

# 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

Mapaseka Makhanya trounced the field in the Durban edition of the Totalsports Women's race yesterday, beating Lebogang Phalula by more than a minute in 34:30. Zimbabwe's Loveness Madziva was third. Makhanya's time is the slowest of her four 10 km races so far this year, but it was her first victory.

Two SA middle distance runners set PBs on European tracks in recent days. Dominique Scott ran 4:08.04 for 1500 m behind Laura Muir in Padova and Gena Lofstrand 2:01.50 for 800 m in Luzern.

The IAU World 24-hour Championships were held two weeks ago in Belfast, but detailed results have only now come to hand. The women's race produced unprecedented times in depth. Winner Patrycia Bereznowska (POL) added 1.65 km to her own world record (the first woman to cover over 160 miles), and the next four went to 6th, 7th, 8th and 14th on the world all-time list. Five women running over 240 km exceeded the previous record of two, and 14 over 230 km compared to a previous high of five! Gina and Steve Slaby (USA) set a record for the best ever combined distance by a married couple, 500.996 km.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Totalsports Women's Race, Durban
- \* Afriforum Springbok Vasbyt 25 km & 10 km, Pretoria
- \* Easterns 15 km, Kraaifontein
- \* Waterfall Superspar Forest 10 km, Durban
- \* ELB Washie 100-miler, Port Alfred to East London
- \* Palm Tyres 10 km, George

### International highlights:

- \* Crazy 8's 8 km, Kingsport, USA
- \* Across the Bay 12 km, San Francisco, USA
- \* Track: Meeting International Mohammed VI D'Athletisme de Rabat, Rabat, MAR; Meeting Citta di Padova, Padova, ITA; Savo Games, Lapinlahti, FIN; IAAF World U18 Championships, Nairobi, KEN; Gert Rasschaert Memorial, Ninove, BEL; Meeting Sport Solidarietà, Lignano, ITA; Joensuu Games, Joensuu, FIN Spitzen Leichtathletik Luzern, Luzern, SUI; Maccabiah Games, Jerusalem, ISR; Hokuren Distance Challenge - Kitami Meet, Kitami, JPN; Meeting de Sotteville, Sotteville, FRA

- \* European Mountain Running Championships, Kamnik, SLO  
 \* World 24-hour Championships, Belfast, GBR

## ROAD RUNNING

### Totalsports Women's Race

(Women only)

Durban, 16 July

(Distance: 10 km; certified loop course. Finishers: 3751 [considerably up from 2677 last year].)

1	Mapaseka	MAKHANYA	32	34:30
2	Lebogang	PHALULA	33	35:33
3	Loveness	MADZIVA (ZIM)	27	36:32
4	Nwabisa	MJOLI	25	37:30
5	Makhosi	MHLONGO	35	37:48
6	Sanelisiwe	MBANJWA	27	38:48
7	Nomcebo	MTHETHWA	35	39:48
8	Shani	SILVER	47	40:16
9	Puseletso	DLADLA	25	40:44
10	Lisha	VAN ONSELEN	20	40:48
11	Luzaan	DE WIT	16	42:11
12	Belinda	LE ROUX	41	42:49
13	Lauren	HOPE	38	42:55
14	Nonsikelelo	MBAMBO	38	43:15
15	Nokukhanya	MEMELA	30	43:29
16	Pat	DAMMANN	44	43:45
17	Grace	DE OLIVEIRA	56	43:45 [correct]
18	Nokukhanya	MTSHALI	18	44:08
19	Cherie	BARNARD	27	44:39
20	Alison	UYS	35	44:53

**Veterans:** 1. Shani Silver 40:16; 2. Belinda le Roux 42:49; 3. Pat Dammann 43:45.

**Masters:** 1. Grace de Oliveira 43:45; 2. Mary Mvelase 46:58; 3. Gail Babich 47:07.

**G'masters:** 1. Colleen Peens 48:02; 2. Blanche Moila 49:32; 3. Jenny Scott 52:08.

**G/g'masters:** 1. Gill Tregenna 57:05. **Juniors:** 1. Luzaan de Wit 42:11.

### Afriforum Springbok Vasbyt 25 km & 10 km

Pretoria (Voortrekker Monument), 15 July

(Loop courses, mostly on gravel and trails. Finishers: 25 km – 680 [down from 750 last year]; 10 km – 1000 [the same as last year]; also 330 in the 5 km.)

#### 25 km

MEN

1 Vincent Kipchirchir (KEN/Nedbank) 93:31; 2 Siyabonga Dingile (Nedbank) 97:53; 3 Shadrack Hoff (Maxed Elite) 98:55 (1st vet).

**Veterans:** 1 Shadrack Hoff (Maxed Elite) 98:55. **Masters:** 1 Johannes Ramaphakela (City of Tshwane) 2:08:17. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 1:59:19.

**G/g'masters:** 1 Ian McFadyen (Irene). **Juniors:** 1 Bongani Baloyi (Nedbank) 2:00:56 (prize money subject to confirmation of date of birth).

WOMEN

1 Maria Vilakazi (RWFL) 2:02:40 (1st vet); 2 Emmah Mathibela (Nedbank) 2:04:38; 3 Cobie Smith (Vitality) 2:05:36.

**Veterans:** 1 Maria Vilakazi (RWFL) 2:02:40. **Masters:** 1 Jane Mudau (Faranani) 2:12:34.  
**G'masters:** 1 Francis van Blerk (Nedbank) 2:52:33.

### 10 km

#### MEN

1 Reghen Magwai (Born 2 Run) 38:48; 2 Charles Nel (Born 2 Run) 39:00; 3 Sanele Mtshali (Nedbank) 40:16.

**Veterans:** 1 Sello Ramaloko (Runavation) 44:28. **Masters:** 1 Alfred Mantse (Nedbank) 47:42. **G'masters:** 1 Stoney Steenkamp (Coaldust) 57:11. **G/g'masters:** 1 Cyril Clausen (RRW) 83:37.

