

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

The Medihelp Bike & Tekkie Challenge 10 km was held for the 10th time in Kuils River this weekend. This is the only road race in South Africa that is run on a handicap basis. This year the women started 4 min 20 sec ahead of the men and Khaya Butele caught Zintle Xiniwe with 800 m to go. He finished in 30:30, with Xiniwe, who has now won the women's race six times (previously 2011, 2012, 2014, 2015 and 2016) crossing the line 33 seconds later in 35:23. Last year Xiniwe's winning margin over the men was 34 sec. Xiniwe has won the race outright four times and this was only the fourth time in the history of the event that the men could overhaul the women (previously 2009, 2010 and 2015). Last year's winner, Akhona Makila, was second this time, but also ahead of Xiniwe.

In other action this weekend Leilani Scheffer set a course record of 39:17 in the 10 km event of the Keystone Milling Rustenburg Mountain Race. The 25 km went to Edward Mothibi and Galaletsang Mekgoe.

In England Gerda Steyn won the Middlesbrough Tees Pride 10 km (Middlesbrough, North Yorkshire) yesterday in a personal best 36:14.

With the late publication of our US partner *Race Results Weekly* (RRW) this week, we will catch up with the main international results next week. But I am also working for RRW next weekend, so DRR may be somewhat delayed then. My apologies for any inconvenience.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Satori Camel Run, Noordhoek
- * Medihelp Bike & Tekkie Challenge 10 km, Kuils River
- * Spirit of Flight 10 km, Pretoria
- * Keystone Milling Rustenburg Mountain Race, Rustenburg
- * Spar Pierre van Ryneveld "Town Festival" 10 km, Pretoria

International highlights:

- * Courses D'Arras 10 km, Arras, FRA
 - * HAP Crim 10-Mile Road Race, Flint, USA
-

ROAD RUNNING

Satori Camel Run

Noordhoek, 3 September

(Distance: 16.1 km; loop course, partly on gravel, beach and off-road tracks.)

Note: Second race in two days for Tsungai Mwanengeni, Candyce Hall and Ruth Leverton -- they also ran the Medihelp Bike & Tekkie Challenge the previous day (results below). -- Ed.

MEN

1. Anda Lubelwana (Hout) 58:16
2. Josiah Mathamani (Sat) 58:48
3. Barry-John Pienaar (Sanlam) 59:49

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 60:20; 2. Alasdair Leslie (Stella) 62:10; 3. Colin George (VOB) 64:23. **Masters:** 1. James Wisbeach (Ind) 73:10; 2. Owen Hendricks (Celtic) 82:13; 3. Mario Winkworth (MP) 84:25. **G'masters:** 1. Mark Wagenheim (AAC) 81:04; 2. Allan Ryninks (WR) 82:57; 3. John Watermeyer (FH) 84:56. **G/g'masters:** 1. Wally Steel (Hout) 1:43:45; 2. Rob Joubert (Forest) 1:45:52. **Juniors:** 1. Inga Ngwenduna (Sat) 68:54; 2. Michael MacIntosh (FH) 71:10; 3. Cameron MacIntosh (FH) 73:54.

WOMEN

1. Marie Wessels (Ind) 73:10
2. Candyce Hall (Carb) 73:20
3. Katya Soggat (Ind) 77:04 (1st vet)

Veterans: 1. Katya Soggat (Ind) 77:04; 2. Joanne Thomas (VOB) 79:04; 3. Jana Trojan (CZE/VOB) 80:31. **Masters:** Georgina Andraos (VOB) 79:23; 2. Angelique Rabie (Carb) 80:11; 3. Debbie Lombard (VOB) 90:29. **G'masters:** 1. Collette van Eck (FH) 1:39:43; 2. Theresa Isaacs (VOB) 1:43:41; 3. Ruth Leverton (Pine) 1:47:55. **G/g'masters:** 1. Chippy Steel (Hout) 1:53:55; 2. Marlene James (Pine) 2:02:23.

Medihelp Bike & Tekkie Challenge 10 km (10th)

Kuils River, 2 September

(Certified figure-eight course. Weather: cold initially, mild later; excellent running conditions. Finishers: 1177 [up from 1093 last year].)

