

Distance Running Results

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EDITORIAL

Elroy Gelant, national record holder over 5000 m, retained the SA 10 km title he won last year, but had a slightly easier victory in Nelspruit on Saturday than in 2016 when he had to outsprint Stephen Mokoka. Gelant, who has run 28:18 this year, was also the champion in 2014. In the women's race last year's first two, the twins Lebo (who won in 34:09) and Lebogang Phalula, had to be content with 14th and fourth respectively this time as Kesa Molotsane scored a 20-second victory in 33:38 over 2014 winner Nolene Conrad.

In the Old Mutual Soweto Marathon Sintayehu Legese Yinesu was denied a fourth consecutive victory in the marathon by Lesotho's Tsepo Mathibelle, who claimed the win in 2:19:41 to beat the Ethiopian by more than a minute. In the women's race Irvette van Zyl took the title in 2:41:06 after having finished third last year. Defending champion Selam Abere Alebachew was third (as she was in 2015) behind another South African, Mapaseka Makhanya.



An elated Shalane Flanagan after her NYC Marathon win. [Running USA]

The folly of holding the SA 10 km Championships on the same weekend as the Soweto races (with higher prize money) was shown in the unnecessary over-racing displayed by two of South Africans best runners, David Manja and Elroy Gelant. Manja repeated his 2016 win in the half marathon with Gelant second -- the previous day they had placed fourth and first respectively in the national title race. René Kalmer continued her comeback after surgery and the birth of her first child when she placed a solid fifth in 1:28:26, two days after her 37th birthday. Sister Christine was third. In Soweto's shortest race, the 10 km, quite a few runners also had competed the previous day, including second-placed Sibabalwe Gladwin Mzazi and winner Glenrose Xaba.

In the TCS New York City Marathon, which she has hinted might be the final marathon of her career, Shalane Flanagan became the first American to win the race in 40 years with a commanding surge over the final three miles. (The last US winner, Miki Gorman, has already passed away.) The men's race also produced a strong finish from Kenyan Geoffrey Kamworor, who held off a blistering sprint from countryman Wilson Kipsang to score his first-ever marathon win.

The women's field started excruciatingly slowly, with the first 5 km passing in 19:12, barely under 2:42 pace, but Flanagan (36) ran the second half in 1:10:35 to shake off three-time winner and the world's fastest marathoner in 2017, Mary Keitany. Flanagan won in 2:26:53 with tears in her eyes. Keitany came across second in 2:27:54, with Mamitu Daska (2:28:08) holding on for third. The USA had three more athletes in the top ten. *Race Results Weekly* reports that the win caps an emotional year for Flanagan, who had to withdraw from the Boston Marathon due to a back injury. She rallied for strong track season (including a 14:58.99 clocking over 5000 m), though she failed to make the US national team for the first time since 2003.

In the men's race the lead quartet (Kamworor, Kipsang, Tadesse Abraham and Lelisa Desisa) continued to run together until the 25th mile, when Kamworor, a two-time world champion in both cross-country and the half marathon, used a 4:31 mile to pull away. Kipsang was seven seconds back, but pushed hard on Central Park South to maintain contact. Past 26 miles, over the final climb to the finish, the former world record holder, who won in New York in 2014, exploded with a huge sprint and nearly caught Kamworor. But he could only come up to three seconds behind the winner's 2:10:53.

Three well-known South African age-group runners (all DRR subscribers) did well in New York. Former ultra star Bob de la Motte ran 3:08:04 for fifth in the 60-64 category, while Elmarie Coetzee did 3:19:07, missing the list leader in the 50-59 category by 15 seconds. Veteran Julianie Basson finished in 3:09:31.

DRR remarked last week on the times for the winners of the Goss & Balfe Sapphire Coast Marathon both ending in zeroes (Lucas Nonyana 2:33:00 and Janie Grundling 2:54:00). Correspondent Alen Hattingh sent an e-mail saying that he was doing the hand timing at the finish and clocked the two runners in 2:33:59 and 2:54:41 respectively. These times will be used by DRR for statistical purposes.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Old Mutual Soweto Marathon, Half Marathon & 10 km, Soweto
- * Landmarks Half Marathon, Rondebosch
- * South African 10 km Championships, Nelspruit
- * Phoenix Villagers Half Marathon & 10 km, Mount Edgecombe
- * Save Supermarket Half Marathon & 10 km, Pietermaritzburg
- * ITEC 10 km, Table View
- * NMBM Legacy Project Colchester 10 km, Colchester
- * Rowlin National Brokers 15 km & 10 km, Benoni

International highlights:

- * TCS New York City Marathon, New York, USA
- * JoongAng Seoul International Marathon, Seoul, KOR
- * Abbott Dash to the Finish Line 5 km, New York, USA
- * Grand International Marathon & Half Marathon, Casablanca, MAR
- * Maratonina Città di Arezzo, Arezzo, ITA
- * Les Foulees Monterelaises 10 km, Montereau, FRA

* XC: Conference USA (C-USA) Cross-country Championships, Hattiesburg, USA;
Southeastern Conference (SEC) Cross-country Championships, Athens, USA

ROAD RUNNING

Old Mutual Soweto Marathon (25th), Half Marathon & 10 km

Soweto, 5 November

(Distances: 42.195 km, 21.1 km & 10 km; loop courses at altitude [approx. 1710 m above sea level]. Finishers: marathon – 5166 men + 937 women = 6103 total [down from 6390 last year]; half-marathon – 2989 men + 3484 women = 6473 total [up from 5420 last year]; 10 km – 648 men + 1488 women = 2136 total [down from 2499 last year].)