#### WOMEN

1 Nicole Venter (Temp) 48:40; 2 Janine Greyvenstein (Temp) 52:55; 3 Daisy Phaho (Temp) 53:44.

**Veterans:** 1 Comfort Selebi (Kempton) 57:39. **Masters:** 1 Maria Bendana (Morningside) 56:55. **G'masters:** 1 Joey Cloete (Irene) 69:06. **G/g'masters:** 1 Elsa Meyer (Irene) 75:05. **Juniors:** 1 Carissa Schubert (Love Running) 65:41.

### Easterns 15 km

Kraaifontein, 15 July  
 (Finishers: 859)

#### MEN

1. Angelo Booyesen (CS) 47:53  
 2. Siviwe Nkombi (Ned) 47:58  
 3. Akhona Makila (EGA) 48:28

**Veterans:** 1. Tsungai Mwanengeni (Gugs) 50:53; 2. Shawn Abrahams (Kuils) 51:16; 3. Adam Clark (Stell) 59:35. **Masters:** 1. Timothy Hess (Eerste) 58:16; 2. André Harmse (Brack) 62:18; 3. Wilson Baartman (SH) 64:30. **G'masters:** 1. Robbie Lindsay (Ned) 64:33; 2. Mochamat Kriel (Ommie) 65:01; 3. Gemjikile Tom (Eskom) 68:06. **G/g'masters:** 1. Leon Otto (AM) 89:51; 2. Olof Crous (Brack) 90:22; 3. Carl Hendricks (Elsies) 93:44. **Juniors:** 1. Franklin September (Velo) 51:52; 2. Masibonge Poni (Worc) 61:04; 3. Monwabisi Magwa (Sanlam) 61:25.

#### WOMEN

1. Lee-Shay Willemse (Velo) 58:56  
 2. Ebeth Marais (Carb) 60:18  
 3. Mariëtte Strauss (Tyger) 66:13 (1st mast)

**Veterans:** 1. Elizabeth Brink (Durb) 68:18; 2. Marieke Coetzer (Durb) 68:42; 3. Tysha Johannes (Gugs) 71:19. **Masters:** 1. Mariëtte Strauss (Tyger) 66:13; 2. Olga Howard (Ned) 67:51; 3. Cailey Bredenkamp (Paarl) 77:21. **G'masters:** 1. Nancy Will (Pine) 71:29; 2. Charmaine Cupido (Ned) 76:08; 3. Helen du Plessis (Brack) 80:31. **G/g'masters:** 1. Marietha Herbert (Bell) 1:26:20; 2. Jakkie Greyling (Brack) 1:58:26; 3. Marie Hill (Ceres) 2:02:26. **Juniors:** 1. Sophia Els (Bell) 1:14:05; 2. Petro Moses (Velo) 1:19:14; 3. Sabine Solomon (Brack) 1:40:28.

**Waterfall Superspar Forest 10 km**

Durban, 9 July  
(Finishers: 1299)

**MEN**

1.	Anele Dlamini	Phantane AC	32:41 (R450)
2.	Phumlani Mngadi	HV	32:54 (R250)
3.	Aphalela Phumqwla	Bluff	33:23 (R150)

(All age category prize money except for juniors was the same: R200.)

**40-49:**

1.	Bernard Phalatsane	ZIM/Phantane AC	33:27
2.	Jono Edwards	West AC	34:46
3.	Donovan van Gelder	PDAC	37:09

**50-59:**

1.	Thoerry Pletinckx	Toti AC	38:02
2.	Cliff Robbertze	West AC	40:06
3.	Ken Culverwell	West AC	41:50

**60+:**

1.	Aubrey Roberts	West AC	40:43
2.	Mike Rook	Savages AC	43:42
3.	Bongani Ndlovu	Zabalaza AC	44:43

**Juniors:**

1.	Jabulani Majombozi	Boxer AC	39:22 (R150)
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**WOMEN (Same prize money as men)**

1.	Nwabisa Mjoli	Hollywood Bets	38:25
2.	Happiness Mkhize	Nedbank AC	38:41
3.	Janene Carey	Boxer AC	40:14

**40-49:**

1.	Janene Carey	Boxer AC	40:14
2.	Pat Dammann	Vitality	43:29
3.	Chantel Nosworthy	DRAC	46:20

**50-59:**

1.	Michelle Sim	PDAC	44:30
2.	Joanne Gibb	Ind	45:50
3.	Yolisile Mwelase	Phuma KZN	46:50

**60+:**

1.	Sheree Kirsten	West AC	53:50
2.	Wendy Rook	Savages AC	55:22
3.	Frankie Cawdrey	Chiltern AC	55:46

**Juniors:**

1.	Kholeka Biyela	Nedbank AC	45:50
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**ELB Washie 100-miler (41st)**

Port Alfred to East London, 7-8 July

(Distance: 160 km; point-to-point course, very hilly. Finishers: 49 men + 17 women = 66 total [down from 80 last year].)

Note: Fifth victory here for Johan van der Merwe -- he scored four consecutive wins in 2012-15, but did not run last year. This is by far his slowest time. Cornel Metcalfe finished ninth overall. – Ed.

**MEN**

1.	Johan van der Merwe (PRR), 45, 15:05:42
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2. Wandisile Nongodlwana (Asics), 41, 16:08:16
3. Sifiso Msane (Cheetahs), 52, 17:10:00
4. Shane van Dam (B2R CGA), 36, 17:51:26
5. Mcebisi Yose (All Stars), 39, 18:24:46

#### WOMEN

1. Cornel Metcalfe (Carletonville), 41, 18:51:47
2. Meg Davey (Ned CGA), 47, 19:43:52
3. Rinaldi Botes (Irene), 44, 21:13:58
4. Daleen Cilliers (Maluti), 38, 22:59:00
5. Vanessa Maeder (Maluti), 45, 22:59:00 [correct]

### **Palm Tyres 10 km**

George, 8 July

(Loop course. Finishers: 253 [almost double last year's 134].)

