

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

David Manja scored his second win in a row in the Foskor Half Marathon in Phalaborwa this weekend, with his 1:02:56 quite a bit faster than the 1:05:08 he ran last year. Elroy Gelant, who is going to make his marathon debut in the Sanlam Cape Town Marathon in September, finished second, 14 seconds in arrears. Two Oceans winner Lungile Gongqa was ninth. The women's race was dominated by foreigners, who filled the top three positions. Runners from two clubs, Nedbank and Boxer, took all ten top positions in the men's race and seven in the women's contest -- a remarkable achievement (five of these 17 athletes are foreigners).

In Pinelands Nadeel Wildschutt (30:13) and Nolene Conrad won the WP 10 km titles -- Conrad rather easily against defending champion Zintle Xiniwe in 34:35.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * McKenna & Scott Pinelands 10 km, Pinelands
- * Khayelihle Funeral Services 12 km, Pietermaritzburg
- * Mandela Legacy Challenge 10 km, Phoenix
- * Foskor Half Marathon, Phalaborwa
- * Zwartkop Half Marathon & 10 km, Pretoria
- * Madiba Half Marathon & 10 km, George

International highlights:

- * Media Maratón Internacional Bogotá, Bogotá, COL
 - * Quad-City Times Bix 7, Davenport, USA
 - * Giro Podistico Internazionale di Castelbuono, Castelbuono, Sicily, ITA
 - * Semi-Marathon Marvejols Mende, Lozere, FRA
 - * Tely 10 Mile Road Race, St. John's, CAN
 - * Ryan Shay Memorial Mile, Charlevoix, USA
 - * Track: Internationaal Antwerps Atletiek Gala, Merksem, BEL; Karlstad Grand Prix, Karlstad, SWE; Galà dei Castelli, Bellinzona, SUI; Cork City Sports, Dublin, IRL
 - * WMRA World Mountain Running Championships, Premana, ITA
-

ROAD RUNNING

McKenna & Scott Pinelands 10 km

(Incorporating the Western Province 10 km Championships)

Pinelands, 30 July

(Certified, flat figure-eight course. Finishers: 2001 [considerably up from 1631 last year].)

MEN

1. Nadeel Wildschutt (Itheko) 30:13 (R700) [WP champion]
2. Angelo Booysen (CS Bol) 30:19 (R500)
3. Khaya Butele (Ned) 30:21 (R300) [silver medal]
4. Adrian Wildschutt (Itheko) 30:34 [bronze medal] (1st jun)

(All age category prize money was the same: R400, R300, R150.)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 32:24; 2. Vakalisa Kopolo (Ned) 32:34; 3. Bonisile Ngculana (Ind) 33:37. **Masters:** 1. Johnny Persents (WR) 36:00; 2. John September (Itheko) 36:04; 3. Tobias Philander (Itheko) 36:10. **G'masters:** 1. Mochamat Kriel (Ommie) 40:47; 2. Robbie Lindsay (Ned) 40:58; 3. Gemjikile Tom (Eskom) 43:49. **G/g'masters:** 1. Jimmy Morris (Forest) 44:25; 2. Blake Wilkins (AAC) 48:54; 3. Ronnie le Roux (Brack) 50:30. **Juniors:** 1. Adrian Wildschutt (Itheko) 30:34; 2. Carlo Flink (Itheko) 32:00; 3. Rowhaldo Ratz (UWC) 32:20.

WOMEN (Same prize money as men)

1. Nolene Conrad (KPMG) 34:35
2. Zintle Xiniwe (KPMG) 35:37
3. Bulelwa Simae (Ned) 37:15 (1st vet)

Veterans: 1. Bulelwa Simae (Ned) 37:15; 2. Tanith Maxwell (Boxer) 37:28; 3. Chantel Simpson (Ned) 41:49. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 40:31; 2. Mariëtte Strauss (Tyger) 43:17; 3. Olga Howard (Ned) 43:35. **G'masters:** 1. Nancy Will (Pine) 44:17; 2. Charmaine Cupido (Ned) 48:47; 3. Bev Ball (SACS) 52:12. **G/g'masters:** 1. Mariëtha Herbert (Bell) 55:07; 2. Pixie Sparg (Celtic) 56:31; 3. Wendy Wilkins (AAC) 59:38. **Juniors:** 1. Caitlyn Schlemeyer (Lange Bol) 47:27; 2. Kaylon Herman (Held) 50:07 [WP champion]; 3. Aashiqah Abdullah (Top) 53:10 [silver medal]; 4. Thimna Fana (VOB) 53:34 [bronze medal].

Khayelihle Funeral Services 12 km

Pietermaritzburg, 30 July

(Finishers: 235.)

