

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

With another victory in the fourth leg of the Spar Grand Prix Series in Pretoria, track star and double SA champion Mapaseka Makhanya is virtually assured of winning the series. Makhanya also won the third (Durban) leg of the series, was second in the first one (Cape Town) and third in the second (Port Elizabeth). She took this weekend's race in a quick 33:37 ahead of René Kalmer, who was fourth in the two earlier Spar races she contested. Kalmer declared herself satisfied with her performance. "I wanted to make the top three, and I did. My time was a minute faster than last year [54 seconds, to be exact], and I really feel I'm back in the groove after a year of injury and illness." In a superb race run in much better conditions than last year, when it was very hot, humid and windy, the first four women ran sub-35 and eight dipped under 36 minutes.



Mapaseka Makhanya wins the Spar Grand Prix race in Pretoria. She now leads the series by 29 points. [Reg Caldecott]

Sonja Laxton set the first list leader for a while when she won the grandmasters category in 44:30. The remarkable Deirdre Larkin (81), who earlier this year set a world 80+ age record of 54:17, produced another sparkling performance of 57:29 to win the 70+ category.

The Ethekwini Township to Township Marathon, which had huge prize money, was dominated by foreigners and went to Prodigal Khumalo (ZIM) in 2:24:44 and Lineo Chaka (LES) in 2:55:04.

A few readers noticed that Lloyd Bosman won both the half marathon and the 10 km at the Tramonto Wedding Run event in George on 17 August. Not only that – he also won the 8 km trail run! Bosman started his day's activities with the half marathon at 08:00. He finished in 68:42, so had just more than 51 minutes of rest before he tackled the 10 km at

10:00. Then he had a few hours rest before the started in the trail run at 15:00. His total racing distance for the day was 39.1 km.

With *Race Results Weekly* only being published tomorrow, we will catch up with most of the international news next week. The results of the first leg of the Diamond League final are included, though.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Ethekwini Township to Township Marathon & Half Marathon, Kwa Mashu to Umlazi (marathon) & Chesterville to Umlazi (half marathon)
- * Satori Camel Run 10-miler, Noordhoek, Cape Town
- * Save Orion Race, Pietermaritzburg
- * Spar Grand Prix Series, Pretoria
- * KGB Umhlanga Hindu Society Spring Run 10 km, Durban
- * XC: AGN Championships, Pretoria

International highlights:

- * Weltklasse in Zürich, Zürich, SUI
-

ROAD RUNNING

Ethekwini Township to Township Marathon & Half Marathon

Kwa Mashu to Umlazi (marathon) & Chesterville to Umlazi (half marathon), 1 September (Distances: 42.195 km & 21.1 km; point-to-point courses)

Note: Second marathon in a week for Winile Mnisi; she also ran the Mandela Day Marathon last Sunday (results in the previous DRR). She took home R32 000 in prize money in the two races, or roughly R380 per kilometre! The direction of the race alternates each year. – Ed.

Marathon

MEN

1	Prodigal	Kumalo	ZIM/Maxed Elite	31	2:24:44	R40 000
2	Bernard	Dandadzi	ZIM/Nedbank	31	2:24:47	R20 000
3	Jeffrey	Gwebu	Toyota	32	2:25:29	R15 000
4	Mncedisi	Mkhize	Maxed Elite	32	2:25:43	R10 000
5	Geoffrey	Rohah	ZIM/Bluff Meat F1	30	2:26:35	R8000
6	Michael	Ngaseke	ZIM/Nedbank (AGN)	37	2:26:37	R5000
7	Wiseman	Fadane	Lusikiski	20	2:26:37	R4000
8	Sithembile	Fanekho	Boxer	22	2:26:56	R3000
9	Odwa Uhuru	Tunyiswa	Bonitas (CGA)	28	2:27:48	R2000
10	Steve	Ngqola	Transnet (AGN)	25	2:29:06	R1000

Veterans:

1	Brighton	Chipere	ZIM/Maxed Elite	40	2:33:42	R2000
2	Philimon	Manyaka	New Balance (AGN)	40	2:40:17	R1500
3	Thabo	Nduzulwana	Lusikiski	41	2:42:00	R1000

Masters:

1	Dan	Mothibe	New Balance (AGN)	51	2:45:22	R2000
2	Peter	Sehloho	Boxer	50	2:53:18	R1500
3	Reform	Ndlovu	Randburg Harriers (CGA)	51	2:56:41	R1000

G'masters:

1	Michael	Langa	Athletics North	65	3:13:23	R1500
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2	Mbhekiseni	Mchunu	KwaMashu	66	3:58:52	R1000
3	Henk	Vos	Nedbank	66	4:26:17	R500

WOMEN

1	Lineo	Chaka	LES/Nedbank	26	2:55:04	R40 000
2	Winile	Mnisi	SWZ/Maxed Elite	26	3:03:23	R20 000
3	Margaret	Mahohoma	ZIM/Toyota	31	3:11:26	R15 000
4	Gladys	Lukhwareni	Transnet (AGN)	33	3:13:35	R10 000
5	Tawapo	Bhiri	ZIM/Nedbank	31	3:25:02	R8000
6	Eunice	Nhlapo	Eskom (AMPU)	34	3:30:59	R5000
7	Sibongile	Mpanza	Boxer	37	3:42:48	R4000
8	Iris	Ndlovu	NRB Harriers	36	3:45:55	R3000
9	Phumzile	Maphalala	Msukaligwa	31	3:54:24	R2000
10	Linda	Cele	Nedbank	40	4:00:42	R1000

Veterans:

1	Linda	Cele	Nedbank	40	4:00:42	R2000
2	Judith	Mlaba	Savages	44	4:30:12	R1500
3	Zukiswa	Kula	Stella	42	4:34:32	R1000

Masters:

1	Mamaekele	Masiu	Nedbank	52	4:32:22	R2000
2	Lizette	Botha	Run Walk For Life	50	4:32:33	R1500

G'masters:

1	Ivy Gertrude	Lottering	Wings	68	5:22:00	R1500
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Half marathon**MEN**

1	Siyabonga	Nkonde	Boxer	25	1:06:21	R3000
2	Motsieloa	Ramolefe	LES/Klip River Striders	23	1:06:25	R1500
3	Elmore	Sibanda	ZIM/Maxed Elite	27	1:08:06	R1000

Veterans:

1	Allen	Ndlovu	Westville	46	1:30:17	R300
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Masters:

1	Thulani	Mbatha	Nedbank	54	1:42:44	R300
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G'masters:

1	Ron	Badri	Durban	68	2:35:57	R300
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Juniors:

1	Praise-god	Phakamani	Ulundi	16	1:42:54	R300
2	Preneel	Nundkumar	Newlands Striders	17	1:50:09	R200
3	Cade	Pillay	Woodview	19	1:50:22	R100

WOMEN

1	Sithulisiwe	Zhou	Phantane	20	1:25:12	R3000
2	Ntebaleng	Letsela	Phantane	23	1:26:30	R1500
3	Daniso	Zimbini	Lions	16	1:27:57	R1000

Veterans:

1	Hleziphi	Ncayiyana	Nedbank	42	1:42:08	R300
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Masters:

1	Nombuliso	Mbebe	Nedbank	55	2:10:44	R300
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Juniors:

1	Daniso	Zimbini	Lions	16	1:27:57	R300
2	Nomfundo	Zuma	Ind	16	2:21:10	R200
3	Pretty Buhle	Khomo	Ind	18	3:39:37	R100

Satori Camel Run 10-miler

Noordhoek, Cape Town, 1 September

(Distance: 16.1 km; loop course, partly on gravel, beach and off-road tracks. Weather: Cool, excellent conditions. Finishers: 754.)

Note: Luvuyo Ntando successfully defended his title. The first three women were also the first three veterans. Great grandmaster Brian Key ran faster than the first grandmaster. – Ed.

MEN

1. Luvuyo Ntando (Sat) 59:07
2. Gerrit Verland (Sat) 61:11
3. Yousuf Kanouni (Ned) 62:03

Veterans: 1. Brenton Ashby (Hout) 72:20; 2. Dean Moldenhauer (NBMC) 73:07; 3. Chris Wickham (VOB) 75:01. **Masters:** 1. Chris Mitchell (Celtic) 64:04; 2. Clive Adendorf (IT) 79:13; 3. Alan Ryninks (WR) 80:31. **G'masters:** 1. David Smith (FH) 89:38; 2. Chris Readman (AAC) 94:26; 3. David Hoffmeyer (Pine) 96:58. **G/g'masters:** 1. Brian Key (Forest) 82:31; Jeremy Mathers (FH) 97:17.

WOMEN

1. Linley Holmes (FH) 70:51
2. Diana McPherson (FH) 75:15
3. Jana Trojan (CZE/VOB) 76:46

Veterans: 1. Linley Holmes (FH) 70:51; 2. Diana McPherson (FH) 75:15; 3. Jana Trojan (CZE/VOB) 76:46. **Masters:** 1. Viv Williams (ATC) 78:55; 2. Elizabeth Bax (Pine) 81:08; 3. Georgina Sinclair (VOB) 85:02. **G'masters:** 1. Pixie Sparg (Celtic) 96:58; 2. Collette van Eck (FH) 98:54; 3. Chippy Steel (Hout) 1:53:18. **G/g'masters:** 1. Annatjie Berntzen (Tyger) 2:13:59.

Save Orion Race

Pietermaritzburg, 1 September

(Distance: 21.1 km)

MEN

- | | | | |
|----|--------------------|-----------|--------------|
| 1. | Sibonelo Duma | Boxer AC | 70:44 (R500) |
| 2. | Malibongwe Dlamini | Coll Harr | 70:48 (R300) |
| 3. | Philani Ngcobo | Coll Harr | 76:34 (R200) |

40-49:

- | | | | |
|----|---------------|-----------|--------------|
| 1. | Nkosi Dlamini | Phuma KZN | 83:07 (R200) |
|----|---------------|-----------|--------------|

50-59:

- | | | | |
|----|-----------------------|-----------|---------------|
| 1. | Douglas Couperthwaite | Coll Harr | 107:13 (R200) |
|----|-----------------------|-----------|---------------|

60+:

- | | | | |
|----|--------------------|----------|---------------|
| 1. | Dumusani Shabalala | Ixopo AC | 107:51 (R200) |
|----|--------------------|----------|---------------|

WOMEN (Same prize money as men)

- | | | | |
|----|------------------|------------|--------|
| 1. | Sibongile Zigubu | Eskom AC | 100:47 |
| 2. | Ntsiki Mbambo | Natal Carb | 103:42 |
| 3. | Debby de Koning | Eskom AC | 113:52 |

40-49:

- | | | | |
|----|------------------|----------|--------|
| 1. | Sibongile Zigubu | Eskom AC | 100:47 |
|----|------------------|----------|--------|

50-59:

- | | | | |
|----|-----------------|----------|--------|
| 1. | Debby De Koning | Eskom AC | 113:52 |
|----|-----------------|----------|--------|

60+:

1. Maureen Parry Chiltern AC 136:54

Spar Grand Prix Series

(Women only)

Pretoria, 31 August

(Distance: 10 km; loop course. Weather: cool, windy.)

