

Distance Running Results

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EDITORIAL

Best South African performance of the weekend came from Dominique Scott-Efurd, who placed ninth in the elite field at the New Balance Falmouth Road Race. Scott-Efurd's time of 38:20 for the 7-mile race equates to about 34:02 for 10 km. The race was won in 35:53 by Caroline Chepkoech (KEN). The previous day Scott-Efurd had finished fifth in the Aetna Falmouth Mile in 4:30.24, her fastest outdoor time of the year.

Locally, Kesa Molotsane scored a good win in the fifth race of the Spar Grand Prix Series in Pietermaritzburg, beating Rutendo Nyahora (ZIM) by 13 seconds in 34:21. Irvette van Zyl was third, with the first five women running sub-35. First junior Nicole Louw achieved a list leader and PB of 35:23.

Quite a few more list leaders were run this weekend, with three coming in the Romans Pizza 15 km in Pretoria (Gladwin Mzazi 44:47, Charné Bosman 56:36 and Annetjie Greyvenstein 85:37). In the Nelson Mandela Bay Legacy Project Diva Run in Port Elizabeth Margie Saunders beat her own list leader with 42:08.

In the Atlantis Half Marathon Nadeel Wildschutt, who departs for the USA tomorrow to start his studies in business management at Coastal Carolina University, which has given him a full 4-year scholarship, clocked a PB of 1:05:55 for an easy win. Women's winner Lee-Shay Willemse, second last year, also set a PB of 1:23:12.

After last week's huge issue, we are back to a normal size for DRR this week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series 10 km, Pietermaritzburg
- * Midrand ArthroChoice Half Marathon & 10 km, Midrand
- * Nelson Mandela Bay Legacy Project Diva Run, Port Elizabeth
- * Romans Pizza 15 km, Pretoria
- * Atlantis Half Marathon, Atlantis
- * PPC Cement Riebeeckberg Marathon, Half Marathon & 10 km, Riebeeck West
- *XC: WP Championships, Bellville; Gauteng North League Meeting, Pretoria

International highlights:

- * New Balance Falmouth Road Race, Woods Hole to Falmouth Heights, USA

- * Kärnten Lläuft -- Wörthersee Halbmarathon, Klagenfurt, AUT
 - * America's Finest City Half Marathon, San Diego, USA
 - * Sun-Herald City to Surf 14 km, Sydney, AUS
 - * Longmont Sunrise Stampede, Longmont, USA
 - * Track: Aetna Falmouth Mile, Falmouth, USA; Müller Grand Prix Birmingham, Birmingham, GBR
 - * Leadville Trail 100 Mile Endurance Run, Leadville, USA
 - * Pikes Peak Ascent & Pikes Peak Marathon, Manitou Springs, USA
 - * Sierre-Zinal, Valais' Alps, SUI
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ROAD RUNNING

Spar Grand Prix Series 10 km

(Women only; 5th event of 6-race series)

Pietermaritzburg, 20 August

(Undulating loop course. Finishers: 2351 [considerably up from 1545 last year].)

1. Kesa Molotsane (KPMG AFS) 34:21
2. Rutendo Nyahora (ZIM/Ned) 34:34
3. Irvette van Zyl (NED AGN) 34:37
4. Lebogang Phalula (Boxer) 34:50
5. Betha Chikanga (ZIM/ME) 34:58
6. Maria Shai (Boxer) 35:02
7. Glenrose Xaba (Boxer) 35:05
8. Nolene Conrad (KPMG WPA) 35:11
9. Nicole Louw (KPMG AFS) 35:23 PB (1st jun)
10. Rudo Mhonderwa (ZIM/Ned) 35:32

Veterans: 1. Tanith Maxwell (Boxer) 37:56; 2. Janene Carey (Boxer) 39:55; 3. Delia Jay (DCS) 44:40. **Masters:** 1. Judy Bird 39:54; 2. Grace de Oliveira (Boxer) 44:10; 3. Gail Babich (Sav) 46:47. **G'masters:** 1. Blanche Moila (Sav) 49:19; 2. Sonja Laxton (RAC) 50:34; 3. Jenny Taylor (Saints) 51:13. **G/g'masters:** 1. Gill Tregenna (West) 59:22. **Juniors:** 1. Nicole Louw (KPMG AFS) 35:23 PB; 2. Shanley Koekemoer (KPMG AGN) 37:27; 3. Lyndi Roelofse (Boxer) 37:44.

Midrand ArthroChoice Half Marathon & 10 km

Midrand, 20 August

(Distances: 21.1 km & 10 km; undulating courses.)

Note: The event was held in memory of Midrand Striders member Leon Baker, who was killed by a hit-and-run motorist while training in early July. -- Ed.

Half marathon

MEN

1. Lucky Mtshali (Ned) 1:11:43
2. Farizo Ndlovu (Sibanye) 1:14:17
3. Clinton Ferreira (Ned) 1:14:41 (1st vet)

Veterans: 1. Clinton Ferreira (Ned) 1:14:41. **Masters:** 1. Thengezakhe Dlamini (Diep) 1:38:04. **G'masters:** 1. John Woodnutt (RAC) 1:41:13.

WOMEN

1. Ann Ashworth (B2R) 1:27:00
2. Maria Vilakazi (RWFL) 1:29:45 (1st vet)
3. Lizzy Ramadimetja (Ned) 1:31:26

Veterans: 1. Maria Vilakazi (RWFL) 1:29:45. **Masters:** 1. Catherine Naane (Drie) 1:46:29.
G'masters: 1. Kim Roberts (VK) 2:12:55.

10 km

MEN

1. Thabang Mafa (Themb) 32:36
2. Paulos Radebe (Themb) 32:44
3. James Mgcina (SC) 33:25 (1st vet)

Veterans: 1. James Mgcina (SC) 33:25; 2. Phillip Phakwayo (Ned) 34:45. **Masters:** 1. Jay Bradley (B2R) 40:38. **G'masters:** 1. André Jansen (GS) 42:08. **Juniors:** 1. Julio Mamabolo (Vital) 52:20.

