

# Distance Running Results

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

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## EDITORIAL

Former SA half-marathon champion (and current champion over 5000 m, 10000 m and 10 km) Stephen Mokoka ran the fastest half marathon of his career, 60:40, in the Morrisons Great North Run this weekend. Unfortunately the course from Newcastle to South Shields drops more than 30 m, so the time is aided and Mokoka's 60:47 in the World Half Marathon last year will remain his quickest on a standard course. Mokoka's performance is the equal 14<sup>th</sup> (all courses) on the all-time list. He finished fourth in a race won in a PB of 59:22 by Mo Farah. Mary Keitany took the women's race in 67:32.

On the course in Copenhagen where Mokoka achieved his 60:47 (and he himself ran a PB of 61:10), Elroy Gelant clocked 62:47 on Sunday, finishing 15<sup>th</sup> in a race in which four men dipped under the hour. Bedan Muchiri's 59:14 is a PB and world lead. Purity Cherotich took the women's title in a PB of 68:29.

So there was no Mokoka at the weekend's SA Cross-country Championships in Middelburg. In fact, not a single one of last year's senior winners even defended their title, and the wins went to Samuel Matsepe, Mthobisi Baloyi, Glenrose Xaba and Thembi Baloyi, who also won in 2013.

Huge prize money was at stake in the first All-in Africa Ultramarathon over 56 km in Edendale and fairly easy wins were scored by Melly Kennedy (KEN) and Fikile Mbuthuma.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* ARD 3 Vlei Race, Grassy Park
- \* All-in Africa Ultramarathon & 10 km, Edendale
- \* SAPS Striders Heritage Challenge Half Marathon & 10 km, Durban
- \* Despatch Superspar 10 km, Despatch
- \* Mpati Mountain Race, Dundee
- \* Value Logistics Ou Voetpad Half Marathon & 10 km, Pretoria
- \* XC: SA Cross-country Championships, Middelburg

### International highlights:

- \* Fifth Avenue Mile, New York, USA
- \* Copenhagen Half Marathon, Copenhagen, DEN
- \* Morrisons Great North Run, Newcastle to South Shields, GBR

- \* Mattoni Ústí Half Marathon, Usti nad Labem, CZE
  - \* Great North CityGames, Gateshead, GBR
  - \* Faxon Law New Haven Road Race, New Haven, USA
  - \* Luanda International Half Marathon, Luanda, ANG
  - \* Switzerland Marathon Light, Sarnen, SUI
  - \* Cardiff 10 km, Cardiff, GBR
  - \* German 10 km Championships, Bad Liebenzell, GER
  - \* Brabants Dagblad Ten Miles of Tilburg & Rabobank Ladies Run 10 km, Tilburg, NED
  - \* Birell Grand Prix, Prague, CZE
  - \* Semi-Marathon International de Lille Métropole, Lille, FRA
  - \* XC: Coastal Carolina Invitational, Columbia, USA
  - \* Track: Rieti 2015, Rieti, ITA; AG Insurance Memorial van Damme, Bruxelles, BEL; ISTAF, Berlin, GER; Weltklasse in Zürich, Zürich, SUI
  - \* Ultraloop Winschoten (IAU World 100 km Championships), Winschoten, NED
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## ROAD RUNNING

### ARD 3 Vlei Race (5<sup>th</sup>)

Grassy Park, Cape Town, 13 September  
(Distance: 10 km; certified loop course)

#### MEN

1. Mthandazo Qhina (Ned) 30:35 (R500)
2. Siviwe Nkombi (Itheke) 31:02 (R300)
3. Wanda Roro (Itheke) 31:25 (R200)

**Veterans:** 1. Shawn Abrahams (Celtic) 33:01 (R250); 2. Xolile Macanda (Gugs) 34:07 (R200); 3. Youssef Kanouni (Central) 35:48 (R150). **Masters:** 1. Eric Coetzee (FNB) 34:10 (R150); 2. Tobias Philander (Itheke) 35:50 (R100); 3. Monde Tutani (Gugs) 36:45 (R50). **G'masters:** 1. Muhammad Kriel (Ommie) 38:49 (R150); 2. Jimmy Morris (Forest) 42:11 (R100); 3. Gemjikile Tom (Eskom) 42:19 (R50). **G/g'masters:** 1. Joseph Matthews (MS) 49:49 (R100). **Juniors:** 1. Bruce-Lynn Damons (Celtic) 31:37 (R500); 2. Lukhanyo Nobakada (VOB) 32:24 (R300); 3. Denzil Byman (Itheke) 33:24 (R200).

#### WOMEN (Same prize money as men)

1. Zintle Xiniwe (FNB) 35:00
2. Ebeth Marais (Maties) 37:10
3. Ursula Frans (Ned) 40:36 (1<sup>st</sup> vet)

**Veterans:** 1. Ursula Frans (Ned) 40:36; 2. Chantel Simpson (Ned) 42:55; 3. Patricia Adams (Itheke) 43:06. **Masters:** 1. Bev Charters (VOB) 43:48; 2. Charmaine Cupido (Ned) 45:07; 3. Hilary Rhode (Edge) 49:54. **G'masters:** 1. Helen du Plessis (Tyger) 49:12; 2. Dawn Middelkoop (VOB) 49:19; 3. Ruth Leverton (Pine) 55:23. **G/g'masters:** 1. Marlene James (Pine) 55:45. **Juniors:** 1. Simone Links (East) 43:35; 2. Siziphiwe Mbata (VOB) 44:06; 3. Razaan Kamaldien (?) 45:55.

### All-in Africa Ultramarathon & 10 km (1<sup>st</sup>)

Edendale, 13 September  
(Distances: 56 km & 10 km)

#### MEN

1. Melly Kennedy (KEN/Fast way) 3:14:33 (R56 000), 2. Odwa Tunyiswa (Cool Running) 3:17:36 (R20 000), 3. Mosoenyane Morapalla (LES/Eskom Gijimas) 3:21:27 (R15 000), 4. Mmanoko Mokwalakwala (Brooks) 3:22:02 (R8000), 5. Delani Mkhize (Ind) 3:22:28 (R5000), 6. Eric Ngubane (Nedbank) 3:22:36 (R4000), 7. Bongani Msimango (Nedbank)

3:22:55 (R3000), 8. Othaniel Phahlane (Nedbank) 3:23:55 (R2000), 9. Sifiso Sibandze (Durban City) 3:25:19 (R1500), 10. Charles Soza (ZIM/Nedbank) 3:26:21 (R1000).

(Prize money in all age categories was the same: R500, R250, R200.)

**Veterans:** 1. Lucky Bhembe (Durban City) 3:26:42, 2. Richard Dlamini (Phuma) 3:38:21, 3. Siphon Ncube (ZIM/Maxed Elite) 3:59:49. **Masters:** 1. Wellington Phakathi (CH) 5:11:05, 2. Derrick Themba Dladla (Maritzburg City) 5:40:35, 3. Amos Sithole (SAPS) 6:33:46.

**G'masters:** 1. Benfield Zulu (Alex Wasps) 6:21:05.

WOMEN (Same prize money as men)

1. Fikile Mbuthuma (Nedbank) 4:00:22, 2. Lizih Chokore (ZIM) 4:02:44, 3. Gladys Lukhwareni (Cool Running) 4:05:54, 4. Jane Mudau (Ind) 4:08:50 (1<sup>st</sup> mast), 5. Thalo Sesheme (Ind) 4:13:05, 6. Linah Mhlongo (Eskom Gijimas) 4:16:19 (1<sup>st</sup> vet), 7. Nonsikelelo Mbambo (Natal Carbs) 4:21:01, 8. Tawapo Bhiri (ZIM) 4:25:44, 9. Mato Mooki (LES) 4:32:24, 10. Sibongile Ziqubu (Eskom Gijimas) 4:33:28.

**Veterans:** 1. Linah Mhlongo (Eskom Gijimas) 4:16:19, 2. Mato Mooki (LES) 4:32:24, 3. Sibongile Ziqubu (Eskom Gijimas) 4:33:28. **Masters:** 1. Jane Mudau (Ind) 4:08:50, 2. Zandile Jane Mtolo (Maritzburg City) 6:22:14.

## 10 km

MEN

1. Kenneth Cheruiyot (KEN/Fast way) 30:21 (R5000), 2. Folavio Sehohle (Nedbank) 30:27 (R2500), 3. Givemore Mudzinganyama (ZIM/Cool Running) 30:29 (R1500), 4. Ayanda Mncube (Phantane) 30:55 (R1000), 5. Ndumiso Sokhela (Speed Explotion) 30:57 (R800), 6. Anele Dlamini (Hammarsdale) 31:18 (R600), 7. Nkosinathi Sibiya (Verulam) 31:52 (R450), 8. Jabulani Mkhize (Phantane) 32:02 (R300), 9. Kgosi Tsosane (Nebank) 32:24 (R250), 10. Itumeleng Tshetlanyane (Nedbank) 32:26 (R200).

WOMEN (Same prize money as men)

1. Nandipha Dywili (Transnet) 37:17, 2. Janet Dlamini (uMzimkhulu) 37:27, 3. Puseletso Dladla (Save Orion) 37:29, 4. Happiness Mkhize (Tuks) 37:40, 5. Thobile Mkhize (Speed Explotion) 37:41, 6. Nobuhle Shange (Speed Explotion) 37:48, 7. Bathobile Mkhize (Speed Explotion) 37:49, 8. Nomcebo Mthethwa (uMhlathuze) 38:39, 9. Paulina Phaho (Transnet) 38:40, 10. Happiness Memela (Nedbank) 40:33.