1	Mapaseka Makhanyana	Transnet	33:37
2	René Kalmer	Nedbank	33:56
3	Irvette van Zyl	Nedbank	34:21
4	Rutendo Nyahora	ZIM/Nedbank	34:32
5	Jenna Challenor	Boxer	35:04
6	Christine Kalmer	Nedbank	35:21
7	Myrette Filmalter	Nedbank	35:32
8	Cornelia Joubert	Nedbank	35:35
9	Lebo Phalula	Maxed Elite	36:01
10	Nolene Conrad	Nedbank	36:14
11	Kim Laxton	Sunninghill	36:35
12	Tabitha Tsatsa (1 st vet)	ZIM/Maxed Elite	36:42
13	Mpho Mabuza	Bonitas	36:46
14	Charné Bosman	Bonitas	36:50
15	Aurelia Rutto	KEN/Nedbank	36:51
16	Fortunate Chidzivo	ZIM/Maxed Elite	36:51
17	Carlyn Fisher	BSG	37:05
18	Catherine Skosana	Transnet	37:17
19	Thozama April	Transnet	37:25
20	Marelize Retief	Boxer	37:43
21	Caroline Wostman	Nedbank	38:03
22	Annah Moeketsi	Transnet	39:26
23	Alicia Labuschagne (1 st jun)	New Balance	39:33
24	Helouise Strauss	Hartebeespoort	39:38
25	Ronel Thomas	Boxer	39:42
26	Janene Carey	Boxer	40:05
27	Emmah Mathibela	Toyota	40:51
28	Toni Bennett	Temp	41:01
29	Annerie Kruger	Magnolia	41:07
30	Olivia Labuschagne	New Balance	41:33

40-49:

1	Tabitha Tsatsa	ZIM/Maxed Elite	36:42
2	Ronel Thomas	Boxer	39:42
3	Janene Carey	Boxer	40:05
4	Catherine Naane	Sibanya	42:37
5	Lettie Saayman	Nedbank	42:48

50-59:

1	Grace de Oliviera	Boxer	42:42
2	Elsabe Brink	New Balance	45:34
3	Francis van Blerk	Nedbank	45:38
4	Janine Engels	Pinetown	47:32
5	Ansa Strydom	Overkruin	47:58

60-69:

1	Sonja Laxton	RAC	44:30
2	Lyn de Bruin	Irene	49:39
3	Patricia Shaw	Benoni Northerns	54:14
4	Margaret Boshoe	Sunninghill	59:45

5	Rachel Redwaba	Rockies	66:45
70+:			
1	Deirdre Larkin	GBR/Randburg H	57:29
2	Mavis Stadler	Agape	62:37
3	Jeanette Loots	Irene	65:00
Juniors:			
1	Alicia Labuschagne	New Balance	39:33
2	Olivia Labuschagne	New Balance	41:33
3	Cindy Labuschagne	New Balance	41:43

KGB Umhlanga Hindu Society Spring Run 10 km

Durban, 31 August

MEN

1.	Lucky Mamadlala	QBH	33:33 (R300)
2.	Innocent Nyawose	QBH	33:57 (R200)
3.	Sibongaseni Ngcobo	Shongweni AC	34:13 (R100)

40-49:

1.	Sibusiso Ntuli	Phuma KZN	42:27 (R150)
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50-59:

1.	Michael Skinner	QBH	55:00 (R150)
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60+:

1.	Jeff Armstrong	Ath North	60:15 (R150)
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Juniors:

1.	Sibongaseni Ngcobo	Shongweni AC	34:13 (R150)
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WOMEN (Same prize money as men)

1.	Sithembile Radebe	Ind	45:24 (1 st jun)
2.	Lisa Collett	Ind	47:23
2.	Yolanda Benkers	SAPS	48:27

40-49:

1.	Nana Sigubudu	Fast Feet	52:54
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Juniors:

1.	Sithembe Radebe	Ind	45:24
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CROSS-COUNTRY

AGN Championships

Pretoria, 24 August

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

SR. MEN

1	Gladwin Mzazi	Transnet	11:47
2	Lucas Jani	Transnet	11:50
3	Lukhanyo Mabinza	Transnet	11:59
4	Rapeleng Kgaje	Transnet	12:35
5	Musa Swakaxa	Individual	12:37
6	Tlou Seloba	Transnet	12:54
7	Gino Nkoe	Nissan	13:13
8	Themba Madima	Tuks	13:19
9	Elias Mabane	Nedbank	13:24
10	Andries Maletse	Individual	13:26

MEN 40 (8 km)			
1	Shadrack Hoff	Nedbank	25:46
2	Piet Mosebedi	Transnet	28:54
3	Graham Megaw	Tuks	29:17
MEN 45 (8 km)			
1	Dawie de Villiers	Wingate	29:58
2	Fanie van Vuuren	Centak	31:23
3	Gerrit Olivier	AS Eagles	31:55
MEN 50 (8 km)			
1	Burger Linde	Individual	23:25
2	Japie Badenhorst	ACRW	33:28
3	Johann Walters	Nedbank	33:44
MEN 55 (8 km)			
1	Jannie Buys	PPMK	36:05
2	Len Lorenzen	PMMC	36:14
3	Johnie Jonker	Denel	36:28
MEN 60 (6 km)			
1	Mike du Bruto	Irene	24:10
2	Machiel van Niekerk	Magnolia	25:19
3	Pieter Rossouw	Enduro	29:11
MEN 65 (6 km)			
1	Allan Kluge	Agape	30:17
MEN 70 (6 km)			
1	Mike Kleinsmit	Transnet	31:10
2	Andries van der Merwe	Transnet	32:18
3	Neville Muir	Phobians	50:33
MEN 75 (6 km)			
1	Dion Heigers	ACRW	37:51
MEN 80 (6 km)			
1	Martin Coetzee	Magnolia	37:50
2	Frans Grobler	Transnet	52:01
MEN 23			
1	Precious Mashele	Transnet	12:07
2	Vuyisile Tshoba	Transnet	12:35
3	Charles Nel	Tuks	13:04
MEN 21			
1	Simon Mokonyama	Monaco AC	12:13
2	Theodore Nothling	NWU Pukke	12:29
3	Jonathan Bredenkamp	Tuks	12:46
JR. MEN (8 km)			
1	Nkosinathi Vilakazi	Bethal	25:45
2	Ian Slinger	Eldoraigne	26:19
3	Sibusiso Mfiki	Rosinah Sedibane	26:30
BOYS 17 (6 km)			
1	Fukama Ramakokobo	Zwartkop	23:45
2	Henco Schoeman	Centurion	23:54
3	Ivaan Potgieter	Garsfontein	23:58
SR. WOMEN			
1	Carlyn Fischer	Tuks	14:22
2	Thitshaamba Ravhandalala	TUT	14:25
3	Thembi Baloyi	TUT	14:28
4	Nerissa van der Walt	New Balance	14:34
5	Mishelene Lagerwall	Magnolia	16:50
6	Kamogelo Mabena	Telkom	17:16
7	Kathryn Thomas	New Balance	17:43

