

# Distance Running Results

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

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## EDITORIAL

Two races were held for the 24th time this past week. Last Wednesday the Metropolitan 10 km in Bellville was won by junior Rowhaldo Ratz in 32:25 and Nolene Conrad in a magnificent (considering the challenging course) 36:49 -- a victory by almost 3½ minutes. On Sunday the Illovo Sugar 15 km Christmas Challenge went to Bonginkosi Zwane in 48:12 and Shelley Young in 61:05.

Also included are the results of one of South Africa's oldest submarathon races, the RAC Tough One 32 km, which was held for the 43rd time on the last Sunday of November. The winners were Pule Maeko (1:46:32) and vet Charné Bosman (2:17:05).

In the results of the Mapungubwe Half Marathon in Polokwane, published last week, the time for the 7th woman, Gift Ramabele, should have been 1:46:54, not 1:43:08.

The first female shown in the Knysna Waterfront Half Marathon on 18 November (DRR 17:47), Michelle Mayson, is in fact a man, Michael Magson. So the correct women's result of that race is: 1. Davera Magson 1:34:25; 2. Janet Woodhead 1:39:32; 3. Gida de Swarct 1:42:46.

## LAST ISSUE FOR 2017

This is the last issue of *Distance Running Results* for 2017, the 17th year of its existence. I would like to thank all the dedicated contributors for their assistance in sending results and other information during the year and answering my queries; this newsletter would not have existed without your help.

I wish all contributors and readers compliments of the season and a wonderful, healthy and happy 2018. The next issue of DRR will be sent out on 8 January (but contributors should please continue sending results for the rest of this year).

- Renewal notices will be sent out to subscribers this week. If you do want to continue receiving DRR in 2018, please make payment before 8 January.

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* Bottelary AC Half Marathon & 10 km, Somerset West
- \* Illovo Sugar 15 km Christmas Challenge, Durban

- \* Bay West Mall 10 km, Port Elizabeth
- \* Taalmonument Aandwedloop, Paarl
- \* Metropolitan 10 km, Bellville
- \* RAC Tough One 32 km, Johannesburg
- \* Die Vlakte Marathon, Half Marathon & 10.4 km, Heidelberg to Witsand

#### **International highlights:**

- \* Honolulu Marathon, Honolulu, USA
- \* Guangzhou Marathon, Guangzhou, CHN
- \* Silvesterlauf Zürich, Zürich, SUI
- \* Course de Noël, Sion, SUI
- \* Galaxy Entertainment Macau International Marathon, Macau, MAC
- \* Standard Chartered Singapore Marathon, Singapore, SIN
- \* Mersin Marathon, Mersin, TUR
- \* Kosa 10 Mile, Kosa, JPN
- \* Pfixx Solar Montferland Run, 's-Heerenberg, NED
- \* Kalya Half Marathon, Kitale to Kapenguria, KEN
- \* Course de l'Escalade, Genève, SUI
- \* XC: SPAR European Cross-country Championships, Samorin, SVK

## **ROAD RUNNING**

### **Bottelary AC Half Marathon & 10 km**

Somerset West, 10 December

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 304; 10 km -- 150.)

#### **Half marathon**

MEN

1. Raydon Balie (WR) 1:07:55 (R4000)
2. Nkosinathi Madyo (Itheke) 1:08:11 (R2000)
3. Lloyd Bosman (Ned SWD) 1:08:43 (R1000)
4. Mthandazo Qhina (Ned) 1:10:01 (1st vet) (R600)
5. Gershwin van Staden (Itheke) 1:10:08 (R400)

