

Distance Running Results

Vol. 14, No. 41 – 13 October 2014

© Distance Running Results. All rights reserved.

Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

EDITORIAL

Running in perfect conditions, Sibabalwe Gladwin Mzazi, who finished second to Stephen Mokoka in this year's SA 10 km Championships, won the Gun Run 10 km in Cape Town yesterday by more than a minute in a personal best of 28:22 to become the equal sixteenth fastest South African on a standard course (he shares the position with Tshamano Setone and Johannes Kekana). It is also a list leader for 2014. Zintle Xiniwe, who has been racing frequently in recent weeks, won the women's race in 34:34. Both winners of the half marathon, William Kaptein in 1:03:21 and Kim Laxton in 1:18:00, also set PBs. Kaptein beat David Manja, who likewise clocked a PB, by 19 seconds. Junior Annie Bothma scored a list leader of 80:04 behind Laxton. A third list leader went to master Eric Coetzee (76:24); he now has three.



The first three in the final Spar Grand Prix race in Johannesburg (from left): Rutendo Nyahora, Lebogang Phalula and Mamorallo Tjoka. [Reg Caldecott]

In the Spar Grand Prix Series twin sister Lebogang won the last battle in Johannesburg, but Lebo Phalula won the war by clinching the Series after wins in the Cape Town and Port

Elizabeth legs. Lebogang won in Durban, while Irvette van Zyl, who was fourth in Johannesburg, took the Pretoria race. Two weeks after her Berlin Marathon PB, René Kalmer finished sixth.

Two *Distance Running Results* subscribers won their respective categories in the Spar Series and another two finished second in theirs. Elmarie Coetzee clinched the masters category and Margie Saunders the grandmasters category, while René Kalmer



Kenyans Rita Jeptoo and Eliud Kipchoge celebrate their victories in Chicago. [David Monti/Race Results Weekly]

was second in the open division and Sonja Laxton second among the grandmasters. Congratulations to all!

In the 37th Bank of America Chicago Marathon defending champion Rita Jeptoo made sure of winning the World Marathon Majors (WMM) series with a perfect 100 points by taking victory in 2:24:35. She is only the second woman ever (after Catherine Ndereba) to win both Boston and Chicago in consecutive years. The men's race went to Eliud Kipchoge in 2:04:11 (6 sec slower than his PB), with fellow Kenyans Sammy Kitwara (2:04:28) and Dickson Cumba (2:04:32) becoming the 30th and 31st runners to dip under 2:05:00 for the distance. Kipchoge's time is the second fastest winning time ever in Chicago.

Kipchoge covered the 5 km from 35 km to 40 km, when he broke away from his rivals, in 14:32, the fastest ever in Chicago. His last 2.195 km in 6:18 is also the fastest ever recorded in the Windy City. Kitwara is now the fastest ever athlete (with at least five marathons) who has never won a race. Based on the average of the top ten performances, Chicago (2:04:40) is now second only to Berlin (2:03:55).

Kipchoge credited his coach, Patrick Sang, and his training group in Kaptagat, which includes world 30 km record holder Emmanuel Mutai and Olympic and world champion Stephen Kiprotich, for his success. "The coaching of Patrick Sang is the best," he said. "The coaching system I used in Kenya helped me prepare very well. That's why I win in Chicago."

Kenenisa Bekele, considered by many the best distance runner in history, failed to gain a podium place, finishing fourth in 2:05:51.

Jeptoo, who complained that the wind bothered her, copied Kipchoge's break at 35 km and pulled away from Ethiopians Mare and Birhane Dibaba with a 16:37 split. She is the first athlete, male or female, to record four consecutive WMM wins.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * OUTsurance 94.5Kfm Gun Run Half Marathon & 10 km, Cape Town
- * Spar Grand Prix Series 10 km, Johannesburg
- * Spar Chesterville/Durban West Tourism 10 km, Durban
- * Eye and Laser Institute/Spec Savers White Cane 10 km, Port Elizabeth
- * Chamberlain Capital Classic Half Marathon & 10 km, Pretoria
- * Meiringspoort Half Marathon & 10 km, Meiringspoort to De Rust
- * Legends Ultramarathon & Half Marathon, East London
- * Total Whale Half Marathon, Hermanus
- * Newton Karoo Ultramarathon & Laingsburg Running Festival, Laingsburg
- * BAKgat 10 km, Bellville
- * Despatch Superspar 10 km, Despatch
- * EG Church Bazaar Run, George

International highlights:

- * Tufts Health Plan 10 km for Women, Boston, USA
 - * Bank of America Chicago Marathon, Chicago, USA
 - * B.A.A. Half Marathon, Boston, USA
 - * ASICS Grand 10 Berlin, Berlin, GER
 - * Four Miles of Groningen, Groningen, NED
-

CORRECTIONS AND ADDITIONS

The times in the Uthungulu Marathon in last week's *Distance Running Results* seemed extraordinarily fast, but because of time pressure the performances were not analysed with the Race Time Bias factor (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). This has now been done, and the result is a figure of -12.54 sec/km for six time comparisons – much more than double the allowable limit of -5 sec/km. Times in this race will therefore not be used for any statistical lists.

The winner of the race, Kenyan Stephen Katam, runs for Nedbank and not Phantane as indicated in the results.

ROAD RUNNING

OUTurance 94.5Kfm Gun Run Half Marathon (22nd) & 10 km (11th)

Cape Town, 12 October

(Distances: 21.1 km & 10 km; certified near-loop courses with approx. 1.8 km start/finish separation, i.e. 8.5% for the half marathon and 18% for the 10 km. Weather: Cool, heavy mist, clearing up later, no wind. Finishers: half-marathon – 5393 [up slightly from 5342 last year]; 10 km – 6387 [up from 6242].)

Half marathon

MEN

| | | | | | | | |
|----|-------------|------------|----|-----------------|------|---------|---------|
| 1 | William | Kaptein | 22 | Stellenbosch | (PB) | 1:03:21 | R10 000 |
| 2 | David | Manja | 23 | Nedbank NW | (PB) | 1:03:40 | R4250 |
| 3 | Xolisa | Tyali | 25 | Nedbank CGA | | 1:04:36 | R2150 |
| 4 | Lungile | Gongqa | 35 | Nedbank | | 1:05:35 | R1100 |
| 5 | Tom | Lusaseni | 26 | Itheko | | 1:06:13 | R450 |
| 6 | Sithembele | Fanekho | 23 | Boxer AFS | | 1:06:54 | |
| 7 | Siviwe | Nkombi | 25 | Itheko | | 1:09:35 | |
| 8 | Sibusiso | Mbingeleli | 37 | Nedbank | | 1:10:01 | |
| 9 | Tsungai | Mwanengeni | 40 | ZIM/NBMC | | 1:10:55 | |
| 10 | Hein | Camphor | 30 | NBMC | | 1:10:55 | |
| 11 | Vakalisa | Kopolo | 37 | Khayelitsha | | 1:11:33 | |
| 12 | Bronwyn | Van Rhyn | 24 | NBMC | | 1:11:49 | |
| 13 | Christopher | Karelse | 23 | NBMC | | 1:11:54 | |
| 14 | Phumlani | Shabalala | 28 | Celtic Harriers | | 1:13:00 | |
| 14 | Michael | Bailey | 31 | Asics | | 1:13:00 | |
| 16 | Anda | Lubelwana | 28 | Hout Bay | | 1:13:14 | |
| 17 | John Henry | Strupstad | 34 | Temp | | 1:13:47 | |
| 18 | Granwin | Katzen | 19 | Itheko | | 1:14:12 | |
| 19 | Babalo | Hambi | 19 | Itheko | | 1:14:16 | |
| 20 | Richard | Flint | 30 | VOB | | 1:14:20 | |
| 21 | Faizel | October | 27 | NBMC | | 1:15:21 | |
| 22 | John | Mboko | 35 | Wild Runner | | 1:16:02 | |
| 23 | Xolile | Macanda | 42 | Guguletu | | 1:16:13 | |
| 24 | Oscar | Coetzee | 31 | NBMC | | 1:16:17 | |
| 25 | Nelson | Bass | 35 | UCT | | 1:16:17 | |
| 26 | Eric | Coetzee | 54 | NBMC | | 1:16:24 | |
| 27 | Nkgopoleng | Moloi | 23 | Temp | | 1:16:25 | |
| 27 | Brandon | Boonzaier | 22 | Temp | | 1:16:25 | |
| 29 | Warren | Jeppe | 33 | VOB | | 1:16:28 | |
| 30 | Damian | Will | 28 | Pinelands | | 1:17:33 | |

Veterans:

| | | | | | | |
|---|------------|------------|----|----------|---------|-------|
| 1 | Tsungai | Mwanengeni | 40 | ZIM/NBMC | 1:10:55 | R2150 |
| 2 | Xolile | Macanda | 42 | Guguletu | 1:16:13 | R1050 |
| 3 | Nkgopoleng | Moloi | 23 | SANDF | 1:16:25 | R750 |

Masters:

| | | | | | | |
|---|-------------|----------|----|------------------|---------|-------|
| 1 | Eric | Coetzee | 54 | NBMC | 1:16:24 | R1050 |
| 2 | Vladimir | Kotov | 56 | BLR/Century City | 1:17:40 | R750 |
| 3 | Christopher | Mitchell | 52 | Celtic Harriers | 1:20:45 | R450 |

G'masters:

| | | | | | | |
|---|----------|----------|----|--------------------|---------|------|
| 1 | Clive | Owen | 62 | Edgemead | 1:26:31 | R750 |
| 2 | Muhammad | Kriel | 60 | Ommiedraai Friends | 1:27:59 | R400 |
| 3 | Albert | Williams | 61 | Topform | 1:33:46 | R300 |

G/g'masters:

| | | | | | | |
|---|--------|-----------|----|-----------------|---------|------|
| 1 | Joseph | Matthews | 70 | Midas Spartans | 1:48:39 | R400 |
| 2 | Roelof | Van Weele | 71 | Whalers | 1:55:33 | R300 |
| 3 | Chet | Sainsbury | 72 | Celtic Harriers | 2:00:48 | R150 |

Juniors:

| | | | | | | |
|---|---------|--------|----|----------|---------|------|
| 1 | Granwin | Katzen | 19 | Itheko | 1:14:12 | R600 |
| 2 | Denzil | Byman | 18 | Itheko | 1:21:36 | R300 |
| 3 | Darren | Bownes | 19 | Hout Bay | 1:26:00 | R150 |

WOMEN (Same prize money as men)

| | | | | | | |
|----|-----------|--------------------|----|----------------------|---------|------|
| 1 | Kim | Laxton | 32 | Sunninghill Striders | 1:18:00 | (PB) |
| 2 | Annie | Bothma | 18 | Nedbank | 1:20:04 | |
| 3 | Charné | Bosman | 38 | Nedbank CGA | 1:20:28 | |
| 4 | Bulelwa | Simae | 37 | Nedbank | 1:21:01 | |
| 5 | Kate | Mapham | 30 | Whalers | 1:22:20 | (PB) |
| 6 | Amy Lynne | Aronson | 30 | Temp | 1:24:25 | (PB) |
| 7 | Candice | Peck | 22 | Temp | 1:24:58 | (PB) |
| 8 | Liandi | Van der Westhuyzen | 30 | NBMC | 1:27:06 | |
| 9 | Sandra | Van Graan | 46 | Edgemead | 1:27:50 | |
| 10 | Candyce | Hall | 30 | Carbineers | 1:28:08 | |
| 11 | Kjersti | Lerkerød | 28 | Temp | 1:29:41 | |
| 12 | Suzette | Vermaak | 46 | Nedbank | 1:29:51 | |
| 13 | Obertina | Kanyongo | 47 | West Coast | 1:30:00 | |
| 14 | Busisiwe | Matiwane | 39 | Celtic Harriers | 1:32:03 | |
| 15 | Anel | Terblanche | 27 | NBMC | 1:32:13 | |
| 16 | Robyn | Williams | 25 | Temp | 1:32:29 | |
| 17 | Nicola | Hooper | 27 | NBMC | 1:32:38 | |
| 18 | Sheryl | De Lange | 46 | NBMC | 1:33:10 | |
| 19 | Tracy | Forbes | 41 | VOB | 1:33:12 | |
| 20 | Anel | Van Vuuren | 40 | Temp | 1:33:30 | |
| 21 | Phatiswa | Dyalvane | 29 | Guguletu | 1:34:19 | |
| 22 | Sarah | Murless | 22 | Temp | 1:34:31 | |
| 23 | Ariadne | Snoek | 21 | Temp | 1:34:31 | |
| 24 | Heidi | Viljoen | 37 | NBMC | 1:35:29 | |
| 25 | Leentjie | Visser | 21 | Stellenbosch | 1:35:48 | |
| 26 | Jessica | Drigo | 40 | Temp | 1:36:07 | |
| 27 | Jenna | Cackett | 21 | Temp | 1:36:08 | |
| 28 | Kuu | Watermeyer | 21 | Temp | 1:36:16 | |
| 29 | Alice | Oosthuizen | 28 | Old Mutual | 1:36:19 | |
| 30 | Mariella | Dierks | 22 | Carbineers | 1:36:23 | |

