

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

The main news of the past week was the death of Ewald Bonzet, one of the greatest athletes ever produced in South Africa (see tribute below).

In George David Manja won his first SA cross-country title – in fact, his first national title of any kind – when he beat Precious Mashele rather easily over 10 km. Manja was second in the 4 km last year. His win came only six days after he had also won the Africa Southern Region Half Marathon in Antananarivo. The only defending champion who came close to winning again was Glenrose Xaba, who was second (by 28 seconds) in the women's long race behind Kesa Molotsane. The two 4 km races went to Marko Bucarizza and Stella Marais.

South Africa also took first in the women's race in Madagascar, with Liziwe Mabona finishing in 1:21:13. South Africans took all the medals in both the men's and women's contests.

In other international action, Dominique Scott ran an outstanding course record of 15:36 in the Gateway Mortgage Brookhaven Run 5 km (see also Stats Time). Four-time Olympic gold medallist Mo Farah, in his last race of the season, became the first man to win the Great North Run Half Marathon from Newcastle to South Shields three times in a row when he crossed the line in 60:04 (results in next week's DRR).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * SAPS Striders Heritage Challenge Half Marathon & 10 km, Durban
- * Cell C Day of Races 5 km, Cape Town
- * Value Logistics/Addicted to Life Half Marathon & 10 km, Pretoria
- * XC: South African Cross-country Championships, George

International highlights:

- * Faxon Law New Haven Road Race, New Haven, USA
- * Africa Southern Region Half Marathon, Antananarivo, MAD
- * Brabants Dagblad Ten Miles of Tilburg & Rabobank Tilburg Ladies Run 10 km, Tilburg, NED
- * New Balance Fifth Avenue Mile, New York, USA
- * Gateway Mortgage Brookhaven Run 5 km, Norman, USA

* XC: Oklahoma State Duels, Stillwater, USA

* Track: Memorial van Damme, Bruxelles, BEL; ISTAF, Berlin, GER; Hoka One One Long Island Mile, Huntington Station, USA

OBITUARY

EWALD BONZET, A GIANT OF S.A. ATHLETICS, PASSES AWAY

A personal tribute by RIËL HAUMAN

South Africa has not seen many athletes of the calibre of Ewald Bonzet, who passed away on Wednesday, 7 September, after a long struggle with cancer. Bonzet, who was 64, is regarded by many as the most versatile athlete who has graced the tracks of this country, with a world-class ability that ranged from 1000 metres to the marathon.

Renowned for his fiercely competitive spirit and the value he placed on his privacy – some, less kindly, said he carried secretiveness to an extreme – he usually held his racing plans close to his chest and disliked the media.

I knew Ewald for many years, more than four decades, and felt that he placed me perhaps closer to being a friend than as a member of the media. He visited me at home and we regularly saw each other at road races and track meetings, but one always knew there was a boundary that he would not allow you to cross. However, his intelligence, experience, knowledge of athletics and forthrightness made every conversation with him a real joy.

He took the diagnosis of bone marrow cancer philosophically and throughout the ups and downs, the positive and negative days, of the illness tried to carry on with his life and his running as much as possible. My admiration for him and the tenacity that marked his whole life increased when he told me all through his illness how he continued training, even doing tough interval sessions on the track – despite the weakness his body had to cope with, and despite being subjected to the severe medication regimen he had to endure. Some of these sessions would have taken even a healthy – and much younger – athlete's breath away. The last time I saw him run

was at last year's Runners' Memorial 8 km race on the Sea Point beachfront, which he completed with his son, also called Ewald. He finished almost unnoticed in 220th position, and there were probably not more than two or three spectators who knew that he had won the very first edition of the race in 1973 and then repeated as winner five more times.

Other road races he won multiple times are the Dan Luyt, Paarl Mountain Race, Tafelberg Race and Exide Night Race.

One of my most exhilarating – and embarrassing – road races happened in 2002 when I ran the largest part the Gun Run Half Marathon with Ewald – who, of course, was merely jogging. We talked nonstop about athletics, runners of yesteryear, the administration of the sport, all kinds of things (it was easier for him than for me, who was breathing hard). At least five times along the route people at the side of the road encouraged me by name and I felt most awkward – here I was running with one of the legends of the sport, and no one



Bonzet (in yellow) and Marius-Hugo Schlechter running in the picturesque Outeniqua Half Marathon at Wilderness in 2011. [Riël Hauman]

recognised him! Even at the finish the well-known announcer Harold Berman called my name, but missed Ewald in the throng.

In reality Ewald probably did not care, because he was not competing, and in that case he would have preferred to remain under the radar. He basically retired from competitive running in 1984 and then began running again on the road when he became a veteran in 1991. He made infrequent appearances in road races, but won the veteran title in the WP 10 km Championships in 1995 (and was second in the half marathon in 1992 and the 10 km in 1994).

No matter how hard I tried after he turned 40, and again ten years later when he became a master, to get him to race more seriously in the two age categories, because I thought he could smash all the national records – and even get a number of world records – but he just shrugged it off. I believe it was because he felt he had staked his claim as one of the best ever at senior level and had nothing to prove as an age category star.

Bonzet started running at an early age and soon came under the tutelage of Sybrand "Mossie" Mostert, an astute developer of young talent. As a junior he first attracted attention when he ran 3000 metres in 8:57.7 in 1968, two days after his 17th birthday. In 1969 he improved to 8:34.3 for second on the SA junior list behind Andries Krogmann, who was two months older. He also ran 15:15.8 for 5000 m.

In 1970, his last junior year, Bonzet headed the performance list for 3000 m with his 8:08.5, beating Krogmann by just more than a second in Stellenbosch. In a preview of what was to come, it was also the fastest time by any South African that year – and he was not yet 20. Over 5000 m he improved to 14:29.4.

In 1971 he ran 3:55.8 (1500 m), 8:25.0, 14:51.4 and 32:08.4 and the next year, before his 21st birthday, he set his first national senior record when he clocked 28:51.6 for 10000 m in Cape Town on 22 November.

Because of the international boycott against South Africa due to the government's apartheid policies, international opportunities were few, and there was no Bonzet at the 1972 Olympic Games – or any other international championships after that.

