

Distance Running Results

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EDITORIAL

There was action aplenty this weekend, including the SA Cross-country Championships in Potchefstroom. Elroy Gelant delivered an outstanding performance at the Championships by winning both the 12 km and 4 km races – the first man to do so since the short race was added in 1998 – and retaining his title in the former with an easy victory. In the women's long race Lebo Phalula regained the crown she won in 2011, with defending champion Nolene Conrade second; they reversed their positions in last year's race.

The women's short race went to Thembi Baloyi, who won by more than 40 seconds. SA 10 km champion Jeromy Andreas took the U.21 title, while Zola Pieterse was first in the 45-49 age category – almost 1½ minutes ahead of the second runner.

Gelant was not the only one doing a lot of racing this weekend. Candyce Hall ran both the ARD 3 Vlei race on Sunday and the Beachcomber event on Saturday, while the Katzen father-and-son combination of Graham and Granwin, as well as Mariëtte Strauss and Pixie Sparg, competed in the former race after taking part in the Cross-country Championships the previous day. Zimbabwean Jonathan Chinyoka won both the Umgubho 25 km on Saturday and the SAPS Striders Heritage Challenge Half Marathon on Sunday; Peter Sehloho won the master category in both races.

Internationally, the highlight came – as was to be expected – in the Bupa Great North Run, where three of the best distance runners in history met over the half-marathon distance. The race went not to the current Olympic and world double champion over 5000 m and 10000 m, but to a previous star with this distinction. Kenenisa Bekele beat Mo Farah by one second in 60:09, both returning PBs. In third, 31 seconds behind Farah, was Haile Gebrselassie.

In the women's race Priscah Jeptoo easily beat two of the sport's greatest stars, Meseret Defar and Tirunesh Dibaba, with all three clocking PBs: 65:45, 66:09 and 66:56. Jeptoo split 30:07 (downhill) from the 10 km mark to the 20 km mark – faster than the current 10 km world record.

After it was announced last week that the Soweto Marathon had been cancelled, Athletics South Africa President James Evans has declared in a statement that it was not the case.

Initially the chairman of a group calling themselves the Soweto Marathon Trust, Sello Khunou, said it had "not received co-operation from former organisers ASA in its attempt to secure funds from the ASA's broadcast deal with the SABC". The group blamed ASA for the cancellation. According to the trust, it took control of this year's event from former organisers ASA and Central Gauteng Athletics. The race, which was established in 1991,

has not had a sponsor since Nedbank cut short its road running deal with ASA four years ago.

"It must be noted that no evidence has been provided to Athletics South Africa that there is a registered trust by the name of the Soweto Marathon Trust, nor that anyone has been duly registered as trustees by the relevant authorities," Evans said in his statement published on the *Runner's World* website. "Unlike [bodies] such as the Comrades Marathon Association, which is a member of KwaZulu Natal Athletics and organises a marathon by the same name, and the Two Oceans Marathon Association NPC, which is similarly an associate member of Western Province Athletics, there is no evidence available to Athletics South Africa that any grouping calling themselves the Soweto Marathon Trust is a member of any of Athletics South Africa's affiliates. As such it cannot, in terms of the rules of the sport, organise an athletics event such as a marathon and therefore cannot cancel one.

"It should be remembered that their spokesperson was previously employed by Athletics South Africa, at a stage when it lost several sponsors which ultimately lead to the current position. His record of acquiring and retaining sponsors is poor. Athletics South Africa will continue to engage with all legitimate stakeholders to investigate continuing with the Soweto Marathon in 2013. Any announcements about the future of the race will accordingly come from the federation and not individuals claiming rights to the race, which they do not have," Evans said.

The junior runner Nobuhle Tshuma (Elim), whose results have often appeared in DRR – most recently in the Gauteng Half Marathon – is a Zimbabwean. Her name is actually Nobukhosi Tshuma.

Unfortunately the results in the three older women's age categories in the Medihelp Tekkie Challenge in last week's DRR were in the wrong order (their times were correct). So the first three veterans were Sandra van Graan, Ursula Frans and Sheryl de Lange, the first three masters Mariëtte Strauss, Olga Howard and Cheryl Rudolph, and the first three grandmasters Helen du Plessis, Pixie Sparg and Ruth Leverton.

In the Lentefees Half Marathon the second woman was Candice Davison (not Dawids).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * SAPS Striders Heritage Challenge Half Marathon & 10 km, Durban
- * ARD 3 Vlei Race, Grassy Park, Cape Town
- * Beachcomber 15 km, Strandfontein
- * Mpati Mountain Race, Dundee
- * Value Logistics Ou Voetpad 10-miler & 6-miler, Pretoria
- * Twizza Kowie Striders 27 km & 10 km, Bathurst to Port Alfred
- * Umgubho 25 km Challenge, Kwa Mashu
- * Tuks/Lester Mills 10 km, Pretoria
- * Khayelitsha 10 km, Khayelitsha
- * Spar Women's 10 km, Pietermaritzburg
- * XC: SA Championships, Potchefstroom

International highlights:

- * Bupa Great North Run, Newcastle to South Shields, GBR
 - * Rock 'n' Roll Philadelphia Half Marathon, Philadelphia, USA
 - * Mattoni Ústí Half Marathon, Usti nad Labem, CZE
 - * Bupa Great North CityGames, Gateshead, GBR
 - * XC: Vanderbilt Invitational, Nashville, TN, USA
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CORRECTION TO S.A. 10 KM CHAMPIONSHIPS RESULTS

ASA Technical Manager Pieter de Jager informed DRR that, after an investigation into the place of birth and nationality of junior runner Namakoe Nkhasi, who was second overall and first junior in the SA 10 km Championships in Durban on 19 May (results in DRR 13:20), ASA has found that he is a Lesotho citizen and he was therefore disqualified. All runners behind him should be moved up one position and the prize money adjusted accordingly. The first three in the open division are now: 1. Jeromy Andreas 29:03, 2. Lloyd Bosman 29:15, 3. Xolisane Zamkele 29:18; and the first three juniors: 1. Tumisang Monatlala 30:14, 2. Adam Lipschitz 30:36, 3. Michael Pienaar 31:08.

ROAD RUNNING

SAPS Striders Heritage Challenge Half Marathon & 10 km

(Incorporating the SAPS Half-marathon Championships)

Durban, 15 September

(Distances: 21.1 km & 10 km. Finishers: half marathon – 935; 10 km – 662.)

