

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

In what was described by various sources as a “chaotic” championships (the SA Half Marathon was held in conjunction with the Legends Half Marathon and ultra in East London), René Kalmer won her 34th SA title by beating SA marathon champion Cornelia Joubert by 28 seconds in 1:15:18. Both Kalmer and Stephen Mokoka took their third consecutive half-marathon crowns; Mokoka has also won on two previous occasions (2008 and 2009) for a total of five wins.

In the women’s race Zimbabwean Rutendo Nyahora placed third and the bronze medal went to Jenna Challenor in a personal best of 1:16:31. Joubert’s 1:15:46 broke her PB by a massive 1 min 49 sec.

List leaders were set by Mokoka (62:45), master Desmond Zibi (74:41) and DRR subscriber and grandmaster Liz Ruickbie (1:44:55). Congratulations to Liz!

The fact that the race was held on rather short notice after it had been cancelled on its original date earlier in the year and that it was on the same day as the Cape Town Marathon resulted in a much lower overall standard than previous years. One observer described the event as “just an excuse to have a big party”! Surely South Africa’s athletes deserve better than this – but are they going to get it in the current dysfunctional national state of affairs? One rather doubts it.

In the Cape Town Marathon Lindikhaya Mthangayi, running only the third marathon of his career, scored a solid victory in 2:17:03, 3:43 faster than the PB he set in 2009. In the women’s race Kim Laxton and Cary-Ann Smith were beaten by Zimbabwean Samukeliso Moyo, but both ran PBs, 2:43:23 and 2:49:22 respectively. Xolisa Tyali and Nolene Conrad retained their titles in the 10 km.

One of the best performances of the weekend came in Hermanus, where the Whale Festival Half Marathon was held. Despite awful conditions and having missed two months of training in June and July, Ulrica Stander (38) finished fourth overall and broke the course record she set two years ago by 3 seconds with her 1:22:41.

In the Newton Karoo Ultramarathon in Laingsburg Lucas Nonyana scored his third victory in 5:08:46 (he also won in 2005 and 2009), with last year’s champion, Abram Hugo, third. Vanessa Bowman won for the first time, also taking the veteran category. Martha Pretorius, who has won three times, was second, almost exactly 16 minutes behind the winner.

Ulla Paul, the first woman to win the Two Oceans and the Peninsula Marathon, passed away on Sunday on her 71st birthday. Paul won the Cape Town ultra in 1975 in 5:14:51, which remained her best time. She completed the ultra eight times and the half marathon five

times, with her last finish in 2008. In 1975 she was also the first woman to win the Peninsula Marathon, in 3:52:00. She is survived by a son.

Unfortunately the publication of *Race Results Weekly* has been delayed, so we will catch up with international results next week. I can report that Lucky Mohale finished third in the Blackmores Sydney Marathon in 2:15:58. The regular features "Stats Time" and "This Month in History" will also be resumed next week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Cape Town Marathon & 10 km, Cape Town
- * Springbok Pharmacy/Gerald Fox Memorial Half Marathon & 10 km, Johannesburg
- * South African Half-marathon Championships, East London
- * Total Whale Half Marathon, Hermanus
- * Newton Karoo Ultramarathon, Half Marathon & 10 km, Laingsburg
- * Clover Irene Village Mall Half Marathon & 10 km, Irene
- * Despatch Superspar 10 km, Despatch
- * 100 Capital Classic 100-miler, 50-miler & 20-miler, Pietermaritzburg

ROAD RUNNING

Cape Town Marathon & 10 km

(Incorporating the WP Marathon Championships)

Cape Town, 22 September

(Distances: 42.195 km & 10 km; certified loop courses. Weather: cool, no wind, perfect running conditions. Finishers: marathon – 1059 men + 575 women = 1634 total; 10 km – 1054 men + 1154 women = 2208 total.)

Note 1: The medals in the WP Marathon Championships are indicated in brackets in the last column, and also in the category results where the first three were not the medal winners. The 10 km was approx. 270 m too long. – Ed.

Note 2: A special thank you to Jakes Jacobs, President of WP Athletics, who sent DRR the results of both races less than two hours after the marathon had finished. – Ed.

Marathon

MEN

1	Lindikaya	MTHANGAYI	34	2:17:03 PB	R20 000 (Gold)
2	Paul	Manwa (KEN)	32	2:17:51	R12 500
3	Pumlani	NXUSANI	25	2:19:07 PB	R10 000 (Silver)
4	Siyabonga	MAKHALUZA	26	2:20:33	R5000
5	Thapelo	MOFOKENG	33	2:21:03	R2500
6	Charles	KUMEI (KEN)	29	2:21:40	
7	Hein	CAMPHOR	29	2:22:02	(Bronze)
8	Serame Vincent	KUTOANE	34	2:24:17	
9	Michael	CHEPTOO (KEN)	30	2:25:36	
10	Oscar	SIXOKA	25	2:26:24	
11	Lucas	RASERUTHE (LES)	32	2:27:47	
12	Bernard	RUKADZA (ZIM)	32	2:31:16	
13	Anda	LUBELWANA	27	2:32:19	
14	Vakalisa	KOPOLO	36	2:32:27	
15	Anele	MNUKWA	33	2:36:19	
16	Oscar	COETZEE	30	2:36:39	
17	Imran	PAYA (MAW)	36	2:36:49	

18	Siviwe	NKOMBI	24	2:37:51
19	Faizel	OCTOBER	21	2:38:00
20	Xolile	MACANDA	41	2:38:46
21	Simphiwe	VELLEM	34	2:39:05
22	Richard	FLINT	29	2:39:22
23	John	HORN	48	2:39:33
24	Petros	KWASHIM	30	2:41:50
25	Erich	GOEIEMAN (NAM)	33	2:42:11
26	Charles	CHISUKO (ZIM)	41	2:42:20
29	Marks	MPEKULA	25	2:44:07
30	Warren	KIDGELL	35	2:44:25

Veterans: 1. Xolile Macanda 2:38:46 R1500 (Gold); 2. John Horn 2:39:33 R1000 (Silver); 3. Simon Dialwe 2:47:20 R750; 4. Francis Jeke 2:50:14 (Bronze). **Masters:** 1. Chris Mitchell 2:48:29 R1500 (Gold); 2. Johan van Staden 3:01:12 R1000; 3. Shafiek Cassiem 3:06:25 R750 (Silver); 4. James Bugan 3:06:28 (Bronze). **G'masters:** 1. Jimmy Morris 3:12:12 R1000; 2. Ivan Marais 3:31:24 R750; 3. Albert Williams 3:33:28 R500.