**Veterans:** 1. Mthandazo Qhina (Ned) 1:10:01 (R1500); 2. Vakalisa Kopolo (Ned) 1:13:59 (R1000); 3. Bonisile Ngculana (VOB) 1:17:19 (R500). **Masters:** 1. Johnny Persents (Ind) 1:20:37 (R800); 2. John September (Itheke) 1:27:10 (R500); 3. Shafiek Cassiem (Itheke) 1:31:25 (R300). **G'masters:** 1. Rattali Finger (East) 1:51:23 (R600); 2. Schalk Wynn (Held) 1:55:35 (R400); 3. Amien Adams (Celtic) 2:10:43 (R200). **G/g'masters:** 1. Ronnie le Roux (Brack) 2:03:27 (R500); 2. Japie Esterhuizen (Strand) 2:22:27 (R300). **Juniors:** 1. Thembeko Mendu (Gugs) 1:13:37 (R700); 2. Alantino Belillie (Sanlam) 1:19:17 (R400); 3. Ayabulelo Bodlo (VOB) 1:19:40 (R200).

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Ned) 1:19:40
2. Zintle Xiniwe (KPMG) 1:20:23
3. Ivy Gongqa (Ned) 1:31:39
4. Obertina Kanyongo (ZIM/Ned) 1:34:11 (1st mast)
5. Ursula Frans (Ned) 1:38:08 (1st vet)

**Veterans:** 1. Ursula Frans (Ned) 1:38:08; 2. Melany Porter (Pine) 1:41:53; 3. Alexis Sacks (Carb) 1:50:40. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 1:34:11; 2. Olga Howard (Ned) 1:38:30; 3. Gail Maharaj (SANDF) 1:48:25. **G'masters:** 1. Nancy Will (Pine) 1:47:10; 2. Lea Norton (Gugs) 2:07:24; 3. Klippies van Rooyen (Strand) 2:15:03. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:07:53. **Juniors:** 1. Sophia Els (Bell) 1:57:02.

**10 km**

## MEN

1. Akhona Makila (VOB) 32:01 (R1000)
2. André Afrika (Eerste) 32:09 (R600)
3. Danzil Paulse (East) 32:18 (R400)
4. Adrian Wildschutt (Itheke) 32:41 (R200)
5. Carlo Flink (Itheke) 33:01 (R100)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 34:59 (R600); 2. Shawn Abrahams (Kuils) 35:08 (R400); 3. Sihle Mapukata (Ned) 37:17 (R200). **Masters:** 1. Steve Motau (Itheke) 38:26 (R500); 2. Henry Wolstenholme (Durb) 38:51 (R300); 3. Gerald Sullivan (Sanlam) 45:21 (R200). **G'masters:** 1. Gemjikile Tom (Eskom) 48:11 (R400); 2. Sam Kotze (Ned) 51:11 (R250); 3. Tom Johnston (Aurecon) 55:06 (R150). **G/g'masters:** 1. Malcolm Rhodes (Pine) 1:06:16 (R300); 2. Jean [illegible] (Kowie) 1:49:10 (R150). **Juniors:** 1. Adrian Wildschutt (Itheke) 32:41 (R800); 2. Carlo Flink (Itheke) 33:01 (R500); 3. Siyabonga Mathe (East) 34:50 (R300).

## WOMEN (Same prize money as men)

1. Vuyiseka Nkumenge (Ned) 39:01
2. Lee-Shay Willemse (Velo) 41:37
3. Anna Bungu (Gugs) 42:32
4. Nolubabalo Dyonase (VOB) 42:57
5. Nocwaka Mthetho (MSA) 44:24

**Veterans:** 1. Busisiwe Matiwane (Ned) 45:18; 2. Elizabeth Brink (Durb) 47:32; 3. Ester Patience (ATC) 54:47. **Masters:** 1. Mariëtte Strauss (Tyger) 47:11; 2. Cailey Bredenkamp (Paarl) 53:39; 3. Sonia Harlock (FH) 59:14. **G'masters:** 1. Charmaine Cupido (Ned) 52:03; 2. Helen du Plessis (Brack) 60:11; 3. Theresa Jordaan (VOB) 71:03. **G/g'masters:** 1. Marietha Herbert (Bell) 59:22; 2. Marlene James (Pine) 65:29. **Juniors:** 1. Amahle Dintsi (VOB) 53:01; 2. Emihle Mbinda (VOB) 53:03; 3. Kaylon Herman (Held) 54:17.

