

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

A super FNB Durban 10 km CitySurfRun resulted in Uganda's Joshua Cheptegei, who barely lost to Mo Farah in the 10000 m at the IAAF World Championships in London in August, ran the fastest ever 10 km on South African soil and broke his own national record of 27:46, set last year in Laredo, by 17 seconds with his comfortable win in 27:29. The previous fastest in the country was the 27:55 run by Andrew Limo (KEN) in Port Elizabeth in 2004. Julien Wanders finished third in a Swiss national record 28:13. In the women's race Cheptegei's compatriot Mercyline Chelangat's national record of 31:38 has been bettered on SA soil only by Elana Meyer's 31:33 in 1991, also in Durban (then a national record).

Cheptegei, who turned 21 a month ago, set his first national record almost exactly two years ago when he ran 27:50 in Berlin. His PB on the track is the 26:49.94 that gave him the silver medal behind Farah in London. Earlier this year he was 30th in the World Cross-country Championships. His time in Durban is also a South African open record (the domestic record stands at 27:38 by Stephen Mokoka).

Chelangat's previous PB was the 33:17 she ran in 2015; she has a half-marathon best of 74:37 and for 10000 m on the track she has clocked 31:40.48 (when she was 13th in London). In this year's World XC Championships she placed 12th.

First South Africans were Mokoka in fourth (28:35) and Dominique Scott-Efurd in fifth (33:27).

In the Bank of America Chicago Marathon the wins went to Galen Rupp (USA) in a PB 2:09:20 and Tirunesh Dibaba (KEN) in 2:18:31. Rupp, who ran the second half in 1:03:30, became the first American to win since Khalid Khannouchi in 2002. Another American, Jordan Hasay, finished third in only her second marathon in a huge PB of 2:20:57 to become the second fastest American ever behind Deena Kastor (2:19:36). Hasay's time is the fastest by an American on US soil. The women's top-10 average for Chicago improved to 2:19:45, second only to the London Marathon (2:18:26 -- thanks to Paula Radcliffe). Dibaba's top-3 average is now 2:19:01, third behind Radcliffe's 2:16:48 and Mary keitany's 2:18:29.

In the results of the AGN Half-marathon Championships published last week, Andries van Rooyen (VTM), 80+ category, should be added with a time of 2:40:10.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * FNB Durban 10 km CitySurfRun, Durban
- * OUTurance 94.5Kfm Gun Run Half Marathon & 10 km, Cape Town
- * Spar Grand Prix Series 10 km, Johannesburg
- * NMB 1 City Marathon, Uitenhage to Port Elizabeth
- * BSI Duke of York Flying Scramble, Pietermaritzburg
- * Kromberg & Schubert 25 km & 15 km, Brits
- * Chamberlain Capital Classic Half Marathon & 10 km, Pretoria
- * BAKgat 10 km, Bellville
- * Karoo Ultramarathon, Half Marathon & 12 km, Laingsburg
- * Karoolus Windpomp Half Marathon & 10 km, Graaff-Reinet
- * Buco 10 km, Port Elizabeth
- * Waterfall 15 km, Inanda
- * Capital Classic 100, Pietermaritzburg
- * PetroSA Marathon, Half Marathon & 10 km, Mossel Bay

International highlights:

- * Bank of America Chicago Marathon, Chicago, USA
- * Trento Half Marathon, Trento, ITA
- * Turin Half Marathon, Torino, ITA
- * Bank of Scotland Great Scottish Run Half Marathon, Glasgow, SCO
- * Medtronic Twin Cities Marathon & 10 Mile, Minneapolis to St. Paul, USA
- * RheinEnergie Marathon Köln & Half Marathon, Köln, GER
- * Singelloop, Utrecht, NED
- * Syracuse Festival of Races, Syracuse, USA

ROAD RUNNING**FNB Durban 10 km CitySurfRun**

Durban, 8 October
(Finishers: 4146)

MEN

1. Joshua CHEPTEGEI (UGA) 27:29 PB/NR
2. Stephen KISSA (UGA) 28:05 PB
3. Julien WANDERS (SUI) 28:13 PB/NR
4. Stephen MOKOKA 28:35
5. Elroy GELANT 29:12
6. Joel MMONE 29:32
7. Phillimon MATHIBA 29:39
8. Mbongeni NXAZOZO 29:43
9. Thabang MOSIAKO 29:47
10. Morris GACHAGA (KEN) 29:47 [correct]
11. Simon SIBEKO 29:55
12. Rantso MOKOPANE 30:03
13. Nkosikhona MHLAKWANA 30:04
14. Sibusiso NZIMA 30:22
15. Benedict MOENG 30:23
16. Jerry MOTSAU 30:36
17. Sipho MBANJWA 30:37
18. Musa NKOSIÁ 30:40
19. Lucky MOHALE 30:47
20. Tsepang MAQALEHA 30:50

Veterans: 1. Philani Buthelezi 31:31. **Masters:** 1. George Mooi 33:36. **G'masters:** 1. Gideon Radebe 38:34. **Juniors:** 1. Tsepang Maqaleha 30:50.

WOMEN

1. Mercylina CHELANGAT (UGA) 31:38 PB/NR
2. Pascalina Chepkorir KIPKOECH (KEN) 31:48
3. Dorcas TUTOEK (KEN) 32:12
4. Veronica NYARUAI (KEN) 32:56
5. Dominique SCOTT-EFURD 33:27
6. Nazret WELDU (ERI) 33:44
7. Bertha CHIKANGA (ZIM) 34:00 PB
8. Maria SHAI 35:25
9. Jenet MBHELE 35:36
10. Janie GRUNDLING 36:25
11. Stella MARAIS 36:53
12. Lineo CHAKA (LES) 37:05
13. Marelise RETIEF 37:09
14. Thobile MKHIZE 38:13.4
15. Nwabisa MJOLI 38:37

Veterans: 1. Geraldine von Fintel 40:56. **Masters:** 1. Michelle Sims 43:29. **G'masters:** 1. Blanche Moila 48:47. **Juniors:** 1. Simonay Weitsz 39:57.

OUTsurance 94.5Kfm Gun Run Half Marathon (25th) & 10 km (14th)

Cape Town, 8 October

(Distances: 21.1 km & 10 km; certified near-loop courses. Finishers: half-marathon – 8091 [up from 7625 last year]; 10 km – 5744 [down from 6744].)

Note: Repeat victories here in the half marathon for David Manja and Jenna Challenor. -- Ed.

Half marathon

MEN

1. David Manja (Ned ANW) 1:04:36
2. Xolisa Tyali (Ned CGA) 1:04:37
3. Obed Kopong (Ned ANW) 1:06:20
4. Raydon Balie (WR) 1:08:13
5. Peter Tsawayo (ZIM/Gugs) 1:10:15
6. Thembeke Mendu (Gugs) 1:10:15 [correct] (1st jun)
7. Vakalisa Kopolo (Ned) 1:12:26 (1st vet)
8. Alantino Belillie (Eerste) 1:12:27
9. Tino Adams (Eerste) 1:12:45
10. Lehlohonolo Nyombane (Ned) 1:13:08

Veterans: 1. Vakalisa Kopolo (Ned) 1:12:26; 2. Sihle Mapukata (Ned) 1:16:44; 3. Lieuwe Boonstra (Ind) 1:18:08. **Masters:** 1. Stephen Motau (Itheke) 1:20:24; 2. Timothy Hess (Eerste) 1:22:04; 3. Mandlenkosi Ngqunge (Ned) 1:26:18. **G'masters:** 1. Robbie Lindsay (Ned) 1:29:12; 2. Gemjikile Tom (Eskom) 1:32:06; 3. Mark Wagenheim (AAC) 1:37:57. **G/g'masters:** 1. Les Hanna (Whalers) 2:00:36; 2. Ivan Jonker (Celtic) 2:14:13; 3. Yusuf Gamielien (Itheke) 2:16:47. **Juniors:** 1. Thembeke Mendu (Gugs) 1:10:15; 2. Alantino Belillie (Eerste) 1:12:27; 3. Lethu Cetywayo (VOB) 1:15:56.

