



ELANA MEYER – COMITTED TO EXCELLENCE

Elana Meyer is proudly South African. She represents both specific world class sporting achievement and all-round human excellence. As a mother of two and Co-Director of the South African Endurance Academy, Elana maintains balance in her life as she meets her responsibilities to others while remaining personally fit and healthy. Throughout her life, Elana has embraced an adventurous approach and demonstrated an unwavering commitment to excellence. She has a passion for the outdoors; for adventure, sports and culture; as well as a keen focus on human development and reaching personal potential.

Our thanks to Riel Hauman for the following compilations of Elana's performances in 194 road races and track events.

a = aided course
 p = personal best
 n/a = not available

1980

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
04 Oct	Hmar	87:10p	(1)1	Bredasdorp	Elana Meyer

1984

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
24 Nov	15 km	53:18p	5	Cape Town SA Ch	Colleen Lindeque 51:02

1985

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
11 May	8 km	27:15p	1	Cape Town	Elana Meyer
14 Dec	Hmar	79:16p	1	George	Elana Meyer

1986

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:

21 Jun	10 km	35:38p	2	Johannesburg SA Ch	Colleen Lindeque 35:17
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1987

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
26 Sep	10 km	34:41p	1	Johannesburg SA Ch	Elana Meyer

1988

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
16 Jul	Hmar	76:42p	1	Knysna	Elana Meyer
24 Sep	15 km	52:45p	1	Johannesburg	Elana Meyer
17 Dec	Hmar	76:41p	1	George	Elana Meyer

1989

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
11 Mar	10 km	34:36p	1	Johannesburg	Elana Meyer
15 Apr	10 km	33:20p	1	Durban	Elana Meyer
20 May	8 km	27:23	1	Cape Town	Elana Meyer
22 Jul	Hmar	69:26p	2	Durban SA Ch	Colleen de Reuck 68:38
30 Sep	15 km	52:27p	1	Verwoerdburg	Elana Meyer
09 Oct	10 km	32:45p	1	Cape Town	Elana Meyer

1990

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
17 Feb	10 km	33:14	1	Bellville	Elana Meyer
10 Mar	10 km	34:11	1	Cape Town	Elana Meyer
09 May	1 mile	4:22	1	Cape Town	Elana Meyer
19 May	10 km	34:22	1	Johannesburg	Elana Meyer
23 Jun	6 km	19:22	1	Pinelands 6x6 km relay	E

03 Jul	2 km	5:55	E	Maritzburg SA Univ 4x2 km relay	E
21 Jul	Hmar	70:12	1	Durban SA Ch	Elana Meyer
22 Sep	10 km	33:59	2	Potchefstroom	Zola Pieterse 33:05
29 Sep	10 km	32:59	1	Cape Town	Elana Meyer
03 Oct	10 km	34:19	1	Cape Town	Elana Meyer
06 Oct	15 km	50:19p	1	Milnerton WP Ch	Elana Meyer
20 Oct	10 km	32:44	1	Cape Town	Elana Meyer
03 Nov	15 km	48:17p	1	Bellville SA Ch, SA record	Elana Meyer
10 Nov	10 km	33:03	1	Cape Town	Elana Meyer
17 Nov	1 mile	4:32	1	Secunda	Elana Meyer
24 Nov	10 km	32:22	1	Durban	Elana Meyer
08 Dec	10 km	34:53	1	Port Elizabeth SA Univ Ch	Elana Meyer
21 Dec	1 mile	4:30	1	Port Elizabeth	Elana Meyer
31 Dec	1 mile	4:43	1	Hartenbos	Elana Meyer

1991

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
12 Jan	15 km	49:063	1	George	Elana Meyer
26 Jan	10 km	34:00	1	Hartebeespoort	Elana Meyer
16 Feb	10 km	35:59	1	George	Elana Meyer
23 Mar	10 km	34:02	1	Cape Town	Elana Meyer
13 Apr	5 km	16:03p	1	Pretoria	Elana Meyer
04 May	10 km	31:33p	1	Durban SA record	Elana Meyer
18 May	Hmar	67:59p	1	East London SA Ch, (WR)	Elana Meyer

