

Distance Running Results

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Four of the stars of the Old Mutual Two Oceans: new champion Lebenya Nkoka about to break the tape, Hendrik Ramaala raises his arms after finishing second, Shitaye Gemechu Debellu smiles at the media interviews after her 2nd place, and winner Nina Podnebesnova. [Image SA]



EDITORIAL

The record is there for the taking, said Hendrick Ramaala at the media conference the day before the 45th Old Mutual Two Oceans Marathon. Referring to the incentive for breaking the race record, he said: "I mean, a million Rand! We are all going for it!"

They did – until about 22 km, when they slowed as the wind picked up. So

nothing came of the record attack, but Ramaala's second place at the age of 42, and in his first ultramarathon, was the highlight of the day in a race that was dominated by foreigners.

Ramaala (3:11:33) was flanked on the podium by two Lesotho runners, Lebenya Nkoka, who won in 3:09:52, and Masilo Matjiane, third in 3:12:00. The rest of the top ten were another visitor from Lesotho and one each from Ethiopia, Kenya and Malawi, and three South Africans. Last year there were six Lesotho athletes in the top ten.



Ethiopians, who have been so omnipresent at the forefront of international marathons in recent years, came to the Two Oceans in force for the first time and went away with six top-ten places in the ultramarathon and half marathon. Their best performance was that of Shitaye Gemechu Debellu, who led the women's ultra race for most of the way before being passed by Nina Podnebesnova (RUS), who won in 3:40:07.



The half marathon went to defending champion Stephen Mokoka (1:04:16) and Lebo Phalula, who beat René Kalmer in a personal best of 1:14:00 – a tremendous achievement on a challenging course.

The ultramarathon started off at a very fast clip on a cool morning with a light breeze, which would become

stronger as the runners neared the sea in Muizenberg. In Fish Hoek, at around 20 km, the huge leading pack was still on pace to break Thompson Magawana's 1988 race record of 3:03:44. Nkoka, winner of the Soweto Marathon in 2010, was there, but so were all the other leading contenders: Ketema Tadesse (ETH), Zimbabweans Collen Makaza and Mike Fokoroni, Mthandazo Qhina, who was second last year, and a phalanx of Lesotho stars – Warinyane Lebopo, Motlokoa Nkhabutlane, Mabuthile Lebopo, Moeketsi Mosuhli and Matjiane. And Ramaala.

The runners from Lesotho, who had been training in the high mountains of their country and, in the words of Nkoka after the race, had come to win the race and not chase the record, were running as a team at this early stage.

"The other guys were spooked by going for the record. But you cannot decide to run a record before the race – you have to prepare properly and make sure your training is in place," the winner said.

Enos Matalane emerged from the pack shortly after 23 km and surged ahead to reach halfway in 1:32:10 with Gert Thys just behind him, but the tempo had slowed to such an extent that they were now 4:40 behind Magawana's pace. Tadesse was 35 sec behind,

Top: The first three men in the half marathon, Joel Mmone (2nd), Stephen Mokoka (1st) and Gladwin Mzazi (3rd). Below right: Women's winner Lebo Phalula, who ran a PB of 74:00. [Jasper Coetzee]. Below left: Race Director Chet Sainsbury seemed happy with his 32nd finish, and he was probably satisfied with the excellent organisation of the massive event as well. [Image SA]

followed within five seconds by thirteen runners. Defending champion David Gatebe was more than two minutes behind the leader.

The Lesotho athletes kept biding their time as Thys took charge and ran hard up the long climb to the top of Chapman's Peak at 180 m above sea level. The South African marathon record holder, who was fourth in 2012 when he set a veteran course record of 3:09:42 but did not finish last year, reached the summit 30 seconds ahead of the chasers and flew down the other side towards Hout Bay. But there, as many runners who in the past had run the leg-jarring descent too quickly, Thys started slowing and soon there were ominous signs when he started looking over his shoulder.

With good reason, for behind him Tadesse, who came to the Two Oceans with no ultramarathon experience but had run a half-marathon PB of 1:05:02 in January (his marathon PB of 2:11:52 dates from 2008), was bearing down on him. On the gentle climb before the big ascent up Constantia Nek started, the unheralded Ethiopian swept past. He went through the standard marathon mark in 2:19:48 (4:43 behind Magawana's time), with Thys 14 seconds behind. Nkoka, the two Lebopos, Ramaala and Matjiane were running together 19 seconds behind Thys and had a lead of more than 30 seconds over Henry Moyo (MAW). It was clear that Nkoka was controlling matters.

Thys was slowing down rapidly and he had no answer when Nkoka's group hauled him in. As has happened so many times before, "the Nek" was decisive. All the hill training the runners from the Mountain Kingdom had done played its part as Nkoka powered up the winding, tree-lined road to the top at 215 m above the ocean. Matjiane and Ramaala went with him and were still at his shoulder when they reached 46 km at the crest of the hill, but less than a kilometre further Nkoka, who was ninth last year in 3:13:18, played his final card.

Ramaala, who said afterwards that he was not feeling good on the climb (although it did not show), and Matjiane, who has twice run the Two Oceans Half Marathon, with a best placing of 15th, could only watch Nkoka pull away. They also had a new threat coming from behind: Warinyane Lebopo, who was fifth in 2010 but has been unable to make the top 60 since then. Lebopo first caught Matjiane and then shortly afterwards also Ramaala, who was losing his rhythm as his legs reacted to the effects of the uncharted distance.

There was no catching the strongly running Nkoka, though. He reached 50 km in 2:49:02, 21 seconds ahead of Lebopo and 33 seconds in front of Ramaala. Tadesse had fallen back to fifth in 2:50:48, while Thys was now more than eight minutes behind the leader and Moyo, Michael Mazibuko, Arnold Kiptaoi (KEN) and Qhina had joined 2010 winner Mabuthile Lebopo in the top ten.

Soon afterwards there was another dramatic change as Warinyane Lebopo's effort to catch the leaders proved his undoing. Ramaala, seven years older, gradually cut the deficit and repassed Lebopo to finish almost a minute ahead.

Nkoka fell to his knees beyond the finish line, but soon recovered to be greeted by his country's Minister of Sport and Recreation, who said that Lesotho would be sending a strong marathon team to the Commonwealth Games. Nkoka ran almost 3½ minutes faster than in 2013, while Matjiane was third in 3:12:00 and Warinyane Lebopo fourth in 3:12:24. Ramaala, winner of the New York City Marathon in 2004, finished less than two minutes behind Nkoka in 3:11:33 and looked much fresher.