WOMEN

1. Jenna Challenor (KPMG) 1:17:40
2. Loveness Madziva (ZIM/Ned KZN) 1:19:15
3. Fortunate Chidzivo (ZIM/Ned) 1:19:28

4. Liziwe Mabona (AMPA) 1:21:25
5. Vicky van der Merwe (Ind) 1:21:57
6. Annamart Laubscher (Ind) 1:24:12
7. Kelly Nel (AAC) 1:24:53
8. Danette Smith (KPMG) 1:25:14
9. Sophie Cope (SH) 1:26:30
10. Helen Ibbotson (B2R CGA) 1:26:44 (1st vet)

Veterans: 1. Helen Ibbotson (B2R CGA) 1:26:44; 2. Joanna Thomas (VOB) 1:28:41; 3. Anne Stewart (Harf) 2:29:02. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 1:32:01; 2. Angelique Rabie (Carb) 1:33:45; 3. Olga Howard (Ned) 1:35:29. **G'masters:** 1. Nancy Will (Pine) 1:40:07; 2. Jeanette van Wyk (Bell) 2:10:12; 3. Annel van der Merwe (LS) 2:11:57. **G/g'masters:** 1. Veronica van Niekerk (EGA) 1:56:04; 2. Pixie Sparg (Celtic) 2:03:38; 3. Marlene James (Pine) 2:24:48. **Juniors:** 1. Sophia Els (Bell) 1:49:38; 2. Aashiqah Abdulla (Top) 1:59:44; 3. Emmily Tewas (MSA) 2:03:02.

10 km

MEN

1. Lesiba Precious Mashele (Ned CGA) 28:51
2. Sibabalwe Gladwin Mzazi (Boxer CGA) 29:09
3. Ashley Smith (MSA) 29:27
4. Anthony Timoteus (UWC) 29:59
5. Jeromy Andreas (UJ) 30:07
6. Siboniso Soldaka (CPUT) 30:21
7. Adrian Wildschutt (Itheke) 30:29 (1st jun)
8. Samuel Matsepe (Ned ANW) 30:35
9. Rowhaldo Ratz (UWC) 30:36
10. Heinrich Wagner (KPMG) 30:40

Veterans: 1. Mthandazo Qhina (Ned) 31:56; 2. Tsungai Mwanengeni (ZIM/Gugs) 33:57; 3. Bonisile Ngculana (VOB) 34:11. **Masters:** 1. Tobias Philander (Itheke) 36:36; 2. Craig Jagga (Ind) 42:09; 3. Gerald Sullivan (Sanlam) 44:25. **G'masters:** 1. Mochamat Kriel (Ommie) 39:28; 2. Barry Bester (CMC) 42:23; 3. Daniel Brink (Ind) 43:36. **G/g'masters:** 1. Oloff Crous (Brack) 55:35; 2. Leon Otto (Sald) 56:07; 3. Maajid Warley (SH) 63:43. **Juniors:** 1. Adrian Wildschutt (Itheke) 30:29; 2. Rowhaldo Ratz (UWC) 30:36; 3. Poloko Maphunye (Ned ANW) 31:38

WOMEN

1. Zintle Xiniwe (KPMG) 35:49
2. Anel Terblanche (KPMG) 37:02
3. Vuyiseka Nkumenge (Ned) 37:35
4. Nomvuyisi Seti (Ind) 38:05
5. Tanith Maxwell (Boxer KZN) 38:09 (1st vet)
6. Christiane Adriaanse (VOB) 38:30
7. Vuyokazi Gebe (Leeuw) 38:42
8. Lee-Shay Willemse (Velo) 38:43
9. Sunel Jacobs (Stell) 39:48
10. Ester Brink (Carb) 40:44 (1st mast)

Veterans: 1. Tanith Maxwell (Boxer KZN) 38:09; 2. Christiane Adriaanse (VOB) 38:30; 3. Busisiwe Matiwane (Ned) 42:51. **Masters:** 1. Ester Brink (Carb) 40:44; 2. Mariëtte Strauss (Tyger) 42:56; 3. Annatjie Pienaar (Ind) 48:39. **G'masters:** 1. Charmaine Cupido (Ned) 47:21; 2. Christine Hibberd (FH) 51:06; 3. Helen du Plessis (Brack) 52:56. **G/g'masters:** 1. Marietha Herbert (Bell) 53:26; 2. Cecile Kidson (LS) 66:45; 3. Ingrid Willis (Ind) 69:44. **Juniors:** 1. Laila Abuzaid (Good) 42:25; 2. Caitlyn Schlehmeier (LS) 45:23; 3. Anle Loubser (Ind) 45:54.

Spar Grand Prix Series 10 km

(Women only; final event of 6-race series)

Johannesburg, 8 October

(NEW certified, hilly loop course with many turns. Finishers: 6578.)

1. Irvette van Zyl (Ned AGN) 34:48
2. Kesa Molotsane (KPMG AFS) 35:07
3. Nolene Conrad (KPMG WP) 36:19
4. Rutendo Nyahora (ZIM) 36:40
5. Rudo Mhonderwa (ZIM) 37:10
6. Lebogang Phalula (Boxer) 37:16
7. Glenrose Xaba (Boxer) 37:28
8. Patience Murowe (ZIM) 38:08
9. Nicole Louw (KPMG AFS) 38:36
10. Shanley Koekemoer (KPMG AGN) 38:38
11. Keneilwe Sesing (KPMG CGA) 39:21
12. Thobile Vilakazi (KPMG CGA) 39:35
13. Mapaseka Makhanya (Ind) 40:04
14. Casey Bosman (Ind) 40:06
15. Lesego Mpshe (KPMG CGA) 40:07
16. René Kalmer (KPMG CGA) 40:49

NMB 1 City Marathon (2nd)

Uitenhage to Port Elizabeth, 8 October

(Distance: 42.195 km; point-to-point course with a drop of 117 m between start and finish [2.8 m/km]. Finishers: 203 [up from 115 last year].)

MEN

1	Zolani	Mabhongo	Ikhamva AC	31	2:24:03
2	Andile	Motwana	Tinarha AC	20	2:25:33
3	Lucas	Raseruthe	LES/32Gi EP	36	2:26:52
4	Jonas	Makhele	Nedbank RC AGN	35	2:27:46
5	Luyanda	Tshangana	Ikhamva AC	34	2:27:58
6	Mosoeunyan	Morapalla	Hollywood Bets	38	2:28:34
7	Eric	Sigxashe	Motherwell AC	38	2:30:07
8	Zuko	Mambula	Qokolweni AC	30	2:30:23
9	Melikhaya	Kepe (1st vet)	Nedbank RC	41	2:32:07
10	Lucas	Nonyana	Nedbank CGA	38	2:32:30

Veterans:

1	Melikhaya	Kepe	Nedbank RC	41	2:32:07
2	Peter	Medupe	Nedbank RC AGN	42	2:35:23
3	Mzwanele	Maphekula	Bluewater Bay	41	2:38:11

Masters:

1	Desmond	Zibi	Achilles AAA	54	2:42:10
2	Makaya	Masumpa	Born 2 Run	51	2:48:15
3	Christopher	Mabengeza	Nedbank RC	51	2:51:58

G'masters:

1	Alan	Taylor	Achilles AAA	60	3:07:22
2	Cornet	Mathomane	Matatiele AC	64	3:11:23
3	Charles	Baatjies	Gelvan AC	60	3:34:00

G/g'masters:

1	Maros	Mosehla	Polokwana Mpl	75	3:34:13
2	Tamsanqa	Jusayi	Nedbank RC	75	4:24:17
3	Pele	Tshikundamalema	Nedbank RC AGN	77	4:47:29

WOMEN

1	Samukeliso	Moyo (1st vet)	ZIM/Nedbank RC AGN	43	2:59:57
2	Bulelwa	Simae	Nedbank RC WP	40	3:06:49
3	Beryl	Makokha	Nedbank RC AGN	28	3:07:50
4	Ndileka	Mvakwendlu	Tinarha AC	26	3:09:27
5	Lizzy	Babili	Nedbank RC AGN	27	3:12:09
6	Malineo	Mahloko	Sisonke	21	3:19:48
7	Christine	Claasen (1st mast)	Achilles AAA	53	3:22:56
8	Sarah	Raubenheimer	Rhodes Univ	24	3:24:39
9	Jane	Barnardo	Body Concept	42	3:24:44
10	Elmarie	Bezuidenhout	Charlo AC	35	3:28:11

Veterans:

1	Samukeliso	Moyo	ZIM/Nedbank RC AGN	43	2:59:57
2	Bulelwa	Simae	Nedbank RC WP	40	3:06:49
3	Jane	Barnardo	Body Concept	42	3:24:44

Masters:

1	Christine	Claasen	Achilles AAA	53	3:22:56
2	Michelle	Van Iddekinge	Elite A C	50	3:49:24
3	Buyelwa	Kobokana	Nedbank RC	52	3:52:57

BSI Duke of York Flying Scramble (86th)

Pietermaritzburg, 8 October

(Distance: 16 km; out-and-back course. Finishers: 131.)

