

Distance Running Results

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EDITORIAL

Pushed all the way for the first time this season, Caster Semenya broke her SA record in the 800 by one hundredth of a second at the Diamond League meeting in Monaco this weekend, running 1:55.27 to win from Francine Nyonsaba (BDI). Semenya's time is also a Diamond League and meeting record and the fastest time in the world this year. She set the previous SA record at the Olympic Games last year.

It was a brilliant race, with seven women under two minutes. Niyonsaba (1:55.47), Ajee' Wilson (USA, 1:55.61) and Melissa Bishop (CAN, 1:57.01) all set national records as well, while Sifan Hassan (NED) ran a PB of 1:56.81. The next two, Lynsey Sharp (GBR, 1:58.01) and Brenda Martinez (USA, 1:58.43) were rewarded with season's bests.

The women's 3000 m also was an excellent race, with Hellen Obiri (KEN) running a world leading 8:23.14 to win. Behind her there were a host of PBs -- among them Dominique Scott-Efurd's 8:41.33 in 11th place. This moves her into third spot on the SA all-time lists behind Elana Meyer and Zola Budd (with times run before Scott-Efurd was even born!).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Cape Town Festival of Running Half Marathon, Cape Town
- * Wasbank Half Marathon & 10 km, Ladysmith
- * Matthews Meyiwa Half Marathon & 10 km Challenge, Hammarsdale
- * Cape Town Festival of Running 100 km & 50 km, Cape Town
- * Houtkapper Trail Runs, Rheenendal
- * Momentum Knysna Forest Marathon & Half Marathon, Knysna

International highlights:

- * Wharf to Wharf 6 Mile, Santa Cruz to Capitola, USA
 - * Shibetsu Half Marathon, Shibetsu, JPN
 - * Subaru Buffalo 4-Mile Chase, Buffalo, USA
 - * Track: European U20 Championships, Grosseto, ITA; KBC Night of Athletics, Heusden, BEL; Herculis Meeting, Stade Louis II, MON; Meeting international de la Province de Liège, Naimette-Xhovémont, BEL; European U23 Championships, Bydgoszcz, POL; Meeting de Atletismo Madrid, Madrid, ESP; Hokuren Distance Challenge - Abashiri Meet, Abashiri, JPN; Morton Games, Dublin, IRL; Göteborg GP, Göteborg, SWE
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NEWS

24 ATHLETES IN SOUTH AFRICA'S TEAM FOR LONDON

Five marathon runners have been included in the final South African team of 24 athletes for the IAAF World Championships in London next month. They are Lusapho April, Desmond Mokgobu, Sibusiso Nzima, Jenna Challenor and Mapaseka Makhanya.

The rest of the team is:

MEN: Akani Simbine (100, 200), Thando Roto (100), Wayde van Niekerk (200, 400), Clarence Munyai (200), Pieter Conradie (400), Stephen Mokoka (10000), Antonio Alkana (110 H), Luvo Manyonga, Zarck Visser and Ruswahl Samaai (all LJ), Orazio Cremona and Jaco Engelbrecht (both SP), Victor Hogan (DT), Rocco van Rooyen (JT) and Lebogang Shange (20 km walk).

WOMEN: Carina Horn (100), Caster Semenya (800), Wenda Nel (400 H) and Sunette Viljoen (JT).

ROAD RUNNING

Cape Town Festival of Running Half Marathon (18th)

Cape Town, 23 July

(Distance: 21.1 km; certified hilly out-and-back course. Finishers: 1314 [huge increase from 744 last year].)

MEN

1. Mthandazo Qhina (Ned) 1:07:34
2. Siviwe Nkombi (Ned) 1:10:18
3. Retsepile Khotle (Itheke) 1:10:20

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:17:06; 2. Elijah Racoco (WC) 1:23:58; 3. Michael Mariller (Ned) 1:25:56. **Masters:** 1. Zolani Ntsodo (SANDF) 1:24:49; 2. Ludwig Lillie (Durb) 1:28:19; 3. James Wesbeach (Ind) 1:28:31. **G'masters:** 1. Mochamat Kriel (Ommie) 1:30:00; 2. Andy Cockroft (Edge) 1:47:15; 3. Chris Lourens (Brack) 1:51:07. **G/g'masters:** 1. Yusuf Gamielien (Itheke) 2:18:02; 2. Boet van Zyl (SH) 2:21:42; 3. Wilhelm Willy (RWFL) 2:41:40. **Juniors:** 1. Shiraz Shakeel (Hewat) 1:35:27; 2. Isma-eel Cuzyn (Ommie) 1:47:58.

WOMEN

1. Lee-Shay Willemse (Velo) 1:25:21 PB
2. Michelle van Zyl (Ind) 1:28:36
3. Candyce Hall (Carb) 1:29:52

Veterans: 1. Busisiwe Matiwane (Ned) 1:39:38; 2. Jacky Misroll (Pine) 1:40:17; 3. Lesyl Potgieter (ATC) 1:40:37. **Masters:** 1. Karen Jennings (VOB) 1:45:01; 2. Renée Scott (VOB) 1:46:29; 3. Lyndsay Jackson (VOB) 1:56:46. **G'masters:** 1. Nancy Will (Pine) 1:42:25; 2. Helen du Plessis (Brack) 1:53:31; 3. Susan Pokorney (Ind) 2:08:34. **G/g'masters:** 1. Chippy Steel (Hout) 2:14:50; 2. Diane Dennis (Edge) 3:02:51; 3. Avril Delapelin Dumont (WC) 3:16:36. **Juniors:** 1. Sophia Els (Bell) 1:48:01; 2. Petro Moses (Velo) 1:57:12; 3. Toyira Ryklief (Nantes) 2:26:13.