Like last year, Qhina was the first Cape Town finisher, but this time he was ninth; he has now won a gold medal in his last three Two Oceans. The other South Africans in the top ten were Mazibuko (6th) and Othaniel Phahlane (10th). Thys was 17th in 3:22:02 and Gatebe 41st. David Barmasai (KEN), one of the pre-race favourites with a marathon PB of 2:07:18, was still near the front at the marathon mark, but dropped out soon afterwards.

In an interview after the race Nkoka said their strategy worked perfectly: "I had planned to run a sub-3:10 time and ran according to plan. I held back until I knew that the time was right to make a move and then we went for it. I felt strong in the final 10 km and knew I would win. Perhaps we can give the record a full go next year."

Ramaala (42), the second fastest SA marathoner of all time and holder of both the track 10000 m and half-marathon records, said he would try to make the South African marathon team for the next World Championships.

With women's defending champion Thabita Tsatsa (ZIM) dropping out after the halfway mark, it seemed certain that the winner would be a Russian. But it was two Ethiopian novices, Chelitu Bogale Asefa and Shitaye Gemechu Debellu, who directed proceedings in the early stages. They went through halfway together in 1:45:47 (more than four minutes slower than Frith van der Merwe did when she set the record of 3:30:36 in 1989), with the Nurgalieva twins, Elena and Olesya, three minutes behind, followed by Mamorallo Tjoka (LES), the first South African, Paulina Njeya, Podnebesnova and Tsatsa. Zola Pieterse was almost 19 minutes behind the leaders, but would run the second, difficult, half faster than the first.

Debellu, the fastest marathon runner in the field with her 2:26:10 in 2008 (when she was fourth in Paris), then took off. Looking extremely relaxed, she often could be seen smiling and chatting to the men around her. It seemed as if Chapman's Peak held no fear for her and her short stride carried her down the other side unchallenged. One felt that the winner had been decided, so controlled and comfortable she appeared.

She sped past the marathon mark in 2:42:13 – three minutes ahead of Podnebesnova, who had left the twins, Tjoka, Asefa and Njeya behind. The next runner, Ntombesintu Mfunzi, was more than 12 minutes behind the leader. South African master Jane Mudau was running a remarkable race in eleventh place and would set a new course record in her age group.

But Constantia Nek has a way of playing havoc with the control and comfort of the best runners, and Debellu soon found that the 14 km beyond the marathon mark – especially if you have to run part of it up this brutal hill – can turn your plans upside down. Podnebesnova, fifth in 2011 and 2013, was much stronger and soon after the summit charged past her much smaller adversary, pulling away without resistance from the Ethiopian.

By 50 km (3:17:19) she was already 72 seconds ahead and although Debellu was struggling, with shoulders rolling and the earlier smile replaced by a grimace, she seemed safe in second. Elena Nurgalieva was 1:40 behind. Pieterse, who had passed the marathon mark in 3:07:31 in 15th, was now 12th in 3:43:54 as the fourth South African.

Over the last 6 km the strongly built Russian increased her lead by another 2:18 and although she looked behind her a few times, there was no danger. Her 3:40:07 is easily her fastest Two Oceans. There was no change in the rest of the top ten over the last 6 km, with Elena taking third, only 22 seconds behind Debellu's 3:43:37. Her 3:43:59 is the slowest of her eleven Two Oceans efforts.

Njeya, who was tenth in 2012 but did not finish last year, was the first South African in fifth in 3:50:48, her best time. The only other South African in the top ten was Mfunzi (eighth). Pieterse finished comfortably in eleventh, missing a gold medal by 26 seconds and running almost 22 minutes faster than in her previous attempt in 2012.

The Ethiopians matched the Russians with three gold medals: apart from Debellu, Asefa was seventh and Alemtsehay Hailu Kakissa ninth.

Despite much better conditions than last year, only seven women won silver medals (sub-4 hours), the lowest total since the six of 2010.

Mokoka, the current SA 10 km and half-marathon champion, had no trouble defending his title, although he ran 41 seconds slower than the course record he set last year. Joel Mmone was second and Gladwin Mzazi third, both in 1:04:29. The first three finished in the same order as last year, except that Lusapho April, second then, was absent this time. Mokoka wants to improve his speed with some track races in Europe during the summer.

In the women's race Phalula had a magnificent run for her second win in Cape Town in two weeks. On the first weekend of April she missed her PB by a whisker in the Spar Grand Prix Series 10 km; here she slashed her half-marathon best by a massive 2:38. On the weekend between the two races she also won the SA track title over 5000 m.

Kalmer finished second for the third time (she has also won twice), but was philosophical. Referring to her below-par finish in the Spar race, she said: "Well, it's better than eighth!" She is planning to run a few road races in the US in May.

In third Ethiopian Gezashigh Gemedo (75:02), also ran a career best.

An outstanding performance in the half marathon came from Deirdre Larkin, whose 2:19:51 is a new world single-age record for an 82-year-old. Five course records were set; apart from Mudau's 3:15:48 there were also four in the half-marathon. There was one list leader, by veteran Ronel Thomas (1:26:39).

□ With the Boston Marathon, where Lusapho April finished 15th in 2:14:59, having been run today, we will catch up with international results next week.

□ In the results of the Loskop 50 km last week Rofhilwa Mathidi was indicated as "Individual"; he in fact represents Nedbank AGN.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Old Mutual Two Oceans Marathon & Half Marathon, Cape Town
- * Pick 'n Pay Soshanguve Morula Half Marathon & 10 km, Soshanguve
- * Great Brak River 10 km, Great Brak River
- * XC: WP Cross-country Relay, Pinelands
- * Track: Varsity Cup #2, Johannesburg; SA Track & Field Championships, Pretoria

ROAD RUNNING

Old Mutual Two Oceans Marathon (45th) & Half Marathon (17th)

Cape Town, 19 April

(Distances: Ultra – 56 km; certified near-loop course with S/F separation of 2.85%, very hilly in second half. Half-marathon – 21.1 km; certified near-loop course with S/F separation of 7.56%, very hilly. The finish is 65 m HIGHER than the start for both races. Finishers: ultramarathon, 8199 [slightly down from 8209 last year]; half marathon, 13 180 [down from 13 743]. Weather: Cool and clear, warmer later, windy [but not nearly as strong as last year].)

