

Distance Running Results

Vol. 17, No. 39 – 2 October 2017

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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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Publisher: Riël Hauman

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EDITORIAL

The Goodwood Harriers 10 km Challenge produced some fast times this weekend. The winner was junior Adrian Wildschutt, whose 30:10 is both a personal best and list leader. Wildschutt missed the Western Province record by 10 seconds. Mthandazo Qhina finished second in 31:11 just five days after turning 40 -- also a list leader that resulted in a rare (and convincing) defeat for Tsungai Mwanengeni.

The Gauteng North half-marathon titles went to Benedict Moeng in 68:22 and Marelise Retief in 82:20. In the 26th running of the Michell's Pass Half Marathon in Ceres Danzil Pause (69:14) and Queen Nolubabalo (96:10) came out tops.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Ethekwini Township to Township Marathon & Half Marathon, KwaMashu to Umlazi (marathon) & Chesterville to Umlazi (half marathon)
- * Constantia Valley Grape Run Half Marathon & 14 km, Constantia
- * Goodwood Harriers 10 km Challenge, Goodwood
- * Clover Irene Half Marathon & 10 km, Pretoria
- * Ladysmith Night Race, Ladysmith
- * Combat Run Half Marathon & 10 km, Pretoria
- * Michell's Pass Half Marathon & 10 km, Ceres

International highlights:

- * Bredase Singegloop Half Marathon, Breda, NED
 - * Cardiff University Cardiff Half Marathon, Cardiff, GBR
 - * Kosice Peace Marathon, Kosice, SVK
 - * Hengshui Lake International Marathon, Hengshui, CHN
 - * Giro Al Sas, Trento, ITA
 - * PZU Warsaw Marathon, Warszawa, POL
 - * ING Route du Vin Half Marathon, Remich to Wormeldange to Remich, LUX
 - * XC: Greater Louisville Cross-country Classic, Louisville, USA; Joe Piane Notre Dame Invitational, South Bend, USA
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ROAD RUNNING

Ethekwini Township to Township Marathon & Half Marathon

KwaMashu to Umlazi (marathon) & Chesterville to Umlazi (half marathon), 1 October (Distances: 42.195 km & 21.1 km; point-to-point courses. Finishers: marathon – 658 men + 113 women = 771 total [up from 629 last year]; half marathon – 478 men + 329 women = 807 total [slightly up from 798].)

Note: Once again, huge prize money for ridiculously slow times (although the women's winner did run under 3 hours), with a big discrepancy between the prizes for the marathon and the half marathon. In the latter, there was a prize for first place only in the categories for veterans, masters and grandmasters -- but THREE prizes for juniors (although the results gave only the first two)! -- Ed.

Marathon

MEN

1. Phakoane Rakoto (Phant), 30, 2:25:27 (R40 000)
2. Isaac Mpofo (ME), 29, 2:25:46 (R20 000)
3. Sphamandla Nyembe (Ethek), 27, 2:25:54 (R15 ,000)
4. Pule Maeko (RRR), 30, 2:26:18 (R10 000)
5. Gilbert Mutandiro (ZIM), 33, 2:26:49 (R8000)
- ... 7. Anele Dlamini (Phant), 30, 2:29:23 (R4000)

(All age category prize money was the same: R2000, R1500, R1000.)

Veterans: 1. Themba Mthembu (ME), 40, 2:37:15; 2. Mbongeni Sosibo (Ned), 49, 2:38:41; 3. Khubulani Zondo (Ned CGA), 40, 2:40:00. **Masters:** 1. Robert Gcaba (Toti), 51, 3:11:35; 2. Dan Mothibe (Ned AGN), 55, 3:12:30; 3. Barnabas Mlanduli (Toti), 54, 3:43:17. **G'masters:** 1. Aubrey Roberts (West), 61, 3:32:13; 2. Mfundiso Weston Mvunguse (SCS), 62, 3:47:12; 3. Themba Ngcongco (Elok), 60, 4:14:32.

WOMEN (Same prize money as men)

1. Loveness Madziva (ZIM/Ned), 27, 2:52:06
2. Jennifer Koech (KEN/Ned AGN), 38, 3:06:31
3. Sanelisiwe Mbanjwa (Phant), 27, 3:08:21
4. Fikile Mbuthuma (Ned), 36, 3:12:34
5. Margaret Mahohoma (ZIM/Toy), 35, 3:14:11
- ... 9. Lisa Collett (Boxer), 40, (R2000)

Veterans: 1. Lisa Collett (Boxer), 40, 3:28:24; 2. Thato Sesheme (Ind), 41, 3:34:19; 3. Sibongile Ziqubu (Ingwenya), 45, 3:41:40. **Masters:** 1. Mary Xolisile Mwelase (Phuma), 52, 4:12:59; 2. Yvonne le Tourneur (DCS), 51, 4:22:30; 3. Khethiwe Memela (Ned), 51, 4:36:22. **G'masters:** 1. Blanche Moila (Sav), 61, 4:14:55; 2. Jenny Scott (DCS), 63, 4:29:27; 3. Ivy Lottering (Vital), 72, 5:42:05.