Wasbank Half Marathon & 10 km

Ladysmith, 23 July

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1.	Sithembele Fanekho	Nedbank AC	1:10:32
2.	Mawande Hlongwe	Zakhele AC	1:11:23
3.	Lindokuhle Sithole	Phantane AC	1:11:39

40-49:

1.	Muntu Khulu	Wasbank AC	1:20:04
----	-------------	------------	---------

50-59:

1.	Mandla Mnisi	Vryheid AC	1:29:01
----	--------------	------------	---------

Juniors:

1.	Nhlakanipho Ndaba	Ethekweni AC	1:14:19
----	-------------------	--------------	---------

WOMEN

1.	Lindokuhle Gabela	Muden AC	1:33:11
2.	Zinhle Shabala	Klip River St	1:33:38
3.	Hlobisile Madida	New Harr	1:35:04

40-49:

1.	Sikhosana Musa	Klip River St	2:24:51
----	----------------	---------------	---------

Juniors:

1.	Buklaphi Mdletshe	Muden AC	1:51:20
----	-------------------	----------	---------

10 km

MEN

1.	Bhekani Sithole	Klip River St	34:07
----	-----------------	---------------	-------

WOMEN

1.	Mbali Mtshali	Muden AC	41:16
----	---------------	----------	-------

Matthews Meyiwa Half Marathon & 10 km Challenge

Hammarsdale, 23 July

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 249.)

Note: Too few time comparisons were available to make a proper Race Time Bias calculation, but this half marathon is surely well short of the correct distance. Both Jabulani Khumalo's and Wendy Coleman's times are faster than the SA records in their age categories. There could also be something wrong with the timing, as Coleman ran faster than the first veteran woman, who may be Bulelwa Simae. No club affiliations were indicated in the results. -- Ed.

Half marathon

MEN

1.	Khoarahlane Seutloali (LES)	62:48
2.	Jobo Khatoane (LES)	62:53
3.	Jabulani Khumalo	64:34

40-49:

1.	Jabulani Khumalo	64:34
2.	Nhanhla Khanyile	71:41
3.	Mthokozisi Sindane	72:23

50-59:

- | | | |
|----|------------------|-------|
| 1. | Michael Ndlovu | 79:51 |
| 2. | Herbet Mazongolo | 82:18 |
| 3. | Sipho Thusini | 92:19 |

60-69:

- | | | |
|----|-----------------|-------|
| 1. | Nicolas Dlamini | 95:07 |
|----|-----------------|-------|

Juniors:

- | | | |
|----|------------------|-------|
| 1. | Thobile Mbolekwa | 72:03 |
|----|------------------|-------|

WOMEN

- | | | |
|----|------------------------|-------|
| 1. | Neheng Khatala (LES) | 72:03 |
| 2. | Loveness Madziva (ZIM) | 80:38 |
| 3. | Jenet Mbhele | 81:50 |

40-49:

- | | | |
|----|-----------------|--------|
| 1. | Simae Buldwa | 84:53 |
| 2. | Thobile Ganvile | 87:11 |
| 3. | Iris Ndlovu | 105:00 |

60-69:

- | | | |
|----|---------------|-------|
| 1. | Wendy Coleman | 83:34 |
|----|---------------|-------|

Juniors:

- | | | |
|----|-----------------|--------|
| 1. | Sizakele Gumede | 130:51 |
|----|-----------------|--------|

10 km**MEN**

- | | | |
|----|---------------|-------|
| 1. | Anele Dlamini | 37:58 |
|----|---------------|-------|

WOMEN

- | | | |
|----|--------------------|-------|
| 1. | Vuyikiusa Nkumenge | 40:52 |
|----|--------------------|-------|

Cape Town Festival of Running 100 km & 50 km

(Western Province 100 km Championships)

Cape Town, 22 July

(Certified 10 km loop course for both races.)

Note: Unfortunately age category results were not available. -- Ed.

100 km**MEN**

- | | | |
|----|----------------------------|--------------------------|
| 1. | Simphiwe Vellem (Gugs) | 7:42:26 (R2500 + R1000w) |
| 2. | Lee-Roy Hendricks (Itheko) | 9:20:19 (R1200 + R750w) |
| 3. | Lionel Cronje (Bell) | 9:32:58 (R500 + R500w) |

w) WP Championships prize money

WOMEN (Same prize money as men)

- | | | |
|----|---------------------------|----------|
| 1. | Rowen Gloyne (VOB) | 9:42:24 |
| 2. | Martha Pretorius (Nantes) | 10:16:12 |
| 3. | Zethena October (Ravens) | 11:04:49 |

50 km**MEN**

- | | | |
|----|----------------------------|-----------------|
| 1. | Siyabulela Mqambeli (AAC) | 3:10:27 (R1000) |
| 2. | Sibongile Boyana (CC) | 3:21:27 (R600) |
| 3. | Lehlohonolo Nyombane (Ned) | 3:23:14 (R300) |

WOMEN (Same prize money as men)

1. Cailey Bredenkamp (Paarl) 4:31:31
2. Annalita Goosen (CMC) 4:32:00
3. Veruschka Kolbe (IT) 4:35:41

Houtkapper Trail Runs

Rheenendal, 16 July

(Distances: 27 km & 15 km. Finishers: 27 km -- 98; 15 km -- 143; also 110 in 9 km.)