He set a further four SA records in 1974 and at the end of his career his national records tallied eleven. The complete list (in chronological order) is:

10000 m	28:51.6	Cape Town	22 Nov 72
3000 m	7:53.2	Port Elizabeth	18 Feb 74
5000 m	13:31.2	Port Elizabeth	23 Feb 74
3000 m s/chase	8:37.6	Port Elizabeth	29 Mar 74
10000 m	28:16.2	Hannover	23 May 74
3000 s/chase	8:31.6	Cape Town	29 Mar 75
3000 m	7:51.8	Eschweiler	04 Jul 75
2 miles	8:30.8	Arnhem	16 Jul 75
3000 m	7:49.6	Stellenbosch	15 Mar 76
2000 m	5:02.8	Cape Town	23 Nov 77
5000 m	13:30.4	Stellenbosch	21 Feb 78

The best of these records, in international terms, was probably the 10000 m in 1974, which placed him 14th on the world list, ahead of runners like Ian Stewart, Pekka Paivarinta, Tony Simmons, Jos Hermens and Lasse Viren, the double Olympic champion. His 5000 m time in 1974 gave him 25th place on the world list.

In 1982 he himself called the 2000 m performance, in Cape Town on 23 November 1977, his best ever. It was the fastest time in the world that year and, as he said, "I had to do it on my own, without help, and it was a very satisfying performance." Behind him on the world list were Thomas Wessinghage, Steve Ovett, Henry Rono and others.

Bonzet ran his first dream mile, 3:59.3, in 1975 when he placed second to Danie Malan's outstanding new SA record of 3:54.6 in Stellenbosch.

The previous year he had won the first of ten SA titles. The full list of these titles are:

1974	3000 s/chase	8:55.98 (SA Open)
	10000 m	28:50.4

1975	3000 s/chase	8:31.6 (SA Open)
	5000 m	14:38.8 (SA Interprovincial)
	3000 s/chase	9:06.0 (SA Interprovincial)
1976	1500 m	3:48.5
1977	1500 m	3:42.1
	1500 m	3:45.0 (SA Interprovincial)
1981	16 km (road)	48:48
1982	10000 m	28:40.9

He received Springbok colours on eight occasions: cross-country tour to Europe in 1973 and 1974; track tour to Europe in 1974 and 1975; track meetings in South Africa in 1977 and 1978; cross-country in South Africa in 1979; marathon in South Africa in 1983.

Between 6 October 1981 and 16 April 1982 he had a "purple patch", winning eleven races – among them the Paarl Mountain Race, the Exide Night Race 25 km in record time (his third win in a row), the John Korasie Half Marathon in 63:33 in extreme heat (the race was run in the afternoon and I regarded this as the best half-marathon performance ever in South Africa at that time – the SA record was 62:42), the SA 16 km, the Vernon Barnes 10000 m (in 28:28.90, the fastest in South Africa that year), and the SA 10000 m on a rain-drenched Coetzenburg track. (After this victory he said: "Tonight I've shown the track guys that we road runners can still beat them!") Also included in this series of performances was 29:12 in the Tafelberg 10 km – then the fastest time ever run in South Africa and third on the all-time list behind Matthews Motshwarateu's former world record of 28:00 and his 28:21. He lost only one race in this period, when he and Victor Liebenberg tied in the New Year's Eve Race and the officials placed Liebenberg first.

He ran only four marathons, and many thought he should have tried the distance a few years earlier than his debut in the Stellenbosh Marathon in 1983. He ran 2:12:08 on that day in September – only 26 sec slower than Johan Dreyer's SA record – and beat defending champion Gabashane Rakabaele by more than 2½ min. This performance gained him Springbok colours and seven weeks later he ran what I regard as one of his greatest races when he won the SA Interprovincial Marathon in Port Elizabeth in a howling wind in 2:13:59, almost 1½ min ahead of his nearest rival.

The next year he won the Bellville Marathon in 2:13:54 and four months later took on the world's best in the America's Marathon in Chicago. Running in his Bellville club vest, he was with Steve Jones, Olympic champion Carlos Lopes, Robert de Castella, Gabriel Kamau and Geoff Smith for a long while, but eventually finished 21st in 2:17:24 as Jones clocked a new world record of 2:08:05.

After he had run his debut marathon, he was one of only five athletes who had a sub-4 min mile and a sub-2:13 marathon to his credit – the others were Johnny Halberstadt, Dick Quax, Emiel Puttemans and Paul Cummings – and it is doubtful that there are many more even today!

In 1975 I wrote an article in *SA Athlete* in which I showed that, according to the Portuguese Tables and using the best scores for three events for each athlete, Bonzet was the most versatile athlete in South Africa, and the only one who scored more than 1000 points in two events. In fact, he was just five points short of 3000 points for his three best events. Fanie van Zijl was second and Krogmann third. Although he did not improve on his 10000 m time after 1974, he would progress in both the 3000 m and 5000 m.

His personal bests on the track and in road races are:

1000 m	2:22.6	78
1500 m	3:37.3	75
1 mile	3:57.3	77
2000 m	5:02.8	77 – still 2 nd on the all-time list
3000 m	7:49.6	76
5000 m	13:30.4	78 – 15 th on the all-time list
10000 m	28:16.2	74 – 17 th on the all-time list
3000 m s/chase	8:31.6	75
10 km	29:15	83

15 km	49:22*	94
21.1 km	62:54	82
42.2 km	2:12:08	83

*) He was already 42 then – when he was at his best, 16 km was the usual distance.

Bonzet was often controversial because he was not afraid to voice his opinion and was independent minded, and he was not a favourite of the athletics hierarchy. One of the most contentious episodes of his career occurred on 31 March 1975 when the SA Open Championships were held in Cape Town's Green Point Stadium. The meeting included some top-class international athletes, among them Ivo van Damme, Franco Fava and Klaus Wolfermann, but anticipation centred mainly on the clash in the 5000 m between Bonzet, the SA record holder, and Titus Mamabola.