Half marathon

MEN

1.	Jonathan Chinyoka	ZIM/Durban Runner AC	67:09
2.	Trymore Kanzara	ZIM/Phatane AC	67:12
3.	Wiseman Fadane	Lusikisiki AC	67:28



Marie Louw won the SA Police half-marathon title and was also the first veteran in the SAPS Striders Heritage Challenge Half Marathon. [Jasper Coetzee]

40-49:

1.	Mluleki Nobanda	Mr P Transkei
	68:15	
2.	Thembikosi Gumede	Boxer AC
	75:49	
3.	Selwyn Losper	Mosselbaai Harr
	76:01	

50-59:

1.	Peter Sehloho	Boxer AC
	75:52	
2.	Edmund Magadi	Stella AC
	81:30	
3.	Cosmos Langa	Corr Serv
	81:31	

60+:

1.	Michael Langa	Ath North
	93:12	
2.	Davhana Mulatedzi	SAPS Vhembe
	93:54	
3.	Mbhekiseni Mchunu	Kwa Mashu AC
	100:02	

Juniors:

1.	Siyabonga Mkhize	Inanda Q
	82:23	

WOMEN

1.	Tanith Maxwell	Boxer AC
	80:36	
2.	Poppy Mlambo	Boxer AC
	82:36	

3.	Wendy Morgan	West AC	90:30
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40-49:

1.	Marie Louw	New Balance MC (WP)	98:04
2.	Jenny Sutton	YWP AC	100:32
3.	Maureen Slack	West AC	101:40

50-59:

1.	Una Saayman	Hartenbos AC	110:42
2.	Victoria Ngobese	SAPS	112:37
3.	Marietjie Pieterse	Achilles P E	114:57

60+:

1.	Pam Rasmussen	QBH	115:34
2.	Merryl Duncan	Forest Hills	125:27
3.	Maureen Parry	Chiltern AC	130:33

10 km**MEN**

1.	Julius Tenai	KEN/Phatane AC	30:52
2.	Professor Mollen	ZIM/Maxed Elite	31:14
3.	Aphelele Fanekho	Nedbank AC	31:26

40-49:

1.	Sipho Mbokazi	Phuma KZN	36:42
2.	Stanley Makhamba	Nedbank AC	37:02
3.	Mankena Mokoena	PDAC	38:34

50-59:

1.	Phineas Ntombela	KZN St	40:03
2.	Boysie van Staden	Savages AC	44:00
3.	Jerome Mthimkulu	Kwa Mashu AC	45:32

60+:

1.	Achim Mhlanzi	Savages AC	40:51
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Juniors:

1.	Aphelene Fanekho	Nedbank AC	31:26
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WOMEN

1.	Fikile Mbuthuma	Nedbank AC	37:46
2.	Grace de Oliveira	Boxer AC	41:20
3.	Nothando Xaba	Inanda Q	43:13

40-49:

1.	Hleziphi Ncayiyana	Nedbank AC	44:54
2.	Dawn Mackey	QBH	54:29
3.	Nondumiso Nzimande	Edendale	59:51

50-59:

1.	Grace de Oliveira	Boxer AC	41:20
2.	Jenny Scott	DCS	47:17
3.	Sarla Juglal	Chatsworth	54:33

60+:

1.	Pat Fisher	Stella AC	56:00
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ARD 3 Vlei Race (3rd)

Grassy Park, Cape Town, 15 September

(Distance: 10 km. Weather: cold, rain, very windy. Finishers: 785.)

Note: The very cold weather conditions over the Cape Peninsula probably kept many runners away – there were 1015 finishers last year. – Ed.

MEN

1. Lindikhaya Mthangayi (Itheko) 30:11 (R500)
2. Hein Camphor (NBMC) 32:46 (R300)
3. Andrew Louw (East) 33:11 (R200)

Veterans: 1. Graham Katzen (Itheko) 33:32 (R250); 2. Xolile Macanda (Gugs) 34:33 (R200); 3. Bongani Mdalose (SANDF) 35:38 (R150). **Masters:** 1. Shafiek Cassiem (Itheko) 40:05 (R150); 2. Gerald Sullivan (Durb) 40:12 (R100); 3. Peter Wrensch (Tyger) 40:56 (R50). **G'masters:** 1. Albert Williams (Top) 43:30 (R150); 2. Dicky Cloete (SANDF) 46:37 (R100); 3. Paul San Giorgio (VOB) 47:07 (R50). **G/g'masters:** 1. Chet Sainsbury (Celtic) 54:04 (R100). **Juniors:** 1. Lukhanyo Nobakada (VOB) 33:27 (R500); 2. Granwin Katzen (Itheko) 35:33 (R300); 3. Lwando Makhasi (Ommie) 35:37 (R200).

WOMEN (Same prize money as men)

1. Nomvuyisi Seti (Itheko) 39:21
2. Busisiwe Gwala (VOB) 39:30 (1st jun)
3. Candyce Hall (Ned) 41:16

Veterans: 1. Desiré Rex (Atlantis) 52:30; 2. Glenda Alexander (MP) 55:31; 3. Debbie Horn-Botha (VOB) 55:36. **Masters:** 1. Mariëtte Strauss (Tyger) 43:39; 2. Beverley Charters (VOB) 47:13; 3. Charmaine Cupido (Ned) 50:21. **G'masters:** 1. Pixie Sparg (Celtic) 53:54; 2. Nadia Wilds (Celtic) 55:18; 3. Lyn Wood (NBMC) 57:28. **G/g'masters:** 1. Jean Cammidge (FH) 64:35. **Juniors:** 1. Busisiwe Gwala (VOB) 39:30; 2. Pamela Moyikwa (VOB) 44:24; 3. Ntuseng Lolwana (VOB) 44:30.

Beachcomber 15 km

Strandfontein, 14 September

(Certified loop course. Weather: Cold with rain. Finishers: 301.)

Note: As in the Beachcomber race (above), the bad weather conditions probably kept many runners away here too – there were 576 finishers last year. – Ed.

