

Distance Running Results

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EDITORIAL

South African stars Stephen Mokoka and René Kalmer did well in the Bupa Great South Run from Southsea to Portsmouth yesterday. With a major storm bearing down on the British Isles, times were slowed by strong winds, especially in the final two miles. Mokoka finished second behind Emmanuel Bett in 48:22, while Kalmer was sixth in a race won by Florence Kiplagat; her time was 58:39 for the 10 miles. In an e-mail Kalmer described the conditions as "awful"; she also had stomach cramps after 6 km.

Two of South Africa's oldest road races were held this weekend. In Pietermaritzburg the 82nd Duke of York Flying Scramble was held on a brand new course and won by Sibonelo Duma (his third win) and Helen Buley – both by big margins.

In Cape Town the 54th Don Lock Memorial 8 km was won by Siboniso Soldaka and Zimbabwean Fortunate Chizivo. In a remarkable show of longevity, race founder Alex Jones (86) finished his 50th Don Lock through an arch formed by the runners who had finished ahead of him holding their arms up high. Jones established the race in 1960 to honour Celtic clubmate Don Lock, who was killed in a car accident in 1959.

Morris Alexander, author of *The Comrades Marathon Story*, passed away last week. His landmark history of South Africa's biggest ultramarathon was first published in 1966.

Riël Hauman



Tiny Helderberg Harriers runner Annie Bothma scored a remarkable triumph this weekend when, at the age of just 17, she received the WP Athlete of the Year Award. She also won the Charlie Savage Award as the best junior and the prize for the best road running performance of the year for her 36:47 victory in the junior race at the SA 10 km Championships. [Jasper Coetzee]

INCLUDED IN THIS ISSUE:

- * Duke of York Flying Scramble, Pietermaritzburg
- * Don Lock Memorial 8 km, Claremont
- * BASF 32 km & Half Marathon, Vanderbijlpark
- * Heather Park Superspar 10 km, George
- * First Ascent Forest Fifteen, Tokai

* Silver Queen Runway Night Race, Ysterplaat

International highlights:

- * BMW Frankfurt Marathon, Frankfurt, GER
- * Bupa Great South Run 10 Miles, Southsea to Portsmouth, GBR
- * Volkswagen Ljubljana City Marathon, Ljubljana, SLO
- * Tulsa Run 15 km, Tulsa, USA
- * Rock 'n' Roll Lisbon Marathon, Cascais to Lisbon, POR

DRUGS NEWS

TWO OCEANS WINNER VOLGINA GETS TWO-YEAR BAN

Old Mutual Two Oceans winner Natalia Volgina (RUS) has been banned for two years, according to the IAAF website. Volgina won this year's Cape Town ultramarathon in 2:38:38, but the sample she submitted showed traces of the banned substance Metenolone and she has been suspended until 14 May 2015. Her Two Oceans result is therefore invalid and the new champion is Thabita Tsatsa (ZIM), who was second in 3:39:57.

South African Charné Bosman moves up into second and all other runners behind her also move up one position, with original eleventh-placed Camille Herron (USA) getting the last gold medal.

Bosman's position is the highest by a South African since Gwen van Lingen also finished second in 2002 – the year Volgina won the race. Volgina was second in 2001, 2003 and 2012.

It has also become known that Nedbank SWD runner Helga Mathee has been banned by the IAAF for three months for using a prohibited substance. Mathee was tested at the Comrades Marathon, where she finished twelfth, and traces of Betamethasone were found in her sample. She was banned for three months, and will be free to compete again after 31 October.

Other South Africans currently serving a drugs ban are Innis Viviers (life ban), Charmaine Barnard, Mbatha Bonsumuso, Thabisa Kekana, André Koekemoer, Kagiso Kumbane, Oleboheng Masire and Tsholofelo Thipe.

ROAD RUNNING

Duke of York Flying Scramble (82nd)

Pietermaritzburg, 27 October

(Distance: 16 km; NEW course [see below]. Finishers: 273.)

Note: The old course was point to point and severely downhill. While the new course is still point to point, with a s/f separation of 4.5 km (28% of the race distance), it gains 4 m from start (662 m above sea level) to finish (668 m). Sibonelo Duma scored his third victory – he also won in 2010 and 2012. – Ed.

