

# 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

Kenya's Joyciline Jepkosgei again shocked the road racing world this weekend by breaking her own mixed-gender half-marathon world record in Valencia by one second. *Race Results Weekly* reports that she earned a €50 000 bonus for the performance, which was assisted by a male pacemaker, Ezekiel Kemboi (not the steeplechaser). Jepkosgei set the previous world mark, 1:04:52, in Prague on 1 April. On the men's side, Abraham Cheroben was a clear winner (his third win here in four years), but the big story was Norway's Sondre Norstad Moen in fourth, who ran a national record 59:48, putting him third in the European all-time list.

Locally, the West Coast AC Half Marathon was moved a few kilometres up the coast from Bloubergstrand to Melkbosstrand this weekend and run in excellent weather conditions. The wins went to Lindikhaya Mthangayi, who scored his first victory since returning from a drugs suspension on 21 September, in 1:10:31 and Nomvuyisi Seti in 1:24:11.

In Boksburg Derocious Makhobalo won the Burger & Co 15 km in 48:37 after finishing second in the CSIR Half Marathon the previous day. The women's winner was Vicky Cotter in 60:40.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Ommiedraai 10 km, Kenilworth
- \* Burger & Co 15 km, Boksburg
- \* Merewent 10 km, Durban
- \* CSIR Half Marathon & 10 km, Pretoria
- \* White Cane 10 km, Port Elizabeth
- \* West Coast AC Half Marathon, Melkbosstrand

### International highlights:

- \* Medio Maratón Ciudad de Valencia, Valencia, ESP
- \* Scotiabank Toronto Waterfront Marathon, Toronto, CAN
- \* Buenos Aires Marathon, Buenos Aires, ARG
- \* Medibank Melbourne Marathon Festival, Melbourne, AUS
- \* Giro Podistico di Pettinengo, Biella, ITA
- \* Rock 'n' Roll Santander Totta Half Marathon RTP & Rock 'n' Roll Lisbon Marathon EDP, Lisboa, POR

\* XC: Boston Mayor's Cup Cross-country, Boston, USA

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## ROAD RUNNING

### Ommiedraai 10 km

Kenilworth, 22 October  
(Finishers: 2364)

Note: A new WP 70+ record here for Marietha Herbert, and repeat wins for Akhona Makila and Fortunate Chidzivo. And second race on consecutive days for Mariëtte Strauss, Nancy Will and Marlene James -- they all ran the West Coast AC Half Marathon the previous day as well. -- Ed.

#### MEN

1. Akhona Makila (VOB) 30:59
2. Vuyolwethu Mbukushe (Gugs) 31:18
3. Thembeke Mendu (Gugs) 31:24 (1st jun)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 33:41; 2. Bongani Mdlalose (SANDF) 35:42; 3. Nicholas Mpontshana (Sanlam) 36:54. **Masters:** 1. Steve Motau (Itheke) 36:23; 2. John September (Itheke) 36:53; 3. Eric Coetzee (Gugs) 37:34. **G'masters:** 1. Mochamat Kriel (Ommie) 39:41; 2. Robbie Lindsay (Ned) 39:54; 3. Yusuf Kara (Itheke) 45:08. **G/g'masters:** 1. Jimmy Morris (Forest) 43:50; 2. Dave Kenneth (VOB) 55:06; 3. Oloff Crous (Brack) 56:44. **Juniors:** 1. Thembeke Mendu (Gugs) 31:24; 2. Siyabonga Mathe (East) 34:18; 3. Yomela Bholokwana (East) 36:35.

#### WOMEN

1. Fortunate Chidzivo (ZIM/Ned) 37:57
2. Lee-Shay Willemse (Velo) 38:38
3. Karen Shimmla (USA?) 39:12

**Veterans:** 1. Busisiwe Matiwane (Ned) 42:39; 2. Ursula Frans (Ned) 43:08; 3. Leticia Smith (Carb) 46:04. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 42:09; 2. Olga Howard (Ned) 43:27; 3. Mariëtte Strauss (Tyger) 43:36. **G'masters:** 1. Nancy Will (Pine) 45:21; 2. Charmaine Cupido (Ned) 48:44; 3. Theresa Isaacs (VOB) 55:26. **G/g'masters:** 1. Marietha Herbert (Bell) 53:04 (WP rec); 2. Pixie Sparg (Celtic) 56:04; 3. Marlene James (Pine) 62:48. **Juniors:** 1. Razaan Kamaldien (Carb) 43:49; 2. Petriaan Moses (Velo) 45:59; 3. Byonce Williams (Velo) 45:59.

### Burger & Co 15 km

Boksburg, 22 October  
(Finishers: 850)

Note: Second race in two days here for Derocious Makhobalo and Simon Mpholo -- both also ran the CSIR Half Marathon the previous day. -- Ed.