Note: A huge increase in numbers here. -- Ed.

#### MEN

1	Lloyd Bosman	Nedbank	29	30:52
2	Donovan Jantjies	Nedbank	21	30:56
3	Ben Matiso	Ind	30	32:50
4	Godwin Heyns	Nedbank	19	32:51
5	Mxolise Fana	Outeniqua Harriers	48	33:37
6	Jerome Ferland	Nedbank	18	33:52
7	Dosi Dumisani	Saps WP	38	34:07
8	Ricardo Cornelius	Cape Multi Sport Club Eden	17	34:37
9	Komani Awonke	Knysna Marathon Club	19	35:04
10	Siyabonga Msaseni	Knysna Marathon Club	17	35:04

#### **Veterans:**

1	Mxolisi Fana	Outeniqua Harriers	33:37
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#### **Masters:**

1	Selwyn Losper	Mosselbay Harriers	38:36
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#### **G'masters:**

1	Patrick Rawlins	Outeniqua Harriers	41:39
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#### **G/g'masters:**

1	Plaatjie Cronje	Outeniqua Harriers	57:41
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#### **Juniors:**

1	Godwin Heyns	Nedbank	32:51
2	Jerome Ferland	Nedbank	33:52
3	Ricardo Cornelius	Cape Multisport Club Eden	34:37

#### WOMEN

1	Melissa van Rensburg	Nedbank	35	37:04
2	Cecilia Nel	Nedbank	35	38:55
3	Ronelda Vellem	Maties	17	40:42
4	Virnita Africa	Maties	15	40:48
5	Annatjie Botes	Nedbank	59	40:57
6	Veronique Visagie	Maties	14	41:16
7	Done Cronje	TUKS	20	41:56
8	Annegret Pauw	Nedbank	40	42:03
9	Louw-Anne Lourens	Nedbank	14	43:11
10	Chane Gricius	Outeniqua Harriers	15	43:15

**Veterans:**

1	Annegret Pauw	Nedbank	42:03
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**Masters:**

1	Annatjie Botes	Nedbank	40:57
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**G'masters:**

1	Marietta de Haan	Nedbank	53:23
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**G/g'masters:**

1	Magdalena Le Roux	Nedbank	1:11:46
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**Juniors:**

1	Ronelda Vellem	Maties AC	40:42
2	Vinita Africa	Maties AC	40:48
3	Veronique Visagie	Maties AC	41:16

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**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****Crazy 8's 8 km** (28th)

Kingsport, USA, 15 July  
(Certified figure-8 course)

## MEN (gun times)

1.	Teshome Mekonen, 21, New York, NY (ETH)	22:41	\$5000
2.	Wilson Kibogo, 27, Nyack, NY (KEN)	22:46	2500
3.	Simon Chirchir, 33, Chapel Hill, NC (KEN)	22:46	1500

## WOMEN (gun times)

1.	Stephanie Place, 30, Bristol, VA	28:20
2.	Nicole Dimercurio, 23, Blowing Rock, NC	28:38
3.	Jessica Reeves, 24, Owensboro, KY	29:17

**Across the Bay 12 km**

San Francisco, USA, 9 July

(USATF certified point-to-point course [not record eligible; net elevation drop and start-finish separation exceeds USATF requirements].)

## MEN

1.	Max Pedrotti, 21, Fair Oaks, 40:49
2.	Jaime Heilpern, 47, San Francisco, 41:50
3.	Fivos Constantinou, 36, San Francisco, 42:07

## WOMEN

1.	Erin Hagan, 35, Oakland, 48:19
2.	Lyndsey Ciabattari, 23, Concord, 48:49
3.	Elva Guttormsen, 43, Petaluma, 49:34

**TRACK****Meeting International Mohammed VI D'Athletisme de Rabat**

(10th stop of 2017 IAAF Diamond League)

Rabat, MAR, 16 July

**MEN****800 (DL):**

- |                           |         |
|---------------------------|---------|
| 1. Nijel Amos, BOT        | 1:43.91 |
| 2. Kipyegon Bett, KEN     | 1:44.28 |
| 3. Donavan Brazier, USA   | 1:44.62 |
| 4. Brandon McBride, CAN   | 1:45.01 |
| 5. Ferguson Rotich, KEN   | 1:45.26 |
| 6. Nicholas Kipkoech, KEN | 1:45.37 |
| 7. Robert Biwott, KEN     | 1:45.75 |
| 8. Mostafa Smaili, MAR    | 1:45.79 |

**1500:**

- |                              |            |
|------------------------------|------------|
| 1. Brahim Akachab, MAR       | 3:35.03 PB |
| 2. Fouad El Kaam, MAR        | 3:36.26    |
| 3. Younés Essalhi, MAR       | 3:36.90    |
| 4. Vincent Letting, KEN      | 3:37.96    |
| 5. Kumari Taki, KEN          | 3:39.52    |
| 6. Takieddine Hedeilli, ALG  | 3:39.96    |
| 7. Hicham Akankam, MAR       | 3:40.21 PB |
| 8. Abdelkarim Ben Zahra, MAR | 3:43.07 PB |
| 9. Badr El Jalaoui, MAR      | 3:43.68 PB |
| 10. Amine Zahaf, MAR         | 3:46.52    |