15 Jun	15 km	49:34	1	Johannesburg	Elana Meyer
22 Jun	10 km	35:11	1	George SWD Ch	Elana Meyer
13 Jul	Hmar	74:29	1	Knysna	Elana Meyer
21 Sep	10 km	31:51	1	Potchefstroom	Elana Meyer
28 Sep	15 km	55:14	1	Great Brak River	Elana Meyer
05 Oct	15 km	47:40	1	Milnerton WP Ch, SA record	Elana Meyer
02 Nov	15 km	46:57p	1	Cape Town SA Ch, (WR)	Elana Meyer
16 Nov	1 mile	4:34	1	Secunda	Elana Meyer
23 Nov	10 km	33:16	1	Cape Town	Elana Meyer
07 Dec	10 km	33:38	1	Bloemfontein SA Univ Ch	Elana Meyer
31 Dec	1 mile	4:40	1	Hartenbos	Elana Meyer

1992

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
15 Feb	10 km	32:38	1	Cape Town	Elana Meyer
22 Jan	9.98 km	34:024	1	Bellville	Elana Meyer
04 Apr	5 km	16:21	1	Johannesburg	Elana Meyer
02 May	10 km	33:30	1	Port Elizabeth	Elana Meyer
17 May	10 km	34:57	1	Johannesburg	Elana Meyer
23 May	15 km	48:57	1	Durban	Elana Meyer
24 Oct	10 km	34:13	1	Potchefstroom	Elana Meyer
04 Nov	10 km	32:58	1	Cape Town	Elana Meyer
21 Nov	10 km	32:31	1	Cape Town	Elana Meyer
09 Dec	10 km	33:53	1	Cape Town	Elana Meyer

26 Dec	10 km	36:04	1	Hartenbos	Elana Meyer
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1993

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
24 Jan	Hmar	67:22ap	1	Tokyo Hmar	Elana Meyer
01 May	Hmar	73:46	1	Wellington	Elana Meyer
02 Oct	15 km	49:23	1	Milnerton WP ch	Elana Meyer
16 Oct	1 mile	N/A	1	Springbok	Elana Meyer
23 Oct	10 km	33:37	1	Cape Town	Elana Meyer
03 Nov	10 km	32:58	1	Cape Town	Elana Meyer
13 Nov	10 km	32:50	1	Cape Town	Elana Meyer
04 Dec	10 km	34:05	1	Cape Town	Elana Meyer
15 Dec	10 km	34:15	1	Cape Town	Elana Meyer
31 Dec	1 mile	4:43	1	Hartenbos	Elana Meyer

1994

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
08 Jan	15 km	52:23	1	Milnerton	Elana Meyer
23 Jan	Hmar	69:04a	2	Tokyo Hmar	Junko Kataoka 68:41
26 Feb	15 km	48:11	1	Tampas Gasparilla	Elana Meyer
10 Apr	10 km	33:01	1	Johannesburg	Elana Meyer
18 Apr	Mar	2:25:15ap	3	Boston Marathon	Uta Pippig 2:21:45
21 May	Hmar	76:41	1	Wellington	Elana Meyer
29 May	15 km	DNF	DNF	La Courneuve	E
25 Jun	10 km	34:27	1	Port Elizabeth	Elana Meyer

24 Sep	Hmar	68:36	1	Oslo World Champs	Elana Meyer
10 Oct	10 km	31:39	1	Boston Tufts	Elana Meyer
16 Oct	5 km	15:10p	1	Providence Harvard Health, (WR)	Elana Meyer
10 Dec	10 km	34:28	1	Cape Town	Elana Meyer