It turned out to be an unforgettable race, but for the wrong reasons. Over the last two laps the two superb runners traded the lead four times. With 300 m remaining, Bonzet was leading and moved to the outside when Mamabola tried to pass. With 100 m left, Mamabola tried to pass twice, but again Bonzet moved out. A frustrated Mamabola then hit Bonzet on the shoulder and managed to take the lead with 70 m remaining.

Bonzet was disqualified for obstruction. Mamabola was not angry at his friend and rival. "We are still friends. What happened today is child's play in comparison to what has happened to me and Ewald overseas. Ewald was just naughty today." (Bonzet and Mamabola were both members of the SA contingents that competed in European cross-country and track races in 1974, and again went to Europe during the 1975 summer season. On the latter tour they both scored a number of victories and Bonzet achieved two SA records.)

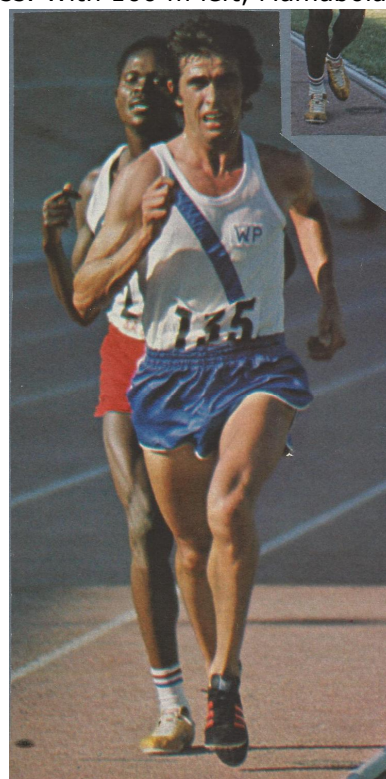
Bonzet felt differently. "Why pick on me? Edmundo Warnke of Chile put Matthews Batswadi out of action with his elbow in the 10000 m and then completed the race without his vest, breaking another rule, but nothing happened to him. This whole thing left a bitter taste in my mouth."

The controversy raged for days, with opinions varying. Many observers felt that both runners broke rules and that both should have been disqualified, or neither.

Bonzet coached himself for most of his adult career and was known as a prodigious and disciplined trainer throughout his life. He also coached others, with Marius-Hugo Schlechter and Tanya Peckham, who won multiple SA titles between them, being his most successful athletes.

Ewald Bonzet was a giant of the sport who stood out among his peers even during the golden era of South African athletics. But for the accident of birth in a country that would become the pariah of international sport during the time when he reached the peak of his career, I have no doubt that he would have excelled on the world stage as well. His like has not been seen again in South Africa since those heady days of the seventies and early eighties, and we may not see it again. I am grateful and honoured to have had him as a friend.

George Groenewald Bonzet was born on Christmas day, 1951, in Caledon, and died on 7 September 2016 in Cape Town. He leaves his wife René and son Ewald.



Bonzet and Titus Mamabola battle it out in their controversial 5000 m in Cape Town's old Green Point Stadium in 1975. Bonzet finished second, but was disqualified. [Topsport]

ROAD RUNNING**SAPS Striders Heritage Challenge Half Marathon & 10 km**

Durban, 11 September

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1.	Melly Kennedy	KEN/Nedbank AC	1:06:43
2.	N. Nkosinathi	Nedbank AC	1:09:54
3.	Walter Mjwara	Nedbank AC	1:10:56

40-49:

1.	Michael Ngaseke	ZIM/Maxed Elite	1:13:03
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50-59:

1.	Mandla Dlamula	Boxer AC	1:22:53
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60+:

1.	Nicolas Dlamini	Boxer AC	1:32:34
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WOMEN

1.	Suzette Botha	Eskom	1:25:25 (1 st vet)
2.	Nawm Mteii	Nedbank AC	1:29:53
3.	Lisa Collett	Boxer AC	1:29:55

40-49:

1.	Suzette Botha	Eskom	1:25:25
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50-59:

1.	Marietjie Montgomery	Faco Chiefs	1:45:42
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60+:

1.	Jenny Scott	DCS	n/t
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10 km

MEN

1.	Munyaradzi Jari	ZIM/Nedbank AC	31:23
2.	Mziwenkosi Mjaja	Nedbank AC	31:25
3.	Prodigal Khumalo	ZIM/Maxed Elite	31:44

WOMEN

1.	Z. Zama	KPMG	39:55
2.	Caylee Ellero	CKS	40:09
3.	Janine Carey	Boxer AC	40:19

Cell C Day of Races 5 km

Cape Town, 11 September

MEN

1	Elroy	GELANT	14:03
2	Siboniso	SOLDAKA	14:57
3	Xolisa	BHATALA	15:34
4	Peter	TSAWAYO (ZIM)	15:36
5	Raydon	BALLIE	15:45
6	Ncedo	MAKUNGA	15:50
7	Tsungai	MWANENGENI (ZIM)	15:58
8	Sive	NGUBO	16:11
9	Siviwe	NKOMBI	16:16
10	Buhle	FANTENI	16:31

WOMEN

1	Lebo	PHALULA	17:14
2	Fortunate	CHIDZIVO (ZIM)	17:48
3	Tanith	MAXWELL	18:04
4	Tanya	SCOTT	18:14
5	Nomvuyisi	SETI	18:59
6	Jessica	POLLOCK	19:04
7	Ebeth	MARAIS	19:28
8	Nicola	HOOPER	19:51
9	Candice	HALL	20:08
10	Jenna	KEMPS	20:36

Value Logistics/Addicted to Life Half Marathon & 10 km

Pretoria, 10 September

(Distances: 21.1 km & 10 km; loop courses, partly on gravel and sand tracks.)

Half marathon

MEN

1 Sikhumbuzo Seme (KPMG) 71:09; 2 Peter Medupe (Nedbank) 76:10 (1st vet); 3 Handsome Siwena (Nedbank) 76:45.

Veterans: 1 Peter Medupe (Nedbank) 76:10. **Masters:** 1 Jerry Mtsweni (Anglo) 1:44:59.

G'masters: 1 Johan Nel (Irene) 98:27. **G/g'masters:** 1 Steve Groenveld (PMMC) 2:58:08.