MEN

1. Khaya Butele (Ned) 30:30 (R1000 + R500i)
2. Akhona Makila (VOB) 30:50 (R500)
3. Danzil Paulse (East) 31:05 (R300)

(Prize money in all age categories except juniors was the same: R400, R300, R200.)

Veterans: 1. Vakalisa Kopolo (Ned) 32:26; 2. Tsungai Mwanengeni (ZIM/Gugs) 32:58; 3. Shawn Abrahams (Kuils) 33:20. **Masters:** 1. Johnny Persents (WR) 35:26; 2. John September (Itheko) 36:35; 3. Zolani Ntsodo (SANDF) 39:14. **G'masters:** 1. Mochamat Kriel (Ommie) 39:42; 2. Robbie Lindsay (Ned) 39:43; 3. Gemjikile Tom (Eskom) 42:41. **G/g'masters:** 1. Ronnie le Roux (Brack) 51:49; 2. Joseph Matthews (MS) 53:35; 3. Oloff Crous (Brack) 57:55. **Juniors:** 1. Thembeko Mendu (Gugs) 33:02 (R350); 2. Stephen Millard (Strand) 35:25 (R250); 3. Jeremon Williams (Bot) 35:34 (R150).

i) Incentive for first athlete across the finish line.

WOMEN (Same prize money as men)

1. Zintle Xiniwe (KPMG) 35:23
2. Vuyiseka Nkumenge (Ned) 39:15

3. Bulelwa Simae (Ned) 40:06 (1st vet)

Veterans: 1. Bulelwa Simae (Ned) 40:06; 2. Busisiwe Matiwane (Ned) 42:55; 3. Marieke Coetzee (Durb) 43:27. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 41:25; 2. Ester Brink (Carb) 41:51; 3. Suzanne Marais (Strand) 42:09. **G'masters:** 1. Charmaine Cupido (Ned) 48:11; 2. Helen du Plessis (Brack) 52:09; 3. Ruth Leverton (Pine) 57:05. **G/g'masters:** 1. Marietha Herbert (Bell) 53:36 (eq WP rec); 2. Pixie Sparg (Celtic) 56:09; 3. Ruth Francis (IT) 57:05. **Juniors:** 1. Laila Abuzaid (Good) 44:27; 2. Emihle Mbinda (VOB) 47:21; 3. Sophia Els (Bell) 47:48.

Spirit of Flight 10 km

Zwartkop Air Force Base, Pretoria, 2 September
(Loop course. Finishers: 1100 [up from 963 last year].)

MEN

1 Simon Mokonyama (Monaco) 31:21; 2 Victor Pheeha (Monaco) 32:00; 3 Bafana Dube (Boot Camp) 32:22.

Veterans: 1 Colin Witbooi (PMMC) 35:54; 2 Sello Ramaloko (Runavation) 36:56. **Masters:** 1 Graeme McCullam (Born 2 Run) 36:26; 2 Alfred Manji (Nedbank) 39:12. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 40:03; 2 Mike du Bruto (Irene) 45:08. **G/g'masters:** 1 Anton Harron-Allin (ACRW) 61:43; 2 Johan Janse van Vuuren (Irene) 72:34. **80+:** 1 Ken Nurden (Agape) 56:54; 2 Andries van Rooyen (VTM) 73:07. **Juniors:** 1 Proud Mngomzulu (TUT) 32:47.

WOMEN

1 Glenrose Xaba (Boxer) 37:03; 2 Katy van Meter (KPMG) 38:41; 3 Carlyn Fischer (The Bicycle Company) 39:21.

Veterans: 1 Corne Prinsloo (PPMK) 42:48; 2 Irene Goncalves (KPMG) 43:12. **Masters:** 1 Gail Strand (RWFL) 41:51; 2 Lynette Fisher (Phobians) 46:26. **G'masters:** 1 Francis van Blerk (Nedbank) 48:22; 2 Carole de Waal (Wingate) 50:20. **G/g'masters:** 1 Debbie van Heerden (Roodepoort) 64:00; 2 Mavis Stadler (Agape) 81:10. **80+:** 1 Deirdre Larkin (Randburg) 65:00. **Juniors:** 1 Mira Kafka (ACRW) 44:51.