27 km

MEN

- | | | |
|---|------------------|---------|
| 1 | Brendan Effenaar | 2:11:19 |
| 2 | Lloyd Bosman | 2:16:18 |
| 3 | Robert Rorich | 2:26:49 |
| 4 | Theunis Botha | 2:30:23 |
| 5 | Oriole Bolus | 2:32:14 |

WOMEN

- | | | |
|---|-------------------|---------|
| 1 | Sarah Hearn | 3:19:14 |
| 2 | Annie DuPre | 3:19:48 |
| 3 | Marie Ayton | 3:20:06 |
| 4 | Clarissa Johnston | 3:30:11 |
| 5 | Carina Barker | 3:33:12 |

15 km

MEN

- | | | | |
|---|-----------------|----------------|---------|
| 1 | Mohammad-Zaahir | Van der Schyff | 1:12:16 |
| 2 | Garren | Erasmus | 1:14:08 |
| 3 | Anton | Chevalier | 1:19:40 |

WOMEN

- | | | | |
|---|-----------|---------|---------|
| 1 | Anel | Van Wyk | 1:22:32 |
| 2 | Annatjie | Botes | 1:32:36 |
| 3 | Anna-Mart | Rabie | 1:37:40 |

Momentum Knysna Forest Marathon (33rd) & Half Marathon

Knysna, 15 July

(Distances: 42.195 km & 21.1 km; point-to-point downhill courses, mostly on gravel.

Finishers: marathon – 521 men + 259 women = 780 total [up from 743 last year]; half marathon – 4936 [down from 5122].)

Note: Many club affiliations were missing from the results, especially in the half marathon. The winner of the half marathon is probably Nkosinathi Madyo. -- Ed.

Marathon

MEN

1. Mzwanele Maphekula (Bluewater) 2:34:09
2. Sandile Ngunuza (Ned EP) 2:40:55
3. Lindile Tokota (Ned SWD) 2:41:52
4. Masande Mlonyeni (Charlo) 2:46:22
5. Melikhaya Msizi (Knysna) 2:47:58
6. Anele Maliza (Ned EP) 2:48:39
7. Melikhaya Kepe (Ned EP) 2:48:50
8. John April (Ned SWD) 2:51:29
9. Thobile Xata (Ned EP) 2:52:44

10. Ryan Sands 2:53:00

WOMEN

1. Leilani Scheffer (RWFL NWN) 3:17:46
2. Anel van Wyk (Ned SWD) 3:23:17
3. Candyce Hall (Carb) 3:27:47
4. Davera Magson (Ned EP) 3:32:50
5. Elmé Middlemost (Brack) 3:40:09
6. Laura Peddle (Strand) 3:41:50
7. Sarah Larter 3:42:52
8. Alexandra Adie (VOB) 3:46:59
9. Nicky Steel (VOB) 3:48:00
10. Yvette Human (Wingate) 3:48:13

Half marathon

MEN

1. Nkosinathi Mdau (Itheko) 1:09:52
2. Michael Bailey (B2R) 1:11:33
3. Godwin Heyns (Ned SWD) 1:12:45
4. Gershwill Jacobs (Ned SWD) 1:14:24
5. Keegan Cooke (Charlo) 1:16:07
6. Jarryd Cooke (Charlo) 1:16:07 [correct]
7. Elfonzo Pieterse (Ned SWD) 1:19:07
8. Bradley Weiss 1:19:13
9. Mnyamezeli Nangu (Plett) 1:19:35
10. Michael Cannon 1:19:45

WOMEN

1. Vicky van der Merwe 1:23:02
2. Melissa van Rensburg (Ned SWD) 1:24:18
3. Anel Terblanche (KPMG) 1:26:57
4. Megan Dempster (NMMU) 1:27:13
5. Sophie Cope (SH) 1:27:16
6. Alexia Loizou 1:29:10
7. Tanya Posthumus-Fox (CC) 1:30:50
8. Kate Dodds 1:32:52
9. Aline Reinecke 1:33:31
10. Sophie Campbell 1:33:46

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

Wharf to Wharf 6 Mile (45th)

Santa Cruz to Capitola, USA, 23 July
(Distance: 6 miles (NOT 10 km); point-to-point course)

MEN (gun times)

- | | | |
|-------------------------|-------|--------|
| 1. Teshome Mekonen, ETH | 27:33 | \$4000 |
| 2. Simion Chirchir, KEN | 27:34 | 3000 |
| 3. Silas Kipruto, KEN | 27:41 | 2000 |
| 4. Isaac Mukundi, KEN | 27:44 | 1000 |

5. Nicholas Kirui, KEN 27:47

WOMEN (gun times)

1. Buze Diriba, ETH 31:19 \$4000
 2. Monicah Ngige, KEN 31:36 3000
 3. Mara Olson, USA 32:21 2000 + 1000a
 4. Samantha Silva, USA 32:30 1000
 5. Helena Schultz, 18, USA 33:00

a) Earned bonus for top American finisher

Shibetsu Half Marathon (31st)

