

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

Stephen Mokoka scored a good victory in the Shanghai Marathon yesterday, running 2:09:29 to beat Beraki Beyene (ERI) by 19 seconds. Mokoka's time is his best of the year and the second fastest by a South African.

Several of South Africa's oldest nonmarathon races are held at this time of the year. In Pretoria the 45th Eagles Muller Potgieter Memorial 15 km was won by Altus Badenhorst (53:26) and Jacqui van der Waals (62:43). In Durban the 40th BMG Stainbank Cup 15 km went to Sithembele Fanekho, who retained his title in 50:16, and Lesotho's Ntebaleng Letsela (59:44).

Also included are the results of the 40th City Lodge RAC Tough One 32 km. Kim Laxton had entered the long race and her mother, Sonja, was due to run the 5 km race. Organisers RAC had given Sonja race number 1, and when she could not compete because of the injuries she sustained when she was hit by a car the previous weekend, Kim was allowed to run with her number. Despite the pressure of Sonja's injuries and hospitalisation, Kim won from Nolene Conrad after finishing second last year. The men's race went to Abram Khumalo.



Winner Kim Laxton flanked by three-time winner Yolande Maclean (left) and Nolene Conrad at the City Lodge RAC Tough One. [Jetline Action Photo]

Quick times – although not as quick as last year – were the order of the day in the Executive Mayor Eastern Limb Mines Half Marathon in Burgersfort. Benedict Moeng won in 63:26, with another three runners dipping under 64 minutes. In the women's race Lebo Phalula had an easy win over Ethiopia's Alemtsehay Kakisa in 78:53. (See the RTB calculation with the results.)

But perhaps the best performance of the weekend came from Margie Saunders, who turned 60 in September, when she ran a huge new list leader in the Alpha Pharm Klinikare 10 km in Port Elizabeth. Saunders finished fifth overall in 41:58; the four runners ahead of her were respectively 29, 41, 40 and 42 years younger than her. Her time is only 38 seconds slower than Sonja Laxton's SA record for grandmasters.

KZN correspondent Alen Hattingh wrote to remind all holidaymakers in the Durban area about three popular races coming up: the 20th Illovo Sugar Christmas Challenge 15 km in Westville on 8 December, the KwaZulu Weavers & Candles Summer Holiday Half Marathon and 10 km near Winterton on 15 December, and the My Life My Future Charity 10 km at Kings Park on 15 December.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * BMG Stainbank Cup 15 km, Durban
- * Eagles Muller Potgieter Memorial 15 km & 10 km, Pretoria
- * Executive Mayor Eastern Limb Mines Half Marathon & 10 km, Burgersfort
- * Edgemoor 10 km Classic, Edgemoor
- * Alpha Pharm Clinicare 10 km, Port Elizabeth
- * Sani Stagger Marathon & Half Marathon, Sani Pass
- * Sanlam Niel Joubert Plaaswedloop, Simondium
- * City Lodge RAC Tough One 32 km and Asics 5 km, Johannesburg

International highlights:

- * Fukuoka International Open Marathon Championships, Fukuoka, JPN
 - * 2013 Toray Cup - Shanghai International Marathon, Shanghai, CHN
 - * Galaxy Entertainment Macau International Marathon, Macau, MAC
 - * Standard Chartered Singapore Marathon, Singapore, SIN
 - * Manchester Road Race, Manchester, USA
 - * Applied Materials Silicon Valley Turkey Trot 5 km, San Jose, USA
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ROAD RUNNING

BMG Stainbank Cup 15 km (40th)

Durban, 1 December

(Loop course. Finishers: 833.)

MEN

1.	Sithembele Fanekho	Boxer AC	50:16 (R400)
2.	Bonginkosi Zwane	Phantane AC	50:48 (R250)
3.	Babalo Mtsokoba	Stella AC	50:58 (R150)

40-49:

1.	Grant Cummings	West AC	56:34 (R200)
2.	Siya Joji	Shakaland AC	57:01 (R150)
3.	Andries Nothwune	Nedbank AC	57:36 (R100)

50-59:

1.	Peter Sehloho	Boxer AC	56:53 (R200)
2.	Willie Majombozi	Boxer AC	59:11 (R100)
3.	Wayne Scott	PDAC	64:30 (R75)

60-69:

1.	Michael Langa	Athletic North	65:51 (R200)
2.	Mbekeseni Mchunu	Kwa Mashu AC	72:58 (R100)
3.	Lindsay Rogerson	Riverside Harr	74:37

70+:

1.	Poobala Reddy	Chatsworth AC	92:40 (R100)
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Juniors:

1.	Mbhasobithi Gumede	Inanda AC	53:49 (R150)
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WOMEN (Same prize money as men)

1.	Ntebaleng Letsela	LES/Phantane AC	59:44
2.	Sithulisiwe Zhou	ZIM/Phantane AC	59:50
3.	Nonsikelo Mbambo	Natal Carbs	68:52

40-49:

1.	Pat Dammann	Forest Hills AC	69:17
2.	Lauren Calenborne	West AC	72:12
3.	Lise Muchna	PDAC	72:38

50-59:

1.	Debby de Koning	Eskom AC	78:18
2.	Janine Engels	PDAC	79:03
3.	Sheree Kirsten	West AC	81:11

60-69:

1.	Pam Rasmussen	QBH	86:26
2.	Pat Fischer	Stella AC	88:52
3.	Denise Reynecke	QBH	94:23

Juniors:

1.	Nondumiso Khoza	Natal Carbs	93:33
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Eagles Muller Potgieter Memorial 15 km (45th) & 10 km

Pretoria, 30 November
(Hilly loop courses)

15 km

MEN

1 Altus Badenhorst (Nedbank) 53:26; 2 Benzani Motau (Exxaro) 54:04; 3 Musabekosi Sibiya (ACRW) 56:20.

Veterans: 1 Elphus Maluleka (NB) 60:32. **Masters:** 1 Colin Fisher (CSIR) 70:17.

