

Distance Running Results

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EDITORIAL

In the Voet van Afrika Marathon, held for the 36th time, Lindile Tokota, who last year became the first athlete – male or female – to win five times, was denied an unprecedented sixth victory by Mthandazo Qhina, who also won in 2011, and Admire Rushika. Qhina's win came one week after he also took the Michell's Pass Half Marathon. Candyce Hall scored her first victory in the "Voet", beating former winners Kutlwano Ramaboa (2011) and Ursula Frans (2008, 2012). Hall finished 19th overall in the marathon, while the first three women in the half marathon, Nomvuyisi Seti, Fortunate Chidzivo and Alae Brand, were respectively eighth, ninth and tenth overall.

Since 7 September Hall has now raced two marathons, three half marathons, one 15 km and two 10 km events for a total of eight races and 182 km in six weeks, or more than 30 km a week!

Kenyan Wilson Chebet scored his third win in a row in the TCS Amsterdam Marathon yesterday and broke his own course record by 5 sec with his 2:05:36. It was Chebet's fourth sub-2:06 marathon – only Haile Gebrselassie and Geoffrey Mutai (5 each) have run more. In the women's race Valentine Kipketer (KEN) won with a PB 2:23:02.

In the Scotiabank Toronto Waterfront Marathon 82-year-old Ed Whitlock set a new single-age world record of 3:41:58.

The DAC Calder Cup/Sulin Trophy 10 km, which would have been held for the 32nd time on 15 December, has been cancelled. The club cited a lack of sponsorship as the reason for the decision.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Constantia Valley Grape Run Half Marathon & 14 km, Constantia
- * Swift Half Marathon, Pietermaritzburg
- * Voet van Afrika Marathon, Half Marathon & 10 km, Bredasdorp
- * SABS Jacaranda Challenge Marathon, Half Marathon & 10 km, Pretoria
- * Marthinus Jenkins Memorial 10 km, George
- * Spur to Spur 10 km, George
- * Michell's Pass Half Marathon & 10 km, Ceres
- * Amatola Marathon, Stutterheim
- * Paarlberg Half Marathon & 10 km, Paarl

International highlights:

- * TCS Amsterdam Marathon, Amsterdam, NED
 - * Scotiabank Toronto Waterfront Marathon, Toronto, CAN
 - * Beijing International Marathon, Beijing, CHN
 - * Sports Authority Rock 'n' Roll Denver Half Marathon, Denver, USA
 - * Bupa Great Birmingham Run, Birmingham, GBR
 - * Medio Maratón Ciudad de Valencia, Valencia, ESP
 - * Dong-A Ilbo Gyeongju Marathon, Gyeongju, KOR
 - * Bank of America Chicago Marathon, Chicago, USA
 - * Tufts Health Plan 10 km for Women, Boston, USA
 - * ASICS Grand 10 Berlin, Berlin, GER
 - * Four Miles of Groningen, Groningen, NED
 - * DeeJay Ten, Milano, ITA
 - * Giro Internazionale Città di Trento, Trento, ITA
 - * XC: Wisconsin adidas Invitational, Madison, USA
-

ROAD RUNNING**Constantia Valley Grape Run Half Marathon & 14 km**

Constantia, 20 October

(Distances: 21.1 km & 14 km; loop courses, very hilly, partly on gravel through vineyards and forest. Weather: very windy and warm. Finishers: half marathon – 832; 14 km – 670.)

Note: Babalo Hambi was the first runner across the line in the 14 km, but it was established that he had unintentionally taken a wrong turn on the route; the referees then decided to move him to third with a slower time. – Ed.

Half marathon

MEN

1. Lungile Gongqa (Cheetah) 1:11:13
2. Tom Lusaseni (Itheko) 1:14:24
3. Nkosinathi Sotyantya (Itheko) 1:15:53

Veterans: 1. Xolile Macanda (Gugs) 1:20:46; 2. Tholang Moloi (SANDF) 1:22:22; 3. Patrick Ketelo (Itheko) 1:24:45. **Masters:** 1. Zolani Ntsodo (SANDF) 1:25:41; 2. Goodman Mpukane (Gugs) 1:31:07; 3. Shafiek Cassiem (Itheko) 1:34:17. **G'masters:** 1. Albert Williams (Top) 1:45:11; 2. Paul Fortuin (VOB) 1:58:32; 3. Dermot Fitzgerald (RAC) 1:58:48. **G/g'masters:** 1. Chet Sainsbury (Celtic) 2:05:53.

WOMEN

1. Zintle Xiniwe (MP) 1:34:36
2. Busisiwe Matiwane (Celtic) 1:37:35
3. Tania Anderson (VOB) 1:38:17

Veterans: 1. Ellie Courts (Celtic) 1:41:51; 2. Paola Vignani (ITA/Ned Bol) 1:44:01; 3. Lorna Rensburg (SH) 1:46:58. **Masters:** 1. Olga Howard (Celtic) 1:45:47; 2. Georgina Sinclair (VOB) 1:50:03; 3. Margaret Marks (Hout) 2:00:35. **G'masters:** 1. Brenda Nooy (RAC) 1:59:04; Pixie Sparg (Celtic) 2:01:51; 3. Helen du Plessis (Tyger) 2:03:58. **G/g'masters:** 1. Jean Cammidge (FH) 2:32:50.

14 km

MEN

1. Graham Katzen (Itheko) 48:32 (1st vet)
2. Abongile Snyman (East) 48:37
3. Babalo Hambi (Itheko) 48:38 (1st jun)

Veterans: 1. Graham Katzen (Itheke) 48:32; 2. Yousuf Kanouni (Ned) 55:29; 3. Scott Harris (Celtic) 60:24. **Masters:** 1. Reggie Crowster (Tyger) 70:42; 2. Kevin Beyleveld (Edge) 72:44; 3. Desmond Frecthas (SANDF) 73:44. **G'masters:** 1. Paul San Giorgio (VOB) 69:00; 2. Brian Rothman (Brack) 73:57; 3. Maajid Warley (SH) 83:28. **G/g'masters:** 1. Denzil Bardwell (FH) 78:13. **Juniors:** 1. Babalo Hambi (Itheke) 48:38; 2. Granwin Katzen (Itheke) 51:26; 3. Taariq Petersen (ARD) 73:17.