Marathon

MEN

1. Tsepo Mathibelle (LES/Phant) 2:19:41 (R220 000)
2. Sintayehu Legese Yinesu (ETH/Ned) 2:20:56 (R120 000)
3. Ntsindiso Mphakathi (Ned) 2:21:23 (R90 000)
4. Teboho Sello (LES/ME) 2:21:56 (R45 000)
5. Lebenya Nkoka (LES/Ned) 2:22:21 (R35 000)
6. Benedict Thabiso Moeng (KPMG) 2:22:29 (R25 000)
7. Moses Kurgat (KEN/Ned) 2:23:31 (R15 000)
8. John Kipkemoi Kirui (KEN) 2:25:08 (R10 000)
9. Edward Mothibi (Ned) 2:25:28 (R5000)
10. Sootho Raletsebele (LES/ME) 2:26:02 (R3000)
11. Thabo Motaung (Scaw) 2:27:10
12. Collin Parura Kanyimo (ZIM/Ned) 2:27:39
13. Mabuthile Lebopo (LES/ME) 2:27:43
14. Lutendo Mapoto (Pieters) 2:29:02
15. Obed Kapong (Ned) 2:30:02
16. Sikhumbuzo Seme (KPMG) 2:30:19
17. Siphiwe Nicholas Ndlela (Ned) 2:30:22
18. Moeketsi Mosuhli (LES/ME) 2:30:24
19. Bereng Julias Moqeti (Brother) 2:31:37
20. Mike Fokoroni (ZIM/Ned) 2:32:01

Veterans: 1. Mabuthile Lebopo (LES/ME) 2:27:43 (R5000); 2. Mike Fokoroni (ZIM/Ned) 2:32:01 (R3000); 3. Charles Tjiane (ME) 2:32:12 (R1000). **Masters:** 1. Reginald Ngobese (32Gi) 2:45:56 (R4000); 2. Solomon Khumalo (Carlton) 2:52:00 (R2000); 3. Abram Ndhlebe (OM) 2:55:16 (R750). **G'masters:** 1. Gideon Radebe (Anglo) 3:17:54 (R3000); 2. Josias Makoro (Boks) 3:28:15 (R1000); 3. Mfundiso Mvunguse (SCS) 3:30:47 (R500). **G/g'masters:** 1. Isaac Mavundlela (RRR) 4:37:00 (R2000); 2. John Mngadi (Rainbow) 4:42:31 (R750); 3. Hanspeter Stebler (RAC) 5:28:20 (R400).

WOMEN (Same prize money as men)

1. Irvette van Zyl (Ned) 2:41:06
2. Mapaseka Makhanya (Mass) 2:44:37
3. Selam Abere Alebachew (ETH/Ned) 2:46:33
4. Ntebaleng Letsela (LES/ME) 2:52:54
5. Chelitu Bogale Asefa (ETH/Ned) 2:54:44
6. Jennifer Koech (KEN/Ned) 2:59:32
7. Mary Khourie (KPMG) 3:07:13
8. Andronica Mokgotla (Ned) 3:08:10
9. Fikile Fundiswe Mbuthuma (Ned) 3:10:48
10. Maria Vilakazi (RWFL) 3:11:20
11. Dudu Thobejane (Vital) 3:11:52
12. Kate Roberts (KPMG) 3:13:56

13. Modjadji Mokwena (SAPS) 3:15:01
14. Thabisile Millicent Mogotsu (Cabal) 3:15:28
15. Monica Kativhu (ZIM/Ned) 3:18:45
16. Ramadimetja Babili (Kudu) 3:18:49
17. Musawenkosi Makhoba (JTF) 3:22:33
18. Estie Steyn (Vital) 3:22:53
19. Poppy Mlambo (Boxer) 3:24:33
20. Nomcebo Lawrentia Mthethwa (Umhlat) 3:28:07

Veterans: 1. Maria Vilakazi (RWFL) 3:11:20; 2. Clara Betton (Bid) 3:39:35; 3. Amanda Williams (KPMG) 3:40:10. **Masters:** 1. Millicent Shai (Rust) 4:10:10; 2. Diane Schlebusch (Ned) 4:20:04; 3. Mary Chivers (Midrand) 4:21:00. **G'masters:** 1. Valerie Watson (Runav) 3:59:09; 2. Makgoale Magwentshu (Ukhozi) 4:51:51; 3. Dot Hunt (Club 100) 4:56:22.

Half Marathon

MEN

1. David Manja (Ned) 1:06:14 (R10 000)
2. Elroy Gelant(Boxer) 1:07:16 (R5000)
3. Tebello Ramakongoana (LES/Phant) 1:07:53 (R3000)
4. Phillimon Tebogo Mathiba (Ned) 1:08:42 (R1500)
5. Rapula Diphoko (BOT/Diacore) 1:08:50 (R1000)
6. Donald Mashamaite (Bedford) 1:09:43
7. Philani Buthelezi (KPMG) 1:13:13
8. Clifford Matlala (Ind) 1:13:42
9. Vuyisile Tshoba (KPMG) 1:13:58
10. Mogale Ramainya (Foskor) 1:15:59

(All age category prize money except for veterans was the same: R1000, R750, R500.)

Veterans: 1. Mankgabe Magedi (Makhud) 1:18:49 (R1500); 2. Mbengeni Masala (JQ) 1:19:35 (R1000); 3. Khabonina Msimanga (Beth) 1:20:03 (R750). **Masters:** 1. Dan Mothibe (Ned) 1:23:53; 2. Zebulon Mokonoto (Ned) 1:28:28; 3. Luke Mabaso (Maritz) 1:31:17. **G'masters:** 1. Pieter Strydom (Alberton) 2:00:29; 2. Robin Williams (Vital) 2:02:24; 3. Clive Duncan (Ind) 2:08:47. **G/g'masters:** 1. Mhlupheki Ngobeni (Marley) 2:01:19; 2. Mohammed Abdull (Ind) 2:04:43; 3. Albert Tlholoe (RAC) 2:17:15. **Juniors:** 1. Peter Kotsedi (RBS) 1:22:14; 2. Thabiso Mashele (Nkomazi) 1:23:14; 3. Samson Mnguni (Ind) 1:25:59.

