

Distance Running Results

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EDITORIAL

One of South Africa's oldest nonmarathon races, the Springs Striders 32 km, was held for the 45th time this weekend and won by Sibusiso Nzima in 1:45:47 and Cornelia Joubert in 2:08:38. René Kalmer, who won the last three years, did not defend her title, while Frith van der Merwe, who last won in 2001, took the veteran category in the accompanying 15 km.

In the 63rd Sasol Marathon in Sasolburg (the race was not held last year) Odwa Tunyiswa, Alemtsehay Hailu Kakisa and Julianie Basson ran their second marathon in a week: they all competed in the Johnson Crane Marathon last Sunday – Kakisa won that one, too, Tunyiswa was second and Basson third. The marathon is the second oldest in South Africa after the national championship race. Four list leaders were set in the Sasolburg events – see note about the length of the courses with the results.

Veteran Elias Mabane went one better than Tunyiswa & Co: he won his category in the Sasol Half Marathon on Saturday, and repeated the win in the Springs Striders 32 km the very next day!

Granwin Katzen and his father Graham took their respective categories at the Lion of Africa 10 km; with that Granwin also joined his father as a list leader (Graham has the 30 km top position).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Springs Striders 32 km & 15 km , Springs
- * Sparksport Challenge 32 km & 16 km, Durban
- * Lion of Africa Half Marathon & 10 km, Tokai
- * Sasol Marathon, Half Marathon & 10 km, Sasolburg
- * X-Cel AC Historic 10 km, Port Elizabeth
- * Shanduka Coal Middelburg 5-in-1, Middelburg

International highlights:

- * Marugame Half Marathon, Marugame, JPN
- * Beppu-Oita Mainichi Marathon, Oita, JPN
- * Mitja Marató de Granollers, Granollers, ESP
- * Mezza Maratona Internazionale delle Due Perle, Santa Margherita Ligure, ITA
- * All-America City 10 km, Edinburg, USA
- * XC: Almond Blossom Cross Country, Albufeira, POR

* Indoor track: Weltklasse in Karlsruhe, Karlsruhe, GER; Meeting d' Athletisme Mondeville, Mondeville, FRA; Razorback Team Invitational, Fayetteville, USA; Iowa State Bill Bergan Invitational, Ames, USA; PSD Bank Meeting, Düsseldorf, GER

ROAD RUNNING

Springs Striders 32 km (45th) & 15 km

Springs, 2 February

(Loop courses. Finishers: 32 km – 940; 15 km – 670.)

32 km

MEN

1 Sibusiso Nzima (Nedbank) 1:45:47; 2 Abram Khumalo (Transnet) 1:47:58; 3 Peter Ramoloto (Nedbank) 1:52:41; 4 Elias Mabane (Nedbank) 1:56:13 (1st vet).

Veterans: 1 Elias Mabane (Nedbank) 1:56:13; 2 Never Matiya (Florida) 2:03:08; 3 Ernest Mhlanga (BNAC) 2:14:13. **Masters:** 1 Dieter Stapel (BNAC) 2:27:57; 2 Brian Walstroom (Boksburg) 2:39:05; 3 Norman Milne (BNAC) 2:41:42. **G'masters:** 1 Louis Liebenberg (Boksburg) 3:04:10; 2 Paulus Pelatona (Harmony Striders) 3:05:08.

WOMEN

1 Cornelia Joubert (Nedbank) 2:08:38; 2 Tshifhiwa Malobola (Toyota) 2:15:11; 3 Gillian Sieling (Nedbank) 2:17:06 (1st vet); 4 Salome Cooper (Toyota) 2:22:40; 5 Michelle Mee (RAC) 2:26:10.

Veterans: 1 Gillian Sieling (Nedbank) 2:17:06; 2 Michelle Mee (RAC) 2:26:10; 3 Jenny Kruse (Sunninghill) 2:28:57. **Masters:** 1 Shelley v.d. Spuy (Boksburg) 2:42:34; 2 Leonie Jurgens (BNAC) 2:44:44; 3 Ansa Strydom (New Balance) 2:47:49. **G'masters:** 1 Elaine Greenblatt (RAC) 3:11:16; 2 Margaret Boshoe (Sunninghill) 3:50:02.

15 km

MEN

1 Vuyisele Tshoba (Transnet) 49:18; 2 Lucky Mtshali (Elim) 49:23; 3 Themba Miya (Tsakane) 50:09.

Veterans: 1 Geoffrey Rampyapedi (Lenasia) 59:27; 2 Andrew Thomas (Temp) 77:39; 3 Claude du Toit (Boksburg) 82:09. **Masters:** 1 Gideon Radebe (Anglo) 58:35; 2 Dean Passmore (Titan Adventure) 61:21; 3 Frank Barnard (RandMark) 66:16. **G'masters:** 1 Johannes Khoele (JHAC) 76:15; 2 Dieter Meyer (RAC) 82:49. **Juniors:** 1 Warno Potgieter (New Balance) 55:14.

WOMEN

1 Seipati Peo (Maxed Elite) 70:27; 2 Laura Beamish (BNAC) 71:30; 3 Frith v.d. Merwe (Benoni High) 72:09.

Veterans: 1 Frith v.d. Merwe (Benoni High) 72:09; 2 Thuli Mabatha (Kathlehong) 78:45; 3 Sharon Pyle (Breakthru Midrand) 94:35. **Masters:** 1 Mariet Geyer (Benoni High) 74:27; 2 Pam Hampton (Sunninghill) 79:34; 3 Deidre Peterson (Jeppe) 85:03. **G'masters:** 1 Bella Carmichael (RRW) 95:21; 2 Bets Greyling (Sunward) 1:40:35. **Juniors:** 1 Jessica Meyerson (RWFL) 98:00.

