

# Distance Running Results

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*Distance Running Results* (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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## EDITORIAL

The 29th running of the Goss & Balfe Sapphire Coast Marathon (originally known as the South Coast Marathon) was held this weekend, returning to its old point-to-point course from Scottburgh to Amanzimtoti. The wins went to Lucas Nonyana in 2:33:00 and Janie Grundling in 2:54:00 -- both times, coincidentally, in full minutes with no seconds. Grundling also won the race in 2014, in a much slower time.

In Kirkwood George Ntshiliza scored an easy victory in the Kirkwood Orchard Half Marathon in 1:10:52, while 48-year-old Grizelda Pietersen took the women's race in 1:41:11.

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* Goss & Balfe Sapphire Coast Marathon & Half Marathon, Amanzimtoti
- \* Chappies Challenge Half Marathon & 10 km, Hout Bay
- \* Elsie's River AC 10 km, Elsie's River
- \* Kirkwood Orchard Half Marathon & 10 km, Kirkwood
- \* King Price Irene Half Marathon & 10 km, Pretoria
- \* AkzoNobel 32 km & Half Marathon, Vanderbijlpark
- \* Meiringspoort Live Life Run Half Marathon & 12.5 km, Meiringspoort to De Rust

## International highlights:

- \* Mainova Frankfurt Marathon, Frankfurt, GER
  - \* Chosunilbo Chuncheon Marathon, Chuncheon, KOR
  - \* Volkswagen Ljubljana City Marathon, Ljubljana, SLO
  - \* SSE Airtricity Dublin Marathon, Dublin, IRL
  - \* Marseille-Cassis Classic, Marseille to Cassis
  - \* Le Marathon Vert Konica Minolta, Rennes, FRA
  - \* Hytteplanmila 10 km, Hole, NOR
  - \* Laikipia University Half Marathon, Laikipia, KEN
  - \* XC: Sun Belt Conference Cross-country Championships, Boone, USA; Mountain West Conference Cross-country Championships, Albuquerque, USA
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## CORRECTIONS

The Association of Road Racing Statisticians (ARRS) has flagged the Zagreb Marathon (on 8 October; results in DRR 17:41) for a potentially short course or course-cutting (the course is AIMS/IAAF-certified). The Race Time Bias (RTB), a calculation of how fast top runners went based on their recent performances, was -8.6 sec/km based on ten time comparisons. That's much faster than the allowable -5.0 sec/km. "Either the course was short or most of the elite runners cut the course," concluded analyst Ken Young. Furthermore, two women received unfair assistance during the race based on photo evidence submitted to *Race Results Weekly*. Bojana Bjeljic was handed drinks by her coach, Mladen Kršek, from a bicycle, and Matea Matosevic received pacing assistance from another athlete from her club who came out of the race, rested, then went back in. Those are both rules violations. As such, all results from this race should be disregarded for statistical purposes as suspicious.

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## ROAD RUNNING

### Goss & Balfe Sapphire Coast Marathon (29<sup>th</sup>) & Half Marathon

Scottburgh to Amanzimtoti (marathon) & Ilfracombe Station to Amanzimtoti (half marathon), 29 October

(Distances: 42.195 km & 21.1 km. Point-to-point courses. Finishers: marathon -- 1175; half-marathon -- 991).

Note: After using out-and-back courses last year, the organisers went back to the original point-to-point courses. The longer race was run as a 15 km once, so has had 28 runnings as a marathon. --Ed.

#### Marathon

##### MEN

1. Lucas Nonyana (Ned AGN), 38, 2:33:00 (R2500)
2. Mawande Hlongwe (Zakhele), 29, 2:35:37 (R1500)
3. Arcilio Nhacutoe (LES/ME), 35, 2:37:04 (R750)
4. Eric Ngubane (Ned), 35, 2:37:09
5. Nkosinathi Michael Duma (Ford), 30, 2:40:22

(All age category prize money was the same: R750, R600, R450.)

**Veterans:** 1. Ephraim Xaba (HV), 45, 2:43:00; 2. Jonathan Edwards (West), 41, 2:51:04; 3. Kwakhiwakwawo Ngubane (ME), 40, 2:51:34. **Masters:** 1. Michael Ndlovu (Etheke), 50, 2:49:23; 2. Themba Qhanqiso (Tongaat), 50, 3:16:04; 3. Paul Stewart (DH SOB), 51, 3:26:36. **G'masters:** 1. Derrick Mazibuko (West), 60, 3:41:31; 2. Themba Ngcongco (Elok), 60, 3:48:03; 3. Simon Chiliza (Syden), 60, 3:49:00.

##### WOMEN (Same prize money as men)

1. Janie Grundling (Boxer), 37, 2:54:00
2. Nonsikelelo Mbambo (Carb), 39, 3:26:58
3. Dawn Nunes (PDAC), 36, 3:29:40
4. Robyn Maré (HV), 39, 3:46:40
5. Samkelisiwe Mncube (Izing), 31, 3:43:13

**Veterans:** 1. Sarah Eksteen (West), 43, 3:50:59; 2. Zandile Dunywa (SCS), 42, 3:54:27; 3. Lindiwe Ndlovu (NRB), 40, 3:58:16. **Masters:** 1. Jen Patrick (Hilton), 52, 4:20:19; 2. Sue Robertson (RAC), 55, 4:20:23; 3. Helen Mann (Stella), 52, 4:23:07. **G'masters:** 1. Robbie Logan (CH), 60, 4:14:58; 2. Silvia Burton (HV), 60, 4:41:32; 3. Pamela Rasmussen (YWP), 65, 4:45:59.

**Half marathon**

## MEN

1. Adam Lipschitz (Ind), 23, 1:15:18 (R1000)
2. Lindokuhle Ntuli (Holly), 33, 1:15:26 (R500)
3. Jerry Rakau (FFA), 32, 1:16:05 (R250)

(All age category prize money was the same: R500, R300, R200.)

**Veterans:** 1. Thomas Mkansi (FFA), 42, 1:22:03; 2. Duane Dicks (Dolphin), 45, 1:22:14; 3. Phumlani Ntuli (Vertical), 42, 1:24:37. **Masters:** 1. Roy Mlambo (Vital), 52, 1:36:48; 2. Kenneth Culverwell (West), 55, 1:41:46; 3. Makhosonke Khumalo (Syden), 55, 1:42:41. **G'masters:** 1. Andrew Daly (West), 60, 1:30:47; 2. Les Smith (West), 68, 1:57:59; 3. Raymond Meyer (Sav), 70, 2:11:23. **Juniors:** 1. Ndumiso Mseleku (Love), 19, 1:28:15; 2. Sekelo Shude (Ind), 19, 1:34:31; 3. Fabio Caldeira (SCS), 17, 1:41:14.