WOMEN

1. Rachel Leistra (UJ) 43:09
2. Makoma Batji (Olifants) 43:09
3. Charné Wilson (Ind) 43:53 (1st jun)

Veterans: 1. Irene Goncalves (KPMG) 45:08; 2. Florence Munyai (Ind) 56:00. **Masters:** 1. Natalie Saunders (Four) 50:31. **G'masters:** 1. Rozanne Long (Jeppe) 60:43. **Juniors:** 1. Charné Wilson (Ind) 43:53.

Nelson Mandela Bay Legacy Project Diva Run

(Women only)

Port Elizabeth, 19 August

(Distance: 10 km; loop course with some hills. Finishers: 242 [down from 284 last year]; also 256 in the 5 km.)

Note: A list leader of 42:08 here by grandmaster Margie Saunders, who beat all the veterans except the first two. The finisher figure includes the male participants in the race. The 5 km was won by Megan Dempster (Madibaz AC) in 19:06.– Ed.

1	Zintle	Xiniwe	KPMG	30	35:28
2	Liziwe	Mabona	AMPA AC	29	35:51
3	Ntombesinthu	Mfunzi	Nedbank RC	35	36:18
4	Cherise	Sims	Madibaz AC	24	36:48
5	Vuyiseka	Nkumenge	Nedbank RC WP	21	36:56
6	Nomvuyisi	Seti	Temp	35	37:02
7	Bulelwa	Simae (1st vet)	Nedbank WP	40	38:54
8	Poppy	Mlambo	Boxer Superst	36	39:18
9	Liza-Marie	Kingston	Nedbank RC	35	39:25
10	Vicky	Oelofse (1st jun)	St Albans AC	16	41:14
11	Davera	Magson	Nedbank RC	42	42:01
12	Margie	Saunders (1st g'mast)	Nedbank RC	63	42:08
13	Luthando	Nxanisa	Madibaz AC	24	42:20
14	Jane	Barnardo	Body Concept	42	42:46
15	Christine	Claasen (1st mast)	Achilles AAA	52	43:04
16	Siphokazi	Nojoko	Motherwell AC	22	43:26
17	Freedah	Ncube	Madibaz AC	35	43:27
18	Siphokazi	Liwani	Motherwell AC	20	44:43
19	Ludine	Williams	St Albans AC	30	45:21
20	Anja	Webber	St Albans AC	16	45:34

40-44:

1	Bulelwa	Simae	Nedbank WP	40	38:54
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2	Davera	Magson	Nedbank RC	42	42:01
3	Jane	Barnardo	Body Concept	42	42:46
45-49:					
1	Grizelda	Pietersen	Nedbank RC	48	47:00
2	Toegeda	Vyver	Nedbank RC	45	47:30
3	Lesley Ann	Bush	Despatch AC	45	51:04
50-54:					
1	Christine	Claasen	Achilles AAA	52	43:04
2	Agnes	Nieburg	Profiles AC	51	48:10
3	Johannette	Oosthuizen	Body Concept	53	49:38
55-59:					
1	Rosemary	Joubert	32Gi EP AC	56	50:00
2	Belinda	Bain	Charlo AC	55	52:53
3	Lynette	Crause	Infinity AC	57	57:01
60-64:					
1	Margie	Saunders	Nedbank RC	63	42:08
2	Hanlie	Van der Westhuizen	Despatch AC	61	46:06
3	Lynn	Slogrove	Temp	64	1:00:19
65-69:					
1	Renee	Hawkridge	Bluewater Bay	66	50:45
2	Jeanette	Pienaar	PEAAC	69	1:07:39
3	Ayanda	Kgwashe	Temp	66	1:10:57
70-74:					
1	Liz	Jenkerson	Muirite Strider	70	57:28
2	Ronelle	Steyn	Nedbank RC	73	1:02:35
3	Anelyne	Rheeder	Run 4 Christ AC	70	1:06:57
75-79:					
1	Isabella	Childs	Infinity AC	75	1:11:11
2	Dorothy	Hart	Nedbank RC	79	1:26:48
Juniors:					
1	Vicky	Oelofse	St Albans AC	16	41:14
2	Anja	Webber	St Albans AC	16	45:34
3	Nomakhosi	Ntlizyo	Madibaz AC	19	49:48

Romans Pizza 15 km

Pretoria, 19 August

(Finishers: 2000; also 500 in the 5 km.)

Note: This race was run in memory of Berdine Chamberlain, who was married to DRR correspondent Derrick Chamberlain's older brother, Billy. -- Ed.

MEN

1 Gladwin Mzazi (Boxer) 44:47; 2 Philani Buthelezi (KPMG) 47:23; 2 Moses Kurgat (KEN/Nedbank) 47:33; 4 Shadrack Hoff (Maxed Elite) 49:50 (1st vet); 5 Raoul Mabririmisa (VTM) 50:34.

Veterans: 1 Shadrack Hoff (Maxed Elite) 49:50; 2 Peter Medupe (Nedbank) 50:52; 3 Ludwick Mamabolo (Nedbank) 50:54. **Masters:** 1 Nhlanhla Magubane (CS) 57:38; 2 Joseph Ndlovu ((ACE) 58:29; 3 Alfred Mantsi (Nedbank) 58:34. **G'masters:** 1 Temba Ngcaku (ACE) 67:49; 2 Charles Stofberg (Green Mile) 68:52. **G/g'masters:** 1 Lammie Fourie (Agape) 88:34. **80+:** 1 Ken Nurden (Agape) 88:41.

WOMEN

1 Charné Bosman (Nedbank) 56:36 (1st vet); 2 Catherine Skosana (Boxer) 57:54; 3 Maria Vilakazi (RWFL) 60:13; 4 Tebogo Masehlo (Temp) 61:04; 5 Vuyokazi Gebe (CSIR) 62:33.

