

Distance Running Results

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EDITORIAL

In Edgemead, a suburb of Cape Town, Lloyd Bosman won the WP 10 km Championships in 30:13, but the title went to second-placed Vuyolwethu Mbukushe in 30:31. Junior Ashley Smith claimed the silver medal in a PB of 30:34. In the women's race Zimbabwean Fortunate Chidzivo scored yet another victory, but a somewhat surprising one over Zintle Xiniwe; they clocked 35:21 and 36:45 respectively.

In the very challenging Sanlam Niel Joubert Plaaswedloop two course records were set and one equalled – the latter by winner Justin Fritz, whose 40:35 matched the time by Sityhilo Diko last year (Diko could not make the top three this year). The course records went to master Johnny Persents (47:30) and junior Nadeel Wildschutt (41:35).

One of South Africa's oldest non-marathon distance races, the Muller Potgieter Half Marathon, was held for the 47th time this weekend. Kenya's Samuel Ongaki (72:20) won the men's race, while Belinda Hickman-Mosdell (97:00) was the first woman.

South Africa's top female distance runner and DRR subscriber, René Kalmer, got married on Saturday. Congratulations to her and husband André van Wyk!

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Alberton Half Marathon & 10 km, Alberton
- * Lynne New Estates Edgemead 10 km Classic, Edgemead
- * Muller Potgieter Half Marathon & 10 km, Pretoria
- * Sani Stagger Marathon & Half Marathon, Sani Pass
- * Die Vlakte Marathon, Half Marathon & 10.4 km, Heidelberg to Witsand
- * Sanlam Niel Joubert Plaaswedloop, Simondium
- * City Lodge RAC Tough One 32 km, Johannesburg

International highlights:

- * AirTel Delhi Half Marathon, New Delhi, IND
 - * Manchester Road Race, Manchester, USA
 - * Portland Thanksgiving Day 4-Miler, Portland, USA
 - * XC: Liverpool Cross Challenge & European XC Trials, Liverpool, GBR
 - * Track: Hachioji Long Distance Meet, Hachioji, Tokyo, JPN
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ROAD RUNNING

Alberton Half Marathon & 10 km

Alberton, 29 November

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 700 (up from 560 last year); 10 km – 600 [up from 510].)

Half marathon

MEN

1 Thabo Motaung (Scaw) 72:13; 2 Siphon Ncube (ZIM/Maxed Elite) 72:42 (1st vet); 3 Juan van Deventer (Temp) 72:48.

Veterans: 1 Siphon Ncube (ZIM/Maxed Elite) 72:42; 2 Readman Rikhotso (SPRAC) 81:08; 3 Deaman Raidoo (RRW) 88:03. **Masters:** 1 Peter Jaehne (Outeniqua) 86:32; 2 Christo van Heerden (Krugersdorp) 92:53. **G'masters:** 1 John Woodnutt (Morningside) 94:41.

Juniors: 1 Francois Joubert (H/S Randburg) 79:42.

WOMEN

1 Jennifer Koech (KEN/Nedbank) 84:22; 2 Seipati Peu (Rockies) 89:55; 3 Amanda Neves (Chamber) 96:53.

Veterans: 1 Ronel van Graan (Krugersdorp) 1:40:58; 2 Meintjie Jansen (Secunda) 1:43:51; 3 Wendy Ancill (Jeppe) 1:44:27. **Masters:** 1 Rita van Wyk (Boksburg) 1:44:19; 2 Annie Thom (Jeppe) 1:49:36. **G'masters:** 1 Bella Carmichael (RRW) 2:12:59.

10 km

MEN

1 Gustav Roos (Born 2 Run) 34:12 (1st vet); 2 Terrance Lowe (Brooks) 34:47; 3 Emmanuel Mavuna (GCH) 34:56.

Veterans: 1 Gustav Roos (Born 2 Run) 34:12; 2 Ian MacDonald (RAC) 36:58. **Masters:** 1 Tony Silva (BCC) 36:35; 2 Sam Bheki (SAPS) 47:32. **G'masters:** 1 Andre Jansen (GS) 40:58. **Juniors:** 1 Barend Joubert (H/S Marais Viljoen) 35:48.

WOMEN

1 Maputhi Phaka (Born 2 Run) 39:44; 2 Thuli Mbatha (Kathlehong) 41:02 (1st vet); 3 Belinda Waghorn (Born 2 Run) 43:41.

Veterans: 1 Thuli Mbatha (Kathlehong) 41:02; 2 Belinda Waghorn (Born 2 Run) 43:41.

Masters: 1 Mariet Geyer (Benoni High) 47:01; 2 Sonja v.d. Vyver (Vitality) 47:27.

G'masters: 1 Deirdre Larkin (Randburg) 61:57. **Juniors:** 1 Shante Badenhorst (Striders) 45:09.

Lynne New Estates Edgemead 10 km Classic (3rd)

(Incorporating the WP Championships)

Edgemead, 28 November

(Certified flat loop course. Weather: cool at start, warm later, with slight wind in places.

Finishers: 1688 [a huge increase from 1098 last year].)

Note: Another sub-44 time here for grandmaster Nancy Will, who also ran the very difficult Sanlam Niel Joubert Plaaswedloop on Wednesday. Master Ester Brink went even further – she also ran the Plaaswedloop on Wednesday, and then on Saturday afternoon competed in an 800-metre track race! In a remarkable display of over-racing, Fortunate Chidzivo not only won the Vital Winelands Half Marathon on 14 November, but also the Mitchells Plain

Titans AC 10 km last weekend, the Plaaswedloop, as well as this race! Juniors Samuel van der Merwe and Pamela Moyikwa also ran on Wednesday and again here. – Ed.

MEN

1. Lloyd Bosman (Ned SWD) 30:13 (R500)
2. Vuyolwethu Mbukushe (Gugs) 30:31 [WP champion] (R400)
3. Ashley Smith (Celtic) 30:34 PB [silver medal] (1st jun) (R300)
4. Akhona Makila (VOB) 30:48 [bronze medal]

(All age category prize money except juniors was the same: R300, R250, R150.)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 32:11; 2. Roger Dickson (VOB) 34:24; 3. Shawn Abrahams (Celtic) 34:35. **Masters:** 1. Eric Coetzee (FNB) 34:48; 2. Tobias Philander (Itheko) 35:50; 3. Monde Tutani (Gugs) 36:53. **G'masters:** 1. Muhammad Kriel (Ommie) 39:03; 2. Robbie Lindsay (Ned) 40:43; 3. Gemjikile Tom (Eskom) 41:09. **G/g'masters:** 1. Ronnie le Roux (Brack) 47:59; 2. Dave Kennett (VOB) 51:49; 3. Boet van Zyl (SH) 52:49. **Juniors:** 1. Ashley Smith (Celtic) 30:34 (R350); 2. Samuel van der Merwe (Bell) 31:41 (R300); 3. Lukhanyo Nobakada (VOB) 32:02 (R200).