WOMEN (Same prize money as men)

1	Samukeliso	Moyo (ZIM)	39	2:42:47	
2	Kim	LAXTON	31	2:43:23	PB
3	Cary-Ann	SMITH	33	2:49:22	PB
4	Aurelia	RUTO (KEN)	24	2:51:13	
5	Emmah	MATHIBELA	31	3:02:20	
6	Bulelwa	MTSHAGI	33	3:04:18	(Gold)
7	Helene	ROUX	29	3:04:43	DB (Silver)
8	Ursula	FRANS	44	3:05:43	(Bronze)
9	Kutlwano	RAMABOA	37	3:05:48	
10	Ursula	TURCK	41	3:06:56	
11	Candyce	HALL	29	3:07:49	
12	Patricia	ADAMS	43	3:11:55	
13	Jana	TROJAN (CZE)	45	3:13:35	
14	Jenny	CLOSE	36	3:16:03	
15	Robyn	WOODWARD	40	3:18:11	
16	Bulelwa	SIMAE	36	3:18:27	
17	Kirsten	NORRIS	31	3:23:19	
18	Mandy	REGENASS (GBR)	37	3:25:46	
19	Angelique	RABIE	47	3:26:19	
20	Sarah	WILLIAMS	35	3:26:28	
21	Laura	PEDDLE	30	3:29:03	
22	Marlize	VIENINGS	37	3:29:20	
23	Ani	POLYDOROU	44	3:29:24	
24	Jullie	GECELTAR	47	3:32:08	
25	Rianda	GILLILAND	29	3:32:52	
26	Megan	GOLIATH	37	3:33:04	
27	Busisiwe	MATIWANE	38	3:33:28	
28	Elizabeth	BAX	52	3:33:40	
29	Lynn	DAVIS	45	3:33:57	
30	Lorna	RENSBURG	46	3:34:39	

Veterans: 1. Ursula Frans 3:05:42; 2. Ursula Turck 3:06:55; 3. Patricia Adams 3:11:54. **Masters:** 1. Elizabeth Bax 3:33:39; 2. Cheryl Rudolph 3:38:15; 3. Lorraine Rogers 3:38:26. **G'masters:** 1. Veronica van Niekerk 3:48:55; 2. Elaine Greenblatt 3:55:35; 3. Annelie van der Linde 4:02:38 (Gold); ... 5. Nadia Wilds 4:26:50 (Silver); ... 9. Johanna Bailey 4:42:10 (Bronze)

10 km**MEN**

1	Xolisa	TYALI	24	30:09	R5000
2	Givemore	MUDZINGANYAMA (ZIM)	23	30:12	R3500
3	Lungile	GONGQA	34	30:13	R3000
4	Anthony	GODONGWANA	28	31:09	R2500
5	Nkosinathi	SOTYANTYA	20	31:56	R1500
6	Vuyolwethu	MBUKUSHE	22	32:17	
7	Unathi	NTETA	20	32:25	
8	Godwin	SWARTZ	21	32:29	
9	Duane	FORTUIN	29	32:43	
10	Mlulami	MABONA	20	32:52	

Veterans: 1. Graham Katzen 33:31 R1000; 2. Shawn Abrahams 34:29 R750; 3. Dawid Pieterse 34:49 R500. **Masters:** 1. Mpendulo Mpukane 38:36 R1000; 2. Ludwig Lillie 39:48 R750; Monde Tutani 40:07 R500. **G'masters:** 1. Clive Owen 39:08 R1000; 2. Barry Bester 42:21 R750; 3. Hans Sliep 44:36 R500. **Juniors:** 1. Babalo Hambi 33:04 R500; 2. Terrence Khan 33:09 R300; 3. Granwin Katzen 33:29 R200.

WOMEN (Same prize money as men)

1	Nolene	CONRAD	28	36:18	
2	Thozama	APRIL	27	36:34	
3	Fortunate	CHIDZIVO (ZIM)	26	36:51	
4	Nomvuyisi	SETI	31	37:12	
5	Khanya	MATEYISI	20	37:15	
6	Tanya	SCOTT	23	38:20	
7	Pamela	MOYIKA	17	38:54	
8	Amy	ABRAHAMS	19	39:33	
9	Busisiwe	GWALA	16	39:39	
10	Anneline	ROFFEY	32	40:21	

Veterans: 1. Sandra van Graan 41:09; 2. Sheryl de Lange 42:49; 3. Tania Kapp 45:47. **Masters:** 1. Mariëtte Strauss 42:13; 2. Bev Charters 46:08; 3. Charmaine Cupido 47:53. **G'masters:** 1. Sonja Laxton 46:45; 2. Pixie Sparg 51:56; 3. Marietha Herbert 52:39. **Juniors:** 1. Pamela Moyikwa 38:54; 2. Amy Abrahams 39:33; 3. Busisiwe Gwala 39:38.

Springbok Pharmacy/Gerald Fox Memorial Half Marathon & 10 km

Johannesburg, 22 September

(Distances: 21.1 km & 10 km. Finishers: half marathon – 1025; 10 km – 1140.)

Note: Elias Mabane also ran the Clover Irene Village Mall Half Marathon the previous day, Derocious Makhobalo and Lebogang Khonkhobe were in action in the SA Half Marathon, and Never Matiya ran in the Irene 10 km. – Ed.