Veterans:

| | | | | | | |
|---|----------|-----------|----|------------|---------|--|
| 1 | Sandra | Van Graan | 46 | Edgemead | 1:27:50 | |
| 2 | Suzette | Vermaak | 46 | Nedbank | 1:29:51 | |
| 3 | Obertina | Kanyongo | 47 | West Coast | 1:30:00 | |

Masters:

| | | | | | |
|---|--------|----------|----|-----------------|---------|
| 1 | Olga | Howard | 56 | Celtic Harriers | 1:37:09 |
| 2 | Bev | Charters | 56 | VOB | 1:38:53 |
| 3 | Thelma | Naude | 51 | West Coast | 1:44:59 |

G'masters:

| | | | | | |
|---|----------|-------------|----|-----------------|---------|
| 1 | Nancy | Will | 62 | Pinelands | 1:36:53 |
| 2 | Veronica | Van Niekerk | 69 | Elgin Grabouw | 1:47:26 |
| 3 | Pixie | Sparg | 69 | Celtic Harriers | 2:03:04 |

G/g'masters:

| | | | | | |
|---|---------|--------------------|----|------------|---------|
| 1 | Marlene | James | 70 | Pinelands | 2:10:17 |
| 2 | Avril | Delapelin-Dumont | 70 | West Coast | 2:17:30 |
| 3 | Wilbe | Van der Westhuizen | 70 | Strand | 2:23:15 |

Juniors:

| | | | | | |
|---|--------|----------|----|---------|---------|
| 1 | Annie | Bothma | 18 | Nedbank | 1:20:04 |
| 2 | Nicole | Brittain | 19 | UCT | 2:09:00 |
| 3 | Chloe | Wileman | 16 | NBMC | 2:15:00 |

10 km**MEN**

| | | | | | |
|----|------------|---------------|-----------|------------|-------|
| 1 | Gladwin | Mzazi | Tnet AGN | 28:22 (PB) | R7200 |
| 2 | Givemore | Mudzinganyama | ZIM/Coolr | 29:26 | R2800 |
| 3 | Sibusiso | Madikizela | Manoni | 29:27 | R1050 |
| 4 | Kgosi | Tsosane | Ned | 29:54 | R750 |
| 5 | Tseiso | Moeketsi | Trau | 30:01 | R350 |
| 6 | Nkosinathi | Madyo | Ned | 30:24 | |
| 7 | Unathi | Nteta | AAC | 30:43 | |
| 8 | Anthony | Timoteus | UWC | 31:14 | |
| 9 | Victor | Msopi | Ned | 31:25 | |
| 10 | Samuel | Van der Merwe | Bell | 31:26 | |
| 11 | Pieter | Koopman | Ned | 32:25 | |
| 12 | Sityhilo | Diko | Ned | 32:32 | |
| 13 | Enver | Pedro | NBMC | 32:34 | |
| 14 | Raydon | Balie | Wild | 32:40 | |
| 15 | Riaan | Witbooi | Eerste | 32:54 | |
| 16 | Graham | Katzen | Itheko | 32:57 | |
| 17 | Aphelele | Fanekho | Temp | 33:11 | |
| 18 | Norman | Abrahams | Temp | 33:29 | |
| 19 | Shawn | Abrahams | Itheko | 33:29 | |
| 20 | Xoliswa | Malane | Wild | 33:39 | |

Veterans:

| | | | | | |
|---|--------|----------|--------|-------|-------|
| 1 | Pieter | Koopman | Ned | 32:25 | R1400 |
| 2 | Graham | Katzen | Itheko | 32:57 | R750 |
| 3 | Shawn | Abrahams | Itheko | 33:29 | R450 |

Masters:

| | | | | | |
|---|--------|-----------|-----------|-------|------|
| 1 | Eric | Mlonyeni | Strand | 39:13 | R750 |
| 2 | Tobias | Philander | Itheko | 39:26 | R400 |
| 3 | Zolani | Ntsodo | SANDF SWD | 39:52 | R300 |

G'masters:

| | | | | | |
|---|--------|-------------|--------|-------|------|
| 1 | Brian | Collier | AAC | 44:39 | R400 |
| 2 | Paul | Sa Giorgio | VOB | 46:16 | R300 |
| 3 | Gerrit | Van Niekerk | Wcoast | 47:51 | R150 |

G/g'masters:

| | | | | | |
|---|------|--------|------|-------|------|
| 1 | John | Butler | Temp | 52:42 | R350 |
|---|------|--------|------|-------|------|

Juniors:

| | | | | | |
|---|---------|----------|-----|-------|------|
| 1 | Anthony | Timoteus | UWC | 31:14 | R750 |
|---|---------|----------|-----|-------|------|

WOMEN (Same prize money as men)

| | | | | |
|----|------------|-------------|-----------|-------|
| 1 | Zintle | Xiniwe | NBMC | 34:34 |
| 2 | Pamela | Moyikwa | VOB | 35:56 |
| 3 | Nobuhle | Tshuma | ZIM/Coolr | 36:27 |
| 4 | Nomvuyisi | Seti | Itheko | 37:53 |
| 5 | Busisiwe | Gwala | VOB | 38:01 |
| 6 | Ebeth | Marais | Maties | 38:14 |
| 7 | Ursula | Frans | NBMC | 39:56 |
| 8 | Deslyn | Phelps | Temp | 40:37 |
| 9 | Mariëtte | Strauss | Tyger | 40:48 |
| 10 | Nomaxesibe | Ngcantsi | VOB | 40:54 |
| 11 | Sumé | Matthysen | NBMC | 42:02 |
| 12 | Charmaine | Cupido | Ned | 42:16 |
| 13 | Viv | Williams | ATC | 42:19 |
| 14 | Emma | Rossouw | Bell | 42:36 |
| 15 | Christine | De Kock | Durbac | 42:38 |
| 16 | Natalie | De la Porte | Temp | 42:53 |
| 17 | Sharon | Sundeland | Temp | 42:56 |
| 18 | Lucie | Barber | Temp | 43:05 |
| 19 | Ivy | Sogiba | Khay | 43:28 |
| 20 | Denise | Derbyshire | Temp | 43:45 |

Veterans:

| | | | | |
|---|------------|--------|------|-------|
| 1 | Ursula | Frans | NBMC | 39:56 |
| 2 | Beth | Mandel | Pir | 44:44 |
| 3 | A.N. Other | | | |

Masters:

| | | | | |
|---|-----------|----------|-------|-------|
| 1 | Mariëtte | Strauss | Tyger | 40:48 |
| 2 | Charmaine | Cupido | Ned | 42:16 |
| 3 | Viv | Williams | ATC | 42:19 |

G'masters:

| | | | | |
|---|---------|------------|-------|-------|
| 1 | Helen | Du Plessis | Tyger | 47:51 |
| 2 | Theresa | IsAACs | VOB | 54:22 |
| 3 | Leora | Braude | Temp | 55:08 |

Juniors:

| | | | | | |
|---|----------|---------|--------|-------|------|
| 1 | Pamela | Moyikwa | VOB | 35:56 | R750 |
| 2 | Busisiwe | Gwala | VOB | 38:01 | R450 |
| 3 | Ebeth | Marais | Maties | 38:14 | R300 |

Spar Grand Prix Series 10 km

(Final race of the series)

Johannesburg, 12 October

(Loop course)

1. Lebogang Phalula 34:34
2. Rutendo Nyahora (ZIM) 34:40
3. Mamorallo Tjoka (LES) 34:43
4. Irvette van Zyl 34:58
5. Lebo Phalula 35:21
6. René Kalmer 36:02
7. Mapaseka Makhanya 36:27
8. Tebogo Masehla 36:44
9. Isabella Jepchumba (KEN) 37:10
10. Christine Kalmer 37:21
11. Liziwe Mabona 37:48
12. Anna Moeketsi 37:53

13. Thozama April 38:46
14. Nolene Conrad 39:11
15. Keneilwe Sesing 39:11
16. Simonay Weitsz 39:17
17. Marelize Retief 40:09
18. Maxine van Deventer 40:24
19. Michelle Strydom 40:31
20. Maria Malogosing 40:33

Veterans: 1. Ronel Thomas 41:03; 2. Janene Carey 42:02; 3. Heather Walden 43:02.

Masters: 1. Judy Bird 41:22; 2. Elmarie Coetzee 44:03; 3. René Strydom 45:23.

G'masters: 1. Margie Saunders 45:12; 2. Sonja Laxton 51:08; 3. Anne Bellomusto 51:59.

Juniors: 1. Simonay Weitsz 39:17; 2. Carina Viljoen 41:15; 3. Liza Kellerman 41:35.

Spar Chesterville/Durban West Tourism 10 km

Durban, 12 October

(Finishers: 93 [down from 115 last year])

MEN

- | | | | |
|----|------------------|------------|-------|
| 1. | Wiseman Fadane | Boxer AC | 35:06 |
| 2. | Malusi Dlomo | Nebank AC | 35:12 |
| 3. | Malwande Hlengwe | Phatane AC | 35:59 |

40-49:

- | | | | |
|----|----------------|-----------------|-------|
| 1. | Shingi Badza | ZIM/Maxed Elite | 37:03 |
| 2. | Sibiso Ngubuka | Stella AC | 48:45 |

50-59:

- | | | | |
|----|-----------------|----------|-------|
| 1. | Norman Bowker | QBH | 51:09 |
| 2. | Patrick Lukhele | NRB Harr | 52:34 |

60+:

- | | | | |
|----|--------------|---------|-------|
| 1. | Robin Archer | QBH | 57:14 |
| 2. | Les Smith | West AC | 64:34 |

WOMEN

- | | | | |
|----|------------------|--------------|-------|
| 1. | Nosipho Mbatha | Kwa Mashu AC | 51:07 |
| 2. | Zukiso Nondabulu | Phuma KZN | 52:33 |
| 3. | Lesley Meyer | Chiltern AC | 53:12 |

40-49:

- | | | | |
|----|-----------------|-------------|-------|
| 1. | Lesley Meyer | Chiltern AC | 53:12 |
| 2. | Jowaine Parrott | West AC | 56:27 |

50-59:

- | | | | |
|----|-----------|---------------|-------|
| 1. | Sue Smith | West AC | 64:34 |
| 2. | Zaid Vava | Oasis Crst AC | 90:03 |

Eye and Laser Institute/Spec Savers White Cane 10 km

Port Elizabeth, 11 October

(Finishers: 133)

Note: The race was a 5km last year. Ntombesintu Mfunzi finished eighth overall. – Ed.