## SAPS Striders Heritage Challenge Half Marathon & 10 km

Durban, 13 September

(Distances: 21.1 km & 10 km.)

Note: Unfortunately no clubs or age category results were provided. – Ed.

### Half marathon

MEN

1. Siyabonga Nkonde 1:07:06 (R700); 2. Nkosikhoma Mhlwakwana 1:09:40 (R500); 3. Mziwenkosi Mtata 1:09:18 (R300); 4. Mahlomola Sekhonyana 1:11:16; 5. Shepherd Chitane (ZIM) 1:13:07; 6. Thabani Ngcobo 1:14:43; 7. Makhosini Mhlongo 01:15:09; 8. Mlebisi Jali 1:15:43; 9. Mbongeni Maphumulo 1:15:50.

WOMEN (Same prize money as men)

1. Janie Grundling 1:19:49; 2. Danielle Adlam 1:28:13; 3. Shelley Cadle 1:29:49; 4. Sarah Wilson 1:30:18; 5. Magashree Govender 1:31:23; 6. Shani Silver 1:32:55; 7. Nomalanga Goba 1:32:57.

**10 km**

## MEN

1. Adam Lipschitz 30:56 (R350), 2. Mbhasobhi Gumede 31:19 (R300), 3. Simphiwe Zulu 31:37 (R250).

## WOMEN (Same prize money as men)

1. Tanith Maxwell 37:34, 2. Caylee Ellero 38:24, 3. Janene Carey 41:17.

**Despatch Superspar 10 km**

Despatch, 12 September

(Finishers: 350 [marginally up from 343 last year].)

## MEN

1	Mzolisi	Makhanda	Nedbank RC EP	32	31:46
2	Andile	Motwani (1 <sup>st</sup> jun)	Tinarha AC	18	32:04
3	Andre	Ketchem	X-Cel AC	31	32:28
4	Lonwabo	Williams	Tinarha AC	17	32:43
5	Mvuyisi	Gcogco	Temp	25	32:45
6	Sibusiso	Thu	Transnet Eng EP	27	32:51
7	Sinethemba	Mirele	Transnet Eng EP	15	33:00
8	Sylvester	Honnie	Nedbank RC EP	31	33:35
9	Mncedi	Khanti	Tinarha AC	36	34:14
10	Luyolo	Dyubhele	Tinarha AC	22	34:43
11	Bulelani	Niwa	PEAAC	29	34:45
12	Juwayne	Fletcher	Charlo AC	24	34:46
13	Mila	Pasiya	Nedbank RC EP	36	34:54
14	Zamubuntu	Teyise	Charlo AC	38	35:22
15	Zolile	Mhlahlo (1 <sup>st</sup> vet)	Achilles AAA	40	35:38
16	Emerson	Kayana	Nedbank RC EP	41	36:11
17	Thobile	Xata	Bluewater Bay	41	36:25
18	Lebohang	Senti	Vukani MS	29	36:37
19	Welcome	Loliwe (1 <sup>st</sup> mast)	Nedbank RC EP	50	36:47
20	Alfred	Qogi	Nedbank RC EP	42	36:53

**40-44:**

1	Zolile	Mhlahlo	Achilles AAA	40	35:38
2	Emerson	Kayana	Nedbank RC EP	41	36:11
3	Thobile	Xata	Bluewater Bay	41	36:25

**45-49:**

1	Chris	Darke	Charlo AC	47	39:08
2	Vernon	Newfeldt	Gelvan AC	49	40:18
3	Martin	Jansen	Nedbank RC EP	47	40:27

**50-54:**

1	Welcome	Loliwe	Nedbank RC EP	50	36:47
2	Colben	Ngcupe	Motherwell AC	52	38:49
3	Warren	Griffiths	Muirite Striders	50	42:59

**55-59:**

1	Chester	Brooks	X-Cel AC	57	44:33
2	Sidwel	Roboshi	Nedbank RC EP	55	45:00
3	Daniel	Ferreira	Elite AC	57	46:11

**60-64:**

1	Elvis	Galela	Madibaz AC	63	40:23
2	Roger	Trader	Achilles AAA	61	43:00
3	Sizinzo	Kama	Achilles AAA	64	43:49

**65-69:**

1	Hannes	Els	Madiba Bay Warriors AC	65	41:40
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2	Errol	Rossouw	PEAAC	65	49:04
3	Johannes	Herbst	Muirite Striders	69	49:33
<b>70-74:</b>					
1	Tamsanqa	Jusayi	Nedbank RC EP	73	47:06
2	Ron	Clark	Bluewater Bay	72	50:14
3	Godfrey	Kariem	Gelvan AC	74	53:25
<b>Juniors:</b>					
1	Andile	Motwani	Tinarha AC	18	32:04
2	Lonwabo	Williams	Tinarha AC	17	32:43
3	Sinethemba	Mirele	Transnet Eng EP	15	33:00
<b>WOMEN</b>					
1	Jamie-Lee	Schlemmer (1 <sup>st</sup> jun)	Madibaz AC	19	40:26
2	Asanda	Solani	Vukani M S	32	40:52
3	Pearl	Prinsloo	Elite AC	36	42:36
4	Luthando	Nxanisa	Tinarha AC	22	43:40
5	Janette	Schierz-Crusius (1 <sup>st</sup> mast)	Body Concept	55	44:52
6	Terray	Newcombe	Elite AC	24	46:00
7	Ludine	Williams	Malabar AC	28	46:36
8	Hanlie	Van der Westhuizen	Despatch AC	59	46:47
9	Cathy	Curtain (1 <sup>st</sup> vet)	Muirite Striders	44	47:29
10	Amanda	Prideaux	Bluewater Bay	40	48:12
11	Nolikhanyo	Mdwayi	Transnet Eng EP	34	48:38
12	Toegeda	Vyver	Nedbank RC EP	43	49:01
13	Rosemary	Joubert	Crusaders AC	54	49:10
14	Georgie	Darke	Charlo AC	49	50:09
15	Buyelwa	Kobokana	Nedbank RC EP	50	51:01
16	Jane	Kemp	Nedbank RC EP	39	51:13
17	Margietha	Voigt	Muirite Striders	44	51:30
18	Desiree	Ebrahim	Gelvan AC	50	52:39
19	Christili	Muller	Temp	24	52:47
20	Erika	Foreman	St Albans CS EP	45	52:50
<b>40-44:</b>					
1	Cathy	Curtain	Muirite Striders	44	47:29
2	Amanda	Prideaux	Bluewater Bay	40	48:12
3	Toegeda	Vyver	Nedbank RC EP	43	49:01
<b>45-49:</b>					
1	Georgie	Darke	Charlo AC	49	50:09
2	Erika	Foreman	St Albans CS EP	45	52:50
3	Judy	Beens	Charlo AC	48	53:45
<b>50-54:</b>					
1	Rosemary	Joubert	Crusaders AC	54	49:10
2	Buyelwa	Kobokana	Nedbank RC EP	50	51:01
3	Desiree	Ebrahim	Gelvan AC	50	52:39
<b>55-59:</b>					
1	Janette	Schierz-Crusius	Body Concept	55	44:52
2	Hanlie	Van der Westhuizen	Despatch AC	59	46:47
3	Gerrie	Dimitriou	Temp	59	59:49
<b>60-64:</b>					
1	Jos	Els	Madiba Bay Warriors AC	63	54:55
2	Cathy	Ives	Achilles AAA	62	57:12
3	Nicki	Van Niekerk	Muirite Striders	61	1:00:16
<b>65-69:</b>					
1	Liz	Grundlingh	Muirite Striders	68	55:02
2	Denise	Terblanche	Walmer AC	68	1:11:58
3	Anna	Le Roux	Muirite Striders	68	1:28:19

**70-74:**

1	Orgia	Nell	Muirite Striders	71	1:11:45
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**75-79:**

1	Dorothy	Hart	Madibaz AC	77	1:16:35
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**Juniors:**

1	Jamie-Lee	Schlemmer	Madibaz AC	19	40:26
2	Monique	Van Willing	Temp	17	54:00
3	Ciska	Van Rensburg	Temp	19	1:22:52

**Mpati Mountain Race (35<sup>th</sup>)**

Dundee, 12 September

(Distance: 15 km; hilly loop course on tar, mountain trails and gravel.)

**MEN**

1.	Maubogwe Dlamini	Nedbank AC	59:32
2.	Kwenza Ngubane	Maxed Elite	63:27
3.	Lindokuhle Ximba	Maxed Elite	65:07

**40-49:**

1.	Bongani Ngubese	Osisweni	69:33
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**50-59:**

1.	Lincoln Sibiya	LAC	86:23
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**60+:**

1.	Willie Lemmer	Vryheid AC	126:50
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**Juniors:**

1.	Msingsthi Lembethe	LAC	81:17
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**WOMEN**

1.	Nandi Zalovmis	Vitality	81:57
2.	Riana Uys	Volkstrust AC	89:20
3.	Jenni Sovtar	Ind	91:07

**40-49:**

1.	Riana Uys	Volkstrust AC	89:20
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**60+:**

1.	Lorraine v.d. Mescht	Vryheid AC	149:38
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**Value Logistics Ou Voetpad Half Marathon & 10 km**

Pretoria, 12 September

(Distances: 21.1 km &amp; 10 km; loop courses, partly on gravel and sand tracks. Finishers: half marathon – 750; 10 km – 1100; also 600 in the 5 km.)