1995

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
07 Jan	15 km	52:33	1	George	Elana Meyer
22 Jan	Hmar	68:58a	2	Tokyo Hmar	Tegla Loroupe 68:39
04 Feb	10 km	36:50	1	Nelspruit	Elana Meyer
25 Feb	Hmar	70:14	1	Cape Town	Elana Meyer
04 Mar	15 km	49:36	1	Duynefontein	Elana Meyer
15 Mar	10 km	32:35	1	Cape Town	Elana Meyer
08 Apr	10 km	32:38	1	Cape Town	Elana Meyer
17 Apr	Mar	2:26:51a	2	Boston Marathon	Uta Pippig 2:25:11
01 Aug	Hmar	80:00	1	Clanwilliam	Elana Meyer

1996

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
02 Mar	15 km	51:52	1	Duynefontein	Elana Meyer
27 Apr	10 km	33:36	1	Johannesburg	Elana Meyer
05 May	10 km	32:00	1	Cleveland Revco	Elana Meyer
19 May	12 km	38:56ap	1	San Francisco Bay to Breakers	Elana Meyer
27 May	10 km	33:22a	1	Boulder	Elana Meyer
03 Jul	6 km	18:59p	1	London Carlton Run	Elana Meyer

28 Jul	Mar	DNF	DNF	Atlanta Olympic Games	E
14 Dec	10 km	32:27	1	Cape Town	Elana Meyer

1997

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
18 Jan	10 km	32:39	1	Hamilton Bermuda Internet	Elana Meyer
25 Jan	15 km	48:48	1	Tampa Gasparilla	Elana Meyer
23 Feb	10 km	32:32	1	Cape Town	Elana Meyer
01 Mar	15 km	51:17	1	Duynefontein	Elana Meyer
09 Mar	Hmar	67:36	1	Kyoto Hmar (WR)	Elana Meyer
05 Apr	10 km	31:19	1	Charleston Cooper River Bridge	Elana Meyer SA Record
21 Apr	Mar	2:27:09a	2	Boston Marathon	Fatuma Roba 2:26:23
24 May	10 km	34:44	1	Cape Town	Elana Meyer
07 Jun	10 km	32:08	3	New York Advil Mini Marathon	Tegla Loroupe 31:45
14 Jun	10 km	32:22	1	Gren Bay Bellin Run	Elana Meyer
19 Jul	8 km	25:52p	1	Kingsport Crazy 8's	Elana Meyer
26 Jul	11.26 km	38:33	7	Davenport Bix 7-Mile	Colleen de Reuck 37:34
30 Aug	N/A	22:03	E	Cape Town Relay	E
13 Sep	10 km	32:21	1	Cape Town	Elana Meyer
20 Sep	15 km	49:20	1	Blouberg Strand WP Ch	Elana Meyer
24 Sep	5 km	15:13	1	Stellenbosch	Elana Meyer
04 Oct	Hmar	DNF	E	Kosice World Ch	E
15 Nov	15 km	51:36	1	Melkbos Strand	Elana Meyer

30 Nov	Mar	2:31:00	5	Tokyo Int Marathon	Makiko Ito 2:27:45
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1998

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
17 Jan	15 km	52:32	1	Cape Town	Elana Meyer
31 Jan	10 km	32:06	1	Bellville	Elana Meyer
22 Feb	10 km	32:12	1	Cape Town	Elana Meyer
08 Mar	Hmar	67:29	1	Kyoto Hmar (WR)	Elana Meyer
04 Apr	10 km	32:19	1	Charleston Cooper River Bridge	Elana Meyer
01 Aug	21.1 km	79:58	1	Clanwilliam	Elana Meyer
10 Aug	10 km	32:19	1	George	Elana Meyer
04 Sep	5 km	15:24	1	Stellenbosch	Elana Meyer
13 Sep	Hmar	71:37	1	Cape Town	Elana Meyer
27 Sep	Hmar	68:32	2	Zurich World Champs	Tegla Lorupe 68:29
11 Oct	Mar	2:27:20	3	Chicago Marathon	Joyce Chepchumba 2:23:57
24 Oct	Hmar	78:02	1	Stellenbosch	Elana Meyer
08 Nov	10 km	32:14	1E	Cape Town	Elana Meyer
28 Nov	10 km	31:40	1	Port Elizabeth SA Ch	Elana Meyer
06 Dec	4.78 km	15:00	2	Geneve Course de l'Escalade	Anita Weyermann 14:56
15 Dec	10 km	33:13	1	Cape Town	Elana Meyer