MEN

- | | | | | | |
|---|-----------|--------------------------------|------------------|----|-------|
| 1 | Amos | Nyongo | Madibaz AC | 28 | 31:07 |
| 2 | Brendon | Effenaar (1 st jun) | X-Cel AC | 18 | 34:25 |
| 3 | Khayaletu | Makalima | Aspen Pharmacare | 31 | 34:49 |

| | | | | | |
|----|-----------|-------------------------------|------------------|----|-------|
| 4 | Saziso | Pangindawo | Aspen Pharmacare | 32 | 35:20 |
| 5 | Juwayne | Fletcher | Charlo AC | 23 | 36:49 |
| 6 | Lindeleni | Mlisa | Motherwell AC | 16 | 37:26 |
| 7 | Michael | Bekapi (1 st mast) | Maxed Elite EP | 53 | 38:22 |
| 8 | Llewellyn | Frost (1 st vet) | Temp | 40 | 40:10 |
| 9 | Mncedisi | Tiyo | Bluewater Bay | 41 | 41:25 |
| 10 | Jacques | Tusese-Musimbi | Warriors AC | 26 | 42:21 |
| 11 | Tertius | Reed | Despatch AC | 24 | 45:02 |
| 12 | Deon | Pretorius | Nedbank RC EP | 48 | 45:34 |
| 13 | Geoffery | Mlawu | Temp | 50 | 47:05 |
| 14 | Athuxolo | Ntenti | Madibaz AC | 22 | 47:08 |
| 15 | Chris | Meistre | Temp | 33 | 47:14 |
| 16 | Don | Rukanda | Temp | 34 | 48:14 |
| 17 | Gladman | Mcetywa | Temp | 31 | 48:25 |
| 18 | Vusikaya | Mancapa | Motherwell AC | 49 | 48:32 |
| 19 | Siyabonga | Hlangwana | Temp | 27 | 49:09 |
| 20 | Phillip | Dyakala | Bluewater Bay | 50 | 49:24 |

40-44:

| | | | | | |
|---|-----------|-----------|---------------|----|-------|
| 1 | Llewellyn | Frost | Temp | 40 | 40:10 |
| 2 | Mncedisi | Tiyo | Bluewater Bay | 41 | 41:25 |
| 3 | Zolisa | Ngocantsi | Temp | 40 | 50:35 |

45-49:

| | | | | | |
|---|----------|-----------|---------------|----|-------|
| 1 | Deon | Pretorius | Nedbank RC EP | 48 | 45:34 |
| 2 | Vusikaya | Mancapa | Motherwell AC | 49 | 48:32 |
| 3 | Deon | Vyver | Nedbank RC EP | 47 | 50:23 |

50-54:

| | | | | | |
|---|----------|---------|----------------|----|-------|
| 1 | Michael | Bekapi | Maxed Elite EP | 53 | 38:22 |
| 2 | Geoffery | Mlawu | Temp | 50 | 47:05 |
| 3 | Phillip | Dyakala | Bluewater Bay | 50 | 49:24 |

55-59:

| | | | | | |
|---|---------|-----------|---------------|----|---------|
| 1 | Jan | Van Eeden | Nedbank RC EP | 56 | 50:55 |
| 2 | Michael | Annear | Temp | 56 | 59:25 |
| 3 | Samuel | Erasmus | Nedbank RC EP | 56 | 1:00:36 |

60-64:

| | | | | | |
|---|-------|----------|---------------|----|-------|
| 1 | Deon | Doubell | PEAAC | 61 | 52:23 |
| 2 | Geoff | Roberts | Achilles AAA | 62 | 57:28 |
| 3 | Paul | Steffens | Nedbank RC EP | 63 | 58:56 |

65-69:

| | | | | | |
|---|------|--------|-----------|----|---------|
| 1 | Alan | Penney | Walmer AC | 67 | 1:07:36 |
|---|------|--------|-----------|----|---------|

Juniors:

| | | | | | |
|---|-----------|----------|---------------|----|---------|
| 1 | Brendon | Effenaar | X-Cel AC | 18 | 34:25 |
| 2 | Lindeleni | Mlisa | Motherwell AC | 16 | 37:26 |
| 3 | Tawfeeq | Vyver | Nedbank RC EP | 15 | 1:08:20 |

WOMEN

| | | | | | |
|----|-------------|--------------------------------|-------------------|----|-------|
| 1 | Ntombesintu | Mfunzi | Nedbank RC EP | 32 | 38:58 |
| 2 | Asanda | Solani | Motherwell AC | 31 | 44:19 |
| 3 | Nomakhosi | Ntliziyo (1 st jun) | Youth 4 Change AC | 16 | 45:21 |
| 4 | Babalwa | Ngcoko | Nedbank RC EP | 27 | 46:03 |
| 5 | Nolikhanyo | Mdwayi | Transnet Eng EP | 33 | 48:28 |
| 6 | Treloar | Childs (1 st mast) | Walmer AC | 51 | 49:44 |
| 7 | Toegeda | Vyver (1 st vet) | Nedbank RC EP | 42 | 49:51 |
| 8 | Monique | Jordaan | Madibaz AC | 23 | 50:38 |
| 9 | Nandipa | Mafongosi | PEAAC | 30 | 53:54 |
| 10 | Zelda | Krige | Walmer AC | 54 | 57:11 |
| 11 | Katie | Morris | Crusaders AC | 31 | 58:13 |

| | | | | | |
|----|-----------|-------------------------------------|------------------|----|---------|
| 12 | Doris | Gerber | Nedbank RC EP | 43 | 58:55 |
| 13 | Liz | Austin | Achilles AAA | 56 | 1:01:10 |
| 14 | Catherine | Fortuin | Temp | 56 | 1:01:26 |
| 15 | Babalwa | Nompukane | PEAAC | 32 | 1:01:27 |
| 16 | Carol | Booyesen | Muirite Striders | 45 | 1:01:37 |
| 17 | Liz | Grundlingh (1 st g'mast) | Muirite Striders | 67 | 1:01:38 |
| 18 | Beverley | Morgan | Nedbank RC EP | 40 | 1:02:27 |
| 19 | Denise | Ferreira | Crusaders AC | 52 | 1:02:45 |
| 20 | Ayanda | Mji | PEAAC | 44 | 1:03:29 |

40-44:

| | | | | | |
|---|----------|--------|---------------|----|---------|
| 1 | Toegeda | Vyver | Nedbank RC EP | 42 | 49:51 |
| 2 | Doris | Gerber | Nedbank RC EP | 43 | 58:55 |
| 3 | Beverley | Morgan | Nedbank RC EP | 40 | 1:02:27 |

45-49:

| | | | | | |
|---|---------|----------|------------------|----|---------|
| 1 | Carol | Booyesen | Muirite Striders | 45 | 1:01:37 |
| 2 | Zine | Mekuto | Nedbank RC EP | 45 | 1:08:22 |
| 3 | Fayroez | Ally | Malabar AC | 48 | 1:10:24 |

50-54:

| | | | | | |
|---|---------|----------|--------------|----|---------|
| 1 | Treloar | Childs | Walmer AC | 51 | 49:44 |
| 2 | Zelda | Krige | Walmer AC | 54 | 57:11 |
| 3 | Denise | Ferreira | Crusaders AC | 52 | 1:02:45 |

55-59:

| | | | | | |
|---|-----------|-------------|---------------|----|---------|
| 1 | Liz | Austin | Achilles AAA | 56 | 1:01:10 |
| 2 | Catherine | Fortuin | Temp | 56 | 1:01:26 |
| 3 | Dianne | Hartzenberg | Nedbank RC EP | 55 | 1:08:32 |

60-64:

| | | | | | |
|---|-------|-------------|------------------|----|---------|
| 1 | Nicki | Van Niekerk | Muirite Striders | 60 | 1:04:40 |
| 2 | Rina | Barnard | Elite AC | 61 | 1:22:18 |
| 3 | Rina | Strydom | Temp | 64 | 1:25:42 |

65-69:

| | | | | | |
|---|----------|------------|------------------|----|---------|
| 1 | Liz | Grundlingh | Muirite Striders | 67 | 1:01:38 |
| 2 | Kaye | Henrick | PEAAC | 67 | 1:17:58 |
| 3 | Angeline | Kivedo | Walmer AC | 68 | 1:33:42 |

75-79:

| | | | | | |
|---|---------|------|-----------|----|---------|
| 1 | Dorothy | Hart | Charlo AC | 76 | 1:20:11 |
|---|---------|------|-----------|----|---------|

Juniors:

| | | | | | |
|---|-----------|----------|-------------------|----|---------|
| 1 | Nomakhosi | Ntliziyo | Youth 4 Change AC | 16 | 45:21 |
| 2 | Danielle | Harkin | Madibaz AC | 18 | 1:07:39 |
| 3 | Previleng | Pandie | Temp | 16 | 1:12:35 |

Chamberlain Capital Classic Half Marathon & 10 km

Pretoria, 11 October

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1350 [up from 1217 last year]; 10 km – 1270 [significantly down from 1691];[also 710 in 5 km].)

Half marathon

MEN

1 Benedict Moeng (Transnet) 69:21; 2 Stephen Dikobo (Nedbank) 70:04; 3 Vuyisile Tshoba (Transnet) 71:39.

Veterans: 1 Shadrack Hoff (New Balance) 74:08; 2 Elias Mabane (Nedbank) 76:23.

Masters: 1 Israel Morake (Fit For Africa) 87:31. **G'masters:** 1 John Woodnutt (Morningside) 95:05. **G/g'masters:** 1 Ken de Kock (Love Running) 2:08:27.

WOMEN

1 Caroline Wostmann (Nedbank) 91:41; 2 Renata Vosloo (Sunninghill) 92:55; 3 Carol Reed (Troj Sport) 93:24.

Veterans: 1 Lesley Train (Toyota) 97:12; 2 Jillian Soto-Corona (Boksburg) 1:42:14.

Masters: 1 Ansie Breytenbach (Irene) 1:43:20. **G'masters:** 1 Joan de Klerk (RAC) 2:10:51. **G/g'masters:** 1 Debbie van Heerden (Roodepoort) 2:11:14.

10 km

MEN

1 Lucas Jani (Transnet) 31:15; 2 Philip Birech (KEN/Global) 31:39; 3 Anthony Godongwana (Transnet) 32:04.

Veterans: 1 Greg Barnes (New Balance) 33:46; 2 Never Matiya (BCC) 35:30. **Masters:** 1

Nuno Thomaz (New Balance) 42:16. **G'masters:** 1 Pieter Rossouw (Enduro) 52:27.

G/g'masters: 1 Johan Wesels (Running Inn) 55:34.

WOMEN

1 Carly Kent (Sunninghill) 42:05; 2 Naidine Breytenbach (Irene) 43:54; 3 Anel Forster (Irene) 44:35.

Veterans: 1 Anel Forster (Irene) 44:35; 2 Sanette van Rooyen (GN Masters) 46:53.

Masters: 1 Elsabe Brink (New Balance) 46:17. **G'masters:** 1 Vollie Spies (Tuks) 59:25.

G/g'masters: 1 Deirdre Larkin (Randburg) 68:00.

Meiringspoort Half Marathon & 10 km

Meiringspoort to De Rust, 11 October

(Distances: 21.1 km & 10 km; point-to-point downhill courses. Finishers: half marathon – 1640 [up from 1563 last year]; 10 km – 623 [down from 679].)

Note: Junior Merrida Leen finished seventh overall in the 10 km and Leanda du Bruyn tenth. – Ed.