Shibetsu, JPN, 23 July
 (Distance: 21.1 km)

MEN (gun times)

1. Tsubasa Hayakawa, 1:03:38
 2. Masato Imai, 1:03:44
 3. Melaku Abera (ETH), 1:03:51
 4. Shuhei Yamamoto, 1:04:15
 5. Kazuya Shiojiri, 1:04:24

WOMEN (gun times)

1. Mao Ichiyama, 1:14:01
 2. Ai Inoue, 1:14:43
 3. Hiroko Miyauchi, 1:15:31
 4. Kayoko Fukushi, 1:15:41
 5. Madoka Nakano, 1:15:53

Subaru Buffalo 4-Mile Chase (37th)

Buffalo, USA, 14 July
 (Distance: 4 miles; certified course)

Note: In the women's race, Monicah Ngige got her second consecutive win, but in second Allie Kieffer ran the fastest-ever time by an American woman at this classic race. --Ed.

MEN

1. Julius Koskei, 34, Maineville, OH (KEN) 18:30 \$1000
 2. Simon Ndirangu, 31, Nyack, NY (KEN) 18:43 500
 3. Bernard Kibet Lagat, 22, Lansing, MI (KEN) 19:01 300

WOMEN

1. Monicah Ngige, 23, Lansing, MI (KEN) 20:20 \$1000
 2. Allie Kieffer, 29, Buffalo, NY 20:36 500 + 500a
 3. Emma Jebet, 24, Lansing, MI (KEN) 21:10 300

TRACK**European U20 Championships**

Grosseto, ITA, 20-23 July

Note: Two titles here for Jakob Ingebrigtsen, in the 5000 m and steeplechase (!), but he was only eighth in his main event, the 1500. -- Ed.

MEN**800 (23):**

- | | | |
|--------------------------------------|---------|--------|
| 1. Marino BLOUDEK, CRO, 18 JUL 1999 | 1:48.70 | Gold |
| 2. Markhim LONSDALE, GBR, 9 JAN 1999 | 1:48.82 | Silver |
| 3. John FITZSIMONS, IRL, 5 MAY 1998 | 1:49.15 | Bronze |

1500 (22):

- | | | |
|---|---------|--------|
| 1. Jake HEYWARD, GBR, 26 APR 1999 | 3:56.73 | Gold |
| 2. Dries DE SMET, BEL, 14 JAN 1998 | 3:56.98 | Silver |
| 3. Adrian BEN, ESP, 4 AUG 1998 | 3:57.32 | Bronze |
| ... 8. Jakob INGEBRIGTSEN, NOR, 19 SEP 2000 | 3:58.64 | |

5000 (22):

- | | | |
|---|----------|--------|
| 1. Jakob INGEBRIGTSEN, NOR, 19 SEP 2000 | 14:41.67 | Gold |
| 2. Tariku NOVALES, ESP, 8 MAR 1998 | 14:44.66 | Silver |
| 3. Dorin Andrei RUSU, ROU, 30 NOV 1998 | 14:46.07 | Bronze |

10000 (20):

- | | | |
|---|----------|-----------|
| 1. Dorin Andrei RUSU, ROU, 30 NOV 1998 | 31:08.86 | Gold |
| 2. Sergiy POLIKARPENKO, ITA, 6 JUN 1998 | 31:10.85 | PB Silver |
| 3. Sezgin ATAÇ, TUR, 21 MAR 1998 | 31:12.18 | Bronze |

3000 s/chase (23):

- | | | |
|---|---------|--------|
| 1. Jakob INGEBRIGTSEN, NOR, 19 SEP 2000 | 8:50.00 | Gold |
| 2. Alexis PHELUT, FRA, 31 MAR 1998 | 8:53.73 | Silver |
| 3. Louis GILAVERT, FRA, 1 JAN 1998 | 8:57.12 | Bronze |

WOMEN**800 (22):**

- | | | |
|--|---------|--------|
| 1. Khahisa MHLANGA, GBR, 26 DEC 1999 | 2:06.96 | Gold |
| 2. Ellie BAKER, GBR, 3 JUN 1998 | 2:07.01 | Silver |
| 3. Gabriele GAJANOVÁ, SVK, 12 OCT 1999 | 2:07.15 | Bronze |

1500 (23):

- | | | |
|---|---------|-----------|
| 1. Jemma REEKIE, GBR, 6 MAR 1998 | 4:13.25 | Gold |
| 2. Liliana GEORGIEVA, BUL, 20 JUL 2000 | 4:16.73 | PB Silver |
| 3. Harriet KNOWLES-JONES, GBR, 3 APR 1998 | 4:17.53 | Bronze |

3000 (22):

- | | | |
|--|---------|-----------|
| 1. Delia SCLABAS, SUI, 8 NOV 2000 | 9:10.13 | Gold |
| 2. Mathilde SENECHAL, FRA, 24 JAN 1998 | 9:20.05 | PB Silver |
| 3. Nadia BATTOCLETTI, ITA, 12 APR 2000 | 9:24.01 | PB Bronze |

5000 (23):

- | | | |
|---------------------------------------|----------|--------|
| 1. Jasmijn LAU, NED, 11 MAR 1999 | 16:38.85 | Gold |
| 2. Miriam DATTKKE, GER, 24 JUN 1998 | 16:39.81 | Silver |
| 3. Floor DOORNWAARD, NED, 17 FEB 2000 | 16:41.71 | Bronze |

