

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

Annie Bothma, on holiday from her studies at Coastal Carolina University, scored another good victory this weekend. She won the Avbob Eersterivier 15 km in chilly, windy conditions in 55:48 -- exactly one minute slower than her personal best. She also won the race as a junior in 2013 and was second in 2015. Two weeks ago she won the Don Lock Memorial 8 km in a very fast 27:35. The race had a considerable increase in numbers compared to last year.



Both Bothma and junior Razaan Kamaldien (63:04) ran list leaders (although Dominique Scott-Efurd has a faster time on an aided course).

Well-known Midrand Striders and Comrades runner Leon Baker was killed when struck by a vehicle while training early last Tuesday morning. Baker (45) was running close to his home in Midrand. The vehicle that hit Baker drove away after the accident. Pieces of the vehicle found at the scene indicate that it was a minibus taxi that hit him. Baker was the early mentor for Caroline Wöstmann when she started her running career as a member of Midrand Striders. (They are pictured at left running together in the 2013 Bonitas City to City 50 km, where Wöstmann finished second, and first South African). Baker, who leaves his wife Sally, son Dylan and daughter Jennifer, owned seven Comrades medals, with a best time of 7:09:22 in 2015.

According to a media release from Mpumalanga Athletics, the athlete Martin Hlekulane Mabanda (Anglo American Thermal Coal AC) has been suspended until 31 December 2017. The provincial body would not divulge the reason for the suspension to DRR.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Garsfontein Ice Breaker Half Marathon & 10 km, Pretoria
- * Avbob Eersterivier 15 km, Eersterivier
- * XC: EP League Meeting, Port Elizabeth; WP League Meeting, Kaapzicht Wine Estate

International highlights:

- * Utica Boilermaker 15 km, Utica, USA
 - * Atlanta Journal Constitution Peachtree Road Race 10 km, Atlanta, USA
 - * Gold Coast Airport Marathon, ASICS Half Marathon & 10 km, Brisbane, AUS
 - * Track: Müller London Anniversary Games, London; Brussels Grand Prix, Bruxelles, BEL; Kortrijkse Guldensporenmeeting, Kortrijk, BEL; Athletissima Lausanne, Lausanne, SUI; TrackTown Summer Series Final, New York, USA; Arcobaleno Meet, Celle Ligure, ITA; Istvan Gyulai Memorial, Székesfehérvár, HUN; British World Championships Team Trials, Birmingham, GBR; Znamenskiy Memorial Meeting, Zhukovskiy, RUS; TrackTown Summer Series - San Francisco, Palo Alto, USA; African U20 Championships, Tlemcen, ALG; Sollentuna GP, Sollentuna, SWE; Vancouver Sun Harry Jerome International Track Classic, Burnaby, CAN; Meeting Premium Stanislas Nancy, Tomblaine, FRA; Internationale Bottrop Gala, Bottrop, GER
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ROAD RUNNING**Garsfontein Ice Breaker Half Marathon & 10 km**

Pretoria, 8 July

(Distances: 21.1 km & 10 km; undulating course -- two loops for the half marathon and one for the 10 km. Finishers: half marathon - 589 [slightly up from 567 last year]; 10 km - 913 [up from 761]; also 241 in the 5 km [down from 282].)

Note: Thanks to Pieter de Jager for the results and route map. -- Ed.

Half marathon**MEN**

1. Collen Mulaudzi	TUT	1:10:58
2. Lukhamyo Mabinza		1:18:17
3. Ishiclaus Mmushi	PMC	1:19:08

Veterans:

1. Esau Miya	Rockies	1:24:20
2. Peter Motshoene	RWFL	1:24:34

Masters:

1. Peter Jaehne	Outeniqua Harriers	1:29:20
2. Burger Linde	Vitality	1:35:22

G'masters:

1. Charles Stofberg	Green Mile	1:53:55
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G/g'masters:

1. Elias Raphulu	The Runners Store	1:39:17
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Juniors:

1. Dzunani Baloyi	Nedbank	1:19:36
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WOMEN

1. Mitsie van der Westhuizen	KPMG	1:33:23
2. Katy van Meter	KMPG	1:36:48
3. Mbali Mthimkhulu	SAPS	1:43:42

Veterans:

1. Mitsie van der Westhuizen	KPMG	1:33:23
2. Tracey Hudson	Phobians	1:51:55

Masters:

1. Debbie Bredenkamp	HQH	1:45:58
2. Connie Blom	Runavation	1:49:41

G'masters:

Brooks (MS) 85:01 (R250); 2. Jeff Smith (Itheko) 88:35 (R100); 3. Oloff Crous (Brack) 89:26 (R75). **Juniors:** 1. Lethu Cetywayo (VOB) 52:57 (R200); 2. Justin Claasen (Durb) 54:47 (R150); 3. Donveitho Cloete (Held) 55:07 (R75).

WOMEN (Same prize money as men)

1. Annie Bothma (Ind) 55:48
2. Anel Terblanche (KPMG) 56:43 PB
3. Bulelwa Simae (Ned) 57:00 (1st vet)

Veterans: 1. Bulelwa Simae (Ned) 57:00; 2. Tanith Maxwell (Boxer) 57:03; 3. Busisiwe Matiwane (Ned) 67:16. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 63:04; 2. Olga Howard (Ned) 66:02; 3. Mariëtte Strauss (Tyger) 66:06. **G'masters:** 1. Nancy Will (Pine) 67:56; 2. Hilary Rhode (Edge) 73:17; 3. Charmaine Cupido (Ned) 73:51. **G/g'masters:** 1. Marietha Herbert (Bell) 1:27:36; Mabel Olivier (Strand) 1:54:24; 3. Di Dennis (Edge) 2:10:50. **Juniors:** 1. Razaan Kamaldien (Carb) 63:04; 2. Alexandra Hoffman (Strand) 73:36; 3. Heike Thumse (Kuils) 75:44.