Half marathon

MEN

| | | | | |
|----|---------------------|----------------------|----|---------|
| 1 | Ettienne Plaatjies | Nedbank SWD | 27 | 1:04:27 |
| 2 | Elfonzo Pieterse | Nedbank SWD | 25 | 1:07:25 |
| 3 | John April | SANDF | 25 | 1:13:00 |
| 4 | Melikhaya Msizi | Knysna Marathon Club | 31 | 1:14:19 |
| 5 | Godwin Heyns | Temp | 16 | 1:14:49 |
| 6 | Tumelo Mochelenyane | Nedbank EC | 32 | 1:15:54 |
| 7 | Henk de Jager | Temp | 44 | 1:17:27 |
| 8 | Nicholas Pelsner | Temp | 36 | 1:17:34 |
| 9 | Jarryd Cooke | Madibaz NMMU | 20 | 1:17:36 |
| 10 | Marshall Richenberg | Knysna Marathon Club | 37 | 1:17:51 |

Veterans:

| | | | |
|---|-----------------|-------------|---------|
| 1 | Marius Stander | Achilles | 1:18:46 |
| 2 | Marlon Mortlock | Knysna MC | 1:19:15 |
| 3 | Anton Chevalier | Nedbank SWD | 1:20:40 |

Masters:

| | | | |
|---|-----------------|---------------------|---------|
| 1 | Cornelius Bewee | Sedgefield Striders | 1:26:04 |
| 2 | Allen Taylor | Achilles | 1:26:31 |
| 3 | Evan Jones | Knysna MC | 1:30:25 |

G'masters:

| | | | |
|---|------------|-------------|---------|
| 1 | Hannes Els | Warriors AC | 1:31:27 |
|---|------------|-------------|---------|

| | | | |
|---|--------------|--------------------|---------|
| 2 | Peter Jakoby | Knysna MC | 1:37:33 |
| 3 | Jan du Toit | Hartenbos Drawwers | 1:39:13 |

G/g'masters:

| | | | |
|---|-------------------|---------------------|---------|
| 1 | Dave Edge | Sedgefield Striders | 1:50:11 |
| 2 | Francois Hofmeyer | Celtic Harriers | 1:52:00 |
| 3 | Rolf Mentzel | EP Profiles | 1:55:35 |

Juniors:

| | | | |
|---|-----------------|---------------------|---------|
| 1 | Godwin Heyns | Mossel Bay Harriers | 1:14:49 |
| 2 | Luciano van Wyk | Knysna MC | 1:24:18 |
| 3 | Kyle van Vuuren | Temp | 1:35:50 |

WOMEN

| | | | | |
|----|----------------------|---------------------------|----|---------|
| 1 | Melissa van Rensburg | Nedbank SWD | 32 | 1:20:51 |
| 2 | Liza Kingston | Temp | 32 | 1:23:17 |
| 3 | Lisl Grobler | Knysna Marathon Club | 38 | 1:25:58 |
| 4 | Davera Magson | Nedbank EC | 39 | 1:26:10 |
| 5 | Helga Mathee | Nedbank SWD | 39 | 1:26:36 |
| 6 | Stephanie Damalis | Body Concept Road Runners | 28 | 1:29:03 |
| 7 | Helene Roux | NBMC | 30 | 1:29:49 |
| 8 | Elizma Horne | Temp | 36 | 1:29:52 |
| 9 | Annatjie Botes | Nedbank SWD | 56 | 1:30:02 |
| 10 | Lana Theunissen | Nedbank SWD | 42 | 1:32:11 |

Veterans:

| | | | |
|---|-----------------|----------------------|---------|
| 1 | Lana Theunissen | Nedbank SWD | 1:32:11 |
| 2 | Vanessa Bowman | Kempton Road Runners | 1:33:53 |
| 3 | Rene Moll | Nedbank SWD | 1:34:16 |

Masters:

| | | | |
|---|-------------------|-------------|---------|
| 1 | Annatjie Botes | Nedbank SWD | 1:30:02 |
| 2 | Christene Claasen | Achilles | 1:32:15 |
| 3 | Pat Thompson | Temp | 1:40:25 |

G'masters:

| | | | |
|---|----------------|---------------------|---------|
| 1 | Rea Oosthuizen | Hartenbos Drawwers | 1:39:38 |
| 2 | Rene Hawkridge | Harlequins | 1:52:01 |
| 3 | Hanna du Toit | Sedgefield Striders | 1:59:16 |

G/g'masters:

| | | | |
|---|----------------|--------------------|---------|
| 1 | Gail Buhrman | Durbanville | 2:09:43 |
| 2 | Marie Smit | Acelor Mittal | 2:21:27 |
| 3 | Helena Freysen | Hartenbos Drawwers | 2:52:53 |

Juniors:

| | | | |
|---|-----------------|-----------|---------|
| 1 | Macnita Samuels | Knysna MC | 1:48:22 |
|---|-----------------|-----------|---------|

10 km**MEN**

| | | | | |
|----|--------------------|-----------------------|----|-------|
| 1 | Lloyd Bosman | Nedbank SWD | 26 | 30:44 |
| 2 | Jansen Darries | Beaufort Wes Drawwers | 18 | 31:52 |
| 3 | Francois Maquassa | SANDF | 19 | 32:25 |
| 4 | Heinrich Sauls | De Rust Striders | 24 | 33:49 |
| 5 | Keegan Cooke | Charlo AC | 17 | 35:29 |
| 6 | Michael Mokotary | Temp | 16 | 38:02 |
| 7 | Awonke Komani | Knysna Marathon Club | 16 | 39:14 |
| 8 | Nicholas Nell | Temp | 16 | 39:53 |
| 9 | Jannie Nieuwenhuys | Temp | 53 | 41:10 |
| 10 | Chris Barnard | Temp | 26 | 42:37 |

Masters:

| | | | |
|---|--------------------|------|-------|
| 1 | Jannie Nieuwenhuys | Temp | 41:10 |
|---|--------------------|------|-------|

| | | | |
|---|------------------|-------------|-------|
| 2 | Anthony Thompson | Nedbank SWD | 50:34 |
| 3 | Aron Draghoender | PetroSA | 52:19 |

G'masters:

| | | | |
|---|--------------|---------------------|-------|
| 1 | Nic Brummer | Sedgefield Striders | 48:22 |
| 2 | Koos Hanekom | Temp | 54:51 |
| 3 | Leon Nel | Nedbank SWD | 59:49 |

G/g'masters:

| | | | |
|---|-------------------|---------------------|---------|
| 1 | Willem Oosthuizen | Hartenbos Drawwers | 1:01:35 |
| 2 | Bill Newby | Sedgefield Striders | 1:25:20 |
| 3 | Lars Naylor | Sedgefield Striders | 1:26:00 |

Juniors:

| | | | |
|---|-------------------|------------------------|-------|
| 1 | Jansen Darries | Beaufort West Drawwers | 31:52 |
| 2 | Francois Maquassa | SANDF | 38:17 |
| 3 | Keegan Cooke | Charlo AC | 33:49 |

WOMEN

| | | | | |
|----|---------------------|---------------------|----|-------|
| 1 | Merrida Leen | Mosselbaai Harriers | 17 | 38:17 |
| 2 | Leanda du Bruyn | CPUT | 20 | 39:55 |
| 3 | Bianca la Grange | Run Walk for life | 15 | 44:27 |
| 4 | Marcelle van Tonder | Temp | 20 | 44:45 |
| 5 | Cecilia Nel | Hartenbos Drawwers | 32 | 45:38 |
| 6 | Maryke Sass | PetroSA | 43 | 46:02 |
| 7 | Rina Wray | Hartenbos Drawwers | 50 | 48:15 |
| 8 | Danel Hoon | Temp | 33 | 48:53 |
| 9 | Johanna Claassen | Nedbank | 37 | 48:55 |
| 10 | Orpa de Wet | Graaff Reinnet | 40 | 49:35 |

Veterans:

| | | | |
|---|------------------|-------------|-------|
| 1 | Maryke Sass | PetroSA | 46:02 |
| 2 | Johanna Claassen | Nedbank SWD | 48:55 |
| 3 | Santjie Erwee | Sanlam | 53:01 |

Masters:

| | | | |
|---|------------------|---------------------|----------|
| 1 | Rina Wray | Hartenbosh Drawwers | 48:15 |
| 2 | Elsa de Villiers | Hartenbosh Drawwers | 02:06:00 |
| 3 | Rene Mitchell | Knysna MC | 08:43:00 |

G'masters:

| | | | |
|---|-------------------|-------------|---------|
| 1 | Jos Els | Warriors RC | 57:02 |
| 2 | Linda Meiring | Temp | 59:30 |
| 3 | Marlene O'Connell | Temp | 1:16:27 |

G/g'masters:

| | | | |
|---|------------------|---------------------|---------|
| 1 | Maggie Fourie | De Rust | 1:02:23 |
| 2 | Cecilia Swiegers | RWFL | 1:16:32 |
| 3 | Jean Merrills | Sedgefield Striders | 1:19:07 |

Juniors:

| | | | |
|---|------------------|---------------------|-------|
| 1 | Merrida Leen | Mossel Bay Harriers | 38:17 |
| 2 | Bianca la Grange | RWFL | 44:27 |

Legends Ultramarathon & Half Marathon

East London, 5 October

(Distances: 68 km & 21.1 km; the ultramarathon point to point from Bisho and the half marathon a loop. Finishers: ultra – 192; half marathon – 387.)

Ultramarathon**MEN**

| | | | | | |
|---|-------------|----|-----------------|----------|-----------|
| 1 | Marko Mambo | 43 | ZIM/Maxed Elite | 04:07:05 | R 120 000 |
|---|-------------|----|-----------------|----------|-----------|

| | | | | | |
|----|-------------------|----|--------------------|----------|----------|
| 2 | Elias Mabane | 45 | Nedbank | 04:10:16 | R 80 000 |
| 3 | Peter Muthubi | 33 | Nedbank AGN | 04:12:40 | R 60 000 |
| 4 | Lympson Maifo | 36 | ZIM/Nedbank CGA | 04:13:56 | R 20 000 |
| 5 | Luzuko Mdeliswa | 32 | Nedbank KZN | 04:14:53 | R 15 000 |
| 6 | Point Chaza | 32 | ZIM/Bluff Meats F1 | 04:15:45 | R 10 000 |
| 7 | Thuso Mosiea | 38 | Mr Price KZN | 04:17:01 | R 8 000 |
| 8 | Joseph Mphuthi | 38 | Sibanyone Gold | 04:17:34 | R 6 000 |
| 9 | Lebohang Mahloane | 32 | LES | 04:17:43 | R 4 000 |
| 10 | Vusumuzi Sokhela | 37 | Bonitas AC KZN | 04:17:44 | R 2 000 |

Veterans:

| | | | | | |
|---|-----------------|----|------------------------|----------|---------|
| 1 | Marko Mambo | 43 | ZIM/Maxed Elite | 04:07:05 | R 6 000 |
| 2 | Elias Mabane | 45 | Nedbank | 04:10:16 | R 5 000 |
| 3 | Peter Tadziripa | 41 | ZIM/Mr Price Sport Int | 04:25:23 | R 4 000 |

Masters:

| | | | | | |
|---|---------------|----|-------------------|----------|---------|
| 1 | Lizo Thomas | 53 | Cheetahs | 04:56:35 | R 5 500 |
| 2 | Reform Ndlovu | 52 | Randburg Harriers | 05:06:42 | R 4 500 |
| 3 | Colben Ngupe | 51 | Nedbank EC | 05:16:16 | R 3 500 |

G'masters:

| | | | | | |
|---|-----------------|----|----------------------|----------|---------|
| 1 | Cornet Matomane | 62 | Nedbank AGN | 05:58:45 | R 4 500 |
| 2 | Sam Damane | 64 | Oxford Striders | 06:42:33 | R 3 500 |
| 3 | Cyril Bekker | 62 | Buffalo Road Runners | 07:15:19 | R 2 500 |

WOMEN

| | | | | | |
|----|---------------------------|----|---------------------|----------|-----------|
| 1 | Alemtsehay Kakissa | 29 | ETH/Nedbank | 04:50:14 | R 120 000 |
| 2 | Jennifer Koech | 35 | KEN/Nedbank | 04:54:31 | R 80 000 |
| 3 | Riana van Niekerk | 38 | Boxer | 05:12:13 | R 60 000 |
| 4 | Monica Kativhu | 34 | ZIM/Maxed Elite Int | 05:14:36 | R 20 000 |
| 5 | Stephanie Smith | 29 | Oxford Striders | 05:19:22 | R 15 000 |
| 6 | Nonsikelelo Mbambo | 36 | Natal Carbineers AC | 05:23:53 | R 10 000 |
| 7 | Fikile Fundisiwe Mbuthuma | 34 | Nedbank KZN | 05:24:46 | R 8 000 |
| 8 | Sarah Mahlangu | 48 | Liberty CGA | 05:31:50 | R 6 000 |
| 9 | Adanech Jemilu | 33 | ETH/Nedbank | 05:32:09 | R 4 000 |
| 10 | Jane Mudau | 51 | Nedbank AGN | 05:36:53 | R 2 000 |

Veterans:

| | | | | | |
|---|------------------|----|-------------|----------|---------|
| 1 | Sarah Mahlangu | 48 | Liberty CGA | 05:31:50 | R 6 000 |
| 2 | Martha Pretorius | 44 | Topform AC | 06:13:05 | R 5 000 |
| 3 | Linah Mhlongo | 43 | Nedbank | 06:21:46 | R 4 000 |

Masters:

| | | | | | |
|---|--------------------|----|--------------|----------|---------|
| 1 | Jane Mudau | 51 | Nedbank AGN | 05:36:53 | R 5 500 |
| 2 | Thembeke Ketsekile | 51 | Ukhozi AC | 06:37:53 | R 4 500 |
| 3 | Eunice Ntuli | 50 | NRB Harriers | 07:11:47 | R 3 500 |

