

Distance Running Results

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EDITORIAL

One of the best South African performances of the year came in the highly competitive NCAA Cross-country Championships in Terre Haute, USA, this weekend when Dominique Scott finished sixth in the women's race over 6 km and led Arkansas to a fifth place in the team competition. Scott, a junior, finished less than 30 sec behind winner Kate Avery.

Locally, Elroy Gelant and Meseret Mengistu Biru (ETH) scored victories in the Unite4Mandela Tom Jenkins 27 km in Pretoria, with the Ethiopian enjoying a rather comfortable win over Lesotho star Mamorallo Tjoka. Gelant was only 6 seconds ahead of Desmond Mokgobu. South Africa's best female distance runner, René Kalmer, was fourth. Kenyan Hellen Kimutai, who was sixth, then won the Space Television Mineshaft 15 km in Queensburgh the very next day.

In the accompanying 10 km in Pretoria Joel Mmone and Lebo Phalula took the wins, the latter ahead of Irvette van Zyl.

The World 100 km titles went to Max King (USA), with Comrades star Jonas Buud (SWE) second, and current Comrades champion Ellie Greenwood (GBR).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Space Television Mineshaft 15 km, Queensburgh
- * Unite4Mandela Tom Jenkins 27 km & 10 km, Pretoria
- * Mitchells Plain Titans AC Half Marathon & 10 km, Mitchells Plain
- * Die Vlakte Marathon, Half Marathon & 10 km, Heidelberg to Witsand
- * Waterfront Half Marathon & 10 km, Knysna
- * Orchard Half Marathon, Pniel

International highlights:

- * AirTel Delhi Half Marathon, New Delhi, IND
- * Great Ethiopian Run, Addis Ababa, ETH
- * .US National Road Racing Championships, Alexandria, USA
- * Yokohama Women's Marathon, Yokohama, JPN
- * Maratón Divina Pastora Valencia, Valencia, ESP
- * ABN-AMRO Zevenheuvelenloop 15 km, Nijmegen, NED
- * Leeds Abbey Dash 10 km, Leeds, GBR
- * XC: Cross Internacional de Soria, Soria, ESP; Iloet.nl Warande Cross, Tilburg, NED;
NCAA Division I Cross-country Championships, Terre Haute, USA; Nike BorderClash,

Beaverton, USA; Cross de Atapuerca, Atapuerca, ESP; NCAA Division I Regional Cross-Country Championships, Louisville, Tallahassee, Fayetteville, USA
 * IAU World 100 km Championships, Doha, QAT
 * JFK 50 Mile, Boonsboro to Williamsport, USA

ROAD RUNNING

Space Television Mineshaft 15 km (34th)

Queensburgh, 23 November

(Loop course. Finishers: 609 [up from 519 last year].)

MEN

1.	Samuel Katuu	KEN/Phantane AC	48:03 (R500)
2.	Philani Buthelezi	Boxer AC	48:08 (R300)
3.	Bonginkosi Zwane	Phantane AC	49:26 (R200)

(All age category prizes the same: R100 for 1st.)

40-49:

1.	Shingie Badza	ZIM/Maxed Elite	52:53
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50-59:

1.	Willie Majombozi	Boxer AC	62:17
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60+:

1.	Bongani Ndlovu	Zabalaza AC	74:00
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WOMEN (Same prize money as men)

1.	Hellen Kimutai	KEN/Phantane AC	62:43
2.	Janene Carey	Boxer AC	62:57
3.	Danielle Adlam	Nedbank AC	65:15

40-49:

1.	Janene Carey	Boxer AC	62:57
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50-59:

1.	Janine Engels	West AC	73:10
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60-69:

1.	Pat Fisher	Stella AC	84:00
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70+:

1.	Gill Tregenna	West AC	94:59
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Unite4Mandela Tom Jenkins 27 km & 10 km

Pretoria, 22 November

(Loop courses. Finishers: 27 km – 2670; 10 km – 6500; also approx. 5000 in the 5 km.)

27 km

MEN

1. Elroy Gelant (Trans) 1:25:25
2. Desmond Mokgobu (ME) 1:25:31
3. Philip Kiplagat Birech (KEN/Global) 1:25:37
4. Cisey Moyo (ZIM/Ned) 1:26:38
5. Sibusiso Nzima (Ned) 1:26:42
6. Kgosi Tsosane (Ned) 1:26:58
7. Xolisa Tyali (Ned) 1:27:03
8. Sikhumbuzo Seme (Trans) 1:27:19
9. Henry Kipsang (KEN) 1:27:45
10. Lucas Jani (Trans) 1:27:49

Veterans: 1. Johannes Kekana (Toy) 1:29:45; 2. Charles Tjiane (ME) 1:29:58; 3. Tsotang Maine (LES/ME) 1:31:02. **Masters:** 1. Dan Mothibe (NB) 1:41:37; 2. Patrick Chiboti (KEN) 1:43:41; 3. Francis Mukuka (ZAM/Phob) 1:43:59. **G'masters:** 1. Jethro Thebe (Global) 1:56:04; 2. Steven Seema (SAP) 1:58:57; 3. Don Charles (Ned) 2:03:54. **Juniors:** 1. Tumisang Monnatlala (Lyd) 1:35:22; 2. Tshwanelo Mojokeng (Ned) 1:35:51; 3. Thato Tsotsetsi (Ned) 1:38:00.