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Celtic) 35:21
2. Zintle Xiniwe (FNB) 36:45
3. Ashleigh Simonis (Carb) 36:52 (1st jun)

Veterans: 1. Sandra van Graan (Edge) 40:05; 2. Obertina Kanyongo (WC) 40:40; 3. Busisiwe Matiwane (Celtic) 41:01. **Masters:** 1. Ester Brink (Strand) 41:31; 2. Mariëtte Strauss (Tyger) 42:41; 3. Olga Howard (Celtic) 43:15. **G'masters:** 1. Nancy Will (Pine) 43:47; 2. Helen du Plessis (Brack) 49:11; 3. Joy Riviera (SH) 58:02. **G/g'masters:** 1. Marlene James (Pine) 58:18; 2. Pixie Sparg (Celtic) 60:14; 3. Annatjie Berntzen (Tyger) 72:50. **Juniors:** 1. Ashleigh Simonis (Carb) 36:52; 2. Jana le Roux (Ind) 39:51; 3. Pamela Moyikwa (VOB) 42:24 [silver medal]; 4. Busisiwe Gwala (VOB) 43:58 [bronze medal].

Muller Potgieter Half Marathon (47th) & 10 km

Pretoria, 28 November

(Distances: 21.1 km & 10 km; hilly loop courses. Finishers: half marathon – 600 [considerably up from 404 last year; 10 km – 1200 [also a huge increase from 715]; plus 250 in 5 km.)

Half marathon

MEN

1 Samuel Ongaki (KEN/Nedbank) 72:20; 2 Musa Sibiya (ACRW) 73:55; 3 Malusi Dlomo (Nedbank) 74:20.

Veterans: 1 Peter Medupe (Nedbank) 76:31. **Masters:** 1 Joseph Ndlovu (ACE) 81:03.

G'masters: 1 Iain McFadyen (Phobians) 1:55:52. **G/g'masters:** 1 Charles Stewart (Phobians) 2:06:41. **Juniors:** 1 Alexander Snyder (Fit Pta) 81:49.

WOMEN

1 Belinda Hickman-Mosdell (HQH) 97:00 (1st vet); 2 Naidene Breytenbach (Irene) 1:40:56; 3 Letiwe Zondo (CSIR) 1:41:41.

Veterans: 1 Belinda Hickman-Mosdell (HQH) 97:00. **Masters:** 1 Rita van Wyk (Bokburg) 1:44:36. **G'masters:** 1 Francis van Blerk (Nedbank) 1:56:10.

10 km

MEN

1 Shadrack Hoff (Boxer) 32:51 (1st vet); 2 Richard Mavuso (Corr Serv) 32:58; 3 Simon Mokanyama (Monaco) 33:21.

Veterans: 1 Shadrack Hoff (Boxer) 32:51. **Masters:** 1 James Sekhwela (Aurecon) 41:36.

G'masters: 1 Jom Dodds (ARC) 48:57. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 53:25. **80+:** Ken Nurden (Agape) 53:37. **Juniors:** 1 Kgathatso Kekana (RAC) 33:40.

WOMEN

1 Lisa Maritz (Irene) 40:17; 2 Marlize du Plessis (Runavation) 40:51; 3 Mitsie v.d. Westhuizen (Runavation) 41:14.

Veterans: 1 Mitsie v.d.

Westhuizen (Runavation)

41:14. **Masters:** 1 Ansie Breytenbach (Irene) 45:36.

G'masters: 1 Ina Wheatley (PMMC) 60:46. **G/g'masters:**

1 Hettie Booysen (Std Bank)

90:00. **80+:** Deidre Larkin (Randburg Harriers) 63:54.

Juniors: 1 Caelin v.d.

Westhuizen (Eagles) 41:49.



The Sani Stagger is no ordinary road race. Here a group of runners spend time at a water station while the livestock continue down the pass. [Photograph supplied]

Sani Stagger Marathon & Half Marathon

Sani Pass, 28 November

(Distances: 42.195 km [up and down pass] & 21.1 km [down pass]. Finishers: marathon – 246 [down from 283 last year];

half marathon – 235 [four up from 231 last year].)

Marathon

MEN

1.	Bongmusa Mthembu	Faku Chiefs	3:11:07
2.	Xolani Shezi	Nedbank	3:13:14
3.	Lovemore Chabata	ZIM/Maxed Elite	3:27:37

40-49:

1.	Ntheleng Mosime	Cool Running	3:48:24
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50-59:

1.	Ngoako Ramakgapola	Ind	4:33:23
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60+:

1.	Lennox Ntanjana	Ind	5:11:07
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WOMEN

1.	Michelle de Montille	HV	4:25:49
2.	Barene Jankovic-Besan	Ind	4:27:28
3.	Kim Meyer	Ind	4:30:12

40-49:

1.	Barene Jankovic-Besan	Ind	4:27:28
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50-59:

1.	Paulina Mayana	Ind	4:59:52
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Half marathon

MEN

1.	Cameron Grant	Ind	1:21:36
2.	Dereck Wasserfall	HV	1:22:58
3.	Jeffrey Sosibo	Sani	1:24:55

40-49:

1.	Dowan Burton	Ind	2:26:16
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50-59:

1.	Steve Conway	YWP	2:32:34
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WOMEN

1.	Karen Sobrino	Ind	1:34:26
2.	Deanne Horn	Ind	1:41:37
3.	Cana Peek	Ind	1:49:02

40-49:

1.	Karen Sobrino	Ind	1:34:26
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50-59:

1.	Ntombizonke Jwili	Ind	2:13:52
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60+:

1.	Julyette Lewis	Natal Carb	2:55:46
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Die Vlakte Marathon, Half Marathon & 10.4 km

(Incorporating the SWD Marathon Championships)

Heidelberg to Witsand, 28 November

(Distances: 42.195 km, 21.1 km & 10.4 km; point-to-point downhill courses. Finishers: marathon – 181 [up from 142 last year]; half marathon – 110 [up from 87]; 10.4 km – 178 [up from 127].)