WOMEN (Same prize money as men)

1. Nontokozo Mkhize (Ned), 25, 1:30:47
2. Shelley Young (Chilt), 28, 1:30:50
3. Simone Verster (KPMG), 39, 1:41:37

**Veterans:** 1. Anna Ngobese (Chilt), 40, 1:46:48; 2. Shirley Deyzel (Ind), 46, 1:53:48; 3. Alison Parle (West), 48, 2:05:38. **Masters:** 1. Joanne Gibb (Ind), 51, 1:49:06; 2. Roshini Natasen (High), 52, 1:51:00; 3. Debbie Kruger (SAPS), 57, 1:56:54. **G'masters:** 1. Colleen Peens (B2R), 60, 1:54:05; 2. Jenny Scott (Dolphin), 63, 1:59:23; 3. Corinne Parsons (SCS), 64, 2:21:00.

**Chappies Challenge Half Marathon & 10 km**

Hout Bay, 29 October

(Certified hilly out-and-back courses. Finishers: half marathon – 1136 [up from 836 last year]; 10 km – 731 [up from 642].)

**Half marathon**

## MEN

1. Siviwe Nkombi (Ned) 1:10:40
2. Lindikhaya Mthangayi (Ind) 1:12:38
3. Admire Rushika (ZIM/VOB) 1:15:12

**Veterans:** 1. Gareth Berning (VOB) 1:18:40; 2. Colin George (VOB) 1:22:19; 3. Lucky Zigwayi (VOB) 1:24:02. **Masters:** 1. John September (Itheke) 1:27:23; 2. Sidney Rustin (SANDF) 1:28:41; 3. James Wisbeach (Ind) 1:33:02. **G'masters:** 1. Mark Wagenheim (AAC) 1:43:48; 2. Ron Brink (Strand) 1:49:07; 3. Chris Lourens (Brack) 1:57:31. **G/g'masters:** 1. Bart Jonck (WC) 2:51:53; 2. Rodney Collyer (West) 3:01:51. **Juniors:** 1. Michael Mackintosh (FH) 1:28:04; 2. Cameron Mackintosh (FH) 1:32:54; 3. Isma-eel Cozy (Ommie) 1:43:00.

## WOMEN

1. Candyce Hall (Carb) 1:32:06
2. Katherine Antel (Carb) 1:32:19
3. Mariella Dirks (Carb) 1:38:11

**Veterans:** 1. Tracy Forbes (VOB) 1:38:21; 2. Karoline Hanks (Sat) 1:38:28; 3. Nina Power (Vital) 1:43:19. **Masters:** 1. Roldah Orrie (Itheke) 1:53:13; 2. Cailey Bredenkamp (Paarl) 1:53:35; 3. Debbie Lombard (VOB) 1:58:20. **G'masters:** 1. Ruth Leverton (Pine) 2:09:45; 2. Sandré Eardley (VOB) 2:09:51; 3. Klippiess van Rooyen (Strand) 2:15:51. **Juniors:** 1. Sophia Els (Bell) 1:59:05.

**10 km**

## MEN

1. Nkosinathi Sotyantya (MSA) 34:54
2. Bulelani Bhebha (VOB) 35:06
3. Bongani Mumanoss (SANDF) 36:44 (1st vet)

**Veterans:** 1. Bongani Mumanoss (SANDF) 36:44; 2. David Heyneke (Carb) 50:14; 3. Brandon Jeacocks (Ind) 51:00. **Masters:** 1. Vaughan Olckers (ATC) 43:26; 2. J.J. Davel (SH) 56:05; 3. Marius van Schalkwyk (Brack) 61:01. **G'masters:** 1. Goodman Mpukane (Gugs) 45:46; 2. Neville Frieslich (FH) 47:18; 3. Richard Wilson (CC) 48:55. **G/g'masters:** 1. Blake Wilkins (AAC) 51:08; 2. George Kane-Smith (VOB) 68:49; 3. Earl Hargreaves (Celtic) 73:30. **Juniors:** 1. Calvin Hammond (Ned) 37:57; 2. Connor Leborn (SS) 53:12; 3. Euan McLean (FH) 59:27.

## WOMEN

1. Karla Fletcher (Ind) 43:58
2. Busisiwe Matiwane (Ned) 44:27 (1st vet)
3. Tyra Buncombe (Ind) 45:02

**Veterans:** 1. Busisiwe Matiwane (Ned) 44:27; 2. Nicola Hendricks (Carb) 49:10; 3. Debbie Fairhurst (Carb) 51:00. **Masters:** 1. Jilleen Altern (FH) 53:01; 2. Glynis Rietman (Celtic) 58:35; 3. Charmaine van Willin (Tyger) 69:10. **G'masters:** 1. Christine Hibberd (FH) 54:03; 2. Collette van Eck (FH) 56:16; 3. Theresa Isaacs (VOB) 56:35. **G/g'masters:** 1. Margaret Harrison (FH) 77:00; 2. Elsa Olivier (SS) 86:53. **Juniors:** 1. Emihle Mbinda (VOB) 50:12; 2. Alia Isaacs (Kenfac) 74:12.

**Elsies River AC 10 km**

Elsies River, Cape Town, 28 October

(Certified loop course, flat but with many corners. Finishers: 1112 [almost double last year's 563].)

## MEN

1. Adrian Wildschutt (Itheke) 30:59 (R400)
2. Vuyolwethu Mbukushe (Gugs) 31:18 (R250)
3. André Afrika (Eerste) 31:26 (R150)

(All age category prize money except veterans was the same: R150, R100, R75.)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 32:48 (R200); 2. Vakalisa Kopolo (Ned) 33:52 (R150); 3. Bonisile Ngculana (VOB) 33:59 (R100). **Masters:** 1. Johnny Persents (WR) 35:51; 2. Tobias Philander (Itheke) 37:16; 3. Eric Coetsee (Gugs) 38:05. **G'masters:** 1. Robert Arnold (Top) 41:08; 2. Michael Crozier (Atlantis) 44:06; 3. Vernon Murtz (Pine) 46:26. **G/g'masters:** 1. Joseph Matthews (MS) 55:27; 2. Claude Brooks (MS) 59:21; 3. Yusuf Gamielien (Itheke) 59:49. **Juniors:** 1. Siyabonga Mathe (East) 32:42; 2. Alantino Belillie (Sanlam) 33:22; 3. Yonela Bholowana (East) 35:51.

## WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM) 36:46
2. Vuyiseka Nkumenge 37:38
3. Anel Terblanche 38:22

**Veterans:** 1. Bulelwa Simae (Ned) 38:48; 2. Sandra Kohnert (Edge) 41:16; 3. Busisiwe Matiwane (Ned) 43:18. **Masters:** 1. Gail Maharaj (SANDF) 48:04; 2. Teretha Lourens (WC) 48:35; 3. Thelma Naudé (WC) 48:59. **G'masters:** 1. Hillary Rhode (Edge) 49:24; 2. Charmaine Cupido (Ned) 49:59; 3. Sonia Smith (Celtic) 51:27. **G/g'masters:** 1. Ruth Francis (IT) 75:18; 2. Marie Hill (Ceres) 79:36; 3. Zainop Benjamin (Top) 86:38. **Juniors:**

1. Beyonce Williams (Velo) 43:54; 2. Laila Abuzaid (Good) 44:01; 3. Petrina Moses (Velo) 49:11.

### Kirkwood Orchard Half Marathon & 10 km

Kirkwood, 28 October

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 209; 10 km -- 103.)

#### Half marathon

##### MEN

1	George	Ntshiliza	Nedbank RC EP	38	1:10:52
2	Xolisa	Ndlumbini	Vukani MS	35	1:13:59
3	Lubabalo	Jusayi	Motherwell AC	26	1:14:53
4	Brendon	Effenaar	Nedbank RC EP	21	1:15:49
5	Ricardo	Plaatjies	X-Cel AC	34	1:15:57
6	Desmond	Zibi (1st mast)	Achilles AAA	54	1:18:42
7	Clinton	Barrath	Malabar AC	35	1:24:54
8	Ruan	Smalberger	St Albans CS EP	27	1:24:59
9	Darrell	Wicht	Madiba Bay Warriors AC	54	1:25:00
10	Geddes	Gallant	SANDF AC EP	51	1:26:37
11	Isaac	Frazenburg (1st vet)	Malabar AC	44	1:27:33
12	Siyabonga	Manyube	Temp	24	1:28:53
13	Craig	Rensburg	X-Cel AC	41	1:29:53
14	Jean-Pierre	Roux	Despatch AC	30	1:29:53
15	Anton	Van Tonder	Aspen Pharmacare	39	1:30:04
16	Henry	Crause	Despatch AC	35	1:31:07
17	Minchael	Mnyungula	Temp	34	1:33:11
18	Lokkie	Stalmeester	Temp	36	1:33:44
19	Happy	Dladla	Paarl AC	32	1:34:19
20	Richard	Mazungula	Nedbank RC EP	40	1:35:27

#### 40-44:

1	Isaac	Frazenburg	Malabar AC	44	1:27:33
2	Craig	Rensburg	X-Cel AC	41	1:29:53
3	Richard	Mazungula	Nedbank RC EP	40	1:35:27

#### 45-49:

1	Helgard	Potgieter	Despatch AC	45	1:36:23
2	Duane	Lerm	Despatch AC	46	1:36:38
3	Marius	Ferreira	St Albans CS EP	49	1:41:42

#### 50-54:

1	Desmond	Zibi	Achilles AAA	54	1:18:42
2	Darrell	Wicht	Madiba Bay Warriors AC	54	1:25:00
3	Geddes	Gallant	SANDF AC EP	51	1:26:37

#### 55-59:

1	Danie	Claassen	Temp	56	1:47:34
2	Richard	De Andrade	Charlo AC	57	1:57:36
3	Danie	Van Rensburg	Walmer AC	55	2:01:36

#### 60-64:

1	Robert	Rietmuller	PEAAC	61	1:43:21
2	At	Schoeman	Nedbank RC EP	61	1:47:27
3	Donald	Mancasa	Walmer AC	63	1:53:31

#### 65-69:

1	Albert	Ngcanga	X-Cel AC	67	1:38:58
2	Sizinzio	Kama	Achilles AAA	66	1:41:56
3	David	O'Reilly	Nedbank RC EP	69	2:10:28

#### 70-74:

1	Allan	Verreynne	Crusaders AC	70	2:07:17
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2	Peter	Eck	Muirite Striders	70	2:09:33
3	Herman	Dekker	SAP AC EP	72	2:12:07

**Juniors:**

1	Bennie	Kilian	Temp	19	1:48:14
2	Andre	Du Plooy	Temp	18	2:00:10

**WOMEN**

1	Grizelda	Pietersen (1st vet)	Nedbank RC EP	48	1:41:11
2	Theresa	Buchner	Nedbank RC EP	32	1:43:26
3	Ludine	Williams	St Albans CS EP	30	1:43:57
4	Lily	Janse van Rensburg	Despatch AC	41	1:44:07
5	Marina	Fourie (1st mast)	Temp	53	1:46:26
6	Annelie	Gregory	Body Concept	43	1:47:12
7	Jeanette	Van Tonder	Temp	35	1:48:22
8	Carol	Booyesen	Muirite Striders	48	1:51:00
9	Buyelwa	Kobokana	Nedbank RC EP	52	1:51:39
10	Sunelle	Horne	Bluewater Bay	43	1:53:41
11	Amanda	Prideaux	Bluewater Bay	42	1:53:41
12	Susan	Meyer	Randburg Harriers	56	1:54:33
13	Lesley-Ann	Bush	Despatch AC	45	1:54:40
14	Sandiswa	Adams	Vukani MS	32	1:54:46
15	Jeanette	Vermeulen	Crusaders AC	29	1:55:25
16	Lize-Marie	Lemmer	Despatch AC	26	1:55:53
17	Jeanine	Joubert	Temp	29	1:57:08
18	Yvette	Jonker	Despatch AC	45	1:58:24
19	Aletta	Joubert	Crusaders AC	55	1:59:05
20	Michelle	Claassens	Despatch AC	49	1:59:46

