

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

Two long-running South African races were both held for the 39th time this weekend. In the Eastern Cape the BUCO Kowie Striders 27 km was run from Bathurst to Port Alfred and won by Luthando Hejana in 1:28:56 and master Christine Claasen in 2:07:47. Claasen also won in 2013 and 2014; in the men's race George Ntshiliza, who won the previous three years, was second.

In the Voet van Afrika Marathon Candyce Hall scored her fourth consecutive victory, in 3:25:45. On the Wednesday before the marathon she ran the Silver Queen Runway Night Race 10 km, on the Sunday before that the Gun Run Half Marathon, four days before that the BAKgat 10 km, on the weekend before that both the Grape Run Half Marathon and the Goodwood Harriers 10 km, AND on the previous weekend the PetroSA Marathon -- that totals a massive 156.6 km of racing in 22 days! The men's winner was Siviwe Nkombi in 2:46:35.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Free State O.R. Tambo Marathon, Half Marathon & 10 km, Bloemfontein
- * King Cetshwayo Marathon & Half Marathon, Richard's Bay
- * CANSA Shades of Pink 5 km, Durban
- * Voet van Afrika Marathon, Half Marathon & 10 km, Bredasdorp
- * BUCO Kowie Striders 27 km & 10 km, Bathurst to Port Alfred
- * Cape Gate Clicks Half Marathon & 10 km, Brackenfell
- * Silver Queen Runway Night Race, Ysterplaat

International highlights:

- * TCS Amsterdam Marathon, Amsterdam, NED
 - * Dong-A Ilbo Gyeongju Marathon, Gyeongju, KOR
 - * Hakone Ekiden Yosenkai 20 km Road Race, Tokyo, JPN
 - * De Lage Landen Marathon Eindhoven, Eindhoven, NED
 - * Zagreb Marathon & Half Marathon, Zagreb, CRO
 - * B.A.A. Half Marathon, Boston, USA
 - * Great 10 km Berlin, Berlin, GER
 - * Four Miles of Groningen, Groningen, NED
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CORRECTIONS

The route for the NMB 1 City Marathon (results in last week's DRR) has been changed to a loop course from the Port Elizabeth City Hall; it is not a point-to-point course from Uitenhage to Port Elizabeth anymore.

In the results of the FNB Durban 10 km CitySurfRun Philani Buthelezi was indicated as being the first veteran. However, he was born in 1989, so is not close to being a vet (he was entered with the wrong ID, giving him a birth year of 1974). The correct order of the veterans were: 1. Mluleki Nobanda 32:31, 2. Simphiwe Zulu 32:53, 3. Phillip Phakwayo 32:54.

In the results of the US 10-mile Championships it was stated that the "equalizer" bonus for first athlete across the finish line was awarded to Shadrack Kipchirchir after the women were given a headstart of 6 min 18 sec. This result was changed afterwards when it was found that the men actually started 6 min 10 sec after the women. Women's winner Sara Hall would have won by 8 seconds if not for the error, so the race organisers have decided to award her a parallel "equalizer bonys of \$10 000. (South Africa has one such handicap race, the Medihelp Bike & Tekkie 10 km, which was run on 2 September.)

ROAD RUNNING

Free State O.R. Tambo Marathon, Half Marathon & 10 km

Bloemfontein, 15 October

(Distances: 42.195 km, 21.1 km & 10 km; marathon & 10 km -- loop courses; half marathon -- figure-8 course)

Note: The prize money for these races was much reduced from what it was last year, but most of it was still won by foreigners. There are many discrepancies in the results, especially the age categories, so unfortunately only partial results are published here. Still, the women's 10 km results are probably wrong after the first two positions. Hopefully more accurate results will be available later. Finisher figures were also not available. All the times were indicated in thousandths of a second (!) and rounded up by DRR according to the rules. The spelling of some names was also corrected. Thanks to Pieter de Jager for his assistance and for detailed course information. -- Ed.

Marathon

MEN

1	Benard Kipsang	CHUMBA (KEN)	29	2:19:44	R80 000
2	Moses Kiptoo	KURGAT (KEN)	26	2:21:15	R60 000
3	Cosmas	KIGEN (KEN)	27	2:21:36	R40 000
4	Vincent	KIPCHIRCHIR (KEN)	33	2:25:33	R20 000
5	David	NGAKANE	37	2:26:02	R18 000
6	Zwene Samuel	MORENG	30	2:27:47	R16 000
7	Munyaradzi	JARI (ZIM)	27	2:28:28	R14 000
8	Pule	HLABAHLABA	35	2:28:45	R12 000
9	Monyele	MONYELE	36	2:29:09	R10 000
10	Chiyembekezo	JAMALI (ZIM)	29	2:32:27	R8000

WOMEN (Same prize money as men)

1	Joan Nancy	ROTICH (KEN)	30	2:44:33
2	Keneilwe	SESING	29	2:54:54
3	Jennifer	KOECH (KEN)	38	3:05:31
4	Catherine	SKOSANA	37	3:08:26
5	Anna	MOEKETSI	32	3:08:52