Half marathon

MEN

1. Siphon Mbanjwa (Boxer), 23, 1:07:33 (R3000)
2. Nkosikhona Mhlakwana (Phuma), 24, 1:07:52 (R1500)
3. Siphesihle Masondo (Utrecht), 24, 1:10:06 (R1000)

(All age category prize money except for juniors was the same: R300 for first place only.)

Veterans: 1. Nhlanhla Khanyile (SANDF), 46, 1:22:33. **Masters:** 1. Michael Ndlovu (Ethek), 50, 1:20:21. **G'masters:** 1. Andrew Daly (West), 60, 1:27:42. **Juniors:** 1. Jabulani Majombozi (Boxer), 17, 1:24:27 (R300); 2. Thabiso Wiseman Gumede (Verulam), 19, 1:34:36 (R200)

WOMEN (Same prize money as men)

1. Jenet Mbhele (Umzim), 22, 1:20:39
2. Janie Grundling Boxer), 37, 1:22:18
3. Slindile Chili (Etheke), 23, 1:24:29

Veterans: 1. Samantha Gould (Get Fit), 44, 1:57:29. **Masters:** 1. Busisiwe Msomi (KM), 51, 2:17:36. **G'masters:** 1. Pamela Rasmussen (YWP), 65, 2:07:13. **Juniors:** 1. Thembokuhle Khumalo (Elok), 16, 2:07:53; 2. Sympathy Nothando (Hammers), 19, 2:28:47.

Constantia Valley Grape Run Half Marathon & 14 km

Constantia, 1 October

(Distances: 21.1 km & 14 km; loop courses, very hilly, partly on gravel through vineyards and forest. Finishers: half marathon – 763 [slightly down from 779 last year]; 14 km – 787 [down from 950].)

Note: Second race in two days for Steve Motau, John September, Busisiwe Matiwane, Obertina Kanyongo, Nancy Will, Charmaine Cupido, Marietha Herbert, Pixie Sparg and Marlene James -- they all ran the Goodwood Harriers 10 km the previous day as well. -- Ed.

Half marathon

MEN

1. Retsepile Khotle (Itheke) 72:35
2. Siviwe Nkombi (Ned) 72:59
3. Akhona Makila (VOB) 74:32

Veterans: 1. Sihle Mapukata (Ned) 83:17; 2. Quinton Prince (Met) 83:24; 3. Colin George (VOB) 85:43. **Masters:** 1. Johnny Persents (WR) 85:10; 2. Zolani Ntsodo (SANDF) 92:18; 3. Sidney Rustin (SANDF) 96:50. **G'masters:** 1. Gemjikile Tom (Eskom) 1:40:45; 2. Alan Ryninks (WR) 1:44:43; 3. Neville Frieslich (FH) 1:53:44. **G/g'masters:** 1. Wally Steel (Hout) 2:23:51; 2. Ian Scott (FH) 2:32:59.

WOMEN

1. Anneline Roffey (Ned) 97:48
2. Joanne Thomas (VOB) 98:56 (1st vet)
3. Zoe Hamel (Ind) 100:47

Veterans: 1. Joanne Thomas (VOB) 1:38:56; 2. Linda Kinloch-Smith (Bell) 1:44:25; 3. Jackie Misroll (Pine) 1:47:35. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 1:41:44; 2. Angelique Rabie (Carb) 1:45:03; 3. Jenny da Silva (Met) 2:02:02. **G'masters:** 1. Nancy Will (Pine) 1:56:34; 2. Helen du Plessis (Brack) 2:21:12; 3. Anne Williams (PnP) 2:32:04. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:19:45; 2. Chippy Steel (Hout) 2:29:19.

14 km

MEN

1. Lukhanyo Nobakada (VOB) 43:51
2. Nkosiyethu Sotyantya (MSA) 45:15
3. Vakalisa Kopololo (Ned) 46:40 (1st vet)

Veterans: 1. Vakalisa Kopololo (Ned) 46:40; 2. Mathias Kanisiu (VOB) 47:32; 3. Youssef Kanouni (Central) n/t. **Masters:** 1. Steve Motau (Itheke) 56:27; 2. John September (Itheke) 59:34; 3. Ivan Smith (AAC) 69:22. **G'masters:** 1. Ron Brink (Strand) 70:24; 2. John Watermeyer (FH) 74:01; 3. Jonathan Hamlyn (VOB) 87:45. **G/g'masters:** 1. Blake Wilkins (AAC) 76:01; 2. Rob Joubert (Forest) 84:45. **Juniors:** 1. Lethu Cetywayo (VOB) 47:16; 2. Sibulelo Mgolo (VOB) 48:16; 3. Inoque Mushaba (VOB) 48:40.

