

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

Just two weeks after Wilson Kipsang set a new world marathon record in Berlin, two of his fellow Kenyans produced another scintillating race in the Bank of America Chicago Marathon. Dennis Kimetto smashed the course record with the fourth fastest time in history on a standard course, 2:03:45, while Emmanuel Mutai was second in 2:03:52. Both times are PBs and Mutai's is the fifth fastest time ever. (The two performances heading the all-time list, 2:03:02 by Geoffrey Mutai and 2:03:06 by Moses Mosop, came on the aided Boston course. The three standard-course performances ahead of Kimetto are the current world record, the previous world record – 2:03:38 by Patrick Makau – and Kipsang's 2:03:42 in Frankfurt.)

In the women's race (with male pacemakers) Rita Jeptoo, who was narrowly beaten last year by Atsede Baysa, clocked 2:19:57 for the win – the world's first sub-2:20 marathon of the year. She is the 18th woman to break 2:20.



Dennis Kimetto stops the clock at a course record 2:03:45 yesterday in Chicago. [Jane Monti/RRW]

Of course, Mutai's time is also the fastest second-place time on a standard course, surpassing Eliud Kipchoge's 2:04:05 in Berlin. It was the eighth sub-2:07 for Mutai; only Haile Gebrselassie (10) and Tsegaye Kebede (9) have more.

After running the 12th mile in 4:39, the men passed halfway in 1:01:52, with nine men still in contention, reports *Race Results Weekly*. Kimetto and Mutai remained in the middle of the group, and Kimetto later said he was just running on feel, not watching the splits. He wasn't thinking about the world record, but rather winning the race. "I didn't pay attention to the clock at all," said the former maize farmer who has only been running seriously for three years. "I only paid attention at the end. It was only at the finish line that I saw I broke the record."

Chicago now has the fourth fastest course record in the world behind Boston, Berlin and Frankfurt, and the average of its top ten performances improved to 2:05:04, behind Berlin, Dubai and Rotterdam. The women's top-ten average (2:19:47) is still second to London (2:18:59).



Gezashigh Gameda on her way to victory over René Kalmer in the final race of the Spar Series. [Reg Caldecott]

Ethiopia's Gezashigh Hunduma Gameda won the final race of the Spar Grand Prix Series, but Mapaseka Makhanya took first in the overall standings of the series, with 105 points against René Kalmer's 92. Makhanya, the SA 1500- and 5000-metre champion, won two of the five races and although she placed only 13th in Johannesburg, she could not be overtaken. René's sister Christine, seventh in the final race, was third in the series. Evergreen Sonja Laxton completed her 80th Spar Grand Prix race in 45:59. (The final points table is in the News section.)

Three list leaders were set in the OUTsurance Kfm 94.5 Gun Run – 67:06 and 85:03 by vet Gert Thys and grandmaster Awie Veldsman respectively in the half marathon, and 36:35 by junior Annie Bothma in the 10 km.

Collegians Harriers has announced that the route for its Duke of York Flying Scramble 16 km, South Africa's fourth oldest road race, has been changed. The route used to be severely downhill and will still be point to point, but DRR could not ascertain what the drop will now be. The race will start at the Ashburton Horse Training Centre and finish at the Bishopstowe Hall. The "Duke" will be run for the 82nd time on 27 October.

In the results of the BAKgat 10 km in last week's DRR the time for the second man was unfortunately left out. The time for the first runner, Givemore Muzinganyama, was given as 30:38, but both he and the second man, Sibusiso Madikizela, were given a time of 30:39 in the official results.

In the results of the Chappies Challenge Half Marathon the club of the Italian runner Paola Vignani was given as Montagu, but in fact she has changed clubs to Nedbank.

With the late publication of *Race Results Weekly* today, we will catch up with international results next week; those of the Chicago Marathon and two other races are included here, though.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series 10 km, Johannesburg
- * OUTsurance Kfm 94.5 Gun Run Half Marathon & 10 km, Cape Town
- * Spar Chesterville/Durban West Tourism 10 km Challenge, Chesterville
- * Meiringspoort Half Marathon & 10 km, Meiringspoort to De Rust
- * Chamberlain Capital Classic Half Marathon & 10 km, Pretoria
- * Moore Stephens 10 km Night Race, Stellenbosch

International highlights:

- * Bank of America Chicago Marathon, Chicago, USA
- * B.A.A. Half Marathon, Boston, USA
- * Africa Southern Region Half Marathon, Comoro Islands, COM

ROAD RUNNING

Spar Grand Prix Series 10 km

Johannesburg, 13 October

1. Gezashigh Hunduma Gameda (ETH/Nedbank) 33:49
2. René Kalmer (Nedbank CGA) 34:31
3. Rutendo Nyahora (ZIM/Nedbank AGN) 35:00
4. Lebo Phalula (Maxed Elite) 35:37
5. Lavinia Haitope (NAM/Nedbank AGN) 36:15
6. Cornelia Joubert (Nedbank CGA) 36:29
7. Christine Kalmer (Nedbank CGA) 36:47
8. Jenna Challenor (Boxer AC) 36:54
9. Myrette Filmalter (Nedbank AGN) 37:01
10. Nolene Conrad (Nedbank CGA) 37.06
11. Irene Loritareng (KEN/Toyota) 37:17
12. Alemtsehay Hailu Kakissa (ETH/Nedbank AGN) 37:22
13. Mapaseka Makhanya (Nedbank CGA) 37:56
14. Kim Laxton (Sunninghill) 38:04
15. Poppy Mlambo (Boxer AC) 38:04
16. Annah Moeketsi (Transnet FS) 38:37
17. Lauren Dance (MAD Multisport) 39:05
18. Lebogang Phalula (Maxed Elite) 39:17
19. Patience Khumalo (?) 39:28
20. Carina Viljoen (HS Randburg) 39:37