WOMEN (Same prize money as men)

1. Patience Murowe (ZIM(Ned) 1:21:56
2. Betha Chikanga (ZIM/ME) 1:22:52
3. Christine Kalmer (KPMG) 1:24:50
4. Gaone Bathoeng (BOT/Diacore) 1:26:56
5. René Kalmer (KPMG) 1:28:26
6. Mmema Tiango (BOT/Diacore) 1:31:02
7. Franz Landman (KPMG) 1:31:20
8. Lerato Nhlapho (Ind) 1:31:23
9. Loobjane Mohlala (Eskom) 1:36:26
10. Elizabeth Dhiwayo (RWFL) 1:38:30

Veterans: 1. Elizabeth Dhiwayo (RWFL) 1:38:30; 2. Morakane Elizabeth Tsepetsi (Vult) 1:41:38; 3. Julia Dunn (B2R) 1:42:01. **Masters:** 1. Yvonne Laing (Green) 1:43:01; 2. Nthabiseng Tinte (Gold) 1:55:21; 3. Elmie van Staden (Vital) 1:55:28. **G'masters:** 1. Denise Johansen (ME) 2:48:17; 2. Mahalutchmee Naidoo (Ind) 2:48:46; 3. Marisa Rees (Green) 2:49:52. **G/g'masters:** 1. Lydia Mxadana (Ind) 2:30:01; 2. Petra Seidler (RAC) 2:46:15; 3. Niesha Green (Pirates) 2:58:45. **Juniors:** 1. Meghan van Deventer (Arcelor) 1:49:09; 2. Thembeuhle Khumalo (Elok) 2:14:19; 3. Courtney Loxton (JQ) 2:14:37.

10 km**MEN**

1. Namakoe Nkhasi (LES/Ned) 30:52 (R5000)
2. Sibabalwe Gladwin Mzazi (Trans) 30:55 (R3000)
3. Thabang Mosiako (Ned) 30:59 (R2000)
4. Lesenyeho Makhobalo (Ind) 31:35 (R1500)
5. Kabelo Melamu (KPMG) 32:07 (R1000)
6. Sylvester Koko (BOT) 32:16
7. Tumi Lephoto (KPMG) 32:43
8. Thato Martin Kekana (Union) 32:56
9. Samuel Cijimpi Moloi (Orlando) 33:31
10. Pule Paul Tjaoana (Ulinda) 33:41

(All age category prize money was the same: R1000, R750, R500.)

Veterans: 1. Mkhuhlane James Mgcina (SCS) 34:25; 2. Thabo Mashigo (Vult) 35:15; 3. Patrick Mukwevho (Ricoh) 37:23. **Masters:** 1. Alfred Mphane (Alex) 40:00; 2. Advocate Thile (Bid) 44:02; 3. Willie van Heerden (Ind) 44:26. **G'masters:** 1. Alan Smith (Merc) 43:28; 2. Zeblon Nxumalo (Honey) 46:29; 3. Lebohang Segoe (AMPA) 48:16.

G/g'masters: 1. Elias Raphulu (TRS) 47:38; 2. Ishmael Siska (GG) 58:38; 3. Ken Rodger (Vital) 78:14. **Juniors:** 1. Tumi Lephoto (KPMG) 32:43; 2. Obey Mutshidzi Ndou (Orlando) 33:44; 3. Karabo Monareng (Ind) 33:51.

WOMEN (Same prize money as men)

1. Glenrose Xaba (Ind) 35:33
2. Rutendo Nyahora (ZIM/Ned) 35:42
3. Lebogang Phalula (Boxer) 36:26
4. Keneilwe Sesing (KPMG) 38:45
5. Farida Zwane (CR) 39:56
6. Puseletso Dladla (Sav) 41:03
7. Anet Coetzee (KPMG) 41:14
8. Ntswaki Dondolo (Slater) 41:23
9. Reitumetse Kganyago (Ind) 42:01
10. Vangile Khambule (Phut) 42:37

Veterans: 1. Nomatjala Maria Kandani (Tlokwe) 57:12; 2. Nolula Nqweniso (Tardi) 58:01; 3. Thandi Banda (Boks) 59:02. **Masters:** 1. Makgofe Magdeline Makgata (Tsut) 52:48; Monica Reis (FFA) 53:12; 3. Mokgaetji Violet Mohose (Bid) 54:13. **G'masters:** 1. Virginia Augustine (RAC) 57:14; 2. Sewele Maponya (Wand) 58:25; 3. Margaret Pule (Ind) 64:40. **G/g'masters:** 1. Gill Tregenna (West) 62:24; 2. Joan Hamilton (Ind) 83:26; 3. Mateis Mtshali (Orlando) 89:15. **Juniors:** 1. Demi-Bryony Rogers (MA) 44:37; 2. Lethukuthula Sithole (Ulinda) 51:01.

Landmarks Half Marathon (16th)

Rondebosch, 5 November

(Distance: 21.1 km; certified hilly loop course. Finishers: 2096 [down from 2243 last year].)

MEN

1. Retsepile Khotle (Itheko) 1:10:09
2. Siviwe Nkombi (Ned) 1:10:28
3. Vuyolwethu Mbukushe (Gugs) 1:12:51
4. Mthandazo Qhina (Ned) 1:13:43 (1st vet)
5. Admire Rushika (ZIM/VOB) 1:13:52

40-44: 1. Mthandazo Qhina (Ned) 1:13:43; 2. Sihle Mapukata (Ned) 1:20:32; 3. Neo Molema (Ned) 1:20:39. **45-49:** 1. Shawn Abrahams (Kuils) 1:18:47; 2. Colin George

(VOB) 1:22:47; 3. Xolile Macanda (Gugs) 1:24:37. **50-54:** 1. Steve Motau (Itheko) 1:24:51; 2. Johnny Persents (WR) 1:24:51; 3. James Wiesbach (Ind) 1:33:20. **55-59:** 1. Eric Coetzee (Gugs) 1:26:08; 2. Monde Tutani (Gugs) 1:30:26; 3. Mandlenkosi Mqcongwe (Ned) 1:31:38. **60-64:** 1. Robert Arnold (Top) 1:33:57; 2. Mochamat Kriel (Ommie) 1:34:16; 3. Allan Ryninks (WR) 1:41:49. **65-69:** 1. Neville Frieslich (FH) 1:50:28; 2. Mandlinkosi Radebe (Celtic) 1:55:38; 3. Willie van Wyk (Brack) 1:57:44. **70+:** 1. Jimmy Morris (Forest) 1:41:19; 2. Blake Wilkins (AAC) 1:51:43; 3. Gideon Malherbe (Celtic) 2:06:22. **Juniors:** 1. Calvin Hammond (Ned) 1:39:20; 2. Luke Hoets (Pine) 1:44:33; 3. Zaid Abarder (Top) 2:15:48.