WOMEN

1 Vuyokazi Gebe (Transnet) 91:54; 2 Zintle Sinqe (Nedbank) 1:40:38; 3 Ansie Breytenbach (Irene) 1:41:10 (1st mast).

Veterans: 1 Max Visagie (Wingate) 2:03:28. **Masters:** 1 Ansie Breytenbach (Irene) 1:41:10. **G'masters:** 1 Olga Smit (Affies) 2:27:46.

10 km

MEN

1 Esau Radebe (Nedbank) 38:11; 2 Jeofrey Mashau (HQH) 38:17; 3 Griffiths Mohlahla (SAPS Tshwane) 38:40.

Veterans: 1 Elmon Ndlovu (PMMC) 43:23. **Masters:** 1 Francois Meintjies (Affies) 56:01.

G'masters: 1 Wallie Weder (Agape) 58:26. **G/g'masters:** 1 Danie Roux (Kempton) 68:38. **80+:** 1 Ken Nurden (Agape) 62:59.

WOMEN

1 Susan Rossouw (CSIR) 48:22 (1st vet); 2 Historina Mokoena (SAPS Tshwane) 48:50; 3 Mbali Mthimkhulu (SAPS Tshwane) 49:56.

Veterans: 1 Susan Rossouw (CSIR) 48:22. **Masters:** 1 Susa Maree (Irene) 63:32.

G'masters: 1 Marjan v.d. Walt (Running Inn) 66:44. **G/g'masters:** 1 Bertha v.d. Raad (Irene) 83:39. **Juniors:** 1 Sumarie moolman (ACRW) 50:15.

CROSS-COUNTRY**South African Cross-country Championships**(68th for men; 53rd for women)

George, 10 September

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

SR. MEN (10 KM)

1	David	Manja	ACNW	29:05
2	Precious	Mashele	AGN	29:24
3	Joel	Mmone	ACNW	29:39
4	Collen	Mulaudzi	AGN	30:02
5	Philimon	Mathiba	CGA	30:12
6	Ayanda	Mncube	AKZN	30:24
7	Silindile	Gubese	AKZN	30:33
8	Bonginkosi	Zwane	AKZN	30:39
9	Dikotsi	Lekopa	ACNW	30:45
10	Milton	Kekana	AGN	30:50
11	Sibusiso	Madikizela	WPA	30:51
12	Brendon	Lentswe	ACNW	30:52
13	Ntekele	Moshwetsi	ANWN	30:54
14	Pharson	Magagane	CGA	30:58
15	Derocious	Makhobalo	CGA	31:05
16	Melikhaya	Frans	EPA	31:06
17	Godfrey	Ramokone	AFS	31:11
18	Ntsindiso	Mphakathi	CGA	31:16
19	Malefetsane	Motlounge	AFS	31:19
20	Khaya	Butele	ATRA	31:24
21	Mholi	Jali	AKZN	31:25
22	Obed	Kopong	ANWN	31:32
23	Victor	Pheeha	AGN	31:36
24	Mariano	Eesou	EPA	31:40
25	Zolani	Mabongo	EPA	31:42
26	Boy	Soke	AFS	31:52
27	Sthembele	Fanekho	AKZN	31:53
28	Itumeleng	Phala	ANWN	31:53
29	Bafana	Dube	AGN	31:54
30	Xolisani	Zamkele	ATRA	31:55
31	William	Kaptein	BOLIND	31:56
32	Akhona	Mdaka	BOL	32:04
33	Kgosi	Tsosane	AGN	32:11
34	Pule	Botsane	AGW	32:12
35	Mfumaneko	Fadana	ATRA	32:16
36	Siphesihle	Masondo	AKZN	32:18
37	Musa	Swakaxa	AGN	32:20
38	Joseph	Manelo	AFS	32:22
39	Kamogelo	Masemola	LIMA	32:28
40	Donald	Mashamaite	CGA-IND	32:34
41	Prince	Jali	CGA	32:39
42	Zuko	Kupiso	ATRA	32:40
43	Sibusiso	Mbatha	CGA	32:41
44	Anele	Dlamini	AKZN	32:43
45	Zolani	Ngqqaqa	EPA	32:43
46	Malwande	Hlongwa	AKZN	32:46
47	Benjamin	Selepe	AGN	32:50

48	Du-Wayne	Philander	WPA	32:51
49	Athenkosi	Tiyabanti	AFS	32:53
50	Mathews	Leeto	ANWN	33:04

SR. MEN

1	Marko	Bucarizza	CGA	11:26
2	Jerry	Motsau	ACNW	11:27
3	Jacob	Malefo	CGA	11:45
4	William	Kaptein	BOLIND	11:48
5	Treasure	Derison	AFS	11:55
6	Malefetsane	Motlounge	AFS	11:58
7	Charles	Nel	AGN	12:03
8	Khaya	Butele	ATRA	12:04
9	Samuel	Segoaba	AGN	12:08
10	Angelo	Booyesen	BOL	12:11
11	Paulos	Radebe	CGA	12:14
12	Merlin	Klaaste	WPA-IND	12:15
13	Kgaugelo	Mohlosi	ANWN	12:16
14	Ashley	Smith	WPA-IND	12:18
15	Clinton	Swannepoel	CGA	12:19
16	Xolisa	Quliso	AFS	12:21
17	Ngobe	Mongezi	ATRA	12:21
18	Phalang	Mosia	AKZN	12:22
19	Akhona	Mdaka	BOL	12:22
20	Xolani	Loni	AFS	12:28
21	Prince	Ndlovu	AMPU	12:30
22	Lucas	Bothobutle	ACNW	12:31
23	Sibusiso	Magwaza	WPA-IND	12:32
24	Andre	Afrika	WPA-IND	12:35
25	Sello	Masia	AFS	12:35
26	Petrus	Mogolana	LIMA	12:36
27	Justin	Fritz	BOL	12:36
28	Pita	Mokhoali	AVT	12:37
29	Tian	Basson	AMPU	12:41
30	Tusile	Nobanda	ATRA	12:41

30-34 (8 km):

1	Lucky	Mtshali	CGA	25:03
2	Moeletsi	Moletsane	CGA	25:15
3	Gino	Nkoe	AGN	25:28

35-39 (8 km):