**40-44:**

1	Lily	Janse van Rensburg	Despatch AC	41	1:44:07
2	Annelie	Gregory	Body Concept	43	1:47:12
3	Sunelle	Horne	Bluewater Bay	43	1:53:41

**45-49:**

1	Grizelda	Pietersen	Nedbank RC EP	48	1:41:11
2	Carol	Booyesen	Muirite Striders	48	1:51:00
3	Lesley-Ann	Bush	Despatch AC	45	1:54:40

**50-54:**

1	Marina	Fourie	Temp	53	1:46:26
2	Buyelwa	Kobokana	Nedbank RC EP	52	1:51:39
3	Sharon	Claassen	Temp	50	2:00:00

**55-59:**

1	Susan	Meyer	Randburg Harriers	56	1:54:33
2	Aletta	Joubert	Crusaders AC	55	1:59:05
3	Rosemary	Joubert	32Gi EP AC	57	2:00:43

**60-64:**

1	Christine	Snyman	Despatch AC	61	2:03:45
2	Marietjie	Robb	Kowie Striders	61	2:35:04

**65-69:**

1	Jeanette	Pienaar	PEAAC	69	2:43:33
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**70-74:**

1	Ronelle	Steyn	Nedbank RC EP	73	2:26:15
2	Christine	Fourie	Elite AC	71	2:43:29
3	Val	Sandow	Profiles AC	72	3:09:16

**10 km****MEN**

1	Mariano	Eesou	Bestmed Madibaz AC	25	31:45
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2	Andre	Ketchem	X-Cel AC	34	31:59
3	Vuyolwethu	Selana	SAP AC EP	21	32:43
4	Mthuthzeli	Mtenganya	SAP AC EP	23	33:21
5	Tandisile	Xoshomba	Tinarha AC	21	33:30
6	Thando	Ncipa	SAP AC EP	25	34:20
7	Sibusiso	Thu	SAP AC EP	29	34:20
8	Mandilazhe	Nel	Tinarha AC	23	35:02
9	Jeandry	Deerling	Nedbank RC EP	25	35:28
10	Anele	Voorman (1st jun)	Nedbank RC EP	17	35:36
11	Siphosethu	Scout	SAP AC EP	15	36:07
12	Thulasizwe	Mahala	Tinarha AC	20	37:58
13	Vincent-Louis	Engelbrecht	Temp	16	38:26
14	Khayaletu	Sizila	Temp	35	40:37
15	Gideon	Mengo (1st vet)	Temp	40	43:03
16	Sheldon	Rensburg	Temp	19	43:54
17	Klaas	Oliphant	Temp	48	44:08
18	Makhosandile	Ngquse	VW AC	41	46:46
19	Michael	Nell	Temp	23	47:20
20	Jeandra	Bosch	EP Schools	17	47:38

**40-44:**

1	Gideon	Mengo	Temp	40	43:03
2	Makhosandile	Ngquse	VW AC	41	46:46
3	Xolani	Mfama	Temp	43	48:01

**45-49:**

1	Klaas	Oliphant	Temp	48	44:08
2	Jannie	Botha	Temp	46	1:00:49
3	Deon	Tarantaal	PEAAC	48	1:05:54

**50-54:**

1	Mossie	Mostert	Despatch AC	54	57:55
2	Willie	Rossouw	Temp	52	1:03:45
3	Eugene	Claassens	Despatch AC	54	1:08:40

**55-59:**

1	Willie	Boshoff	Temp	56	1:01:25
2	Pieter	Gerber	Run 4 Christ AC	59	1:22:44

**60-64:**

1	Marius	Wolmarans	Infinity AC	60	1:10:56
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**70-74:**

1	Andre	Fourie	Nedbank RC EP	70	1:08:21
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**Juniors:**

1	Anele	Voorman	Nedbank RC EP	17	35:36
2	Siphosethu	Scout	SAP AC EP	15	36:07
3	Vincent-Louis	Engelbrecht	Temp	16	38:26

**WOMEN**

1	Nalize	Van Straaten (1st jun)	EP Schools	14	46:47
2	Neevra	Bellingan	Temp	31	50:28
3	Fiona	Fleur	Temp	32	52:39
4	Christa	Griesel	Temp	37	53:19
5	Maricia	Schulpfort	Somerset East AC	31	53:49
6	Anchen	Coetzer	Temp	19	55:13
7	Lizel	Swart	Temp	36	55:13
8	Hernus	Stols	Graaff-Reinet R C	20	55:48
9	Daniel	Kendall	Temp	28	56:59
10	Marijke	Beukes	Graaff-Reinet R C	29	57:08
11	Bernice	Putter (1st g'mast)	Somerset East AC	60	1:00:49
12	Yolande	Van Rooyen	Despatch AC	38	1:00:50

13	Liska	Van der Merwe	Temp	35	1:00:50
14	Arushke	Haefele	Despatch AC	37	1:01:26
15	Maretha	Pienaar (1st vet)	Temp	48	1:01:36
16	Helene	Oppel	Elite AC	67	1:02:03
17	Liesel	Kilian	Temp	38	1:02:23
18	Nicola	Grobler	Nedbank RC EP	22	1:02:43
19	Nina	Bodisch	Bluewater Bay	48	1:02:43
20	Rhyk	Welgemoed	Temp	26	1:04:10

**40-44:**

1	Hannelie	Ferreira	St Albans CS EP	42	1:34:11
2	Rosina	Tarantaal	Temp	42	1:35:10

**45-49:**

1	Maretha	Pienaar	Temp	48	1:01:36
2	Nina	Bodisch	Bluewater Bay	48	1:02:43
3	Liezel	Lerm	Despatch AC	46	1:06:05

**50-54:**

1	Suneth	Van Rensburg	Walmer AC	52	1:16:09
2	Helen	Walton	Temp	51	1:30:29

**55-59:**

1	Denise	Daniell	Temp	56	1:05:52
2	Nolan	Botha	Temp	59	1:05:52
3	Thobeka	Mabusela	Motherwell AC	56	1:09:15

**60-64:**

1	Bernice	Putter	Somerset East AC	60	1:00:49
2	Jackie	Hutton	Temp	60	1:10:55
3	Alma	Fourie	Charlo AC	60	1:22:21

**65-69:**

1	Helene	Oppel	Elite AC	67	1:02:03
2	Delina	Du Plessis	Temp	68	1:42:25

**75-79:**

1	Dorothy	Hart	Nedbank RC EP	79	1:29:37
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**Juniors:**

1	Nalize	Van Straaten	EP Schools	14	46:47
2	Anchen	Coetzer	Temp	19	55:13
3	Anica	Steyn	Temp	12	1:22:21

**King Price Irene Half Marathon & 10 km**

Pretoria, 28 October

(Distances: 21.1 km & 10 km; undulating loop courses. Weather: cold and windy.