MEN

- | | | | |
|----|-------------------|-------------|--------------|
| 1. | Sibonelo Duma | Boxer AC | 55:48 (R500) |
| 2. | Nhlanhla Tshababa | Maxed Elite | 58:57 (R200) |
| 3. | Philani Ngcobo | Coll Harr | 59:04 (R100) |

(Same prize money in all age categories: R100, R50.)

40-49:

- | | | | |
|----|-------------------|-----------|-------|
| 1. | Nkosikama Dlamini | Phuma KZN | 66:30 |
| 2. | Patrick Mkhize | VAC | 70:35 |

50-59:

- | | | | |
|----|-----------------|-----------|-------|
| 1. | Louis Pretorius | Coll Harr | 89:32 |
|----|-----------------|-----------|-------|

2. Andy Patterson Hillcrest Vill 93:37

60+:

1. John Sage West AC 85:59

2. Mike Cowley Saints AC 86:35

Juniors:

1. Ndumuso Ndlovu Coll Harr 71:37

WOMEN (Same prize money as men)

1. Helen Buley Ind 75:30

2. Nonsekelo Mbambo Natal Carb 79:29

3. Xoli Madida Natal Carb 81:28

40-49:

1. Julia Thompson Hilton Harr 99:19

2. Paulse Rika Corr Serv 111:45

50-59:

1. Debby de Koning Eskom AC 88:30

2. Jane Mc Michael Hilton Harr 110:48

60+:

1. Pat Fisher Stella AC 101:16

2. Maureen Perry Chiltern AC 109:20

Juniors:

1. Nondumiso Khoza Natal Carb 95:37

Don Lock Memorial 8 km (54th)

Claremont, 27 October

(Certified loop course. Weather: Warm with no wind. Finishers: 522)

Note: Two races (and podium positions) on consecutive days for Youssef Kanouni, Albert Williams, Sheryl de Lange, Helen du Plessis and Pixie Sparg – they all ran the First Ascent Forest Fifteen the previous day as well. – Ed.

MEN

1. Siboniso Soldaka (CPUT) 24:34 (R350)

2. Lungile Gongqa (Cheetahs) 24:44 (R175)

3. Michael Bailey (Ned) 25:10 (R100)

(All age category prize money was the same: R125, R100, R75.)

Veterans: 1. Xolile Macanda (Gugs) 26:57; 2. Youssef Kanouni (Ned) 28:06; 3. Roger Dickson (VOB) 28:10. **Masters:** 1. Goodman Mpukane (Gugs) 30:24; 2. Gerald Sullivan (Durb) 31:00; 3. Peter Wrensch (Tyger) 31:32. **G'masters:** 1. Albert Williams (Top) 34:45; 2. Paul San Giorgio (VOB) 36:49; 3. Niel Ebing (WPCC) 37:05. **Juniors:** 1. Ntsika Quba (Khay) 27:08; 2. Lwando Makhasi (Ommie) 27:25; 3. Sipho Mokweni(Ommie) 27:43.

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Itheko) 30:03

2. Tanya Scott (UCT) 30:18

3. Khanya Mateyisi (Khay) 30:37

Veterans: 1. Tana Janse van Rensburg (NBMC) 34:08; 2. Sheryl de Lange (NBMC) 34:33; 3. Chantel Simpson (Ned) 34:44. **Masters:** 1. Renée Scott (VOB) 36:11; 2. Charmaine Cupido (Ned) 38:27; 3. Cailey Bredenkamp (Paarl) 39:17. **G'masters:** 1. Helen du Plessis (Tyger) 40:01; 2. Pixie Sparg (Celtic) 41:11; 3. Marietha Herbert (Bell) 42:52. **Juniors:** 1. Busisiwe Gwala (VOB) 30:52; 2. Pamela Moyikwa (VOB) 33:08; 3. Nthuseng Lolwana (VOB) 33:33.

BASF 32 km & Half Marathon

Vanderbijlpark, 26 October

(Distances: 32 km & 21.1 km; loop courses)

32 km

MEN

1 Coolboy Ngamole (Nedbank) 1:50:39; 2 Reginald Ngobese (GS) 1:56:28 (1st vet); 3 Lutendo Mapoto (Arcelor Mittal) 1:57:44.