WOMEN

1. Kathleen Shuttleworth (VOB) 59:03
2. Sheryl de Lange (NBMC) 62:35
3. Busisiwe Gwala (VOB) 65:45 (1st jun)

Veterans: 1. Sheryl de Lange (NBMC) 62:35; 2. Coriaan de Villiers (Ned) 64:45; 3. Chantel Simpson (Ned) 64:45. **Masters:** 1. Bev Charters (VOB) 69:31; 2. Maxine Reilly (Ind) 74:03; 3. Charmaine Cupido (Ned) 76:40. **G'masters:** 1. Marietha Herbert (Bell) 81:09; 2. Theresa Isaacs (VOB) 83:28; 3. Helen Sutherland-Johns (Vodac) 91:57. **G/g'masters:** 1. Carol Gahwiler (VOB) 99:13. **Juniors:** 1. Busisiwe Gwala (VOB) 65:45; 2. Christine de Kock (Durb) 69:27; 3. Nthuseng Lolwana (VOB) 73:55.

Swift Half Marathon

Pietermaritzburg, 20 October
(Distance: 21.1 km; loop course)

MEN

- | | | | |
|----|-------------------|------------------|-------|
| 1. | Philani Buthelezi | Klip River Strid | 67:32 |
| 2. | S. Ngubese | Phuma KZN | 67:46 |
| 3. | Joseph Kyengo | KEN/Form One AC | 67:50 |

40-49:

- | | | | |
|----|-----------------|-----------|-------|
| 1. | Richard Dlamini | Phuma KZN | 74:05 |
|----|-----------------|-----------|-------|

50-59:

- | | | | |
|----|------------------|----------|-------|
| 1. | Willie Majombozi | Boxer AC | 89:26 |
|----|------------------|----------|-------|

60-69:

- | | | | |
|----|--------------|-----|--------|
| 1. | Robin Archer | QBH | 105:39 |
|----|--------------|-----|--------|

Juniors:

- | | | | |
|----|------------------|-----------|-------|
| 1. | Maradonna Ngcobo | Phuma KZN | 74:40 |
|----|------------------|-----------|-------|

WOMEN

- | | | | |
|----|-----------------|-----------------|-------|
| 1. | Makhosi Mhlongo | Savages AC | 83:13 |
| 2. | Slindile Chili | Spar C/ville AC | 83:50 |
| 3. | Sarah Grey | Coll Harr | 94:09 |

40-49:

- | | | | |
|----|------------------|----------|-------|
| 1. | Sibongile Zugubu | Eskom AC | 95:45 |
|----|------------------|----------|-------|

50-59:

- | | | | |
|----|-----------------|----------|--------|
| 1. | Debby de Koning | Eskom AC | 108:39 |
|----|-----------------|----------|--------|

60+

- | | | | |
|----|--------------|-------------|--------|
| 1. | Sandy Fismer | Hilton Harr | 110:34 |
|----|--------------|-------------|--------|

Juniors:

- | | | | |
|----|----------------|-----------------|-------|
| 1. | Slindile Chili | Spar C/ville AC | 83:50 |
|----|----------------|-----------------|-------|

Voet van Afrika Marathon, Half Marathon (both 36th) & 10 km

Bredasdorp, 19 October

(Distances: 42.195 km – point-to-point course with 32 metres elevation GAIN, only last 16 km on tar, very hilly, with the first half climbing from 38 m to 470 m; 21.1 km – hilly loop course, about half on gravel; and 10 km – hilly loop course. Finishers: marathon – 320, half marathon – 441, 10 km – 558.)

Note: There were 381 finishers in the 10 km last year; thus there was an increase of 46%. Last year's finishers in the other two races were 305 and 431 respectively. – Ed.

Marathon

MEN

1	Mthandazo	Qhina	36	Ned WP	2:35:21
2	Admire	Rushika	27	ZIM/Ned WP	2:36:54
3	Lindile	Tokota (1 st vet)	45	Ned SWD	2:40:39
4	Sityhilo	Diko	22	Ned WP	2:51:35
5	Zwelithini	Vaphi	41	GCH	2:55:20
6	Nicholas	Rupanga	38	ZIM/Celtic	3:04:34
7	Vuyo	Witbooi	38	Outenh	3:06:23
8	Neo	Molema	37	Temp	3:10:06
9	Youssef	Kanouni	40	Ned WP	3:10:08
10	Quinton	Prince	40	Metlife	3:10:31
11	Richard	Flint	29	VOB	3:11:41
12	Mark	Kalis	38	Celtic	3:13:41
13	Marco	De Freitas	40	Celtic	3:14:09
14	Jumat	Witbooi	27	Bredas	3:18:37
15	Johan	Stemmet	39	Bonnie	3:21:07
16	Brandin	Jansen van Vuuren	34	Wcoast	3:21:08
17	Mashiyane	Mabunda	29	JHAC	3:22:05
18	Harry	Mabunda	20	JHAC	3:22:05
19	Marius	Hoon	30	Klerks	3:25:18
20	John	Van der Byl	47	Mptitans	3:26:02

Veterans:

1	Lindile	Tokota	45	Ned SWD	2:40:39
2	Zwelithini	Vaphi	41	GCH	2:55:20
3	Youssef	Kanouni	40	Ned WP	3:10:08

Masters:

1	Gerhard	Brink	50	Welling	3:34:48
2	Desmore	Oppel	53	Durbac	3:36:11
3	Patrick	Thalogang	50	GCH	3:55:04

G'masters:

1	Bernard	Hayes	62	Fhoek	4:05:33
2	Lionel	Klassen	62	Durbac	4:09:17
3	Paul	Jordaan	60	Temp	4:24:36

WOMEN

1	Candyce	Hall	29	Ned WP	3:23:09
2	Kutlwano	Ramaboa	37	Wcoast	3:32:12
3	Ursula	Frans (1 st vet)	44	Celtic	3:34:54
4	Renee	Cheary	39	Temp	3:48:03
5	Elizabeth	Van der Berg	40	Bredas	3:48:14
6	Susan	Mackinnon	20	Temp	3:49:02
7	Liana	Maree	36	Stellen	3:50:30
8	Laura	Peddle	31	Strand	3:51:14
9	Lindie	Bouwer	28	Ned WP	3:53:16
10	Rachel	De Bruin	42	Pentagon	3:55:59