Half marathon**MEN**

1 Xolani Nkwane (Florida) 68:56; 2 Kau Maruma (Diepsloot) 71:30; 3 Somin Tshabalala (Spirit Wind) 71:31.

Veterans: 1 Elias Mabane (Nedbank) 73:20; 2 Never Matiya (Florida) 77:25. **Masters:** 1 Tony Silva (Fit 2000) 79:02; 2 Meshack Motla (South Deep) 82:02. **G'masters:** 1 Brian Chamberlain (Kudus) 94:57. **Juniors:** 1 Morapira Gaopalele (Nedbank) 82:57.

WOMEN

1 Jodi Moss (Discovery) 87:02; 2 Irene Gonsalves (Sunninghill) 94:43; 3 Maria Vilikazi (RWFL) 98:14.

Veterans: 1 Michelle du Toit (Khoza) 1:41:52; 2 Marinda Surridge (Irene) 1:46:47.

Masters: 1 Jackie Frey (Khoza) 1:47:22; 2 Ansa Strydom (Overkruijn) 1:47:46.

G'masters: 1 Sally Halim (RRW) 2:16:00.

10 km

MEN

1 Derocious Makhobalo (Sports Interchange) 31:12; 2 Samuel Mathapatha (Take it Easy) 31:24; 3 Lebogang Khonkhobe (Toyota) 32:55.

Veterans: 1 Belay Hagos (ETH/Nedbank) 33:41; Tokyo Mofokeng (Sports Connection) 36:53. **Masters:** 1 Max Makamu (Bonitas) 40:19; 2 Piet Chauke (Gallopers) 40:28.

G'masters: 1 Kenny Tulk (RAC) 47:54. **Juniors:** 1 Denkneh Heramo (ETH/Nedbank) 35:05; 2 Keegan Dally (RAC) 48:47.

WOMEN

1 Ricci-Lee Brookstone (Temp) 43:00; 2 Sandra Brookstone (Temp) 45:39 (1st mast); 3 Assalina Nyathi (Post Office) 45:59 (1st vet).

Veterans: 1 Assalina Nyathi (Post Office) 45:59; 2 Monica Reis (Roodepoort) 48:15.

Masters: 1 Sandra Brookstone (Temp) 45:39; 2 Maureen Thomas (RAC) 59:57.

G'masters: 1 Linah Jenner (RAC) 67:48. **Juniors:** 1 Chante Venter (NW Pukke) 48:05.

South African Half-marathon Championships

(32nd for men; 28th for women)

East London, 21 September

(Distance: 21.1 km; certified out-and-back course; the first half uphill and against the wind. Finishers: 326.)

Note 1: The race was held as part of the Legends Half-Marathon (there was also an ultramarathon over 68 km, results of which could not be obtained) and only South African citizens were eligible for the national titles and medals. The foreigners shown were therefore not part of the national race, but of the "mass" event. The prize money in the age categories was for 10-year age groups, not five-year groups. – Ed.

Note 2: The reason for the unknown runner in position 17 is that the organisers of the "mass" event took entries after the official close of entries on the day before the race and these runners were therefore not included in the database used to compile the results. – Ed.

MEN

1	Stephen	Mokoka	AGN	28	1:02:45	R15 000
2	Lusapho	April	BORA	31	1:03:07	R12 000
3	Elroy	Gelant	ACNW	27	1:03:34	R10 000
4	Gladwin	Mzazi	AGN	25	1:04:22	R7000
5	Melly	Kennedy	(ZIM)		1:04:59	R6000
6	Derocious	Makhubalo	CGA	25	1:05:10	R5000
7	Desmond	Mokgobu	IND	24	1:05:24	R4000
8	Godfrey	Ramokone	AFS	28	1:05:30	R3000
9	Lucas	Jani	AGN	29	1:05:32	R2000
10	Mariano	Eesou	EPA	21	1:05:37	R1000
11	Lesiba	Mashele	AGN	22	1:05:43	
12	Abram	Khumalo	CGA	25	1:05:55	
13	Sibusiso	Madikizela	CGA	22	1:05:59	
14	Samuel	Masepe	AFS	24	1:06:20	
15	Lebogang	Khonkhobe	IND	25	1:07:05	

16	Coolboy	Ngamole	CGA	36	1:07:14
17	A.N. Other				1:07:26
18	Vuyisile	Tshoba	AGN	22	1:08:10
19	Wilson	Kibet	(KEN)		1:08:11
20	Amos	Tsanjekwayo	AMPU	24	1:08:13
21	Thabang	Masihleho	AFS	23	1:08:16
22	William	Manelo	AFS	30	1:09:12
23	Bulelani	Niwa	EPA	29	1:09:31
24	Joseph	Pama	AVT	19	1:09:38
25	Gebrit	Weldu	(ETH)		1:09:56
26	Thato	Molatedi	IND	21	1:10:01
27	Anele	Maliza	EPA	35	1:10:24
28	Fusi	Malebeng	AFS	29	1:10:36
29	Zwene	Moreng	AFS	25	1:10:39
30	Xwazi	Sihlalo	AGW	38	1:10:50

40-44:

1	Zongamele	Dyubeni	CGA	40	1:13:28	R3000
2	Terrance	Mjekula	EPA	41	1:15:02	R1000
3	Tsietsie	Mokoena	AVT	44	1:15:33	

45-49:

1	Bheki	Nene	CGA	49	1:14:19	R2000
2	Mandla	Soguzu	IND	47	1:33:18	

50-54:

1	Desmond	Zibi	IND	50	1:14:41	R2000
2	Reform	Ndlovu	CGA	51	1:18:32	R1000
3	Zolani	Ntsodo	SANDF	50	1:21:43	R500

55-59:

1	Gideon	Radebe	AMPU	56	1:23:30	
2	Themba	Bhelwana	IND	56	1:33:47	
3	Leendert	Lorenzen	SANDF	57	1:38:03	

60-64:

1	Awie	Veldsman	WPA	63	1:27:04	R1500
2	Mike	Hirst	CGA	63	1:27:22	R1000
3	Sizinzo	Kama	EPA	62	1:34:58	R500

Juniors:

1	Masibulele	Heugh	EPA	19	1:12:09	R6000
2	Benard	Koech	(KEN)	19	1:12:14	R4000
3	Vusumzi	Zondo	BORA	18	1:12:33 [Silver]	R3000
4	John	Montoedi	AFS	18	1:14:59 [Bronze]	

WOMEN (Same prize money as men)

1	René	Kalmer	CGA	32	1:15:18	
2	Cornelia	Joubert	CGA	25	1:15:46	
3	Rutendo	Nyahaha	(ZIM)	24	1:16:09	
4	Jenna	Challenor	IND	32	1:16:31 [Bronze]	
5	Myrette	Filmalter	AGN	32	1:17:39	
6	Christine	Kalmer	CGA	27	1:18:03	
7	Nolene	Conrad	CGA	28	1:19:14	
8	Sithuliwe	Zhou	(ZIM)	20	1:19:40	
9	Nomvuyisi	Seti	WPA	31	1:20:35	
10	Catherine	Skosana	AGN	32	1:20:54	
11	Hanlie	Botha	BORA	34	1:21:07	
12	Ntebaleng	Letsela	(LES)	23	1:21:22	
13	Thembi	Baloyi	AGN	24	1:21:34	
14	Patience	Khumalo	AGN	24	1:22:30	
15	Annah	Moeketsi	AFS	27	1:24:26	

16	Linley	Holmes	WPA	43	1:27:48
17	Cindi	Schwulst	BORA	22	1:30:04
18	Maryna	Swanepoel	AFS	27	1:30:51
19	Jene	Banfield	EPA	43	1:32:10
20	Stephanie	Smith	BORA	27	1:36:22
21	Siphokazi	Nojoko	EPA	18	1:36:56
22	Mzwabantu	Usher	IND	30	1:40:29
23	Riëtte	Van der Merwe	IND	52	1:42:28
24	Jennifer	Leong	CGA	57	1:43:52
25	Megan	Wilson	EPA	18	1:44:03
26	Elizabeth	Ruickbie	CGA	65	1:44:55
27	Sinipha	Siphoso	IND	20	1:49:58
28	Sihle	Gquzula	BORA	18	1:50:03
29	Zandile	Rubushe	IND	29	1:53:15
30	Tracey	Muller	IND	28	1:53:50

40-44:

1	Linley	Holmes	WPA	43	1:27:48	R3000
2	Jene	Banfield	EPA	43	1:32:10	R2000
3	Dena	Phillips	BORA	42	2:06:52	

45-49:

1	Janice	McKerry	IND	48	2:06:37	R1000
2	Nomthandazo	Siko	IND	49	2:12:34	

50-54:

1	Riëtte	Van der Merwe	IND	52	1:42:28	R2000
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55-59:

1	Jennifer	Leong	CGA	57	1:43:52	R1000
2	Maureen	Pitt	IND	55	2:04:11	R500

60-64:

1	Helen	Du Plessis	WPA	61	1:59:21	R1000
2	Michelle	Whittington	IND	60	1:59:35	R500

65-69:

1	Elizabeth	Ruickbie	CGA	65	1:44:55	R1500
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80+:

1	Deirdre	Larkin	CGA	81	2:10:05	
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Juniors:

1	Siphokazi	Nojoko	EPA	18	1:36:56	
2	Megan	Wilson	EPA	18	1:44:03	
3	Sihle	Gquzula	BORA	18	1:50:03	

Total Whale Half Marathon

Hermanus, 21 September

(Distance: 21.1 km; loop course. Weather: Heavy rain at times, windy, very cold.)

Note: With a course record, breaking her own 1:22:44 of 2011, Ulrica Stander finished fourth overall. – Ed.

MEN

1	Jumat	Witbooi	Bredasdorp	1:13:34	R750
2	Wanda	Roro	Nedbank	1:17:09	R500
3	Alfred	Tshabeni	Whalers	1:21:37	R300
4	Michael	Boesak	Temp	1:23:21	
5	Peter	Radhuka	Whalers	1:23:59	
6	Rob	Marthinusen	Harfield Harriers	1:24:23	
7	Eric	Mlonyeni	Strand	1:29:51	
8	Frank	Gillion	Whalers	1:31:25	

9	Mark	Kavanagh	Whalers	1:31:57
10	Sarel	Louw	Temp	1:34:11

Veterans:

1	Stanley Beyers	Metropolitan	1:39:55	R300
2	Philip Fourie	Swartland AC	1:59:06	R200
3	Hannes Halgryn	Swartland AC	2:05:20	R100

Masters:

1	Eric Mlonyeni	Strand AC	1:29:51	R300
2	Frank Gillion	Whalers AC	1:31:25	R200
3	Kevin Middleton	Whalers AC	1:35:59	R100

G'masters:

1	Edwin King	Sanlam AC	2:05:29	R200
2	Gert Gelderblom	Strand AC	2:06:06	R100
3	Jacobus Jansen	Whalers AC	2:11:39	

Juniors:

1	W.L. Kruger	Whalers AC	1:35:55	R300
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WOMEN (Same prize money as men)

1	Ulrica	Stander	New Balance	1:22:41	CR
2	Lee-Shay	Willemse	Velocity	1:36:09	
3	Helen	Ibbotson	Pirates	1:36:17	
4	Tanya	Posthumus-Fox	Century City	1:37:31	
5	Rachel	Arnott	West Coast	1:40:08	
6	Paula	Vignani	Nedbank	1:40:52	
7	Anzel	du Plessis	Whalers	1:42:31	
8	T	de Jongh	Temp	1:47:56	
9	Maria	Silverman	ATC	1:50:00	
10	Christine	Hibberd	Whalers	1:51:41	

Veterans:

1	Paula Vignani	Nedbank	1:40:52	
2	Anzel du Plessis	Whalers AC	1:42:31	

Masters:

1	Christine Hibberd	Whalers AC	1:51:41	
2	Carine Kruger	Helderberg Harriers	1:52:01	
3	Cailey Bredenkamp	Paarl AC	1:57:10	

G'masters:

1	Mabel Olivier	Strand AC	2:31:11	
2	Esther Vlok	Strand AC	2:44:43	

Newton Karoo Ultramarathon (43rd), Half Marathon & 10 km

Laingsburg, 21 September

(Distances: ultramarathon – 80 km, loop course, partly on gravel; 21.1 km & 10 km – point-to-point courses, partly on gravel. Finishers: 80 km – 92; half marathon – 64; 10 km – 49.)