Finishers: half marathon -- 1200 [down from 1750 last year]; 10 km -- 950 [half of last year's 1900].)

**Half marathon**

MEN

1 Lucky Mtshali (Nedbank) 69:46; 2 Jeffrey Gwebu (KPMG) 71:03; 3 Philani Buthelezi (KPMG) 72:05; 4 Given Baloyi (Carlton) 72:13; 5 Moses Njuguna (Temp) 74:46.

**Veterans:** 1 Tstetsi Lekgelebane (Colossus) 78:02; 2 Terence Snyders (Outsurance) 83:05; 3 Piet Mosibedi (Mkhombo) 84:16. **Masters:** 1 Leon v.d. Merwe (ACRW) 1:46:50; 2 Leonard Fernandez (Kyalami) 1:48:46. **G'masters:** 1 Sam Ndala (Nedbank) 95:39; 2 Johnny v.d. Walt (Hillside) 1:41:49. **G/g'masters:** 1 Elias Raphulu (The Runners Store) 1:42:25. **80+:** 1 Andries van Rooyen (VTM) 2:33:16. **Juniors:** 1 Lebogang Mokatsola (Blue Sky) 81:57.



## WOMEN

1 Renate Vosloo (Sunninghill) 86:04; 2 Vuyokazi Gebe (CSIR) 86:46; 3 Franza Landman (KPMG) 88:11; 4 Maria Vilakazi (RWFL) 91:11 (1st vet); 5 Gabrielle O'Brien (Aurecon) 99:41.

**Veterans:** 1 Maria Vilakazi (RWFL) 91:11; 2 Lisa Fernandez (Kyalami) 1:43:30; 3 Tracy Housden (Phobians) 1:46:45. **Masters:** 1 Annelize Theron (Vitality) 1:57:15; 2 Marie Venter (Phobians) 1:57:28. **G'masters:** 1 Gerda Milford (RWFL) 2:05:12; Lettie Coetzee (PPMK) 2:13:00. **80+:** 1 Deirdre Larkin (Randburg) 2:21:26. **Juniors:** 1 Chantelle Schulz (Wingate) 2:04:45.

**10 km**

## MEN

1 Vuysile Tshoba (KPMG) 32:11; 2 Vincent Kipchirchir (KEN/Nedbank) 32:16; 3 Reghen Magwai (Born 2 Run) 32:52; 4 Raoul Mabirimisa (VTM) 32:54; 5 Thabo Makua (Tembisa) 34:13.

**Veterans:** 1 Joseph Segula (Kudumane) 40:41; 2 Edwin Ratau (Gallopers) 41:56; 3 Ethiene Marais (Nedbank) 45:18. **Masters:** 1 Sydney Gregan (Solidarity) 44:53; 2 Alan Nemeti (RWFL) 48:30. **G'masters:** 1 Johan Fourie (CSIR) 51:32; 2 Neville Young (CSIR) 60:10. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 60:14. **80+:** 1 Ken Nurden (Agape) 58:31. **Juniors:** 1 Bongani Nyanguru (Monaco) 39:41.

## WOMEN

1 Carlyn Fisher (TBC) 39:33; 2 Makoma Batji (Olifants) 42:14; 3 Chrizzell Roberts (Born 2 Run) 42:51; 4 Elise Meyering (Runavation) 43:41; 5 Ommalisa Moyo (Tembisa) 44:37.

**Veterans:** 1 Charmaine Warriker (VTM) 55:01; 2 Stacey Katsivalis (Morningside) 73:06. **Masters:** 1 Lynette Fisher (Phobians) 48:17; 2 Sonia Scheepers (Green Mile) 54:02. **G'masters:** 1 Marjan v.d. Walt (Running Inn) 66:16; 2 Petro Vermaak (CSIR) 67:16. **Juniors:** 1 Tinyiko Moluli (Blue Sky) 49:23; 2 Karien van Duyker (Fortis North) 51:46.

**AkzoNobel 32 km & Half Marathon**

Vanderbijlpark, 28 October

(Distances: 32 km & 21.1 km. Finishers: 32 km -- 120; half marathon -- 180.)

**32 km**

## MEN

1 Sam Bolo (Nedbank) 1:56:44; 2 Jose Marques (Vaal) 1:58:57; 3 Vusi Nkutha (MiWay) 2:00:52.

**Veterans:** 1 Siphon Dlamini (GCH) 2:01:57. **Masters:** 1 Dieter Stapel (BNAC) 2:17:19. **G'masters:** 1 Deon Rossouw (Krugersdorp) 2:59:28.

## WOMEN

1 Katy van Meter (Temp) 2:27:47; 2 Lindiwe Mthombeni (Sasol) 2:34:36 (1st vet); 3 Mignonette Smith (Soul Striders) 2:52:27.

**Veterans:** 1 Lindiwe Mthombeni (Sasol) 2:34:36. **Masters:** 1 Julie Shadwell (Vitality) 2:55:33.

**Half marathon**

## MEN

1 Pule Mokoena (Arcelor Mittal) 79:21; 2 Craig Cloete (Alberton) 88:00; 3 Baamogang Hube (Arcelor Mittal) 89:13.

**Veterans:** 1 Abram Nhlapo (Arcelor Mittal) 1:48:10. **Masters:** 1 Craig Cloete (Alberton) 88:00. **G'masters:** 1 Leon Mostert (Sasol) 2:01:31.

#### WOMEN

1 Meghan van Deventer (Arcelor Mittal) 1:43:06; 2 Cecile Schultz (Berts Bricks) 1:44:36; 3 Marcelle Alborough (Temp) 1:47:21.

**Veterans:** 1 Corena Esterhuizen (Arcelor Mittal) 2:00:40. **Masters:** 1 Sharon Zeelie (Vaal) 1:58:08. **G'masters:** 1 Empie van Heerden (Arcelor Mittal) 2:41:03. **Juniors:** 1 Meghan van Deventer (Arcelor Mittal) 1:43:06.