MEN

1.	Menzi Ngcobo	KPMG	62:48
2.	Nomore Mondivenjere	RWFL	63:05
3.	Thomas Cebekhulu	Maxed Elite	63:14

40-49:

1.	Zwelihle Ndawonde	Ind	71:28
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50-59:

1.	Joseph Dumankude	Protea St	89:25
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60+:

1.	Benfield Zulu	Alex Wasps	107:28
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Juniors:

1.	Phumlani Dlamini	Eskom	69:11
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WOMEN

1.	Nonsikelelo Mbambo	Natal Carb	84:34
2.	Pat Dammann	Team Vit	89:30
3.	Jenny Taylor	Saints	105:03

40-49:

1.	Pat Dammann	Team Vit	89:30
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50-59:

1.	Debbie Kruger	Ngwenya SAPS	105:16
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60+:

1.	Jenny Taylor	Saints	105:03
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Juniors:

1.	Bongiwe Mtetwa	Ind	131:51
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Kromberg & Schubert 25 km & 15 km

Brits, 7 October

(Finishers: 25 km -- 160 [down from 190 last year]; 15 km -- 200 [up from 180].)

25 km

MEN

1 Kagiso Motyale (Nedbank) 85:37; 2 Peter Tadziripa (ZIM/Maxed Elite) 92:32 (1st vet); 3 Sello Maleka (Sunninghill) 94:43.

Veterans: 1 Peter Tadziripa (ZIM/Maxed Elite) 92:32. **Masters:** 1 Felix Lubanda (Rustenburg) 1:50:09. **G'masters:** 1 Abdul Mohammed (Magnolia) 2:45:23.

WOMEN

1 Leilani Scheffer (KPMG) 1:45:41; 2 Andriel de Lange (PPMK) 2:03:48; 3 Millicent Shai (Rustenburg) 2:13:02 (1st mast).

Veterans: 1 Sandra Meyer (Randburg) 2:27:58. **Masters:** 1 Millicent Shai (Rustenburg) 2:13:02.

15 km

MEN

1 Simon Mokonyama (Monaco) 49:44; 2 Itumeleng Phala (RWFL) 49:54; 3 Raoul Mabirimisa (VTM) 51:00.

Veterans: 1 Jameson Mabapa (Nedbank) 56:17. **Masters:** 1 Sydney Gregan (Solidarity) 67:12. **G'masters:** 1 Trevor Parry (HMK) 79:20. **G/g'masters:** 1 Johan Bossau (RWFL) 1:48:53.

WOMEN

1 Lizzy Dhiwayo (RWFL) 65:45; 2 Marilise Boucher (HMK) 73:38; 3 Irene Scheffer (RWFL) 74:35 (1st g'mast).

Veterans: 1 Lizzy Dhiwayo (RWFL) 65:45. **Masters:** 1 Ronel du Plessis (HMK) 75:12. **G'masters:** 1 Irene Scheffer (RWFL) 74:35. **G/g'masters:** 1 Kytie Burger (RWFL) 2:48:52. **Juniors:** 1 Carissa Schubert (Love Running) 88:10.

Chamberlain Capital Classic Half Marathon & 10 km

Pretoria, 7 October

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon -- 1050 [considerably down from 1400]; 10 km -- 880 [huge decrease from 1400]; also 450 in the 5 km)

Half marathon

MEN

1 Bafana Dube (Boot Camp) 71:38; 2 Frans Mogashoa (Wingate) 74:49; 3 Greg Barnes (Born 2 Run) 76:57.

Veterans: 1 Greg Barnes (Born 2 Run) 76:57; 2 Enoch Skosana (Nedbank) 82:16. **Masters:** 1 Graeme McCallum (Born 2 Run) 81:46. **G'masters:** 1 Marius Carstens (Vitality) 91:59. **G/g'masters:** 1 John Connon (Irene) 2:05:26.

WOMEN

1 Charné Bosman (Nedbank) 87:16 (1st vet); 2 Kate Roberts (KPMG) 88:08; 3 Vicky Hansen (Wanderers) 88:53.

Veterans: 1 Charné Bosman (Nedbank) 87:16; 2 Lisa Fernandez (Kyalami) 1:42:45.
Masters: 1 Julie Shadwell (Vitality) 1:51:22. **G'masters:** 1 Carole de Waal (Wingate) 2:01:22.

10 km

MEN

1 Reuben Kamau (Temp) 32:25; 2 Simon Mpholo (Rockies) 33:14; 3 Charles Soza (ZIM/Nedbank) 34:36.

Veterans: 1 Simon Mpholo (Rockies) 33:14; 2 Colin Witbooi (PMMC) 36:59. **Masters:** 1 Andries Vermaak (Randburg) 45:45. **G'masters:** 1 Joos Massyn (BNAC) 51:39.

G/g'masters: 1 Andries v.d. Merwe (Transnet) 60:07. **80+:** 1 Ken Nurden (Agape) 59:44.

WOMEN

1 Nina Mosehuus (Temp) 39:51; 2 Lesego Mpshe (KPMG) 40:09; 3 Thembi Baloyi (TUT) 40:36.

Veterans: 1 Cecilia Raath (PMK) 45:00; 2 Patricia Forbes (Tuks) 45:01. **Masters:** 1 Julie Soicher (Rockies) 43:51. **G'masters:** 1 Petro Vermaak (CSIR) 63:56. **G/g'masters:** 1 Hettie Booysen (Green Mile) 91:07.

BAKgat 10 km

(In memory of Phil Pansegrouw)

Bellville, 4 October

(Certified loop course with many corners. Finishers: 910 [slightly down from 917 last year].)

MEN

1. Akhona Makila (VOB) 31:26
 2. Thembeke Mendu (Gugs) 31:31 (1st jun)
 3. Xolisa Batela (Ned) 31:56

Veterans: 1. Vakalisa Kopolo (Ned) 32:40; 2. Shawn Abrahams (Kuils) 35:09; 3. Penwell Ntsaluba (Ned) 36:01. **Masters:** 1. Johnny Persents (WR) 35:23; 2. Steve Motau (Itheko) 36:40; 3. Eric Coetzee (Gugs) 37:00. **G'masters:** 1. Robbie Lindsay (Ned) 40:14; 2. Garry Wilford (Durb) 42:26; 3. Henry Cleophas (Ned) 46:33. **G/g'masters:** 1. Ronnie le Roux (Brack) 51:14; 2. Olof Crous (Brack) 56:10; 3. Bart Jonk (WC) n/t. **Juniors:** 1. Thembeke Mendu (Gugs) 31:31; 2. Siyabonga Mathe (East) 34:01; 3. Justin Claasen (Durb) 34:42.

WOMEN

1. Anel Terblanche (KPMG) 37:14
 2. Candyce Hall (Carb) 38:49
 3. Ivy Gongqa (Ned) 39:34

Veterans: 1. Linda Kinloch-Smith (Bell) 41:22; 2. Ursula Frans (Ned) 42:13; 3. Glenda Werth (Sanlam) 46:37. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 41:39; 2. Mariëtte Strauss (Tyger) 42:31; 3. Olga Howard (Ned) 45:08. **G'masters:** 1. Nancy Will (Pine) 45:53; 2. Hilary Rhode (Edge) 49:40; 3. Charmaine Cupido (Ned) 49:47. **G/g'masters:** 1. Pixie Sparg (Celtic) 56:01; 2. Marlene James (Pine) 63:08; 3. Annatjie Berntzen (Good) 81:24. **Juniors:** 1. Layla Abouzaid (Good) 42:42; 2. Kayla Clayton (MPT) 54:26; 3. Sabine Solomons (Brack) 58:41.