3000 s/chase (22):

- | | |
|---|--------------------|
| 1. Lisa OED, GER, 2 JAN 1999 | 10:00.79 PB Gold |
| 2. Tatsiana SHABANAVA, BLR, 20 MAR 1998 | 10:03.32 PB Silver |
| 3. Gülnaz USKUN, TUR, 12 MAR 1998 | 10:19.44 Bronze |

KBC Night of Athletics

Heusden, BEL, 22 July

MEN

800:

Main Program:

Race A:

1. Willy TARBEI, KEN, 1:45.29
2. Andreas KRAMER, SWE, 1:45.75 PB
3. Moses KIBET, KEN, 1:46.98
- Rynhardt VAN RENSBURG, RSA, DNF

Pre-Program:

Race 5:

1. Stephen KNUCKEY, AUS, 1:48.48
2. George KUSCHE, RSA, 1:48.85
3. Thomas ROTH, NOR, 1:49.27

1500:

Main Program:

Race A:

1. David TORRENCE, PER, 3:36.88
2. Timo BENITZ, GER, 3:37.36
3. Ryan HILL, USA, 3:37.61
4. Isaac KIMELI, BEL, 3:37.66 PB
5. Bachir HISS, DJI, 3:37.69
- ... 12. Charlie GRICE, GBR, 3:39.52

Race B

1. Kyle MERBER, USA, 3:40.67
2. Graham CRAWFORD, USA, 3:40.83
3. Colby ALEXANDER, USA, 3:40.87
- ... 9. Drew HUNTER, USA, 3:43.69
10. Jerry MOTSAU, RSA, 3:44.75

5000:

Main Program:

Race A:

1. Birhanu YEMATAW, BRN, 13:09.93
2. Dawit WOLDE, ETH, 13:10.13 PB
3. Ben TRUE, USA, 13:10.83
4. Hassan MEAD, USA, 13:11.20
5. Bashir ABDI, BEL, 13:11.87

Race B:

1. Nicholas KIMELI KIPKORIR, KEN, 13:16.38 PB
2. Wesley LEDAMA, KEN, 13:19.12 PB
3. Sondre MOEN, NOR, 13:20.16 PB
4. Marc SCOTT, GBR, 13:22.37 PB
5. Marcel FEHR, GER, 13:31.29 PB

WOMEN

800:

Main Program:

1. Renee EYKENS, BEL, 2:03.34
2. Kate GRACE, USA, 2:03.47
3. Ce'Aira BROWN, USA, 2:03.63

1500:

Main Program:

1. Colleen QUIGLEY, USA, 4:03.93 PB
2. Hanna KLEIN, GER, 4:04.15 PB
3. Amanda ECCLESTON, USA, 4:04.34
4. Winfreda MBITHE, KEN, 4:04.46 PB
5. Stephanie GARCIA, USA, 4:04.63 PB
6. Alexa EFRAIMSON, USA, 4:04.75

5000:

1. Susan KRUMINS, NED, 14:53.35 PB
2. Emily INFELD, USA, 14:56.33 PB
3. Shalane FLANAGAN, USA, 14:58.99
4. Kidsan ALEMA, ETH, 15:03.27 PB
5. Gebru AZMERA, ETH, 15:03.49

Herculis Meeting (30th)

(11th stop of 2017 IAAF Diamond League)

Stade Louis II, MON, 21 July

MEN

800:

- | | |
|-------------------------------|---------------|
| 1. Emmanuel Korir, KEN | 1:43.10 WL/PB |
| 2. Brandon McBride, CAN | 1:44.41 |
| 3. Antoine Gakeme, BDI | 1:44.54 |
| 4. Pierre-Ambroise Bosse, FRA | 1:44.72 |
| 4. Drew Windle, USA | 1:44.72 |
| 6. Amel Tuka, BIH | 1:44.94 |
| 7. Erik Sowinski, USA | 1:45.12 |
| 8. Samir Dahmani, FRA | 1:45.72 |

1500 (DL):

- | | |
|----------------------------|------------------------------|
| 1. Elijah Manangoi, KEN | 3:28.80 WL/PB |
| 2. Timothy Cheruiyot, KEN | 3:29.10 PB |
| 3. Ronald Kwemoi, KEN | 3:32.34 |
| 4. Filip Ingebrigtsen, NOR | 3:32.48 |
| 5. Homiyu Tesfaye, GER | 3:33.47 |
| 6. Charles Simotwo, KEN | 3:33.54 |
| 7. Chris O'Hare, GBR | 3:33.61 PB [Scottish Record] |
| 8. Marcin Lewandowski, POL | 3:34.04 NR/PB |
| 9. Matthew Centrowitz, USA | 3:34.43 |
| 10. Nick Willis, NZL | 3:34.74 |
| 11. Asbel Kiprop, KEN | 3:34.91 |

3000 s/chase (DL):

- | | |
|-------------------------|------------|
| 1. Evan Jager, USA | 8:01.29 WL |
| 2. Jairus Birech, KEN | 8:07.68 |
| 3. Stanley Kebenei, USA | 8:08.30 PB |
| 4. Benjamin Kigen, KEN | 8:11.38 PB |