Ultramarathon

MEN

1	Lebenya Nkoka	ME Int (LES)	31	3:09:52	R250,000
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2	Hendrick Ramaala	NRCGN	42	3:11:33	R125,000
3	Masilo Matjiane	LES	30	3:12:00	R65,000
4	Warinyane Lebopo	ME Int (LES)	35	3:12:24	R35,000
5	Ketema Tadesse	ETH	30	3:12:35	R25,000
6	Michael Papi Mazibuko	NRCCG	27	3:13:05	R15,000
7	Arnold Kibet Kiptaoi	KEN	26	3:14:06	R14,000
8	Henry Moyo	MAW	41	3:15:37	R13,000
9	Mthandazo Qhina	NRCWP	36	3:16:07	R12,000 + R5000i
10	Othaniel Phahlane	Toy Int (RSA)	29	3:16:21	R10,000
11	Mabhutle Lebopo	ME Int (LES)	38	3:16:33	
12	Peter Muthubi	ALPCEN	32	3:17:19	
13	Lucas Nonyana	MECG	34	3:17:45	
14	Mike Fokoroni	ME Int (ZIM)	37	3:19:51	
15	Thapelo Mofokeng	Cool	33	3:20:40	
16	Harmans Mokgadi	Toyota	38	3:21:49	
17	Gert Thys	MEWP	42	3:22:02	R4000i
18	Bongumusa Mthembu	NRCKZN	30	3:23:17	
19	Thuso Mosiea	MEKZN	38	3:23:20	
20	Thabo Nkuna	Cool	35	3:23:54	
21	Lucky Miya	Gallopers	33	3:24:12	
22	Johannes Kekana	Toyota	41	3:24:30	
23	Leboka Noto	LES	43	3:25:03	
24	Sandile Makhaye	PHUMA AC	40	3:25:41	
25	Lucas Raseruthe	Cool	32	3:26:02	
26	Teboho Sello	ME Int (LES)	35	3:27:20	
27	Siviwe Nkombi	Itheko	25	3:27:24	R3000i
28	Willy Kipngetich	KEN	30	3:27:39	
29	Stephen Muzhingi	ZIM	38	3:27:47	
30	Edward Mothibi	Impala	29	3:28:07	
31	Lindokuhle Mdlovu	KATLEH	35	3:28:25	
32	Mzolisi Makanda	NRCEC	31	3:28:42	
33	Steven Dikobo	BidvestAC	32	3:28:55	
34	Moges Taye Mamo	ETH	40	3:28:57	
35	Peter Mavura	Formula (ZIM)	39	3:30:15	
36	Jonas Makhele	BidvestAC	32	3:30:36	
37	George Ntshiliza	NRCEC	34	3:30:57	
38	Sipho Ncube	ME Int (ZIM)	42	3:31:50	
39	Mila Pasiya	NRCEC	34	3:32:09	
40	Sekeke Lesole	LES	33	3:32:45	
41	David Gatebe	Impala	32	3:33:23	
42	Oliver Kandiero	ME Int (ZIM)	35	3:33:30	
43	Zuzile Ntsiniyabo	OUTENH	39	3:34:18	
44	Kipkirui Koskei	KEN	35	3:34:55	
45	Anele Maliza	NRCEC	36	3:35:05	
46	Vusi Sokhela	MEKZN	36	3:35:22	
47	Richard Mavuso	Toy Int (RSA)	36	3:35:50	
48	Lebohang Mahloane	LES	31	3:35:51	
49	Motlokoa Nkhabutlane	Toy Int (LES)	29	3:36:13	
50	Judas Ntuli	MAG	42	3:36:23	
...					
84.	Kanie Simons (Impala)			3:49:38	
...					
86.	Charles Tjiane (MECG)			3:50:12	

i = Incentive for first five Western Province athletes (only the first three shown)

Other finishers: 119. Samuel Seun Moleshioa 3:55:15; 174. Ludwick Mamabolo 4:00:37; 257. Collen Makaza (ZIM) 4:10:17; 298. Vladimir Kotov (BLR, 50+) 4:14:40; 1318. Tsotang Maine (LES) 5:04:32; 2997. Bruce Fordyce (nine-times Comrades winner, 30th finish) 5:43:51; 3555. Chet Sainsbury (Race Director, 32nd finish) 5:51:18; 6738. Louis Massyn (39th finish) 6:40:49; 6947. Tony Abrahamson (39th finish) 6:43:51.

DNF: Brighton Chipere (ZIM), Shadrack Hoff, Vusi Malobola, Marko Mambo (ZIM), Moeketsi Mosuhli (LES), Phathalla Mohloli (LES), Moses Njodzi (ZIM), David Barmasai (KEN), Enos Matalane.

Veterans:

1. Ramaala (above) 3:11:33 R10,000
2. Moyo (above) 3:15:37 R5000
3. Thys (above) 3:22:02 R4000

Masters:

1. Themba Phulu (Panor), 54, 3:54:44 R5000
2. Shaun Meiklejohn (NRCKZN), 52, 3:55:58 R4000
3. Eloi de Oliveira (Boxer), 55, 4:03:44 R3000

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11. Vladimir Kotov (BLR/Cent), 56, 4:14:40

G'masters:

1. Antony Nyabanyaba (SANDFFS), 60, 4:22:14 R4200
2. Peter Erasmus (RAC), 60, 4:24:57 R2600
3. Jimmy Styan (Ach), 4:49:27 R1600

G/g'masters:

1. Brian Key (Forest), 75, 4:53:38 R500
2. Siegfried Reichert (GER), 73, 5:32:05 R300
3. Chet Sainsbury (Celtic), 72, 5:51:18 R200

WOMEN (Same prize money as men)

1	Nina Podnebesnova	RUS	34	3:40:07	
2	Shitaye Gemechu Debellu	ETH	34	3:43:37	
3	Elena Nurgalieva	RUS	38	3:43:59	
4	Mamorallo Tjoka	LES	29	3:46:13	
5	Paulina Njeya	Toyota	36	3:50:48	
6	Olesya Nurgalieva	RUS	38	3:51:46	
7	Chelitu Bogale Asefa	ETH	22	3:56:58	
8	Ntombesintu Mfunzi	NRCEC	32	4:00:52	
9	Alemtsehay Hailu Kakissa	ETH	40	4:03:56	
10	Samukeliso Moyo	ME Int (ZIM)	40	4:07:32	
11	Zola Pieterse	RSA	47	4:07:58	
12	Melanie van Rooyen	RICHBAY	36	4:10:32	
13	Jane Mudau	NRCGN	51	4:15:48	
14	Julanie Basson	Toyota	39	4:18:12	
15	Stephanie Smith	BORN2RUNEP	28	4:24:34	
16	Kathleen Shuttleworth	VOB	39	4:24:45	R5000i
17	Helen Buley	CH	34	4:25:00	
18	Debbie Perry	BOXERSS	39	4:25:36	
19	Toni Bennetts	Klerks	34	4:25:40	
20	Funeka Zaula	Makana	30	4:27:13	
21	Jillian Sotto Corona	Boks	40	4:27:23	
22	Serena Eley	USA	33	4:28:42	
23	Liesl Stoltz	DURBAC	37	4:28:53	R4000i
24	Anne Dupont	BEL	40	4:30:36	