MEN

- | | | |
|----|-----------------|-------|
| 1. | Patrick Mtheku | 44:06 |
| 2. | Siphelele Zondi | 44:35 |
| 3. | Gabriel Ndlela | 44:45 |

40-49:

- | | | |
|----|-------------------|-------|
| 1. | Ndawonde Zwelihle | 47:08 |
|----|-------------------|-------|

50-59:

- | | | |
|----|----------------|-------|
| 1. | Danny Robinson | 57:35 |
|----|----------------|-------|

60+:

- | | | |
|----|-------------|-------|
| 1. | Les Burnard | 64:21 |
|----|-------------|-------|

Juniors:

- | | | |
|----|---------------|-------|
| 1. | Siyabonga Sit | 50:08 |
|----|---------------|-------|

WOMEN

- | | | |
|----|-------------------|-------|
| 1. | Sebenzile Dlamini | 60:59 |
|----|-------------------|-------|

- | | | |
|----|------------------|-------|
| 2. | Happiness Dlomo | 61:59 |
| 3. | Zodwa Magidigidi | 63:29 |

40-49:

- | | | |
|----|----------------------|-------|
| 1. | Nompumelelo Letselta | 69:09 |
|----|----------------------|-------|

50-59:

- | | | |
|----|----------------------|-------|
| 1. | Ntombifikile Mtungwa | 67:21 |
|----|----------------------|-------|

60+:

- | | | |
|----|--------------|-------|
| 1. | Rieka Finlay | 76:32 |
|----|--------------|-------|

Juniors:

- | | | |
|----|-----------------|-------|
| 1. | Thobeka Bongeka | 84:48 |
|----|-----------------|-------|

Mandela Legacy Challenge 10 km

Phoenix, 30 July

MEN

- | | | | |
|----|------------------|----------------|--------------|
| 1. | Bonginkosi Zwane | Boxer AC | 34:09 (R500) |
| 2. | Simphiwe Zulu | Hollywood Bets | 34:37 (R350) |
| 3. | Sipho Ngcongco | Maxed Elite | 36:20 (R200) |

50-59:

- | | | | |
|----|----------------|--------------|--------------|
| 1. | Michael Ndlovu | Ethekweni AC | 40:02 (R250) |
|----|----------------|--------------|--------------|

60+:

- | | | | |
|----|----------------|-------------|--------------|
| 1. | Bongani Ndlovu | Zabalazi AC | 49:58 (R250) |
|----|----------------|-------------|--------------|

Juniors:

- | | | | |
|----|--------------------|----------|--------------|
| 1. | Jabulani Majombozi | Boxer AC | 42:03 (R300) |
|----|--------------------|----------|--------------|

WOMEN (Same prize money as men)

- | | | | |
|----|----------------------|----------------|-------|
| 1. | N Nwabisa | Hollywood Bets | 42:02 |
| 2. | Nokuthula Ntshangase | Stella AC | 43:19 |
| 3. | Slindile Chili | Ethekweni AC | 44:49 |

50-59:

- | | | | |
|----|--------------|-----------|-------|
| 1. | Mary Mwelase | Phuma KZN | 53:41 |
|----|--------------|-----------|-------|

60-69:

- | | | | |
|----|------------|-----------|-------|
| 1. | Pat Fisher | Stella AC | 62:19 |
|----|------------|-----------|-------|

Juniors:

- | | | | |
|----|------------------|--------------|-------|
| 1. | Nelisilwe Shandu | Kwa Mashu AC | 57:05 |
|----|------------------|--------------|-------|

Foskor Half Marathon (24th)

Phalaborwa, 29 July

(Distance: 21.1 km. Weather: warm; good conditions. Finishers: 819 [considerably up from 595 last year].)

MEN

- David Manja (Ned) 1:02:56
- Elroy Gelant (Boxer) 1:03:10
- Joel Mmone (Ned) 1:03:53
- Gladwin Mzazi (Boxer) 1:04:18
- Thabang Mosiako (Ned) 1:04:40
- Samuel Matsepe (Ned) 1:05:57
- Namakoe Nkhasi (LES/Ned) 1:06:31
- Lucky Mohale (Boxer) 1:06:48
- Lungile Gongqa (Ned) 1:06:54
- Jonas Makhele (Ned) 1:07:43

Veterans: 1. Johannes Kekana (ME) 1:08:04; 2. Tsofong Maine (LES/Ned) 1:11:00; 3. Herbert Mokgoba (Ned) 1:13:29. **Masters:** 1. Reginald Ngobese (32Gi) 1:15:52; 2. Nel Mtsweni (Eskom) 1:17:53; 3. Elgin Mokale (Harm) 1:18:15. **G'masters:** 1. Stephen Seema (SAPS CGA) 1:28:05; 2. Gideon Radebe (Anglo) 1:29:12; 3. Simon Makweta (Mzansi) 1:34:20. **G/g'masters:** 1. Johannes Mosehla (PRR) 1:38:17. **Juniors:** 1. Samuel Sebeko (Sibanye) 1:13:55; 2. Jacob Ngwako (ULS) 1:17:6; 3. Vasautu Ngoveni (Phala) 1:22:35.