Veterans: 1 Reginald Ngobese (GS) 1:56:28. **Masters:** 1 Roelof van Wyk (Vaal) 2:12:43.

G'masters: 1 John Craven (Nedbank) 3:34:07.

WOMEN

1 Vanessa Bowman (Kempton) 2:32:06 (1st vet); 2 Monica Foster (Boksburg) 2:36:01; 3 Lindiwe Mthombeni (Sasol) 2:36:14.

Veterans: 1 Vanessa Bowman (Kempton) 2:32:06. **Masters:** 1 Rita van Wyk (Boksburg) 2:9:46.

G'masters: 1 Sally Halim (RRW) 3:46:43.

Half marathon

MEN

1 Lebogang Khonkhobe (Toyota) 70:45; 2 Vusi Nkutha (Nedbank) 72:17; 3 James Mgcina (Sports Connection) 73:02.

Veterans: 1 Jacob Mazibuko (Bidvest) 76:54. **Masters:** 1 Steve Chadwick (Hi Midas) 1:45:34.

G'masters: 1 John Woodnutt (Morningside) 98:41.

WOMEN

1 Marie Bruwer (Arcelor Mittal) 97:55 (1st mast); 2 Magda Nieuwoudt (Temp) 98:27; 3 Cecile Schultz (Berts Bricks) 1:45:08.

Masters: 1 Marie Bruwer (Arcelor Mittal) 97:55. **G'masters:** 1 Sue Darroll (RAC) 3:15:51.

Heather Park Superspar 10 km

George, 26 October

(Finishers: 218)

MEN

1	Etienne Plaatjies	Nedbank	26	30:19
2	Gershwill Jacobs	Nedbank	23	30:54
3	Lloyd Bosman	Nedbank	25	31:47
4	Julius Korkee	Mossel Bay Harriers	29	32:40
5	Jesse Visagie	Temp	22	32:50
6	Lindile Tokota	Nedbank	45	33:10
7	John April	RWFL	24	33:27
8	Vuyo Witbooi	Outeniqua Harriers	38	34:46
9	Jan Isaks	Rainbow AC	28	34:48
10	Melikhaya Msizi	Knysna MC	30	35:07

WOMEN

1	Kirsty Weir	Nedbank	35	38:40
2	Melissa van Rensburg	Nedbank	31	39:40
3	Merida Leen	Mossel Bay Harriers	16	41:33
4	Lisl Grolber	Knysna MC	38	41:37
5	Alison Jordaan	Nedbank	47	43:00

6	Annatjie Botes	Nedbank	55	43:15
7	Marcelle van Tonder	Nedbank	19	43:16
8	Renee Moll	Nedbank	43	44:08
9	Clarisha Pieterse	Mossel Bay Harriers	15	45:06
10	Cecilia Nel	Temp	31	47:11

First Ascent Forest Fifteen

Tokai, 26 October

(Distance: 15 km; loop course, very hilly, mostly on gravel and trails. Weather: cool and windy. Finishers: 683.)

Note: Admire Rushika successfully defended his title. – Ed.

MEN

1. Admire Rushika (Ned) 51:45
2. Phumlani Nxusani (Ned) 52:41
3. Marks Mpekula (VOB) 53:26

Veterans: 1. Youssef Kanouni (Ned) 57:52; 2. Quinton Prince (Met) 58:46. **Masters:** 1. Shafiek Cassiem (Itheko) 65:17; 2. Keith Tessner (SANDF) 67:22. **G'masters:** 1. Albert Williams (Top) 73:16; 2. Ian McDonald (Celtic) 73:32.

WOMEN

1. Candyce Hall (Ned) 57:05
2. Sheryl de Lange (NBMC) 68:02 (1st vet)
3. Riana Gilliland (AAC) 72:26

Veterans: 1. Sheryl de Lange (NBMC) 68:02; 2. Ellie Courts (Celtic) 73:32. **Masters:** 1. Georgina Sinclair (VOB) 78:20; 2. Margaret Moller (Maties) 85:22. **G'masters:** 1. Helen du Plessis (Tyger) 85:50; 2. Pixie Sparg (Celtic) 87:17.