1	Coolboy	Ngamole	ACNW	24:30
2	Gladwin	Mokgopha	ANWN	25:20
3	Mthandazo	Qhina	WPA	25:23

40-44 (8 km):

1	Shadrack	Hoff	AGN	24:37
2	Zongamele	Dyubeni	CGA	25:21
3	Simon	Mpholo	CGA	25:27

45-49 (8 km):

1	Mluleki	Nobanda	SAPS	25:24
2	Shawn	Abrahams	WPA	26:23
3	Samuel	Mayisela	CGA	27:10

50-54 (8 km):

1	Johnny	Persents	WPA	28:14
2	Reform	Ndlovu	CGA	28:27
3	Steve	Motau	AGN	28:43

55-59 (8 km):

1	Gideon	Radebe	AMPU	30:55
2	Thomas	Moses	BOL	32:26
3	Conrad	Van den Berg	AMPU	32:51

60-64 (6 km):

1	Lawrence	Raubenheimer	AKZN	23:10
2	Les	Chivell	WPA	23:43
3	Aubrey	Roberts	AKZN	24:01

65-69 (6 km):

1	Don	Charles	AGN	24:44
2	Awie	Veldsman	WPA	25:09
3	Nicolaas	Steenekamp	ANWN	26:12

70-74 (6 km):

1	Richard	Osrin	WPA	26:08
2	Jeff	Smith	WPA	26:14
3	Harry	Van der Merwe	AGN	28:38

75-79 (6 km):

1	Andries	Van der Merwe	AGN	32:48
2	Piet	Van Aswegen	AGN	39:46

80-85 (6 km):

1	Frans	Grobler	AGN	50:55
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23:

1	Rantso	Mokopane	ACNW	11:35
2	Tumisang	Monnatlala	CGA	11:37
3	Samuel	Mathabatha	CGA	11:38

Juniors (8 km):

1	Ikageng	Gaorekwe	CGA	24:07
2	Kabelo	Melamu	CGA	24:11
3	Ryan	Mphahlele	CGA	24:13

17 (6 km):

1	Phenyo	Chidi	CGA	18:18
2	Onkabetsi	Sebola	CGA	18:28
3	Kutlwisiso	Sidinile	CGA	18:35

SR. WOMEN (10 KM)

1	Kesa	Molotsane	AFS	35:09
2	Glenrose	Xaba	AMPU	35:37
3	Maria	Shai	ACNW	36:00
4	Zintle	Xiniwe	WPA	36:04
5	Andrea	Steyn	AGN	36:06
6	Lena	Lotter	WPA	36:18
7	Thembi	Baloyi	AGN	36:27
8	Liziwe	Mabona	AGN	36:38
9	Janet	Dlamini	AKZN	36:44
10	Janie	Grundling	AKZN	36:54
11	Vuyiseka	Kumenge	ATRA	37:24
12	Mhlongo	Makhosi	AKZN	37:47
13	Annah	Moeketsi	AFS	38:18
14	Puseletso	Dladla	AKZN	38:22
15	Tanya	Scott	WPA	38:41
16	Lusanda	Bomvana	ATRA	38:54
17	Lorraine	Novela	CGA	39:07
18	Nwabisa	Mjoli	AKZN	39:23
19	Ndileka	Mvakwendlu	EPA	39:30
20	Marelise	Retief	AGN	39:39
21	Silindile	Chili	AKZN	39:46

22	Tumi	Matlou	CGA	40:12
23	Bulelwa	Simae	WPA	40:12
24	Noria	Sibanda	AMPU	40:28
25	Dimakatso	Mosia	AFS	40:29
26	Cornelia	Joubert	CGA	41:20
27	Palesa	Lehasa	ACNW	41:24
28	Candyce	Hall	WPA	42:14
29	Nthabiseng	Tshelhla	AGN	42:52
30	Maryna	Swanepoel	AFS	43:05

SR. WOMEN

1	Stella	Marais	AGN	14:19
2	Anet	Coetzee	CGA	14:21
3	Anelda	Van Staden	CGA	14:25
4	Anneline	Roffey	WPA	14:45
5	Happiness	Mkhize	AKZN	14:50
6	Palesa	Madoa	ACNW	14:53
7	Anelisiwe	Dumzela	ATRA	15:35
8	Andronica	Mokgotla	CGA	15:38
9	Lee-Shay	Willemse	WPA	15:41
10	Megan	Dempster	EPA	15:46
11	Pamela	Moyikwa	WPA	15:52
12	Tshegofatso	Vocho	CGA	15:55
13	Neliswa	Mtandeki	ATRA	16:00
14	Regina	Thukane	AFS	16:03
15	Tina-Mari	Meyer	WPA-IND	16:08
16	Nokuthula	Mokoana	AGN	16:11
17	Lilandi	Swanepoel	ANWN	16:14
18	Anastacia	Plaatjies	ASWD	16:18
19	Timorei	Deyce	ASWD	16:19
20	Annelien	Motlhala	AGN	16:20
21	Alicia	Edelstein	CGA	16:21
22	Sunette	Vos	AGN	16:58
23	Charine	Kruger	CGA	16:59
24	Christine	Prinsloo	ACNW	17:02
25	Portia	Ramolahlwane	AFS	17:09
26	Gwen	Peyper	ANWN	17:14
27	Ziyanda	Sehohle	ACNW	17:19
28	Remofilwe	Pheloane	ANWN	17:31
29	Bianca	Jansen Van Rensburg	ASWD	18:00
30	Carli	Kuhn	AGN	18:07

30-34:

1	Mandi	Brandt	BOL	14:27
2	Leilani	Scheffer	ANWN	14:35
3	Zisandele	Mkhize	AKZN	14:52

35-39:

1	Anneline	Roffey	WPA	14:25
2	Liza	Maritz	AGN	14:42
3	Bulelwa	Simae	WPA	15:07

40-44:

1	Ronel	Thomas	AGN	15:16
2	Elizabeth	Dhiwayo	ANWN	15:50
3	Maria	Vilakazi	CGA	15:54

45-49:

1	Shani	Silver	AKZN	15:39
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2	Lise	Muchna	AKZN	15:48
3	Liesel	Wessels	BOL	16:13
50-54:				
1	Mariette	Strauss	WPA	16:20
2	Sarah	Mahlangu	CGA	16:55
3	Christine	Claassen	EPA	17:04
55-59:				
1	Olga	Howard	WPA	16:42
2	Annatjie	Botes	ASWD	16:47
3	Lynette	Fischer	AGN	17:00
60-64:				
1	Catharina	Scheffer	ANWN	17:33
2	Nancy	Will	WPA	17:40
3	Blanche	Moila	AKZN	18:32
65-69:				
1	Jan	Phelan	AKZN	20:41
2	Ithuteng	Boshoe	CGA	22:02
3	Anne	Erasmus	AKZN	24:34
70-74:				
1	Aileen	Sparg	WPA	22:38
2	Gill	Tregenna	AKZN	23:29
3	Arina	Van Aswegen	AGN	41:47
75-79:				
1	Willemien	Smuts	AFS	23:14
2	Florah	Munjedzi	CGA	25:59
3	Leseya	Seabi	CGA	28:11
90+:				
1	Adelaide	Van Aswegen	AGN	55:00
23:				
1	Sherilene	Gelderblom	ACNW	13:59
2	Lizerie	Ferreira	AGN	14:08
3	Marne	Mentz	AFS	14:09
Juniors (8 km):				
1	Nicole	Van der Merwe	CGA	21:58
2	Tshegofats	Setlhakgoe	AGN	22:07
3	Puseletso	Dieta	CGA	22:12
17:				
1	Simonay	Weitsz	CGA	13:39
2	Thobile	Vilakazi	CGA	13:49
3	Lesego	Mpshe	CGA	14:36

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

Faxon Law New Haven Road Race (39th)

(USA men's and women's 20 km Championships)

New Haven, USA, 5 September

(Distance: 20 km; certified loop course with negligible start/finish separation and no elevation change)

MEN (gun times)

1. Leonard Korir, Colorado Springs, CO 59:15 \$10,000

2. Sam Chelanga, Tucson, AZ	59:16	4,000
3. Christopher Landry, Charlotte, NC	59:24	2,000
4. Elkanah Kibet, Fayetteville, NC	59:25	1,400
5. Timothy Ritchie, Brighton, MA	59:29	1,000

WOMEN (gun times)

1. Aliphine Tuliamuk, Santa Fe, NM	1:05:47	\$10,000
2. Emily Sisson, Providence, RI	1:06:03	4,000
3. Brienne Nelson, Golden, CO	1:07:53	2,000
4. Lindsey Scherf, High Falls, NY	1:08:08	1,400
5. Maddie Van Beek, Fargo, ND	1:08:30	1,000

Africa Southern Region Half Marathon

Antananarivo, MAD, 4 September

(Distance: 21.1 km; course configuration unknown)

Note: Runners from South Africa dominated this race, with most of the rest of the field being from Madagascar. – Ed.

MEN

1. David Manja (RSA)	1:04:22
2. Philemon Mathiba (RSA)	1:04:30
3. Joel Mmone (RSA)	1:05:34
4. Fulgence Rakotondrasoa (MAD)	1:07:54
5. Haja Nirina Andriamparany (MAD)	1:08:07
6. Abednico Mashaba (RSA)	1:08:52
7. ? Mampitroatsy (MAD)	1:09:06
8. Jean de la Croix Rakotomalala (MAD)	1:11:05
9. ? Fitohiza (MAD)	1:11:34
10. Thabang Mosiako (RSA)	1:13:09

WOMEN

1. Liziwe Mabona (RSA)	1:21:13
2. Jenet Dlamini (RSA)	1:21:59
3. Kataza Shipalana (RSA)	1:22:59
4. Ntombesintu Mfunzi (RSA)	1:26:04
5. Marina Ramanantenasoa (MAD)	1:26:08
6. Olivia Rabemihoatra (MAD)	1:29:57
7. Nanie Razafindrafara (MAD)	1:31:21
8. Landinirina Ratianarison (MAD)	1:38:58
9. ? Fanomezantsoa (MAD)	1:39:23
10. Volatiana Lova Rasoambolanora (MAD)	1:42:24

Brabants Dagblad Ten Miles of Tilburg (29th) & Rabobank Tilburg Ladies

Run 10 km (24th)

Tilburg, NED, 4 September

(Distances: 10 miles [men] and 10 km [women/all-women's race])

MEN (gun times)

1. Rodgers Kwemoi, KEN	46:04
2. John Langat, KEN	46:04
3. Moses Kurong, UGA	46:05
4. Merhawi Kesete, ERI	46:41
5. Abel Kirui, KEN	46:44

WOMEN

1. Alice Aprot, KEN 31:34
2. Gladys Chesir, KEN 31:58
3. Florence Kiplagat, KEN 32:27
4. Netsanet Gudeta, ETH 33:22
5. Sarah Lahti, SWE 33:48

New Balance Fifth Avenue Mile (36th)

New York, USA, 3 September

(Distance: 1 mile; re-certified in 2016 point-to-point course, downhill with 8.23 m elevation loss)

PROFESSIONAL MEN (photo times)

1. Eric Jenkins, 24, Nike Oregon Project 3:49.4 \$5000
2. Matthew Centrowitz, 26, Nike Oregon Project 3:49.5 3500
3. Colby Alexander, 25, HOKA/NJ-NY Track Club 3:50.3 2500
4. Clayton Murphy, 21, Nike 3:52.3 1500 + 1000i
5. Charles Philibert-Thiboutot, 25, Asics (CAN) 3:52.5 1000
6. Chris O'Hare, 25, Adidas (GBR) 3:53.0 750
7. Ford Palmer, 25, HOKA/NJ-NY Track Club 3:53.3 500
8. Ben Blankenship, 27, Nike Oregon Track Club 3:53.9 250
9. Leo Manzano, 31, Hoka One One 3:54.4
10. Kyle Merber, 25, HOKA/NJ-NY Track Club 3:55.3

i) Earned halfway prime bonus of \$1000 (had to also finish sub-4:00)

PROFESSIONAL WOMEN (photo times)