WOMEN

1. Rudo Mhonderwa (ZIM) 1:16:30
 2. Mamorallo Tjoka (LES/Ned) 1:19:52
 3. Patience Murowe (ZIM/Ned) 1:20:04
 4. Maria Shai (Boxer) 1:21:33
 5. Catherine Skosana (Boxer) 1:23:39
 6. Liziwe Mabona (AMPA) 1:23:52
 7. Andronica Mokgotla (Ned) 1:24:59
 8. Samukeliso Moyo (ZIM/Ned) 1:26:36 (1st vet)
 9. Tabitha Tsatsa (ZIM/Ned) 1:26:43
 10. Maria Vilakazi (RWFL) 1:27:23

Veterans: 1. Samukeliso Moyo (ZIM/Ned) 1:26:36; 2. Tabitha Tsatsa (ZIM/Ned) 1:26:43; 3. Maria Vilakazi (RWFL) 1:27:23. **Masters:** 1. Jane Mudau (Ned) 1:40:19; 2. Sarah Mahlangu (Sunning) 1:42:30; 3. Catherine Naane (Sibanye) 1:44:13. **G'masters:** 1. Adel Mathotoka (ULS) 2:05:55; 2. Selinah Netshisaulu (RAC) 2:13:36; 3. Sewele Maponya (Wand) 2:23:08. **Juniors:** 1. Ndou Khodeni (Vhembe) 2:02:43; 2. Paulina Matiebyande (Tzaneen) 2:08:17.

Zwartkop Half Marathon & 10 km

Pretoria, 29 July

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon - 1000 [the same as last year]; 10 km - 950 [considerably down from 1450].)

Half marathon

MEN

1 Collen Mulaudzi (TUT) 67:11; 2 Edward Mothibi (Nedbank) 67:20; 3 Collen Mailola (Nedbank) 67:51.

Veterans: 1 Clinton Ferreira (Nedbank) 74:31. **Masters:** 1 Hadley McCormick (Randburg) 90:08. **G'masters:** 1 Phillip Boardman (ACRW) 1:42:56. **G/g'masters:** 1 Elias Raphulu (The Runners Store) 99:11. **Juniors:** 1 Divan Roos (Born 2 Run) 88:42.

WOMEN

1 Yolande Maclean (Born 2 Run) 87:45; 2 Annerie Kruger (Magnolia) 91:08; 3 Franci Myburgh (Nedbank) 96:26.

Veterans: 1 Rosemary Brink (Irene) 1:44:18. **Masters:** 1 Debbie Bredenkamp (HQH) 99:23. **80+:** 1 Deirdre Larkin (Randburg) 2:25:59. **Juniors:** 1 Chantelle Schultz (Wingate) 2:04:51.

10 km

MEN

1 Reghen Magwai (Born 2 Run) 32:00; 2 Proud Mngomezulu (TUT) 32:39 (1st jun); 3 Sive Ngubo (TUT) 32:51.

Veterans: 1 Greg Barnes (Born 2 Run) 33:21. **Masters:** 1 Graham McCallum (Born 2 Run) 36:13. **G'masters:** 1 Rainer Ludwig (Irene) 47:58. **G/g'masters:** 1 Lammie Fourie

(Agape) 59:33. **80+**: 1 Ken Nurden (Agape) 55:14. **Juniors**: 1 Proud Mngomezulu (TUT) 32:39.

WOMEN

1 Thembi Baloyi (TUT) 40:06; 2 Jeannie Jordaan (Modern Athlete) 40:33; 3 Angela Temlett (BCC) 41:09.

Veterans: 1 Mitsie v.d. Westhuizen (KPMG) 41:29. **Masters**: 1 Ansie Breytenbach (Irene) 47:32. **G'masters**: 1 Sonja Laxton (RAC) 50:28. **G/g'masters**: 1 Mavis Stadler (Agape) 86:32. **Juniors**: 1 Chantelle Ras (Montana HS) 46:45.

Madiba Half Marathon & 10 km

George, 22 July

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 153 [up from 114 last year]; 10 km -- 147 [up from 112].)

Note: The half marathon was deemed short last year because of an excessive negative Race Time Bias figure, but this year the times seem to be in order. However, there is certainly something wrong with the times of the first five men in the 10 km; they probably ran well short of the correct distance. -- Ed.

Half marathon

MEN

| | | | | |
|----|-----------------|----------------------|----|---------|
| 1 | Lloyd Bosman | Nedbank | 29 | 1:08:12 |
| 2 | Godwin Heyns | Nedbank | 19 | 1:11:58 |
| 3 | John April | Nedbank | 28 | 1:12:59 |
| 4 | Lindile Tokota | Nedbank | 49 | 1:14:18 |
| 5 | Julius Korkee | Nedbank | 32 | 1:16:14 |
| 6 | Mxolisi Fana | Outeniqua Harriers | 48 | 1:17:28 |
| 7 | Melikhaya Msizi | Knysna Marathon Club | 33 | 1:19:25 |
| 8 | Selwyn Losper | Mossel Bay Harriers | 53 | 1:19:58 |
| 9 | Awonke Komani | Knysna Marathon Club | 19 | 1:21:36 |
| 10 | Peter Jaehne | Outeniqua Harriers | 52 | 1:24:37 |

Veterans:

| | | | |
|---|----------------|--------------------|---------|
| 1 | Lindile Tokota | Nedbank | 1:14:18 |
| 2 | Mxolisi Fana | Outeniqua Harriers | 1:17:28 |
| 3 | Willem Haarhof | Outeniqua Harriers | 1:28:52 |