11	Martha	Pretorius	43	Def WP	4:01:37
12	Marietjie	De Vries	40	Strand	4:07:20
13	Vanessa	Fourie	43	Mag	4:07:26
14	Annmarie	Steyn	43	Whalers	4:07:55
15	Suzette	Vermaak-McIvor	45	Ned WP	4:08:09
16	Johanneke	Conradie	36	West	4:08:57
17	Cailey	Bredenkamp (1 st mast)	50	Paarl	4:13:00
18	Maryna	Bingle	49	Worc	4:13:08
19	Kim	Teubes	34	Pine	4:20:43
20	Anne	Pool	52	Strand	4:20:52

Veterans:

1	Ursula	Frans	44	Celtic	3:34:54
2	Elizabeth	Van der Berg	40	Bredas	3:48:14
3	Martha	Pretorius	43	Def WP	4:01:37

Masters:

1	Cailey	Bredenkamp	50	Paarl	4:13:00
2	Anne	Pool	52	Strand	4:20:52
3	Marlene	Swart	54	Paarl	4:57:33

Half marathon**MEN**

1	Lindikaya	Mthangayi	34	Itheko	1:09:59
2	Sibusiso	Madikizela	22	Manoni	1:11:03
3	Andrew	Louw	20	East	1:12:13
4	Godwin	Swartz	21	NBMC	1:12:57
5	Riaan	Witbooi	31	Eerste	1:16:27
6	Ricardo	Jaftha	26	Eerste	1:19:36
7	Ahmed	Hassan	33	Welling	1:20:45
8	Mlibaleni	Nodabongo	37	Bredas	1:28:48
9	Kobus	Meyer	38	ATC	1:29:40
10	Peter	Mokotary	26	Sanlamc	1:30:27
11	Richard	Fortuin	32	Welling	1:31:14
12	Philip Charles	Paulse	35	Eerste	1:31:54
13	Lee-Roy	Mitchell	26	Eerste	1:34:47
14	Frank	Gillion (1 st mast)	55	Whalers	1:36:01
15	Amos	Vumendlini (1 st vet)	48	Tlokwe	1:36:13
16	Wayne	Van der Westhuizen	20	Sanlamc	1:36:22
17	Cole	Stanton	31	Temp	1:36:25
18	Edward	Pietersen	33	Eerste	1:37:01
19	Francois	Mageni	35	Temp	1:37:09
20	Philip	Hanekom	22	Stellen	1:38:21

Veterans:

19	Amos	Vumendlini	48	Tlokwe	1:36:13
36	Roderick	Morrison	49	Nedbol	1:46:26
46	Stanley	Beyers	40	Metlife	1:50:25

Masters:

18	Frank	Gillion	55	Whalers	1:36:01
41	Reganald	Crowster	51	Tyger	1:48:42
59	Graham	Hough	57	Wcoast	1:53:36

G'masters:

51	Neil	Ebing	61	WPCC	1:51:40
71	William	Hendricks	64	Eerste	1:55:44
73	Piet	Smit	62	Bredas	1:56:02

WOMEN

1	Nomvuyisi	Seti	31	Itheko	1:25:40
2	Fortunate	Chidzivo	25	ZIM/Itheko	1:25:49
3	Alae	Brand	28	Temp	1:28:09
4	Danette	Smith	24	NBMC	1:31:11
5	Helene	Roux	29	NBMC	1:40:06
6	Tameshia	Hammer	27	Temp	1:41:48
7	Cathryn	Proctor	34	Gugs	1:45:10
8	Paola	Vignani (1 st vet)	49	ITA/Ned	1:45:26
9	Sarah	Gordon	44	Whalers	1:45:40
10	Comien	Terblanche	22	Temp	1:46:48
11	Tarryn	Haikney	21	Temp	1:47:54
12	Cheryl	Rudolph (1 st mast)	52	East	1:48:55
13	Janine	Abrahamse	32	Old	1:49:34
14	Marelise	Pretorius	40	Temp	1:50:06
15	Kerryn	Vollmer	36	VOB	1:51:30
16	Corlene	Nell	31	Temp	1:53:22
17	Sandy	Hood	53	VOB	1:55:26
18	Nicola	Gouws	27	Temp	1:55:37
19	Liezel	De Vos	35	Stellen	1:57:12
20	Elmarie	Sievers	48	Temp	1:57:32

Veterans:

1	Paola	Vignani	49	ITA/Ned	1:45:26
2	Sarah	Gordon	44	Whalers	1:45:40
3	Wendy	Jansen	45	Edge	2:01:50

Masters:

1	Cheryl	Rudolph	52	East	1:48:55
2	Sandy	Hood	53	VOB	1:55:26
3	Nicole	Griffith	52	VOB	1:59:01

G'masters:

1	Collette	Van Eck	60	Fhoek	2:16:25
2	Sandy	Du Toit	61	Ned SWD	2:26:51
3	Sarah	Herdien	64	Atlhar	2:29:41

10 km

MEN

1	Gershwill	Jacobs	23	Ned SWD	31:01
2	Unathi	Nteta	20	AAC	31:17
3	William	Kaptein	21	Robert	31:23
4	Tsungai	Mwanengeni	33	ZIM/NBMC	33:04
5	Babalo	Hambi (1 st jun)	18	Itheko	33:20
6	Lukhanyo	Nobakada	16	VOB	33:49
7	Eugene	Davids	23	Robert	33:52
8	Tobie	Lewies	15	Robert	34:17
9	Michael	Prins	15	Robert	34:42
10	Randall	Smith	29	Itheko	34:57

Juniors:

1	Babalo	Hambi	18	Itheko	33:20
2	Lukhanyo	Nobakada	16	VOB	33:49
3	Tobie	Lewies	15	Robert	34:17

WOMEN

1	Bulelwa	Mtshagi	34	Temp	41:57
2	Evonne	Nieuwoudt	39	Paarl	42:18
3	Nomvula	Molaba	40	Tlokwe	49:34

4	Matsibiso	Mochodo	37	Bertsb	50:02
5	Cerina	Honiball	14	Temp	50:29
6	Aletta	Oosthuizen	18	Temp	51:19
7	Jessica	Du Plessis	20	Durbac	51:24
8	Jeanne	Vermeulen (1 st jun)	15	Bredas	51:51
9	Joanie	Seegmuller	16	Temp	52:44
10	Nina	Oosthuizen	16	Temp	53:34

Juniors:

1	Jeanne	Vermeulen	15	Bredas	51:51
2	Nabeelah	Orrie	18	Itheko	1:08:17
3	Mare	Bosman	16	Bredas	1:12:02

SABS Jacaranda Challenge Marathon, Half Marathon & 10 km

Pretoria, 19 October

(Distances: 42.195 km, 21.1 km & 10 km; loop courses)

Marathon**MEN**

1. Tshidiso Bosiu (GS) 2:18:05 CR
2. Pule Hlabahlaba (Pend) 2:21:07
3. Charles Tjiane (Bon) 2:24:04
4. Othaniel Phahlane (Trans) 2:24:51
5. Paul Manwa (KEN/Toy) 2:24:57

Veterans: 1. Elias Mabane (Ned) 2:38:19. **Masters:** 1. Reform Ndlovu (RH) 2:56:02.**G'masters:** 1. Daniel Hlongwane (Ned) 3:30:05. **G/g'masters:** 1. Patrick Mafilika (Ned) 4:28:44.**WOMEN**

1. Jennifer Koech (KEN/Ned) 2:49:49
2. Alentshay Hailu Kakissa (ETH/Ned) 2:52:05
3. Fusion Ababu Lemma (ETH/Ned) 2:52:57
4. Tabitha Tsatsa (ZIM/ME) 2:57:18 (1st vet)
5. Winile Mnisi (SWZ/ME) 3:03:14

Veterans: 1. Tabitha Tsatsa (ZIM/ME) 2:57:18. **Masters:** 1. Connie Blom (NB) 3:45:30.**Half marathon****MEN**

1. Derocious Makhobalo (SI) 1:06:35
2. Vuyisile Tshoba (Trans) 1:07:34
3. Elmore Sibanda (ZIM/ME) 1:08:13

Veterans: 1. Brighton Chipere (ZIM/ME) 1:14:01. **Masters:** 1. Francis Maluka (ZAM/Bash) 1:25:37. **G'masters:** 1. Stephen Seema (SAPG) 1:29:35. **Juniors:** 1. Thabang Mafa (Elim) 1:17:13.**WOMEN**

1. Cornelia Joubert (Ned) 1:21:11
 2. Thozama April (Trans) 1:25:19
- (No further positions available)

Masters: 1. Elsabe Brink (NB) 1:41:10. **Juniors:** 1. Georgia Janisch (Mag) 1:41:11.

10 km**MEN**

1. Benedict Moeng (Trans) 30:33
2. Sibusio Nzima (Ned) 31:01
3. Richard Mavuso (Toy) 31:25

Veterans: 1. Zongamele Dyubeni (Bid) 33:02. **Masters:** 1. Dan Mothibe (NB) 35:32.

G'masters: 1. Mike du Bruto (Irene) 41:27. **G/g'masters:** 1. Charles Stewart (Phobians) 55:43. **Juniors:** 1. Phumlani Themba (Rosina) 34:54.

WOMEN

1. Rutendo Nyahora (ZIM/Ned) 35:08
2. Myrette Filmalter (Ned) 36:35
3. Olga Firsova (EST) 37:55

Veterans: 1. Madeleen Simmons (Ned) 44:56. **Masters:** 1. Jane Mudau (Ned) 41:56.

G'masters: 1. Penny Visser (Break) 55:43. **Juniors:** 1. Nobuhle Tshuma (ZIM/Elim) 38:21.

Marthinus Jenkins Memorial 10 km

George, 19 October

(Two-loop course. Finishers: 138.)

Note: Yet another win for Lloyd Bosman – he also won the Spur to Spur 10 km three days earlier. The race had only 58 finishers last year, so there was an increase of 138%! – Ed.

MEN

1	Lloyd	Bosman	Nedbank RC	24	32:59
2	Julius	Korkee	Mossel Bay Harriers	28	33:09
3	Melilhaya	Msizi	Knysna MC	29	34:48

Veterans:

1	Aubrey	Brinkhuis	Knysna MC	42	38:32
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Masters:

1	Patrick	Rawlins	Outeniqua Harriers	55	44:30
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G'masters:

1	Burnett	Zaayman	Bonnievale	63	53:08
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Juniors:

1	Nathan	van Reenen	Ind		68:54
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WOMEN

1	Kirsty	Weir	Nedbank RC	34	39:06
2	Lisl	Grobler	Knysna MC	36	41:39
3	Alison	Jordaan	Nedbank RC	46	42:17

Veterans:

1	Alison	Jordaan	Nedbank RC	46	42:17
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Masters:

1	Annatjies	Botes	Nedbank RC	55	42:54
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Juniors:

1	Chelaine	Maree	Nedbank RC	16	54:14
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Spur to Spur 10 km

George, 16 October

(Finishers: 278)

Note: Lloyd Bosman and Melissa van Rensburg successfully defended their titles. The race had only 182 finishers last year, so there was an increase of 53%. – Ed.

MEN

1	Lloyd Bosman	Nedbank AC	25	32:44
2	Julius Korkee	Mosselbaai Harriers	29	32:51
3	Vuyo Witbooi	Outeniqua Harriers	38	34:27
4	Jan Isaks	Rainbow Athletics	28	34:50
5	Melikhaya Msizi	Knysna Marathon Club		34:57
6	Ashwell Clooco	Mosselbaai Harriers	17	35:00
7	Siyabonga Madala	Nedbank AC	28	35:08
8	Selwyn Losper	Mosselbaai Harriers	49	35:10
9	Godwin Heyns	Hartenbos Drawwers	15	36:00
10	Elfonzo Pieterse	Nedbank AC	24	36:00

WOMEN

1	Melissa van Rensburg	Nedbank AC	31	39:17
2	Merida Leen	Mosselbaai Harriers	16	40:54
3	Alison Jordaan	Nedbank AC		41:41
4	Annatjie Botes	Nedbank AC	55	42:52
5	Marcelle van Tonder	Nedbank AC	19	43:14
6	Charmaine Lamprecht	Nedbank AC	29	46:06
7	Carla Coetzee	Nedbank AC	25	47:25
8	Sunett de Jager	Nedbank AC	42	49:21
9	Marlize Jason	Hartenbos Drawwers	38	49:56
10	Anél Oosthuizen	Nedbank AC	18	50:07

Michell's Pass Half Marathon (22nd) & 10 km (8th)

Ceres, 12 October

(Distances: 21.1 km & 10 km; the half marathon out and back, very hilly; the 10 km a loop. Finishers: half marathon – 230; 10 km – 196.)