#### MEN

- 1 Derocious Makhobalo (Nedbank) 48:37; 2 Donald Mashamaite (BCC) 49:02; 3 Givemore Mudzinganyama (ZIM) 49:30.

**Veterans:** 1 Simon Mpholo (Rockies) 52:02; 2 Hector Mahlangu (Carlton) 52:20; 3 Action Ramaboea (Ivory Park) 52:40. **Masters:** 1 George Mooi (Gallopers) 54:15; 2 Victor Mokonyane (Jeppe) 68:37. **G'masters:** 1 Zeblon Nxumalo (Honey Lotus) 69:36. **G/g'masters:** 1 Pele Tshikundamalema (Nedbank) 79:15. **Juniors:** 1 Thabo Tshabangu (Rockies) 56:22.

## WOMEN

1 Vicky Cotter (Wanderers) 60:40; 2 Franza Landman (KPMG) 61:14; 3 Nomsa Cossa (Ulinda) 63:54.

**Veterans:** 1 Leigh Privett (Wanderers) 67:08; 2 Julianie Basson (Born 2 Run) 67:56; 3 Gwen Muller (Jeppe) 76:23. **Masters:** 1 Judy Pace (RAC) 78:09; 2 Bettina Settenbrini (Kempton) 78:44. **G'masters:** 1 Sonja Laxton (RAC) 77:36. **G/g'masters:** 1 Francis Steel (RWFL) 2:24:24. **Juniors:** 1 Amor Martins (Brakpan) 98:07

**Merewent 10 km**

Durban, 22 October

## MEN

|    |                  |             |       |
|----|------------------|-------------|-------|
| 1. | Adam Lipschitz   | Ind         | 30:45 |
| 2. | Bonginkosi Zwane | Boxer AC    | 30:55 |
| 3. | Simphiwe Zulu    | Hollywood B | 32:19 |

**40-49:**

|    |               |             |       |
|----|---------------|-------------|-------|
| 1. | Simphiwe Zulu | Hollywood B | 32:19 |
|----|---------------|-------------|-------|

**50-59:**

|    |             |             |       |
|----|-------------|-------------|-------|
| 1. | Makho Sonke | Sydenham AC | 43:04 |
|----|-------------|-------------|-------|

**60+:**

|    |           |         |       |
|----|-----------|---------|-------|
| 1. | Les Smith | West AC | 51:08 |
|----|-----------|---------|-------|

## WOMEN

|    |                      |             |                 |
|----|----------------------|-------------|-----------------|
| 1. | Saneliswe Mbanjwa    | Phantane AC | 39:27           |
| 2. | Janene Carey         | Boxer AC    | 40:49 (1st vet) |
| 3. | Nokuthula Ntshangase | Savages AC  | 42:45           |

**40 to49:**

|    |              |          |       |
|----|--------------|----------|-------|
| 1. | Janene Carey | Boxer AC | 40:49 |
|----|--------------|----------|-------|

**50-59:**

|    |                   |          |       |
|----|-------------------|----------|-------|
| 1. | Grace de Oliveira | Boxer AC | 43:16 |
|----|-------------------|----------|-------|

**60+:**

|    |                  |        |       |
|----|------------------|--------|-------|
| 1. | Pamela Rasmussen | YWP AC | 53:43 |
|----|------------------|--------|-------|

**CSIR Half Marathon & 10 km**

Pretoria, 21 October

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 1350 [up from 1050 last year]; 10 km -- 1450 [up from 1200].)

**Half marathon**

## MEN

1 Reuben Kamau (KEN) 68:30; 2 Derocious Makhobalo (Nedbank) 70:02; 3 Vuyisile Tshoba (KPMG) 71:24.

**Veterans:** 1 Simon Mpholo (Rockies) 71:54; 2 Andreas Masoeru (Paradise Quality Lifestyle) 76:11. **Masters:** 1 Paul Mabena (Ford) 90:23; 2 Rob Hudson (Irene) 94:30. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 86:47. **G/g'masters:** 1 Pele Tshikundamalema (Nedbank) 1:51:34. **Juniors:** 1 Thabo Tshabangu (Rockies) 76:57.

## WOMEN

1 Kate Roberts (KPMG) 87:33; 2 Andriel de Lange (PPMK) 97:43; 3 Heidi Kalidas (Eskom) 1:40:28.

**Veterans:** 1 Ronel van Graan (Krugersdorp) 1:41:11; 2 Cecilia Raath (PMK) 1:42:11.  
**Masters:** 1 Julie Shadwell (Vitality) 1:52:54; 2 Susan Maree (Irene) 2:01:41. **G'masters:**  
 1 Heleen Höll (Rustenburg) 1:58:02. **Juniors:** 1 Chantelle Schulz (Wingate) 2:11:40.