Note: These races were over 10 miles and 6 miles in the past. – Ed.**Half marathon****MEN**

1 Tebogo Lejaha (Cool Running) 70:29; 2 Steven Dikobo (Nedbank) 71:29; 3 Musa Sibiya (ACRW) 75:56.

**Veterans:** 1 Sefiwa Mokwela (SAPS) 86:20. **Masters:** 1 Joseph Ndlovu (ACE) 86:01.**G'masters:** 1 Johan Nel (Irene) 93:25. **G/g'masters:** 1 Ken de Kock (Love Running) 2:15:52. **Juniors:** 1 Brian Mbambo (Zwakala) 79:58.

## WOMEN

1 Adri Venter (RWFL) 99:15; 2 Belinda Hickman-Mosdell (HQH) 1:43:07 (1<sup>st</sup> vet); 3 Jenny Webb (Outsurance) 1:44:51.

**Veterans:** 1 Belinda Hickman-Mosdell (HQH) 1:43:07. **Masters:** 1 Rita van Wyk (Boksburg) 1:45:37. **G'masters:** 1 Rita Jordaan (Running Inn) 2:14:40.

**10 km**

## MEN

1 Tiisetso Ramokheseng (LES/Olifantsfontein) 32:55; 2 Collen Parura (ZIM/Nedbank) 35:01; 3 O'Neal Peterie (ACE) 36:03.

**Veterans:** 1 Leon Baker (Midrand) 38:15. **Masters:** 1 Johannes Molepo (Corr Serv) 41:51. **G'masters:** 1 Francis Makuka (Phobians) 39:32. **G/g'masters:** 1 Lammie Fourie (Agape) 57:40. **Juniors:** 1 Benjamin Selepe (Nedbank) 37:16.

## WOMEN

1 Annerie Kruger (Magnolia) 41:03; 2 Lesego Hlako (Zwakala) 44:59; 3 Stephanie Marais (Overkruin) 49:19.

**Veterans:** 1 Seanette Botha (Irene) 50:14. **Masters:** 1 Ansa Strydom (Runavation) 53:16. **G'masters:** 1 Chanel Stegman (PMK) 65:56. **G/g'masters:** 1 Mavis Stadler (Agape) 69:13. **80+:** Deirdre Larkin (Randburg) 67:49. **Juniors:** 1 Elsa v.d. Merwe (HS Centurion) 52:22.

**CROSS-COUNTRY****South African Cross-country Championships**

(67<sup>th</sup> for men; 52<sup>nd</sup> for women)

Middelburg, 12 September

Note: Thanks to André Gobey for these results. All distances are 4 km except where indicated otherwise. – Ed.

## SR. MEN (10 km)

1	Samuel	MATSEPE	AFS	30:30
2	Tumelo	MOTLAGALE	CGA	30:36
3	Thabang	MASIHLEHO	AFS	30:43
4	Derocious	MAKHOBALO	CGA	31:00
5	Vuyisile	TSHOBA	AGN	31:05
6	Abram	KHUMALO	CGA	31:07
7	Samuel	SEGOABA	AFS	31:11
8	Phillimon	MATHIBA	CGA	31:14
9	Tumelo	MAHLANGU	CGA	31:18
10	William	KAPTEIN	BOLA	31:25
11	Collen	MULAUDZI	AGN	31:39
12	Ayanda	MNCUBE	KZNA	31:45
13	Philani	BUTHELEZI	KZNA	31:53
14	Milton	KEKANA	LIMA	31:54
15	Amos	THANJEKWAYO	IND	31:55
16	Siyabonga	NKONDE	KZNA	31:59
17	Bafana	DUBE	AGN	32:08
18	Prince	JALI	CGA	32:14
19	Joel	MADIBA	AGN	32:19
20	Sikhalo	MTHIMKULU	AGN	32:22
21	Victor	PHEEHA	AGN	32:27

22	Andries	PONGWANA	AGW	32:30
23	Motsamai	MOTONE	AGN	32:46
24	Vuyolwethu	MBUKUSHE	WPA	32:53
25	Anele	DLAMINI	KZNA	32:57
26	Obed	KOPONG	ANWN	32:58
27	Khaya	BUTELE	ATRA	33:01
28	Tebogo	NDWANDWE	AGN	33:10
29	Japhtha	MOSOENYANE	AVT	33:23
30	Omphile	MOTLAGALE	ACNW	33:23
31	Justin	FRITZ	BOLA	33:26
32	Nathan	EDWARDS	AGW	33:27
33	Kleinbooi	MATSEMELA	AGN	33:28
34	Nyakallo	MOKHOTHI	AGN	33:28
35	Ian	SLINGER	AGN	33:35
36	Altus	BADENHORST	AGN	33:38
37	Sipho	MBANJWA	KZNA	33:43
38	Thobile	MOSITO	AGN	33:44
39	George	RAMCWANA	ACNW	33:55
40	Matseliso	TSOLO	AFS	34:02
41	Sibongiseni	MAGWACA	ATRA	34:15
42	Sello	LEKALAKALA	AGN	34:20
43	Thulani	MANANA	AMPU	34:27
44	Akhona	MAKILA	WPA	34:28
45	Lucky	SITHOLE	IND	34:39
46	Zuko	KHUPHISO	ATRA	34:43
47	Bonga	MASINA	AMPU	34:44
48	Moyo	THABO	IND	34:53
49	Zolani	MABHONGO	EPA	35:01
50	Derrick	MTSWENI	AGN	35:06

## SR. MEN

1	Mthobisi	BALOYI	ACNW	11:27
2	David	MANJA	ACNW	11:35
3	Collen	MULAUDZI	AGN	11:56
4	Marko	BUCARIZZA	CGA	11:56
5	Paulos	RADEBE	CGA	12:00
6	Duncan	MULAUDZI	CGA	12:03
7	Moses	DIRANE	AGN	12:04
8	Clinton	SWANEPOEL	CGA	12:07
9	Charles	NEL	AGN	12:07
10	Boy	SOKE	AFS	12:12
11	Thato	MOLATEDI	CGA	12:15
12	Sithembele	FANEKO	KZNA	12:19
13	Jonas	SOKE	AFS	12:19
14	Zolani	NGQAQA	EPA	12:22
15	Pharson	MAGAGANE	CGA	12:23
16	William	KAPTEIN	BOLA	12:24
17	Treasure	DERISON	AFS	12:25
18	Jerry	MOTSAU	ACNW	12:26
19	Moses	MAHLANGU	IND	12:26
20	Tebogo	MMITSHANE	CGA	12:33
21	Peta	MOKHOALI	AVT	12:35
22	Revaldo	ABRAAMS	AGN	12:36
23	Reghen	MAGWAI	IND	12:43
24	Melikhaya	FRANS	EPA	12:43
25	Simon	MOKONYAMA	AGN	12:44
26	Vincent	SERUTLA	AFS	12:45



27	Monnapule	RAMABUSA	AFS	12:48
28	Jabulani	MKHIZE	KZNA	12:49
29	Sphamandla	NYEMBE	KZNA	12:50
30	Elliot	MAKGOBA	AGN	12:59
31	Musa	SWAKAXA	AGN	13:01
32	Xolani	LONI	AFS	13:05
33	Rodney	PRINS	EPA	13:06
34	Tebogo	MOFOLO	AFS	13:12
35	Freedom	MAKHUBELA	AMPU	13:14
36	Cunukelo	MAFIKA	IND	13:16
37	Kamugelo	MONCHO	ACNW	13:18
38	Wian	KENDALL	AGN	13:18
39	Kablego	NTHATHE	ANWN	13:19
40	Leboya	RAMAUBANE	AFS	13:20
41	Mpumelomo	MDI	AFS	13:26
42	Willem	RADEBE	AFS	13:26
43	Samuel	MOLIBEDI	AFS	13:31
44	Casper	LEEPILE	ANWN	13:33
45	Obakeng	MORWENG	ANWN	13:36
46	Lefa	MOKOENA	AFS	13:37
47	Michael	CHAUKE	AGN	13:37
48	Kgaugelo	MOHLOSI	ANWN	13:38
49	Aviwe	MANGALISO	ATRA	13:39
50	Sakhiwo	MANGUZELA	KZNA	13:44

**40-44 (8 km):**

1	Shadrack	HOFF	AGN	24:33
2	Simon	MPHOLO	CGA	25:36
3	Action	RAMABOA	CGA	26:09

**45-49 (8 km):**

1	Peter	MASIA	CGA	27:10
2	Lawrence	CHIPANGAAN	CGA	27:37
3	Moagi	MOEKETSI	CGA	27:49

**50-54 (8 km):**

1	Reform	NDLOVU	CGA	28:52
2	Arthur	WOOLDRIDGE	CGA	29:18
3	Kenneth	MOTSOAI	SAPS	29:35

**55-59 (8 km):**

1	Stuart	MCCALL	ACNW	28:10
2	Julian	PAUL	WPA	30:28
3	Andre	BREDENKAMP	CGA	31:41

**60-64 (6 km):**

1	Stephen	SEEMA	CGA	23:17
2	Lawrie	RAUBEHEIMER	KZNA	23:23
3	Lesley	CHIVELL	WPA	23:41

**65-69 (6 km):**

1	Mike	DU BRUTO	AGN	24:03
2	Awie	VELDSMAN	WPA	24:36
3	Eric	QUIBELL	KZNA	25:12

**70-74 (6 km):**

1	Richard	OSRIN	IND	26:42
2	Andrew	SPENCE	KZNA	26:46
3	Anton	HARROP-ALLIN	AGN	30:29

**75-79 (6 km):**

1	Andries	VAN DER MERWE	AGN	30:28
2	Neville	MUIR	AGN	39:01

**80-84 (6 km)**

1	Ken	NURDEN	AGN	38:31
---	-----	--------	-----	-------

2	Martin	COETZEE	AGN	38:32
3	Dion	HEIGERS	AGN	38:32
<b>85-89 (6 km)</b>				
1	Budge	RENS	CGA	39:27
<b>U.23:</b>				
1	Samuel	MATHABATHA	CGA	11:27
2	Thabang	MOSIAKE	ACNW	11:44
3	Jeromy	ANDREAS	CGA	11:52
<b>Juniors (8 km):</b>				
1	Ikageng	GAOREKWE	CGA	24:21
2	Kabelo	MELAMU	CGA	24:56
3	Creel	CHAVALALA	CGA	25:06