**3000:**

- |                            |            |
|----------------------------|------------|
| 1. Abdalaati Iguider, MAR  | 7:37.82    |
| 2. Adel Mechaal, ESP       | 7:38.35    |
| 3. Soufiyan Bouqantar, MAR | 7:38.65 PB |
| 4. Zouhair Aouad, BRN      | 7:39.91 PB |
| 5. Illias Fifa, ESP        | 7:40.55 PB |
| 6. Brahim Kaazouzi, MAR    | 7:41.88 PB |
| 7. Ryan Gregson, AUS       | 7:42.19 PB |
| 8. Franklin Ngelel, KEN    | 7:42.56    |
| 9. Edwin Soi, KEN          | 7:43.20    |
| 10. Collins Cheboi, KEN    | 7:45.13    |

**3000 s/chase (DL):**

- |                                  |            |
|----------------------------------|------------|
| 1. Soufiane El Bakkali, MAR      | 8:05.12 PB |
| 2. Jairus Birech, KEN            | 8:10.91    |
| 3. Amos Kirui, KEN               | 8:12.18    |
| 4. Abraham Kibiwott, KEN         | 8:16.25    |
| 5. Andy Bayer, USA               | 8:16.73    |
| 6. Ibrahim Ezzaydouny, MAR       | 8:18.50 PB |
| 7. Hailemariam Amare, ETH        | 8:21.76    |
| 8. Altobeli da Silva, BRA        | 8:23.67 PB |
| 9. Mohamed Tindouft, MAR         | 8:28.04    |
| 10. Lawrence Kemboi Kipsang, KEN | 8:32.27    |
| DNF-- Conseslus Kipruto, KEN     |            |

**WOMEN****400 (DL):**

- |                             |       |
|-----------------------------|-------|
| 1. Shaunae Miller-Uibo, BAH | 49.80 |
|-----------------------------|-------|

2. Natasha Hastings, USA	50.86
3. Quanera Hayes, USA	51.08
4. Novlene Williams-Mills, JAM	51.18
5. Shericka Jackson, JAM	51.20
6. Courtney Okolo, USA	51.33
7. Caster Semenya, RSA	51.53
8. Olha Zemlyak, UKR	51.94

## 1500 (DL):

1. Angelika Cichocka, POL	4:01.93
2. Rababe Arafi, MAR	4:02.19
3. Brenda Martinez, USA	4:02.75 SB
4. Laura Weightman, GBR	4:03.07
5. Malika Akkaoui, MAR	4:03.36 PB
6. Shannon Rowbury, USA	4:04.73
7. Nelly Jepkosgei, KEN	4:04.93
8. Zoe Buckman, AUS	4:04.93 SB
9. Judy Kiyeng, KEN	4:05.20
10. Siham Hilali, MAR	4:06.20 SB

## Junior race:

1. Maryem AZROUR, MAR, 5 DEC 2002	4:34.57 PB
2. Chaymae AROUF, MAR, 5 JUL 2001	4:35.09 PB
3. Khadija RAKKOU, MAR, 19 JUL 2001	4:36.56 PB

## 3000 s/chase (DL):

1. Gesa Krause, GER	9:18.87
2. Norah Tanui, KEN	9:20.51
3. Roseflin Chepngetich, KEN	9:20.69 PB
4. Fadwa Sidi Madane, MAR	9:23.99 PB
5. Purity Kirui, KEN	9:25.55
6. Winfred Yavi, BRN	9:27.61
7. Caroline Chepkurui Tuigong, KEN	9:39.00
8. Stephanie Garcia, USA	9:40.63
9. Maritu Ketema, ETH	9:40.80
10. Ann Gathoni, KEN	10:02.42

**Meeting Citta di Padova (31st)**

Padova, ITA, 16 July

## MEN

## 800:

1. Amel TUKA, 1991, BIH	1:45.61
2. Joshua RALPH, 1991, AUS	1:46.14
3. Mohammed AMAN, 1994, ETH	1:46.28
4. Erik SOWINSKI, 1989, USA	1:46.62
5. Ryan MARTIN, 1989, USA	1:46.96
... 8. Jacob ROZANI, 1984, RSA	1:48.62

## WOMEN

## 800:

1. Ajee' WILSON, 1994, USA	1:59.19
2. Rose Mary ALMANZA, 1992, CUB	1:59.85
3. Yus SANTIUSTI CABALLERO, 1984, ITA	2:00.82
4. Nataliya PRISCHEPA, 1994, UKR	2:02.04
5. Gena LOFSTRAND, 1995, RSA	2:02.21



... 7. Joanna JOZWIK, 1991, POL 2:03.05

1500:

- |                                 |            |
|---------------------------------|------------|
| 1. Laura MUIR, 1993, GBR        | 4:05.01    |
| 2. Alexa EFRAIMSON, 1997, USA   | 4:06.12    |
| 3. Marta PEN FREITAS, 1993, POR | 4:07.10    |
| 4. Simona VRZALOVA, 1985, CZE   | 4:07.21 PB |
| 5. Selah BUSIENEI, 1991, KEN    | 4:07.76    |
| 6. Dominique SCOTT, 1992, RSA   | 4:08.04 PB |

### Savo Games

Lapinlahti, FIN, 16 July

MEN

1500:

Race A:

- |                                    |
|------------------------------------|
| 1. Chakib Lachgar, MAR, 3:44.30    |
| 2. Stanislav Maslov, UKR, 3:44.44  |
| 3. Nick Jensen, DEN, 3:44.80 PB    |
| ... 5. George Kusche, RSA, 3:45.02 |
| 6. Ryoji Tatezawa, JPN, 3:45.05    |
| Henco Uys, RSA, DNF                |

### IAAF World U18 Championships (10th)

Nairobi, KEN, 12-16 July

Note: *Race Results Weekly* reports that huge crowds (about 60 000 on Saturday and Sunday), lured at least in part by free entry to Kasarani Stadium, came to watch these championships, the last which will ever be held (last August, the IAAF announced the discontinuation of these championships after 2017). Athletes from Ethiopia and Kenya won all 24 of the middle and long distance medals on offer, while several nations chose not to send teams, including USA and Japan. The IAAF did not give specific reasons for discontinuing these championships, but the difficulties of policing age-cheating was probably a factor. -- Ed.

