

Distance Running Results

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EDITORIAL

Best performance of the weekend came from Lebogang Phalula in the Spar Women's 10 km in Pietermaritzburg. She won in 34:41, with Jenet Dlamini following her in the second fastest time of her career, 35:56.

The 31st PPC Cement Riebeeckberg Marathon went to Anda Lubelwana in 2:32:09 and Adele Waldron in 3:17:45. Defending champion Lee-Shay Willemse was second. In the accompanying half marathon Siviwe Nkombi (1:10:59) and Tanya Posthumus-Fox (1:31:36) were first across the line.

Internationally, Maine native Ben True gave locals in Cape Elizabeth something special to cheer about when he became the first American in TD Beach to Beacon 10 km history to claim victory. True won in 28:17, with another American, Dathan Ritzenhein, second in 28:28. In the women's race Mary Keitany (KEN) was the class of the field, breaking the course record in 30:45. It was Keitany's second course record in a week (the previous Saturday she had won the Quad-City Times Bix 7 Miler in Iowa in 35:20).

Lungile Gongqa did not run a personal best in the SA Half Marathon, as indicated last week. His 1:03:57 is 20 seconds slower than the 1:03:37 he clocked in the Beach to Beach Half Marathon in East London in 2014 (DRR did not receive the results at the time). Also, the World Half Marathon earlier this year was not in Chicago, but Cardiff.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Women's 10 km Race, Pietermaritzburg
- * Old Eds Half Marathon & 10 km, Johannesburg
- * Pick 'n Pay Brackenfell Half Marathon & 10 km, Brackenfell
- * Oak Cottage Spar Mountain Drive Half Marathon, Grahamstown
- * PPC Cement Riebeeckberg Marathon, Half Marathon & 10 km, Riebeeck West
- * The Longest Day 12-hour Race, Pietermaritzburg
- * XC: WP League Meeting, Tokai; Gauteng North League Meeting, Pretoria

International highlights:

- * TD Beach to Beacon 10 km, Cape Elizabeth, USA
- * Yankee Homecoming 10 Mile, Newburyport, USA
- * Aloha Zane Branson Memorial 15 km, Kabarak, KEN

* Track: Sir Walter Miler, Raleigh, USA

ROAD RUNNING

Spar Women's 10 km Race

(Women only)

Pietermaritzburg, 7 August

(Undulating loop course. Finishers: 1545 [slightly up from 1508 last year].)

Note: The age category prizes were awarded in the form of Spar vouchers. – Ed.

| | | | |
|-----|------------------|--------------|---------------|
| 1. | Lebogang Phalula | Boxer AC | 34:41 (R8000) |
| 2. | Jenet Dlamini | Umzimkulu St | 35:56 (R6000) |
| 3. | Cornelia Joubert | Boxer AC | 36:41 (R4000) |
| 4. | Jenna Challenor | KPMG | 37:01 (R2000) |
| 5. | Makhosi Mhlongo | Savages | 38:08 (R1000) |
| 6. | Anet Coetzee | KPMG | 38:27 |
| 7. | Sizi Mkhize | Zakhele AC | 39:14 |
| 8. | Janene Carey | Boxer AC | 39:48 |
| 9. | Suzette Botha | Eskom | 39:50 |
| 10. | Abigail Solms | Save Orion | 41:31 |

40-49:

| | | | |
|----|-----------------|----------|--------------|
| 1. | Janene Cary | Boxer AC | 39:48 (R800) |
| 2. | Suzette Botha | Eskom | 39:50 (R600) |
| 3. | Qondi Cebekhulu | IND | 44:58 (R200) |

50-59:

| | | | |
|----|---------------------|-----------|--------------|
| 1. | Mary Mvelase | Phuma KZN | 47:04 (R800) |
| 2. | Nompumelelo Mthlane | Ind | 47:52 (R600) |
| 3. | Elana Pessenbacher | Eskom | 50:41 (R400) |

60+:

| | | | |
|----|---------------|-------------|--------------|
| 1. | Sandy Fisser | Hilton Harr | 47:53 (R800) |
| 2. | Jenny Taylor | Saint's | 53:06 (R600) |
| 3. | Beryl Trusler | RWFL | 53:29 (R400) |

Juniors:

| | | | |
|----|--------------------|---------------|--------------|
| 1. | Ntsholiseng Molefe | Lindokuhle AC | 44:59 (R800) |
|----|--------------------|---------------|--------------|

Old Eds Half Marathon & 10 km

Johannesburg, 7 August

(Distances: 21.1 km & 10 km; loop courses.)

Note: In her first race since recovering from a knee injury sustained when she fell on a training run – and just one day after her 68th birthday – Sonja Laxton won the grandmasters category in 52:31. – Ed.

Half marathon

MEN

1. Derocious Makhobalo (Ned) 1:09:05
2. Samuel Katuu (KEN/FFA) 1:09:10
3. Raphael Segodi (RRR) 1:09:32

WOMEN

1. Kim Norton (RAC) 1:26:42

2. Jacqui Young (Compress) 1:34:37
3. Emmah Mathibela (Ned) 1:34:39

10 km

MEN

1. Kabelo Melamu (Randmark) 31:47
2. Samuel Mathabathu (RRR) 32:54
3. Thato Molatedi (RRR) 33:17

WOMEN

1. Yolande Maclean (B2R) 38:59
2. Keneilwe Sesing (KPMG) 39"18
3. Gerda Steyn (Ned) 41:20

Pick 'n Pay Brackenfell Half Marathon & 10 km

Brackenfell, 6 August

(Distances: 21.1 km & 10 km. Finishers: half marathon – 1167 [slightly up from 1123 last year]; 10 km – 501.)

Half marathon

MEN

1. Danzil Pause (East) 1:08:15
2. Tsungai Mwanengeni (ZIM/Gugs) 1:10:07 (1st vet)
3. Babalo Hambi (Itheke) 1:10:59

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:10:07; 2. Shawn Abrahams (Celtic) 1:15:05; 3. Pieter Venter (Strand) 1:17:53. **Masters:** 1. Eric Coetzee (FNB) 1:18:34; 2. Gerald Sullivan (Sanlam) 1:29:19; 3. Lorenzo Lucas (Ned) 1:31:03. **G'masters:** 1. Mochamat Kriel (Ommie) 1:25:23; 2. Gemjikile Tom (Eskom) 1:34:16; 3. Mike Skevington (AAC) 1:37:35. **G/g'masters:** 1. Tinus Daneel (Bell) 2:13:34; 2. Yusuf Gamielien (Itheke) 2:16:00; 3. Koert Meyer (Tyger) 2:46:38. **Juniors:** 1. Thembeko Mendu (Gugs) 1:19:12; 2. Yanga Keli (Sanlam) 1:19:14; 3. Esona Mbombo (Sanlam) 1:23:57.