## SR. WOMEN (10 km)

1	Glenrose	XABA	IND	36:49
2	Makhosi	MHLONGO	KZNA	37:03
3	Janet	DLAMINI	KZNA	37:39
4	Liziwe	MABONA	AGN	37:53
5	Ntombesintu	MFUNZI	EPA	38:22
6	Portia	NGWENYA	AGN	38:29
7	Bulelwa	SIMAE	WPA	38:53
8	Kataza	SHIPALANA	AGN	38:58
9	Anna	MOEKETSI	AFS	39:36
10	Cornelia	JOUBERT	CGA	40:05
11	Puseletso	DLADLA	KZNA	40:16
12	Tanya	SCOTT	WPA	40:24
13	Vuyokazi	GEBE	AGN	40:45
14	Adele	BROODRYK	ACNW	40:51
15	Andronica	MOKGOTLA	CGA	41:10
16	Amy	ABRAHAMS	WPA	41:34
17	Precious	HLAKA	CGA	41:52
18	Slindile	CHILI	KZNA	42:01
19	Palesa	LEHASA	ACNW	42:26
20	Maryna	SWANEPOEL	AFS	42:50
21	Hanlie	JORDAAN	WPA	43:01
22	Ntgabiseng	TSHEHLA	AGN	43:45
23	Deliwe	NYANGA	EPA	43:59
24	Danielle	LUYT	ACNW	44:13
25	Batjie	MAKO	CGA	44:14
26	Lettie	SEABELA	SAPS	44:28
27	Doloris	BONDIS	AFS	45:02

## SR. WOMEN

1	Thembi	BALOYI	AGN	14:00
2	Keneilwe	SESING	CGA	14:16
3	Anelda	PYPERS	CGA	14:24
4	Lorraine	NOVELA	CGA	14:26
5	Kesa	MOLOTSANE	AFS	14:36
6	Stella	MARAI	AGN	14:39
7	Nerissa	VAN DER WALT	AGN	14:41
8	Anuschka	NICE	AGN	14:43
9	Helen	PHANYANE	LIMA	14:59
10	Rizani	VAN ASWEGEN	AFS	15:03
11	Adele	BROODRYK	ACNW	15:07
12	Kefilwe	MOLEFE	CGA	15:16
13	Anet	COETZEE	CGA	15:17
14	Anel	TERBLANCHE	WPA	15:21

15	Kathryn	VAN METER	CGA	15:23
16	Nwabisa	MJOLI	KZNA	15:29
17	Megan	DEMPSTER	CGA	15:34
18	Pam	MADOA	ACNW	15:38
19	Zikhona	SONAMZI	ATRA	15:54
20	Sarita	DOWNING	AGN	15:55
21	Ivy	SOGIBA	SAPS	16:10
22	Ria	LABUSCHAIGNE	BOLA	16:21
23	Lorraine	MOKOTELI	AFS	16:26
24	Tumelo	MATLOU	IND	16:35
25	Ileana	DREYER	IND	16:38
26	Tsholofelo	ZWANE	AGN	16:40
27	Ndileka	MVAKWENDLU	EPA	16:48
28	Nthabiseng	SEKHWELA	ACNW	16:51
29	Doné	MOOLMAN	AGN	16:55
30	Christine	PRINSLOO	ACNW	16:58
31	Kamogela	MABENA	AGN	16:58
32	Rouxne	JACOBS	AFS	17:01
33	Dineo	DUBE	ACNW	17:07
34	Veressa	BOTHMA	ACNW	17:14
35	Ailene	BEZUIDENHOUT	AGN	17:27
36	Regina	THUKANE	AFS	17:37
37	Mlotshwa	NOMTHANDAZO	KZNA	17:41
38	Nangamso	NKONYENI	ATRA	18:02
39	Claudeen	ELS	ACNW	18:07
40	Annelien	MOTLHALA	AGN	18:20
41	Arista	VAN ZYL	ACNW	18:25
42	Lucelle	DIEDERICKS	ASWD	18:56
43	Selina	RAMOKHOASE	AFS	19:06
44	Maureen	MOLOMO	LIMA	19:24
45	Linelle	GROENEWALD	ASWD	19:29
46	Chantelle	SLAMBERT	ACNW	19:33
47	Monique	GREEFF	ACNW	19:42
48	Carli	KUHN	AGN	20:00
49	Snowy	MAILA	AMPU	20:16
50	Palesa	RAMAFOFO	AFS	20:51

**40-44:**

1	Jacquie	VAN DER WAALS	AGN	15:24
2	Ronel	THOMAS	AGN	15:40
3	Nomasosnto	SKHOSANA	CGA	15:57

**45-49:**

1	Salome	VERMEULEN	AGN	15:46
2	Lise	MUCHNA	KZNA	15:51
3	Sandra	VAN GRAAN	WPA	16:25

**50-54:**

1	Martie	NAUDÉ	AMPU	16:29
2	Mariëtte	STRAUSS	WPA	16:33
3	Kylie	GRIFFIN	KZNA	16:40

**55-59:**

1	Olga	HOWARD	WPA	16:55
2	Mariet	GEYER	CGA	17:40
3	Blanche	MOILA	KZNA	18:19

**60-64:**

1	Nancy	WILL	WPA	17:54
2	Francis	VAN BLERK	AGN	18:04
3	Judith	GROVE	KZNA	19:10

**65-69:**

1	Jan	PHELAN	KZNA	21:23
2	Esmé	SEPTEMBER	WPA	23:07
3	Maria	VISSER	CGA	23:18
<b>70-74:</b>				
1	Gill	TREGENNA	KZNA	23:01
2	Katie	BURGER	ANWN	24:37
<b>75-79:</b>				
1	Flora	MUNJEDZI	CGA	23:23
2	Lesaya	SEABI	CGA	23:54
3	Annette	VAN ROOYEN	AGN	24:23
<b>U.23:</b>				
1	Michelle	STRYDOM	CGA	14:21
2	Murendwa	DAVHANA	AGN	14:28
3	Cherise	SIMS	AFS	14:37
<b>Juniors (6 km):</b>				
1	Carina	VILJOEN	CGA	21:49
2	Thandi	SIHOHLE	CGA	22:14
3	Hanli	ETSEBETH	CGA	22:28

## 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

#### **Fifth Avenue Mile** (35th)

New York, USA, 13 September

(Distance: 1 mile; certified point-to-point course, downhill with 9.2 m elevation loss [5.7 m/km])

#### PROFESSIONAL MEN (photo times)

1.	Nick Willis, 32, adidas (NZL)	3:54.8	\$5000
2.	Chris O'Hare, 24, adidas (GBR)	3:55.9	3500
3.	Henrik Ingebrigtsen, 24, Nike (NOR)	3:56.1	2500
4.	Matthew Centrowitz, 25, Nike Oregon Project	3:56.1	1500
5.	Ryan Gregson, 25, Nike (AUS)	3:56.2	1000
6.	David Torrence, 29, Hoka One One	3:56.5	750
7.	Charlie Grice, 21, Nike (GBR)	3:57.0	500
8.	Garrett Heath, 29, Brooks Beasts	3:57.3	250 + 1000p
9.	Kyle Merber, 24, Hoka One One	3:57.6	
10.	Dan Huling, 32, Nike Bowerman TC	3:58.0	
11.	Colby Alexander, 24, Unattached	3:58.9	
12.	Bernard Lagat, 40, Nike	3:59.9	

#### PROFESSIONAL WOMEN (photo times)

1.	Jenny Simpson, 29, New Balance	4:29.0	\$5000
2.	Shannon Rowbury, 30, Nike Oregon Project	4:29.3	3500 + 1000p
3.	Susan Kuijken, 29, Nike (NED)	4:29.9	2500
4.	Heather Kampf, 28, Asics/Team USA Minnesota	4:30.4	1500
5.	Heather Wilson, 25, NJ/NY Track Club	4:31.7	1000
6.	Treniere Moser, 33, Nike Oregon Project	4:31.9	750
7.	Genevieve LaCaze, New Balance (AUS)	4:32.0	500
8.	Nicole Tully, 28, Hoka One One/NYAC	4:32.2	250
9.	Amanda Eccleston, 25, Brooks	4:32.5	

10. Aisha Praught, 25, Nike Oregon TC (JAM) 4:35.0  
 11. Alysia Montano, 29, Asics/NYAC 4:35.4

p) Earned bonus for being first athlete at halfway who also broke 4:32.00

### **Copenhagen Half Marathon (1st)**

(Danish Half-marathon Championships)

Copenhagen, DEN, 13 September

(Distance: 21.1 km; IAAF-certified one-loop course; very flat)

Note: There were very impressive results here for this first-time event, hosted by the same organizers as the 2014 IAAF World Half-Marathon Championships which were held on the same course, reports *Race Results Weekly*. Bedan Karoki ran a world-leading 59:14, to lead four men under 59:33. Twenty men broke 64 minutes. – Ed.