U18 BOYS:

800 (15):

- |   |                    |
|---|--------------------|
| 1. Melese NBERET, ETH, 29 Jan 2001              | 1:47.12 WU18L Gold |
| 2. Tolesa BODENA, ETH, 18 Feb 2000              | 1:47.16 PB Silver  |
| 3. Japheth Kibiwott TOROITICH, KEN, 17 May 2000 | 1:47.82 PB Bronze  |
| 4. Juan Diego CASTRO, CRC, 17 May 2000          | 1:49.76 PB         |

Prelims (12): - Advance top 3 each heat plus next 3 times to semi-finals

Heat 4:

- |   |           |
|---|-----------|
| 1. Japheth Kibiwott TOROITICH, KEN, 17 May 2000 | 1:53.91 Q |
| 2. Charaf ZAHIR, MAR, 4 Sep 2001                | 1:54.22 Q |
| 3. Jan VUKOVIC, SLO, 14 Jun 2000                | 1:54.38 Q |
| 4. Ntuthuko NDI MANDE, RSA, 16 May 2001         | 1:56.16   |

1500 (14):

- |   |                   |
|---|-------------------|
| 1. George Meitamei MANANGOI, KEN, 29 Nov 2000 | 3:47.53 Gold      |
| 2. Abebe DESSASSA, ETH, 30 Jan 2000           | 3:48.65 PB Silver |
| 3. Belete MEKONEN, ETH, 11 Sep 2000           | 3:50.64 Bronze    |
| 4. Daniel KIPROP, UGA, 3 Dec 2000             | 3:51.82 PB        |

## 3000 (16):

- |  |                   |
|--|-------------------|
| 1. Selemon BAREGA, ETH, 20 Jan 2000        | 7:47.16 PB Gold   |
| 2. Edward ZAKAYO, KEN, 25 Nov 2001         | 7:49.17 PB Silver |
| 3. Stanley Mburu WAITHAKA, KEN, 9 Apr 2000 | 7:50.64 PB Bronze |
| 4. Milkesa MENGESHA, ETH, 16 Apr 2000      | 7:55.29 PB        |

## 2000 s/chase (16):

- |   |                   |
|---|-------------------|
| 1. Leonard Kipkemoi BETT, KEN, 3 Nov 2000   | 5:32.52 Gold      |
| 2. Cleophas Kandie MEYAN, KEN, 14 Aug 2000  | 5:33.07 PB Silver |
| 3. Alemu KITESSA, ETH, 28 Dec 2000          | 5:42.10 Bronze    |
| ... 11. Robert DE VILLIERS, RSA, 4 Mar 2000 | 6:05.23           |

## Prelims (14):

## Heat 2:

- |  |              |
|--|--------------|
| 1. Leonard Kipkemoi BETT, KEN, 3 Nov 2000  | 5:46.66 Q    |
| 2. Girma DIRIBA, ETH, 17 Jul 2000          | 5:47.86 Q    |
| 3. Anil KALAYCI, TUR, 31 May 2000          | 5:52.64 Q PB |
| ... 6. Robert DE VILLIERS, RSA, 4 Mar 2000 | 5:59.82 q    |

## U18 GIRLS:

## 800 (16):

- |   |                    |
|---|--------------------|
| 1. Jackline WAMBUI, KEN, 8 Feb 2000     | 2:01.46 WU18L Gold |
| 2. Lydia Jeruto LAGAT, KEN, 23 Nov 2000 | 2:02.06 PB Silver  |
| 3. Hirut MESHESHA, ETH, 20 Jan 2001     | 2:06.32 Bronze     |

## 1500 (15/final only):

- |   |                |
|---|----------------|
| 1. Lemlem HAILU, ETH, 25 May 2001       | 4:20.80 Gold   |
| 2. Sindu GIRMA, ETH, 12 Apr 2001        | 4:22.14 Silver |
| 3. Edina JEBITOK, KEN, 10 Nov 2001      | 4:23.16 Bronze |
| ... 5. Nicole LOUW, RSA, 26 Jul 2001    | 4:33.40        |
| ... 7. Lyndi ROELOFSE, RSA, 30 Apr 2001 | 4:36.34        |

## 3000 (12/final only):

- |  |                |
|--|----------------|
| 1. Abersh MINSEWO, ETH, 22 Feb 2001      | 9:24.62 Gold   |
| 2. Emmaculate CHEPKIRUI, KEN, 3 Aug 2000 | 9:24.69 Silver |
| 3. Yitayish MEKONENE, ETH, 17 Mar 2000   | 9:28.46 Bronze |
| ... 12. Dipuo MASHISHI, RSA, 2 Oct 2001  | 11:06.60       |

## 2000 s/chase (14/final only):

- |  |                    |
|--|--------------------|
| 1. Caren CHEBET, KEN, 24 May 2000        | 6:24.80 WU18L Gold |
| 2. Mercy CHEPKURUI, KEN, 16 Sep 2000     | 6:26.10 PB Silver  |
| 3. Etalemahu SINTAYEHU, ETH, 23 Feb 2001 | 6:35.79 Bronze     |
| 4. Anna Mark HELWIGH, DEN, 12 Mar 2000   | 6:47.69            |
| 5. Klaudia PAWLUS, POL, 7 Oct 2000       | 6:47.87            |
| 6. Shanley KOEKEMOER, RSA, 10 Jan 2000   | 6:54.27            |

**Gert Rasschaert Memorial** (27th)

Ninove, BEL, 15 July

## MEN

## 1500:

## Heat 1 -

- |  |
|--|
| 1. Isaac Hockey, AUS, 3:38.85          |
| 2. Jerry Motsau, RSA, 3:38.97          |
| 3. Charles Grethen, LUX, 3:39.02 NR/PB |