80 km**MEN**

1	Lucas	Nonyana	Absa WP	34	5:08:46
2	Arnold	Motsoeneng	Setsing Supersp	33	5:30:03
3	Abram	Hugo	Motherwell AC	34	5:40:04
4	Emerson	Kayana	Nedbank RC	39	5:40:13
5	Sergio	Motsoeneng	Setsing Supersp	35	5:44:11
6	Lindile	Tokota (1 st vet)	Nedbank SWD	45	5:54:37
7	Mxolisi	Fana	Mossel Bay Harr	45	6:14:37

8	Keith	Clark	Outeniqua Harri	38	6:17:10
9	Christopher	Mabengeza	Nedbank RC	47	6:23:03
10	Jacques	Mouton	Outeniqua Harri	35	6:27:26

40-44:

1	Jacobus	Boshoff	Nedbank SWD	42	7:19:30
2	Johannes	Spannenberg	Laingsburg AC	44	8:04:06
3	Attie	Heyns	Pinelands AC	42	8:19:17

45-49:

1	Lindile	Tokota	Nedbank SWD	45	5:54:37
2	Mxolisi	Fana	Mossel Bay Harr	45	6:14:37
3	Christopher	Mabengeza	Nedbank RC	47	6:23:03

50-54:

1	Derrick	Daniels	Rand Ath Club	54	7:24:07
2	Dawie	Du Toit	Benoni Harriers	54	8:59:14
3	Julian	Karp	Melkbos AC	52	9:16:43

55-59:

1	Derrick	Oliver	Krugersdorp AC	55	8:27:09
2	Stefaans	Nortje	Beaufort West D	56	9:21:44
3	Moeketsi	Mofokeng	Setsing Supersp	55	9:25:06

60-64:

1	Deon	Rossouw	Krugersdorp AC	61	8:44:10
2	Emanuel	Parkin	Boksburg AC	60	9:39:22
3	Richard	Butcher	Altech Swartlan	64	9:49:29

65-69:

1	Albert	Lumley	Golden Reef Roa	69	9:42:48
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WOMEN

1	Vanessa	Bowman (1 st vet)	Kempton Park	43	7:08:58
2	Martha	Pretorius	SANDF WP	43	7:24:56
3	Linah	Mhlongo	Nedbank RC AGN	41	7:42:47
4	Erika	Nieuwoudt (1 st mast)	Krugersdorp AC	53	7:58:13
5	Maryna	Bingle	Worcester AC	49	7:58:39
6	Marjorie	Prins	Worcester AC	45	8:04:06
7	Marina	Coetzee	Pretoria MC	53	8:06:44
8	Rome	Phillipson-Meyer	Hartenbos Draw	31	8:28:20
9	Sanet	Calitz	Namaqua AC	42	8:34:45
10	Anne	Pool	Strand AC	52	8:40:59

40-44:

1	Vanessa	Bowman	Kempton Park	43	7:08:58
2	Martha	Pretorius	SANDF WP	43	7:24:56
3	Linah	Mhlongo	Nedbank RC AGN	41	7:42:47

45-49:

1	Maryna	Bingle	Worcester AC	49	7:58:39
2	Marjorie	Prins	Worcester AC	45	8:04:06
3	Kleintjie	Van Schalkwyk	Hartenbos Draw	49	8:48:41

50-54:

1	Erika	Nieuwoudt	Krugersdorp AC	53	7:58:13
2	Marina	Coetzee	Pretoria MC	53	8:06:44
3	Anne	Pool	Strand AC	52	8:40:59

Half marathon**MEN**

1	Loki	Diradingoe	Transnet AC	27	1:10:27
2	Mervin	Seryners	Ceres Athletic	24	1:17:52
3	Owen	Smith (1 st vet)	Wellington AC	42	1:20:58

4	Fredvine	Scheepers (1 st jun)	Laingsburg AC	18	1:22:39
5	Kenneth	Vermeulen	Temp	27	1:23:26
6	Adrian	Johannes	Laingsburg AC	19	1:23:55
7	Jan	Frieslaar	Temp	36	1:24:30
8	Warrren	Petterson	Ascics AC	45	1:25:58
9	Peter	Jaehne	Outeniqua Harri	48	1:26:33
10	Fanta	Jonkers	Temp	19	1:32:16
11	Karil	Vlok	Temp	39	1:34:52
12	Michael	Meyers	Temp	19	1:37:09
13	Moratoe	Motsoeneng	Spar AC	25	1:46:50
14	Shawn	Dall	Temp	36	1:47:47
15	Matthys	Heyns	Laingsburg AC	43	1:49:39
16	Pieter	Prince	Nedbank SWD	40	1:51:38
17	Gavin	Gaizley	Rustenburg MC	42	1:52:53
18	Gert	Terblanche (1 st mast)	Temp	59	1:55:48
19	Stanthan	Fisher	Laingsburg AC	16	1:58:48
20	Christo	Du Toit	Temp	31	1:59:36

Veterans:

1	Owen	Smith	Wellington AC	42	1:20:58
2	Warrren	Petterson	Ascics AC	45	1:25:58
3	Peter	Jaehne	Outeniqua Harri	48	1:26:33

Masters:

1	Gert	Terblanche	Temp	59	1:55:48
2	Adriaan	Botes	Laingsburg AC	50	2:01:01
3	Danie	Celliers	Discovery	55	2:10:07

G'masters:

1	John	Hartnick	Paarl AC	60	1:59:46
2	Bernard	Kleinveld	New Balance Mul	65	2:19:26

G/g'masters:

1	Lionel	Hill	Ceres Athletic	72	2:48:54
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Juniors:

1	Fredvine	Scheepers	Laingsburg AC	18	1:22:39
2	Adrian	Johannes	Laingsburg AC	19	1:23:55
3	Stanthan	Fisher	Laingsburg AC	16	1:58:48

WOMEN

1	Zola	Pieterse (1 st vet)	The Unlimited	47	1:24:41
2	Maria	Vermeulen (1 st jun)	Nedbank RC Bol	18	1:49:11
3	Magrieta	Willemse	Ceres Athletic	29	1:56:34
4	Nikki	Van Schalkwyk	Forresters	34	2:00:40
5	Karin	Fourie (1 st mast)	Strand AC	51	2:03:38
6	Michele	Schermbucker	Hartenbos Draw	54	2:04:45
7	Jackie	Taylor-Freeme	Graaff-Reinet	38	2:05:01
8	Diana	Mouton	Nedbank SWD	36	2:11:42
9	Deonelle	Jooste	Temp	27	2:17:07
10	Wilandi	Van der Westhuizen	Bellville AC	20	2:30:46
11	Louise	Van der Westhuizen	Bellville AC	22	2:30:47
12	Ingrid	Newton	Temp	36	2:30:47
13	Sonja	Van der Westhuizen	Bellville AC	43	2:30:48
14	Anna-Marie	Harris	Hartenbos Draw	58	2:32:39
15	Marietjie	De Jager	Hartenbos Draw	62	2:34:47
16	Zaida	Van der Byl	Titans A AC	46	2:38:45
17	Marie	Hill	Ceres Athletic	68	2:48:53
18	Elize	Fisher	Laingsburg AC	46	3:09:44

Veterans:

1	Zola	Pieterse	The Unlimited	47	1:24:41
2	Sonja	Van der Westhuizen	Bellville AC	43	2:30:48
3	Zaida	Van der Byl	Titans A AC	46	2:38:45

Masters:

1	Karin	Fourie	Strand AC	51	2:03:38
2	Michele	Schermbrucker	Hartenbos Draw	54	2:04:45
3	Anna-Marie	Harris	Hartenbos Draw	58	2:32:39

G'masters:

1	Marietjie	De Jager	Hartenbos Draw	62	2:34:47
2	Marie	Hill	Ceres Athletic	68	2:48:53

Juniors:

1	Maria	Vermeulen	Nedbank RC Bol	18	1:49:11
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10 km**MEN**

1	Devan	Peters	Laingsburg AC	16	37:26
2	Edwin	Wagenstroom	Temp	15	38:25
3	Bernito	Buys	Temp	22	42:44
4	Willem	Stander	Temp	24	45:05
5	Jan	Van Eeden	Nedbank RC	55	46:42
6	Freek	Maans	Temp	38	47:12
7	Ceslyn	Van As	Temp	22	48:55
8	Ashwyn	Visagie	Temp	24	51:55
9	Dudley	Grootboom	Temp	43	57:57
10	Wouter	Pretorius	Hartenbos Draw	50	1:00:27

Veterans:

1	Dudley	Grootboom	Temp	43	57:57
2	Marthinus	Zwiegelaar	Hartenbos Draw	46	1:00:44
3	Francis	Mokoenyane	Temp	41	1:10:31

Masters:

1	Jan	Van Eeden	Nedbank RC	55	46:42
2	Wouter	Pretorius	Hartenbos Draw	50	1:00:27
3	Anton	Van Schoor	Temp	50	1:35:28

G/g'masters:

1	Christo	De Jager	Temp	71	1:15:35
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Juniors:

1	Devan	Peters	Laingsburg AC	16	37:26
2	Edwin	Wagenstroom	Temp	15	38:25

WOMEN

1	Jayrodene	Pieterse	Laingsburg AC	18	47:56
2	Janine	Willemse	Laingsburg AC	16	47:56
3	Shanu	Petterson	Ascics AC	32	52:09
4	Henrice	Smith	Laingsburg AC	14	57:57
5	Zen-Marie	Zwiegelaar	Hartenbos Draw	17	1:00:44
6	Alzane	Maarman	Temp	20	1:03:55
7	Salome	Schalkwyk	Temp	36	1:06:04
8	Elna	Du Toit	Temp	54	1:06:40
9	Odette	Noble	Temp	23	1:06:53
10	Chantelle	Gelant	Temp	16	1:06:53

Veterans:

1	Karin	Laing	Nedbank SWD	48	1:15:27
2	Hantie	Nelson	Bellville AC	46	1:22:26
3	Wilna	Van der Westhuizen	Bellville AC	43	1:23:53

Masters:

1	Elna	Du Toit	Temp	54	1:06:40
2	Annalie	Theron	Laingsburg AC	55	1:27:14
3	Kiewiet	Terblanche	Temp	54	1:37:23

Juniors:

1	Jayrodene	Pieterse	Laingsburg AC	18	47:56
2	Janine	Willemse	Laingsburg AC	16	47:56
3	Henrice	Smith	Laingsburg AC	14	57:57

Clover Irene Village Mall Half Marathon & 10 km

Irene, 21 September

(Distances: 21.1 km & 10 km; loop courses)

Half marathon**MEN**

1. Luwis Masunda (ZIM/Nedbank) 68:23
2. Lebogang Masilo (Transnet) 69:32
3. Tairus Ngeno (KEN/Toyota) 69:33
4. Simon Mokonyama (Monaco) 69:35
5. Lucky Mtshali (Elim) 69:46

