

Distance Running Results

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EDITORIAL

As expected, foreign runners dominated the Sanlam Cape Town Marathon, which also included the SA Marathon Championships. Eight of the top ten men and the same number of women were from outside South Africa.



In glorious spring weather – albeit with some wind on certain parts of the course – William Koitile Kibor (KEN), in 2:10:45, and Meseret Mengistu Biru (ETH), in 2:30:56, walked away with the titles, both winning comfortably.

The South African titles went to Desmond Mokgobu, who was

William Kibor and Meseret Biru break the tape to win the Sanlam Cape Town Marathon yesterday. [Jasper Coetzee]

seventh in a rather pedestrian 2:16:14, and Zintle Xiniwe, also seventh in her debut marathon, in 2:41:49.

Kibor, who hails from Iten in Kenya and has a personal best of 2:08:32 from 2012, won the Sydney Marathon last year and was fourth in the Hong Kong Marathon earlier in 2014 in 2:15:30. Here he was content to sit in a big group of runners until the 12 km mark, biding his time. The Kenyan-born Qatari Nicholas Kemboi was doing most of the leading, but soon after the halfway mark Kibor sped clear and was never headed again.



Marathons are easy, is what Zintle Xiniwe's big smile seems to say as she wins the SA title in her debut over the distance. In the background looking on are Comrades Race Director Rowyn James and DRR subscriber Sue Dickson. [Jasper Coetzee]

He won by almost two minutes, with Kemboi dropping back to finish sixth. Kenyans took the first five places; Kibor's training partner Josphat Kamzee Jepkopol was third.

In the women's race the favourite for the SA title, Irvette van Blerk, dropped out after about 35 km, complaining of a sore knee. Three weeks ago she won the Mandela Day Marathon just eighteen hours after also racing a 10 km and this over-racing surely caught up with her here.

Biru, who won the Old Mutual Two Oceans Half Marathon last year with a new course record and whose marathon PB is 2:29:22, won by almost a full minute from one of the pre-race favourites, her compatriot Goitetom Haftu Tesema. Biru's 2:30:56 is the fastest marathon ever run in Cape Town, surpassing Colleen de Reuck's 2:31:21 from 1992.

"I am very happy to have won," Biru said through an interpreter, "it was easier than I expected."

In the accompanying 10 km current SA 10 km and half-marathon champion Stephen Mokoka outsprinted Gladwin Mzazi to win by 3 seconds in 28:44, the fastest time in South Africa this year. The two runners behind him, Mzazi and Elroy Gelant, also dipped under 29 minutes. Mokoka's victory came eight days after he had won the national cross-country title. Lebogang Phalula, who had also won the cross-country crown, took the women's race in 33:22 from Christine Kalmer (35:23).

Four list leaders were set in the marathon, by veteran Charles Tjiane (2:21:16), grandmasters Stephen Seema (3:11:05) and Nancy Will (3:21:21),

and by Xiniwe. Four men slotted into the top ten South Africans for the year (see Stats Time in this issue). In the 10 km Clive Owen (38:35) equalled the grandmasters list leader.

The marathon, with its huge pre-race publicity and impressive prize money, went off exceedingly well and seems to be on its way to becoming a major international event despite its proximity to the year's last three Marathon Majors races coming up in the next few weeks. It is also unfortunate that it is so close to three other big (and rich) South African marathons – Gauteng, Mandela Day and PetroSA. The two main organisational issues that will have to be addressed, however, if fast times are to be produced, are the route (the uphill sections in the city centre and the crossing of Buitengracht by the Fan Walk bridge should be eliminated, and the streets should be closed completely to traffic – this includes the pedestrian traffic on the Sea Point Promenade) and the starting time (this should be brought forward by at least one hour).

The total number of finishers was more than double that of 2013.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Sanlam Cape Town Marathon & 10 km, Cape Town
- * Kwik Fire/Charles Electrical SAPS Striders Heritage Challenge Half Marathon & 10 km, Durban
- * Sasfin Gerald Fox Memorial Half Marathon & 10 km, Johannesburg
- * Ihire Kowie Striders 27 km, Bathurst to Port Alfred
- * Clover Irene Village Mall Half Marathon & 10 km, Irene
- * Capital Classic 24-hour race, Pietermaritzburg
- * Lester Mills Memorial 10 km, Pretoria

International highlights:

- * Rock 'n' Roll Philadelphia Running Festival, Philadelphia, USA
- * CVS Health Downtown 5 km, Providence, USA
- * Dam tot Damloop, Amsterdam to Zaandam, NED
- * XC: Missouri Southern Stampede XC Invitational, Joplin, USA

CORRECTIONS AND ADDITIONS

The main results of the Gauteng Marathon were included last week. Here are the category results, thanks to Colleen McNally.

MARATHON

MEN

Veterans:

1. Charles Tjiane 2:23:10
2. Enoch Skosana 2:31:14
3. Sipho Ncube (ZIM) 2:34:22

Masters:

1. Patrick Chipoyi (ZIM) 2:46:23
2. Stephen Motau 2:46:58
3. Vladimit Kotov (BLR) 2:47:22

G'masters:

1. Madumetja Seema 3:13:23
2. Jethro Thebe (ZIM) 3:13:30
3. Almon Zibuse 3:26:16

G/g'masters:

1. Shimane Lekgoatni 3:21:50
2. Patrick Mafilika 4:05:43

WOMEN

Veterans:

1. Tabitha Tsatsa (ZIM) 2:57:38
2. Samukeliso Moyo (ZIM) 2:57:39
3. Lesley Train 3:20:41

Masters:

1. Jane Mudau 3:17:36
2. Esther Steenkamp 3:31:18
3. Connie Blom 3:41:31

G'masters:

1. Liz Ruickbie 4:02:46
2. Virginia Augustine 4:23:46
3. Genevieve Ryan 4:59:49

HALF MARATHON

MEN

Veterans:

1. Zongamele Dyubeni 1:10:42
2. Justin Chitake (ZIM) 1:10:49
3. Peter Tadziripa (ZIM) 1:13:38

Masters:

1. Gideon Radebe 1:24:18
2. Johannes Pieterse 1:29:23
3. Alan Coulter 1:29:48

G'masters:

1. Zakiel Masha 1:49:40
2. Johannes Khoele 1:50:11
3. John Moroka 2:20:29

G/g'masters:

1. Ben Burger 2:19:55
2. Willem Lubbinga 2:56:40

Juniors:

1. Hluboko Msapha 1:20:31
2. Mpho Tjabadi 1:28:07
3. Collen Seshoene 1:37:29

WOMEN

Veterans:

1. Nomsa Mhlono 1:37:01
2. Monica Reis 1:50:06
3. Mpumi Luthuli 2:11:06

Masters:

1. Julia Letsoalo 1:37:23
2. Linda van der Gryp 1:41:54
3. Marina Coetzee 1:59:43

G'masters:

1. Isabella Carmichael 2:14:57
2. Deirdre Larkin 2:15:23
3. Sally Halim 2:22:17

Juniors:

1. Nicole Bentley 2:11:28
2. Rapeleng Mnyandu 2:26:20

ROAD RUNNING

Sanlam Cape Town Marathon & 10 km

(Incorporating the SA Marathon Championships – 83rd for men & 31st for women – and the WP Marathon Championships)

Cape Town, 21 September

(Distances: 42.195 km & 10 km. Marathon – certified loop course, mainly flat with hilly section between 23 and 31 km. 10 km – certified, flat loop course. Weather: Cool at start, much warmer later, light breeze at times. Finishers: marathon – 2180 men + 1118 women = 3298 total [more than double last year's 1634].)

Note: Each runner's position in the SA Marathon Championships is given in brackets after the overall race position. Only members of provincial teams were eligible for the SA Marathon. All runners are South African except where indicated otherwise. – Ed.

Marathon

MEN

1	Willy Koitile	Kibor (KEN)	28	2:10:45	R265 000
2	Henry Kipsigei	Chirchir (KEN)	29	2:12:36	R130 000
3	Josphat Kamzee	Jepkopol (KEN)	30	2:13:02	R70 000
4	Shadrack	Kemboi (KEN)	28	2:14:15	R35 000
5	Hillary Kipkogei	Yego (KEN)	27	2:15:30`	R25 000
6	Nicolas Kipngeno	Kemboi (KEN)	30	2:16:10	R15 000
7 (1)	Desmond	Mokgobu	25	2:16:14	[SA champion] R14 000
8	Laban Kipkemoi	Moiben (KEN)	30	2:16:48	R13 000
9 (2)	Leswene Africa	Mailola	29	2:17:58	R12 000
10	Motlokoa	Nkhabutlane (LES)	29	2:18:40	R10 000
11	Lucas	Jani	30	2:20:24	
12 (3)	Charles	Tjiane	40	2:21:16	
13 (4)	Anthony	Godongwana	29	2:21:19	
14 (5)	Seun	Moleshioa	28	2:22:11	
15	Tumelo	Mahlangu	25	2:22:33	
16	Siviwe	Nkombi	25	2:22:57	R10 000#
17	Lucas	Raseruthe (LES)	33	2:23:47	
18	Thabo	Motaung	26	2:24:35	
19 (6)	Hein	Camphor	30	2:25:19	R5000#
20	Duane	Fortuin	30	2:25:36	R2500#
21	Tebello	Poni	29	2:26:53	
22 (7)	Mbongeni	Ngxazozo	34	2:27:33	
23	David	Manja	23	2:28:06	
24 (8)	Elias	Mabane	45	2:28:24	
25	Dicardo	Jakobs	28	2:28:38	R1250#
26	Chala Adugna	Bekele (ETH)	20	2:28:39	
27 (9)	Thapelo	Mofokeng	34	2:28:57	
28	Don	Ndlovu	29	2:29:22	
29 (10)	William	Manelo	31	2:29:22	
30 (11)	Potso	Khomo	31	2:29:51	
31	Solomon	Tema	42	2:30:15	
32 (12)	Lovers	Hlatshwayo	33	2:30:17	
33 (13)	Gert	Thys	42	2:30:22	R750#
34 (14)	Mzolisi	Makhanda	31	2:30:24	
35 (15)	Mila	Pasiya	35	2:30:48	
36 (16)	Lebogang	Khonkhobe	26	2:30:56	
38 (17)	Rufus	Photo	34	2:30:57	
39 (18)	Masixole	Diaku	35	2:30:59	

40	Steady	Machingura	32	2:31:25
41	Anda	Lubelwana	28	2:31:31
42 (19)	Simon	Xwazii	39	2:31:47
44 (20)	Anele	Maliza	36	2:32:11
45 (21)	Thabo	Mashigo	40	2:32:55
47	Ben	Matiso	27	2:34:14
48 (22)	Mthandazo	Qhina	36	2:34:30
49 (23)	Japie	Jeje	25	2:34:37
50	Kgatatso	Checha	35	2:35:04
	Hendrick Ramaala,	DNF		

#) Incentive for first five WP athletes.

Veterans:

1	Charles	Tjiane	40	2:21:16	R10 000
2	Elias	Mabane	45	2:28:24 [Silver]	R5000
3	Solomon	Tema	42	2:30:13	R4000
4	Gert	Thys	42	2:30:22 [Bronze]	R3000

Masters:

1	Dan	Mothibe	52	2:47:23	R5000
2	Desmond	Zibi	51	2:49:21 [SA champion]	R4000
3	Sipho Willie	Majombozi	51	2:49:33 [Silver]	R3000
4	Duncan	Jobeta	50	2:50:24	R2000
5	Christopher	Mitchell	52	2:50:50 [Bronze]	R1000

G'masters:

1	Stephen	Seema	62	3:11:05	R4200
2	Paulus	Masilela	68	3:15:45	R2600
3	John	Woodnutt	62	3:15:57	R1600

WOMEN (Same prize money as men)