WOMEN

1. Meseret Mengistu Biru (ETH) 1:37:38
2. Mamorallo Tjoka (LES) 1:39:04
3. Mapaseka Makhanya (Boxer) 1:39:21
4. René Kalmer (MA) 1:40:15
5. Lebogang Phalula (Trans) 1:42:46
6. Hellen Kimutai (KEN) 1:43:08
7. Nolene Conrad (Boxer) 1:43:35
8. Cornelia Joubert (Ned) 1:46:02
9. Christene Kalmer (MA) 1:47:22
10. Makhosazana Mhlongo (Sav) 1:47:45

Veterans: 1. Tabitha Tsatsa (ZIM) 1:50:38; Prudence Zwane (Trans) 2:07:45; 3. Nomasonto Skosana (Ned) 2:10:18. **Masters:** 1. Jane Mudau (Ned) 2:03:21; 2. Ansie Breytenbach (Irene) 2:18:13; 3. Ansa Strydom (Ned) 2:18:57. **G'masters:** 1. Margie Saunders (Ned) 2:17:54; 2. Lettie Coetzer (Goud) 2:59:05; 3. Genevieve Ryan (RAC) 3:10:01. **Juniors:** 1. Georgia Jamsai (Magu) 2:18:05; 2. Jeannie de Beer (Tuks) 2:38:46; 3. Nwabile Skosana (Ikosi) 3:09:42.

10 km

MEN

1 Joel Mmone (Nedbank) 31:14; 2 Thabang Mosiako (Nedbank) 31:24; 3 Mthobisi Baloyi (NW Pukke) 31:26.

Veterans: 1 Shadrack Hoff (New Balance) 32:39; 2 Simon Mpholo (Nedbank) 33:09; 3 Siphon Ncube (ZIM/Maxed Elite) 33:58. **Masters:** 1 Desmond Zibi (Kamya PE) 37:35; 2 Alfred Mpshane (Alexandra) 38:46; 3 Linda Maphanya (Anglo) 38:57. **G'masters:** 1 Machiel van Niekerk (Magnolia) 47:46; 2 Wilson Netsisaulu (RAC) 50:60; 3 Pieter Rossouw (Enduro) 54:29. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 58:30; 2 Charlie Stewart (Phobians) 59:39; 3 Joe Texeira (Hamlet) 61:34. **Juniors:** 1 Thabang Mosiako (Nedbank) 31:24; 2 Njabulo Tshabalala (Itumeleng) 33:06; 3 Kabelo Melamu (Nedbank) 33:13.

WOMEN

1 Lebo Phalula (Maxed Elite) 35:01; 2 Irvette van Zyl (Nedbank) 35:22; 3 Tebogo Masehla (Bidvest) 38:01.

Veterans: 1 Samukeliso Moyo (Maxed Elite) 41:05; 2 Ronel Thomas (Boxer) 43:03; 3 Susan Masina (BNAC) 51:07. **Masters:** 1 Elsabe Brink (New Balance) 47:34; 2 Jackie Frey (Khosa) 48:28; 3 Connie Blom (New Balance) 49:24. **G'masters:** 1 Vollie Spies (Tuks) 54:32; 2 Rina Pretorius (SABS) 55:17; 3 Regina Hughes (Agape) 54:15. **G/g'masters:** 1 Deirdre Larkin (Randburg) 66:13; 2 Bertha v.d. Raad 78:49; 3 Anette van Rooyen (Transnet) 82:28. **Juniors:** 1 Lisa Kellerman (Monnas) 41:24; 2 Silindile Sabasaba (Nedbank) 43:08; 3 Marizel Cilliers (Agape) 45:16.

Mitchells Plain Titans AC Half Marathon & 10 km

Mitchells Plain, 22 November

(Distances: 21.1 km & 10 km; certified, fairly flat out-and-back courses. Weather: warm with light wind. Finishers: half marathon – 602 [up from 542 last year]; 10 km – 743 [up from 573].)

Half marathon

MEN

1. Danzil Paulse (East) 1:07:38 (R400)
2. Sityhilo Diko (Ned) 1:07:45 (R300)
3. Mthandazo Qhina (Ned) 1:09:01 (R200)

Veterans: 1. Pieter Koopman (Ned Bol) 1:14:04 (R300); 2. Lawrence Chipangaan (Gallop) 1:14:52 (R200); 3. Xolile Macanda (Gugs) 1:15:42 (R100). **Masters:** 1. Eric Coetzee (NBMC) 1:15:43 (R250); 2. Monde Tutani (Gugs) 1:20:55 (R150); 3. Ebrahim Darius (Central) n/t (R100). **G'masters:** 1. Muhammed Kriel (Ommie) 1:29:27 (R150); 2. Theo Swanepoel (Kempton) 1:33:55 (R100); 3. Albert Williams (Top) 1:38:41 (R75). **G/g'masters:** 1. Carl Hendricks (Elsies) 2:01:38 (R100).

WOMEN (Same prize money as men)

1. Tanith Maxwell (Boxer) 1:22:25
2. Nomvuyisi Seti (Itheke) 1:30:15
3. Candyce Hall (Carb) 1:30:30

Veterans: 1. Ursula Turck (Strand) 1:31:45; 2. Tracy Rogers (Forest) 1:44:37; 3. Marietjie de Vries (Strand) 1:46:49. **Masters:** 1. Esterlene Levendal (IT) 1:49:04; 2. Anne Pool (Strand) 1:50:10; 3. Maretha de Kock (Bell) 1:53:25. **G'masters:** 1. Nancy Will (Pine) 1:44:01; 2. Helen du Plessis (Tyger) 1:49:31; 3. Ruth Leverton (Pine) 2:06:04. **G/g'masters:** 1. Jo Goddard (FH) 2:41:28.