Half marathon**MEN**

1	Elroy	GELANT	31	1:04:47	R30 000
2	Desmond	MOKGOBU	29	1:05:01	R20 000
3	Khoarahle	SEUTLOALI (LES)	25	1:05:09	R15 000
4	Mothimokholo	HATASI (LES)	23	1:05:25	R10 000
5	Lebenya	NKOKA (LES)	35	1:05:26	R8000
6	Xolisa	TYALI	29	1:06:31	R6000
7	Simon	SIBEKO	22	1:07:06	R4000
8	Samuel	MATSEPE	29	1:07:14	R3000
9	Kabelo	MELAMU	20	1:08:31	R2000
10	Chabeli	NYEDIMANE	34	n/t	R1000

WOMEN (Same prize money as men)

1	Irvette	VAN ZYL	30	1:14:25	
2	Mamorallo	TJOKA (LES)	33	1:16:16	
3	Neheng	KHATALA (LES)	27	1:17:15	
4	Rudo	MHONDERWA (ZIM)	22	1:20:43	
5	Rosalynne	NYAWIRA	24	1:27:57	
6	Lucia Maphetang	MATLAKENG (LES)	26	1:29:07	
7	Thokoloane	MAKEPE	37	1:30:24	
8	Maryna	SWANEPOEL	31	1:31:09	
9	Sandra	MANSVELDER	22	1:36:38	
10	Roselinah Vangile	KHAMBULE	27	1:37:03	

10 km**MEN**

1	Precious	MASHELE	27	29:39	R15 000
2	Thabang	MOSIAKO	22	29:49	R12 000
3	Michael	MAZIBUKO	31	30:54	R10 000
4	Moeketsi	TSEISO (LES)	28	31:05	R6000

WOMEN (Same prize money as men)

1	Kesa	MOLOTSANE	25	35:18	
2	Glenrose	XABA	23	35:30	
3	Dimakatso	MOSIA	21	43:15	
4	Mpho	NKOALA	21	44:49	
5	Refiloe	KARREEBOS	20	44:55	R3000

King Cetshwayo Marathon & Half Marathon

Richard's Bay, 15 October

(Distances: 42.195 km & 21.1 km)

Marathon**MEN**

1. Thobile Mbolekwa 2:24:05
2. Nkosikhona Mhlakwana 2:25:21
3. Bonginkosi Zwane 2:27:43
4. Mawande Hlongwa 2:28:40
5. Simphiwe Ndlela 2:30:02

WOMEN

1. Slindile Chili 3:09:48
2. Winile Mnisi (SWZ) 3:15:30
3. Nonsikelelo Mbambo 3:21:37
4. Precious Duma 3:33:40

5. Priscilla Dlamini (SWZ) 3:36:11

Half Marathon

MEN

1. Sipho Mbanjwa 1:07:23
2. Anele Dlamini 1:08:05
3. Vumani Mlaba 1:09:31
4. Sipho Hlatshwayo 1:11:04
5. Mthokozisi Mazibuko 1:11:05

WOMEN

1. Nwabisa Mjoli 1:25:16,
2. Thobile Mkhize 1:26:37
3. Happiness Mkhize 1:27:30

CANSA Shades of Pink 5 km

Durban, 15 October

MEN

1. Thabiso Dlamini 20:40
2. Sbongokuhle Sithole 23:35
3. Phomotso Seboyi 23:54

WOMEN

1. Thubisile Memela 27:20
2. Sphindile THusi 28:33
3. Zamile Nduli 29:04

Voet van Afrika Marathon, Half Marathon (both 39th) & 10 km

Bredasdorp, 14 October

(Distances: 42.195 km – very hilly loop course, mostly on gravel; 21.1 km – hilly loop course, mostly on gravel; 10 km – hilly loop course. Finishers: marathon – 213 men + 85 women = 298 total [slightly up from 293 last year]; half marathon – 166 men + 165 women = 331 total [down from 377]; 10 km – 168 men + 259 women = 427 [up from 394].)

Note: Many athletes in the results had no clubs indicated, to DRR has decided to leave the clubs out entirely. -- Ed.

Marathon

MEN

- | | | | |
|----|---------|---------------|---------|
| 1 | Siviwe | NKOMBI | 2:46:35 |
| 2 | Admire | RUSHIKA (ZIM) | 2:54:23 |
| 3 | Richard | FLINT | 2:58:10 |
| 4 | Deon | TITUS | 3:01:15 |
| 5 | Bethuel | LEPHALLO | 3:13:20 |
| 6 | Warrick | SMITH | 3:21:10 |
| 7 | Johan | VAN ZYL | 3:23:09 |
| 8 | Cecil | REID | 3:24:13 |
| 9 | Peter | RUDHUKA | 3:26:33 |
| 10 | Andre | BRESLER | 3:28:09 |

Veterans:

- | | | | |
|---|---------|----------|---------|
| 1 | Bethuel | LEPHALLO | 3:13:20 |
| 2 | Johan | VAN ZYL | 3:23:09 |

3 Cecil REID 3:24:13

Masters:

1 Geddes GALLANT 3:29:40

2 Jacobus VISAGIE 3:44:12

3 Daniel VAN WYK 3:50:30

G'masters:

1 George LISSON 3:49:09

2 Willie COETZEE 3:57:38

3 Patrick DLANGAMANDLA 4:27:53

WOMEN

1 Candyce HALL 3:25:45

2 Ursula FRANS 3:38:19

3 Jana VAN HOUWELINGEN 3:52:35

4 Nienke PANNEKOEK 3:53:02

5 Elize KLOPPERS 4:01:06

6 Rachel DE BRUIN 4:09:41

7 Rianda GILLILAND 4:15:13

8 Ronel DU PLESSIS 4:15:18

9 Martha PRETORIUS 4:15:43

10 Rome PHILLIPSON 4:16:48

Veterans:

1 Ursula FRANS 3:38:19

2 Elize KLOPPERS 4:01:06

3 Rachel DE BRUIN 4:09:41

Masters:

1 Ronel DU PLESSIS 4:15:18

2 Joanne RABE 4:29:29

3 Nicki HILL 4:40:17

G'masters:

1 Hanna NEL 05:16:40

2 Diane DUGGAN 05:29:37

Half marathon

MEN

1 Retsepile KHOTLE 1:15:11

2 Ettiene PLAATJIES 1:16:04

3 Riaan WITBOOI 1:32:21

4 Andre ADRIAANSE 1:33:34

5 Rob WILLIAMSON 1:40:20

WOMEN

1 Busisiwe MATIWANE 1:45:33

2 Marliese ROSSOUW 1:47:46

3 Martha KOEKEMOER 1:48:34

4 Christine DE JAGER 1:56:25

5 Elona KEYSER 1:56:49

10 km

MEN

1 Andre AFRIKA 32:27

2 Wouter FRAZENBURG 35:49

3 Jumat WITBOOI 36:31

4 Sivuyile SIBANGO 36:55

5 Duvan JANSEN 37:56

WOMEN

1	Elizabeth	BRINK	47:08
2	Annmarie	STEYN	47:30
3	Gift	VAALTYN	48:13
4	Isme	STEENKAMP	51:53
5	Elna	SEEGMULLER	54:06

BUCO Kowie Striders 27 km (39th) & 10 km

Bathurst to Port Alfred, 14 October

(Point-to-point courses, with approx. 20 km of the 27 km on gravel. Finishers: 27 km – 243 [slightly up from 228 last year]; 10 km – 96 [down from 102].)

27 km

MEN

1	Luthando	Hejana	Real Gijimas	30	1:28:56
2	George	Ntshiliza	Nedbank RC	38	1:29:59
3	Siyabonga	Kahla	Motherwell AC	21	1:30:38
4	Brendon	Effenaar	Nedbank RC	21	1:32:05
5	Nkosinathi	Nzingo	Nedrcbor	35	1:34:31
6	Kevin	Gasebo	Transnet Eng EP	37	1:37:09
7	Xolisa	Ndlumbini	Vukani MS Club	35	1:37:49
8	Mzwanele	Maphekula (1st vet)	Bluewater Bay	41	1:39:36
9	Zolile	Mhlahlo	Achilles AAA	42	1:43:22
10	Jarryd	Cooke	Charlo AC	23	1:49:49

Veterans:

1	Mzwanele	Maphekula	Bluewater Bay	41	1:39:36
2	Zolile	Mhlahlo	Achilles AAA	42	1:43:22
3	Thandalantu	Poswa	BRAC	46	1:55:00

Masters:

1	Bennie	Stadler	Achilles AAA	54	1:52:59
2	Vernon	Newfeldt	Gelvan AC	51	1:54:17
3	Mario	Hockly	Albany SS	54	1:59:50

G'masters:

1	Richard	Foss	Albany SS	63	2:19:23
2	Roland	Dace	Gelvan AC	62	2:28:19
3	Riaan	Smalberger	St Albans AC	62	2:45:51

G/g'masters:

1	Herman	Dekker	SAPS AC EP	72	3:04:08
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Juniors:

1	Rory	McNeill	Temp	19	2:24:35
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WOMEN

1	Christine	Claasen (1st mast)	Achilles AAA	53	2:07:47
2	Talana	Vosloo	Despatch AC	36	2:15:42
3	Terri-Lynn	Penney (1st vet)	RWFL EP	40	2:17:29
4	Terray	Newcombe	Elite AC	26	2:18:06
5	Hester	Ferrezuelo	Temp	55	2:18:41
6	Angelique	Norton	Born 2 Run	28	2:18:41
7	Michelle	Van Iddekinge	Elite AC	50	2:21:09
8	Annelie	Gregory	Body Concept	43	2:21:11
9	Jessica	Steele	Rhodes Univ	25	2:22:00
10	Toegeda	Vyver	Nedbank RC	45	2:22:24

Veterans:

1	Terri-Lynn	Penney	RWFL EP	40	2:17:29
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2	Annelie	Gregory	Body Concept	43	2:21:11
3	Toegeda	Vyver	Nedbank RC	45	2:22:24

Masters:

1	Christine	Claasen	Achilles AAA	53	2:07:47
2	Michelle	Van Iddekinge	Elite AC	50	2:21:09
3	Buyelwa	Kobokana	Nedbank RC	52	2:30:53

G'masters:

1	Christine	Snyman	Despatch AC	61	3:06:17
2	Carol	Nepgen	Kowie Striders	66	3:57:57

G/g'masters:

1	Marlene	Wiese	Kowie Striders	71	3:20:41
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10 km**MEN**

1	André	Ketchem	Xcel AC	34	33:06
2	Gift	Chigomarawa	Nedbank RC	29	33:36
3	Vuyolwethu	Selana	SAPS AC EP	21	34:30
4	Melikhaya	Kepe (1st vet)	Nedbank RC	41	35:02
5	Mthuthzeli	Mtengenya	SAPS AC EP	23	35:59

Veterans:

1	Melikhaya	Kepe	Nedbank RC	41	35:02
2	Allayne	Guest	Temp	43	55:12
3	Themba	Dingela	Temp	46	1:00:40

Masters:

1	Desmond	Zibi	Achilles AAA	54	36:27
2	Mlungisi	Fana	Temp	54	57:59
3	Lloyd	De Vries	Temp	57	1:01:18

G'masters:

1	Graham	Channon	Achilles AAA	68	55:01
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Juniors:

1	Ayabonga	Saul	Kowie Striders	15	42:19
2	Timothy	Baker	Temp	16	45:26
3	Tawfeeq	Vyver	Nedbank RC	18	53:55

WOMEN

1	Anelisiwe	Matshikwe	Rainbow AC	23	48:00
2	Andrea	Teagle	Temp	29	48:15
3	Lubenathi	Njova	Temp	18	54:28
4	Ceri	Tustin	Charlo AC	38	54:32
5	Kerry	Butt	Temp	28	55:37

Veterans:

1	Philippa	Field	Albany SS	41	1:01:49
2	Shalane	Scott	Temp	46	1:11:31
3	Tabisa	Ralane	BRAC	41	1:14:01

Masters:

1	Barbara	Fisher-Hill	Temp	54	1:03:33
2	Judith	Stevenseon	Temp	50	1:09:31
3	Lungiswa	Mavata	Temp	51	1:10:43

G'masters:

1	Helene	Oppel	Elite AC	67	1:07:44
2	Maureen	Dickason	Temp	61	1:23:54

Juniors:

1	Teagan	Ford	Old Selbornian	14	1:07:11
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Cape Gate Clicks Half Marathon & 10 km

Brackenfell, 14 October

(Distances: 21.1 km & 10 km; certified, hilly loop courses. Finishers: half marathon -- 981; 10 km -- 1224 [down from 1677 last year].)

Half marathon

MEN

1. Sibusiso Madikizela (MSA) 1:10:40
2. Nkosinathi Madyo (Itheke) 1:10:41
3. Danzil Paulse (East) 1:10:50

Veterans: 1. Bonisile Ngculana (VOB) 1:14:52; 2. Mogale Piloso (SANDF) 1:22:52; 3. Lucky Ziqwayi (VOB) 1:23:32. **Masters:** 1. Johnny Persents (WR) 1:20:35; 2. Steve Motau (Itheke) 1:23:54; 3. Monde Tutani (Gugs) 1:26:58. **G'masters:** 1. Mochamat Kriel (Ommie) 1:31:04; 2. Robert Arnold (Top) 1:33:05; 3. Garry Wilford (Durba) 1:43:23. **G/g'masters:** 1. Yusuf Gamiendien (Itheke) 2:15:10; 2. Japie Esterhuizen (Strand) 2:29:34; 3. Kaare James (Pine) 2:34:08. **Juniors:** 1. Alantino ? (Eerste) 1:13:30; 2. Franklin September (Velo) 1:13:57; 3. Lethu Cetywayo (VOB) 1:18:55.

WOMEN

1. Fortunate Chidzivo (ZIM/Ned) 1:24:51
2. Nomvuyisi Seti (Ind) 1:26:28
3. Lee-Shay Willemse (Velo) 1:27:08

Veterans: 1. Jackie Misroll (Pine) 1:40:26; 2. Marlize van Schaik (Durb) 1:45:58; 3. Mardre Bethke (Sanlam) 1:48:52. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 1:34:21; 2. Olga Howard (Ned) 1:39:26; 3. Annalita Goosen (CMC) 1:41:49. **G'masters:** 1. Nancy Will (Pine) 1:44:19; 2. Ruth Leverton (Pine) 2:02:03; 3. Lea Norton (Gugs) 2:08:04. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:07:43; 2. Marlene James (Pine) 2:20:14; 3. Jakkie Greyling (Brack) 2:55:14. **Juniors:** 1. Sophia Els (Bell) 1:50:31; 2. Petro Moses (Velo) 2:01:34.

10 km

MEN

1. Siboniso Soldaka (CPUT) 30:46
2. Angelo Booysen (CS Bol) 31:15
3. Raydon Balie (WR) 31:29

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 33:58; 2. Shawn Abrahams (Kuil) 35:10; 3. Xolile Macanda (Gugs) 35:42. **Masters:** 1. Tobias Philander (Itheke) 36:48; 2. John September (Itheke) 38:55; 3. Eric Coetzee (Gugs) 40:03. **G'masters:** 1. Gemjikile Tom (Eskom) 42:13; 2. Michael Cozier (Atlantis) 45:15; 3. Albert Williams (Top) 47:46. **G/g'masters:** 1. Blake Wilkins (AAC) 50:14; 2. Oloff Crous (Brack) 58:13; 3. Claude Brooks (MS) 60:42. **Juniors:** 1. Carlo Flink (Itheke) 33:01; 2. Siyabonga NMathe (East) 34:56; 3. Limthembo Bhebha (VOB) 37:43.