Keystone Milling Rustenburg Mountain Race

Rustenburg, 2 September
(Distances: 25 km – out-and-back course with loop at far end, very hilly and partly on gravel & 10 km. Weather: cool, partly cloudy. Finishers: 25 km – 436 [up from 417 last year]; 10 km – 300 [up from 253]; also approx. 200 in 5 km.)

25 km

MEN

1. Edward Mothibi (Ned) 1:32:28
2. Itumekeng Phala (RWFL) 1:35:33
3. Dan Moselajwe (Sedi) 1:36:25

Veterans: 1. Jameson Mabape (Ned) 1:43:26; 2. Jacques Burger (Vaal) 1:57:10.
Masters: 1. Simon Ramashapa (Coro) 1:45:04. **G'masters:** 1. Johan Nel (Irene) 2:17:25.

WOMEN

1. Galaletsang Mekgoe (Plat) 2:03:07
2. Dawn Ghadebe (HMK) 2:13:55
3. Angela de Gouveia (HMK) 2:18:46

Veterans: 1. Corlise Tooth (Durb'ville) 2:24:50; 2. Tracey Housdon (Phob) 2:28:46; 3. Jolanda Rosin (Berts) 2:35:10. **Masters:** 1. Rita van Wyk (Boks) 2:26:04. **G'masters:** 1. Annah Sonnendeker (KDP) 3:34:12.

10 km

MEN

1. Mziwonke Ngwendu (ME) 33:52
2. Oefenste Mokotelakwena (Ind) 34:50
3. Daniel Sigasa (Orlando) 35:11

Veterans: 1. Willie Botha (RWFL) 41:26. **Masters:** 1. Jorrie Jordaan (RWFL) 45:24.

G'masters: 1. Johan Bronkhorst (RWFL) 55:26. **Juniors:** 1. Samuel Momami (RMC) 35:11; 2. Ronen Oosthuizen (Protea) 35:59; 3. Owageng Otsile (Ned) 36:49.

WOMEN

1. Leilani Scheffer (RWFL) 39:17 CR
2. Lizzy Dlhwayo (RWFL) 42:20 (1st vet)
3. Elmarie Pretorius (RWFL) 44:11 (1st mast)

Veterans: 1. Lizzy Dlhwayo (RWFL) 42:20. **Masters:** 1. Elmarie Pretorius (RWFL) 44:11.

G'masters: 1. Susan Bosch (RWFL) 1:34:39. **Juniors:** 1. Caitlin Thompson (RWFL) 47:25; 2. Micael Murley (Protea) 57:05.

Spar Pierre van Ryneveld "Town Festival" 10 km

Pretoria, 30 August

(Finishers: 360)

MEN

1 Reghen Magwai (Born 2 Run) 30:58; 2 Jacob Tseko (ADT) 31:57; 3 Shadrack Hoff (Maxed Elite) 32:09 (1st vet).

Veterans: 1 Shadrack Hoff (Maxed Elite) 32:09. **Masters:** 1 Willie Benecke (NPO) 42:27.

G'masters: 1 Abdul Mohammed (Magnolia) 51:58. **G/g'masters:** 1 Bert v.d. Raad (ACRW) 69:58. **Juniors:** 1 Paseka Mokubung (TUT) 33:17; 2 Matthew Greer (Sutherland) 34:46; 3 Bongani Nyanguru (Monaco) 38:26.

WOMEN

1 Glenrose Xaba (Boxer) 39:46; 2 Vuyokazi Gebe (CSIR) 40:14; 3 Nomsa Cossa (Ulinda) 41:12.

Veterans: 1 Chrizelda Dafel (Tuks) 52:19. **Masters:** 1 Ansie Breytenbach (Irene) 49:08.

G'masters: 1 Joey Cloete (Irene) 68:02. **G/g'masters:** 1 Kiebett Strauss (Agape) 90:30. **Juniors:** 1 Carissa Schubert (Love Running) 53:23.