## WOMEN

800:

Heat 1 -

1. Natoya Goule, JAM, 2:01.16
2. Lindsey Butterworth, CAN, 2:02.13 PB
3. Galyna Sishko, UKR, 2:02.28 PB

Heat 2 -

1. Adrea Propp, CAN, 2:04.75 PB
2. Anuschka Nice, RSA, 2:04.85
3. Laurence Cote, CAN, 2:05.52

1500:

Heat 3 -

1. Kayla Smith, RCB, 4:35.20 PB
2. Vanessa Scaunet, OEH, 4:36.17
3. Marguerite Richart, FRA, 4:37.24 PB
- ... 6. Lizerie Ferreira, RSA, 4:41.40

**Meeting Sport Solidarietà (28th)**

Lignano, ITA, 12 July

## MEN

800:

1. Jamal HAIRANE, 1993, QAT, 1:46.84 SB
2. Jacob ROZANI, 1984, RSA, 1:46.96
3. Giordano BENEDETTI, 1989, G.A. FIAMME GIALLE, 1:47.12

## WOMEN

1500:

1. Selah BUSIENEI, 1991, KEN, 4:07.93 SB
2. Sheila CHELANGAT, 1998, KEN, 4:09.91
3. Emily LIPARI, 1992, USA, 4:09.92

**Joensuu Games**

Joensuu, FIN, 12 July

## MEN

800:

Race A:

1. Takumi Murashima, JPN, 1:49.85
2. Henco Uys, RSA, 1:50.05
3. Ville Lampinen, KU-58, 1:50.20
- ... 6. George Kusche, RSA, 1:51.37

**Spitzen Leichtathletik Luzern (EA Classic)**

Luzern, SUI, 11 July

## MEN

800 Race A:

1. Amel Tuka, BIH, 1:46.74
2. Erik Sowinski, USA, 1:47.06
3. Job Kinyor, KEN, 1:47.23
- ... 6. Ryhardt van Rensburg, RSA, 1:49.05

7. Matthew Centrowitz, USA, 1:49.12 SB

#### WOMEN

##### 800 Race A:

1. Christina Hering, GER, 2:01.31 SB
2. Gena Lofstrand, RSA, 2:01.50 PB
3. Chrishuna Williams, USA, 2:01.68

### **Maccabiah Games** (20th)

Jerusalem, ISR, 10-13 July

#### MEN

5000 (13): Adam Lipschitz, RSA, 14:44.50

### **Hokuren Distance Challenge - Kitami Meet**

Kitami, JPN, 9 July

#### MEN

##### 3000:

1. Tetsuya Yoroizaka, 7:52.70 PB
2. Takashi Ichida, 7:54.11 PB
3. Hyuga Endo, 7:54.79 NR U20

##### 5000 Race A:

1. Willy Kipselem (KEN), 13:39.73
2. Richard Kimunan (KEN), 13:40.52
3. Patrick Mathenge Wambui (KEN), 13:40.62

#### WOMEN

##### 3000:

1. Riko Matsuzaki, 8:49.61
2. Mao Ichiyama, 8:53.54
3. Misaki Onishi, 9:00.32

##### 5000 Race A:

1. Azusa Sumi, 15:38.95
2. Do Yeon Kim (KOR), 15:39.12
3. Da Eun Jeong (KOR), 15:46.94

##### 10000 Race A:

1. Sayaka Kuwahara, 32:27.36
2. Risa Yokoe, 32:35.86
3. Yuki Munehisa, 32:36.83
4. Ayaka Inoue, 32:43.87
5. Yui Fukuda, 32:44.45
6. Michi Numata, 32:45.92
7. Saki Tokoro, 32:47.24
8. Honoka Tanaike, 32:53.91

##### 10000 Race B:

1. Momoe Nobuoka, 33:07.70
2. Yuka Kato, 33:11.68
3. Yui Okada, 33:27.40

**Meeting de Sotteville (LNA)**

Sotteville, FRA, 7 July

MEN

1500:

Race 2:

1. Fouad EL KAAM, MAR, 3:38.03
2. Benson SIUREI, BRN, 3:38.26
3. Weretew ESHETE, ETN, 3:39.28

3000 s/chase:

1. Mahiedine MEKHISSI-BENABBAD, Stade Sottevillais 76, 8:20.14
2. Amare HAILEMARIY, ETH, 8:20.33
3. Justus KIPKORIR, KEN, 8:22.72

WOMEN

800:

1. Rose Mary ALMANZA, CUB, 2:00.46
2. Tigist KETEMA, ETH, 2:03.51
3. Manal BENRAOUI, BRN, 2:04.77

**ULTRA/TRAIL/MOUNTAIN RUNNING****European Mountain Running Championships (16th)**

Kamnik, SLO, 8 July

Note: *Race Results Weekly* reports that Andrea Mayr of Austria won her seventh individual medal at these championships, increasing her lead in the life-to-date medal count at the event over the Czech Republic's Anna Pichrtova, who earned five medals from 2002 through 2007. -- Ed.

