

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

One of South Africa's oldest submarathon races, the Muller Potgieter Half Marathon, was held for the 49th time this weekend in Pretoria and won by Musa Sibiya in 72:47 and Natalie Mullany in 92:09.

Not as old, but still having its 22nd running, was the challenging Sanlam Niel Joubert Plaaswedloop, held on the beautiful farm Klein Simonsvlei near Klapmuts. In the women's race Fortunate Chidzivo (ZIM) and Nomvuyisi Seti repeated their one-two placings of last year, while Raydon Balie won the men's competition.

Two Boxer athletes, Elroy Gelant (1:04:44) and Lebogang Phalula (1:18:29), scored good wins in the Mitchells Plain Half Marathon -- Phalula by almost ten minutes. Clubmates Gladwin Mzazi and vet Tanith Maxwell won the accompanying 10 km.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Muller Potgieter Half Marathon & 10 km, Pretoria
- * Nelson Mandela Bay Uitenhage Carnival 10 km, Uitenhage
- * Mitchells Plain Titans AC Half Marathon & 10 km, Mitchells Plain
- * Hope Challenge & Abstinence Half Marathon & 10 km, Durban
- * Sani Stagger Marathon & Half Marathon, Sani Pass
- * Sanlam Niel Joubert Plaaswedloop, Simondium
- * Knysna Waterfront Half Marathon & 10 km, Knysna
- * Gonubie Coastal Challenge, East London
- * Spur to Spur 10 km, George

International highlights:

- * Standard Chartered Nairobi Marathon & Half Marathon, Nairobi, KEN
- * Milano21, Milano, ITA
- * Manchester Road Race, Manchester, USA
- * Ageo City Half Marathon, Ageo, JPN
- * Flanigan's Rockin' Rib 10 km, Davie, USA
- * La Corrida Bulloise, Bulle, SUI
- * Baringo Lotto Half Marathon & 10 km, Kabarnet, KEN
- * XC: Cross Internacional de la Constitución, Alcobendas, ESP
- * JFK 50 Mile, Boonsboro to Williamsport, USA

* Track: Hachioji Long Distance Meet, Hachioji, Tokyo, JPN

ROAD RUNNING

Muller Potgieter Half Marathon (49th) & 10 km

Pretoria, 25 November

(Distances: 21.1 km & 10 km; hilly loop courses. Finishers: half marathon – 350 [slightly down from 360 last year]; 10 km – 600 [down from 630]; plus 115 in 5 km.)

Half marathon

MEN

1 Musa Sibiyi (ACRW) 72:47; 2 Vuysile Tshoba (KPMG) 83:28; 3 Aaron Mabena (Transnet) 83:29 (1st vet).

Veterans: 1 Aaron Mabena (Transnet) 83:29. **Masters:** 1 Colin Fisher (CSIR) 95:12.

G'masters: 1 Anton Reynders (Kempton) 1:47:50. **G/g'masters:** 1 Tom Meintjies (Kudus) 2:43:23. **Juniors:** 1 Isaac Fundzamo (Nedbank) 91:56.

WOMEN

1 Natalie Mullany (Born 2 Run) 92:09; 2 Tegan Edwards (Vitality) 95:59; 3 Arline v. Staden (PPMK) 1:42:35.

Veterans: 1 Tracey Housden (Phobians) 1:46:36. **Masters:** 1 Karen Coomber (ACRW) 1:43:55. **G'masters:** 1 Carole de Waal (Wingate) 2:02:43. **Juniors:** 1 Karien van Duyker (Fortis North) 1:59:08.

10 km

MEN

1 Bafana Dube (Boot Camp) 33:47; 2 Victor Mahlobo (Nedbank) 35:47 (1st jun); 3 Veli Khoza (Nedbank) 35:54.

Veterans: 1 Elmon Ndlovu (PMMC) 39:32. **Masters:** 1 Leon Page (Irene) 48:31.

G'masters: 1 Andre Bredenkamp (BNAC) 43:10. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 60:23. **80+:** 1 Ken Nurden (Agape) 57:10. **Juniors:** 1 Victor Mahlobo (Nedbank) 35:47.

WOMEN

1 Danielle Jordaan (Oos Moot) 44:45; 2 Mira Kaffka (ACRW) 45:41; 3 Maria Bendana (Morningside) 45:55 (1st mast).

Veterans: 1 Lois Farmery (PvR) 51:01. **Masters:** 1 Maria Bendana (Morningside) 45:55.

G'masters: 1 Francis van Blerk (Nedbank) 51:21. **Juniors:** 1 Mira Kaffka (ACRW) 45:41.

Nelson Mandela Bay Uitenhage Carnival 10 km

Uitenhage, 25 November

(Loop course. Finishers: 210.)