Veterans: 1. Ronel Thomas (Boxer) 40:48; 2. Janene Carey (Boxer) 41:10; 3. Gillian Sieling (Nedbank CGA) 41:12. **Masters:** 1. Grace de Oliveira (Boxer) 42:41; 2. Elsabe Brink (New Balance) 45:32; 3. Sandra Brookstone 45:55. **G'masters:** 1. Sonja Laxton (RAC) 45:59; 2. Anne Bellomusto (Morningside CC) 51:39; 3. Penny Visser (Breakthru Midrand Striders) 55:13. **Juniors:** 1. Carina Viljoen (HS Randburg) 39:37; 2. Nobuhle Tshuma (ZIM/Elim Clinic AC) 40:25; 3. Robyn Kaltenbrun (Benoni) 41:46.

OUTsurance Kfm 94.5 Gun Run Half Marathon & 10 km

Cape Town, 13 October

(Distances: 21.1 km & 10 km; new certified near-loop courses with a S/F separation of 1567 m for both races – i.e. 7.4% for the half marathon and 15.7% for the 10 km.

Finishers: half marathon – 5342; 10 km – 1141.)

Note: DRR received the main results of the half marathon, but extracted deeper results from the race timing company website, which includes several inaccuracies. DRR has tried its best to correct these. Thanks to Top Events for the results of the 10 km. – Ed.

Half marathon

MEN

1. David Manja (Ned CNW) 1:04:09 (R7000)
2. Lindikhaya Mthangayi (Itheko) 1:04:20 (R3000)
3. Xolisa Tyali (Ned CGA) 1:04:37 (R1500)
4. Etienne Plaatjies (Ned SWD) 1:04:58 (R750)
5. Gert Thys (ME) 1:07:06 (R300)
6. Tom Lusaseni (Lions) 1:07:34
7. Hein Camphor (NBMC) 1:07:38
8. A.N. Other 1:07:42
9. A.N. Other 1:09:31
10. Marks Mpekula (VOB) 1:09:35

Veterans: 1. Gert Thys (ME) 1:07:06 (R1500); 2. Graham Katzen (Itheke) 1:12:57 (R750); 3. Dion Middelkoop (VOB) 1:14:30 (R500). **Masters:** 1. Chris Mitchell (Celtic) 1:17:54 (R750); 2. Maxwell Godloza (NBMC) 1:27:20 (R500); 3. Gerald Sullivan (Durb) 1:27:52 (R300). **G'masters:** 1. Awie Veldsman (Held) 1:25:03 (R500); 2. Albert Williams (Top) 1:33:38 (R300); 3. Ivan Marais (Ned) 1:36:14 (R200). **G/g'masters:** 1. Russell Hudson (RWFL) 2:06:59 (R300). **Juniors:** 1. Babalo Hambi (Itheke) 1:11:44 (R400); 2. Buhle Yokwana (VOB) 1:19:12 (R200); 3. William Steyn (Tyger) 1:20:09 (R100).

WOMEN (Same prize money as men)

1. Tanith Maxwell (Boxer) 1:17:24
2. Fortunate Chidzivo (ZIM/ME) 1:17:43
3. Tabitha Tsatsa (ZIM/ME) 1:18:31
4. Bulelwa Simae (Ned) 1:19:14
5. Candyce Hall (Ned) 1:26:16
6. Monique Bingle (ATC) 1:29:10
7. Jessica Pollock (UCT) 1:29:32
8. Bulelwa Mtshagi (Celtic) 1:29:47
9. Bernice van Zyl (Ned) 1:30:03
10. Tracy Forbes (VOB) 1:30:08

Veterans: 1. Tabitha Tsatsa (ZIM/ME) 1:18:31; 2. Tracy Forbes (VOB) 1:30:08; 3. Veresa Domingo (VOB) 1:36:19. **Masters:** 1. Olga Howard (Celtic) 1:36:53; 2. Elizabeth Bax (Pine) 1:38:10; 3. Bev Charters (VOB) 1:38:19. **G'masters:** 1. Veronica van Niekerk (EGA) 1:47:22; 2. Pixie Sparg (Celtic) 1:54:46; 3. Margaret Plantema (VOB) 1:55:03. **G/g'masters:** 1. Jean Cammidge (FH) 2:17:09. **Juniors:** 1. Nthuseng Lolwana (VOB) 1:35:53; 2. Nocwaka Mthetho (VOB) 1:36:18; 3. Courtney Groener (Bell) 1:44:11.