1999

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
15 Jan	Hmar	66:44p	1	Tokyo Hmar (WR)	Elana Meyer
30 Jan	10 km	31:43	1	Bellville	Elana Meyer

14 Mar	Hmar	67:57	1	Kyoto Hmar	Elana Meyer
18 Apr	Mar	2:27:18	5	London Marathon	Joyce Chepchumba 2:23:22
27 Apr	10 km	32:58	1	Stellenbosch	Elana Meyer
16 May	12 km	38:39ap	2	San Francisco Bay to Breakers	Catherine Ndereba 38:37
22 May	10 km	32:29	6	New York Avon Mini Mar	Tegla Loroupe 31:48
31 May	10 km	33:16	7	Boulder Bolder	Lidia Simon 32:30
12 Jun	10 km	32:05	2	Green Bay Bellin Run	Tegla Loroupe 31:48
20 Jun	8 km	25:48p	1	Cape Town	Elana Meyer
04 Jul	10 km	31:34a8	1	Atlanta Peachtree	Elana Meyer
31 Jul	Hmar	72:19	1	Namakgale	Elana Meyer
08 Aug	Hmar	70:20	1	Durban SA Champs	Elana Meyer
22 Aug	15 km	50:39	1	Blouberg Strand WP Champs	Elana Meyer
04 Sep	5 km	15:17	1	Stellenbosch	Elana Meyer
19 Sep	Hmar	70:56	1	Cape Town	Elana Meyer
03 Oct	Hmar	70:20	8	Palermo World Ch	Tegla Lorupe 68:48
24 Oct	Mar	2:27:17	3	Chicago Marathon	Joyce Chepchumba 2:25:59
27 Nov	10 km	32:01	1	Port Elizebeth SA Champs	Elana Meyer
05 Dec	4.78 km	15:06	2	Geneve Course de l'Escalade	Merima Denboba 14:51
16 Dec	10 km	32:50	1	Cape Town	Elana Meyer

2000

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
10 Jan	Hmar	67:33	1	Tokyo Hmar	Elana Meyer

20 Feb	Hmar	81:37	1	Cape Town	Elana Meyer
12 Mar	Hmar	69:04	1	Sendai Hmar	Elana Meyer
17 Apr	Mar	2:32:09a	1	Boston Marathon	Catherine Ndereba 2:26:11
14 May	8 km	25:35p	1	Cape Town	Elana Meyer
04 Jun	10 km	31:28	2	Tilburg	Lornah Kiplagat 31:14
10 Jun	10 km	32:33	1	Green Bay Bellin Run	Elana Meyer
02 Jul	Hmar	69:53	2	Sapporo Hmar	Naoko Takahashi 69:10
14 Oct	10 km	32:36	1	Port Elizabeth SA Ch	Elana Meyer
22 Oct	Mar	2:31:59	4	Chicago Marathon	Catherine Ndereba 2:21:33
03 Dec	4.78 km	15:08	5	Geneve Course de l'Escalade	Lornah Kiplagat 14:48

2001

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
06 Jan	Hmar	69:42	1	Miyazaki Hmar	Elana Meyer
03 Feb	10 km	31:56	1	Bellville	Elana Meyer
18 Feb	10 km	31:39	2	San Juan World's Best	Lornah Kiplagat 31:37
11 Mar	Hmar	70:12	1	Sendai Hmar	Elana Meyer
14 Mar	10 km	34:20	1	Stellenbosch	Elana Meyer
01 Apr	Hmar	68:50a9	7	Lisbon Hmar	Susan Chepkemei 65:44
08 Apr	10 miles	52:16	1	Washington DC Cherry Blossom	Elana Meyer
14 Apr	10 km	32:07a	1	New Orleans Crescent City	Elana Meyer
29 Apr	10 km	32:00	2	Cleveland CVS	Sally Barsosio 31:43
06 May	12 km	39:23	1	Spokane Lilac Bloomsday	Elana Meyer