1	Meseret Mengistu	Biru (ETH)	24	2:30:57	
2	Goitetom Haftu	Tesema (ETH)	26	2:31:55	
3	Beatrice Toroitich	Jepkemboi (KEN)	32	2:33:16	
4	Amelework Fikadu	Bosho (ETH)	27	2:36:12	
5	Netsanet Achamo	Abeyo (ETH)	26	2:36:53	
6	Melka	Mulu (ETH)	20	2:37:48	
7 (1)	Zintle	Xiniwe	27	2:41:49 [SA champion]	R10 000#
8	Alemtsehay Hailu	Kakissa (ETH)	29	2:42:45	
9	Paulina	Njeya	37	2:46:51	
10	Thabita	Tsatsa (ZIM)	42	2:48:31	
11	Lineo	Chaka (LES)	27	2:49:42	
12	Keneilwe	Sesing	26	2:56:50	
13	Melanie	Van Rooyen	36	2:58:39	
14	Samukeliso	Moyo (ZIM)	40	2:59:37	
15 (2)	Nomvuyisi	Seti	32	3:00:51	R5000#
16	Danette	Smith	25	3:01:15	R2500#
17 (3)	Shani	Silver	44	3:04:42	
18 (4)	Ursula	Turck	42	3:05:01	R1250#
19	Candyce	Hall	30	3:05:47	R750#
20 (5)	Ursula	Frans	45	3:06:36	
21 (6)	Leilani	Scheffer	31	3:10:35	
22 (7)	Adele	Waldron	40	3:10:44	
23 (8)	Tracy	Forbes	41	3:11:10	
24 (9)	Kutlwano	Ramaboa	38	3:11:30	
25 (10)	Jane	Mudau	51	3:12:01	
26	Suzette	Vermaak	46	3:12:55	
27	Funeka	Zaula	30	3:13:33	

28	Allie	Townsend	23	3:13:47
29 (11)	Mariëtte	Strauss	52	3:14:31
30 (12)	Zelda	Breytenbach	47	3:15:39
31	Liesl	Stoltz	37	3:16:07
32	Helga	Mathee	39	3:16:09
33 (13)	Bulelwa	Simae	37	3:16:22
34	Kefilwe	Molefe	26	3:17:02
35 (14)	Heather	Walden	41	3:17:46
36	Helene	Roux	30	3:18:49
37 (15)	Maphuti	Phaka	36	3:19:49
38	Julia	Jansen v. Rensburg	31	3:19:57
39 (16)	Lisl	Grobler	38	3:20:24
40	Anna	Polydorou	45	3:20:25
41 (17)	Nancy	Will	61	3:21:21
42 (18)	Nadine	Breytenbach	37	3:21:24
43 (19)	Lorraine	Boshoff	43	3:21:33
44 (20)	Elmarie	Coetzee	50	3:22:27
45 (21)	Margie	Saunders	61	3:22:50
46	Julie	Marshall	38	3:23:14
47 (22)	Anneke	Slabbert	43	3:25:38
48 (23)	Liana	Maree	37	3:26:08
49	Phatiswa	Dyalvane	29	3:27:41
50 (24)	Busisiwe	Matiwane	39	3:28:50
Irvette van Zyl, DNF				

#) Incentive for first five WP athletes.

Veterans:

1	Thabita	Tsatsa (ZIM)	42	2:48:29
2	Samukeliso	Moyo (ZIM)	40	2:59:35
3	Shani	Silver	44	3:04:42 [SA champion]
4	Ursula	Turck	42	3:05:01 [Silver]
5	Ursula	Frans	45	3:06:36 [Bronze]

Masters:

1	Jane	Mudau	51	3:12:01
2	Mariëtte	Strauss	52	3:14:31
3	Elmarie	Coetzee	50	3:22:27

G'masters:

1	Nancy	Will	61	3:21:21
2	Margie	Saunders	61	3:22:50
3	Styntjie	Prins	60	3:55:05

10 km

MEN

1. Stephen Mokoka 28:44 (R10 000)
2. Gladwin Sibabalwe Mzazi 28:47 (R7500)
3. Elroy Gelant 28:51 (R5000)
4. William Kaptein 29:05 (R2500)
5. Joel Mmone 29:10 (R1250)
6. Ghirmay Tikabo (ERI) 29:40
7. Jeffrey Gwebu 29:42
8. Etienne Plaatjies 29:48
9. Abednigo Mashaba 29:51
10. Siyabonga Nkonde 30:11

(All age category prizes were the same: R1500, R750, R500.)

Veterans:

1	Enoch	Skosana	40	31:45
2	Tsungai	Mwanengeni (ZIM)	40	32:09
3	Graham	Katzen	44	32:41

Masters:

1	Michael	Bekapi	53	36:19
2	Tobias	Philander	50	36:22
3	Monde	Tutani	52	37:38

G'masters:

1	Clive	Owen	62	38:35
2	Awie	Veldsman	64	39:32
3	Pele	Tshikundamalema	74	46:30

Juniors:

1	Tumisang	Monnatlala	19	30:34
2	Ashley	Smith	18	31:00
3	Bruce-Lynn	Damons	18	31:27

WOMEN

1. Lebogang Phalula 33:22
2. Christine Kalmer 35:23
3. Thozama April 35:29
4. Aurelia Rutto (KEN) 35:58
5. Pamela Moyikwa 36:13
6. Nobuhle Tshuma (ZIM) 36:28
7. Mamphielo Sibanda 37:37
8. Theresa Fourie 38:07
9. Ebeth Marais 38:12
10. Magdaleen Uys 38:20

Veterans:

1	Theresa	Fourie	41	38:07
2	Sandra	Van Graan	46	39:38
3	Wilna	Eybers	45	40:13

Masters:

1	Charmaine	Cupido	58	42:28
2	Olga	Howard	56	43:11
3	Viv	Williams	52	44:06

G'masters:

1	Helen	Du Plessis	62	48:25
2	Pixie	Sparg	69	53:10
3	Sarah	Herdien	65	62:46

Juniors:

1	Pamela	Moyikwa	18	36:13
2	Ebeth	Marais	19	38:12
3	Nonhlanhla	Dlamini	18	39:18

Kwik Fire/Charles Electrical SAPS Striders Heritage Challenge Half

Marathon & 10 km

Durban, 21 September

(Distances: 21.1 km & 10 km. Finishers: half marathon – 981 [up from 935 last year]; 10 km – 777 [up from 662].)

Half marathon

MEN

1. Emmanuel Birgen KEN/Phatane AC 74:52 (R700)

- | | | | |
|----|----------------|----------------|--------------|
| 2. | Joseph Munyoki | KEN/Phatane AC | 74:53 (R500) |
| 3. | Sandile S (?) | Speed Exp | 75:25 (R300) |

(All age category prizes except juniors were the same: R170, R150, R120.)