25	Tracy Forbes	VOB	41	4:31:46	R3000i
26	Lisl Grobler	Knysna	37	4:32:18	
27	Gillian Sieling	NRCCG	45	4:32:18	
28	Cary-Ann Smith	NRCKZN	34	4:32:22	
29	Marilyn Fischer	AAC	35	4:33:34	R2000i
30	Zisandele Mkhize	SAV	29	4:33:35	
31	Candyce Hall	CARWP	30	4:33:46	R1000i
32	Michelle Scott	DHSOB	35	4:34:37	
33	Tania Anderson	VOB	42	4:34:46	
34	Sarah Gray	CH	31	4:35:11	
35	Ursula Turck	Strand	41	4:36:17	
36	Jane Barnardo	BODYCON	39	4:36:39	
37	Grainne Connor	IRL	34	4:37:35	
38	Nadine Breytenbach	Irene	36	4:37:59	
39	Charmaine Salvage	FHOEK	40	4:39:31	
40	Carly Kent	Sunning	38	4:39:40	
41	Nonsikelelo Mbambo	CARBS	35	4:39:49	
42	Ashleigh White	DHSOB	40	4:40:45	
43	Annatjie Botes	NRCSWD	56	4:41:16	
44	Renee Marais	HAHA	39	4:41:40	
45	Adele Waldron	WCOAST	40	4:41:41	
46	Julia J. van Rensburg	Celtic	31	4:41:53	
47	Danka Erasmus	Love	27	4:42:49	
48	Bambie de Wet	Harris	43	4:42:50	
49	Suzette von Broembsen	FFAAC	34	4:43:18	
50	Heather Phipson	RAC	43	4:43:22	

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119. Tshifhiwa Malobola (Toy), 32, 4:58:40

i = Incentive for first five Western Province athletes

DNF: Azwindini Lukhwareni, Thabita Tsatsa (ZIM).

Veterans:

1. Kakissa (above) 4:03:56
2. Moyo (above) 4:07:32
3. Pieterse (above) 4:07:58

Masters:

1. Jane Mudau (above) 3:15:48 CR*
 2. Botes (above) 4:41:16
 3. Julie Shadwell (VOB), 52, 4:44:33
- *) Course record; previous 4:18:43, Styntjie Prins, 2006

G'masters:

1. Gloudien Spies (Tuks), 61, 5:21:30
2. Annelie van der Linde (Durb), 60, 5:31:20
3. Patricia Shaw (BNAC), 61, 5:48:14

G/g'masters:

1. Willemien Smuts (PP), 73, 6:09:14

Half marathon**MEN**

1	Stephen Lesego Mokoka	TNETGN	29	1:04:16	R25,000
2	Joel Mmone	NRCCNW	23	1:04:29	R12,000
3	Sibabalwe Mzazi	TNETGN	25	1:04:29	R6000

4	Benedict Moeng	TNETGN	31	1:04:40	R5000
5	Asefa Negewo	ETH	29	1:05:12	R4000
6	Kgosi Tsosane	TNETGN	28	1:05:16	R3000
7	William Kaptein	Robert	21	1:05:27	R2000
8	Anthony Godongwana	TNETGN	29	1:05:31	R1000
9	Sibusiso Nzima	NRCCG	27	1:05:39	R500
10	Xolisa Tyali	NRCCG	25	1:05:57	R250
11	Wirimayi Juwawo	ZIM	33	1:06:18	
12	Lloyd Bosman	NRCSWD	26	1:06:48	
13	Nkosinoxolo Sonqibido	Itheko	27	1:07:01	
14	Lucas Jani	TNETGN	29	1:07:19	
15	Frik Guys	NRCGN	27	1:07:42	
16	Domenic Khoza	Cool	27	1:08:04	
17	George Majaji	ZIM	36	1:08:29	
18	Gubese Silindile	PHUMA AC	26	1:08:32	
19	David Manja	NRCCNW	22	1:08:53	
20	Lucky Mohale	MECG	28	1:09:11	
21	Nkosinathi Sotyantya	Itheko	20	1:09:12	
22	Nkosinathi Madyo	NRCWP	26	1:09:28	
23	Unathi Nteta	AAC	21	1:09:30	
24	Desmond Mokgobu	MECG	25	1:09:39	
25	Gershwin Jacobs	NRCSWD	23	1:09:42	
26	Jean-Pierre Abrahams	Itheko	25	1:09:44	
27	Sibusiso Madikizela	Manoni	22	1:10:39	
28	Tsungai Mwanengeni	NBMC (ZIM)	40	1:11:09	
29	Altus Badenhorst	NRCGN	24	1:12:32	
30	Graham Katzen	Itheko	43	1:12:51	
31	Steve Farrell	Ind	31	1:12:56	
32	Xolisa Batala	VOB	25	1:13:36	
33	Thulani Sibeko	Cool	24	1:13:45	
34	Henno Havenga	DREAMAC	21	1:13:55	
35	Kamohelo Molebaliso	STERKAC	22	1:13:56	
36	Lucky Mosikili	Lewens	26	1:13:57	
37	Bronwyn van Rhyn	NBMC	23	1:14:01	
38	Mario Mnguni	Cool	25	1:15:08	
39	Granwin Katzen	Itheko	18	1:15:57	
40	Shawn Abrahams	Itheko	43	1:16:09	
41	Karabo Nkachela	Cool	28	1:16:09	
42	Michael Hodgson	Ind	31	1:16:28	
43	Elfonzo Pieterse	NRCSWD	25	1:16:39	
44	Daniel Mokoena	Cool	24	1:16:41	
45	Godlip Mphulo	ADTCG	23	1:16:54	
46	Xolisa Malane	Wild	24	1:17:04	
47	Faizel October	NBMC	26	1:17:05	
48	Mnonopheli Zunguzane	Strand	31	1:17:15	
49	Ricardo Jafta	NRCWP	26	1:17:24	
50	Victor Msopi	NRCWP	34	1:17:50	

Veterans:

1. Mwanengeni (above) 1:11:09 CR* R4000
 2. Katzen (above) 1:12:51 R3000
 3. Shawn Abrahams (above) 1:16:09 R1500
- *) Course record; previous 1:12:20, Graham Katzen, 2012

Masters:

1. Desmond Zibi (Ika), 50, 1:23:30 R2000
2. Tobias Philander (Itheko), 50, 1:25:55 R1000

3. Hermanus Jonkerman (NRCSWD), 54, 1:26:12 R750

G'masters:

1. Awie Veldsman (Held), 64, 1:28:59 R1000
2. Clive Owen (Edge), 62, 1:29:38 R750
3. Hannes Els (Warrior), 64, 1:34:04 R500