### Meiringspoort Live Life Run Half Marathon & 12.5 km

Meiringspoort to De Rust, 14 October

(Distances: 21.1 km & 12.5 km; point-to-point downhill courses. Finishers: half marathon – 1951 [slightly up from 1933 last year]; 12.5 km – 1000 [three fewer than last year's 1003].)

Note: Lana Theunissen, who was tenth overall in the shorter race last year, was ninth this time. -- Ed.

#### Half marathon

##### MEN

1	Lloyd Bosman	Nedbank SWD	1:04:05
2	John April	Nedbank SWD	1:09:39
3	Lindile Tokota	Nedbank SWD	1:13:07

##### Veterans:

1	Lindile Tokota	Nedbank SWD	1:13:07
2	Joey Claassen	Sedgefield Striders	1:20:15
3	Mauritz Janse van Rensburg	Outeniqua Harriers	1:20:54

##### Masters:

1	Anton Chevalier	Nedbank SWD	1:22:50
2	Peter Jaehne	Outeniqua Harriers	1:24:25
3	Friedl van der Merwe	Nedbank SWD	1:25:24

##### G'masters:

1	Robert de Reuck	Cape Multisport	1:33:37
2	Allan Ryninks	Wild Runners	1:34:10
3	Louis van der Vyver	Nedbank SWD	1:34:12

##### G/g'masters:

1	Allan Verreyne	Cape Multisport	2:07:28
2	Ken Duveen	Savages AC	2:12:38
3	Geoff Hawkrigde	Bluewater Bay AC	2:22:20

##### Juniors:

1	Auschten October	Nedbank SWD	1:21:48
2	Elroy Claassen	Outeniqua Harriers	1:55:03
3	Andreas Kamffer	Nedbank SWD	2:24:19

#### WOMEN

1	Melissa van Rensburg	Nedbank SWD	1:25:44
2	Anel van Wyk	Nedbank SWD	1:26:29
3	Liza Kingston	Nedbank EP	1:26:39

##### Veterans:

1	Lizl Grobler	Knysna	1:30:40
2	Nerida Lubbe	Hartenbos Drawwers	1:33:59
3	Sarah Gordon	Whalers	1:39:29

**Masters:**

1	Elmarie Coetzee	Cape Multisport	1:30:10
3	Annatjie Botes	Nedbank SWD	1:34:50
2	Pat Thomson	Ind	1:44:30

**G'masters:**

1	Hanlie van der Westhuizen	Despatch	1:35:40
2	Renee Hawkridge	Bluewater Bay	1:51:20
3	Hettie van der Merwe	Queenstown	2:06:29

**G/g'masters:**

1	Denise Terblanche	Infinity AC	2:29:10
2	Anna-Marie van Eck	Nedbank SWD	2:35:08
3	Niesha Green	Pirates AC	2:49:44

**Juniors:**

1	Charne Gricius	Outeniqua Harriers	1:50:33
2	Bianca le Grange	Nedbank SWD	1:55:41

**12.5 km****MEN**

1	Godwin Heyns	Nedbank	40:57
2	Donovan Jantjies	Nedbank	42:15
3	Anderson Ncube	Nedbank	42:24

**Veterans:**

1	Booi Salman	Nedbank	43:55
2	Kobus Boshoff	Outeniqua Harriers	48:06
3	Aubrey Brinkhuys	Sedgefield Striders	56:30

**Masters:**

1	Jason Jafta	Oudtshoorn AC	50:18
2	Peter Deister	Nedbank	1:05:26
3	Daniel Raubenheimer	Nedbank	1:08:53

**G'masters:**

1	Koos Smit	Hartenbos Drawwers	1:01:57
2	Neil Ebing	WPCC	1:03:09
3	Paul Kotze	Nedbank	1:09:18

**G/g'masters:**

1	Nic Brummer	Sedgefield Striders	1:04:58
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**Juniors:**

1	Godwin Heyns	Nedbank	40:57
2	Jerome Ferland	Nedbank	42:34
3	Daniel van der Walt	Ind	56:39

**WOMEN**

1	Lana Theunissen	Nedbank	54:19
2	Marcelle van Tonder	Ind	57:12
3	Johanna Claassen	Nedbank	58:47

**Veterans:**

1	Lana Theunissen	Nedbank	54:19
2	Johanna Claassen	Nedbank	58:47
3	Diana Mouton	Nedbank	1:11:10

**Masters:**

1	Rina Wray	Hartenbos Drawwers	59:54
3	Marie Wolmarans	Nedbank	1:00:52
2	Delmarie Henning	Hartenbos Drawwers	1:01:44

**G'masters:**

1	Liedie Coetzee	Plett AC	1:21:26
2	Anne Marie Stroebel	Run Walk For Life	1:23:24

3	Dottie Joubert	Nedbank	1:27:05
<b>G/g'masters:</b>			
1	Lisetta Visagie	Nedbank	1:33:58
2	Cecellia Swiegers	Nedbank	1:35:37
3	Dalene Le oux	Nedbank	1:38:08
<b>Juniors:</b>			
1	Zelna Hugo	Ind	1:06:15

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## 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

### Mainova Frankfurt Marathon (36th)

(IAAF Gold Label Road Race)

Frankfurt, GER, 29 October

(Distance: 42.195 km; certified course with indoor finish at Festival Hall)

MEN (gun times)

1. Shura Kitata Tola, ETH 2:05:50 PB € 20,000 + 25,000i  
[1:02:30 / 1:03:20]
2. Kelkile Gezahegn Woldaregay, ETH 2:06:56 PB 12,000 + 7,500i
3. Getu Feleke Zegeye, ETH 2:07:46 8,000 + 3,500i
4. Martin Kiprugut Kosgey, KEN 2:09:39 5,500
5. Dewi Griffiths, GBR 2:09:49 DB 4,000

i) Earned time incentive bonus

WOMEN (gun times) -

1. Vivian Cheruiyot, KEN 2:23:35 PB € 20,000 + 12,500i  
[1:10:07 / 1:13:28]
2. Yebgual Melese Arage, ETH 2:24:30 9,000 + 7,500i
3. Meskerem Assefa Wondimagegn, ETH 2:24:38 8,000 + 7,500i
4. Abebech Afework Bekele, ETH 2:26:45 4,500 + 3,500i
5. Sara Hall, USA 2:27:21 PB 3,500 + 2,000i
6. Merima Mohammed Hasen, BRN 2:27:49 2,500 + 2,000i
7. Sylvia Mmboga Medugu, KEN 2:29:09 PB 1,500
8. Katharina Heinig, GER 2:29:29 1,000 + 6,000g
9. Fate Tola, GER 2:30:12 750 + 3,000g
10. Anna Incerti, ITA 2:32:11 400

i) Earned time incentive bonus

g) Earned German citizen prize money

### Chosunilbo Chunchon Marathon (71st)

Chunchon, KOR, 29 October

(Distance: 42.195 km; standard one-loop course along a river with no start/finish separation)