MEN

1	Bulelani	Bhebha	VOB		49:29	R300
2	Akhona	Makila	VOB	22	50:04	R200
3	Babalo	Hambi (1 st jun)	Itheko	19	50:22	R150
4	Andre	Afrika	Eersterivier	19	52:06	
5	Imran	Paya	Gugs	36	53:45	
6	Patrick	Ketelo (1 st vet)	Itheko	40	53:57	
7	Llewellyn	Jacobs	Celtic	27	54:00	
8	Paul	Conradie	Nedbank	43	55:18	
9	Buhle	Yokwana	VOB	18	56:57	
10	Vincent	Nodangala	Temp	30	57:40	

Veterans:

1	Patrick	Ketelo	Itheko	40	53:57	R200
2	Pieter	Hanekom	Nedbank	44	58:25	R150
3	Anton	Engelbrecht	Nedbank	49	58:38	R100

Masters:

1	Maxwell	Godloza	New Balance	50	1:01:54	R200
2	Angus	Kleinsmith	Spartan	52	1:05:28	R150
3	Muizz	Okkers	Top Form	52	1:05:58	R100

G'masters:

1	Albert	Williams	Top Form	60	1:05:59	R100
2	Ivan	Marais	Nedbank	64	1:06:58	R70
3	Dicky	Cloete	SANDF	61	1:07:43	R50

Juniors:

1	Babalo	Hambi	Itheko	19	50:22	R125
2	Andre	Afrika	Eersterivier	19	52:06	R75
3	Buhle	Yokwana	VOB	18	56:57	R50

WOMEN (Same prize money as men)

1	Bulelwa	Mtshagi	Celtic	34	59:50	
2	Candyce	Hall	Nedbank	29	59:56	
3	Ursula	Frans (1 st vet)	Celtic	44	1:01:56	
4	Busisiwe	Matiwane	Celtic	38	1:02:42	
5	Grace	Bokaba	SANDB	28	1:09:41	
6	Megan	Goliath	Brackenfell	37	1:10:32	
7	Cheryl	Rudolph (1 st mast)	Easterns	52	1:10:48	
8	Lindie	Bouwer	Nedbank	28	1:12:55	
9	Veruschke	Kolbe	In Touch	35	1:13:01	
10	Kara	Van De Pol	Celtic	39	1:13:02	

Veterans:

1	Ursula	Frans	Celtic	44	1:01:56	
2	Marietjie	De Vries	Strand	40	1:15:32	
3	Julie	Fritz	Easterns	43	1:16:36	

Masters:

1	Cheryl	Rudolph	Easterns	52	1:10:48	
2	Charmaine	Cupido	Nedbank	57	1:14:08	
3	Anne	Pool	Strand	52	1:16:11	

G'masters:

1	Ruth	Leverton	Pinelands	60	1:22:58	
2	Pat	McClinton	Celtic	61	1:44:11	
3	Annatjie	Berntzen	Tygerberg	71	1:47:51	

Juniors:

1	Londeka	Miya	Gugs	16	1:23:07	
2	Zaidah	Baadjes	ARD	16	1:57:36	

Mpati Mountain Race (33rd)

Dundee, 14 September

(Distance: 15 km; hilly loop course on tar, mountain trails and gravel.)

MEN

1. Bongani Sabelo (BBAC) 69:08
2. Lindani Sanweni (BBAC) 69:56
3. Menzi Mswane (LAC) 70:56

WOMEN

1. Mpumelelo Mnyandi (Klip St) 79:47
2. Mbali Mtshali (Muden) 81:31
3. Zanele Mnongwa (Klip St) 82:24

Value Logistics Ou Voetpad 10-miler & 6-miler

Pretoria, 14 September

(Distances: 16 km & 10 km; loop courses, partly on gravel and sand tracks. Finishers: 16 km – 600; 10 km – 500.)

10-miler

MEN

1 Joseph Keino (KEN/Toyota) 57:42; 2 William Chinyanga (ZIM/Nedbank) 61:43; 3 Musa Maluleke (Mazda) 66:58.

Veterans: 1 Leon Baker (Breakthru Midrand) 73:30. **Masters:** 1 Klaus Batels (Boksburg) 74:54. **G'masters:** 1 Johannes Setshedi (New Balance) 81:47. **Juniors:** 1 Erick Cooks (Irene) 1:57:35.

WOMEN

1 Ansie Breytenbach (Irene) 85:01; 2 Nicola Pabst (Magnolia) 88:43; 3 Carien Ackerman (Temp) 90:16.

Veterans: 1 Ansie Breytenbach (Irene) 85:01. **Masters:** 1 Ansa Strydom (Overkruin) 92:48. **G'masters:** 1 Patricia Shaw (BNAC) 1:52:38.

6-miler

MEN

1 Teboho Lejaha (Maxed Elite) 31:25; 2 Charles Kemel (KEN/Toyota) 32:02; 3 Joshua Sabao (ZIM/Maxed Elite) 32:38.

Veterans: 1 Louis Conradie (Akasia) 56:26. **Masters:** 1 April Moatshe (RAC) 46:06. **G'masters:** 1 Piet van Loggerenberg (Irene) 46:27. **Juniors:** 1 Ezekiel Mathonsi (Nkodima) 33:33.

WOMEN

1 Francet van Tonder (New Balance) 46:12; 2 Kimberley Bailey (Temp) 47:07; 3 Lois Framerey (Running Inn) 48:21.

Veterans: 1 Carien Hamman (ACRW) 53:59. **Masters:** 1 Beverley Rausch (Phobians) 56:53. **G'masters:** 1 Lorraine Broom (Adventure Racing) 72:33. **Juniors:** 1 Angelique Jordaan (Fit 2000) 68:04.

Twizza Kowie Striders 27 km (35th) & 10 km

Bathurst to Port Alfred, 14 September

(Distances: 27 km – point-to-point course, with approx. 20 km on gravel; 10 km – a loop. Finishers: 27 km – 166; 10 km – 54.)

Note 1: The "10 km" has been approx. 10.5 km from its inception. – Ed.

Note 2: Great runs here by the grandmaster couple Hannes and Jos Els in the 10 km, both finishing fifth (in 45:15 and 65:54 respectively) and beating all the other age categories. The winners of the two races, Basie and Luther Bonaparte, are father and son. – Ed.

27 km

MEN

1	Basie	Bonaparte (1 st vet)	Albany RR	47	1:37:41
2	Sizakele	Dayimani	Kowie Striders	33	1:42:13
3	Malibongwe	Mbelu	Run For Life EP	41	1:44:09
4	John	Rafani	Nedbank RC EP	46	1:44:49
5	Carriot	Galela	Run For Life EP	44	1:44:51
6	Daryl	North	Achilles AAA	36	1:45:04

7	Gcobani	Bekwapi	Charlo AC	34	1:45:56
8	Johannes	Jonck	St Albans CS EP	40	1:47:41
9	Jacques	Barnard	Despatch AC	37	1:48:59
10	Bolly	Jekana	Nedbank RC EP	46	1:51:43
11	Mzwandile	July	Charlo AC	40	1:52:20
12	Ian	Patterson (1 st mast)	Muirite Striders	50	1:52:24
13	Thembekile	Msipa	Charlo AC	39	1:52:27
14	Wayne	Mitchell	Achilles AAA	40	1:54:37
15	Robin	Fourie	Achilles AAA	50	1:54:59
16	Andrew	Porter	Achilles AAA	41	1:55:39
17	Joseph	Bain	St Albans CS EP	53	1:57:02
18	Jacob	Abraham	Body Concept	47	1:57:29
19	Selwyn	Isaacs	Nedbank RC EP	38	1:57:30
20	Sikhumbuzo	Mangweni	Temp	38	1:57:34