40-49:

- | | | | |
|----|----------------|---------|-------|
| 1. | Paul Eichert | West AC | 78:13 |
| 2. | Grant Cummings | West AC | 78:16 |
| 3. | Xolani Ndcanda | Toti AC | 78:18 |

50-59:

- | | | | |
|----|------------------|------------|-------|
| 1. | Edmund Mngadi | Stella AC | 78:08 |
| 2. | Shaun Meiklejohn | Save Orion | 78:54 |
| 3. | Sipho Mhlana | NRB Harr | 80:00 |

60+:

- | | | | |
|----|------------------|-----------|--------|
| 1. | Mbekiseni Mchunu | Kwa M AC | 108:13 |
| 2. | Vusi Mcabhi | Umlazi AC | 109:30 |
| 3. | Cecil Clarke | Toti AC | 113:03 |

Juniors:

- | | | | |
|---|------------------|----------|--------------|
| 1 | Mbhasobhi Gumede | Inanda Q | 70:54 (R200) |
|---|------------------|----------|--------------|

WOMEN (Same prize money as men)

- | | | | |
|----|-------------------|-----------------|-------|
| 1. | Nteholeng Letsela | LES/Phantane AC | 80:09 |
| 2. | Danielle Adlam | Nedbank AC | 81:59 |
| 3. | Trish Bahlmann | Get Fit | 82:13 |

40-49:

- | | | | |
|----|---------------|----------|-------|
| 1. | Maya Lawrie | Boxer AC | 87:06 |
| 2. | Pat Dammann | ROAG | 93:29 |
| 3. | Sandy de Beer | SANDF | 97:48 |

50-59:

- | | | | |
|----|--------------|----------|--------|
| 1. | Eunice Ntuli | NRB Harr | 116:48 |
| 2. | Jo Brooderyk | Toti AC | 117:08 |
| 3. | Wendy Rook | Savages | 117:36 |

60+

- | | | | |
|----|------------------|-------------|--------|
| 1. | Jenny Scott | DCS | 106:56 |
| 2. | Denise Reyenecke | QBH | 129:48 |
| 3. | Maureen Parry | Chiltern AC | 130:39 |

Juniors:

- | | | | |
|----|---------------|----------|--------|
| 1. | Thobile Khomo | Inanda Q | 105:38 |
|----|---------------|----------|--------|

10 km

MEN

- | | | | |
|----|-----------------|----------------|--------------|
| 1. | Stephen Katam | KEN/Nedbank AC | 30:30 (R350) |
| 2. | Sipho Mbanjwa | Phatane AC | 30:55 (R300) |
| 3. | Ndumiso Sokhela | Speed Exp | 31:04 (R250) |

(All age category prizes except juniors were the same: R150, R120, R100.)

40-49

- | | | | |
|----|--------------|-----|-------|
| 1. | Shingi Badza | ZIM | 33:39 |
|----|--------------|-----|-------|

50-59:

- | | | | |
|----|----------------|----------|-------|
| 1. | Mandla Dlamuka | Boxer AC | 37:02 |
|----|----------------|----------|-------|

60+

- | | | | |
|----|---------------|---------|-------|
| 1. | Ackim Mhlanzi | Savages | 41:01 |
|----|---------------|---------|-------|

Juniors:

- | | | | |
|----|----------------|-----------|--------------|
| 1. | Ndumiso Sokela | Speed Exp | 31:04 (R200) |
|----|----------------|-----------|--------------|

WOMEN (Same prize money as men)

- | | | | |
|----|-------------------|--------------------|-------|
| 1. | Isabella Jephumba | KEN/Bluff Meats AC | 35:58 |
|----|-------------------|--------------------|-------|

2.	Thenjiwe Gumede	Indanda Q	39:02
3.	Caylee Ellero	Bluff AC	39:05

40-49:

1.	Lise Munchna	PDAC	40:22
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50-59:

1.	June Watson	PDAC	53:38
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60+:

1.	Pat Fisher	Stella AC	51:52
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Juniors:

1.	Thenjiwe Gumede	Inanda Q	39:02
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Sasfin Gerald Fox Memorial Half Marathon & 10 km

Johannesburg, 21 September

(Distances: 21.1 km & 10 km. Finishers: half marathon – 1330 [up from 1025 last year]; 10 km – 1400 [up from 1140].)

Half marathon**MEN**

1 Sibusiso Nzima (Nedbank) 66:25; 2 Derocious Makhobalo (Nedbank) 66:37; 3 Khotle Retsepile (SCAW) 67:18.

Veterans: 1 Simon Mpholo (Nedbank) 71:41; 2 Sipho Ncube (ZIM/Maxed Elite) 74:43.

Masters: 1 Meshack Motla (South Deep) 82:03; 2 Piet Chauke (Gallopers) 88:09.

G'masters: 1 Deon Rossouw (Krugersdorp) 1:44:23.

WOMEN

1 Kim Laxton (Sunninghill) 81:28; 2 Jennifer Koech (KEN/Nedbank) 84:10; 3 Poppy Mlambo (Boxer) 85:14.

Veterans: 1 Melissa Johnson (Temp) 97:24; 2 Gillian Sotto-Corona (Boksburg) 98:18.

Masters: 1 Jackie Frey (Khosa) 1:45:50; 2 Ansa Strydom (New Balance) 1:47:49.

G'masters: 1 Madeleine Kelly (RAC) 2:11:59.

10 km**MEN**

1 Zongamele Dyubeni (Nedbank) 32:30 (1st vet); 2 Puseletso Mofokeng (VUT) 32:38; 3 Collen Muluadzi (VUT) 32:47.

Veterans: 1 Zongamele Dyubeni (Nedbank) 32:30; 2 Lawrence Chipangaan (Gallopers) 36:20. **Masters:** 1 David Mokgeri (GS) 41:40; 2 Reckson Siweya (Top Start) 47:59.

G'masters: 1 Alex Weed (Florida) 47:37. **Juniors:** 1 Tefo Siphiwe (MAD Multisport) 33:16; 2 Njabulo Tshabalala (Itumeleng) 34:54.