G'masters 1 John Whitter (RAC) 79:47. **G/g'masters** 1 Charles Stewart (Phobians) 89:48.

WOMEN

1 Jaqcu v.d. Waals (Nedbank) 62:43; 2 Prudence Zwane (Transnet) 66:57; 3 Carien Visser (Tuks) 69:39 (1st vet).

Veterans: 1 Carien Visser (Tuks) 69:39. **Masters:** 1 Sandra Steenkamp (Irene) 71:22.

G'masters 1 Rina Machado (Ndaba) 92:06. **Juniors:** 1 Samantha Taylor (Maties) 81:13.

10 km

MEN

1 Tefo Montoedi (Eskom) 35:06 (1st jun); 2 Adriaan Aldridge (TUT) 35:57; 3 Jaco Brummer (NB) 37:53.

Veterans: 1 Spike Laubscher (Tuks) 48:26. **Masters:** 1 Nuno Thomaz (NB) 39:34.

G'masters 1 Jim Dodds (RAC) 48:20. **G/g'masters** 1 Danie Roux (Kempton) 64:23.

Juniors: 1 Tefo Montoedi (Eskom) 35:06.

WOMEN

1 Bernadene McCloud (UJ) 41:26 (1st jun); 2 Nadine Breytenbach (Irene) 44:47; 3 Gerda Steyn (Temp) 46:43.

Veterans: 1 Ansie Breytenbach (Irene) 50:28. **Masters:** 1 Beverley Rauch (Phobians)

58:35. **G'masters** 1 Sarie Botha (Phobians) 66:32. **Juniors:** 1 Bernadene McCloud (UJ) 41:26.

Executive Mayor Eastern Limb Mines Half Marathon & 10 km

Burgersfort, 30 November

(Distances: 21.1 km & 10 km)

Note: As usual, the times in the half marathon – more so the men's than the women's – appear to be very fast. Using the RTB (Race Time Bias) formula, devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, the figure for seventeen athletes is -1.66 sec/km (last year it was more than -3 sec/km), well within the allowable limit of -5 sec/km. – Ed.

Half marathon

MEN

1 Benedict Moeng (Transnet) 63:26; 2 Sibusisu Nzima (Nedbank) 63:32; 3 David Manja (Nedbank) 63:50; 4 Xolisa Tyali (Nedbank) 63:55; 5 Precious Mashele (Transnet) 64:11; 6 Joel Mmone (Nedbank) 64:14; 7 Nixon Kibor (KEN/Toyota) 64:28; 8 Julius Kitur (KEN/Maxed Elite) 65:14; 9 Paul Manwa (KEN/Toyota) 65:23; 10 Timothy Chelimo (KEN/Toyota) 66:24.

Veterans: 1 Brighton Chipere (ZIM/Maxed Elite) 67:52; 2 Leboka Noto (LES/Toyota) 72:16; 3 Timothy Makofane (Scaw) 73:40. **Masters:** 1 Daniel Mothibe (New Balance) 75:16; 2 Francis Makuka (ZAM/Bashewa) 78:28; 3 Israel Madibana (Eskom) 80:00.

G'masters: 1 Mputhi Mabotha (Eskom) 94:32; 2 Don Charles (Nedbank) 94:50; 3 Daniel Hlongwane (Nedbank) 95:26. **Juniors:** 1 Emmanuel Ramohlale (RWFL) 73:15; 2 Lebogang Mosito (Scaw) 74:38; 3 Mabu Collins (Nedbank) 75:20.

WOMEN

1 Lebo Phalula (Maxed Elite) 78:53; 2 Alemtsehay Kakisa (ETH/Nedbank) 80:29; 3 Irene Loritareng (KEN/Toyota) 82:34; 4 Alicen Manake (ZIM) 83:02; 5 Nobule Tshuma (ZIM/Elim) 85:09 (1st jun); 6 Tsion Lemma (ETH/Nedbank) 85:54; 7 Poppy Mlambo (Boxer) 87:20; 8 Takalane Nthulane (Transnet) 88:54; 9 Jane Mudau (Nedbank) 90:15; 10 Azwindini Gladys Lukhwareni (Transnet) 93:30.

Veterans: 1 Paulina Phaho (Transnet) 1:44:43; 2 Nomvula Kenyane (ADT) 1:51:51.

Masters: 1 Jane Mudau (Nedbank) 90:15; 2 Estelle Kroukamp (New Balance) 1:58:59; 3 Sewele Maponyane (UJ) 2:03:22. **G'masters:** 1 Margaret Boshoe (Sunninghill) 2:12:40.

Juniors: 1 Nobule Tshuma (ZIM/Elim) 85:09; 2 Portia Mabena (Modikwa) 2:12:41; 3 Good-Enough Maisela (Temp) 2:25:32.

10 km

MEN

1 Lebogang Masilo (Transnet) 30:14; 2 Coolboy Ngamole (Nedbank) 30:22; 3 Itumeleng Tshetlanya (Scaw) 31:20.

Veterans: 1 Isaac Kering (KEN/Toyota) 33:41; 2 Emmanuel Matumba (Vhembe) 34:37; 3 Johannes Ratsela (Zwakala) 38:21. **Masters:** 1 Mabale Sontaga (Breakthru Midrand) 36:58; 2 Elias Letlape (Nedbank) 39:43; 3 Solomon Masedi (Modikwa) 44:14. **G'masters:** 1 Pele Tshidukumalema (Toyota) 47:09; 2 William Mononoka (RAC) 49:19; 3 Reginald Monareng (Foskor) 53:00. **Juniors:** 1 Thabang Mosiako (Nedbank) 31:23; 2 Thero Masedi (Temp) 41:46.