40-44:

1	Malibongwe	Mbelu	Run For Life EP	41	1:44:09
2	Carriot	Galela	Run For Life EP	44	1:44:51
3	Johannes	Jonck	St Albans CS EP	40	1:47:41

45-49:

1	Basie	Bonaparte	Albany RR	47	1:37:41
2	John	Rafani	Nedbank RC EP	46	1:44:49
3	Bolly	Jekana	Nedbank RC EP	46	1:51:43

50-54:

1	Ian	Patterson	Muirite Striders	50	1:52:24
2	Robin	Fourie	Achilles AAA	50	1:54:59
3	Joseph	Bain	St Albans CS EP	53	1:57:02

55-59:

1	Richard	Foss	Albany RR	59	2:05:24
2	Bruce	McEwan	Achilles AAA	59	2:09:18
3	Lenneth	Erasmus	Aspen Pharmacare	55	2:14:42

60-64:

1	Sizinzo	Kama	Achilles AAA	62	2:00:24
2	Graham	Channon	Achilles AAA	64	2:16:45
3	Bob	Stedman	Achilles AAA	64	2:44:08

65-69:

1	David	O'Rielly	Nedbank RC EP	65	2:41:58
2	Tom	D'Arcy	Achilles AAA	67	2:43:32
3	Jean	Nepgen	Kowie Striders	68	4:08:41

Juniors:

1	Ruan	Welgemoed	St Albans CS EP	18	2:45:54
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WOMEN

1	Christine	Claasen (1 st vet)	Achilles AAA	49	2:01:37
2	Terri-Lynn	Penney	Run For Life EP	36	2:05:22
3	Grizelda	Pietersen	Maxed Elite EP	44	2:06:33
4	Laura	Maritz (1 st mast)	Elite AC	52	2:08:03
5	Janine	Gardiner	Charlo AC	32	2:08:46
6	Terray	Newcombe	Elite AC	22	2:16:11
7	Annelie	Nel	Body Concept	39	2:22:49
8	Judy	Paul	Temp	42	2:26:08
9	Mandy	Jackson	Temp	32	2:26:10
10	Debbie	Dodd	Charlo AC	42	2:27:09
11	Liz	Goosen	Madiba Bay AC	40	2:27:43
12	Nolukhanyo	Mdwayi	Body Concept	32	2:28:03
13	Bronwen	Perry	Crusaders AC	31	2:28:26
14	Anita	Boehmke	Achilles AAA	43	2:28:27

15	Rosemary	Joubert	Crusaders AC	52	2:30:08
16	Merle	Nair	Achilles AAA	51	2:30:35
17	Amanda	Wolmarans	Walmer AC	54	2:32:44
18	Janice	McKerry	Queenstown	48	2:35:20
19	Joey	Venter	Buffalo	34	2:35:46
20	Helen	John	Temp	39	2:37:29

40-44:

1	Grizelda	Pietersen	Maxed Elite EP	44	2:06:33
2	Judy	Paul	Temp	42	2:26:08
3	Debbie	Dodd	Charlo AC	42	2:27:09

45-49:

1	Christine	Claasen	Achilles AAA	49	2:01:37
2	Janice	McKerry	Queenstown	48	2:35:20
3	Sylma	Watkins	St Albans CS EP	45	2:39:53

50-54:

1	Laura	Maritz	Elite AC	52	2:08:03
2	Rosemary	Joubert	Crusaders AC	52	2:30:08
3	Merle	Nair	Achilles AAA	51	2:30:35

55-59:

1	Christine	Snyman	Despatch AC	57	2:49:50
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60-64:

1	Lynne	Marshall	Temp	64	3:52:45
2	Carol	Nepgen	Kowie Striders	62	4:08:40

10 km**MEN**

1	Luther	Bonaparte	Albany RR	21	40:18
2	Lwandile	Matomela	Run For Life EP	26	43:21
3	Sean	Swanepoel	Rhodes University	24	44:26
4	Gwinyai	Chimuriwo	Rhodes University	25	45:03
5	Hannes	Els (1 st g'mast)	Madiba Bay AC	63	45:15
6	Tomasz	Kleszcz	Temp	31	46:02
7	Christopher	Pike	Temp	33	47:18
8	Thembaletu	Komeni	Temp	17	50:20
9	Damian	Wilson	Temp	22	54:50
10	Peter	Stockwell	Albany RR	66	55:06

40-44:

1	Lee-Roy	Davis	Temp	40	59:16
2	Fanie	Fouche	Temp	43	59:16
3	Willem	Laubscher	Hartenbos	44	1:00:01

45-49:

1	Nico	Kock	Elite AC	45	1:09:48
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50-54:

1	Louwrens	Basson	Despatch AC	51	1:09:30
2	Jacques	Botha	Temp	50	1:52:22

55-59:

1	Anton	Snyman	VW AC	58	1:09:31
2	Marius	Wolmarans	Walmer AC	56	1:09:34

60-64:

1	Hannes	Els	Madiba Bay AC	63	45:15
2	Gert	Deyzel	St Albans CS EP	63	1:30:00

65-69:

1	Peter	Stockwell	Albany RR	66	55:06
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70-74:

1	Bill	Myburgh	Temp	71	1:39:06
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Juniors:

1	Thembaletu Komeni	Temp	17	50:20
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WOMEN

1	Tiani	Claassen	Despatch AC	22	45:26
2	Bronwyn	Mothapo	Rhodes University	23	51:27
3	Philippa	Field	Albany RR	37	55:02
4	Chifuno	Stevens	Temp	22	55:40
5	Jos	Els (1 st g'mast)	Madiba Bay AC	61	56:54
6	Helena	Warren	Temp	34	58:53
7	Natalie	Smith	Warriors AC	28	59:01
8	Laetitia	Laubscher (1 st vet)	Hartenbos	40	1:00:02
9	Colleen	Bedford	Temp	31	1:02:21
10	Sisipho	Mzwakeli	Temp	15	1:04:39

40-44:

1	Laetitia	Laubscher	Hartenbos	40	1:00:02
2	Judy	Kock	Elite AC	41	1:09:49
3	Sharon	Pieterse	Temp	42	1:38:26

45-49:

1	Charmaine	Botha	Temp	46	1:39:03
2	Ann	Barkhuizen	Temp	45	1:39:05

50-54:

1	Valerie	Olivier	Temp	54	1:06:40
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60-64:

1	Jos	Els	Madiba Bay AC	61	56:54
2	Adriana	Vorster	Temp	60	1:05:57

75-79:

1	Dorothy	Hart	Charlo AC	75	1:11:08
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Juniors:

1	Sisipho	Mzwakeli	Temp	15	1:04:39
2	Siobhan	Lambourne	Temp	15	1:52:06
3	Lisa	Van den Berg	Temp	15	1:52:21

Umgubho 25 km Challenge

Kwa Mashu, 14 September

MEN

1. Jonathan Chinyoka (ZIM/Durban Runners) 1:26:17, 2. Elmore Sibanda (ZIM/Maxed Elite) 1:29:37, 3. Michael Ngaseke (ZIM/Nedbank) 1:30:17, 4. Fanelo Sthembelo (Boxer) 1:30:55, 5. Samuel Katuu (Bluff Meats) 1:31:32.