Note: Last year this race was called the Nelson Mandela Bay City to Town Half Marathon (with 376 finishers); it was changed to a 10 km this year. --Ed.

MEN

1	Andile	Motwana	Tinarha AC	20	30:20
2	Amos	Nyongo	Ikhamva AC	31	30:21
3	Adriaan	Gerwel	Ikhamva AC	21	31:38
4	George	Ntshiliza	Nedbank RC	38	32:00

5	Brendon	Effenaar	Nedbank RC	21	32:09
Veterans:					
1	Mzwanele	Maphekula	Bluewater Bay	41	34:12
2	Melikhaya	Kepe	Nedbank RC	41	36:24
3	Alfred	Qogi	Nedbank RC	44	36:29
Masters:					
1	Desmond	Zibi	Achilles AAA	54	34:56
2	Darrell	Wicht	Madiba BW	54	37:59
3	Sithembiso	Yozo	Temp	53	38:09
G'masters:					
1	Alan	Taylor	Achilles AAA	60	40:32
2	Hannes	Els	Madiba BW	67	42:36
3	Sizinzo	Kama	Achilles AAA	66	44:52
G/g'masters:					
1	Tamsanqa	Jusayi	Nedbank RC	75	49:22
2	David	O'Reilly	Nedbank RC	70	57:09
3	Henry	Human	VWAC	78	1:11:07
Juniors:					
1	Xabiso	Kobe	Tinarha AC	19	34:26
2	Anele	Voorman	Nedbank RC	17	34:53
3	Tawfeeq	Vyver	Nedbank RC	19	49:12
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC	35	37:35
2	Ndileka	Mvakwendlu	Tinarha AC	27	40:19
3	Siphokazi	Nojoko	Motherwell AC	23	41:49
4	Davera	Magson (1st vet)	Nedbank RC	43	42:48
5	Luthando	Nxanisa	Madibaz AC	25	43:08
Veterans:					
1	Davera	Magson	Nedbank RC	43	42:48
2	Grizelda	Pietersen	Nedbank RC	49	47:42
3	Lily	Janse Van	Despatch AC	41	48:01
Masters:					
1	Michelle	Van Iddekinge	Elite AC	50	47:53
2	Buyelwa	Kobokana	Nedbank RC	52	51:47
3	Gail	Klichowicz	Achilles AAA	51	54:07
G'masters:					
1	Hanlie	Van der Westhuizen	Despatch AC	61	44:33
2	Helene	Oppel	Elite AC	67	1:05:51
3	Stephanie	Hay	Infinity AC	62	1:09:41
G/g'masters:					
1	Ronelle	Steyn	Nedbank RC	73	1:03:56
2	Denise	Terblanche	Infinity AC	70	1:10:21
3	Christine	Fourie	Elite AC	71	1:16:05
Juniors:					
1	Natasha	Magaga	Motherwell AC	15	48:48
2	Nalize	Van Straaten	Schools EPA	14	51:48

Mitchells Plain Titans AC Half Marathon & 10 km

Mitchells Plain, 25 November

(Distances: 21.1 km & 10 km; certified, fairly flat out-and-back courses. Finishers: half marathon – 931 [three fewer than last year's 934]; 10 km – 1064 [down from 1217].)

Half marathon

MEN

1. Elroy Gelant (Boxer) 1:04:44
2. André Afrika (Eerste) 1:06:43
3. Akhona Makila (VOB) 1:07:57

Veterans: 1. Vakalisa Kopolo (Ned) 1:13:31; 2. Tsungai Mwanengeni (ZIM/Gugs) 1:16:03; 3. Bonisile Ngculana (VOB) 1:16:50. **Masters:** 1. Johnny Persents (WR) 1:18:11; 2. John September (Itheke) 1:18:17; 3. Timothy Hess (Eerste) 1:22:11. **G'masters:** 1. Mochamat Kriel (Ommie) 1:28:55; 2. Robert Arnold (Top) 1:31:06; 3. Mark Wagenheim (AAC) 1:37:34. **G/g'masters:** 1. Yusuf Gamielien (Itheke) 2:17:52.

WOMEN

1. Lebogang Phalula (Boxer) 1:18:29
2. Candyce Hall (Carb) 1:28:18
3. Natalie Beckenstrater (WC) 1:29:45

Veterans: 1. Jacky Misroll (Pine) 1:38:41; 2. Marilize van Zyl (Durb) 1:41:56; 3. Marietjie de Vries (Strand) 1:42:00. **Masters:** 1. Olga Howard (Ned) 1:36:30; 2. Liz Bax (Pine) 1:49:15; 3. Jenny da Silva (Met) 1:52:39. **G'masters:** 1. Nancy Will (Pine) 1:42:27; 2. Sonja Smith (Celtic) 1:55:43; 3. Ruth Leverton (Pine) 2:07:18. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:09:31.