Masters:

| | | | |
|---|--------------------|--------------------|---------|
| 1 | Selwyn Losper | Mosselbay Harriers | 1:19:58 |
| 2 | Peter Jaehne | Outeniqua Harriers | 1:24:37 |
| 3 | Hermanus Jonkerman | Nedbank | 1:29:36 |

G'masters:

| | | | |
|---|-----------------|--------------------|---------|
| 1 | Robert de Reuck | Cape Multi Sport | 1:34:06 |
| 2 | Andre Barnardo | Nedbank | 1:43:29 |
| 3 | Jan du Toit | Hartenbos Drawwers | 1:44:28 |

G/g'masters:

| | | | |
|---|---------------|--------------|---------|
| 1 | Herman Dekker | SAPS EP | 2:15:46 |
| 2 | Marice Wicomb | Outshoorn AC | 2:34:41 |

Juniors:

| | | | |
|---|-----------------|----------------------|---------|
| 1 | Godwin Heyns | Nedbank | 1:11:58 |
| 2 | Awonke Komani | Knysna Marathon Club | 1:21:36 |
| 3 | Mosuli Plaatjie | Knysna Marathon Club | 1:37:21 |

WOMEN

| | | | | |
|---|----------------------|---------|----|---------|
| 1 | Melissa van Rensburg | Nedbank | 35 | 1:28:04 |
|---|----------------------|---------|----|---------|

| | | | | |
|----|-------------------|--------------------|----|---------|
| 2 | Anel van Wyk | Nedbank | 37 | 1:30:00 |
| 3 | Cecilia Nel | Nedbank | 35 | 1:30:56 |
| 4 | Elize Kloppers | TEMP | 47 | 1:32:52 |
| 5 | Annatjie Botes | Nedbank | 59 | 1:33:56 |
| 6 | Nerida Lubbe | Hartenbos Drawwers | 41 | 1:36:08 |
| 7 | Carike Fourie | Nedbank | 40 | 1:39:13 |
| 8 | Carla Spangenberg | Nedbank | 28 | 1:42:29 |
| 9 | Monica Taylor | TEMP | 31 | 1:49:45 |
| 10 | Maryke Sass | Nedbank | 46 | 1:51:31 |

Veterans:

| | | | |
|---|----------------|--------------------|---------|
| 1 | Elize Kloppers | TEMP | 1:32:52 |
| 2 | Nerida Lubbe | Hartenbos Drawwers | 1:36:08 |
| 3 | Carika Fourie | Nedbank | 1:39:13 |

Masters:

| | | | |
|---|---------------------------|---------|---------|
| 1 | Annatjie Botes | Nedbank | 1:33:56 |
| 2 | Annemarie v.d. Westhuizen | Nedbank | 1:54:48 |
| 3 | Evangelina Barnardo | Nedbank | 1:59:23 |

G'masters:

| | | | |
|---|--------------------|--------------------|---------|
| 1 | Mariëtje de Haan | Nedbank | 2:08:40 |
| 2 | Saundria Visser | Nedbank | 2:21:26 |
| 3 | Hendrika Zimmerman | Hartenbos Drawwers | 2:27:26 |

10 km**MEN**

| | | | | |
|----|-----------------------------|----------------------------|----|-------|
| 1 | Donovan Jantjies | Nedbank | 21 | 28:19 |
| 2 | Wouter Frazenberg | Outeniqua Harriers | 39 | 29:29 |
| 3 | Wayden Kombela | TEMP | 17 | 29:42 |
| 4 | Aviwe Kinana | Knysna Marathon Club | 18 | 29:43 |
| 5 | Christiaan Lingerveld | Nedbank | 18 | 30:38 |
| 6 | Jerome Ferland | Nedbank | 18 | 36:36 |
| 7 | Darryl Solomons | Nedbank | 17 | 36:50 |
| 8 | Ricardo Cornelius | Cape Multi Sport Club Eden | 17 | 37:02 |
| 9 | Siyabonga Msaseni | Knysna Marathon Club | 17 | 37:03 |
| 10 | Mauritz Jansen van Rensburg | Outeniqua Harriers | 46 | 37:13 |

Veterans:

| | | | |
|---|-----------------------------|----------------------|-------|
| 1 | Mauritz Jansen van Rensburg | Outeniqua Harriers | 37:13 |
| 2 | Marlon Mortlock | Knysna Marathon Club | 41:30 |

Masters:

| | | | |
|---|-----------------|-----------|-------|
| 1 | Gerald Sullivan | Sanlam AC | 40:27 |
| 2 | Anton Chevalier | Nedbank | 41:51 |

G'masters:

| | | | |
|---|-----------------|--------------------|-------|
| 1 | Patrick Rawlins | Outeniqua Harriers | 42:30 |
| 2 | Koos Smit | Hartenbos Drawwers | 48:27 |

G/g'masters:

| | | | |
|---|-------------------|----------------------|---------|
| 1 | Plaatjie Cronje | Outeniqua Harriers | 59:10 |
| 2 | Dave Morgan-Smith | Knysna Marathon Club | 1:13:01 |