**Illovo Sugar 15 km Christmas Challenge (24th)**

Durban, 10 December

(Loop course. Finishers: 2117.)

## MEN

1. Bonginkosi Zwane (Boxer), 26, 48:12 (R500)
2. Siphon Mbanjwa (Boxer), 23, 48:23 (R300)
3. Henri Schoeman (Ind), 26, 48:34 (R200)

(All age category prize money except for great grandmasters was the same: R200, R150, R100.)

**Veterans:** 1. Simphiwe Zulu (Holly), 40, 49:49; 2. Kwakhiwakwawo Ngubane (ME), 40, 54:56; 3. Bernard Phalatsane (ZIM/Phant), 41, 55:20. **Masters:** 1. Michael Ndlovu (Etheke), 50, 57:22; 2. Willie Siphon Majombozi (Boxer), 54, 60:40; 3. Bhekizizwe Bhengu (Boxer), 52, 62:56. **G'masters:** 1. Andy Daly (West), 60, 61:59; 2. Vernon Anley (DHSOB), 61, 72:12; 3. Boysie van Staden (DHSOB), 62, 81:52. **G/g'masters:** 1. Andrew Spence (SCS), 72, 1:41:54 (R200). **Juniors:** 1. Linda Nhlanhla (Ind), 15, 62:19; 2. Sphelele Dladla (Ntun), 19, 62:33; 3. Akwande Ndlovu (Ind), 14, 65:04.

## WOMEN (Same prize money as men)

1. Shelley Young (Chilt), 28, 61:05
2. Nokuthula Ntshangase (Sav), 25, 66:21
3. Danielle Adlam (Ned), 37, 66:39

**Veterans:** 1. Ashleigh White (DHSOB), 43, 68:52; 2. Katherine de Groot (KS), 44, 76:49; 3. Dawn Mackay (QH), 45, 79:44. **Masters:** 1. Grace de Oliveira (Boxer), 56, 71:08; 2. Roshini Natasen (High), 52, 77:44; 3. Debby de Koning (Eskom), 59, 79:52. **G'masters:** 1. Blanche Moila (Sav), 61, 77:06; 2. Elize Cilliers (DHSOB), 60, 81:53; 3. Josephine Gass (Carb), 63, 1:44:05. **G/g'masters:** 1. Maureen Parry (Chilt), 71, 1:45:29. **Juniors:** 1. Nelisiwe Pearl Shandu (KwaMashu), 15, 1:32:38; 2. Hannah Main (KS), 18, 1:37:39; 3. Fezeka Hadebe (Ind), 16, 1:47:58.

### Bay West Mall 10 km

Port Elizabeth, 9 December

(Finishers: 335 [up from 317 last year].)