WOMEN

1. Nomvuyisi Seti (Itheke) 1:29:01
2. Ursula Turck (Strand) 1:31:27 (1st vet)
3. Candyce Hall (Carb) 1:31:44

Veterans: 1. Ursula Turck (Strand) 1:31:27; 2. Marlize Vienings (Edge) 1:35:41; 3. Marjorie Prins (Bell) 1:35:42. **Masters:** 1. Angelique Rabie (Carb) 1:34:02; 2. Marie Louw (FNB) 1:37:35; 3. Monica Patterson (WC) 1:49:33. **G'masters:** 1. Nancy Will (Pine) 1:44:10; 2. Lea Norton (Gugs) 2:06:57; 3. Jeanette van Wyk (Bell) 2:08:52. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:05:30; 2. Marlene James (Pine) 2:18:54; 3. Annatjie Berntzen (Good) 2:51:42. **Juniors:** 1. Ingrid Grundling (Sanlam) 1:56:44; 2. Siziphiwe Mbatsa (VOB) 1:58:59.

10 km

MEN

1. André Afrika (Eerste) 32:08
2. McMarshall Hartzenberg (UWC) 32:26
3. André Louw (East) 32:33

Veterans: 1. Thembelani Zola (Gugs) 35:13; 2. Sihle Mapukata (Ned) 36:00; 3. Sabelo Ngcwangu (Gugs) 36:19. **Masters:** 1. Japie Swanepoel (WC) 42:51; 2. Franklin Zinn (VOB) 50:31; 3. Gideon Lerm (RWFL) 50:48. **G'masters:** 1. Tom van Wyk (Brack) 51:36; 2. William Hendricks (Eerste) 52:09; 3. Cecil Erasmus (Tyger) 59:20. **G/g'masters:** 1. Peter

Donald (WC) 51:53. **Juniors:** 1. McMarshall Hartzenberg (UWC) 32:26; 2. Jeandré September (Eerste) 34:26; 3. Aubrey Kotze (Eerste) 35:29.

WOMEN

1. Tanith Maxwell (Boxer) 37:09 (1st vet)
2. Pamela Moyikwa (VOB) 41:28
3. Suzette McIvor (Ned) 41:39

Veterans: 1. Tanith Maxwell (Boxer) 37:09; 2. Suzette McIvor (Ned) 41:39; 3. Glenda Werth (Sanlam) 49:49. **Masters:** 1. Bev Charters (VOB) 46:31; 2. Ruth Smith (Enduro) 59:38; 3. Mina Sullivan (Sanlam) 69:52. **G'masters:** 1. Charmaine Cupido (Ned) 49:11; 2. Louisa van der Westhuizen (Stell) 50:59. **G/g'masters:** 1. Di Dennis (Edge) 1:16:43; 2. Bonnie Kosmas (Held) 1:24:47. **Juniors:** 1. Ashleigh Simonis (Carb) 44:29; 2. Razaan Kamaldien (MSA) 49:25; 3. Anja Wolstenholme (Durb) 50:11.

Oak Cottage Spar Mountain Drive Half Marathon

Grahamstown, 6 August

(Distance: 21.1 km; hilly loop course, partly on gravel. Finishers: 294 [down from 328 last year].)

MEN

| | | | | | |
|----|-------------|----------------------------------|----------------|----|---------|
| 1 | George | Ntshiliza | Bluewater Bay | 36 | 1:11:41 |
| 2 | Melikhaya | Kepe (1 st vet) | Nedbank RC | 40 | 1:12:32 |
| 3 | Anele | Maliza | Nedbank RC | 38 | 1:12:35 |
| 4 | Lubabalo | Bokuva | Albany SS | 26 | 1:19:39 |
| 5 | Masixole | Xayiya | Temp | 22 | 1:19:44 |
| 6 | Mila | Pasiya | Nedbank RC | 36 | 1:19:52 |
| 7 | Siyabonga | Honni | Vukani MS Club | 32 | 1:20:27 |
| 8 | Desmond | Witbooi | Born To Run | 45 | 1:24:17 |
| 9 | Mark | Crandon | Temp | 34 | 1:24:24 |
| 10 | Nkosinathi | Gcakasi | Bluewater Bay | 45 | 1:24:33 |
| 11 | Khayelihle | Ncube | Nedbank RC | 29 | 1:24:45 |
| 12 | Christopher | Mabengeza (1 st mast) | Nedbank RC | 50 | 1:25:15 |
| 13 | Noel | Adams | Gelvan AC | 44 | 1:25:20 |
| 14 | Mtetwa | Jarati | Body Concept | 26 | 1:25:56 |
| 15 | Jacques | Barnard | Despatch AC | 40 | 1:26:01 |
| 16 | Leon | Weitsz | Despatch AC | 42 | 1:26:11 |
| 17 | Jay | Fisher | Temp | 22 | 1:26:40 |
| 18 | Nkosinathi | Mlityalwa | Fort Hare | 30 | 1:27:19 |
| 19 | Colben | Ngcupe | Charlo AC | 53 | 1:27:28 |
| 20 | Thoko | Sipungu | Rhodes Univ | 27 | 1:28:08 |

40-44:

| | | | | | |
|---|-----------|---------|-------------|----|---------|
| 1 | Melikhaya | Kepe | Nedbank RC | 40 | 1:12:32 |
| 2 | Noel | Adams | Gelvan AC | 44 | 1:25:20 |
| 3 | Jacques | Barnard | Despatch AC | 40 | 1:26:01 |

45-49:

| | | | | | |
|---|------------|---------|---------------|----|---------|
| 1 | Desmond | Witbooi | Born To Run | 45 | 1:24:17 |
| 2 | Nkosinathi | Gcakasi | Bluewater Bay | 45 | 1:24:33 |
| 3 | Grant | Wolff | Temp | 49 | 1:29:41 |

50-54:

| | | | | | |
|---|-------------|------------|------------|----|---------|
| 1 | Christopher | Mabengeza | Nedbank RC | 50 | 1:25:15 |
| 2 | Colben | Ngcupe | Charlo AC | 53 | 1:27:28 |
| 3 | Graham | Terblanche | Madibaz AC | 51 | 1:34:28 |

55-59:

| | | | | | |
|---|---------|--------|---------|----|---------|
| 1 | Chester | Brooks | Xcel AC | 58 | 1:45:52 |
|---|---------|--------|---------|----|---------|

| | | | | | |
|---|-------------|-------|---------------|----|---------|
| 2 | Christopher | Nyodi | Bluewater Bay | 57 | 1:46:32 |
| 3 | Joseph | Bain | St Albans AC | 56 | 1:47:14 |

60-64:

| | | | | | |
|---|---------|------------|--------------|----|---------|
| 1 | Bruce | McEwan | Achilles AAA | 62 | 1:43:37 |
| 2 | Robert | Rietmuller | PEAAC | 60 | 1:49:16 |
| 3 | Richard | Foss | Albany SS | 62 | 1:49:53 |

65-69:

| | | | | | |
|---|---------|---------|--------------|----|---------|
| 1 | Sizinzo | Kama | Achilles AAA | 65 | 1:39:56 |
| 2 | Graham | Channon | Achilles AAA | 66 | 1:55:45 |
| 3 | Graham | Nell | Achilles AAA | 65 | 2:38:43 |

70-74:

| | | | | | |
|---|---------|----------|------|----|---------|
| 1 | Malcolm | Kinghorn | Temp | 70 | 3:15:51 |
|---|---------|----------|------|----|---------|

75-79:

| | | | | | |
|---|---------|--------|-----------|----|---------|
| 1 | Godfrey | Kariem | Gelvan AC | 75 | 2:21:19 |
|---|---------|--------|-----------|----|---------|