Juniors:

| | | | |
|---|----------------|----------------------|-------|
| 1 | Wayden Kombela | TEMP | 29:42 |
| 2 | Aviwe Kinana | Knysna Marathon Club | 29:43 |

WOMEN

| | | | | |
|---|--------------------|---------|----|-------|
| 1 | Stephany Petro | Nedbank | 15 | 41:44 |
| 2 | Brittney-Ann Meyer | Nedbank | 16 | 42:19 |
| 3 | Lana Theunissen | Nedbank | 44 | 42:36 |
| 4 | Candice van Beulen | NEDBANK | 17 | 42:40 |

| | | | | |
|----|---------------------|--------------------|----|-------|
| 5 | Charmaine Lamprecht | Nedbank | 33 | 42:51 |
| 6 | Anel Oosthuizen | TEMP | 22 | 43:17 |
| 7 | Chane Gricius | Outeniqua Harriers | 16 | 47:38 |
| 8 | Cia Herholdt | Nedbank | 50 | 47:42 |
| 9 | Rina Wray | Hartenbos Drawwers | 53 | 47:46 |
| 10 | Glenda Werth | Sanlam AC | 47 | 47:49 |

Veterans:

| | | | |
|---|-----------------|-----------|-------|
| 1 | Lana Theunissen | Nedbank | 42:36 |
| 2 | Glenda Werth | Sanlam AC | 47:49 |

Masters:

| | | | |
|---|--------------|--------------------|-------|
| 1 | Cia Herholdt | Nedbank | 47:42 |
| 2 | Rina Wray | Hartenbos Drawwers | 47:46 |

G'masters:

| | | | |
|---|-------------|----------------------|-------|
| 1 | Mariet Horn | Knysna Marathon Club | 57:13 |
| 2 | Karin Otto | Hartenbos Drawwers | 58:25 |

G/g'masters:

| | | | |
|---|--------------------|---------|---------|
| 1 | Magdalena le Roux | Nedbank | 1:12:11 |
| 2 | Anna-Marie van Eck | Nedbank | 1:14:13 |

Juniors:

| | | | |
|---|--------------------|---------|-------|
| 1 | Stephany Petro | Nedbank | 41:44 |
| 2 | Brittney-Ann Meyer | Nedbank | 42:19 |

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**Media Maratón Internacional Bogotá (18th)**

(IAAF Gold Label Road Race)

Bogotá, COL, 30 July

(Distance: 21.1 km at very high altitude)

MEN (gun times)

| | | | |
|----|---------------------|---------|----------------------------|
| 1. | Feyisa LILESA, ETH | 1:04:30 | COP 30,000,000 (=USD 9999) |
| 2. | Peter KIRUI, KEN | 1:04:39 | 15,000,000 |
| 3. | Shura TOLA, ETH | 1:05:04 | 10,000,000 |
| 4. | Stanley BIWOTT, KEN | 1:05:54 | 6,000,000 |

WOMEN (gun times)

| | | | |
|----|------------------------|---------|----------------------------|
| 1. | Brigid KOSGEI, KEN | 1:12:16 | COP 30,000,000 (=USD 9999) |
| 2. | Veronicah WANJIRU, KEN | 1:12:42 | 15,000,000 |
| 3. | Ruth CHEPNGETICH, KEN | 1:13:57 | 10,000,000 |

Quad-City Times Bix 7 (43rd)

(USA 7-Mile Championships; part of USATF Road Circuit)

Davenport, USA, 29 July

(Distance: 7 miles; certified out-and-back course with negligible start/finish separation or elevation loss)

MEN (gun times)

| | | | |
|----|-----------------------------------|-------|----------|
| 1. | Sam Chelanga, Manitou Springs, CO | 32:53 | \$12,500 |
| 2. | Scott Fauble, Flagstaff, AZ | 33:01 | 4,000 |

3. Matt McClintock, Blowing Rock, NC 33:10 2,500
4. Jonathan Grey, Louisville, CO 33:13 1,500
5. Reid Buchanan, Mammoth Lakes, CA 33:29 1,000

...

Also

Bill Rodgers, Lawrence, MA 56:27 [56:20 net]

WOMEN (gun times)

1. Aliphine Tuliemuk, Santa Fe, NM 36:30 \$12,500
2. Marielle Hall, Mount Laurel, NJ 37:34 4,000
3. Sara Hall, Redding, CA 37:53 2,500
4. Becky Wade, Louisville, CO 38:07 1,500
5. Chelsea Blaase, Saint Joseph, IL 38:19 1,000

...

40+

1. Joan Benoit Samuelson, Bustins Islands, ME 45:52 [45:50 net] (30th among all women)

Giro Podistico Internazionale di Castelbuono (92nd)

(La Corsa Piu' Antica)

Piazza Margherita, Castelbuono, Sicily, ITA, 26 July

(Distance: NEW DISTANCE [actually, the old distance], 10 x 1134 m = 11.134 km total; hilly course with cobblestone surface)

Note: *Race Results Weekly* reports that after six years of holding this event on a 10 km course, the organisers went back to the original 10-lap, 11134 m distance. The winner, by 45 seconds, was 20-year-old Rodgers Chumo of Kenya, last year's IAAF World U20 10000-metre champion. --Ed.