10 km

MEN

1	Sibusiso	Madikizela	22	Manoni	29:32	R5000
2	Lebogang	Masilo	23	Tnet AGN	29:33	R2000
3	Givemore	Mudzinganyama	23	ZIM/Bid CGA	29:48	R750
4	Kgosi	Tsosane	27	Tnet AGN	29:52	R500
5	Anthony	Godongwana	29	Tnet AGN	30:07	R250
6	Unathi	Nteta	20	AAC	31:06	
7	Siboniso	Soldaka	22	CPUT	31:20	
8	Tsungai	Mwanengeni	39	ZIM/NBMC	31:37	
9	Noksinathi	Sotyantya	20	Itheke	31:59	
10	Enver	Pedro	26	NBMC	32:00	
11	Lukhanyo	Nobakada	16	VOB	32:23	
12	Victor	Msopi	33	Ned	32:32	
13	JP	Abrahams	24	Itheke	32:51	
14	Trevor	Nuku	19	Itheke	33:00	
15	Xolile	Macanda	41	Gugs	33:05	
16	Xolisa	Malane	24	Wild	33:41	
17	Granwin	Katzen	18	Itheke	33:55	
18	Mervin	Steenkamp	25	Itheke	33:57	
19	Craig	Burns	22	Maties	33:58	
20	Willem	Martinson	18	Maties	33:59	

Veterans:

1	Xolile	Macanda	41	Gugs	33:05	R1000
2	Shawn	Abrahams	43	Itheke	34:08	R500
3	Henry	Wolstenholme	46	NBMC	34:28	R300

Masters:

1	Goodman	Mpukane	56	Gugs	37:35	R500
2	Peter	Wrensch	54	Tyger	39:22	R300

3	Steven	Parkins	53	Tyger	39:29	R200
G'masters:						
1	Paul	San Giorgio	61	VOB	44:44	R300
2	Gerrit	Van Niekerk	64	Wcoast	47:59	R200
3	Bernard	Kleinveld	65	NBMC	56:10	R100
Juniors:						
1	Lukhanyo	Nobakada	16	VOB	32:23	R500
2	Trevor	Nuku	19	Itheko	33:00	R300
3	Granwin	Katzen	18	Itheko	33:55	R200

WOMEN (Same prize money as men)

1	Nomvuyisi	Seti	31	Itheko	35:38
2	Samukeliso	Moyo	39	ZIM/Elite	36:02
3	Catherine	Skosana	33	Transwer	36:21
4	Annie	Bothma	17	Held	36:35
5	Kanya	Mateyisi	20	Khaye	36:59
6	Linley	Holmes	43	Fhoek	37:34
7	Nelia	Groenewald	23	Temp	37:42
8	Amy	Abrahams	19	UWC	38:10
9	Pamela	Moyikwa	18	VOB	38:29
10	Busisiwe	Gwala	16	VOB	38:43
11	Zintle	Xiniwe	26	MP	38:51
12	Sue-Anne	Venn	27	Temp	39:22
13	Jenny	Nel	36	NBMC	40:10
14	Hanlie	Jordaan	24	UWC	40:22
15	Sheryl	De Lange	45	NBMC	40:29
16	Sandra	Van Graan	45	Edge	40:32
17	Vivienne	Williams	51	ATC	40:34
18	Clairiece	Slingers	15	Itheko	40:37
19	Anneline	Roffey	32	NBMC	40:57
20	Shirley	McMurray	29	NBMC	41:11

Veterans:

1	Linley	Holmes	43	Fhoek	37:34
2	Sheryl	De Lange	45	NBMC	40:29
3	Sandra	Van Graan	45	Edge	40:32

Masters:

1	Vivienne	Williams	51	ATC	40:34
2	Mariëtte	Strauss	51	Tyger	42:21
3	Charmaine	Cupido	57	Ned	46:16

G'masters:

1	Helen	Du Plessis	61	Tyger	49:20
2	Marietha	Herbert	68	Bell	51:16
3	Theresa	Isaacs	62	VOB	52:31

Juniors:

1	Annie	Bothma	17	Held	36:35
2	Amy	Abrahams	19	UWC	38:10
3	Pamela	Moyikwa	18	VOB	38:29

Spar Chesterville/Durban West Tourism 10 km Challenge

Chesterville, 13 October

(Finishers: 115. Prizes were gift vouchers to the first three men and women)

MEN

1.	Elmore Sibanda	ZIM/Maxed Elite	32:49
2.	Thubaletu Phaku	DUT	32:51

3. Professor Mollen ZIM/Maxed Elite 33:56

40-49:

1. Stanley Makhamba Nedbank AC 40:40

50-59:

1. Vukani Shezi Kwa Mashu AC 43:12

60-69:

1. Mbekeseni Mchunu Kwa Mashu AC 49:32

70+:

1. Fred Moodley Gem Sports 69:53

Juniors:

1. Sibongiseni Ngcobo Ind 39:25

WOMEN

1. Silindile Chili C/ville AC 41:57 (1st jun)

2. Cherone Rutledge Fitness Beat AC 53:48

3. Nonsipho Mbatha Kwa Mashu AC 55:43

40-49:

1. Zuki Kula Stella AC 66:52

60+:

1. Pat Fischer Stella AC 59:56

Juniors:

1. Slindile Chili Spar C/ville AC 41:57

Meiringspoort Half Marathon & 10 km

Meiringspoort to De Rust, 12 October

(Distances: 21.1 km & 10 km; point-to-point downhill courses. Finishers: half marathon – 1563; 10 km – 679.)

Note: Second win in a row here for Lloyd Bosman in the half marathon, but Liza-Marie Bright could not make it three in a row – she was beaten by Melissa van As. – Ed.

