

Distance Running Results

Vol. 13, No. 39 – 30 September 2013

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

EDITORIAL

An injured Patrick Makau, who set the marathon world record of 2:03:38 two years ago in Berlin, watched at the finish line yesterday as Wilson Kipsang, bronze medallist in the Olympic Marathon last year, broke his record with a time of 2:03:23 – the sixth time that the men's world record had been beaten in the BMW Berlin Marathon.

In second place two-time Olympic medallist Eliud Kipchoge set a new PB of 2:04:05 in only his second marathon – the fifth fastest time ever on a standard course and the fastest second-place time on a standard course.



Number one. Wilson Kipsang smiles broadly after he made history with his world record in the BMW Berlin Marathon yesterday. He is the only man who has dipped under 2:04 twice. [Jiro Mochizuki, courtesy of SCC Events]

After the pace had dropped between the halfway mark and 30 km, when the leaders were 23 seconds behind Makau's pace, Kipsang (31) blasted the next 10 km in 29:11 (14:35 + 14:36) – 26 sec faster than Makau. And whereas Makau took 7:23 for the final 2.195 km, Kipsang blitzed it in 7:11 to become the first man to run under 2:04 twice (and the first to run sub-2:05 four times).

"Ten years ago, I watched Paul Tergat break the world record in Berlin, and now I have achieved the dream," Kipsang said. "I felt strong, so I attacked at 35 km, because the pace had become a little too slow."

Sadly, Kipsang's finish on a sunny and crisp day was marred by a man who emerged from the side of the course inside the final ten metres and ran through the tape ahead of Kipsang. The man wore an official race number on a yellow shirt promoting a prostitution service.

Kipsang's 5 km splits were: 14:33, 14:43 (29:16), 14:29 (43:45), 14:35 (58:20), 14:53 (1:13:13), 14:48 (1:28:01), 14:35 (1:42:36), 14:36 (1:57:12), 6:11. Halves: 1:01:34 and 1:01:49.

The Berlin Marathon, already the world's fastest marathon when the average of the top ten performances is considered, widened the gap on the Dubai Marathon to 30 seconds – 2:04:18 to 2:04:48. Kipsang's top-five average is now 2:04:36, second only to Geoffrey Mutai's 2:04:30. (See also Stats Time in this issue.)

Kenya's Florence Kiplagat won the women's race in 2:21:13 – her second win in Berlin – ahead of 2011 World Championships bronze medallist Sharon Cherop (2:22:28). Germany's Irina Mikitenko, who won Berlin in 2008, set a new world 40+ record of 2:24:54 in third place.

The BMW Berlin Marathon is part of the World Marathon Majors (WMM) series. *Race Results Weekly* reports that, like all WMM event winners, Kipsang earned 25 points and is now second in the 2012/2013 series standings, four points behind Ethiopia's Tsegaye Kebede. It is possible – but unlikely – that Kipsang would win the \$500 000 season-ending jackpot because he would have to come back from yesterday's race and run either the Bank of America Chicago Marathon on 13 October or the ING New York City Marathon on 4 November.

A large number of South Africans took part in Berlin, among them two DRR subscribers: Roger Dickson (VOB) was the first South African in 2:46:04, while Elmarie Coetzee (NBMC) was the third SA woman (and 20th in the 45-49 age category) in 3:14:14. The first SA woman was veteran Karen Sobrino, who lives in Switzerland, in 3:10:35.

Last week it was noted that Ulla Paul is survived by her son, but she actually had two sons and a daughter.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Bonitas City to City 50 km, Half Marathon & 10 km, Centurion to Johannesburg
- * Cape Town Festival of Running Classic Half Marathon, Cape Town
- * Mineshaft 15 km, Queensburgh
- * PetroSA Marathon, Half Marathon & 10 km, Mossel Bay
- * Cape Town Festival of Running 100 km, Cape Town
- * Afri-Save Marathon & 10 km, Uitenhage
- * Andrew Greyling Half Marathon & 10 km, Pretoria
- * Sportsmans Warehouse 15 km, Boksburg
- * Heritage Challenge 15 km, Mt. Edgecombe
- * Plett Heart & Sole Half Marathon & 10 km, Plettenberg Bay
- * Hartenbos Spar 15 km, Hartenbos
- * Real Gijimas 10km, Mdantsane

International highlights:

- * BMW Berlin Marathon, Berlin, GER
- * Singelloop, Utrecht, NED
- * BIL Route du Vin Half Marathon, Remich to Wormeldange to Remich, LUX
- * Fifth Avenue Mile, New York, USA
- * CVS Caremark Downtown 5 km, Providence, USA
- * Maratonina Città di Udine, Udine, ITA
- * Dam tot Damloop, Amsterdam to Zaandam, NED
- * Siberian International Marathon, Omsk, RUS
- * Blackmores Sydney Marathon, Sydney, AUS

- * XC: Boston College Coast to Coast Battle in Beantown, Boston, USA; San Diego State University Aztec Invitational, San Diego, USA
 - * Ultra Race of Champions 100 km, Vail, USA
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ROAD RUNNING

Bonitas City to City 50 km (40th), Half Marathon & 10 km

Centurion to Johannesburg, 29 September

(Distances: 50 km, 21.1 km & 10 km. The 50 km is a point-to-point course, "uphill" and undulating, from 1400 m above sea level at the start to 1748 m at the finish. The half marathon and 10 km are loop courses.)

50 km

MEN

1. Steven Dikobo (Bon) 2:53:04
2. Johannes Kekana (Bon) 2:54:24 (1st vet)
3. Othaniel Phahlane (Trans) 2:55:01
4. Colin Parura (ZIM/Ned) 2:55:38
5. Paul Marwa (ZIM/Toy) 2:56:07
6. Charles Tjiane (Bon) 2:56:45
7. Mike Fokoroni (ZIM/ME) 2:57:30
8. Tesfayedemeke Diro (ETH) 2:57:44
9. Samuel Moleshioa (Midack) 2:58:46
10. Thabo Mkuna (Toy) 2:58:59

WOMEN

1. Jennifer Koech (KEN/Ned) 3:27:30
2. Caroline Westmann (Ned) 3:34:20
3. Samukeliso Moyo (ZIM/ME) 3:37:46
4. Ntombesintu Mfunzi (Bon) 3:40:33
5. Lizih Chokore (ZIM/Ned) 3:42:30
6. Mpho Mabuza (Bon) 3:43:45
7. Winile Mnisi (SWZ/ME) 3:52:32
8. Joyce Netshifhefhe (Toy) 4:00:48
9. Margaret Mahohoma (ZIM/Toy) 4:04:39
10. Kashmira Parbhoo (Lenasia) 4:05:03

Half marathon

MEN

1. Elroy Gelant (Bon) 1:05:45
2. Masilo Matjiane (Ind) 1:06:21
3. Lebogang Jhonkhobe (Toy) 1:06:32

WOMEN

1. Jodi Moss (Disc) 1:27:09
2. Gillian Sieling (Ned) 1:28:37
3. Andronica Mokgotla (Ind) 1:29:40

10 km

MEN

1. Namakoe Nkhasi (LES) 31:04
2. Shadrack Hoff 31:36 (1st vet)
3. Paulos Radebe 33:00

WOMEN

1. Rutendo Nyahora (ZIM) 35:31

2. Dinah Lebo Phalula 36:46
3. Mamphielo Sibanda (ZIM) 39:10

Cape Town Festival of Running Classic Half Marathon (14th)

Cape Town, 29 September

(Distance: 21.1 km; certified hilly out-and-back course. Weather: Ideal conditions.

Finishers: 637.)

MEN

1. Tom Lusaseni (Itheke) 1:10:38
2. Bulelani Bhebha (VOB) 1:11:00
3. Abongile Snyman (East) 1:11:09
4. Graham Katzen (Itheke) 1:11:25 (1st vet)
5. Akhona Makila (VOB) 1:12:13

Veterans: 1. Graham Katzen (Itheke) 1:11:25; 2. Dion Middelkoop (VOB) 1:19:37; 3. Pieter Hanekom (Ned) 1:26:55. **Masters:** 1. Goodman Mpukane (Gugs) 1:25:44; 2. Robert Arnold (Top) 1:28:48; 3. Monde Tutani (Gugs) 1:32:44. **G'masters:** 1. Ronnie Murray (Durb) 1:51:42; 2. Melville Silk (AAC) 1:55:17; 3. Peter Wilkinson (Ind) 1:56:39.