10 km

MEN

1. Gershwill Jacobs (Ned) 31:05 (R300)
2. Siyabonga Makhaluza (East) 31:07 (R200)
3. Unathi Nteta (AAC) 31:39 (R100)

Veterans: 1. Tsungai Mwanengeni (NBMC) 32:23 (R200); 2. N. Mpontshane (WR) 36:07 (R150); 3. Percy Kelly (Itheke) 38:59 (R100). **Masters:** 1. Julian Paul (SANDF) 38:15 (R150); 2. Kevin Isaacs (Top) 38:38 (R100); 3. Shafiek Cassiem (Itheke) 40:13 (R75). **G'masters:** 1. Awie Veldsman (Held) 41:51 (R100); 2. Cornelius de Wee (Tyger) 47:01 (R75); 3. Paul San Giorgio (VOB) 47:58 (R50). **G/g'masters:** 1. Yussuf Gamielien (Itheke) 57:24 (R100). **Juniors:** 1. M. Smith (WCSS) 32:39 (R200); 2. Granwin Katzen (Itheke) 33:12 (R150); 3. Lungile Mdaka (VOB) 34:16 (R100).

WOMEN (Same prize money as men)

1. Annie Bothma (Ned) 36:32 (1st jun)
2. Busisiwe Gwala (VOB) 39:54
3. Busisiwe Matiwane (Celtic) 40:07

Veterans: 1. Sandra van Graan (Edge) 40:14; 2. Ursula Frans (NBMC) 42:09; 3. Elizabeth de Gouveia (Durb) 44:50. **Masters:** 1. Charmaine Cupido (Ned) 44:24; 2. Denise Johannes (SH) 52:31; 3. Hillary Rhode (Edge) 52:41. **G'masters:** 1. Rosalie Richfield (UCT) 59:47; 2. Linda Fillmore (Edge) 63:30; 3. J. Riviera (SH) 68:27. **G/g'masters:** 1. Annatjie Berntzen (Tyger) 73:14. **Juniors:** 1. Annie Bothma (Ned) 36:32; 2. Busisiwe Gwala (VOB) 39:54; 3. Pamela Moyikwa (VOB) 41:31.

Die Vlakte Marathon, Half Marathon & 10 km

(Incorporating the SWD Marathon Championships)

Heidelberg to Witsand, 22 November

(Distances: 42.195 km, 21.1 km & 10 km; point-to-point downhill courses. Finishers: marathon – 121 [down from 142 last year]; half marathon – 123 [up from 87]; 10 km – 135 [up from 127].)

Marathon

MEN

1	Jumat Witbooi	Bonnievale	28	2:34:20
2	Sivuyile Jika	Mosselbay Harriers	32	2:48:42 (SWD champion)
3	Melikhaya Msizi	Knysna Marathon	31	2:52:13
4	Eric Foendien	Graaff-Reinet	36	2:56:51
5	Anton Chevalier	Nedbank SWD	49	2:57:00
6	Jan Fick	Graaff-Reinet	49	2:57:01
7	Selwyn Losper	Mosselbay Harriers	50	2:59:08
8	Johan Stemmet	Bonnievale	40	3:00:54
9	Nkosi Dimaza	Sedgefield Striders	26	3:03:26
10	Willy Vogel	Plett AC	40	3:03:56

Veterans:

1	Anton Chevalier	Nedbank SWD	2:57:00
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Masters:

1	Selwyn Losper	Mossel Bay Harriers	2:59:08
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G'masters:

1	Gary Ristow	Edgemead Runner	3:49:32
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WOMEN

1	Adele Waldron	West Coast AC	40	3:06:53
2	Nancy Cloete	Outeniqua Harriers	27	3:08:00 (SWD champion)
3	Jana Trojan	CZE/VOB AC	46	3:13:14
4	Lisl Grobler	KMC	38	3:15:31
5	Alison Nell	Nedbank SWD	34	3:29:03
6	Rome Phillipson-Meyer	Hartenbos Drawwers	32	3:34:40
7	Betty Stevens	Temp	27	3:38:34
8	Elana Buckley	Nedbank SWD	39	3:43:20
9	Helen Keane	Stellenbosch AC	26	3:49:31
10	Arina Cilliers	Orak	46	3:50:34

Veterans:

1	Adele Waldron	West Coast AC	3:06:53
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Masters:

1	Lorraine Rogers	Durbanville AC	3:52:09
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Half marathon

MEN

1	Elfonzo Pieterse	Nedbank SWD	25	1:10:59
2	Sipho November	Graaff-Reinet	33	1:12:01
3	Julius Korkee	Mosselbay Harriers	30	1:14:30
4	Jan Isaks	Rainbow	29	1:17:02
5	Justin Marais	Langeberg AC	19	1:18:39
6	Andre Jakobus	Temp	34	1:21:57
7	Tasco Msuthwana	Sedgefield Striders	33	1:22:48
8	Alfred Nise	KMC	46	1:27:56
9	Niklaas Duitsjan	Temp	42	1:29:18
10	Rodney Halom	Outeniqua Harriers	31	1:32:45

Veterans:

1	Alfred Nise	Knysna MC	1:27:56
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Masters:

1	Gary Britz	West Coast AC	1:33:21
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G'masters:

1	Jan du Toit	Hartenbos Drawwers	1:40:43
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WOMEN

1	Liza-Mari Giliomee	Temp	23	1:37:04
2	Carla Beyers	Temp	22	1:37:48
3	Jo-Ane van Dyk	Coastline	17	1:44:47
4	Jacqueline Misrooy	Temp	45	1:47:35
5	Annakie Pretorius	Hartenbos Drawwers	36	1:49:00
6	Michelle Kluyts	Langeberg AC	38	1:49:29
7	Nerida Lubbe	Hartenbos Drawwers	38	1:49:48
8	Kim Verlinde	Temp	58	1:50:55
9	Magda Lach	Temp	51	1:51:09
10	Dawn Saunders	Helderberg Harriers	56	1:51:15

