladla	Nkangala	14:08
MEN U.21		
1 Tiaan Basson	Run/Walk for Life	13:20
2 Ndlovu Thabo	East High	13:38
3 Jabulani Mpilo	Nkangala	13:54
JR. MEN 19 (8 km)		
1 Nkosinathi Sindane	Sasol	27:55
2 Manana Thulani	Seme Seceondary	28:06
3 Pietie Oosthuizen	NHS	29:33
JR. MEN 18 (8 km)		
1 Thokozani Miya	Sasol	28:17
2 Bonga Masina	Sasol	28:41
3 Lwazi Phahathi	HTS Witbank	29:24
SR. WOMEN (8 km)		
1 Nowh [sic] Sibanda	East High	41:45
2 Thabisile Khumalo	East High	42:40
WOMEN 40		
1 Retha J. van Vuuren	Eskom Athletics Club	20:42
2 Agnieta Pretorius	Midack	20:58
WOMEN 45		
1 Elzalie Jordaan	Eskom Athletics Club	20:11
WOMEN 55		
1 Hannelie van Zyl	Eskom Athletics Club	20:29
WOMEN U.21		
1 Tania Rheeder	Oosterland	16:36
2 Mondie Thipe	Sasol	19:03
3 Micaela Gerling	Midack	20:22
JR. WOMEN 19 (6 km)		
1 Glenrose Xaba	Sasol	20:59
2 Thandeka Sibanyoni	Nkangala	27:58
JR. WOMEN 18 (6 km)		
1 Sunelle Coetzee	Ligbron	24:03
2 Luzaan Zaaiman	HTS Witbak	26:21
3 Chantelle van Niekerk	Bergvlam	26:50

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

Crim 10-Mile Road Race (37th)

Flint, USA, 24 August

Note: Julius Kogo won for the fourth year in a row. – Ed.

MEN (gun times)

- | | |
|--|-----------------|
| 1. Julius Kogo, 28, Chapel Hill, NC (KEN) | 45:55 PB \$5000 |
| 2. Julius Koskei, 31, Hebron, KY (KEN) | 46:34 3000 |
| 3. Mourad Marofit, 31, Hebron, KY (MAR) | 46:55 PB 1500 |
| 4. Ernest Kebenei, 28, KEN | 46:57 1000 |
| 5. MacDonard Ondara, 28, Grand Prairie, TX (KEN) | 46:59 500 |

WOMEN (gun times)

- | | |
|--|--------------|
| 1. Aliphine Tuliamuk-Bolton, 24, Boulder, CO (KEN) | 54:28 \$5000 |
| 2. Jane Murage, 26, Royersford, PA (KEN) | 54:47 3000 |
| 3. Susan Jerotich, 26, Chapel Hill, NC (KEN) | 55:06 1500 |
| 4. Almaz Negede, ETH | 55:45 1000 |
| 5. Meseret Kitata Tolwak, ETH | 56:04 500 |

Amatrice - Configno 8.5 km (36th)

Amatrice, ITA, 24 August

(Distance: About 8.5 km)

Note: Newly-crowned world steeplechase champion Ezekiel Kemboi got a narrow victory over defending champion William Kibor. – Ed.

MEN (gun times)

1. Ezekiel Kemboi, KEN, 24:41
2. William Kibor, KEN, 24:42
3. Paul Tiongik, KEN, 24:49

WOMEN (gun times)

1. Zeddy Limo, KEN, 28:42
2. Viktoria Pohoryelska, UKR, 28:58
3. Giulia Francario, ITA, 29:30

TRACK

Kamila Skolimowska Memorial (4th)

Warszawa, POL, 25 August

MEN

800:

1. Nick SYMMONDS, 1983, USA, 1:44.79
2. Marcin LEWANDOWSKI, 1987, POL, 1:44.97
3. Adam KSZCZOT, 1989, POL, 1:46.07
4. Reuben BETT, 1984, KEN, 1:46.40
5. Artur OSTROWSKI, 1988, POL, 1:49.77

WOMEN

1000:

1. Yekaterina KUPINA, 1986, RUS, 2:36.41 PB/WL
2. Winny CHEBET, 1990, KEN, 2:37.30 PB
3. Angelika CICHOCKA, 1988, POL, 2:38.80
4. Anna ROSTKOWSKA, 1980, POL, 2:39.00
5. Katarzyna BRONIATOWSKA, 1990, POL, 2:39.02 PB

DN Galan

(12th stop of 2013 IAAF Diamond League)

Stockholm, SWE, 22 August

MEN

600:

1. Musaeb Abdulrahman Balla, QAT, 1:15.99 PB
2. Anthony Chemut, KEN, 1:16.09 PB
3. Robin Rohlén, SWE, 1:16.75 PB

1500:

Race 1:

1. Will Leer, USA, 3:36.97
2. Andrew Bayer, USA, 3:37.58
3. David Torrence, USA, 3:37.59
4. Mohammad Al-Azemi, KUW, 3:37.97
5. Zane Robertson, NZL, 3:38.61
- Bram Som, NED, DNF

Race 2 (DL):