MEN 12 km with 1295 m uphill and 75 m downhill

Teams:

1. FRA, 17 points Gold (3rd runner 8th place)
2. ITA, 17 Silver (3rd runner 13th place)
3. POR, 58 Bronze
4. SUI, 59
5. GBR, 64

Individual finishers:

1. Xavier CHEVRIER, 1990, ITA 1:02:51 Gold
2. Luís SARAIVA, 1993, POR 1:03:34 Silver
3. Francesco PUPPI, 1992, ITA 1:03:35 Bronze

WOMEN 8.5 km with 1035 m uphill and 75 m downhill

Teams:

1. GBR, 19 points Gold
2. ITA, 33 Silver
3. AUT, 40 Bronze
4. NOR, 50
5. CZE, 52

Individual finishers:

1. Maude MATHYS, 1984, SUI 49:30 Gold
2. Sarah TUNSTALL, 1986, GBR 50:51 Silver
3. Andrea MAYR, 1979, AUT 51:43 Bronze

## World 24-hour Championships

Belfast, GBR, 1-2 July

(Finishers: 159 men + 131 F = 290 total)

### MEN

1, Yoshihiko Ishikawa JPN 267.566 km; 2, Johan Steene SWE 266.515 rec; 3, Sebastian Bialobrzieski POL 265.535 rec; 4, N Takahashi JPN 264.506; 5, S Ruel FRA 258.425; 6, F Reus GER 257.010; 7, O Leblond USA 255.520; 8, T Rudolf HUN 255.375; 9, Z Csécssei HUN 253.256; 10, B T Taranger NOR 252.976; 11, B Batsberg DEN 252.851; 12, S Slaby USA 252.720; 13, R Brunner CZE 251.567; 14, T Naraki JPN 251.087; 15, L Dilmi FRA 250.247; 16, R Elwart POL 249.785; 17, B Orzemyslaw POL 248.309; 18, E Kieth IRL 246.784; 19, R Gerardin FRA 246.523; 20, J Olsen USA 246.219.

Teams: 1, JPN 783.159; 2, POL 763.630; 3, USA 755.458; 4, HUN 752.867; 5, FRA 752.813; 6, GER 731.356; 7, CZE 720.921; 8, GBR 715.582; 9, IRL 712.037; 10, FIN 691.155.

### WOMEN

1, Patrycja Bereznowska POL 258.339 km **WR**; 2, Aleksandra Niwinska POL 248.970; 3, Katalin Nagy USA 248.970 rec; 4, G Slaby USA 248.276; 5, P Smith USA 243.611; 6, A Krause GER 237.814; 7, J Baker GBR 237.061; 8, J Fattouh GER 236.183; 9, N Honkala FIN 234.941 rec; 10, M Jansson SWE 234.595 rec; 11, Y Matsumoto JPN 232.966; 12, A M Geisler Andersen DEN 231.399; 13, M Biegasiwicz POL 230.817; 14, A Orlic CRO 230.605 rec; 15, M Aotani JPN 228.761; 16, A Matejczuk POL 228.603; 17, A Masner IRL 228.581; 18, S Lundqvist SWE 226.220; 19, A Rajda POL 225.306; 20, A Grundahl SWE 223.798.

Teams: 1, USA 740.856; 2, POL 740.234; 3, GER 689.622; 4, SWE 684.613; 5, JPN 658.904; 6, GBR 657.402; 7, CRO 657.357; 8, IRL 638.072; 9, ITA 625.262; 10, CAN 615.463.

## STATS TIME

This week we include a list of the top ten SA men in the marathon for 2017. The sorry state of SA marathoning is clearly evident in this list, with only two athletes under 2:16:00 and only four under 2:21:00. 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 MEN

2:10:51	Desmond Mokgobu	12	Rotterdam	09 Apr
2:11:41	Lusapho April	5	Hannover	09 Apr
2:16:53	Stephen Lesego Mokoka	34	Tokyo	26 Feb
2:18:52	Lungile Gongqa	12	Mumbai	16 Jan
2:21:15	Lutendo Mapoto	1	Polokwane	29 Apr
2:21:26	Sphamandla Nyembe	1	The Woodlands	04 Mar
2:21:38	P. Maeko	2	Polokwane	29 Apr
2:22:23	Anele Dlamini	1	Durban	09 Apr
2:22:53A	Ntsindiso Mphakathi	2	Umzimkulu	05 Mar
2:23:00	Duane Fortuin	2	Durban	09 Apr

## THIS MONTH IN HISTORY

### (Almost exactly) 39 years ago: 13 July 1978

Only one South African steeplechase record has ever been set in July, and it happened on this day in Lausanne. Over the previous thirteen years Giulio Nardini, Frans le Grange and Ewald Bonzet had brought the record down on a number of occasions from above 9 minutes to the brink of 8:30. Then, in 1976, Julian Marsay achieved the first sub-8:30 with his 8:29.8 at the international invitation meeting in Cape Town. In Lausanne Marsay easily defeated the US star Doug Brown and in the process cut a huge chunk off his national record by finishing in 8:22.63. This placed him eleventh on the world list for the year, and the record would stand for almost five years.

## 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)		
	87:13**	Eliud Kipchoge (KEN) 2016		
Marathon	87:13**	Stanley Biwott (KEN) 2016		26 Feb
	2:16:53	Stephen Mokoka	Tokyo	
	2:03:58	Wilson Kipsang (KEN)		
100 km	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
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:16	Simon Mpholo	Port Elizabeth	24 Jun
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	85:54	Shadrack Hoff	Pretoria	06 May
	76:49	Martin Mondragon (MEX) 1994		