Veterans:

1	Marinda Pheifer	Nedbank Boland	1:54:06
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Masters:

1	Dawn Saunders	Helderberg Harriers	1:51:15
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G'masters:

1	Sue Raymer	Helderberg Harriers	2:03:01
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10 km**MEN**

1	Godwin Heyns	Mosselbay Harriers	16	36:12
2	Allentino Kleinhans	Mosselbay Harriers	16	36:29
3	Elton Botha	KMC	21	38:55
4	Pontius Xalliva	Temp	43	41:02
5	Zin Zan Michaels	Temp	20	42:14
6	Llewellyn Blaauw	Rainbow	32	42:40
7	Johan Mostert	Temp	15	42:55
8	Nicolaas Kees	Temp	52	42:58
9	Johandre Tru	Temp	20	44:00
10	Peter Deister	Nedbank SWD	49	49:53

Veterans:

1	Pontius Xalliva	Temp	41:02
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Masters:

1	Nicolaas Kees	Temp	42:58
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G'masters:

1	Ronnie le Roux	Brackenfell	50:55
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Juniors:

1	Godwin Heyns	Mossel Bay Harriers	36:12
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WOMEN

1	Cecilia Nel	Hartenbos Drawwers	32	44:57
2	Rachelle Basson	Temp	23	52:26
3	Annalize Streicher	Temp	21	57:36
4	Marinda Roux	NBMC	36	58:10
5	Alida Geldenhuys	Temp	32	1:01:38
6	Marlene Marx	NBMC	48	1:02:07
7	Delucia Swanepoel	Hartenbos Drawwers	31	1:02:49
8	Esme Boshoff	Nedbank SWD	34	1:03:24

9	Charmaine Viviers	Langeberg AC	50	1:04:51
10	Helmiën Smalberger	Temp	53	1:05:02

Veterans:

1	Marlene Marx	NBMC Eden	1:02:07
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Masters:

1	Charmaine Viviers	Langeberg AC	1:04:51
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G'masters:

1	Jane Mouton	NBMC Eden	1:08:51
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Waterfront Half Marathon & 10 km

Knysna, 15 November

(Distances: 21.1 km & 10 km. Finishers: half marathon – 65; 10 km – 55.)

Half marathon**MEN**

1	Lloyd Bosman	Nedbank SWD	26	1:14:11
2	Melikhaya Msizi	KMC	31	1:18:32
3	Nthokozisi Maseko	Temp	21	1:18:32
4	Jeandre McCarthy	Outeniqua Harriers	16	1:25:31
5	Joseph Phumpa	Temp	35	1:26:47
6	Jacobus Boshoff	Nedbank SWD	44	1:28:32
7	Peter Jaehne	Outeniqua Harriers	49	1:28:33
8	Cornelius Bewee	Sedgefield Striders	52	1:28:44
9	Mogale Matshitela	ASWD	41	1:31:48
10	Bheki Maphanga	NBMC	37	1:35:37

Veterans:

1	Jacobus Boshoff	Nedbank SWD	1:28:32
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Masters:

1	Cornelius Bewee	Sedgefield Striders	1:28:44
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G'masters:

1	Jan du Toit	Hartenbos Drawwers	1:43:46
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G/g'masters:

1	Kenny Wilkinson	Knysna MC	2:27:07
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Juniors:

1	Jeandre McCarthy	Outeniqua Harriers	1:25:23
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WOMEN

1	Jeanette Steyn	Bonnievale Drawwers	51	1:41:40
2	Doortjie van der Spuy	Temp	48	1:54:04
3	Leigh Myburgh	Military Sport Club	44	2:00:58
4	Linda Boges	Temp	50	2:02:13
5	Doreen van Zyl	Nedbank SWD	25	2:03:02
6	Jeanett Lenono	Temp	50	2:10:46
7	Rachel Boshoff	Nedbank SWD	28	2:16:14
8	Michelle Petit	Temp	35	2:16:14
9	Ita Stiglingh	Sedgefield Striders	55	2:31:31
10	Lana Bruyns	Elite	46	2:36:29

Veterans:

1	Lana Bruyns	PE Elite	2:36:29
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Masters:

1	Jeanette Steyn	Bonnievale Drawwers	1:41:40
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G/g'masters:

1	Megan Brennan	Sedgefield Striders	3:16:18
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Juniors:

1	Luzanne Bruyns	PE Elite	2:36:30
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10 km**MEN**

1	Julius Korkee	Mosselbaai Harriers	30	33:00
2	Dullan Solomons	Nedbank SWD	16	33:53
3	Dylon van Wyk	Plett AC	18	34:33
4	Zuzile Ntshiniyabo	Outeniqua Harriers	40	35:42
5	Tasco Msuthwana	Sedgefield Striders	33	36:39
6	Wouter Frazenburg	Nedbank SWD	37	36:39
7	Bradley Carelse	Nedbank SWD	16	37:21
8	Wendell McCallum	Plett AC	38	38:08
9	Siswe Mdingi	Temp	29	38:30
10	Kei Heyns	Temp	30	38:46

Veterans:

1	Zuzile Ntshiniyabo	Outeniqua Harriers	35:42
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Masters:

1	Dirk Kotze	Outeniqua Harriers	46:04
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G'masters:

1	Burnette Zaayman	Hartenbos Drawwers	54:59
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Juniors:

1	Dullan Solomons	Nedbank SWD	33:53
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WOMEN

1	Merida Leen	Mosselbay Harriers	17	40:46
2	Cecilia Nel	Hartenbos Drawwers	32	43:56
3	Chloe Baynes	Temp	23	52:46
4	Clarisha Pieterse	Mosselbay Harriers	16	53:24
5	Veronica van der Watt	Outeniqua Harriers	34	54:59
6	Claire Badenhorst	Plett AC	41	55:06
7	Holly Riesselman	Temp	23	55:32
8	Charmaine Meyer	Plett AC	44	56:22
9	Maranda Avontuur	Nedbank SWD	55	56:46
10	Roelien Siebrits	Outeniqua Harriers	28	58:14