### 10 km

#### MEN

1 Bafana Dube (Boot Camp) 31:43; 2 Reghen Magwai (Born 2 Run) 33:25; 3 Proud Mngomezulu (TUT) 33:32 (1st jun).

**Veterans:** 1 Phillimon Manyaka (Nedbank) 35:49; 2 Timothy Ratshilavhi (Nedbank) 38:02.  
**Masters:** 1 Graeme McCallum (Born 2 Run) 35:54; 2 Tidimalo Modiga (MiWay) 37:41.  
**G'masters:** 1 Chris Harmse (Irene) 51:42. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 59:25. **80+:** 1 Ken Nurden (Agape) 61:17. **Juniors:** 1 Proud Mngomezulu (TUT) 33:32.

#### WOMEN

1 Leshan Curlewis (Waterkloof HS) 39:02; 2 Michelle Redelinghuys (Tuks) 42:39; 3 Ronel Thomas (Boxer) 43:00 (1st vet).

**Veterans:** 1 Ronel Thomas (Boxer) 43:00; 2 Marilise Bouwer (HMK) 46:51. **Masters:** 1 Maria Bendana (Morningside) 46:44; 2 Debbie Bredenkamp (HQH) 48:04. **G'masters:** 1 Joey Cloete (Irene) 56:24. **G/g'masters:** 1 Sarie Botha (Vitality) 70:23. **80+:** 1 Deirdre Larkin (Randburg) 68:15. **Juniors:** 1 Leshan Curlewis (Waterkloof HS) 39:02.

### White Cane 10 km

Port Elizabeth, 21 October  
 (Finishers: 550 [up from 526 last year].)

#### MEN

|    |            |                   |                |    |       |
|----|------------|-------------------|----------------|----|-------|
| 1  | Mariano    | Eesou             | Madibaz AC     | 25 | 30:23 |
| 2  | Amos       | Nyongo            | Ikhamba AC     | 31 | 30:50 |
| 3  | Adriaan    | Gerwel            | Ikhamba AC     | 21 | 31:32 |
| 4  | Vuyolwethu | Selana            | SAPS AC EP     | 21 | 32:23 |
| 5  | Brendon    | Effenaar          | Nedbank RC     | 21 | 32:48 |
| 6  | Bulelani   | Niwa              | Achilles AAA   | 33 | 32:55 |
| 7  | Zolile     | Mhlahlo (1st vet) | Achilles AAA   | 42 | 33:28 |
| 8  | Xolisa     | Ndlumbini         | Vukani MS Club | 35 | 33:44 |
| 9  | Sibusiso   | Thu               | SAPS AC EP     | 29 | 34:20 |
| 10 | Lubabalo   | Jusayi            | Motherwell AC  | 26 | 34:32 |

#### Veterans:

|   |           |         |              |    |       |
|---|-----------|---------|--------------|----|-------|
| 1 | Zolile    | Mhlahlo | Achilles AAA | 42 | 33:28 |
| 2 | Melikhaya | Kepe    | Nedbank RC   | 41 | 35:50 |
| 3 | Lesley    | Koeseba | Nedbank RC   | 44 | 37:07 |

#### Masters:

|   |         |         |                 |    |       |
|---|---------|---------|-----------------|----|-------|
| 1 | Desmond | Zibi    | Achilles AAA    | 54 | 35:42 |
| 2 | Freek   | Daniels | Transnet Eng EP | 51 | 39:30 |
| 3 | Darrell | Wicht   | Madiba BW       | 54 | 39:41 |

#### G'masters:

|   |         |         |               |    |       |
|---|---------|---------|---------------|----|-------|
| 1 | Mxolisi | Mgobo   | Motherwell AC | 61 | 40:53 |
| 2 | Sizinzo | Kama    | Achilles AAA  | 66 | 44:39 |
| 3 | Albert  | Ngcanga | Xcel AC       | 67 | 45:02 |

#### G/g'masters:

|   |         |         |            |    |         |
|---|---------|---------|------------|----|---------|
| 1 | William | Vorster | PEAAC      | 71 | 50:36   |
| 2 | Herman  | Dekker  | SAPS AC EP | 72 | 59:35   |
| 3 | Andre   | Fourie  | Nedbank RC | 70 | 1:06:42 |

**Juniors:**

|   |         |        |                |    |       |
|---|---------|--------|----------------|----|-------|
| 1 | Xabiso  | Kobe   | Tinarha AC     | 19 | 36:37 |
| 2 | Estiaan | Hough  | Temp           | 16 | 40:57 |
| 3 | Rashaad | Dolley | Volkstrust M C | 15 | 42:14 |