WOMEN

1. Candyce Hall (Ned) 1:30:00
2. Sheryl de Lange (NBMC) 1:31:55 (1st vet)
3. Busisiwe Matiwane (Celtic) 1:32:34
4. Lee-Shay Willemse (Velo) 1:36:20
5. Leigh Barrow (UCT) 1:36:43

Veterans: 1. Sheryl de Lange (NBMC) 1:31:55; 2. Veresa Domingo (VOB) 1:41:17; 3. Julie Fritz (East) 1:51:55. **Masters:** 1. Lindsay Jackson (VOB) 1:55:47; 2. Brenda Stevenson (Pine) 1:56:33; 3. Beverley Mehl (Top) 2:00:16. **G'masters:** 1. Helen du Plessis (Tyger) 1:54:42; 2. Pixie Sparg (Celtic) 1:56:43; 3. Theresa Isaacs (VOB) 2:07:32.

Mineshaft 15 km (33rd)

Queensburgh, 29 September

(Loop course. Finishers: 519.)

Note: The race had 360 finishers last year, so there was an increase of 44% this year. – Ed.

MEN

- | | | | |
|----|-------------------|-----------------|---------------|
| 1. | Jobo Khatoane | LES/Phantane AC | 47:15 (R1000) |
| 2. | Thubeletu Phaku | DUT | 47:53 (R500) |
| 3. | Sithebele Fanukho | Boxer AC | 48:17 (R300) |

(All age categories had the same prize money – R200 for 1st place.)

40-49:

- | | | | |
|----|----------------|------------|-------|
| 1. | Michael Ndlovu | Mfukela AC | 56:10 |
|----|----------------|------------|-------|

50to 59:

- | | | | |
|----|---------------|----------|-------|
| 1. | Peter Sehloho | Boxer AC | 56:13 |
|----|---------------|----------|-------|

60-69:

- | | | | |
|----|-------------------|----------------|-------|
| 1. | Lindsey Rodgerson | Riverside Harr | 71:36 |
|----|-------------------|----------------|-------|

70+:

- | | | | |
|----|----------------|---------------|-------|
| 1. | Poobalan Reddy | Chatsworth AC | 86:03 |
|----|----------------|---------------|-------|

Juniors:

- | | | | |
|----|----------------|----------|-------|
| 1. | Ndumiso Ndlovu | Eskom AC | 59:56 |
|----|----------------|----------|-------|

WOMEN (Same prize money as men)

1.	Poppy Mlambo	Boxer AC	58:56
2.	Patricia Bahlmann	Nedbank AC	61:24
3.	Cary-Ann Smith	Nedbank AC	66:22

40-49:

1.	Pat Dammann	Forest Hills	67:10
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50-59:

1.	Elise Cilliers	Savages AC	76:52
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60-69:

1.	Pat Fischer	Stella AC	84:23
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70+:

1.	Gill Tregenna	West AC	90:18
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Juniors:

1.	Ndomiso Khoza	Natal Carbs	80:00
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PetroSA Marathon (27th), Half Marathon & 10 km

Mossel Bay, 28 September

(Distances: 42.195 km, 21.1 km & 10 km; out-and-back courses. Finishers: marathon – 136; half marathon – 188; 10 km – 262.)

Marathon

MEN

1	Motsiebe	Molefi	LES/Phantane AC	22	2:18:20	R60 000
2	Cephas	Pasipamire	ZIM/Nedbank RC AGN	38	2:18:24	R40 000
3	Ghirmay	Tikabo	ETH/Toyota AC	32	2:18:30	R25 000
4	Edwin	Chimombo	ZIM/Nedbank RC AGN	30	2:19:28	R15 000
5	Kgosi	Tsosane	Transnet AC AGN	27	2:19:32	R10 000
6	Melly	Kennedy	ZIM/Maxed Elite KZN	32	2:19:54	R5000
7	Xolisa	Tyali	Nedbank RC CGA	24	2:20:07	R4000
8	Rabson	Chigara	ZIM/Nedbank RC AGN	34	2:20:10	R3000
9	Elmore	Sibanda	ZIM/Maxed Elite KZN	27	2:20:33	R2000
10	Joseph	Keino	KEN/Toyota AC	35	2:21:06	R1000
11	Wilson	Kibet	KEN/Maxed Elite KZN	21	2:23:08	
12	Anthony	Godongwana	Transnet Eng	29	2:24:09	
13	Timothy Kibet	Chelimo	KEN/Toyota AC	29	2:26:00	
14	Mzolisi	Makhanda	Nedbank RC	30	2:26:07	
15	Gebrit	Weldu	ETH/Maxed Elite KZN	31	2:27:17	
16	Geremu Bedada	Tola	ETH/Toyota AC	29	2:29:50	
17	Anele	Maliza	Nedbank RC	35	2:30:44	
18	Josphat	Ngetich	KEN/Formula 1 AC	27	2:31:06	
19	Masande	Mlonyeni	Nedbank RC	33	2:38:31	
20	Jairus	Ngeno	Toyota AC	23	2:38:44	

(Prize money in all age categories was the same: R3000, R2000, R1000.)

Veterans:

1	Phillip	Bandawe	ZIM/Toyota AC	40	2:39:57
2	Phillimon	Manyaka	New Bal AGN	40	2:40:38
3	Terrance	Mjekula	Warriors AC	40	2:42:08

Masters:

1	Dan	Mothibe	New Bal AGN	51	2:55:40
2	Sydney	Landsberg	ASWD	52	2:55:56
3	Elias	Letlape	Nedbank RC AGN	54	3:09:09

G'masters:

1	Cornet	Matomane	Nedbank RC AGN	60	3:01:59
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2	Sizinzo	Kama	Achilles AAA	62	3:40:50
3	Gary	Ristow	Edgemead Runnin	61	3:58:58

WOMEN (Same prize money as men)

1	Irene Cherop	Loritareng	KEN/Formula 1 AC	27	2:43:02
2	Tabitha	Tsatsa	ZIM/Maxed Elite CGA	41	2:46:50
3	Jessica Jemutai	Kanda	KEN/MPKZN	25	2:48:01
4	Mamorallo	Tjoka	LES/Toyota AC	28	2:49:40
5	Catherine	Skosana	Transnet AC AGN	32	2:55:28
6	Alicen	Manake	ZIM	23	2:59:41
7	Catherine	Naane	Sibanya Gold AC	47	3:17:22
8	Jane	Mudau	Nedbank RC AGN	50	3:17:55
9	Annatjie	Botes	Nedbank SWD	55	3:22:17
10	Lisl	Grobler	Knysna MC	37	3:27:20
11	Elize	Kloppers	Hartenbos Draw	43	3:28:54
12	Mapulane	Majoro	Toyota AC	24	3:36:23
13	Gladys	Cheruiyot	KEN/Toyota AC	41	3:37:08
14	Anel	Van Wyk	RFLWP	34	3:40:50
15	Hellen	Kiprono	KEN/Florida Running	41	3:51:10
16	Charmaine	Lamprecht	Nedbank SWD	29	3:54:20
17	Ruweida	Du Preez	Oudtshoorn AA	41	4:04:47
18	Rome	Phillipson	Hartenbos Draw	31	4:08:18
19	Maryke	Sass	Petrosa AC	42	4:08:18
20	Hanlie	Burger	Secunda MC	30	4:10:42

Veterans:

1	Tabitha	Tsatsa	ZIM/Maxed Elite CGA	41	2:46:50
2	Catherine	Naane	Sibanya Gold AC	47	3:17:22
3	Elize	Kloppers	Hartenbos Draw	43	3:28:54

Masters:

1	Jane	Mudau	Nedbank RC AGN	50	3:17:55
2	Annatjie	Botes	Nedbank SWD	55	3:22:17
3	Una	Saayman	Hartenbos Draw	52	4:13:00

G'masters:

1	Toekie	Steenkamp	Nedbank RC SWD	61	4:10:48
2	Esther	Oosthuizen	Hartenbos Draw	65	4:55:10

Half marathon

MEN

1	Thobane	Chagwe	Boxer Superst	22	1:06:56	R10 000
2	Jeffry	Gwebu	Toyota AC	32	1:08:02	R8000
3	Xolani	Nkiwane	Florida Running	28	1:08:42	R6000
4	Elfonzo	Pieterse	Nedbank RC SWD	24	1:09:07	R4000
5	Julius	Korkee	Mossel Bay Harr	28	1:11:34	R2000
6	Bernard	Koech	KEN/Maxed Elite KZN	18	1:14:27	
7	John	April	RWFL SWD	24	1:14:27	
8	Never	Matiya	Florida Running	43	1:16:21	
9	Desmond	Zibi	Ikhamva AC	50	1:17:07	
10	Melikhaya	Msizi	Knysna MC	30	1:17:23	
11	Clayton	Windwaai	Sedgefield	21	1:18:06	
12	Tasko	Msuthwana	Sedgefield	32	1:20:55	
13	Nkosinathi	Dimaza	Sedgefield	25	1:21:32	
14	Fredvine	Scheepers	Laingsburg AC	18	1:22:39	
15	Adrian	Johannes	Laingsburg AC	19	1:22:45	
16	Kenneth	Menze	Nedbank RC	51	1:22:49	
17	Luvuyo	Stephen	Nedbank RC	43	1:22:53	
18	Anton	Chevalier	Nedbank SWD	48	1:23:08	

19	Ross	Lahana	Hartenbos Draw	28	1:23:10
20	Alfred	Malotana	Nedbank RC	43	1:23:30

(Prize money in all age categories was the same: R1500, R1000, R500.)