Silver Queen Runway Night Race

(Incorporating the SANDF 10 km Championships)

Ysterplaat, 23 October

(Distance: 10 km; certified loop course. Weather: very windy. Finishers: 884.)

Note: The race had 585 finishers last year, so there was an increase of 51%. – Ed.

MEN

1. Siboniso Soldaka (CPUT) 32:18
2. Pieter Koopman (Ned Bol) 32:30
3. Vuyo Mbukushe (Gugs) 32:55

Veterans: 1. Graham Katzen (Itheko) 34:34; 2. S. Mkhize (SANDF AFS) 34:41; 3. Xolile Macanda (Gugs) 35:15. **Masters:** 1. Antony Nyabanyaba (SANDF) 38:06; 2. Zolani Ntsodo (SANDF) 38:43; 3. Steven Parkins (Tyger) 40:00. **G'masters:** 1. Albert Williams (Top) 45:07; 2. Paul San Giorgio (VOB) 46:13; 3. Cornelius de Wee (Tyger) 47:13. **Juniors:** 1. Sive Ngubo (Ned) 33:31; 2. Emile Paulsen (NBMC) 33:34; 3. Granwin Katzen (Itheko) 34:32.

WOMEN

1. Fortunate Chidzivo (ZIM) 39:13
2. Candyce Hall (Ned) 40:50
3. Busisiwe Gwala (VOB) 40:56 (1st jun)

Veterans: 1. Sheryl de Lange (NBMC) 43:25; 2. Sandra van Graan (Edge) 44:05; 3. Resia Swart (Stell) 50:18. **Masters:** 1. Cailey Bredenkamp (Paarl) 50:42; 2. Cynthia Booysen (Gugs) 51:28; 3. Sonia Smith (MPT) 53:09. **G'masters:** 1. Helen du Plessis (Tyger) 51:50; 2. Pixie Sparg (Celtic) 52:08; 3. Lyn Wood (NBMC) 59:34. **Juniors:** 1. Busisiwe Gwala (VOB) 40:56; 2. Andrea Terblanche (Paarl) 63:23; 3. Zaida Baadjies (ARD) 77:12.

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

BMW Frankfurt Marathon (32nd)

(IAAF Gold Label Road Race)

Frankfurt, GER, 27 October

(Distance: 42.195 km; certified course with indoor finish at Festival Hall)

MEN (gun times)

1. Vincent Kipruto, KEN	2:06:15	€ 20,000 + 10,000i
[1:03:07 / 1:03:08]		
2. Mark Kiptoo, KEN	2:06:16 DB	12,500 + 10,000i
3. Elijah Kemboi, KEN	2:07:34 PB	10,000 + 2,500i
4. Jacob Chesari, KEN	2:07:46 PB	7,500 + 2,500i
5. Albert Matebor, KEN	2:08:17	4,000

WOMEN (gun times)

1. Caroline Kilel, KEN	2:22:34 PB	€ 20,000 + 30,000i
[1:11:10 / 1:11:24]		
2. Flomena Chepchirchir, KEN	2:23:00 PB	12,500 + 15,000i
3. Birhane Dibaba, ETH	2:23:01 PB	10,000 + 15,000i
4. Mamitu Daska, ETH	2:23:23	7,500 + 15,000i
5. Eunice Kirwa, KEN	2:23:45	4,000 + 5,000i
... 12. Gelete Burka, ETH	2:30:40 DB	
... 15. Joasia Zakrzewski, GBR	2:39:22 PB	

i) Earned time incentive bonus

Bupa Great South Run 10 Miles

Southsea to Portsmouth, GBR, 27 October

Distance: 10 miles; point-to-point course

MEN (gun times)

1. Emmanuel Bett, KEN	48:03 PB
2. Stephen Mokoka, RSA	48:22
3. Thomas Ayeko, UGA	49:08 PB
4. Andy Vernon, GBR	49:21
5. Abdi Abdirahman, USA	49:23

WOMEN (gun times)

1. Florence Kiplagat, KEN	53:53 PB
2. Polline Wanjiku, KEN	56:43 PB
3. Charlotte Purdue, GBR	56:57
4. Dominika Nowakowska, POL	57:50 PB
5. Susan Partridge, GBR	58:08