MEN (gun times)

1. Luka Kanda Lokobe, KEN 2:06:15 PB/CR\* USD 50,000
2. Elisha Kipchirchir, KEN 2:08:58 20,000
3. Tariku Bekele, ETH 2:09:33 10,000

## WOMEN (gun times)

1. Lee Yeon-Jin, KOR 2:41:02 KRW 10,000,000 (=USD 8881)

**Volkswagen Ljubljana City Marathon** (22nd)

(IAAF Bronze Label Road Race)

Ljubljana, SLO, 29 October

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

## MEN

1. Marius Kimutai, 1992, KEN 2:08:33 € 30,000  
 2. Solomon Kirwa Yego, 1987, KEN 2:09:36 14,000  
 3. Albert Korir, 1994, KEN 2:10:35 8,000  
 Sergiy Lebid, UKR DNF

## WOMEN

1. Shuko Genemo Wote, 1995, ETH 2:27:02 € 30,000  
 2. Purity Jebichii Changwony, 1990, KEN 2:27:52 PB 14,000  
 3. Jane Jelagat Seurey, 1986, KEN 2:28:05 8,000

**SSE Airtricity Dublin Marathon** (38th)

(Irish Marathon Championships)

Dublin, IRL, 29 October

(Distance: 42.195 km; one-loop course)

## MEN (gun times)

1. Bernard Rotich, KEN 2:15:53 € 12,000  
 2. Yurii Ruskyuk, UKR? 2:15:56 7,500  
 3. Asefa Legese Bekele, ETH 2:16:00 6,000  
 ... 8. Tebogo Mathiba, RSA 2:18:24 1,500

## WOMEN (gun times)

1. Nataliya Lehonkova, UKR 2:28:58 PB € 12,000  
 2. Ashu Kasim, ETH 2:34:36 7,500  
 3. Viktoriya Khapilina, UKR 2:35:55 6,000

**Marseille-Cassis Classic** (39th)

(IAAF Silver Label Road Race)

Marseille to Cassis, FRA, 29 October

(Distance: 20 km; point-to-point course, including a 327 m (vertical) climb to the Col de la Gineste)

## MEN (gun times)

1. Jemal Yimer MEKONNEN, 1996, ETH, 59:16  
 2. Evans CHERUIYOT, 1991, KEN, 59:50  
 3. Wilfred KIMELI, 1985, KEN, 1:00:09  
 4. Abdenasir FATHI, 1987, MAR, 1:00:21  
 5. Hamza SALHI, 1993, MAR, 1:00:23  
 14. Abdellatif METAH, 1982, FRA, 1:03:09

## WOMEN (gun times) -

1. Edith CHELIMO, 1986, KEN, 1:05:58 CR  
 2. Muliye DEKEBO, 1998, ETH, 1:06:41  
 3. Dera DIDA, 1996, ETH, 1:07:54

4. Stacy NDIWA, 1992, KEN, 1:08:21
5. Sofiya SHEMSU, 1994, ETH, 1:08:51

### **Le Marathon Vert Konica Minolta (7th)**

Rennes, FRA, 22 October

(Distance: 42.195 km; point-to-point course from Cap Malo Melesse to Rennes)

MEN (gun times)

1. Josphat KIPRONO, KEN, 2:09:45
2. Birhanu TESHOME, ETH, 2:09:46
3. Evans Kipkogei RUTO, KEN, 2:09:55
4. William YEGON, KEN, 2:10:12
5. Belay ASSEFA, ETH, 2:10:16

WOMEN (gun times)

1. Viola JELAGAT, KEN, 2:26:51 PB/CR
2. Vivian KIPLAGAT, KEN, 2:28:26 PB
3. Ayantu GEMECHU, ETH, 2:30:38 PB
4. Truphena CHEPCHIRCHIR, KEN, 2:31:34

### **Hytteplanmila 10 km**

Hole, NOR, 21 October

Note: Karoline Bjerkeli Grøvdal won this race for the sixth consecutive year, and ran a European-leading 31:25 PB in the process. Sweden's Meraf Bahta set a national record in second place with 31:44. --Ed.

MEN (gun times)

1. Okubamichael Fissehatsion, Tjalve IK (ERI), 29:08
2. Tigabu Gebremaryam Asefa, Ullevi FK (ETH), 29:12
3. Awet Kibrab, Tjalve IK (ERI), 29:51

WOMEN (gun times)

1. Karoline Bjerkeli Grøvdal, Tjalve IK, 31:25 PB/EL
2. Meraf Bahta, Hälle IF (SWE), 31:44 NR
3. Rebecca Hilland, BFG Bergen Friidrettsklubb (GBR), 33:36 PB
4. Runa Falch, Vidar Sportsklubben, 33:42 PB
5. Maria Wågan, Namdal løpeklubb, 33:51 PB

### **Laikipia University Half Marathon**

Laikipia, KEN, 21 October

(Distance: 21.1 km; near-loop course)

MEN

- |                             |         |                         |
|-----------------------------|---------|-------------------------|
| 1. Donald MITEI (KEN) 1996  | 1:03:19 | KSH 200,000 (=USD 1932) |
| 2. Ronald KIPTAI (KEN) 1997 | 1:03:20 |                         |
| 3. Isaac KIBET (KEN)        | 1:03:25 |                         |

WOMEN

- |                                   |         |                         |
|-----------------------------------|---------|-------------------------|
| 1. Diana CHEMUTAI (KEN)           | 1:12:29 | KSH 200,000 (=USD 1932) |
| 2. Josephine CHEPKOECH (KEN) 1989 | 1:12:59 |                         |
| 3. Bornes CHEPKIRUI (KEN) 1988    | 1:13:10 |                         |
| 4. Ruth WAITHERA (KEN)            | 1:13:38 |                         |
| 5. Perine NENGAMPI (KEN) 1989     | 1:13:42 |                         |

## CROSS-COUNTRY

### Sun Belt Conference Cross-country Championships

Boone, USA, 28 October

#### MEN (8 km)

Team results: 1. Appalachian State, 70; 2. UT-Arlington, 73; 3. Texas State ...