Half marathon

MEN

1	Lloyd Bosman	Nedbank RC	25	1:06:21
2	Gershwill Jacobs	Nedbank RC	23	1:06:22
3	Elfonzo Pieterse	Nedbank RC	24	1:10:28
4	John April	Run For Life	24	1:12:04
5	Michael Bester	Achilles AAA	26	1:13:50
6	Sipho November	Graaff-Reinet RC	32	1:16:41
7	JC Visser	Temp	28	1:17:20
8	Jan Fick (1 st vet)	Graaff-Reinet RC	48	1:17:21
9	Mauritz Jansen van Rensburg	Outeniqua	42	1:18:18
10	Dean Gow	Temp	30	1:19:19
11	Anton Chevalier	Nedbank RC	48	1:21:10
12	Peter Mokatory	Sanlam RC	26	1:22:41
13	Richard Van Wyk	Outeniqua	37	1:23:00
14	Stephan Joubert	Outeniqua	35	1:23:33
15	Marius Stander	Achilles AAA	45	1:23:36
16	Wayne Mitchell	Achilles AAA	40	1:23:37
17	Jacobus Boshoff	Nedbank RC	42	1:23:39
18	Duanne Coetzer	Hartenbos	42	1:23:54
19	Michael Kingston	Temp	40	1:24:05
20	Robin Fourie (1 st mast)	Achilles AAA	50	1:24:08

40-44:

1	Mauritz	Jansen van Rensburg	Outeniqua	42	1:18:18
2	Wayne	Mitchell	Achilles AAA	40	1:23:37
3	Jacobus	Boshoff	Nedbank RC	42	1:23:39

45-49:

1	Jan	Fick	Graaff-Reinet RC	48	1:17:21
2	Anton	Chevalier	Nedbank RC	48	1:21:10
3	Marius	Stander	Achilles AAA	45	1:23:36

50-54:

1	Robin	Fourie	Achilles AAA	50	1:24:08
2	Friedl	Van der Merwe	New Balance Mup	53	1:24:29
3	Appie	Maritz	Paarl AC	50	1:29:31

55-59:

1	Alan	Taylor	Achilles AAA	56	1:30:12
2	Mark	Wagenheim	Atlantic AC	57	1:31:36
3	Danie	Marais	Temp	55	1:34:19

60-64:

1	Hannes	Els	Madiba Bay AC	63	1:36:35
2	Peter	Jakoby	Knysna MC	64	1:39:21
3	Allan	Robb	Germiston Callies	60	1:46:46

65-69:

1	Nic	Brummer	Sedgefield	67	1:44:54
2	Derick	Lategan	Oudtshoorn AA	65	2:02:21
3	Julien	Nel	Temp	65	2:08:23

70-74:

1	Dave	Edge	Sedgefield	70	1:55:18
2	Rolf	Mentzel	Profiles AC	73	1:57:37
3	Kobus	Hattingh	Outeniqua	73	2:16:35

Juniors:

1	Rikus	Saayman	Temp	18	1:25:40
2	Eugene	Collins	Temp	16	1:48:55
3	Matthew	Manson-Kullin	Nedbank RC	19	1:50:39

WOMEN

1	Melissa	Van As	Nedbank RC	31	1:22:47
2	Liza-Marie	Bright	Temp	31	1:24:04
3	Helene	Roux	New Balance Wp	29	1:30:01
4	Elize	Kloppers (1 st vet)	Hartenbos	43	1:30:34
5	Lisl	Grobler	Knysna MC	37	1:30:53
6	Alison	Jordaan	Nedbank RC	47	1:30:59
7	Annatjie	Botes (1 st mast)	Nedbank RC	55	1:32:11
8	Katherine	Van der Walt	Body Concept	37	1:32:23
9	Elsabe	Jordaan	Temp	50	1:33:35
10	Pearl	Prinsloo	Temp	34	1:34:15
11	Marcelle	Van Tonder (1 st jun)	Nedbank RC	19	1:35:17
12	Marisa	Ferraris	Achilles AAA	42	1:36:03
13	Lana	Theunissen	Nedbank RC	41	1:36:43
14	Anna	Dubaniewicz	Varsity Old Boys	28	1:36:49
15	Lize	Cornelius	Hartenbos	27	1:36:56
16	Pat	Thomson	Temp	53	1:38:12
17	Alison	Giliomee	Temp	33	1:38:48
18	Karin	Theron	Temp	49	1:40:22
19	Charmaine	Lamprecht	Nedbank RC	29	1:40:32
20	Rezani	Scholtz	Stellenbosch AC	39	1:40:43

40-44:

1	Elize	Kloppers	Hartenbos	43	1:30:34
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2	Marisa	Ferraris	Achilles AAA	42	1:36:03
3	Lana	Theunissen	Nedbank RC	41	1:36:43
45-49:					
1	Alison	Jordaan	Nedbank RC	47	1:30:59
2	Karin	Theron	Temp	49	1:40:22
3	Adele	Van de Venter	Temp	45	1:42:17
50-54:					
1	Elsabe	Jordaan	Temp	50	1:33:35
2	Pat	Thomson	Temp	53	1:38:12
3	Sally	Price-Smith	Run For Life EP	51	1:47:28
55-59:					
1	Annatjie	Botes	Nedbank RC	55	1:32:11
2	Lorette	Luscombe	Temp	55	1:50:09
3	Martina	Odendaal	Temp	55	1:58:11
60-64:					
1	Adri	Visser	Swartland	61	1:50:28
2	Toekie	Steenkamp	Nedbank RC	61	1:51:05
3	Jill	Strelitz	Rand AC	63	2:07:12
65-69:					
1	Rea	Oosthuizen	Hartenbos	67	1:42:00
2	Christine	Fourie	Elite AC	67	2:13:19
3	Josef (Ted)	Koen	Temp	67	2:14:00
70-74:					
1	Minthea	Van der Vyver	Temp	71	2:52:50
2	Megan	Brennan	Sedgefield	70	3:04:28
Juniors:					
1	Marcelle	Van Tonder	Nedbank RC	19	1:35:17
2	Heidi	Stumpf	Oudtshoorn AA	18	1:52:17
3	Carina	Burger	Temp	17	1:55:59