8	Charlotte Molefe	SAB Rosslyn	20:12
9	Estelle Kruger	TUT	27:32
WOMEN 40			
1	Ronel Thomas	Boxer	15:30
2	Merriam Mooki	Transnet	16:57
3	Assalina Nyathi	Post Office	17:35
WOMEN 45			
1	Lettie Saayman	Nedbank	17:15
2	Hester Kallmeyer	AGN Masters	20:08
3	Thea van der Merwe	Irene	20:16
WOMEN 50			
1	Elsabe Brink	New Balance	17:37
2	Renee van Bergen	Individual	20:25
3	Lavra Helmerick	Individual	20:30
WOMEN 55			
1	Lynette Fischer	Tuks	18:22
2	Frances van Blerk	Nedbank	18:33
3	Linda Coston	Germiston Callies	19:18
WOMEN 60			
1	Lyn de Bruin	Irene	20:07
2	Rina Pretorius	SABS Striders	22:54
3	Ella Smith	PMK	26:28
WOMEN 65			
1	Esme Kloppers	Transnet	24:28
WOMEN 23			
1	Anuschka Nice	Tuks	14:33
2	Palesa Mandoa	TUT	15:20
3	Mariska Buys	New Balance	15:33
WOMEN 21			
1	Aynslie van Graan	Affies	14:25
2	Stella Marais	Tuks	14:57
3	Leani Grimes	Tuks	15:02
JR. WOMEN (6 km)			
1	Thandeka Manzana	Prestige College	24:08
2	Alicia Labuschagne	New Balance	28:23
3	Anna Lekalakala	Tuks	28:28
GIRLS 17			
1	Marne Mentz	Centurion	15:01
2	Simone Verwey	Eldoraigue	15:09
3	Sonel Bezuidenhout	Centurion	15:17

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.

TRACK

Weltklasse in Zürich (84th)
 (13th stop of 2013 Diamond League/First of two final meetings)
 Zürich, SUI, 29 August

MEN

800:

1 Nick Symmonds USA 1:43.56

2 Marcin Lewandowski POL 1:43.79
 3 Ferguson Cheruiyot KEN 1:44.39
 4 Duane Solomon USA 1:44.49
 5 Timothy Kitum KEN 1:44.87
 6 Michael Rimmer GBR 1:45.34
 7 Andrew Osagie GBR 1:45.80
 8 Job Kinyor KEN 1:46.86
 9 Brandon Johnson USA 1:47.95
 Bram Som NED DNF

1500:

1 Silas Kiplagat KEN 3:30.97
 2 Ayanleh Souleiman DJI 3:31.64
 3 Nixon Chepseba KEN 3:33.15
 4 Caleb Ndiku KEN 3:33.41
 5 Mekonnen Gebremedhin ETH 3:33.64
 6 Asbel Kiprop KEN 3:33.78
 7 Henrik Ingebrigtsen NOR 3:33.95 NR
 8 Johan Cronje RSA 3:34.06
 9 Tesfaye Homiyu GER 3:34.18
 10 Bouabdellah Tahri FRA 3:35.08
 11 Collins Cheboi KEN 3:35.24
 12 Matthew Centrowitz USA 3:36.70
 13 Augustine Choge KEN 3:37.25
 14 Leo Manzano USA 3:37.94
 15 Mohamed Moustououi MAR 3:38.38
 Andrew Rotich KEN DNF
 Bethwel Birgen KEN DNF

3000 s/chase:

1 Hillary Yego KEN 8:08.03
 2 Jairus Birech KEN 8:08.72
 3 Conseslus Kipruto KEN 8:10.76
 4 Mahiedine Mekhissi-Benabbad FRA 8:11.11
 5 Gilbert Kirui KEN 8:12.93
 6 Paul Kipsiele Koech KEN 8:24.19
 7 Brimin Kipruto KEN 8:25.85
 8 Matt Hughes CAN 8:33.00
 9 Meresa Kassaye ETH 8:35.08
 10 Ezekiel Kemboi KEN 8:37.68
 11 Yoann Kowal FRA 8:44.11
 Ion Luchianov MDA DNF
 Haron Lagat KEN DNF

WOMEN

800:

1 Eunice Sum KEN 1:58.82
 2 Mariya Savinova RUS 1:58.93
 3 Malika Akkaoui MAR 1:59.34
 4 Alysia Montaño USA 2:00.25
 5 Ajee' Wilson USA 2:00.35
 6 Nataliya Lupu UKR 2:01.09
 7 Caster Semenya RSA 2:01.83
 8 Selina Büchel 2:01.99
 Yekaterina Poistogova RUS DNF
 Iлона Usovich BLR DNF

5000:

- 1 Meseret Defar ETH 14:32.83
 - 2 Tirunesh Dibaba ETH 14:34.82
 - 3 Mercy Cherono KEN 14:40.33
 - 4 Emily Chebet KEN 14:46.89
 - 5 Gladys Cherono KEN 14:47.12
 - 6 Viola Kibiwot KEN 14:52.54
 - 7 Jenny Simpson USA 14:56.26
 - 8 Buze Diriba ETH 14:56.34
 - 9 Agnes Tirop KEN 14:56.49
 - 10 Molly Huddle USA 14:58.15
 - 11 Sylvia Kibet KEN 14:58.26
 - 12 Chelsea Reilly USA 15:10.14
 - 13 Steph Twell GBR 15:37.74
- Janet Achola UGA DNF
 Gabriele Anderson USA DNF
 Genzebe Dibaba ETH DNF
 Jordan Hasay USA DNF

NEWS

IAAF APPROVES 4-YEAR DOPING BANS

Athletics International reports that the IAAF Congress approved by acclamation the following statement on anti-doping by the IAAF Council.