Veterans: 1 Charné Bosman (Nedbank) 56:36; 2 Maria Vilakazi (RWFL) 60:13; 3 Mitsie v.d. Westhuizen (KPMG) 63:14. **Masters:** 1 Debbie Bredenkamp (HQH) 69:59; 2 Sonia Scheepers (Green Mile) 73:55; 3 Ansie Breytenbach (Irene) 74:35. **G'masters:** 1 Francis van Blerk (Nedbank) 82:43; 2 Carole de Waal (Wingate) 82:50. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 85:37. **80+:** 1 Deidre Larkin (Randburg) 1:43:34.

Atlantis Half Marathon

Atlantis, 19 August

(Distance: 21.1 km; certified loop course. Finishers: 934 [up from 801 last year].)

MEN

1. Nadeel Wildschutt (Itheko) 1:05:55 PB
2. Danzil Pause (East) 1:07:56
3. Raydon Balie (WR) 1:08:14

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:12:12; 2. Vakalisa Kopolo (Ned) 1:13:15; 3. Xolile Macanda (Gugs) 1:19:23. **Masters:** 1. Johnny Persents (WR) 1:18:53; 2. Tobias Philander (Itheko) 1:20:30; 3. John September (Itheko) 1:23:17. **G'masters:** 1. Mochamat Kriel (Ommie) 1:28:53; 2. Garry Wilford (Durb) 1:35:54; 3. Andy Cockroft (Edge) 1:38:21. **G/g'masters:** 1. Joseph Matthews (MS) 2:00:34; 2. Claude Brooks (MS) 2:13:16. **Juniors:** 1. Franklin September (Velo) 1:14:40; 2. Snalo Mdlundlu n/t.

WOMEN

1. Lee-Shay Willemse (Velo) 1:23:12 PB
2. Candyce Hall (Carb) 1:24:52
3. Sophie Cope (SH) 1:27:36

Veterans: 1. Jackie Misroll (Pine) 1:37:21; 2. Suzanne van Wyk (CMC) 1:40:54; 3. Riëtte Basson (Durb) 1:44:58. **Masters:** 1. Mariëtte Strauss (Tyger) 1:35:15; 2. Cailey Bredenkamp (Paarl) 1:46:34; 3. Gail Maharaj (SANDF) 1:49:00. **G'masters:** 1. Hilary Rhode (Edge) 1:46:13; 2. Helen du Plessis (Brack) 1:55:43; 3. Nadia Wilds (Celtic) 2:12:44. **G/g'masters:** 1. Marietha Herbert (Bell) 2:04:51; 2. Pixie Sparg (Celtic) 2:05:01. **Juniors:** 1. Sophia Els (Bell) 1:50:15; 2. Emmily Tewas (MSA) 2:06:57.

PPC Cement Riebeeckberg Marathon (32nd), Half Marathon & 10 km

Riebeeck West, 5 August

(Distances: 42.195 km, 21.1 km & 10 km; loop courses, very hilly. Finishers: marathon – 325 [4 more than last year]; half marathon – 475 [10 fewer than last year]; 10 km – unknown.)

Marathon

MEN

1. Lukhanyo Wanda Roro (MSA) 2:33:56
2. Reuben Mhashu (Hout) 2:44:18
3. Ncedo Makunga (Ned) 2:53:48
4. Laban Ponco (Ned) 2:55:30
5. Luntu Kosana (Gugs) 2:56:17

WOMEN

1. Angelique Rabie (Carb) 3:32:32
2. Elize Kloppers (Hartenbos) 3:34:52
3. Laura Peddle (Strand) 3:38:20
4. Tembelani Sarhiliyas (LS) 3:39:26
5. Marieke Coetzer (Durb) 3:42:11

Half marathon

MEN

1. Siviwe Nkombi (Ned) 1:10:41
2. Lehlohonolo Nyombane (Ned) 1:12:40
3. Njenyana Zwane (Swart) 1:15:20
4. Lebogang Mpona (PPCL) 1:16:43
5. Derek Baartman (CS) 1:17:05

WOMEN

1. Candyce Hall (Carb) 1:28:44
2. Chantel Simpson (Ned) 1:34:30
3. Rianda Gilliland (AAC) 1:36:11
4. Elizabeth Brink (Durb) 1:37:28
5. Jacky Misroll (Ind) 1:37:58

10 km

MEN

1. Anthony Timoteus (UWC) 31:22
2. Rowhaldo Ratz (UWC) 32:16
3. Akhona Mdaka (EGA) 32:20
4. Llewellyn Jacobs (Nantes) 36:39
5. Ammaar Christian (Nantes) 38:21

WOMEN

1. Mariëtte Strauss (Tyger) 43:59
2. Lisa Abdellah (Ind) 44:04
3. Marquerite Fredericks (Ind) 46:38
4. Caitlyn Schlehmeier (Lange) 47:17
5. Antoinette Williams (Tyger) 54:20

CROSS-COUNTRY**WP Championships**

Bellville (CPUT), 12 August

Note 1: DRR would like to extend its best wishes to long-time cross-country correspondent Elsa Olivier, who fell at this meeting and then spent five days in hospital after her injured eye was operated on. We wish her a speedy recovery. -- Ed.

Note 2: All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN (10 km)

1	Nadeel	Wildschutt	Itheco	29:20
2	Siboniso	Soldaka	CPUT	29:30
3	Akhona	Makila	VOB	29:37
4	Sibusiso	Madikizela	MSA	29:43
5	Danzil	Paulse	Easterns	30:20
6	Anthony	Timoteus	UWC	31:01
7	Raydon	Balie	Wild Runner	31:08
8	Khaya	Butele	Nedbank	31:34
9	Lolisa	Betala	Nedbank	32:07
10	Warren	Hefkie	UWC	32:47

SR. MEN

1	Jacob	Martin	Pinelands	22:02
2	Jeffrey	Lloyd	Ravensmead	22:21

3	Jerome	Richards	Ravensmead	23:40
4	Roger	Arendse	Spartan Harriers	23:55
5	Belford	Hendricks	Southern Striders	24:09
6	Rashid	Cloete	Hewat	24:11
7	Alvin	Opperman		24:24
8	Brenton	Abrahams	Pinelands	24:26
9	Ric	Marini	RAC	24:42
10	Dwain	Birch	Edgemead	24:43