10 km

MEN

1	Sandile	Ngunuza	Nedbank RC EP	30	32:38
2	Tanduxolo	Msuthwana	Sedgefield	32	35:25
3	Nkosinathi	Dimaza	Sedgefield	25	37:16
4	Peter	Jaehne (1 st vet)	Outeniqua Harriers	48	37:49
5	Nicholas	Coertze (1 st jun)	Outeniqua Harriers	16	37:49
6	Clayton	Windwaai	Sedgefield	21	38:23
7	Eric	Foendien	Graaff-Reinet RC	35	38:56
8	Heerden	Herman	Temp	22	42:06
9	Jannie	Nieuwenhuys (1 st mast)	Temp	51	42:25
10	Stephan	Terblanche	Temp	51	43:12
11	Anton	Jordaan	Temp	44	43:16
12	Pieter	Bester	Hartenbos	53	46:42
13	Daniel	Raubenheimer	Nedbank RC	46	47:27
14	Stefanus	Lategan	Temp	16	48:42
15	Charles Henry	Van Rooyen	Temp	16	49:06
16	Francois	Lotter	Sedgefield	34	49:45
17	Jn	De Wet	Temp	17	49:58
18	Jakkie	Botes	Temp	16	50:21
19	Kobus	Nel	Nedbank RC	50	50:27
20	Jacques	Van Zyl	Temp	31	50:43

40-44:

1	Anton	Jordaan	Temp	44	43:16
2	Christiaan	Pauw	Temp	40	51:14
3	Stephen	Muller	Hartenbos	44	52:06

45-49:

1	Peter	Jaehne	Outeniqua Harriers	48	37:49
2	Daniel	Raubenheimer	Nedbank RC	46	47:27
3	Charl	Collins	Temp	45	51:06

50-54:

1	Jannie	Nieuwenhuys	Temp	51	42:25
2	Stephan	Terblanche	Temp	51	43:12
3	Pieter	Bester	Hartenbos	53	46:42

55-59:

1	Jannie	Eksteen	Crusaders AC	56	58:19
2	Sias	Terblanche	Temp	59	59:23
3	Johan	Schoeman	Temp	58	1:01:23

60-64:

1	Koos	Hanekom	Temp	64	56:04
2	Leon	Nel	Nedbank RC	60	56:52
3	Michael	Jacobs	Temp	64	1:06:05

65-69:

1	Willem	Oosthuizen	Hartenbos	69	1:06:23
2	John	Harington	Temp	67	1:11:03
3	Chris	Fimpel	Sedgefield	65	1:13:34

70-74:

1	Winston	Floquet	Temp	72	2:01:45
2	David	Campbell	Temp	72	2:03:37

75-79:

1	Tony	Miles	Temp	75	1:23:19
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80+:

1	Anthony	Goodman	Wanderers AC	83	1:38:44
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Juniors:

1	Nicholas	Coertze	Outeniqua Harriers	16	37:49
2	Stefanus	Lategan	Temp	16	48:42
3	Charles Henry	Van Rooyen	Temp	16	49:06

WOMEN

1	Marie	Wolmarans (1 st mast)	Nedbank RC	54	46:27
2	Johanna	Claassen (1 st vet)	Nedbank RC	45	47:03
3	Rebekah	Swanepoel (1 st jun)	Zwartberg RR	16	48:53
4	Jana	Boleslawsky	Hartenbos	16	50:46
5	Rina	Wray	Hartenbos	49	51:41
6	Ilse-Marie	Holtzhausen	Temp	15	51:49
7	Emme	Pretorius	Temp	15	51:49
8	Carina	Muller	Hartenbos	35	52:06
9	Jean-Mari	Van Zyl	Temp	18	52:26
10	Linelle	Carstens	Temp	23	52:59
11	Naomi	Badenhorst	Varsity Old Boys	52	53:02
12	Annerie	Conradie	Temp	35	53:07
13	Ronell	Robertson	Temp	16	53:34
14	Lisa	Du Plessis	Temp	16	53:34
15	Marilise	Larmour	Nedbank RC	39	54:08
16	Ane	Scholtz	Hartenbos	29	54:11
17	Karina	Wittmann	Temp	43	55:03
18	Debby	Jack	Temp	37	55:21
19	Odile	Niewoudt	Temp	20	55:22
20	Bernice	Gerber	Nedbank RC	28	55:23

40-44:

1	Karina	Wittmann	Temp	43	55:03
2	Carne	Botes	New Balance	43	59:02

3	Jodi	Mulder	Temp	41	59:05
45-49:					
1	Johanna	Claassen	Nedbank RC	45	47:03
2	Rina	Wray	Hartenbos	49	51:41
3	Liesl	Debbes	Temp	47	56:34
50-54:					
1	Marie	Wolmarans	Nedbank RC	54	46:27
2	Naomi	Badenhorst	Varsity Old Boys	52	53:02
3	Annalene	Van Zyl	Temp	50	58:29
55-59:					
1	Annemie	Van Rensburg	Temp	58	1:03:55
2	Anna-Marie	Harris	Hartenbos	58	1:08:10
3	Suzette	Cronje	Temp	55	1:10:34
60-64:					
1	Jos	Els	Madiba Bay AC	61	57:36
2	Linda	Meiring	Temp	63	59:11
3	Saundria	Visser	Nedbank RC	62	1:00:33
65-69:					
1	Geraldine	Loftie-Eaton	Run For Life	68	1:17:32
2	Rina	De Lange	Temp	65	1:20:02
3	Kenau	Scheepers	Temp	68	1:20:39
70-74:					
1	Christine	Ferreira	Temp	72	1:20:39
2	Trix	De Villiers	Run For Life	71	1:24:56
3	Hettie	Lourens	Temp	71	1:30:13
75-79:					
1	Cecilia	Swiegers	Run For Life	75	1:09:32
2	Elize	Moolman	Temp	75	1:28:08
3	Babs	Clemons	Temp	75	1:37:49
Juniors:					
1	Rebekah	Swanepoel	Zwartberg RR	16	48:53
2	Jana	Boleslawsky	Hartenbos	16	50:46
3	Ilse-Marie	Holtzhausen	Temp	15	51:49

Chamberlain Capital Classic Half Marathon & 10 km

Pretoria, 12 October

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1217; 10 km – 1691 [also 789 in 5 km])

Half marathon

MEN

1 Vuyisile Tshaba (Transnet) 69:42; 2 Shadrack Hoff (New Balance) 69:45 (1st vet); 3 Stephen Mokoka (Transnet) 69:46.

Veterans: 1 Shadrack Hoff (New Balance) 69:45; 2 Brighton Chipere (ZIM/Maxed Elite) 72:29. **Masters:** 1 James Sekhwela (Aurecon) 95:51. **G'masters:** 1 Theo Swanepoel (Kempton) 99:17. **G/g'masters:** 1 Martin Coetzee (Magnolia) 2:26:11.

WOMEN

1 Jennifer Koech (KEN/Nedbank) 82:04; 2 Riana van Niekerk (Bonitas) 87:53; 3 Prudence Zwane (Transnet) 89:15.

Veterans: 1 Ansie Breytenbach (Irene) 1:41:14; 2 Vanessa Bowman (Kempton) 1:42:26. **Masters:** 1 Connie Blom (New Balance) 1:45:48. **G'masters:** 1 Leonie Loots (Running Inn) 2:16:03. **G/g'masters:** 1 Mavis Stadler (Agape) 2:29:31.

10 km

MEN

1 Precious Mashele (Transnet) 32:22; 2 Wesley Mutai (KEN/Toyota) 32:42; 3 Altus Badenhorst (Nedbank) 32:58.

Veterans: 1 Jackson Seanego (New Balance) 34:58; 2 Never Matiya (Florida) 35:03.

Masters: 1 Daniel Mothibe (New Balance) 36:35. **G'masters:** 1 Brian Merrington (Kouga Multi Sport) 51:47. **G/g'masters:** 1 Willem de Villiers (Tuks) 59:43.

WOMEN

1 Aurelia Rutto (KEN/Nedbank) 38:47; 2 Margaret Mahohoma (ZIM/Toyota) 40:45; 3 Leani Grimes(Tuks) 42:01.

Veterans: 1 Madeleen Simmons (Nedbank) 44:35; 2 Eugenia Iturralde (NAM/Magnolia) 54:40. **Masters:** 1 Francis van Blerk (Nedbank) 46:42. **G'masters:** 1 Vollie Spies (Tuks) 59:50. **G/g'masters:** 1 Phyllis Maartens (Fit 2000) 87:10.

Moore Stephens 10 km Night Race

Stellenbosch, 17 September

(Finishers: 425)

Note: As often seems to happen in Boland races, the timing and results of this event left much to be desired. There were many errors in the names, the times of some runners were out by several minutes, there was the inordinately large number of 84 cards not handed in, and the results showed simply "No time" for positions 349-425! In places along the route the marshalling was so bad that runners had to stop to assist. As one runner put it: "Maties is certainly no longer a club you can count upon, as problems appear to affect their Gino's races as well." It certainly is unfair – criminal, even – for a club to take runners' money and then provide this type of service. Runners should send a clear message to the Maties club by boycotting its races until it improves its standard of race organisation. DRR publishes the first three men and women here for the record, but none of the times will be used for statistical purposes. – Ed.

MEN

1. Lindikhaya Mthangayi (Itheko) 30:01
2. Mthandazo Qhina (Ned) 30:58
3. Unathi Nteta (AAC) 31:12

WOMEN

1. Khanya Mateyisi (Khay) 35:41
 2. Nomvuyisi Seti (Itheko) 38:11
 3. Mariëtte Strauss (Tyger) 41:16
-

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

Bank of America Chicago Marathon (36th)

(A World Marathon Majors Event / IAAF Gold Label Road Race)

Chicago, USA, 13 October

(Distance: 42.195 km; certified loop course, almost completely flat. Finishers: 39 115.)