G/g'masters:

1. Roelof van Weele (Whalers), 70, 1:53:30 CR* R500
 2. Peter van den Berg (Celtic), 70, 1:57:00 R300
 3. Joe Teixeira (Hot), 70, 2:03:25 R200
- *) Course record; previous 2:02:45, Chris van Coller, 2012

Juniors:

1. Granwin Katzen (above) 1:15:57 R750
2. Archie Boome (Knysna), 18, 1:18:25 R500
3. Buhle Yokwana (VOB), 18, 1:19:05 R300

WOMEN (Same prize money as men)

1	Diana Lebo Phalula	MECG	30	1:14:00
2	René Kalmer	Ind CGaut	33	1:14:23
3	Gezashigh Gameda	ETH	24	1:15:02
4	Mapaseka Makhanya	BOXERSS	29	1:15:35
5	Lavinia Haitope	NAM	24	1:16:41
6	Christine Kalmer	BOXERSS	28	1:16:44
7	Jenna Challenor	BOXERSS	32	1:16:59
8	Rutendo Nyahora	NRCGN (ZIM)	25	1:17:30
9	Mildred Chebosis Kiminy	KEN	29	1:18:39
10	Myrette Filmalter	NRCGN	33	1:18:51
11	Mestawot Tadesse Shankutie	ETH	28	1:20:10
12	Hanlie Botha	BORN2RUNKZ	35	1:21:23
13	Bulelwa Simae	NRCWP	37	1:24:54
14	Ulrica Stander	NBMC	39	1:24:55
15	Slindile Chili	Chester	19	1:25:01
16	Megan Strachan	Ind	21	1:25:36
17	Jenet Dlamini	Umzimk	19	1:26:32
18	Ronel Thomas	BOXERSS	42	1:26:39
19	Janene Carey	BOXERSS	42	1:26:40
20	Natalia Rosa	Ind	37	1:26:48
21	Marli van Staden	NBGN	20	1:27:43
22	Danielle Adlam	NRCCG	33	1:27:55
23	Suzette Botha	ESKKZN	42	1:29:05
24	Melissa van As	NRCSWD	32	1:29:10
25	Leigh Barrow	UCT	19	1:29:29
26	Khanya Mateyisi	Khayel	20	1:29:33
27	Ricci-Lee Brookstone	Ind CGaut	25	1:30:08
28	Tracy Markham	ATC	27	1:30:13
29	Leilani Scheffer	RFLNWN	30	1:30:27
30	Xoli Madida	CARBS	29	1:31:31
31	Marieke Kriek	Pirates	28	1:32:21
32	Dominique Stapelberg	Ind GN	28	1:32:23
33	Landie Greyling	HELDH	30	1:32:25
34	Sandra van Graan	EDGE	46	1:32:32
35	Helen Ibbotson	Pirates	38	1:32:52
36	Janine Boonzaaier	Ind WGriq	23	1:32:53
37	Wilna Eybers	STRAND	44	1:33:00
38	Helene Roux	NBMC	29	1:33:39

39	Kelley Hess	Ind	30	1:33:41
40	Nomcebo Mthethwa	UMHLAT	31	1:33:53
41	Taryn King	Ind	27	1:34:00
42	Nicole Wiese	Ind	30	1:34:15
43	Vivienne Williams	ATC	51	1:34:27
44	Hanmarie Stadler	VOB	26	1:34:31
45	Ursula Egan	Ind	43	1:34:39
46	Palesa Patricia Lehasa	Tlokwe	25	1:34:42
47	Cecilia Nel	Hartenb	32	1:35:11
48	Bernise van der Westhuyzen	NAM	30	1:35:11
49	Tanya Posthumus-Fox	Century	33	1:35:14
50	Marlize Vienings	TNLCACR	38	1:35:20

Veterans:

1. Thomas (above) 1:26:39
2. Carey (above) 1:26:40
3. Botha (above) 1:29:05

Masters:

1. Vivienne Williams (above) 1:34:27 CR*
 2. Sandra Brookstone (Wand), 51, 1:38:02
 3. Janette Schierz-Crusius (Bodycon), 53, 1:40:42
- *) Course record; previous 1:37:51, Olga Howard, 2012

G'masters:

1. Nancy Will (Pine), 61, 1:47:25 CR*
 2. Brenda Nooy (VOB), 60, 1:50:20
 3. Chloe Glover (Ind CGA), 63, 1:51:00
- *) Course record; previous 1:53:06, Ria Donnoli, 2012

G/g'masters:

1. Marlene James (Pine), 70, 2:14:16
2. Thea Kruger (Ind), 71, 2:16:05
3. Jean Cammidge (FH), 73, 2:18:38

Juniors:

1. Clare Walker (Mates), 18, 1:46:32
2. Johne Malherbe (Klerks), 19, 1:48:04
3. Nthuseng Lolwana (VOB), 18, 1:48:19

Pick 'n Pay Soshanguve Morula Half Marathon & 10 km (2nd)

Soshanguve, 19 April

(Distances: 21.1 km & 10 km; hilly courses. Finishers: half marathon – 183 [up from 183 last year]; 10 km – 430 [up from 350].)

Half marathon**MEN**

1. Derocious Makhobalo (SC) 1:07:53
2. Vuyisile Tshoba (Trans) 1:08:06
3. Nkosinathi Vilakazi (Bethal) 1:08:15

Veterans: 1. Enoch Skosana (Trans) 1:15:19; 2. Elias Mabane (Ned) 1:15:20. **Masters:** 1. Johannes Ramapaleka (TAC) 1:33:36; 2. Johannes Mulaudzi (BMW) 1:34:51.

WOMEN

1. Vuyokazi Gebe (Ned) 1:28:30
2. Gloria Baeba (Trans) 1:29:51
3. Ndofhiwa Mandiwana (Toy) 1:32:24

Masters: 1. Annetjie Strydom (Arc M) 1:59:53; 2. Christa Mouton (Agape) 2:16:26.

10 km

MEN

1. Precious Mashehle (Trans) 32:03
2. Motsamai Motone (Trans) 32:39
3. Micah Kipyego (Toy) 33:03

Veterans: 1. Geelboy Mahlangu (Wonder) 36:46; 2. Johannes Ratsela (Zwak) 40:59.

Masters: 1. Steve Motau (Toy) 36:49; 2. Victor Phetoe (Irene) 37:39. **G'masters:** 1. Maxwell Teffo (Tembisa) 46:53.

Great Brak River 10 km

Great Brak River, 12 April

(Loop course. Finishers: 162 [down from 177 last year].)

Note: Merida Leen finished tenth overall. Only 16, she has already run eight 10 km races since the beginning of December last year. – Ed.