1. Jenny Simpson, 30, New Balance 4:18.3 \$5000
2. Laura Muir, 23, Nike (GBR) 4:18.4 3500 + 1000i
3. Heather Kampf, 29, Asics/Team USA Minnesota 4:19.7 2500
4. Amanda Eccleston, 26, Brooks 4:20.6 1500
5. Kate Grace, 27, Oiselle/NorCal Dist. Proj. 4:22.7 1000
6. Shelby Houlihan, 23, Nike Bowerman Track Club 4:23.0 750
7. Nicole Sifuentes, 30, Saucony (CAN) 4:23.2 500
8. Katie Mackey, 28, Brooks 4:23.5 250
9. Emma Coburn, 25, New Balance 4:23.8
10. Morgan Uceny, 31, Adidas 4:24.6
- ... 12. Eilish McColgan, 25, Nike (GBR) 4:25.6

i) Earned halfway prime bonus of \$1000 (had to also finish sub-4:32)

Gateway Mortgage Brookhaven Run 5 km (31st)

Norman, USA, 3 September

(Certified, flat, one-loop course)

Note: Dominique Scott shattered the course record by 30 seconds to win the women's title, claiming first by nearly a minute. Scott's time is the fifth fastest ever by a South African and places her third on the all-time list behind Elana Meyer and Colleen de Reuck (see Stats Time elsewhere in this issue), and also the fastest ever by a woman in Oklahoma. – Ed.

MEN (gun times)

1. Eliud Ngetich, 22, Santa Fe, NM (KEN) 14:06 \$500
2. Arya Bahreini, 22, Edmond, OK 14:51 400
3. Peter Chebii, 31, Wichita, KS (KEN) 15:08 300

WOMEN

1. Dominique Scott, 24, Fayetteville, AR (RSA) 15:36 CR* \$500 + 2000c
2. Belainesh Gebre, 28, Flagstaff, AZ (ETH) 16:33 400
3. Aminat Olowora, 22, NGR 16:34 300

c) Earned bonus for breaking the Oklahoma state and course record of 16:16.

CROSS-COUNTRY**Oklahoma State Duels**

Stillwater, USA, 1 September

WOMEN (3 km)

1. Carina Viljoen, Arkansas (RSA) 10:35.5
2. Brittany Tretbar, Oklahoma 10:38.5
3. Rachel Nichwitz, Arkansas 10:39.7

TRACK**Memorial van Damme**

(2nd of two finals of 2016 IAAF Diamond League)
Bruxelles, BEL, 9 September

MEN

800:

1. Adam Kszczot (POL) 1:44.36
2. Kipyegon Bett (KEN) 1:44.44
3. Amel Tuka (BIH) 1:44.54 SB
4. Ferguson Cheruiyot (KEN) 1:44.59
5. Alfred Kipketer (KEN) 1:44.61
6. Pierre-Ambroise Bosse (FRA) 1:44.63
7. Clayton Murphy (USA) 1:45.15
8. Jonathan Kitilit (KEN) 1:46.12

1500:

1. Timothy Cheruiyot (KEN) 3:31.34 PB
2. Abdelaati Iguider (MAR) 3:31.40 SB
3. Asbel Kiprop (KEN) 3:31.87
4. Taoufik Makhloufi (ALG) 3:32.21
5. Filip Ingebrigtsen (NOR) 3:32.43 PB
6. Robert Biwott (KEN) 3:33.05 SB
7. Vincent Kibet (KEN) 3:33.56 SB
8. Bethwel Birgen (KEN) 3:34.03
9. Ben Blankenship (USA) 3:34.26 PB
10. Elijah Manangoi (KEN) 3:34.53

3000 s/chase:

1. Coneslus Kipruto (KEN) 8:03.74
2. Evan Jager (USA) 8:04.01 SB
3. Mahiedine Mekhissi-Benabbad (FRA) 8:08.15 SB
4. Nichola Bett (KEN) 8:11.20
5. Abraham Kibiwot (KEN) 8:12.81
6. Hillary Bor (USA) 8:13.68 PB
7. Andy Bayer (USA) 8:16.11 PB

8. Yoann Kowal (FRA) 8:16.21 SB

WOMEN

5000:

1. Almaz Ayana (ETH) 14:18.89
2. Hellen Obiri (KEN) 14:25.78 PB
3. Senbere Teferi (ETH) 14:29.92 PB
4. Etenesh Diro (ETH) 14:33.30 PB
5. Shannon Rowbury (USA) 14:38.92 AR/PB
6. Alice Nawowuna (KEN) 14:39.56 PB
7. Viola Kibiwot (KEN) 14:44.09
8. Margaret Kipkemboi (KEN) 14:47.24 PB
9. Agne Tirop (KEN) 15:02.67 SB
10. Karoline Bjerkeli Grovdal (NOR) 15:03.72

ISTAF (75th)

(IAAF World Challenge)

Berlin, GER, 3 September

MEN

800:

1. David Rudisha, KEN 1:43.31
2. Kipyegon Bett, 1998, KEN 1:43.76 PB
3. Adam Kszczot, POL 1:45.01
4. Marcin Lewandowski, POL 1:45.18
5. Willy Tarbei, 98, KEN 1:45.53
6. Samir Dahmani, FRA 1:45.90
7. Jackson Kivuva, KEN 1:46.35
8. Sören Ludolph, GER 1:48.31

3000:

1. Augustine Choge, KEN 7:43.00 SB
2. Bernard Lagat, 1974, USA 7:43.63 SB
3. Birhanu Yemataw, BRN 7:44.29 PB
4. Hillary Ngetich, KEN 7:45.22 PB
5. Andy Bayer, USA 7:45.24 SB
6. Biyazen Alehegn, 99, ETH 7:50.67 PB WYL
7. David McNeill, AUS 7:51.11 PB
8. Clement Kemboi, KEN 7:54.90
9. Florian Orth, GER 7:55.47 SB
10. Lawrence Kemboi, KEN 8:01.43 PB

WOMEN

800:

1. Caster Semenya, **RSA** 1:55.68
2. Francine Niyonsaba, BDI 1:57.58
3. Eunice Sum, KEN 1:57.95
4. Joanna Jozwik, POL 1:58.20
5. Lynsey Sharp, GBR 1:58.31
6. Maryna Arzamasova, BLR 1:59.22
7. Nataliya Pryshchepa, UKR 1:59.44
8. Emily Jerotich, KEN 2:00.10
9. Noelie Yarigo, BEN 2:02.58
10. Christina Hering, GER 2:03.02