Half marathon**MEN**

1	Mthandazo Qhina	Nedbank	36	1:10:33
2	Pieter Koopman	Nedbank	39	1:10:37
3	Akhona Mdako	E G A	20	1:12:11
4	Wanda Roro	Nedbank	24	1:14:23
5	Dicardo Jakobs	Nedbank	27	1:14:38
6	Quinton Lambert	Ceres	32	1:14:43
7	Anele Mnukwa	E G A	33	1:16:43
8	Thandile Joseph	Easterns Kraaifontein	20	1:16:46
9	Christopher Baadjies	Ceres	36	1:20:00
10	Akanyang Colebamang	Worcester	29	1:20:12

WOMEN

1	Nomvuyisi Seti	Itheko	32	1:27:35
2	Michelle Dreyer	Nedbank	35	1:35:20
3	Francis Matthee	Temp	40	1:41:48
4	Sarah Gordon	Whalers AC	44	1:47:08
5	Dricka Lourens	Ceres	24	1:47:44
6	Marietjie De Vries	Strand	40	1:48:26

7	Chanelle	Hoffman	Strand	42	1:50:10
8	Theresa	Visser	Wellington	42	1:51:00
9	Magrieta	Willemse	Ceres	29	1:52:01
10	Dalene	Du Toit	Swartland	46	1:53:51

10 km**MEN**

1	William	Kaptein	Robertson	21	32:34
2	Luyando	Qolo	E G A	21	32:35
3	Tsungai	Mwanengeni	ZIM/New Balance	39	32:36
4	Unathi	Nteta	Atlantic AC	30	32:37
5	Justin	Fritz	Ceres	19	32:39
6	Garith	Maarman	Swartland	27	32:48
7	Angelo	Booyesen	Paarl	22	32:55
8	Sive	Ngubo	Nedbank	19	33:41
9	Babalo	Hambi	Itheko	19	33:46
10	Trevor	Nuku	Itheko	19	34:05

WOMEN

1	Mariëtte	Strauss	Tygerberg	51	42:37
2	Liezl	Du Plooy	Ceres	38	43:02
3	Magrietha	Smit	Ceres	28	43:04
4	Paula	Vignani	Nedbank	49	44:37
5	Herlien	Van Zyl	Temp	39	45:42
6	Azel	Booisen	Salkorlane	17	46:12
7	Rashieda	Beukes	Itheko	14	47:36
8	Chrisna	Du Toit	Temp	30	48:59
9	Marijke	West	Swartland	29	50:50
10	Jana	Grobbelaar	Temp	16	50:51

Amatola Marathon (49th)

Stutterheim (at Wiggleswade Dam), 6 October

(Distance: 42.195 km; near-loop course [start/finish separation approx. 10 km], with approx. 32 km on gravel. Finishers: 41.)

Note: Zakuthini Retyu retained his title (he also won in 2010). All the times are much slower than usual. – Ed.

MEN

1	Zakuthini	Retyu	Queenstown Harriers	3:05:06
2	Nkosana	Mpolweni	Real Gijimas	3:18:51
3	Sizwe	Ngqobo	Real Gijimas	3:27:01
4	Demetrios	Baddis	Real Gijimas	3:47:40
5	Bull	Tin	Individual	3:52:35

WOMEN

1	Ronel	Flanagan	Oxford Striders	4:28:04
2	Maureen	Pitt	Oxford Striders	4:31:28
3	Monwavisi	Pina	Real Gijimas	4:49:03
4	Mmampho	Gugela	Real Gijimas	4:50:45
5	Christine	Roux	Oxford Striders	4:55:49

Paarlberg Half Marathon (78th) & 10 km

Paarl, 5 October

(Distances: 21.1 – hilly loop course, & 10 km – configuration unknown. Finishers: half marathon – 237; 10 km – 107.)

Half marathon

MEN

1	Pieter	Koopman	Nedbank	35	1:13:27
2	Riaan	Wildskut	Easterns	26	1:14:50
3	Thembelani	Zola	Nedbank	38	1:16:48
4	Wanda	Roro	Nedbank	24	1:18:25
5	Chriszando	Jacobs	Paarl		1:19:16
6	Dumisani	Dozi	Paarl	34	1:22:47
7	Bongile	Tshewula	Easterns	29	1:25:10
8	Jaco	Lategan	Paarl	37	1:25:11
9	Owen	Smith	Wellington	42	1:27:14
10	Aldrin	Smit	NBMC	38	1:27:27

WOMEN

1	Jacqui	Bakkes	Paarl	43	1:28:34
2	Ursula	Turck	Strand	42	1:37:07
3	Liesl	Thomas	NBMC	41	1:44:05
4	Nerine	Look	Nedbank EP	37	1:48:10
5	Liezl	Heerschap	Temp	41	1:48:56
6	Liezel	De Vos	Stellenbosch	35	1:54:02
7	Marike	Hoffman	Running Inn	30	1:54:36
8	Mareli	Mans	NBMC	30	1:55:04
9	Marelise	Droomer	Wellington	43	1:56:56
10	Michéle	Van Lill	Strand	44	1:57:03

10 km

MEN

1	Danzil	Paulse	Easterns	20	34:00
2	Angelo	Booyesen	Paarl	22	34:14
3	Tsungai	Mwanengeni	ZIM/NBMC	39	34:51
4	Sive	Ngubo	Nedbank	19	35:05
5	Cheslin	Aford	Nedbank		35:38
6	Bradley	Ruiters	Swartland	18	36:00
7	Charlton	September	Nedbank	24	37:28
8	Charlton	?	Nedbank	20	37:47
9	Anton	Faro	Wellington	33	40:24
10	Jafta	Hendricks	Swartland	45	42:11

WOMEN

1	Cheryl	Rudolph	Easterns	52	50:46
2	Yolandé	Fourie	Temp	36	53:35
3	Nadia	Louw	Temp	26	53:39
4	Miéle	J Van Vuuren	Temp	22	53:54
5	Amanda	Scholtz	Temp	40	56:56
6	Liezl	Myburgh	Temp	25	57:30
7	Salomé	Davids	Paarl	17	64:20
8	Esmare	Carstens	Temp	19	67:03
9	L	Malan	Temp	22	68:10
10	A	Terblanche	Paarl	46	68:12