WOMEN

1. Clare Rodseth (VOB) 62:01
2. Busisiwe Matiwane (Ned) 62:59 (1st vet)
3. Jen Brown (Carb) 63:10

Veterans: 1. Busisiwe Matiwane (Ned) 62:59; 2. Jen Brown (Carb) 63:10; 3. Caroline Wills (WR) 76:41. **Masters:** 1. Dain Hamilton (VOB) 68:24; 2. Beverley Charters (VOB) 71:04; 3. Naomi Badenhorst (VOB) 88:32. **G'masters:** 1. Charmaine Cupido (Ned) 78:27; 2. Ruth Leverton (Pine) 87:50; 3. Lynda Fillmore (Edge) 103:50. **G/g'masters:** 1. Marietha Herbert (Bell) 85:47; 2. Marlene James (Pine) 99:42. **Juniors:** 1. Alia Isaacs (Kenfac) n/t.

Goodwood Harriers 10 km Challenge

Goodwood, 30 September
(Finishers: 1270)

MEN

1. Adrian Wildschutt (Itheke) 30:10 (1st jun) (R500)
2. Mthandazo Qhina (Ned) 31:11 (1st vet) (R450)
3. Peter Tsawayo (ZIM/Gugs) 31:44 (R400)

(All age category prize money except for veterans was the same: R300, R250, R200.)

Veterans: 1. Mthandazo Qhina (Ned) 31:11 (R350); 2. Tsungai Mwanengeni (ZIM/Gugs) 33:38 (R300); 3. Bonisile Ngculana (VOB) 33:45 (R250). **Masters:** 1. Tobias Philander (Itheke) 36:11; 2. John September (Itheke) 37:45; 3. Steve Motau (Itheke) 38:16. **G'masters:** 1. Mochamat Kriel (Ommie) 39:39; 2. Robert Arnold (Top) 42:07; 3. Barry Bester (CMC) 43:07. **G/g'masters:** 1. Olof Crous (Brack) 56:44; 2. Yusuf Gamielien (Itheke) 59:26; 3. Lionel Hill (Ceres) 59:48. **Juniors:** 1. Adrian Wildschutt (Itheke) 30:10; 2. Franklin September (Velo) 33:14; 3. Calvin Hammond (Ned) 36:09.

WOMEN

1. Lee-Shay Willemse (Velo) 38:33
2. Candyce Hall (Carb) 38:55
3. Anna Bungu (Gugs) 39:44

Veterans: 1. Busisiwe Matiwane (Ned) 40:41; 2. Ursula Frans (Ned) 47:45; 3. Marlice Vienings (Edge) 44:04. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 40:41; 2. Mariëtte Strauss (Tyger) 42:42; 3. Olga Howard (Ned) 43:43. **G'masters:** 1. Nancy Will (Pine) 45:49; 2. Charmaine Cupido (Ned) 48:44; 3. Hilary Rhode (Edge) n/t. **G/g'masters:** 1. Marietha Herbert (Bell) 54:52; 2. Pixie Sparg (Celtic) 55:02; 3. Marlene James (Pine) 61:11. **Juniors:** 1. Laila Abuzaid (Good) 42:50; 2. Petro Moses (Velo) 44:00; 3. Razaan Kamaldien (Carb) 46:29.

Clover Irene Half Marathon & 10 km

(Incorporating the Gauteng North Half-marathon Championships)
Pretoria, 30 September

(Distances: 21.1 km & 10 km; undulating loop courses. Finishers: half marathon -- 2030 [up from 1894 last year]; 10 km 1480 [down from 1670].)

Half marathon

MEN

- 1 Derocious Makhobalo (Nedbank) 67:33; 2 Reghen Magwai (Born 2 Run) 67:50; 3 Benedict Moeng (KPMG) 68:22; 4 Johannes Kekana (Maxed Elite) 69:08 (1st vet); 5 Philani Buthelezi (KPMG) 69:47.

Veterans: 1 Johannes Kekana (Maxed Elite) 69:08; 2 Shadrack Hoff (Maxed Elite) 71:47; 3 Sifiso Mamba (Midrand) 81:15. **Masters:** 1 Alfred Mantsi (Nedbank) 83:42; 2 Dieter Stapel (BNAC) 87:35. **G'masters:** 1 Marius Carstens (Vitality) 89:24; 2 Sam Ndala (Nedbank) 96:56. **G/g'masters:** 1 Lammie Fourie (Agape) :2:07:45. **80+:** 1 Andries van Rooyen (VTM) 2:40:10. **Juniors:** 1 Lebogang Makatsola (Blue Sky) 81:32; 2 Khan Nothnagel (VTM) 94:10.

WOMEN

1 Marelise Retief (Boxer) 82:20; 2 Kobie Smith (Vitality) 85:48; 3 Vuyokazi Gebe (CSIR) 86:23; 4 Vicky Hansen (Wanderers) 87:28; 5 Franza Landman (KPMG) 89:59.