Veterans:

1	Josie Wishart	Knysna MC	1:31:50
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Masters:

1	Maranda Avontuur	Nedbank SWD	56:46
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G'masters:

1	Liedie Coetzee	Plett AC	59:14
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G/g'masters:

1	Jean Merrils	Sedgefield Striders	1:19:42
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Juniors:

1	Merrida Leen	Mossel Bay Harriers	40:46
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Orchard Half Marathon

Pniel, 1 November

(Distance: 21.1 km; loop course. Finishers: 246.)

MEN

1	Thembelani Zola	37	Nedbank	1:10:01
2	Alkana Mdaka	21	EGA	1:10:20
3	Julie Welkom	42	Swartland	1:12:33

4	Bobby	Adonis	34	Swartland	1:12:35
5	Hein	Camphor	30	NBMC	1:13:04
6	Danzil	Paulse	21	Easterns AC	1:13:05
7	Quinton	Lambert	33	Ceres AC	1:13:28
9	Anton	Mouton	29	Ceres AC	1:16:28
10	Isaac	Opperman	48	Kor Dienste	1:16:38

WOMEN

1	Somari	Goussard	36	NCM	1:20:37
2	Candyce	Hall	30	Carbineers	1:21:33
3	Ursula	Turck	42	Strand AC	1:21:34
4	Jemaine	Adams	19	Salkorane	1:22:46
5	Carien	Ross	40	Strand AC	1:39:17
6	Anneke	Slabbert	43	Stellenbosch AC	1:39:35
7	G	Brink	50	Wellington AC	1:40:08
8	Henry	Lottering	44	Helderberg Harriers	1:41:30
9	Cheryl	Rudolph	53	Easterns AC	1:44:46
10	Ilse	Hugo	40	Ceres AC	1:45:30

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

AirTel Delhi Half Marathon (10th)

New Delhi, IND, 23 November

(Distance: 21.1 km; AIMS certified)

Note: Nine men beat an hour here, led by Guye Adola Idemo's new course record. – Ed.

MEN (gun times)

1.	Guye Adola Idemo, ETH	59:06 PB/CR	USD 27,000 + 7,500*
2.	Geoffrey Kamworor, KEN	59:07	20,000
3.	Mosinet Geremew, ETH	59:11 PB	13,000
4.	Cybrian Kotut, KEN	59:12 PB	8,000
5.	Stanley Biwott, KEN	59:18	6,000
6.	Stephen Kibet, KEN	59:21	5,000
7.	Abraham Cheroben, KEN	59:21	4,000
8.	Jonathan Maiyo, KEN	59:28	3,000
9.	Kenneth Kipkemai, KEN	59:43	2,000
10.	Kinde Atanaw, ETH	1:00:17	1,000

*) Course record bonus.

WOMEN (gun times)

1.	Florence Kiplagat, KEN	1:10:04	USD 27,000
2.	Gladys Cherono, KEN	1:10:05	20,000
3.	Worknesh Degefa, ETH	1:10:07	13,000
4.	Belaynesh Olijira, ETH	1:10:08	8,000
5.	Cynthia Limo, KEN	1:10:09	6,000
6.	Lucy Kabuu, KEN	1:10:10	5,000
7.	Tadelech Bekele, ETH	1:10:17	4,000
8.	Beatrice Mutai, KEN	1:10:26	3,000
9.	Alice Kimutai, KEN	1:13:46	2,000

10. Preeja Sreedharan, IND 1:19:03 1,000

Great Ethiopian Run (14th)

Addis Ababa, ETH, 23 November

(Distance: 10 km at very high altitude)

MEN

1. Azmeraw Bekele, Federal Maremia, 30:11.1
2. Azmeraw Mengist, Commercial Bank of Ethiopia, 30:13.9
3. Adugna Takele, Oromia Police, 30:17.9

WOMEN

1. Wude Ayalew, ELPA, 34:03.4
2. Netsanet Gudeta, Oromia Water Works, 34:09.4
3. Gebeyanesh Ayele, Global Sports, 34:17.6

.US National Road Racing Championships (2nd)

Alexandria, USA, 16 November

(Distance: 12 km; new certified out-and-back course with no start/finish separation. In addition, the 8 km [elevation +2 m and separation 43%] and 10 km [elevation +8 m and separation 16%] marks were also certified and are valid for record-setting under IAAF and USATF rules.)

CHAMPIONSIPS MEN (extended gun times)

1. Brian Shrader, 23, Flagstaff, AZ 34:10.1 NR/CR
[14:38 / 23:11 / 28:50]
2. Diego Estrada, 24, Flagstaff, AZ 34:11.1 PB
[14:38 / 23:12 / 28:49]
3. Aaron Braun, 27, Alamosa, CO 34:13.6 PB
[14:37 / 23:11 / 28:49]
4. Jared Ward, 26, Provo, UT 34:15.9 PB
5. Girma Mecheso, 26, West Chester, PA 34:16.8 PB
6. Parker Stinson, 22, Eugene, OR 34:18.9 PB
7. Andrew Colley, 23, Blowing Rock, NC 34:24.1 PB
8. Christo Landry, 28, Concord, NH 34:41.7 \$25,000#
9. Jim Spisak, 23, Pittsburgh, PA 34:44.8 PB
10. Scott Bauhs, 28, San Luis Obispo, CA 34:52.7