CROSS-COUNTRY

EP League Meeting (5th)

Port Elizabeth, 8 July

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

SR. MEN (10 km)

1	Adriaan	Gerwel	Ikhamva AC	21	33:36
2	Melikhaya	Frans	Ikhamva AC	27	33:41
3	Andre	Ketchem	X-Cel AC	33	33:58
4	Amos	Nyongo	Ikhamva AC	31	34:20
5	Lubabalo	Mdlungwane	Ikhamva AC	26	35:25
6	Mzolisi	Makhanda	Nedbank RC EP	35	35:29
7	Masande	Mlonyeni	Charlo AC	36	35:42
8	Brendon	Effenaar	Nedbank RC EP	21	35:44
9	Charles	Segalo	Charlo AC	29	36:04
10	Anele	Maliza	Nedbank RC EP	39	36:48

SR. MEN

1	Adriaan	Gerwel	Ikhamva AC	21	14:00
2	Brendon	Effenaar	Nedbank RC EP	21	14:55
3	Frederik	Jantjies	Vukani MS	47	15:15
4	Donald	Nel	Bestmed Madibaz AC	22	15:44
5	Jeffrey	Majoor	Motherwell AC	22	16:19
6	Stanton	Freeman	Temp	39	20:50

VETERAN MEN (8 km)

1	Mzwanele	Maphekula	Bluewater Bay AC	40	28:14
2	Frederik	Jantjies	Vukani MS	47	30:58
3	Malibongwe	Mbelu	Run For Life AC EP	45	31:05

MASTER MEN (8 km)

1	Linton	Harmse	Bestmed Madibaz AC	53	38:34
2	Nelson	Vlakkok	Charlo AC	52	39:02
3	Joseph	Bain	St Albans CS EP	57	39:29

G'MASTER MEN (6 km)

1	Sticks	Stiglingh	Kowie Striders	62	27:10
2	Hannes	Els	Madiba Bay Warriors AC	67	27:30
3	Sizinzo	Kama	Achilles AAA	65	27:49

G/G'MASTER MEN (6 KM)

1	Robert	Joiner	Kowie Striders	70	39:07
2	Tom	D'Arcy	Achilles AAA	71	41:52

JR. MEN (8 km)

1	Dylan	Finlay	Grey HS	17	30:19
2	Aidan	Dugmore	Grey HS	17	30:30
3	Tawfeeq	Vyver	Nedbank RC EP	18	33:35

U.17 (6 km)

1	Neallen	Jonkers	Lawson Brown HS	17	24:41
2	Byron	Collier	Grey HS	16	24:44
3	Cullen	Enslin	Grey HS	16	27:15

SR. WOMEN (10 km)

1	Ntombesintu	Mfunzi	Nedbank RC EP	35	41:54
2	Adri	Wessels	St Albans CS EP	41	46:55
3	Anche	Schubart	Achilles AAA	35	48:58

SR. WOMEN

1	Megan	Dempster	Bestmed Madibaz AC	29	17:03
2	Nonkululeko	Mbane	Motherwell AC	25	19:28
3	Siena	De Vos	Nedbank RC EP	40	21:27
4	Lisa	Hen-Boisen	Charlo AC	44	25:36
5	Lara	Van Heerden	Charlo AC	41	25:36
6	Jay-Neen	Vankeirsbilck	Charlo AC	48	39:17

VETERAN WOMEN

1	Terri-Lynn	Penney	Run For Life AC EP	40	18:13
2	Jene	Banfield	Run For Life AC EP	46	19:23
3	Jay-Neen	Vankeirsbilck	Charlo AC	48	42:29

MASTER WOMEN

1	Treloar	Childs	Infinity AC	54	21:04
2	Helen	Mentzel	Profiles AC	52	22:20
3	Paulette	McEwan	Achilles AAA	52	24:06

G'MASTER WOMEN

1	Avril	Beyleveld	Kowie Striders	65	24:25
2	Jos	Els	Temp	65	32:12

JR. WOMEN (6 km)

1	Chanel	Kelsey	Bestmed Madibaz AC	19	33:57
2	Amorette	Mathee	Bluewater Bay AC	18	38:36

WP League Meeting (3rd)

Kaapzicht Wine Estate (near Kuils River), 2 July

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

SR. MEN (10 km)

1	Anthony	Timoteus	UWC	32:26
2	Nadeel	Wildschutt	Itheko	33:46
3	Xolisa	Batala	Nedbank	33:51
4	Lukhanyo	Nobakada	VOB	34:22
5	Vincent	Fortuin	UWC	34:24
6	Hein	Camphor	Itheko	34:25
7	Marks	Mpekula	VOB	35:09
8	Raydon	Balie	Wild Runner	35:21
9	Bulelane	Bhebha	VOB	35:32
10	Asemahle	Kwatsha	Gugs	35:42

SR. MEN

1	Khaya	Butele	Nedbank	12:16
2	André	Afrika	Eerste River	12:32
3	Sibusiso	Magwaza	UWC	12:51
4	McMarshall	Hartzenberg	UWC	13:03
5	Du-Wayne	Philander	UWC	13:07
6	Bradley	Davids	Helderberg Harriers	13:21
7	Boithapelo	Lehlela	Helderberg Harriers	13:23
8	Zuke	Sibindi	Gugs	14:01
9	Siyethemba	Lange	Gugs	14:25
10	Donveitho	Cloete	Helderberg Harriers	14:27

VETERAN MEN (8 km)

1	Bonisile	Ngculana	VOB	27:08
2	Shaun	Abrahams	Kuils River	27:19
3	Vakalisa	Kopolo	Nedbank	27:51

MASTER MEN (8 km)

1	Eric	Coetzee	No Club	30:57
2	Julian	Paul	SANDF	31:16
3	Zolani	Ntsodo	SANDF	31:38

G'MASTER MEN (8 km)

1	Goodman	Mpukane	Gugs	35:03
2	Paul	Fortuin	VOB	39:36
3	Neil	Ebing	WPCC	40:44

G/G'MASTER MEN (8 km)

1	Blake	Wilkins	AAC	41:33
2	Claude	Brooks	Midas Spartans	47:49
3	Carl	Hendricks	Elsies River	48:24

U.20 (8 km)

1	Adrian	Wildschutt	Itheko	26:07
2	Tobie	Lewies	UWC	26:41
3	Rowhaldo	Ratz	UWC	26:59

U.18 (6 km)

1	Carlo	Flink	Itheko	19:42
2	Oliver	Stewart	Atlantic	20:01
3	Daniel	Arendse	ATC Running	20:14

SR. WOMEN (10 km)

1	Jessica	Pollock	UCT	38:34
2	Vuyiseka	Nkumenge	Nedbank	39:41
3	Lee-Shay	Willemse	Velocity	40:32
4	Sophie	Cope	Spartan Harriers	41:06
5	Madelé	du Plessis	Edgemead	42:02
6	Candyce	Hall	Carbineers	42:25
7	Zani	Kruger	Maties	45:19
8	Rozanne	Makappie	Easterns	47:09
9	Bongile	Mashiyi	Gugs	49:32
10	Nomabali	Gibisela	Gugs	49:36

SR. WOMEN

1	Anel	Terblanche	KPMG	14:46
2	Lee-Shay	Willemse	Velocity	15:39
3	Nolubabalu	Dyonase	VOB	15:41
4	Anneline	Roffey	Nedbank	15:51
5	Amy	Abrahams	Nedbank	15:55
6	Icarien	van Deventer	Tygerberg	17:01

7	Nocwaka	Mthetho	MSA Multi-Sport	17:14
8	Emmeranthia	Lepati	Itheko	17:31
9	Elizabeth	Brink	Durbanville	18:21
10	Monique	Roberts	Bellville	18:21