MEN

1. Dennis Kimetto (KEN), 29, 2:03:45 CR/PB
2. Emmanuel Mutai (KEN), 28, 2:03:52 PB
3. Sammy Kitwara (KEN), 26, 2:05:16 PB
4. Micah Kogo (KEN), 27, 2:06:56
5. Dathan Ritzenhein (USA), 30, 2:09:45
6. Ayele Abshero (ETH), 22, 2:10:10
7. Hiroaki Sano (JPN), 29, 2:10:29
8. Moses Mosop (KEN), 28, 2:11:19
9. Yoshinori Oda (JPN), 32, 2:11:29
10. Matt Tegenkamp (USA), 31, 2:12:28

WOMEN

1. Rita Jeptoo (KEN) , 32, 2:19:57 PB
2. Jemima Sumgong Jelegat (KEN), 28, 2:20:48 PB
3. Maria Konovalova (RUS), 39, 2:22:46 PB
4. Aliaksandra Duliba (BLR), 27, 2:23:44
5. Atsede Baysa (ETH), 26, 2:26:42
6. Ehitu Kiros Reda (ETH), 25, 2:27:42
7. Yukiko Akaba (JPN), 33, 2:27:49
8. Abebech Afework (ETH), 22, 2:28:38
9. Clara Santucci (USA), 26, 2:31:39
10. Melissa White (USA), 32, 2:32:37

B.A.A. Half Marathon (13th)

Boston, USA, 13 October

(Distance: 21.1 km; hilly with some rough surfaces and many turns, negligible start/finish separation)

Note: Kim Smith repeated her victory of last year and got a course record in the bargain. – Ed.

MEN

1. Lelisa Desisa (ETH), 23, 1:00:34 CR
2. Daniel Salel (KEN), 22, 1:00:41
3. Stephen Sambu (KEN), 25, 1:00:41
4. Samuel Chelanga (KEN), 28, 1:01:04
5. Lani Rutto (KEN), 24, 1:01:32
6. Allan Kiprono (KEN), 23, 1:02:00
7. Jeffrey Eggleston (USA), 29, 1:03:41
8. Harbert Okuti (UGA), 27, 1:03:52
9. Aaron Braun (USA), 26, 1:03:52
10. Henry Rutto (KEN), 31, 1:03:58

WOMEN

1. Kim Smith (NZL), 31, 1:09:14 CR
2. Aheza Kiros (ETH), 27, 1:10:03
3. Alice Kimutai (KEN), 21, 1:10:37
4. Kristen Fryburg-Zaitz (USA), 32, 1:13:12
5. Millicent Kuria (KEN), 27, 1:13:53

Africa Southern Region Half Marathon

Comoro Islands, COM, 6 October
(Distance: 21.1 km. Finishers: 223.)

Note: This race was billed as the Africa Southern Region Half-marathon Championships, but of the 223 finishers only 29 were not from the Comoro Islands, so it was more a Comoro Islands championship than anything else! Of the 29, sixteen were from France (who, of course, were not eligible for the Championships) – so there were only thirteen from other African countries, and they were from only five countries: Angola, Madagascar, Mauritius, Seychelles and Tanzania, making it a rather bizarre regional championships. There were no athletes from South Africa. The positions given in the first column are for the Championships. – Ed.

MEN

1	Gwandu Huche Stephano	1990	TAN	1:08:26
2	Alexandre Joao	1984	ANG	1:10:37
	Francois Lebon	1973	FRA	1:10:46
	Bruno Betsman	1977	FRA	1:12:53
3	Fulgence Rakotondrasoa	1984	MAD	1:14:25
4	Mohamed Safaoui	1982	COM	1:14:49
5	Surfa Sanion	1994	COM	1:18:54
6	Issouf Kamithou	1987	COM	1:18:56
7	Zile Kari Soilihi	1981	COM	1:19:17
8	Ali Houmadi Tohir	1992	COM	1:21:11
9	Issa Ibrahim Mohamed	1983	COM	1:21:35
10	Ahamada Youssouf	1977	COM	1:23:08

WOMEN

	Anne Atia	1974	FRA	1:29:46
1	Marina Ramanantenasoa	1980	MAD	1:33:47
	Eugenie Mareux	1986	FRA	1:36:50
2	Ibouroi Tamra	1988	COM	1:39:10
3	Issihaka Hairia	1980	COM	2:07:40
4	Youssouf Heydjani	1994	COM	2:24:58
5	Aziz Zenabou	1987	COM	2:25:23
6	Abdallah Moinayecha	1964	COM	2:33:37
7	Nourdini Aicha	1976	COM	2:38:38
	Emilie Andorno	1984	FRA	2:41:33
8	Mohamed Zalihata	1959	COM	2:43:53
9	M'madi Mariama	1981	COM	2:44:32
10	Bacar Moinaechat	1983	COM	2:45:51

NEWS**FINAL STANDINGS IN SPAR GRAND PRIX SERIES**

After the final race in the Spar Grand Prix Series was run in Johannesburg yesterday, the final points standings are as follows:

1	Mapaseka Makhanya	Transnet/Bonitas	105	Car
2	René Kalmer	Nedbank CGA	92	R30 000
3	Christine Kalmer	Nedbank CGA	77	R17 500
4	Irvette van Zyl	Nedbank CGA	68	R15 000
5	Myrette Filmalter	Nedbank AGN	66	R12 000
6=	Jenna Challenor	Boxer KZN	62	R7 500
6=	Lebo Phalula	Maxed Elite CGA	62	R7 500
8	Nolene Conrad	Nedbank CGA	56	R5 000
9	Cornelia Joubert	Nedbank CGA	45	R4 000
10	Poppy Mlambo	Boxer CGA	30	R3 000
11	Zintle Xiniwe	Maxed Elite WP	27	R2 000
12	Anna Moeketsi	Trefs	20	R2 000
13	Thozama April	Transnet	18	R1 500
14	Kim Laxton	Sunninghill	17	R1 000
15	Tanith Maxwell	Boxer KZN	15	R1 000
16=	Khanya Mateyisi	Khayelitsha	14	
16=	Catherine Skosana	Transnet Eng	14	
18	Patience Khumalo	TUT AGN	13	
19=	Portia Ngwenya	Transnet Eng	9	
19=	Annie Bothma	Helderberg Harr	9	