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

Courses D'Arras 10 km (34th)

Arras, FRA, 27 August

(Loop course with negligible start/finish separation)

MEN (gun times)

1. Haymanot Alew Engdayehu, ETH, 29:52
2. Daniel Kemoi, KEN, 30:00
3. Collins Chebii, KEN, 30:09
4. Felix Kirui, FRA, 30:22
5. Tegegn Hailemariyam Amare, ETH, 30:36

WOMEN (gun times)

1. Susan Kipsang Jeptoo, KEN, 32:11 PB/CR
2. Joyce Jemutai Kiplimo, KEN, 33:13
3. Jane Chelagat, KEN, 34:30

HAP Crim 10-Mile Road Race (41st)

Flint, USA, 26 August

(Distances: 10 miles; certified, record-eligible)

Note: Julius Kogo won here for the sixth time since 2010; Kevin Castille set an ARRS world 45-49 record of 49:03. --Ed.

MEN (gun times)

- | | | |
|--|-------|---------------|
| 1. Julius Kogo, KEN | 47:01 | \$3000 |
| 2. Evans Kurui, KEN | 47:17 | 2000 |
| 3. Simion Chirchir, KEN | 47:26 | 1000 |
| 4. Dathan Ritzenhein, Rockford, MI | 47:31 | 2500^ |
| ... 8. Kevin Castille (45+), Baton Rouge, LA | 49:03 | WR 4549 1000m |

^) Earned Michigan resident prize money

WOMEN (gun times)

- | | | |
|-------------------------|-------|--------|
| 1. Buze Diriba, ETH | 51:49 | \$3000 |
| 2. Diana Kipyokei, KEN | 51:56 | 2000 |
| 3. Monicah Ngige, KEN | 52:24 | 1000 |
| 4. Caroline Rotich, KEN | 53:06 | |
| 5. Susan Jerotich, KEN | 54:02 | |
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STATS TIME

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

2017 HALF MARATHON: TOP 10 MEN

1:01:21	Stephen Lesego Mokoka	1	Port Elizabeth	24 Jun
1:01:30	Elroy Gelant	2	Port Elizabeth	24 Jun
1:01:56	Lesiba Precious Mashele	3	Port Elizabeth	24 Jun
1:01:58	Melikhaya Frans	3	Port Elizabeth	24 Jun
1:02:47	Mbongeni Ngxazozo	4	Port Elizabeth	24 Jun
1:02:56	David Manja	1	Phalaborwa	29 Jul
1:03:01	Joel Mmone	5	Port Elizabeth	24 Jun
1:03:09	Thabang Mosiako	6	Port Elizabeth	24 Jun
1:03:10	Gelant-2	2	Phalaborwa	29 Jul
1:03:48	Gladwin Sibabalwe Mzazi	7	Port Elizabeth	24 Jun
1:04:05	Thabiso Benedict Moeng	8	Port Elizabeth	24 Jun
1:04:07	Gelant-3	2	Port Alfred	29 Apr

THIS MONTH IN HISTORY

45 years ago yesterday: 3 September 1972

The 800 metres for women at the Olympic Games resumed in 1960 after a gap of 32 years (before that, it was held just once, in 1928). At the Games of the 20th Olympiad in Munich expectations were that the two-minute barrier would be broken -- the Olympic record of 2:00.9 was set in the thin air of Mexico City. Hildegard Falck (FRG) held the world record at 1:58.5 (1:58.45 electronically), run the previous year. In the second heat Svyetla Zlateva (BUL) smashed the Olympic record -- and almost got the world record -- with her 1:58.93, but in the final Falck produced a kick coming of the final bend which no one could answer, and reached the finish in 1:58.55. The other medals went to Niole Sabaite (URS) in 1:58.65 and Gunhild Hoffmeister (GDR) in 1:59.19, with Zlateva finishing fourth in 1:59.72. Two days later, on 5 September, a group of Black September terrorists attacked the Olympic village. In the shootout there, and later at the military airfield Fürstenfeldbruck, eleven members of the Israeli team, one West German policeman and five terrorists were killed. The Games were stopped for 24 hours, but then resumed.