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

TCS Amsterdam Marathon (38th)

(IAAF Gold Label Road Race/Dutch Men's Marathon Championship)

Amsterdam, NED, 20 October

(Distance: 42.195 km; certified loop course with stadium finish)

MEN (gun times)

1. Wilson Chebet, KEN 2:05:36 CR*
[1:02:38 / 1:02:58]
2. Birhanu Girma, ETH 2:06:06 PB
3. Bernard Koech, KEN 2:06:29
4. Abdullah Shami Dawit, ETH 2:08:02
5. Yekeber Bayabel, ETH 2:09:39 PB

WOMEN (gun times)

1. Valentine Kipketer, KEN 2:23:02 PB
[1:10:42 / 1:12:20]
2. Serena Burla, USA 2:28:01 PB
3. Alice Timbilil, KEN 2:28:36
4. Eyerusalem Kuma, ETH 2:31:30
5. Isabella Ochichi, KEN 2:31:38 DB

Scotiabank Toronto Waterfront Marathon (14th)

(IAAF Silver Label Road Race)

Toronto, CAN, 20 October

(Distance: 42.195 km)

MEN

1. Deressa Chimsa, ETH 2:07:05 CR CAD 20,000 + 25,000* + 10,000i
2. Solomon Kiptoo, KEN 2:09:03 12,000
3. Habtamu Assefa, ETH 2:10:38 8,000

80+ Ed Whitlock, 82, CAN 3:41:58 WB age 82

*) Course and Canadian all-comers record/CAD 25,000 bonus

i) Time incentive for sub-27:30 winner

WOMEN

1. Flomena Cheyech, KEN 2:25:13 CAD 20,000
2. Sechale Adugna, ETH 2:26:43 12,000
3. Lanni Marchant, CAN 2:28:00 NR 8,000 + 28,000^ + 5,000#
4. Krista Duchene, CAN 2:28:32 PB 6,000 + 3,000#
5. Selomie Getnet, ETH 2:28:53 4,000
6. Beatrice Toroitich, KEN 2:29:22 3,000
7. Meskerem Assefa, ETH 2:30:03 2,500
8. Sarah Kiptoo, KEN 2:34:05 2,000
- ... 9. Lioudmila Kortchaguina (40+), CAN 2:34:58 2,000# + 500m

^) Special bonus for Canadian national record

#) Earned Canadian citizen bonus

m) Earned masters prize money

Beijing International Marathon (33rd)

(IAAF Gold Label Road Race)

Beijing, CHN, 20 October

(Distance: 42.195 km; point-to-point course with stadium finish and no elevation change)

Note: Tadesse Tola, who won the bronze medal at the World Championships Marathon in Moscow in August, rebounded from that performance to win the men's race by three seconds over Bernard Kipyego, and also broke Taisuke Kodama's 27-year-old course record. – Ed.

MEN (gun times)

- | | |
|---------------------------------|-------------|
| 1. Tadesse Tola, 1987, ETH | 2:07:16 CR* |
| 2. Bernard Kipyego, 1986, KEN | 2:07:19 |
| 3. Daniel Rono, KEN | 2:07:20 PB |
| 4. Abebe Degefa, 1984, ETH | 2:08:46 PB |
| 5. Jamin Ngaukon, KEN | 2:11:11 PB |
| ... 10. Tesfaye Tola, 1974, ETH | 2:13:20 |

WOMEN (gun times)

- | | |
|------------------------------|------------|
| 1. Zhang Yingying, 1990, CHN | 2:31:19 |
| 2. Harun Makda, 1988, ETH | 2:33:04 |
| 3. Yeshimebet Tadesse, ETH | 2:35:20 |
| 4. Ogla Kimaiyo, KEN | 2:36:57 PB |
| 5. Teshome Ayanu, ETH | 2:37:26 PB |

Sports Authority Rock 'n' Roll Denver Half Marathon (4th)

Denver, USA, 20 October

(Distance: 21.1 km; high altitude location)

WOMEN (gun times)

- | | |
|---|---------|
| 1. Lidia Simon, 40, Boulder, CO (ROU) | 1:18:01 |
| 2. Wendy Thomas, 34, Windsor, CO | 1:18:56 |
| 3. Bethany Chang, 36, Denver, CO | 1:20:37 |
| 4. Constantina Dita, 43, Erie, CO (ROU) | 1:20:52 |

Bupa Great Birmingham Run (3rd)

(IAAF Silver Label Road Race)

Birmingham, GBR, 20 October

(Distance: 21.1 km; standard loop course with hills, but no net elevation change)

MEN (gun times)

- | |
|---|
| 1. Thomas Ayeko, UGA, 1:02:32 DB |
| 2. Chris Thompson, Aldershot Farnham & District/Nike, 1:03:03 |
| 3. Abdi Abdirahman, USA/Nike, 1:03:18 |
| 4. Collis Birmingham, AUS/Nike, 1:03:44 |
| 5. Tariku Bekele, ETH/Nike, 1:04:36 |

WOMEN (gun times)

- | |
|---|
| 1. Gemma Steel, Charnwood AC/Asics, 1:10:19 PB/CR |
| 2. Purity Kimeto, KEN, 1:12:48 |
| 3. Olha Kotovska, UKR, 1:13:12 |

Medio Maratón Ciudad de Valencia (23rd)

Valencia, ESP, 20 October

(Distance: 21.1 km; two-loop course with no start/finish separation)

MEN

1. Jacob KENDAGOR, KEN,	59:58	€ 2000
2. Kenneth KIPKEMOI, KEN	1:00:03	1200
3. John MWANGANGI, KEN	1:00:37	800

WOMEN

1. Joyce CHEPKIRUI, KEN	1:08:15 CR*	€ 2000 + 2000*
2. Emily CHEBET, KEN	1:08:20 PB	1200
3. Tadelech BEKELE ALEMU, ETH	1:08:38 PB	800

Dong-A Ilbo Gyeongju Marathon

Gyeongju, KOR, 13 October

(Distance: 42.195 km; loop course)

MEN (gun times)

1. Joel Kemboi Kimurer, KEN	2:07:48
2. Boniface Mbuvi Muema, KEN	2:09:06
3. Jonathan Kiplimo, KEN	2:09:49
4. Evans Kipkosgei Ruto, KEN	2:09:55
5. Mutai Kipkemei, KEN	2:10:06

WOMEN (gun times) -

1. Choi Bo-Ra, KOR	2:42:40
--------------------	---------

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 [prevalidated by IAAF measurer], almost completely flat. Finishers: 21 595 men + 17 527 women = 39 122 total [race record; up from 37 475 last year which was previous record].)