VETERAN WOMEN

1	Elizabeth	Brink	Durbanville	17:42
2	Sharon	Sunderland	Nedbank	17:48
3	Tyshia	Johannes	Gugs	18:04

MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	17:08
2	Olga	Howard	Nedbank	17:32
3	Bev	Charters	VOB	18:21

G'MASTER WOMEN

1	Hilary	Rhode	Edgemead	19:36
2	Colette	van Eck	Fish Hoek	21:31
3	Helen	du Plessis	Brackenfell	21:48

G/G'MASTER WOMEN

1	Lee	Keeling	Spartan Harriers	28:12
2	Margaret	Harrison	Fish Hoek	29:44
3	Magdaline	Johnson (80)	Tygerberg	33:24

U.20 (6 km)

1	Simone	Adams	Bottelary	25:29
2	Kirsten	Roodman	VOB	26:13
3	Razaan	Kamaldien	Carbineers	28:47

U.18

1	Kayla	de Waal	WPCC	15:39
2	Athemba	Nqumashe	Bottelary	16:26
3	Nikita	Booyesen	Velocity	16:41

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

Utica Boilermaker 15 km (40th)

(Professional Road Running Organization Series Event)

Utica, USA, 9 July

(Certified point-to-point course with no elevation loss and a start/finish separation of 27.9% of the race distance)

MEN (gun times)

1.	Silas Kipruto, KEN	43:55	\$7000
2.	Teshome Mekonen, ETH	43:57	4000
3.	Tsegay Tuemay, ERI	43:59	2500
4.	Timothy Ritchie, USA	44:14	1500 + 3000a
5.	Amon Terer, KEN	44:38	1250

a) Earned USA citizen prize money

WOMEN (gun times)

1.	Mary Wacera, KEN	49:18	\$7000
2.	Ruti Aga Sora, ETH	49:20	4000
3.	Paskalia Chepkorir, KEN	49:23	2500

- | | | |
|----------------------------|-------|------|
| 4. Mamitu Daska, ETH | 49:33 | 1500 |
| 5. Buze Diriba Kejela, ETH | 49:41 | 1250 |

Atlanta Journal Constitution Peachtree Road Race 10 km (48th)

(USA 10 km Championships for men and women)

Atlanta, USA, 4 July

(Certified point-to-point course with 3.4 m/km elevation loss [not record-standard].)

Note: There is a separate all-women's elite race with early start. -- Ed.

MEN (gun times)

- | | | |
|---|-------|--------------|
| 1. Leonard Korir, 30, Colo Springs, CO | 28:16 | \$10,000 |
| 2. Shadrack Kipchirchir, 28, Colo Spr, CO | 28:17 | 7,500 |
| 3. Sam Chelanga, 32, Colorado Springs, CO | 28:25 | 5,000 |
| 4. Chris Derrick, 26, Portland, OR | 28:39 | 3,000 |
| 5. Bernard Lagat, 42, Tucson, AZ | 28:42 | 2,000 + 1500 |
| 6. Abdi Abdirahman, 40, Tucson, AZ | 28:54 | 1,000 + 1000 |

ALL-WOMEN'S PROFESSIONAL RACE (gun times)

- | | | |
|--|-------|----------|
| 1. Aliphine Tuliamuk, 28, Santa Fe, NM | 32:49 | \$10,000 |
| 2. Sarah Pagano, 25, Brighton, MA | 33:01 | 7,500 |
| 3. Jordan Hasay, 25, Beaverton, OR | 33:08 | 5,000 |
| 4. Jess Tonn, 25, Seattle, WA | 33:16 | 3,000 |
| 5. Marielle Hall, 25, Mount Laurel, NJ | 33:36 | 2,000 |
| ... 20. Jen Rhines, 43, Boston, MA | 35:47 | 1,500m |

m) Earned masters prize money

Gold Coast Airport Marathon (39th), ASICS Half Marathon & 10 km

(IAAF Gold Label Road Race / IAAF Oceania Area Marathon Championships)

Brisbane, AUS, 1 & 2 July

(Distances: 42.195 km, 21.1 km, 10 km)

Marathon (gun times)

MEN

- | | | |
|-------------------------------|------------|----------------------------------|
| 1. Takuya Noguchi, JPN | 2:08:59 PB | AUD 20,000 + 2000i (=USD 16,722) |
| 2. Kenneth Mungara (40+), KEN | 2:09:04 | 8,000 + 1000i |
| 3. Yuki Kawauchi, JPN | 2:09:18 | 5,000 + 1000i |

WOMEN

- | | | |
|--------------------------------|-------------|------------------------------------|
| 1. Abebech Afework Bekele, ETH | 2:25:34 CR* | AUD 20,000 + 10,000i (=USD 22,803) |
| 2. Mercy Kibarus, KEN | 2:28:28 | 8,000 + 1,000i |
| 3. Risa Takenaka, JPN | 2:28:32 | 5,000 + 1,000i |
| 4. Elizeba Cherono, NED | 2:29:07 DB | 2,500 + 1,000i |
| 5. Virginia Moloney, AUS | 2:29:14 PB | 3,000# + 5,000i |

i) Earned time bonus, including any Oceania Area Marathon Championships time bonuses

#) Earned Oceania Area Marathon Championships prize money

Half Marathon (gun times)

MEN

- | | | |
|-----------------------------|---------|----------------------|
| 1. Hiroki Yamagishi, JPN | 1:03:14 | AUD 6000 (=USD 4561) |
| 2. Liam Adams, AUS | 1:03:49 | 2000 |
| 3. Dejen Gebreselassie, ETH | 1:04:12 | 1000 |

WOMEN

- | | | |
|--------------------------|---------|----------------------|
| 1. Sara Hall, USA | 1:10:32 | AUD 6000 (=USD 4561) |
| 2. Milly Clark, AUS | 1:11:15 | 2000 |
| 3. Jessica Trengove, AUS | 1:11:36 | 1000 |
| 4. Desiree Linden, USA | 1:12:17 | |

10 km (gun times)

MEN

- | | | |
|------------------------|-------|---------------------|
| 1. Timothy Lefroy, AUS | 29:48 | AUD 1000 (=USD 760) |
| 2. Matthew Hudson, AUS | 29:49 | 750 |
| 3. Louis McAfee, AUS | 29:50 | 500 |

WOMEN

- | | | |
|----------------------------|-------|---------------------|
| 1. Eloise Wellings, AUS | 32:55 | AUD 1000 (=USD 760) |
| 2. Alexandra Paterson, AUS | 33:10 | PB 750 |
| 3. Laura Nagel, NZL | 34:25 | 500 |

TRACK**Müller London Anniversary Games**

(9th stop of 2017 IAAF Diamond League)