Veterans: 1 Maria Vilakazi (RWFL) 93:44; 2 Cecilia Raath (PMK) 94:26; 3 Adele v.d. Worm (Phobians) 98:08. **Masters:** 1 Maria Bendana (Morningside) 99:18; 2 Rita van Wyk (Boksburg) 1:48:1. **G'masters:** 1 Francis van Blerk (Nedbank) 1:52:38; 2 Jackie Navarria (ACRW) 2:02:16. **80+:** 1 Deirdre Larkin (Randburg) 2:18:44. **Juniors:** 1 Tikara Nothnagel (VTM) 1:49:34; 2 Chantelle Schulz (Wingate) 2:11:19.

10 km

MEN

1 Kemang Khunonyane (Rockies) 31:30; 2 Paulus Radebe (Tembisa) 31:55; 3 Lucky Mtshali (Nedbank) 32:14; 4 Thabang Mafa (Tembisa) 32:49; 5 Renier Grobler (KPMG) 32:51.

Veterans: 1 Action Ramaboea (Ivory Park) 34:00; 2 Wandasile Nongodlwana (Asics) 36:38; 3 Colin Witbooi (PMMC) 36:41. **Masters:** 1 Dawie de Villiers (Tuks) 37:30; 2 Kobus Coetser (Tuks) 39:00. **G'masters:** 1 Jan Esau (PMMC) 45:00; 2 Johan Fourie (CSIR) 49:52. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 60:27. **80+:** 1 Ken Nurden (Agape) 57:05. **Juniors:** 1 Kabelo Hlahane (Simunye Global) 37:04; 2 Oscar Notshweleka (Tembisa) 38:36.

WOMEN

1 Takalani Ndandani (KPMG) 41:34; 2 Makoma Matji (Olifantsfontein) 43:30; 3 Kelly Fletcher (Temp) 43:38; 4 Ommalisa Moyo (Tembisa) 44:22; 5 Danelle Jordaan (Oos Moot) 44:30.

Veterans: 1 Patricia Forbes (Tuks) 44:42; 2 Tania Blignaut (Born 2 Run) 45:32; 3 Alice Heyns (GNMA) 46:15. **Masters:** 1 Lynn Yasbek (RWFL) 63:36; 2 Rita Sprang (CSIR) 64:40. **G'masters:** 1 Sharon Lawson (Temp) 61:22; 2 Rina Pretorius (PPMK) 63:27. **G/g'masters:** 1 Mavis Stadler (Agape) 79:39. **Juniors:** 1 Amor Martins (Brakpan) 60:36.

Gauteng North Championships:

MEN

1 Benedict Moeng (KPMG) 68:22; 2 Philani Buthelezi (KPMG) 69:47; 3 Shadrack Hoff (Maxed Elite) 71:47.

40-44: 1 Shadrack Hoff (Maxed Elite) 71:47; 2 Sekgwane Moloele (Nedbank) 83:20; 3 Terence Snyders (Outsurance) 85:40. **45-49:** 1 André Gobey (RFL) 84:09; 2 Joseph Pokwane (Agape) 85:07; 3 Gerhard Calitz (Vitality) 93:17. **50-54:** 1 Alfred Mantji (Nedbank) 84:10; 2 Nuno Thomaz (Phobians) 89:30; 3 Colin Fisher (CSIR) 94:10. **55-59:** 1 Jimmy Mahlangu (PMK) 98:20; 2 Theo de Villiers (ACRW) 1:43:30; 3 Sakkie van Niekerk (Affies) 1:47:20. **60-64:** 1 Sam Ndala (Nedbank) 96:56; 2 Johnny v.d. Walt (Hillside) 1:42:00; 3 Graham Gertsch (Phobians) 2:04:58. **65-69:** 1 Phillip Boardman (ACRW) 1:45:35; 2 Wallie Weder (Agape) 2:03:05. **70-74:** 1 Lammie Fourie (Agape) 2:07:45. **75-79:** 1 Neville Muir (Phobians) 3:20:50. **Juniors:** 1 Khan Nothnagel (VTM) 94:10.

WOMEN

1 Marelise Retief (Boxer) 82:20; 2 Vuyokazi Gebe (CSIR) 86:23; 3 Franza Landman (KPMG) 89:59.

40-44: 1 Cecilia Raath (PMK) 94:26; 2 Adele v.d. Worm (Phobians) 98:08; 3 Mandy Immelman (Green Mile) 1:45:18. **45-49:** 1 Mandy Atkins (Agape) 1:56:40; 2 Linda Wessing 2:12:51. **50-54:** 1 Karen Coomber (ACRW) 1:50:04; 2 Sonia Scheepers (Green Mile) 1:52:25; 3 Erika Fourie (Agape) 1:53:58. **55-59:** 1 Connie Blom (Runavation) 1:49:00; 2 Deidre Viljoen (DIRCO) 2:09:00; 3 Beverley Rausch (Vitality) 2:27:27. **60-64:** 1 Francis van Blerk (Nedbank) 1:52:38; 2 Jackie Navarria (ACRW) 2:02:16; Lettie Coetzee (PPMK) 2:18:05. **65-69:** 1 Rina Machado (Ndaba) 2:18:40; 2 Bertha Schack (Akasia) 2:37:40. **Juniors:** 1 Tikara Nothnagel (VTM) 1:49:34; 2 Chantelle Shultz (Wingate) 2:11:19; 3 Carissa Schubert (Love Running) 2:17:38.