Note: Melissa van Rensburg finished third overall in the half marathon and Cecilia Nel fifth. In the marathon Lisl Grobler could not repeat her victory of last year and finished second. – Ed.

Marathon

MEN

1	Jumat Witbooi		29	2:41:24
2	Jaco Smit	Durbanville	30	2:41:26
3	Melikhaya Msizi	KMC	32	2:47:01 [SWD champion]
4	Joseph Phuka	KMC	36	2:47:52
5	Ishmael Molahleli	Military Sport Club	44	2:57:37

Veterans:

1	Ishmael Mohlalehi	SANDF	2:57:37 [SWD champion]
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Masters:

1	Desmore Opper	Durbanville	3:05:29
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WOMEN

1	Nancy Cloete	Outeniqua Harriers	28	3:14:21 [SWD champion]
2	Lisl Grobler	KMC	39	3:18:51
3	Elize Kloppers	Hartenbos Drawwers	45	3:26:28
4	Martha Pretorius	SANDF	45	3:30:36
5	Bettie Stevens	Durbanville	28	3:31:26

Veterans:

1 Elize Kloppers Hartenbos Drawwers 3:26:28 [SWD champion]

Masters:

1 Lorraine Rogers Durbanville 3:46:53

G'masters:

1 Monica Kriel Hartenbos Drawwers 4:38:10 [SWD champion]

Other SWD champions:

Men masters: Michael Litz (KMC) 3:40:06; women masters: Carin Venter (Outeniqua Harriers) 3:53:31.

Half marathon**MEN**

1	Godwin Heyns	Nedbank	17	1:10:28
2	Wouter Frazenburg	Nedbank	38	1:15:31
4	Patrick Peters	Military Sport Club	51	1:26:23
6	Ian Pretorius	Hartenbos Drawwers	22	1:26:58
7	Marius Bester	Ind	26	1:27:18

WOMEN

1	Melissa van Rensburg	Nedbank	33	1:22:29
2	Cecilia Nel	Nedbank	34	1:26:45
3	Jana Trojan	VOB	48	1:32:02
4	Geneve Zaiman	New Balance	22	1:40:10
5	Isabelle Engelbrecht	Kovsies	20	1:41:37

10.4 km**MEN**

1	Marshall Richenberg	KMC	38	37:17
2	Christopher Ghana	Ind	17	40:00
3	Mark Standfliet	Ind	15	41:16

WOMEN

1	Elna Fourie	Ind	32	51:49
2	Francisca Zaiman	Nedbank	25	52:59
3	Annemarie Matthyssen	Langeberg	59	56:17

Sanlam Niel Joubert Plaaswedloop (20th)

Simondium, 26 November

(Distance: 13 km; loop course on gravel farm roads, very hilly. Weather: cool and windy. Finishers: 994 [up from 944 last year].)

Note: Fourth age category win in a row here for Ursula Turck; she was also the overall winner in 2012. – Ed.

MEN

1. Justin Fritz (Ceres) 40:35 eq CR (R600)
 2. Bernard Rukadza (ZIM/Gugs) 41:04 (R400)
 3. Siviwe Nkombi (Itheko) 41:21 (R300)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 44:00 (R300); 2. Pieter Koopman (Itheko) 44:59 (R200); 3. Thembelani Zola (Ind) 47:18 (R150). **Masters:** 1. Johnny Persents (WR) 47:30 CR (R300); 2. Solly van Rooyen (Worc) 48:36 (R200); 3. Abraham Fielies (Worc) 50:01 (R150). **G'masters:** 1. Theo Swanepoel (Kempton) 59:28 (R200); 2. Garry Wilford (Durb) 59:50 (R150); 3. Colin Williams (CS) 60:19 (R100). **G/g'masters:** 1. Ray Shooter

(Edge) 73:43 (R100). **Juniors:** 1. Nadeel Wildschutt (Ceres) 41:35 CR (R200); 2. Adrian Wildschutt (Ceres) 43:25 (R150); 3. Samuel van der Merwe (Bell) 44:45 (R100).

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (Celtic) 52:24
2. Anneline Roffey (FNB) 52:54
3. Ursula Turck (Strand) 56:50 (1st vet)

Veterans: 1. Ursula Turck (Strand) 56:50; 2. Suzanne King (Strand) 63:37; 3. Liezl du Plooy (Ceres) 64:10. **Masters:** 1. Ester Brink (Strand) 60:00; 2. Roldah Orrie (Itheko) 67:36; 3. Anne Pool (Strand) 68:47. **G'masters:** 1. Nancy Will (Pine) 66:33; 2. Helen dun Plessis (Brack) 69:01; 3. Louisa v.d. Westhuizen (Stell) 74:34. **G/g'masters:** 1. Marlene James (Pine) 87:11. **Juniors:** 1. Pamela Moyikwa (VOB) 61:22; 2. Busisiwe Gwala (VOB) 64:43; 3. Magda de Mooij (Brack) 65:59.

City Lodge RAC Tough One 32 km (42nd)

Johannesburg, 22 November
(Loop course)

Note: DRR subscriber Charné Bosman turned 40 recently and scored an easy win in her new age category here. Well done! – Ed.

MEN

1	Pule Maeko	Fitness of Africa	28	1:48:55
2	Lucky Mtshali	Olifantsfontein	31	1:49:49
3	Tshidiso Bosiu	Gauteng Striders	33	1:50:15
4	Steven Dikobo	Nedbank	34	1:51:35
5	Leswene Africa Mailola	Nedbank AGN	30	1:51:50
6	Omhile Motlagale	Sibanye Gold	23	1:51:54
7	Khayelihle Shabangu	Maxed Elite		1:53:17
8	Sipho Ncube	ZIM/Maxed Elite	43	1:53:28
9	Thabiso Lethabane	Nedbank	29	1:53:45
10	Karabo Nkachela	Cool Running	29	1:53:50

Veterans:

1	Sipho Ncube	ZIM/Maxed Elite	43	1:53:28
2	Zongamele Dyubeni	Rockies	42	1:56:04
3	Charles Tyrone	Maxed Elite	42	1:58:17

Masters:

1	Daniel Mothibe	Runaviation	53	2:07:01
2	Reform Ndlovu	Randburg Harriers	53	2:13:50
3	Gideon Radebe	Anglo	59	2:14:27

G'masters:

1	Ernest Tjela	Emfuleni	61	2:26:27
2	Jacob Mjandana	Rustenburg	62	2:46:47
3	Almon Zibuse	Randmark	63	2:48:00

G/g'masters:

1	Pele Tshkundamalema	Olifantsfontein	75	3:00:00
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WOMEN

1	Yolande Maclean	Born 2 Run	37	2:12:42
2	Charné Bosman	Nedbank AGN	40	2:13:19
3	Jennifer Koech	KEN/Nedbank	36	2:13:58
4	Maphuti Phaka	Born 2 Run	37	2:19:15
5	Mnganiseni Mathibela	Nedbank AGN	33	2:23:35
6	Maria Vilakazi	RWFL	40	2:24:07

7	Takalane Nthulane	Transnet	35	2:25:22
8	Salome Cooper	Runavation	40	2:26:39
9	Paula Quinsee	Born 2 Run	43	2:27:56
10	Patricia Gouws	Jeppe	36	2-28-15
Veterans:				
1	Charné Bosman	Nedbank AGN	40	2:13:19
2	Maria Vilakazi	RWFL	40	2:24:07
3	Salome Cooper	Runavation	40	2:26:39
Masters:				
1	Sue Harrisberg	RAC		2:55:00
2	Diane Schlebusch	Nedbank	50	2:57:46
G'masters:				
1	Valerie Watson	New Balance	60	2:51:59

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 (11th)

New Delhi, IND, 29 November

(Distance: 21.1 km; AIMS certified)

Note: Six men under an hour in this race, and five women under 69 minutes. – Ed.

MEN (gun times)

1.	Birhanu Legese, ETH	59:20 PB	USD 27,000
2.	Mosinet Geremew, ETH	59:21	20,000
3.	Zersenay Tadese, ERI	59:24	13,000
4.	Edwin Kiptoo, KEN	59:26 PB	8,000
5.	Jonathan Maiyo, KEN	59:26	6,000
6.	Geoffrey Kirui, KEN	59:38 PB	5,000
7.	Abrar Osman, ERI	1:00:39 PB	4,000
8.	Moses Kipsiro, UGA	1:00:41	3,000
9.	Kenneth Kipkemoi, KEN	1:00:45	2,000
10.	Bonsa Dida, ETH	1:01:19 PB=	1,000

WOMEN (gun times)

1.	Cynthia Limo, KEN	1:08:35	USD 27,000
2.	Helah Kiprof, KEN	1:08:35	20,000
3.	Gladys Chesir, KEN	1:08:36 PB	13,000
4.	Genet Yalew, ETH	1:08:46 PB	8,000
5.	Tadelech Bekele, ETH	1:08:52	6,000
6.	Netsanet Gudeta, ETH	1:10:47	5,000
7.	Beatrice Mutai, KEN	1:10:52	4,000
8.	Lalita Babbar, IND	1:10:52 NR	3,000 + INR 475,000 (=USD 7125)
9.	O.P. Jaisha, IND	1:11:34 PB	2,000
10.	Sudha Singh, IND	1:11:46 PB	1,000

Manchester Road Race (79th)

Manchester, USA, 26 November

(Distance: 4.748 miles; loop course with significant hills)

MEN (gun times)

- | | | |
|--------------------------------------|-------|--------------|
| 1. Will Geoghegan, 23, Eugene, OR | 21:34 | \$4000 |
| 2. Donn Cabral, 25, Glastonbury, CT | 21:36 | 3000 + 1000^ |
| 3. Maverick Darling, 26, Madison, WI | 21:42 | 2500 |

WOMEN (gun times)

- | | | |
|--|-------|--------------|
| 1. Diane Nukuri, 30, Flagstaff, AZ (BUR) | 24:19 | \$4000 |
| 2. Natasha Wodak, 33, CAN | 24:31 | 3000 |
| 3. Emma Bates, 23, Boston, MA | 24:44 | 2500 + 1000m |

^) Won "King or Queen of the Hill" award for leading on Highland Street before the 2-mile mark

m) Earned masters prize money

Portland Thanksgiving Day 4-Miler (34th)

Portland, USA, 26 November

(Distance: 4 miles)

MEN (gun times)

- | | |
|---------------------------------------|-------|
| 1. Andrew Bennison, 23, Portland, OR | 20:19 |
| 2. Henry Sterling, 24, Woonsocket, RI | 20:21 |
| 3. Craig Robinson, 24, Boston, MA | 20:21 |

WOMEN (gun times)

- | | |
|--|-------|
| 1. Kim Smith, 34, Providence, RI (NZL) | 21:50 |
| 2. Erica Jesseman, 26, Scarborough, ME | 22:00 |
| 3. Taylor Bickford, 22, Cambridge, MA | 23:18 |

CROSS-COUNTRY**Liverpool Cross Challenge & European XC Trials**

Liverpool, GBR, 28 November

SR/U23 MEN (9.8 km):

- | | |
|---|-------|
| 1. Ross Millington, Stockport Harriers | 30:09 |
| 2. Dewi Griffiths, Swansea Harriers | 30:22 |
| 3. Tom Lancashire, Bolton United Harriers | 30:25 |
| 4. Jonathan Hay, Aldershot F & D AC | 30:31 |
| 5. Adam Hickey, Southport Waterloo AC | 30:36 |

SR/U23 WOMEN (8.1 km):

- | | |
|--------------------------------------|-------|
| 1. Gemma Steel, Charnwood AC | 27:31 |
| 2. Kate Avery, Shildon AC | 27:33 |
| 3. Steph Twell, Aldershot F&D AC | 27:47 |
| 4. Elle Vernon, Stockport Harriers | 27:54 |
| 5. Laura Muir, Glasgow University AC | 27:57 |
| ... 23. Jessica Judd, Chelmsford AC | 28:55 |

JR. MEN (6 km):

- | | |
|--|-------|
| 1. Ben Dijkstra, Leicester Coritarians | 20:44 |
| 2. Alex Yee, Kent AC | 20:48 |

3. Mahamed Mahamed, Southampton AC 20:51

JR. WOMEN (unknown distance; likely 4 km):

1. Bobby Clay, Invicta East Kent 14:42
2. Harriet Knowles-Jones, Warrington AC 14:46
3. Amy Griffiths, Aldershot F & D AC 14:59

OUTDOOR TRACK

Hachioji Long Distance Meet

Hachioji, Tokyo, JPN, 28 November

Note: Both Kota Murayama (27:29.69) and Tetsuya Yoroizaka (27:29.74) broke the existing Japanese 10000m record. Murayama finished slightly ahead of Yoroizaka in a sprint finish. Seventeen men ran under 28 minutes!- Ed.