Sparksport Challenge 32 km & 16 km

Durban, 2 February

(Loop courses)

MEN

1.	Sibonelo Duma	Boxer AC	1:54:20
2.	Nkosinathi Duma	Nedbank AC	1:54:23
3.	Khulekani Ngubane	Maxed Elite	1:56:58

40-49:

1.	Sifiso Mthiwane	NRB Harr	2:08:05
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50-59:

1.	Peter Sehloho	Boxer AC	2:08:50
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60+:

1.	Michael Langa	Athletic North	2:31:39
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WOMEN

1.	Tanith Maxwell	Boxer AC	2:19:18
2.	Pat Dammann (1 st vet)	Forest Hills	2:33:40
3.	Nonsekelelo Mbambo	Natal Carbs	2:41:47

40-49:

1.	Pat Dammann	Forest Hills	2:33:40
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50-59:

1.	Debby de Koning	Eskom AC	3:01:02
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60+:

1.	Pam Rasmussen	QBH	3:22:02
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16 km

MEN

1.	Sithembele Fanekho	IND	53:45
2.	Mahlomola Fekhonyana	HV	55:34
3.	Bernard Phlatsane	ZIM/Form One AC	56:48

WOMEN

1.	Janene Cary	Boxer AC	67:15
2.	Fikile Mbuthuma	Nedbank AC	67:40
3.	Nomcebo Mthethwa	Umhlatuze AC	72:29

Lion of Africa Half Marathon & 10 km

Tokai, 1 February

(Distances: 21.1 km & 10 km; certified hilly loop courses. Finishers: half marathon – 1294 [significantly down from 1527 last year]; 10 km – 1122 [also much down from 1399 last year].)

Note: A welcome return to running for Nancy Will in the 10 km; she promptly won the grandmaster category. Mthandazo Qhina actually finished second in the 10 km, but the first runner across the line, Nkosinathi Madyo, was disqualified for not wearing a race number. And yet another half marathon for Candyce Hall – she upped her racing total for the year to 159 km in seven races, or 25 km every five days! – Ed.

Half marathon

MEN

1	Duane	Fortuin	29	Itheko	1:09:12
2	Wanda	Roro	29	Itheko	1:09:21
3	Hein	Camphor	29	NBMC	1:09:58

4	Bernard	Rukadza	32	ZIM/Gugs	1:10:11
5	Faizel	October	26	NBMC	1:12:30
6	Tsungai	Mwanengeni (1 st vet)	40	ZIM/NBMC	1:12:33
7	Avukile	Ntongana	28	Itheko	1:12:46
8	Vakalisa	Kopolo	37	Khaye	1:13:20
9	Gerrit	Verland	33	Satori	1:13:43
10	Tom	Lusaseni	28	Itheko	1:14:03
11	Michael	Bailey	31	Ned	1:14:21
12	Aki	Nummela	28	FIN	1:14:36
13	Bulelani	Bhebha	22	VOB	1:15:02
14	Gimo	Matusso	34	Satori	1:17:34
15	Xolile	Macanda	41	Gugs	1:17:54
16	Nic	De Beer	40	NBMC	1:18:47
17	Luyanda	Mapoyi	27	Khaye	1:18:51
18	Khaya	Fokwana	30	VOB	1:20:15
19	Deauwin	Jaftha (1 st jun)	19	Sanlam	1:20:46
20	Nellis	Myburgh	35	Durbac	1:21:30

Veterans:

1	Tsungai	Mwanengeni	40	ZIM/NBMC	1:12:33
2	Xolile	Macanda	41	Gugs	1:17:54
3	Nic	De Beer	40	NBMC	1:18:47

Masters:

1	Ludwig	Lillie	53	Durbac	1:26:50
2	Shafiek	Cassiem	53	Itheko	1:30:31
3	Leonard	Kali	51	Gugs	1:31:03

G'masters:

1	Jimmy	Morris	67	Forest	1:33:51
2	Albert	Williams	60	Tform	1:37:53
3	David	Wheeler	63	Hout	1:46:32

G/g'masters:

1	Denzil	Bardwell	72	Fhoek	1:55:54
2	Chet	Sainsbury	71	Celtic	2:04:53
3	Kaare	James	70	Pine	2:21:45

Juniors:

1	Deauwin	Jaftha	19	Sanlam	1:20:46
2	Luzuko	Botha	18	NBMC	1:49:24
3	Taabit	Davids	18	Itheko	2:03:32

WOMEN

1	Zintle	Xiniwe	27	Temp	1:24:52
2	Candyce	Hall	29	Carb	1:29:13
3	Fortunate	Chidzivo	31	ZIM/Itheko	1:30:11
4	Tracy	Forbes (1 st vet)	41	VOB	1:34:56
5	Wilna	Eybers	44	Strand	1:36:52
6	Kerry	Sillifant	36	NBMC	1:37:33
7	Hanmarie	Stadler	26	Temp	1:38:56
8	Liesl	Stoltz	37	Durbac	1:39:16
9	Busisiwe	Matiwane	38	Celtic	1:39:24
10	Ellie	Courts	42	Celtic	1:39:41
11	Lesyl	Potgieter	39	ATC	1:39:59
12	Lisa	Beste	34	Temp	1:40:15
13	Tania	Anderson	42	VOB	1:40:44
14	Ivy	Sogiba	25	SAPS	1:42:08
15	Ann	Steel	29	Satori	1:43:18
16	Liezl	Heerschap	42	Temp	1:43:24
17	Miema	Murray (1 st mast)	51	Orak	1:43:26

18	Rachelle	Gilliland	26	Temp	1:43:47
19	Clare	Cousins	43	VOB	1:43:47
20	Erin	Hargreaves	29	Temp	1:44:05

Veterans:

1	Tracy	Forbes	41	VOB	1:34:56
2	Wilna	Eybers	44	Strand	1:36:52
3	Ellie	Courts	42	Celtic	1:39:41

Masters:

1	Miema	Murray	51	Orak	1:43:26
2	Julie	Shadwell	51	VOB	1:46:48
3	Georgina	Sinclair	51	VOB	1:49:41

G'masters:

1	Helen	Du Plessis	61	Tyger	1:53:32
2	Brenda	Nooy	60	VOB	1:56:32
3	Pixie	Sparg	69	Celtic	1:57:37

G/g'masters:

1	Jean	Cammidge	73	Fhoek	2:21:00
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Juniors:

1	Nabeelah	Orrie	19	Itheko	2:22:38
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10 km**MEN**

1	Mthandazo	Qina	36	Ned	31:53
2	Sityhilo	Diko	22	Ned	32:04
3	Akhona	Makila	22	VOB	32:13
4	Graham	Katzen (1 st vet)	43	Itheko	32:54
5	Granwin	Katzen (1 st jun)	18	Itheko	33:43
6	Lungile	Mdaka	18	VOB	33:58
7	Marks	Mpekula	25	VOB	33:58
8	Shawn	Abrahams	43	Itheko	34:08
9	Isaac	Ikalaheng	40	AAC	34:43
10	Allesandro	Carelse	16	Itheko	35:49
11	John	Horn	48	Edge	36:04
12	Michael	Marillier	37	Ned	36:19
13	Nelson	Bass	35	UCT	36:54
14	Thembaletu	Molefe	27	VOB	37:04
15	Jason	Bailey	37	Groot	37:07
16	Chris	Mitchell (1 st mast)	52	Celtic	37:12
17	Gavin	McCarthy	43	Edge	37:51
18	Gary	Brown	31	Edge	38:09
19	Richard	Burman	21	Temp	38:34
20	Gregory	Jacobs	54	Edge	38:36

Veterans:

1	Graham	Katzen	43	Itheko	32:54
2	Shawn	Abrahams	43	Itheko	34:08
3	Isaac	Ikalaheng	40	AAC	34:43

Masters:

1	Chris	Mitchell	52	Celtic	37:12
2	Gregory	Jacobs	54	Edge	38:36
3	Chris	Goedhals	54	UWC	42:27

G'masters:

1	Paul	San Giorgio	62	VOB	45:19
2	Heindrich	Dietzsch	60	VOB	45:45
3	Michael	Clarke	65	VOB	47:02

G/g'masters:

1	Peter	Chubb	73	VOB	53:46
2	George	Kane-Smith	71	VOB	59:30
3	Russel	Hudson	74	RWFL	1:00:07

Juniors:

1	Granwin	Katzen	18	Itheko	33:43
2	Lungile	Mdaka	18	VOB	33:58
3	Allesandro	Carelse	16	Itheko	35:49

WOMEN

1	Pamela	Moyikwa (1 st jun)	17	VOB	39:37
2	Busisiwe	Gwala	16	VOB	39:44
3	Nthuseng	Lolwana	18	VOB	41:16
4	Sandra	Van Graan (1 st vet)	45	Edge	41:37
5	Coriaan	De Villiers	42	Ned	41:53
6	Jessica	Pollock	20	UCT	42:11
7	Kauther	Semaar	28	Temp	43:09
8	Sheryl	De Lange	45	NBMC	44:16
9	Mariëtte	Strauss (1 st mast)	51	Tyger	44:23
10	Chantel	Simpson	44	Ned	44:35
11	Candice	Beattie	30	CPUT	45:08
12	Nomaxesibe	Ngcantsi	18	VOB	45:52
13	Carita	Riutta	26	Temp	46:09
14	Paula	Dollman	23	UCT	46:14
15	Dane	Bronwyn	34	AAC	47:01
16	Madele	Du Plessis	25	Edge	47:15
17	Janine	Loubser	25	AAC	48:03
18	Charmaine	Cupido	58	Ned	48:18
19	Hanlie	Burger	30	Secunda	48:30
20	Alison	Main	40	Spartan	49:05

Veterans:

1	Sandra	Van Graan	45	Edge	41:37
2	Coriaan	De Villiers	42	Ned	41:53
3	Sheryl	De Lange	45	NBMC	44:16

Masters:

1	Mariëtte	Strauss	51	Tyger	44:23
2	Charmaine	Cupido	58	Ned	48:18
3	Tina	Harkett	54	AAC	49:54

G'masters:

1	Nancy	Will	61	Pine	52:00
2	Marietha	Herbert	69	Bell	52:39
3	Collette	Van Eck	61	Fhoek	53:11

G/g'masters:

1	Marlene	James	70	Pine	1:02:12
2	Carol	Gahwiler	71	VOB	1:04:22
3	Annatjie	Berntzen	71	Tyger	1:11:38

Juniors:

1	Pamela	Moyikwa	17	VOB	39:37
2	Busisiwe	Gwala	16	VOB	39:44
3	Nthuseng	Lolwana	18	VOB	41:16

Sasol Marathon (63rd), Half Marathon & 10 km

Sasolburg, 1 February

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 530 [down from 717 in 2012 – see note below]; half marathon – 390 [down from 565]; 10 km – 460 [down from 475].

Note: These races were not held last year. As usual, suspicion was expressed about the length of these three courses for this year. DRR has more than once in the past found the courses to be short according to the Race Time Bias (RTB) formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances). In 2012, when the events were last held, the marathon, South Africa's second oldest, produced a huge negative figure of -11.12 sec/km (based on fifteen time comparisons) – more than double the allowable limit of -5 sec/km. The figure for the half marathon was -6.21 sec/km (twelve comparisons) and for the 10 km -8.31 sec/km (15 time comparisons). All three races were therefore not taken into consideration for statistical purposes. This year the marathon produced a figure of -0.3 sec/km (twenty time comparisons), the half marathon +0.5 sec/km (twelve times) and the 10 km -2.42 sec/km (thirteen times). The performances are therefore acceptable for statistical lists. – Ed.