- | | |
|--------------------------|---------|
| 5. Amos Kirui, KEN | 8:15.91 |
| 6. Andy Bayer, USA | 8:19.27 |
| 7. Hillary Bor, USA | 8:25.88 |
| 8. Abraham Kibiwott, KEN | 8:32.39 |
| 9. Djilali Bedrani, FRA | 8:33.02 |
| 10. Haron Lagat, KEN | 8:36.04 |

WOMEN

800 (DL):

- | | |
|----------------------------|-------------------------|
| 1. Caster Semenya, RSA | 1:55.27 WL/NR/PB/DLR/MR |
| 2. Francine Niyonsaba, BDI | 1:55.47 NR/PB |
| 3. Ajee' Wilson, USA | 1:55.61 NR/PB |
| 4. Sifan Hassan, NED | 1:56.81 PB |
| 5. Melissa Bishop, CAN | 1:57.01 NR/PB |
| 6. Lynsey Sharp, GBR | 1:58.01 |
| 7. Brenda Martinez, USA | 1:58.43 |
| 8. Charlene Lipsey, USA | 2:01.09 |
| 9. Margaret Wambui, KEN | 2:02.13 |

3000 (DL):

- | | |
|------------------------------------|---------------|
| 1. Hellen Obiri, KEN | 8:23.14 WL |
| 2. Beatrice Chepkoech, KEN | 8:28.66 PB |
| 3. Laura Muir, GBR | 8:30.64 PB |
| 4. Eilish McColgan, GBR | 8:31.39 PB |
| 5. Lilian Rengeruk, KEN | 8:32.73 PB |
| 6. Shannon Rowbury, USA | 8:33.38 |
| 7. Agnes Tirop, KEN | 8:35.37 PB |
| 8. Shelby Houlihan, USA | 8:37.40 PB |
| 9. Meraf Bahta, SWE | 8:37.50 NR/PB |
| 10. Karoline Bjerkeli Grøvdal, NOR | 8:37.58 PB |
| 11. Dominique Scott, RSA | 8:41.33 PB |
| 12. Gelete Burka, ETH | 8:54.95 |
| 13. Steph Twell, GBR | 9:01.04 |

Meeting international de la Province de Liège

Naimette-Xhovémont, BEL, 19 July

MEN

800:

Race 1:

- | | |
|-------------------------------------|---------|
| 1. Mamush LENCHA SHIRKO, 1996, ETH, | 1:46.61 |
| 2. Moses KIBET, 1994, KEN, | 1:46.86 |
| 3. Justice KIPKOECH, 1990, KEN, | 1:47.04 |
| 4. Ryhardt VAN RENSBURG, 1992, RSA, | 1:47.18 |

1500 National - Race 4:

- | | |
|-------------------------------|---------|
| 1. Ryoji TATEZAWA, 1997, JPN, | 3:46.55 |
| 2. George KUSCHE, 1998, RSA, | 3:46.95 |
| 3. Yimer GETAHUN, 1992, ISR, | 3:50.19 |

WOMEN

800:

- | | |
|--------------------------------|---------|
| 1. Alexa EFRAIMSON, 1997, USA, | 2:01.61 |
| 2. Noelie YARIGO, 1985, BEN, | 2:01.89 |
| 3. Lauren JOHNSON, 1987, USA, | 2:02.18 |

European U23 Championships

Bydgoszcz, POL, 13-16 July

MEN

800 (16):

- | | | |
|-------------------------------------|---------|--------|
| 1. Andreas KRAMER, SWE, 13 APR 1997 | 1:48.15 | Gold |
| 2. Daniel ROWDEN, GBR, 9 SEP 1997 | 1:48.16 | Silver |
| 3. Marc REUTHER, GER, 23 JUN 1996 | 1:48.66 | Bronze |

1500 (15):

- | | | |
|------------------------------------|---------|--------|
| 1. Marius PROBST, GER, 20 AUG 1995 | 3:49.06 | Gold |
| 2. Filip SASÍNEK, CZE, 8 JAN 1996 | 3:49.23 | Silver |
| 3. Michal ROZMYS, POL, 13 MAR 1995 | 3:49.30 | Bronze |

5000 (15):

- | | | |
|--|----------|--------|
| 1. Yemaneberhan CRIPPA, ITA, 15 OCT 1996 | 14:14.28 | Gold |
| 2. Simon DEBOGNIES, BEL, 16 JUL 1996 12 | 14:14.71 | Silver |
| 3. Carlos MAYO, ESP, 18 SEP 1995 | 14:15.07 | Bronze |

10000 (13):

- | | | |
|--|----------|--------|
| 1. Carlos MAYO, ESP, 18 SEP 1995 | 29:28.06 | Gold |
| 2. Amanal PETROS, GER, 17 MAY 1995 | 29:34.94 | Silver |
| 3. Emmanuel ROUDOLFF LÉVISSE, FRA, 30 JUL 1995 | 29:42.85 | Bronze |

3000 s/chase (16):

- | | | |
|---|---------|--------|
| 1. Yohanes CHIAPPINELLI, ITA, 18 AUG 1997 | 8:34.33 | Gold |
| 2. Ahmed ABDELWAHED, ITA, 26 MAY 1996 | 8:37.02 | Silver |
| 3. Jamaine COLEMAN, GBR, 22 SEP 1995 | 8:40.44 | Bronze |

WOMEN

800 (15):