WOMEN

1. Fortunate Chidzivo (ZIM/Ned) 1:26:34
2. Michelle Dreyer (KPMG) 1:32:23
3. Candice Davison (Harf) 1:33:15 (1st vet)
4. Nomvuyisi Seti (Ind) 1:33:55
5. Linda Kinloch-Smith (Bell) 1:34:08

40-44: 1. Candice Davison (Harf) 1:33:15; 2. Linda Kinloch-Smith (Bell) 1:34:08; 3. Busisiwe Matiwane (Ned) 1:39:14. **45-49:** 1. Jan Brown (Carb) 1:36:04; 2. Jackie Misroll (Pine) 1:41:59; 3. Diana Grant (Ind) 1:48:49. **50-54:** 1. Obertina Kanyongo (ZIM/Ned) 1:34:45; 2. Angelique Rabie (Carb) 1:42:10; 3. Karen Jennings (VOB) 1:48:27. **55-59:** 1. Olga Howard (Ned) 1:39:19; 2. Mariëtte Strauss (Tyger) 1:42:22; 3. Renée Scott (VOB) 1:47:37. **60-64:** 1. Sonja Smith (Celtic) 1:59:43; 2. Dawn Middelkoop (Ind) 2:02:42; 3. Sandra Eardley (VOB) 2:13:16. **65-69:** 1. Nancy Will (Pine) 1:50:38; 2. Ruth Leverton (Pine) 2:16:50; 3. Helen du Plessis (Brack) 2:29:37. **70+:** 1. Pixie Sparg (Celtic) 2:10:26; 2. Marlene James (Pine) 2:28:41; 3. Marianne Nelson (RWFL) 2:36:31. **Juniors:** 1. Amy Aspeling (Celtic) 2:40:36; 2. Nikita Meintjies (LS) 2:57:10.

South African 10 km Championships

(24th for men; 26th for women)

Nelspruit, 4 November

(Certified loop course. Finishers: 153 men + 81 women = 234 total [about half of last year's 461].)

Note: Nelspruit is at approx. 690 m above sea level. -- Ed.

MEN

1	Elroy	Gelant	ACNW	29:08	R5000
2	Gladwin	Mzazi	CGA	29:15	R4000
3	Precious	Mashele	CGA	29:17	R3000
4	David	Manja	ACNW	29:24	R2500
5	Mbongeni	Ngxazozo	CGA	29:36	R2000
6	Collen	Mulaudzi	AGN	29:42	R1500
7	Milton	Kekana	AGN	29:58	R1000
8	Silindile	Gubese	KZNA	29:59	R800
9	Melikhaya	Frans	EPA	30:04	R750
10	Kabelo	Melamu	CGA	30:09	R700
11	Kabelo	Seboko	CGA	30:15	
12	Reghen	Magwai	AGN	30:17	
13	Donald	Mashamaite	CGA	30:21	
14	Vuyisile	Tshoba	AGN	30:22	
15	Siboniso	Soldaka	WPA	30:23	
16	Adriaan	Gerwel	EPA	30:25	
17	Thamsanqa	Khonco	CGA	30:28	
18	Simon	Mokonyane	AGN	30:32	
19	Tumisang	Monnatlala	CGA	30:36	

20	Tseiso	Moeketsi	ACNW	30:36
21	Anthony	Timoteus	WPA	30:36
22	Folavio	Sehohle	AMPU	30:39
23	Samuel	Matsepe	ACNW	30:41
24	Ashley	Smith	WPA	30:42
25	Adrian	Wildschutt	WPA	30:43
26	Bonginkosi	Zwane	KZNA	30:48
27	Rowhaldo	Ratz	WPA	30:55
28	Zuko	Kupiso	ATRA	30:55
29	Moses	Mahlangu	AMPU	30:59
30	Frik	Guys	AGW	31:02

(Prize money is indicated in 10-year age groups.)

40-44:

1	Simon	Mpholo	CGA	31:27	R2000
2	Simphiwe	Zulu	KZNA	31:41	R1500
3	Nthuthuko	Maseko	AMPU	31:45	R1000

45-49:

1	Tsietsi	Mokoena	AVT	35:16
2	Principal	Fana	ASWD	35:33
3	Spencer	Moraope	ANWN	35:40

50-54:

1	George	Mooi	CGA	33:43	R1500
2	Reginald	Ngobese	CGA	33:49	R1000
3	Nel	Mtshweni	AMPU	34:29	R500

55-59:

1	Nuno	Thomaz	AGN	39:52
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60-64:

1	Gideon	Radebe	AMPU	38:23	R1500
2	Mochamat	Kriel	WPA	40:21	R1000
3	Robbie	Lindsay	WPA	40:24	R500

65-69:

1	Lawrence	Raubenheimer	KZNA	40:35
2	Eric	Quibell	KZNA	42:37
3	Philip	Boardman	AGN	48:42

70-74:

1	Elias	Raphulu	AGN	45:43
2	Andrew	Spence	KZNA	45:54
3	Johannes	Herbst	EPA	52:11

75-79:

1	Tamsanqa	Jusayi	EPA	49:28
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Juniors:

1	Kabelo	Seboko	CGA	30:15	R2000
2	Thamsanqa	Khonco	CGA	30:28	R1500
3	Adrian	Wildschutt	WPA	30:43	R1000

WOMEN (Same prize money as men)