MEN

1. Rodgers Chumo Kwemoi, KEN, 34:20
2. Amdework Walelegn, ETH, 35:05
3. Joseph Aperumoi, KEN, 35:21

Semi-Marathon Marvejols Mende (45th)

Lozere, FRA, 23 July

(Distance: 22.4 km; very hilly with two big climbs -- the first gains 325 m from 4.9 km to 9.1 km, the second gains 207 m from 14 km to 19.9 km)

MEN (gun times)

1. Felicien Muhitira, RWA 1:11:00
2. John Lotiang, KEN 1:12:05
3. Ezechiel Chepkorom, UGA 1:12:24

WOMEN

1. Naomi Chepkorir Tuei, KEN 1:25:32
2. Selam Abere Alebachew, ETH 1:26:40
3. Chaltu Negasa, ETH 1:27:04

Tely 10 Mile Road Race (90th)

St. John's, CAN, 23 July

Note: This is the fifth-oldest race in Canada, according to the Association of Road Racing Statisticians. -- Ed.

MEN (gun times)

- | | | | |
|--------------------------------|-------|-------|-----------------|
| 1. Colin Fewer, Paradise (40+) | 49:41 | \$750 | [retains title] |
| 2. Matt Loiselle, Toronto | 50:29 | 500 | |
| 3. David Freake, St. John's | 51:24 | 250 | |

WOMEN (gun times)

- | | | | |
|--|-------|-------|--|
| 1. Jennifer Murrin, St. John's | 57:16 | \$750 | |
| 2. Lisa Collins-Sheppard, Lamaline | 59:47 | 500 | |
| 3. Caroline McIlroy (45+), Portugal Cove | 59:55 | 250 | |

Ryan Shay Memorial Mile (10th)

Charlevoix, USA, 22 July

(Distance: 1 mile)

Note: *Race Results Weekly* reports that Jake Edwards won his third title and Heather Kampf won her fifth. -- Ed.

MEN

- | | | | |
|----------------------|---------|--------|--|
| 1. Jake Edwards | 4:00.56 | \$1000 | |
| 2. Nate Brannen, CAN | 4:01.15 | 500 | |
| 3. Nick Harris | 4:01.25 | 250 | |

WOMEN

- | | | | |
|-------------------|---------|---------------|--|
| 1. Heather Kampf | 4:30.83 | \$1000 + 250p | |
| 2. Katie Landwehr | 4:31.64 | 500 | |
| 3. Alexina Wilson | 4:35.43 | 250 | |

p) Earned prime for leading at halfway

TRACK**Internationaal Antwerps Atletiek Gala** (53rd)

Merksem, BEL, 29 July

MEN

1500:

Heat 1 -

- | | |
|-----------------------|---------|
| 1. Jerry Motsau, RSA | 3:39.28 |
| 2. Hamish Carson, NZL | 3:39.52 |
| 3. Cole Peterson, CAN | 3:41.27 |

3000 s/chase:

- | | |
|--------------------------|---------|
| 1. Aaron Nelson, USA | 8:40.56 |
| 2. Jordan Mann, USA | 8:44.56 |
| 3. Siboniso Soldaka, RSA | 8:45.70 |

WOMEN

1500:

Heat 1 -

- | | |
|-----------------------|---------|
| 1. Liina Tsernov, EST | 4:14.05 |
|-----------------------|---------|

2. Lauren Paquette, USA, 4:14.36
3. Lennie Waite, GBR, 4:16.17

Heat 2 -

1. Zenobie Vangansbeke, ACME, 4:26.70
2. Elisa De Jong, NED, 4:27.49
3. Tirza Van Der Wolf, NED, 4:27.52
- ... 7. Mandie Brandt, RSA, 4:28.97

Karlstad Grand Prix

(Folksam Grand Prix Series)

Karlstad, SWE, 25 July

MEN

800:

Race A:

1. Willy Tarbei, 98, KEN, 1:45.04 €500
2. Andreas Kramer, 97, SWE, 1:45.13 NR €400
3. Andrew Osagie, 88, GBR, 1:46.05 €300
- ... 6. Ryhardt van Rensburg, 92, RSA, 1:48.47

3000:

Race A:

1. Benjamin Kovács, 95, HUN, 7:58.92 €500
2. Per Sveta, 92, NOR, 7:59.86 €300
3. Daniel Lundgren, 85, SWE, 8:01.60 €150
- Jerry Motsau, 90, RSA, dnf

Race B:

1. Sibusiso Madikizela, 89, RSA, 8:15.82
2. Erik Lomås, 93, NOR, 8:17.00
3. Jonas Lurås Hammer, 91, NOR, 8:18.20

WOMEN

800:

Race A:

1. Alexa Efraimson, 97, USA, 2:01.39 €500
2. Ce'aira Brown, 93, USA, 2:01.77 €300
3. Hanna Hermansson, 89, SWE, 2:02.47 €150

Galà dei Castelli

Bellinzona, SUI, 18 July

MEN

800:

- | | |
|----------------------------------|---------|
| 1. Job Kinyor, 1990, KEN | 1:45.17 |
| 2. Marcin Lewandowski, 1987, POL | 1:45.44 |
| 3. Nicholas Kipkoech, 1992, KEN | 1:45.64 |
| 4. Guy Learmonth, 1992, GBR | 1:46.07 |
| 5. Erik Sowinski, 1989, USA | 1:46.12 |

5000:

1. Cornelius Kangogo, 1993, KEN 13:21.26
2. James Kidet, 1988, KEN 13:22.24 PB
3. Thierry Ndikumwenayo, 1997, BDI 13:25.55 PB

WOMEN

800:

1. Selina Büchel, 1991, KTV Bütschwil, SUI 1:59.85
2. Hedda Hynne, 1990, NOR 2:00.14
3. Yusneysi Santiusti Caballero, 1984, ITA 2:00.17
4. Sammy Watson, 1999, USA 2:00.65 WJL/PB
5. Christina Hering, 1994, GER 2:00.77

Cork City Sports (66th)

Dublin, IRL, 18 July

MEN

Mile:

1. Sam Praker, United States, 3:55.89 PB
2. Stewart McSweyn, Australia, 3:55.97 PB
3. Sean Tobin, Ireland, 3:57.00 PB
4. Robert Domanic, United States, 3:57.18
5. Graham Crawford, United States, 3:57.38
6. Patrick Tiernan, Australia, 3:57.59 PB
7. Blake Haney, United States, 3:58.79 PB
8. Amine Khadiri, Cyprus, 3:59.33 PB
9. Tim Gorman, United States, 3:59.58 PB
10. Brian Shrader, United States, 4:00.65 PB
- ... 16. Leo Manzano, United States, 4:06.98

3000:

1. Reid Buchanan, United States, 7:50.26 PB
2. Collis Birmingham, Australia, 7:50.47
3. Hiko Tonosa, Ethiopia, 7:52.03 PB

WOMEN

800:

1. Laura Roesler, United States, 2:02.95
2. Ce'Aira Brown, United States, 2:03.39
3. Cecilia Barowski, United States, 2:03.71

3000:

1. Sheila Reid, Canada, 8:54.60
2. Nicole Tully, United States, 8:55.12
3. Lauren Paquette, United States, 8:56.99 PB

ULTRA/MOUNTAIN/TRAIL RUNNING**WMRA World Mountain Running Championships** (33rd)

Premana, ITA, 30 July

SR. MEN (13 km):

TEAMS: 1. UGA, 6 points (perfect score); 2. ITA, 25; 3. USA, 34; 4. FRA, 42; 5. GBR, 57.

Individual finishers:

1. Victor KIPLANGAT, 1999 UGA 52:31 GOLD
2. Joel AYEKO, 1998 UGA 52:50 SILVER
3. Fred MUSOBO, 1996 UGA 53:57 BRONZE

SR. WOMEN (13 km):

TEAMS: 1. USA, 26 points; 2. ITA, 32; 3. CZE, 41; 4. FRA, 42; 5. GBR, 44.

Individual finishers:

1. Lucy Wambui MURIGI, 1985 KEN 1:01:26 GOLD
2. Andrea MAYR, 1979 AUT 1:02:44 SILVER
3. Sarah TUNSTALL, 1986 GBR 1:04:16 BRONZE

JR. MEN (6.5 km):

TEAMS: 1. UGA, 13 points; 2. ROU, 22; 3. ITA, 25; 4. TUR, 46; 5. FRA, 53.

Individual finishers:

1. Oscar CHELIMO, 2001 UGA 26:46 GOLD
2. Daniel PATTIS, 1998 ITA 27:42 SILVER
3. Talon HULL, 1999 USA 28:01 BRONZE

JR. WOMEN (6.5 km):

TEAMS: 1. ROU, 24; 2. USA, 30; 3. ITA, 33; 4. GBR, 34.

Individual finishers:

1. Risper CHEBET, 1999 UGA 31:46 GOLD
2. Bahar ATALAY, 1998 TUR 33:02 SILVER
3. Lauren GREGORY, 1999 USA 33:33 BRONZE

NEWS**KIPCHOGE, KIPSANG RENEW BATTLE IN BERLIN**

Eliud Kipchoge and Wilson Kipsang will renew their rivalry at the BMW Berlin Marathon on 24 September, reports *Athletics International*. Kipchoge, the Olympic champion, will be aiming to break the world record of 2:02:57 set in Berlin by fellow Kenyan Dennis Kimetto in 2014. He came within 8 sec of that mark when winning the London Marathon last year in 2:03:05. He followed that with his triumph in Rio and, more recently, he clocked an unratifiable 2:00:25 in a special experimental run. "I was very close to breaking the two-hour barrier in Monza," said Kipchoge, who won the 2015 Berlin Marathon. "Now I believe the BMW Berlin Marathon is the perfect venue for attacking the official world record."