- | | | |
|--|---------|--------|
| 1. Renée EYKENS, BEL, 8 JUN 1996 | 2:04.73 | Gold |
| 2. Aníta HINRIKSDÓTTIR, ISL, 13 JAN 1996 | 2:05.02 | Silver |
| 3. Hannah SEGRAVE, GBR, 14 APR 1995 | 2:05.53 | Bronze |

1500 (16):

- | | | |
|--|---------|--------|
| 1. Konstanze KLOSTERHALFEN, GER, 18 FEB 1997 | 4:10.30 | Gold |
| 2. Sofia ENNAOUI, POL, 30 AUG 1995 | 4:13.54 | Silver |
| 3. Martyna GALANT, POL, 26 JAN 1995 | 4:17.91 | Bronze |

5000 (16):

- | | | |
|----------------------------------|----------|-----------|
| 1. Yasemin CAN, TUR, 11 DEC 1996 | 15:01.67 | CR* Gold |
| 2. Alina REH, GER, 23 MAY 1997 | 15:10.57 | PB Silver |
| 3. Sarah LAHTI, SWE, 18 FEB 1995 | 15:14.17 | SB Bronze |

10000 (14):

- | | | |
|-------------------------------------|----------|----------|
| 1. Yasemin CAN, TUR, 11 DEC 1996 | 31:39.80 | CR* Gold |
| 2. Sarah LAHTI, SWE, 18 FEB 1995 | 32:46.91 | Silver |
| 3. Büsra Nur KOKU, TUR, 26 MAR 1996 | 33:33.22 | Bronze |

3000 s/chase (15):

- | | | |
|---|---------|--------------|
| 1. Anna Emilie MØLLER, DEN, 28 JUL 1997 | 9:43.05 | Gold |
| 2. Nataliya STREBKOVA, UKR, 6 MAR 1995 | 9:44.52 | NU23R Silver |
| 3. Emma OUDIOU, FRA, 2 JAN 1995 | 9:50.30 | SB Bronze |

Meeting de Atletismo Madrid (36th)

(IAAF World Challenge)

Madrid, ESP, 14 July

MEN

800:

Race A:

1. Antoine Gakeme, BDI, 1:44.44
2. Hamada Mohamed, EGY, 1:44.92 NR
3. Erik Sowinski, USA, 1:45.01

1500:

1. Benjamin Kigen, KEN, 3:36.36 PB
2. Silas Kiplagat, KEN, 3:37.52
3. Federico Bruno, ARG, 3:38.49

WOMEN

800:

1. Rose Mary Almanza, CUB, 1:59.11
2. Sanne Verstegen, NED, 1:59.55
3. Chishuna Williams, USA, 2:00.03

3000:

1. Azemra Gebru, ETH, 8:43.68
2. Gelete Burka, ETH, 8:43.68
3. Sandrafelis Chebet Tuei, 1998, KEN, 8:50.18 WJL/PB

Hokuren Distance Challenge - Abashiri Meet

(Final Meeting in the 2017 Hokuren Distance Challenge series)

Abashiri, JPN, 13 July

MEN

5000 Race A:

1. Richard Kimunyan (KEN), 13:28.26
2. Charles Ndungu (KEN), 13:29.79
3. Willy Kipselem (KEN), 13:30.99

10000 Race A:

1. Bernard Kimani (KEN), 27:37.41
2. Suguru Osako, 27:46.64
3. David Njuguna (KEN), 27:55.04

WOMEN

5000 Race A:

1. Shuru Bulu (ETH), 14:58.20
2. Pauline Kamulu (KEN), 14:58.82
3. Grace Kimanzi (KEN), 15:19.96

Morton Games

Dublin, IRL, 12 July

MEN

Mile:

1. Robert DOMANIC, USA, 3:55.71
2. Morgan MCDONALD, AUS, 3:55.79 PB

3. Sam PRAKEL, USA, 3:56.55 PB
4. Daniel HERRERA, MEX, 3:56.67
5. Graham CRAWFORD, USA, 3:56.71
6. Drew HUNTER, USA, 3:56.79 PB

5000:

1. Stewart MCSWEYN, AUS, 13:19.98 PB
2. Collis BIRMINGHAM, AUS, 13:28.29
3. Ben CONNOR, GBR, 13:29.90 PB

WOMEN

800:

Elite Race:

1. Adelle TRACEY, GBR, 2:01.53
2. Angie PETTY, NZL, 2:01.82
3. Ciara MAGEEAN, IRL, 2:02.20

1500:

1. Alexa EFRAIMSON, USA, 4:06.73
2. Melissa COURTNEY, GBR, 4:07.02
3. Linn NILSSON, SWE, 4:08.47 PB

Göteborg GP (Folksam GP)

Göteborg, SWE, 11 July

WOMEN

1000:

- | | |
|--------------------------------|---------------------|
| 1. Lovisa Lindh, 1991, SWE | 2:35.15 NR/WL € 500 |
| 2. Hanna Hermansson, 1989, SWE | 2:38.13 PB 400 |
| 3. Sarah McDonald, 1993, GBR | 2:38.49 PB 300 |

ULTRA/MOUNTAIN/TRAIL RUNNING

Hardrock Endurance Run 100 Mile (24th)

Silverton, USA, 14-15 July

(Distance: 100 miles; loop course at an average elevation of 3409 m. Elevation change: 20 722 m of total climbing and descending)

MEN

- | | |
|----------------------------|----------|
| 1. Kilian Jornet, 29, ESP | 24:31:48 |
| 2. Mike Foote, 33, Montana | 24:54:54 |
| 3. Joe Grant, 34, Colorado | 25:37:27 |

WOMEN

- | | |
|-------------------------------|------------------------|
| 1. Caroline Chaverot, 40, FRA | 28:31:18 (7th overall) |
| 2. Darcy Piceu, 42, Colorado | 29:21:37 |
| 3. Nathalie Mauclair, 46, FRA | 30:33:50 |
-

STATS TIME

This week we include some track stats for a change -- a list of the top ten SA men in the 10000 metres for 2017. Secondary performances by the top three are also listed.