Juniors:

| | | | | | |
|---|-----------|------------|-----------|----|---------|
| 1 | Devernito | Du Plessis | Albany SS | 18 | 1:29:32 |
| 2 | Lindelani | Mlisa | Fort Hare | 19 | 1:30:57 |
| 3 | Desewuli | Athule | Temp | 18 | 1:39:53 |

WOMEN

| | | | | | |
|----|-------------|---------------------------------|---------------|----|---------|
| 1 | Ntombesintu | Mfunzi | Nedbank RC | 34 | 1:28:58 |
| 2 | Lauren | Ranger | Born To Run | 31 | 1:32:13 |
| 3 | Mandy | Jackson | Temp | 35 | 1:36:18 |
| 4 | Christine | Claasen (1 st mast) | Achilles AAA | 51 | 1:40:36 |
| 5 | Terray | Newcombe | Elite AC | 25 | 1:44:08 |
| 6 | Candice | Serfontein | Temp | 37 | 1:46:18 |
| 7 | Janine | Gardiner | Charlo AC | 35 | 1:46:50 |
| 8 | Kerry | Longhurst (1 st vet) | Temp | 44 | 1:47:54 |
| 9 | Camille | Trollope | Temp | 23 | 1:48:32 |
| 10 | Talana | Vosloo | Nedbank RC | 34 | 1:49:13 |
| 11 | Heleen | Malan | Temp | 23 | 1:52:03 |
| 12 | Toegeda | Vyver | Nedbank RC | 44 | 1:52:45 |
| 13 | Kimberley | Simpson | Temp | 26 | 1:53:06 |
| 14 | Ludine | Williams | Malabar | 29 | 1:54:23 |
| 15 | Lisa | Liebenberg | Somerset East | 25 | 1:56:00 |
| 16 | Rosemary | Joubert | Crusaders AC | 55 | 1:56:02 |
| 17 | Louise | Mazuelas | Charlo AC | 38 | 1:57:34 |
| 18 | Jessica | Steele | Temp | 24 | 1:59:18 |
| 19 | Nelanda | Bronn | Temp | 27 | 1:59:37 |
| 20 | Chade | Bowles | Graaff-Reinet | 26 | 2:01:11 |

40-44:

| | | | | | |
|---|---------|-----------|------------|----|---------|
| 1 | Kerry | Longhurst | Temp | 44 | 1:47:54 |
| 2 | Toegeda | Vyver | Nedbank RC | 44 | 1:52:45 |
| 3 | Elize | Adams | Gelvan AC | 41 | 2:03:26 |

45-49:

| | | | | | |
|---|-----------|---------|--------------|----|---------|
| 1 | Denise | Darlow | Charlo AC | 47 | 2:10:14 |
| 2 | Sylma | Watkins | St Albans AC | 48 | 2:10:53 |
| 3 | Charmaine | Bosch | Nedbank RC | 46 | 2:13:04 |

50-54:

| | | | | | |
|---|-----------|-----------|--------------|----|---------|
| 1 | Christine | Claasen | Achilles AAA | 51 | 1:40:36 |
| 2 | Ina | Meaker | Walmer AC | 54 | 2:10:55 |
| 3 | Charlene | De Coning | Elite A C | 51 | 2:17:01 |

55-59:

| | | | | | |
|---|----------|----------|--------------|----|---------|
| 1 | Rosemary | Joubert | Crusaders AC | 55 | 1:56:02 |
| 2 | Lynette | Crause | Walmer AC | 56 | 2:11:29 |
| 3 | Charisse | Grenfell | Temp | 55 | 2:18:10 |

60-64:

| | | | | | |
|---|---------|-----------|----------------|----|---------|
| 1 | Theresa | Lillis | Achilles AAA | 60 | 2:12:36 |
| 2 | Avril | Beyleveld | Kowie Striders | 64 | 2:12:57 |

65-69:

| | | | | | |
|---|-------|----------|----------------|----|---------|
| 1 | Lynne | Marshall | Temp | 67 | 2:54:54 |
| 2 | Carol | Nepgen | Kowie Striders | 65 | 2:58:17 |

70-74:

| | | | | | |
|---|---------|-------|----------------|----|---------|
| 1 | Marlene | Wiese | Kowie Striders | 70 | 2:29:58 |
|---|---------|-------|----------------|----|---------|

Juniors:

| | | | | | |
|---|--------|---------|---------------|----|---------|
| 1 | Unathi | Sonanza | Motherwell AC | 16 | 2:38:17 |
|---|--------|---------|---------------|----|---------|

PPC Cement Riebeeckberg Marathon (31st), Half Marathon & 10 km

Riebeeck West, 6 August

(Distances: 42.195 km, 21.1 km & 10 km; loop courses, very hilly. Finishers: marathon – 321; half marathon – 485; 10 km – 234.)

Marathon**MEN**

1. Anda Lubelwana (Hout) 2:32:09
2. Siyabulela Mpongwana (VOB) 2:41:23
3. Ncedo Makunga (Ned) 2:43:36
4. Reuben Mhashu (Hout) 2:44:13
5. Tawanda Chomuzinda (ZIM/Gugs) 2:48:48

WOMEN

1. Adele Waldron (KPMG) 3:17:45
2. Lee-Shay Willemse (Velo) 3:25:06
3. Elizabeth Brink (Durb) 3:26:09
4. Theresa Brand (Bell) 3:26:44
5. Sarette van den Heever (CMC) 3:35:56

Half marathon**MEN**

1. Siviwe Nkombi (Itheko) 1:10:59
2. Mthandazo Qhina (Ned) 1:11:49
3. Sive Ngubo (Ned) 1:13:45
4. Lebogang Mpona (Finlime) 1:15:53
5. Riaan Wildschutt (East) 1:16:17

WOMEN

1. Tanya Posthumus-Fox (Cent) 1:31:36
2. Chantel Simpson (Ned) 1:32:17
3. Marlize van Schaik (Durb) 1:36:15
4. Jana van Houwelingen (Atlantis) 1:40:42
5. Christine de Kock (Durb) 1:43:45

10 km**MEN**

1. Heinrich Wagner (PPC) 31:48
2. Akhona Mdaka (EGA) 31:48
3. Justin Fritz (Ceres) 32:10

WOMEN

1. Mariëtte Strauss (Tyger) 44:48
2. Lisa Nevitt (Ind) 46:33
3. Franette van der Walt (Ind) 46:49

The Longest Day 12-hour Race (21st)

Pietermaritzburg, 6 August
(333.3-metre grass track)

Note: A repeat victory here for Ash Naidoo, who finished second overall. – Ed.