"The IAAF Council would like to take the opportunity offered by the gathering of the World Athletics Family in Moscow on the occasion of the 49th IAAF Congress to reiterate the IAAF's long standing and unwavering commitment against doping in Athletics. The IAAF has an ethical obligation to the overwhelming majority of athletes and officials who believe in clean sport. As a leader in this fight the IAAF has built and delivers a programme that is well resourced, far reaching, sophisticated and increasingly able to detect and remove from the sport those who breach our anti-doping rules.

"The IAAF has historically been the pioneering international sport federation in the field of anti-doping. The IAAF began out-of-competition testing in 1989 and blood testing in 2001 and almost all of the key procedures in anti-doping currently in use have been originated by our sport. The IAAF's collection of the blood samples of nearly 2000 athletes in Daegu, as part of our commitment to the Athlete Biological Passport, was a historic achievement across all sports, and continues in Moscow. The IAAF will carry on investing in education, controls and sanctions, applying the most sophisticated methods in pursuit of its goal, and using every means at its disposal to expose the cheats.

"The new WADA Code, which will come into force on 1 January 2015, will reflect our firm commitment to have tougher penalties and the IAAF will return to 4 year sanctions for serious doping offences. The IAAF will not stint in its resolve to do everything in its power to eradicate cheating and the Council invites Congress to strongly endorse this statement."

On the request of the IAAF Council, Congress also mandated it with the constitutional power to implement the new WADA Code, which is currently being revised and will come into force on 1 January 2015.

SPAR GRAND PRIX STANDINGS

The points table after the fourth race of the Spar Grand Prix Series is as follows:

OPEN

1	Mapaseka Makhanya	Transnet Eng	97
2	Irvette van Zyl	Nedbank CGA	68

3=	Christine Kalmer	Nedbank CGA	63
3=	René Kalmer	Nedbank CGA	63
5	Myrette Filmalter	Nedbank AGN	54
6	Jenna Challenor	Boxer	49
7=	Nolene Conrad	Nedbank CGA	45
7=	Lebo Phalula	Maxed Elite CGA	45
9	Cornelia Joubert	Nedbank CGA	30
10	Zintle Xiniwe	Maxed Elite WP	27
11	Poppy Mlambo	Boxer	24
12	Thozama April	Transnet	18
13=	Tanith Maxwell	Boxer	15
13=	Anna Moeketsi	Trefs	15
15=	Khanya Mateyisi	Khayelitsha	14
15=	Catherine Skosana	Transnet Eng	14
17	Patience Khumalo	TUT AGN	13
18	Kim Laxton	Sunninghill	10
19=	Portia Ngwenya	Transnet Eng	9
19=	Annie Bothma	Helderberg Harr	9

Veterans:

1	Janene Carey	Boxer KZN	22
2	Ronel Thomas	Boxer KZN	10
3	Linley Holmes	Fish Hoek	4

Masters:

1	Grace de Oliveira	Boxer	38
2	Annatjie Botes	Nedbank SWD	13
3	Mariette Strauss	Tygerberg	10

G'masters:

1	Sonja Laxton	RAC	20
2	Lien Botha	Toti	5
3=	Helen du Plessis	Tygerberg	4

Juniors:

1	Annie Bothma	Helderberg Harr	20
2	Alicia Labuschagne	New Balance	5
3=	Ileana Dreyer	Itheko	4

WADA WARNS JAMAICA ABOUT DRUG TESTING

Jamaica was warned by the World Anti-Doping Agency on 21 August that it risks expulsion from such events as the Olympic Games and World Championships unless it strengthens its drug testing programme. WADA's Director-General, David Howman, has advised the Jamaican Government to investigate claims by Renee Anne Shirley, the former Executive Director of the Jamaican Anti-Doping Commission, that the island's drug testing programme was completely inadequate. Unless improvements were made, WADA could deem JADCO non-compliant with the WADA code, which in turn could lead to severe sanctions by the IOC and IAAF, reports *Athletics International*.

Ms Shirley, who resigned from JADCO in February, aired her concerns in the US magazine *Sports Illustrated*, accusing Jamaican politicians and administrators of ignoring her warnings. "They believe Jamaica does not have a problem." She revealed that JADCO had conducted only one out-of-competition test in the five months prior to the London Olympics.

JADCO issued a statement on 22 August saying that it "views with deep concern the utterances by various persons in the public sphere in their attempt to discredit the work of JADCO, its Commissioners, the Government of Jamaica and the success of Jamaican athletes. Like most Jamaicans, JADCO joins in congratulating our athletes for their outstanding performances at the recently concluded World Championships. Our athletes

were tested in June 2013 at the National Senior Athletics Championships and none of those selected to be members of Team Jamaica returned adverse analytical findings. They would also have been tested by the IAAF at the World Championships, as they are in every major international competition." The number of tests conducted by JADCO in 2012 was 179 (108 in competition and 71 out of competition); between January and July 2013 the total was 262 (164 + 98).

The statement concludes: "It must be emphasised that it was JADCO which administered the tests in June 2013 when five of our athletes, including two of our elite athletes, were found to have returned with Adverse Analytical Findings. This underscores the efficacy and effectiveness of the JADCO's testing system. JADCO therefore condemns any allegation in the public sphere of inefficiency, ineffectiveness or the incompetence of its testing system."

IAAF CHANGES RULE FOR WOMEN'S ROAD RECORDS

Speaking at the first IAAF World Athletics Forum in Moscow, IAAF Senior Vice President Robert Hersh outlined some of the latest evolutions for future IAAF competitions, of which one of the most significant was the new qualification system for the Olympics and World Champs, reports *Athletics International*. Effective for the 2015 IAAF World Champs in Beijing, there will be a fixed number of athletes per event with the combined total of 2000 athletes competing. Instead of 'A' and 'B' standards, there will be a single qualification standard for each event, which aims to fill 75% of the quota for that discipline. The rest of the places will be filled by the top-ranked athletes in each event. All other existing qualification elements – such as the three athletes per nation rule and wild card entries – will remain generally unchanged. In future this qualification format may be extended to youth and junior championships.