40-49: 1. Michael Ndlovu (Mafukuzela) 1:50:17, 2. Andries Nothununu (Nedbank) 1:45:32. **50-59:** 1. Peter Sehloho (Boxer) 1:52:05, 2. Maxwell Mngwengwe (Boxer) 2:04:33. **60+:** 1. Michael Langa (AN) 2:09:02. **Juniors:** 1. Samuel Katuu (Bluff Meats) 1:31:32, 2. Siyabonga Mkhize (Inanda Qadi) 1:52:05.

WOMEN

1. Ntebaleng Letsela (LES/Phantane) 1:56:04, 2. Sithusile Zhou (ZIM/Phantane) 1:57:30, 3. Monica Kativhu (ZIM/Maxed Elite) 2:00:01, 4. Zintombi Makhwenkwe (Boxer) 2:05:44, 5. Iris Ndlovu (NRB Harries) 2:23:00.

40-49: 1. Hleziphi Ncayiyana (Nedbank) 2:27:40, 2. Linda Cele (Nedbank) 2:37:08.

Juniors: 1. Zintombi Makhwenkwe (Boxer) 2:05:44.

Tuks/Lester Mills 10 km

Pretoria, 11 September

MEN

1 Gladwin Mzazi (Transnet) 31:26; 2 Steve Ngqola (Transnet) 31:29; 3 Sikhumbuzo Seme (Tuks) 33:12.

Veterans: 1 Elias Mabane (Nedbank) 33:29. **Masters:** 1 Nuno Thomaz (New Balance) 38:27. **G'masters:** 1 Johannes Setshedi (New Balance) 42:10. **G/g'masters:** 1 Charlie Stewart (Phobians) 57:27.

WOMEN

1 Regina Koech (KEN/Toyota) 39:02; 2 Lise Olivier (Temp) 40:36; 3 Simongele Mabuza (Transnet) 41:23.

Veterans: 1 Mirriam Mooki (Transnet) 43:26. **Masters:** 1 Ansa Strydom (Overkruin) 48:42. **G'masters:** 1 Leonie Loots (Running Inn) 61:47.

Khayelitsha 10 km

Khayelitsha, 8 September
(Finishers: 205)

MEN

1. Vuyolwethu Mbukushe (Gusg) 32:33
2. Abongile Snyman (East) 32:41
3. Mpendulo Sigwadi (Gugs) 33:48

Veterans: 1. Xolile Macanda (Gugs) 34:43; 2. B.C. Mdalose (SANDF) 35:46; 3. Patrick Ketelo (Itheko) 36:28. **Masters:** 1. Zolani Ntsodo (SANDF) 37:55; 2. Monde Tutani (Gugs) 43:18; 3. Zamubuntu Maxatona (Gugs) 49:23. **G'masters:** 1. Paul San Giorgio (VOB) 46:05; 2. Paul Fortuin (VOB) 47:31; 3. Brian Merryweather (Edge) 47:35. **Juniors:** 1. Siyanda Mbande (Gugs) 35:13; 2. N. Lwadido [Illegible] 36:33; 3. Ntika Qabu (Khay) 37:12.

WOMEN

1. Khanya Mateyisi (Khay) 40:57
2. Pamela Moyikwa (VOB) 42:05 (1st jun)
3. Busisiwe Gwala (VOB) 42:12

Veterans: 1. Ursula Frans (Celtic) 43:08; 2. Charlene Maartens (Tyger) 55:30; 3. Elsabe Moyo (Gugs) 58:12. **Masters:** 1. Mariëtte Strauss (Tyger) 46:03; 2. Cailey Bredenkamp (Paarl) 54:10; 3. Anne Williams (PnP) 59:59. **G'masters:** 1. Helen du Plessis (Tyger) 52:31; 2. Pixie Sparg (Celtic) 55:33; Annatjie Berntzen (Tyger) 71:38. **Juniors:** 1. Pamela Moyikwa (VOB) 42:05; 2. Busisiwe Gwala (VOB) 42:12; 3. Nthuseng Xolwana (VOB) 45:32.

Spar Women's 10 km

Pietermaritzburg, 8 September

The first ten in this race were included last week. Here are the age category results:

40-49:

1.	Sibongile Zigubu	Eskom AC	46:55
2.	Xolisile Mwelase	Phuma KZN	48:37
3.	Christadu Plessis	Ind	51:46

50-59:

1.	Grace de Oliveira	Boxer AC	42:56
2.	Janine Engels	PDAC	47:22
3.	Debby de Koning	Eskom AC	50:11

60+:

1.	Judith Grove	Hilton Harr	50:39
2.	Jane Dickinson	RWFL	52:54
3.	Pat Fischer	Stella AC	59:39

Juniors:

1.	Slindile Chilli	Chesterville	40:18
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CROSS-COUNTRY**South African Cross-country Championships**(65th for men; 50th for women)

Potchefstroom, 14 September

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

1	Elroy	GELANT	ACNW	37:43
2	Dericious	MAKHOBALO	CGA	38:31
3	Bonginkosi	ZWANE	KZNA	38:31
4	Lucas	JANI	AGN	38:46
5	Godfrey	RAMAKONE	AFS	39:00
6	Siyabonga	MAKHALUZA	CGA	39:06
7	Ntesane	BAITSOMEDI	ANWN	39:10
8	Jonas	MAHLANGU	IND	39:23
9	Abram	KHUMALO	CGA	39:31
10	Lebogang	KHONKHOB	CGA	39:42
11	Anthony	GODONGWANA	IND	39:57
12	Merlin	KLAASTE	ASWD	40:03
13	Mariano	EESOU	EPA	40:05
14	Tsepo	MOTSHEMELA	AFS	40:09
15	Tumelo	MAHLANGU	CGA	40:27
16	Khothotso	MOKONE	AFS	40:30
17	Stanley	MOFU	AGN	40:40
18	Duane	FORTUIN	WPA	40:55
19	Zweni	MORENG	AFS	41:01
20	Pule	MAEKO	CGA	41:06
21	Godwin	SWARTZ	WPA	41:19
22	Altus	BADENHORST	AGN	41:27
23	Ayanda	MNCUBE	KZNA	41:40
24	Eliya	MOGOBOYA	CGA	41:42
25	Tseiso	MOEKETSI	ACNW	41:57
26	Pilgrim	GUMBI	AGN	42:02
27	Fusi	NKUTHA	AVT	42:19
28	Lutendo	MAPOTO	AVT	42:21
29	Sifiso	MNCWANGO	CGA	42:43
30	Ntsindiso	MPHAKATHI	CGA	42:51