MEN

| | | | |
|----|---------------------|------------|----------|
| 1. | Anthony Albrightson | 101.255 km | 11:43:18 |
| 2. | Claire Willows | 90.226 km | 11:15:23 |
| 3. | Brad Kavangh | 88.256 km | 10:37:24 |

WOMEN

| | | | |
|----|-------------------|-----------|----------|
| 1. | Ash Naidoo | 94.56 km | 11:55:02 |
| 2. | Trish Bottom | 79.194 km | 12:03:33 |
| 3. | Felicity Kromhout | 70.92 km | 12:01:55 |

CROSS-COUNTRY**WP League Meeting (8th)**

Tokai, 30 July

Note: All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN (10 km)

| | | | | |
|----|--------|------------|-------------------|-------|
| 1 | Akhona | Makila | VOB | 33:28 |
| 2 | Danzil | Paulse | Easterns | 33:35 |
| 3 | Nadeel | Wildschutt | Itheko | 33:54 |
| 4 | Kurt | Rabie | UWC | 34:01 |
| 5 | Ben | Matiso | Nantes | 34:35 |
| 6 | Warren | Hefke | UWC | 34:44 |
| 7 | Marks | Mpekula | VOB | 34:57 |
| 8 | Reuben | Mhashu | Hout Bay Harriers | 35:03 |
| 9 | Raydon | Balie | Wild Runners | 35:26 |
| 10 | Tom | Lusaseni | West Coast | 35:36 |

SR. MEN

| | | | | |
|----|------------|-------------|-----------------|-------|
| 1 | Granwin | Katzen | Celtic Harriers | 12:22 |
| 2 | Emiele | Paulsen | FNB | 12:23 |
| 3 | Heinrich | Wagner | KPMG | 12:31 |
| 4 | Ashley | Smith | Celtic Harriers | 12:37 |
| 5 | McMarshall | Hartzenberg | UWC | 12:51 |
| 6 | André | Afrika | Eerste River | 13:05 |
| 7 | Nkosiyethu | Sotyantya | Itheko | 13:21 |
| 8 | Bruce-Lynn | Damons | Celtic Harriers | 13:29 |
| 9 | Kaleb | Beukes | UWC | 13:33 |
| 10 | Lee-Roy | Lawrence | Easterns | 13:34 |

VETERAN MEN (8 km)

| | | | | |
|---|--------|----------|-----------------|-------|
| 1 | Shawn | Abrahams | Celtic Harriers | 28:37 |
| 2 | Xolile | Macanda | Gugs | 30:02 |
| 3 | Graham | Katzen | Celtic Harriers | 30:22 |

MASTER MEN (8 km)

| | | | | |
|---|--------|-----------|-----------------|-------|
| 1 | Tobias | Philander | Itheko | 31:32 |
| 2 | Chris | Mitchell | Celtic Harriers | 31:58 |

| | | | | |
|-----------------------|------------|------------------|---------------------|-------|
| 3 | Julian | Paul | SANDF | 32:51 |
| G'MASTER MEN (8 km) | | | | |
| 1 | Les | Chivell | Fish Hoek | 33:31 |
| 2 | Awie | Veldsman | Helderberg Harriers | 35:58 |
| 3 | Christian | Edwards | VOB | 37:25 |
| G/G'MASTER MEN (8 km) | | | | |
| 1 | Richard | Osrin | VOB | 39:36 |
| 2 | Joseph | Matthews | Midas Spartans | 51:56 |
| 3 | George | Kane-Smith | VOB | 52:49 |
| U.20 (8 km) | | | | |
| 1 | Jason | Koopman | UWC | 27:38 |
| 2 | Rowhaldo | Ratz | UWC | 28:01 |
| 3 | McMarshall | Hartzenberg | UWC | 28:03 |
| U.18 (6 km) | | | | |
| 1 | Ronaldo | January | Celtic Harriers | 21:07 |
| 2 | Thembeko | Mendu | Gugs | 21:28 |
| 3 | Carlo | Flink | Itheko | 21:41 |
| SR. WOMEN (10 km) | | | | |
| 1 | Leanda | Du Bruyn | FNB | 41:02 |
| 2 | Ashleigh | Simonis | Carbineers | 42:58 |
| 3 | Candyce | Hall | Carbineers | 44:15 |
| 4 | Tanya | Posthumus-Fox | Century City | 45:07 |
| 5 | Melody | Fynn | Carbineers | 51:47 |
| 6 | Angelique | Rabie | Carbineers | 55:12 |
| 7 | Nicky | Hill | Carbineers | 55:13 |
| 8 | Tshililo | Mathuba | SANDF | 55:36 |
| 9 | Fundiswa | Sandi | Ravensmead | 58:06 |
| 10 | Elizabeth | Smal | Ravensmead | 59:24 |
| SR. WOMEN | | | | |
| 1 | Anel | Terblanche | KPMG | 14:47 |
| 2 | Anneline | Roffey | FNB | 15:06 |
| 3 | Pamela | Moyikwa | VOB | 15:54 |
| 4 | Lee-Shay | Willemse | Velocity | 16:09 |
| 5 | Zani | Kruger | Maties | 16:28 |
| 6 | Nolubabalo | Dyonase | VOB | 16:32 |
| 7 | Tina-Mari | Meyer | FNB | 16:45 |
| 8 | Leanda | du Bruyn | FNB | 16:46 |
| 9 | Candyce | Hall | Carbineers | 17:06 |
| 10 | Icarien | van Deventer | Tygerberg | 17:31 |
| VETERAN WOMEN | | | | |
| 1 | Chantel | Simpson | Nedbank | 17:11 |
| 2 | Tana | Janse v Rensburg | FNB | 17:21 |
| 3 | Sharon | Sunderland | West Coast | 17:45 |
| MASTER WOMEN | | | | |
| 1 | Georgina | Andraos | VOB | 17:59 |
| 2 | Bev | Charters | VOB | 18:32 |
| 3 | Teretha | Lourens | West Coast | 18:55 |
| G'MASTER WOMEN | | | | |
| 1 | Judith | Grove | Tygerberg | 20:01 |
| 2 | Charmaine | Cupido | Nedbank | 20:31 |
| 3 | Helen | Du Plessis | Brackenfell | 21:59 |
| G/G'MASTER WOMEN | | | | |
| 1 | Wendy | Wilkins | Atlantic | 23:41 |
| 2 | Marlene | James | Pinelands | 25:42 |

| | | | | |
|-------------|---------|----------|------------------|-------|
| 3 | Carol | Gahwiler | VOB | 27:46 |
| U.20 (6 km) | | | | |
| 1 | Sophie | Cope | Spartan Harriers | 26:41 |
| 2 | Tegan | Pitt | UCT | 26:42 |
| 3 | Kirsten | Roodman | VOB | 28:04 |
| U.18 | | | | |
| 1 | Kayla | de Waal | CC | 15:46 |
| 2 | Anitha | Nonene | WCSS | 16:38 |
| 3 | Simone | Adams | Bottelary | 18:13 |

Gauteng North League Meeting (1st)

Pretoria (Swartkops Lapa), 30 July

Note: All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN (8 km)

| | | | | |
|---|------------|------------|-----------|-------|
| 1 | Bafana | Dube | Transnet | 27:51 |
| 2 | Johann | Berrange | Tuks | 27:52 |
| 3 | Altus | Badenhorst | Born2run | 29:20 |
| 4 | Sikhumbuzo | Seme | KPMG | 29:35 |
| 5 | Derick | Mtshweni | Ikhonjane | 32:37 |
| 6 | Kgomotso | Msiza | Ikhonjane | 33:29 |
| 7 | Gabrial | Pila | Ind | 36:35 |

SR. MEN

| | | | | |
|---|------------|-------------|-----------|-------|
| 1 | Charles | Nel | Ind | 12:54 |
| 2 | Sikhumbuzo | Seme | KPMG | 13:38 |
| 3 | Altus | Badenhorst | Born2run | 14:14 |
| 4 | Derick | Mtshweni | Ikhonjane | 14:32 |
| 5 | Armand | Nieuwenhuys | Tuks | 14:51 |
| 6 | Adriaan | Aldridge | Eagles AC | 16:32 |