#### MEN

1	Adriaan	Gerwel	Ikhamva AC	21	34:31
2	Brendon	Effenaar	Nedbank RC	21	35:31
3	Sandile	Ngunuza	Nedbank RC	35	37:33
4	Anele	Voorman (1st jun)	Nedbank RC	17	38:15
5	Xola	Sakawuli	Temp	22	38:34
6	Melikhaya	Kepe (1st vet)	Nedbank RC	41	39:11
7	Clinton	Barrath	Malabar	35	40:08
8	Darrell	Wicht (1st mast)	Madiba BW	54	40:23
9	Ruan	Smalberger	St Albans AC	27	40:30
10	Mutekile	Rasmeni	Nedbank RC	52	40:30
<b>40-44:</b>					
1	Melikhaya	Kepe	Nedbank RC	41	39:11
2	Craig	Rensburg	Xcel AC	41	42:55
3	Michael	Prince	Nedbank RC	43	44:37
<b>45-49:</b>					
1	Rudi	Van Tonder	Elite AC	45	46:14
2	Etienne	Gerber	VWAC	47	48:02
3	Ryno	De Villiers	Temp	45	49:39
<b>50-54:</b>					
1	Darrell	Wicht	Madiba BW	54	40:23
2	Mutekile	Rasmeni	Nedbank RC	52	40:30
3	Leonardo	De Villiers	St Albans AC	52	46:31
<b>55-59:</b>					
1	Jan	Van Eeden	Nedbank RC	59	52:52
2	Jd	Theron	Team Vitality	56	52:58
3	Peter	Van Rensburg	Elite AC	59	53:41
<b>60-64:</b>					
1	Riaan	Smalberger	St Albans AC	63	51:25
2	Sam	Erasmus	Nedbank RC	60	54:11
3	Jozua	Roux	Temp	62	54:32
<b>65-69:</b>					
1	Hannes	Els	Madiba BW	67	46:02
2	Eddie	Eades	Nedbank RC	68	51:26
3	Syd	Lippstreu	Crusaders AC	69	1:00:40
<b>70-74:</b>					
1	William	Vorster	PEAAC	71	56:20
2	David	O'Reilly	Nedbank RC	70	59:58
3	Andre	Fourie	Nedbank RC	70	1:00:56
<b>75+:</b>					
1	Tamsanqa	Jusayi	Nedbank RC	75	52:45
2	Wells	Anderson	PEAAC	85	1:15:14

**Juniors:**

1	Anele	Voorman	Nedbank RC	17	38:15
2	Bennie	Kilian	Temp	19	47:39
3	Tawfeeq	Vyver	Nedbank RC	19	49:24

**WOMEN**

1	Adri	Wessels (1st vet)	St Albans AC	42	43:01
2	Vicky	Oelofse (1st jun)	St Albans AC	17	44:18
3	Siphokazi	Nojoko	Motherwell AC	23	44:36
4	Dane	Cronje	Tukkies	20	45:00
5	Christine	Claasen (1st mast)	Achilles AAA	53	46:21
6	Amber	Rayners	Schools EPA	16	46:48
7	Leigh	Callaghan	Temp	22	47:35
8	Terray	Newcombe	Elite AC	26	47:58
9	Chane	Petzer	Schools EPA	18	48:41
10	Nalize	Van Straaten	Schools EPA	14	49:22

**40-44:**

1	Adri	Wessels	St Albans AC	42	43:01
2	Anize	Gerber	Despatch AC	44	57:19
3	Kelly	Holmes	Temp	40	1:00:37

**45-49:**

1	Grizelda	Pietersen	Nedbank RC	49	50:24
2	Lesley Ann	Bush	Despatch AC	45	55:06
3	Emmerenchia	Slabbert	PEAAC	45	58:22

**50-54:**

1	Christine	Claasen	Achilles AAA	53	46:21
2	Jhaninen	Boshoff	Despatch AC	51	1:01:25
3	Sonja	Olivier	Bluewater Bay	50	1:03:39

**55-59:**

1	Laura	Maritz	Infinity AC	57	54:28
2	Ina	Meaker	Infinity AC	56	1:01:04
3	Lynette	Crause	Infinity AC	57	1:01:04

**60-64:**

1	Marietjie	Pietersen	Achilles AAA	60	1:04:24
2	Cathy	Ives	Achilles AAA	64	1:05:18
3	Eleanor	Everton	Walmer AC	63	1:36:54

**65-69:**

1	Renee	Hawkridge	Bluewater Bay	66	58:45
2	Helene	Oppel	Elite AC	67	1:04:33
3	Jos	Els	Madiba BW	65	1:10:22

**70-74:**

1	Ronelle	Steyn	Nedbank RC	73	1:06:00
2	Denise	Terblanche	Infinity AC	70	1:11:48
3	Christine	Fourie	Elite AC	71	1:14:27

**75+:**

1	Dorothy	Hart	Nedbank RC	79	1:33:12
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**Juniors:**

1	Vicky	Oelofse	St Albans AC	17	44:18
2	Amber	Rayners	Schools EPA	16	46:48
3	Chane	Petzer	Schools EPA	18	48:41

**Taalmonument Aandwedloop**

Paarl, 6 December

(Distance: 10 km. Finishers: 256 [down from 282 last year].)