Olympic Stadium, London, GBR, 9 July

MEN

800 (DL):

- | | | |
|-------------------------|---------|----|
| 1. Nijel Amos, BOT | 1:43.18 | WL |
| 2. Donovan Brazier, USA | 1:43.95 | |
| 3. Asbel Kiprop, KEN | 1:44.43 | |
| 4. Erik Sowinski, USA | 1:44.82 | |
| 5. Elliot Giles, GBR | 1:44.99 | PB |
| 6. Adam Kszczot, POL | 1:45.21 | |
| 7. Jake Wightman, GBR | 1:45.42 | PB |
| 8. Kyle Langford, GBR | 1:45.45 | PB |
| 9. Andrew Osagie, GBR | 1:45.75 | |
| 10. Guy Learmonth, GBR | 1:45.77 | PB |

1500:

- | | | |
|----------------------------|---------|--------|
| 1. Chris O'Hare, GBR | 3:34.75 | |
| 2. Vincent Kibet, KEN | 3:34.88 | |
| 3. Filip Ingebrigtsen, NOR | 3:34.91 | |
| 4. Ryan Gregson, AUS | 3:36.17 | |
| 5. Charlie Grice, GBR | 3:36.29 | |
| 6. Bethwell Birgen, KEN | 3:36.44 | |
| 7. David Bustos, ESP | 3:36.55 | |
| 8. Kalle Berglund, SWE | 3:36.60 | NUR/PB |
| 9. Jordy Williamsz, AUS | 3:37.15 | |
| 10. Ben Blankenship, USA | 3:37.19 | |

3000:

- | | | |
|-------------------------|---------|--------|
| 1. Mo Farah, GBR | 7:35.15 | |
| 2. Adel Mechaal, ESP | 7:36.32 | |
| 3. Andy Butchart, GBR | 7:37.56 | PB |
| 4. Patrick Tiernan, AUS | 7:37.76 | PB |
| 5. Davis Kiplangat, KEN | 7:38.33 | WJL/PB |
| 6. Frank Ngelel, KEN | 7:38.50 | PB |
| 7. Hassan Mead, USA | 7:38.51 | PB |

8. Andy Bayer, USA 7:38.90 PB
9. Eric Jenkins, USA 7:40.36 PB
10. Sam McEntee, AUS 7:41.03 PB

WOMEN

800:

1. Charlene Lipsey, USA 1:59.43
2. Shelayna Oskan-Clarke, GBR 1:59.82
3. Hedda Hynne, NOR 1:59.87 PB
4. Lynsey Sharp, GBR 1:59.96
5. Chrishuna Williams, USA 2:00.19
6. Adelle Tracey, GBR 2:00.34
7. Laura Roesler, USA 2:00.55
8. Alexandra Bell, GBR 2:00.62
9. Angela Petty, NZL 2:00.90
10. Esther Guerrero, ESP 2:00.96 PB

Mile (DL):

Note: Hellen Obiri led a historically fast mile, winning in 4:16.56 -- the sixth fastest time ever, reports *Race Results Weekly*. What was noted to be a British record chasing race came up just a hair short, as Laura Muir finished second in 4:18.03 (Zola Budd's record is 4:17.57). Behind Obiri and Muir, twelve others set PB's. Jenny Simpson ran the fastest American mile in 32 years, finishing in 4:19.98. It was the deepest women's mile race in history, with best marks-for-place being set from fourth to 14th, according to Diamond League statisticians.

1. Hellen Obiri, KEN 4:16.56 PB
2. Laura Muir, GBR 4:18.03 PB
3. Winny Chebet, KEN 4:19.55 PB
4. Angelika Cichocka, POL 4:19.58 NR/PB
5. Jenny Simpson, USA 4:19.98 PB
6. Laura Weightman, GBR 4:20.88 PB
7. Ciara Mageean, IRL 4:22.40 PB
8. Melissa Courtney, GBR 4:23.15 PB
9. Linden Hall, AUS 4:23.96 PB
10. Kate Grace, USA 4:24.01 PB
11. Stephanie Garcia, USA 4:24.68 PB
12. Steph Twell, GBR 4:25.39 PB
13. Katie Snowden, GBR 4:25.89 PB
14. Jessica Judd, GBR 4:28.59 PB

1500 en route times (FAT):

1. Muir, 4:00.35
2. Obiri, 4:00.44
3. Chebet, 4:02.24
4. Simpson, 4:02.57
5. Cichocka, 4:02.79
6. Weightman, 4:03.23
7. Mageean, 4:03.57
8. Grace, 4:05.01
9. Garcia, 4:05.28
10. Courtney, 4:05.82
11. Snowden, 4:06.39
12. Hall, 4:06.53
13. Twell, 4:06.92
14. Judd, 4:08.23

Brussels Grand Prix

Bruxelles, BEL, 9 July

MEN

800 (Main Program):

1. George Kusche, RSA, 1:47.98
2. Jamaal James, TTO, 1:48.64
3. Carl Soudril, FRA, 1:48.64
4. Henco Uys, RSA, 1:48.67

1500 (Main Program):

1. Nick Willis, NZL, 3:37.69
2. Takieddine Hedeilli, ALG, 3:37.88
3. Peter Callahan, RESC, 3:38.01
4. Jerry Motsau, RSA, 3:38.11

1500 (After Program):

Race 1:

1. Chakib Lachgar, ESP, 3:43.40
2. Pablo Sanchez, ESP, 3:44.44
3. Artur Bossy, ESP, 3:44.96
- Sibusiso Madikizela, RSA, DNF
- George Kusche, RSA, DNS

WOMEN

800 (Main Program):

1. Claire Mooney, IRL, 2:05.43
2. Anuscha Nice, RSA, 2:05.81
3. Alena Brooks, TTO, 2:06.64

1500:

1. Maria Pia Fernandez, URU, 4:23.45
2. Maayouf Majida, MAR, 4:35.06
3. Febe Triest, HAMM, 4:40.84
- ... 7. Lizerie Ferriera, RSA, 4:47.06

Kortrijkse Guldensporenmeeting (20th/Flanders Cup)

Kortrijk, BEL, 8 July

MEN

3000 s/chase:

1. Jakob Ingebrigtsen, NOR, 8:26.81 AJR/NUR/DB
2. Jose Gregorio Pena Trejo, VEN, 8:28.59
3. Napoleon Solomon, SWE, 8:28.86 PB
- ... 10. Sibusiso Madikizela, RSA, 9:23.65

WOMEN

800:

Heat 2 -

1. Gena Lofstrand, RSA, 2:02.05 PB
2. Winnie Nanyondo, UGA, 2:02.06
3. Natalia Evangelidou, CYP, 2:02.90

Heat 1 -

1. Danaid Prinsen, NED, 2:05.52 PB

2. Anuschka Nice, RSA, 2:06.70
3. Stephanie Herrick, USA, 2:07.38

1500:

1. Esther Chebet, UGA, 4:06.34 PB
2. Shannon Osika, USA, 4:06.88
3. Linn Nilsson, SWE, 4:11.92
- ... 20. Lizarie Ferreira, RSA, 4:42.35

5000:

1. Lilian Rengeruk, KEN, 14:44.27
2. Sintayehu Lewetegn, ETH, 14:53.44 PB
3. Sheila Chelangat, KEN, 14:54.66 PB
- ... 7. Nolene Conrad, RSA, 16:04.22

Athletissima Lausanne (42nd)

(8th stop of 2017 IAAF Diamond League)

Lausanne, SUI, 6 July

MEN

1500 (DL):

1. Aman WOTE, ETH, 18 APR 1984, 3:32.20
2. Charles Cheboi SIMOTWO, KEN, 6 MAY 1995, 3:32.59 PB
3. Silas KIPLAGAT, KEN, 20 AUG 1989, 3:32.96
4. Vincent KIBET, KEN, 6 MAY 1991, 3:33.34
5. Filip INGEBRIGTSEN, NOR, 20 APR 1993, 3:34.38 SB
6. Ayanleh SOULEIMAN, DJI, 3 DEC 1992, 3:34.70 SB
7. Matthew CENTROWITZ, USA, 18 OCT 1989, 3:34.83
8. Bethwell BIRGEN, KEN, 6 AUG 1988, 3:35.22
9. Robert BIWOTT, KEN, 28 JAN 1996, 3:36.31
10. Alsadik MIKHOU, BRN, 25 JUL 1990, 3:36.55

5000 (DL):

1. Muktar EDRIS, ETH, 14 JAN 1994, 12:55.23 WL/MR
2. Selemon BAREGA, ETH, 20 JAN 2000, 12:55.58 PB
3. Joshua CHEPTEGEI, UGA, 12 SEP 1996, 12:59.83 PB
4. Yenew ALAMIREW, ETH, 27 MAY 1990, 13:06.81 SB
5. Birhanu LEGESE, ETH, 11 SEP 1994, 13:26.40
6. Ben TRUE, USA, 29 DEC 1985, 13:28.29
7. Dawit WOLDE, ETH, 19 MAY 1991, 13:34.44
8. Solomon BERIHU, ETH, 2 OCT 1999, 13:37.63
9. Frederick Kipkosgei KIPTOO, KEN, 13 NOV 1996, 13:41.09
10. Sylvester KIPCHIRCHIR, KEN, 1986, 13:46.22 PB

WOMEN

800 (DL):

1. Francine NIYONSABA, BDI, 5 MAY 1993, 1:56.82 SB
2. Charlene LIPSEY, USA, 16 JUL 1991, 1:57.38 PB
3. Eunice SUM, KEN, 10 APR 1988, 1:57.78 SB
4. Sifan HASSAN, NED, 1993, 1:58.13 PB
5. Laura MUIR, GBR, 9 MAY 1993, 1:58.69 PB
6. Lovisa LINDH, SWE, 9 JUL 1991, 1:58.77 NR
7. Lynsey SHARP, GBR, 11 JUL 1990, 1:58.80 SB
8. Nataliya PRISHCHEPA, UKR, 11 SEP 1994, 1:58.82 SB
9. Habitam ALEMU, ETH, 9 JUL 1997, 1:59.66
10. Selina BÜCHEL, SUI, 26 JUL 1991, 1:59.77

Mile:

1. Genzebe DIBABA, ETH, 8 FEB 1991, 4:16.05 WL MR
2. Nelly JEPKOSGEI, KEN, 14 JUL 1991, 4:25.15 PB
3. Claudia Mihaela BOBOCEA, ROU, 11 JUN 1992, 4:25.89
4. Malika AKKAOUI, MAR, 25 DEC 1987, 4:26.42
5. Margherita MAGNANI, ITA, 26 FEB 1987, 4:27.51
6. Caroline CHEPKEMOI, KEN, 1 SEP 1993, 4:27.79
7. Axumawit EMBAYE, ETH, 18 OCT 1994, 4:28.14
8. Esther CHEBET, UGA, 10 SEP 1997, 4:28.16
9. Linden HALL, AUS, 29 JUN 1991, 4:28.21 PB
10. Jenny BLUNDELL, AUS, 9 MAY 1994, 4:28.82 PB
- ... 12. Anna DIBABA, ETH, 1 JAN 1997, 4:41.05

1500 en route times:

1. Genzebe DIBABA, ETH, 8 FEB 1991, 3:57.82 MR
2. Nelly JEPKOSGEI, KEN, 14 JUL 1991, 4:07.98
3. Malika AKKAOUI, MAR, 25 DEC 1987, 4:08.38
4. Claudia Mihaela BOBOCEA, ROU, 11 JUN 1992, 4:08.75
5. Axumawit EMBAYE, ETH, 18 OCT 1994, 4:09.17
6. Jenny BLUNDELL, AUS, 9 MAY 1994, 4:09.43
7. Blanca FERNÁNDEZ, ESP, 1 APR 1992, 4:09.45
8. Margherita MAGNANI, ITA, 26 FEB 1987, 4:09.65
9. Caroline CHEPKEMOI, KEN, 1 SEP 1993, 4:09.99
10. Linden HALL, AUS, 29 JUN 1991, 4:10.19
11. Esther CHEBET, UGA, 10 SEP 1997, 4:10.30
12. Anna DIBABA, ETH, 1 JAN 1997, 4:21.01

TrackTown Summer Series Final

New York, USA, July 6

MEN

800:

1. Drew Windle, Portland Pulse 1:44.63 PB \$4000
2. Erik Sowinski, San Francisco Surge 1:44.66 3000
3. Edward Kemboi, New York Empire (KEN) 1:44.77 PB 2000 + 1000i

1500:

1. Johnny Gregorek, New York Empire 3:35.00 PB \$4000 + 1000i
2. Robby Andrews, San Francisco Surge 3:35.25 3000
3. Ben Blankenship, Philadelphia Force 3:35.29 2000

3000:

1. Paul Chelimo, Portland Pulse 7:47.96 \$4000
2. Lopez Lomong, Portland Pulse 7:48.77 3000
3. Graham Crawford, New York Empire 7:49.12 PB 2000 + 1000i

i) Earned \$1000 bonus for being on the winning team

WOMEN

800:

1. Sanne Verstegen, New York Empire (NED) 2:00.22 \$4000 + 1000i
2. Chrishuna Williams, Portland Pulse 2:00.34 3000
3. Ce'Aira Brown, Portland Pulse 2:00.84 PB 2000

1500:

1. Amanda Eccleston, Philadelphia Force	4:05.51	\$4000
2. Hannah Fields, San Francisco Surge	4:05.76	3000
3. Alexa Efraimson, San Francisco Surge	4:06.25	2000
... 5. Emily Lipari, Philadelphia Force	4:07.67	750
... 7. Emma Coburn, New York Empire	4:11.89	1000i

3000:

1. Stephanie Garcia, New York Empire	8:52.74 PB	\$4000 + 1000i
2. Nicole Tully, New York Empire	8:54.28 PB	3000 + 1000i
3. Marisa Howard, San Francisco Surge	8:57.15 PB	2000

i) Earned \$1000 bonus for being on the winning team

Arcobaleno Meet (29th)

Celle Ligure, ITA, 5 July

WOMEN

800 Race 2:

1. Hanna HERMANSSON, 1989, SWE, 2:02.25
2. Gena LOFSTRAND, 1995, RSA, 2:03.01
3. Stina TROEST, 1994, DEN, 2:03.83

Istvan Gyulai Memorial (7th)

Székesfehérvár, HUN, 2-3 July

MEN

800:

1. David Rudisha, KEN, 1:44.90, SB=
2. Job Kinyor, KEN, 1:45.26, SB
3. Nicholas Kipkoech, KEN, 1:45.65
- ... 8. Jacob Rozani, RSA, 1:47.27,

British World Championships Team Trials

(British Athletics Championships)

Birmingham, GBR, 1-2 July

MEN

800 (2):

1. Elliot GILES, BIRCHFLD, 1:49.52
2. Guy LEARMONTH, LASSWADE, 1:49.89
3. Kyle LANGFORD, SHAFT'BURY, 1:50.13

1500 (2):

1. Chris O'HARE, EDINBURGH, 3:47.28
2. Josh KERR, EDINBURGH, 3:47.71
3. Jake WIGHTMAN, EDINBURGH, 3:47.74

5000 (1):

1. Andrew BUTCHART, CENTRAL AC, 13:50.56
2. Andy VERNON, AFD AC, 13:54.63 SB
3. Ben CONNOR, DERBY AC, 13:56.71

3000 s/chase (1):

1. Rob MULLETT, LEWES, 8:41.43
2. Zak SEDDON, BRACKNELL, 8:43.14
3. Ieuan THOMAS, CARDIFF, 8:43.77

WOMEN

800 (2):

1. Shelayna OSKAN-CLARKE, WSE HOUNS, 2:01.54
2. Adelle TRACEY, GU&GO, 2:01.80
3. Lynsey SHARP, EDAC, 2:01.81

1500 (2):

1. Laura WEIGHTMAN, MORPETH, 4:06.49
2. Jessica JUDD, CHELMSFORD, 4:07.09
3. Sarah MCDONALD, BIRCHFIELD, 4:08.14

5000 (2):

1. Steph TWELL, AFD AC, 15:35.50
2. Eilish MCCOLGAN, DUNDEE, 15:38.57
3. Charlotte ARTER, CARDIFF, 15:43.46
- ... 5. Jessica JUDD, CHELMSFORD, 15:49.05

3000 s/chase (2):

1. Iona LAKE, NORWICH, 9:57.53 SB
2. Charlotte TAYLOR-GREEN, BRISTOL, 9:59.58
3. Katie INGLE, ROSUC, 10:02.34 PB

Znamenskiy Memorial Meeting

(Russian 10000 m Championships)

Zhukovskiy, RUS, 1-2 July

MEN

10000 (01):

1. Anatoliy Rybakov (27.02.85) 28.01,93
2. Yevgeniy Rybakov (27.02.85) 28.01,93
3. Vyacheslav Shalamov (08.07.89) 28.21,28

WOMEN

800 (01):

1. Aleksandra Gulyayeva (30.04.94) 2.00,05 PB
[served two-year doping suspension for Prasterone through January, 2016]
2. Yelena Kotulskaya (08.08.88) 2.01,46
3. Yekaterina Rogozina (21.12.89) 2.02,65

1500 (02):

1. Aleksandra Gulyayeva (30.04.94) 4.04,49 PB
[served two-year doping suspension for Prasterone through January, 2016]
2. Yelena Korobkina (25.11.90) 4.06,91
3. Anastasiya Kalina (16.02.94) 4.07,00

10000 (01):

1. Yelena Sedova (01.03.90) 32.14,43
2. Anna Belokobylskaya (10.10.95) 33.06,28
3. Lyudmila Lebedeva (23.05.90) 33.18,63

TrackTown Summer Series - San Francisco (1st of 3 meetings)

Palo Alto, USA, 29 June

MEN

3000:

1. Paul CHELIMO, Portland Pulse, 7:48.58
2. Graham CRAWFORD, New York Empire, 7:49.93 PB
3. Lopez LOMONG, Portland Pulse, 7:51.20

WOMEN

800:

1. Sanne VERSTEGEN, New York Empire (NED), 2:01.20
2. Chrishuna WILLIAMS, Portland Pulse, 2:01.75
3. Cecilia BAROWSKI, San Francisco Surge, 2:01.86

1500:

1. Hannah FIELDS, San Francisco Surge, 4:05.30 PB
2. Amanda ECCLESTON, Philadelphia Force, 4:05.44
3. Alexa EFRAIMSON, San Francisco Surge, 4:06.16
4. Emily LIPARI, Philadelphia Force, 4:07.29 PB

African U20 Championships

Tlemcen, ALG, 29 June - 2 July

MEN

800 (02):

- | | | |
|-----------------------------|---------|--------|
| 1. Solomon LEKUTA, KEN | 1:48.04 | Gold |
| 2. Tadesse Lemi URGESA, ETH | 1:48.76 | Silver |
| 3. Adisu Girma TOLA, ETH | 1:49.15 | Bronze |

1500 (30):

- | | | |
|-------------------------------|---------|--------|
| 1. Welde Tufa GURME, ETH | 3:44.39 | Gold |
| 2. Kiprugut BOAZ, KEN | 3:44.78 | Silver |
| 3. Weretaw Esthete HAGOS, ETH | 3:45.56 | Bronze |

5000 (02):

- | | | |
|---------------------------------|----------|--------|
| 1. Selemon Barega SHIRTAGA, ETH | 13:51.43 | Gold |
| 2. Tesfahun Aklnew GUANGUL, ETH | 13:52.91 | Silver |
| 3. Nicholas KIPKORIR, KEN | 13:54.24 | Bronze |

10000 (30):

- | | | |
|---------------------------------|----------|--------|
| 1. Nicholas KIPKORIR, KEN | 29:52.15 | Gold |
| 2. Gizachew Hailu NEGASA, ETH | 29:52.20 | Silver |
| 3. Tadesse Tesfahu KASAHUN, ETH | 30:13.95 | Bronze |