MEN 40 (8 km)

| | | | | |
|---|----------|-----------|------|-------|
| 1 | Schalkwi | Nolte | Ind | 18:53 |
| 2 | Peter | Motshoene | RWFL | 32:46 |
| 3 | Llewelyn | Curlewis | Tuks | 33:06 |

MEN 45 (8 km)

| | | | | |
|---|--------|------------|-------|-------|
| 1 | Graham | Burnett | Bosch | 34:18 |
| 2 | John | Du Plessis | FPN | 35:27 |
| 3 | Kobus | Bester | Ind | 38:10 |

MEN 50 (8 km)

| | | | | |
|---|--------|-------------|---------|-------|
| 1 | Dawie | De Villiers | Nedbank | 32:09 |
| 2 | Avril | Barkhuizen | Nedbank | 34:50 |
| 3 | Torrie | Stoltz | FPN | 37:50 |

MEN 55 (8 km)

| | | | | |
|---|--------|--------|---------------|-------|
| 1 | Burger | Linde | Team Vitality | 36:07 |
| 2 | Colin | McGeer | Team Vitality | 36:30 |
| 3 | Gert | Steyn | GNMA | 37:47 |

MEN 60 (6 km)

| | | | | |
|---|--------|---------|-----------------|-------|
| 1 | Wessel | Van Wyk | Ael | 34:12 |
| 2 | Marius | Bosman | Alpha Centurion | 34:54 |
| 3 | Johann | Van Zyl | Runnih Inn | 36:16 |

MEN 65 (6 km)

| | | | | |
|---|--------|---------|--------------|-------|
| 1 | Pieter | Rossouw | Midstream RC | 33:13 |
|---|--------|---------|--------------|-------|

MEN 70 (6 km)

| | | | | |
|---|-------|--------------|-----------------|-------|
| 1 | Anton | Harrop-Allin | Alpha Centurion | 35:20 |
|---|-------|--------------|-----------------|-------|

| | | | | |
|------------------|-------------|---------------|---------------------|-------|
| 2 | Assie | Van Aswegen | Overkruin | 38:17 |
| 3 | Bert | Van den Raad | Alpha Centurion | 42:20 |
| MEN 75 (6 km) | | | | |
| 1 | Andries | Van der Merwe | Transnet | 35:48 |
| 2 | Piet | Van Aswegen | Overkruin | 44:25 |
| 3 | Neville | Muir | Phobians | 59:59 |
| MEN 80 (6 km) | | | | |
| 1 | Frans | Grobler | Transnet | 52:40 |
| MEN 23 | | | | |
| 1 | Marco | Ruthven | Tuks | 13:46 |
| 2 | Wayne | Laubuschagne | Tuks | 14:22 |
| 3 | Arend | Stoffberg | Tuks | 14:23 |
| JR. MEN (8 km) | | | | |
| 1 | Romeo | Dikotope | Nedbank | 27:52 |
| 2 | Robert | Bester | Menlo Park | 29:30 |
| SR. WOMEN (8 km) | | | | |
| 1 | Andrea | Steyn | The Bicycle Company | 31:38 |
| 2 | Murendwa | Davhana | TUT | 35:46 |
| 3 | Nthabiseng | Tshehla | Monaco | 36:00 |
| 4 | Zintle | Sinqe | Nedbank | 37:23 |
| 5 | Tshegofatso | Ndlovu | Ind | 43:10 |
| SR. WOMEN | | | | |
| 1 | Stella | Marais | Tuks | 15:47 |
| 2 | Suane | Cillie | Tuks | 17:03 |
| 3 | Sunette | Vos | Alpha Centurion | 19:58 |
| 4 | Marlize | Odendaal | Runavation | 20:10 |
| WOMEN 40 | | | | |
| 1 | Ronel | Thomas | Boxer | 16:58 |
| 2 | Elmarie | Nolte | Ind | 18:02 |
| 3 | Alicia | Heyns | GNMA | 18:20 |
| WOMEN 45 | | | | |
| 1 | Karen | Coomber | Alpha Centurion | 18:53 |
| 2 | Petro | Dalhousie | Ind | 21:32 |
| 3 | Iris | Botha | Tuine | 22:43 |
| WOMEN 50 | | | | |
| 1 | Sophania | Molekoa | Temba Prestige | 33:00 |
| 2 | Lettie | Saayman | Nedbank | 18:54 |
| 3 | Ilse | Merrick | Enduro | 21:35 |
| WOMEN 55 | | | | |
| 1 | Christa | Mouton | Agape | 23:57 |
| 2 | Linah | Mahlangu | Ikhonjane | 24:40 |
| 3 | Martha | Mahlangu | Ikhonjane | 33:00 |
| WOMEN 70 | | | | |
| 1 | Arina | Van Aswegen | Ind | 32:15 |
| WOMEN 90 | | | | |
| 1 | Adelaide | Van Aswegen | Ind | 32:15 |
| WOMEN 23 | | | | |
| 1 | Lizerie | Erasmus | Tuks | 15:19 |
| 2 | Jeannie | De Beer | Tuks | 17:06 |
| 3 | Danette | Marais | Tuks | 17:38 |

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

TD Beach to Beacon 10 km (19th)

Cape Elizabeth, USA, 6 August

(Certified point-to-point course with 65% start/finish separation and 0.82 m/km elevation loss)

MEN (gun times)

| | | |
|--|--------------------|------------------|
| 1. Ben True, 30, West Lebanon, NH | 28:17 [28:16.3] | \$10,000 + 5000a |
| 2. Dathan Ritzenhein, 33, Belmont, MI | 28:28 [28:27.3] | 5,000 + 3000a |
| 3. William Malel Sitonik, 22, KEN | 28:32 [28:31.6] DB | 3,000 |
| 4. Daniel Salel, 25, KEN | 28:44 [28:43.5] | 2,000 |
| 5. Micah Kogo, 30, KEN | 28:58 [28:57.4] | 1,000 |
| ... 8. Abdi Abdirahman, 39, Tucson, AZ | 29:16 [29:15.8] | 700 + 500a |
| ... 14. Tariku Bekele, 29, ETH | 30:35 | |

a) Earned American prize money

ELITE WOMEN START (gun times)

| | | |
|--|-------|------------------|
| 1. Mary Keitany, 34, KEN | 30:45 | |
| [30:45.0] CR/PB | | \$10,000 + 2500c |
| 2. Wude Ayalew, 29, ETH | 31:40 | |
| [31:39.8] | | 5,000 |
| 3. Caroline Chepkoech, 22, KEN | 32:03 | |
| [32:02.8] | | 3,000 |
| 4. Emily Sisson, 24, Providence, RI | 32:21 | |
| [32:20.7] | | 2,000 + 5000a |
| 5. Aliphine Tuliamuk, 27, Santa Fe, NM | 32:24 | |
| [32:24.0] | | 1,000 + 3000a |
| 6. Sara Hall, 33, Redding, CA | 32:46 | |
| [32:45.1] | | 900 + 2000a |
| 7. Jordan Hasay, 24, Beaverton, OR | 33:04 | |
| [33:04.0] | | 800 + 1000a |

c) Earned course record bonus

a) Earned American prize money



Mary Keitany after setting a course record in the TD Beach to Beacon 10 km. [Chris Lotsbom/Race Results Weekly]