Marathon

MEN

1 William Mokwalakwala (Toyota) 2:21:18; 2 Siphon Ncube (ZIM/Maxed Elite) 2:24:05 (1st vet); 3 Joseph Mphuthi (Toyota) 2:25:58; 4 Odwa Tunyiswa (Temp) 2:27:13; 5 Sekeke Lesole (LES/Toyota) 2:27:31; 6 Peter Muthubi (Temp) 2:29:08; 7 Fusi Nkutha (Toyota) 2:32:05; 8 Shadrack Hoff (New Balance) 2:33:17; 9 Simon Mphulanyane (Toyota) 2:34:53; 10 Reginald Ngobese (G/S) 2:39:17.

Veterans: 1 Siphon Ncube (ZIM/Maxed Elite) 2:24:05; 2 Shadrack Hoff (New Balance) 2:33:17; 3 Simon Mphulanyane (Toyota) 2:34:53. **Masters:** 1 Joseph Rampai (BCC) 3:01:16; 2 Temba Phulu (Panorama) 3:05:37; 3 Paulus Mofokeng (Nedbank) 3:06:58. **G'masters:** 1 Don Charles (Nedbank) 3:18:04; 2 Herman van der Merwe (Krugersdorp) 3:37:19; 3 Arthur Valasis (Hamlet on Line) 3:44:35.

WOMEN

1 Alemtsehay Hailu Kakisa (ETH/Nedbank) 2:49:54; 2 Julianie Basson (Toyota) 3:06:49; 3 Marie Bruwer (Arcelor Mittal) 3:10:46; 4 Angelina Molaba (Toyota) 3:13:00; 5 Katy van Meter (Soul Striders) 3:18:10; 6 Catherine Naane (Sibanye Gold) 3:18:52; 7 Vanessa Bowman (Kempton) 3:20:29; 8 Paulina Mokoena (Nedbank) 3:31:02; 9 Annemarie Kruger (Kumba) 3:32:59; 10 Angeline Latten (Soul Striders) 3:37:09.

Veterans: 1 Catherine Naane (Sibanye Gold) 3:18:52; 2 Vanessa Bowman (Kempton) 3:20:29; 3 Paulina Mokoena (Nedbank) 3:31:02. **Masters:** 1 Marie Bruwer (Mittal) 3:10:46; 2 Val Watson (New Balance) 3:48:47; 3 Sarah Crooks (Randburg Harriers) 3:59:34.

Half marathon

MEN

1 Sibusiso Nzima (Nedbank) 65:07; 2 Derocius Makhobalo (Sports Interchange) 65:19; 3 Raphael Segodi (Temp) 66:22.

Veterans: 1 Elias Mabane (Nedbank) 73:00; 2 Jacob Rathaba (Dome) 74:33. **Masters:** 1 Max Makamu (Cool Runnings) 81:40; 2 Kabelo Tshabalala (Standard Bank) 88:46. **G'masters:** 1 Theo Vorster (Arcelor Mittal) 1:44:40; 2 Abraham Mafobokoane (Nedbank) 1:53:08. **Juniors:** 1 Tshwanelo Mojokeng (Gauteng Striders) 71:46; 2 Armand Coetsee (Nedbank) 1:41:23.

WOMEN

1 Andronica Mokgotla (Toyota) 88:19; 2 Cornel Geldenhuys (Temp) 99:31; 3 Sarah Mahlangu (Toyota) 1:40:22 (1st vet).

Veterans: 1 Sarah Mahlangu (Toyota) 1:40:22; 2 Almanda Fouche (Goudveld) 2:05:07.

Masters: 1 Linda van der Gryp (Krugersdorp) 1:43:09; 2 Judy Brown (Dome) 1:54:58.

G'masters: 1 Marietjie Olen (Mittal) 2:00:31; 2 Elize Kempen (Arcelor Mittal) 2:03:09.

10 km

MEN

1 Kgosi Tsosane (Transnet) 29:00; 2 Frik Guys (Nedbank) 29:34; 3 Tseiso Moeketsi (NW Pukke) 30:00.

Veterans: 1 Never Matiya (Florida) 33:01; 2 Belay Hagos (ETH/Nedbank) 33:24. **Masters:**

1 Karl Gopper (Energade Triathlon) 42:33; 2 Jerome Gcaba (Nedbank) 57:18. **G'masters:**

1 Pele Tshikundamalema (Toyota) 45:51; 2 Dirk Niesing (Berts Bricks) 59:56. **Juniors:** 1

Paseka Mokubung (Real Lions) 34:09.

WOMEN

1 Tebogo Masehla (UJ) 36:30; 2 Lebo Mofokeng (Toyota) 40:35; 3 Francina Moloi (Phutunang) 40:40 (1st jun).

Veterans: 1 Valerie Nel (Arcelor Mittal) 49:55; 2 Florence Molawa (Arcelor Mittal) 53:23,

Masters: 1 Erica Hamilton (Vaal) 45:58; 2 Martie Voges (Arcelor Mittal) 57:28.

G'masters: 1 Martarisa Holtzhauzen (FNB) 78:18; 2 Annetjie Jonk (Harmony Striders)

90:14. **Juniors:** 1 Francina Moloi (Phutunang) 40:40.

X-Cel AC Historic 10 km

Port Elizabeth, 1 February

(Loop course. Finishers: 370 [slightly down from 390 last year].)

Note: Melikhaya Frans retained the title he won last year. – Ed.