MEN

10000:

Race 7:

1. William Sitonik (KEN), 27:22.12 PB
2. Johana Maina (KEN), 27:26.92 PB
3. Kota Murayama, 27:29.69 NR
4. Tetsuya Yoroizaka, 27:29.74 (NR)
5. John Maina (KEN), 27:35.54
6. Teressa Nyakora (ETH), 27:38.93
7. Bernard Kimanyi (KEN), 27:39.76
8. Agato Yashin Hassan (ETH), 27:46.21
9. Shuho Dairokuno, 27:46.55
10. Rogers Chumo Kemwoi (KEN), 27:49.70
11. Paul Kuiria (KEN), 27:50.81
12. Samuel Mwangi (KEN), 27:50.92
13. Joseph Kamathi (KEN), 27:53.79
14. Yuta Shitara, 27:53.84
15. Tsuyoshi Ugachi, 27:55.02
16. Hiroyuki Yamamoto, 27:55.40
17. Patrick Muendo Mwaka (KEN), 27:58.58
18. Kensuke Takezawa, 28:02.70
19. Alexander Mutiso (KEN), 28:03.07
20. Tsubasa Hayakawa, 28:06.10

NEWS

RUSSIA ACCEPTS FULL SUSPENSION FROM ATHLETICS

The full suspension of the Russian Athletics Federation (ARAF) and the formation of an IAAF Integrity Unit were confirmed last week at the 202nd IAAF Council Meeting in Monaco. Two members were absent: individual member Mikhail Butov (RUS) and African Area Association representative David Okeyo (KEN).

According to the IAAF website, Council was informed that written confirmation had been received from ARAF accepting their full suspension without requesting a hearing as was their constitutional right. ARAF confirmed they understood that Council would only accept their reinstatement as an IAAF Member Federation following the recommendation of the IAAF Inspection Team who will decide if the verification criteria have been fulfilled. ARAF also confirmed they will cooperate fully and actively with the team.

Council discussed the process which over the next three weeks will lead to a final set of criteria and the verification process. The plan is to present a detailed list of verification criteria to ARAF by the end of the year.

Reallocation of 2016 competitions

Council agreed a process for the reallocation of the two IAAF World Athletics Series competitions -- 2016 World Race Walking Team Championships (Cheboksary, RUS) and 2016 World Junior Championships (Kazan, RUS) -- which have been removed from Russia due to ARAF's suspension. A number of countries have already expressed interest in staging these events. An accelerated bidding process will open next week with a decision in early January.

Other matters

Council agreed to the formation of an Integrity Unit to keep athletics clean and to safeguard the integrity of the IAAF.

President Sebastian Coe also briefed his colleagues about changes which have taken place in Monaco since he took office as president on 31 August. The annual contract which provided a permanent serviced apartment in the five star Fairmont Hotel for the President's use had been cancelled immediately on his taking office. The IAAF President's office 'Villa Miraflores' has also been closed and handed back to the Principality of Monaco. All IAAF staff personnel formerly based there have now transferred to the IAAF HQ Office on Quai Antoine.

Declaration of interests

Coe encouraged all his Council colleagues to complete their declarations of interest and, as he said he would do, announced the following changes to his registration of interests:

- * He has stepped down from his ambassador role with Nike as the current noise level around this ambassadorial role was not good for the IAAF nor Nike.
- * He is chairman of CSM, one of the world's largest sports marketing agencies operating in 19 countries. Although CSM's revenue from athletics is negligible, the company has agreed that it will not tender for, nor directly work for, the IAAF, nor any city in relation to their tender to the IAAF while he is President of the IAAF.
- * He will step down as Chairman of the British Olympic Association at the conclusion of the Rio 2016 Olympic Games.

□ This earlier report appeared in *The New York Times*.

COE ENDS RELATIONSHIP WITH NIKE

Although new to his job, Sebastian Coe has already learned that some battles are simply not worth fighting when you're trying to lead a major sport out of crisis.

The head of track and field's governing body announced Thursday that he has given up his role as a special adviser to Nike Inc. That relationship was longstanding, dating back to his years as a star middle-distance runner, and it was lucrative, reportedly worth 100,000 pounds (\$150,000) to him each year.

But that link has become a millstone around Coe's neck since he was elected president of the International Association of Athletics Federations in August, because it left the former Olympic champion open to critics' accusations that he might put the interests of the sportswear giant before those of his sport.

Coe said Thursday that he still believes it is possible to be both a Nike ambassador and lead the IAAF without it being a conflict of interest. But he said he was giving up the Nike position because discussion about that role is distracting from his No. 1 mission: saving track and field from a crisis of confidence sparked by revelations of widespread doping in Russia, and alleged corruption at the very top of the IAAF under Coe's predecessor, Lamine Diack.

"It is clear that perception and reality have become horribly mangled," he said. "The current noise level about this ambassadorial role is not good for the IAAF and it is not good for Nike."

"Frankly," he added, "it is a distraction to the 18-hour days that I and our teams are working to steady the ship."

Coe's decision, which he said was taken in recent weeks, shows both a willingness to compromise and that he recognizes that the IAAF has bigger fish to fry at the moment than have to face questions about its president's outside business dealings and whether they could cloud his judgement.

Coe has multiple crises to deal with.

Russia, a track and field power, is currently suspended from international competition, possibly including next year's Olympic Games in Rio de Janeiro, for allowing systematic, widespread doping.

French prosecutors are investigating allegations that Diack, his sons and others at the IAAF were involved in corruption and money-laundering and an alleged blackmail scheme that squeezed bribes from athletes in return for promises to hide their positive doping tests.

Ultimately, Coe's presidency will be judged on how effectively he puts out those and other fires. By recognizing that questions about Nike were distracting from his work, Coe signaled that he understands the need to put the interests of his sport first. He is also acknowledging that, in the long run, solving track's problems will be better for him than digging in his heels now for personal gain.

"I have stepped down from my ambassadorial role with Nike, which dates back 38 years," he announced at a news conference in Monaco, having first informed the IAAF's ruling council of his decision. "I felt that I needed to be able to focus unflinchingly on the challenges ahead."

Coe is still chairman of sports' marketing agency CSM that works in 19 countries. But he said the company, again to ward off any potential conflict of interest questions, has agreed not to work for the IAAF as long as he leads it.

His decision to take a financial hit immediately posed the follow-up question of whether the IAAF should start paying its presidents, so they don't have to get money from elsewhere.

Frankie Fredericks, an IAAF council member, said the athletes commission he heads would want the president to be paid, because athletes want professional leadership and "the best services they can get."