MEN

1	Elfonzo Pieterse	Nedbank SWD	25	31:33
2	John April	Military Sport	25	32:20
3	Francois Maqausa	Military Sport	18	32:28
4	Ashwell Clooco	Mosselbay Harriers	17	33:31
5	Mauritz Jansen v. Rensburg	Outeniqua Harriers	43	35:03
6	Sivuyile Jika	Temp	36	36:06
7	Jugene Maart	Mosselbay Harriers	27	36:20
8	Nkosi Dimaza	Sedgefield Striders	26	37:13
9	Dawid Matroos	Rainbow	40	37:18
10	Hermanus Jonkerman	Nedbank SWD	54	38:12

Veterans:

1	Mauritz Jansen v. Rensburg	Outeniqua Harriers	35:03
2	Dawid Matroos	Rainbow A C	37:18
3	Adam Clark	Stellenbosch	38:35

Masters:

1	Hermanus Jonkerman	Nedbank RC	38:12
2	Dirk Joubert	Hartenbos Drawwers	42:33

G'masters:

1	Andre Niemand	Hartenbos Drawwers	44:47
2	Brain Rothman	Brackenfell	45:51

Juniors:

1	Francois Maqausa	SANDF	32:28
2	Ashwill Clooco	Mosselbaai Harriers	33:31

WOMEN

1	Merida Leen	Mosselbay Harriers	16	38:10
2	Lana Theunissen	Nedbank SWD	41	39:32
3	Kirsty Weir	Nedbank SWD	36	39:53
4	Annatjie Botes	Nedbank SWD	56	41:01
5	Cecilia Nel	Hartenbos Drawwers	32	41:53

6	Sanet Brits	Nedbank SWD	54	42:26
7	Clarisha Pieterse	Mosselbay Harriers	15	43:01
8	Carla Coetzee	Nedbank SWD	25	47:27
9	Marica Vorster	Temp	20	48:08
10	Monja le Roux	Hartenbos Drawwers	35	48:17

Veterans:

1	Lana Theunissen	Nedbank RC		39:32
2	Liezelle Scheepers	Hartenbos Drawwers		48:32
3	Lindie Schnetler	Nedbank RC		50:08

Masters:

1	Annatjie Botes	Nedbank RC		41:01
2	Sanet Brits	Nedbank RC		42:26

G'masters:

1	Cecilia Swiegers	Run Walk For Life		1:12:31
2	Hester Venter	Hartenbos Drawwers		1:15:47

Juniors:

1	Merida Leen	Mosselbaai Harriers		38:10
2	Clarisha Pieterse	Mosselbaai Harriers		43:01

CROSS-COUNTRY**WP Cross-country Relay**

Pinelands, 12 April

MEN

1	Easterns "A"	56:42
2	UWC "A"	57:12
3	Gugs	58:44
4	VOB	58:57
5	UWC "B"	1:01:48
6	Eerste River	1:04:01
7	Easterns "B"	1:09:16
8	Wild Runners	1:14:57
9	West Coast Wildcats	1:15:05
10	NBMC	1:23:04

Veterans:

1	Celtic Harriers	1:08:49
2	West Coast Wolves	1:15:44
3	VOB	1:16:16

Masters:

1	Top Form "A"	1:12:35
2	Nedbank	1:15:44
3	West Coast Grey Wolves	1:15:52

U.19:

1	Eerste River "A"	59:16
2	VOB	1:01:44
3	Itheko	1:02:48

WOMEN

1	UWC	1:14:54
2	Durbanville "A"	1:29:17
3	VOB	1:40:56
4	West Coast Witches	1:43:39
5	Easterns	1:46:13

6	Spartan Harriers	1:46:49
7	Wild Runner Athletic Club	1:46:54
8	Durbanville "B"	1:48:20
9	Brakkies 2	1:54:10
10	West Coast FG's	1:56:29

Veterans:

1	West Coast GG's	1:31:18
2	VOB	1:35:09
3	Durbanville	1:40:11

Masters:

1	West Coast Wolverines	1:35:16
2	VOB	1:37:00
3	West Coast Wonders	1:43:52

U.19:

1	VOB	1:21:05
2	Eerste River	1:23:05
3	Helderberg Harriers	1:45:20

SENIOR MIXED

1	Eerste River	1:12:28
2	VOB	1:14:44
3	UWC	1:19:51

JUNIOR MIXED

1	ATC Running Club	1:10:21
2	VOB	1:15:42
3	Spartan Harriers "B"	1:16:33

TRACK**Varsity Cup #2**

Johannesburg (UJ), 14 April

Note: The sixth woman in the 1500 m is most likely Amy Abrahams. – Ed.

MEN**800:**

1	Andre OLIVIER	NWU	1:45.98
2	Rynardt VAN RENSBURG	UFS	1:46.68
3	Koketso RAMASITA	TUKS	1:49.65
4	Henk BEUKES	UJ	1:49.86
5	Duran FARO	UWC	1:50.05
6	Mpho MAKOFANE	TUT	1:50.40
7	Llewellyn GROENEVELD	US	1:53.99
8	Donald NELL	NMMU	2:01.43

5000:

1	Jerry MOTSAU	NWU	14:41.59
2	Jeromy ANDREAS	UJ	14:45.30
3	Zolani NGQAGA	NMMU	15:22.85
4	Jonathan BREDENKAMP	TUKS	15:29.42
5	Khothatso MOKONE	UFS	15:45.05
6	Sikhalo MTHIMKHULU	TUT	16:34.89
7	Mario JANTJIES	UWC	16:44.24
8	Dylan SOLMS	US	17:42.84

WOMEN

1500:

1	Stella MARAIS	TUKS	4:33.31
2	Mamphielo SIBANDA	UJ	4:34.64
3	Thineke FOURIE	US	4:36.46
4	Murendwa DAVHANA	TUT	4:39.77
5	Anneke GILDENHUYS	UFS	4:45.42
6	Amy ADAMS	UWC	5:01.92
7	Duanne FOURIE	NWU	5:07.21
8	Caitlin DEASY	NMMU	5:43.78

South African Track & Field Championships (107th)

Pretoria, 11-12 April

Note: The men's 10000 m and the women's 5000 m were held on the first day; all other events were on the second day. – Ed.