WOMEN

1 Goodness Lechaba (Sports Interchange) 39:09; 2 Joyce Netshifhefhe (Toyota) 40:05; 3 Refiloe Peo (Toyota) 42:47 (1st jun).

Veterans: 1 Cynthia Mkovane (Ricoh) 49:09; 2 Muthiphe Managa (Nedbank) 49:49; 3 Stella Madlala (Fourways) 52:31. **Masters:** 1 Eunice Lebyana (Sabie) 64:07. **Juniors:** 1 Refiloe Peo (Toyota) 42:47; 2 Faith Makatu (Foskor) 49:40.

Edgemoor 10 km Classic (1st)

Edgemoor, 30 November

(Certified flat loop course. Weather: cool, very strong wind. Finishers: 800.)

MEN

1. Peter Tsawayo (ZIM/Gugs) 31:49
2. Godwin Swartz (NBMC) 31:58
3. Nkosinathi Sotyantya (Itheke) 32:21

Veterans: 1. Graham Katzen (Itheke) 33:47; 2. Shawn Abrahams (Itheke) 35:27; 3. Sabelo Ngcwama (Celtic) 37:07. **Masters:** 1. Chris Mitchell (Celtic) 38:39; 2. Gerald Sullivan (Durb) 40:13; 3. Eise Geertz (Bell) 40:52. **G'masters:** 1. Barry Bester (Durb) 49:39; 2. Mohammed Kriel (Ind) 44:03; 3. Albert Williams (Top) 44:19. **G/g'masters:** 1. Chet Sainsbury (Celtic) 52:09; 2. Peter Chubb (VOB) 54:24; 3. Carl Hendricks (Brack) 55:20. **Juniors:** 1. Granwin Katzen (Itheke) 33:44; 2. Sive Ngubo (Ned) 34:32; 3. Lukhanyo Nobakada (VOB) 35:46.

WOMEN

1. Busisiwe Gwala (VOB) 39:06
2. Pamela Moyikwa (VOB) 39:07
3. Fortunate Chidzivo (ZIM/Itheke) 39:24

Veterans: 1. Paola Vignani (Ned) 45:32; 2. Tanya Kapp (NBMC) 46:21; 3. Marie Louw (NBMC) 46:29. **Masters:** 1. Mariëtte Strauss (Tyger) 43:23; 2. Olga Howard (Celtic) 52:09; 3. Tina Harkett (AAC) 51:40. **G'masters:** 1. Helen du Plessis (Tyger) 49:55; 2. Pixie Sparg (Celtic) 52:09; 3. Mariëtha Herbert (Bell) 54:53. **G/g'masters:** 1. Annatjie Berntzen (Tyger) 71:53; 2. Jo Goddard (FH) 73:10. **Juniors:** 1. Busisiwe Gwala (VOB) 39:06; 2. Pamela Moyikwa (VOB) 39:07; 3. Nthuseng Lolwana (VOB) 41:16.

Alpha Pharm Clinicare 10 km

Port Elizabeth, 30 November

(Loop course. Finishers: 514 [down from 619 last year].)

MEN

1	Siyabulela	Mtsha	EC Sport Academy	26	30:36
2	Mariano	Eesou	Absa NMMU AC	21	31:01
3	Anele	Maliza	Nedbank RC EP	35	31:50
4	Zolani	Mabongo	Maxed Elite EP	27	32:11
5	Melikhaya	Frans	Nedbank RC EP	21	32:24
6	Sakhumzi	Matiso (1 st jun)	EC Sport Academy	19	32:27
7	Disqualified				
8	André	Ketchem	Transnet Eng EP	30	32:40
9	Masande	Mlonyeni	Nedbank RC EP	33	32:49
10	Mkhuseli	Nyongo	Absa NMMU AC	27	32:50
11	Sandile	Ngunuza	Nedbank RC EP	30	32:50
12	Mila	Pasiya	Nedbank RC EP	34	33:17
13	Aphlyn	Taai	Transnet Eng EP	31	33:21
14	Sifiso	Lugaju	Temp	23	33:54
15	Sinathi	Mafanga	EC Sport Academy	22	33:56
16	Mzamo	Fokwana	Charlo AC	36	33:57
17	Aphelele	Fanekho	Temp	17	33:58

18	Terrance	Mjekula (1 st vet)	Warriors AC	41	34:26
19	Asanda	Moss	Temp	19	34:45
20	Desmond	Zibi (1 st mast)	Ikhamva AC	50	34:48
21	Paul	Wolff	Achilles AAA	45	35:26

40-44:

1	Terrance	Mjekula	Warriors AC	41	34:26
2	Luvuyo	Stephen	Nedbank RC EP	43	35:26
3	Bradley	Mackenzie	Achilles AAA	41	38:05

45-49:

1	Paul	Wolff	Achilles AAA	45	35:26
2	John	Rafani	Nedbank RC EP	46	36:23
3	Vernon	Newfeldt	Gelvan AC	47	38:43

50-54:

1	Desmond	Zibi	Ikhamva AC	50	34:48
2	Michael	Bekapi	Maxed Elite EP	52	37:05
3	Darrell	Wicht	Warriors AC	50	37:08

55-59:

1	Koos	Olivier	Nedbank RC EP	55	44:21
2	Peter	Van Rensburg	Elite AC	55	45:24
3	Bennie	Thysse	St Albans CS EP	56	45:55

60-64:

1	Sizino	Kama	Achilles AAA	62	41:36
2	Roger	Trader	Achilles AAA	60	41:57
3	Bruce	McEwan	Achilles AAA	60	44:25

65-69:

1	Syd	Lippstreu	Crusaders AC	65	47:42
2	David	O'Rielly	Nedbank RC EP	66	50:53
3	William	Vorster	PEAAC	67	51:11

70-74:

1	Tamsanqa	Jusayi	Nedbank RC EP	71	46:34
2	Robin	Clark	Achilles AAA	72	1:08:06
3	Brian	Smith	PEAAC	70	1:12:19

75-79:

1	Ernie	Verrall	Absa NMMU AC	79	1:00:13
2	John	Peart	Nedbank RC EP	77	1:21:54

Juniors:

1	Sakhumzi	Matiso	EC Sport Academy	19	32:27
2	Aphelele	Fanekho	Temp	17	33:58
3	Asanda	Moss	Temp	19	34:45

WOMEN

1	Ntombesintu	Mfunzi	Bonitas AC	31	36:55
2	Khonzeni	Cwegwa (1 st jun)	EC Sport Academy	19	39:50
3	Thabisa	Sirayi	EC Sport Academy	20	40:50
4	Nocawe	Mdingazwe	Temp	18	41:50
5	Margie	Saunders (1 st g'mast)	Nedbank RC EP	60	41:58
6	Asanda	Solani	Motherwell AC	30	42:19
7	Kayla	Nell	Absa NMMU AC	19	42:22
8	Freedah	Ncube	Absa NMMU AC	31	42:36
9	Vuyiseka	Nkumenge	Temp	18	43:31
10	Amore	Strauss	Charlo AC	28	43:48
11	Babalwa	Ngcoko	Temp	26	44:22
12	Elmarie	Bezuidenhout	Charlo AC	31	44:43
13	Janine	Gardiner	Charlo AC	32	44:45
14	Laura	Maritz (1 st mast)	Elite AC	53	44:58
15	Megan	Wilson	Charlo AC	18	45:24

16	Ndileka	Mvakwendlu	Motherwell AC	23	46:08
17	Janette	Schierz-Crusius	Body Concept	53	47:07
18	Terray	Newcombe	Elite AC	22	47:24
19	Arinda	Pritchard	Temp	35	47:47
20	Yolanda	Dugmore (1 st vet)	Charlo AC	41	47:57

40-44:

1	Yolanda	Dugmore	Charlo AC	41	47:57
2	Debbie	Dodd	Charlo AC	43	49:49
3	Liz	Goosen	Madiba Bay AC	40	50:47

45-49:

1	Claire	Nagel	Elite AC	49	49:11
2	Johannette	Oosthuizen	Temp	49	49:13
3	Judy	Beens	Charlo AC	46	50:43

50-54:

1	Laura	Maritz	Elite AC	53	44:58
2	Janette	Schierz-Crusius	Body Concept	53	47:07
3	Ina	Meaker	Walmer AC	52	51:38

55-59:

1	Elize	Smalberger	St Albans CS EP	58	51:36
2	Christine	Snyman	Despatch AC	57	52:57
3	Marietjie	Pietersen	Achilles AAA	56	53:45

60-64:

1	Margie	Saunders	Nedbank RC EP	60	41:58
2	Cathy	Ives	Achilles AAA	60	51:50
3	Helene	Oppel	Crusaders AC	63	59:02

65-69:

1	Liz	Grundlingh	Muirite Striders	66	55:28
2	Margaret	Paton	Charlo AC	68	1:00:54
3	Christine	Fourie	Elite AC	67	1:03:38

70-74:

1	Orgia	Nell	Muirite Striders	70	1:10:59
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75-79:

1	Dorothy	Hart	Charlo AC	75	1:07:34
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Juniors:

1	Khonzeni	Cwegwa	EC Sport Academy	19	39:50
2	Nocawe	Mdingazwe	Temp	18	41:50
3	Kayla	Nell	Absa NMMU AC	19	42:22

Sani Stagger Marathon & Half Marathon

Sani Pass, 30 November

(Distances: 42.195 km [up and down pass] & 21.1 km [down pass]. Finishers: marathon – 298 [slightly up from 271 last year; half marathon – 234 [slightly down from 245 last year.]

Marathon**MEN**

1.	Bongmuso Mthembu	Nedbank AC	3:10:59
2.	Prodigal Khumalo	ZIM/Maxed Elite	3:13:12
3.	Phillip Shezi	Nedbank AC	3:14:53

40-49:

1.	Sifiso Mthiyane	NRB Harr	3:36:33
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50-59:

1.	Jan van Vreden	Assegai AC	4:35:16
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60+:

1.	Michael de Koning	Harq Harr	5:32:00
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WOMEN

1.	Lorraine Boshoff	Voortrekker M AC	4:26:20
2.	Vanessa Skinner	West AC	4:44:01
3.	Taryn Ford	Chiltern AC	4:47:04

40-49:

1.	Lorraine Boshoff	Voortrekker M AC	4:26:20
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50-59:

1.	Johanna vAN Wyk	Boksburg AC	4:49:53
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60+:

1.	Jo May	GBR	7:09:57
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Half marathon

MEN

1.	Derek Wasserfall	Nedbank AC	1:20:06
2.	Martin Ngwenya	Maxed Elite	1:34:19
3.	Cameron Grant	A/Mittal AC	1:34:51

40-49:

1.	Grant Gordon	Coll Harr	1:42:12
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50-59:

1.	Chico Subramanian	R/Bay AC	1:35:19
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60+:

1.	John Holliday	Hilton Harr	1:59:37
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WOMEN

1.	Amanda Kruger	Coll Harr	1:35:55
2.	Karen Sobrino	Toti AC	1:40:33
3.	Mandi Duthie	Get Fit AC	1:44:19

40-49:

1.	Karen Sobrino	Toti AC	1:40:33
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50-59:

1.	Kim Jackson	DHSOB	1:54:54
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60+:

1.	Irma Stevens	EsKom AC	2:32:20
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Sanlam Niel Joubert Plaaswedloop (18th)

Simondium, 27 November

(Distance: 13 km; loop course on gravel farm roads, very hilly. Weather: warm at start, cooling down after sunset, windy. Finishers: 975 [down from 1056 last year].)