40-44 (8 km):

1	Vakalisa	Kopolo	Nedbank	25:41
2	Bonisile	Ngculana	VOB	25:57
3	Gareth	Berning	VOB	26:39

45-49 (8 km):

1	Haum	Abrahams	Kuilsrivier	26:31
2	Graham	Katzen	Celtic	27:17
3	Sabela	Ngcwanna	Gugs	28:29

50-54 (8 km):

1	Johnny	Persents	Wild Runners	28:15
2	Tobias	Philander	Itheko	28:22
3	Henry	Wolstenholme	DURBAC	28:25

55-59 (8 km):

1	Eric	Coetzee	Gugs	28:58
2	Julian	Paul	SANDF	29:27
3	Chris	Mitchell	Celtic	29:47

60-64 (8 km):

1	Robbie	Lindsay	Nedbank	25:19
2	Goodman	Mpukane	Gugs	25:44
3	Martin	Kelly	Fish Hoek	29:14

65-69 (8 km):

1	Christian	Edwards	VOB	28:21
2	Paul	Fortuin	VOB	28:49
3	Neville	Frieslich	Fish Hoek	28:50

70-74 (8 km):

1	Blake	Wilkins	AAC	30:02
2	Claude	Brooks	Midas Spartans	33:25
3	George	Kane-Smith	VOB	33:52

75-79 (8 km):

1	Manfred	Geutner	Pinelands	36:44
2	Bart	Jonck	WCA Club	38:40
3	Boet	Van Zyl	Spartans Harriers	44:09

80-84 (8 km):

1	Jakobus	Van Zyl	VOB	40:02
2	Derry	Devine	VOB	47:59

Juniors (8 km):

1	Adrian	Wildschutt	Itheko	23:58
2	Rowhaldo	Ratz	UWC	24:50
3	Tobie	Lewies	UWC	25:22

Youths (6 km):

1	Carlo	Flink	Itheko	18:24
2	Siyabonga	Mathe	Easterns	19:28
3	Fernando	Spondo		19:40

SR. WOMEN (10 km)

1	Vuyiseka	Nkumenge	Nedbank	37:11
2	Lee-Shay	Willemse	Velocity AC	37:54
3	Sophie	Cope	Spartan Harriers	38:45

4	Candyce	Hall	Carbineers	59:28
5	Ivy	Gongqa	Nedbank	39:52
6	Madele	Du Plessis	Edgemead	40:10
7	Bulelwa	Simae	Nedbank	44:57
8	Beality	Maklikwa	Gugs	50:29
9	Nobuntu	Mgqoboka	Gugs	52:24
10	Megan	Goliath	Brackenfell	54:41

SR. WOMEN

1	Felicia	Abrahams	Pinelands	24:35
2	Yvonne	Valentine	Helderberg Harriers	24:48
3	Petra	King	Sanlam	24:49
4	Zoe	Maralack	Itheko	25:30
5	Ruth	Siebritz	Pinelands	26:06
6	Alexia	Snyders	Helderberg Harriers	26:07
7	Jade	Misroll	Pinelands	26:07
8	Melany	Du Plessis	Pinelands	26:11
9	Leoncè	Niedeman	Midas Spartans	26:13
10	Tamara	Blumeris	Midas Spartans	26:14

40-44:

1	Bulelwa	Simae	Nedbank	14:49
2	Busisiwe	Matiwane	Nedbank	16:32
3	Tyshia	Johannes	Gugs AC	16:52

45-49:

1	Chantel	Simpson	Nedbank	16:11
2	Sharon	Sunderland	Nedbank	16:24
3	Coriaan	De Villiers	Nedbank	17:08

50-54:

1	Obertina	Kanyongo	ZIM/Nedbank	16:12
2	Ester	Brink	Carbs	16:19
3	Linda	Du Bruyn	Tygerberg	18:07

55-59:

1	Olga	Howard	Nedbank	16:23
2	Mariëtte	Strauss	Tygerberg	16:37
3	Bev	Charters	VOB	17:54

60-64:

1	Hilary	Rhode	Edge	19:00
2	Charmaine	Cupido	Nedbank	19:03
3	Collette	Van Eck	Fish Hoek	20:21

65-69:

1	Helen	Du Plessis	Brackenfell	20:38
2	Cynthia	Kavanagh	Edgemead	24:36
3	Esme	September	Spartans Harriers	26:19

70-74:

1	Pixie	Sparg	Celtic Harriers	21:59
2	Margaret	Harrison	Fish Hoek	27:44
3	Megan	Brennan	Spartan Harriers	32:59

75-79:

1	Lee	Keeling	Spartan Harriers	27:00
2	Annatjie	Berntzen	Goodwood	33:10
3	Judy	Morgan	Spartan Harriers	33:19

80-84:

1	Peggy	Reid	Spartan Harriers	29:41
2	Hafauer	Johnsen	Tygerberg	31:35
3	Julie	Wilson	Celtics	45:10

Juniors (6 km):

1	Simone	Adams	Bottelary	23:34
2	Kirsten	Roodman	VOB	24:04
3	Busiseka	Posiso	Gugs	25:05

Youths:

1	Nikita	Du Plessis	Eersterivier	16:53
2	Olivia	De Ruiters	Eersterivier	17:28
3	K.	Roodman	VOB	24:10

Gauteng North League Meeting

Pretoria (LC de Villiers), 12 August

Note: All distances are 4 km except where indicated otherwise. – Ed.**SR. MEN (8 km)**

1	Benny	Moeng	KPMG	26:23
2	Vuyisele	Tshoba	KPMG	26:51
3	Motsamai	Motone	ECAC	27:25
4	Gilbert	Mokakabo	Live Athletics	27:48
5	Altus	Badenhorst	Born2run	27:51
6	Blessing	Ntjana	Monaco	33:03
7	Kenny	Molale	Ind	33:20
8	David	Kolombo	Ind	33:50
9	Ivan	Beukes	PMK	38:14