Veterans:

1	Never	Matiya	Florida Running	43	1:16:21
2	Luvuyo	Stephen	Nedbank RC	43	1:22:53
3	Anton	Chevalier	Nedbank SWD	48	1:23:08

Masters:

1	Desmond	Zibi	Ikhamva AC	50	1:17:07
2	Kenneth	Menze	Nedbank RC	51	1:22:49
3	Maxwell	Godloza	New Balance Mul	56	1:33:20

G'masters:

1	Pele	Tshikundamalema	Toyota AC	67	1:41:28
2	Peter	Jakoby	Knysna MC	64	1:42:10
3	Manie	Steenkamp	Nedbank RC SWD	64	1:46:34

G/g'masters:

1	Hennie	Koster	Hartenbos Draw	72	2:49:29
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Juniors:

1	Bernard	Koech	KEN/Maxed Elite KZN	18	1:14:27
2	Fredvine	Scheepers	Laingsburg AC	18	1:22:39
3	Adrian	Johannes	Laingsburg AC	19	1:22:45

WOMEN (Same prize money as men)

1	Irvette	Van Zyl	Nedbank RC CGA	26	1:17:22
2	Constance	Nyasango	ZIM	23	1:18:09
3	Sithulisiwe	Zhou	ZIM/Phantane AC	20	1:18:27
4	Aurellia	Ruto	KEN/Nedbank RC AGN	24	1:20:26
5	Fortunate	Chidzivo	ZIM/Maxed Elite CGA	26	1:21:03
6	Annah	Moeketsi	Transnet AC	28	1:27:33
7	Bulelwa	Simae	Nedbank WP	36	1:32:57
8	Sandra	Van Graan	Edgemead Runnin	45	1:33:20
9	Alison	Jordaan	Nedbank SWD	47	1:37:27
10	Marcelle	Van Tonder	Nedbank SWD	19	1:38:09
11	Alison	Giliomee	Temp	33	1:42:53
12	Sanet	Brits	Nedbank SWD	54	1:43:53
13	Rea	Oosthuizen	Hartenbos Draw	67	1:44:30
14	Liezl	Heerschap	Temp	41	1:44:37
15	Johanna	Claassen	Nedbank SWD	45	1:45:55
16	Johnene	Ralph	Kimberley RR	43	1:49:47
17	Marchelle	Kilian	Temp	30	1:50:36
18	Micky	Trumper	Knysna MC	42	1:51:17
19	Suzaan	Groenewald	Temp	32	1:52:59
20	Annemarie	Matthysen	Langeberg	56	1:53:01

Veterans:

1	Sandra	Van Graan	Edgemead Runnin	45	1:33:20
2	Alison	Jordaan	Nedbank SWD	47	1:37:27
3	Liezl	Heerschap	Temp	41	1:44:37

Masters:

1	Sanet	Brits	Nedbank SWD	54	1:43:53
2	Annemarie	Matthysen	Langeberg	56	1:53:01
3	Sollie	Liebenberg	Mossel Bay Harr	57	1:57:42

G'masters:

1	Rea	Oosthuizen	Hartenbos Draw	67	1:44:30
2	Annamarie	Vermaak	Sedgefield	67	2:52:01
3	Bessie	Badenhorst	Hartenbos Draw	66	2:54:32

G/g'masters:

1	Megan	Brennan	Sedgefield	70	3:16:19
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Juniors:

1	Marcelle	Van Tonder	Nedbank SWD	19	1:38:09
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10 km**MEN**

1	Lloyd	Bosman	Nedbank RC SWD	25	30:40	R5000
2	Sibusiso	Madikizela	Manoni	22	30:44	R3000
3	William	Kaptein	Robertson AC	21	30:47	R2000
4	Gerswill	Jacobs	Nedbank RC SWD	23	30:51	R1000
5	Givemore	Mudzinganyama	ZIM/Bidvest AC	23	31:03	R700
6	Zolani	Ngqaqa	Maxed Elite EP	24	31:46	
7	Melikhaya	Frans	Nedbank RC	21	32:01	
8	Merlin	Klaaste	Nedbank SWD	20	32:01	
9	Leon	Adams	Hartenbos Draw	19	33:22	
10	Bulelini	Niwa	PEAAC	27	33:54	
11	Johannes	Jansen	Robertson AC	18	33:56	
12	Francois	Maquassa	RWFL SWD	18	34:13	
13	Ruben	Dlepu	Temp	16	34:31	
14	Selwyn	Losper	Mossel Bay Harr	49	35:37	
15	Ashwell	Clooco	Mossel Bay Harr	17	35:46	
16	Gerald	Meniel	RWFL SWD	24	36:00	
17	Archie	Boome	Knysna MC	17	36:11	
18	Mauritz	Jansen van Rensburg	Outeniqua Harri	42	36:50	
19	Michael	Bekapi	Maxed Elite EP	52	37:09	
20	Graham	Sass	Knysna MC	44	37:15	

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

Veterans:

1	Selwyn	Losper	Mossel Bay Harr	49	35:37
2	Mauritz	Jansen van Rensburg	Outeniqua Harri	42	36:50
3	Graham	Sass	Knysna MC	44	37:15

Masters:

1	Michael	Bekapi	Maxed Elite EP	52	37:09
2	Cornelius	Bewee	Sedgefield	51	44:03
3	Koos	Viviers	Langeberg	51	46:48

G'masters:

1	Martin	Wuethrich	Wellington AC	64	52:01
2	George	Kloppers	Temp	63	59:02
3	Leon	Nel	Nedbank SWD	60	59:10

G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	71	44:19
2	Les	Stuart	Knysna MC	71	52:18
3	David	Morgan-Smith	Knysna MC	76	1:10:51

Juniors:

1	Leon	Adams	Hartenbos Draw	19	33:22
2	Johannes	Jansen	Robertson AC	18	33:56
3	Francois	Maquassa	RWFL SWD	18	34:13

WOMEN (Same prize money as men)

1	Thozama	April	Transnet Eng	27	36:51
2	Melissa	Van As	Nedbank SWD	31	39:59
3	Merida	Leen	Mossel Bay Harr	16	42:58
4	Macnita	Samuels	Knysna MC	16	43:36
5	Elzet	Oosthuizen	Hartenbos Draw	40	46:48
6	Clarisha	Pieterse	Mossel Bay Harr	15	47:14

7	Marie	Wolmarans	Nedbank RC SWD	54	48:07
8	Charmaine	Cupido	Nedbank WP	57	49:01
9	Chantell	Barkhuizen	Nedbank SWD	33	49:14
10	Cecilia	Nel	Temp	31	50:29
11	Karin	Pauw	Nedbank RC SWD	47	51:25
12	Anel	Oosthuizen	Nedbank SWD	18	51:45
13	Lorinda	Janse van Rensburg	Oudtshoorn A A	27	52:00
14	Elsa	De Villiers	Hartenbos Draw	54	52:46
15	Sharifa	Louw	Knysna MC	44	54:49
16	Janine	Willemse	Laingsburg AC	16	55:07
17	Ane	Scholtz	Hartenbos Draw	29	55:56
18	Janri	Joubert	Temp	22	56:17
19	Nina	Mulder	Hartenbos Draw	29	57:06
20	Riana	Dercksen	Hartenbos Draw	45	57:23

Veterans:

1	Elzet	Oosthuizen	Hartenbos Draw	40	46:48
2	Karin	Pauw	Nedbank RC SWD	47	51:25
3	Sharifa	Louw	Knysna MC	44	54:49

Masters:

1	Marie	Wolmarans	Nedbank RC SWD	54	48:07
2	Charmaine	Cupido	Nedbank WP	57	49:01
3	Elsa	De Villiers	Hartenbos Draw	54	52:46

G'masters:

1	Benita	Olivier	RWFL SWD	60	1:01:37
2	Saundria	Visser	Nedbank SWD	62	1:03:22
3	Rhenia	Niemand	Hartenbos Draw	61	1:05:28

G/g'masters:

1	Joan	Du Toit	Temp	78	1:08:52
2	Trix	De Villiers	RWFL SWD	71	1:25:17

Juniors:

1	Merida	Leen	Mossel Bay Harr	16	42:58
2	Macnita	Samuels	Knysna MC	16	43:36
3	Clarisha	Pieterse	Mossel Bay Harr	15	47:14

Cape Town Festival of Running 100 km

(Incorporating the WP 100 km Championships)

Cape Town, 28 September

(Certified loop course of 10 km. Finishers: 45.)