MEN

1. Bernard Rukadza (ZIM/NBMC) 41:24 (R500)
2. Danzil Paulse (East) 41:41 (R300)
3. Unathi Nteta (AAC) 42:10 (R200)

Veterans: 1. Xolile Macanda (Gugs) 46:03 (R200); 2. Isaac Opperman (CS) 46:58 (R150); 3. Dawid Pieterse (Dwars) 48:00 (R100). **Masters:** 1. Ludwig Lillie (Durb) 50:58 (R200); 2. Louis Claassen (Arc M AVT) 52:39 (R150); Robert Arnold (Top) 54:24 (R100).

G'masters: 1. Albert Mahlahla (Held) 59:45 (R200); 2. Natale Roelofse (Worc) 64:20 (R150); 3. Ivan Marais (Ned) 67:01 (R100). **Juniors:** 1. Babalo Hambi (Itheko) 43:39 (R150); 2. Sive Ngubo (Ned) 43:56 (R100); 3. Samuel van der Merwe (Bell) 45:09 (R75).

WOMEN (Same prize money as men)

1. Bulelwa Simae (Ned) 52:13
2. Fortunate Chidzivo (ZIM/Itheko) 52:29
3. Ursula Turck (Strand) 54:57

Veterans: 1. Ursula Turck (Strand) 54:57; 2. Sheryl de Lange (NBMC) 55:25; 3. Sandra van Graan (Edge) 56:41. **Masters:** 1. Miema Murray (ORAK) 61:56; 2. Cheryl Rudolph (East) 63:11; 3. Anne Pool (Strand) 66:00. **G'masters:** 1. Pixie Sparg (Celtic) 69:56; 2. Helen du Plessis (Tyger) 73:00; 3. Marietha Herbert (Bell) 74:29. **Juniors:** 1. Mari Vermeulen (Ned) 65:02; Maritza Volschenk (Ned) 67:14; 3. Londeka Miya (Gugs) 76:08.

City Lodge RAC Tough One 32 km (40th) and Asics 5 km

Johannesburg, 24 November

(Loop courses)

32 km

MEN

1	Abram Khumalo	Univ Jhb	26	1:45:52
2	Frik Guys	Nedbank		1:46:50
3	Mailela Africa	Toyota	28	1:47:00
4	Steven Dikobo	Bonitas	32	1:48:53
5	Tshidiso Bosiu	Gauteng Striders	31	1:49:07
6	Charles Tjiane	Bonitas	39	1:49:37
7	Eliya Mogoboya	Nedbank	29	1:51:21
8	Teboho Lejaha	ABI	28	1:51:44
9	Petrus Motsumi	Nedbank NWN	32	1:51:40
10	Sipho Ncube	ZIM/Toyota	42	1:52:10
11	Hector Mahlangu	Sapa PAC		1:52:20
12	N Ntsindiso	Zonkizizwa		1:52:25
13	Philene Nene	Maxed Elite	26	1:52:45
14	Peter Muthubi	Bonitas	32	1:52:55
15	Handokwakhe Ngcobo	Nedbank	33	1:53:20
16	Samuel Bolo	Bedf CC	35	1:53:58
17	Elias Mabane	Nedbank AGN	44	1:56:11
18	Possa Bongani	Discovery	26	1:56:19
19	Modibe Ludwick Mamabolo	Nedbank AGN	36	1:57:01
20	Lutendo Mapoto	Arcello Mittal	24	1:57:07

Veterans:

1	Sipho Ncube	ZIM/Toyota	42	1:52:10
2	Elias Mabane	Nedbank AGN	44	1:56:11
3	Adam Motona	Diepsloot	40	1:57:31

Masters:

1	Daniel Mothibe	New Balance	51	2:07:24
2	Francis Makuka	ZAM/Bashewa	59	2:09:12
3	Thomas Ngubeni	Greater Elim	54	2:12:50

G'masters:

1	Madumetsa Stephen Seema	SAPG	61	2:23:58
2	Avlon Zibuse	Randmark	61	2:28:45
3	Phineas Khwllwana	Enduro	60	2:38:20

G/g'masters:

1	Pele Tshkundamalema	Toyota	73	3:30:00
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WOMEN

1	Kim Laxton	Sunninghill	31	2:08:56
2	Nolene Conrad	Nedbank	28	2:10:32

3	Yolande Maclean	Individual	35	2:10:35
4	Julanie Basson	Toyota	38	2:16:24
5	Gillian Sieling	Nedbank	44	2:21:40
6	Maphuti Phaka	Nedbank	35	2:21:25
7	Theresa Molemisi	GCH	23	2:23:31
8	Jodi Moss	Discovery	36	2:27:00
9	Lindy-Lee Fölscher	Boksburg	32	2:27:27
10	Carly Kent	Sunninghill	37	2:29:00

Veterans:

1	Gill Sieling	Nedbank	44	2:21:40
2	Catherine Naane	Sibanye Gold	47	2:30:58
3	N Skosana	Nedbank	42	2:32:17

Masters:

1	Shelly van der Spuy	Boksburg	50	2:38:35
2	Leonie Jurgens	BNAC	54	2:45:18

G'masters:

1	Liz Ruickbie	Nedbank	66	2:51:18
2	Penny Visser	Breakthru	66	3:26:15

5 km**MEN**

1	Paul Bwocha Manwa	KEN/Toyota	32	14:35
2	Nixon Kibor	KEN	27	14:38
3	Sibiso Nzima	Nedbank	27	14:46
4	Namakoe Nkhasi	LES/Bidvest	19	14:49
5	Paulos Radebe	Elim Clinic		15:10

Veterans:

1	Zongamele Dyubeni	Bidvest	40	15:41
2	Never Matiya	Florida	44	16:36
3	Timothy Makorane	Scaw Harriers	42	16:42

Juniors:

1	Namakoe Nkhasi	LES/Bidvest	19	14:49
2	Creel Chavalala	Take-it-Easy	17	15:59
3	Njabulo Tshabalala	Itumeleng	18	16:02

WOMEN

1	Praxedis Dim	Ind	23	19:44
2	Goodness Lechaba	Sports Inter Change	20	19:48
3	Puseletso Dieta	Sports Inter Change	16	19:57
4	Zandile Hadebe	Univ Jhb	19	19:58
5	Itameleng Moloi	Phuthonong	16	20:06

Veterans:

1	Janette Melanie	Fourways	41	21:12
2	Sarah Mahlangu	Toyota	47	22:50
3	Momvula Kenyane	ADT	43	24:33

Juniors:

1	Tshepo Moeng	Protea Guinness	16	19:45
2	Puseletso Dieta	Sports Interchange	16	19:57
3	Zandile Hadebi	Univ Jhb		19:58

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

Fukuoka International Open Marathon Championships (67th)

(IAAF Gold Label Road Race)

Fukuoka, JPN, 1 December

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

MEN (gun times)

1. Martin Mathathi, KEN	2:07:16 DB
[1:03:51 / 1:03:25]	
2. Joseph Gitau, KEN	2:09:00
[1:03:51 / 1:05:09]	
3. Yuki Kawauchi, JPN	2:09:05
[1:03:48 / 1:05:17]	
4. Henruk Szost, POL	2:09:37
5. Chiharu Takada, JPN	2:10:39 PB
6. Reid Coolsaet, CAN	2:11:24
7. Mekubo Mogusu, KEN	2:12:03
8. Ayad Lamdassem, ESP	2:12:31
9. Satoru Sasaki, JPN	2:13:12
10. Bobby Curtis, USA	2:13:24 PB
... 26. Alistair Cragg, IRL	2:23:05 PB

2013 Toray Cup - Shanghai International Marathon (14th)

(IAAF Gold Label Road Race)

Shanghai, CHN, 1 December

(Distance: 42.195 km)

MEN

1. Stephen Mokoka, 1985, RSA	2:09:29
2. Beraki Beyene, 1980, ERI	2:09:48
3. Stephen Chemlany, 1982, KEN	2:09:50
4. Teferi Kebede, 1981, ETH	2:09:52
5. Samuel Ndungu, 1988, KEN	2:09:55

WOMEN

1. Aberu Kebede, 1989, ETH	2:23:28
2. Merima Mohammed, 1992, ETH	2:26:30
3. Ashu Kasim, 1984, ETH	2:26:34

Galaxy Entertainment Macau International Marathon (32nd)

Macau, MAC, 1 December

(Distance: 42.195 km)

Marathon:

MEN

1. Julius Kiplimo Maisei, KEN	2:12:43	CR USD 20,000 + 10,000* + 5,000i
2. Julius Kiprono Mutai, KEN	2:14:10	8,000 + 5,000i
3. Elijah Mwaniki Mbogo, KEN	2:14:56	5,000 + 5,000i
4. Duncan Cheruiyot, KEN	2:15:51	3,000

5. Cosmas Kigen, KEN	2:16:44	2,500
6. Abraham Kipkosgei, KEN	2:16:53	1,600
7. Pak Chol, PRK	2:16:54	1,400
8. Pak Song Chol, PRK	2:17:21	1,200
9. James Kariuki, KEN	2:18:00	1,100
10. Nelson Kirwa, KEN	2:18:25	1,000

*) Course record/\$10,000 bonus

i) Earned time bonus for sub-2:16:00 (limited to top-3 finishers)

WOMEN

1. Kim Mi Gyong, PRK	2:36:32	USD 20,000
2. Purity Kangogo Kimetto, KEN	2:37:20	8,000
3. Ruth Chemisto Matebo, KEN	2:38:42	5,000

Standard Chartered Singapore Marathon

Singapore, SIN, 1 December

(Distance: 42.195 km)

MEN (gun times)

1. Luka Kipkemai Chelimo, KEN	2:15:00	USD 50,000
2. Eliud Kiptanui, KEN	2:15:26	20,000
3. Mike Mutai, KEN	2:15:41	10,000

WOMEN (gun times)

1. Sharon Cherop, KEN	2:41:11.1	USD 50,000
2. Derebe Godana, ETH	2:41:11.8	20,000
3. Alina Prokopeva, RUS	2:41:16	10,000

Manchester Road Race (77th)

Manchester, USA, 28 November

(Distance: 4.748 miles; loop course with significant hills)

MEN (extended gun times)

1. Sam Chelanga, 28, West Lebanon, NH (KEN)	21:31.6	\$4000
2. Aaron Braun, 26, Englewood, CO	21:40.6	3000
3. Tyler Pennel, 25, Blowing Rock, NC	22:03.3	2500

...

Amby Burfoot, 67, Mystic, CT 48:10 (51st consecutive MRR finish)

WOMEN (extended gun times)

1. Alice Kamunya, 22, Schenectady, NY (KEN)	25:08.0	\$4000
2. Charlotte Browning, 26, Char'ville, VA (GBR)	25:14.9	3000
3. Beverly Ramos, 26, PUR	25:16.2	2500
... 5. Desiree Davila, 30, Washington, MI	25:26.6	1500
... 9. Lisa Uhl, 26, Des Moines, IA	25:42.4	700

Applied Materials Silicon Valley Turkey Trot 5 km

San Jose, USA, 28 November

(Certified four-lap course [men and women run separate races])

ELITE MEN (extended gun times)

1. David Torrence, 27, Nike	13:33.9	\$2500 + \$500p
2. Diego Estrada, 23, Asics (MEX)	13:38.0	1500

3. Leonard Korir, 26, Nike (KEN)	13:40.5	850
... 7. Alan Webb, 30, Nike	13:56.2	

p) Earned PA/USATF Championship prize money

ELITE WOMEN (gun times)

1. Kim Conley, 27, New Balance	15:28.6	CR* \$2500 + \$500p
2. Sally Kipyego, 27, Nike (KEN)	15:37.9	1500
3. Brie Felnagle, 26, adidas	15:44.5	850

p) Earned PA/USATF Championship prize money

NEWS

INTERIM COMMITTEE ELECTED TO GET ASA GOING

The Board of Athletics South Africa "has not been removed, except for those who have resigned and/or removed themselves. There is no 'interim committee' or 'interim board'. The IAAF is planning to visit South Africa in January 2014 ... and it is hoped that their guidance will convince everyone in the sport to follow due process and the rules and statutes of the IAAF and ASA."