10 km

MEN

1. Gladwin Mzazi (Boxer) 30:14
2. Rowhaldo Ratz (UWC) 30:15 (1st jun)
3. Raydon Balie (WR) 31:07

Veterans: 1. Shawn Abrahams (Kuils) 33:44; 2. Xolile Macanda (Gugs) 35:01; 3. Bongani Mdlalose (SANDF) 35:17. **Masters:** 1. Steve Motau (Itheke) 37:41; 2. Shafiek Cassiem (Itheke) 40:50; 3. Binyamien Kariem (ARD) 41:48. **G'masters:** 1. Michael Crozier (Atlantis) 44:17; 2. Paul Fortuin (VOB) 46:47; 3. Albert Williams (Top) 47:16. **G/g'masters:** 1. Claude Brooks (MS) 63:25. **Juniors:** 1. Rowhaldo Ratz (UWC) 30:15; 2. Thembeke Mendu (Gugs) 31:49; 3. Alantino Belillie (Sanlam) 32:58.

WOMEN

1. Tanith Maxwell (Boxer) 38:04 (1st vet)
2. Lee-Shay Willemse (Velo) 38:53
3. Nolubabalo Dyonase (VOB) 41:32

Veterans: 1. Tanith Maxwell (Boxer) 38:04; 2. Busisiwe Matiwane (Ned) 42:21; 3. Ursula Frans (Ned) 42:40. **Masters:** 1. Suzanne Marais (Strand) 41:48; 2. Mariëtte Strauss (Tyger) 43:48; 3. Gail Maharaj (SANDF) 48:09. **G'masters:** 1. Charmaine Cupido (Ned) 48:31; 2. Helen du Plessis (Brack) 55:57; 3. Denise Johannes (SH) 56:55. **G/g'masters:** 1. Marietha Herbert (Bell) 55:45. **Juniors:** 1. Emihle Mbinda (VOB) 49:34; 2. Veronique Jacobs (SH) 52:31; 3. Zoë Vermaak (SH) 54:23.

Hope Challenge & Abstinence Half Marathon & 10 km (2nd)

Durban, 25 November

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 202; 10 km -- 190.)

Half marathon**MEN**

1.	Bonginkosi Zwane	Ind	1:09:33
2.	Sithembe Fanekho	Ind	1:14:35
3.	Siphelele Zondi	Ind	1:18:37

40-49:

1.	Sibusiso Jili	Umlazi AC	1:29:04
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50-59:

1.	Michael Ndlovu	Ind	1:23:56
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60+:

1.	Ronnie Badri	Ind	2:42:23
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Juniors:

1.	Tsepo Makhube	Ind	1:54:30
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WOMEN

1.	Simone Verster	KPMG	1:42:56
2.	Shanna Wood	Bluff AC	1:51:25
3.	Roshini Natasen	Highway AC	1:56:37

40-49:

1.	Zukiswa Kula	Ind	2:19:38
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50-59:

1.	Roshini Natasen	Highway AC	1:56:37
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60+:

1.	Denise Johansen	Maxed Elite	2:38:10
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Juniors:

1.	Thembokuhle Khumalo	Ind	2:15:37
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10 km**MEN**

1.	Nkosikhona Mhlakwana	32:40
2.	Mziwenkosi Mjaja	34:03
3.	Aphele Phungula	35:01

WOMEN

1.	Makhosi Mhlongo	40:33
2.	Nonku Ntshangase	42:10
3.	Nelisiwe Kholeka Biyela	46:12

Sani Stagger Marathon & Half Marathon

Sani Pass, 25 November

(Distances: 42.195 km [up and down pass] & 21.1 km [down pass]. Finishers: marathon -- 269; half marathon -- 297.)

Note: Unfortunately no clubs were indicated in the results. -- Ed.**Marathon****MEN**

1.	Nkosinathi Duma	3:08:50
2.	Bongumusa Mthembu	3:09:12
3.	Phillip Shezi	3:15:31

40-49:

1. Mbongeni Sosibo 3:31:46

50-59:

1. Rama Ngoako 4:38:36

60+:

1. Jackie Ramasodi 4:49:03

WOMEN

1. Natasha Malan 4:29:14

2. Adeliën du Toit 4:44:54

3. Esna Roux 4:48:42 (1st vet)

40-49:

1. Esna Roux 4:48:42

50-59:

1. Karen Jonsson 5:19:19

60+:

1. Gerda Milford 5:53:22

Half marathon**MEN**

1. Derek Wasserfall 1:27:29

2. Jeffrey Sosibo 1:31:16 (1st vet)

3. Martin Ngwenya 1:34:08

40-49:

1. Jeffrey Sosibo 1:31:16

50-59:

1. Yvan Eriau 1:47:45

60+:

1. Ramsamy Govender 2:11:35

WOMEN

1. Karen Sobrino 1:50:07 (1st vet)

2. Lee Havenga 2:00:29

3. Nicole Wiggall 2:01:08

40-49:

1. Karen Sobrino 1:50:07

50-59:

1. Karen Seals 2:07:30

60+:

1. Ann J. Williams 2:38:20

Sanlam Niel Joubert Plaaswedloop (22nd)

Simondium, 22 November

(Distance: 13 km; loop course on gravel farm roads, very hilly. Weather: cool and partly overcast. Finishers: 805 [five more than last year's 800].)