1	Kesa	Molotsane	AFS	33:38
2	Nolene	Conrad	WPA	33:58
3	Glenrose	Xaba	AGN	34:25
4	Lebogang	Phalula	CGA	34:47
5	Jenet	Mbhele	KZNA	35:31
6	Maria	Shai	CGA	36:01
7	Nicole	Louw	AFS	36:06
8	Stella	Marais	AGN	36:08
9	Liziwe	Mabona	AGN	36:18
10	Keneilwe	Sesing	CGA	36:23

11	Marelise	Retief	AGN	36:27	
12	Carlyn	Fisher	AGN	37:19	
13	Ntombesintu	Mfunzi	EPA	37:35	
14	Lebo	Phalula	CGA	37:47	
15	Simonay	Weitsz	CGA	37:51	
16	Michelle	Redelinghuys	AGN	37:57	
17	Farida	Zwane	CGA	38:02	
18	Silindile	Chili	KZNA	38:09	
19	Nqobile Thobile	Vilakazi	CGA	38:12	
20	Liza	Kellerman	CGA	38:26	
21	Bulelwa	Simae	WPA	38:45	
22	Nwabisa	Mjoli	KZNA	39:04	
23	Lusanda	Bomvana	ATRA	39:06	
24	Vuyokazi	Gebe	AGN	39:09	
25	Catherine	Skosana	AGN	39:25	
26	Bathobile	Mkhize	KZNA	39:33	
27	Lyndi	Roelofse	CGA	39:40	
28	Maria	Vilakazi	CGA	39:47	
29	Thembi	Baloyi	AGN	39:49	
30	Eunice	Nhlapo	AMPU	39:49	
40-44:					
1	Bulelwa	Simae	WPA	38:45	R2000
2	Maria	Vilakazi	CGA	39:47	R1500
3	Leigh	Privett	CGA	40:37	R1000
45-49:					
1	Ronel	Thomas	AGN	41:56	
2	Linah	Mhlongo	AMPU	43:06	
3	Lorraine	Boshoff	AGN	43:10	
50-54:					
1	Ester	Brink	WPA	41:44	R1000
2	Suzaan	Marais	WPA	41:56	R500
3	Julie	Soicher	CGA	42:00	
55-59:					
1	Judy	Bird	CGA	39:59	R1500
2	Olga	Howard	WPA	44:25	
3	Lynette	Fisher	AGN	46:37	
60-64:					
1	Hanlie	V.d. Westhuizen	EPA	44:33	R1500
2	Bev	Charters	WPA	47:08	R500
3	Adri	Van Jaarsveld	AMPU	47:32	
65-69:					
1	Nancy	Will	WPA	45:34	R1000
70-74:					
1	Annatjie	Greyvenstein	AGN	53:54	
2	Pixie	Sparg	WPA	57:46	
75-79:					
1	Gill	Tregenna	KZNA	59:03	
Juniors:					
1	Nicole	Louw	AFS	36:06	
2	Simonay	Weitsz	CGA	37:51	
3	Nqobile Thobile	Vilakazi	CGA	38:12	

Phoenix Villagers Half Marathon & 10 km

Mount Edgecombe, 5 November

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1.	Mzimemkosi Mjaja	Nedbank AC	1:20:38
2.	Thiery Platinckx	Toti AC	1:25:10
3.	Robert Meema	Ubuntu AC	1:26:03

40-49:

1.	Sabelo Ngcobo	Dube Villagers	1:54:58
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50-59:

1.	Thiery Platinckx	Toti AC	1:25:10
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60+:

1.	Vernon Anley	DHSOB	1:45:52
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WOMEN

1.	Sarah Wilson	West AC	1:42:35
2.	Jodie Momberg	Toti AC	1:49:41
3.	Michelle Bechowitz	Ind	1:50:01

40-49:

1.	Charmaine Newmarch	West AC	2:05:29
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50-59:

1.	Joyce Moonsamy	VAC	3:05:45
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60+:

1.	Shirley Marie	VAC	3:27:00
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10 km

MEN

1.	Mohohola Mujoro	Fields Hill AC	36:09
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WOMEN

1.	Daniella Amigo	Boxer AC	44:43
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Save Supermarket Half Marathon & 10 km

Pietermaritzburg, 5 November

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon -- 673; 10 km -- 1441.)

Half marathon

MEN

1.	Slindile Gubese	Ind	68:15
2.	Nkasionathi Mhlakwana	Ind	68:16
3.	Adam Lipschitz	Ind	68:55

40-49:

1.	Msawenkosi Mlaba	Nedbank AC	75:51
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50-59:

1.	Willie Majombozi	Boxer AC	88:42
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60-69:

1.	Bongani Ndlovu	Zabalaza AC	99:55
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70+:

1.	Benfold Zulu	Alex Wasps	2:07:46
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WOMEN

1.	Jenet Mbhele	Umzimkulu AC	81:01
2.	Nwabisa Mjoli	Hollywood Bets	89:34
3.	Nontokozo Mkhize	Nedbank AC	93:05
4.			

40-49:

1.	Sibongile Ziqubu	Ngwenya SAPS	107:39
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50-59:

1.	Debbie Kruger	Ngwenya SAPS	118:14
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60+:

1.	Jenny Taylor	Saints AC	115:11
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10 km

MEN

1.	Sipho Mbanjwa	Boxer AC	32:19
2.	Anele Dlamini	Ind	32:36
3.	Avanda Mncube	Ind	32:48

WOMEN

1.	Thobile Mkhize	Speed Exp	39:17
2.	Nokuthula Ntshangase	Savages	40:20
3.	Zama Mokoena	Nedbank	41:32

ITEC 10 km

Table View, 4 November

(Finishers: 915 [considerably up from 513 last year].)