**WOMEN**

|    |             |                              |              |    |       |
|----|-------------|------------------------------|--------------|----|-------|
| 1  | Ntombesintu | Mfunzi                       | Nedbank RC   | 35 | 37:53 |
| 2  | Christine   | Claasen (1st mast)           | Achilles AAA | 53 | 44:17 |
| 3  | Hanlie      | V.d. Westhuizen (1st g'mast) | Despatch AC  | 61 | 44:54 |
| 4  | Ilze        | Ritter                       | Charlo AC    | 28 | 46:09 |
| 5  | Sharon      | Tessenhof                    | Temp         | 35 | 46:22 |
| 6  | Lindie      | Steyn                        | 32Gi EP AC   | 30 | 47:10 |
| 7  | Anja        | Webber (1st jun)             | St Albans AC | 16 | 47:15 |
| 8  | Cassandra   | Lister                       | Madibaz AC   | 22 | 47:39 |
| 9  | Talana      | Vosloo                       | Despatch AC  | 36 | 47:39 |
| 10 | Toegeda     | Vyver (1st vet)              | Nedbank      | 45 | 47:46 |

**Veterans:**

|   |         |          |                 |    |       |
|---|---------|----------|-----------------|----|-------|
| 1 | Toegeda | Vyver    | Nedbank RC      | 45 | 47:46 |
| 2 | Elize   | Adams    | Gelvan AC       | 43 | 49:32 |
| 3 | Carol   | Booyesen | Muirite Strider | 48 | 50:14 |

**Masters:**

|   |           |          |              |    |       |
|---|-----------|----------|--------------|----|-------|
| 1 | Christine | Claasen  | Achilles AAA | 53 | 44:17 |
| 2 | Berenice  | Smith    | Nedbank RC   | 52 | 50:30 |
| 3 | Buyelwa   | Kobokana | Nedbank RC   | 52 | 50:47 |

**G'masters:**

|   |        |                    |                 |    |         |
|---|--------|--------------------|-----------------|----|---------|
| 1 | Hanlie | Van der Westhuizen | Despatch AC     | 61 | 44:54   |
| 2 | Helene | Oppel              | Elite A C       | 67 | 1:01:31 |
| 3 | Nicki  | Van Niekerk        | Muirite Strider | 63 | 1:03:41 |

**G/g'masters:**

|   |         |            |                 |    |         |
|---|---------|------------|-----------------|----|---------|
| 1 | Liz     | Jenkerson  | Muirite Strider | 70 | 58:09   |
| 2 | Ronelle | Steyn      | Nedbank RC      | 73 | 1:04:42 |
| 3 | Denise  | Terblanche | Infinity AC     | 70 | 1:08:08 |

**Juniors:**

|   |        |         |              |    |         |
|---|--------|---------|--------------|----|---------|
| 1 | Anja   | Webber  | St Albans AC | 16 | 47:15   |
| 2 | Simone | Olckers | SAPS AC EP   | 15 | 1:03:33 |

**West Coast AC Half Marathon**

Melkbosstrand, 21 October

(Distance: 21.1 km; NEW certified, flat loop course but with many corners. Weather: cool, no wind, excellent running conditions. Finishers: 889 [down from 923 last year].)

**MEN**

1. Lindikhaya Mthangayi (Ind) 1:10:31 (R1000)
2. Nkosiyethu Sotyantya (MSA) 1:12:26 (R800)
3. Vakalisa Kopolo (Ned) 1:12:33 (R400) (1st vet)

(All prize money except 70+ and juniors was the same: R450, R350, R300.)

**Veterans:** 1. Vakalisa Kopolo (Ned) 1:12:33; 2. Xolile Macanda (Gugs) 1:18:37; 3. Lucky Ziqwayi (VOB) 1:19:19. **Masters:** 1. Johnny Persents (WR) 1:18:50; 2. Timothy Hess (Eerste) 1:20:40; 3. Zolani Ntsodo (SANDF) 1:24:18. **G'masters:** 1. Garry Wilford (Durb) 1:33:43; 2. Gemjikile Tom (Eskom) 1:36:31; 3. Goodman Mpukane (Gugs) 1:37:13.

**G/g'masters:** 1. Eric Bateman (VOB) 1:48:46 (R250); 2. Kaare James (Pine) 2:22:49 (R100); 3. Koert Meyer (Tyger) 2:55:55 (R50). **Juniors:** 1. Gershon Aziza (SH) 1:15:25 (R200); 2. Lethu Cetywayo (VOB) 1:17:39 (R100); 3. Nashief Stemmet (SH) 1:27:09 (R50).