MEN

1	Melikhaya	Frans	Temp	21	33:00
2	Mila	Pasiya	Temp	34	33:04
3	Mzwanele	Maphekula	Malabar AC	37	33:11
4	Anele	Maliza	Nedbank RC EP	36	33:16
5	Hasan	Shire	Malabar AC	21	34:29
6	Mzamo	Fokwana	Charlo AC	36	35:33
7	Juwayne	Fletcher	Charlo AC	23	36:16
8	Terrance	Mjekula (1 st vet)	Charlo AC	41	36:34
9	Luvuyo	Matani	VW AC	31	36:42
10	Hopewell	Jabavu	Temp	30	37:16
11	Aubrey	Windvoel	Charlo AC	27	37:41
12	Thembekile	Msipa	Charlo AC	39	37:47
13	Tumelo	Mochelenyane	Nedbank RC EP	31	38:05
14	Juan	Cordier	Despatch AC	28	38:22
15	Johannes	Jonck	St Albans CS EP	40	38:22
16	Marcus	Mfengu	Charlo AC	35	38:46
17	David	Mama	Temp	38	38:51
18	Luvuyo	Stephen	Nedbank RC EP	43	39:04
19	Jacques	Barnard	Despatch AC	37	39:12
20	Vernon	Newfeldt	Gelvan AC	47	39:20

40-44:

1	Terrance	Mjekula	Charlo AC	41	36:34
2	Johannes	Jonck	St Albans CS EP	40	38:22
3	Luvuyo	Stephen	Nedbank RC EP	43	39:04

45-49:

1	Vernon	Newfeldt	Gelvan AC	47	39:20
2	Freek	Daniels	Transnet Eng EP	47	39:50
3	Andre	Ownhouse	Gelvan AC	46	41:04

50-54:

1	Desmond	Zibi	Temp	50	39:39
2	Frank	Piron	Charlo AC	50	43:01
3	Dali	Tsili	Nedbank RC EP	50	43:43

55-59:

1	Lenneth	Erasmus	Gelvan AC	55	41:56
2	Disemba	Blou	Charlo AC	55	43:11
3	Stephen	Klue	Elite AC	55	44:56

60-64:

1	Roger	Trader	Achilles AAA	60	45:06
2	Lindsay	Pillay	Achilles AAA	60	48:51
3	Armin	Brandle	Charlo AC	62	53:25

65-69:

1	Graeme	Whitten	Charlo AC	66	48:23
2	David	O'Rielly	Nedbank RC EP	66	51:40
3	Percy	Dalton	Achilles AAA	65	55:45

70-74:

1	Tamsanqa	Jusayi	Nedbank RC EP	71	44:09
2	Robin	Clark	Achilles AAA	73	1:11:53
3	Brian	Smith	PEAAC	70	1:16:39

75-79:

1	John	Peart	Nedbank RC EP	77	1:26:07
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WOMEN

1	Nokholo	Hlezupondo	SANDF EP	34	43:31
2	Babalwa	Ngcoko	Nedbank RC EP	26	44:07
3	Janette	Schierz-Crusius (1 st mast)	Body Concept	53	45:41
4	Janine	Gardiner	Charlo AC	32	45:50
5	Terray	Newcombe	Elite AC	22	46:29
6	Tiani	Claassen	Despatch AC	23	46:42
7	Elmarie	Bezuidenhout	Charlo AC	32	46:52
8	Megan	Wilson (1 st jun)	Charlo AC	18	48:15
9	Gail	Klichowicz (1 st vet)	Achilles AAA	47	48:32
10	Priscilla	Maleiba	Gelvan AC	43	49:25
11	Debbie	Dodd	Charlo AC	43	50:36
12	Annelize	Shergold-Smith	Bluewater Bay	33	50:43
13	Liz	Goosen	Warriors AC	40	52:28
14	Nikki	Strooh	Walmer AC	37	52:35
15	Amanda	Prideaux	Bluewater Bay	38	52:46
16	Leonie	Ah Kee	Nedbank RC EP	40	53:26
17	Sylma	Watkins	St Albans CS EP	45	53:38
18	Cathy	Ives (1 st g'mast)	Achilles AAA	60	53:56
19	Toegeda	Vyver	Nedbank RC EP	41	54:04
20	Elize	Adams	Gelvan AC	39	54:49

40-44:

1	Priscilla	Maleiba	Gelvan AC	43	49:25
2	Debbie	Dodd	Charlo AC	43	50:36
3	Liz	Goosen	Warriors AC	40	52:28

45-49:

1	Gail	Klichowicz	Achilles AAA	47	48:32
2	Sylma	Watkins	St Albans CS EP	45	53:38
3	Antoinette	Human	Gelvan AC	45	56:08

50-54:

1	Janette	Schierz-Crusius	Body Concept	53	45:41
2	Esteleen	Kramer	Gelvan AC	52	55:18
3	Merle	Nair	Achilles AAA	52	56:17

55-59:

1	Marietjie	Pietersen	Achilles AAA	57	55:00
2	Christine	Snyman	Despatch AC	57	58:53
3	Theresa	Lillis	Achilles AAA	57	1:02:44

60-64:

1	Cathy	Ives	Achilles AAA	60	53:56
2	Annelie	Cruywagen	Walmer AC	61	1:27:11
3	Carol	Nepgen	Kowie Striders	62	1:28:51

65-69:

1	Liz	Grundlingh	Muirite Striders	67	57:49
2	Denise	Terblanche	Walmer AC	66	1:09:03

70-74:

1	Orgia	Nell	Muirite Striders	70	1:12:08
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75-79:

1	Dorothy	Hart	Charlo AC	75	1:11:52
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Juniors:

1	Megan	Wilson	Charlo AC	18	48:15
2	Kimberley	Wilson	Charlo AC	18	57:18
3	Jani	Swiegelaar	Nedbank RC EP	17	57:24

Shanduka Coal Middelburg 5-in-1

Middelburg, 25 January

(Distances: 42.195 km, 32 km, 21.1 km, 15 km, 10 km; out-and-back courses)

Note: The organisers of the Shanduka races sent out results, but with only a few times – not even the time of the marathon winner was included! – and men only. A request for more detailed results went unanswered, so DRR is publishing only the main results here. The spelling of some names has been corrected. – Ed.