MEN (gun times)

1. Bedan Karoki Muchiri, KEN 59:14 PB/WL/event record
2. Alex Oloiptip Korio, KEN 59:28 PB
3. Edwin Kipyego, KEN 59:30 PB
4. Simon Cheprot, KEN 59:32
5. Paul Kipchumba Lonyangata, KEN 1:00:01
6. Philip Langat, KEN 1:00:04 PB
7. Joel Kemboi Kimurer, KEN 1:00:58
8. Emmanuel Kipkemei Bett, KEN 1:01:01
9. Richard Sigei, KEN 1:01:08 PB
10. Shumay Mogos, ETH 1:01:09 PB
11. Nicholas Manza Kamakya, KEN 1:02:02
12. Habte Abraham, ETH 1:02:17 PB
13. Samuel Theuri Mwaniki, KEN 1:02:19
14. Yohanes Ghebregergis, ERI 1:02:37
15. Elroy Gelant, RSA 1:02:47

WOMEN (gun times)

1. Purity Cherotich Rionoripo, KEN 1:08:29 PB/event record
2. Sutme Asefa, ETH 1:08:47 PB
3. Lucy Wangui Kabuu, KEN 1:08:51
4. Christelle Daunay, 1974, FRA 1:09:57
5. Margaret Agai, KEN 1:09:57 PB
6. Elizeba Cheron, KEN 1:10:52
7. Gladys Jepkemoi Yator, KEN 1:10:54
8. Helen Bekele, ETH 1:11:55
9. Roman Mengistu, ETH 1:11:57 PB
10. Sylvia Kiberenge, KEN 1:12:59 PB

### **Morrisons Great North Run (35th)**

(IAAF Gold Label Road Race)

Newcastle to South Shields, GBR, 13 September

(Distance: 21.1 km; certified, point-to-point course with elevation loss of 30.5 m and a start/finish separation of more than 75%; elite women run separate race with 25-minute headstart.)

MEN (gun times)

1. Mo Farah, GBR 59:22 PB  
[14:26 / 28:45 / 42:30]
2. Stanley Biwott, KEN 59:24

3. Mike Kigen, KEN 1:00:10
4. Stephen Mokoka, RSA 1:00:40
5. Thomas Ayeko, UGA 1:01:14
6. Bashir Abdi, BEL 1:02:06 PB
7. Stephen Sambu, KEN 1:02:22
8. Mark Kiptoo, KEN 1:02:32
9. Masato Kikuchi, JPN 1:03:13
10. Timothy Toroitich, KEN 1:03:14

...

29. Ryan Hall, USA 1:09:40  
[14:59 / 31:38 / 48:18]

#### ELITE WOMEN (gun times)

1. Mary Keitany, KEN 1:07:32  
[16:01 / 32:16 / 48:15 / also 51:49 10 miles]
2. Gemma Steel, GBR 1:11:00
3. Jelena Prokopcuka, LAT 1:11:52
4. Alyson Dixon, GBR 1:12:07
5. Adriana Nelson, USA 1:12:29

### Mattoni Ústí Half Marathon (5th)

(IAAF Silver Label Road Race/RunCzech Series)

Usti nad Labem, CZE, 12 September

(Distance: 21.1 km)

#### MEN (gun times)

1. Merhawi Kesete, ERI 1:00:58 € 2500 + 1000i
2. Barselius Kipyego, KEN 1:00:59 1000 + 1000i
3. Elijah Tirop, KEN 1:01:12 800
4. Festus Talam, KEN 1:01:34 600
5. Emmanuel Oliaulo, KEN 1:01:58 500
6. Kenneth Keter, KEN 1:02:29 PB 400
7. Teshome Mekonen, ETH 1:02:39 200
8. Daniel Kipchumba Chebii, KEN 1:03:27 100
9. Evans Kigen Kurui, KEN 1:03:56
10. Habtamu Arga, ETH 1:03:57 PB

i) Earned time incentive for sub-1:01:00

#### WOMEN (gun times)

1. Peris Jepchirchir, KEN 1:07:17 PB/CR € 2500 + 1000\* + 5000i
2. Shitaye Eshete, BRN 1:10:14 PB 1000
3. Linah Cheruto, KEN 1:10:48 800
4. Caroline Cheptanui, KEN 1:11:45 600
5. Eva Vrabkova, CZE 1:12:11 PB 500
6. Etalemahu Habtewold, ETH 1:12:43 400
7. Mizuki Matsuda, JPN 1:12:54 PB 200
8. Ai Inoue, JPN 1:13:32 100
9. Olga Skrypak, UKR 1:14:05
10. Natalya Popkova, RUS 1:15:52

\*) Course record/€1000 bonus

i) Earned time incentive for sub-1:09:00

**Great North CityGames**

Gateshead, GBR, 12 September

Note: This "street meet" is held the day before the Morrisons Great North Run (results below). Athletes run mostly on the road, but finish on a 180 m straight Mondo track. – Ed.

MEN

Mile:

1. Asbel Kiprop, KEN, 4:08
2. Marcin Lewandowski, POL, 4:08
3. Tom Lancashire, GBR, 4:09

**Faxon Law New Haven Road Race (38th)**

(USA Men's and Women's 20 km Championships)

New Haven, USA, 7 September

(Distance: 20 km; certified loop course)

MEN (gun times)

- |                                       |          |          |
|---------------------------------------|----------|----------|
| 1. Jared Ward, 26, Provo, UT          | 59:24 PB | \$10,000 |
| 2. Sam Chelanga, 30, Tucson, AZ       | 59:25 PB | 5,000    |
| 3. Dathan Ritzenhein, 32, Belmont, MI | 59:27    | 2,500    |
| 4. Luke Puskedra, 25, Ogden, UT       | 59:30    | 1,500    |
| 5. Tyler Pennel, 27, Blowing Rock, NC | 59:35 PB | 1,000    |
| 6. Abdi Abdirahman, 36, Tucson, AZ    | 1:00:09  | 700      |

WOMEN (gun times)

- |                                     |            |          |
|-------------------------------------|------------|----------|
| 1. Molly Huddle, 31, Providence, RI | 1:06:26 PB | \$10,000 |
| 2. Janet Bawcom, 37, Flagstaff, AZ  | 1:07:26 PB | 5,000    |
| 3. Brianne Nelson, 34, Golden, CO   | 1:07:28 PB | 2,500    |

**Luanda International Half Marathon (3rd)**

Luanda, ANG, 6 September

(Distance: 21.1 km)

MEN

- |                                    |             |        |
|------------------------------------|-------------|--------|
| 1. Sammy Kitwara, 1986, KEN        | 1:00:25 USD | 15,000 |
| 2. Stephen Kosgei Kibet, 1986, KEN | 1:01:09     | 8,000  |
| 3. Birhanu Legesse, 1994, ETH      | 1:01:42     | 7,000  |
| 4. Samuel Tsegay, 1988, ERI        | 1:01:46     | 5,000  |
| 5. Goitom Kifle, 1993, ERI         | 1:02:30     | 4,000  |

WOMEN

- |                                 |             |          |
|---------------------------------|-------------|----------|
| 1. Flomena Cheyech, 1982, KEN   | 1:08:18 CR* | USD 9000 |
| 2. Cynthia Limo, 1989, KEN      | 1:08:46     | 8000     |
| 3. Mamitu Daska, 1983, ETH      | 1:09:05     | 7000     |
| 4. Florence Kiplagat, 1988, KEN | 1:09:20     | 6000     |
| 5. Mary Wacera, 1988, KEN       | 1:10:34     | 5000     |

**Switzerland Marathon Light (2nd)**

Sarnen, SUI, 6 September

(Distance: 21.1 km; loop course)

MEN (gun times)

- |                           |             |
|---------------------------|-------------|
| 1. Edwin Koech, 1987, KEN | 59:54 PB/CR |
|---------------------------|-------------|

2. Asbel Kipsang, 1993, KEN 1:00:37 PB
3. Kennedy Kipyeko, 1991, KEN 1:00:57
4. Abraham Akopesha Kasongor, 1993, KEN 1:02:03

## WOMEN (gun times)

1. Maja Neuenschwander, 1980, SUI 1:12:25 CR
2. Breda Van Breda, 1986, NED 1:22:30
3. Victoria Crawford, 1985, GBR 1:24:06

**Cardiff 10 km** (30th)

Cardiff, GBR, 6 September

## MEN (gun times)

1. John Beattie, Newham & Essex Beagles/Tulsa Uni 29:12 PB
2. Dewi Griffiths, Swansea/Swansea Uni 29:18 PB
3. Kojo Kyereme, Shaftesbury Barnet/Herne Hill 29:51

## WOMEN (gun times)

1. Rachel Felton, Shaftesbury Barnet/Stroud 33:27 PB
2. Michelle Ross-Cope, 1972, City of Stoke 33:35
3. Kate Reed, Bristol & West 33:36

**German 10 km Championships**

Bad Liebenzell, GER, 6 September

## MEN (gun times)

1. Arne Gabius, 1981, Lauf Team Haspa Marathon Hamburg, 28:44
2. Amanal Petros, 1995, TSVE 1890 Bielefeld, 28:49
3. Philipp Pflieger, 1987, LG TELIS FINANZ Regensburg, 28:54

## WOMEN (gun times)

1. Fate Tola Geleto, 1987, LG Braunschweig (ETH), 31:56
2. Sabrina Mockenhaupt, 1980, LG Sieg, 32:59
3. Alina Reh, 1997, TSV Erbach, 33:35

**Brabants Dagblad Ten Miles of Tilburg** (28th) & **Rabobank Tilburg Ladies****Run 10 km** (23rd)

Tilburg, NED, 6 September

(Distances: 10 miles [men] and 10 km [women])