Note: The main results were included last week; here are more detailed results. – Ed.**MEN (gun times)**

1. Dennis Kimetto, 29, KEN	2:03:45 PB/CR	\$100,000 + 75,000i
[1:01:52 / 1:01:53]		
2. Emmanuel Mutai, 28, KEN	2:03:52 PB	50,000 + 75,000i
[1:01:53 / 1:01:59]		
3. Sammy Kitwara, 26, KEN	2:05:16 PB	25,000 + 40,000i
[1:01:53 / 1:03:23]		
4. Micah Kogo, 27, KEN	2:06:56 PB	15,000 + 10,000i
[1:01:53 / 1:05:03]		
5. Dathan Ritzenhein, 30, Beaverton, OR	2:09:45	10,000 + 10,000a + 2,500ii
[1:03:02 / 1:06:43]		
6. Ayele Abshero, 22, ETH	2:10:10	
[1:01:53 / 1:08:17]		
7. Hiroaki Sano, 29, JPN	2:10:29 PB	
[1:05:13 / 1:05:16]		
8. Moses Mosop, 28, KEN	2:11:19	
[1:01:52 / 1:09:27]		

9. Yoshinori Oda, 32, JPN 2:11:29
[1:05:13 / 1:06:16]
10. Matt Tegenkamp, 31, Portland, OR 2:12:28 DB 7,500a + 2,500ii
[1:05:14 / 1:07:14]
Atsedu Tsegay, ETH DNF (1:02:55 at half)
Zersenay Tadese, ERI DNF
Alistair Cragg, IRL (pace for Tegenkamp) DNF (1:32:26 at 30 km)
Chris Solinsky, USA (pace for Tegenkamp) DNF (1:05:12 at half)

WOMEN (gun times)

1. Rita Jeptoo, 32, KEN 2:19:57 PB \$100,000 + 40,000i
[1:11:15 / 1:08:42]
2. Jemima Jelagat, 28, KEN 2:20:48 PB 50,000 + 25,000i
[1:11:15 / 1:09:33]
3. Maria Konovalova, 39, RUS 2:22:46 PB 25,000 + 10,00i
[1:11:15 / 1:11:31]
4. Aliaksandra Duliba, 27, BLR 2:23:44 NR 15,000 + 5,000i
[1:11:30 / 1:12:14]
5. Atsedu Baysa, 26, ETH 2:26:42 10,000
[1:11:15 / 1:15:27]
6. Ehitu Kiros Reda, 25, ETH 2:27:42
[1:11:16 / 1:16:26]
7. Yukiko Akaba, 33, JPN 2:27:49
[1:11:20 / 1:16:29]
8. Abebech Afework, 22, ETH 2:28:38
[1:11:16 / 1:17:22]
9. Clara Santucci, 26, Dilliner, PA 2:31:39 10,000a + 2,500ii
[1:15:03 / 1:16:36]
10. Melissa Johnson-White, 32, Lake Orion, MI 2:32:37 PB 7,500a + 2,500ii
[1:16:26 / 1:16:11]

a) Earned USA division prize money

i) Earned time incentive bonus

ii) Earned USA time incentive bonus (sub-2:18 men/sub-2:43 women)

Tufts Health Plan 10 km for Women (37th)

(Women Only)

Boston, USA, 14 October

(Certified standard course)

1. Sentayehu Ejigu, 28, ETH 31:33 PB/CR \$5000
2. Emily Infeld, 23, Portland, OR 31:47 PB 4000
3. Risper Gesabwa, 24, Marietta, GA (KEN) 32:12 3500
4. Janet Bawcom, 35, Flagstaff, AZ 32:28 2500
5. Alice Kamunya, 22, Schenectady, NY (KEN) 32:32 PB 2000
6. Amy Van Alstine, 25, Flagstaff, AZ 32:51 PB
7. Alisha Williams, 31, Colorado Springs, CO 33:05
8. Rkia El Moukim, 25, Briarcliff Manor, NY (MAR) 33:14
9. Mattie Suver, 26, Colorado Springs, CO 33:15
10. Brianne Nelson, 32, Golden, CO 33:17

ASICS Grand 10 Berlin (6th)

Berlin, GER, 13 October

(Distance: 10 km)

Note: Fourth win in a row for Leonard Patrick Komon. – Ed.

MEN (gun times)

- | | |
|--------------------------------|----------|
| 1. Leonard Patrick Komon, KEN | 27:48 |
| 2. Adugna Tekele, ETH | 28:06 PB |
| 3. Richard Kiprop Mengich, KEN | 28:13 |
| 4. Philemon Cheboi, KEN | 28:19 PB |
| 5. Simon Tesfay, ERI | 29:09 |

WOMEN (gun times)

- | | |
|---------------------------|------------------|
| 1. Joyce Chepkirui, KEN | 30:37 PB/CR/ACR* |
| 2. Tadelech Bekele, ETH | 30:38 PB |
| 3. Fabienne Schlumpf, SUI | 33:16 PB |
| 4. Veronica Inglese, ITA | 33:25 PB |
| 5. Natalia Soloveva, RUS | 33:41 |

Four Miles of Groningen (27th)

Groningen, NED, 13 October

(Distance: 4 miles; point-to-point flat course)

Note: Viola Kibiwot ran a world best in winning the women's race over previous course record holder Emily Chebet, whose previous record was 19:20. In the men's race, 40-year-old Haile Gebrselassie was narrowly beaten by fellow Ethiopians Yenew Alamirew and Abrar Osman. – Ed.