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		
	61:21	Stephen Mokoka	Port Elizabeth	24 Jun
25 km	59:10	Bedan Karoki Muchiri (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
	81:36A	Sipho Mbanjwa	Pinetown	29 Jan
30 km	74:27	Dathan Ritzenhain (USA)		
	71:18	Dennis Kipruto Kimetto (KEN)		
	90:54	Melikhaya Frans	Uitenhage	04 Mar
Marathon	90:17	Yuichiro Ueno (JPN)		
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
	2:16:14	Desmond Mokgobu	London	06 Aug
	2:03:58	Wilson Kipsang (KEN)		
100 km	2:02:57	Dennis Kimetto (KEN) 2014		
	7:42:28	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	11:04:47	Johannes Joseph	Cape Town	22 Jul
	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	06 May
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
	2:33:15	Reginald Ngobese	Sasolburg	04 Feb
Marathon	2:19:29	Titus Mamabolo (RSA) 1991		
	11:08:36	Hilton Murray	Cape Town	22 Jul

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	06 May
	94:01	Doug Winn (USA) 2010		
30 km	2:10:11	Kosie Botha	Parow	26 Mar
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:06:21	Gideon Radebe	Benoni	29 Jan
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km	12:52:48	Ratlali Finger	Cape Town	22 Jul
<u>Great grandmasters (70+)</u>				
10 km	42:35	Pele Tshikundamalema	Pretoria	18 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	64:04	Jeff Smith	Constantia	11 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	95:36	Elias Raphulu	Pretoria	08 Apr
	82:23	Ed Whitlock (CAN) 2001		
25 km	1:56:09	Elias Raphulu	Pretoria	06 May
	99:59	Clive Davies (USA) 1985		
30 km	2:46:08	Tamsanqa Jusayi	Uitenhage	04 Mar
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:37:53	Elias Raphulu	Centurion	01 May
	2:54:49	Ed Whitlock (CAN) 2004		
100 km	14:57:07	Donald Ross-Watt	Cape Town	22 Jul
<u>Juniors</u>				
10 km	30:17	Kabelo Seboko	Benoni	29 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:31	Sivuyile Selani	Port Elizabeth	25 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	68:26	Aphelele Nkonyana	Port Elizabeth	24 Jun
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	32:22	Dominique Scott-Efurd	Boston	25 June
	30:04	Joyciline Jepkosgei (KEN)		
	30:21 Mx	Paula Radcliffe (GBR) 2003		
	30:04p Mx	Joyciline Jepkosgei (KEN)		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	53:59A	Dominique Scott-Efurd	Camps Bay	08 Jan
	55:48	Annie Bothma	Eersterivier	08 Jul
	45:37	Joyciline Jepkosgei (KEN)		
	46:14** Mx	Florence Kiplagat (KEN) 2015		
	45:37p Mx	Joyciline Jepkosgei (KEN)		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	72:31	Cornelia Joubert	Port Elizabeth	24 Jun
	64:52	Joyciline Jepkosgei (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
	65:06p Mx	Peres Jepchirchir (KEN) 2017		
	64:52p Mx	Joyciline Jepkosgei (KEN)		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	90:21A	Jenna Challenor	Pinetown	29 Jan
	1:40:31	Jenna Challenor	Durban	19 Mar
	84:36	Alphine Tuliamuk (USA)		
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:54:43	Ntombesintu Mfunzi	Uitenhage	04 Mar
	1:46:24	Ami Utsunomiya (JPN)		

		1:38:49 Mx Mizuki Noguchi (JPN) 2005		
		1:38:42p Mx Aberu Kebede (ETH) 2016		
		1:39:11 Wo Mary Keitany (KEN) 2011		
Marathon	2:40:15	Mapaseka Makhanya	London	06 Aug
	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 (vet)	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	56:36	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
	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	9:42:24	Rowen Gloyne	Cape Town	22 Jul
	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	14:27:46	Cynthia Jooste	Cape Town	22 Jul
<u>Grandmasters (60+)</u>				
10 km	42:08	Margie Saunders	Port Elizabeth	19 Aug
	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	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 Micketta (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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