WOMEN (Same prize money as men)

1. Nomvuyisi Seti (Ind) 1:24:11
2. Sophie Cope (SH) 1:25:09
3. Christiane Adriaanse (VOB) 1:25:18 (1st vet)

**Veterans:** 1. Christiane Adriaanse (VOB) 1:25:18; 2. Jacky Misroll (Pine) 1:37:17; 3. Veruschke Kolbe (IT) 1:39:23. **Masters:** 1. Mariëtte Strauss (Tyger) 1:35:53; 2. Cailley Bredenkamp (Paarl) 1:46:29; 3. Griet Zakarian (Ind) 1:47:31. **G'masters:** 1. Nancy Will (Pine) 1:45:51; 2. Helen du Plessis (Brack) 2:00:38; 3. Ruth Leverton (Pine) 2:03:40. **G/g'masters:** 1. Marlene James (Pine) 2:17:49; 2. Annatjie Berntzen (Good) 2:56:39.

## 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

#### Medio Maratón Ciudad de Valencia (27th)

(IAAF Gold Label Road Race)

Valencia, ESP, 22 October

(Distance: 21.1 km; two-loop course with no start/finish separation)

MEN (gun times)

- |                                 |            |        |
|---------------------------------|------------|--------|
| 1. Abraham Cheroben, BRN        | 59:11      | € 3000 |
| [13:57 / 27:56 / 42:05 / 56:14] |            |        |
| 2. Leul Gebresilase Aleme, ETH  | 59:18 PB   | 1500   |
| 3. Tsadik Fikadu Haftu, ETH     | 59:22 PB   | 1000   |
| 4. Sondre Norstad Moen, NOR     | 59:48 NR   | 750    |
| 5. Mustapha El Aziz, MAR        | 1:00:50    | 500    |
| 6. Amanuel Mesel Tikue, ERI     | 1:00:53    | 250    |
| 7. Justus Kipkogei Kangogo, KEN | 1:00:55    | 250    |
| 8. Mathew Kipkoech Kisorio, KEN | 1:01:15    | 250    |
| 9. Almahjoub Dazza, MAR         | 1:01:21 PB | 250    |
| 10. Japhet Kipyegon Korir, KEN  | 1:01:25    | 250    |
| 11. Mourad El Bonnouri, MAR     | 1:01:33    |        |
| 12. Josphat Kimutai Tanui, KEN  | 1:01:41    |        |
| 13. Morris Munene Gachaga, KEN  | 1:02:39    |        |
| 14. Kenneth Keter, KEN          | 1:02:43    |        |
| 15. Yuki Sato, KEN              | 1:02:53    |        |

WOMEN (gun times)

- |                                   |                  |                          |
|-----------------------------------|------------------|--------------------------|
| 1. Joyciline Jepkosgei, KEN       | 1:04:51 CR/WRmx* | € 3000 + 3000i + 50,000* |
| [14:52 / 30:09 / 45:59 / 1:01:30] |                  |                          |
| 2. Fancy Chemutai, KEN            | 1:05:36 PB       | 1500                     |
| 3. Lucy Cheruiyot, KEN            | 1:07:31 PB       | 1000                     |
| 4. Gelete Burka, ETH              | 1:08:18 PB       | 750                      |
| 5. Paskalia Chepkorir, KEN        | 1:09:08          | 500                      |
| 6. Trihas Gebre, ESP              | 1:09:57 NR       | 250 + 1000e + 3,000#     |
| 7. Gebrekidam Birhan Mhretu, ETH  | 1:10:00 PB       | 250                      |
| 8. Azmera Gebru Hagos, ETH        | 1:10:40 PB       | 250                      |
| 9. Kaoutar Boulaid, MAR           | 1:10:58 PB       | 250                      |
| 10. Jip Vastenburger, NED         | 1:11:04 PB       | 250                      |
| 11. Marta Esteban Poveda, ESP     | 1:13:41          | 500e                     |
| 12. Kellys Arias, COL             | 1:13:58          |                          |

|                                  |         |      |
|----------------------------------|---------|------|
| 13. Sonia Bejarano Sanchez, ESP  | 1:15:56 | 300e |
| 14. Ester Navarrete Santana, ESP | 1:17:54 |      |
| 15. Maria Caballero, ESP         | 1:18:00 |      |
| 16. Sara Giomi, ESP              | 1:19:16 |      |

\*) IAAF world record for mixed gender race (pending ratification)/€ 50,000 bonus

e) Earned prize money for Spanish citizens

i) Earned course record bonus

#) Spanish record bonus

**Scotiabank Toronto Waterfront Marathon (18th)**  
 (Canadian Marathon Championships/IAAF Gold Label Road Race)  
 Toronto, CAN, 22 October  
 (Distance: 42.195 km)

MEN (gun times)

|                        |                   |                                |
|------------------------|-------------------|--------------------------------|
| 1. Philemon Rono, KEN  | 2:06:52 PB/CR/ACR | CAD 25,000 + 40,000* + 10,000* |
| 2. Dickson Chumba, KEN | 2:09:11           | 15,000                         |
| 3. Solomon Deksis, ETH | 2:11:27           | 8,000                          |