WOMEN

1 Mpho Mabuza (Gallopers) 38:21; 2 Simonay Weitsz (New Balance) 41:34; 3 Sheys Chepkosgei (KEN) 41:58.

Veterans: 1 Esther Schmidt (Old Eds) 43:43; 2 Thuli Mabatha (Kathlehong) 45:11.

Masters: 1 Victoria Ngobese (SAPS) 54:59; 2 Dina do Couto (RRW) 60:43. **G'masters:** 1 Anne Bellomusto (Morningside) 52:37. **Juniors:** 1 Simonay Weitsz (New Balance) 41:34; 2 Amber Jevan (Randburg H/S) 42:18.

Ihire Kowie Striders 27 km (36th)

Bathurst to Port Alfred, 20 September

(Point-to-point course, with approx. 20 km on gravel. Finishers: 191 (up from 166 last year).

MEN

1	George	Ntshiliza	Motherwell AC	35	1:31:27
2	Khayaletu	Makalima	Aspen Pharmacare	31	1:36:09
3	Sizakele	Dayimani	Kowie Striders	34	1:37:01
4	Sisa	Camasu (1 st vet)	Temp	40	1:39:47
5	Basie	Bonaparte	Albany RR	49	1:40:04
6	Mzamo	Fokwana	Charlo AC	36	1:43:29
7	Rikhotso	Rooi	Run For Life EP	31	1:43:41
8	Saziso	Pangindawo	Aspen Pharmacare	32	1:43:54
9	Jarryd	Cooke	Madibaz AC	20	1:44:31
10	Jacques	Barnard	Despatch AC	38	1:47:14
11	Thembekile	Msipa	Charlo AC	40	1:48:33
12	Michael	Prince	Nedbank RC EP	40	1:49:51
13	Vernon	Newfeldt	Gelvan AC	48	1:50:14
14	Jacob	Abraham	Body Concept	48	1:50:14
15	Neil	De Meillon (1 st mast)	Nedbank RC EP	51	1:52:51
16	Nkongeleko	Ngcosholo	Charlo AC	23	1:54:36
17	Revan	Fillis	Albany RR	24	1:54:44
18	Mauritz	Pretorius	Despatch AC	24	1:56:05
19	David	Mama	Aspen Pharmacare	38	1:56:46
20	Lionel	Blaauw	Run For Life EP	40	1:57:32

40-44:

1	Sisa	Camasu	Temp	40	1:39:47
2	Thembekile	Msipa	Charlo AC	40	1:48:33
3	Michael	Prince	Nedbank RC EP	40	1:49:51

45-49:

1	Basie	Bonaparte	Albany RR	49	1:40:04
2	Vernon	Newfeldt	Gelvan AC	48	1:50:14
3	Jacob	Abraham	Body Concept	48	1:50:14

50-54:

1	Neil	De Meillon	Nedbank RC EP	51	1:52:51
2	Frank	Piron	Charlo AC	51	1:59:12
3	Philbert	Tyombo	PEAAC	51	2:20:48

55-59:

1	Chester	Brooks	X-Cel AC	56	2:15:56
2	At	Schoeman	Nedbank RC EP	57	2:18:06
3	Roland	Dace	Gelvan AC	59	2:19:54

60-64:

1	Colin	Parkins	Bluewater Bay	61	2:21:33
2	Denis	Hockly	Temp	63	2:28:48
3	Mbulelo	Sobikwa	Madibaz AC	60	2:39:39

65-69:

1	Graham	Channon	Achilles AAA	65	2:25:44
2	David	O'Reilly	Nedbank RC EP	66	2:37:29
3	Robert	Joiner	Temp	67	2:47:43

Juniors:

1	Thembaletu	Komeni	Temp	18	2:25:26
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WOMEN

1	Christine	Claasen (1 st mast)	Achilles AAA	50	2:01:13
2	Terri-Lynn	Penney	Run For Life EP	37	2:01:50

3	Jene	Banfield (1 st vet)	Run For Life EP	44	2:02:30
4	Terray	Newcombe	Elite AC	23	2:06:55
5	Janine	Gardiner	Charlo AC	33	2:08:59
6	Janette	Schierz-Crusius	Body Concept	54	2:10:19
7	Mandy	Jackson	Temp	33	2:10:58
8	Tiani	Claassen	Despatch AC	23	2:12:21
9	Laura	Maritz	Elite AC	53	2:14:08
10	Anche	Schubart	Achilles AAA	32	2:14:48
11	Melinda	Snodgrass	Temp	42	2:17:32
12	Lisa	Rentzke	Body Concept	31	2:19:40
13	Judy	Paul	Temp	43	2:20:11
14	Louise	Mazuelas	Charlo AC	36	2:23:00
15	Judy	Beens	Charlo AC	47	2:23:01
16	Tania	Jordaan	Charlo AC	38	2:27:05
17	Lindie	Steyn	Charlo AC	27	2:28:10
18	Jade	De Sousa	Temp	21	2:28:42
19	Teresa	Winkelmann	Temp	38	2:29:08
20	Lana	Bruyns	Elite AC	46	2:31:17

40-44:

1	Jene	Banfield	Run For Life EP	44	2:02:30
2	Melinda	Snodgrass	Temp	42	2:17:32
3	Judy	Paul	Temp	43	2:20:11

45-49:

1	Judy	Beens	Charlo AC	47	2:23:01
2	Lana	Bruyns	Elite AC	46	2:31:17
3	Joanne	Tucker	Charlo AC	47	2:39:43

50-54:

1	Christine	Claasen	Achilles AAA	50	2:01:13
2	Janette	Schierz-Crusius	Body Concept	54	2:10:19
3	Laura	Maritz	Elite AC	53	2:14:08

55-59:

1	Christine	Snyman	Despatch AC	58	2:42:58
2	Amanda	Blignault	Despatch AC	55	2:55:45
3	Alma	Fourie	Charlo AC	57	3:23:51

65-69:

1	Marlene	Wiese	Kowie Striders	68	3:06:03
2	Lynne	Marshall	Temp	65	3:51:00

70-74:

1	Paula	Richardson	Buffalo RR	70	2:57:41
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Juniors:

1	Rachel	Jarvie	Temp	18	2:54:58
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Clover Irene Village Mall Half Marathon & 10 km

Irene, 20 September

(Distances: 21.1 km & 10 km; undulating loop courses. Weather: overcast and cool, ideal running conditions.)