SR. MEN

1	Elroy	GELANT	ACNW	11:55
2	Mtobisi	BALOYI	ACNW	12:07
3	Marko	BUCARIZZA	CGA	12:08
4	Dean	BRUMMER	ACNW	12:08

5	Tumelo	MOTLAGALE	CGA	12:25
6	Thabo	MOTAUNG	CGA	12:36
7	Clinton	SWANNEPOEL	CGA	12:46
8	Thabang	MASIHLEHO	AFS	12:49
9	Jonas	SOKE	AFS	12:50
10	Rodney	PRINS	EPA	13:00
11	Adriaan	GELDENHUYS	ACNW	13:02
12	Simpiwe	ZULU	KZNA	13:07
13	Rapeleng	KGAJE	AGN	13:07
14	Nathan	BEUKES	BOLA	13:18
15	Vuyolwethu	MBUKUSHE	WPA	13:21
16	Berndt	BURGER	AFS	13:25
17	Gino	NKOE	AGN	13:28
18	Tlou	SELOBA	AGN	13:31
19	Musa	SWAKAXA	AGN	13:35
20	Julius	MALOKA	AFS	13:36
21	Charlton	SEPTEMBER	BOLA	13:43
22	Nkosikhona	MHLAKWANA	KZNA	13:45
23	Sibusiso	THU	EPA	13:45
24	Leonard	MAKHANYE	AMPU	13:46
25	Bheki	NKOSI	IND	13:47
26	M.G.	MOTSEKI	AFS	13:47
27	Tsielo	TSANYANE	KZNA	13:47
28	Angelo	BOOYSEN	BOLA	13:51
29	Charles	MALATJI	AGN	13:54
30	David	MOLHISELWA	AFS	13:56

MEN 40 (8 km)

1	Shadrack	HOFF	AGN	25:21
2	Hector	MAHLANGU	CGA	27:01
3	Moeketsi	MOAGI	CGA	27:08

MEN 45 (8 km)

1	Elgin	MOKALE	CGA	28:13
2	Lawrence	CHIPANGAAN	CGA	28:47
3	Henry	WOLSTENHOLME	WPA	29:37

MEN 50 (8 km)

1	Stuart	MCCOLL	ACNW	28:42
2	Reform	NDLOVU	CGA	29:16
3	Eric	COETZEE	WPA	30:07

MEN 55 (8 km)

1	Mpendule	MPUKANE	WPA	32:22
2	Aubrey	ROBERTS	KZNA	32:58
3	Andre	JANSEN	IND	33:03

MEN 60 (6 km)

1	Clive	OWEN	WPA	24:15
2	Awie	VELDSMAN	WPA	24:22
3	Mike	DU BRUTO	AGN	24:26

MEN 65 (6 km)

1	Hans	SLIEP	CGA	27:16
2	Bill	LAMBERT	CGA	27:24
3	Gabriel	JOUBERT	AMPU	28:30

MEN 70 (6 km)

1	Mike	KLEINSMIT	AGN	31:13
2	Andries	VAN DER MERWE	AGN	31:43
3	Noel	SAVILLE	KZNA	31:45

MEN 75 (6 km)

1	Dion	HEIGERS	AGN	39:04
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MEN 80 (6 km)

1	Martin	COETZEE	AGN	40:42
2	Chris	DE JAGER	AGN	54:20
3	Frans	GROBLER	AGN	55:30

MEN 85 (6 km)

1	Budge	RENS	CGA	59:30
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MEN 23

1	Paulos	RADEBE	CGA	11:59
2	Precious	MASHELE	AGN	12:01
3	Sibusiso	MADIDKIZELA	CGA	12:16

MEN 21

1	Jeromy	ANDREAS	CGA	12:05
2	Samuel	MATHABATHA	CGA	12:25
3	Simon	MOKONYAMA	AGN	12:35

JR. MEN (8 km)

1	Rantso	MOKOPANE	ACNW	25:55
2	Thabang	MOSIAKO	ACNW	25:56
3	Tumisang	MONNATLALA	CGA	25:59

BOYS 17 (6 km)

1	Creel	CHAVALALA	CGA	19:11
2	Khumalo	KHULEKANI	KZNA	19:27
3	?	LENTSWE	ANWN	19:37

SR. WOMEN (8 km)

1	Lebo	PHALULA	CGA	29:45
2	Nolene	CONRAD	CGA	30:37
3	Cornelia	JOUBERT	CGA	30:44
4	Myrette	FILMALTER	AGN	31:02
5	Lorraine	NOVELA	CGA	31:31
6	Patience	KHUMALO	AGN	32:05
7	Thozama	APRIL	AGN	32:09
8	Anneke	GELDENHUYS	AFS	32:23
9	Bulelwa	SIMAE	WPA	33:05
10	Thabisa	SIRAYI	ATRA	33:28
11	Caroline	WOSTMANN	AGN	33:48
12	Takalane	NTHULANI	CGA	34:11
13	Luane	MEYER	ACNW	34:52
14	Tanya	SCOTT	WPA	35:07
15	Maryna	SWANEPOEL	AFS	35:39
16	Paulina	MOKOENA	AVT	36:51
17	Khanya	MATEYISI	WPA	37:16
18	Sheryl	DE LANGE	WPA	37:30
19	Kesa	MOLOTSANE	AFS	37:47
20	Makoma	BATJIE	CGA	38:01
21	Nthabiseng	TSHEHLA	AGN	38:37
22	Linda	HANEKOM	WPA	39:56
23	Lorissa	HUSEMEYER	ACNW	40:11
24	Inge	KOTZE	ACNW	40:33

SR. WOMEN

1	Thembi	BALOYI	AGN	14:07
2	Keneilwe	SESING	CGA	14:51
3	Thitshaamba	RAVHANDALALA	AGN	14:58
4	Ezbe	STRYDOM	AFS	15:02
5	Nerissa	VAN DER WALT	AGN	15:16
6	Danel	PRINSLOO	AFS	15:33
7	Rita	OBISI	CGA	15:44