#) USARC series bonus

CHAMPIONSHIP WOMEN (extended gun times)

1. Molly Huddle, 30, Providence, RI 38:07.1 \$20,000 + 25,000#
[15:58 / 25:31 / 31:57]
2. Emily Sisson, 23, Providence, RI 38:20.2 PB
[16:04 / 25:44 / 32:07]
3. Kim Conley, 28, West Sacramento, CA 38:41.7 PB
[16:00 / 25:44 / 32:23]
4. Sara Hall, 31, Flagstaff, AZ 38:47.7 PB
5. Elaina Balouris, 22, Brighton, MA 39:02.2 PB
6. Emily Infeld, 24, Portland, OR 39:12.2 PB
7. Juliet Bottorff, 23, Brighton, MA 39:28.2 PB
8. Alexi Pappas, 24, Eugene, OR 39:49.0 PB
9. Brianne Nelson, 34, Golden, CO 39:50.4 PB
10. Kellyn Johnson, 28, Flagstaff, AZ 39:53.2
- ... 14. Jen Rhines, 40, Boston, MA 40:30.3 NR (40+)

#) USARC series bonus

Yokohama Women's Marathon (6th)

Yokohama, JPN, 16 November

(Distance: 42.195 km; three-lap course. The course is flat but has two 180° turnarounds [turning points at 12.83 km and 36.9 km].)

Note: The top results were included last week; here are deeper results, including the non-finish by Irvette van Zyl. – Ed.

(gun times)

- | | |
|-----------------------------|------------------------|
| 1. Tomomi Tanaka, JPN | 2:26:57 |
| [1:11:56 / 1:15:01] | |
| 2. Philes Ongori, KEN | 2:26:59 |
| 3. Reina Iwade, 1994, JPN | 2:27:21 PB |
| 4. Caroline Rotich, KEN | 2:27:32 |
| 5. Azusa Nojiri, JPN | 2:28:54 |
| 6. Tiki Gelana, ETH | 2:29:13 |
| 7. Alina Prokopeva, RUS | 2:29:18 PB |
| 8. Olena Shurkhno, UKR | 2:29:26 |
| 9. Mayumi Fujita, JPN | 2:34:13 |
| 10. Zivile Balciunaite, LTU | 2:35:36 |
| Irvette van Zyl, RSA | DNF (1:30:56 at 25 km) |

Maratón Divina Pastora Valencia (34th)

Valencia, ESP, 16 November

(Distance: 42.195 km)

MEN (gun times)

- | | |
|-------------------------------|---------|
| 1. Jacob Kendagor, KEN | 2:08:39 |
| 2. Samuel Kiplimo Kosgei, KEN | 2:09:10 |
| 3. Francis Kiprop, KEN | 2:09:22 |

WOMEN (gun times)

- | | |
|------------------------|---------|
| 1. Beata Naigambo, NAM | 2:30:54 |
| 2. Pamela Rotich, KEN | 2:31:20 |
| 3. Edna Kimaiyo, KEN | 2:31:35 |

ABN-AMRO Zevenheuvelenloop 15 km (31st)

(Seven Hills Run)

Nijmegen, NED, 16 November

(Flat certified course)

MEN (gun times)

- | | |
|-------------------------------|-------|
| 1. Aberu Kuma, ETH | 42:18 |
| 2. Yigrem Demalash, ETH | 42:26 |
| 3. Yenew Alamirew, ETH | 42:30 |
| 4. Tesfaye Abera, ETH | 42:31 |
| 5. Nguse Amlosom, ERI | 42:40 |
| ... 7. Zersenay Tadese, ETH | 43:10 |
| 8. Leonard Patrick Komon, KEN | 43:25 |

WOMEN

- | | |
|------------------------|----------|
| 1. Priscah Jeptoo, KEN | 46:59 PB |
| 2. Emily Chebet, KEN | 47:32 |

- | | |
|------------------------|-------|
| 3. Gladys Chesire, KEN | 48:43 |
| 4. Emebeth Antene, ETH | 49:20 |
| 5. Askali Meracki, ETH | 50:28 |

Leeds Abbey Dash 10 km (30th)

Leeds, GBR, 16 November
(Flat course)

MEN (gun times)

1. Andrew Butchart, GBR, 29:18 PB
2. Callum Hawkins, GBR, 29:23
3. Phil Hurst, GBR, 29:25

WOMEN (gun times)

1. Steph Twell, GBR, 32:30 PB
2. Eilish McColgan, GBR, 33:04 PB
3. Rhona Auckland, GBR, 33:05 PB

CROSS-COUNTRY

Cross Internacional de Soria (21st)

Soria, ESP, 23 November

SR. MEN (10 km)

- | | |
|----------------------------------|-------|
| 1. Timothy TOROITICH, UGA, 1985 | 29:58 |
| 2. Teklemariam MEDHIN, ERI, 1985 | 30:02 |
| 3. Emmanuel BETT, KEN, 1985 | 30:09 |
| 4. Alemayehu BEZABETH, ETH, 1986 | 30:17 |
| 5. Samuel TSEGAY, ERI, 1985 | 30:37 |

SR. WOMEN (8 km)

- | | |
|--------------------------------|-------|
| 1. Mercy CHERONO, KEN, 1985 | 27:38 |
| 2. Doris CHANGEYWO, KEN, 1985 | 27:48 |
| 3. Catarina RIBEIRO, POR, 1985 | 28:10 |
| 4. Kate KOWALSKA, POL, 1985 | 28:20 |
| 5. Salome ROCHA, POR, 1985 | 28:26 |

Iloket.nl Warande Cross (56th)

Tilburg, NED, 23 November

SR. MEN

CrossGala 10 km:

1. Khalid Choukoud, NED, 30:03
2. Dame Tasama, BEL, 30:14
3. Roman Romanenko, UKR, 30:20

WOMEN

CrossGala 8.1 km:

1. Sifan Hassan (U23), NED, 27:32
2. Jennifer Wenth, AUT, 28:08
3. Veerle Dejaeghere, BEL, 28:12

NCAA Division I Cross-country Championships

Terre Haute, USA, 22 November

MEN (10 km)

Team results: 1. Colorado, 65 points; 2. Stanford, 98; 3. Portland, 175; 4. Northern Arizona, 188; 5. Syracuse, 206; 6. Oregon, 221; 7. Villanova, 230; 8. Iona, 270; 9. Oklahoma State, 296; 10. Wisconsin, 335.