G'masters:

| | | | | | |
|---|-----------|----|---------------|----------|---------|
| 1 | Iris Zulu | 62 | Yebo Striders | 08:33:35 | R 4 500 |
|---|-----------|----|---------------|----------|---------|

Half Marathon**MEN**

| | | | | | |
|---|-------------------|----|------------------|----------|----------|
| 1 | Lusapho April | 32 | Oxford Striders | 01:03:13 | R 15 000 |
| 2 | Xolisa Tyali | 26 | Nedbank | 01:05:45 | R 12 000 |
| 3 | Lungile Gongqa | 35 | Cheetahs AC | 01:06:26 | R 10 000 |
| 4 | Melikhaya Frans | 24 | Nedbank EC | 01:07:20 | R 6 000 |
| 5 | Mariano Eesou | 23 | NMMU Madibaz AC | 01:07:29 | R 5 000 |
| 6 | Mbongeni Ngxazozo | 34 | Gauteng Striders | 01:07:50 | R 4 000 |
| 7 | Ghirmay Tukabo | 33 | ETH | 01:08:00 | R 3 500 |
| 8 | Zongamele Dyubeni | 41 | Nedbank | 01:08:17 | R 3 000 |
| 9 | Mluleki Nobanda | 46 | Mr Price | 01:08:21 | R 2 000 |

10 Lebogang Edwin Khonkhobe26 Toyota 01:08:26 R 1 000

Veterans:

1 Zongamele Dyubeni 41 Nedbank 01:08:17 R 4 500
 2 Mluleki Nobanda 46 Mr Price 01:08:21 R 3 500
 3 Maxwell Goodman 42 Ikhamva AC 01:10:18 R 2 500

Masters:

1 Daniel Mothibe 52 New Balance AC AGN 01:17:47 R 4 500
 2 Desmond Zibi 51 Ikamva 01:19:20 R 3 500
 3 Linda Maphanga 52 Anglo Coal AC 01:21:17 R 2 500

G'masters:

1 Sizinzo Kama 63 Achilles 01:34:12 R 4 500
 2 Don Charles 65 Nedbank 01:34:27 R 3 500
 3 Hannes Els 64 Fit 2000 AC PE 01:35:59 R 2 500

Juniors:

1 Monde Polisiti 17 Oxford Striders 01:15:14 R 4 500
 2 Xavier Adams 19 Nedbank PE 01:17:25 R 3 500
 3 Cebisa Hebe 19 01:26:59 R 2 500

WOMEN

1 Constance Nyasango 24 ZIM 01:18:08 R 15 000
 2 Firegenet Mandefiro 21 ETH 01:22:15 R 12 000
 3 Aurelia Rutto 25 KEN 01:22:16 R 10 000
 4 Samukeliso Moyo 40 ZIM/Maxed Elite 01:23:05 R 6 000
 5 Chiyedza Chokore 36 ZIM/Maxed Elite 01:23:16 R 5 000
 6 Ntombesintu Mfunzi 33 NMMU AC 01:23:30 R 4 000
 7 Alicen Manake 24 ZIM/Nedbank 01:23:50 R 3 500
 8 Poppy Mlambo 34 Boxer AC 01:24:19 R 3 000
 9 Mathapelo Skosana 34 Nedbank 01:27:23 R 2 000
 10 Babalwa Ngcoko 27 Nedbank EC 01:29:57 R 1 000

Veterans:

1 Samukeliso Moyo 40 ZIM/Maxed Elite 01:23:05 R 4 500
 2 Jene Banfield 44 Run Walk For Life EP 01:34:29 R 3 500
 3 Mary Nwelase 49 Boxer Superstores AC 01:47:22 R 2 500

Masters:

1 Janine Engels 52 Westville AC 01:40:21 R 4 500
 2 Colleen Muller 57 Born 2 Run EC 01:51:18 R 3 500
 3 Alison Langtree 51 Oxford Striders 01:52:18 R 2 500

G'masters:

1 Michelle Whittington 61 Old Selbornian RR 02:13:31 R 4 500
 2 Ithuteng Boshoe 63 Sunninghill Striders 02:18:13 R 3 500
 3 Beanie Beard 62 Old Serbornian RR 02:23:10 R 2 500

Juniors:

1 Nomakhosi Ntliziyo 16 Youth For Change 01:42:45 R 4 500
 2 Sihle Gquzula 19 Oxford Striders 01:59:29 R 3 500

Total Whale Half Marathon

Hermanus, 4 October

(Distance: 21.1 km; loop course. Weather: clear skies, cool, wind in some parts of the course. Finishers: 221 [up from 146 last year].)

Note: Running one day after her 40th birthday, Ulrica Stander did not wear age tags, so the veteran title went to Elizabeth van der Berg. Stander, the course record holder, finished seventh overall and Tanya Posthumus-Fox twelfth. – Ed.

MEN

| | | | | |
|----|----------|-------------|-------------|----------------|
| 1 | Pieter | Koopman | Nedbank | 1:12:46 (R750) |
| 2 | Luyanda | Qolo | EGA | 1:13:49 (R500) |
| 3 | Blayi | Siyabonga | EGA | 1:19:09 (R300) |
| 4 | Warren | Jepe | VOB | 1:19:18 |
| 5 | Mark | Kavanagh | Whalers AC | 1:26:00 |
| 6 | Christo | du Plessis | Whalers AC | 1:26:17 |
| 7 | Ignatius | Matema | Whalers AC | 1:28:19 |
| 8 | Brendan | Cowell | New Balance | 1:30:16 |
| 9 | Dean | Moldenhauer | New Balance | 1:30:31 |
| 10 | Frank | Gillion | Whalers AC | 1:30:52 |

Veterans:

| | | | | |
|---|---------|-------------|-----------------|----------------|
| 1 | Christo | du Plessis | Whalers AC | 1:26:17 (R300) |
| 2 | Dean | Moldenhauer | New Balance | 1:30:31 (R200) |
| 3 | Stanley | Beyers | Metropolitan AC | 1:36:41 (R100) |

Masters:

| | | | | |
|---|---------|------------|------------|----------------|
| 1 | Frank | Gillion | Whalers AC | 1:30:52 (R300) |
| 2 | Mike | Skevington | Savages AC | 1:40:05 (R200) |
| 3 | William | Snyders | EGA | 1:41:36 (R100) |

G'masters:

| | | | | |
|---|---------|--------|---------------|----------------|
| 1 | Piet | Smith | Bredasdorp AC | 1:50:05 (R300) |
| 2 | Richard | Majiet | Pinelands | 1:57:35 (R200) |
| 3 | Jacobus | Jansen | Whalers AC | 2:06:12 (R100) |

G/g'masters:

| | | | | |
|---|--------|-----------|------------|----------------|
| 1 | Roelof | van Weele | Whalers AC | 1:52:31 (R200) |
|---|--------|-----------|------------|----------------|

Juniors:

| | | | | |
|---|----------|--------|------------|----------------|
| 1 | Ignatius | Matema | Whalers AC | 1:28:19 (R300) |
|---|----------|--------|------------|----------------|

WOMEN (Same prize money as men)

| | | | | |
|----|-----------|---------------|-------------------------|------------|
| 1 | Ulrica | Stander | New Balance | 1:26:37 |
| 2 | Tanya | Posthumus-Fox | Century City AC | 1:31:34 PB |
| 3 | Elizabeth | van der Berg | Bredasdorp AC | 1:38:08 |
| 4 | Laura | Peddle | Strand AC | 1:38:44 |
| 5 | Annmarie | Steyn | Whalers AC | 1:42:21 |
| 6 | Lynette | Uren | Sunninghill Striders RC | 1:42:29 |
| 7 | Madelein | Pretorius | New Balance | 1:43:50 |
| 8 | Jessomine | McLeod | Temp | 1:44:34 |
| 9 | Anzel | du Plessis | Whalers AC | 1:46:06 |
| 10 | Marieke | Coetzer | New Balance | 1:46:43 |

Veterans:

| | | | | |
|---|-----------|--------------|-------------------------|---------|
| 1 | Elizabeth | van der Berg | Bredasdorp AC | 1:38:08 |
| 2 | Annmarie | Steyn | Whalers AC | 1:42:21 |
| 3 | Lynette | Uren | Sunninghill Striders RC | 1:42:29 |

Masters:

| | | | | |
|---|-----------|---------|---------------------|---------|
| 1 | Una | Saayman | Polisie | 1:47:52 |
| 2 | Christine | Hibberd | Whalers AC | 1:58:04 |
| 3 | Carine | Kruger | Helderberg Harriers | 1:58:11 |

G'masters:

| | | | | |
|---|----------|-------------|------------|---------|
| 1 | Veronica | van Niekerk | EGA | 1:50:13 |
| 2 | Norma | Wheeler | Whalers AC | 2:13:51 |
| 3 | Jeanette | van Wyk | Tygerberg | 2:18:20 |

Juniors:

| | | | | |
|---|------|--------|------------|---------|
| 1 | Thea | Kruger | Whalers AC | 2:11:35 |
|---|------|--------|------------|---------|

Newton Karoo Ultramarathon (44th) & Laingsburg Running Festival

Laingsburg, 4 October

(Distances: 80 km, 21.1 km & 10 km; ultramarathon – loop course, partly on gravel; 21.1 km & 10 km – point-to-point courses, partly on gravel. Finishers: 80 km – 123 [up from 92 last year]; half marathon – 52 [down from 64]; 10 km – 47 [slightly down from 49].)

Note: This is the fourth win in the ultramarathon for Lucas Nonyana, but in his slowest time; he also won in 2005, 2009 and 2013. Vanessa Bowman finished tenth overall, defending her title with a huge victory of more than a half hour, while Romé Phillipson-Meyer was eleventh overall. In the half marathon 50-year-old Ansie Breytenbach was tenth overall. – Ed.

Ultramarathon

MEN

| | | | | |
|----|-------------------|----------------------|----|---------|
| 1 | Lucas Nonyana | Maxed Elite | 35 | 5:20:31 |
| 2 | Abram Hugo | Coolrunning AC | 35 | 5:35:08 |
| 3 | Zwelithini Vaphi | Germiston Callies | 42 | 5:37:24 |
| 4 | Sergio Motsoeneng | Setsing Superspar | 37 | 6:03:28 |
| 5 | Principal Fana | Mosselbaai Harriers | 46 | 6:29:31 |
| 6 | Jakobus de Jager | Kempton Road Runners | 43 | 6:37:33 |
| 7 | Derick Zoutman | Swartland AC | 38 | 6:52:51 |
| 8 | Anthony Khedama | Nedbank George | 39 | 7:00:07 |
| 9 | Phello Mello | Setsing Supersp | 42 | 7:01:16 |
| 10 | Mario Meyer | Hartenbos Drawwers | 35 | 7:44:02 |

Veterans:

| | | | |
|---|------------------|----------------------|---------|
| 1 | Zwelithini Vaphi | Germiston Callies | 5:37:24 |
| 2 | Principal Fana | Mosselbaai Harriers | 6:29:31 |
| 3 | Jacobus de Jager | Kempton Road Runners | 6:37:33 |

Masters:

| | | | |
|---|---------------|----------|---------|
| 1 | Andries Swart | Ceres AC | 7:51:09 |
|---|---------------|----------|---------|

G'masters:

| | | | |
|---|----------------|----------------------|---------|
| 1 | Theo Swanepoel | Kempton Road Runners | 7:52:34 |
|---|----------------|----------------------|---------|

WOMEN

| | | | | |
|----|-------------------------|--------------------|----|---------|
| 1 | Vanessa Bowman | Kempton | 44 | 7:10:29 |
| 2 | Romé Phillipson-Meyer | Hartenbos Drawwers | 32 | 7:44:01 |
| 3 | Maureen Dladla | Maluti Marathon | 35 | 7:47:56 |
| 4 | Marietjie de Vries | Strand | 41 | 7:52:34 |
| 5 | Kleintjie van Schalkwyk | Hartenbos Drawwers | 50 | 8:18:33 |
| 6 | Anne Pool | Strand | 53 | 8:27:48 |
| 7 | Sandra Scheepers | Eskom AC | 38 | 8:34:59 |
| 8 | Zethena October | Ravensmead AC | 44 | 8:38:33 |
| 9 | Bianca Frost | Love Running | 32 | 8:49:07 |
| 10 | Sonia Scheepers | Irene AC | 50 | 8:52:04 |