WOMEN

1. Anel Terblanche (KPMG) 37:41
2. Zintle Xiniwe (KPMG) 39:33
3. Anna Bungu (Gugs) 39:55

Veterans: 1. Marlize Vienings (Edge) 44:13; 2. Cheryl Fortuin (IT) 49:40; 3. Glenda Werth (Sanlam) 49:46. **Masters:** 1. Ester Brink (Carb) 41:40; 2. Mariëtte Strauss (Tyger) 43:25; 3. Bev Charters (VOB) 47:29. **G'masters:** 1. Charmaine Cupido (Ned) 49:52; 2. Helen du Plessis (Brack) 52:16; 3. Cassandra Robinson (Sald) 61:14. **G/g'masters:** 1. Marietha Herbert (Bell) 54:19; 2. Di Dennis (Edge) 76:56; 3. Elza Olivier (SS) 84:12. **Juniors:** 1.

Laila Abuzaid (Good) 43:17; 2. Petriaan Moses (Velo) 46:56; 3. Emihle Mbanda (VOB) 47:29.

Silver Queen Runway Night Race

Ysterplaat, 11 October

(Distance: 10 km; certified loop course. Finishers: 1286 [up from 909 last year].)

MEN

1. Heinrich Wagner (KPMG) 31:15
2. Siviwe Nkombi (Ned) 32:00
3. Lindikhaya Mthangayi (Ind) 32:18

Veterans: 1. Samson Mkhize (SANDF AFS) 34:48; 2. Lucky Dladla (SANDF MPU) 34:59; 3. Colin Witbooi (SANDF AGN) 35:37. **Masters:** 1. Johnny Persents (WR) 36:17; 2. John September (Itheko) 37:27; 3. Daniel Pitlele (SANDF AFS) 38:58. **G'masters:** 1. Albert Williams (Top) 46:56; 2. Richard Wilson (CC) 47:27; 3. Chris Schnehage (Pine) 48:33. **G/g'masters:** 1. Bart Jonck (WC) 62:36; 2. Kaare James (Pine) 63:32; 3. Malcolm Rhodes (Pine) 65:07. **Juniors:** 1. Bronwyn George (Durb) 35:15; 2. Zama Zamlala (CC) 39:06; 3. Nolan Hanekom (Durb) 40:54.

WOMEN

1. Candyce Hall (Carb) 38:43
2. Linda Kinloch-Smith (Bell) 41:06 (1st vet)
3. Obertina Kanyongo (ZIM/Ned) 41:43 (1st mast)

Veterans: 1. Linda Kinloch-Smith (Bell) 41:06; 2. Marlize Vienings (Edge) 43:51; 3. Jackie Misroll (Pine) 44:29. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 41:43; 2. Mariëtte Strauss (Tyger) 43:03; 3. Teretha Lourens (WC) 48:06. **G'masters:** 1. Nancy Will (Pine) 47:33; 2. Beverley Ball (SACSOB) 51:51; 3. Helen du Plessis (Brack) 53:34. **G/g'masters:** 1. Pixie Sparg (Celtic) 55:43; 2. Marlene James (Pine) 62:37; 3. Jackie Greyling (Brack) 77:16. **Juniors:** 1. Nell Singleton (Worc) 52:57; 2. Leah Boyle (Good) 74:53.

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

TCS Amsterdam Marathon (42nd)

(IAAF Gold Label Road Race/Dutch Marathon Championships)

Amsterdam, NED, 15 October

(Distance: 42.195 km; certified loop course with stadium finish)

MEN (gun times)

- | | |
|--------------------------|---------------------|
| 1. Lawrence Cherono, KEN | 2:05:09 PB/CR* |
| [1:02:51 / 1:02:18] | |
| 2. Norbert Kigen, KEN | 2:05:13 PB |
| 3. Abraham Kiptum, KEN | 2:05:26 PB |
| 4. Mule Wasihun, ETH | 2:05:39 PB |
| 5. Amos Kipruto, KEN | 2:05:43 PB |
| 6. Laban Korir, KEN | 2:07:01 |
| 7. Stephen Chebogut, KEN | 2:07:30 |
| 8. Tesfaye Abera, ETH | 2:07:39 |
| 9. Abdi Nageeye, NED | 2:08:16 NR (1st NC) |

- | | |
|--------------------------|----------------|
| 10. Joseph Aperumoi, KEN | 2:08:26 PB |
| Zane Robertson, NZL | DNF (in debut) |
| Wilson Chebet, KEN | DNF |

WOMEN (gun times)

- | | |
|--------------------------|------------|
| 1. Tadelech Bekele, ETH | 2:21:54 PB |
| [1:10:12 / 1:11:42] | |
| 2. Gladys Chesir, KEN | 2:24:51 DB |
| 3. Azmera Abreha, ETH | 2:25:23 PB |
| 4. Viola Kibiwot, KEN | 2:25:32 PB |
| 5. Caroline Rotich, KEN | 2:26:26 |
| 6. Megertu Ifa, ETH | 2:28:54 PB |
| 7. Kuftu Tahir, ETH | 2:31:27 PB |
| 8. Tejitu Daba, BRN | 2:31:32 PB |
| 9. Giovanna Epis, ITA | 2:32:31 PB |
| 10. Failuna Matanga, TAN | 2:34:12 PB |