Karoo Ultramarathon (47th), Half Marathon & 12 km

Laingsburg, 30 September

(Distances: 80 km -- out-and-back course; 21.1 km & 12 km -- course configurations unknown. Finishers: 80 km -- 72; half marathon -- 38; 12 km -- 45 .)

Note: The name of the first veteran was spelt completely wrongly; DRR assumes it is Zwelithini Vaphi, who won the race in 2011. Lucas Nonyana has won the race at least five times -- previously in 2005, 2009, 2013 and 2014, but DRR did not receive the results for 2004 and 2016.

MEN

1	Lucas Nonyana	Nedbank AGN	5:31:17
2	Anele Ndzuta	Nedbank WPA	6:05:51
3	Sergio Motsoeneng	Setsing Superstar AC	6:13:44
4	Emmanuel Mavunda	Germiston Callies	6:17:28
5	Zwelithini Vaphi	Germiston Callies	6:17:30

Veterans:

1	Zwelithini Vaphi	Germiston Callies	6:17:30
2	Mxolisi Fana	Outeniqua Harriers	6:20:16
3	Anthony Kedama	Nedbank	6:43:18

Masters:

1	Bethuel Ramoshaba	Wingate Runners	6:57:48
2	John van der Byl	VOB	8:12:31
3	Andries Swarts	Ceres AC	8:31:51

G'masters:

1	Theo Swanepoel	Kempton RR	9:11:42
2	Jacob Erasmus	Ceres AC	9:23:06
3	Derrick Rondganger	Telkom AC	11:17:20

WOMEN

1	Rome Phillipson-Meyer	Hartenbos Drawwers	7:52:19
2	Zethena October	Ravensmead	8:25:42
3	Maryna Bingle	Cape Multisport Club	8:31:57
4	Siziwe Nstenbe	Germiston Callies	8:34:39
5	Rebecca Zandamela	Germiston Callies	8:42:35

Veterans:

1	Zethena October	Ravensmead	8:25:42
2	Siziwe Nstenbe	Germiston Callies	8:34:39
3	Michelle Taylor	Edgemead RC	10:41:23

Masters:

1	Maryna Bingle	Cape Multisport Club	8:31:57
2	Pearl Rondganger	Telkom AC	11:17:20

Half marathon**MEN**

1	Teshwill Pieters	Nedbank	1:21:18
2	Merwin Siryneers	Ceres AC	1:21:47
3	Karel Vlok	Nedbank	1:25:07

Veterans:

1	Karel Vlok	Nedbank	1:25:07
2	John Burns	Bellvile AC	1:36:58

Masters:

1	Hilton Murray	Bellvile AC	1:31:00
2	Gert Fourie	Hartenbos Drawwers	3:02:25

G'masters:

1	Jan Meyer	ESCDM	2:28:03
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G/g'masters:

1	Koert Meyer	Tygerberg AC	2:24:21
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WOMEN

1	Magrieta Willemse	Ceres AC	1:47:00
2	Sunette van Zyl-Briers	Bellville AC	1:52:52
3	Ute Morisse	Rand Road Worriers	2:07:38

Veterans:

1	Salome Schalkwyk	Ind	2:28:03
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Masters:

1	Hettie Fourie	Hartenbos Drawwers	3:02:28
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12 KM

MEN

1	Ashley Seksen	Ind	39:33
2	Andrew Fielies	Ind	42:22
3	Avante Faroa	Ind	43:38

Veterans:

1	Jonathan Idas	Franschoek AC	58:56
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Masters:

1	Rolan van As	Laingsburg AC	1:00:16
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G'masters:

1	Patrick Plaatjies	Ind	1:04:16
2	Johann Kotze	Whalers AC	1:08:24

Juniors:

1	Neil Nelson	Bellville AC	1:07:53
2	Corne van As	Laingsburg AC	1:45:17

WOMEN

1	Charlene Maartens	Edgemead Runners AC	1:09:02
2	Elsje Du Plessis	Herbalife	1:14:32
3	Elzabe Kotze	Whalers	1:28:05

Veterans:

1	Charlene Maartens	Edgemead Runners AC	1:09:02
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Masters:

1	Zaida van der Byl	VOB	1:36:58
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G'masters:

1	Elzabe Kotze	Whalers	1:28:05
2	Annamaie Faul	Ind	1:36:85

Karoolus Windpomp Half Marathon & 10 km

Graaff-Reinet, 30 September

(Distances: 21.1 km & 10 km; point-to-point downhill courses on the Murraysburg road.

Finishers: half marathon – 291 [slightly down from 303 last year]; 10 km – 144 [three up from last year's 141].)

Half marathon

MEN

1	Sithembile	Swarts	Nedbank RC SWD	25	1:06:06
2	George	Ntshiliza	Nedbank RC	38	1:06:45
3	Meschack	Haman	Temp	22	1:11:39

4	Bonakele	Ntshangasi	Nedbank RC WP	37	1:14:28
5	Patrick	Peta (1st vet)	Somerset East	41	1:19:16
6	Stegmann	Van Zyl	Temp	27	1:20:32
7	Jan	Fick (1st mast)	Graaff-Reinet	52	1:20:39
8	Booi	Lewis	Temp	56	1:22:13
9	Jacques	Barnard	Despatch AC	41	1:24:08
10	Henry	Crause	Despatch AC	34	1:24:45

Veterans:

1	Patrick	Peta	Somerset East	41	1:19:16
2	Jacques	Barnard	Despatch AC	41	1:24:08
3	Alfred	Malotana	Nedbank RC	47	1:29:05

Masters:

1	Jan	Fick	Graaff-Reinet	52	1:20:39
2	Booi	Lewis	Temp	56	1:22:13
3	Deon	Pretorius	Nedbank RC	51	1:24:57

G'masters:

1	Lochi	Lochner	Charlo AC	69	1:38:10
2	Hansie	Els	Somerset East	69	1:40:05
3	Ken	Barwood	Achilles AAA	62	2:00:41

G/g'masters:

1	Eckart	Schumann	Body Concept	72	1:59:33
2	Herman	Dekker	SAPS AC EP	72	2:09:42

Juniors:

1	Reinart	Viljoen	Temp	19	2:08:02
2	Damon	Rubidge	Temp	19	2:08:26

WOMEN

1	Annalise	Scholtz	Madiba BW	34	1:24:15
2	Siphokazi	Nojoko	Motherwell AC	22	1:27:29
3	Terray	Newcombe	Elite AC	26	1:32:05
4	Nerida	Lubbe (1st vet)	Hartenbos Draw	41	1:32:26
5	Ilze	Nel	Temp	45	1:33:33
6	Katjie	Moos	Temp	22	1:35:10
7	Grizelda	Pietersen	Nedbank RC	48	1:37:57
8	Talana	Vosloo	Despatch AC	36	1:39:04
9	Marnice	Pieterse	Temp	38	1:39:35
10	Theresa	Buchner	Nedbank RC	32	1:42:20

Veterans:

1	Nerida	Lubbe	Hartenbos Draw	41	1:32:26
2	Ilze	Nel	Temp	45	1:33:33
3	Grizelda	Pietersen	Nedbank RC	48	1:37:57

Masters:

1	Trish	Schuin	Somerset East	51	1:45:51
2	Marina	Fourie	Temp	53	1:50:59
3	Annalene	Moolman	Temp	56	1:53:41

G'masters:

1	Christine	Snyman	Despatch AC	61	1:59:37
2	Michelle	Whittington	Old Selbornian	64	2:04:33
3	Elsabe	Jonker	Queenstown Harr	60	2:15:54

Juniors:

1	Kathleen	Goodhead	Shoppie AC	16	1:53:23
2	Anchen	Coetzer	Temp	19	2:03:09

10 km**MEN**

1	Sipho	November	Graaff-Reinet	36	33:22
2	Anele	Voorman (1st jun)	Nedbank RC	17	34:45
3	Wilfred	Steynberg	Temp	16	35:43
4	Adriaan	Gerwel	Ikhamba AC	21	40:58
5	Hannes	Els (1st g'mast)	Madiba BW	67	42:10
6	Jannie	Nieuwenhuys (1st mast)	Temp	56	42:17
7	J.P.	Du Plessis	Temp	29	42:43
8	Joshua	Taljaard	Temp	20	43:16
9	Gideon	Taljaard	Temp	20	43:27
10	Wessel	Cloete	Temp	32	44:24