1. Nadeel WILDSCHUTT, FR, Coastal (RSA), 24:44.3,
2. Justin DOMANGUE, SO, UT Arlington 25:00.7,
3. Beau ROBINSON, SR, Louisiana, 25:07.3,

#### WOMEN (5 km)

Team results: 1. Texas State, 53; 2. Appalachian State, 80; 3. South Alabama, 91 ...

1. Laura LABUSCHAIGNE, JR, South Alabama (RSA), 17:35.1,
2. Lisha VAN ONSELEN, SO, Coastal (RSA), 17:38.5,
3. Tori SHELTON, SR, UT Arlington, 17:44.9,

### Mountain West Conference Cross-country Championships

Albuquerque, USA, 27 October

#### MEN (8 km)

Team results: 1. Colorado State, 31; 2. Air Force, 59; 3. Boise State, 64 ...

1. Jerrell Mock, Colorado St. 23:49.74
2. Cole Rockhold, Colorado St. 23:50.59
3. Dillon Maggard, Utah State 23:54.45

#### WOMEN (6 km)

Team results: 1. New Mexico, 22; 2. Boise State, 50; 3. Utah State, 73 ...

1. Ednah Kurgat, New Mexico (KEN) 19:58.77
2. Weini Kelati, New Mexico 20:11.63
3. Charlotte Prouse, New Mexico (GBR) 20:14.67
4. Allie Ostrander, Boise State 20:27.83

## STATS TIME

Following last week's 10000-metre list, this week we include a list of the top ten SA women in the 5000 m for 2017. Note that Louisa Leballo failed an out-of-competition drugs test on 20 March and that all her performances since that date have been annulled.

### 2017 5000 M: TOP 10 WOMEN

15:20.10	Dominique Scott-Efurd	Rome	08 Jun
16:01.76	Kesa Molotsane	Taipei City	27 Aug
16:04.22	Nolene Conrad	Kortrijk	08 Jul
16:20.06	Irvette van Zyl	Durban	28 Feb
16:24.44	Louisa Leballo	Durban	28 Feb
16:25.25i	Annie Bothma	Blackburg	21 Jan
16:29.50	Stella Marais	Sollentuna	29 Jun
16:34.85	Kyla van Graan	Raleigh	24 Mar

16:36.49	Mapaseka Makhanya	Potchefstroom	21 Apr
16:38.49	Glenrose Xaba	Durban	28 Feb

### THIS MONTH IN HISTORY

#### 35 years ago (exactly): 30 October 1982

South Africa has a couple of odd-distance road races; one of the oldest of all sub-marathon events is the Kowie Striders 27 km on a point-to-point course from Bathurst to Port Alfred, which was held for the 39th time recently. On this day the fourth edition of the race was run and the wins went to well-known Eastern Cape runners Chris Whiteley in 98:25 and Alida van der Nest in 2:35:14. A few months earlier Whiteley had won the first edition of the Marina Salt ultramarathon and Van der Nest the third running of the Settlers ultramarathon (she scored four successive wins in this race, 1980-83, and later two more). Over the years some of South Africa's best-known runners have won the Kowie race more than once, among them Bruce Fordyce, Frith van der Merwe, George Ntshiliza and South Africa's current top grandmaster over 10 km and 15 km, Margie Saunders.

### 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	Benard 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)			
	71:18	Dennis Kipruto Kimetto (KEN)			
30 km	90:54	Melikhaya Frans	Uitenhage	04 Mar	
	90:17	Yuichiro Ueno (JPN)			
	87:13**	Eliud Kipchoge (KEN) 2016			
	87:13**	Stanley Biwott (KEN) 2016			
	2:10:51	Desmond Mokgobu	Rotterdam		09 Apr
2:03:32	Eliud Kipchoge (KEN)				
100 km	2:02:57	Dennis Kimetto (KEN) 2014		22 Jul	
	7:42:28	Simphiwe Velleem	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
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15 km	28:51 48:58 44:14	Paulo Catarino (POR) 2003 Johannes Kekana Pierre Levisse (FRA) 1992	Leondale	19 Mar
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
<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
	64:51	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

Marathon	1:51:37	Mieke Pullen (NED) 2001		
	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	90:10A	Elmarie Coetzee	De Rust	14 Oct
	92:01	Christine Claasen	Port Elizabeth	13 May
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:05:56A	Roshini Natasen	Pinetown	29 Jan
	2:07:29	Ansa Strydom	Pretoria	06 May
30 km	2:16:59	Christine Claasen	Uitenhage	04 Mar
Marathon	3:18:52	Jane Mudau	Durban	09 Apr
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km	14:27:46	Cynthia Jooste	Cape Town	22 Jul
<u>Grandmasters (60+)</u>				
10 km	42:08	Margie Saunders	Port Elizabeth	19 Aug
	38:56	Lidia Zentner (GER) 2015		
15 km	66:11	Margie Saunders	Port Elizabeth	25 Mar
	61:25	Kathryn Martin (USA) 2011		
21.1 km	93:02	Nancy Will	Port Elizabeth	24 Jun
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:16:25	Val Watson	Pretoria	06 May
	1:58:24	Gloria Brown (USA) 1994		
30 km	2:25:27	Margie Saunders	Uitenhage	04 Mar
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:26:99	Nancy Will	Durban	09 Apr
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	49:38	Veronica van Niekerk	Cape Town	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:37	Annetjie Greyvenstein	Pretoria	19 Aug
	72:52	Jo Klein (NED) 2004		
21.1 km	1:55:21	Veronica van Niekerk	Wellington	01 May
	97:38	Lavinia Petrie (AUS) 2014		
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37	Veronica van Niekerk	Camps Bay	08 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:28:29	Veronica van Niekerk	Cape Town	17 Sep
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	35:23	Nicole Louw	Pietermaritzburg	20 Aug
	31:42	Zola Pieterse (RSA) 1984		
15 km	63:04	Razaan Kamaldien	Eersterivier	08 Jul
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	98:46	Georgina Janisch	Pretoria	08 Apr

1:09:05 Delilah Asiago (KEN) 1991

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