6. René Kalmer, **RSA** 58:39

Volkswagen Ljubljana City Marathon (18th)

Ljubljana, SLO, 27 October

(Distance: 42.195 km; two-loop course; no start/finish separation but course may not be certified)

MEN

1. Mulugeta Wami, 1982, ETH, 2:10:26 € 12,000
2. Deribe Robi, 1984, ETH, 2:10:30
3. Julius Chepkwony, 1986, KEN, 2:10:31

WOMEN

1. Caroline Chepkwony, 1985, KEN, 2:27:27 PB € 12,000 + 3000i
2. Edinah Kwambai, 1980, KEN, 2:29:35
3. Emily Samoei, 1980, KEN, 2:30:01

Tulsa Run 15 km (36th)

Tulsa, USA, 26 October

MEN (gun times)

- | | | |
|---------------------------|----------|--------|
| 1. Julius Kogo, 28, KEN | 43:25 PB | \$5000 |
| 2. Elijah Muturi, 27, KEN | 43:42 | 2000 |
| 3. Nelson Oyugi, 21, KEN | 43:47 | 1000 |

WOMEN (gun times)

- | | | |
|--------------------------------------|-----------|--------|
| 1. Aliphine Tuliamuk-Bolton, 24, KEN | 49:24 | \$5000 |
| 2. Risper Gesabwa, 24, KEN | 49:44 PB= | 2000 |
| 3. Sarah Kiptoo, 24, KEN | 50:28 | 1000 |

Rock 'n' Roll Lisbon Marathon

Cascais to Lisbon, POR, 6 October

(Distance: 42.195 km)

Note: Paul Lonyangata was the pacemaker, but decided to finish and won the race!. – Ed.

MEN

1. Paul Lonyangata (KEN) 2:09:46
2. Sergey Lebid (UKR) 2:11:24 (debut)
3. Laban Mutai (KEN) 2:12:21

WOMEN

1. Agnes Kiprop (KEN) 2:31:15
 2. Helen Kirop (KEN) 2:32:07
 3. Melkam Gizaw (ETH) 2:35:16
-

NEWS (OF A KIND)

This story from *Athletics International* has nothing to do with distance running, but is so bizarre that I thought I would like to share it with readers. – Ed.

RESULT AMENDED ... AFTER 75 YEARS!

Here is an amended result ... from 21 June 1938. The Finnish Athletics Federation has revised the placings in a 100 m race held in Helsinki's newly opened Olympic Stadium 75 years ago. At the time Toivo Häkkinen was declared first in 11.0, but the actual winner (11.0), Abraham Tokazier, was omitted from the original results because he was Jewish. The reason? An official delegation from Nazi Germany was present and the meeting organisers did not wish to offend their guests! The Federation has apologised to Tokazier's family. Tokazier, who placed second in that year's Finnish Champs 100 m, died in 1976, aged 66.

STATS TIME

This week we include a list of the top ten male veterans in the marathon. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2013 MARATHON: TOP 10 MEN

2:08:32	Lusapho April	1	Hannover	05 May
2:13:42	Sibusiso Nzima	6	Hamburg	21 Apr
2:15:58	Lucky Modike Mohale	3	Sydney	22 Sep
2:16:33A	Benedict Moeng	2	Johannesburg	08 Sep
2:16:36	David Ngakane	3	Omsk	22 Sep
2:17:03	Lindikhaya Mthangayi	1	Cape Town	22 Sep
2:17:06A	Michael Mazibuko	3	Johannesburg	08 Sep
2:19:07	Phumlani Nxusani	3	Cape Town	22 Sep
2:19:08A	Desmond Mokgobu	8	Johannesburg	08 Sep
2:19:32	Kgosi Samuel Tsosane	5	Mossel Bay	28 Sep

THIS MONTH IN HISTORY

50 years ago: 13 October 1963

Leonard "Buddy" Edelen (USA) won the 38th edition of the Kosice Marathon in Slovakia in 2:15:09.6, scoring a convincing victory over Sergey Popov (RUS), who finished in 2:17:45.2. Edelen's time was an event record that stood for fifteen years. The next year in Tokyo he finished sixth in the Olympic Marathon won by Abebe Bikila (ETH), who had been Kosice champion in 1961. The Kosice Marathon, the world's third oldest, has now been held 88 times.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