Veterans:

1	Riaan	Pieterse	Temp	40	48:59
2	Johan	Nel	Temp	49	53:49
3	Willie	Van Wyk	Temp	49	56:40

Masters:

1	Jannie	Nieuwenhuys	Temp	56	42:17
2	Harold	Taljaard	Temp	51	56:12
3	Leon	Groenewald	Madiba BW	50	1:00:15

G'masters:

1	Hannes	Els	Madiba BW	67	42:10
2	Norman	Newcombe	Temp	65	1:04:17
3	At	Schoeman	Nedbank RC	60	1:04:57

G/g'masters:

1	Wilkie	De Jager	Temp	77	1:25:37
2	Ralph	Scott	Temp	81	1:57:00

Juniors:

1	Anele	Voorman	Nedbank RC	17	34:45
2	Wilfred	Steynberg	Temp	16	35:43
3	Armand	Erasmus	Temp	14	58:36

WOMEN

1	Lara	Orrock (1st jun)	Excellente	18	35:58
2	Alicia	Cawood	Nedbank RC SWD	32	41:46
3	Nalize	Van Straaten	Schools EPA	14	46:38
4	Jacqui	Morris	Temp	32	48:28
5	Olwethu	Bomvana	Motherwell AC	31	49:14
6	Eldi	De Villiers	Temp	35	49:27
7	Elana	Loest	Temp	38	51:01
8	Dianne	Greeff	Temp	30	53:48
9	Jade	Alexander	Temp	18	53:50
10	Isabella	Polkinghorne	Temp	18	55:06

Veterans:

1	Adele	Taljaard	Temp	49	55:28
2	Maryke	Lategan	Temp	43	1:03:14
3	Mariette	De Goede	Temp	42	1:03:54

Masters:

1	Lynette	Crause	Infinity AC	57	57:35
2	Zelda	Krige	Infinity AC	57	59:00
3	Jenny	Ferreira	Temp	51	1:03:33

G'masters:

1	Benice	Putter	Somerset East	60	56:25
2	Jos	Els	Madiba BW	65	1:11:14
3	Karmin	Van der Walt	Temp	66	1:16:36

G/g'masters:

1	Dorothy	Hart	Nedbank RC	79	1:32:39
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Juniors:

1	Larra	Orrock	Excellente	18	35:58
2	Nalize	Van Straaten	Schools EPA	14	46:38
3	Jade	Alexander	Temp	18	53:50

Buco 10 km

Port Elizabeth, 24 September

(Loop course. Finishers: 345 [a huge decrease from 812 last year].)

Note: This race was formerly called the Clover Milk Run 10 km. -- Ed.**MEN**

1	Brendon	Effenaar	Nedbank RC	21	32:16
2	Vuyolwethu	Selana	SAPS AC EP	21	33:06
3	Sandile	Ngunuza	Nedbank RC	34	33:29
4	Zolile	Mhlahlo (1st vet)	Achilles AAA	42	33:38
5	Melikhaya	Kepe	Nedbank RC	41	33:44
6	Mthuthzeli	Mtenganya	SAPS AC EP	23	34:52
7	Sibusiso	Thu	SAPS AC EP	29	35:05
8	Lubabalo	Jusayi	Motherwell AC	26	35:35
9	Desmond	Zibi (1st mast)	Achilles AAA	54	36:24
10	Clinton	Barrath	Malabar	35	36:29
11	Anele	Voorman (1st jun)	Nedbank RC	17	36:44
12	Mhlanganisi	Makosa	VWAC	28	37:01
13	Kenneth	Menze	Bluewater Bay	55	38:54
14	Alfred	Pakkies	Charlo AC	49	38:57
15	Michael	Prince	Nedbank RC	43	39:26
16	Dillon	Marcus	Mercedez Benz	38	39:29
17	Bongisizwe	Vena	Nedbank RC	28	39:34
18	Goodwin	Vesile	Mercedez Benz	45	39:36
19	Ricardo	Fortuin	Mercedez Benz	29	39:43
20	Nico	Smith	Madiba BW	32	39:45

40-44:

1	Zolile	Mhlahlo	Achilles AAA	42	33:38
2	Melikhaya	Kepe	Nedbank RC	41	33:44
3	Michael	Prince	Nedbank RC	43	39:26

45-49:

1	Alfred	Pakkies	Charlo AC	49	38:57
2	Goodwin	Vesile	Mercedez Benz	45	39:36
3	Elroy	Matthews	Mercedez Benz	47	39:57

50-54:

1	Desmond	Zibi	Achilles AAA	54	36:24
2	John	Du Preez	Cradock A C	51	40:36
3	Graham	Terblanche	Madibaz AC	52	41:25

55-59:

1	Kenneth	Menze	Bluewater Bay	55	38:54
2	Stephen	McCarthy	Edgemead Runnin	56	41:50
3	Schoombee	Pretorius	Madiba BW	59	48:48

60-64:

1	Alan	Taylor	Achilles AAA	60	41:14
2	At	Schoeman	Nedbank RC	60	49:22
3	Bennie	Thyssen	St Albans AC	60	50:24

65-69:

1	Hannes	Els	Madiba BW	67	43:08
2	Sizinzo	Kama	Achilles AAA	66	45:18
3	Eddie	Eades	Nedbank RC	68	50:34

70-74:

1	Andre	Fourie	Nedbank RC	70	1:02:14
2	Herman	Dekker	SAPS AC EP	72	1:03:03
3	Alan	Penney	Walmer AC	70	1:08:52

75-79:

1	Kai	Tarnow	Kouga Multi SC	79	1:22:18
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Juniors:

1	Anele	Voorman	Nedbank RC	17	36:44
2	Creswinne	Slotto	VWAC	16	51:06
3	Tawfeeq	Vyver	Nedbank RC	18	52:01

WOMEN

1	Natalie	Ross	Temp	27	39:20
2	Adri	Wessels (1st vet)	St Albans AC	41	39:21
3	Sarah	Raubenheimer	Rhodes Univ	24	41:19
4	Vicky	Oelofse (1st jun)	St Albans AC	16	42:42
5	Davera	Magson	Nedbank RC	42	43:26
6	Hanlie	V.d. Westhuizen (1st g'mast)	Despatch AC	61	44:43
7	Priscilla	Dyantyi	Nedbank RC	43	44:46
8	Lindy	Kretzmann	32Gi EP AC	40	45:40
9	Talana	Vosloo	Despatch AC	36	46:57
10	Toegeda	Vyver	Nedbank RC	45	47:00
11	Ludine	Williams	St Albans AC	30	47:38
12	Theresa	Buchner	Nedbank RC	32	47:55
13	Caroline	Ross	Natal Carbineer	27	49:50
14	Carol	Booyesen	Muirite Strider	48	50:23
15	Lesley Ann	Bush	Despatch AC	45	51:06
16	Deane	Loubser	Nedbank RC	39	51:20
17	Lize Marie	Lemmer	Despatch AC	26	51:35
18	Belinda	Bain (1st mast)	Charlo AC	55	51:46
19	Cindy	Miller	Temp	37	51:51
20	Abena	Dlakavu	Vukani MS Club	30	53:07

40-44:

1	Adri	Wessels	St Albans AC	41	39:21
2	Davera	Magson	Nedbank RC	42	43:26
3	Priscilla	Dyantyi	Nedbank RC	43	44:46

45-49:

1	Toegeda	Vyver	Nedbank RC	45	47:00
2	Carol	Booyesen	Muirite Strider	48	50:23
3	Lesley Ann	Bush	Despatch AC	45	51:06

50-54:

1	Ann	Van der Merwe	Temp	51	54:07
2	Treloar	Childs	Infinity AC	54	55:00
3	Sonja	Olivier	Bluewater Bay	50	57:05

55-59:

1	Belinda	Bain	Charlo AC	55	51:46
2	Rosemary	Joubert	32Gi EP AC	56	53:43
3	Helen	McLean	Madiba BW	56	58:48

60-64:

1	Hanlie	Van der Westhuizen	Despatch AC	61	44:43
2	Christine	Snyman	Despatch AC	61	57:33
3	Rina	Barnard	Elite A C	64	1:23:30

65-69:

1	Helene	Oppel	Elite A C	67	1:01:17
2	Jos	Els	Madiba BW	65	1:09:38
3	Rita	Boucher	Infinity AC	67	1:15:57

70-74:

1	Liz	Jenkerson	Muirite Strider	70	55:57
2	Ronelle	Steyn	Nedbank RC	73	1:04:25
3	Denise	Terblanche	Infinity AC	70	1:07:04

75-79:

1	Isabella	Childs	Infinity AC	76	1:12:04
2	Dorothy	Hart	Nedbank RC	79	1:27:05

Juniors:

1	Vicky	Oelofse	St Albans AC	16	42:42
2	Simone	Olckers	SAPS AC EP	15	1:03:19

Waterfall 15 km (1st)

Inanda, 24 September

(Point-to-point course)

Note: No clubs were indicated with the results. -- Ed.**MEN**

1.	Ephraim Xaba	57:04
2.	Mzwandile Zigubu	58:54
3.	Mthokozi Cebisa	59:38

40-49:

1.	Ephraim Xaba	57:04
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50-59:

1.	David Gould	94:49
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WOMEN

1.	Robyn Greyling	73:00
2.	Samantha Gould	82:47
3.	Sibongile Mveli	90:41

40-49:

1.	Samantha Gould	82:47
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50-59:

1.	Sibongile Mveli	90:41
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Capital Classic 100

Pietermaritzburg, 23-24 September

(Distances: 100 miles, 100 km, 42.2 km & 24 hours and 12 hours; 1 km road loop)

Note: No clubs were indicated with the results. -- Ed.**24 hours****MEN**

1.	Justin Sher	167 laps	19:45:04
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WOMEN

1.	Lizette Botha	131 laps	23:59:21
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100 miles

MEN

1. Bradley Kavangh 161 laps 19:45:04

100 km

MEN

1. Nhanhla Zwane 100 laps 9:31:41

12 hours

MEN

1. Daan van Niekerk 86 laps 11:54:05

WOMEN

1. Roshini Pillay 88 laps 11:43:24

Marathon

MEN

1. Rusell Sclambers 3:42:20

WOMEN

1. Nonsikelelo Mbambo 3:42:05

PetroSA Marathon, Half Marathon & 10 km

Mossel Bay, 23 September

(Distances: 42.195 km, 21.1 km & 10 km; certified out-and-back courses, the marathon undulating. Finishers: marathon – 135 men + 28 women = 163 total [up from 124 last year]; half marathon – 254 [up from 176]; 10 km – 327 [up from 275].)

Note: Loveness Madziva also won the Ethekwini Township to Township Marathon a week later (results in last week's DRR). -- Ed.

Marathon

MEN

1	Munyaradzi Jari	ZIM	2:20:59
2	Cephas Pasimire	ZIM	2:21:04
3	Moses Kurgat	KEN/Nedbank	2:21:26
4	Vincent Kipchirchir	KEN/Nedbank	2:21:44
5	Melly Kennedy	KEN	2:22:10
6	Bereng Moqeti	Nedbank	2:22:40
7	Zulane Moveng	Ind	2:22:56
8	Mike Fokoroni	ZIM/Nedbank	2:23:32
9	Sithembele Fanekho	Nedbank	2:26:52
10	Modibe Mamabolo	Nedbank	2:28:26

Veterans:

1	Cephas Pasimire	ZIM	2:21:04
2	Modibe Mamabolo	Nedbank	2:28:26
3	Tumi Malefetsane	Sibanye Gold	2:39:10

Masters:

1	Monde Tutane	Gugs	3:10:28
2	Clifford Blake	Bellville	3:21:30
3	Phillipus du Toit	Hartenbos Drawwers	3:23:05

G'masters:

1	Cornet Mathomane	Matat EC	3:17:12
2	Louis v.d. Vyver	Nedbank	3:30:51

3	Erwin Schumann	VOB	3:42:01
WOMEN			
1	Loveness Madziva	ZIM/Nedbank KZN	2:43:02
2	Olivia Chitate	ZIM	2:49:25
3	Tabitha Tsatsa	ZIM	2:49:56
4	Chelitu Bogale Asefa	ETH	2:50:42
5	Catherine Skosana	Ind	3:10:22
6	Beryl Makokha	Ind	3:11:58
7	Nomvuyisi Seti	Ind	3:14:37
8	Candyce Hall	Carbineers AC	3:14:45
9	Busisiwe Matiwane	Nedbank	3:29:16
10	Nerina Lubbe	Hartenbos Drawwers	3:35:34
Veterans:			
1	Tabitha Tsatsa	ZIM	2:49:56
2	Busisiwe Matiwane	Nedbank	3:29:16
3	Nerina Lubbe	Hartenbos Drawwers	3:35:34
Masters:			
1	Michelle van Iddekinge	Elite AC	3:54:40
2	Agnes Nieburg	Profiles RC	4:02:55
3	Virginia van Schalkwyk	Hartenbos Drawwers	4:04:51
G'masters:			
1	Nancy Will	Pinelands AC	3:48:32
2	Monica Kriel	Hartenbos Drawwers	4:34:08
Half marathon			
MEN			
1	Lloyd Bosman	Nedbank	1:05:23
2	Kabelo Melamu	KPMG	1:05:37
3	Sibusiso Madikizela	Multi Sport	1:06:02
4	Eluid Biwott	Bedfordview	1:06:42
5	Itumeleng Sesiko	KPMG	1:08:25
Veterans:			
1	Tsungai Mwanengeni	ZIM/GUGS	1:13:58
2	Mxolisi Fana	Outeniqua Harriers	1:15:01
3	Wouter Frazenburg	Outeniqua Harriers	1:16:24
Masters:			
1	Selwyn Losper	Mosselbaai	1:18:30
2	Mutekle Rasmeni	Nedbank PE	1:19:42
3	Sydney Landsberg	Nedbank	1:24:32
G'masters:			
1	Jan du Toit	Hartenbos Drawwers	1:42:05
2	Koos Smith	Hartenbos Drawwers	1:44:52
3	Trevor van Rensburg	Sedgefield Striders	2:02:42
G/g'masters:			
1	Tamsanqa Jusayi	Nedbank PE	1:50:46
2	Caspar Greef	Ind	2:30:16
3	Carl Hendricks	Brackenfell AC	2:46:33
Juniors:			
1	Itumeleng Sesiko	KPMG	1:08:25
2	Thembeke Mendu	GUGS	1:10:15
3	Aviwe Kikana	KMC	1:16:33
WOMEN			
1	Keneilwe Sesing	KPMG	1:19:03

2	Fortunate Chidzivo	ZIM/Nedbank WP	1:21:37
3	Anna Moeketsi	Nedbank FS	1:22:19
4	Bulelwa Simae	Nedbank WP	1:23:17
5	Rosaline Isiah	Ind	1:29:34

Veterans:

1	Bulelwa Simae	Nedbank WP	1:23:17
2	Ursula Frans	Nedbank WP	1:32:23
3	Carol Groenewald	Hartenbos Drawwers	1:54:36

Masters:

1	Olga Howard	Nedbank WP	1:36:11
2	Karen Brough	Born 2 Run	1:41:20
3	Alison Jordaan	Nedbank	1:44:49

G'masters:

1	Charmaine Cupido	Nedbank WP	1:46:55
2	Adele Ungerer	Hartenbos Drawwers	2:02:20
3	Ester Oosthuizen	Hartenbos Drawwers	2:15:39

G/g'masters:

1	Anna-Marie van Eck	Nedbank	2:38:41
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Juniors:

1	Bianca le Grange	Nedbank	1:53:20
2	Lara van Rooyen	Ind	1:55:16
3	Bernita Irving	KMC	2:09:32

10 km**MEN**

1	Milton Kekana	Tut AGN	30:07
2	Collen Mulaudzi	Tut AGN	30:11
3	Rowhaldo Ratz	UWC	30:16
4	Akhona Makila	VOB	30:24
5	Heinrich Wagner	Ind	30:31