Marathon**MEN**

1	Zwenthini Ngwenya	Mswkaligwa MC	n/t
2	Samuel Makamu	Nelspruit	2:43:23
3	Johannes Thukwane	Eskom	2:44:33
4	Isaac Mkhabela	Marula	2:45:40
5	Moeketsi Skosana	Anglo	2:47:31

32 km**MEN**

1	Japie Jele	Nkangala
2	M Mdladla	
3	Hafen Alfeus	Harmony

Half marathon**MEN**

1	Philani Mkhwanizi		1:13:59
2	Seun Moleshioa	Midack	1:14:10
3	Mandla Nkabinde	Anglo	1:16:09

15 km

MEN

1	Amos Thanjekwayo	Midack	47:23
2	Brand du Plessis	Secunda	51:57
3	Bhekisisa Dladla	Nkangala	53:40

10 km

MEN

1	Abraham Kipketer	KEN/Nedbank	33:13
2	Moses Mahlangu	Midack	33:12

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**Marugame Half Marathon (68th)**

Marugame, JPN, 2 February

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

MEN (gun times)

1. Martin Mathathi, KEN, 1:00:11
[14:17 / 28:33 / 42:48 / 57:06]
2. Kenta Murayama, 1993, 1:00:50 PB/JPN Collegiate Record
[14:17 / 28:33 / 42:48 / 57:44]
3. Hiroto Inoue, 1:01:39 PB
4. Daniel Muiva Kitonyi, KEN, 1:01:44 PB
5. Masato Kikuchi, 1:01:50 PB
6. Yemane Tsegay, ETH, 1:02:29
7. Yuki Oshikawa, 1:02:30 PB
8. Hiromitsu Kakuage, 1:02:30
9. Taichi Takase, 1:02:32 PB
10. Masatoshi Kikuchi, 1:02:34

WOMEN (gun times)

1. Eri Makikawa, 1:10:27 DB
[16:33 / 33:12 / 50:03 / 1:06:54]
2. Yolanda Caballero, COL, 1:10:45
[16:33 / 33:12 / 50:03 / 1:07:02]
3. Kotomi Takayama, 1:11:19 PB
4. Jessica Augusto, POR, 1:11:57
5. Misato Horie, 1:11:57
6. Mao Kiyota, 1:12:44 PB
7. Ayame Takaki, 1:13:29 PB
8. Kim Seong Eun, KOR, 1:13:56
9. Chika Nakama, 1:14:03
10. Aiko Sakata, 1:14:08

Beppu-Oita Mainichi Marathon (63rd)

Oita, JPN, 2 February

(Distance: 42.195 km; out-and-back course)

MEN (gun times)

1. Abraham Kiplimo, UGA, 2:09:23 PB
[1:04:13 / 1:05:10]
2. Masato Imai, JPN, 2:09:30 PB
[1:04:14 / 1:05:16]
3. Kenichi Shiraishi, JPN, 2:10:36 PB
4. Ser-Od Bat-Ochir, MGL, 2:10:59
5. Soji Ikeda, JPN, 2:11:12

WOMEN (gun times)

1. Haruka Yamaguchi, JPN, 2:41:56 PB
2. Miyuki Kaneko, JPN, 2:53:35 PB
3. Tomoko Oba, JPN, 2:55:42

Mitja Marató de Granollers (28th)

Granollers, ESP, 2 February

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

MEN (gun times)

1. Wilson Kipsang, KEN, 1:01:18
[14:54 / 29:56 / 44:26 / 58:27]
2. John Kipsang, KEN, 1:01:27
[14:54 / 29:56 / 44:27 / 58:26]
3. Omar Ouchzif, J.A. Sabadell, 1:03:43
[15:22 / 30:43 / 45:52 / 1:00:35]
4. Samir Ait Bouychamane, Univ. Pais Vasco, 1:04:22
5. Mohamed Bembarka, AA Catalunya, 1:05:24

WOMEN (gun times)

1. Faith Jeruto, KEN, 1:14:07
2. Winfrida Kwamboka, KEN, 1:14:28
3. Vanessa Veiga, adidas, 1:14:36

Mezza Maratona Internazionale delle Due Perle (9th)

Santa Margherita Ligure, ITA, 2 February

(Distance: 21.1 km)

MEN (gun times)

1. Daniel Njengo, KEN, 1:04:44
2. Wilson Busienei, UGA, 1:04:47
3. Nixon Sigei, KEN, 1:04:52

WOMEN (gun times) -

1. Valeria Straneo, ITA, 1:12:14
2. Sara Dossena, ITA, 1:16:52
3. Laura Ricci, ITA, 1:19:10

All-America City 10 km (32nd)

Edinburg, USA, 1 February

MEN (gun times)

- | | | |
|-------------------------------|---------|--------|
| 1. Leonard Korir, KEN | 29:05.1 | \$5000 |
| 2. MacDonard Ondara, KEN | 29:17.1 | 3000 |
| 3. Elijah Muturi Karanja, KEN | 29:28.1 | 2000 |

WOMEN (gun times)

- | | | |
|------------------------------|---------|--------|
| 1. Shewarge Alene Amare, ETH | 33:49.9 | \$5000 |
| 2. Karolina Jarzynska, POL | 34:10.0 | 3000 |
| 3. Caroline Kiptoo, KEN | 34:46.1 | 2000 |

CROSS-COUNTRY**Almond Blossom Cross Country** (37th)

(Incorporating 50th European Champion Clubs Cup)

Albufeira, POR, 2 February

MEN (9.85 km)