Dong-A Ilbo Gyeongju Marathon

Gyeongju, KOR, 15 October

(Distance: 42.195 km; loop course)

MEN (gun times)

- | | |
|-------------------------------------|------------|
| 1. Filex Kipchirchir Kiprotich, KEN | 2:06:54 PB |
| 2. Benson Kipruto, KEN | 2:07:21 PB |
| 3. Robert Kwambai Kipkorir, KEN | 2:08:14 |

WOMEN (gun times)

- | | |
|------------------------|---------|
| 1. Lee Sook-Jeong, KOR | 2:39:59 |
| 2. Kim Su-Jin, KOR | 2:44:16 |

Hakone Ekiden Yosenkai 20 km Road Race

Tokyo, JPN, 14 October

MEN (gun times)

- | |
|--|
| 1. Ledama Kisaisa, KEN, 57:27 PB |
| 2. Dominic Nyairo, 1997, KEN, 57:33 PB |
| 3. Simon Kariuki, 1992, KEN, 58:11 PB |
| 4. Patrick Mathenge Wambui, 1997, KEN, 59:02 |
| 5. Muthoni Muiru, 1998, KEN, 59:06 |
| 6. Titus Wambua, KEN, 59:10 PB |
| 7. Kazuya Azegami, 59:30 PB |
| 8. Ken Nakayama, 59:36 PB |
| 9. Hidaka Hayashi, 59:38 PB |
| 10. Keita Sakamoto, 59:41 PB |
| 11. Hideaki Sumiyoshi, 59:43 PB |
| 12. Issei Iwasa, 59:44 PB |
| 13. Noritoshi Hara, 59:48 |
| 14. Shoma Funatsu, 59:48 PB |
| 15. Ryosuke Tobe, 59:48 PB |

De Lage Landen Marathon Eindhoven (34th)

Eindhoven, NED, 8 October

(Distance: 42.195 km; one-loop course)

MEN (gun times)

1. Festus Talam, KEN 2:06:13 PB
2. Felix Kiptoo Kirwa, KEN 2:06:13 [correct] PB
3. Marius Kipserem, KEN 2:06:43
4. Dejene Debela Gonfa, ETH 2:07:10 PB
5. Cosmas Jairus Kipchoge, KEN 2:08:45 PB

WOMEN

1. Eunice Jeptoo, KEN 2:26:13 PB
2. Lucy Wanjiku Ndunga, KEN 2:36:38
3. Hanna Vandenbussche, BEL 2:37:30
4. Fanny Pruvost, FRA 2:37:51
5. Karen Van Proeyen, BEL 2:39:58

Zagreb Marathon (26th) & Half Marathon

Zagreb, CRO, 8 October

(Distances: 42.195 km & 21.1 km)

Marathon (gun times)

MEN

1. Wycliffe Kipkorir Biwott, 1988, KEN, 2:09:55 CR/PB
2. Benard Kitur, 1990, KEN, 2:14:36
3. Abel Kibet Rop, 1996, KEN, 2:15:25

WOMEN

1. Stellah Jepngetich Barsosio, 1993, KEN, 2:30:15 CR*
2. Olivera Jevtic, 1977, SRB, 2:35:31
3. Bojana Bjeljic, 1989, CRO, 2:38:38 PB

Half Marathon (gun times)

MEN

1. Joel Mwangi Maina, 1985, KEN, 1:02:09
2. Hillary Kiptum Maiyo Kimaiyo, 1994, KEN, 1:02:19
3. Nelson Kipkosgei Cherutich, 1993, KEN, 1:03:54

WOMEN

1. Christine Moraa Oigo, 1986, KEN, 1:11:58
2. Ruth Chemisto Matebo, 1988, KEN, 1:13:26
3. Zita Kácsér, 1988, HUN, 1:13:33

B.A.A. Half Marathon (17th)

(Third and final event of 2017 B.A.A. Distance Medley)

Boston, USA, 8 October

(Distance: 21.1 km; certified, hilly with some rough surfaces and many turns, negligible start/finish separation)

Note: Daniel Salel won here for the third consecutive year, while Joan Chelimo collected a big \$20 000 bonus for winning her second B.A.A. Distance Medley event of the year (she also won the B.A.A. 10 km on 25 June). --Ed.

MEN (gun times)

- | | | |
|---|---------|----------|
| 1. Daniel Salel, 26, KEN | 1:04:31 | \$10,000 |
| 2. Suguru Osako, 26, Hillsboro, OR (JPN) | 1:04:42 | 6,000 |
| 3. Tesfaalem Gebrearegawi, 21, ETH | 1:04:45 | 4,000 |
| ... 8. Dathan Ritzenhein, 34, Belmont, MI | 1:06:25 | 500 |

WOMEN (gun times) -

- | | | |
|---|---------|----------------------|
| 1. Joan Chelimo, 26, KEN | 1:10:31 | \$10,000 + \$20,000b |
| 2. Diane Nukuri, 32, Flagstaff, AZ (BDI) | 1:11:21 | 6,000 |
| 3. Biruktayit Degefa, 27, ETH | 1:11:40 | 4,000 |
| 4. Buze Diriba, 23, Albuquerque, NM (ETH) | 1:13:04 | 2,500 |

b) Bonus for winning two of the three BAA Distance Medley events in 2017.