1. Ayanleh Souleiman, DJI, 3:33.59
2. Silas Kiplagat, KEN, 3:33.92
3. Nixon Chepseba, KEN, 3:34.05
4. Caleb Ndiku, KEN, 3:34.85
5. Mohamed Moustauoui, MAR, 3:35.28
6. Asbel Kiprop, KEN, 3:35.49
7. Henrik Ingebrigtsen, NOR, 3:37.30
8. Bethwell Birgen, KEN, 3:37.51
9. Mekonnen Gebremedhin, ETH, 3:38.38
10. Augustine Choge, KEN, 3:39.41
11. Leo Manzano, USA, 3:42.47
12. Tesfaye Cheru, ETH, 3:47.01
- James Magut, KEN, DNF
- Andrew Rotich, KEN, DNF

3000 s/chase (DL):

1. Hillary Yego, KEN, 8:09.81
2. Gilbert Kirui, KEN, 8:11.55
3. Conseslus Kipruto, KEN, 8:12.35
4. Paul Kipsiele Koech, KEN, 8:12.60
5. Jairus Birech, KEN, 8:15.01
6. John Kibet Koech, KEN, 8:16.96 PB
7. Daniel Huling, USA, 8:21.92
8. Matthew Hughes, CAN, 8:25.19
9. Brimin Kipruto, KEN, 8:26.58
10. Ion Luchianov, MDA, 8:28.15
11. Meresa Kahsay, ETH, 8:29.92

12. Cory Leslie, USA, 8:35.30
 Ezekiel Kemboi, KEN, DNF
 Haron Lagat, KEN, DNF

WOMEN

800 (DL):

1. Eunice Sum, KEN, 1:58.84
2. Alysia Montano, USA, 1:58.96
3. Malika Akkaoui, MAR, 1:59.74
4. Ajee' Wilson, USA, 1:59.96
5. Ekaterina Poistogova, RUS, 2:00.63
6. Abeba Aregawi, SWE, 2:01.22
7. Brenda Martinez, USA, 2:01.54
8. Aníta Hinriksdóttir, ISL, 2:02.17
- Marilyn Okoro, GBR, DNF
- Yekaterina Kupina, RUS, DNF (pace)

3000 (DL):

1. Meseret Defar, ETH, 8:30.29 WL
2. Mercy Cherono, KEN, 8:31.23 PB
3. Sifan Hassan, NED, 8:32.53 PB
4. Viola Kibiwot, KEN, 8:33.97 PB
5. Gladys Cherono, KEN, 8:34.05 PB
6. Hellen Obiri, KEN, 8:34.25 PB
7. Shannon Rowbury, USA, 8:34.43
8. Genzebe Dibaba, ETH, 8:37.00 PB
9. Renata Plis, POL, 8:40.42 PB
10. Susan Kuijken, NED, 8:41.86 PB
11. Nadia Noujani, MAR, 8:52.38
12. Kim Conley, USA, 8:52.64
13. Meraf Bahta, ERI, 8:59.30
14. Gabriele Anderson, USA, 8:59.68
15. Jordan Hasay, USA, 9:06.37
- Sonja Roman, SLO, DNF

STATS TIME

Three runners, Tirunesh Dibaba, Meseret Defar and Almaz Ayana, all from Ethiopia, have run under 14:27 for 5000 m this year. Here is the top ten all-time list. Note that Dibaba has run a further two times under 14:24, including her 14:23.68 in June this year. Defar also has the third fastest time ever, 14:16.63, clocked in 2007.

5000 METRES: ALL-TIME TOP 10 WOMEN

14:11.15	Tirunesh Dibaba (ETH)	Oslo	06 Jun 08
14:12.88	Meseret Defar (ETH)	Stockholm	22 Jul 08
14:20.87	Vivian Cheruiyot (KEN)	Stockholm	29 Jul 11
14:23.75	Liliya Shobukhova (RUS)	Kazan	19 Jul 08
14:24.68	Elvan Abeylegesse (TUR)	Bergen	11 Jun 04
14:25.84	Almaz Ayana (ETH)	Saint-Denis	06 Jul 13
14:28.09	Jiang Bo (CHN)	Shanghai	23 Oct 97
14:28.39	Sentayehu Ejigu (ETH)	Saint-Denis	16 Jul 10
14:29.11	Paula Radcliffe (GBR)	Bydgoszcz	20 Jun 04
14:29.32	Olga Yegorova (RUS)	Berlin	31 Aug 01

THIS MONTH IN HISTORY

20 years ago: 16 August 1993

In a magnificent display of front running, Ismael Kirui (KEN) defeated Haile Gebrselassie (ETH) in the 5000 metres at the World Championships in Stuttgart, running a world junior record of 13:02.75. His compatriot Mike Chesire blitzed the first kilometre in 2:31.76 (first 800 m in 2:00.24) and Kirui took over at 1600 m. He passed 3000 m in 7:45.62 and at one stage had a lead of 40 m on his Ethiopian rivals. But with Kirui slowing steadily from 4000 m, Gebrselassie and Fita Bayissa cut into his lead. Gebrselassie ran the last 400 m in 56.5, but Kirui managed to increase his tempo from 64-second laps to 59.6 for the last circuit and stayed just ahead. Geb finished in 13:03.17; the first four set PBs and at 18 years 177 days Kirui became the youngest ever world champion. Six days later Geb won the 10000 m by an equally small margin – 27:46.02 to Moses Tanui's 27:46.54. This time the Ethiopian, who stepped on Tanui's heel and ripped off his shoe at the bell, ran the last lap in 54.98.

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.

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
	63:11A	Lloyd Bosman	Knysna	06 Jul
	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	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	36:17	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		

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
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	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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