Veterans:

1. Elias Mabane (Nedbank) 74:42
2. Phehello Tsotetsi (Postnet) 80:14
3. Johannes Molepo (Corr. Serv.) 82:34

Masters:

1. Nuno Thomaz (NB) 83:38
2. Dieter Stapel (BNAC) 97:38

G'masters:

1. John Woodnutt (Morningside) 96:27
2. Peter Purdon (Florida) 1:40:29

G/g'masters:

1. Patrick Mafilika (Nedbank) 1:53:49

WOMEN

1. Jennifer Koech (KEN/Nedbank) 79:29
2. Caroline Wostmann (Nedbank) 83:39
3. Margaret Mahohoma (ZIM/Toyota) 88:08
4. Prudence Zwane (Transnet) 92:11
5. Catherine Naane (Sibanye Gold) 92:54

Veterans:

1. Catherine Naane (Sibanye Gold) 92:54
2. Mirriam Mooki (Transnet) 93:16
3. Irma Schoeman (Compressport) 1:41:19

Masters:

1. Rita van Wyk (Boksurg) 91:42
2. Ansa Strydom (Overkruin) 1:43:42

G'masters:

1. Vollie Spies (Tuks) 2:06:07
2. Rina Machado (Ndaba) 2:16:01

G/g'masters:

1. Mavis Stadler (Agape) 2:16:29

Juniors:

1. Chanel Bouwer (Running Inn) 1:55:04

10 km**MEN**

1. Paulos Radebe (Elim) 30:54
2. Wesley Mutai (KEN/Toyota) 31:36
3. Mtetho Goxo (Gallopers) 31:42
4. Steven Dikobo (Bonitas) 31:45
5. Thabang Mafa (Elim) 32:02

Veterans:

1. Never Matiya (Florida) 35:19
2. Shadrack Hoff (Nedbank-36:31
3. Jackson Seanego (NB) 38:24

Masters:

1. Sontaga Mabale (Breakthru) 39:42
2. Colin Fischer (CSIR) 41:50

G'masters

1. Wallie Weder (Agape) 48:28
2. Pieter Rossouw (CSIR) 49:28

G/g'masters

1. Willem de Villiers (Tuks) 57:19

Juniors:

1. Thabang Mafa (Elim) 32:02
2. ONeal Peterie (ACE) 33:24
3. Aaron Stofberg (Affies) 35:12

WOMEN

1. Nobuhle Tshuma (ZIM/Elim) 38:11
2. Ndothiwa Mandiwana (Nedbank) 38:38
3. Jacque v.d. Waals (Nedbank) 39:17
4. Morenwa Dawana (TUT) 41:30
5. Nerissa v.d. Walt (NB) 42:30

Veterans:

1. Renée Binneman (FFA) 43:13
2. Madeleen Simmons (Nedbank) 43:30
3. Lorraine Boshoff (Voortrekker) 44:11

Masters:

1. Elsabe Brink (NB) 41:18
2. Erica Hamilton (Vaal) 46:40

G'masters:

1. Melinda Beukes (Krugersdorp) 59:40

G/g'masters:

1. Maria van Rooyen (SANDF) 70:20

Juniors:

1. Nobuhle Tshuma (ZIM/Elim) 38:11
2. Morenwa Dawana (TUT) 39:40
3. Jennifer Baker (Breakthru) 46:07

Despatch Superspar 10 km

Despatch, 21 September
(Finishers: 387)

Note: The finisher total is 30% higher than last year. – Ed.

MEN

1	Siyabulela	Mtsha	EC Sport Academy	25	30:37
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2	Amos	Nyongo	EC Sport Academy	26	31:10
3	Melikhaya	Frans	Nedbank RC EP	21	31:11
4	Zolani	Ngqaqa	Maxed Elite EP	24	31:22
5	Mzolisi	Makhanda	Nedbank RC EP	30	31:26
6	Gift	Chigomarawa	Ikhamba AC	25	32:09
7	Aphelele	Fanekho (1 st jun)	EC Sport Academy	17	32:29
8	Masande	Mlonyeni	Nedbank RC EP	32	32:36
9	Malusi	Yanga	EC Sport Academy	16	32:37
10	Sakhumzi	Matiso	EC Sport Academy	19	32:41
11	Maxwell	Goodman (1 st vet)	Malabar AC	40	32:56
12	Sinathi	Mafanga	EC Sport Academy	22	33:26
13	Sifiso	Lugaju	EC Sport Academy	23	33:28
14	Luvo	Mantashe	EC Sport Academy	20	33:43
15	Mila	Pasiya	Nedbank RC EP	34	33:46
16	Sikelela	Weshe	EC Sport Academy	18	33:50
17	Mzamo	Fokwana	Charlo AC	35	34:05
18	Melikhaya	Malinga	Motherwell AC	33	34:27
19	Asanda	Moss	EC Sport Academy	19	34:38
20	Brendon	Effenaar	Maxed Elite EP	17	34:45
40-44:					
1	Maxwell	Goodman	Malabar AC	40	32:56
2	Alfred	Qogi	Nedbank RC EP	40	35:15
3	Mzukisi	Klaas	Motherwell AC	44	36:42
45-49:					
1	John	Rafani	Nedbank RC EP	46	37:22
2	Vernon	Newfeldt	Gelvan AC	47	39:03
3	Jacob	Abraham	Body Concept	47	39:05
50-54:					
1	Robin	Fourie	Achilles AAA	50	40:28
2	Sidwel	Roboshi	Nedbank RC EP	53	41:15
3	Joseph	Bain	St Albans CS EP	53	41:21
55-59:					
1	Sipho	Ncandana	Warriors AC	57	42:24
2	Roger	Trader	Achilles AAA	59	43:52
3	Koos	Olivier	Nedbank RC EP	55	43:58
60-64:					
1	Graham	Channon	Achilles AAA	64	44:42
2	Paul	Steffens	Nedbank RC EP	62	47:37
3	Errol	Rossouw	PEAAC	63	50:58
65-69:					
1	Syd	Lippstreu	Crusaders AC	65	46:41
2	William	Vorster	PEAAC	67	49:04
3	Thembisile	Ntoni	PEAAC	65	52:24
70-74:					
1	Godfrey	Kariem	Gelvan AC	72	51:43
2	Robin	Clark	Achilles AAA	72	1:12:13
3	Brian	Smith	PEAAC	70	1:12:47
80+:					
75+:					
1	John	Peart	Nedbank RC EP	77	1:22:08
Juniors:					
1	Aphelele	Fanekho	EC Sport Academy	17	32:29
2	Malusi	Yanga	EC Sport Academy	16	32:37
3	Sakhumzi	Matiso	EC Sport Academy	19	32:41