Veterans:

| | | | |
|---|--------------------|----------------------|---------|
| 1 | Vanessa Bowman | Kempton Road Runners | 7:10:29 |
| 2 | Marietjie de Vries | Strand AC | 7:52:34 |
| 3 | Zethena October | Ravensmead AC | 8:38:32 |

Masters:

| | | | |
|---|-------------------------|--------------------|---------|
| 1 | Kleintjie van Schalkwyk | Hartenbos Drawwers | 8:18:33 |
|---|-------------------------|--------------------|---------|

Half marathon

MEN

| | | | | |
|---|-----------------|-------|----|---------|
| 1 | Merven Serymers | Ceres | 25 | 1:25:05 |
|---|-----------------|-------|----|---------|

| | | | | |
|----|--------------------|------------------------|----|---------|
| 2 | Fredvine Scheepers | Laingsburg AC | 19 | 1:28:09 |
| 3 | Kenneth Vermeulen | Beaufort Wes Drawwers | 28 | 1:28:37 |
| 4 | Karel Vlok | Beaufort West Drawwers | 40 | 1:28:45 |
| 5 | Adrian Johannes | Laingsburg AC | 20 | 1:29:02 |
| 6 | Jafta Hendricks | Swartland | 46 | 1:29:06 |
| 7 | Marius Murray | Overkruin AC | 42 | 1:35:02 |
| 8 | Jan Swart | Fit 2000 | 55 | 1:35:02 |
| 9 | Mark Malowitz | Temp | 22 | 1:39:38 |
| 10 | Stanthan Fisher | Laingsburg AC | 17 | 1:45:04 |

Veterans:

| | | | |
|---|-----------------|-----------------------|---------|
| 1 | Karel Vlok | Beaufort Wes Drawwers | 1:28:05 |
| 2 | Jafta Hendricks | Swartland | 1:29:06 |

Masters:

| | | | |
|---|---------------|--------------------|---------|
| 1 | Adriaan Botes | Laingsburg | 1:57:03 |
| 2 | Cyril Sheen | Hartenbos Drawwers | 2:01:32 |

Juniors:

| | | | |
|---|--------------------|------------|---------|
| 1 | Fredvine Scheepers | Laingsburg | 1:28:09 |
| 2 | Stanthon Fischer | Laingsburg | 1:45:04 |

WOMEN

| | | | | |
|----|-------------------|----------------|----|---------|
| 1 | Ansie Breytenbach | Irene AC | 50 | 1:42:36 |
| 2 | Magrieta Willemse | Ceres AC | 30 | 1:48:10 |
| 3 | Mari Vermeulen | Nedbank WP | 19 | 1:50:23 |
| 4 | Yolandé Nel | Nedbank Boland | 36 | 1:55:29 |
| 5 | Karin Fourie | Strand | 52 | 2:09:16 |
| 6 | Tina Pretorius | Sunward AC | 28 | 2:13:29 |
| 7 | Dorette Muller | Irene AC | 32 | 2:16:36 |
| 8 | Isabel Koch | Irene | 45 | 2:16:36 |
| 9 | Tanya Fourie | Strand | 27 | 2:27:20 |
| 10 | Ute Morisse | Edenvale | 46 | 2:34:26 |

Veterans:

| | | | |
|---|----------------|-----------|---------|
| 1 | Neolene Heunis | Bellville | 2:42:24 |
| 2 | Zaida vd Byl | Kway VOB | 3:02:12 |

Masters:

| | | | |
|---|-------------------|-------------|---------|
| 1 | Ansie Breytenbach | Irene - AGN | 1:42:36 |
| 2 | Kain Fourie | Strand | 2:09:16 |

Juniors:

| | | | |
|---|----------------|-------------|---------|
| 1 | Mari Vermeulen | Nedbank WPA | 1:50:23 |
|---|----------------|-------------|---------|

10 km**MEN**

| | | | | |
|---|-------------------|---------------------|----|-------|
| 1 | Godwin Heyns | Mosselbaai Harriers | 16 | 35:03 |
| 2 | Edwin Wagenstroom | Temp | 16 | 37:23 |
| 3 | Deaven Peters | Laingsburg AC | 17 | 38:17 |

WOMEN

| | | | | |
|---|--------------------|----------------|----|-------|
| 1 | Marinda Pheiffer | Nedbank Boland | 43 | 51:29 |
| 2 | Jayrodene Pieterse | Laingsburg AC | 19 | 52:19 |
| 3 | Elaine Matthee | Tygerberg | 45 | 57:23 |

BAKgat 10 km

Bellville, 1 October

(Certified loop course with many corners. Finishers: 804 [up from 640 last year].)

Note: The first seven runners in the open category, including the first junior and first veteran, ran considerably short due to a marshalling error. – Ed.

MEN

1. Lungile Gongqa (Ned) 26:12
2. Mthandazo Qhina (Ned) 26:55
3. Givemore Mudzinganyama (ZIM/CR) 27:15

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 27:17; 2. Petrus Olyn (East) 35:21; 3. Eckhardt Visser (Durb) 37:50. **Masters:** 1. Eric Coetzee (NBMC) 34:48; 2. Robbie Lindsay (Ned) 41:44; 3. Gary Wilford (Durb) 42:37. **G'masters:** 1. Albert Williams (Top) 43:02; 2. Albert Mahlahla (Held) 44:28; 3. Johan van Zyl (Sanlam) 47:33. **Juniors:** 1. Anthony Timoteus (UWC) 27:20; 2. Samuel van der Merwe (Bell) 35:01; 3. Dylan Atson (UWC) 35:53.

WOMEN

1. Nobuhle Tshuma (ZIM/CR) 36:12
2. Sandra van Graan (Edge) 39:47 (1st vet)
3. Mariëtte Strauss (Tyger) 41:53 (1st mast)

Veterans: 1. Sandra van Graan (Edge) 39:47; 2. Inge Reissenzahn (Pine) 48:42; 3. Zethen October (Ravens) 50:17. **Masters:** 1. Mariëtte Strauss (Tyger) 41:53; 2. Charmaine Cupido (Ned) 44:38; 3. Vanda Amos (WC) 49:43. **G'masters:** 1. Nancy Will (Pine) 47:29; 2. Helen du Plessis (Tyger) 49:28; 3. Ruth Leverton (Pine) 57:58. **Juniors:** 1. Sumé Matthysen (NBMC) 44:13; 2. Razaan Kamaldien (ARD) 50:47; 3. Christine de Kock (Durb) 53:30.

Despatch Superspar 10 km

Despatch, 27 September

(Finishers: 343 [down from 387 last year])

MEN

| | | | | | |
|----|------------|------------------------------|------------------|----|-------|
| 1 | Mariano | Eesou | Madibaz AC | 22 | 31:12 |
| 2 | Andre | Ketchem | X-Cel AC | 30 | 31:26 |
| 3 | Masande | Mlonyeni | Nedbank RC EP | 34 | 32:33 |
| 4 | Melikhaya | Kepe | Nedbank RC EP | 38 | 32:36 |
| 5 | Adriaan | Gerwel (1 st jun) | X-Cel AC | 18 | 33:27 |
| 6 | Brendon | Effenaar | X-Cel AC | 18 | 33:39 |
| 7 | Zolile | Mhlahlo | Achilles AAA | 39 | 33:55 |
| 8 | Morne | Buis | Maxed Elite EP | 22 | 34:22 |
| 9 | Mzamo | Fokwana | Charlo AC | 36 | 34:49 |
| 10 | Paul | Wolff (1 st vet) | Achilles AAA | 46 | 35:08 |
| 11 | Duwayne | Lucas | Aspen Pharmacare | 25 | 35:34 |
| 12 | Rory | Scheffer | Achilles AAA | 22 | 36:03 |
| 13 | Mongezi | Mboya | PEAAC | 36 | 36:08 |
| 14 | Emerson | Kayana | Nedbank RC EP | 40 | 36:17 |
| 15 | Lindelani | Mlisa | Motherwell AC | 16 | 36:23 |
| 16 | Daryl | North | Achilles AAA | 37 | 36:43 |
| 17 | Mandilakhe | Nel | Motherwell AC | 17 | 36:45 |
| 18 | Welcome | Loliwe | Nedbank RC EP | 49 | 36:46 |
| 19 | Mzukisi | Klaas | Motherwell AC | 45 | 36:53 |
| 20 | Thembekile | Msipa | Charlo AC | 40 | 37:44 |

40-44:

| | | | | | |
|---|------------|--------|---------------|----|-------|
| 1 | Emerson | Kayana | Nedbank RC EP | 40 | 36:17 |
| 2 | Thembekile | Msipa | Charlo AC | 40 | 37:44 |
| 3 | Alfred | Qogi | Nedbank RC EP | 41 | 38:28 |

45-49:

| | | | | | |
|---|---------|--------|---------------|----|-------|
| 1 | Paul | Wolff | Achilles AAA | 46 | 35:08 |
| 2 | Welcome | Loliwe | Nedbank RC EP | 49 | 36:46 |
| 3 | Mzukisi | Klaas | Motherwell AC | 45 | 36:53 |

50-54:

| | | | | | |
|---|---------|---------|----------------|----|-------|
| 1 | Absalom | Kemp | Maxed Elite EP | 50 | 38:04 |
| 2 | Colben | Ngcupe | Motherwell AC | 51 | 40:01 |
| 3 | Nelson | Vlakkok | Charlo AC | 50 | 40:09 |

55-59:

| | | | | | |
|---|---------|--------------|---------------|----|-------|
| 1 | Peter | Van Rensburg | Elite AC | 56 | 44:33 |
| 2 | Chester | Brooks | X-Cel AC | 56 | 46:04 |
| 3 | Koos | Olivier | Nedbank RC EP | 56 | 46:10 |

60-64:

| | | | | | |
|---|--------|---------|--------------|----|-------|
| 1 | Hannes | Els | Warriors AC | 64 | 41:34 |
| 2 | Bruce | McEwan | Achilles AAA | 61 | 45:32 |
| 3 | Errol | Rossouw | PEAAC | 64 | 48:10 |

65-69:

| | | | | | |
|---|--------|----------|--------------|----|-------|
| 1 | Percy | Dalton | Achilles AAA | 66 | 50:37 |
| 2 | Herman | Dekker | SAP MC EP | 69 | 53:36 |
| 3 | Eckart | Schumann | Body Concept | 69 | 54:30 |

70-74:

| | | | | | |
|---|-------|-------|--------------|----|---------|
| 1 | Brian | Smith | PEAAC | 71 | 1:11:27 |
| 2 | Robin | Clark | Achilles AAA | 73 | 1:14:34 |

75-79:

| | | | | | |
|---|-------|---------|------------|----|---------|
| 1 | Ernie | Verrall | Madibaz AC | 79 | 1:03:07 |
|---|-------|---------|------------|----|---------|

Juniors:

| | | | | | |
|---|-----------|----------|---------------|----|-------|
| 1 | Adriaan | Gerwel | X-Cel AC | 18 | 33:27 |
| 2 | Brendon | Effenaar | X-Cel AC | 18 | 33:39 |
| 3 | Lindeleni | Mlisa | Motherwell AC | 16 | 36:23 |

WOMEN

| | | | | | |
|----|-------------|---------------------------------|-------------------|----|-------|
| 1 | Ntombesintu | Mfunzi | Nedbank RC EP | 32 | 38:27 |
| 2 | Jamie-Lee | Schlemmer (1 st jun) | Madibaz AC | 18 | 40:24 |
| 3 | Davera | Magson | Nedbank RC EP | 39 | 41:19 |
| 4 | Siphokazi | Nojoko | Motherwell AC | 19 | 41:40 |
| 5 | Jene | Banfield (1 st vet) | Run For Life EP | 44 | 43:24 |
| 6 | Asanda | Solani | Motherwell AC | 31 | 43:28 |
| 7 | Nomakhosi | Ntliziyo | Youth 4 Change AC | 16 | 43:56 |
| 8 | Christine | Claasen (1 st mast) | Achilles AAA | 50 | 44:03 |
| 9 | Terray | Newcombe | Elite AC | 23 | 44:37 |
| 10 | Luthando | Nxanisa | Tinarha AC | 21 | 46:49 |
| 11 | Camarin | Van Eyk | Nedbank RC EP | 32 | 46:50 |
| 12 | Janine | Gardiner | Charlo AC | 33 | 46:56 |
| 13 | Lindie | Steyn | Charlo AC | 27 | 46:57 |
| 14 | Megan | Wilson | Charlo AC | 19 | 48:35 |
| 15 | Gail | Klichowicz | Achilles AAA | 47 | 48:42 |
| 16 | Louise | Mazuelas | Charlo AC | 36 | 48:54 |
| 17 | Nolikhanyo | Mdwayi | Transnet Eng EP | 33 | 48:59 |
| 18 | Talana | Vosloo | Nedbank RC EP | 33 | 50:14 |
| 19 | Liz | Goosen | Warriors AC | 41 | 50:30 |
| 20 | Jane | Kemp | Nedbank RC EP | 38 | 50:42 |