\*) Course record bonus; all-comers record 10,000 bonus

WOMEN (gun times)

|                       |                  |                |
|-----------------------|------------------|----------------|
| 1. Marta Megra, ETH   | 2:28:20          | CAD 25,000     |
| [1:11:02 / 1:17:18]   |                  |                |
| 2. Sutume Asefa, ETH  | 2:29:26          | 15,000         |
| 3. Sarah Jebet, KEN   | 2:30:02          | 8,000          |
| 4. Fatuma Sado, ETH   | 2:32:07          | 6,000          |
| 5. Leslie Sexton, CAN | 2:35:47 (1st NC) | 4,000 + 2,500c |

c) Earned Canadian Championships prize money, reduced 50% for times slower than 2:35 and reduced 75% for times slower than 2:40.

**Buenos Aires Marathon (33rd)**  
 (Iberoamerican Marathon Championships)  
 Buenos Aires, ARG, 15 October  
 (Distance: 42.195 km; new, flat AIMS-certified course)

MEN (gun times)

|                              |            |
|------------------------------|------------|
| 1. Barnabas Kiptum, KEN      | 2:09:48 CR |
| 2. Felix Kimutai, KEN        | 2:11:42    |
| 3. Birhanu Bekele Berga, ETH | 2:12:04    |

WOMEN (gun times) -

|                               |         |
|-------------------------------|---------|
| 1. Amelework Fikadu Bosh, ETH | 2:35:32 |
| 2. Rose Jepchumba, KEN        | 2:35:52 |
| 3. Ednah Mukwana, KEN         | 2:38:32 |

**Medibank Melbourne Marathon Festival** (40th)

Melbourne, AUS, 15 October

(Distances: Marathon, 42.195 km; loop course with many sharp turns; Half Marathon, 21.1 km; loop course)

**Marathon** (gun times)

MEN

- |                     |            |                          |
|---------------------|------------|--------------------------|
| 1. Isaac BIRIR, KEN | 2:14:08    | AUD 20,000 (=USD 15,823) |
| 2. John LANGAT, KEN | 2:14:27    | 7,000                    |
| 3. Matthew COX, AUS | 2:18:42 PB | 4,000                    |

WOMEN

- |                                  |            |                                  |
|----------------------------------|------------|----------------------------------|
| 1. Celia SULLOHERN, AUS          | 2:29:27 PB | AUD 20,000 + 3000i (=USD 18,197) |
| 2. Belaynesh Shifera YIGEZU, ETH | 2:38:47    | 7,000                            |
| 3. Rochelle RODGERS, AUS         | 2:43:50 PB | 4,000                            |

i) Earned time bonus for sub-2:30

**SriLankan Airlines Half Marathon** (gun times)

MEN

- |                        |         |                      |
|------------------------|---------|----------------------|
| 1. Brett Robinson, AUS | 1:04:01 | AUD 6000 (=USD 4747) |
| 2. Yuki YAGI, JPN      | 1:04:51 | 2500                 |
| 3. Liam Adams, AUS     | 1:05:09 | 1200                 |

WOMEN

- |                          |            |                      |
|--------------------------|------------|----------------------|
| 1. Makda Harun Haji, ETH | 1:10:39 PB | AUD 6000 (=USD 4747) |
| 2. Jessica Trengove, AUS | 1:11:48    | 2500                 |
| 3. Eloise Wellings, AUS  | 1:12:23    | 1200                 |
| 4. Nanaka IZAWA, JPN     | 1:13:30 PB |                      |
| 5. Virginia Moloney, AUS | 1:14:53    |                      |

**Giro Podistico di Pettinengo** (47th)

Pettinengo, Biella, ITA, 15 October

(Distance: men's race about 9.6 km [3 laps of 3.2 km], women's race about 4 km [1 lap plus 800 metres])

MEN (gun times)

- |                                         |       |
|-----------------------------------------|-------|
| 1. Yasin Hayato HAJI, 1996, ETH,        | 27:56 |
| 2. Faraja LAZARO DAMAS, 1997, TAN,      | 27:57 |
| 3. Daniele MEUCCI, 1985, C.S. ESERCITO, | 28:02 |

WOMEN (gun times)

- |                                |           |
|--------------------------------|-----------|
| 1. Daisy JEPKEMEI, 1996, KEN,  | 12:03 CR* |
| 2. Stella CHESANG, 1996, UGA,  | 12:23     |
| 3. Janat CHEMUSTO, 1998, UGA,  | 12:24     |
| 4. Eilish MCCOLGAN, 1990, GBR, | 12:24     |



## Rock 'n' Roll Santander Totta Half Marathon RTP (18th) & Rock 'n' Roll Lisbon Marathon EDP (5th)

Lisboa, POR, 1 October

(Distances: 21.1 km [point-to-point course with 8 m elevation loss] and 42.195 km [point-to-point course with 11 m elevation GAIN])