MEN

800:

1	Olivier, André, 38	ACNW	1:47.65
2	Van Rensburg, Rynardt, 114	AFS	1:48.51
3	Rozani, Jacob, 307	ANWN	1:48.71
4	Ramasita, Koketso, 220	AGN	1:49.10
5	Mothosola, William, 290	AMPU	1:49.36
6	Faro, Duran, 535	WPA	1:50.01
7	Madiba, Thapelo, 419	CGA	1:50.09
8	Naude, Hannes, 95	AFS	1:51.57

1500:

1	Motsau, Jerry, 34	ACNW	3:47.91
2	Cronje, Johan, 70	AFS	3:48.47
3	Baloyi, Mthobisi, 1	ACNW	3:50.93
4	Williams, Andrico, 118	AFS	3:52.27
5	Bucarizza, Marko, 390	CGA	3:52.99
6	Tefo, Sphiwe, 464	CGA	3:54.73
7	Swanepoel, Clinton, 482	CGA-I	3:58.98
8	Nyongo, Amos, 491	EPA	3:59.90
9	Dirane, Moses, 139	AGN	4:01.03
10	Madikizela, Sibusiso, 592	CGA	4:03.07
	Hlaselo, Dumisane, 78	AFS	DNF

3000 s/chase:

1	Mokopane, Rantso, 33	ACNW	8:48.36
2	Mkhabela, Emanuel, 89	AFS	8:50.86
3	Seme, Sikhumbuzo, 282	AGN-I	8:54.45
4	Makhobulo, Derocious, 423	CGA	9:04.44
5	Monnatlala, Tumisang, 434	CGA	9:05.03
6	Mokone, Khotatso, 91	AFS	9:13.74
7	Bothobutle, Lucas, 6	ACNW	9:33.39
8	Mokonyama, Simon, 279	AGN-I	9:36.94
9	Chavala, Creel, 586	CGA	9:49.32
10	Mokotelakwa, Ofentse, 300	ANWN	10:38.97
11	Mtshakaza, Masibulele, 319	ATRA	11:14.17
	Motlagale, Tumelo, 435	CGA	Disq

5000:

1	Mzazi, Gladwin, 203	AGN	14:05.49
2	Tsosane, Kgosi, 247	AGN	14:05.89
3	Seme, Sikhumbuzo, 282	AGN-I	14:33.93
4	Monnatlala, Tumisang, 434	CGA	15:01.67
5	Tseiso, Moeketsie, 53	ACNW	15:05.68
6	Nontulo, Thobile, 329	AVT	15:37.01
7	Bothobutle, Lucas, 6	ACNW	15:54.42
8	Madikiza, Vuyolwethu, 314	ATRA	16:35.54

10000:

1	Tshoba, Vuyisile, 246	AGN	29:40.33
2	Jani, Lukas, 164	AGN	29:49.16
3	Moeng, Benedict, 191	AGN	29:52.72
4	Jali, Prince, 407	CGA	30:04.81
5	Seme, Sikhumbuzo, 282	AGN-I	30:07.27
6	Segoaba, Sameul, 103	AFS	30:24.14
7	Mtsha, Siyabulela, 318	ATRA	31:13.11
8	Mulaudzi, Collen, 524	USSA	31:17.77
9	Jacobs, Karabo, 325	AVT	31:22.27
10	Mofokeng, Puseletso, 327	AVT	31:32.65
11	Soke, Jonas, 105	AFS	32:11.27
12	Radebe, David, 525	USSA	33:09.18

WOMEN

800:

1	Semenya, Caster, 229	AGN	2:03.05
2	Brandt, Mandie, 334	BOLA	2:04.20
3	Nice, Anushka, 208	AGN	2:05.52
4	Makhafola, Thato, 421	CGA	2:09.10
5	Redelinghuys, Michelle, 222	AGN	2:11.75
6	Vermaak, Adel, 265	AGN	2:12.31
7	Mkhize, Happines, 190	AGN	2:12.44
8	Coetzee, Anet, 393	CGA	2:13.83
9	Van der Merwe, Jana, 467	CGA	2:15.41
	Phalula, Diana Lebo, 447	CGA	Disq
	Reynecke, Rone, 305	ANWN	Disq

1500:

1	Makhanya, Mapaseka, 422	CGA	4:20.42
2	Phalula, Diana Lebo, 447	CGA	4:20.43
3	Sibanda, Mamphielo, 457	CGA	4:26.75
5	Ferreira, Lizerie, 401	CGA	4:31.17
6	Marais, Stella, 186	AGN	4:32.09
7	Novela, Lorraine, 440	CGA	4:33.14
8	Viljoen, Carina, 476	CGA	4:33.47
9	Fourie, Thineke, 372	BOLA-I	4:38.44

3000 s/chase:

1	Baloyi, Thembi, 122	AGN	10:35.91
2	Bokadie, Jeanette, 384	CGA	10:46.48
3	Marandela, Caroline, 425	CGA	10:50.13
4	Manzana, Thandeka, 182	AGN	10:50.53
5	Schnetler, Asleigh, 527	USSA	11:34.77

5000:

1	Phalula, Diana Lebo, 447	CGA	16:16.96
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2	Conrad, Nolene, 394	CGA	16:44.17
3	Ravhandalala, Thitshaamba, 221	AGN	16:58.04
5	Baloyi, Thembi, 122	AGN	17:22.96
6	Joubert, Cornelia, 411	CGA	17:28.94
7	Van der Merwe, Nicole, 600	CGA	17:44.69
8	Davhanna, Murendwa, 201	AGN	17:51.55
9	Schnetler, Asleigh, 527	USSA	18:20.05
10	Etsebeth, Hanli, 588	CGA	18:30.45
11	Manzana, Thandeka, 182	AGN	18:40.56
12	Bomvana, Lusanda, 310	ATRA	19:38.51
	Dlamini, Nonhlanhla, 397	CGA	Disq

10000:

1	Joubert, Cornelia, 411	CGA	35:49.60
2	Moeketsi, Anna, 90	AFS	37:52.82
3	Dlamini, Janet, 612	KZNA	38:38.67
4	Chilli, Slindile, 497	KZNA	39:00.61
5	Gebe, Vuyokazo, 152	AGN	39:56.66
6	Swanepoel, Maryna, 109	AFS	40:07.43
7	Molotsane, Kesa, 93	AFS	41:37.42

STATS TIME

In her first marathon in London last weekend Tirunesh Dibaba fared much better than her track counterpart Mo Farah by recording the third fastest debut of all time, behind Paula Radcliffe and Lucy Kabuu. Here is a list of the ten fastest debut marathons by women, compiled by Ken Nakamura. Times in bold are an improvement on the debut performance in either the second or a subsequent marathon.