19 May	8 km	26:29	1	Cape Town	Elana Meyer
09 Jun	10 km	32:31	1	Green Bay Bellin Run	Elana Meyer
04 Jul	10 km	31:52a	3	Atlanta Peachtree	Lornah Kiplagat 30:58
08 Jul	15 km	48:11	2	Utica Boilermaker	Catherine Ndereba 48:06
28 Jul	Hmar	72:25	1	Namakgale	Elana Meyer
04 Aug	10 km	32:19a	3	Cape Elizabeth Beach to Beacon	Catherine Ndereba 31:34
12 Aug	11.27 km	36:54a	3	Falmouth	Lornah Kiplagat 36:26
02 Sep	Mar	2:44:01a	1	Cape Town	Elana Meyer
09 Sep	10 km	33:43	1	Vanderbijlpark SA CH	Elana Meyer
24 Sep	Hmar	82:18	1	Stellenbosch	Elana Meyer
07 Oct	Hmar	68:56	6	Bristol World Champs	Elana Meyer
14 Oct	10 km	31:13p	2	Budapest Avon Ch SA Record (#)	Catherine Ndereba 31:02
04 Nov	Mar	2:31:43	10	NY City Marathon	Margaret Okayo 2:24:21
17 Nov	10 km	33:34	1	Port Elizabeth	Elana Meyer
25 Nov	10 km	32:59	1	Cape Town	Elana Meyer
02 Dec	Mar	2:32:53	1	Pacific Marathon	Elana Meyer
08 Dec	10 km	34:40	1	Belle-Mare Mauritius	Elana Meyer

2002

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
30 Jan	10 km	36:22	1	Strand	Elana Meyer
17 Feb	10 km	32:31	3	San Juan World's Best	Paula Radcliffe 30:43
24 Feb	10 km	32:23	1	Pinelands	Elana Meyer

10 Mar	Hmar	71:54	1	Sendai Hmar	Elana Meyer
14 Mar	10 km	33:25	1	Stellenbosch	Elana Meyer
23 Mar	10 km	dnf	-	Mobile Azalea Trail Run	.
08 Jun	10 km	33:02	1	Green Bay Bellin Run	Elana Meyer
07 Jul	Hmar	71:51	10	Sapporo Hmar	Catherine Ndereba 68:57
27 Jul	Hmar	76:20	1	Namakgale	Elana Meyer
09 Aug	10 km	32:51	1	Bellville	Elana Meyer
01 Sep	Hmar	73:10	7	Virginia Beach Rock n Roll	Adriana Fernandez 70:21
15 Sep	5 km	15:24	2	Providence Downtown	Asmae Leghzaoui 15:06
22 Sep	10 km	32:40	2	London Run	Paula Radcliff 30:38
06 Oct	Hmar	71:36a	7	South Shields Great North Run	Sonia O'Sullivan 67:19
09 Nov	Hmar	75:43	1	Melkbos Strand	Elana Meyer
13 Nov	10 km	33:30	1	Parow	Elana Meyer
23 Nov	10 km	32:33	1	Kraaifontein	Elana Meyer
01 Dec	Mar	dnf	-	Mazatlan Pacific Marathon	.

2003

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
02 Feb	10 km	32:17a	3	Kuta Bali Solidarity Run	Benita Johnson 31:39
23 Feb	10 km	33:26	6	San Juan World's Best	Paula radcliffe 30:21
21 Apr	Mar	dnf	-	Boston Marathon	.
21 Jun	15 km	48:14	1	Mamre	Elana Meyer
05 Jul	15 km	51:49	1	Eerste River	Elana Meyer
20 Jul	Hmar	74:28	2	Johannesburg	Galine Alexandrova 73:40

26 Jul	Hmar	75:15	1	Namakgale	Elana Meyer
07 Sep	5 km	16:18	8	Providence Downtown	Maria Davenport 15:24
20 Dec	10 km	35:24	1	Onrus	Elana Meyer