8	Adel	VERMAAK	AGN	15:48
9	Dolores	BONDIS	AFS	16:24
10	Christelle	THERON	CGA	16:47
11	Kamogelo	MABENA	AGN	16:56
12	Palesa	LEHASA	ACNW	17:00
13	Rebeca	NGOBESE	KZNA	17:02
14	Regina	THUKANE	AFS	17:05
15	Ohna	LOUW	CGA	17:10
16	Mischelene	LAGERWALL	AGN	17:14
17	Kaylee	SHIELDS	CGA	17:32
18	Ria	LABUSCHAIGNE	BOLA	17:35
19	Kathryn	THOMAS	AGN	17:50
20	Daniella	DE JAGER	AGN	18:03
21	Tina-Mari	MEYER	WPA	18:12
22	Charine	KRUGER	CGA	18:29
23	Gloria	SEABI	ANWN	18:45
24	Martha	MABASO	AFS	18:51
25	Amandie	PANSEGRAUW	IND	18:55
26	Charlotte	MOLEFE	AGN	19:34
27	Lutendo	CHAUKE	USSA	20:05
28	Nokuthula	NTSHANGASE	KZNA	21:12
29	Selina	RAMOKWOASE	AFS	21:43
30	Grace	MANGANE	USSA	22:22

WOMEN 40

1	Ronel	THOMAS	AGN	15:39
2	Nomasonto	SKHOSANA	CGA	15:46
3	Linley	HOLMES	WPA	15:53

WOMEN 45

1	Zola	PIETERSE	AFS	14:34
2	Salome	VERMEULEN	AGN	15:59
3	Carien	VISSER	IND	16:14

WOMEN 50

1	Mariëtte	STRAUSS	WPA	17:06
2	Connie	VAN DER WESTHUIZEN	CGA	17:20
3	Elsabe	BRINK	AGN	18:17

WOMEN 55

1	Frances	VAN BLERK	AGN	18:14
2	Olga	HOWARD	WPA	18:32
3	Elize	CILLIERS	KZNA	18:41

WOMEN 60

1	Vollie	SPIES	IND	21:26
2	Margaret	BOSHOF	CGA	24:20
3	Dipuo	MANAKE	CGA	24:21

WOMEN 65

1	Pixie	SPARG	WPA	22:03
2	Esme	KLOPPER	AGN	23:41
3	M.C.	VISSER	CGA	24:39

WOMEN 70

1	Gill	TREGENNA	KZNA	24:27
2	Lesaya	SEABI	CGA	34:03

WOMEN 23

1	Ashleigh	SCHNETLER	CGA	14:41
2	Anuschka	NICE	AGN	14:56
3	Mariska	BUYS	AGN	15:53

WOMEN 21

1	Mamphielo	SIBANDA	CGA	14:25
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2	Caroline	MARANDELA	CGA	14:31
3	Aynslee	VAN GRAAN	AGN	14:36
JR. WOMEN (6 km)				
1	Glenrose	XABA	AMPU	22:04
2	Annie	BOTHMA	WPA	22:29
3	Thandeka	MANZANA	AGN	23:27
GIRLS 17				
1	Lizerie	FERREIRA	CGA	15:06
2	Jeanette	BOKADIE	CGA	15:08
3	Tiffani	BELL	CGA	15:15

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

Bupa Great North Run (33rd)

(IAAF Gold Label Road Race)

Newcastle to South Shields, GBR, 15 September

(Distance: 21.1 km; certified, point-to-point course with elevation loss of 30.5 m and a start/finish separation of more than 75%; elite women run separate race with 25 minute headstart)

MEN

1. Kenenisa Bekele, ETH 1:00:09 PB
[14:23 / 28:58 / 43:01 / 57:19h]
2. Mo Farah, GBR 1:00:10 PB
[14:23 / 28:58 / 43:01]
3. Haile Gebrselassie, 1973, ETH 1:00:41
[14:23 / 28:57 / 43:00]
4. Arata Fujiwara, JPN 1:02:44
5. Tomohiro Tanigawa, JPN 1:02:48
6. Ryuji Watanabe, JPN 1:02:58 PB
7. Mark Kenneally, IRL 1:04:06 PB
8. Yuki Kawauchi, JPN 1:04:08
9. Yared Hagos, ETH 1:04:14
10. Collis Birmingham, AUS 1:04:28

ELITE WOMEN (gun times)

1. Priscah Jeptoo, KEN 1:05:45 PB
[16:22 / 32:25 / 47:28 / 62:32h]; 50:38h at 10 miles]
2. Meseret Defar, ETH 1:06:09 PB
[16:21 / 32:25 / 47:28]
3. Tirunesh Dibaba, ETH 1:06:56 PB
[16:22 / 32:25 / 47:33]
4. Christelle Daunay, FRA 1:09:49
5. Jelena Prokopcuka, LAT 1:10:14
6. Misaki Kato, JPN 1:10:44 PB
7. Lisa Stublic, CRO 1:13:00
8. Ayaka Hitomi, JPN 1:13:09 PB
9. Jessica Augusto, POR 1:13:51
10. Jilly Woodthorpe, GBR 1:14:31 PB

Rock 'n' Roll Philadelphia Half Marathon (36th)

Philadelphia, USA, 15 September

(Distance: 21.1 km; certified, flat, out-and-back course)

MEN (gun times)

- | | | |
|---------------------------------|------------|--------|
| 1. Stanley Biwott, 1986, KEN | 59:36 | \$3500 |
| 2. Cyprian Kotut, 1992, KEN | 59:59 PB | 2000 |
| 3. Edwin Kipyego, 1990, KEN | 1:00:04 PB | 1500 |
| 4. Ghirmay Ghebreselassie, ETH? | 1:02:27 | 1000 |
| 5. Abdellah Falil, 1976, MAR | 1:02:44 | 750 |

WOMEN (gun times)

- | | | |
|----------------------------------|------------|--------|
| 1. Lyudmila Kovalenko, 1989, UKR | 1:08:59 NR | \$3500 |
| 2. Konjit Biruk, ETH | 1:09:00 PB | 2000 |
| 3. Hanae Tanaka, 1990, JPN | 1:10:02 | 1500 |
| 4. Tomomi Tanaka, 1988, JPN | 1:10:03 | 1000 |
| 5. Asami Kato, 1990, JPN | 1:10:21 PB | 750 |

Mattoni Ústí Half Marathon (3rd)

(IAAF Silver Label Road Race)

Usti nad Labem, CZE, 15 September

(Distance: 21.1 km)

MEN (gun times)