MARATHON: TEN FASTEST DEBUTS BY WOMEN

Time	Name	Pos	Venue	Date	2 nd marathon	PB
2:18:56	Paula Radcliffe (GBR)	1	London	14 Apr 02	2:17:18	2:15:25
2:19:34	Lucy Wangui Kabuu (KEN)	2	Dubai	27 Jan 12	2:23:12	2:19:34
2:20:35	Tirunesh Dibaba (ETH)	3	London	12 Apr 14	-	2:20:35
2:21:01	Meselech Melkamu (ETH)	1	Frankfurt	28 Oct 12	2:25:46	2:21:01
2:21:51	Naoko Sakamoto (JPN)	3	Osaka	26 Jan 03	2:25:25	2:21:51
2:22:09	Ejegayehu Dibaba (ETH)	2	Chicago	09 Oct 11	-	2:22:09
2:22:19	Gete Wami (ETH)	1	Amsterdam	20 Oct 02	2:32:07	2:21:34
2:23:09	Bezunesh Bekele (ETH)	2	Dubai	18 Jan 08	2:32:41	2:20:30
2:23:11	Yoko Shibui (JPN)	1	Osaka	28 Jan 01	2:26:33	2:19:41
2:23:30	Mari Ozaki (JPN)	5	Osaka	26 Jan 03	2:23:59	2:23:30

THIS MONTH IN HISTORY

117 years ago: 19 April 1897

"Monday, April 19, 1897, 12:15 p.m. Tom Burke dug his heel into one side of the hard and narrow dirt road in front of Metcalf's Mill in Ashland, Massachusetts. He dragged his heel to the other side of the road and stood there, about 25 miles west of the Boston Athletics Association track on Irvington Street in the Back Bay. ... Burke drew the line without ceremony; the race needed a starting line and he had his boots on. ... Burke had no gun. At exactly 12:19 he shouted 'Go!' to start the BAA marathon." Thus began the first Boston Marathon, and the second marathon on US soil, as described in Tom Derderian's book *Boston Marathon. The history of the world's premier running event*. Eighteen men started, only ten finished. The winner was John McDermott in a "world record" of 2:55:10; he had

also won the very first US marathon, in New York, seven months to the day before Boston, in 3:25:55.6. The 118th Boston Marathon was held earlier today.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2014

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.

MEN

Open

10 km	29:00	Kgosi Samuel Tsosane	Sasolburg	01 Feb
	28:34	Abel Kipsang (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:29	Lusapho April	Port Elizabeth	01 Mar
	45:44	Abdelmajid El Hissouf (MAR)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	60:47	Stephen Mokoka	Copenhagen	29 Mar
	61:23	Mebrahtom Keflizighi (USA)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	80:18A	George Ntshiliza	Somerset East	22 Mar
	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	30:31	Gert Thys	Goodwood	01 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	49:48	Graham Katzen	Constantia	08 Mar
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:54	Gert Thys	Johannesburg	13 April
	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	1:48:05	Graham Katzen	Parow	30 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:25:39	Sandile Makhaye	Pietermaritzburg	23 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	35:07	Tobias Philander	Bellville	12 Apr
	[35:00	Vladimir Kotov (BLR)	Cape Town	08 Mar]

15 km	30:35	Tecwyn Davies (GBR) 1988		
	54:47	Daniel Mothibe	Kempton Park	22 Jan
21.1 km	47:52	Titus Mamabolo (RSA) 1991		
	77:07	Dan Mothibe	Pretoria	15 Feb
25 km	66:42	Martin Rees (GBR) 2003		
	95:40A	Shaun Meiklejohn	Pinetown	26 Jan
30 km	1:59:56	Sollie van Rooyen	Parow	30 Mar
Marathon	2:46:35	Daniel Mothibe	Pretoria	23 Feb
	2:42:57A	Thomas Lizo	East London	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:57	Muhammed Kriel	Bellville	12 Apr
15 km	61:28	Awie Veldsman	Constantia	08 Mar
21.1 km	87:09	Mike Hirst	Vereeniging	02 Mar
25 km	2:00:34A	Mbekiseni Mchunu	Pinetown	26 Jan
30 km	2:09:56	Muhammed Kriel	Parow	30 Mar
Marathon	3:14:47	Les Ivings	Vereeniging	02 Mar
100 km				

Juniors

10 km	29:54	Thabang Mosiako	Bloemfontein	22 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:58	Granwin Katzen	Constantia	08 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:46	Tshwanelo Mojokeng	Sasolburg	01 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Open

10 km	33:03	Lebo Phalula	Cape Town	06 Apr
	32:21	Sophie Duarte (FRA)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:44	Zintle Xiniwe	Constantia	08 Mar
	52:30	Souad Kambouchia (MAR)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	71:53	René Kalmer	Copenhagen	29 Mar
	69:58	Caroline Rotich Cheptanui (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:44:34	Cary-Ann Smith	Durban	09 Mar
	97:30A	Cary-Ann Smith	Pinetown	26 Jan
	79:53	Mary Keitany (KEN) 2010		
30 km	2:01:11	Zintle Xiniwe	Parow	30 Mar
	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		

Veterans (40+)

10 km	38:25	Ronel Thomas	Cape Town	06 Apr
	32:14	Priscilla Welch (GBR) 1985		
15 km	63:45	Celeste Swart	Port Elizabeth	01 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	86:39	Ronel Thomas	Cape Town	19 Apr

25 km	69:56	Irina Permitina (RUS) 2009		
	1:52:29A	Shani Silver	Pinetown	26 Jan
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	2:09:47	Ursula Turck	Parow	30 Mar
Marathon	1:51:37	Mieke Pullen (NED) 2001		
	2:59:42	Zola Pieterse	Charleston	18 Jan
100 km	2:26:51	Priscilla Welch (GBR) 1987		
	7:00:27	Normi Sakurai (JPN) 2007		
Masters (50+)				
10 km	40:17	Elmarie Coetzee	Cape Town	06 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	62:16	Judy Bird	Constantia	08 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:34	Judy Bird	Johannesburg	09 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:55:22A	Janette Schierz-Crusius	Somers East	22 Mar
30 km	2:13:07	Elmarie Coetzee	Parow	30 Mar
Marathon	3:09:05	Marie Bruwer	Vereeniging	02 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
Grandmasters (60+)				
10 km	42:01	Margie Saunders	Port Elizabeth	12 Apr
15 km	64:22	Margie Saunders	Port Elizabeth	01 Mar
21.1 km	1:30:53	Margie Saunders	Port Elizabeth	29 Mar
25 km	2:11:05A	Jenny Scott	Pinetown	26 Jan
30 km	2:44:15	Nancy Will	Parow	30 Mar
Marathon	4:18:07	Vollie Spies	Pretoria	23 Feb
	3:45:33A	Wendy Fitzmaurice	East London	01 Mar
100 km				
Juniors				
10 km	36:16	Annie Bothma	Cape Town	06 Apr
15 km	69:03	Nthuseng Lolwana	Constantia	11 Jan
21.1 km	87:07	Jenet Dlamini	Pietermaritzburg	23 Feb

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