SR. MEN

1	Musa	Nkosi	Born2run	12:22
2	Solomon	Botlholo	TUT	12:39
3	Jabolane	Ncamane	ECAC	12:41
4	Sikhumbuso	Seme	KPMG	12:44
5	Jacob	Tseko	Hollywoodbets	12:59
6	Motsamai	Matone	ECAC	13:02
7	Jonathan	Bredenkamp	Ind	13:07
8	Sizwe	Ndebele	Tuks	13:47
9	Andy	Mukona	ECAC	13:55
10	Fourie	Wiid	Tuks	14:23

MEN 40 (8 km)

1	Colin	Witbooi	PMMC	28:42
2	Solomon	Khambule	DCS	29:55
3	Danie	Van Tonder	KPMG	32:29

MEN 45 (8 km)

1	G.M.	Burnett	Bosch	15:47
2	Johan	Buys	KPMG	16:10
3	Llewelyn	Curlewis	Tuks	32:07

MEN 50 (8 km)

1	Dawie	De Villiers	Tuks	31:05
2	Kobus	Bester	Ind	34:32
3	Gert	Brits	Ind	35:34

MEN 55 (8 km)

1	Hendrik	Botha	Nedbank	19:19
2	Sydney	Greegan	Solidarity	33:50
3	Burger	Linde	Team Vitality	34:00

MEN 60 (6 km)

1	David	Maphangulo	FPN	24:19
2	Wessel	Van Wyk	GNMA	25:10

3	Waldo	Le Grange	Ind	27:19
MEN 65 (6 km)				
1	Philip	Boardman	ACRW	31:10
2	Pieter	Rossouw	Midstream	35:09
MEN 70 (6 km)				
1	Gerrit	Van Niekerk	PMK	32:27
2	Anton	Harrop-Allin	ACRW	40:29
3	Assie	Van Aswegen	Overkruin	42:45
MEN 75 (6 km)				
1	Mike	Kleinsmit	Transnet	33:29
2	Andries	V.d. Merwe	Transnet	34:02
3	Piet	Van Aswegen	Overkruin	47:14
MEN 85 (4 km)				
1	Martin	Coetzee	Magnolia	42:14
2	Frans	Grobler	Transnet	42:14
MEN 23				
1	Paseka	Mokubung	TUT	12:43
2	Thsepo Titus	Segole	Ekgangala	13:06
3	Fukama	Ramakokobo	ECAC	13:52
SR. WOMEN (8 km)				
1	Kataza	Shipalana	Miway Warriors	33:27
2	Leandri	De Beer	Sterk Span	35:34
3	Gloria	Tsotetsi	Medihelp	19:27
SR. WOMEN				
1	Glenrose	Xaba	Boxer	14:00
2	Nerissa	Le Roux	Runavation	15:09
3	Marizahn	Wentzel	Tuks	17:21
4	Christelle	Kotze	TUT	17:39
WOMEN 40				
1	Corne	Prinsloo	FPN	16:23
2	Tania	Blignaut	Born2run	17:17
3	Elouise	Dirkse van Schalkwyk	Agape	18:12
WOMEN 45				
1	Loraine	Botha	Team Vitality	21:16
2	Christelle	Fereira	Ind	22:46
3	Amelia	Piper	Runex	23:39
WOMEN 50				
1	Elsabe	Brink	Runavation	18:30
2	Ansie	Breytenbach	Irene	18:35
3	Lelanie	Cornelius	Tuks	18:42
WOMEN 55				
1	Anlerie	Botha	Nedbank	18:46
2	Emmarie	Theunissen	BHS	20:34
3	Annetjie	Bezuidenhout	VTM	20:42
WOMEN 60				
1	Frances	Van Blerk	Nedbank	19:01
2	Joey	Cloete	Irene	25:25
3	Lyn	De Bruin	Irene	25:25
WOMEN 65				
1	Sarie	Du Toit	Magnolia	20:05
2	Isabel	McLaren	Ind	31:00
WOMEN 75				
1	Arina	Van Aswegen	Ind	32:00

WOMEN 90

1	Adelaide	Van Aswegen	Ind	32:00
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WOMEN 23

1	Madri	Wiid	Tuks	15:08
2	Danielle	Jordaan	Oos Moot	15:34
3	Michelene	Kahl	Team Vitality	15:55

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**New Balance Falmouth Road Race (45th)**

Woods Hole to Falmouth Heights, USA, 20 August

(Distance: 7.0 miles; certified point-to-point course with rolling hills.)

Note: A fourth consecutive win here for Stephen Sambu, something no man had ever done before. -- Ed.

MEN

1.	Stephen Sambu, 29, Kenya	32:14	\$10,000
2.	Leonard Korir, 30, Fort Carson, CO	32:14	7,000 + 3000a
3.	Luis Vargas, 24, Raleigh, NC	32:53	6,000 + 2000a
4.	Abdi Abdirahman, 40, Tucson, AZ	33:04	5,000 + 1000a + 1000
5.	Cam Levins, 28, Canada	33:35	4,000

a) Earned American only prize money

ELITE WOMEN'S ONLY START

1.	Caroline Chepkoech, 23, Kenya	35:53	\$10,000 + 5000g
2.	Mary Wacera, 28, Kenya	36:53	7,000
3.	Diane Nukuri, 32, Burundi	36:57	6,000
4.	Mamitu Daska, 33, Ethiopia	37:00	5,000
5.	Lineth Chepkurui, 29, Kenya	37:30	4,000
6.	Jess Tonn, 25, Seattle, WA	37:49	3,000 + 3000a
7.	Neely Gracey, 27, Superior, CO	37:52	2,000 + 2000a
8.	Natosha Rogers, 26, Littleton, CO	38:07	1,000 + 1000a
9.	Dominique Scott, 25, RSA	38:20	750

a) Earned American only prize money

g) Earned "The Countdown" Gender challenge bonus

OPEN WOMEN (start with men)

1.	Dana Giordano, 23, Woods Hole, MA	41:39
... 13.	Joan Samuelson, 60, Freeport, ME	44:49

Kärnten Läufer -- Wörthersee Halbmarathon (16th)

Klagenfurt, AUT, 20 August

(Distance: 21.1 km)