Among the competition rule changes (effective from 1 November) is that there will be two world records for women in road races: for mixed gender races and for single gender races. Thus Paula Radcliffe will hold the mixed gender marathon record with 2:15:25 in 2003 and the single gender record with 2:17:42 in 2005.

VIEWPOINT

In this article, which appeared in *Athletics International*, Editor Mel Watman argues the case for a new set of world records, starting at the beginning of the century.

IT'S TIME FOR 21ST CENTURY WORLD RECORDS

The setting of world records is part of the lifeblood of international athletics. Each world record becomes an important step in the evolution of that event; the athlete responsible will acquire immense prestige and the spectator who witnessed it will feel a warm glow that they have seen history in the making. World records are valued too for their rarity. With one or two exceptions, like the women's steeplechase, performances are at such a high level and the event so well developed that records are becoming increasingly scarce.

Take the last five years. In 2009 there were four ratified world records in the standard Olympic events: in the men's 100 m, 200 m, women's pole vault and hammer throw. In 2010 the figure was three with records in the 800 m (twice) and women's hammer throw; while in 2011 there were again three (marathon, women's 20 km walk and hammer throw).

The stimulus of Olympic year 2012 boosted the number to six (800 m, 110 m hurdles, decathlon, 4x100 m, women's 4x100 m and 20 km walk) but this year there haven't been any.

Take 20 years ago; in 1983 records were set in the 100 m, 1500 m (twice), 400 m hurdles, high jump (twice), pole vault (twice), shot put, discus throw, hammer throw, javelin throw, decathlon, 4x100 m, 20 km walk, 50 km walk, women's 100 m (twice), 400 m, 800 m, 10000 m (twice), marathon, 400 m hurdles, high jump (twice), long jump (twice), discus throw, javelin throw, heptathlon and 4x100 m – a staggering total of 32!

Of course this was in the heyday of the GDR and doping there and elsewhere was rife with testing nowhere near as sophisticated as today. And that's part of the problem, particularly on the women's side. Of the 23 Olympic women's events, 14 have world records dating back to the 1980s and 1990s, and in many cases they have been unapproachable by recent generations of athletes. The men's ratio is no less alarming: 12 out of 24.

Surely now is the time to institute a new set of world records for the 21st century (dating from 1 January 2000 rather than the more accurate but pedantic 1 January 2001). Several of the 20th century records may be suspect but equally many, like Michael Johnson's 43.18 400 m in 1999 and Jonathan Edwards' 18.29 triple jump in 1995, are perfectly acceptable. My suggestion is not to ditch all those records, which would be unfair and insulting to a number of innocent athletes, but simply create a list of 20th century records for posterity. I would suggest also that in the case of 21st century records any record holder who *at any time* in his or her career receives a ban for a serious doping offence is removed from the list.

On that basis, here is how the 21st century world record list in key events would look, making for example the currently forbidding women's sprint, 1500 m, 3000 m, 10000 m, shot put, discus throw and heptathlon records far more accessible:

Men

100 9.58 Usain Bolt JAM 16.8.2009
 200 19.19 Usain Bolt JAM 20.8.2009
 400 43.45 Jeremy Wariner USA 31.8.2007
 800 1:40.91 David Rudisha KEN 9.8.2012
 1500 3:26.12 Hicham El Guerrouj MAR 24.8.2001
 Mile 3:44.95 Hicham El Guerrouj MAR 29.6.2001
 3000 7:25.79 Kenenisa Bekele ETH 7.8.2007
 (annulled: 7:25.02 Ali Saidi-Sief ALG 18.8.2000)
 5000 12:37.35 Kenenisa Bekele ETH 31.5.2004
 10000 26:17.53 Kenenisa Bekele ETH 26.8.2005
 H Mar 58:23 Zersenay Tadese ERI 21.3.2010
 Mar 2:03:38 Patrick Makau KEN 25.9.2011
 3000 s/chase 7:53.63 Saïf Saaeed Shaheen QAT 3.9.2004
 110 H 12.80 Aries Merritt USA 7.9.2012
 400 H 47.24 Kerron Clement USA 26.6.2005
 HJ 2.41 Bohdan Bondarenko UKR 4.7.2013
 Bondarenko 15.8.2013
 PV 6.05 Dmitriy Markov AUS 9.8.2001
 6.06i Steve Hooker AUS 7.2.2009
 LJ 8.74 Dwight Phillips USA 7.6.2009
 TJ 18.04 Teddy Tamgho FRA 18.8.2013
 SP 22.54 Christian Cantwell USA 05.6.2004
 (annulled: 22.67 Kevin Toth USA 19.4.2003)
 DT 73.88 Virgilijus Alekna LTU 3.8.2000
 HT 84.86 Koji Murofushi JPN 29.6.2003
 (annulled: 86.73 Ivan Tikhon BLR 3.7.2005, 84.90 Vadim Devyatovskiy BLR 21.7.2005)
 JT 92.80 Jan Zelezny CZE 12.8.2001
 Dec 9029 Ashton Eaton USA 23.6.2012
 20 km W 1:17:21 Jefferson Pérez ECU 23.8.2003
 (annulled: 1:16:43 Sergey Morozov RUS 8.6.2008, 1:17:16 Vladimir Kanaykin RUS
 29.9.2007)
 50 km W 3:34:14 Denis Nizhegorodov RUS 11.5.2008
 4x100 36.84 Jamaica 11.8.2012
 4x400 2:55.91 USA 28.8.2004
 (annulled: USA marks of 2:55.39 on 23.8.2008 & 2:55.56 on 2.9.2007 as teams included
 LaShawn Merritt)