Half marathon**MEN**

1. Vuyisile Tshoba (Trans) 1:07:39; 2. Johannes Kekana (Toy) 1:07:52 (1st vet); 3. Lucky Mtshali (Olifants) 1:07:56; 4. Simon Mokonyama (Mon) 1:10:11; 5. Teboho Lejaha (Ind) 1:11:00.

Veterans: 1. Johannes Kekana (Toy) 1:07:52; 2. Greg Barnes (NB) 1:14:42; 3. Never Matiya (Bedford) 1:16:35. **Masters:** 1. Dieter Stapel (BNAC) 1:28:13; 2. Jan Lebesse

(PPMC) 1:33:22. **G'masters:** 1. Daniel Molete (Beef) 1:42:05; 2. Alan Robb (GCH) 1:44:25. **G/g'masters:** 1. Patrick Mafilika (Ned) 1:55:54. **Juniors:** 1. Thato Tsotsetsi (Ned) 1:13:41; 2. Welcome Lubisi (Trans) 1:16:39; 3. Godfrey Mhlanga (Trans) 1:19:20.

WOMEN

1. Jennifer Koech (KEN/Ned) 1:19:20; 2. Kataza Shipalana (TUT) & Charné Bosman (Ned) [tie awarded by officials after an appeal] 1:22:25; 4. Anneri Kruger (Mag) 1:24:05; 5. Andronica Mokgotla (Toy) 1:24:25.

Veterans: 1. Sarah Mahlangu (Toy) 1:34:46; 2. Vanessa Bowman (Kempton) 1:57:18; 3. Irma Schoeman (Compress) 1:58:42. **Masters:** 1. Ansa Strydom (NB) 1:58:08; 2. Rita van Wyk (Boks) 2:00:07. **G'masters:** 1. Elspeth Kirkman (RWFL) 2:02:28; 2. Kim Roberts (Kudus) 2:04:05. **G/g'masters:** 1. Deirdre Larkin (Rand) 2:10:20.

10 km

MEN

1. Precious Mashele (Trans) 30:40; 2. Paulos Radebe (Olifants) 30:53; 3. Thabang Mafa (Airports) 31:02; 4. Sikhumbuzo Seme (Trans) 31:11; 5. Philemon Matebe (Elim) 31:20.

Veterans: 1. Johan Buys (Tuks) 37:46; 2. Lawrence Shipangaan (Gallop) 38:19. **Masters:** 1. Francis Makuka (ZAM/Phob) 37:14; 2. Colin Fischer (CSIR) 46:56. **G'masters:** 1. Conrad Stolz (Middel) 68:00; 2. Samuel Sehigwana (ACE) 72:23. **G/g'masters:** 1. Dan Smith (Tassot) 52:39. **Juniors:** 1. Nhlanhla Mandi (Olifants) 34:28; 2. Bongani Nkosi (Nkan) 37:23; 3. Conclusion Rafuseluma (Olifants) 43:30.

WOMEN

1. Thitshaamba Ravhandalala (TUT) 39:16; 2. Leanie Grimes (Tuks) 39:50; 3. Keshoketse Lechaba (LES/Elim) 40:02; 4. Mashabatha Matuazl (Lekoa) 40:51; 5. Palesa Madoa (TUT) 41:23.

Veterans: 1. Paulina Phaho (Tans) 44:37; 2. Renée Binneman (FFA) 44:48; 3. Assalina Nyathi (PO) 47:03. **Masters:** 1. Ronel Fourie (Trans) 54:29; 2. Marie Venter (Phob) 67:12. **G'masters:** 1. Sally Halim (Edenvale) 1:29:37; 2. Maz Moore (Kya) 1:39:12. **G/g'masters:** 1. Daphne Pletts (RI) 1:42:11. **Juniors:** 1. Kholofelo Masha (Ned) 43:36.

Capital Classic 24-hour race

(Incorporating the SA 24-hour Championships)
Pietermaritzburg, 19-20 September

Note: Although the race was run on a metric track – the new synthetic facility in Pietermaritzburg – the results were given in miles and DRR has added the metric equivalent. Hazel Moller finished third overall. – Ed.

24 hours

MEN

1.	Johan van der Merwe	127.04miles (204.45 km)
2.	Nic de Beer	120.82miles (194.44 km)
3.	Bradley Kavanagh	103.42 miles (166.43 km)

WOMEN

1.	Hazel Moller	118.33miles (190.43 km)
2.	Denise Geyser	106.15miles (170.83 km)
3.	Colinda Potgieter	103.17miles (166.03 km)

12 hours**MEN**

1. Clive Willows 62.8 miles (101.06 km)

WOMEN

1. Molly Parasaraman 54.79 miles (88.17 km)

50 miles**MEN**

1. Sibonelo Mashimane 6:57:11

WOMEN

1. Cordelia Kisten 11:02:10

20 miles**MEN**

1. Dane Botton 3:54:15

WOMEN

1. Ronel-Ann Johnson 3:54:15

Lester Mills Memorial 10 km

Pretoria, 17 September

(Finishers: 800.)

MEN

1 Sikhumbuzo Seme (Transnet) 31:14; 2 Vuyisile Tshoba (Transnet) 31:22; 3 Altus Badenhorst (Nedbank) 32:01.

Veterans: 1 Piet Mosebedi (Transnet) 35:53. **Masters:** 1 Johan Walters (Nedbank) 42:20.

G'masters: 1 Mpatle Moabelo (ACE) 48:56. **Juniors:** 1 Arend Stofberg (Tuks) 35:33.

WOMEN

1 Charné Bosman (Nedbank) 37:55; 2 Caroline Wostman (Nedbank) 38:58; 3 Mariska Steinbach (New Balance) 41:22.

Veterans: 1 Vanessa Bowman (Kempton) 45:32. **Masters:** 1 Ansie Breytenbach (Irene) 46:05. **G'masters:** 1 Chanel Stegman (PMK) 66:36. **Juniors:** 1 Georgia Janisch (Magnolia) 47:11.