MEN (extended gun times)

1.	Peter Kirui, 1988, KEN, 1:00:29.1
2.	Moses Kibet, 1991, KEN, 1:00:43.9

3. Laban Korir, 1985, KEN, 01:01:44.4
4. Ezra Kiprotich Sang, 1994, 1:01:59
5. Hillary Kimaiyo, 1981, KEN, 1:02:02.1

WOMEN (extended gun times)

1. Viola Kibiwot, 1983, KEN, 1:10:14.9 PB
2. Stellan Barsosio, 1993, 1:10:36.6
3. Lucy Wambui Murigi, 1985, KEN, 1:13:51.3
4. Marta Galimany, 1985, ESP, 1:14:17.8
5. Caroline Makandi Gitonga, 1996, KEN, 1:16:54.3

America's Finest City Half Marathon (40th)

San Diego, USA, 20 August

(Distance: 21.1 km; certified, point-to-point course with 1.6 m/km elevation loss)

MEN (gun times)

- | | | |
|---|---------|--------|
| 1. Boniface Kongin, 27, Albuquerque, NM (KEN) | 1:03:25 | \$1500 |
| 2. Dominic Korir, 24, White Plains, MD (KEN) | 1:03:27 | 1000 |
| 3. Macdonard Ondara, 32, Santa Fe, NM (KEN) | 1:05:06 | 500 |

WOMEN (gun times)

- | | | |
|--|---------|--------|
| 1. Diana Chemtai Kipyokei, 23, Grand Prairie, TX (KEN) | 1:11:02 | \$1500 |
| 2. Jane Kibii, 32, Auburn, CA (KEN) | 1:12:29 | 1000 |
| 3. Kellyn Taylor, 31, Flagstaff, AZ | 1:13:12 | 500 |

Sun-Herald City to Surf 14 km (47th)

Sydney, AUS, 13 August

(Point-to-point course from Hyde Park in Sydney to Bondi Beach. Finishers: 33 623 men + 34 258 women = 67 881 total [up from 67,629 last year; world's largest fully-timed road race].)

MEN (gun times)

1. Harry Summers, 42:16
2. Thomas Do Canto, 44:22
3. Kevin Batt, 43:28

WOMEN (gun times)

1. Celia Sullohern, 47:11
2. Marnie Ponton, 48:56
3. Lauren Reid, 49:38

Longmont Sunrise Stampede (32nd)

Longmont, USA, 12 August

(Distance: 10 km; new certified multi-loop course at high elevation [1519m].)

Note: Fourteen-year-old Sydney Thorvaldson won the women's race in what is indeed a fast time for this high-altitude course. --Ed.

MEN (gun times)

- | | | |
|--|-------|-------|
| 1. Simon Ndirangu, 31, Nyack, NY (KEN) | 30:37 | \$200 |
| 2. Makuach Yak, 25, Boulder, CO | 31:07 | 100 |
| 3. Tim Rackers, 24, Louisville, CO | 31:14 | 50 |

WOMEN (gun times)

- | | | |
|--|-------|-----|
| 1. Sydney Thorvaldson, 14, Rawlins, WY | 35:42 | --- |
|--|-------|-----|

2. Maggie Callahan, 28, Boulder, CO	36:01	\$100
3. Amanda Scott, 29, Boulder, CO	36:15	50

TRACK

Aetna Falmouth Mile (22nd)

Falmouth, USA, 19 August

ELITE MEN

1. Craig Engels, Oxford, MS	4:00.19	\$3500
2. Nick Willis, NZL	4:00.47	2000
3. Colby Alexander, Tarrytown, NY	4:00.54	1250

ELITE WOMEN

1. Hannah Fields, Seattle, WA	4:28.32	PB	\$3500 + 1000i
2. Nicole Sifuentes, CAN	4:28.51	PB	2000 + 500^
3. Lauren Johnson, Boston, MA	4:29.21		1250 + 500^
4. Kate van Buskirk, CAN	4:29.32		750 + 500^
5. Dominique Scott-Efurd, RSA	4:30.24		

i) Earned Winner Sub-4:30 incentive

^) Earned non-winner sub-4:30 incentive

Müller Grand Prix Birmingham

(12th stop of 2017 IAAF Diamond League)

Birmingham, GBR, 20 August

MEN

800 (DL):

1. Nijel Amos, BOT	1:44.50
2. Adam Kszczot, POL	1:45.28
3. Marcin Lewandowski, POL	1:45.33
4. Brandon McBride, CAN	1:45.39
5. Elliot Giles, GBR	1:45.44
6. Kyle Langford, GBR	1:45.69
7. Asbel Kiprop, KEN	1:46.05
8. Guy Learmonth, GBR	1:46.28
9. Erik Sowinski, USA	1:46.43

Emsley Carr Mile:

1. Jake Wightman, GBR	3:54.92
2. Chris O'Hare, GBR	3:55.01
3. Ben Blankenship, USA	3:55.89
4. David Torrence, PER	3:56.10
5. Mo Ahmed, CAN	3:56.60
6. Jordan Williamsz, AUS	3:56.89 PB
7. Evan Jager, USA	3:57.39
8. Thiago André, BRA	3:57.91
9. Jamal Hairane, QAT	3:59.34 PB
10. Isaac Kipruto Kimeli, BEL	3:59.35

3000:

1. Mo Farah, GBR	7:38.64
2. Adel Mechaal, ESP	7:40.34
3. Davis Kiplangat, KEN	7:40.63

4. Andy Butchart, GBR 7:44.10
5. Patrick Tiernan, AUS 7:46.99

WOMEN

800:

1. Habtamu Alemu, ETH 1:59.60
2. Lynsey Sharp, GBR 1:59.97
3. Charlene Lipsey, USA 2:00.97
4. Selina Büchel, SUI 2:01.32
5. Hedda Hynne, NOR 2:01.72
6. Renée Eykens, BEL 2:02.23
7. Alexandra Bell, GBR 2:02.30
8. Aníta Hinriksdóttir, ISL 2:03.24

1500 (DL):