MEN

1. Khaya Fokwana (VOB) 8:04:11 (R1500 + R300*)
2. Henk Mulder (Brack) 8:07:25 (R750 + R200*)
3. Henricus Poncana (Top) 9:02:20 (R400 + R100*)

WOMEN

1. Megan Goliath (Brack) 10:38:40 (R1500 + R300*)
2. Wendy Jansen (Edge) 11:21:01 (R750 + R200*)
3. Lisa Janse van Rensburg (RWFL) 12:32:07 (R400 + R100*)

*) WP Championships prize money

Afri-Save Marathon (28th) & 10 km

Uitenhage, 28 September

(Distances: 42.195 km & 10 km; loop courses. Finishers: marathon – 146; 10 km – 214.)

Marathon**MEN**

1	George	Ntshiliza	Nedbank RC EP	33	2:38:00
2	Mila	Pasiya	Nedbank RC EP	33	2:39:07
3	Melikhaya	Malinga	Motherwell AC	33	2:52:42
4	Alfred	Qogi	Nedbank RC EP	40	2:52:49
5	Mzamo	Fokwana	Charlo AC	35	2:59:39
6	Luyanda	Matiwana	Motherwell AC	34	2:59:41
7	Thembinkosi	Hambiyani	Nedbank RC EP	41	3:01:49
8	Mzukisi	Klaas	Motherwell AC	44	3:04:29
9	Johannes	Jonck	St Albans CS EP	40	3:06:44
10	Thanduxolo	Mpushe	Motherwell AC	24	3:07:00
11	Bolly	Jekana	Nedbank RC EP	46	3:07:30
12	Jacques	Barnard	Despatch AC	37	3:09:27
13	Aubrey	Windvoel	Charlo AC	27	3:11:09
14	Ruan	Smalberger	St Albans CS EP	23	3:13:20
15	Malibongwe	Mbelu	Run For Life EP	41	3:13:34
16	Mzwandile	July	Charlo AC	40	3:14:21
17	Samkelo	Sinyongo	Nedbank RC EP	32	3:14:46
18	David	Mama	Aspen Pharmacare	37	3:19:34
19	Morne	Van Wyk	Nedbank RC EP	43	3:20:16
20	Steven	Fanella	Warriors AC	50	3:20:47

40-44:

1	Alfred	Qogi	Nedbank RC EP	40	2:52:49
2	Thembinkosi	Hambiyani	Nedbank RC EP	41	3:01:49
3	Mzukisi	Klaas	Motherwell AC	44	3:04:29

45-49:

1	Bolly	Jekana	Nedbank RC EP	46	3:07:30
2	Vernon	Newfeldt	Gelvan AC	47	3:20:52
3	Welcome	Loliwe	Nedbank RC EP	48	3:25:28

50-54:

1	Steven	Fanella	Warriors AC	50	3:20:47
2	Sidwel	Roboshi	Nedbank RC EP	53	3:40:57
3	Joseph	Bain	St Albans CS EP	53	3:41:33

55-59:

1	Clifford	Hicken	Nedbank RC EP	56	3:39:29
2	Disemba	Blou	Warriors AC	55	3:48:47
3	Koos	Olivier	Nedbank RC EP	55	3:49:08

60-64:

1	Paul	Steffens	Nedbank RC EP	62	4:00:50
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65-69:

1	William	Vorster	PEAAC	67	4:16:27
2	Thembisile	Ntoni	PEAAC	65	4:33:41

70-74:

1	Godfrey	Kariem	Gelvan AC	72	4:51:51
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WOMEN

1	Lauren	Van der Walt	Gonubie Harriers	26	3:37:30
2	Janine	Gardiner	Charlo AC	32	3:39:04
3	Michelle	Galloway	Absa NMMU AC	26	3:47:03
4	Laura	Maritz	Elite AC	52	3:48:44
5	Benita	Barton	Crusaders AC	43	3:50:17

6	Elmarie	Bezuidenhout	Charlo AC	31	3:54:06
7	Priscilla	Maleiba	Gelvan AC	43	4:11:17
8	Cathy	Ives	Achilles AAA	60	4:11:51
9	Liz	Goosen	Madiba Bay AC	40	4:27:11
10	Merle	Nair	Achilles AAA	51	4:30:23
11	Toegeda	Vyver	Nedbank RC EP	41	4:37:41
12	Lana	Bruyns	Elite AC	45	4:38:08
13	Sharon	Smuts	St Albans CS EP	47	4:41:10
14	Ida	Fivaz	Hartenbos	40	4:42:58
15	Christine	Snyman	Despatch AC	57	4:44:31
16	Leta	Dos Santos	Walmer AC	49	4:48:00
17	Christine	Fourie	Elite AC	67	4:53:19
18	Arushke	Haefele	Nedbank RC EP	33	4:54:53
19	Yvette	Jonker	Despatch AC	41	4:54:53
20	Denise	Darlow	Charlo AC	44	4:59:41

40-44:

1	Benita	Barton	Crusaders AC	43	3:50:17
2	Priscilla	Maleiba	Gelvan AC	43	4:11:17
3	Liz	Goosen	Madiba Bay AC	40	4:27:11

45-49:

1	Lana	Bruyns	Elite AC	45	4:38:08
2	Sharon	Smuts	St Albans CS EP	47	4:41:10
3	Leta	Dos Santos	Walmer AC	49	4:48:00

50-54:

1	Laura	Maritz	Elite AC	52	3:48:44
2	Merle	Nair	Achilles AAA	51	4:30:23
3	Gesina	Oosthuizen	PEAAC	54	5:13:23

55-59:

1	Christine	Snyman	Despatch AC	57	4:44:31
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60-64:

1	Cathy	Ives	Achilles AAA	60	4:11:51
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65-69:

1	Christine	Fourie	Elite AC	67	4:53:19
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10 km**MEN**

1	Masibulele	Heugh	Motherwell AC	19	32:32
2	Maxwell	Goodman	Malabar AC	40	33:16
3	Sibusiso	Thu	Transnet Eng EP	25	34:09
4	Shire	Hassan	Temp	22	34:19
5	Zamubuntu	Teyise	Warriors AC	37	34:27
6	Brendon	Effenaar	Maxed Elite EP	17	35:24
7	Mandilakhe	Nel	Transnet Eng EP	16	36:12
8	Hopewell	Jabavu	Temp	29	37:02
9	Deon	Appollis	Temp	34	39:00
10	Abdi	Buda	Temp	21	39:36
11	Robin	Fourie	Achilles AAA	50	40:38
12	Sylvester	Plaaitjies	Temp	28	41:23
13	Aphiwe	Kisiyane	PEAAC	22	41:27
14	Annil	Salman	Maxed Elite EP	23	41:39
15	Peter	Wildschut	Gelvan AC	37	42:23
16	Cobus	Gerber	Absa NMMU AC	18	43:18
17	Eon	De Klerk	Temp	28	43:37
18	Saliem	Daya	Temp	21	44:01
19	Roland	Du Preez	Gelvan AC	44	44:04
20	Willie	Kruger	Temp	45	44:21

40-44:

1	Maxwell	Goodman	Malabar AC	40	33:16
2	Roland	Du Preez	Gelvan AC	44	44:04
3	Deon	Van der Merwe	Nedbank RC EP	44	44:26

45-49:

1	Willie	Kruger	Temp	45	44:21
2	Desmond	Fouche	Elite AC	47	44:36
3	Marius	Ferreira	St Albans CS EP	45	51:32

50-54:

1	Robin	Fourie	Achilles AAA	50	40:38
2	Graham	Munton	Charlo AC	52	45:47
3	Jacobus	Wyatt	Despatch AC	50	47:23

55-59:

1	Peter	Van Rensburg	Elite AC	55	51:41
2	Stephen	Coetzee	Bluewater Bay	57	56:28
3	Fanie	Claassen	Despatch AC	55	56:52

60-64:

1	Graham	Channon	Achilles AAA	64	45:52
2	Bruce	McEwan	Achilles AAA	60	46:36
3	Armin	Brandle	Charlo AC	61	55:48

65-69:

1	Syd	Lippstreu	Crusaders AC	65	47:09
2	Andre	Fourie	Elite AC	66	57:37
3	Alan	Penney	Walmer AC	66	1:05:24

70-74:

1	Brian	Smith	PEAAC	70	1:10:33
2	Robin	Clark	Achilles AAA	72	1:10:43

Juniors:

1	Masibulele	Heugh	Motherwell AC	19	32:32
2	Brendon	Effenaar	Maxed Elite EP	17	35:24
3	Mandilakhe	Nel	Transnet Eng EP	16	36:12

WOMEN

1	Asanda	Solani	Nedbank RC EP	30	44:38
2	Megan	Wilson	Charlo AC	18	45:47
3	Terray	Newcombe	Elite AC	22	46:13
4	Ndileka	Mvakwendlu	Motherwell AC	22	47:23
5	Nurunnisa	Madatt	Malabar AC	51	48:03
6	Paulette	McEwan	Achilles AAA	48	51:47
7	Jane	Kemp	Nedbank RC EP	37	52:02
8	Doreen	Ferreira	Charlo AC	54	52:33
9	Connie	Felix	Gelvan AC	47	53:50
10	Desiree	Ebrahim	Gelvan AC	48	54:26
11	Philippa	Field	Albany RR	37	54:31
12	Elize	Smalberger	St Albans CS EP	57	55:05
13	Kimberley	Wilson	Charlo AC	18	55:20
14	Lesley	Maggott	Achilles AAA	46	55:28
15	Adri	Du Plessis	Achilles AAA	40	55:59
16	Lauren	Munton	Charlo AC	21	56:09
17	Debbie	Dodd	Charlo AC	42	57:09
18	Shelaine	Kruger	Temp	42	57:10
19	Erika	Nell	Temp	39	57:11
20	Amanda	Pieterse	Elite AC	36	57:21

40-44:

1	Adri	Du Plessis	Achilles AAA	40	55:59
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2	Debbie	Dodd	Charlo AC	42	57:09
3	Shelaine	Kruger	Temp	42	57:10
45-49:					
1	Paulette	McEwan	Achilles AAA	48	51:47
2	Connie	Felix	Gelvan AC	47	53:50
3	Desiree	Ebrahim	Gelvan AC	48	54:26
50-54:					
1	Nurunnisa	Madatt	Malabar AC	51	48:03
2	Doreen	Ferreira	Charlo AC	54	52:33
3	Lynette	Crause	Walmer AC	53	57:25
55-59:					
1	Elize	Smalberger	St Albans CS EP	57	55:05
2	Noleen	Norris	Gelvan AC	56	1:04:16
3	Stephanie	Hay	Walmer AC	57	1:10:07
60-64:					
1	Rina	Barnard	Elite AC	60	1:23:12
65-69:					
1	Denise	Terblanche	Walmer AC	66	1:06:17
75-79:					
1	Dorothy	Hart	Charlo AC	75	1:11:25
Juniors:					
1	Megan	Wilson	Charlo AC	18	45:47
2	Kimberley	Wilson	Charlo AC	18	55:20
3	Danielle	Harkin	Absa NMMU AC	17	1:09:07

Andrew Greyling Half Marathon & 10 km

Pretoria, 28 September

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 700; 10 km – 1220.)

Half marathon

MEN

1 Lukhanyo Mabiza (Transnet) 74:40; 2 Benzani Motau (Exxaro) 75:43; 3 Thabang Mafa (Elim) 75:52 (1st jun).

Veterans: 1 Themba Msibi (BNAC) 88:38. **Masters:** 1 Nuno Thomaz (New Balance) 84:24.

G'masters: 1 Mike du Bruto (Irene) 93:21. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 1:53:58. **Juniors:** 1 Thabang Mafa (Elim) 75:52.

WOMEN

1 Marli van Staden (Tuks) 91:05; 2 Nadine Breytenbach (Irene) 94:37; 3 Melanie Brynard (New Balance) 97:34.

Veterans: 1 Ansie Breytenbach (Irene) 97:42. **Masters:** 1 Rita van Wyk (Boksburg)

1:45:13. **G'masters:** 1 Vollie Spies (Tuks) 2:00:22. **G/g'masters:** 1 Mavis Stadler (Agape) 2:18:12.

10 km

MEN

1 Lucas Jani (Transnet) 30:53; 2 Vuyisile Tshoba (Transnet) 31:25; 3 Precious Mashele (Transnet) 33:36.

Veterans: 1 Dawie de Villiers (Wingate) 38:36. **Masters:** 1 Colin Fisher (CSIR) 41:35.

G'masters: 1 Machiel van Niekerk (Magnolia) 42:20. **G/g'masters:** 1 Willem de Villiers (Tuks) 57:53. **Juniors:** 1 Tshwanelo Mojokeng (Gauteng Striders) 34:16.

WOMEN

1 Jackie v.d. Waals (Nedbank) 39:20; 2 Lettie Seabela (SAPS Academy) 42:34; 3 Mirriam Mooki (Transnet) 43:25 (1st vet).

Veterans: 1 Mirriam Mooki (Transnet) 43:25. **Masters:** 1 Analize de Klerk (Middelburg) 54:07. **G'masters:** 1 Sonja Laxton (RAC) 46:52. **G/g'masters:** 1 Jeanette Loots (Irene) 79:22. **Juniors:** 1 Danelle Luyt (Akasia) 46:09.

Sportsmans Warehouse 15 km

Boksburg, 24 September
(Loop course)

MEN

1 Paulus Radebe (Elim) 48:05; 2 Themba Miya (Tsakane) 48:15; Mthetho Goxo (Gallopers) 49:12.

Veterans: 1 Elias Mabane (Nedbank) 52:07; 2 Edwin Lesudi (Birchwood) 52:11; 3 Lawrence Chipangaan (Gallopers) 54:15. **Masters:** 1 Sontaga Mabale (Breakthru Midrand) 58:37; 2 Tony da Matta (BNAC) 59:22. **G'masters:** 1 Mike Hirst (Striders) 61:15. **G/g'masters:** 1 Pele Tshidukumalema (Toyota) 79:13. **Juniors:** 1 Boikanyo Kodisang (Tsakane) 61:21.

WOMEN

1 Nobuhle Tshuma (ZIM/Elim) 59:40 (1st jun); 2 Lauren Dance (MAD Multisport) 61:07; 3 Jessica Jacobs (New Balance Kempies) 64:33.

Veterans: 1 Belinda Waghorn (Toyota) 67:10; 2 Assalina Nyathi (Post Office) 70:07; 3 Busiswe Khumalo (SCAW) 70:52. **Masters:** 1 Mariet Geyer (Kempton) 72:10; 2 Leonie Jurgens (BNAC) 73:18. **G'masters:** 1 Sally Halim (RRW) 96:22. **G/g'masters:** 1 Deirdre Larkin (Randburg Harriers) 94:15. **Juniors:** 1 Nobuhle Tshuma (ZIM/Elim) 59:40.

Heritage Challenge 15 km

Mt. Edgecombe, 24 September

MEN

1.	Jobo Khatoane	Phantane AC	47:58
2.	Trymore Khanzara	ZIM/Phantane AC	48:33
3.	Thame Hlatswayo	Nedbank AC	53:07

WOMEN

1.	Janene Carey	Boxer AC	61:12
2.	Sibongile Ziqubu	Escom AC	64:10
3.	Nicole Westerhof	Ind	68:02

Plett Heart & Sole Half Marathon & 10 km

Plettenberg Bay, 21 September

(Distances: 21.1 km & 10 km. Finishers: half marathon – 52; 10 km – 10 km.)

Note: Lyn Biesheuvel finished fourth overall in the 10 km and Elize Kloppers fifth in the half marathon. – Ed.

Half marathon

MEN

1	Marlon Mortlock	Knysna	39	1:10:28
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2	Lloyd Bosman	Nedbank	25	1:13:40
3	Greshwin du Plessis	Knysna	27	1:24:58
4	Eric Nangu	Plett	42	1:25:35
5	Jack J. v Rensburg	Nedbank	39	1:40:00
6	Vuyani Ventfol	Knysna	18	1:40:51
7	Anathi Nopulula	Plett	28	1:41:05
8	S Magundwane	Temp	33	1:43:54
9	Mike van Vuuren	Plett	50	1:45:55
10	Daan van der Sijde	Plett	51	1:46:03

WOMEN

1	Elize Kloppers	Hartenbos	43	1:34:16
2	Shelley de Villiers	Plett	40	1:48:05
3	Tamlyn Gray	Temp	32	1:48:06
4	Janelle Stephenson	Plett	35	1:56:44
5	Emma Brown	Plett	32	1:57:39
6	Wilma Kruger Steyn	New Balance	37	1:59:20
7	Suzaan Groenewald	Temp	32	1:59:35
8	René van Zyl	Tuks	58	1:59:53
9	Marlise Jason	Hartenbos	38	2:00:33
10	Lizelle Olivier	Temp	38	2:01:27