## MEN (gun times)

1. Bernard Koech, KEN, 45:21
2. John Langat, KEN, 45:37 PB
3. Yohanes Ghebregergis, ERI, 45:37
4. Gilbert Kirwa, KEN, 45:40 PB
5. Vincent Chepkok, KEN, 45:50 PB

## WOMEN (gun times)

1. Genet Ayalew, ETH, 30:58 PB
2. Shalane Flanagan, USA, 31:03 NR#
3. Betsy Saina, KEN, 32:21
4. Dibabe Kuma, ETH, 32:23
5. Veerle Dejaeghere, BEL, 32:28 PB
6. Jess Coulson, GBR, 32:44 PB



7. Elena Nagovitsyna, RUS, 32:49 PB
8. Ivy Kibet, KEN, 32:50
9. Yenenesh Tilahun, ETH, 32:55

#) Also USA all-women's record

### **Birell Grand Prix (20th)**

(IAAF Gold Label Road Race)

Prague, CZE, 5 September (evening race)

(Distance: 10 km; certified loop course)

#### MEN

1. Daniel Chebii, KEN 27:42 € 1600
2. Gilbert Masai, KEN 27:45 PB 1000
3. Barselius Kipyego, KEN 27:46 PB 800
4. Japhet Korir, KEN 27:48 600
5. Teshome Mekonen, ETH 27:50 PB 400
6. Benard Bett, KEN 27:52 PB 300
7. Evans Kigen Kurui, KEN 27:56 PB 200
8. Geoffrey Ronoh, KEN 28:09 100
9. Kenneth Keter, KEN 28:23
10. Joel Kipkoech Kimutai, KEN 28:50

#### WOMEN

1. Peres Jepchirchir, KEN 30:55 WL/CR € 1600 + 2000\* + 1000i
2. Linah Cheruto, KEN 32:08 PB 1000
3. Kidsan Alema, ETH 32:10 PB 800
4. Shitaye Eshete, BRN 32:11 PB 600
5. Viola Jelagat, KEN 32:37 PB 400
6. Caroline Kilel, KEN 32:53 300
7. Eva Vrabcova, CZE 33:07 PB 200
8. Mizuki Matsuda, JPN 33:19 PB 100
9. Amane Beriso, ETH 33:20
10. Etalehamu Habtewold, ETH 33:36

i) Earned time incentive for sub-31:45

\*) Course record bonus

### **Semi-Marathon International de Lille Métropole (30th)**

Lille, FRA, 5 September

(Distance: 21.1 km)

#### MEN (gun times)

1. Stephen Chebogat, KEN 1:00:19 PB
2. Bonsa Dida Direba, ETH 1:00:19 PB
3. Vincent Kipruto, KEN 1:00:19
4. Jairus Birech, KEN 1:00:23 PB
5. Norbert Kigen, KEN 1:00:32 PB

#### WOMEN (gun times)

1. Peninah Arusei, KEN 1:08:56
2. Sarah Chepchirchir, KEN 1:10:02
3. Hirut Alemayehu Gebremikael, ETH 1:11:04
4. Fionnuala Britton, IRL 1:11:33 PB
5. Laurane Picoche, FRA 1:12:52

**CROSS-COUNTRY****Coastal Carolina Invitational**

Columbia, USA, 11 September

WOMEN (5 km) - 1. Letitia Saayman, Coastal Carolina (RSA), 17:01.0; 2. Kyla van Graan, Coastal Carolina (RSA), 18:01.8; 3. Aynslee van Graan, Coastal Carolina (RSA), 18:25.2.

**TRACK****Rieti 2015** (45th)

(IAAF World Challenge Series)

Rieti, ITA, 13 September

**MEN**

800:

Race 2 -

- |                                  |            |
|----------------------------------|------------|
| 1. Adam Kszczot, POL             | 1:44.82    |
| 2. Musaeb Abdulrahman Balla, QAT | 1:45.13    |
| 3. Amine El Manaoui, MAR         | 1:45.20    |
| 4. Nader Belhanbel, MAR          | 1:45.21    |
| 5. Ali Al-Deraan, KSA            | 1:45.53 PB |

Race 1 -

- |                               |            |
|-------------------------------|------------|
| 1. Mohamed Hamada, EGY        | 1:46.87    |
| 2. Antonio Manuel Reina, ESP  | 1:47.09    |
| 3. Emad Yahya Al Jayzani, KSA | 1:47.20 PB |

1500:

- |                              |         |
|------------------------------|---------|
| 1. Taoufik Makhoulfi, ALG    | 3:35.53 |
| 2. Vincent Kibet, KEN        | 3:37.01 |
| 3. Amine Laalou, MAR         | 3:37.88 |
| 4. Fouad Elkaam, MAR         | 3:39.27 |
| 5. Soufiane El Kabbouri, ITA | 3:39.78 |
| ... 8. Leo Manzano, USA      | 3:40.88 |

3000:

- |                                |            |
|--------------------------------|------------|
| 1. Hillary Kipkorir Maiyo, KEN | 7:45.35    |
| 2. Emmanuel Kipsang, KEN       | 7:46.80    |
| 3. Moses Koech, KEN            | 7:47.48 PB |
| 4. Edwin Soi, KEN              | 7:49.53    |
| 5. Carlos Alonso, ESP          | 7:49.61 PB |

3000 s/chase:

- |                           |         |
|---------------------------|---------|
| 1. Brahim Taleb, MAR      | 8:24.61 |
| 2. Amor Ben Yahia, TUN    | 8:25.50 |
| 3. Mitko Tsenov, BUL      | 8:27.81 |
| 4. Tolosa Nurgji, ETH     | 8:29.04 |
| 5. Ilgizar Safiullin, RUS | 8:31.00 |

**WOMEN**

800:

Race 2 -

- |                            |         |
|----------------------------|---------|
| 1. Francine Niyonsaba, BDI | 1:57.62 |
|----------------------------|---------|

2. Faith Kipyegon, KEN	1:58.02 PB
3. Olha Lyakhova, UKR	1:58.64 PB
4. Marina Arzamasova, BLR	1:58.93
5. Angelika Cichocka, POL	1:59.55 PB
6. Joanna Jóźwik, POL	1:59.79
7. Rababe Arafai, MAR	2:00.94
8. Malika Akkaoui, MAR	2:02.04

## Race 1 -

1. Anastasiia Tkachuk, UKR	2:01.94
2. Noélie Yarigo, BEN	2:02.05
3. Aníta Hinriksdóttir, ISL	2:03.37

## 1500:

1. Gudaf Tsegay, ETH	4:05.17
2. Fiona Benson, CAN	4:05.24 PB
3. Mimi Belete, BRN	4:05.37
4. Axumawit Embaye, ETH	4:06.09
5. Ciara Mageean, IRL	4:06.49 PB

**AG Insurance Memorial van Damme**

(14th and final stop of 2015 IAAF Diamond League)  
Bruxelles, BEL, 11 September

## MEN

## 800 (DL):

1. Adam Kszczot, POL	1:45.12	\$10,000
2. Nijel Amos, BOT	1:45.25	6,000 + 40,000 DL
3. Amel Tuka, BIH	1:45.45	4,000
4. Mohammed Aman, ETH	1:45.49	3,000
5. Nader Belhanbel, MAR	1:45.94	2,500
6. Robert Biwott, KEN	1:46.17	2,000
7. Antoine Gakeme, BDI	1:46.82	1,500
8. Alfred Kipketer, KEN	1:46.98	1,000
9. Pierre-Ambroise Bosse, FRA	1:47.01	
10. Asbel Kiprop, KEN	1:47.09	
11. Elijah Manangoi, KEN	1:47.40 PB	

## 1500:

1. Morhad Amdouni, FRA	3:36.92
2. Ryan Gregson, AUS	3:37.14
3. Samir Dahmani, FRA	3:37.81
4. Tom Lancashire, GBR	3:38.02
5. Carlos Alonso, ESP	3:38.58
6. Collis Birmingham, AUS	3:39.32
7. Pieter-Jan Hannes, BEL	3:40.04
8. David Bustos, ESP	3:40.19
9. Florian Orth, GER	3:40.54
10. Chris O'Hare, GBR	3:43.97
11. Dale Clutterbuck, GBR	3:44.02

## 5000 (DL):

1. Yomif Kejelcha, ETH	12:53.98 WL/WJL/PB	\$10,000 + 40,000 DL
2. Hagos Gebrhiwet, ETH	12:54.70	6,000
3. Abdalaati Iguider, MAR	12:59.25 PB	4,000
4. Thomas Longosiwa, KEN	12:59.72	3,000

5. Caleb Ndiku, KEN	13:05.30	2,500
6. Yenew Alamirew, ETH	13:05.53	2,000
7. Ben True, USA	13:05.54	1,500
8. Ryan Hill, USA	13:05.69 PB	1,000
9. Paul Kipsiele Koech, KEN	13:07.74	
10. Galen Rupp, USA	13:08.38	
11. Emmanuel Kipsang, KEN	13:08.55 PB	
12. Mo Ahmed, CAN	13:10.00 NR/PB	
13. Yasin Haji, ETH	13:10.67 PB	
14. Isiah Koech, KEN	13:22.33	
15. Othmane El Goumri, MAR	13:24.68	
16. Chris Derrick, USA	13:25.23	
17. Brett Robinson, AUS	13:52.41	