Yankee Homecoming 10 Mile (57th)

Newburyport, USA, 2 August

MEN (gun times)

| | | |
|--|-------|-------|
| 1. Alene Reta, 35, New York, NY (ETH) | 51:10 | \$500 |
| 2. Abu Kebede Diriba, 27, New York, NY (ETH) | 51:31 | 300 |
| 3. Glarius Rop, 32, Agawam, MA (KEN) | 51:46 | 150 |
| 4. Joseph Carpenter, 27, Cambridge, MA | 52:28 | 75 |
| 5. Eric McDonald, 26, Plaistow, NH | 52:56 | |

WOMEN (gun times)

| | | |
|--|---------|-------|
| 1. Kim Smith, 34, Providence, RI (NZL) | 58:06 | \$500 |
| 2. Keely Maguire, 26, Dover, NH | 59:47 | 300 |
| 3. Elizabeth Ryan, 26, Cambridge, MA | 1:00:57 | 150 |

Aloha Zane Branson Memorial 15 km

Kabarak, KEN, 23 July

(Course certification and configuration unknown)

MEN

1. Josphat TANUI, 4/2/1994, 43:59
2. Abraham KIPYATICH, 10/05/1993, 44:02
3. Eliud MWANGI, 12/10/1989, 44:15
4. Jerome LUMBASI, 22/05/1997, 44:24
5. Donald MITEI, 02/04/1996, 44:25

TRACK

Sir Walter Miler (3rd)

Raleigh, USA, 5 August

Note: *Race Results Weekly* reports that "the biggest feel-good story of the meet" was Mikey Brannigan breaking four minutes for the first time. Brannigan, who is autistic, hung tough with the strung-out leaders through 3 laps before maintaining his pace through the tape. He was rewarded with a 3:57.58 lifetime best, setting a new Paralympic world record in the process. – Ed.

Mile:

MEN

- | | | | |
|--------------------|-----------------------|------------------|---------------|
| 1. Kyle Merber | Hoka One One/NJ-NY TC | 3:54.57 PB/MR | \$1000 + 250r |
| 2. Colby Alexander | Hoka One One/NJ-NY TC | 3:54.94 PB | 500 |
| 3. Johnny Gregorek | Asics/NJ-NY TC | 3:55.27 PB | 400 |
| 4. Graham Crawford | Swhp Track Club | 3:56.05 PB | 250 |
| 5. Ford Palmer | Hoka One One/NJ-NY TC | 3:56.58 PB | 100 |
| 6. Drew Hunter | Adidas | 3:57.15 PB | |
| 7. Mikey Brannigan | New York AC | 3:57.58 PB + PWR | 100^ |

r) Earned state record bonus (previous 3:57.3)

^) Earned first-time sub-four bonus

WOMEN

- | | | | |
|---------------------|----------------------|----------------|----------------------|
| 1. Lauren Johnson | Unattached | 4:25.04 PB/MR* | \$1000 + 250r + 100^ |
| 2. Amanda Eccleston | Brooks | 4:25.64 PB | 500 |
| 3. Heather Kampf | Asics Team Usa Minn. | 4:27.23 PB | 400 |

r) Earned state record bonus (previous 4:28,84)

^) Earned first-time sub 4:30 bonus

STATS TIME

With the Olympic Games having started, we deviate a little from the usual form of Stats Time this week.

THE GREATEST OLYMPIC ATHLETES

Who are the most successful Olympic athletes in history? In the *IAAF Statistics Handbook* for the Rio Olympics renowned statistician Mark Butler, Editor of the book, made the following compilation, according to athletes' placings in the first eight (scoring 8, 7, 6 ...).

The placings include those in relay events as well. Ties are indicated by =. "We should remember," wrote Butler, "that these lists cannot solely be used as a measure of greatness, otherwise Jesse Owens (USA) would not be down in =38th place. Impact and historic importance cannot be determined only by placements. The biggest riser after London 2012 is, unsurprisingly, Usain Bolt. From outside the top 50, the Jamaican is now seventh and among Olympic legends. Should he win more golds again in Rio, many would regard him as the greatest ever, but he still wouldn't have enough points to crack the top three.

"My personal selection for the greatest Olympic athletes is unchanged, but Rio could well affect the picture: Men – 1, Nurmi; 2, Lewis; 3, Oerter; Women – 1, Szewińska; 2, Blankers-Koen; 3, Joyner-Kersey."

MEN

| | G | S | B | 4 | 5 | 6 | 7 | 8 | Med | Pts |
|-------------------------|----|------|---|------|---|---|---|------|-----|------|
| 1. Paavo Nurmi FIN | 9 | 3 | - | - | - | - | - | - | 12 | 93 |
| 2. Ray Ewry USA | 10 | - | - | - | - | - | - | - | 10 | 80 |
| 3. Carl Lewis USA | 9 | 1 | - | - | - | - | - | - | 10 | 79 |
| 4. Martin Sheridan USA | 5 | 2+1= | 1 | 2 | - | - | - | - | 9 | 76 |
| 5. Eric Lemming SWE | 4 | - | 2 | 2+2= | - | - | - | 1+1= | 6 | 73.5 |
| 6. Ville Ritola FIN | 5 | 3 | - | - | - | - | - | - | 8 | 61 |
| 7. Usain Bolt JAM | 6 | - | - | - | - | - | - | - | 6 | 48 |
| 8=. Myer Prinstein USA | 4 | 1 | - | - | 2 | - | - | - | 5 | 47 |
| 8=. Ralph Rose USA | 3 | 2 | 1 | - | - | 1 | - | - | 6 | 47 |
| 10. James Lightbody USA | 4 | 2 | - | - | - | - | - | - | 6 | 46 |

WOMEN

| | | | | | | | | | | |
|---------------------------|---|---|---|---|---|---|---|---|---|----|
| 1. Merlene Ottey JAM | - | 3 | 6 | 1 | 1 | 1 | - | 1 | 9 | 70 |
| 2. Shirley Strickland AUS | 3 | 1 | 3 | 1 | 1 | - | - | - | 7 | 58 |
| 3. Veronica C-Brown JAM | 3 | 2 | 2 | 1 | - | - | - | - | 7 | 55 |
| 4=. Allyson Felix USA | 4 | 2 | - | - | 1 | - | - | - | 6 | 50 |
| 4=. Irena Szewinska POL | 3 | 2 | 2 | - | - | - | - | - | 7 | 50 |
| 6. Gwen Torrence USA | 3 | 1 | 1 | 1 | 1 | 1 | - | - | 5 | 49 |
| 7. Jackie J-Kersey USA | 3 | 1 | 2 | - | 1 | - | - | - | 6 | 47 |
| 8=. Evelyn Ashford USA | 4 | 1 | - | - | 1 | - | 1 | - | 5 | 45 |
| 8=. Sanya R-Ross USA | 4 | - | 1 | - | 1 | 1 | - | - | 5 | 45 |
| 8=. Raelene Boyle AUS | - | 3 | - | 2 | 2 | 2 | - | - | 3 | 45 |