MEN

1. Raydon Balie (WR) 41:11 (R1000)

2. Bernard Rukadza (ZIM) 41:23 (R800)

3. Danzil Palse (East) 41:38 (R600)

Veterans: 1. Mthandazo Qhina (Ned) 43:38 (R400); 2. Tsungai Mwanengeni (ZIM/Gugs) 46:10 (R300); 3. Thembelani Zola (Ned) 47:31 (R250). **Masters:** 1. Johnny Persents (WR) 41:56 (R400); 2. Henry Wolstenholme (Durb) 50:54 (R300); 3. Shafiek Cassiem (Itheke) 54:58 (R250). **G'masters:** 1. Piet Smit (Swart) n/t (R300); 2. Allan Ryninks (WR) 62:12 (R250); 3. Ron Bunk (Strand) 63:05 (R200). **G/g'masters:** 1. Ulli Lehmann (Held) 76:20 (R100); 2. Oloff Crous (Brack) 85:52 (R70). **Juniors:** 1. Stephen Millard (Strand) 47:58 (R300); 2. Siyabonga Mathe (East) 51:01 (R250); 3. Bonya Ndika (East) 55:00 (R200).

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Ned) 52:51
2. Nomvuyisi Seti (Ind) 53:16
3. Ivy Gongqa (Ned) 56:01

Veterans: 1. Linda Kinloch-Smith (Bell) 58:34; 2. Ursula Turck (Strand) 61:47; 3. Tyshia Johannes (Gugs) 63:10. **Masters:** 1. Mariëtte Strauss (Tyger) 59:11; 2. Maria Schmidt (Brack) 68:00; 3. Jean Els (Well) 70:54. **G'masters:** 1. Nancy Will (Pine) 64:19; 2. Sonia Smith (Celtic) 72:11; 3. Helen du Plessis (Brack) 82:26. **G/g'masters:** 1. Mariëtha Herbert (Bell) 75:56; 2. Pixie Sparg (Celtic) 79:24. **Juniors:** 1. Sophia Els (Bell) 67:10; 2. Nel Singleton (Worc) 69:32; 3. Kayla Clayton (MP) 73:56.

Knysna Waterfront Half Marathon & 10 km

Knysna, 18 November

(Distances: 21.1 km & 10 km. Finishers: half marathon – 149 [up from 119 last year]; 10 km – 146 [three more than last year's 143].)

Half marathon

MEN

1	Lloyd Bosman	Nedbank	29	1:08:32
2	Rodney Prins	Nedbank EC	30	1:11:50
3	André Ketchem	X Cell AC	34	1:12:37
4	John April	Nedbank	28	1:12:59
5	Lindile Tokota	Nedbank	49	1:15:21

Veterans:

1	Lindile Tokota	Nedbank	1:15:21
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Masters:

1	Selwyn Losper	Mosselbay Harriers	1:22:52
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G'masters:

1	Robert de Reuck	Cape Multi Sport Eden	1:34:07
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G/g'masters:

1	Ben Bouwer	Hartenbos Drawwers	2:39:19
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Juniors:

1	Sheldon Rensburg	Temp	1:19:26
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WOMEN

1	Michelle Mayson	Nedbank EC	41	1:26:00
2	Davera Magson	Nedbank EC	43	1:34:25
3	Janet Woodhead	Plett AC	38	1:39:32
4	Gida de Swardt	Hartenbos Drawwers	31	1:42:46
5	Chane Bekker	Nedbank	27	1:45:01

Veterans:

1	Davera Magson	Nedbank EC	1:34:25
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Masters:

1	Alison Jordaan	Nedbank	1:45:12
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G'masters:

1	Theresa Lillis	Achelles	2:21:39
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G/g'masters:

1	Annemarie van Eck	Nedbank	2:46:45
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Juniors:

1	Chane Gricius	Outeniqua Harriers	1:46:26
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10 km**MEN**

1	Godwin Heyns	Nedbank	19	31:33
2	Leon Adams	Hartenbos Drawwers	23	31:40
3	Duwayne Lucas	Ikhamba	28	32:39
4	Ashwell Clooco	Nedbank	21	32:45
5	Francois Maquassa	Nedbank	22	33:36

Veterans:

1	Mxoli Fana	Outeniqua Harriers	35:09
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Masters:

1	Patrick Peters	Military sport club	38:01
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G'masters:

1	Patrick Rawlins	Outeniqua Harriers	42:27
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G/g'masters:

1	Nic Brummer	Sedgefield Striders	50:24
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Juniors:

1	Godwin Heyns	Nedbank	31:33
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WOMEN

1	Louw-Anne Lourens	Nedbank	15	43:16
2	Candice Van Beulen	Nedbank	17	44:25
3	Kirsty Weir	Nedbank	39	44:57
4	Natasha Chick	Temp	23	47:25
5	Lantie Gricuis	Outeniqua Harriers	46	48:52

Veterans:

1	Claire Badenhorst	Plett AC	54:43
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Masters:

1	Ita Stiglingh	Sedgefield Striders	54:09
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G'masters:

1	Elizabeth Herbst	Outeniqua Harriers	1:00:52
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G/g'masters:

1	Barbara Derbidge	Sedgefield Striders	1:16:55
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Juniors:

1	Louw-Anne Lourens	Nedbank	43:16
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Gonubie Coastal Challenge (30th)

East London, 18 November

(Distances: 21.1 km & 10 km; point-to-point courses, partly off-road)

Note: The times were given in hundredths of a second and rounded up by DRR according to the rules. -- Ed.

Half marathon**MEN**

1. Luthanda Hejana (RG), 31, 1:11:02
2. Samuel Luqongo (Over), 33, 1:12:04
3. Xolile Mashiala (Over), 41, 1:23:02

WOMEN

1. Andrea Ranger (Old S), 35, 1:31:41
2. Carly Wessels (Ind), 23, 1:47:28
3. Muziyavuli Chirwa (Ox S), 28, 1:49:04

10 km

MEN

1. Matthew Raath (Ind), 15, 42:05
2. Nicholas Andrews (Ind), 29, 42:15
3. Asithandile Manuel, (RS), 43:30

WOMEN

1. Winnie Menze (OM), 24, 48:37
2. Axolile Kutuka (Ind), 27, 55:26
3. Giselle Pauls (Ind), 36, 58:41

Spur to Spur 10 km

George, 8 November

(Finishers: 344 [up from 313 last year].)

MEN

1	Godwin Heyns	Nedbank	19	30:47
2	Donovan Jantjies	Nedbank	21	31:23
3	Leon Adams	Hartenbos Drawwers	23	31:46
4	Jerome Ferland	Nedbank	18	32:02
5	Christiaan Lingerveld	Nedbank	18	33:21

Veterans:

1	Walter Lutsch	Outeniqua Harrires	37:14
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Masters:

1	Selwyn Losper	Mossel Bay Harriers	35:08
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G'masters:

1	Robert De Reuck	Cape Multi Sport Eden	40:35
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G/g'masters:

1	Leslie Stuart	Knysna Marathon Club	48:52
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Juniors:

1	Godwin Heyns	Nedbank	30:47
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WOMEN

1	Lisl Grobler	Knysna Marathon Club	41	41:04
2	Nerida Lubbe	Hartenbos Drawwers	41	41:21
3	Annatjie Botes	Nedbank	59	42:24
4	Candice van Beulen	Nedbank	17	43:01
5	Louw-Anne Lourens	Nedbank	15	43:55

Veterans:

1	Lizl Grobler	Knysna Marathon Club	41:04
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Masters:

1	Annatjie Botes	Nedbank	42:24
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G'masters:

1	Mariet Horn	Knysna Marathon Club	54:14
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G/g'masters:

1	Anna-Marie van Eck	Nedbank	1:08:58
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Juniors:

1	Candice van Beulen	Nedbank	43:01
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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

Standard Chartered Nairobi Marathon (15th) & Half Marathon

Nairobi, KEN, 26 November

(Distances: 42.195 km, loop course starting and finishing at Nyayo Stadium, and 21.1 km [Nairobi is at 1680 m of altitude].)

Marathon

MEN

1. Brimin Kipkorir Misoi 2:12:39 KSH 1,500,000 (=USD 14,507)
2. Shadrack Kiptoo Kimaiyo 2:12:52 650,000
3. Joshua Kipkorir 2:13:27 350,000

WOMEN

1. Celestine Chepchirchir 2:31:41 KSH 1,500,000 (=USD 14,507)
2. Kellen Waithera 2:35:05 650,000
3. Peris Kiprono 2:35:17 350,000

Half Marathon

MEN

1. Felix Kibitok 1:03:26 KSH 200,000
2. Ezekiel Kimeli Mutai 1:03:38 150,000
3. Patrick Kipkorir Sielei 1:03:39 100,000

WOMEN

1. Valary Jemeli Aiyabei 1:11:04 KSH 200,000
2. Margaret Wangare Muriuki 1:13:28 150,000
3. Alicent Rutto 1:14:22 100,000