30 km	1:38:16 1:35:28	Mzwanele Maphekula Geraldo Antonio da Silva (BRA) 2002	Uitenhage	04 Mar
Marathon	2:23:41 2:08:46	William Mokwalakwala Andres Espinosa (MEX) 2003	Centurion	01 May
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	33:20 30:35	Makaya Masumpa Tecwyn Davies (GBR) 1988	Port Elizabeth	22 Apr
15 km	52:48 47:52	Reginald Ngobese Titus Mamabolo (RSA) 1991	Vanderbijlpark	08 Feb
21.1 km	73:02 66:42	Makaya Masumpa Martin Rees (GBR) 2003	Port Elizabeth	24 Jun
25 km	97:58A 98:49	Basie Bonaparte Joseph Ndlovu	Somerset East Pretoria	18 Mar 06 May
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:33:15 2:19:29	Reginald Ngobese Titus Mamabolo (RSA) 1991	Sasolburg	04 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	38:05 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Pinelands	25 Feb
15 km	60:24 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Ravensmead	18 Mar
21.1 km	87:51 71:31	Thomas Moses Martin Rees (GBR) 2013	Port Elizabeth	24 Jun
25 km	1:54:07A 1:58:06 94:01	Devilliers Oberholzer Theo Bohnen Doug Winn (USA) 2010	Pinetown Pretoria	29 Jan 06 May
30 km	2:10:11 1:57:07	Kosie Botha Ed Whitlock (CAN) 1994	Parow	26 Mar
Marathon	3:06:21 2:36:30	Gideon Radebe Yoshihisa Hosaka (JPN) 2009	Benoni	29 Jan
100 km				
<u>Great grandmasters (70+)</u>				
10 km	42:35 37:33	Pele Tshikundamalema Ed Whitlock (CAN) 2004	Pretoria	18 Feb
15 km	64:04 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Constantia	11 Mar
21.1 km	95:36 82:23	Elias Raphulu Ed Whitlock (CAN) 2001	Pretoria	08 Apr
25 km	1:56:09 99:59	Elias Raphulu Clive Davies (USA) 1985	Pretoria	06 May
30 km	2:46:08 2:00:56	Tamsanqa Jusayi Ed Whitlock (CAN) 2001	Uitenhage	04 Mar
Marathon	3:37:53 2:54:49	Elias Raphulu Ed Whitlock (CAN) 2004	Centurion	01 May
100 km				
<u>Juniors</u>				
10 km	30:17 27:52	Kabelo Seboko Richard Chelimo (KEN) 1990	Benoni	29 Jan
15 km	49:31 42:25	Sivuyile Selani Moses Mosop (KEN) 2004	Port Elizabeth	25 Mar



21.1 km	68:26 59:16	Aphelele Nkonyana Samuel Wanjiru (KEN) 2005	Port Elizabeth	24 Jun
<b>WOMEN</b>				
<u>Open</u>				
10 km	32:22 30:04	Dominique Scott-Efurd Joyciline Jepkosgei (KEN)	Boston	25 June
	30:21 Mx	Paula Radcliffe (GBR) 2003		
	30:04p Mx	Joyciline Jepkosgei (KEN)		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	53:59A 55:48 45:37	Dominique Scott-Efurd Annie Bothma Joyciline Jepkosgei (KEN)	Camps Bay Eersterivier	08 Jan 08 Jul
	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 64:52	Cornelia Joubert Joyciline Jepkosgei (KEN)	Port Elizabeth	24 Jun
	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 1:40:31 84:36	Jenna Challenor Jenna Challenor Alphine Tuliamuk (USA)	Pinetown Durban	29 Jan 19 Mar
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:54:43 1:46:24	Ntombesintu Mfunzi Ami Utsunomiya (JPN)	Uitenhage	04 Mar
	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 2:54:59 2:17:01	Ann Ashworth Danette Smith Mary Keitany (KEN)	East London Durban	25 Feb 09 Apr
	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 32:14	Bulelwa Simae Priscilla Welch (GBR) 1985	Bellville	03 Jun
15 km	56:45 49:35	Tanith Maxwell Priscilla Welch (GBR) 1985	Ravensmead	18 Mar
21.1 km	80:02 69:56	Bulelwa Simae Irina Permitina (RUS) 2009	Port Elizabeth	24 Jun
25 km	1:48:53A 1:49:32 82:13	Shani Silver Maria Vilakazi Mizuki Noguchi (JPN) 2005	Pinetown Pretoria	29 Jan 06 May
30 km	2:02:35 1:51:37	Ulrica Stander Mieke Pullen (NED) 2001	Camps Bay	08 Jan
Marathon	2:58:45A 3:06:00 2:26:51	Ulrica Stander Salome Cooper Priscilla Welch (GBR) 1987	Simon's Town Benoni	19 Feb 29 Jan
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	38:43 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Cape Town	02 Apr
15 km	64:28 54:33	Elmarie Coetzee Shirley Matson (USA) 1991	Constantia	11 Mar
21.1 km	92:01 76:07	Christine Claasen Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	13 May
25 km	2:05:56A 2:07:29	Roshini Natasen Ansa Strydom	Pinetown Pretoria	29 Jan 06 May
30 km	2:16:59	Christine Claasen	Uitenhage	04 Mar
Marathon	3:18:52 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	Durban	09 Apr
100 km				

Grandmasters (60+)

10 km	42:31 38:56	Margie Saunders Lidia Zentner (GER) 2015	Port Elizabeth	22 Apr
15 km	66:11 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	25 Mar
21.1 km	93:02 84:56	Nancy Will Bernadine Portenski (NZL) 2010	Port Elizabeth	24 Jun
25 km	2:16:25 1:58:24	Val Watson Gloria Brown (USA) 1994	Pretoria	06 May
30 km	2:25:27 2:17:11	Margie Saunders Barbara Miller (USA) 1999	Uitenhage	04 Mar
Marathon	3:26:99 3:01:30	Nancy Will Bernadine Portenski (NZL) 2010	Durban	09 Apr
100 km				

Great grandmasters (70+)

10 km	49:38 44:09	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Cape Town	02 Apr
15 km	86:20 72:52	Marietha Herbert Jo Klein (NED) 2004	Kraaifontein	15 Jul
21.1 km	1:55:21 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Wellington	01 May
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	08 Jan
Marathon	3:35:29	Helga Miketta (GER) 2013		
100 km				

Juniors

10 km	35:26 31:42	Nicole Louw Zola Pieterse (RSA) 1984	Durban	11 Jun
15 km	63:04 49:40	Razaan Kamaldien Ines Chenonge (KEN) 2001	Eersterivier	08 Jul
21.1 km	98:46 1:09:05	Georgina Janisch Delilah Asiago (KEN) 1991	Pretoria	08 Apr

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