2004

DATE:	DISTANCE:	TIME:	POS.:	RACE:	RACE WINNER:
18 Jan	Hmar	79:04	1	Cape Point	Elana Meyer
28 Jan	10 km	34:46	1	Bellville	Elana Meyer
04 Feb	10 km	dnf	-	Strand	.
18 Feb	10 km	dnf	-	Stellenbosch	.
29 Feb	10 km	34:05	14	San Juan World's Best	Lornah Kiplagat 30:41
07 Mar	Mar	dnf	-	Los Angeles Marathon	.
12 Jun	10 km	34:49	2	Green Bay Bellin Run	Elva Dryer 32:35
20 Nov	Hmar	84:40	3	Lagos	Jennifer Chesinon 76:34

Annual progression in track events

YEAR	1500m	3000m	5000m	10000m
1981	4:29.8	10:00.2	.	.
1982	4:18.10	9:24.9	.	.
1983	4:18.68	9:09.32	15:59.62	.
1984	4:15.9	9:12.20	16:02.55	.
1985	4:11.9	8:58.73	.	.
1986	4:21.41	9:17.16	.	.
1987	4:11.13	8:52.39	.	.
1988	4:11.41	8:54.84	.	.

1989	4:14.8	8:55.78	15:35.07	32:28.9
1990	4:14.44	8:54.83	.	.
1991	4:08.83	8:32.00	14:49.35	31:33.46
1992	4:02.15	8:38.45	14:44.15	31:11.75
1993	4:07.90	8:32.81	14:46.41	32:28.02
1994	.	9:02.43	15:25.59	30:52.51
1995	.	8:44.70	14:44.05	31:23.96
1996	.	.	15:19.56	32:23.53
1997	.	.	.	33:05.82
1998
1999	.	.	15:42.76	32:15.25
2000	.	.	14:57.48	31:14.70
2001	.	.	.	32:56.29

Other personal bests:

YEAR:	DISTANCE:	TIME:
1985	800m	2:06.23
1987	1000m	2:43.63
1989	1 mile	4:30.21
1992	2000m	5:40.7

Championship races in track and cross-country

1979

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
26th	SA u.14	XC	SA Champs	.

1981

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
3 rd	SA u.16	1500m	SA Champs	.
14 th	SA u.16	XC	SA Champs	.

1982

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
2 nd	SA u.16	1500m	SA Champs	.
3 rd	SA	3000m	SA Champs	.
4 th	SA	1500m	SA Champs	.
7 th	SA u.16	XC	SA Champs	.

1983

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
2 nd	SA	3000m	SA Champs	.
2 nd	SA u.19	1500m & 3000m	SA Champs	.
3 rd	SA u.19	1500m	SA Champs	.
4 th	SA u.19	XC	SA Champs	.

1984

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
1 st	SA u.19	3000m	SA Champs	9:22.07
2 nd	SA	3000m	SA Champs	.
3 rd	SA u.19	1500m	SA Champs	.
4 th	SA u.19	XC	SA Champs	.

1985

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
1 st	SA u.21	3000m	SA Champs	9:13.68

1 st	SA u.19	3000m	SA Champs	8:58.73
2 nd	SA	3000m	SA Champs	.
2nd	SA u.19	1500	SA Champs	.
2nd	SA u.19	XC	SA Champs	.
4th	SA	XC	SA Champs	.
1st	SAU	1500m & 3000m	SA Universities Champs	.

1986

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
3rd	SA	XC	SA Champs	.
1st	SAU	1500m & 3000m	SA Universities Champs	.

1987

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
2nd	SA	1500m	SA Champs	.
1st	SA	3000m	SA Champs	9:00.18
1st	SA u.21	3000m	SA Champs	9:07.76
1st	SA	XC 5km	SA Champs.	16:59
1st	SAU	1500m & 3000m	SA Universities Champs	.

1988

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
1st	SA	3000m	SA Champs	9:13.50
1st	SA	XC 5km	SA Champs	17:42
3rd	SA	1500m	SA Champs	.