- | | | |
|----------------------------------|------------|----------------|
| 1. Philemon Limo, KEN | 1:00:38 CR | € 2500 + 1000* |
| 2. Abebe Negewo, ETH | 1:00:40 PB | 1500 |
| 3. Julius Arile, KEN | 1:01:15 | 800 |
| 4. Tamirat Tola, ETH | 1:01:27 PB | 600 |
| 5. Nicholas Kipchirchir Bor, KEN | 1:02:10 PB | 500 |

*) Course record/€1000 bonus

WOMEN (gun times)

- | | | |
|-----------------------------|------------|----------------|
| 1. Josephine Chepkoech, KEN | 1:09:08 CR | € 2500 + 1000* |
| 2. Caroline Chepkwony, KEN | 1:10:52 | 1500 |
| 3. Betelhem Moges, ETH | 1:12:07 | 800 |
| 4. Makda Harun, ETH | 1:12:10 | 600 |
| 5. Drbe Neme, ETH | 1:14:56 | 500 |

*) Course record/€1000 bonus

Bupa Great North CityGames

Gateshead, GBR, 14 September

(Women, 1 mile; men, 1 mile [events mostly on pavement with finish on 180 m straight Mondo track]; flat U-shaped course from Newcastle, over the Tyne River, to Gateshead)

MEN

Mile (timing FAT):

- | | |
|---------------------------|------------|
| 1. Garrett Heath, USA | 4:01.56 CR |
| 2. Leo Manzano, USA | 4:01.79 |
| 3. Collis Birmingham, AUS | 4:02.28 |
| 4. Bethwel Birgen, KEN | 4:06.45 |
| 5. Asbel Kiprop, KEN | 4:07.12 |

WOMEN

Mile (timing FAT):

1. Morgan Uceny, USA 4:33.97
2. Laura Weightman, GBR 4:34.63
3. Hannah England, GBR 4:35.12
4. Emma Jackson, GBR 4:35.34
5. Susan Kuijken, NED 4:35.81
- ... 10. Eilish McColgan, GBR 4:43.02
11. Zoe Buckman, AUS 4:49.05
- ... 13. Jenny Meadows, GBR 4:56.17

CROSS-COUNTRY

Vanderbilt Invitational

Nashville, USA, 14 September

MEN (8 km)

Division I Results:

1. JJ Webber JR Northern Kentucky 24:58.38
2. Matt Miller SR Belmont 24:59.78
3. John Valentine SR Mississippi State 25:11.16
- ... 6. David Mokone JR Western Kentucky(RSA) 25:21.82

NEWS

MAKAU INJURED; OUT OF BERLIN MARATHON

Organizers of the BMW Berlin Marathon announced that world record holder Patrick Makau has withdrawn from their race, scheduled for Sunday, 29 September, with a knee injury. Makau's management team verified the news just one hour later, reports *Race Results Weekly*.

"I wanted to complete and I remained highly focused and positive, but after discussing my options with my management team, I've realized that I can't race unless I am healthy and prepared to perform at my very best," Makau said through a statement provided by his manager, Zane Branson of IAC Athletics. "I trust the doctor and I need to focus on recovering from this problem."

Makau has "inflammation in his left knee," organizers said, adding that doctors at Kenyatta National Hospital in Nairobi, who diagnosed the problem, said he needed to rest his knee completely until the inflammation subsides. Branson said that Makau's training for Berlin had been excellent.

Makau won in Berlin, twice, including his world record run in 2011 where he ran 2:03:38. Makau had planned to challenge his own world mark in this year's race, running against compatriot Wilson Kipsang, the 2012 Olympic Marathon bronze medalist.

The BMW Berlin Marathon is part of the World Marathon Majors (WMM) series, and is the opening event of the WMM fall season, followed by the Bank of America Chicago Marathon (13 October), and ING New York City Marathon (3 November). Berlin is Europe's second largest marathon behind the Virgin London Marathon; last year's race recorded 34 377 finishers.

STATS TIME

Johan Cronje broke the SA record for 1500 m earlier this year (May) in Doha, but he was not yet the fastest South African ever. That honour belonged to Sydney Maree, whose 3:32.30 in Hamburg in 1981 was never ratified as the SA record. Now, with his 3:31.93 in

Rieti, Cronje is both the SA record holder and the fastest South African. His scintillating time puts him ninth on the world list for 2013. Here are the top twenty South Africans on the all-time list. Note that eight of the times came in 1990 or earlier.

1500 METRES: ALL-TIME TOP 20 MEN

3:31.93	Johan Cronje		Rieti	08.09.13
3:32.30	Sydney Maree		Hamburg	12.09.81
3:33.56	Johan Landsman		Zurich	04.08.93
3:33.87	Johan Fourie		Stellenbosch	10.04.87
3:34.30	Juan van Deventer		New York	30.05.09
3:35.33	Peter van der Westhuizen		New York	30.05.09
3:35.65	Whaddon Niewoudt		Port Elizabeth	17.05.93
3:35.84	Francois van Rensburg		Port Elizabeth	17.05.93
3:35.98	Danie Malan		Zurich	09.07.76
3:36.30	Johan Botha	(10)	Nijmegen	23.05.00
3:37.00	Deon Brummer		Durban	12.12.90
3:37.16	Clyde Colenso		Rehlingen	31.05.04
3:37.20	Fanie van Zijl		Port Elizabeth	13.04.74
3:37.24	Manson du Toit		Stellenbosch	20.03.96
3:37.30	Ewald Bonzet		Port Elizabeth	25.03.75
3:37.30	Hendrik Smit		Stellenbosch	25.02.76
3:37.36	Willem Muldner		Stellenbosch	20.03.96
3:37.41	Ebeneza Felix		Stellenbosch	20.03.96
3:37.60	Jacques van Rensburg		Durban	12.12.90
3:37.73	Graham Davidson	(20)	Dortmund	15.06.03

THIS MONTH IN HISTORY

33 years ago: 13 September 1980

The year 1980 was a great one for SA women's marathoning, with four SA records. The third of these came on this day in Matieland. It was "the good old days" of the Stellenbosch Marathon, guided by Nelis Swart, when the race was run on a seven-lap course through the town's streets, closed to traffic. Judy Ryan, only 19, became the first SA woman under 2:45 when she won in 2:44:28 to surpass the record set by Sonja Laxton twelve days before. For the first time three women broke 3 hours in the same race: Isavel Roche-Kelly ran 2:49:01 and Judy Pace 2:56:38. (Some well-known names finished behind Ryan, among them Ron Boreham, Stephen Granger, Dolf Dampies, Bruce Matthews, Leon Otto, and Chet Sainsbury, as well as the Editor of Distance Running Results.) Six weeks later Laxton took her record back.

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
	43:36	Samuel Kori (KEN)		
	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
	30:30	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	Somersset 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	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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