3000 s/chase (29):

- | | | |
|-------------------------------|---------|--------|
| 1. Takele Nigate MELESE, ETH | 8:31.36 | Gold |
| 2. Tesfaye Deriba KETEMA, ETH | 8:33.67 | Silver |
| 3. Nickson KIPLAGAT, KEN | 8:42.15 | Bronze |

WOMEN

800 (30):

- | | | |
|-----------------------------|---------|--------|
| 1. Tigist Ketema TEBO, ETH | 2:05.85 | Gold |
| 2. Josephine CHELANGAT, KEN | 2:06.48 | Silver |
| 3. Khadidja BENKACEM, MAR | 2:08.26 | Bronze |

1500 (02):

1. Joyline CHEROTICH, KEN 4:30.57 Gold
2. Fantu Worku TAYE, ETH 4:30.76 Silver
3. Almaz Samuel TESHALE, ETH 4:31.59 Bronze

3000 (29):

1. Joyline CHEROTICH, KEN 9:27.11 Gold
2. Sandra CHEBET, KEN 9:27.59 Silver
3. Meselu Berhe KAHSAY, ETH 9:28.10 Bronze

5000 (01):

1. Meskerem Mamo HAYILE, ETH 15:37.13 Gold
2. Sandra CHEBET, KEN 15:41.64 Silver
3. Kalkidan Fentie DEBEB, ETH 15:49.63 Bronze

3000 s/chase (02):

1. Mekides Abebe DEMEWOZ, ETH 10:11.80 Gold
2. Maritu Ketema CUTEMA, ETH 10:12.83 Silver

Sollentuna GP (Folksam Grand Prix)

Sollentuna, SWE, 29 June

MEN

800:

Race A:

1. Andreas Kramer, 97, SWE, 1:48.66, € 900
2. Joe Deng, 98, AUS, 1:48.93, € 600
3. Joshua Ralph, 91, AUS, 1:49.40, € 400
4. Ryhardt van Rensburg, 92, RSA, 1:49.40, € 300

3000 s/chase:

1. Napoleon Solomon, 94, SWE, 8:38.96, € 500
2. Rantso Mokopane, 94, RSA, 8:48.02, € 300
3. Tom Erling Kårbø, 89, NOR, 8:50.41, € 150
4. Sibusiso Madikizela, 89, RSA, 5:52.50

WOMEN

800:

Race A:

1. Christina Hering, 94, GER, 2:03.46, € 500
2. Hanna Hermansson, 89, SWE, 2:03.68, € 400
3. Gena Lofstrand, 95, RSA, 2:03.78, € 300

5000:

1. Emma Mitchell, 93, IRL, 16:05.61
2. Stella Marais, 92, RSA, 16:29.50
3. Cecilia Norrbom, 88, SWE, 16:35.22

Vancouver Sun Harry Jerome International Track Classic (31st)

Burnaby, CAN, 28 June

WOMEN

800:

1. Melissa Bishop, Canada, 2:00.11
2. Annie Leblanc, Canada, 2:02.86

3. Jenna Westaway, Canada, 2:03.15

Meeting Premium Stanislas Nancy

Tomblaine, FRA, 28 June

MEN

1500:

1. Abdalaati IGUIDER, MAR, 3:35.31
2. Charles SIMOTWO, KEN, 3:35.67
3. Benson SEUREI, BRN, 3:37.21
- Dumisane HLAELO, RSA, DNF

WOMEN

800:

1. Malika AKKAOUI, MAR, 2:01.19
2. Joanna JÓZWIK, POL, 2:01.66
3. Docus AJOK, UGA, 2:01.96

Internationale Bottrop Gala (11th)

Bottrop, GER, 25 June

MEN

800:

1. Biemnet Kfle, 1992, TV Wattenscheid 01, 1:51.91
2. Dennis Gerhard, 1995, LAZ PUMA Rhein-Sieg, 1:53.02
3. Fabian Spinrath, 1992, LAV Bayer Uerdingen/Dormagen, 1:54.16
4. Thorben Juschka, 1991, LAZ PUMA Rhein-Sieg, 1:54.78

1500:

1. Abraham Rotich, 1993, BRN, 3:39.86
2. Rabii Doukkana, 1987, MAR, 3:39.96
3. Nkosinathi Sibiyi, 1994, RSA, 3:45.95

STATS TIME

This week we include a list of the top ten SA veteran men in the marathon for 2017. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

2017 MARATHON: TOP 10 VETERAN MEN

2:23:41	William Mokwalakwala	1	Centurion	01 May
2:24:32	Malesela Johannes Kekana	1	Benoni	29 Jan
2:24:54	Charles Tjiane	2	Benoni	29 Jan
2:25:04	Tjiane-2	2	Centurion	01 May
2:25:47	Bethuel Netshishefhe	1	Polokwane	29 Apr
2:27:41	Herbert Mokgala	2	Polokwane	29 Apr
2:29:14	Mokwalakwala-2	1	Sasolburg	04 Feb
2:30:10	Kekana-2	1	Pretoria	26 Feb
2:30:20	Graham Malinga	1	Ermelo	01 Apr
2:30:22	Tjiane-3	2	Pretoria	26 Feb
2:31:30	Ruben Setumu	1	Durban	09 Apr
2:32:31	Thulane Magagula	2	Ermelo	01 Apr

2:33:16	Ludwick Mamabolo	3	Polokwane	29 Apr
2:33:21	A. Masoeu	4	Polokwane	29 Apr

THIS MONTH IN HISTORY

50 years ago: 1 July 1967

Anne McKenzie was one of the greatest female athletes ever produced in South Africa. In the sixties McKenzie brought SA middle distance running into world class and once her competitive days at senior level were over, she continued in masters athletics and set more than thirty world records. On this day in London McKenzie, a little less than a month before her 42nd birthday, set her last two national records when she finished second over 880 yards at the English (AAA) Championships. She ran 2:07.4 after having passed the metric mark in 2:06.5. These were her 17th and 18th SA records over the two-lap distance; she also ran two records over 1500 m and one in the mile. At the time of her death in 2014 she still held seven SA masters records.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2017

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	28:18	Elroy Gelant	Bellville	03 Jun
	27:18	Bernard Kimeli (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		04 Feb
	45:29	Melikhaya Frans	Port Elizabeth	
	42:00	Matthew Kimeli Kipkorir (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		24 Jun
	61:21	Stephen Mokoka	Port Elizabeth	
	59:10	Bedan Karoki Muchiri (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		29 Jan
	81:36A	Sipho Mbanjwa	Pinetown	
	74:27	Dathan Ritzenhain (USA)		
30 km	71:18	Dennis Kipruto Kimetto (KEN)		04 Mar
	90:54	Melikhaya Frans	Uitenhage	
	90:17	Yuichiro Ueno (JPN)		
Marathon	87:13**	Eliud Kipchoge (KEN) 2016		26 Feb
	87:13**	Stanley Biwott (KEN) 2016		
	2:16:53	Stephen Mokoka	Tokyo	
100 km	2:03:58	Wilson Kipsang (KEN)		
	2:02:57	Dennis Kimetto (KEN) 2014		
	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	31:45	Mzwanele Maphekula	Port Elizabeth	22 Apr
	28:51	Paulo Catarino (POR) 2003		
15 km	48:58	Johannes Kekana	Leondale	19 Mar