Milano21 (1st)

Milano, ITA, 26 November

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

MEN (gun times)

1. Daniele Meucci, C.S. Esercito, 1:03:16 CR
2. Zohair Zahir, CUS Pro Patria Milano, 1:09:18
3. Emanuele Repetto Delta Spedizioni, 1:09:20
Lesiba Precious Mashele, **RSA**, DNF (29:51 at 10-K)

WOMEN (gun times)

1. Valeria Straneo (40+), Laguna Running SSD SRL, 1:13:23 CR
2. Fatna Maraoui, C.S. Esercito, 1:13:51
3. Federica Zenoni, Atl Bergamo 1959 Oriocenter, 1:16:19

Manchester Road Race (81st)

Manchester, USA, 23 November

(Distance: 4.748 miles; loop course with significant hills)

Note: Well behind the elites, 71-year-old Amby Burfoot, a nine-time Manchester winner, completed the race for the 55th consecutive year, recording a net time of 39:43. -- Ed.

MEN (gun times)

- | | | |
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| 1. Paul Chelimo, 26, Colorado Spgs, CO | 21:32 | \$4000 |
| 2. Kirubel Erassa, 24, Colorado Spgs, CO | 21:34 | 3000 |
| 3. Chris Thompson, 36, GBR | 21:36 | 2500 + 1000# |
| 4. Hassan Mead, 26, Johnson City, TN | 21:42 | 2000 |
| 5. Kemoy Cambell, 26, Allston, MA (JAM) | 21:43 | 1500 |

#) Earned "King of the Hill" prime

WOMEN (gun times/selected extended times shown where relevant)

- | | | |
|---|---------|-------------------|
| 1. Buze Diriba, 23, Albuquerque, NM (ETH) | 23:56.5 | CR \$4000 + 2000* |
| 2. Molly Huddle, 33, Providence, RI | 23:57.5 | 3000 + 1000# |
| 3. Molly Seidel, 23, Watertown, MA | 24:14 | 2500 |
| 4. Eilish McColgan, 26, GBR | 24:16 | 2000 |
| 5. Desiree Linden, 34, Washington, MI | 24:58 | 1500 |

*) Course record bonus

#) Earned "Queen of the Hill" prime

Ageo City Half Marathon (30th)

Ageo, JPN, 19 November

(Distance: 21.1 km; out-and-back course with start and finish on the track)
sub-65:00 (vs. 124 last year) --Ed.

MEN (gun times)

- | | | |
|--|---------|--------|
| 1. Simon Kariuki, Nihon Yakka Univ. (KEN), | 1:01:25 | PB/CR* |
| 2. Patrick Mathenge Wambui, Nihon Univ. (KEN), | 1:01:37 | PB |
| 3. Kei Katanishi, Komazawa University, | 1:03:00 | |
| 4. Shogo Ise, Komazawa University, | 1:03:10 | PB |
| 5. Hayato Seki, Tokai University, | 1:03:12 | |

WOMEN (gun times)

- | | |
|-----------------------|---------|
| 1. Chun Yu Tsao, TPE, | 1:15:51 |
| 2. Yuna Terashima, | 1:16:16 |

Flanigan's Rockin' Rib 10 km (5th)

Davie, USA, 19 November

(Certified record-quality course with start/finish separation)

MEN (gun times)

- | | | |
|-----------------------|-------|---------------------|
| 1. Tommy Curtin, 24 | 29:21 | PB/CR \$2000 + 500* |
| 2. Ryan Dohner, 26 | 29:38 | PB 750 |
| 3. Kevin Castille, 45 | 29:51 | WR 4549# 500 |

*) Course record bonus

#) ARRS world record for men 45-49; previous 29:59.9, Stephen Moneghetti (AUS), 2009

WOMEN (gun times)

- | | | | |
|-------------------------------|-------|-------|---------------|
| 1. Molly Seidel, 23 | 33:03 | PB/CR | \$2000 + 500* |
| 2. Lindsey Scherf, 31 | 33:51 | | 750 |
| 3. Marta Pen Freitas, 24, POR | 33:56 | | 500 |

*) Course record bonus

La Corrida Bulloise (42nd)

Bulle, SUI, 18 November

(Distances: Men, 8 km; women, 6 km)

MEN (extended gun times)

1. Julien Wanders, 1996, Stade Genève, 22:45.1
2. Patrick Mugur Ereng, 1987, KEN, 23:14.4
3. Soufiyan Bouqantar, 1989, MAR, 23:24.0

WOMEN (extended gun times)

1. Helen Bekele Tola, 1994, Stade Genève (ETH), 19:38.2
2. Fabienne Schlumpf, 1990, TG Hütten, 20:00.5
3. Cynthia Chepchichir Kosgei, 1993, KEN, 20:12.3