Veterans:

1	Vakalisa Kopolo	Nedbank WP	33:16
2	Booi Salman	Nedbank	34:41
3	Mauritz Jansen van Rensburg	Outeniqua Harriers	37:10

Masters:

1	Basie Boneparte	Albany SSS	38:04
2	Patrick Peters	SANDF	38:15
3	Samuel Windvogel	Outeniqua Harriers	44:23

G'masters:

1	Patrick Rawlins	Outeniqua Harriers	42:39
2	Andre Niemand	Hartenbos Drawwers	45:02
3	Thys Bouwer	Sanlam AC	47:04

G/g'masters:

1	Nic Brummer	Sedgefield Striders	52:14
2	Leslie Stuart	Knysna MC	53:22
3	Plaatjie Cronje	Outeniqua Harriers	59:09

Juniors:

1	Rowhaldo Ratz	UWC WP	30:16
2	Godwin Heyns	Nedbank	33:06
3	Christiaan Lingerveld	Nedbank	34:38

WOMEN

1	Vuyiseka Nkumenge	Ind	37:54
2	Melissa van Rensburg	Nedbank	38:40
3	Yandiswa Shange	KPMG	40:07

4	Brittney-Ann Meyer	Nedbank	40:22
5	Elne Conradie	Hartenbos Drawwers	41:44

Veterans:

1	Lisl Grobler	Knysna MC	41:52
2	Lanene Jansen van Rensburg	Outeniqua Harriers	47:49
3	Johanna Claassen	Nedbank	48:08

Masters:

1	Mariëtte Strauss	Tygerberg AC	43:05
2	Cia Herholt	Nedbank	46:33
3	Delmarie Henning	Hartenbos Drawwers	48:40

G'masters:

1	Mariet Horn	Knysna MC	56:11
2	Elizabeth Herbst	Outeniqua Harriers	1:02:31
3	Rose Marie Kruger	Outeniqua Harriers	1:02:44

G/g'masters:

1	Magdalene le Roux	Nedbank	1:15:04
2	Lisetta Visagie	Nedbank	1:15:30
3	Geraldine Loftie-Eaton	Nedbank	1:19:32

Juniors:

1	Yandiswa Shange	KPMG	40:07
2	Brittney-Ann Meyer	Nedbank	40:22
3	Elne Conradie	Hartenbos Drawwers	41:44

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**Bank of America Chicago Marathon (40th)**

(An Abbott World Marathon Majors Event / IAAF Gold Label Road Race) Chicago, USA, 8 October

(Distance: 42.195 km; certified loop course [prevalidated by IAAF measurer], almost completely flat)

MEN (gun times)

1.	Galen Rupp, Portland, OR	2:09:20 PB	\$100,000 + 15,000a
	[1:06:11 / 1:03:09]		
2.	Abel Kirui, KEN	2:09:48	75,000
3.	Bernard Kipyego, KEN	2:10:23	50,000
4.	Sisay Lemma, ETH	2:11:01	30,000
5.	Stephen Sambu, KEN	2:11:07 PB	25,000
6.	Kohei Matsumura, JPN	2:11:46	
7.	Ezekiel Chebii, KEN	2:12:12	
8.	Zersenay Tadese, ERI	2:12:19	
9.	Chris Derrick, Portland, OR	2:12:50 DB	12,000a
10.	Michael Shelley, AUS	2:12:52	
... 12.	Aaron Braun, USA Flagstaff, AZ	2:13:41	10,000a
... 14.	Feyisa Lilesa, ETH	2:14:49	
	[1:06:17 / 1:08:32]		
	Emmanuel Bett, KEN	DNF (1:18:15 at 25 km)	
	Stanley Biwott, KEN	DNF (1:18:16 at 25 km)	
	Dennis Kimetto, KEN	DNF (1:06:11 at half)	
	Matthew Centrowitz, Portland, OR	DNF (ran 17-mile training run)	

a) Earned USA citizen award

WOMEN (gun times)

1. Tirunesh Dibaba, ETH	2:18:31	\$100,000
[1:09:10 / 1:09:21]		
2. Brigid Kosgei, KEN	2:20:22 PB	75,000
[1:09:10 1:11:12]		
3. Jordan Hasay, Beaverton, OR	2:20:57 PB	50,000 + 15,000a
[1:09:13 / 1:11:44]		
4. Madai Perez, MEX	2:24:44	30,000
5. Valentine Kipketer, KEN	2:28:05	25,000
[1:09:12 / 1:18:53]		
6. Lisa Weightman, AUS	2:28:45	
7. Maegan Krifchin, Atlanta, GA	2:33:46	12,000a
8. Alia Gray, Boulder, CO	2:34:25	10,000a
9. Taylor Ward, Ogden, UT	2:35:27 PB	5,000a
10. Becky Wade, Denver, CO	2:35:46	4,500a
Florence Kiplagat, KEN	DNF (1:22:17 at 25 km)	

a) Earned USA citizen award

5 km splits for Dibaba:

5	0:16:08	(16:08)
10	0:32:28	(16:20)
15	0:49:02	(16:34)
20	1:05:35	(16:33)
25	1:21:59	(16:24)
30	1:38:28	(16:29)
35	1:54:50	(16:22)
40	2:11:36	(16:46)

Trento Half Marathon (7th)

Trento, ITA, 1 October

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

MEN (gun times)

1. Justus Kangogo, KEN	1:01:48	CR € 1500
2. Hicham Amghar, MAR	1:02:21	800
3. Wilson Cheruiyot, KEN	1:02:25	600

WOMEN (gun times)

1. Shitaye Eshete, BRN	1:10:10	€ 1500
2. Ivyne Jeruto Lagat, KEN	1:15:10	800
3. Agnes Tschurtschenthaler, ITA	1:15:11	600 + 500#

#) Earned Italian citizen bonus

Turin Half Marathon (17th)

Torino, ITA, 1 October

(Distance: 21.1 km; point-to-point, downhill course)

MEN (gun times)

1. Youssef Sbaai, MAR	1:02:42
2. Henry Kimani Mukuria, KEN	1:02:55

3. Joah Kipruto Koech, KEN, 1:02:57

WOMEN (gun times)

1. Winfridah Mora Moseti, KEN, 1:09:39
2. Lucy Liavoga, KEN, 1:14:20
3. Vivian Jerop Kemboi, KEN, 1:15:05

Bank of Scotland Great Scottish Run Half Marathon

(30th as half marathon or 25 km)

Glasgow, SCO, 1 October

(Distance: 21.1 km; with only small start/finish separation [record-standard course])

MEN (gun times)

1. Chris Thompson, Farnham & District 1:02:44
2. Tsegai Tewelde, Shettleston Harriers 1:03:18
3. Callum Hawkins, Kilbarchan AAC 1:03:18

WOMEN

1. Flomena Cheyech Daniel, KEN 1:10:17
2. Charlotte Purdue, Aldershot Farnham & D. 1:12:18
3. Fionnuala Ross, Shettleston Harriers 1:14:26
- ... 7. Jo Pavey (40+), Exeter Harriers 1:18:11

Medtronic Twin Cities Marathon (36th) & 10 Mile (19th)

(USA 10-mile Championships; USA Masters Marathon Championships)

Minneapolis to St. Paul, USA, 1 October

(Distances: Marathon, 42.195 km, standard certified course with 31 m elevation loss and 29.5% start/finish separation [record-standard]; 10 miles, certified point-to-point course with 14 m elevation GAIN and 78% start/finish separation [not record-standard].)

Marathon (gun times)

MEN

1. Dominic Ondoro, 29, Santa Fe, NM (KEN) 2:11:54 \$10,000
2. Elisha Barno, 32, Santa Fe, NM (KEN) 2:12:10 6,000
3. Nelson Oyugi, 25, Albuquerque, NM (KEN) 2:14:34 4,000

WOMEN

1. Jane Kibii, 32, Auburn, CA (KEN) 2:30:26 \$10,000
2. Hellen Jepkurgat, 28, Grand Prairie, TX (KEN) 2:31:50 6,000
3. Serkalem Abrha, 30, Albuquerque, NM (ETH) 2:32:35 4,000

USA 10-mile Championships (gun times)

Note: *Race Results Weekly* reports that Leonard Korir and Shadrack Kipchirchir were battling for the men's title, sprinting furiously in the final 200 m. They were also trying to pass Aliphine Tuliamuk, Natosha Rogers and Sara Hall, the leaders of the women's race who had been given a 6-minute and 18-second headstart. A \$10 000 "equalizer" bonus went to the first athlete across the line, in addition to the \$12 000 first place prize. The two men first passed Tuliamuk, then Rogers, then Hall. -- Ed.