**WOMEN**

## Mile (DL):

1. Faith Kipyegon, KEN	4:16.71 AR/WL/PB/MR	\$10,000
2. Sifan Hassan, NED	4:18.20 NR/NUR/PB	6,000 + 40,000 DL
3. Shannon Rowbury, USA	4:22.10	4,000
4. Jenny Simpson, USA	4:22.18 PB	3,000
5. Mercy Cherono, KEN	4:22.67 PB	2,500
6. Abeba Aregawi, SWE	4:23.07 NR/PB	2,000
7. Rababe Arafai, MAR	4:23.50 NR/PB	1,500
8. Viola Kibiwot, KEN	4:24.31 PB	1,000
9. Renata Plis, POL	4:25.32 PB	
10. Axumawit Embaye, ETH	4:26.84 PB	
11. Sofia Ennaoui, POL	4:27.32 PB	
12. Nancy Chepkwemoi, KEN	4:28.66 PB	

## 3000 s/chase (DL):

1. Habiba Ghribi, TUN	9:05.36 AR/WL/PB/MR	\$10,000
2. Hyvin Jepkemoi, KEN	9:10.15 PB	6,000
3. Sofia Assefa, ETH	9:12.63	4,000
4. Hiwot Ayalew, ETH	9:14.73	3,000
5. Purity Kirui, KEN	9:17.74 PB	2,500
6. Virginia Nyambua, KEN	9:20.38	2,000 + 40,000 DL
7. Stephanie Garcia, USA	9:25.20	1,500
8. Emma Coburn, USA	9:32.13	1,000
9. Natalya Vlasova, RUS	9:36.42	
10. Eunice Kertich, KEN	9:37.12	
11. Sandra Eriksson, FIN	9:40.20	
12. Ann Gathoni, KEN	9:44.82	
13. Buzuayehu Mohamed, ETH	9:52.30	
14. Lidya Chepkurui, KEN	9:59.78	

**ISTAF (73rd)**

(IAAF World Challenge Series)

Berlin, GER, 6 September

**MEN**

## 800:

1. Nijel Amos, BOT	1:43.28
2. Adam Kszczot, POL	1:44.22
3. Mohammed Aman, ETH	1:44.24
4. Taoufik Makhouloufi, ALG	1:44.24
5. Musaeb Abdulrahman Balla, QAT	1:44.62

- |                               |         |
|-------------------------------|---------|
| 6. Timothy Kitum, KEN         | 1:46.06 |
| 7. Dennis Krüger, GER         | 1:47.38 |
| 8. Pierre-Ambroise Bosse, FRA | 1:47.96 |

5000:

- |                               |          |
|-------------------------------|----------|
| 1. Paul Kipsiele Koech, KEN   | 13:08.86 |
| 2. Hassan Mead, USA           | 13:10.38 |
| 3. Bernard Lagat, 1974, USA   | 13:17.58 |
| 4. Richard Ringer, GER        | 13:18.00 |
| 5. Andrew Vernon, GBR         | 13:25.52 |
| 6. Isiah Kiplangat Koech, KEN | 13:27.31 |
| 7. Othmane El Goumri, MAR     | 13:28.59 |
| 8. Haron Lagat, KEN           | 13:30.95 |

WOMEN

800:

- |                           |            |
|---------------------------|------------|
| 1. Lynsey Sharp, GBR      | 1:57.71 PB |
| 2. Fabienne Kohlmann, GER | 1:58.34 PB |
| 3. Marina Arzamasova, BLR | 1:58.88    |
| 4. Chanelle Price, USA    | 1:59.99    |
| 5. Shannon Rowbury, USA   | 2:00.03 PB |
| 6. Christina Hering, GER  | 2:00.04    |
| 7. Joanna Józwik, POL     | 2:00.27    |
| 8. Caster Semenya, RSA    | 2:00.51    |

2000 s/chase:

- |                                  |            |
|----------------------------------|------------|
| 1. Virginia Nyambura Nganga, KEN | 6:02.16 WB |
| 2. Beatrice Chepkoech, KEN       | 6:02.47 PB |
| 3. Gesa Krause, GER              | 6:04.20 NR |
| 4. Magdalene Masai, KEN          | 6:10.82 PB |
| 5. Tigist Getnet, ETH            | 6:14.34 PB |
| 6. Birtukan Fente, ETH           | 6:16.25 PB |
| 7. Genevieve LaCaze, AUS         | 6:16.86 PB |
| 8. Ann Gathoni, KEN              | 6:18.12 PB |
| 9. Natalya Vlasova, RUS          | 6:22.30 PB |
| 10. Sanaa Koubaa, GER            | 6:28.49 PB |

### Weltklasse in Zürich (86th)

(1st of two finals for the 2015 IAAF Diamond League)

Zürich, SUI, 3 September

MEN

800:

- |                                  |         |
|----------------------------------|---------|
| 1. Adam Kszczot, POL             | 1:45.55 |
| 2. Taoufik Makhoulfi, ALG        | 1:45.62 |
| 3. Mohammed Aman, ETH            | 1:45.83 |
| 4. David Rudisha, KEN            | 1:45.91 |
| 5. Marcin Lewandowski, POL       | 1:45.91 |
| 6. Musaeb Abdulrahman Balla, QAT | 1:45.91 |
| 7. Job Kinyor, KEN               | 1:46.00 |
| 8. Nader Belhanbel, MAR          | 1:46.08 |
| 9. Ferguson Rotich, KEN          | 1:46.80 |
| 10. Alfred Kipketer, KEN         | 1:47.39 |

1500 (DL):

- |                      |         |                      |
|----------------------|---------|----------------------|
| 1. Asbel Kiprop, KEN | 3:35.79 | \$10,000 + 40,000 DL |
|----------------------|---------|----------------------|

2. Elijah Manangoi, KEN	3:36.01	6,000
3. Robert Biwott, KEN	3:36.04 PB	4,000
4. Abdalaati Iguider, MAR	3:36.11	3,000
5. Ronald Kwemoi, KEN	3:36.60	2,500
6. Henrik Ingebrigtsen, NOR	3:37.37	2,000
7. Caleb Ndiku, KEN	3:38.13	1,500
8. Robby Andrews, USA	3:38.78	1,000
9. Silas Kiplagat, KEN	3:39.69	
10. Charlie Grice, GBR	3:39.79	
11. Leo Manzano, USA	3:41.27	
12. Jakub Holuša, CZE	3:41.90	

## 3000 s/chase (DL):

1. Paul Kipsiele Koech, KEN	8:10.24	\$10,000
2. Jairus Birech, KEN	8:15.64	6,000 + 40,000 DL
3. Evan Jager, USA	8:18.39	4,000
4. Clement Kimutai, KEN	8:21.16	3,000
5. Brahim Taleb, MAR	8:23.00	2,500
6. Conseslus Kipruto, KEN	8:24.35	2,000
7. Brimin Kipruto, KEN	8:24.66	1,500
8. Matt Hughes, CAN	8:25.45	1,000
9. Jonathan Ndiku, KEN	8:26.84	
10. Lawrence Kipsang, KEN	8:30.96	
11. Abel Mutai, KEN	8:31.88	
12. Krystian Zalewski, POL	8:32.55	
13. Daniel Huling, USA	8:33.44	
14. Ezekiel Kemboi, KEN	8:33.44	
15. Yoann Kowal, FRA	8:45.96	

## WOMEN

## 800 (DL):

1. Eunice Sum, KEN	1:59.14	\$10,000 + 40,000 DL
2. Lynsey Sharp, GBR	1:59.37	6,000
3. Fabienne Kohlmann, GER	1:59.68	4,000
4. Sifan Hassan, NED	1:59.95	3,000
5. Marina Arzamasova, BLR	2:00.69	2,500
6. Renelle Lamote, FRA	2:00.75	2,000
7. Joanna Józwik, POL	2:01.36	1,500
8. Brenda Martinez, USA	2:02.00	1,000
9. Chanelle Price, USA	2:02.14	
10. Selina Büchel, SUI	2:02.43	
11. Shelayna Oskan-Clarke, GBR	2:05.91	

## 3000 (DL):

1. Almaz Ayana, ETH	8:22.34	\$10,000
2. Genzebe Dibaba, ETH	8:26.54	6,000 + 40,000 DL
3. Senbere Teferi, ETH	8:34.32 PB	4,000
4. Jenny Simpson, USA	8:34.43	3,000
5. Mercy Cheronno, KEN	8:35.48	2,500
6. Vivian Cheruiyot, KEN	8:38.91	2,000
7. Shannon Rowbury, USA	8:39.92	1,500
8. Viola Kibiwot, KEN	8:41.93	1,000
9. Irene Jelagat, KEN	8:47.04	
10. Irene Cheptai, KEN	8:48.03 PB	
11. Emily Infeld, USA	8:52.02	
12. Emma Coburn, USA	8:59.76 PB	

## ULTRA/MOUNTAIN/TRAIL RUNNING

### Ultraloop Winschoten

(IAU World 100 km Championships)

Winschoten, NED, 12 September

(Distance: 100 km [10 x 10 km loop])

#### MEN (gun times)

- |                            |         |        |
|----------------------------|---------|--------|
| 1. Jonas Buud, SWE         | 6:22:44 | Gold   |
| 2. Asier Cuevas, ESP       | 6:35:49 | Silver |
| 3. Giorgio Calcaterra, ITA | 6:36:49 | Bronze |
| 4. Vasiliy Larkin, RUS     | 6:38:48 |        |
| 5. Wouter Decock, BEL      | 6:41:27 |        |

#### WOMEN (gun times)

- |                           |         |        |
|---------------------------|---------|--------|
| 1. Camille Herron, USA    | 7:08:35 | Gold   |
| 2. Kajsa Berg, SWE        | 7:20:48 | Silver |
| 3. Marija Vrajic, CRO     | 7:27:11 | Bronze |
| 4. Sarah Bard, USA        | 7:29:01 |        |
| 5. Joasia Zakrzewski, GBR | 7:31:33 |        |
| 6. Marina Zalybina, RUS   | 7:34:09 |        |

## OBITUARY

This article was originally written for the Western Province Athletics website. The photograph is by Jasper Coetzee.