1. Edward Cheserek, SO, Oregon (KEN)	30:19.4
2. Eric Jenkins, SR, Oregon	30:23.2
3. Futsum Zienasellassie, JR, Northern Arizona	30:25.3
4. Maksim Korolev, SR, Stanford	30:29.5
5. Ammar Moussa, JR, Colorado	30:29.6
6. Stanley Kebenei, SR, Arkansas (KEN)	30:30.1
7. Ben Saarel, SO, Colorado	30:30.7
8. John Mascari, JR, Indiana State	30:31.3
9. Blake Theroux, SR, Colorado	30:31.7
10. Malachy Schrobilgen, SO, Wisconsin	30:32.6

WOMEN (6 km)

Team Results: 1. Michigan State, 85 points; 2. Iowa State, 147; 3. New Mexico, 188; 4. Georgetown, 189; 5. Arkansas, 209; 6. Oregon, 249; 7. Colorado, 267; 8. West Virginia, 277; 9. Iona, 377; 10. Wisconsin, 382.

1. Kate Avery, JR, Iona (GBR)	19:31.6
2. Sarah Disanza, SO, Wisconsin	19:39.9
3. Emma Bates, SR, Boise State	19:44.5
4. Rachele Schulist, SO, Michigan State	19:54.3
5. Rachel Johnson, SR, Baylor	19:56.8
6. Dominique Scott, JR, Arkansas (RSA)	20:01.3
7. Crystal Nelson, JR, Iowa State	20:08.5
8. Katy Moen, SR, Iowa State	20:10.5
9. Shelby Houlihan, SR, Arizona State	20:11.4
10. Chelsea Blaase, JR, Tennessee	20:11.6
... 110. Letitia Saayman, JR, Coastal Carolina (RSA)	21:15.9
... 123. Kyla van Graan, SO, Coastal Carolina (RSA)	21:23.5

Nike BorderClash (High School/16th)

Beaverton, USA, 22 November

(Distances: 4.387 km)

BOYS

1. John Dressel, WASHINGTON	13:48
2. Matthew Maton, OREGON	13:48
3. Tanner Anderson, WASHINGTON	13:49

Cross de Atapuerca (11th)

Atapuerca (Burgos), ESP, 16 November

Note: Imane Merga won this event for the fourth year in a row. – Ed.

MEN (9807 m)

1. Imane MERGA, 1988, ETH, 27:39
2. Edris Muktar, 1984, ETH, 27:39
3. Timothy Toroitich, 1991, UTA, 27:54

4. Teklemariam Medhin, 1989, ERI, 28:10
5. Antonio Abadia Beci, 1990, ESP, 28:21

WOMEN (7839 m)

1. Belaynesh Oljira, 1990, ETH, 25:26
2. Mercy Chrono, 1991, KEN, 25:34
3. Malika Asahssah, 1982, MAR, 25:41
4. Ayelew Hiwot, 1990, ETH, 25:43
5. Doris Changeywo, 1984, KEN, 25:55

NCAA Division I Regional Cross-Country Championships

SOUTHEAST REGION

Louisville, USA, 15 November

WOMEN (6 km)

Team results: 1. William & Mary, 74 points; 2. Virginia, 82; 3. North Carolina, 94.

- | | | |
|-------------------------|---------------------------|---------|
| 1. Annie LeHardy | JR North Carolina | 20:13.4 |
| 2. Carolyn Hennessey | JR William & Mary | 20:14.7 |
| 3. Iona Lake | JR Virginia (GBR) | 20:23.5 |
| ... 12. Letitia Saayman | JR Coastal Carolina (RSA) | 20:39.2 |

SOUTH REGION

Tallahassee, USA, 14 November

MEN (9981 m)

Team results: 1. Mississippi, 52 points; 2. Florida State, 94; 3. Auburn, 106.

- | | |
|---|---------|
| 1. Ty McCormack, SR Auburn | 30:08.3 |
| 2. Tyler Udland, SR Florida State | 30:17.2 |
| 3. Wes Gallagher, JR Mississippi | 30:18.6 |
| ... 11. Michael Pienaar, FR South Alabama (RSA) | 30:42.0 |

SOUTH CENTRAL REGION

Fayetteville, USA, 14 November

WOMEN (6 km)

Team results: 1. Arkansas, 29 points; 2. Baylor, 82; 3. SMU, 113.

- | | | |
|--------------------|-------------------|---------|
| 1. Dominique Scott | JR Arkansas (RSA) | 19:43.8 |
| 2. Rachel Johnson | SR Baylor | 20:04.4 |
| 3. Agnes Sjostrom | SO SMU (SWE) | 20:11.0 |

ULTRA/MOUNTAIN/TRAIL RUNNING

IAU World 100 km Championships (27th)

Doha, QAT, 21 November

(Distance: 20 laps of a 5 km loop)

MEN

Teams (score 3 athletes on total time): 1. USA, 20:08:06; 2. JPN, 20:55:09; 3. GBR, 20:57:51; 4. SWE, 21:14:01; 5. ITA, 21:24:42.