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**Rock 'n' Roll Philadelphia Running Festival (37th)**

Philadelphia, USA, 21 September

(Distances: 5 km [certified, flat out-and-back course]; 21.1 km [certified, flat, out-and-back course])

Note: Olympic marathon medallist Deena Kastor set a new world 40+ record of 1:09:37 here, breaking Irinia Permitina's 2008 record by 19 seconds. – Ed.

Half marathon (21/gun times)**MEN**

- | | |
|---------------------------|-----------------|
| 1. Bedan Karoki, KEN | 59:23 PB \$3500 |
| [13:49 / 27:45 / 42:01] | |
| 2. Cybrian Kotut, KEN | 59:59 PB= 2000 |
| 3. Geoffrey Bundi, KEN | 1:01:26 1500 |
| 4. Wilfred Kimitei, ERI | 1:02:10 PB 1000 |
| 5. Dejen Gebremeskel, ETH | 1:02:36 DB 750 |

WOMEN

- | | |
|--|-----------------------------------|
| 1. Aberu Kebede, ETH | 1:08:41 \$3500 |
| 2. Caroline Rotich, KEN | 1:09:22 2000 |
| 3. Deena Kastor, 41, Mammoth Lakes, CA | 1:09:37 WR 40+ 1500 + 500a + 500m |
| 4. Laura Thweatt, Boulder, CO | 1:11:02 DB 1000 + 400a |
| 5. Miho Ihara, JPN | 1:11:05 750 |
| 6. Kara Goucher, Boulder, CO | 1:11:41 300a |

a) Earned USA citizen award

m) Earned masters prize money

5 km (20/gun times)**MEN**

- | | |
|------------------------------|-------------|
| 1. Lawi Lalang, KEN | 13:30 CR/PB |
| 2. Bernard Lagat, Tucson, AZ | 13:32 PB |
| 3. Leonard Korir, KEN | 14:04 |

WOMEN

- | | |
|----------------------------|----------|
| 1. Amanda Stopa, Canto, NY | 18:36 CR |
|----------------------------|----------|

CVS Health Downtown 5 km (25th)

(U.S. 5 km Championships for men and women)

Providence, USA, 21 September

(Certified loop course)

MEN

- | | |
|---|-------------------------|
| 1. Diego ESTRADA, 24, SALINAS, CA | 13:56.4 \$3000 + 5000a |
| 2. German FERNANDEZ, 23, PORTLAND, OR | 13:57.0 PB 2000 + 3000a |
| 3. Maverick DARLING, 24, MADISON, WI | 13:57.5 1000 + 2000a |
| ... 7. Matthew CENTROWITZ, 24, PORTLAND, OR | 14:03.2 700a |

a) Earned USA Championships prize money

WOMEN

- | | |
|---|---------------------------|
| 1. Molly HUDDLE, 30, PROVIDENCE, RI | 15:10.0 PB \$3000 + 5000a |
| 2. Jordan HASAY, 23, BEAVERTON, OR | 15:25.0 PB 2000 + 3000a |
| 3. Emily INFELD, 24, PORTLAND, OR | 15:32.5 1000 + 2000a |
| ... 5. Emily SISSON, 22, PROVIDENCE, RI | 15:44.0 1500a |
| ... 7. Mary CAIN, 18, PORTLAND, OR | 15:53.4 DB 900a |
| ... 9. Jen RHINES, 40, BOSTON, MA | 16:00.0 500a |
| ... 11. Sara HALL, 31, FLAGSTAFF, AZ | 16:07.0 100a |

a) Earned USA Championships prize money

Dam tot Damloop (30th)

Amsterdam to Zaandam, NED, 21 September

(Distance: 10 miles; point-to-point course with no elevation change)

MEN (gun times)

- | | |
|------------------------|-------|
| 1. John Mwangangi, KEN | 45:45 |
| 2. Nguse Amlosom, ERI | 45:47 |
| 3. Kinde Atelaw, ETH | 45:52 |

WOMEN (gun times)

- | | |
|---------------------|-------|
| 1. Linet Masai, KEN | 53:09 |
| 2. Tiki Gelana, ETH | 53:57 |
| 3. Hilda Kibet, NED | 54:25 |

CROSS-COUNTRY**Missouri Southern Stampede XC Invitational**

Joplin, USA, 20 September

MEN (8 km)

University/Open Race:

Team Results: 1. Oklahoma, 38; 2. Oklahoma City University, 48; 3. Missouri Southern St., 74.

- | | | |
|------------------|----------------------|----------|
| 1. Eric Schott | SR M.S.S.U. | 24:32.13 |
| 2. Peter Koskey | JR Ok. City U. (KEN) | 24:49.13 |
| 3. Jacob Burcham | SO Oklahoma | 24:49.96 |

WOMEN (5 km) -

University/Open Race:

Team Results: 1. Arkansas, 24; 2. Tulsa, 49; 3. Oklahoma, 82.

- | | | |
|--------------------|-------------------|----------|
| 1. Dominique Scott | JR Arkansas (RSA) | 16:32.78 |
| 2. Shannon Klenke | SR Arkansas | 16:58.52 |
| 3. Clara Langley | FR Tulsa (CAN) | 17:05.04 |
-

NEWS**DIAMOND LEAGUE DATES FOR 2015**

The IAAF has announced the dates for the 2015 Diamond League meetings. There will be no meetings during August. The IAAF World Championships will be held on 22-30 August, leaving a three-week lull between the Stockholm meeting on 30 July and the opening of the World Championships. The dates are:

- 15 May: Doha
- 17 May: Shanghai
- 30 May: Eugene
- 04 June: Roma
- 07 June: Birmingham
- 11 June: Oslo
- 13 June: New York City
- 04 July: Paris
- 09 July: Lausanne
- 17 July: Monaco

24/25 July: London
 30 July: Stockholm
 03 September: Zurich (final, part 1)
 11 September: Brussels (final, part 2)

STATS TIME

This week we include a list of the top ten SA men in the marathon for 2014. 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. Secondary performances by the top three are also listed.