This is the view expressed in an unsigned "Statement regarding the Annual General Meeting of Athletics South Africa on 30 November 2013" that has come to the notice of *Distance Running Results*.

The statement, on an ASA letterhead and dated 1 December, follows the AGM held on Saturday where a motion of no confidence in the ASA Board was accepted unanimously and an interim committee elected. The seven members of the committee are Daan du Toit, Harold Adams, Jakes Jacobs, Sello Mokoena, Aleck Skosana, Tebogo Masehla and Steven Khanyile.

The interim committee was instructed by the meeting to administer the sport for a period of six months, after which an AGM will be held to elect a new Board.

Three days before this meeting ASA suspended the membership of Boland, Central Gauteng, KwaZulu-Natal, South Western Districts and Western Province, as well as the CEO of Boland and General Manager of Central Gauteng "from all athletics activities" for having "unjustifiably violated the provisions" of the ASA Constitution and bringing the sport into disrepute.

The five provinces were called upon to convene a meeting of their member clubs "to elect an interim committee to manage the Member pending the outcome of the Disciplinary Committee's decision" on the matter.

This decision (of suspension) was dismissed in the Southern Gauteng High Court on Friday. The provinces were to be allowed to attend and vote in the Special General Meeting held that evening. The matter was then postponed until 4 February, when a final ruling will be made.

□ The following news items appeared in *Athletics International*, edited by Peter Matthews and Mel Watman.

BOLT AND FRASER-PRYCE IAAF ATHLETES OF THE YEAR

Usain Bolt (for the fifth time since 2008) and Shelly-Ann Fraser-Pryce were named the IAAF's World Athletes of the Year and received their trophies (and a prize of \$100 000 apiece) at the IAAF World Athletics Gala in Monaco recently. Other awards: Rising Star: Mary Cain USA (who at 17 has turned professional although she won't finish high school until next spring); Coaching Achievement: Alberto Salazar USA; World Journalist: Gianni Merlo ITA; Masters: Charles Allie USA (world M65 records of 24.65 for 200 m and 56.09 for 400 m) and Christa Bortignon CAN (eight W75 gold medals at World Masters Champs).

Dwight Phillips and Yelena Isinbayeva received Distinguished Career awards.

Twelve legendary athletes were inducted into the IAAF Hall of Fame. Present for the ceremony were Harrison Dillard USA (aged 90), Marjorie Jackson-Nelson AUS (82), Natalya Lisovskaya RUS (51) and her husband Yuriy Sedykh RUS (58), Svetlana Masterkova RUS (45), Noureddine Morceli ALG (43), Marie-José Pérec FRA (45) and Viktor Saneyev GEO (68), while Seb Coe picked up the award on behalf of Daley Thompson GBR (55). The other three inductees were the late Hannes Kolehmainen FIN, Parry O'Brien USA and Grete Waitz NOR.

The 24 inaugural members, elected last year, are Iolanda Balas ROU, Abebe Bikila ETH, Fanny Blankers-Koen NED, Sergey Bubka UKR, Seb Coe GBR, Betty Cuthbert AUS, Mildred Didrikson USA, Vladimir Golubnichiy UKR, Michael Johnson USA, Jackie Joyner-Kersey USA, Alberto Juantorena CUB, Kip Keino KEN, Stefka Kostadinova BUL, Carl Lewis USA, Ed Moses USA, Paavo Nurmi FIN, Dan O'Brien USA, Al Oerter USA, Jesse Owens USA, Adhemar da Silva BRA, Peter Snell NZL, Irena Szewinska POL, Wang Junxia CHN and Emil Zátopek TCH.

RESERVATIONS OVER WADA'S NEW ANTI-DOPING PENALTIES

Abby Hoffman, an IAAF Council Member and a Member of the IAAF's Medical and Anti-Doping Commission, delivered a strong statement about the IAAF view of the new WADA Code to the 2013 World Conference on Doping in Sport organised by the World Anti-Doping Agency (WADA) in Johannesburg on 13 November. The statement was delivered on behalf of the IAAF President Lamine Diack, the IAAF Council, and the 212 Member Federations of the IAAF, as well as the millions of participants in the sport around the world.

She said that although the IAAF lauds many of the proposed revisions to the WADA Code (which will come into force on 1 January 2015), "our support is not without reservation. Specifically, we have a critical concern about proposed provisions to the new Code on the issue of sanctions."

She continued: "The Athletics Family has long been unequivocal about the need for penalties for serious doping offences which reflect the seriousness of the infraction; and in the belief that serious penalties for serious offences are the most effective deterrent to doping. At our most recent Congress in Moscow this past summer, our 200+ Member Federations again unanimously expressed their support for four-year bans. Many of our members and our athlete community regard four years as a minimum, not the maximum.