10 km

MEN

1	Elfonzo Pieterse	Nedbank	24	38:18
2	Dylan van Wyk	Plett	17	40:18
3	Aubrey Brinkhuis	Knysna	43	44:23
4	Mike Biesheuvel	RAC	52	44:27
5	Hendrik de Villiers	Temp	31	48:18
6	Kobus Barnard	Nedbank	25	48:53
7	Peter Jakoby	Knysna	64	48:54
8	Jaco Loots	Temp	47	48:57
9	Cameron Webster	Temp	19	49:04
10	David Barnes	Plett	54	44:45

WOMEN

1	Lyn Biesheuvel	RAC	50	44:27
2	Monica Taylor	Plett	27	50:51
3	Jane Donald	Temp	50	55:39
4	Gillian Webster	Temp	45	56:00
5	Natali Faria	Temp	38	56:52
6	Claudine Badenhorst	Plett	36	59:20
7	Louisa Montagna	Temp	39	1:02:34
8	Debra Lumby	Temp	38	1:03:47
9	Sharon Mundell	Temp	38	1:03:47
10	Mariëtte Barnard	Temp	37	1:03:52

Hartenbos Spar 15 km

Hartenbos, 14 September
(Loop course. Finishers: 169)

MEN

1	Lloyd Bosman	Nedbank RC SWD	25	48:55
2	Lindile Tokota	Nedbank RC SWD	45	49:00
3	Elfonzo Pieterse	Nedbank RC SWD	24	49:02
4	Julius Korkee	Ind	28	50:55

5	Godwin Heyns	Hartenbos Drawwers	15	57:20
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WOMEN

16	Elize Kloppers	Hartenbos Drawwers	43	1:04:54
18	Annatjie Botes	Nedbank RC SWD	55	1:05:40
20	Lisl Grobler	Knysna Marathon Club	37	1:06:51
27	Sanet Brits	Nedbank RC SWD	54	1:09:28
30	Marcelle Van Tonder	Nedbank RC SWD	19	1:09:41

Real Gijimas 10km

Mdantsane, 1 September
(Finishers: 435)

MEN

1. Lusapho April (Oxford Striders) 28:49 CR (R5000); 2. Lindikhaya Mthangayi (Itheke) 29:03 (R4000); 3. Lungile Gongqa (Cheetahs) 29:09 (R3000); 4. Mariano Eesou (ABSA NMMU) 29:36 (R2000); 5. Nkosinathi Madyo (Nedbank) 30:07 (R1000); 6. Avukile Ntongana (Itheke) 30:54 (R750); 7. Mthandazo Qhina (Nedbank) 31:09 (R500); 8. A. Maqele (Cheetahs) 31:24 (R400); 9. Zuko Mambula (Mthatha Police) 31:35 (R300); 10. Vusumzi Zondo (All Stars) 31:54 (R200); 11. Nkosinathi Nzingo (Oxford Striders) 32:07; 12. Masibulele Heugh (Motherwell) 32:33; 13. Zingisile Marikeni (Nedbank) 32:35; 14. Sifiso Lugata (UEL) 32:50; 15. Siyabonga Kohle (Ind) 33:00; 16. Makaya Masumpa (Oxford Striders) 33:01; 17. Masixole Mpemvushe (Real Gijimas) 33:10; 18. Thando Ncipha (Malabar) 33:28; 19. Mbuyiseli Mema (Overtakers) 34:20; 20. Luthando Hejana (Mercedes Benz) 34:21.

Veterans:

1. Makaya Masumpa (Oxford Striders) 33:01; 2. Colbert Lolwana (Overtakers) 34:29; 3. Des Witbooi (Old Boys) 36:55. **Masters:** 1. Tembinkosi Bishop (Oxford Striders) 35:52; 2. Anthony Cox (Nedbank) 38:26; 3. Themba Bhelwana (Oxford Striders) 38:35. **G'masters:** 1. ? Chan (ELAC) 47:03; 2. Sam Damane (Oxford Striders) 49:13; 3. Harry Porthen (Albany RR) 50:40. **Juniors:** 1. Vusumzi Zondo (All Stars) 31:54; 2. Masibulele Heugh (Motherwell) 32:33; 3. Siyabonga Kohle (unknown) 33:00.

WOMEN (same prize money as men)

1. Hanlie Botha (Oxford Striders) 35:13; 2. Nomvuyisi Seti (Itheke) 36:17; 3. Ntombesintu Mfunzi (Bonitas) 36:27; 4. Cindy Schwulst (ELAC) 38:33; 5. Stephanie Smith (Oxford Striders) 41:12; 6. Zikhona Hlazo (Hlazo AC) 41:13; 7. Xolisa Bici (Hlazo) 41:16; 8. Siyo (Masizame) 41:36; 9. Siphokazi Nojoko (Motherwell) 42:02; 10. Khanyisa Zulu (NMMU) 42:16; 11. Alice Clarfelt (unknown) 44:13; 12. Sihle Gquzula (Oxford Striders) 44:26; 13. Sarah Ive (unknown) 44:55; 14. Nozibele Ngcese (unknown) 45:19; 15. Zandile Rubushe (Real Gijimas) 45:28; 16. Colleen Muller (Oxford Striders) 45:59; 17. Tracy Hammer (RWFL) 46:21; 18. Sharon Eldridge (Old Boys) 47:31; 19. Christine Flynn (Old Boys) 47:39; 20. Jolene Yazbek (Old Boys) 47:40.

Veterans: 1. Tracy Hammer (RWFL) 46:21. **Masters:** 1. Colleen Muller (Oxford Striders) 45:59; 2. Sharon Eldridge (Old Boys) 47:31; 3. Alison Langtree (Oxford Striders) 49:02. **G'masters:** 1. Michelle Whittington (Old Boys) 52:39. **Juniors:** 1. Zikhona Hlazo (Hlazo) 41:13; 2. Siphokazi Nojoko (Motherwell) 42:02; 3. Sihle Gquzula (Oxford Striders) 44:26.

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

BMW Berlin Marathon (40th)

(A World Marathon Majors event; an IAAF Gold Label Road Race)

Berlin, GER, 29 September

(Distance: 42.195 km; AIMS-certified loop course. Finishers: 36 544.)

MEN (gun times)

1. Wilson Kipsang, KEN	2:03:23 WR/CR*	€ 40,000 + 50,000* + 30,000i
2. Eliud Kipchoge, KEN	2:04:05 PB	20,000 + 15,000i
3. Geoffrey Kipsang, KEN	2:06:26	15,000 + 7,500i
4. Stephen Chemlany, KEN	2:07:44 PB	12,000
5. Maswai Kiptanui, KEN	2:08:52 PB	10,000
6. Marilson dos Santos, BRA	2:09:24	7,500
7. Suehiro Ishikawa, JPN	2:10:24	5,000
8. Koji Kobayashi, JPN	2:11:31	4,000
9. Silva Rui, POR	2:12:16 PB	3,000
10. Sisay Jisa, ETH	2:12:17	2,000
11. Blazey Brzezinski, POL	2:12:17 PB	
12. Josphat Keiyo, KEN	2:12:40	
13. Jean Habarurema, FRA	2:12:40 PB	
14. Andre Pollmächer, GER	2:13:05 PB	
15. Arkadiusz Gardzielowski, POL	2:13:53	
16. Willem van Schuerbeeck, BEL	2:14:19 PB	
17. Liberato Pellecchia, ITA	2:14:28 PB	
18. Falk Cierpinski, GER	2:14:50	
19. Vitaly Rybak, UKR	2:15:39 PB	
20. Miguel Gamonal, ESP	2:17:19	

*) World and course record/€50,000 bonus

i) Earned time bonus

WOMEN (gun times)

1. Florence Kiplagat, KEN	2:21:13	€ 40,000 + 15,000i
2. Sharon Cherop, KEN	2:22:28 PB	20,000
3. Irina Mikitenko, (40+), GER	2:24:54 MWR*	15,000
4. Helah Kiprof, KEN	2:28:02 PB	12,000
5. Desiree Davila, USA	2:29:15	10,000
6. Vianey de la Rosa, MEX	2:32:35 PB	7,500
7. Eri Hayakawa, JPN	2:37:45	5,000
8. Nina Stöcker, GER	2:37:46 PB	4,000
9. Lizzie Lee, IRL	2:38:09 PB	3,000
10. Maria Yolanda Gutierrez, ESP	2:38:18 PB	2,000
11. Jasmin Nunige, (40+), SUI	2:39:00 PB	
12. Sofia Riga, GRE	2:39:10 PB	
13. Gladys Ganiel, IRL	2:39:26 PB	
14. Veronica Pohl, GER	2:45:53	
15. Susanne Rügger, SUI	2:46:28 PB	
16. Nele Dr. Alder-Baerens, GER	2:47:03 PB	
17. A.M. Kleis-Kristoffersen, DEN	2:47:39 PB	
18. Luise Sønder, DEN	2:48:24 PB	
19. Lene Hjelmsø, DEN	2:49:32 PB	