MEN (gun times)

1. Yenew Alamirew, ETH, 17:30
2. Abrar Osman, ETH, 17:30
3. Haile Gebrselassie (40+), ETH, 17:31 WB 40+

WOMEN (gun times)

1. Viola Kibiwot, KEN, 19:14 CR/WB
2. Emily Chebet, KEN, 19:17 PB
3. Irene Jelagat, KEN, 19:23 PB
4. Maryam Yusuf Jamal, BRN, 19:43 PB

Deejay Ten (9th)

Milano, ITA, 13 October

(Distance: 10 km)

MEN

1. Michele Fontana, C.S. AERONAUTICA MILITARE, 30:41
2. Francesco Bona, C.S. AERONAUTICA MILITARE, 30:49
3. Antonio Garavello, ASSINDUSTRIA SPORT PADOVA, 31:01
4. Danilo Goffi (40+), CUS PRO PATRIA MILANO, 31:10

WOMEN

1. Valeria Straneo, RUNNER TEAM 99 SBV, 33:02
2. Nadia Ejjaferi, C.S. ESERCITO, 33:59
3. Anna Incerti, G.S. FIAMME AZZURRE, 34:07

Giro Internazionale Città di Trento (67th)

Trento, ITA, 12 October

(Distance: 10 km; multi-loop course with 1091 m for each full lap)

MEN (extended gun times)

1. Edwin SOI, KEN, 29:01
2. Wilson KIPROP, KEN, 29:01
3. Imane MERGA, ETH, ETH, 29:03
4. Simon CHEPROT, KEN, 29:20
5. Thomas LONGOSIWA, KEN, 29:23
6. Walter KORORIA, KEN, 29:25
7. Sergey LEBID, UKR, 29:29

CROSS-COUNTRY

Wisconsin adidas Invitational

Madison, USA, 19 October

WOMEN (6 km)

Team Results: 1. Arizona, 117; 2. Arkansas, 136; 3. Providence, 191 ...

- | | | |
|-------------------------|-------------------|-------|
| 1. Abbey D'Agostino | SR Dartmouth | 19:31 |
| 2. Emily Sisson | SR Providence | 19:44 |
| 3. Marielle Hall | SR Texas | 19:46 |
| ... 13. Dominique Scott | SO Arkansas (RSA) | 20:05 |

BACKGROUND

SPAR SERIES A BOON TO ROAD RUNNING DEVELOPMENT



Mapaseka Makhanya (above) won this year's Spar Series, but René Kalmer (right) is the queen of the Series with 27 victories overall.

The Spar Grand Prix Series has done much to promote road running in South Africa and incentivise runners. This is the view of South Africa's top female runner, René Kalmer, who has won the Grand Prix three times and was second this year. Kalmer has won an unprecedented 27 Spar races during her career.

"Before the Grand Prix, you just did your best to try to win the race, and you weren't too concerned about times," she said. "But now that you get bonus points for beating your previous time, it means that finishing times have gone down significantly. You can't afford to relax any more, in case someone overtakes you."

Kalmer said it was also



important that the Grand Prix was open only to South Africans. Three of this year's races were won by foreigners – the Cape Town and Port Elizabeth events by Zimbabwean Rutendo Nyahora, and the Johannesburg race by Ethiopian Gezashigh Hunduma Gameda. "Reserving the Grand Prix for South Africans shows loyalty to the local runners," she said. "Although it is always good to run against world class athletes, it is also important to support South African runners. And in turn, the local runners are loyal to the Challenge series, which has done so much for development," said Kalmer.

Transnet's Mapaseka Makhanya did enough in the Johannesburg race last Sunday to clinch top spot on the Grand Prix ladder, which means she will drive away with a brand new personalised Nissan Micra. "I'm so happy that I've won a car," said Makhanya. "I have a car already, but it's getting quite old and things keep going wrong, so I am thrilled to have a brand new car. I've loved taking part in the Spar Challenge series, and I'll definitely be back again next year."

Makhanya finished the five race series with a total of 105 points. She won the Durban and Pretoria legs and finished second in Cape Town, third in Port Elizabeth and 13th in Johannesburg. After a stunning season, during which she has won major races on the track and the road, as well as winning her debut marathon, Makhanya was not too disappointed about finishing outside the top ten in the last Spar race, saying she had simply run out of steam.

With five of the top ten on the Grand Prix ladder wearing the Nedbank Central Gauteng colours, the club easily won the club competition, with 343 points – nearly double those of their nearest rivals, Boxer KZN, who had 177. Transnet were third, with 138 points.

□ Photographs by Reg Caldecott

STATS TIME

10 FASTEST S.A. MEN IN THE MILE

Sub-4 minute miles by South Africans are fairly rare these days, mainly because the SA season does not provide as many opportunities for such a performance as in the past. This year there have been four sub-4 times – the most such times in one year since 2010. The four men who achieved a dream mile in 2013 are Johan Cronje (3:54.86 in Oslo), Jerry Motsau (3:58.84 in Potchefstroom), Peter van der Westhuizen (3:59.06 in Des Moines) and Elroy Gelant (3:59.29 in Potchefstroom). Here is the top ten on the all-time list (note that six of the times were set before 1988):

3:48.83	Sydney Maree	Rieti	09.09.81
3:50.82	Johan Fourie	Port Elizabeth	11.03.87
3:51.31	Juan van Deventer	Oslo	06.06.08
3:53.86	Graham Davidson	Hengelo	01.06.03
3:54.59	Bennie Greyling	Durban	09.12.87
3:54.60	Danie Malan	Stellenbosch	26.02.75
3:54.62	Victor Radebe	Port Elizabeth	11.03.87
3:54.84	Johan Cronje	London	25.07.09
3:54.90	Peter van der Westhuizen	Oslo	04.06.10
3:55.40	Matthews Temane	Potchefstroom	09.03.83

THIS MONTH IN HISTORY

40 years ago: 14 October 1973

Hans Gulyas of Hungary won the 6th running of the Schwarzwald Marathon in Bräunlingen, Germany, in 2:27:16, with Gabriele Andersen-Schiess (SUI) taking the women's race in 3:09:02. With 1726 finishers, this was the largest marathon in the world in 1973. The race has now had 46 runnings and over the years two of women's marathoning best-known

pioneers, Liane Winter and Christa Vahlensieck, have won it, as well as two Comrades champions, Charly Doll (1991 and 1998) and Birgit Lennartz (1993).

SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

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

– Ed.

MEN

Open

10 km	28:12	Stephen Mokoka	Manchester	26 May
	27:32A	Isiah Koech (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		02 Mar
	44:30	Lusapho April	Port Elizabeth	
	43:36	Samuel Kori (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		21 Sep
	62:45	Stephen Mokoka	East London	
	63:11A	Lloyd Bosman	Knysna	
	58:41A	Bernard Koech (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		04 May
	78:45	Lucky Mohale	Pretoria	
	73:34	Richard Kiprotich (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
	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	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

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	2:21:00	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				

Juniors

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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