Veterans:

1	Janene Carey	Boxer KZN	26	R3 500
2	Ronel Thomas	Boxer KZN	15	R2 500
3	Linley Holmes	Fish Hoek	4	R1 500

Masters:

1	Grace de Oliveira	Boxer KZN	48	R3 500
2=	Annatjie Botes	Nedbank SWD	13	R2 000
2=	Elsabe Brink	New Balance	13	R2 000

G'masters:

1	Sonja Laxton	RAC	30	R3 500
2	Lien Botha	Toti	5	R2 500
3=	Helen du Plessis	Tygerberg	4	R300
3=	Liz Grundlingh	Muirite	4	R300
3=	Sandra Fismer	Temp	4	R300
3=	Lyn de Bruin	Irene	4	R300
3=	Anne Bellomusto	Morningside CC	4	R300

Juniors:

1	Annie Bothma	Helderberg Harr	20	R3 500
2	Alicia Labuschagne	New Balance	10	R2 500
3	Carina Viljoen	HS Randburg	5	R1 500

STATS TIME

The first three men in yesterday's Chicago Marathon caused the all-time list for this race to be rewritten, with the first two (Dennis Kimetto and Emmanuel Mutai) taking those same positions on the list and third-placer Sammy Kitwara moving into fifth. Women's winner Rita Jeptoo is also the fifth fastest ever. The first column below indicates the position on the all-time *performances* list and the third column that on the all-time *performers* list.

10 FASTEST PERFORMANCES IN CHICAGO MARATHON**MEN**

1	2:03:45	1	Dennis Kimetto	KEN	1	13 Oct 2013
2	2:03:52	2	Emmanuel Mutai	KEN	2	13 Oct 2013

3	2:04:38	3	Tsegaye Kebede	ETH	1	7 Oct 2012
4	2:04:52	4	Feyisa Lilesa	ETH	2	7 Oct 2012
5	2:05:16	5	Sammy Kitwara	KEN	3	13 Oct 2013
6	2:05:27	6	Tilahun Regassa	ETH	3	7 Oct 2012
7	2:05:37	7	Moses Mosop	KEN	1	9 Oct 2011
8	2:05:41	8	Samuel Wanjiru	KEN	1	11 Oct 2009
9	2:05:42	9	Khalid Khannouchi	MAR	1	24 Oct 1999
10	2:05:50	10	Evans Rutto	KEN	1	12 Oct 2003

WOMEN

1	2:17:18	1	Paula Radcliffe	GBR	1	13 Oct 2002
2	2:18:20	2	Liliya Shobukhova	RUS	1	9 Oct 2011
3	2:18:47	3	Catherine Ndereba	KEN	1	7 Oct 2001
4	2:19:26		Ndereba		2	13 Oct 2002
5	2:19:57	4	Rita Jeptoo	KEN	1	13 Oct 2013
6	2:20:25		Shobukhova		1	10 Oct 2010
7	2:20:42	5	Berhane Adere	ETH	1	22 Oct 2006
8	2:20:47	6	Galina Bogomolova	RUS	2	22 Oct 2006
9	2:20:48	7	Jemima Jelegat	KEN	2	13 Oct 2013
10	2:21:21	8	Joan Benoit	USA	1	20 Oct 1985

THIS MONTH IN HISTORY

60 years ago: 4 October 1953

He may not be as famous as Roger Bannister, the first man to break four minutes for the mile, but Jim Peters (GBR) ensured his own place in history when he became the first to run the marathon in under 2:20:00. That was Peters' second world record, and on this day, just less than four months later, he improved on that 2:18:40.2 when he ran 2:18:34.8 in Turku. The race was run with thirteen laps of the Turku track followed by two street loops. Peters won by more than 7 minutes from Veikko Karvonen (FIN), who would win the Boston Marathon in 1954 – the same year when, in the Polytechnic Marathon, Peters set his last world record, 2:17:39.4. Incidentally, the Turku track was also the venue where, on 21 June 1954, John Landy shattered Bannister's mile record with his 3:58.0.

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)		

25 km	58:23	Zersenay Tadese (ERI) 2010		
	78:45	Lucky Mohale	Pretoria	04 May
	73:34	Richard Kiprotich (KEN)		
30 km	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
Marathon	1:29:31	Yuki Kawauchi (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
	2:08:32	Lusapho April	Hannover	05 May
100 km	2:04:45	Lelisa Desisa (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
	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	67:06	Gert Thys	Cape Town	13 Oct
	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	85:03	Awie Veldsman	Cape Town	13 Oct
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	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	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	2:06:48	Ansa Strydom	Brits	05 Oct
	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
<u>Grandmasters (60+)</u>				
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	2:21:00	Elaine Greenblatt	Brits	05 Oct
30 km	2:40:44	Veronica van Niekerk	Parow	16 Mar
Marathon	3:46:17	Veronica van Niekerk	Oudtshoorn	03 Feb
100 km				
<u>Juniors</u>				
10 km	36:35	Annie Bothma	Cape Town	13 Oct
	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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