2017 10000 M: TOP 10 MEN

28:16.54	Elroy Gelant	Durban	28 Feb
28:49.92	Joel Mmone	Durban	28 Feb
29:00.38	Thabang Mosiako	Durban	28 Feb
29:01.01	David Manja	Durban	28 Feb
29:08.51	Jeromy Andreas	Cape Town	28 Apr
29:09.87	Gelant-2	Potchefstroom	22 Apr
29:14.83	Milton Kekana	Cape Town	28 Apr
29:19.25	Mariano Eesou	Durban	28 Feb
29:22.31	Collen Mulaudzi	Cape Town	28 Apr
29:27.25	Vuyisile Tshoba	Durban	28 Feb
29:33.50	Phillimon Mothiba	Durban	28 Feb

THIS MONTH IN HISTORY

Exactly 109 years ago: 24 July 1908

A total of 55 runners gathered just before 14:30 on the East Terrace of Windsor Castle near London for the Olympic Marathon, the first that would be run over 26 miles, 385 yards (42.195 km), which would later become the official distance for the race. A little less than three hours later followed the harrowing spectacle of Dorando Pietri's finish in the Olympic Stadium. The Italian was disqualified for receiving assistance and the title was awarded to American John Hayes (2:55:18.4), with South Africa's Charles Hefferon, who had led until one mile from the finish, second (2:56:06) and another American, Joseph Foreshaw, third (2:57:10.4). On the train trip back to Turin, Pietri had a good lunch and is quoted as saying afterwards: "I feel so happy after the macaroni and the good Italian wine. If only I had had a dish of macaroni before starting the Marathon Race I am sure I should have arrived a quarter of an hour before anyone else." While some of the rather romantic myths about the race -- such as that the start was altered at the request of the Princess of Wales so that her children could watch from the nursery window, and that the finish line was changed to be in front of the Royal box -- have been debunked, the race remains the most dramatic Olympic Marathon ever.

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)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:29	Melikhaya Frans	Port Elizabeth	04 Feb
	42:00	Matthew Kimeli Kipkorir (KEN)		
	41:13	Leonard Patrick Komon (KEN) 2010		

21.1 km	61:21	Stephen Mokoka	Port Elizabeth	24 Jun
	59:10	Bedan Karoki Muchiri (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	81:36A	Sipho Mbanjwa	Pinetown	29 Jan
	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)		
	2:02:57	Dennis Kimetto (KEN) 2014		
100 km	7:42:26	Simphiwe Vellem	Cape Town	22 Jul
	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	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		

Masters (50+)

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	
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				

Grandmasters (60+)

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	

30 km	94:01 2:10:11	Doug Winn (USA) 2010 Kosie Botha	Parow	26 Mar
Marathon	1:57:07 3:06:21	Ed Whitlock (CAN) 1994 Gideon Radebe	Benoni	29 Jan
100 km	2:36:30	Yoshihisa Hosaka (JPN) 2009		
<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
WOMEN				
<u>Open</u>				
10 km	32:22 30:04 30:21 Mx 30:04p Mx 30:29 Wo	Dominique Scott-Efurd Joyciline Jepkosgei (KEN) Paula Radcliffe (GBR) 2003 Joyciline Jepkosgei (KEN) Asmae Legzaoui (MAR) 2002	Boston	25 June
15 km	53:59A 55:48 45:37 46:14** Mx 45:37p Mx 46:59** Wo	Dominique Scott-Efurd Annie Bothma Joyciline Jepkosgei (KEN) Florence Kiplagat (KEN) 2015 Joyciline Jepkosgei (KEN) Lornah Kiplagat (NED) 2007	Camps Bay Eersterivier	08 Jan 08 Jul
21.1 km	72:31 64:52 65:09 Mx 65:06p Mx 64:52p Mx 66:25 Wo	Cornelia Joubert Joyciline Jepkosgei (KEN) Florence Kiplagat (KEN) 2015 Peres Jepchirchir (KEN) 2017 Joyciline Jepkosgei (KEN) Lornah Kiplagat (NED) 2007	Port Elizabeth	24 Jun
25 km	90:21A 1:40:31 84:36 79:53 Mx 82:47 Wo	Jenna Challenor Jenna Challenor Alphine Tuliamuk (USA) Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005	Pinetown Durban	29 Jan 19 Mar
30 km	1:54:43 1:46:24 1:38:49 Mx	Ntombesintu Mfunzi Ami Utsunomiya (JPN) Mizuki Noguchi (JPN) 2005	Uitenhage	04 Mar

		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	9:42:24	Rowen Gloyne	Cape Town	22 Jul
	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				

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 Micketta (GER) 2013		
100 km				
<u>Juniors</u>				
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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