20. Natsuko Muramatsu, JPN 2:49:34

*) Masters (40+) world record; previous 2:25:43, Ludmila Petrova (RUS), New York, 03-Nov-2008

Singelloop (63rd)

(Dutch 10 km Championships)

Utrecht, NED, 29 September

(Distance: 10 km; flat one-loop course with no start/finish separation)

MEN (gun times)

1. Timothy Kiptoo, KEN, 28:25
2. Kennedy Kimutai, KEN, 28:28
3. Fredrick Musyoki, KEN, 28:35
4. Khalid Choukoud, NED, 28:44 (1st NC)
5. Jawad Laariss, MAR, 29:30

WOMEN (gun times)

1. Joyce Chepkirui, KEN, 31:20 CR
2. Joan Chelimo, KEN, 32:21
3. Valentine Kibet, KEN, 32:36
4. Eliziba Cheronon, KEN, 32:53
5. Miranda Boonstra, 1972, NED, 33:52 (1st NC)

BIL Route du Vin Half Marathon (52nd)

Remich to Wormeldange to Remich, LUX, 29 September

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

MEN (gun times)

1. Jackson Limo, KEN, 1:01:31
2. Solomon Kirwa, KEN, 1:01:56
3. David Tarus, KEN, 1:02:09
4. Isaac Mwangi, KEN, 1:02:40
5. Dereje Demu Hailegiorgis, ETH, 1:02:51

WOMEN (gun times)

1. Zinash Hayile Tola, 1992, ETH 1:12:41
2. Mary Maina, KEN, 1:12:57
3. Margaret Waithera Maina, KEN, 1:13:19
4. Agnieszka Gortel, POL, 1:13:26
5. Alice Kibor, KEN, 1:14:27

Fifth Avenue Mile (33rd)

New York, USA, 22 September

(Distance: 1 mile; certified point-to-point course, downhill with 9.2 m elevation loss [5.7 m/km])

MEN

- | | | |
|---|--------|--------------|
| 1. Nick Willis, 30, Ann Arbor, MI (NZL), adidas | 3:52.1 | \$5000 |
| 2. Bernard Lagat, 38, Tucson, AZ, Nike | 3:52.9 | 3500 |
| 3. Garrett Heath, 27, Palo Alto, CA, Saucony | 3:53.0 | 2500 |
| 4. Ryan Hill, 23, Raleigh, NC, Nike | 3:53.0 | 1500 |
| 5. Will Leer, 28, Marina Del Rey, CA, Nike | 3:53.1 | 1000 + 1000p |
| 6. David Torrence, 27, Oakland, CA, Nike | 3:53.2 | 750 |

7. Craig Miller, 26, Madison, WI, New Balance	3:53.7	500
8. Collis Birmingham, 28, AUS, Nike	3:54.3	250
9. Matthew Elliott, 28, Rock Hill, SC, Brooks	3:54.7	
10. Ben Blankenship, 24, Eugene, OR, Nike OTC	3:55.7	
11. Leo Manzano, 29, Austin, TX, Austin Track Club	3:56.0	
12. Ben St. Lawrence, 31, AUS, New Balance	3:56.2	
13. Evan Jager, 24, Portland, OR, Nike	3:57.6	
14. Ryan Gregson, 23, AUS, Nike	3:58.1	
15. Dan Huling, 30, Portland, OR Nike	3:58.1	
16. Andy Baddeley, 31, GBR, New Balance	3:58.7	
17. Nick Symmonds, 29, Eugene, OR, Nike OTC	4:00.1	
... 19. Lopez Lomong, 28, Beaverton, OR, Nike	4:02.9	

p) Earned prime for leading at halfway

WOMEN

1. Jenny Simpson, 27, Boulder, CO, New Balance	4:19.3	\$5000 + 1000p
2. Morgan Uceny, 28, Plymouth, IN, adidas	4:23.4	3500
3. Susan Kuijken, 27, NED, Nike	4:24.2	2500
4. Violah Lagat, 24, Colo Springs, CO (KEN), adidas	4:25.1	1500
5. Margherita Magnani, 26, ITA, New Balance	4:26.5	1000
6. Hannah England, 26, GBR, Nike	4:26.8	750
7. Charlene Thomas, 31, GBR, New Balance	4:26.9	500
8. Heather Kampf, 26, Minneapolis, MN, Asics	4:27.8	250
9. Katie Mackey, 25, Seattle, WA, Brooks	4:28.1	
10. Shannon Rowbury, 29, San Francisco, CA, Nike	4:28.3	
11. Gabriele Anderson, 27, Minneapolis, MN, Brooks	4:29.0	
... 13. Zoe Buckman, 24, AUS, Nike	4:30.0	
... 15. Eilish McColgan, 22, GBR, Nike	4:30.9	

p) Earned prime for leading at halfway

CVS Caremark Downtown 5 km (24th)

(US 5 km Championships for Men and Women)

Providence, USA, 22 September

(Certified loop course)

MEN (extended gun times)

1. Andrew Bumbalough, 26, Portland, OR	13:45.9	\$3000 + 5000a
2. Aaron Braun, 26, Englewood, CO	13:49.4	2000 + 3000a
3. Matt Tegenkamp, 31, Portland, OR	13:49.9	1000 + 2000a
4. Alistair Cragg, 33, Providence, RI (IRL)	13:53.9	
5. Sam Chelanga, 28, West Lebanon, NH (KEN)	13:59.1	
... 10. Chris Solinsky, 18, Portland, OR	14:15.5	900a

WOMEN (extended gun times)

1. Molly Huddle, 29, Providence, RI	15:29.6	\$3000 + 5000a
2. Emily Infeld, 23, Portland, OR	15:30.8	2000 + 3000a
3. Alexi Pappas, 23, Alameda, CA	15:34.7	1000 + 2000a
4. Laura Thweatt, 24, Boulder, CO	15:51.7	1500a
5. Konjit Biruk, 26, New York, NY (ETH)	15:55.2	

Maratonina Città di Udine (14th)

Udine, ITA, 22 September

(Distance: 21.1 km; one-loop course)

MEN

1. Geoffrey Mutai, KEN 59:06 € 1100 + 900i
2. Nicholas Togom Kipchirchir, KEN 1:01:02 PB 900 + 150i
3. Simon Ndirangu, KEN 1:01:35 DB 700 + 150i
4. Emmanuel Sikuku, KEN 1:01:37 600 + 150i
5. Peter Walter Kororia, KEN 1:02:20 500 + 100i

WOMEN

1. Gorreti Jepkoech, KEN 1:10:06 PB € 1000 + 100i
2. Joyce Jemutai Kiplimo, KEN 1:10:24 PB 900 + 100i
3. Krisztina Papp, HUN 1:11:59 700 + 80i
4. Agnes Mutune, KEN 1:12:26 600
5. Dorcas Jepto Talam, KEN 1:14:46 500

i) Earned time incentive bonus

Dam tot Damloop (29th)

Amsterdam to Zaandam, NED, 22 September

(Distance: 10 miles; point-to-point course with no elevation change)

MEN

1. Nguse Tesfaldet, ERI 45:28 PB
2. John Mwangangi, KEN 45:30
3. Peter Cheruiyot Kirui, KEN 45:31 PB
4. Abera Kuma, ETH 45:31
5. Leonard Patrick Komon, KEN 46:32

WOMEN

1. Joyce Chepkirui, KEN 51:33 PB
2. Flomena Chepchirchir, KEN 51:33 PB
3. Sylvia Kibet, KEN 52:06
4. Hilda Kibet, NED 52:51
5. Lucy Macharia, KEN 54:03 PB

Siberian International Marathon (24th)

Omsk, RUS, 22 September

(Distance: 42.195 km)

MEN

1. Ketema Nigussie, 1981, ETH 2:13:23
2. Evans Taiget, 1989, KEN 2:13:28 PB
3. David Ngakane, 1980, RSA 2:16:36
4. Andrey Minyakov, 1983, RUS 2:17:00
5. Tewelde Weldeyohans, ERI 2:19:06

WOMEN

1. Yevgeniya Danilova, 1981, RUS 2:31:50
2. Meseret Mengistu, 1990, ETH 2:32:00
3. Emily Rotich, 1979, KEN 2:33:32
4. Nina Podnebesnova, 1980, RUS 2:34:59

Blackmores Sydney Marathon

Sydney, AUS, 22 September
(Distance: 42.195 km)

MEN (gun times)

- | | | |
|-----------------------------------|---------|------------------------|
| 1. Willy Kibor Koitile, KEN | 2:13:48 | AUD 10,000 (=USD 9445) |
| 2. El Hassane Ben Lkhainouch, FRA | 2:14:28 | 5,000 |
| 3. Lucky Mohale, RSA | 2:15:58 | 2,000 |
| 4. Julius Kiplagat Korir, KEN | 2:16:22 | 1,000 |
| 5. Yared Sharew, ETH | 2:20:44 | |

WOMEN (gun times)

- | | | |
|------------------------------|---------|------------------------|
| 1. Biruktayit Degefa, ETH | 2:32:46 | AUD 10,000 (=USD 9445) |
| 2. Woorkitu Ayanu Gurmu, ETH | 2:33:20 | 5,000 |
| 3. Irene Mogaka, KEN | 2:38:20 | 2,000 |

CROSS-COUNTRY**Boston College Coast to Coast Battle in Beantown**

Boston, USA, 27 September

MEN (8 km)

Team Results: 1. Oregon, 22; 2. Syracuse, 69; 3. Providence, 81; 4. Wisconsin, 88; 5. Northeastern, 157.