Baringo Lotto Half Marathon & 10 km

Kabarnet, KEN, 18 November

(Distances: 21.1 km & 109 km; point-to-point courses)

Half Marathon (gun times)

MEN

- | | | |
|-----------------------|---------|-------------------------|
| 1. Isaac LANGAT, 1994 | 1:01:47 | KSH 250,000 (=USD 2413) |
| 2. Isaac KIBET, 1996 | 1:01:54 | 100,000 |
| 3. Sammy KIPRONO | 1:02:02 | 75,000 |

WOMEN

- | | | |
|---------------------------|---------|-------------------------|
| 1. Lucy CHERUIYOT, 1997 | 1:12:19 | KSH 250,000 (=USD 2413) |
| 2. Naomi JEBET, 1994 | 1:12:22 | 100,000 |
| 3. Joy KEMUNA, | 1:12:52 | 75,000 |
| 4. Maureen CHEPKEMOI | 1:14:00 | 50,000 |
| 5. Antonina KWAMBAI, 1992 | 1:14:05 | 40,000 |

10 km (gun times)

MEN

- | | | |
|------------------------|-------|-----------------------|
| 1. Vincent KIPROTICH | 29:18 | KSH 50,000 (=USD 483) |
| 2. Benard KIMELI, 1995 | 29:32 | 40,000 |
| 3. Emmanuel BOR, 1993 | 29:38 | 30,000 |

WOMEN

- | | | |
|-----------------------------|-------|-----------------------|
| 1. Sandra CHEBET, 1998 | 33:11 | KSH 50,000 (=USD 483) |
| 2. Dorcas JEPCHIRCHIR, 1996 | 33:50 | 40,000 |
| 3. Caroline CHEPKEMOI, 1993 | 34:09 | 30,000 |

CROSS-COUNTRY

Cross Internacional de la Constitución (36th)

Alcobendas, ESP, 26 November

SR./PROMESA MEN (10060m):

1. Aron KIFLE, ERI, 29:22
2. Timothy TOROITICH, UGA, 29:57
3. Ael MECHAAL, ESP, 30:11
4. Vincent RONO, KEN, 30:21
5. Yemane HAILESELASSIE, ERI, 30:47

SR./PROMESA WOMEN (8060m):

1. Alice Aprot NAWOWUNA, KEN, 27:20
2. Trihas GEBRE, ESP, 27:54
3. Ana LOZANO DEL CAMPO, ESP, 28:24
4. Marta PEREZ MIGUEL, ESP, 28:34
5. Catarina RIBEIRO, POR, 28:34

ULTRA/MOUNTAIN/TRAIL RUNNING

JFK 50 Mile (55th)

Boonsboro to Williamsport, USA, 18 November

(Distance: 50.2 miles; point-to-point course with paved roads, rugged trails, steep descents and climbs; some portions of the course are very technical)

MEN (extended gun times)

- | | | |
|---|-----------|--------|
| 1. Eric Senseman, 28, Flagstaff, AZ | 5:54:54.0 | \$1000 |
| 2. Michael Owen, 28, Pomeroy, OH | 6:03:01.8 | 600 |
| 3. Anthony Kunkel, 25, Durango, CO | 6:05:36.8 | 400 |
| ... 8. Michael Wardian, 43, Arlington, VA | 6:26:44.7 | |

WOMEN (gun times)

- | | | |
|---|-----------|--------|
| 1. Emily Harrison Torrence, 31, Flagstaff, AZ | 6:27:42.4 | \$1000 |
| 2. Jacqueline Merritt, 29, Decatur, GA | 6:57:07.6 | 600 |
| 3. Sabrina Little, 31, Robinson, TX | 7:01:20.0 | 400 |

TRACK

Hachioji Long Distance Meet

Hachioji, Tokyo, JPN, 25 November

MEN

10000:

Race 6:

1. Yeneblo Biyazen (ETH), 27:32.51 PB
2. Abiyot Abinet (ETH), 27:37.62 PB
3. Muthoni Muiru (Soka University/KEN), 27:38.05 PB
4. John Maina (KEN), 27:41.77
5. Yuta Shitara, 27:41.97 PB
6. David Njuguna (KEN), 27:45.83 PB
7. Kazuya Shiojiri, Jutendo University, 27:47.87 PB
8. Patrick Mathenge Wambui (KEN), 27:49.96 PB
9. Minato Oishi, 27:50.72
10. James Mwangi (KEN), 27:51.61

11. Samuel Mwangi (KEN), 27:53.85
 12. Rodgers Chumo Kwemoi (KEN), 27:54.23

STATS TIME

The 10 km list for 2017 for veteran women is dominated by two runners, Bulelwa Simae and Tanith Maxwell. Here are the top fourteen times (all those under 38 min), by four runners. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2017 10 KM: TOP 14 WOMEN VETS PERFORMANCES