Since moving up to the marathon in 2013, Kipchoge has been beaten just once at the distance. Kipsang is the man who handed Kipchoge that defeat, winning at the 2013 Berlin Marathon with what was then a world record of 2:03:23. Kipchoge gained his revenge 19 months later when winning the 2015 London Marathon, finishing 5 sec ahead of Kipsang, and when Kipchoge retained his London title in 2016 he once again beat Kipsang. But Kipsang is still a formidable opponent. He clocked a lifetime best of 2:03:13 at last year's Berlin Marathon and earlier this year won the Tokyo Marathon in a world-leading 2:03:58. "My motivation is very high," said Kipsang. "My preparation will be the sharpest ever."

The women's race will be another battle of former Berlin winners. Kenya's Gladys Cherono won the 2015 race in a lifetime best of 2:19:25, making her the fastest in this year's field. But the 2014 World half marathon champion will be up against three-time Berlin winner Aberu Kebede. Following victories in 2010 and 2012, the Ethiopian regained her title last year in 2:20:45, just 15 sec shy of the PB she set when winning in the German capital four years prior.

BACKGROUND

WORLD U.18 CHAMPIONSHIPS

In DRR 17:28 it was reported that the recent World U.18 Championships were the last, as the IAAF has decided to discontinue the Championships after ten editions. *Race Results Weekly* subsequently reported that, when the IAAF took the decision in August 2016, they asserted the following:

- For the vast majority of youth athletes, competing at the world u.18 level has not provided the right motivation or development path to succeed at the senior level.
- Fewer than 4% of the athletes competing in these Championships from 1999 through 2015 ever made it to the senior World Championships or an Olympic final, showing that the meeting did not contribute to long-term athlete development.
- Regional or Area championships would likely be a better development tool, reducing the level of competition by a few notches, yet still allowing young athletes to test themselves on an international stage.

STATS TIME

Following Dominique Scott-Efurd's quick 3000 m at the Herculis Meeting last weekend, we include a list of the all-time top 10 SA women over this distance this week.

ALL-TIME 3000 M: TOP 10 WOMEN

| | | | |
|---------|-----------------------|--------------|-----------|
| 8:32:00 | Elana Meyer | Durban | 29 Apr 91 |
| 8:35.72 | Zola Budd | Durban | 29 Apr 91 |
| 8:41.33 | Dominique Scott-Efurd | Monaco | 21 Jul 17 |
| 8:44.64 | Gwen Griffiths | Rome | 09 Jun 95 |
| 8:46.65 | Sarina Cronjé | Stellenbosch | 17 Feb 81 |
| 8:51.61 | René Kalmer | Lausanne | 01 Jul 03 |
| 8:57.52 | Alta Verster | Hengelo | 31 May 97 |
| 8:58.90 | Sonja Laxton | Stellenbosch | 14 Feb 80 |
| 8:59.56 | Tanya Peckham | Stellenbosch | 22 Apr 85 |
| 9:01.12 | Colleen de Reuck | Bellville | 24 Apr 93 |

THIS MONTH IN HISTORY

(Almost exactly) 69 years ago: 30 July 1948

The 1948 Olympic Games 10000 metres was as chaotic a race as one would probably ever see at that level. There was no doubt about the winner -- the Czech Emil Zatopek made his first appearance on the world stage and scored an overwhelming victory in 29:56.6, lapping all but two runners. He ran world record holder Viljo Heino and his teammate Evert Heinstrom off their feet and neither finished, but some of the placings behind the medal winners -- Zatopek, Alain Mimoun (FRA) and Bertil Albertsson (SWE) -- remain in doubt even today. "The incompetent officials ... became confused by Zatopek's performance and announced the start of the final circuit one lap too soon," said one report. "Fortunately Zatopek knew better, although others didn't. When the race was over, it was announced that Dennolf of Sweden had finished fourth and Stokken of Norway fifth. The Norwegians protested, but the matter was settled quickly when Dennolf himself supported their case." Robert Everaert (BEL) was given sixth, but he had actually dropped out with five laps to go. The honest Belgian pointed out the mistake, but the officials stuck to their guns until a Belgian team official intervened. Only the first eight runners were recorded, with the

others listed in the results as "also competed". In eighth was Jim Peters, who five years later would run the world's first sub-2:20 marathon. It is thought that the British race officials miscounted the laps because they were used to 6-mile races, which were run over approximately 24 laps and not 25 as a 10000-metre race is.

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 | | 22 Jul |
| | 7:42:26 | Simphiwe Vellel | Cape Town | |
| | 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 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 | | | | |

Grandmasters (60+)

| | | | | |
|----------|------------------------------|--|----------------------|------------------|
| 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 | | | | |

Great grandmasters (70+)

| | | | | |
|----------|--------------------|--|------------|--------|
| 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 | | | | |

Juniors

| | | | | |
|---------|----------------|--|----------------|--------|
| 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 |

WOMENOpen

| | | | | |
|-------|----------------|--|--------|---------|
| 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 | 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 | 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 | | | | |
| <u>Great grandmasters (70+)</u> | | | | |
| 10 km | 49:38 | Veronica van Niekerk | Cape Town | 02 Apr |
| | 44:09 | Lavinia Petrie (AUS) 2014 | | |
| 15 km | 86:20 | Marietha Herbert | Kraaifontein | 15 Jul |
| | 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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