THIS MONTH IN HISTORY

85 years ago: 25 August 1929

25 km on the track is a rarely run distance these days, but in earlier times it was run quite often in Europe. In this "Champions" race in the old SCC Stadium in Berlin the British athlete Ernest Harper came away with a new world record of 1:23:45.8 to beat Hans Schneider (GER) by more than four minutes. Earlier that year Harper had won the AAA (English) 10-mile title for the fourth time. The current world record for 25 km is almost 10 minutes faster – 1:13:55.8, set by Toshihiko Seko (JPN) in 1981.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2016

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 | 28:50 | Elroy Gelant | Port Elizabeth | 02 Apr |
| | 27:42 | Bitan Karoki Muchiri (KEN) | | |
| | 27:42 | Leonard Barsoton Kiplimo (KEN) | | |
| | 26:44 | Leonard Patrick Komon (KEN) 2010 | | |
| 15 km | 45:39 | Jeromy Andreas | Eersterivier | 18 Jun |
| | 41:41 | Bitan Karoki Muchiri (KEN) | | |
| | 41:13 | Leonard Patrick Komon (KEN) 2010 | | |
| 21.1 km | 61:26 | Stephen Mokoka | Port Elizabeth | 30 Jul |
| | 59:10 | Geoffrey Kipsang Kamworor (KEN) | | |
| | 58:23 | Zersenay Tadesse (ERI) 2010 | | |
| 25 km | 83:28 | Tumelo Mahlangu | Pretoria | 07 May |
| | 81:12a | Siyabonga Nkonde | Pinetown | 31 Jan |
| | 75:32 | Christopher Landry (USA) | | |
| | 71:18** | Dennis Kipruto Kimetto (KEN) 2012 | | |
| 30 km | 1:36:30 | Melikhaya Frans | Uitenhage | 05 Mar |
| | 1:30:45 | Keita Shitara (JPN) | | |
| | 87:37** | Emmanuel Kipchirchir Mutai (KEN) 2014 | | |
| Marathon | 2:11:27 | Lusapho April | Hannover | 10 Apr |
| | 2:03:05 | Eliud Kipchoge (KEN) | | |
| | 2:02:57 | Dennis Kipruto Kimetto (KEN) 2014 | | |
| 100 km | 6:13:33 | Takahiro Sunada (JPN) 1998 | | |

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

Veterans (40+)

| | | | | |
|----------|---------|---|----------------|--------|
| 10 km | 30:57 | Gert Thys | Goodwood | 12 Mar |
| | 28:51 | Paulo Catarino (POR) 2003 | | |
| 15 km | 49:49 | Johannes Kekana | Kempton Park | 27 Jan |
| | 44:14 | Pierre Levisse (FRA) 1992 | | |
| 21.1 km | 67:17 | Shadrack Hoff | Port Elizabeth | 30 Jul |
| | 62:28 | John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996 | | |
| 25 km | 1:28:49 | Shadrack Hoff | Pretoria | 07 May |
| | 76:49 | Martin Mondragon (MEX) 1994 | | |
| 30 km | 1:45:23 | Maxwell Goodman | Uitenhage | 05 Mar |
| | 1:35:28 | Geraldo Antonio da Silva (BRA) 2002 | | |
| Marathon | 2:23:46 | Charles Tjiane | Benoni | 31 Jan |
| | 2:08:46 | Andres Espinosa (MEX) 2003 | | |
| 100 km | 6:18:24 | Mario Ardemagni (ITA) 2004 | | |

Masters (50+)

| | | | | |
|----------|----------|---------------------------|----------------|--------|
| 10 km | 34:01 | Makaya Masumpa | Port Elizabeth | 02 Apr |
| | 30:35 | Tecwyn Davies (GBR) 1988 | | |
| 15 km | 53:57 | Eric Coetzee | Eersterivier | 18 Jun |
| | 47:52 | Titus Mamabolo (RSA) 1991 | | |
| 21.1 km | 75:10 | Nel Mtsweni | Port Elizabeth | 30 Jul |
| | 66:42 | Martin Rees (GBR) 2003 | | |
| 25 km | 1:37:22 | Joseph Ndlovu | Pretoria | 07 May |
| 30 km | 1:57:58 | Welcome Loliwe | Uitenhage | 05 Mar |
| Marathon | 2:47:07 | Dan Mothibe | East London | 20 Feb |
| | 2:43:27a | Dan Mothibe | Port Elizabeth | 03 Jul |
| | 2:19:29 | Titus Mamabolo (RSA) 1991 | | |
| 100 km | | | | |

Grandmasters (60+)

| | | | | |
|----------|---------|-----------------------------|--------------|--------|
| 10 km | 37:56 | Mochamat Kriel | Bellville | 02 Apr |
| | 32:48 | Martin Rees (GBR) 2013 | | |
| 15 km | 58:27 | Mochamat Kriel | Ravensmead | 19 Mar |
| | 54:32 | Cees Stolwijk (NED) 2013 | | |
| 21.1 km | 83:37 | Mochamat Kriel | Gordon's Bay | 16 Apr |
| | 71:31 | Martin Rees (GBR) 2013 | | |
| 25 km | 1:49:33 | Jan Lebese | Pretoria | 07 May |
| | 94:01 | Doug Winn (USA) 2010 | | |
| 30 km | 2:18:15 | Mochamat Kriel | Parow | 14 Feb |
| | 1:57:07 | Ed Whitlock (CAN) 1994 | | |
| Marathon | 3:14:57 | Robbie Lindsay | East London | 20 Feb |
| | 2:36:30 | Yoshihisa Hosaka (JPN) 2009 | | |
| 100 km | | | | |

Great grandmasters (70+)

| | | | | |
|----------|----------|-------------------------|----------------|--------|
| 10 km | 43:16 | Andrew Spence | Sasolburg | 06 Feb |
| | 43:16 | Jeff Smith | Goodwood | 12 Mar |
| | 37:33 | Ed Whitlock (CAN) 2004 | | |
| 15 km | 66:12 | Jeff Smith | Ravensmead | 19 Mar |
| | 58:19 | Ed Whitlock (CAN) 2001 | | |
| 21.1 km | 95:28 | Jeff Smith | Port Elizabeth | 30 Jul |
| | 82:23 | Ed Whitlock (CAN) 2001 | | |
| 25 km | 3:03:13 | Assie van Aswegen | Pretoria | 07 May |
| | 99:59 | Clive Davies (USA) 1985 | | |
| 30 km | 2:22:55 | Jeff Smith | Camps Bay | 10 Jan |
| | 2:00:56 | Ed Whitlock (CAN) 2001 | | |
| Marathon | 3:29:46a | Jeff Smith | Simon's Town | 21 Feb |
| | 2:54:49 | Ed Whitlock (CAN) 2004 | | |
| 100 km | | | | |

Juniors

| | | | | |
|---------|-------|----------------------------|----------------|--------|
| 10 km | 30:34 | Kabelo Melamu | Benoni | 31 Jan |
| | 27:52 | Richard Chelimo (KEN) 1990 | | |
| 15 km | 46:36 | Adrian Wildschutt | Ravensmead | 19 Mar |
| | 42:25 | Moses Mosop (KEN) 2004 | | |
| 21.1 km | 65:15 | Kabelo Melamu | Port Elizabeth | 30 Jul |
| | 59:16 | Samuel Wanjiru (KEN) 2005 | | |