36:40	Bulelwa Simae	1	Bellville	03 Jun
36:43	Tanith Maxwell	1	Cape Town	01 Mar
36:46	Simae-2	1	Athlone	27 Apr
36:49	Maxwell-2	1	Goodwood	04 Mar
36:54	Maxwell-3	1	Port Elizabeth	06 May
36:54	Simae-3	1	Durban	11 Jun
37:15	Simae-4	2	Port Elizabeth	06 May
37:15	Simae-5	1	Pinelands	30 Jul
37:28	Maxwell-4	2	Pinelands	30 Jul
37:31	Christiane Adriaanse	1	Table View	04 Nov
37:32	Simae-6	1	Cape Town	09 Aug
37:36	Charné Bosman	1	Sasolburg	04 Feb
37:56	Maxwell-5	1	Pietermaritzburg	20 Aug
37:59	Maxwell-6	1	Durbanville	21 Mar

THIS MONTH IN HISTORY

37 years ago: 12 November 1980

Last week the spotlight fell on Sonja Laxton's first SA record for 3000 metres, set in November 1972. Only three other SA distance records for women have ever been set in November, and the last of these came on this day at the Volksblad Meeting in Bloemfontein when Sarina Cronjé smashed her own record for 1500 m by almost four seconds. She had run 4:12.9 the previous year in Port Elizabeth to break Laxton's former mark by 0.2 sec. Here she clocked a brilliant 4:09.0 to beat Bambie Heiberg by more than 18 sec. Less than a month later in Durban she won the 800, 1500 and 3000 at the SAU Championships and then, competing for the SAU against an Invitation team, she cut this time to 4:08.6 for an Africa record by 0.2 sec. Earlier in the year Cronjé had won both the SA 3000-metre and cross-country titles.

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		
	44:47	Gladwin Mzazi	Pretoria	19 Aug
21.1 km	42:00	Matthew Kimeli Kipkorir (KEN)		
	41:13	Leonard Patrick Komon (KEN) 2010		
	61:21	Stephen Mokoka	Port Elizabeth	24 Jun
25 km	58:40	Abraham Cheroben (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
	81:36A	Sipho Mbanjwa	Pinetown	29 Jan
30 km	85:37	Kagiso Motyale	Brits	07 Oct
	74:27	Dathan Ritzenhain (USA)		
	71:18	Dennis Kipruto Kimetto (KEN)		
Marathon	96:10	Lusapho April	Camps Bay	08 Jan
	90:17	Yuichiro Ueno (JPN)		
	87:13**	Eliud Kipchoge (KEN) 2016		
100 km	87:13**	Stanley Biwott (KEN) 2016		
	2:08:35	Stephen Mokoka	Shanghai	12 Nov
	2:03:32	Eliud Kipchoge (KEN)		
100 km	2:02:57	Dennis Kimetto (KEN) 2014		
	7:42:28	Simphiwe Vellel	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	1:45:54	Gert Thys	Camps Bay	08 Jan
	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
100 km	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

21.1 km	54:32	Cees Stolwijk (NED) 2013		
	87:51	Thomas Moses	Port Elizabeth	24 Jun
25 km	71:31	Martin Rees (GBR) 2013		
	1:54:07A	Devilliers Oberholzer	Pinetown	29 Jan
	1:58:06	Theo Bohnen	Pretoria	06 May
30 km	94:01	Doug Winn (USA) 2010		
	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

Great grandmasters (70+)

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	2:51:20	Anthony Riddick	Parow	26 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

Juniors

10 km	30:10	Adrian Wildschutt	Goodwood	30 Sep
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:31	Sivuyile Selani	Port Elizabeth	25 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	68:26	Aphelele Nkonyana	Port Elizabeth	24 Jun
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Open

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	1:59:01	Danette Smith	Camps Bay	08 Jan
	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	2:35:21	Nolene Conrad	Valencia	19 Nov
	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	2:27:20	Olga Howard	Parow	26 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	65:46	Margie Saunders	Port Elizabeth	18 Nov
	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	2:32:53	Nancy Will	Camps Bay	08 Jan
	2:17:11	Barbara Miller (USA) 1999		

Marathon	3:26:99 3:01:30	Nancy Will Bernadine Portenski (NZL) 2010	Durban	09 Apr
100 km				
<u>Great grandmasters (70+)</u>				
10 km	49:38 44:09	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Cape Town	02 Apr
15 km	85:19 72:52	Liz Jenkerson Jo Klein (NED) 2004	Port Elizabeth	18 Nov
21.1 km	1:55:21 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Wellington	01 May
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	08 Jan
Marathon	4:26:29 3:35:29	Veronica van Niekerk Helga Miketta (GER) 2013	Stellenbosch	11 Nov
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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