1. Dawit Seyaum, ETH 4:01.36
2. Winny Chebet, KEN 4:02.24
3. Rababe Arafai, MAR 4:02.95
4. Gudaf Tsegay, ETH 4:03.00
5. Meraf Bahta, SWE 4:03.04
6. Angelika Cichocka, POL 4:03.18
7. Jenny Simpson, USA 4:03.71
8. Laura Weightman, GBR 4:05.81
9. Colleen Quigley, USA 4:06.07
10. Shelby Houlihan, USA 4:06.22
11. Malika Akkaoui, MAR 4:07.44
12. Sofia Ennaoui, POL 4:07.85
13. Sarah McDonald, GBR 4:08.21
14. Katie Snowden, GBR 4:09.32
15. Brenda Martinez, USA 4:09.39

3000 (DL):

1. Sifan Hassan, NED 8:28.90 MR/NR
2. Konstanze Klosterhalfen, GER 8:29.89 NR
3. Margaret Kipkemboi, KEN 8:30.11 PB
4. Hellen Obiri, KEN 8:30.21
5. Eilish McColgan, GBR 8:31.00 PB
6. Lilian Rengeruk, KEN 8:33.79
7. Susan Krumins, NED 8:34.41 PB
8. Agnes Tirop, KEN 8:35.23 PB
9. Shannon Rowbury, USA 8:35.77
10. Molly Huddle, USA 8:44.46
11. Emma Coburn, USA 8:48.60 PB
12. Rosie Clarke, GBR 8:51.02 PB
13. Genevieve LaCaze, AUS 8:53.48
14. Courtney Frerichs, USA 8:53.99 PB

ULTRA/MOUNTAIN/TRAIL RUNNING

Leadville Trail 100 Mile Endurance Run (35th)

Leadville, USA, 19-20 August

(Distance: 100 miles [50 miles out and back], extremely high altitude [the race tops out at 3843 m with constant climbing and descending], difficult terrain)

Note: Ian Sharman won his fourth Leadville in five tries, while Devon Yanko won her first. - Ed.

MEN (gun times)

1. Ian Sharman, 36, Bend, OR, 17:34:52
2. David Tierney, 38, Denver, CO, 18:32:37
3. Michael Hewitt, 47, Denver, CO, 18:59:48
- ... 10. Michael Wardian, 43, Arlington, VA, 20:18:58

WOMEN

1. Devon Yanko, 35, San Anselmo, CA, 20:46:35
2. Simona Morbelli, 45, Climax, CO, 21:16:23
3. Christy Burns, 40, Evergreen, CO, 21:43:24
- Camille Herron, 35, Ann Arbor, MI, DNF (hip pain)

Pikes Peak Ascent

Manitou Springs, USA, 19 August

(Distance: 13.32 miles; race begins at an elevation of 1918 m and ends at 4299 m for a net elevation GAIN of 2381 m and covers a rocky course)

MEN (gun times)

- | | | |
|--|---------|----------------|
| 1. Joseph Gray, 33, Colorado Springs, CO | 2:08:20 | \$2000 + 1000i |
| 2. Touru Miyahara, 34, Shizuoka, JPN | 2:18:31 | 1200 |
| 3. Seth James DeMoor, 32, Englewood, CO | 2:21:47 | 600 |

i) Earned time bonus for fastest ascent of the weekend, which includes Pikes Peak Marathon, below

WOMEN (gun times)

- | | | |
|--|---------|----------------|
| 1. Serkalem Biset Abrha, 30, Albuquerque, NM (ETH) | 2:42:22 | \$2000 + 1000i |
| 2. Anna Mae Flynn, 30, Marble, CO | 2:43:17 | 1200 |
| 3. Addie Bracy, 31, Longmont, CO | 2:47:57 | 600 |

i) Earned time bonus for fastest ascent of the weekend, which includes Pikes Peak Marathon, below

Pikes Peak Marathon (62nd)

Manitou Springs, USA, 20 August

(Distance: 42.195 km; course begins at 1918 m on a paved road, climbs to 4299 m on a rocky trail, then comes back down to 1934 m; weather was hot at the bottom but close to freezing at the top)

Note: *Race Results Weekly* reports that Michael Wardian completed a remarkable double here. After running the Leadville Trail on Sunday at 12:18, where he finished in 10th place (see above), he drove directly to Manitou Springs (about 196 km) and ran here at 07:00 (without sleeping). His combined time of 26:21:53 is a two-event record. -- Ed.

MEN (gun times)

1. Rémi Bonnet, 22, Charmey, CHE 3:37:08 \$2000
2. Darren Beck Thomas, 23, Steamboat Spgs, CO 3:48:56 1200
3. Carlos Ruibal, 30, Del Norte, CO 4:00:11 600
- ... 97. Michael Wardian, 43, Arlington, VA 6:02:55

WOMEN (gun times)

1. Kristina Mascarenas, 28, Colorado Springs, CO 4:38:54 \$2000
2. Courtney Dauwalter, 32, Golden, CO 4:39:41 1200
3. Jackie Pirtle-Hall, 35, St charles, MO 4:46:03 600

Sierre-Zinal (44th)

Valais' Alps, SUI, 13 August

(Distance: 31 km, beginning at 500 m with 2200 m ascent and 800 m descent)

ELITE/OPEN MEN

1. Kilian Jornet, 1987, ESP, 2:33:06
2. Rob Simpson, 1991, GBR, 2:33:20
3. Max King, 1980, USA, 2:34:05

ELITE/OPEN WOMEN

1. Lucy Wambui Murigi, 1985, KEN, 2:58:40
2. Michelle Maier, 1991, GER, 3:05:12
3. Amandine Ferrato, 1981, FRA, 3:09:43

STATS TIME

This week we include a list of the top eleven SA men (all athletes under 30 minutes) in the 10 km for 2017. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2017 10 KM: TOP 11 MEN