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

MENOpen

10 km	28:12	Stephen Mokoka	Manchester	26 May
	27:32A	Isiah Koech (KEN)		
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	
	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)		
30 km	71:50	Sammy Kosgei (KEN) 2010		06 Jan
	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:34:30	Nkosinathi Madyo	Camps Bay	
	1:29:31	Yuki Kawauchi (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:08:32	Lusapho April	Hannover	05 May
	2:03:23	Wilson Kipsang (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
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 2:19:29	Vladimir Kotov Titus Mamabolo (RSA) 1991	Oudtshoorn	03 Feb]
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 27:52	Tumisang Monatlala Richard Chelimo (KEN) 1990	Durban	19 May
15 km	48:56 42:25	Masibulele Heugh Moses Mosop (KEN) 2004	Jeffreys Bay	05 Jan
21.1 km	70:17 59:16	Masibulele Heugh Samuel Wanjiru (KEN) 2005	Port Elizabeth	29 Jun

WOMEN

Open

10 km	32:49 30:30 30:21	Mapaseka Makhanya Tirunesh Dibaba (ETH) Paula Radcliffe (GBR) 2003	Durban	23 Jun
15 km	51:11 48:48	René Kalmer Sara-Isabel Moreira (POR)	Germiston	07 Apr
21.1 km	46:28 74:25 65:45A	Tirunesh Dibaba (ETH) 2009 Irvette van Zyl Priscilla Cheptoo (KEN)	Lisbon	24 Mar
25 km	65:50 1:32:18 1:21:35	Mary Keitany (KEN) 2011 Tanith Maxwell Lucy Kabuu (KEN)	Berlin	05 May
30 km	79:53 1:58:12 1:43:46	Mary Keitany (KEN) 2010 Kim Laxton Yuko Mizuguchi (JPN)	Parow	16 Mar
Marathon	1:38:49 2:31:26 2:19:57	Mizuki Noguchi (JPN) 2005 Irvette van Zyl Rita Jeptoo (KEN)	London	21 Apr
100 km	2:15:25 10:38:40 6:33:11	Paula Radcliffe (GBR) 2003 Megan Goliath Tomoe Abe (JPN) 2000	Cape Town	28 Sep

Veterans (40+)

10 km	36:17 32:14	Janene Carey Priscilla Welch (GBR) 1985	Hammarisdale	28 Jul
15 km	58:21 49:35	Zola Pieterse Priscilla Welch (GBR) 1985	Durbanville	23 Jan
21.1 km	80:40 69:56	Suzette Botha Irina Permitina (RUS) 2009	Pietermaritzburg	24 Feb
25 km	1:56:17 1:46:01A 82:13	Vanessa Bowman Janine Carey Mizuki Noguchi (JPN) 2005	Pretoria Pinetown	04 May 27 Jan
30 km	2:11:30 1:51:37	Elmarie Coetzee Mieke Pullen (NED) 2001	Camps Bay	06 Jan
Marathon	2:49:38	Suzette Botha	Oudtshoorn	03 Feb

100 km	2:26:51 12:32:07 7:00:27	Priscilla Welch (GBR) 1987 Lisa Janse v. Rensburg Cape Town Normi Sakurai (JPN) 2007	28 Sep
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Masters (50+)

10 km	39:47 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Durban 19 May
15 km	61:12 54:33	Judy Bird Shirley Matson (USA) 1991	Constantia 09 Mar
21.1 km	88:01 76:07	Jane Mudau Tatyana Pozdniakova (UKR) 2006	Benoni 14 Apr
25 km	2:06:48 1:55:20A	Ansa Strydom Janette Schierz-Crusius	Brits Somerset East
30 km	2:24:05	Olga Howard	Camps Bay 06 Jan
Marathon	3:14:43 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	Pretoria 23 Feb
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 31:42	Annie Bothma Zola Pieterse (RSA) 1984	Cape Town	13 Oct
15 km	56:41 49:40	Annie Bothma Ines Chenonge (KEN) 2001	Eersterivier	22 Jun
21.1 km	86:01 1:09:05	Slindile Chili Delilah Asiago (KEN) 1991	Richards Bay	30 Jun

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