3000 s/chase:

1. Celphine Chepteek Chespol, 99, KEN 9:25.49
2. Gesa Krause, GER 9:30.95
3. Mariya Shatalova, UKR 9:34.97
4. Purity Kirui, KEN 9:39.80
5. Jana Sussmann, GER 9:41.05 PB

Hoka One One Long Island Mile (2nd)

Huntington Station, USA, 31 August
(Distance: one mile)

MEN

1. David Torrence, Hoka One One (PER) 3:54.99 \$3000
2. Charles Philibert-Thiboutot, Asics (CAN) 3:55.25 2500 + 250#
3. Ford Palmer, Hoka One One/NJ-NY TC 3:55.60 PB 1500
4. Colby Alexander, Hoka One One/NJ-NY TC 3:56.11 1250
5. Eric Avila, Hoke One One 3:56.50 PB 1000

WOMEN

1. Amanda Eccleston, Brooks 4:26.87 MR* \$3000
2. Lauren Johnson, Unattached 4:28.18 2500 + 250#
3. Shannon Osika, Saucony 4:28.45 PB 1500
4. Nicole Tully, Hoka One One/NYAC 4:30.74 1250
5. Stephanie Brown, Nike 4:30.95 1000
- ... 7. Ajee' Wilson, adidas 4:33.57 500

#) Earned prime for leading at 1309m

STATS TIME

Dominique Scott's brilliant 5 km in Oklahoma last weekend shot her up into third place on the South African all-time list (behind only the two greats, Elana Meyer and Colleen de Reuck), with the fifth fastest time. Here is the all-time top ten list, with secondary performances by the top three also listed.

ALL-TIME 5 KM: TOP 10 WOMEN

15:10	Elana Meyer	Providence	16 Oct 94
15:19A	Colleen de Reuck	Clarksville	09 Sep 95
15:20	De Reuck-2	Carlsbad	27 Mar 94
15:24	Meyer-2	Providence	15 Sep 02
15:36	Dominique Scott	Norman	03 Sep 16
15:43	De Reuck-3	Dallas	17 Jun 00
15:48	De Reuck-4	Chicago	14 Jul 00
16:04	Carlien Cornelissen	New Milford	23 May 03
16:04	Lebo Phalula	Bedfordview	11 Jan 09
16:12	René Kalmer	Albany	31 May 14
16:18	Meyer-3	Providence	07 Sep 03
16:25	Irvette van Blerk	Arezzo	27 May 12
16:26	Theresa du Toit	New Milford	19 May 00
16:30	Alta Verster		1996
16:30	Lebogang Phalula	Bedfordview	11 Jan 09

THIS MONTH IN HISTORY

33 years ago: 10 September 1983

It was widely rumoured that Ewald Bonzet, one of the greats of South African distance running, would make his debut over the marathon distance in the 1983 Stellenbosch race. In typical Bonzet fashion, the man himself said little and, again typically, he arrived on the starting line only seconds before the gun went off. It was the nineteenth running of the famous race, and his presence changed the character of the event. He won with ease, beating defending champion Gabashane Rakabaele and a handful of other top marathoners in 2:12:08 – the second fastest time ever by a South African and only 26 seconds slower than Johan Dreyer's SA record. Rakabaele was more than 2½ minutes behind. The performance earned Bonzet Springbok colours and he would go on to also win the Interprovincial Marathon in Port Elizabeth seven weeks later, running one of the outstanding races of his career when he clocked 2:13:59 in a howling wind. Bonzet passed away last week.

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.

MEN

Open

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	49:35	Shadrack Hoff	Pretoria	20 Aug

21.1 km	44:14	Pierre Levisse (FRA) 1992		
	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		
<u>Masters (50+)</u>				
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				
<u>Grandmasters (60+)</u>				
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 Lebesse	Pretoria	07 May
	94:01	Doug Winn (USA) 2010		
30 km	2:12:25	Mochamat Kriel	Simon's Town	14 Aug
	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				
<u>Great grandmasters (70+)</u>				
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 Tuliamuk (USA)		
	79:53m	Mary Keitany (KEN) 2010		
	82:47w	Paula Radcliffe (GBR) 2005		
30 km	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
	1:43:55	Miharu Shimokado (JPN)		
	1:38:49m	Mizuki Noguchi (JPN) 2005		
	1:39:11w	Mary Keitany (KEN) 2011		
Marathon	2:32:20	Irvette van Blerk	London	24 Apr
	2:19:41	Tirfe Beyene Tsegay (ETH)		
	2:15:25m	Paula Radcliffe (GBR) 2003		
	2:17:42w	Paula Radcliffe (GBR) 2005		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

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	2:00:38	Tanith Maxwell	Simon's Town	14 Aug
	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		

Masters (50+)

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 Natasen	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				

Grandmasters (60+)

10 km	42:12	Margie Saunders	Port Elizabeth	20 Aug
	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	Margie Saunders	Uitenhage	05 Mar
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:30:14	Nancy Will	East London	20 Feb
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				

Great grandmasters (70+)

10 km	54:14	Pixie Sparg	Grassy Park	04 Sep
	44:09	Lavinia Petrie (AUS) 2014		
15 km	82:28	Pixie Sparg	Eersterivier	18 Jun
	72:52	Jo Klein (NED) 2004		
21.1 km	1:47:58	Veronica van Niekerk	Gordon's Bay	16 Apr
	97:38	Lavinia Petrie (AUS) 2014		
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:02	Veronica van Niekerk	Camps Bay	10 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:11:27a	Veronica van Niekerk	Simon's Town	21 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km				

Juniors

10 km	35:25	Simonay Weitsz	Port Elizabeth	09 Aug
	31:42	Zola Pieterse (RSA) 1984		
15 km	58:03	Ashleigh Simonis	Eersterivier	18 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:28:26	Siphokazi Liwani	Port Elizabeth	11 Jun
	1:09:05	Delilah Asiago (KEN) 1991		

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