1. Mohamed Moustou, MAR, 2-Apr-85, 29:13
2. Ayad Lamdassem, ESP, 11-Oct-81, 29:14
3. Daniel da Silva, BRA, 10-Jul-88, 29:16
4. Rui Pedro Silva, POR, 6-May-81, 29:21
5. Javier Guerra, ESP, 10-Nov-83, 29:32
6. Alemayehu Bezabeh, ESP, 22-Sep-86, 29:48
7. Matthias Kyburz, SUI, 5-Mar-90, 29:51
8. Mehmet Çaglayan, TUR, 30-Jul-85, 29:55
9. Iván Fernández, ESP, 10-Jun-88, 30:01
10. José Moreira, POR, 5-May-80, 30:06

WOMEN (6.175 km)

1. Hiwot Ayalew, ETH, 6-Mar-90, 20:15
2. Nadia Ejjafini, ITA, 8-Nov-77, 20:26
3. Natalya Gorchakova, RUS, 17-Apr-83, 20:39
4. Lyudmila Lebedeva, RUS, 23-May-90, 20:42
5. Natalya Leontyeva, RUS, 5-Jul-87, 20:45
6. Natalya Vlasova, RUS, 19-Jul-88, 20:46
7. Steph Twell, GBR, 17-Aug-89, 20:48
8. Lidia Rodríguez, ESP, 26-May-86, 20:51
9. Lily Partridge, GBR, 9-Mar-91, 20:52
10. Elena Romagnolo, ITA, 5-Oct-82, 20:57

INDOOR TRACK**Weltklasse in Karlsruhe**

Karlsruhe, GER, 1 February

MEN

800:

- | | | |
|----------------------------|---------|----|
| 1. Abraham Rotich, BRN | 1:46.30 | PB |
| 2. Marcin Lewandowski, POL | 1:46.30 | |
| 3. Kevin López, ESP | 1:46.88 | |
| 4. Andreas Lange, GER | 1:47.63 | PB |
| 5. Patrick Zwicker, GER | 1:47.64 | PB |

1500:

- | | |
|------------------------------|------------|
| 1. Nixon Chepseba, KEN | 3:37.02 WL |
| 2. Mekonnen Gebremedhin, ETH | 3:37.42 |
| 3. Johan Cronje, RSA | 3:37.49 PB |
| 4. Homiyu Tesfaye, GER | 3:40.26 |
| 5. Florian Orth, GER | 3:41.56 |

3000:

- | | |
|-------------------------------|------------|
| 1. Caleb Ndiku, KEN | 7:36.27 |
| 2. Augustine Choge, KEN | 7:37.76 |
| 3. Yewew Alamirew, ETH | 7:38.18 |
| 4. Bernard Lagat, USA | 7:38.51 |
| 5. Edwin Soi, KEN | 7:47.25 |
| ... 7. Conseslus Kipruto, KEN | 8:12.19 PB |

WOMEN

1500:

- | | |
|--------------------------------|----------------------|
| 1. Genzebe Dibaba, ETH | 3:55.17 WIR/NR/PB/WL |
| 2. Angelika Cichocka, POL | 4:08.15 |
| 3. Axumawit Embaye, ETH | 4:08.88 PB |
| 4. Margherita Magnani, ITA | 4:09.27 PB |
| 5. Katarzyna Broniatowska, POL | 4:11.42 PB |

3000:

- | | |
|----------------------------|---------------|
| 1. Sifan Hassan, NED | 8:45.32 WL/PB |
| 2. Viola Kibiwot, KEN | 8:48.12 PB |
| 3. Maryam Yusuf Jamal, BRN | 8:56.90 PB |
| 4. Corinna Harrer, GER | 9:07.11 |
| 5. Layes Abdullayeva, AZE | 9:07.38 |

Meeting d' Athletisme Mondeville (12th)

Mondeville, FRA, 1 February

MEN

3000:

- | | |
|-----------------------------|---------|
| 1. Soufiyan BOUQANTAR, MAR, | 7:44.87 |
| 2. Elroy GELANT, RSA, | 7:45.45 |
| 3. Abdelhadi LABALI, MAR, | 7:45.62 |

Razorback Team Invitational

Fayetteville, USA, 31 January – 1 February

WOMEN

Mile (01):

Invitational Section -

- | | |
|--|------------|
| 1. Grace Heymsfield, SR, Arkansas | 4:34.22 PB |
| 2. Dominique Scott, JR, Arkansas (RSA) | 4:36.11 PB |
| 3. Monika Juodeskaite, SO, Oklahoma State(LTU) | 4:46.39 |

5000 (31):

- | | |
|--|-------------|
| 1. Dominique Scott, JR, Arkansas (RSA) | 16:13.44 |
| 2. Rachel Baptista, SO, Tulsa | 16:27.64 PB |
| 3. Gabby Salazar, SR, Texas A&M | 17:25.86 |

Iowa State Bill Bergan Invitational

Ames, USA, 30 January – 1 February

MEN

600 yards (01):

- | | | |
|--------------------|----------------|------------|
| 1. Ryan Davis | FR Wisconsin | 1:10.76 PB |
| 2. Tyler Woloszyk | SR Wisconsin | 1:10.90 |
| 3. Pieter Conradie | FR Texas (RSA) | 1:11.09 PB |

PSD Bank Meeting (9th)

Düsseldorf, GER, 30 January

MEN

1500:

- Bethwel BIRGEN, 19, KEN, 3:39.05
- Collins CHEBOI, 1987, KEN, 3:40.34
- Nixon CHEPSEBA, 1990, KEN, 3:40.39
- Silas KIPLAGAT, 1989, KEN, 3:40.47
- Johan CRONJE, 1982, RSA, 3:40.77

STATS TIME

This week we include a list of the top ten junior men in the half marathon for 2013.