28:18	Elroy Gelant	1	Bellville	03 Jun
28:22	Stephen Lesego Mokoka	3	Manchester	28 May
28:48	Mbongeni Ngxazozo	2	Port Elizabeth	22 Apr
29:01	Gladwin Sibabalwe Mzazi	3	Port Elizabeth	22 Apr
29:01	Melikhaya Frans	4	Port Elizabeth	22 Apr
29:13	Thabang Mosiako	1	Gaborone	07 May
29:32	Nadeel Wildschutt	1	Cape Town	01 Mar
29:53	Siboniso Soldaka	2	Cape Town	01 Mar
29:56	Angelo Booysen	1	Wellington	01 May
29:58	Joel Mmone	2	Benoni	29 Jan
29:59	Lucky Modike Mohale	1	Pretoria	18 Feb

THIS MONTH IN HISTORY**61 years ago: 3 August 1956**

At the beginning of 1956 three men held the world record for 1500 metres -- the only time in history this has happened. The mark was 3:40.8, run by Sándor Iharos (HUN) on 28 July 1955, and in the same race on 6 September 1955 in Oslo's Bislett Stadium by László Tábori (HUN) and Gunnar Nielsen (DEN). On this day another Hungarian, army captain István Rózsavölgyi, established himself as one of the favourites for the Olympic title when, at the Hungarian training camp in Tata, he beat Tábori easily in 3:40.6 to become sole

owner of the record. Just more than three weeks later, on Budapest's fast Népstadion track, he attempted to break John Landy's world mile record of 3:58.0. It was the only event at the meeting, yet 10 000 people watched as his 3:59.0 fell just a second short (he beat Tábori again). Shortly afterwards, the brutal Soviet invasion of Hungary severely impacted on Hungarian athletes' preparation for the Games in Melbourne. Rózsavölgyi, who had stopped training, walked more than 300 km to the Austrian border to get out of the country, leaving his wife and young son behind in Budapest. Understandably, in Melbourne he was a shadow of his former self and was eliminated in his heat.

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		19 Aug
	44:47	Gladwin Mzazi	Pretoria	
	42:00	Matthew Kimeli Kipkorir (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		24 Jun
	61:21	Stephen Mokoka	Port Elizabeth	
	59:10	Bedan Karoki Muchiri (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		29 Jan
	81:36A	Sipho Mbanjwa	Pinetown	
	74:27	Dathan Ritzenhain (USA)		
30 km	71:18	Dennis Kipruto Kimetto (KEN)		04 Mar
	90:54	Melikhaya Frans	Uitenhage	
	90:17	Yuichiro Ueno (JPN)		
Marathon	87:13**	Eliud Kipchoge (KEN) 2016		06 Aug
	87:13**	Stanley Biwott (KEN) 2016		
	2:16:14	Desmond Mokgobu	London	
	2:03:58	Wilson Kipsang (KEN)		
100 km	2:02:57	Dennis Kimetto (KEN) 2014		22 Jul
	7:42:28	Simphiwe Vellem	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

100 km	2:08:46 11:04:47 6:18:24	Andres Espinosa (MEX) 2003 Johannes Joseph Cape Town Mario Ardemagni (ITA) 2004		22 Jul
<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	11:08:36	Hilton Murray	Cape Town	22 Jul
<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	12:52:48	Ratlali Finger	Cape Town	22 Jul
<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	14:57:07	Donald Ross-Watt	Cape Town	22 Jul
<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

WOMENOpen

10 km	32:22	Dominique Scott-Efurd	Boston	25 June
	30:04	Joyciline Jepkosgei (KEN)		
15 km	30:21 Mx	Paula Radcliffe (GBR) 2003		08 Jan 08 Jul
	30:04p Mx	Joyciline Jepkosgei (KEN)		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
	53:59A	Dominique Scott-Efurd	Camps Bay	
	55:48	Annie Bothma	Eersterivier	
	45:37	Joyciline Jepkosgei (KEN)		
21.1 km	46:14** Mx	Florence Kiplagat (KEN) 2015		24 Jun
	45:37p Mx	Joyciline Jepkosgei (KEN)		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
	72:31	Cornelia Joubert	Port Elizabeth	
	64:52	Joyciline Jepkosgei (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
25 km	65:06p Mx	Peres Jepchirchir (KEN) 2017		29 Jan 19 Mar
	64:52p Mx	Joyciline Jepkosgei (KEN)		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
	90:21A	Jenna Challenor	Pinetown	
30 km	1:40:31	Jenna Challenor	Durban	04 Mar
	84:36	Alphine Tuliamuk (USA)		
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
	1:54:43	Ntombesintu Mfunzi	Uitenhage	
	1:46:24	Ami Utsunomiya (JPN)		
Marathon	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		06 Aug
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:39:11 Wo	Mary Keitany (KEN) 2011		
	2:40:15	Mapaseka Makhanya	London	
100 km	2:17:01	Mary Keitany (KEN)		22 Jul
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:42 Wo	Paula Radcliffe (GBR) 2005		
	9:42:24	Rowen Gloyne (vet)	Cape Town	
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	36:40	Bulelwa Simae	Bellville	03 Jun
	32:14	Priscilla Welch (GBR) 1985		
15 km	56:36	Charné Bosman	Pretoria	19 Aug
	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 06 May
	1:49:32	Maria Vilakazi	Pretoria	
	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 29 Jan
	3:06:00	Salome Cooper	Benoni	
100 km	2:26:51	Priscilla Welch (GBR) 1987		22 Jul
	9:42:24	Rowen Gloyne	Cape Town	
	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	38:43	Judy Bird	Cape Town	02 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		

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	14:27:46	Cynthia Jooste	Cape Town	22 Jul
<u>Grandmasters (60+)</u>				
10 km	42:08 38:56	Margie Saunders Lidia Zentner (GER) 2015	Port Elizabeth	19 Aug
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				
<u>Great grandmasters (70+)</u>				
10 km	49:38 44:09	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Cape Town	02 Apr
15 km	85:37 72:52	Annetjie Greyvenstein Jo Klein (NED) 2004	Pretoria	19 Aug
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				
<u>Juniors</u>				
10 km	35:23 31:42	Nicole Louw Zola Pieterse (RSA) 1984	Pietermaritzburg	20 Aug
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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