40-44:

| | | | | | |
|---|---------|----------|-----------------|----|-------|
| 1 | Jene | Banfield | Run For Life EP | 44 | 43:24 |
| 2 | Liz | Goosen | Warriors AC | 41 | 50:30 |
| 3 | Toegeda | Vyver | Nedbank RC EP | 42 | 51:25 |

45-49:

| | | | | | |
|---|---------|------------|--------------|----|-------|
| 1 | Gail | Klichowicz | Achilles AAA | 47 | 48:42 |
| 2 | Judy | Beens | Charlo AC | 47 | 50:50 |
| 3 | Desiree | Ebrahim | Gelvan AC | 49 | 51:24 |

50-54:

| | | | | | |
|---|-----------|---------|--------------|----|-------|
| 1 | Christine | Claasen | Achilles AAA | 50 | 44:03 |
| 2 | Rosemary | Joubert | Crusaders AC | 53 | 52:37 |
| 3 | Merle | Nair | Achilles AAA | 52 | 54:08 |

55-59:

| | | | | | |
|---|-----------|--------|--------------|----|---------|
| 1 | Barbara | Foot | Crusaders AC | 55 | 56:03 |
| 2 | Noleen | Norris | Gelvan AC | 57 | 1:04:03 |
| 3 | Stephanie | Hay | Walmer AC | 58 | 1:06:07 |

60-64:

| | | | | | |
|---|-------|-------------|------------------|----|---------|
| 1 | Cathy | Ives | Achilles AAA | 61 | 56:02 |
| 2 | Jos | Els | Warriors AC | 62 | 57:50 |
| 3 | Nicki | Van Niekerk | Muirite Striders | 60 | 1:06:27 |

65-69:

| | | | | | |
|---|--------|------------|------------------|----|---------|
| 1 | Denise | Terblanche | Walmer AC | 67 | 1:07:26 |
| 2 | Anna | Le Roux | Muirite Striders | 67 | 1:34:51 |

70-74:

| | | | | | |
|---|-------|------|------------------|----|---------|
| 1 | Orgia | Nell | Muirite Striders | 71 | 1:11:03 |
|---|-------|------|------------------|----|---------|

75-79:

| | | | | | |
|---|---------|------|-----------|----|---------|
| 1 | Dorothy | Hart | Charlo AC | 76 | 1:16:25 |
|---|---------|------|-----------|----|---------|

Juniors:

| | | | | | |
|---|-----------|-----------|-------------------|----|-------|
| 1 | Jamie-Lee | Schlemmer | Madibaz AC | 18 | 40:24 |
| 2 | Nomakhosi | Ntliziyo | Youth 4 Change AC | 16 | 43:56 |
| 3 | Megan | Wilson | Charlo AC | 19 | 48:35 |

EG Church Bazaar Run

George, 19 September

(Distance: 10 km. Finishers: 74.)

MEN

| | | | | |
|----|-------------------|---------------------|----|-------|
| 1 | Lloyd Bosman | Nedbank SWD | 26 | 30:59 |
| 2 | Elfonzo Pieterse | Nedbank SWD | 25 | 31:15 |
| 3 | Julius Korkee | Mosselbay Harriers | 29 | 33:23 |
| 4 | Dullan Solomons | Nedbank SWD | 16 | 33:37 |
| 5 | Sinesipho Didishe | KMC | 23 | 34:15 |
| 6 | Vuyo Witbooi | Outeniqua Harriers | 39 | 36:32 |
| 7 | Marlon Mortlock | KMC | 40 | 37:03 |
| 8 | Elton Botha | KMC | 21 | 37:05 |
| 9 | Tasco Msuthwana | Sedgefield Striders | 33 | 38:40 |
| 10 | Stephan Joubert | Outeniqua Harriers | 36 | 38:45 |

WOMEN

| | | | | |
|---|---------------------|--------------------|----|-------|
| 1 | Suzaan Kruger | Outeniqua Harriers | 31 | 42:16 |
| 2 | Charmaine Lamprecht | Nedbank SWD | 30 | 44:19 |
| 3 | Clarisha Pieterse | Mosselbay Harriers | 16 | 46:04 |
| 4 | Carike Jacobs | Nedbank SWD | 38 | 48:22 |
| 5 | Ankia Wepener | Nedbank SWD | 34 | 54:40 |
| 6 | Mariette de Haan | Nedbank SWD | 60 | 55:40 |
| 7 | Alida Tallie | Nedbank SWD | 48 | 57:34 |

| | | | | |
|----|--------------------|--------------------|----|-------|
| 8 | Mandie Zietsman | Nedbank SWD | 44 | 58:12 |
| 9 | Lila Avery | Temp | 25 | 58:44 |
| 10 | Magdalena Opperman | Hartenbos Drawwers | 56 | 58:47 |

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

Tufts Health Plan 10 km for Women (38th)

(Women only/Also the USA National 10 km Team Championships)

Boston, USA, 13 October

(Certified standard course)

(gun times)

| | | | |
|-----|--|------------------|--------|
| 1. | Jordan Hasay, 23, Beaverton, OR | 31:39 PB | \$5000 |
| 2. | Caroline Rotich, 30, Santa Fe, NM (KEN) | 31:41 PB | 4000 |
| 3. | Risper Gesabwa, 25, Marietta, GA (KEN) | 31:48 | 3500 |
| 4. | Azmera Gebru, 22, West Chester, PA (ETH) | 31:50 PB | 2500 |
| 5. | Emily Sisson, 23, Providence, RI | 31:57 DB | NCAA |
| 6. | Emily Infeld, 24, Portland, OR | 32:03 | 2000 |
| 7. | Janet Bawcom, 36, Flagstaff, AZ | 32:12 PB | |
| 8. | Sara Hall, 31, Flagstaff, AZ | 32:14 PB | |
| 9. | Katie Matthews, 23, Brighton, MA | 32:23 PB | |
| 10. | Goytom Gebreslase, 19, Boston, MA (ETH) | 32:30 | |
| 11. | Sophy Jepchirchir, 20, Chapel Hill, NC (KEN) | 32:31 | |
| 12. | Jen Rhines, 40, Boston, MA | 32:33 NR W40-44* | |
| ... | 60. Joan Benoit Samuelson, 57, Freeport, ME | 38:21 | |

*) National masters record (both absolute and women-only); previous 32:50, Colleen de Reuck, New York, NY, 2004.

Bank of America Chicago Marathon (37th)

(A World Marathon Majors Event / IAAF Gold Label Road Race)

Chicago, USA, 12 October

(Distance: 42.195 km; certified loop course [prevalidated by IAAF measurer], almost completely flat)

MEN

| | | | |
|-----|----------------------------------|---|---------------------|
| 1. | Eliud Kipchoge, KEN | 2:04:11 PB | \$100,000 + 55,000i |
| | | [1:02:11 / 1:02:00] - 14:32 for 35 to 40 km | |
| 2. | Sammy Kitwara, KEN | 2:04:28 PB | 50,000 + 40,000i |
| 3. | Dickson Chumba, KEN | 2:04:32 PB | 25,000 + 40,000i |
| 4. | Kenenisa Bekele, ETH | 2:05:51 | 15,000 + 10,000i |
| 5. | Bernard Koech, KEN | 2:08:30 | 10,000 |
| 6. | Ghirmay Ghebreslassie, 1995, ERI | 2:09:08 DB | (was pacemaker) |
| 7. | Lani Rutto, KEN | 2:10:42 | |
| 8. | Wesley Korir, KEN | 2:11:09 | |
| 9. | Bobby Curtis, USA | 2:11:20 PB | 10,000a + 2,500ii |
| | | [1:05:30 / 1:05:50] | |
| 10. | Koji Kobayashi, JPN | 2:11:43 | |
| | Tadese Tola, ETH | DNF | |
| | Feyisa Lilesa, ETH | DNF | |

- i) Earned open time bonus
- ii) Earned USA development bonus (sub-2:18:00)
- a) Earned USA citizen prize money

WOMEN

| | | |
|---------------------------|---------|-------------------------------|
| 1. Rita Jeptoo, KEN | 2:24:35 | \$100,000 |
| [1:12:36 / 1:11:59] | | |
| 2. Mare Dibaba, ETH | 2:25:37 | 50,000 |
| 3. Florence Kiplagat, KEN | 2:25:57 | 25,000 |
| 4. Birhane Dibaba, ETH | 2:27:02 | 15,000 |
| 5. Amy Hastings, USA | 2:27:03 | PB=10,000 + 10,000a + 2,500ii |
| 6. Clara Santucci, USA | 2:32:21 | 7,500a + 2,500ii |
| 7. Sarah Crouch, USA | 2:32:44 | PB 5,000a + 2,500ii |
| 8. Gelete Burka, ETH | 2:34:17 | |
| 9. Melissa White, USA | 2:34:19 | 2,500a + 2,500ii |
| 10. Lauren Jimison, USA | 2:34:38 | PB 1,000a + 2,500ii |

- ii) Earned USA development bonus (sub-2:43:00)
- a) Earned USA citizen prize money

B.A.A. Half Marathon (14th)

Boston, USA, 12 October

(Distance: 21.1 km; certified, hilly with some rough surfaces and many turns, negligible start/finish separation)

MEN (gun times)

| | | |
|-----------------------------------|---------|----------|
| 1. Lelisa Desisa, 24, ETH | 1:01:38 | \$10,000 |
| 2. Daniel Salel, 23, KEN | 1:01:48 | 6,000 |
| 3. Leonard Korir, 27, KEN | 1:01:51 | 4,000 |
| 4. Stephen Sambu, 26, KEN | 1:02:00 | 2,500 |
| 5. Tesfalem Gebrearegawi, 18, ETH | 1:02:11 | 1,200 |

WOMEN (gun times)

| | | |
|--------------------------------------|---------|---------------------------------|
| 1. Mamitu Daska, 30, ETH | 1:08:20 | CR \$10,000 + 10,000c + 20,000b |
| 2. Cynthia Limo, 24, KEN | 1:08:24 | PB 6,000 |
| 3. Molly Huddle, 30, Providence, RI | 1:09:23 | 4,000 |
| 4. Betsy Saina, 26, KEN | 1:09:27 | DB 2,500 |
| 5. Aliphine Tuliamuk-Bolton, 25, KEN | 1:10:38 | 1,200 |

- c) Earned Course Record bonus
- b) Earned B.A.A. series bonus for winning two B.A.A. road races in one year (B.A.A. 10 km and B.A.A. Half Marathon)

ASICS Grand 10 Berlin (7th)

Berlin, GER, 12 October

(Distance: 10 km)

MEN (gun times)

| | |
|---|----------|
| 1. Kinde Atanaw Ayalew, ETH | 27:49 |
| 2. Reuben Kiplagat Maiyo, KEN | 28:04 PB |
| 3. Wilson Kiprono Too, KEN | 28:07 |
| 4. Arne Gabius, LAV Stadtwerke Tübingen | 28:08 |
| 5. Daniel Muindi Muteti, KEN | 28:57 |

WOMEN (gun times)

- | | |
|---|----------|
| 1. Joyce Chepkirui, KEN | 31:02 |
| [15:07 / 15:55] | |
| 2. Emily Chebet, KEN | 31:02 |
| [15:08 / 15:56] | |
| 3. Margaret Wangari Muriuki, KEN | 31:06 |
| 4. Katharina Heinig, LG Eintracht Frankfurt | 33:31 PB |
| 5. Alina Reh, 1997, TSV Erbach | 33:32 PB |

Four Miles of Groningen (28th)

Groningen, NED, 12 October

(Distance: 4 miles; point-to-point flat course)

Note: Elroy Gelant's time is worth approx. 27:50 for 10 km. – Ed.