MEN

1. Nkosiyethu Sotyantya (MSA) 32:13
2. Tsungai Mwanengeni (ZIM/Gugs) 32:23 (1st vet)
3. Alantino Belillie (Sanlam) 32:30 (1st jun)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 32:23; 2. Shawn Abrahams (Kuils) 34:41; 3. Roger Dickson (VOB) 35:45. **Masters:** 1. Johnny Persents (WR) 35:15; 2. John September (Itheko) 36:27; 3. Peter Bunn (Durb) 42:09. **G'masters:** 1. Graham Hough (WC) 46:47; 2. Cornelius de Wee (Tyger) 46:58; 3. Tom van Wyk (Brack) 48:46. **G/g'masters:** 1. Ronnie le Roux (Brack) 51:39; 2. Claude Brooks (MS) 58:10; 3. Yusuf Gamielien (Itheko) n/t. **Juniors:** 1. Alantino Belillie (Sanlam) 32:30; 2. Nomwabiso Magwa (Sanlam) 37:12; 3. Achmat Arnold (Farn) 39:22.

WOMEN

1. Christiane Adriaanse (VOB) 37:31 (1st vet)
2. Madelé du Plessis (Edge) 40:48
3. Natalie Beckenstrater (WC) 41:10

Veterans: 1. Christiane Adriaanse (VOB) 37:31; 2. Sharon Sunderland (Ned) 43:55; 3. Alda Schutter (Durb) 44:36. **Masters:** 1. Teretha Lourens (WC) 46:38; 2. Gail Maharaj (SANDF) 47:24; 3. Thelma Naudé (WC) 47:48. **G'masters:** 1. Hillary Rhode (Edge) 48:36; 2. Ruth Leverton (Pine) 54:19; 3. Helen du Plessis (Brack) 57:50. **G/g'masters:** 1. Marlene James (Pine) 60:50; 2. Mary Schipper (RWFL) 78:30; 3. Annatjie Berntzen (Good) 82:35. **Juniors:** 1. Mia Zgerski (WC) 43:40; 2. Emmily Tewas (MSA) 50:31; 3. Zaakirah Waggie (ARD) 77:53.

NMBM Legacy Project Colchester 10 km (2nd)

Colchester, 4 November

(Fairly flat loop course, partly on gravel. Finishers: 315 [big increase from 202 last year].)

MEN

1	Andile	Motwana	Tinarha AC	20	30:36
2	Gift	Chigomarawa	ZIM/Nedbank RC	29	31:35
3	Luyanda	Tshangana	Ikhamba AC	34	31:37
4	Brendon	Effenaar	Nedbank RC	21	31:57
5	Bulelani	Niwa	Achilles AAA	33	32:08

Veterans:

1	Mzwanele	Maphekula	Bluewater Bay	41	32:54
2	Melikhaya	Kepe	Nedbank RC	41	33:07
3	Zolile	Mhlahlo	Achilles AAA	42	33:47

Masters:

1	Desmond	Zibi	Achilles AAA	54	34:03
2	Christopher	Mabengeza	Nedbank RC	51	36:38
3	Sithembiso	Yozo	Temp	53	38:21

G'masters:

1	Alan	Taylor	Achilles AAA	60	41:23
2	Hannes	Els	Madiba BW	67	43:53
3	Sizinzo	Kama	Achilles AAA	66	45:35

G/g'masters:

1	Godfrey	Kariem	Gelvan AC	77	56:26
2	Peter	Eck	Muirite Strider	70	58:03
3	David	O'Reilly	Nedbank RC	70	58:34

Juniors:

1	Xabiso	Kobe	Tinarha AC	19	34:21
2	Anele	Voorman	Nedbank RC	17	35:06
3	Sinawo	Poti	Ikhamba AC	15	36:52

WOMEN

1	Vuyiseka	Nkumenge	Nedbank RC WP	22	38:25
2	Ndileka	Mvakwendlu	Tinarha AC	27	39:51
3	Liza-Marie	Kingston	Nedbank RC	35	40:25
4	Siphokazi	Nojoko	Motherwell AC	22	41:17
5	Megan	Dempster	Madibaz AC	29	41:27

Veterans:

1	Davera	Magson	Nedbank RC	42	43:30
2	Jene	Banfield	RWFL EP	47	45:01
3	Grizelda	Pietersen	Nedbank RC	49	47:23

Masters:

1	Buyelwa	Kobokana	Nedbank RC	52	51:50
2	Gail	Klichowicz	Achilles AAA	50	53:06
3	Aletta	Joubert	Crusaders AC	55	54:44

G'masters:

1	Christine	Snyman	Despatch AC	61	56:47
2	Jos	Els	Madiba BW	65	1:09:20
3	Stephanie	Hay	Infinity AC	61	1:11:16

G/g'masters:

1	Ronelle	Steyn	Nedbank RC	73	1:04:31
2	Denise	Terblanche	Infinity AC	70	1:10:01
3	Val	Sandow	Profiles AC	72	1:26:13

Juniors:

1	Natasha	Magaga	Motherwell AC	15	46:33
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2	Nomakhosi	Ntlizyo	Madibaz AC	19	46:55
3	Anja	Webber	St Albans AC	16	47:59

Rowlin National Brokers 15 km & 10 km

Benoni, 1 November

(Finishers: 15 km -- 300; 10 km -- 600)

15 km

MEN

1 Siyabonga Mabena (Temp) 49:00; 2 Thabo Masina (Nedbank) 50:11; 3 Emmanuel Magakwe (Benoni Harriers) 50:53; 4 Best Ngwenya (Nedbank) 54:15; 5 Dumisane Masina (Ulinda) 54:45.

WOMEN

1 Batji Makoma (Olifantsfontein) 64:37; 2 Bridgette Elk (Midstream) 68:58; 3 Lindsay van Aswegen (Kempton) 73:16; 4 Natalie Dixon (Telkom) 76:24; 5 Lize Jansen (Westaria) 76:58.

10 km

MEN

1 Paulus Radebe (Tembisa) 34:30; 2 Oscar Sixoka (Gallopers) 34:34; 3 Evans Maletle (Benoni Harriers) 34:41; 4 Lehlohonolo Serero (FFA) 35:10; 5 Sylvester Makoasha (Benoni Harriers) 35:43.