Football's governing body, FIFA, pays its president, but refuses to say how much. The head of the International Olympic Committee is a paid position, too.

In other business, the IAAF council discussed the doping crisis in Russia and gave a green light to setting up a new integrity unit. It will take the lead in combatting not just doping in track and field but also other forms of cheating, including fixing results and athletes lying about their age.

Earlier Thursday, Coe got a boost when Russia vowed to work "very actively" with the IAAF to eradicate the doping culture that led to its blanket ban from international competition. The decision by Russia's athletics federation not to contest the IAAF ban and its additional promise to work "very hard" to tackle doping represented a modest victory for Coe and suggests that his push to sanction Russia is producing early results.

To be reinstated, Russia will now have to clear numerous hurdles, not only sanctioning athletes and others who doped or were complicit in cheating and cover-ups but also carrying out a series of reforms. It will have to satisfy an IAAF inspection commission that it has ticked all the boxes required to be allowed back into the fold. The council meeting discussed those steps in general terms but more work is needed, in consultation with the World Anti-Doping Agency, to finalize exactly what they will be.

By accepting the IAAF suspension and waiving its right to a hearing, Russia signaled that it wants the process that could lead to its reinstatement to move forward quickly.

In a letter to the IAAF, the general secretary of the Russian athletics federation, Mikhail Butov, said: "We are working very hard now in Russia to change a lot."

"We will cooperate with (the) nominated commission very actively," Butov said. "I hope for a positive result after (a) certain time and (a) full come-back to the IAAF family."

ATHLETES RECOMMENDED FOR A LIFE BAN

Note: In its latest issue *Athletics International* published an excellent summary of the latest doping news. Here are some excerpts. – Ed.

These Russian athletes with suspicious athlete biographical passport profiles are included in an Independent Commission (IC) sanction package that was submitted to WADA, who forwarded it to the IAAF with a recommendation for a life ban: Mariya Savinova-Farsonova (2012 Olympic and 2011 World 800 m champion in a PB of 1:55.87 plus several other major medals), Yekaterina Poistogova (2012 Olympic 800 m bronze medallist in a PB of 1:57.53), Anastasiya Bazdyreva (1:58.75 800 m this year), Tatyana Myazina (2:02.29 indoor 800 m in 2014), Kristina Ugarova (4:00.53 1500 m in 2012). Athletes the IC has recommended the IAAF further investigate are Anna Alminova (who served a 30-month ban and had a 3:57.65 1500 m in 2010 annulled), Svetlana Cherkasova (served a 33-month ban; 1:56.93 800 m in 2005), Yekaterina Kupina (1:59.21 800 m in 2013). *If Savinova and Poistogova were to have results back to 2009 annulled, Savinova would lose her 2009 European Indoor title (revised result: 1, Zbrozhek RUS 1:59.20; 2, Cusma ITA 2:00.23; 3, Meadows GBR 2:00.42); 2010 World Indoor title (1, Meadows 1:58.43; 2, Johnson USA 1:59.60; 3, Pierce USA 2:00.53); 2010 European title (1, Hak NED 1:58.85; 2, Meadows 1:59.39; 3, Klocová SVK 1:59.48); 2011 World title (1, Semenya RSA 1:56.35; 2, Jepkosgei KEN 1:57.42; 3, Montaña, née Johnson 1:57.48); 2012 Olympic title (1, Semenya 1:57.23; 2, Jelimo KEN 1:57.59; 3, Montaña 1:57.93); and 2013 World silver medal (1, Sum KEN 1:57.38; 2, Martinez USA 1:57.91; 3, Montano 1:57.95).*

It was noted that the Court of Arbitration for Sport will hear the IAAF's case for disqualifying Sergey Kiryapkin (2012 Olympic and 2005 & 2009 World 50 km walk champion), Valeriy Borchin (2008 Olympic and 2009 & 2011 World 20 km walk champion; served 1-year ban 2005-2006), Vladimir Kanaykin (2011 World 20 km walk silver medallist; served 2-year ban 2008-10), Yuliya Zaripova (2012 Olympic and 2009 & 2011 World 3000 steeplechase champion) and Olga Kaniskina (2008 Olympic and 2007, 2009 & 2011 World 20 km walk champion) on December 2-3. There is a case pending relating to Sergey Bakulin (2011 World 50 km walk champion).

Other doping news:

Nov 10: Lamine Diack was provisionally suspended as an honorary member of the IOC and resigned his position as President of the International Athletics Foundation, the IAAF's charitable arm. WADA suspended the accreditation of the Moscow Laboratory.

Nov 11: Grigory Rodchenkov resigned as the laboratory's Director. Russian Head Coach Yuriy Borzakovskiy announced that the athletes were continuing their preparation for Rio despite the difficulty of not knowing whether the team will be there or not. "This generation of athletes is in no way to blame."

Nov 12: ARAF Acting President Vadim Zelichenok has admitted to some of the allegations in the WADA Report, but "we explained [in a report to the IAAF] that all these irregularities happened under the old leadership of the Russian Athletics Federation and took place some time ago."

Nov 13: The IAAF Council voted to provisionally suspend ARAF as an IAAF Member with immediate effect. The meeting, held by teleconference with President Coe in London as chairman, voted overwhelmingly to sanction the Russian governing body. There were 22 votes in favour, one against, while the Russian member was not eligible to participate. The consequence is that Russian athletes are barred from international competition (including the Olympics) until the Russian authorities can comply with the WADA Code. In addition, Russia is no longer entitled in 2016 to host the World Race Walking Team Champs (Cheboksary) and World Junior Champs (Kazan), while all outstanding doping cases must be forwarded to the CAS. To regain membership to the IAAF the new federation would have

to fulfil a list of criteria. An inspection team will be led by Rune Andersen, an independent Norwegian international anti-doping expert. The other members are IAAF Council members Abby Hoffman CAN, Anna Riccardi ITA, Frankie Fredericks NAM and Geoff Gardner NFI.

Nov 19: The IAAF Inspection Team will start the verification process no later than January 1 with a first report expected at the IAAF Council meeting in Cardiff on March 27. Therefore there is no chance that Russian athletes can compete in the World Indoor Champs, scheduled for Portland on March 17-20. In what might be considered relevant to the Russian athletics situation, the International Weightlifting Federation has banned Bulgaria from competing in Rio after eight male and three female weightlifters tested positive for anabolic steroids at a training camp in August.

Nov 20: The IAAF has provisionally suspended Savinova, Poistogova, Bazdyreva and Ugarova.