- | | | |
|--------------------|---------|--------|
| 1. Max KING, USA | 6:27:43 | Gold |
| 2. Jonas BUUD, SWE | 6:32:04 | Silver |

3. Jose Antonio REQUEJO, ESP 6:37:01 Bronze
4. Hideo NOJO, JPN 6:39:21
5. Yoshiki TAKADA, JPN 6:46:47
6. Zach BITTER, USA 6:48:53
7. Vasily LARKIN, RUS 6:50:38
8. Alberico DI CECCO, ITA 6:51:14
9. Zach MILLER, USA 6:51:30
10. Fritjof FAGERLUND, SWE 6:55:31

WOMEN

Teams (score 3 athletes on total time): 1. GBR, 22:56:27; 2. JPN, 23:22:32; 3. USA, 24:05:25; 4. CRO, 25:41:41; 5. GER, 27:37:31; 6. AUS, 27:58:41; 7. CAN, 30:56:40; 8. TPE, 30:58:12; 9. LTU, 33:14:19.

1. Ellie GREENWOOD, GBR 7:30:48 Gold
2. Chiyuki MOCHIZUKI, JPN 7:38:23 Silver
3. Joasia ZAKRZEWSKI, GBR 7:42:02 Bronze
4. Jo MEEK, GBR 7:43:37
5. Irina ANTROPOVA, RUS 7:44:26
6. Shiho KATAYAMA, JPN 7:49:41
7. Veronika JURISIC, CRO 7:51:08
8. Meghan ARBOGAST, USA 7:52:12
9. Mai FUJISAWA, JPN 7:54:28
10. Pam SMITH, USA 7:59:11

JFK 50 Mile (52nd)

Boonsboro to Williamsport, USA, 22 November

(Distance: 50.2 miles; point-to-point course with paved roads and rugged trails; hilly)

MEN (gun times)

1. Jim WALMSLEY, 24, Black Eagle, MT, 5:56:31
2. Ryan ASCHBRENNER, 37, Nashua, NH, 6:00:14
3. Eric SENSEMAN, 25, San Francisco, CA, 6:01:30

WOMEN (gun times)

1. Sarah BARD, 30, Somerville, MA, 6:37:04
2. Justine MORRISON, 34, Bethesda, MD, 7:09:45
3. Keely HENNINGER, 22, Montoursville, PA, 7:14:49

STATS TIME

This week we include a list of the top ten SA women 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; however, because the Phalula twins have so many performances that qualify for the list (14 between them), only their top five performances (for each) are given.

2014 10 KM: TOP 10 WOMEN

32:27	Dinah Lebo Phalula	1	Port Elizabeth	03 May
33:03	Phalula-2	1	Cape Town	06 Apr
33:06	Dinahrose Lebogang Phalula	1	Durban	24 Aug
	Lebogang P.-2	1	Cape Town	21 Sep
33:23	René Kalmer	2	Port Elizabeth	03 May
33:27	Mapaseka Makhanya	3	Port Elizabeth	03 May

33:28	Nolene Conrad	3	Cape Town	06 Apr
33:32	Irvette van Zyl	1	Pretoria	30 Aug
33:42	Lebogang P.-3	6	Utrecht	28 Sep
33:47	Lebogang P.-4	1	Howick	31 Aug
33:49	Kalmer-2	3	Durban	24 Aug
34:02	Lebo P.-3	4	Durban	24 Aug
34:05	Lebogang P.-5	3	Pretoria	30 Aug
34:17	Lebo P.-4	4	Pretoria	30 Aug
34:20	Christine Kalmer	2	Bloemfontein	22 Feb
34:20	Zintle Xiniwe	1	Port Elizabeth	26 Apr
34:39	Lebo P.-5	2	Wierden	06 Jul
34:40	Jenna Challenor	10	Cape Town	06 Apr
34:57	Ntombesintu Mfunzi	2	Port Elizabeth	26 Apr

THIS MONTH IN HISTORY

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

77 years ago: 13 November 1937

13 November is not only an important date in the life of De Villiers Lamprecht and Willie Olivier, as highlighted in DRR last week, but also in that of another famous South African miler. For it was on this day in Port Elizabeth that Niklaas (Klasie) Wessels set the second of his two SA records. Wessels, born on 15 November 1913, ran 4:16.0 to smash his previous mark, run six months earlier, by 2.5 sec. This performance put him joint 20th on the world list for the year, led by Sydney Wooderson's 4:06.4 world record. Wessels had first represented South Africa against the combined touring team of the universities of Oxford and Cambridge in 1935, and in the year following his records he competed at the British Empire Games in Sydney. There he was fifth in his mile heat and made the 880 final, finishing eighth. He also won the SA mile title in 1935 and 1937.

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)		
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
	58:48	Abraham Cheroben (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)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:08:43	Stephen Mokoka	Shanghai	02 Nov
	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	76:08	Stuart McColl	Pretoria	15 Nov
	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
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15 km	27:52	Richard Chelimo (KEN) 1990		
	49:38	Granwin Katzen	Ravensmead	26 Apr
	42:25	Moses Mosop (KEN) 2004		
21.1 km	67:28	Thabang Mosiako	Pretoria	15 Nov
	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	2:29:27	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		

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	87:45	Jane Mudau	Port Elizabeth	15 Nov
	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	64:09	Margie Saunders	Port Elizabeth	18 Oct
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				

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	79:09	Annie Bothma	Bloubegstrand	08 Nov
	1:09:05	Delilah Asiago (KEN) 1991		

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