Ladysmith Night Race

Ladysmith, 30 September

(Distance: 21.1 km. Finishers: 151 [huge increase from 101 last year].)

MEN

1. Linokuhle Sithole	Phantane AC	1:11:39 (R1000)
2. Bkeki Bhekani	KRS	1:13:13 (R500)
3. T. Thembinkosi	LAC	1:14:34 (R250)

(All age category prize money except for juniors was the same: R150 for first place only.)

40-49:

1. Ecbaid Mbatha	LAC	1:30:12
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50-59:

1. Bethuel Mlambo	Nedbank	1:30:11
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60+:

1. Richard Tarr	Estcourt AC	2:09:48
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Juniors:

1. Nhlakanipheulo Majozi	Muden AC	1:25:07 (R100)
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WOMEN (Same prize money as men)

1. Xoli Madida	Natal Carb	1:23:59
2. Zinhle Shabalala	KRS	1:36:29
3. Nontbeko Mlambo	Loskop AC	1:40:47

40-49:

1. Anele Khumalo	Loskop AC	2:11:02
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Juniors:

1. Thembisile Zungu	Muden AC	n/t
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Combat Run Half Marathon & 10 km

Pretoria, 25 September

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 173; 10 km -- 210.)

Half marathon

MEN

1 Francis Makuka (ZAM/Phobians) 1:28:44 (1st g'mast); 2 Elmon Ndlovu (SANDF) 1:29:32 (1st vet); 3 André Gobey (RWFL) 1:30:26.

Veterans: 1 Elmon Ndlovu (SANDF) 1:29:32; 2 André Gobey (RWFL) 1:30:26. **Masters:** 1 Avril Barkhuysen (Nedbank) 1:39:30; 2 Derek Rausch (Phobians) 1:50:19. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 1:28:44. **G/g'masters:** 1 Ian MacFayden (Irene) 2:11:25.

WOMEN

1 Tegan Edwards (T Vitality) 1:37:26; 2 Sunette Schoonraad (Nedbank) 1:44:53; 3 Sue Peterkin (Running Inn) 1:52:46.

Veterans: 1 Sharon Newman (Midrand Striders) 1:58:50; 2 Antoinette Hartlief (HMK) 2:09:59. **Masters:** 1 Connie Blom (Runavation) 1:56:18; 2 Estelle Kroukamp (Runavation) 2:18:02. **G'masters:** 1 Selina Netshisauli (RAC) 1:10:37.

10 km

MEN

1 Peter Medupe (Nedbank) 37:12 (1st vet); 2 Stephan Koch (Magnolia) 46:16; 3 Samuel Grobler (Highveld Pumas) 44:37.

Veterans: 1 Peter Medupe (Nedbank) 37:12. **Masters:** 1 Leon Page (Nedbank); 2 Jannie Theron (Irene) 50:08. **G'masters:** 1 Buks Meyer (Gauteng Masters) 58:53 38:29. **G/g'masters:** 1 Charles Stewart (Phobians 1:12:34. **Juniors:** 1 Samuel Grobber (Highveld Pumas) 44:37.

WOMEN

1 Danielle Jordaan (Oos Moot) 48:04; 2 Melandie Taljaard (Tuks) 51:48; 3 Miche van Zyl (Magnolia) 52:30.

Veterans: 1 Hannelie Benade (Fit PTA) 1:00:48; 2 Nelia Grobber (Highveld Pumas) 1:07:01. **Masters:** 1 Elise Uys (Magnolia) 56:50; 2 Anelise Theron (T Vitality) 57:218. **G'masters:** 1 Francis van Blerk (Nedbank) 54:58. **Juniors:** 1 Naftileen Grobler (Highveld Pumas 52 :28

Michell's Pass Half Marathon (26th) & 10 km (12th)

Ceres, 23 September

(Distances: 21.1 km & 10 km; the half marathon out and back, very hilly; the 10 km a loop. Finishers: half marathon – 219 [3 more than last year's 216]; 10 km – 450 [up from 426].)