### TOP VETERAN SHERYL DE LANGE FATALLY HIT BY CAR WHILE TRAINING

By Riël Hauman

The Western Province athletics community was shocked on Wednesday to hear of the death of well-known distance runner Sheryl de Lange, who was hit by a car while training in the early hours of the morning in Durbanville. De Lange was 47.



De Lange was a top performer in WP distance running for more than twenty years, making her mark on the road and in cross-country and winning a number of WP titles in these two disciplines. A little more than three weeks before her death she placed second in the 45-49 age category in the WP Cross-country Championships (also finishing ninth over 10 km in the open race).

Just last weekend she was the overall winner in the Lentefees 10 km in Riebeeck Kasteel, running 44:38. The previous weekend she finished third in her age category in the WP Half-marathon Championships in Atlantis, repeating her performance of 2014.

De Lange represented Western Province with distinction in national road running and cross-country championships on many occasions and was due to run in the South African Cross-country Championships in Middelburg this past weekend.

Earlier this year De Lange finished second in her age category in the SA 10 km Championships after she had won the category last year.

Apart from the Lentefees race, she scored two age category victories on the road in 2015 – in the Lion of Africa 10 km and the 27 for Freedom 10 km. On the 2015 WP

performance lists for veterans she was 10<sup>th</sup> in the 10 km (41:21), eighth in the 15 km (63:45) and ninth in the half marathon (1:32:30) at the time of her death.

De Lange's best year while she was still a senior was 1995, when she ran three personal bests in the space of four weeks: 36:46 (10 km), 55:42 (15 km) when finishing second in the WP Championships, and 1:19:37 (half marathon) when she was 11<sup>th</sup> in the SA Championships. The latter remained the best performance of her career in a national championship. These times placed her 24<sup>th</sup>, 11<sup>th</sup> and 15<sup>th</sup> respectively on the SA performance lists for the year.

As a veteran (40-49) she was third in the SA 10 km in 2012 after finishing fourth in 2010. In the SA Half Marathon she was sixth in both 2009 and 2010, and fifth in 2011. In last year's SA Half Marathon she placed fourth in the 45-49 category.

Even while racing against athletes up to six years younger, the very competitive De Lange was able in 2014 to place eighth and tenth on the SA veterans performance lists for the 15 km and half marathon respectively.

De Lange, who joined the newly formed FNB Multisport Club recently, was born on 4 June 1968 and leaves her husband Phillip and two children.

## STATS TIME

With the Sanlam Cape Town Marathon being run in the Mother City next weekend, here are lists of the 10 fastest male and female times ever run by South Africans on standard courses in the Cape Peninsula. The lists also include times on the aided Peninsula Marathon course (which finishes in Simon's Town) – these are indicated by "A"; all other times are on standard routes. Former SA record holder Sonja Laxton has four times on the list. Only one time on both lists – Zintle Xiniwe's 2:41:49 in last year's Sanlam Cape Town Marathon, which then doubled as the SA Marathon – was run after 2003.

### MARATHON: 10 FASTEST TIMES EVER IN CAPE TOWN

#### MEN

2:10:18	Willie Mtolo	1	30 Apr 88
2:11:07	Abel Mokibe	1	28 Mar 92
2:11:47	Zithulele Sinqe	2	28 Mar 92
2:11:47A	Ernest Tjela	1	07 Mar 87
2:11:56	Jan Tau	3	28 Mar 92
2:11:10A	Bernard Rose	1	05 Mar 83
2:11:42#	Johan Dreyer	1	02 Jul 83
2:12:14	David Tsebe	2	30 Apr 88
2:13:02	John Sebata	3	30 Apr 88
2:13:36	Josiah Thugwane	4	28 Mar 92
2:13:38	Stephens Morake	4	30 Apr 88
2:13:40A	Tjela-2	1	22 Feb 86
2:13:40A	Simon Mphulanyane	1	08 Sep 02
2:13:47	Antony Nyabanyaba	5	28 Mar 92

#### WOMEN

2:31:21	Colleen de Reuck	1	28 Mar 92
2:33:39#	Annette Falkson	1	30 Apr 88
2:36:44#	Sonja Laxton	1	30 Jun 84
2:37:19A	Monica Drögemöller	1	03 Mar 90
2:37:46A	Adelene Joubert	1	23 Feb 85
2:39:56A	Falkson-2	1	07 Mar 87
2:40:05	Laxton-2	2	30 Apr 88
2:40:12	Laxton-3	2	28 Mar 92
2:41:05	Blanche Moila	3	28 Mar 92
2:41:35	Drögemöller-2	4	28 Mar 92



2:41:49	Zintle Xiniwe	1	21 Sep 14
2:42:56A	Charné Bosman	1	14 Sep 03
2:43:01	Laxton-4	1	20 Mar 93
2:43:09	Grace de Oliveira	5	28 Mar 92

#) SA record at the time; Dreyer's and Laxton's times were run in Kuils River, a Cape Town suburb.

### THIS MONTH IN HISTORY

#### 87 years ago: 29 September 1928

Apart from last year, when the SA Marathon was part of the Sanlam Cape Town Marathon, the national championship has only been run five times in September. Two of these were on the same date, 29 September, and the second one turned out to be one of the most infamous. First across the line in Cape Town on this day was Harry Phillips, but after all that trouble Phillips found that the event was declared "no race". According to the Annual Report of the SA Amateur Athletics & Cycling Association, the race "[was] declared null and void owing to the distance being short". By the greatest of coincidences, when the race was run on exactly the same date in 1923 (in Johannesburg), Phillips was also the winner – this time officially. He recorded 3:12:06, with Arthur Newton second in 3:30:05. There were only four finishers.

### 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.

#### MEN

##### Open

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	
	59:20	Stanley Biwott (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		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		04 Jan
	1:37:54	Duane Fortuin	Camps Bay	
	1:31:27	Shin Kimura (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:15:17	Desmond Mokgobu	Santiago	12 Apr
	2:04:42	Eliud Kipchoge (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		

100 km  
6:13:33 Takahiro Sunada (JPN) 1998

\*\*\*) The ARRS does not recognise records set at intermediate points in a longer race.

#### Veterans (40+)

10 km	30:59	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	2:24:58	Charles Tjiane	Benoni	25 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	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	75:23	Daniel Mothibe	Port Elizabeth	25 Jul
	66:42	Martin Rees (GBR) 2003		
25 km	1:43:01	Peter Sehloho	Durban	08 Mar
	1:41:14A	Michael Bekapi	Somerset East	18 Apr
30 km	1:51:00	Eric Coetzee	Parow	15 Mar
Marathon	2:48:48	Shaun Meiklejohn	Durban	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

#### Grandmasters (60+)

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	3:18:02	Michael Langa	Durban	01 Mar
100 km				

#### Juniors

10 km	31:03	McMarshal Hartzenberg	Bellville	28 Mar
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:11	Andile Motwana	Despatch	07 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	68:36	Mbasobhi Gumede	Port Elizabeth	25 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

#### **WOMEN**

##### Open

10 km	32:54	Mapaseka Makhanya	Cape Town	29 Mar
	30:56	Gladys Cheronu (KEN)		

15 km	30:21	Paula Radcliffe (GBR) 2003		
	51:54	Lebo Phalula	Pretoria	15 Aug
	46:14	Florence Kiplagat (KEN)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	46:14p	Florence Kiplagat (KEN) 2015		
	71:54	Lebo Phalula	Port Elizabeth	25 Jul
	65:09	Florence Kiplagat (KEN)		
	65:12	Florence Kiplagat (KEN) 2014		
25 km	65:09p	Florence Kiplagat (KEN) 2015		
	1:36:08	Jenna Challenor	Durban	08 Mar
	1:21:55	Sutume Asefa Kebede (ETH)		
	79:53	Mary Keitany (KEN) 2010		
30 km	1:56:32	Tanith Maxwell	Camps Bay	04 Jan
	1:45:00	Saori Noda (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:02	Mapaseka Makhanya	Hannover	19 Apr
	2:19:52	Mare Dibaba Hurssa (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:43	Prudence Zwane	Pretoria	28 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:15	Sandra van Graan	Ravensmead	14 Mar
	60:15	Sandra van Graan	Eersterivier	20 Jun
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	82:50	Ulrica Stander	Port Elizabeth	25 Jul
	69:56	Irina Permitina (RUS) 2009		
25 km	1:49:37	Heather Walden	Pretoria	09 May
	1:42:12A	Suzette Botha	Pinetown	25 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:11:00	Adele Waldron	Camps Bay	04 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:53:38	Gillian Sieling	London	26 Apr
	3:02:08A	Jacqui Bakkes	Simon's Town	15 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	39:23	Judy Bird	Durban	07 Jun
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:03	Elmarie Coetzee	Ravensmead	14 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	90:02	Jane Mudau	Polokwane	09 Aug
	76:07	Tatyana Pozdniakova (UKR) 2006		
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	Jane Mudau	Polokwane	28 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
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	2:27:12	Francis van Blerk	Pretoria	11 Jul
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:58:19	Wendy Fitzmaurice	Durban	01 Mar
	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				

#### Juniors

10 km	34:52	Nicole van der Merwe	Durban	07 Jun
	31:42	Zola Pieterse (RSA) 1984		
15 km	58:12	Ashleigh Simonis	Eersterivier	20 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	84:17	Nonhlanhla Dlamini	Cape Town	04 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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