### Marathon (gun times)

#### MEN

1. Ishmael Chemtan BUSENDICH, KEN 2:10:51
2. El Hassan Elabassi, BRN 2:10:57
3. Daniel Kiprop Limo, KEN 2:15:30

#### WOMEN

1. Sarah Chepchirchir, KEN 2:27:57
2. Afera Godfay Berha, ETH 2:28:46
3. Sichala Kumeshi, ETH 2:38:52

### Half Marathon (gun times)

#### MEN

1. Birahan Nebebew, ETH 1:02:02
2. Goitom Kifle, ERI 1:02:14
3. Dema Tadu Abate, ETH 1:02:20

#### WOMEN

1. Eunice Chebichi Chumba, KEN 1:08:48
2. Visiline Jepkecho, KEN 1:09:31
3. Rose Chelimo, BRN 1:09:48
4. Ruth Chepngetich, KEN 1:10:33
5. Sharon Jemutai Cherop, KEN 1:12:35

## CROSS-COUNTRY

### Boston Mayor's Cup Cross-country (27th)

Boston, USA, 22 October

#### MEN

1. Ryan Mahalsky, 24, HANSONS-BROOKS DISTANCE PROJ 23:37 \$600 + \$300 US
2. Tommy Curtin, 24, SAUCONY FREEDOM TRACK CLUB 23:50 300 + 200 US
3. Julian Oakley, 24 OCEAN STATE AC/NEW BALANCE (NZL) 23:57 200

#### WOMEN

1. Molly Seidel, 23, SAUCONY FREEDOM TRACK CLUB 16:18 \$600 + \$300 US
  2. Abbey D'Agostino, 25, TEAM NEW BALANCE 16:48 300 + 200 US
  3. Chelsea Blase, 23, HANSONS-BROOKS DISTANCE PROJ 16:49 200 + 100 US
  - ... 5. Desiree Linden, 34, HANSONS-BROOKS DISTANCE PROJ 16:53 100
-

## STATS TIME

This week we include a list of the top ten SA women in the 10000 m for 2017. Note that Louisa Leballo failed an out-of-competition drugs test on 20 March (three days after she ran the time on the list) and that all her performances since that date have been annulled.

### 2017 10000 METRES: TOP 10 WOMEN

|          |                   |     |               |        |
|----------|-------------------|-----|---------------|--------|
| 33:37.91 | Annie Bothma      | 1h1 | Lexington     | 25 May |
| 34:12.53 | Nolene Conrad     | 1   | Jämsä         | 01 Jul |
| 34:22.71 | Louisa Leballo    | 1   | Pretoria      | 17 May |
| 34:56.12 | Glenrose Xaba     | 1   | Potchefstroom | 22 Apr |
| 35:12.32 | Cornelia Joubert  | 2   | Potchefstroom | 22 Apr |
| 35:26.89 | Mapaseka Makhanya | 3   | Potchefstroom | 22 Apr |
| 36:32.67 | Lusanda Bomvana   | 6   | Potchefstroom | 22 Apr |
| 37:18.36 | Puseletso Dladla  | 7   | Potchefstroom | 22 Apr |
| 37:51.00 | Rachel Leistra    | 1   | Cape Town     | 28 Apr |
| 38:20.97 | Monwabisi Mjoli   | 8   | Potchefstroom | 22 Apr |

## THIS MONTH IN HISTORY

### 37 years ago: 26 October 1980

Last week the story was told of the only South African men's marathon record set in October. The women have done so twice -- and on the same date, six years apart! The first was on 26 October 1974 when Suzanne Gaylard ran 3:05:02 in King William's Town. On this day it happened again when one of South Africa's greatest ever female athletes (and the first to receive Springbok colours in all three disciplines of athletics), Sonja Laxton, competed in the New York Marathon. It came only six weeks after Judy Ryan had broken Laxton's SA record with her 2:44:28 in Stellenbosch and Laxton had this new mark in her sights. She succeeded admirably by finishing a superb eleventh in 2:43:49. The winner was Grete Waitz who, in the third of her unprecedented nine victories, set a new world record of 2:25:42. The first official SA Marathon for women was run only the next year and Laxton won that in 2:44:35; she would set two more national marks: 2:36:44 in 1984 and 2:35:44 in 1986.