- | | | |
|--------------------|--------------|-------|
| 1. Edward Cheserek | Oregon (KEN) | 24:11 |
| 2. Jake Leingang | Oregon | 24:11 |
| 3. Martin Hehir | Syracuse | 24:12 |
| 4. Ryan Pickering | Oregon | 24:14 |
| 5. Julian Saad | Providence | 24:16 |

WOMEN (5 km)

Team Results: 1. Providence, 50; 2. Oregon, 85; 3. Cornell, 101; 4. Boston College, 110; 5. Wisconsin, 111.

- | | | |
|-----------------------|----------------------|-------|
| 1. Emily Sisson | Providence | 16:51 |
| 2. Laura Nagel | Providence (NZL) | 16:58 |
| 3. Liv Westphal | Boston College (FRA) | 17:00 |
| 4. Sarah Mary Collins | Providence (IRL) | 17:07 |
| 5. Rachel Sorna | Cornell | 17:17 |

San Diego State University Aztec Invitational

San Diego, USA, 21 September

MEN (8 km)

- | | |
|--------------------------|-------|
| 1. Danny Ledesma, BIOLA | 27:07 |
| 2. Bradon Berz, BIOLA | 27:08 |
| 3. Kevin Horchler, BIOLA | 27:08 |

WOMEN

- | | |
|------------------------------------|-------|
| 1. Dominique Scott, ARKANSAS (RSA) | 17:33 |
| 2. Grace Heymsfield, ARKANSAS | 17:34 |
| 3. Shannon Klenke, ARKANSAS | 17:38 |

ULTRA/MOUNTAIN/TRAIL RUNNING

Ultra Race of Champions 100 km

Vail, USA, 28 September

(Point-to-point course; very high altitude throughout [2928 m elevation at start; 2486 m at finish]; maximum elevation of 3782 m)

MEN (gun times)

1. Rob Krar, 36, Flagstaff, AZ 9:29:00 \$5000
2. Dakota Jones, 22, Boulder, CO 9:32:26 2000
3. Cameron Clayton, 25, Boulder, CO 10:06:24 1500

WOMEN (gun times)

1. Emelie Forsberg, 26, NOR 12:06:33 \$5000
2. Stephanie Howe, 29, Bend, OR 12:29:27 2000
3. Michele Yates, 31, Littleton, CO 12:46:24 1500

STATS TIME

BERLIN MARATHON THE WORLD'S FASTEST

Berlin yesterday increased its lead as the world's fastest marathon if the average of the top ten performances is considered. After the scintillating running by Wilson Kipsang and Eliud Kipchoge, Berlin's average is now 2:04:18; it is followed by the Dubai Marathon (2:04:48) and Rotterdam (2:04:54). These are the only marathons with a sub-2:05 average.

ALL-TIME FASTEST MEN'S PERFORMANCES IN BERLIN MARATHON

1	2:03:23	1	Wilson	Kipsang	KEN	1	29 Sep 2013
2	2:03:38	2	Patrick	Makau	KEN	1	25 Sept 2011
3	2:03:59	3	Haile	Gebrselassie	ETH	1	28 Sept 2008
4	2:04:05	4	Eliud	Kipchoge	KEN	2	29 Sep 2013
5	2:04:15	5	Geoffrey	Mutai	KEN	1	30 Sept 2012
6	2:04:16	6	Dennis	Kimetto	KEN	2	30 Sept 2012
7	2:04:26			Gebrselassie		1	30 Sept 2007
8	2:04:55	7	Paul	Tergat	KEN	1	28 Sept 2003
9	2:04:56	8	Sammy	Korir	KEN	2	28 Sept 2003
10	2:05:08			Makau		1	26 Sept 2010
11	2:05:10			Mutai		2	26 Sept 2010
12	2:05:25	9	Bazu	Worku	ETH	3	26 Sept 2010
13	2:05:36	10	James	Kwambai	KEN	2	28 Sept 2008
14	2:05:56			Gebrselassie		1	24 Sept 2006
15	2:06:05	11	Ronaldo	da Costa	BRA	1	20 Sept 1998
16	2:06:08			Gebrselassie		1	20 Sept 2009
17	2:06:12	12	Geoffrey	Kipsang	KEN	3	30 Sept 2012
18	2:06:15	13	Titus	Munji	KEN	3	28 Sept 2003
19	2:06:26			G. Kipsang		3	29 Sep 2013
20=	2:06:44	14	Josephat	Kiprono	KEN	1	26 Sept 1999
20=	2:06:44	15	Felix	Limo	KEN	1	26 Sept 2004

ALL-TIME FASTEST WOMEN'S PERFORMANCES IN BERLIN MARATHON

1	2:19:12	1	Mizuki	Noguchi	JPN	1	25 Sept 2005
2	2:19:19	2	Irina	Mikitenko	GER	1	28 Sept 2008
3	2:19:41	3	Yoko	Shibui	JPN	1	26 Sept 2004
4	2:19:44	4	Florence	Kiplagat	KEN	1	25 Sept 2011
5	2:19:46	5	Naoko	Takahashi	JPN	1	30 Sept 2001

6	2:20:30	6	Aberu Kebede	ETH	1	30 Sept 2012
7	2:20:43	7	Tegla Loroupe	KEN	1	26 Sept 1999
8	2:21:13		Kiplagat		1	29 Sept 2013
9	2:21:19	8	Tsegaye Tirfi Beyene	ETH	2	30 Sept 2012
10	2:21:31	9	Askale Magarsa Tafa	ETH	2	28 Sept 2008

WORLD MARATHON MAJORS ALL-TIME LIST

1	2:03:23	1	Wilson Kipsang	KEN	1	Berlin	20 Sep 2013
2	2:03:02	2	Geoffrey Mutai	KEN	1	Boston	18 Apr 2011
3	2:03:06	3	Moses Mosop	KEN	2	Boston	18 Apr 2011
4	2:03:38	4	Patrick Makau	KEN	1	Berlin	25 Sept 2011
5	2:03:59	5	Haile Gebrselassie	ETH	1	Berlin	28 Sept 2008
6	2:04:05	6	Eliud Kipchoge	KEN	2	Berlin	29 Sept 2013
7	2:04:15		Mutai		1	Berlin	30 Sept 2012
8	2:04:16	7	Dennis Kimetto	KEN	2	Berlin	30 Sept 2012
9	2:04:26		Gebrselassie		1	Berlin	30 Sept 2007
10	2:04:38	8	Tsegaye Kebede	ETH	1	Chicago	7 Oct 2012

THIS MONTH IN HISTORY

28 years ago: 1 September 1985

The RAC 10 km is one of South Africa's top 10 km races and is usually held in May or June. It has had thirty runnings. On this day it was held in September for the only time – and what is more, it was held twice that year! The inaugural race was run on 19 May 1985 and was won by Mark Plaatjes in 30:33 and Sonja Laxton in 35:17. On 1 September it was run again to replace another race that was cancelled, and the Rand Athletic Club regards both 1985 events as part of the series. It was also the Transvaal Championships and Laxton (then 37) won again, this time in 35:39. The men's winner was Stephen Moratele in 30:16. Laxton won twice more, in 1991 and 1994.

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	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	8:04:11	Khaya Fokwana	Cape Town	28 Sep
	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	10:05:05	Keith Reynolds	Cape Town	28 Sep
	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	11:35:38	Scott McIvor	Cape Town	28 Sep

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	3:01:59	Cornet Matomane	Mossel Bay	28 Sep
100 km				

Juniors

10 km	30:14	Tumisang Monatlala	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	10:38:40	Megan Goliath	Cape Town	28 Sep
	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	12:32:07	Lisa Janse v. Rensburg	Cape Town	28 Sep
	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 12:32:07 Lisa Janse v. Rensburg Cape Town 28 Sep

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		

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Distance Running Results is supported by Newton Running