WOMEN

1 Nomsa Cossa (Ulinda) 41:49; 2 Anelda van Staden (Boxer) 42:08; 3 Chante Dixon (Easy Active) 43:12; 4 Jeanni Labushagne (Boxer) 43:18; 5 Jaydene Hunkin (Vitality) 45:50.

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 New York City Marathon (47th)

(Abbott World Marathon Majors Event/IAAF Gold Label Road Race)

New York, USA, 5 November

(Distance: 42.195 km; certified, point-to-point, challenging, 5.5 m total elevation loss [negligible])

MEN (gun times)

1. Geoffrey Kamworor, 24, KEN	2:10:53	\$100,000
[1:06:12 / 1:04:41]		
2. Wilson Kipsang, 35, KEN	2:10:56	60,000
3. Lelisa Desisa, 27, ETH	2:11:32	40,000
4. Lemi Berhanu Hayle, 22, ETH	2:11:52	25,000
5. Tadesse Abraham, 35, SUI	2:12:01	15,000
6. Michel Butter, 32, NED	2:12:39	10,000
7. Abdi Abdirahman, 40, USA	2:12:48	7,500 + 25,000a + 3,000m
8. Koen Naert, 28, BEL	2:13:21	5,000
9. Fikadu Girma Teferi, 24, ETH	2:13:58	2,500 + 5,000n + 1000ii
10. Shadrack Biwott, 32, USA	2:14:57	2,000 + 15,000a
11. Meb Keflezighi, 42, USA	2:15:29	10,000a + 2,000m
Ghirmay Ghebreslassie, ERI	DNF	

- a) Earned USA citizen prize money
- m) Earned masters prize money
- ii) Earned NYRR member athlete time bonus

ALL-WOMEN'S PROFESSIONAL RACE (gun times)

1. Shalane Flanagan, 36, USA	2:26:53	\$100,000 + 25,000a + 10,000i
[1:16:18 / 1:10:35; last 10 km in 32:14]		
2. Mary Keitany, 36, KEN	2:27:54	60,000
3. Mamitu Daska, 34, ETH	2:28:08	40,000
4. Edna Kiplagat, 38, KEN	2:29:36	25,000
5. Allie Kieffer, 30, USA	2:29:39 PB	15,000 + 15,000a
6. Sara Dossena, 32, ITA	2:39:39 DB	10,000
7. Eva Vrabcova, 31, CZE	2:29:41 PB	7,500
8. Kellyn Taylor, 31, USA	2:29:36	5,000 + 10,000a
9. Diane Nukuri, 32, BDI	2:31:21	2,500
10. Stephanie Bruce, 33, USA	2:31:44	2,000 + 5,000a
11. Buzunesh Deba, 30, ETH	2:32:01	
12. Christelle Daunay, 42, FRA	2:32:09	3,000m
... 18. Jessica Augusto, 35, POR	2:37:33	
Betsy Saina, 29, KEN	DNF	(2nd attempted marathon)

- a) Earned USA citizen prize money
- m) Earned masters prize money
- i) Earned open time bonus for sub-2:27:00

JoongAng Seoul International Marathon (19th)

Seoul, KOR, 5 November

(Distance: 42.195 km; loop course with negligible start/finish separation)

MEN (gun times)

1. Thomas Kiplagat, KEN	2:09:13	USD 50,000
2. Seifu Tura, ETH	2:09:26	30,000
3. Alferys Kipruto, KEN	2:09:33	15,000
4. Abdela Godana, ETH	2:09:45	10,000
5. Tebalu Zawude, ETH	2:11:50	5,000

WOMEN -

1. Kim Do-Yeon, KOR	2:31:24	KRW 10,000,000 (=USD 8988)
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(only 3 finishers)

Abbott Dash to the Finish Line 5 km (6th)

(USA 5 km Championships for Men and Women)

United Nations Plaza to Central Park, New York, USA, 5 November

(Certified point to point course with 10m elevation GAIN)

USA CHAMPIONSHIPS RACE (gun times)

MEN

1. Shadrack Kipchirchir, 28, US Army	13:57	\$12,000
2. Tommy Curtin, 24, Saucony,	13:58 PB	8,000
3. Kirubel Erassa, 24, Unattached	13:58	4,000

WOMEN (separate women's start)

1. Molly Huddle, 33, Saucony	15:24 CR*	\$12,000
2. Molly Seidel, 23, Saucony	15:35 PB	8,000

3. Natosha Rogers, 26, New Balance	15:39 PB	4,000
... 5. Brenda Martinez, 30, New Balance	15:47	1,000
... 7. Abbey D'Agostino, 25, New Balance	16:00 PB	750
8. Desiree Linden, 34, Hansons Brooks Distance Prj	16:04 PB	650

Grand International Marathon (10th) & Half Marathon

Casablanca, MAR, 29 October

(Distance: 42.195 km [AIMS certified] & 21.1 km)

Note: The Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, shows that the half marathon is likely considerably short. The figure for five time comparisons is a huge -11.5 sec/km – more than double the allowable -5sec/km. These times can therefore not be used for statistical purposes. The marathon seems to be OK. -- Ed.

Marathon (gun times)

MEN

1. Evans KIPKOECH, KEN, 2:09:42 PB
2. Peter KIPTOO, KEN, 2:11:31
3. John KEMBOI, KEN, 2:13:06

WOMEN

1. Yiman MENGISTU, ETH, 2:31:51
2. Tadelech NEDI, ETH, 2:32:28
3. Tsehay Gebre GETISO, ETH, 2:32:57

Half Marathon (gun times)

MEN

1. Abderrahmane KACHIR, MAR, 1:00:21
2. Hassan CHANI, MAR, 1:00:23
3. Mohamed ZIANI, MAR, 1:00:29
4. El Hassan EL ABBASSI, BRN, 1:01:40
5. Ahmed EL HASSOUMI, MAR, 1:01:43

WOMEN

1. Bouasria KELTOUME, MAR, 1:12:10
2. Hanane BAJJAOUI, MAR, 1:14:16
3. Fatiha BENCHATKI, MAR, 1:15:13

Maratonina Città di Arezzo (19th)

Arezzo, ITA, 29 October

(Distance: 21.1 km; loop course with negligible start/finish separation; start/finish elevation of about 265 m; high point of about 275 m and low point of about 255 m.)