21.1 km	44:14	Pierre Levisse (FRA) 1992		
	67:16	Simon Mpholo	Port Elizabeth	24 Jun
25 km	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
	85:54	Shadrack Hoff	Pretoria	06 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:38:16	Mzwanele Maphekula	Uitenhage	04 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:23:41	William Mokwalakwala	Centurion	01 May
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	33:20	Makaya Masumpa	Port Elizabeth	22 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	52:48	Reginald Ngobese	Vanderbijlpark	08 Feb
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	73:02	Makaya Masumpa	Port Elizabeth	24 Jun
	66:42	Martin Rees (GBR) 2003		
25 km	97:58A	Basie Bonaparte	Somerset East	18 Mar
	98:49	Joseph Ndlovu	Pretoria	06 May
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:33:15	Reginald Ngobese	Sasolburg	04 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	38:05	Mochamat Kriel	Pinelands	25 Feb
	32:48	Martin Rees (GBR) 2013		
15 km	60:24	Mochamat Kriel	Ravensmead	18 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	87:51	Thomas Moses	Port Elizabeth	24 Jun
	71:31	Martin Rees (GBR) 2013		
25 km	1:54:07A	Devilliers Oberholzer	Pinetown	29 Jan
	1:58:06	Theo Bohnen	Pretoria	06 May
	94:01	Doug Winn (USA) 2010		
30 km	2:10:11	Kosie Botha	Parow	26 Mar
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:06:21	Gideon Radebe	Benoni	29 Jan
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	42:35	Pele Tshikundamalema	Pretoria	18 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	64:04	Jeff Smith	Constantia	11 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	95:36	Elias Raphulu	Pretoria	08 Apr
	82:23	Ed Whitlock (CAN) 2001		
25 km	1:56:09	Elias Raphulu	Pretoria	06 May
	99:59	Clive Davies (USA) 1985		
30 km	2:46:08	Tamsanqa Jusayi	Uitenhage	04 Mar
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:37:53	Elias Raphulu	Centurion	01 May
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				

Juniors

10 km	30:17	Kabelo Seboko	Benoni	29 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:31	Sivuyile Selani	Port Elizabeth	25 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	68:26	Aphelele Nkonyana	Port Elizabeth	24 Jun
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	32:22	Dominique Scott-Efurd	Boston	25 June
	30:04	Joyciline Jepkosgei (KEN)		
	30:21 Mx	Paula Radcliffe (GBR) 2003		
	30:04p Mx	Joyciline Jepkosgei (KEN)		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	53:59A	Dominique Scott-Efurd	Camps Bay	08 Jan
	55:48	Annie Bothma	Eersterivier	08 Jul
	45:37	Joyciline Jepkosgei (KEN)		
	46:14** Mx	Florence Kiplagat (KEN) 2015		
	45:37p Mx	Joyciline Jepkosgei (KEN)		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	72:31	Cornelia Joubert	Port Elizabeth	24 Jun
	64:52	Joyciline Jepkosgei (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
	65:06p Mx	Peres Jepchirchir (KEN) 2017		
	64:52p Mx	Joyciline Jepkosgei (KEN)		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	90:21A	Jenna Challenor	Pinetown	29 Jan
	1:40:31	Jenna Challenor	Durban	19 Mar
	84:36	Alphine Tuliamuk (USA)		
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:54:43	Ntombesintu Mfunzi	Uitenhage	04 Mar
	1:46:24	Ami Utsunomiya (JPN)		
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:39:11 Wo	Mary Keitany (KEN) 2011		
Marathon	2:48:13A	Ann Ashworth	East London	25 Feb
	2:54:59	Danette Smith	Durban	09 Apr
	2:17:01	Mary Keitany (KEN)		
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:42 Wo	Paula Radcliffe (GBR) 2005		
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:40	Bulelwa Simae	Bellville	03 Jun
	32:14	Priscilla Welch (GBR) 1985		
15 km	56:45	Tanith Maxwell	Ravensmead	18 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:02	Bulelwa Simae	Port Elizabeth	24 Jun
	69:56	Irina Permitina (RUS) 2009		
25 km	1:48:53A	Shani Silver	Pinetown	29 Jan
	1:49:32	Maria Vilakazi	Pretoria	06 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:02:35	Ulrica Stander	Camps Bay	08 Jan
	1:51:37	Mieke Pullen (NED) 2001		

Marathon	2:58:45A	Ulrica Stander	Simon's Town	19 Feb
	3:06:00	Salome Cooper	Benoni	29 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	38:43	Judy Bird	Cape Town	02 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:28	Elmarie Coetzee	Constantia	11 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	92:01	Christine Claasen	Port Elizabeth	13 May
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:05:56A	Roshini Natasen	Pinetown	29 Jan
	2:07:29	Ansa Strydom	Pretoria	06 May
30 km	2:16:59	Christine Claasen	Uitenhage	04 Mar
Marathon	3:18:52	Jane Mudau	Durban	09 Apr
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:31	Margie Saunders	Port Elizabeth	22 Apr
	38:56	Lidia Zentner (GER) 2015		
15 km	66:11	Margie Saunders	Port Elizabeth	25 Mar
	61:25	Kathryn Martin (USA) 2011		
21.1 km	93:02	Nancy Will	Port Elizabeth	24 Jun
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:16:25	Val Watson	Pretoria	06 May
	1:58:24	Gloria Brown (USA) 1994		
30 km	2:25:27	Margie Saunders	Uitenhage	04 Mar
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:26:99	Nancy Will	Durban	09 Apr
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	49:38	Veronica van Niekerk	Cape Town	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		
15 km	87:32	Liz Jenkerson	Port Elizabeth	25 Mar
	72:52	Jo Klein (NED) 2004		
21.1 km	1:55:21	Veronica van Niekerk	Wellington	01 May
	97:38	Lavinia Petrie (AUS) 2014		
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37	Veronica van Niekerk	Camps Bay	08 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon				
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	35:26	Nicole Louw	Durban	11 Jun
	31:42	Zola Pieterse (RSA) 1984		
15 km	63:04	Razaan Kamaldien	Eersterivier	08 Jul
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	98:46	Georgina Janisch	Pretoria	08 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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