Half marathon

MEN

1	Danzil	PAULSE	Easterns	24	1:09:14
2	Akhona	MDAKA	EGA	24	1:13:57
3	Moletsane	PHELETSO	EGA	25	1:14:08
4	Deon	TITUS	EGA	30	1:15:00
5	Blessing	MAKANGA	Easterns	23	1:16:11

Veterans:

1	Japhta	NERO	Temp	47	1:30:36
2	Eric	FELEZA	Gugs	41	1:32:36
3	Jan	NEHRO	Maties	44	1:35:46

Masters:

1	Andries	SWARTS	Ceres	53	1:36:50
2	Lorenza	LUCAS	Nedwp	54	1:37:38
3	Hilton	MURRAY	Bellville	51	1:38:50

G'masters:

1	Jacob	ERASMUS	Ceres	61	1:48:14
2	Brian	ROTHMAN	Brackenfell	64	1:55:31
3	Daniel	HAUPTFLEISCH	Wellington	62	1:56:41

G/g'masters:

1	Lionel	HILL	Ceres	76	2:25:43
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2	Kaare	JAMES	Pinelands	74	2:34:35
WOMEN					
1	Queen	NOLUBABALO	VOB	23	1:36:10
2	Jacky	MISROLL	Pinelands	40	1:39:32
3	Anna	BUNGU	Gugs	21	1:39:39
4	Nikki	BOTHA	Temp	34	1:42:56
5	Jolandi	LUCAS	Intouch	31	1:45:11
Veterans:					
1	Jacky	MISROLL	Pinelands	40	1:39:32
2	Aneke	SLABBER	Stellenbosch	46	1:48:41
3	Ena	GOUS	Worcester	47	1:52:55
Masters:					
1	Cailey	BREDENKAMP	Paarl	54	1:49:49
2	Beverley	MEHL	Topform	58	2:00:48
3	Sonia	SMITH	Celtics	59	2:00:51
G'masters:					
1	Cecily	MICHAELS	Helderberg	64	2:38:07
G/g'masters:					
1	Marie	HILL	Ceres	72	3:04:30
Juniors:					
1	Mia	LYONS	Langebaan	17	1:45:14
10 km					
MEN					
1	Angelo	BOOYSEN	Korrektiewe	25	31:19
2	Reagan	ROOI	Ceres	17	31:58
3	Petrus	ZWANE	Swartland	28	32:38
4	Kananelo	THULO	Ceres	18	33:03
5	Mark	STANDFLIET	Temp	15	33:16
Veterans:					
1	Owen	SMITH	Wellington	40	37:19
2	Alexander	EVERTSON	Worcester	47	37:22
2	Morne	HANSEN	Worcester	40	39:54
Masters:					
1	Solly	VAN ROOYEN	Worcester	54	38:19
2	Abraham	FIELIES	Worcester	53	38:37
3	Moos	HARTNICK	Ceres	50	42:07
G'masters:					
1	Thomas	MOSES	Worcester	60	41:08
2	Piet	SMIT	Swartland	60	42:11
3	Chris	LOURENS	Brackenfell	61	49:08
G/g'masters:					
1	Japie	TRUTER	Swartland	73	1:19:51
2	Jan	THEUNISSEN	Hangklip	70	1:36:43
Juniors:					
1	Reagan	ROOI	Ceres	17	31:58
2	Kananelo	THULO	Ceres	18	33:03
3	Mark	STANDFLIET	Temp	15	33:16
WOMEN					
1	Meagan	SWANEPOEL	Maties	15	41:20
2	Ronelda	VELLUM	Maties	17	41:34
3	Suzanne	MARAIS	Strand	52	42:39
4	Sheraldo	POOL	Temp	17	44:07

5	Veronique	VISAGIE	Maties	15	44:27
Veterans:					
1	Ilse	HUGO	Ceres	43	50:35
2	Hanselie	SWARTS	Swartland	46	52:25
3	Charlene	MEIRING	Worcester	41	1:02:31
Masters:					
1	Suzanne	MARAIS	Strand	52	42:39
2	Jean	BURGHAD	Pinelands	54	55:06
3	Julie	ABBOTT	VOB	57	57:38
G'masters:					
1	Helen	DU PLESSIS	Brackenfell	65	55:49
2	Anna	RAINSFORD	Swartland	61	1:03:15
3	Theresa	JORDAAN	VOB	61	1:07:36
G/g'masters:					
1	Marie	VORSTER	Hangklip	72	1:01:01
2	Marlene	JAMES	Pinelands	73	1:04:19
3	Annatjie	BERNTZEN	Goodwood	75	1:24:15
Juniors:					
1	Meagan	SWANEPOEL	Maties	15	41:20
2	Ronelda	VELLUM	Maties	17	41:34
3	Veronique	VISAGIE	Maties	15	44:27

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

Bredase Singeloop Half Marathon (32nd)

Breda, NED, 1 October

(Distance: 21.1 km; flat, near-loop course with negligible start/finish separation)

MEN (gun times)