"The new Code partially meets our expectations on penalties but in our view still comes up short in a number of key areas. Our concerns are the following:

"First, is the provision that four-year sanctions may be reduced to two years by an athlete simply claiming no intention to cheat (when the violations we are talking about are by their very nature intentional). As it stands, there is no qualifying language in the Code that requires athletes to provide any objective corroborating evidence beyond their own denial of intention. In 95% of the cases we face, the athlete denies doping outright; and the blame is routinely laid at the door of a sacrificial coach, doctor or other third party. The new Code provisions on intention play firmly into the hands of these athletes and their unscrupulous entourage and will only serve in our opinion to make cases more procedurally complicated, time-consuming and costly than they ought to be.

"Our **second** concern is the proposal which would allow an athlete who has committed a serious doping violation to obtain a reduced sanction – from four down to two years – simply by admitting what has already been proven by an anti-doping organisation or a sport federation. This provision, if invoked on a regular basis, could severely undermine the deterrent effect of sanctions as few four-year sanctions would in fact be imposed.

"Our **third** main concern is that the new Code abandons the current concept of 'aggravating circumstances' – for example, evidence of a doping conspiracy, the use of multiple prohibited substances, the use of a prohibited substance on multiple occasions, etc. – which has been easily understood and has proven to be an effective method for seeking increased sanctions under the current Code, at least in athletics.

"Our conclusion is clear: while the stated objective of the new Code on penalties is to make longer – and specifically four-year penalties – the norm, there is a significant risk that the specific provisions of the Code will undermine and, in effect, work against the realisation of that goal. Athletics will do its part, but we believe there needs to be a

collective responsibility of the global sports community to move not just rhetorically but in reality to four-year sanctions for serious violations. When clear evidence of cheating is presented, four years must truly mean four years.

"Time will tell whether the sanction regime under the new Code will make more severe penalties the norm. Frankly we believe there are too many means of escape. We recommend therefore that WADA commit now to a mid-term review of sanctions (after no more than three years at most) to assess if the new Code is delivering intended outcomes with regard to four-year sanctions for serious doping violations and, if it is not, there should be a commitment from WADA to undertake a further review of the sanctions position in the Code at that time."

The new President of WADA is 72-year-old Scotsman Sir Craig Reedie, a former British Olympic Association Chairman and currently an IOC Vice-President.

JAMAICA'S ANTI-DOPERS RESIGN

Following WADA's audit of Jamaica's anti-doping programme, the entire board of JADCO, the Jamaican Anti-Doping Commission, including chairman Herb Elliott and Jamaican Olympic Committee president Michael Fennell, have decided to resign.

Natalie Neita-Headley, Jamaica's Sports Minister, stated: "Quite recently, JADCO's commissioners met and acknowledged that there is a public perception of the existence of conflicts of interests among some of the members of the commission. The commissioners have taken a decision, in the national interest and in order to facilitate the re-structuring of JADCO, to tender their resignations which will take effect on 31 December. The Prime Minister respects the decision of the commissioners and has accepted their resignations."

Ms Neita-Headley stressed: "At no time has WADA ever deemed Jamaica or JADCO to be non-compliant. At no time has WADA threatened to bar Jamaica or Jamaican athletes from participating in any international event – Olympic Games, World Championships or the like. The Government of Jamaica will continue to do whatever it can to protect our good name and reputation and in the maintenance of a doping-free sporting environment."

INVESTIGATION INTO KENYAN DOPING

A 12-strong task force has been appointed to investigate allegations that doping in Kenya is widespread, and has two months to report back to Hussein Wario, Kenya's Cabinet Secretary for Sports, Art and Culture. Wario stated: "Doping has evolved to become a major threat to global sport; it's for this reason that my ministry views these doping allegations as an opportunity for Kenya to put in place a comprehensive programme that will protect our athletes against doping and reserve the spirit of fair play in sports. Kenyans are under the microscope for the good performance internationally, and to maintain credibility we have to ensure that the anti-doping measures are fully in place."

A total of 17 Kenyan athletes have tested positive since January 2012.

STATS TIME

This week we include a list of the top ten veteran women 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 VETERAN WOMEN

Note: Both the Nelspruit and Ngodwana courses are severely downhill.

2:49:38	Suzette Botha	1	Oudtshoorn	03 Feb
3:01:55A	Carien Visser	1	Nelspruit	02 Nov
3:05:43	Ursula Frans	1	Cape Town	22 Sep
3:05:57A	Frans-2	1	Simon's Town	17 Feb
3:06:56	Ursula Turck	2	Cape Town	22 Sep
3:07:15A	Jacqui Bakkes	2	Simon's Town	17 Feb

3:08:18A	Judy Bird	2	Nelspruit	02 Nov
3:08:26	Marie Bruwer	1	Vereeniging	03 Mar
3:08:27A	Madeleine Whitehair	1	Ngodwana	13 Apr
3:08:36	Visser-2	1	Pretoria	23 Feb
3:09:29A	Linah Mhlongo	2	Ngodwana	13 Apr
3:11:55	Patricia Adams	3	Cape Town	22 Sep

THIS MONTH IN HISTORY

55 years ago: 26 December 1958

The South African one-mile record has been set in December only once. Fittingly, it came at one of the country's most famous athletics meetings, the Boxing Day Sports in Paarl. On this day one of SA's two fastest milers of the second half of the fifties, Harold Clark, ran 4:04.9 to break his own seven-month old mark by a half second. Clark and Michael Hodgson, his big rival – for times, if not directly – clocked an astounding 19 times under 4:10 for the year, each finishing 1958 with a 4:04.5 best performance. They never met, with Hodgson running his eight sub-4:10s in the USA. Clark never won the SA title, but his record stood until 13 November 1964 when De Villiers Lamprecht broke through the 4-minute barrier. (Neither Clark's nor Hodgson's 4:04.5 was accepted as SA record.)

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	
	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		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		06 Jan
	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	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
	65:45A	Priscilla Cheptoo (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
	2:19:57	Rita 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	41:58	Margie Saunders	Port Elizabeth	30 Nov
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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