MEN (gun times)

1. Abrar Osman, 1994, ERI, 17:33
2. Yomif Kejelcha, 1997, ETH, 17:37
3. Vincent Yator, KEN, 17:38
4. Philip Kipyeko, KEN, 17:38
5. Yigrem Demelash, ETH, 17:45
6. Elroy Gelant, **RSA**, 17:50

WOMEN (gun times)

1. Viola Kibiwot, KEN, 19:23
2. Irene Cheptai, KEN, 19:48
3. Susan Kuijken, Nike, 20:05
4. Maureen Koster, Boskoop, 20:24
5. Helen Clitheroe, 1974, GBR, 20:39 WB 40+

NEWS**FINAL SPAR GRAND PRIX POINTS STANDINGS**

The final standings in the Spar Grand Prix Series after the last race in Johannesburg are:

OPEN

| | | | |
|-----|----------------------|---------------------|-----|
| 1 | Lebo Phalula | Maxed Elite | 110 |
| 2 | René Kalmer | Modern Athlete | 81 |
| 3 | Mapaseka Makhanya | Boxer | 78 |
| 4 | Lebogang Phalula | Transnet | 77 |
| 5 | Irvette van Zyl | Nedbank | 74 |
| 6 | Christine Kalmer | Boxer | 49 |
| 7 | Thozama April | Transnet | 46 |
| 8 | Nolene Conrad | Boxer | 37 |
| 9 | Nicole van der Merwe | Marais Viljoen | 27 |
| 10= | Jenna Challenor | Boxer | 25 |
| 10= | Simonay Weitsz | Boksburg AC | 25 |
| 12 | Keneilwe Sesing | Temp | 23 |
| 13 | Anna Moeketsi | Transnet | 22 |
| 14 | Myrette Filmalter | Nedbank | 15 |
| 15 | Annie Bothma | Nedbank | 14 |
| 16 | Tebogo Masehla | Transnet | 13 |
| 17 | Zintle Xiniwe | New Balance M/sport | 12 |
| 18 | Glenrose Xaba | Sasol | 11 |

| | | | |
|----|---------------|------|----|
| 19 | Liziwe Mabona | Temp | 10 |
| 20 | Thembi Baloyi | TUT | 9 |

Veterans:

| | | | |
|---|-----------------|---------|----|
| 1 | Ronel Thomas | Boxer | 29 |
| 2 | Janene Carey | Boxer | 20 |
| 3 | Lana Theunissen | Nedbank | 6 |

Masters:

| | | | |
|---|------------------|---------------------|----|
| 1 | Elmarie Coetzee | New Balance M/sport | 28 |
| 2 | Judy Bird | Midrand | 25 |
| 3 | Mariëtte Strauss | Tygerberg | 9 |

G'masters:

| | | | |
|---|-----------------|-----------|----|
| 1 | Margie Saunders | Nedbank | 30 |
| 2 | Sonja Laxton | RAC | 12 |
| 3 | Nancy Will | Pinelands | 5 |

Juniors:

| | | | |
|---|----------------------|----------------|----|
| 1 | Nicole van der Merwe | Marais Viljoen | 31 |
| 2 | Simonay Weitsz | Boksburg AC | 20 |
| 3 | Annie Bothma | Nedbank | 19 |

BACKGROUND

This article was published in *Athletics International*. – Ed.

WHAT ARE KIMETTO'S LIMITS?

In the wake of his marathon world record, Dennis Kimetto (born 22 January 1984) had some bad news for his rivals, writes Andy Edwards for the IAAF. The man who first burst onto the international scene in 2012 is confident that, at the age of 30, he can have at least another five years at the very top; then he thought again. "Actually, I think I could still be a very good runner ten years from now, at 40," reflected Kimetto, a quiet smile indicating this was no joke.

What appears at first, and especially to non-Swahili speakers, as the epitome of shyness, is a man with an inner core of steel; a determination fired by both the memory of seeing the great duels of Paul Tergat v Haile Gebrselassie on TV and of a childhood where money was scarce. "We didn't have television or radio at home, so at the 2000 Olympics in Sydney I went to the community centre in the village and watched. The memory of Haile v Tergat in the 10000 m inspired me. I thought, perhaps I could run at that level," he added.

The journey has not been easy, even by the standards of a boy growing up in a family of four brothers and three sisters, and parents who were subsistence farmers near the Kenyan town of Kapngetuny. For much of his childhood, Kimetto had to work on the small landholding rather than attend school. However, when he decided in 2008 to devote time to running, his parents gave him their full support. "My father said, 'train as well as you can and go for it, you can change your life'," said Kimetto, looking back on six years which have transformed not only his life but that of his family, thanks to his earnings from running. Destiny also played a hand.

Training near his home one day, he encountered what had become a familiar sight to young Kimetto: the group led by Geoffrey Mutai, whose training camp was nearby. Mutai invited him to join their run that day, liked the look of his stride and generously said, why not join us full time? The move paid off as Kimetto won 11 domestic races in 2011, including the Nairobi Half Marathon in 61:30, but the Kenyan capital's altitude made the performance worth a significantly faster time. Yet the distance-running world wasn't prepared for what happened at the prestigious Ra's Al-Khaymah Half Marathon in the United Arab Emirates in February 2012 when the internationally unknown Kenyan beat an illustrious field in 60:40. He broke the hour for the first time in his next race at the distance with 59:14 in Berlin just six weeks later.

A world record of 1:11:18 over the rarely run distance of 25 km followed in May in what was fast becoming a home from home: Berlin. His marathon debut there in September was sensational, finishing barely a stride behind Mutai in what still is the fastest marathon debut on a record-eligible course of 2:04:16. With every race, Kimetto seemed to become even more formidable. In his Chicago debut last October, he broke the course record with 2:03:45, having won Tokyo earlier that year with another course best of 2:06:50.

The first glitch came when he dropped out of Boston this April with a slight hamstring injury but Kimetto proved to be a quick healer. "When I asked his physio back in Kenya how well Dennis had recovered from his injury shortly before Berlin, he said: 'Number one. Dennis will be number one, no problem'," said his Dutch manager, Gerard van de Veen. Having become the first man in history to break 2:03, Kimetto can now relax a little and contemplate the future. Naturally enough, his opinion whether a sub-two-hour marathon would ever be possible is much in demand. Allowing for the effects of post-race jubilation and his current level of English, it would be wrong to interpret a nod of the head or a smile as a definite answer either way. But, after Kimetto's achievements in an international running career of barely three years, who knows what his limits may be?

STATS TIME

This week we include a list of the top ten SA junior men in the 10 km 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 10 KM: TOP 10 JUNIOR MEN

| | | | | |
|-------|--------------------|---|----------------|--------|
| 29:54 | Thabang Mosiako | 1 | Bloemfontein | 22 Feb |
| 30:38 | Tumisang Monatlala | 2 | Bloemfontein | 22 Feb |
| 30:45 | Brendon Leniswe | 3 | Bloemfontein | 22 Feb |
| 30:49 | Mosiako-2 | 1 | Klerksdorp | 15 Feb |
| 30:50 | Anthony Timoteus | 1 | Bellville | 31 May |
| 31:17 | Creel Chavalala | 4 | Bloemfontein | 22 Feb |
| 31:26 | Cheslin Aford | 1 | Athlone | 08 Feb |
| 31:31 | Mosiako-3 | 1 | Randburg | 11 May |
| 31:37 | Lukhanyo Nobakada | 1 | Bellville | 12 Apr |
| 31:38 | Heinrich Wagner | 2 | Bellville | 31 May |
| 31:40 | Kabelo Melamu | 1 | Port Elizabeth | 26 Jul |
| 31:50 | Majwafi Tshepo | 1 | Muldersdrift | 27 Apr |

THIS MONTH IN HISTORY

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

20 years ago: 22 October 1994

While the top eleven times on the SA performance list for 1994 came in Port Elizabeth, Jacques van Rensburg ran the fastest inland mile of the year – and one of the fastest ever in South Africa – when he clocked 4:03.2 in Krugersdorp. The versatile Van Rensburg, who earlier in the year had been fifth in the 5000 m at the national championships, also figured prominently in the lists for 800, 2000, 3000 and 5000 m.

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 | 28:22 | Gladwin Mzazi | Cape Town | 12 Oct |
| | 27:25 | Stephen Sambu (KEN) | | |
| | 26:44 | Leonard Patrick Komon (KEN) 2010 | | |
| 15 km | 44:29 | Lusapho April | Port Elizabeth | 01 Mar |
| | 43:04 | Ben True (USA) | | |
| | 41:13 | Leonard Patrick Komon (KEN) 2010 | | |
| 21.1 km | 60:47 | Stephen Mokoka | Copenhagen | 29 Mar |
| | 59:08 | Geoffrey Kamworor (KEN) | | |
| | 58:23 | Zersenay Tadese (ERI) 2010 | | |
| 25 km | 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) | | |
| | 87:49** | Haile Gebrselassie (ETH) 2009 | | |
| Marathon | 2:10:21 | Benedict Moeng | Xiamen | 02 Jan |
| | 2:02:57 | Dennis Kimetto (KEN) | | |
| | 2:03:23 | Wilson Kipsang (KEN) 2013 | | |
| | 2:02:57p | Dennis Kimetto (KEN) 2014 | | |
| 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 | 34:22 | Eric Coetzee | Brackenfell | 04 Oct |
| | [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 | 76:24 | Eric Coetzee | Cape Town | 12 Oct |
| | 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 Mthibe | Pretoria | 23 Feb |
| | 2:42:57A | Thomas Lizo | East London | 01 Mar |
| | 2:19:29 | Titus Mamabolo (RSA) 1991 | | |
| 100 km | | | | |
| <u>Grandmasters (60+)</u> | | | | |
| 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 | | | | |
| <u>Juniors</u> | | | | |
| 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 | | |
| WOMEN | | | | |
| <u>Open</u> | | | | |
| 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 | 2:29:27 | René Kalmer | Berlin | 28 Sep |
| | 2:18:57A | Rita Jeptoo (KEN) | | |
| | 2:15:25 | Paula Radcliffe (GBR) 2003 | | |
| 100 km | | | | |
| | 6:33:11 | Tomoe Abe (JPN) 2000 | | |
| <u>Veterans (40+)</u> | | | | |
| 10 km | 37:24 | Paulina Phaho | Pretoria | 31 May |

| | | | | |
|---------------------------|----------|--------------------------------|-----------------|--------|
| 15 km | 32:14 | Priscilla Welch (GBR) 1985 | | |
| | 60:37 | Sandra van Graan | Eersterivier | 21 Jun |
| 21.1 km | 49:35 | Priscilla Welch (GBR) 1985 | | |
| | 83:10 | Suzette Botha | Mount Edgecombe | 25 May |
| 25 km | 69:56 | Irina Permitina (RUS) 2009 | | |
| | 1:47:39 | Michelle Mee | Pretoria | 10 May |
| 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 | | |
| <u>Masters (50+)</u> | | | | |
| 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 | Somersset East | 22 Mar |
| 30 km | 2:13:07 | Elmarie Coetzee | Parow | 30 Mar |
| Marathon | 3:09:05 | Marie Bruwer | Vereeniging | 02 Mar |
| 100 km | 2:31:05 | Tatyana Pozdniakova (UKR) 2005 | | |
| <u>Grandmasters (60+)</u> | | | | |
| 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 |
| 100 km | | | | |
| <u>Juniors</u> | | | | |
| 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 | 80:04 | Annie Bothma | Cape Town | 12 Oct |
| | 1:09:05 | Delilah Asiago (KEN) 1991 | | |

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, André Pienaar, Derrick Chamberlain, SWD Athletics, Meta Scott, Top Events, Mike Simpson/RaceTec, Margie Saunders, Carina van der Merwe, Ian Laxton

Published by Riël Hauman
42 Fifteenth Avenue, Boston,
Bellville 7530, RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za



Distance Running Results is supported by Newton Running
www.newtonsarunning.com

Newton Running is the leader in designing shoes that mimic your natural barefoot running form. The technology is a revolutionary way of building a running shoe based on Sir Isaac Newton's third law of motion: "For every action, there is an equal and opposite reaction." Newton shoes were developed to make your feet think they're barefoot and increase performance. You will run smoother, more efficiently, faster and with less injury.