WOMEN

1	Ntombesintu	Mfunzi	Bonitas AC	31	37:22
2	Vuyiseka	Nkumene (1 st jun)	EC Sport Academy	17	37:52
3	Thabisa	Sirayi	EC Sport Academy	20	38:30
4	Gwengwe	Knonzeni	EC Sport Academy	19	41:07
5	Nocawe	Mdingazwe	EC Sport Academy	18	41:45
6	Celeste	Swart (1 st vet)	Nedbank RC EP	44	41:59
7	Emihle	Cutuana	EC Sport Academy	17	42:19
8	Liandre	Knoesen	Nedbank RC EP	34	42:20
9	Freedah	Ncube	Absa NMMU AC	31	43:10
10	Katherine	Van der Walt	Body Concept	37	43:15
11	Asanda	Solani	Nedbank RC EP	30	43:56
12	Tiani	Claassen	Despatch AC	22	44:27
13	Ndileka	Mvakwendlu	Motherwell AC	22	44:40
14	Janine	Gardiner	Charlo AC	32	45:21
15	Laura	Maritz (1 st mast)	Elite AC	52	45:33
16	Ursula	Kuhn	Maxed Elite EP	32	46:30
17	Terray	Newcombe	Elite AC	22	46:34
18	Janette	Schierz-Crusius	Body Concept	53	47:24
19	Yolanda	Dugmore	Charlo AC	40	48:10
20	Suzanne	Lavis	PEAAC	55	48:12

40-44:

1	Celeste	Swart	Nedbank RC EP	44	41:59
2	Yolanda	Dugmore	Charlo AC	40	48:10
3	Liz	Goosen	Madiba Bay AC	40	49:50

45-49:

1	Rozelle	Von Molendorff	Elite AC	49	51:17
2	Judy	Beens	Charlo AC	46	52:02
3	Connie	Felix	Gelvan AC	47	53:16

50-54:

1	Laura	Maritz	Elite AC	52	45:33
2	Janette	Schierz-Crusius	Body Concept	53	47:24
3	Doreen	Ferreira	Charlo AC	54	51:32

55-59:

1	Suzanne	Lavis	PEAAC	55	48:12
2	Elize	Smalberger	St Albans CS EP	57	52:44
3	Noleen	Norris	Gelvan AC	56	1:00:42

60-64:

1	Cathy	Ives	Achilles AAA	60	50:26
2	Rina	Barnard	Elite AC	60	1:22:45

65-69:

1	Margaret	Paton	Charlo AC	68	1:01:19
2	Jeanette	Pienaar	PEAAC	65	1:04:04
3	Denise	Terblanche	Walmer AC	66	1:09:12

70-74:

1	Orgia	Nell	Muirite Striders	70	1:09:41
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75+:

1	Dorothy	Hart	Charlo AC	75	1:11:10
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Juniors:

1	Vuyiseka	Nkumene	EC Sport Academy	17	37:52
2	Thabisa	Sirhayi	EC Sport Academy	20	38:30
3	Gwengwe	Knonzeni	EC Sport Academy	19	41:07

100 Capital Classic 100-miler, 50-miler & 20-miler

Pietermaritzburg, 20-21 September

100 miles**MEN**

1.	Johan v.d. Merwe	14:33:08
2.	Bradley Kavangh	19:19:39
3.	Clive Willows	20:05:23

WOMEN

1.	Hazel Moller	18:52:10
2.	Lizette Botha	23:16:14

50 miles**MEN**

1.	Sibongile Mashimane	7:10:37
2.	Niel Zijdeveld	10:30:18
3.	Prem Ramraj	10:30:21

WOMEN

1.	Sharda Narathum	10:30:29
2.	Natalie Laynes	11:15:09

20 miles**MEN**

1.	Nick Sissing	2:39:07
2.	Darren Dancer	2:42:28
3.	Attie Kruger	3:05:24

WOMEN

1.	Xoli Madida	2:46:27
2.	Cherone Rutledge	2:50:11
3.	Hlobisile Madida	2:54:18

SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

This section lists the best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green.
– Ed.

MENOpen

10 km	28:12	Stephen Mokoka	Manchester	26 May
	27:32A	Isiah Koech (KEN)		
	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	62:45	Stephen Mokoka	East London	21 Sep
	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	74:41	Desmond Zibi	East London	21 Sep
	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	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	44:30	Sonja Laxton	Pretoria	31 Aug
15 km	67:26	Sonja Laxton	Brakpan	28 Apr
21.1 km	1:44:55	Liz Ruickbie	East London	21 Sep
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	

Contributors to this issue: Jakes Jacobs, Alen Hattingh, Kevin Harlock, André Pienaar, Pieter de Jager (ASA), Derrick Chamberlain, Carina van der Merwe, Pete van der Merwe, Irene & Jan van Eeden

Published by Riël Hauman
 42 Fifteenth Avenue, Boston, Bellville
 7530, RSA
 Telephone: 021 948-0293
 Fax: 0866 89-44-74
 Cellphone: 082 922-8538
 E-mail: rielh@mweb.co.za



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