2013 HALF MARATHON: TOP 10 JUNIOR MEN

1:10:17	Masibulele Heugh	1	Port Elizabeth	29 Jun
1:11:44	Babalo Hambi	1	Cape Town	13 Oct
1:12:33	Vusumzi Zondo	2	East London	21 Sep
1:13:15	Emmanuel Ramohlale	1	Burgersfort	30 Nov
1:13:23	Lukhanyo Ngxoko	2	Port Elizabeth	29 Jun
1:14:25	Timothy Munzhelele	1	Cape Town	30 Mar
1:14:38	Lebogang Mosito	2	Burgersfort	30 Nov
1:14:59	John Montoedi	3	East London	21 Sep
1:15:07	Sive Ngubo	1	Stellenbosch	16 Nov
1:15:19	Thandile Joseph	1	Langebaan	20 Apr

THIS MONTH IN HISTORY**136 years ago: February 1986**

Ada Anderson was an unlikely athlete, but in the last quarter of the 19th Century she broke new ground to achieve equality for women in sport by her exploits as a pedestrienne, or long-distance walker. Born of a Cockney Jew father and English mother, she flouted Victorian morals as an actress, circus clown and singer, and made countless speeches exposing society's cruelty to working-class women. As one source described her, "Anderson was straightforward and muscular, a half-Jewish woman who was middle-aged, twice married, and who performed on Sundays." Her first major feat came in February 1878 (exact date unknown) when she walked 1 008 miles in 672 hours; later the same year she won world fame by walking 2 700 quarter miles in as many quarter hours.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2014

This is the first compilation of list leaders for 2014. The 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. 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	29:00	Kgosi Tsosane	Sasolburg	01 Feb
	28:34	Abel Kipsang (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	47:11	Lebogang Masilo	Kempton Park	22 Jan
	45:44	Abdelmajid El Hissouf (MAR)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	64:46	Xolisa Tyali	Benoni	26 Jan
	61:23	Mebrahtom Keflizighi (USA)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	82:44A	Sibonelo Duma	Pinetown	26 Jan
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:40:20	Anthony Godongwana	Camps Bay	05 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:04:32	Tsegay Mekonnen Assefa (jr) (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
100 km	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	32:23	Shadrack Hoff	Pretoria	25 Jan
	28:51	Paulo Catarino (POR) 2003		
15 km	50:34	Elias Mabane	Kempton Park	22 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	71:01	Johannes Kekana	Benoni	26 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	87:49A	Ephraim Xaba	Pinetown	26 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:53:10	Graham Katzen	Camps Bay	05 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:31:23	Hector Mahlangu	Benoni	26 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	36:16	Daniel Mothibe	Pretoria	18 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:47	Daniel Mothibe	Kempton Park	22 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	79:56	Tony da Silva	Benoni	26 Jan
	66:42	Martin Rees (GBR) 2003		

25 km	95:40A	Shaun Meiklejohn	Pinetown	26 Jan
30 km	2:03:06	Chris Mitchell	Camps Bay	05 Jan
Marathon	2:53:44	Steve Motau	Benoni	26 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	41:06	Mike du Bruto	Pretoria	25 Jan
15 km	62:47	Clive Owen	Constantia	11 Jan
21.1 km	89:14	Mike Hirst	Benoni	26 Jan
25 km	2:00:34A	Mbekiseni Mchunu	Pinetown	26 Jan
30 km	2:17:58	Barry Bester	Camps Bay	05 Jan
32 km				
Marathon	3:18:04	Don Charles	Sasolburg	01 Feb
100 km				
<u>Juniors</u>				
10 km	33:43	Granwin Katzen	Tokai	01 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	51:01	Thabang Mafa	Kempton Park	22 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:46	Tshwanelo Mojokeng	Sasolburg	01 Feb
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	36:00	Myrette Filmalter	Pretoria	18 Jan
	32:21	Sophie Duarte (FRA)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	57:40	Ntombesintu Mfunzi	Port Elizabeth	18 Jan
	52:30	Souad Kambouchia (MAR)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	78:26	René Kalmer	Bedfordview	12 Jan
	69:58	Caroline Rotich Cheptanui (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	97:30A	Cary-Ann Smith	Pinetown	26 Jan
	79:53	Mary Keitany (KEN) 2010		
30 km	2:03:01	Thozama April	Camps Bay	05 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:46:52	Kim Laxton	Xiamen	02 Jan
	2:21:36	Mare Dibaba Hurssa (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	41:13	Ronel Thomas	Pretoria	04 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	64:15	Gillian Sieling	Johannesburg	05 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	86:57	Gillian Sieling	Benoni	26 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km	1:52:29A	Shani Silver	Pinetown	26 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:15:53	Elmarie Coetzee	Camps Bay	05 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:59:42	Zola Pieterse	Charleston	18 Jan

100 km	2:26:51	Priscilla Welch (GBR) 1987		
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	44:23	Mariëtte Strauss	Tokai	01 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	68:04	Mariëtte Strauss	Durbanville	22 Jan
	54:33	Shirley Matson (USA) 1991		
21.1 km	92:15	Jane Mudau	Benoni	26 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:03:09A	Debby de Koning	Pinetown	26 Jan
30 km	2:33:38	Lorraine Rogers	Camps Bay	05 Jan
Marathon	3:10:46	Marie Bruwer	Sasolburg	01 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	50:10	Lyn de Bruin	Pretoria	25 Jan
15 km	68:21	Margie Saunders	Jeffreys Bay	04 Jan
21.1 km	1:41:14	Liz Ruickbie	Benoni	26 Jan
25 km	2:11:05A	Jenny Scott	Pinetown	26 Jan
30 km	2:45:55	Veronica van Niekerk	Camps Bay	05 Jan
32 km				
Marathon	4:38:38	Ruth Leverton	Fish Hoek	18 Jan
100 km				
<u>Juniors</u>				
10 km	39:37	Pamela Moyikwa	Tokai	01 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	69:03	Nthuseng Lolwana	Constantia	11 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	2:02:10	Chanté Venter	Bedfordview	12 Jan
	1:09:05	Delilah Asiago (KEN) 1991		

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