## 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)           |                |        |
|         | 58:23 | Zersenay Tadese (ERI) 2010       |                |        |

|          |         |                              |           |        |
|----------|---------|------------------------------|-----------|--------|
| 25 km    | 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)          |           |        |
|          | 87:13** | Eliud Kipchoge (KEN) 2016    |           |        |
| Marathon | 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 |
|          | 2:33:15  | Reginald Ngobese          | Sasolburg      | 04 Feb |
| Marathon | 2:19:29  | Titus Mamabolo (RSA) 1991 |                |        |
|          | 11:08:36 | Hilton Murray             | Cape Town      | 22 Jul |

#### Grandmasters (60+)

|         |          |                          |                |        |
|---------|----------|--------------------------|----------------|--------|
| 10 km   | 38:05    | Mochamat Kriel           | Pinelands      | 25 Feb |
|         | 32:48    | Martin Rees (GBR) 2013   |                |        |
| 15 km   | 60:24    | Mochamat Kriel           | Ravensmead     | 18 Mar |
|         | 54:32    | Cees Stolwijk (NED) 2013 |                |        |
| 21.1 km | 87:51    | Thomas Moses             | Port Elizabeth | 24 Jun |
|         | 71:31    | Martin Rees (GBR) 2013   |                |        |
| 25 km   | 1:54:07A | Devilliers Oberholzer    | Pinetown       | 29 Jan |
|         | 1:58:06  | Theo Bohnen              | Pretoria       | 06 May |
|         | 94:01    | Doug Winn (USA) 2010     |                |        |
| 30 km   | 2:10:11  | Kosie Botha              | Parow          | 26 Mar |

|                                 |             |                              |                |         |
|---------------------------------|-------------|------------------------------|----------------|---------|
| Marathon                        | 1:57:07     | Ed Whitlock (CAN) 1994       |                |         |
|                                 | 3:04:53     | Gideon Radebe                | Cape Town      | 17 Sep  |
|                                 | 2:36:30     | Yoshihisa Hosaka (JPN) 2009  |                |         |
| 100 km                          | 12:52:48    | Ratlali Finger               | Cape Town      | 22 Jul  |
| <u>Great grandmasters (70+)</u> |             |                              |                |         |
| 10 km                           | 42:35       | Pele Tshikundamalema         | Pretoria       | 18 Feb  |
|                                 | 37:33       | Ed Whitlock (CAN) 2004       |                |         |
| 15 km                           | 64:04       | Jeff Smith                   | Constantia     | 11 Mar  |
|                                 | 58:19       | Ed Whitlock (CAN) 2001       |                |         |
| 21.1 km                         | 95:36       | Elias Raphulu                | Pretoria       | 08 Apr  |
|                                 | 82:23       | Ed Whitlock (CAN) 2001       |                |         |
| 25 km                           | 1:56:09     | Elias Raphulu                | Pretoria       | 06 May  |
|                                 | 99:59       | Clive Davies (USA) 1985      |                |         |
| 30 km                           | 2:46:08     | Tamsanqa Jusayi              | Uitenhage      | 04 Mar  |
|                                 | 2:00:56     | Ed Whitlock (CAN) 2001       |                |         |
| Marathon                        | 3:37:53     | Elias Raphulu                | Centurion      | 01 May  |
|                                 | 2:54:49     | Ed Whitlock (CAN) 2004       |                |         |
| 100 km                          | 14:57:07    | Donald Ross-Watt             | Cape Town      | 22 Jul  |
| <u>Juniors</u>                  |             |                              |                |         |
| 10 km                           | 30:10       | 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    |                |         |
| <b>WOMEN</b>                    |             |                              |                |         |
| <u>Open</u>                     |             |                              |                |         |
| 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           |                |        |
| <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  | 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 |

|                |                               |                                                                             |                  |        |
|----------------|-------------------------------|-----------------------------------------------------------------------------|------------------|--------|
| 21.1 km        | 72:52<br>1:55:21<br>97:38     | Jo Klein (NED) 2004<br>Veronica van Niekerk<br>Lavinia Petrie (AUS) 2014    | Wellington       | 01 May |
| 25 km          |                               |                                                                             |                  |        |
| 30 km          | 2:18:20<br>2:50:37<br>2:47:08 | Gerry Davidson (USA) 1991<br>Veronica van Niekerk<br>Myra Rhodes (USA) 2002 | Camps Bay        | 08 Jan |
| Marathon       | 4:28:29<br>3:35:29            | Veronica van Niekerk<br>Helga Miketta (GER) 2013                            | Cape Town        | 17 Sep |
| 100 km         |                               |                                                                             |                  |        |
| <u>Juniors</u> |                               |                                                                             |                  |        |
| 10 km          | 35:23<br>31:42                | Nicole Louw<br>Zola Pieterse (RSA) 1984                                     | Pietermaritzburg | 20 Aug |
| 15 km          | 63:04<br>49:40                | Razaan Kamaldien<br>Ines Chenonge (KEN) 2001                                | Eersterivier     | 08 Jul |
| 21.1 km        | 98:46<br>1:09:05              | Georgina Janisch<br>Delilah Asiago (KEN) 1991                               | Pretoria         | 08 Apr |

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