It was also announced that five Russian athletes have been suspended for doping offences. Maria Konovalova (41) was banned for 2 years from 27 Oct 2015 to 26 Oct 2017 due to abnormal measures in her biological passport. All her results from 14 Aug 2009 have been annulled, so she loses her personal bests of 69:20 (2013) for the half marathon and 2:22:27 for the marathon (world W40 record when placing 2nd in Nagoya on March 8 this year). She finished second in Chicago in 2010 and third in 2013. Her half marathon PB will revert to 70:48 (2008) and she will have no marathon best as she didn't begin running that distance until 2010. Hammer thrower Mariya Beshpalova (29), who threw 76.72 in 2012 (she placed 11th at the Olympics) and 73.74 this year, tested positive in Berlin in September and is banned for four years until 25 Oct 2019. Also out for four years are 46.69 400 m runner Yaroslav Kholopov (26), to 1 Mar 2019, and 1:48.32 800 m runner Vladislav Bredikhin (27), to 17 Jul 2019. Race walker Yevgeniy Nushtayev (22) has been banned for six months, to Dec 18.

One of Spain's most celebrated athletes, Marta Dominguez (40), has finally been confirmed as a drugs cheat and stripped of her World steeplechase title. She had been provisionally banned by the IAAF in July 2013 for four years due to abnormalities in her athlete biological passport, but the Spanish Athletics Federation accepted her explanation and ruled she should not be banned. Both the IAAF and WADA appealed to the Court of Arbitration for Sport, who on November 19 announced that Dominguez would be banned for three years as from 8 July 2013 – which in theory means she could resume competition next summer.

More significantly, the Court annulled all her results from 5 Aug 2009 until 8 Jul 2013. Thus she loses her 2009 World steeplechase title, the medallists now being Yuliya Zarudneva, later Zaripova RUS 9:08.39 (the 2012 Olympic champion is currently banned), Milcah Chemos KEN 9:08.57, Gulnara Galkina RUS 9:11.09. Dominguez also forfeits the silver medal at the 2010 European Champs; new medallists: Zarudneva 9:17.57, Lyubov Kharlamova RUS 9:29.82 (she served a doping ban 2006-08), Hatti Dean (now Archer) GBR 9:30.19. Also removed is her 12th place at the 2012 Olympics. Her PBs at 800 m (2:03.36 in 1996), 3000 m (8:28.80 in 2000), 5000 m (14:48.33 in 2003), 10000 m (30:51.69 in 2006) and half marathon (70:54 in Feb 2009) remain intact, but her Spanish steeplechase record of 9:07.32 when winning that World title in Berlin now reverts to 9:09.39 in July 2009 and her 1500m PB is demoted from 4:04.27 in 2010 to 4:04.84 in July 2009. She gets to keep her European gold medals at 5000 m (2002 & 2006) and short cross-country (2007), and her 2002 European Indoor 3000 m title. She was silver medallist in the 2001 and 2003 World Champs 5000 m, 2003 World Indoor 3000 m and 2007 European Indoor 3000 m; bronze medallist in the 1998 European 5000 m and European Indoor 3000 m of 1996, 1998 and 2000.

Dominguez, who had been a vice-president of the Spanish Athletics Federation until removed as a consequence of allegations made against her, was elected in 2011 to the Senate of Spain under the People's Party banner but has been deselected as a candidate in next month's general election.

□ In the most recent development, *Race Results Weekly* reports that two prominent athletes received four-year bans last week for doping. Two-time IAAF World Cross-country

Championships gold medallist, Emily Chebet of Kenya, was banned for four years for using Furosemide, a "loop diuretic" which is used as a masking agent. She failed an out-of-competition test in June and her ban began 17 July 2015. She loses no previous results.

Three-time Osaka Women's Marathon champion, Tetyena (Gamera) Shmyrko of Ukraine, was also banned for four years, through September 2019, and all of her results have been annulled from 28 August 2011. As such, she loses her 2013, 2014 and 2015 Osaka titles (also second place in 2012), her 5th place finish at the 2012 London Olympic Marathon, and her national marathon record of 2:22:09 set in Osaka this year. Shmyrko was banned for irregularities in her biological passport.

STATS TIME

This week we include a list of the top ten SA men in the half marathon for 2015. 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. Lusapho April has three times on the list.

2015 HALF MARATHON: TOP 10 MEN

1:00:40A	Stephen Lesego Mokoka	4	South Shields	13 Sep
1:01:21A	Lusapho April	4	New York	03 Mar
1:02:06	Lucky Modike Mohale	1	Port Elizabeth	25 Jul
1:02:07	Mbongeni Ngxazoza	2	Port Elizabeth	25 Jul
1:02:14	April-2	3	Port Elizabeth	25 Jul
1:02:25	Gladwin Sibabalwe Mzazi	4	Port Elizabeth	25 Jul
1:02:27	Vuyisile Tshoba	5	Port Elizabeth	25 Jul
1:02:27A	April-3	1	East London	21 Feb
1:02:29	Xolisa Tyali	6	Port Elizabeth	25 Jul
1:02:31	Joel Mmone	1	Cape Town	11 Oct
1:02:41	David Manja	2	Cape Town	11 Oct
1:02:41	Mokoka-2	7	Port Elizabeth	25 Jul
1:02:47	Elroy Gelant	15	Copenhagen	13 Sep

THIS MONTH IN HISTORY

35 years ago: 29 November 1980

Thompson Magawana won the third running of the Winelands Marathon in Stellenbosch by a huge margin – he was more than 10 minutes ahead of Brian Mather, who took the SA masters title (the race incorporated the SA Masters Marathon). Magawana ran 2:25:03 and Mather 2:35:45. This came just seven weeks after the then relatively unknown Magawana had exploded onto the South African road racing scene with his win in the SA Marathon at Faure, not far from Stellenbosch, running 2:12:50 on a pancake-flat course. Less than eight years later Magawana would reach the height of his fame with his victory in the Two Oceans Marathon in 3:03:44 – a record that still stands. The 38th edition of the Winelands Marathon was held two weeks ago.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2015

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.