Women

100 10.64 Carmelita Jeter USA 20.9.2009
 200 21.69 Allyson Felix USA 30.6.2012
 400 48.70 Sanya Richards-Ross USA 16.9.2006
 800 1:54.01 Pamela Jelimo KEN 29.8.2008
 1500 3:56.18 Maryam Jamal BRN 27.8.2006
 (annulled: 3:55.33 Süreyya Ayhan TUR 5.9.2003, 3:55.60 Ayhan 15.8.2003, 3:55.68 Yuliya Chizhenko RUS 8.7.2006)
 3000 8:21.42 Gabriela Szabo ROU 19.7.2002
 5000 14:11.15 Tirunesh Dibaba ETH 6.6.2008
 10000 29:53.80 Meselech Melkamu ETH 14.6.2009
 H Mar 65:50 Mary Keitany KEN 18.2.2011
 Mar 2:15:25 Paula Radcliffe GBR 13.4.2003
 2:17:42 Radcliffe (women only race) 17.4.2005
 3000 s/chase 8:58.81 Gulnara Galkina RUS 17.8.2008
 100 H 12.26 Brianna Rollins USA 22.6.2013
 400 H 52.34 Yuliya Pechonkina RUS 8.8.2003
 HJ 2.08 Blanka Vlasic CRO 31.8.2009
 2.08i Kajsa Bergqvist SWE 2.2.2006
 PV 5.06 Yelena Isinbayeva RUS 28.8.2009
 LJ 7.33 Tatyana Lebedeva RUS 31.7.2004
 (annulled: 7.42 Tatyana Kotova RUS 23.6.2002)
 TJ 15.39 Françoise Mbango CMR 17.8.2008
 SP 21.24 Valerie Adams NZL 29.8.2011
 (annulled: 21.70i Nadezhda Ostapchuk BLR 12.2.2010, 21.58 Ostapchuk 18.7.2012, 21.46 Larisa Peleshenko RUS 26.8.2000)
 DT 69.14 Irina Yatchenko BLR 31.7.2004
 (annulled: 69.38 Natalya Sadova RUS 24.5.2003)
 HT 79.42 Betty Heidler GER 21.5.2011
 JT 72.28 Barbora Spotáková CZE 13.9.2008
 Hep 7032 Carolina Klüft SWE 26.8.2007
 20 km W 1:25:02 Yelena Lashmanova RUS 11.8.2012
 (annulled/unratified: 1:24:50 Olimpiada Ivanova RUS 04.3.2001; unrated: 1:24:56 Olga Kaniskina RUS 28.2.2009)
 4x100 40.82 USA 10.8.2012
 4x400 3:16.87 USA 11.8.2012

On this Peter Matthews, Editor of the ATFS Annual and well-known TV commentator, commented: While I sympathise with Mel's sentiments, the suggestion is not one that I could support. Could we really overlook such records as set by Johnson and Edwards – and are we really sure that all the athletes who set records this century are so much "cleaner" than their predecessors? And I cannot see anything other than complete confusion from the general public, let alone the media. Also logically if one followed this policy, there ought to be separate records lists for all nations, categories etc.

BACKGROUND**MOSCOW STATS**

Some statistics from the World Championships, with the help of *eTrack Newsletter* and *Athletics International*:

Mo Farah's blistering finish brought him two gold medals in Moscow. He was particularly impressive in the 5000 m, in which it seemed as if his rivals had no clue of how to go about beating him. The first lap took 71.48 sec, a mere jog (72.66 for Farah). The first kilometre was covered in 2:45.12 (about 13:45 pace) and the second was even more pedestrian:

2:52.99. Farah started his sprint with 600 m to go and covered the 11th lap in 60.28; he ran the last 200 m in 26.61 and the last full lap in 53.44.

His splits were: 72.66, 64.57 [2:17.23], 63.15 [3:20.38], 71.28 [4:31.66], 66.54 [5:38.20], 69.96 [6:48.16], 67.63 [7:55.79], 62.98 [8:58.77], 62.07 [10:00.84], 64.02 [11:04.86], 60.28 [12:05.14], 55.23 [13:00.37], 26.61 (13.13, 26.61, 53.44, 1:50.75, 2:54.57, 3:57.75). His last kilometre was 2:22.12.

Note that Ethiopian junior Hagos Gebrhiwet, who won the silver medal, finished even faster: his last kilometre took just 2:21.82.

In the 1500 m Djibouti's Ayanleh Souleiman who, like Farah, was born in Somalia, did not make the final. He has a PB of 3:30.31 and surprisingly won the bronze medal in the 800 m. As *Athletics International* pointed out: "The accumulation of three 800s (1:46.86, 1:44.99, bronze in 1:43.76), and a 3:38.63 heat led to him being eliminated in the semis with 3:37.69. It shows how great Seb Coe was. At the 1984 Olympics he ran 1:45.71, 1:46.75, 1:45.51 and 1:43.64 (silver), followed by 3:45.30, 3:35.81 and 3:32.53 (gold).

STATS TIME

The IAAF has now approved the principle of two sets of road world records for women, one for mixed-gender races and one for women-only races (see News section above). Here is a list of all sub-2:20 times in the marathon (22 performances by 17 women), with an indication ("M") of which were run in mixed races. London leads the list with seven performances, followed by Berlin (where the first sub-2:20 was run in 2001) with five and Chicago with four. Paula Radcliffe, holder of both world records, has been under the barrier four times; the only others with more than one are Mary Keitany and Catherine Ndereba.