MEN

1. Shadrack Kipchirchir, 28, Colorado Springs, CO 47:33 PB \$12,000 + 10,000e
2. Leonard Korir, 30, Colorado Springs, CO 47:33 10,000
3. Emmanuel Bor, 29, Colorado Springs, CO 47:39 PB 7,000

e) Earned equalizer bonus

WOMEN (all women's early start/6m18s headstart on the men) -

- | | | |
|--|----------|----------|
| 1. Sara Hall, 34, Redding, CA | 53:43 | \$12,000 |
| 2. Natosha Rogers, 26, Littleton, CO | 53:45 PB | 10,000 |
| 3. Aliphine Tuliamuk, 28, Santa Fe, NM | 53:52 | 7,000 |

RheinEnergie Marathon Köln (21st) & Half Marathon

Köln, GER, 1 October

(Distances: 42.195 km & 21.1 km; both certified loop courses)

Marathon (gun times)

MEN

- | | |
|---|---------|
| 1. Hendrik Pfeiffer, 1993, TV Wattenscheid 01 | 2:13:42 |
|---|---------|

WOMEN

- | | |
|--|------------|
| 1. Rebecca Robisch, 1988, LAC Quelle Fürth | 2:43:02 PB |
|--|------------|

Half marathon (gun times)

MEN

- | | |
|------------------------------------|---------|
| 1. Tobias Blum, 1995, LC Rehlingen | 1:05:42 |
|------------------------------------|---------|

WOMEN

- | | |
|---|------------|
| 1. Sabrina Mockenhaupt, 1980, LG Sieg | 1:12:05 |
| 2. Laura Hottenrott, 1992, GSV Eintracht Baunatal | 1:13:15 PB |
| 3. Lisa Heimann, 1987, LAZ Puma Rhein-Sieg | 1:15:09 PB |

Singelloop (67th)

Utrecht, NED; Sunday, October 1

(Distance: 10 km; flat one-loop course with no start/finish separation)

MEN (gun times)

- | |
|--------------------------------------|
| 1. Benard Kimeli, KEN, 27:57 |
| 2. Abel Kipchumba, KEN, 28:12 |
| 3. Leonard Patrick Komon, KEN, 28:14 |

WOMEN (gun times)

- | |
|------------------------------------|
| 1. Genet Gashie Beyene, ETH, 33:29 |
| 2. Jill Holterman, NED, 33:35 |

Syracuse Festival of Races (25th)

(USA Masters 5 km Championships)

Syracuse, USA, 1 October

(Distance: 5 km)

Note: Kevin Castille set a world record for men 45 to 49, winning the race by more than a minute. -- Ed.

MEN (gun times)

- | | | | |
|---|----------|------|-----------------------|
| 1. Kevin Castille, 45, Lafayette, LA | 14:29 WR | 4549 | \$300m + 500ag + 100^ |
| 2. Benjamin Snodgrass, 25, Portland, OR | 15:34 | | 250m |
| 3. David Angell, 40, Blue Ridge, VA | 15:37 | | 200m + 100^ |

m) Earned Masters prize money

ag) Earned age grade prize money

^) Earned prize money for winning age group

WOMEN (gun times)

1. Laurel Leone, 32, Minoa, NY 17:22 \$300m
2. Sascha Scott, 42, Syracuse, NY 17:50 250m + 100^
3. Christy Peterson, 42, North Wales, PA 17:51 200m

m) Earned Masters prize money

^) Earned prize money for winning age group

NEWS

A few news snippets from *Athletics International*:

Vivian Cheruiyot, the Olympic 5000 m champion, will line up for the second marathon of her career in Frankfurt on 29 October. She made her debut in London in April, finishing fourth in 2:23:50. She clocked a half-marathon PB of 67:44 in the Great North Run last month.

Paul Tergat (48), the former marathon world record holder and five times world cross-country champion, has been elected Chairman of the National Olympic Committee of Kenya in succession to Kip Keino, who has held that office since 1999.

At the age of 43, Lornah Kiplagat has officially announced her retirement. Born in Kenya, she has been a Dutch citizen since 2003. She was world champion at 20 km in 2006, short course cross-country and half marathon in 2007, and half marathon again in 2008. Her best 10000 m time was 30:12.53 when placing fourth in the 2003 World Champs and she set several world road race records, including 46:59 for 15 km in 2007, 50:50 for 10 miles in 2006 and 66:25 for half marathon in 2007. Her fastest marathon was 2:22:22 in Osaka in 2003.

STATS TIME

This week we include a list of the top ten SA veteran men 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. Secondary performances by the top three are also listed.

2017 MARATHON: TOP 10 VETERAN MEN

2:23:41	William Mokwalakwala	1	Centurion	01 May
2:24:32	Johannes Kekana	1	Benoni	29 Jan
2:24:54	Charles Tjiane	2	Benoni	29 Jan
2:25:04	Tjiane-2	2	Centurion	01 May
2:25:47	Bethuel Netshishefhe	1	Polokwane	29 Apr
2:27:28A	Zingisile Marikeni	1	East London	03 Sep
2:27:41	Herbert Mokgala	2	Polokwane	29 Apr
2:28:14	Hendrick Ramaala	2	Cape Town	17 Sep
2:29:14	Mokwalakwala-2	1	Sasolburg	04 Feb
2:30:10	Kekana-2	1	Pretoria	26 Feb
2:30:20	Graham Malinga	1	Ermelo	01 Apr
2:30:22	Tjiane-3	2	Pretoria	26 Feb
2:30:22	Ruben Setumu	3	Cape Town	17 Sep
2:31:30	Setumu-2	1	Durban	09 Apr
2:31:30	Mokwalakwala-3	1	Vanderbijlpark	17 Sep

2:32:31 Thulane Magagula 2 Ermelo 01 Apr

THIS MONTH IN HISTORY**95 years ago: 1 October 1922**

A number of world 30 km track records have been set in October, the last one in 1965. The first – and certainly the most peculiar – came on this day in Viipuri, Finland, when Finnish star Hannes Kolehmainen ran 1:47:13.4. Only the first 5 200 m and the last 3 500 m were run on the track; the rest of the distance was covered on the streets outside the stadium! Kolehmainen, the first-ever Olympic champion over 5000 and 10000 m, had also won the Olympic Marathon two years before. He broke the world record set by compatriot Albin Stenroos, set seven years before, by almost a minute, but two years later Stenroos would take the record back after also winning the Olympic marathon title.

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.

MENOpen

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		
	85:37	Kagiso Motyale	Brits		07 Oct
	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 Vellel	Cape Town		
	6:13:33	Takahiro Sunada (JPN) 1998			

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	31:11	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 62:28	Simon Mpholo John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996	Port Elizabeth	24 Jun
25 km	85:54 76:49	Shadrack Hoff Martin Mondragon (MEX) 1994	Pretoria	06 May
30 km	1:38:16 1:35:28	Mzwanele Maphekula Geraldo Antonio da Silva (BRA) 2002	Uitenhage	04 Mar
Marathon	2:23:41 2:08:46	William Mokwalakwala Andres Espinosa (MEX) 2003	Centurion	01 May
100 km	11:04:47 6:18:24	Johannes Joseph Mario Ardemagni (ITA) 2004	Cape Town	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

Juniors

10 km	30:10	Adrian Wildschutt	Goodwood	30 Sep
	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		

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

100 km	2:26:51 9:42:24 7:00:27	Priscilla Welch (GBR) 1987 Rowen Gloyne Normi Sakurai (JPN) 2007	Cape Town	22 Jul
<u>Masters (50+)</u>				
10 km	38:43 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Cape Town	02 Apr
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	4:28:29 3:35:29	Veronica van Niekerk Helga Miketta (GER) 2013	Cape Town	17 Sep
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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