1. Edwin Kiprop Kiptoo, KEN 1:00:42
2. Abdallah Mande, UGA 1:00:51 PB
3. Philip Langat, KEN 1:00:52
4. Geoffrey Koech, KEN 1:01:06 PB
5. Leonard Langat, KEN 1:02:33

WOMEN (gun times)

1. Naom Jebet, KEN 1:08:44 PB
2. Antonina Kwambai, KEN 1:11:48
3. Ivy Kibet, KEN 1:13:04
4. Ruth van der Meijden, NED 1:15:23
5. Nina Lauwaert, BEL 1:16:00

Cardiff University Cardiff Half Marathon

(IAAF Silver Label Road Race)

Cardiff, GBR, 1 October

(Distance: 21.1 km; AIMS/IAAF certified, flat, near-loop course [record eligible])

MEN (gun times)

1. John Lotiang, KEN 1:00:42

2. Shadrack Kimining, KEN 1:00:49
3. Kipkemboi Kiprono, KEN 1:01:10
4. Dewi Griffiths, SWANSEA HARRIERS 1:01:33 PB
5. Hiskel Tewelde, ERI 1:01:43

WOMEN (gun times)

1. Edith Chelimo, KEN 1:05:52 PB/ACR
[15:14 / 30:56 / 46:36 / 62:30]
2. Dorcas Kimeli, KEN 1:10:50 PB
3. Beatrice Mutai, KEN 1:10:57
4. Zeineba Yimer Worku, ETH 1:11:31 PB
5. Jenny Nesbit, WORCESTER AC 1:13:23
6. Caryl Jones, SWANSEA HARRIERS 1:15:24

Kosice Peace Marathon (92nd)

Kosice, SVK, 1 October
(Distance: 42.195 km)

MEN (gun times)

1. Reuben Kiprop Kerio, 1994, KEN 2:08:12 PB € 12,000
[1:03:40 / 1:04:42]
2. Fikre Assefa Robi, 1989, ETH 2:08:36 PB 6,000
3. Richard Kiprotich Sigei, 1985, KEN 2:09:05 3,000
4. Henry Kipsigei Chirchir, 1985, KEN 2:09:42 2,000
5. Raymond Kipchumba Choge, 1988, KEN 2:09:53 1,300

WOMEN (gun times)

1. Sheila Jerotich, 1989, KEN 2:27:34 PB/CR* € 8,000
[1:13:03 / 1:14:31]
2. Sheila Chepkoech, 1990, KEN 2:29:13 PB 3,000
[1:13:03 / 1:16:10]
3. Emily Chepkemoui Samoei, 1980, KEN 2:31:17 2,000
4. Worknesh Alemu Mola, 1990, ETH 2:31:27 PB 1,000
5. Meseret Ababayehu Alemu, 1998, ETH 2:32:31 800

Hengshui Lake International Marathon (6th)

(IAAF Bronze Label Road Race)
Hengshui, CHN, 30 September
(Distance: 42.195 km; AIMS/IAAF certified course)

MEN

1. Michael Njenga Kunyuga, KEN 2:12:31 USD 10,000
2. Hicham Laqouahi, MAR 2:13:10 9,000
3. Regasa Mindaye Bejiga, ETH 2:13:18 8,000
- ... 8. Lucky Mohale, RSA 2:27:30 1,000

WOMEN

1. Betty Wilson Lempus, KEN 2:30:47 USD 10,000
2. Abeba Tekulu Gebremeskel, ETH 2:30:50 9,000
3. Peninah Jerop Arusei, KEN 2:30:58 8,000

Giro Al Sas (71st)

Trento, ITA, 30 September

(Distance: 10 km; multi-loop course with 1091 m for each full lap.)

MEN (gun times)

1. Muktar EDRIS, ETH, 28:54
2. Tilahun HAILE, ETH, 28:55
3. Yasin HAJI, ETH, 29:13

PZU Warsaw Marathon (39th)

Warszawa, POL, 24 September

(Distance: 42.195 km; multi-loop course with no start/finish separation)

MEN (gun times)

1. Blazej BRZEZINSKI, 1987, POL 2:11:27 PB
2. Justus KIPROTICH, 1996, KEN 2:11:52
3. Silas Kipngetich SANG, 1979, KEN 2:13:32

WOMEN (gun times)

1. Bekelu Beji GELETU, 1999, ETH 2:35:09
2. Beatrice JELAGAT CHEROP, 1986, KEN 2:36:13
3. Ewa JAGIELSKA, 1982, POL 2:41:51 PB

ING Route du Vin Half Marathon (56th)

Remich to Wormeldange to Remich, LUX, 24 September

(Distance: 21.1 km; out-and-back course)

MEN (gun times)

1. Zelalem Mengistu, ETH 1:02:37 € 1250
2. Ezra Kering, KEN 1:02:45 900
3. Edwin Kimutai Kiplagat, KEN 1:02:53 700

WOMEN (gun times)