MARATHON: ALL WOMEN UNDER 2:20

2:15:25	M	Paula Radcliffe (GBR)	1	London	13 Apr 03	
2:17:18	M	Radcliffe-2	1	Chicago	13 Oct 02	
2:17:42		Radcliffe-3	1	London	17 Apr 05	
2:18:20	M	Liliya Shobukhova (RUS)	1	Chicago	09 Oct 11	
2:18:37		Mary Keitany (KEN)	1	London	22 Apr 12	
2:18:47	M	Catherine Ndereba (KEN)	1	Chicago	07 Oct 01	
2:18:56		Radcliffe-4	1	London	14 Apr 02	
2:18:58		Tiki Gelana (ETH)	1	Rotterdam	15 Apr 12	
2:19:12	M	Mizuki Noguchi (JPN)	1	Berlin	25 Sep 05	
2:19:19	M	Irina Mikitenko (GER)	1	Berlin	28 Sep 08	[10]
2:19:19		Keitany-2	1	London	17 Apr 11	
2:19:26	M	Ndereba-2	2	Chicago	13 Oct 02	
2:19:31	M	Aselefech Mergia (ETH)	1	Dubai	27 Jan 12	
2:19:34	M	Lucy Kabuu (KEN)	2	Dubai	27 Jan 12	
2:19:36		Deena Kastor (USA)	1	London	23 Apr 06	
2:19:39	M	Sun Yingjie* (CHN)	1	Beijing	19 Oct 03	
2:19:41	M	Yoko Shibui (JPN)	1	Berlin	26 Sep 04	
2:19:44	M	Florence Kiplagat (KEN)	1	Berlin	25 Sep 11	
2:19:46	M	Naoko Takahashi (JPN)	1	Berlin	30 Sep 01	
2:19:50		Edna Kiplagat (KEN)	2	London	22 Apr 12	[20]
2:19:51A	M	Zhou Chunxiu (CHN)	1	Seoul	12 Mar 06	
2:19:52	M	Mare Dibaba (ETH)	3	Dubai	27 Jan 12	

*) Served a drugs suspension in the course of her career; it does not imply that she was using drugs when producing this performance.

THIS MONTH IN HISTORY

53 years ago: 10 September 1960

No one expected a runner from Africa to win the Rome Olympic Marathon – much less that he would do it barefoot and break the world record to boot! But Abebe Bikila (ETH) astounded everyone with his victory in 2:15:16.2 in only his third marathon. It was the first time an Olympic Marathon had been held without starting or finishing in the stadium and, as Bob Phillips and Roger Gynn put it in *100 years of the Olympic Marathon*, it “was a magnificent spectacle, starting in the heart of the Ancient Roman Empire in the late afternoon and finishing by torchlight under the Arch of Constantine close to the Colosseum”. Of his ten finished marathons, Bikila, who set another world record of 2:12:11.2 when he retained his title four years later – the first man in history to do so – lost only one, in Boston in 1963. He failed to finish the Olympic Marathon in Mexico City in 1968. The silver medal in Rome also went to an African, Rhadi Ben Abdesslem (MAR), with Barry Magee (NZL) third and South Africa’s Keith James 13th.

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)		
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
	63:36	Stephen Mokoka	Cape Town	
	63:11A	Lloyd Bosman	Knysna	
	58:41A	Bernard Koech (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		04 May
	78:45	Lucky Mohale	Pretoria	
	73:34	Richard Kiprotich (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		06 Jan
	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 44:14	Graham Katzen Pierre Levisse (FRA) 1992	Duynefontein	23 Feb
21.1 km	68:10 62:28	Gert Thys John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996	Wellington	01 May
25 km	88:25 76:49	Elias Mabane Martin Mondragon (MEX) 1994	Pretoria	04 May
30 km	1:48:35 1:35:28	Graham Katzen Geraldo Antonio da Silva (BRA) 2002	Camps Bay	06 Jan
Marathon	2:21:40 2:08:46	Hendrick Ramaala Andres Espinosa (MEX) 2003	Mumbai	20 Jan
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:31 [33:28 30:35	Reform Ndlovu Vladimir Kotov (BLR) Tecwyn Davies (GBR) 1988	Durban Athlone	19 May 09 Feb]
15 km	51:26 [50:54 47:52	Eric Coetzee Vladimir Kotov (BLR) Titus Mamabolo (RSA) 1991	Constantia Constantia	09 Mar 09 Mar]
21.1 km	75:20 [74:42A 66:42	Reform Ndlovu Vladimir Kotov (BLR) Martin Rees (GBR) 2003	Benoni Simon's Town	27 Jan 17 Feb]
25 km	1:46:22 1:41:07A	Philemon Mailola Nicholas Dlamini	Pretoria Pinetown	04 May 27 Jan
30 km	1:54:25 [1:52:06	Eric Coetzee Vladimir Kotov (BLR)	Parow Camps Bay	16 Mar 06 Jan]
Marathon	2:40:26 [2:34:33 2:19:29	Reform Ndlovu Vladimir Kotov Titus Mamabolo (RSA) 1991	Oudtshoorn Oudtshoorn	03 Feb 03 Feb]
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 27:52	Namakoe Nkhasi Richard Chelimo (KEN) 1990	Durban	19 May
15 km	48:56 42:25	Masibulele Heugh Moses Mosop (KEN) 2004	Jeffreys Bay	05 Jan
21.1 km	70:17 59:16	Masibulele Heugh Samuel Wanjiru (KEN) 2005	Port Elizabeth	29 Jun

WOMENOpen

10 km	32:49 30:49 30:21	Mapaseka Makhanya Tirunesh Dibaba (ETH) Paula Radcliffe (GBR) 2003	Durban	23 Jun
15 km	51:11 48:48 46:28	René Kalmer Sara-Isabel Moreira (POR) Tirunesh Dibaba (ETH) 2009	Germiston	07 Apr

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	Hammarsdale	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	Somers East	23 Feb
30 km	2:24:05	Olga Howard	Camps Bay	06 Jan
Marathon	3:14:43	Jane Mudau	Pretoria	23 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	44:30	Sonja Laxton	Pretoria	31 Aug
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 31:42	Annie Bothma Zola Pieterse (RSA) 1984	Durban	19 May
15 km	56:41 49:40	Annie Bothma Ines Chenonge (KEN) 2001	Eersterivier	22 Jun
21.1 km	86:01 1:09:05	Slindile Chili Delilah Asiago (KEN) 1991	Richards Bay	30 Jun

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