2014 MARATHON: TOP 10 MEN

2:10:21	Benedict Moeng	5	Xiamen	02 Jan
2:14:59A	Lusapho April	15	Boston	21 Apr
2:16:03A	Xolisa Tyali	4	Johannesburg	07 Sep
2:16:14	Desmond Mokgobu	7	Cape Town	21 Sep
2:17:58	Leswene Africa Mailola	9	Cape Town	21 Sep
2:19:55	Tshidiso Bosiu	1	Vereeniging	02 Mar
2:20:24	Lucas Jani	11	Cape Town	21 Sep
2:20:39A	Godfrey Ramokone	11	Johannesburg	07 Sep
2:20:43	Michael Mazibuko	2	Vereeniging	02 Mrt
2:21:16	Charles Tjiane (vet)	12	Cape Town	21 Sep

THIS MONTH IN HISTORY

We continue our look back at the history of the mile. – Ed.

85 years ago: 8 September 1929

Whereas two world mile records have been set in September, South Africa has seen three national records in the year's ninth month. The second of these came on 4 September 1929 in Pretoria, when Danie Jacobs broke the previous mark by 2.2 seconds with his 4:22.6. (He also ran 1:55.6 for 880 yards at the same meeting.) However, this was not the fastest time in South Africa that year, as four days later the British runner Vernon Morgan clocked 4:16.4 in Durban. Little is known about either of these two races, and whether Morgan and Jacobs ever met, but in the book *Track & Field Performances through the Years, Vol. 1* the second runner behind Morgan, F.M. Hallowes, is listed separately under the heading "Uncertain estimates" with 4:20.4. His time was probably not officially recorded by a timekeeper. Morgan's performance put him sixth on the world list for the year.

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. – Ed.

MEN

Open

10 km	28:44	Stephen Mokoka	Cape Town	21 Sep
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	27:25	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	44:29	Lusapho April	Port Elizabeth	01 Mar
	43:04	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	60:47	Stephen Mokoka	Copenhagen	29 Mar
	59:08	Geoffrey Kamworor (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	81:09	Sikhumbuso Seme	Pretoria	10 May
	80:18A	George Ntshiliza	Somerset East	22 Mar
	71:47	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:40:20	Anthony Godongwana	Camps Bay	05 Jan
	1:28:52	Yuma Hattori (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:04:29	Wilson Kipsang (KEN)		
	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	46:51	Johannes Kekana	Pretoria	16 Aug
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:40	Gert Thys	Wellington	01 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	82:29	Shadrack Hoff	Pretoria	10 May
	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	2:21:16	Charles Tjiane	Cape Town	21 Sep
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	35:04	Eric Coetzee	Grassy Park	14 Sep
	[35:00	Vladimir Kotov (BLR)	Cape Town	08 Mar]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:20	Eric Coetzee	Brackenfell	19 Jul
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:07	Dan Mothibe	Pretoria	15 Feb
	66:42	Martin Rees (GBR) 2003		
25 km	1:45:51	Victor Phetoe	Pretoria	10 May
	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	38:35	Muhammad Kriel	Bellville	31 May
	38:35	Clive Owen	Cape Town	21 Sep
15 km	58:27	Muhammad Kriel	Eersterivier	21 Jun
21.1 km	84:16	Awie Veldsman	Atlantis	23 Aug
25 km	2:01:18	Petrus Ratshikakala	Pretoria	10 May
	2:00:34A	Mbekiseni Mchunu	Pinetown	26 Jan
30 km	2:09:56	Muhammad Kriel	Parow	30 Mar
Marathon	3:11:05	Stephen Seema	Cape Town	21 Sep
100 km				

Juniors

10 km	29:54	Thabang Mosiako	Bloemfontein	22 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:38	Granwin Katzen	Ravensmead	26 Apr
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:46	Tshwanelo Mojokeng	Sasolburg	01 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	32:20	Irvette van Zyl	Stellenbosch	09 Aug
	31:04	Mamitu Daska (ETH)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:54	Kim Laxton	Germiston	06 Apr
	47:00	Shalane Flanagan (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	71:53	René Kalmer	Copenhagen	29 Mar
	66:19	Joyce Chepkirui (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:44:00	Marli van Staden	Pretoria	10 May
	97:30A	Cary-Ann Smith	Pinetown	26 Jan
	84:37	Janet Rono Chelegat (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:01:11	Zintle Xiniwe	Parow	30 Mar
	1:44:19	Yuka Takashima (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:41:49	Zintle Xiniwe	Cape Town	21 Sep
	2:43:34A	Tanith Maxwell	Brighton	06 Apr
	2:18:57A	Rita Jeptoo (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:24	Paulina Phaho	Pretoria	31 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:37	Sandra van Graan	Eersterivier	21 Jun
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	83:10	Suzette Botha	Mount Edgecombe	25 May
	69:56	Irina Permitina (RUS) 2009		
25 km	1:47:39	Michelle Mee	Pretoria	10 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:09:47	Ursula Turck	Parow	30 Mar
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:59:42	Zola Pieterse	Charleston	18 Jan
	2:26:51	Priscilla Welch (GBR) 1987		

100 km

7:00:27 Normi Sakurai (JPN) 2007

Masters (50+)

10 km	40:10	Elmarie Coetzee	Bellville	31 May
	34:44	Tatyana Pozdniakova (UKR)	2005	
15 km	60:59	Elmarie Coetzee	Eersterivier	21 Jun
	54:33	Shirley Matson (USA)	1991	
21.1 km	89:34	Judy Bird	Johannesburg	09 Feb
	76:07	Tatyana Pozdniakova (UKR)	2006	
25 km	2:01:43	Ansa Strydom	Pretoria	10 May
	1:55:22A	Janette Schierz-Crusius	Somerset 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	41:31	Margie Saunders	Port Elizabeth	26 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	2:10:01	Lyn de Bruin	Pretoria	10 May
30 km	2:39:03	Nancy Will	Simon's Town	17 Aug
Marathon	3:21:21	Nancy Will	Cape Town	21 Sep
	3:45:33A	Wendy Fitzmaurice	East London	01 Mar

100 km

Juniors

10 km	35:07	Pamela Moyikwa	Bellville	31 May
	31:42	Zola Budd (GBR)	1984	
15 km	54:48	Annie Bothma	Ravensmead	26 Apr
	49:40	Ines Chenonge (KEN)	2001	
21.1 km	87:07	Jenet Dlamini	Pietermaritzburg	23 Feb
	1:09:05	Delilah Asiago (KEN)	1991	

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