WOMENOpen

| | | | | |
|---------|--------|------------------------------|----------------|---------|
| 10 km | 33:02 | Irvette van Zyl | Durban | 17 July |
| | 30:52 | Shalane Flanagan (USA) | | |
| | 30:21m | Paula Radcliffe (GBR) 2003 | | |
| | 30:29w | Asmae Leghzaoui (MAR) 2002 | | |
| 15 km | 54:24 | Zintle Xiniwe | Constantia | 05 Mar |
| | 48:14 | Peres Chepchirchir (KEN) | | |
| | | Cynthia Cherotich Limo (KEN) | | |
| | | Netsanet Gudeta Kebede (ETH) | | |
| | | Genet Ayalew Kassahun (ETH) | | |
| | 46:14m | Florence Kiplagat (KEN) 2015 | | |
| | 46:59w | Lornah Kiplagat (NED) 2007 | | |
| 21.1 km | 71:00 | Irvette van Zyl | Port Elizabeth | 30 Jul |
| | 65:51 | Viola Chepchumba (KEN) | | |
| | 65:09m | Florence Kiplagat (KEN) 2015 | | |
| | 66:25w | Lornah Kiplagat (NED) 2007 | | |

| | | | | |
|---------------------------|----------|--------------------------------|----------------|--------|
| 25 km | 1:47:01 | Caroline Wöstmann | Pretoria | 07 May |
| | 1:33:24a | Jenna Challenor | Pinetown | 31 Jan |
| | 1:25:36 | Alphine Tuliemuk (USA) | | |
| | 79:53m | Mary Keitany (KEN) 2010 | | |
| 30 km | 82:47w | Paula Radcliffe (GBR) 2005 | | |
| | 1:59:58 | Tanith Maxwell | Camps Bay | 10 Jan |
| | 1:43:55 | Miharu Shimokado (JPN) | | |
| Marathon | 1:38:49m | Mizuki Noguchi (JPN) 2005 | | |
| | 1:39:11w | Mary Keitany (KEN) 2011 | | |
| | 2:32:20 | Irvette van Blerk | London | 24 Apr |
| | 2:19:41 | Tirfe Beyene Tsegay (ETH) | | |
| 100 km | 2:15:25m | Paula Radcliffe (GBR) 2003 | | |
| | 2:17:42w | Paula Radcliffe (GBR) 2005 | | |
| | 6:33:11 | Tomoe Abe (JPN) 2000 | | |
| <u>Veterans (40+)</u> | | | | |
| 10 km | 35:39 | Tanith Maxwell | Durban | 05 Jun |
| | 32:14 | Priscilla Welch (GBR) 1985 | | |
| 15 km | 54:40 | Tanith Maxwell | Eersterivier | 18 Jun |
| | 49:35 | Priscilla Welch (GBR) 1985 | | |
| 21.1 km | 78:09 | Tanith Maxwell | Port Elizabeth | 30 Jul |
| | 69:56 | Irina Permitina (RUS) 2009 | | |
| 25 km | 1:57:50 | Ashleigh White | Durban | 06 Mar |
| | 1:45:58a | Suzette Botha | Pinetown | 31 Jan |
| | 82:13 | Mizuki Noguchi (JPN) 2005 | | |
| 30 km | 2:14:22 | Davera Magson | Uitenhage | 05 Mar |
| | 1:51:37 | Mieke Pullen (NED) 2001 | | |
| Marathon | 2:48:52 | Charné Bosman | Benoni | 31 Jan |
| | 2:26:51 | Priscilla Welch (GBR) 1987 | | |
| 100 km | 7:00:27 | Normi Sakurai (JPN) 2007 | | |
| <u>Masters (50+)</u> | | | | |
| 10 km | 39:42 | Judy Bird | Cape Town | 17 Apr |
| | 34:44 | Tatyana Pozdniakova (UKR) 2005 | | |
| 15 km | 62:15 | Elmarie Coetzee | Eersterivier | 18 Jun |
| | 54:33 | Shirley Matson (USA) 1991 | | |
| 21.1 km | 89:22 | Elmarie Coetzee | Port Elizabeth | 30 Jul |
| | 76:07 | Tatyana Pozdniakova (UKR) 2006 | | |
| 25 km | 2:00:27 | Ansa Strydom | Pretoria | 07 May |
| | 2:13:42a | Roshnee Natsen | Pinetown | 31 Jan |
| 30 km | 2:20:20 | Margie Saunders (g'mast) | Uitenhage | 05 Mar |
| Marathon | 3:14:18 | Jane Mudau | East London | 20 Feb |
| | 2:31:05 | Tatyana Pozdniakova (UKR) 2005 | | |
| 100 km | | | | |
| <u>Grandmasters (60+)</u> | | | | |
| 10 km | 42:30 | Margie Saunders | Cape Town | 17 Apr |
| | 38:56 | Lidia Zentner (GER) 2015 | | |
| 15 km | 64:56 | Margie Saunders | Port Elizabeth | 06 Feb |
| | 61:25 | Kathryn Martin (USA) 2011 | | |
| 21.1 km | 92:42 | Margie Saunders | Port Elizabeth | 11 Jun |
| | 84:56 | Bernadine Portenski (NZL) 2010 | | |
| 25 km | 2:37:27 | Pamela Rasmussen | Durban | 06 Mar |
| | 2:22:39a | Jenny Scott | Pinetown | 31 Jan |
| | 1:58:24 | Gloria Brown (USA) 1994 | | |

| | | | | |
|---------------------------------|-------------------------------|---|----------------|--------|
| 30 km | 2:20:20 2:17:11 | Margie Saunders Barbara Miller (USA) 1999 | Uitenhage | 05 Mar |
| Marathon | 3:30:14 3:01:30 | Nancy Will Bernadine Portenski (NZL) 2010 | East London | 20 Feb |
| 100 km | | | | |
| <u>Great grandmasters (70+)</u> | | | | |
| 10 km | 54:52 44:09 | Pixie Sparg Lavinia Petrie (AUS) 2014 | Bellville | 02 Apr |
| 15 km | 82:28 72:52 | Pixie Sparg Jo Klein (NED) 2004 | Eersterivier | 18 Jun |
| 21.1 km | 1:47:58 97:38 | Veronica van Niekerk Lavinia Petrie (AUS) 2014 | Gordon's Bay | 16 Apr |
| 25 km | | | | |
| 30 km | 2:18:20 2:50:02 2:47:08 | Gerry Davidson (USA) 1991 Veronica van Niekerk Myra Rhodes (USA) 2002 | Camps Bay | 10 Jan |
| Marathon | 4:11:27a 3:35:29 | Veronica van Niekerk Helga Miketta (GER) 2013 | Simon's Town | 21 Feb |
| 100 km | | | | |
| <u>Juniors</u> | | | | |
| 10 km | 35:38 31:42 | Simonay Weitsz Zola Pieterse (RSA) 1984 | Cape Town | 17 Apr |
| 15 km | 58:03 49:40 | Ashleigh Simonis Ines Chenonge (KEN) 2001 | Eersterivier | 18 Jun |
| 21.1 km | 1:28:26 1:09:05 | Siphokazi Liwani Delilah Asiago (KEN) 1991 | Port Elizabeth | 11 Jun |

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Elsa & Ben Oliver, Irene & Jan van Eeden, André Gobey

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