MENOpen

10 km	27:38	Stephen Mokoka	Manchester	10 May
	27:30	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		28 Feb
	44:12	Lusapho April	Port Elizabeth	
	43:31	Eliud Ngetich (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		25 Jul
	62:06	Lucky Modike Mohale	Port Elizabeth	
	60:40A	Stephen Mokoka	South Shields	
	59:14	Bitan Karoki Muchiri (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		08 Mar
	82:32	Nkosihona Mhlakwana	Durban	
	80:54A	Sipho Mbanjuli	Pinetown	
	72:31	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:37:54	Duane Fortuin	Camps Bay	04 Jan
	1:31:27	Shin Kimura (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:07:40	Stephen Mokoka	Shanghai	08 Nov
	2:04:00	Eliud Kipchoge (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
100 km	9:42:12	Gcobani Ngqola (vet)	Cape Town	26 Sep
	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	30:59	Shadrack Hoff	Pretoria	28 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	48:41	Johannes Kekana	Pretoria	15 Aug
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	64:35	Shadrack Hoff	Port Elizabeth	25 Jul
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:23:50	Shadrack Hoff	Pretoria	09 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:59	Maxwell Goodman	Uitenhage	22 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:17:12	Hendrick Ramaala	Cape Town	20 Sep
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	9:42:12	Gcobani Ngqola	Cape Town	26 Sep
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:25	Eric Coetzee	Bellville	28 Mar
	30:35	Tecwyn Davies (GBR) 1988		
15 km	52:07	Eric Coetzee	Eersterivier	20 Jun
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:12	Eric Coetzee	Cape Town	11 Oct
	66:42	Martin Rees (GBR) 2003		
25 km	1:43:01	Peter Sehloho	Durban	08 Mar
	1:41:14A	Michael Bekapi	Somerset East	
30 km	1:51:00	Eric Coetzee	Parow	15 Mar
Marathon	2:43:54	Eric Coetzee	Cape Town	20 Sep

100 km	2:19:29 14:03:58	Titus Mamabolo (RSA) 1991 Julian Ohlson	Cape Town	26 Sep
<u>Grandmasters (60+)</u>				
10 km	37:40	Muhammad Kriel	Bellville	28 Mar
15 km	60:04	Muhammad Kriel	Ravensmead	14 Mar
21.1 km	85:21	Moalosi Ernest Tjela	Port Elizabeth	25 Jul
25 km	1:54:30	Elias Raphulu	Pretoria	09 May
	2:04:18A	Boysie van Staden	Pinetown	25 Jan
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon	3:05:35	Robbie Lindsay	Cape Town	20 Sep
100 km	14:21:53	Ric Marini	Cape Town	26 Sep
<u>Juniors</u>				
10 km	30:12 27:52	Kabelo Melamu Richard Chelimo (KEN) 1990	Cape Town	20 Sep
15 km	48:11 42:25	Andile Motwana Moses Mosop (KEN) 2004	Despatch	07 Mar
21.1 km	68:36 59:16	Mbasobhi Gumede Samuel Wanjiru (KEN) 2005	Port Elizabeth	25 Jul
WOMEN				
<u>Open</u>				
10 km	32:54 30:55	Mapaseka Makhanya Peres Chepchirchir (KEN)	Cape Town	29 Mar
	30:21	Paula Radcliffe (GBR) 2003		
15 km	51:54 46:14	Lebo Phalula Florence Kiplagat (KEN)	Pretoria	15 Aug
	46:28	Tirunesh Dibaba (ETH) 2009		
	46:14p	Florence Kiplagat (KEN) 2015		
21.1 km	71:54 65:09	Lebo Phalula Florence Kiplagat (KEN)	Port Elizabeth	25 Jul
	65:12	Florence Kiplagat (KEN) 2014		
	65:09p	Florence Kiplagat (KEN) 2015		
25 km	1:36:08 1:21:55	Jenna Challenor Sutume Asefa Kebede (ETH)	Durban	08 Mar
	79:53	Mary Keitany (KEN) 2010		
30 km	1:56:32 1:45:00	Tanith Maxwell Saori Noda (JPN)	Camps Bay	04 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:02 2:19:25	Mapaseka Makhanya Gladys Cherono (KEN)	Hannover	19 Apr
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	10:00:37 6:33:11	Martha Pretorius (vet) Tomoe Abe (JPN) 2000	Cape Town	26 Sep
<u>Veterans (40+)</u>				
10 km	37:43 32:14	Prudence Zwane Priscilla Welch (GBR) 1985	Pretoria	28 Feb
15 km	60:15 60:15	Sandra van Graan Sandra van Graan	Ravensmead Eersterivier	14 Mar 20 Jun
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	82:50 69:56	Ulrica Stander Irina Permitina (RUS) 2009	Port Elizabeth	25 Jul
25 km	1:49:37 1:42:12A	Heather Walden Suzette Botha	Pretoria Pinetown	09 May 25 Jan

30 km	82:13 2:11:00	Mizuki Noguchi (JPN) 2005 Adele Waldron	Camps Bay	04 Jan
Marathon	1:51:37 2:53:38	Mieke Pullen (NED) 2001 Gillian Sieling	London	26 Apr
100 km	2:26:51 10:00:37 7:00:27	Priscilla Welch (GBR) 1987 Martha Pretorius Normi Sakurai (JPN) 2007	Cape Town	26 Sep
<u>Masters (50+)</u>				
10 km	39:23 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Durban	07 Jun
15 km	61:03 54:33	Elmarie Coetzee Shirley Matson (USA) 1991	Ravensmead	14 Mar
21.1 km	90:02 88:25A 76:07	Jane Mudau Elmarie Coetzee Tatyana Pozdniakova (UKR) 2006	Polokwane De Rust	09 Aug 17 Oct
25 km	2:11:04	Julie Shadwell	Pretoria	09 May
30 km	2:23:26	Olga Howard	Camps Bay	04 Jan
Marathon	3:11:23 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	Polokwane	28 Mar
100 km				
<u>Grandmasters (60+)</u>				
10 km	41:45	Margie Saunders	Port Elizabeth	11 Apr
15 km	64:00	Nancy Will	Eersterivier	20 Jun
21.1 km	1:31:38	Nancy Will	Atlantis	22 Aug
25 km	2:20:41 2:17:50A	Francis van Blerk Pam Rasmussen	Brits Pinetown	03 Oct 25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:14:37	Nancy Will	Cape Town	20 Sep
100 km				
<u>Juniors</u>				
10 km	34:41 31:42	Simonay Weitsz Zola Pieterse (RSA) 1984	Cape Town	20 Sep
15 km	58:12 49:40	Ashleigh Simonis Ines Chenonge (KEN) 2001	Eersterivier	20 Jun
21.1 km	84:17 1:09:05	Nonhlanhla Dlamini Delilah Asiago (KEN) 1991	Cape Town	04 Apr

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