1989

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
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1 st	SA	3000m	SA Champs	8:56.46
1 st	SA	XC 6km	SA Champs.	21:07
2 nd	SA	1500m	SA Champs	.

1990

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
1 st	SA	XC 6km	SA Champs	20:44
2 nd	SA	3000m	SA Champs	.
4 th	SA	1500m	SA Champs	.
1 st	SAU	3000m, 10km road & XC	SA Universities Champs	.
2 nd	SAU	1500m	SA Universities Champs	.

1991

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
1st	SA	10000m	SA Champs	32:13.13
1st	SA	XC 6km	SA Champs.	19:58
1st	SAU	3000m, 10km road & XC	SA Universities Champs	.

1992

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
2nd	OG	10000m	Olympic Games	.
1st	AG	1500m	African Games	4:18.44
1st	SA	1500m	SA Champs	4:12.33
1st	SA	3000m	SA Champs	8:46.23.

1993

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:

6 th	World	XC	World Games	.
Dnf	World	10000m	World Games	.
1 st	Africa	1500m	African Games	4:12.56
1 st	SA	3000m	SA Champs.	8:41.64
2 nd	SA	XC 6km	SA Champs	19:50

1994

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
1 st	WC	10000m	World Cup	30:52.51
6 th	World	XC	World Games	19:58
2 nd	CG	10000m	Commonwealth Games	.

1995

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
5th	World	10000m	World Games	.

1996

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
2nd	SA	10000m	SA Champs	.

1997

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
17th	World	10000m	World Games	.

1999

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
2nd	AAG	5000m	All Africa Games	.
1st	SA	10000m	SA Champs	32:15.25

2000

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
8th	OG	10000m	Olympic Games	.
1st	SA	10000m	SA Champs	31:47.32

2001

POSITION:	DIVISION:	DISTANCE:	EVENT:	TIME:
1st	SA	10000m	SA Champs	32:56.29

Medals in SA Championships

		TRACK:	ROAD:	X-COUNTRY:
Gold	30	14 (2 u.21, 2 u.19)	10	6
Silver	14	11 (3 u.19, 1 u.16)	2	1 (u.19)
Bronze	5	4 (1 u.19, 1 u.16)	0	1

SA Records

DATE:	DISTANCE:	RECORD TIME:	LOCATION:
24 Nov 1984	15 km (jr)	53:18	Cape Town
07 Nov 1987	2000m	5:42.15	Stellenbosch
22 Jul 1989	10 km	31:47	Durban
05 Oct 1989	10000m	32:28.9	Stellenbosch
03 Nov 1990	15 km	48:17	Bellville
08 Apr 1991	5000m	14:49.35	Cape Town
19 Apr 1991	10000m	32:13.13	Pretoria
29 Apr 1991	3000m	8:32.00	Durban
04 May 1991	10 km	31:33	Durban
18 May 1991	21.1 km	67:59*	East London
05 Oct 1991	15 km	47:40	Milnerton

02 Nov 1991	15 km	46:57*	Cape Town
23 Dec 1991	10000m	31:33.46	Cape Town
06 Mar 1992	5000m	14:44.15	Bellville
07 Aug 1992	10000m	31:11.75	Barcelona
10 Sep 1994	10000m	30:52.51	London
16 Oct 1994	5 km	15:10*	Providence
22 Jul 1995	5000m	14:44.05	Hechtel
09 Mar 1997	21.1 km	67:36*	Kyoto
05 Apr 1997	10 km	31:19	Charleston
08 Mar 1998	21.1 km	67:29*	Kyoto
15 Jan 1999	21.1 km	66:44*	Tokyo
14 Oct 2001	10 km	31:13#	Budapest

In addition, Elana achieved the following SA road bests (fastest times on aided courses):

DATE:	DISTANCE:	RECORD TIME:	LOCATION:
24 Jan 1993	21.1 km	67:22	Tokyo
18 Apr 1994	Marathon	2:25:15	Boston

(*) Also a world record

(#) Also a world veteran (35+) record