Great 10 km Berlin (10th)

Berlin, GER, 8 October

(Distance: 10 km; flat one-loop course beginning and ending at Schloss Charlottenburg)

Note: In the women's race Alina Reh, 20, ran the fastest road 10 km by a European woman this year, and also broke Kathrin Ullrich's 28-year-old German U23 record. --Ed.

MEN (gun times)

- | | |
|------------------------------|----------|
| 1. Matthew Kimeli, 1998, KEN | 27:32 |
| [13:26 / 14:06] | |
| 2. Alfred Barkach, KEN | 27:33 PB |
| [13:35 / 13:58] | |
| 3. Bekele Haile Telahun, ETH | 27:53 |

WOMEN (gun times) -

- | | |
|--------------------------|----------|
| 1. Alina Reh, 1997, GER | 31:38 PB |
| [15:50 / 15:48] | |
| 2. Stella Chesang, UGA | 31:54 PB |
| [15:40 / 16:14] | |
| 3. Katharina Heinig, GER | 33:14 |

Four Miles of Groningen (31st)

Groningen, NED, 8 October

(Distance: 4 miles; point-to-point flat course)

Note: Ruth Jebet, world record holder in the steeplechase, won the women's race easily and missed the course record by 2 seconds, while Yomif Kejelcha was outkicked by Victor Chumo in the men's race. Not surprisingly, both marks are world leaders for the rarely-run distance. -- Ed.

MEN (gun times)

1. Victor Chumo, KEN, 17:31 WL
2. Yomif Kejelcha, ETH, 17:32
3. Noah Kipkemboi, KEN 17:36
4. Alfred Ngeno, KEN 17:44
5. Abel Sikowo, ETH, 17:45

WOMEN (gun times)

1. Ruth Jebet, BRN, 19:16 WL
2. Lemlem Hailu, ETH, 19:57
3. Jip Vastenburg, NED, 19:59

NEWS**SPAR GRAND PRIX SERIES: FINAL STANDINGS**

The final points standings and prize money for the Spar Grand Prix Series are as follows:

OPEN

1	Kesa Molotsane	KPMG	156	R173 000
2	Irvette van Zyl	Nedbank	146	R56 000
3	Nolene Conrad	KPMG	105	R33 000
4	Lebogang Phalula	Boxer	99	R28 000
5	Glenrose Xaba	Boxer	94	R23 000
6	Rutendo Nyahora	ZIM/Nedbank	85	R16 500
7	Rhudo Monderwa	ZIM/Nedbank	82	R12 000
8	Cornelia Joubert	Boxer	61	R10 500
9	Mapaseka Makhanya	Olifantsfontein	53	R9000
10	Patience Murowe	ZIM/Nedbank	44	R8000
11	Nicole Louw	KPMG	43	R7000
12	Elizabet Arsedo	ETH/Nedbank	32	R5800
13	Tish Jones	GBR/KPMG	30	R4500
14	Bertha Chikanga	ZIM/Maxed Elite	28	R3500
15	Maria Shai	Boxer	27	R2500
16	Jenna Challenor	KPMG	26	
17=	Christine Kalmer	KPMG	24	
17=	Keneilwe Sesing	KPMG	24	
19	Zintle Xiniwe	KPMG	22	
20	Shanley Koekemoer	KPMG	21	

Veterans:

1	Tanith Maxwell	Boxer	29	R4800
2	Janene Carey	Boxer	23	R3500
3	Bulelwa Simae	Nedbank	22	R1700

Masters:

1	Judy Bird	KPMG	60	R4800
2	Grace de Oliveira	Boxer	26	R3500

3	Gail Babich	Savages	11	R1700
G'masters:				
1	Margie Saunders	Nedbank	20	R4800
2=	Sonja Laxton	RAC	14	R2600
2=	Francis van Blerk	Nedbank	14	R2600
Juniors:				
1	Nicole Louw	KPMG	35	R4800
2	Shanley Koekemoer	KPMG	21	R3500
3	Simonay Weitz	Boxer	20	R1700

BACKGROUND

An enquiry by DRR subscriber Prof Andrew Bosch of the Sports Science Institute about the runners who have represented South Africa in the Olympic Marathon since readmission led to the following list, which I thought I would share with DRR readers. -- Ed.