Note: Women's champion Winfridah Moraa Masetti won her 17th consecutive race (known to *Race Results Weekly*). Her streak began on 25 September 2016. --Ed.

MEN (gun times)

- | | | |
|---|---------|-------|
| 1. James Murithi MBURUGU, Run2Gether (KEN) | 1:02:14 | € 700 |
| 2. Moses Kipnegetich KEMEI, Purosangue Ath Team (KEN) | 1:02:24 | 600 |
| 3. Rodgers MAIYO, KEN | 1:02:37 | 400 |

WOMEN (gun times) -

- | | | |
|---|---------|-------|
| 1. Winfridah Moraa MOSETTI, Atletica 2005 (KEN) | 1:09:41 | € 700 |
|---|---------|-------|

- | | | |
|--|---------|-----|
| 2. Pauline Naragoi ESIKON, KEN | 1:11:21 | 600 |
| 3. Juliet CHEKWELL, G.S. Lammari (UGA) | 1:11:46 | 400 |

Les Foulees Monterelaises 10 km

Montereau, FRA, 29 October

MEN (gun times)

1. Stephen Mewndo MWENDWA, KEN, 29:13
2. Mohamed MOUSTAOU, FRA, 29:14
3. Charles OGARI, KEN, 29:15

WOMEN (gun times)

1. Susan Kipsang JEPTOO, KEN, 32:27
2. Joyce Jemutai KIPLIMO, KEN, 33:32
3. Mercyline JERONOH, KEN, 34:02

CROSS-COUNTRY

Conference USA (C-USA) Cross-country Championships

Hattiesburg, USA, 28 October

MEN (8 km)

Team results: 1. Mid. Tenn. State, 31; 2. Charlotte, 38; 3. Rice, 80 ...

1. Jacob Choge, SO Mid. Tenn. State (KEN) 23:54.12
2. Kigen Chemadi, SO Mid. Tenn. State 23:57.50
3. Mihret Coulter, SO Charlotte 24:11.66

WOMEN (5 km)

Team results: 1. Charlotte, 64; 2. Southern Miss, 87; 3. Rice, 95 ...

1. Caroline Sang, JR Charlotte (KEN) 16:27.82
2. Winny Koech, SO Utep (KEN) 16:38.55
3. Susannah Lynch, JR North Texas 17:01.36
- ... 6. Sherilene Gelderblom, SO Fiu (RSA) 17:22.41

Southeastern Conference (SEC) Cross-country Championships

Athens, USA, 27 October

MEN (8 km)

Team results: 1. Arkansas, 41; 2. Alabama, 81; 3. Ole Miss, 82 ...

1. Vincent Kiprop JR Alabama 23:15.4
2. Gilbert Kigen JR Alabama 23:18.8
3. Alfred Chelanga JR Alabama 23:23.4

WOMEN (6 km)

Team results: 1. Arkansas, 35; 2. Georgia, 89; 3. Ole Miss, 103 ...

1. Karissa Schweizer SR Missouri 19:36.3
 2. Taylor Werner SO Arkansas 20:07.1
 3. Katy Kunc SR Kentucky 20:13.2
 - ... 6. Carina Viljoen SO Arkansas (RSA) 20:29.1
-

STATS TIME

Continuing our series of women's track lists, this week we include a list of the top ten SA women in the 3000 m for 2017.

2017 3000 M: TOP 10 WOMEN

8:41.33	Dominique Scott-Efurd	Monaco	21 Jul
8:54.06i	Scott-Efurd	Boston	28 Jan
9:32.86	Carina Viljoen	Fayetteville	22 Apr
9:33.07	Nicole Louw	Cape Town	08 Apr
9:33.34	Aynslee van Graan	Greenville	07 Apr
9:34.98	Nadia Potgieter	Durban	01 Apr
9:36.29	Caster Semenya	Potchefstroom	15 Mar
9:36.56	Dipue Mashishi	Cape Town	08 Apr
9:37.46	Kesa Molotsane	Potchefstroom	15 Mar
9:39.86	Simonay Weitsz	Potchefstroom	15 Mar
9:40.39	Gabriella Gait-Smith	Durban	01 Apr

THIS MONTH IN HISTORY

29 years ago (exactly): 6 November 1988

The first sixteen editions of the New York City Marathon were all run in either September or October, with the first six (1970-75) run entirely in Central Park. The race was held in November for the first time in 1986, and all subsequent runnings took place in November (it was cancelled in 2012 due to Hurricane Sandy). On this day, in the 19th running, Welshman Steve Jones -- irritated at having been left out of the British Olympic team -- scored his only victory in a course record 2:08:20, while Norway's Grete Waitz achieved a fabulous ninth win in 2:28:07 (her first three victories, 1978-80, were on courses now deemed short). Both Jones and Waitz won by more than three minutes. Two South Africans have triumphed in New York: Willie Mtolo in 1992 and Hendrick Ramaala in 2004. The 47th running of the marathon was held this weekend.

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		
Marathon	2:10:51	Desmond Mokgobu	Rotterdam	09 Apr
	2:03:32	Eliud Kipchoge (KEN)		
	2:02:57	Dennis Kimetto (KEN) 2014		
100 km	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	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
	1:57:07	Ed Whitlock (CAN) 1994		

Marathon	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		
WOMEN				
<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
	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	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

21.1 km	72:52 1:55:21 97:38	Jo Klein (NED) 2004 Veronica van Niekerk Lavinia Petrie (AUS) 2014	Wellington	01 May
25 km				
30 km	2:18:20 2:50:37 2:47:08	Gerry Davidson (USA) 1991 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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