1. Peninah Jerop Kandie, KEN 1:09:15 € 1250
2. Melat Yisak Kejeta, ETH 1:11:19 900
3. Thabita Gichia, KEN 1:12:06 700
4. Bekelech Gedeta Borecha, ETH 1:12:22 400
5. Maryanne Wangari Wanjiru, KEN 1:12:37 300

CROSS-COUNTRY**Greater Louisville Cross-country Classic**

Louisville, USA, 30 September

MEN (8 km)

Gold Race -

1. Matthew Baxter, JR Northern Arizona (NZL), 23:10.52
2. Tyler Day, JR Northern Arizona, 23:11.25
3. Andy Trouard, SR Northern Arizona, 23:27.89

WOMEN (5 km)

Gold Race -

1. Allie Ostrander, SO Boise State, 16:28.15
2. Charlotte Imer, SR Eastern Kentucky (AUS), 16:36.07

3. Allie Buchalski, SR Furman, 16:42.19

Joe Piane Notre Dame Invitational (62nd)

South Bend, USA, 29 September

MEN (5 miles)

BLUE RACE:

1. Gilbert KIGEN, Alabama (KEN), 23:23.7
2. Vincent KIPROP, Alabama (KEN), 23:24.2
3. Alfred CHELANGA, Alabama (KEN), 23:26.9

GOLD RACE:

1. Emmanuel ROTICH, Tulane (KEN), 24:17.4
2. Manuel DE BACKER, Saint Louis, 24:39.7
3. Andrew SCHILLE, Northern Kentucky, 24:40.6

WOMEN (5 km)

BLUE RACE:

1. Ednah KURGAT, New Mexico (KEN), 16:01.8
2. Alice WRIGHT, New Mexico (GBR), 16:12.0
3. Dani JONES, Colorado, 16:12.8
- ... 32. Carina VILJOEN, Arkansas (RSA), 17:02.9

GOLD RACE:

1. Emily MARTIN, Creighton, 16:58.1
2. Jenica DODGE, Idaho State, 17:04.8
3. Rachel WALNY, Bowling Green, 17:09.9

STATS TIME

Following the men's list, this week we include a list of the top ten SA women in the 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. Five of the times were run in the Sanlam Cape Town Marathon.

2017 MARATHON: TOP 10 WOMEN

2:36:47	Irvette van Zyl	9	Cape Town	17 Sep
2:40:15	Mapaseka Makhanya	40	London	06 Aug
2:43:50	Lebogang Phalula	11	Cape Town	17 Sep
2:47:22	Jenna Challenor	59	London	06 Aug
2:48:13A	Ann Ashworth	1	East London	25 Feb
2:51:36	Ntombesintu Mfunzi	13	Cape Town	17 Sep
2:54:09	Ulrica Stander	14	Cape Town	17 Sep
2:54:59	Danette Smith	1	Durban	09 Apr
2:55:23	Charné Bosman	15	Cape Town	17 Sep
2:57:05	Gerda Steyn	14	Dubai	20 Jan

THIS MONTH IN HISTORY

64 years ago: 4 October 1953

Just less than four months after he had become the first man to run a sub-2:20 marathon, Jim Peters went to Turku, Finland, for a rather unusual marathon. The race started in Turku Stadium, which the runners then left for a loop into the countryside. At about

halfway the athletes reached the stadium again and completed a lap on the track before heading out for another loop. They then returned to the track for no fewer than twelve laps to finish the race! Peters was up against the big Finnish hope, Veiko Karvonen, who a month earlier had won the Nordic Championships in 2:30:16. But the Briton took the lead after about 2 km and was never caught again. He finished in 2:18:34.8 to break his world best -- which was set on the point-to-point Windsor to Chiswick course -- by 5.4 sec. Karvonen, who would win the Boston Marathon the next year, was more than seven minutes behind.

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
	27:10	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	
	58:40	Abraham Cheroben (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		09 Apr
	2:10:51	Desmond Mokgobu	Rotterdam	
	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	31:11	Mthandazo Qhina	Goodwood	30 Sep
	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	3:04:53 2:36:30	Gideon Radebe Yoshihisa Hosaka (JPN) 2009	Cape Town	17 Sep
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	30:10 27:52	Adrian Wildschutt Richard Chelimo (KEN) 1990	Goodwood	30 Sep
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
	29:43	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	2:36:47	Irvette van Zyl	Cape Town	17 Sep
	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		

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
	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	2:54:09	Ulrica Stander	Cape Town	17 Sep
	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		

Masters (50+)

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

21.1 km	54:33	Shirley Matson (USA) 1991		
	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				
<u>Great grandmasters (70+)</u>				
10 km	49:38	Veronica van Niekerk	Cape Town	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:37	Annetjie Greyvenstein	Pretoria	19 Aug
	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	4:28:29	Veronica van Niekerk	Cape Town	17 Sep
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	35:23	Nicole Louw	Pietermaritzburg	20 Aug
	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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