SOUTH AFRICANS IN OLYMPIC MARATHON SINCE 1992

1992 Barcelona

25. Abel Mokibe 2:17:24
DNF: Jan Tau, Zithulele Sinqe

9. Colleen de Reuck 2:39:03

1996 Atlanta

1. Josiah Thugwane 2:12:36
27. Lawrence Peu 2:18:09
33. Gert Thys 2:18:55

DNF: Elana Meyer

2000 Sydney

12. Hendrick Ramaala 2:16:19
20. Josiah Thugwane 2:16:59
43. Johannes Maremane 2:21:25

31. Colleen de Reuck 2:36:48

2004 Athens

16. Gert Thys 2:16:08
DNF: Hendrick Ramaala, Ian Syster

2008 Beijing

44. Hendrick Ramaala 2:22:43
53. Norman Dlomo 2:24:28

2012 London

43. Lusapho April 2:19:00
49. Stephen Mokoka 2:19:52
DNF: Coolboy Ngamole

35. René Kalmer 2:30:51
81. Tanith Maxwell 2:40:27
DNF: Irvette van Blerk

2016 Rio de Janeiro

24. Lusapho April 2:15:24

97. Sibusiso Nzima 2:25:33
DNF: Lungile Gongqa

63. Lebo Phalula 2:41:46
96. Christine Kalmer 2:48:24

STATS TIME

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

2017 MARATHON: TOP 10 VETERAN WOMEN

2:54:09	Ulrica Stander	1	Cape Town	17 Sep
2:55:23	Charné Bosman	2	Cape Town	17 Sep
2:58:45A	Stander-2	1	Simon's Town	19 Feb
3:06:00	Salome Cooper	2	Benoni	29 Jan
3:06:49	Bulelwa Simae	2	Port Elizabeth	08 Oct
3:08:09	Lesley Train Austin	1	Durban	09 Apr
3:08:24	Linah Mhlongo	2	Polokwane	29 Apr
3:09:02A	Bosman-2	1	Howick	27 Aug
3:09:40	Natasha Collier	2	Durban	09 Apr
3:09:51	Julanie Basson	1	Sasolburg	04 Feb
3:10:56	Maria Vilakazi	3	Durban	09 Apr
3:11:10	Adele Waldron	1	Fish Hoek	21 Jan

THIS MONTH IN HISTORY

61 years ago: 6 October 1956

Only one South African men's marathon record has ever been set in October (it has happened twice on the women's side). After he had lost to Jackie Mekler in the 1954 Commonwealth Games Marathon (the dramatic race in Vancouver in which Jim Peters collapsed), when they won the bronze and silver medals respectively, Jan Barnard started a four-year period of great success in 1955. On this day, after he had won the SA title in April, he established himself as a contender for an Olympic medal when he ran a national record of 2:21:37.2 in Port Elizabeth. This would remain as the eighth fastest time in the world in 1956, but in Melbourne Barnard ran with an injury and dropped out after 35 km. However, two years later he won the silver medal at the Commonwealth Games in Cardiff in 2:22:57.4; his SA record would stand for almost ten years.

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		
	44:47	Gladwin Mzazi	Pretoria	19 Aug
	42:00	Matthew Kimeli Kipkorir (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	61:21	Stephen Mokoka	Port Elizabeth	24 Jun
	58:40	Abraham Cheroben (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	81:36A	Sipho Mbanjwa	Pinetown	29 Jan
	85:37	Kagiso Motyale	Brits	07 Oct
	74:27	Dathan Ritzenhain (USA)		
30 km	71:18	Dennis Kipruto Kimetto (KEN)		
	90:54	Melikhaya Frans	Uitenhage	04 Mar
	90:17	Yuichiro Ueno (JPN)		
Marathon	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
	2:10:51	Desmond Mokgobu	Rotterdam	09 Apr
	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	31:11	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
	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
Marathon	2:33:15	Reginald Ngobese	Sasolburg	04 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km	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 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

Great grandmasters (70+)

10 km	42:35 37:33	Pele Tshikundamalema Ed Whitlock (CAN) 2004	Pretoria	18 Feb
15 km	64:04 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Constantia	11 Mar
21.1 km	95:36 82:23	Elias Raphulu Ed Whitlock (CAN) 2001	Pretoria	08 Apr
25 km	1:56:09 99:59	Elias Raphulu Clive Davies (USA) 1985	Pretoria	06 May
30 km	2:46:08 2:00:56	Tamsanqa Jusayi Ed Whitlock (CAN) 2001	Uitenhage	04 Mar
Marathon	3:37:53 2:54:49	Elias Raphulu Ed Whitlock (CAN) 2004	Centurion	01 May
100 km	14:57:07	Donald Ross-Watt	Cape Town	22 Jul

Juniors

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

WOMEN

Open

10 km	32:22 29:43 30:21 Mx 30:04p Mx 30:29 Wo	Dominique Scott-Efurd Joyciline Jepkosgei (KEN) Paula Radcliffe (GBR) 2003 Joyciline Jepkosgei (KEN) Asmae Legzaoui (MAR) 2002	Boston	25 June
15 km	53:59A 55:48 45:37 46:14** Mx 45:37p Mx 46:59** Wo	Dominique Scott-Efurd Annie Bothma Joyciline Jepkosgei (KEN) Florence Kiplagat (KEN) 2015 Joyciline Jepkosgei (KEN) Lornah Kiplagat (NED) 2007	Camps Bay Eersterivier	08 Jan 08 Jul
21.1 km	72:31 64:52 65:09 Mx 65:06p Mx 64:52p Mx 66:25 Wo	Cornelia Joubert Joyciline Jepkosgei (KEN) Florence Kiplagat (KEN) 2015 Peres Jepchirchir (KEN) 2017 Joyciline Jepkosgei (KEN) Lornah Kiplagat (NED) 2007	Port Elizabeth	24 Jun
25 km	90:21A 1:40:31	Jenna Challenor Jenna Challenor	Pinetown Durban	29 Jan 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		
<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	2:54:09	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		
<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 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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