**MEN**

1	Petrus	Zwane	Swartland	28	36:09
2	Dosi	Dumisani	SAPS	38	39:20
3	Thembelani	Zola	Nedbank WP		40:13
4	Envor	Rhodas	MSA Multisport	24	40:48
5	Bongile Ree	Tshewula	Easterns	31	41:15

**WOMEN**

1	Nomvuyisi	Seti	Temp	36	47:58
2	Roenie	Van Staden	Temp	24	52:39
3	Elizabeth	Brink	Durbac	43	54:01
4	Alicia	Du Plessis	Temp	30	56:47
5	Charmaine	Viviers	Paarl	33	56:53

**Metropolitan 10 km (24th)**

Bellville, 6 December

(Certified loop course, very hilly. Finishers: 1474.)

**MEN**

1	Rowhaldo	RATZ	UWC	32:25
2	Raydon	BALIE	Wild Runner	33:11
3	Mthandazo	QHINA	Nedbank	33:34
4	Odwa	NTETA	MSA Multisport	34:04
5	Gershwin	VAN STADEN	Itheko	34:11

**Veterans:**

1	Mthandazo	QHINA	Nedbank	33:34
2	Tsungai	MWANENGENI	ZIM/Gugs	35:24
3	Vakalisa	KOPOLO	Nedbank	36:10

**Masters:**

1	John	SEPTEMBER	Itheko	38:36
2	Johnny	PERSENTS	Wild Runner	39:01
3	Zolani	NTSODO	SANDF	42:48

**G'masters:**

1	Mochamat	KRIEL	Ommiedraai	43:46
2	Robbie	LINDSAY	Nedbank	44:15
3	Gemjikile	TOM	Eskom	46:54

**G/g'masters:**

1	Oloff	CROUS	Brackenfell	1:01:34
2	Yusuf	GAMIELDIEN	Itheko	1:07:10
3	Maajid	WARLEY	Spartan	1:09:01

**Juniors:**

1	Rowhaldo	RATZ	UWC	32:25
2	Thembeke	MENDU	Gugs	34:34
3	Siyabonga	MATHE	Easterns	35:42

**WOMEN**

1	Nolene	CONRAD	KPMG	36:49
2	Fortunate	CHIDZIVO	ZIM/Nedbank	40:18
3	Candyce	HALL	Carbineers	41:13
4	Ivy	GONGQA	Nedbank	44:12
5	Anna	BUNGU	Gugs	44:29

**Veterans:**

1	Busisiwe	MATIWANE	Nedbank	47:02
2	Jacky	MISROLL	Pinelands	48:44
3	Veruschke	KOLBE	In Touch	49:08

**Masters:**

1	Ester	BRINK	Carbineers	44:52
2	Mariëtte	STRAUSS	Tygerberg	47:12
3	Olga	HOWARD	Nedbank	47:43

**G'masters:**

1	Nancy	WILL	Pinelands	52:38
2	Sonia	SMITH	Celtic Harriers	57:33
3	Helen	DU PLEISIS	Brackenfell	1:03:17

**G/g'masters:**

1	Marietha	HERBERT	Bellville	58:58
2	Pixie	SPARG	Celtic Harriers	1:01:09
3	Marlene	JAMES	Pinelands	1:09:33

**Juniors:**

1	Sophia	ELS	Bellville	53:07
2	Mia	ZGERSKI	West Coast	57:44
3	Andrea	?	Kuils River	1:01:36

**RAC Tough One 32 km (43rd)**

Johannesburg, 26 November

(Loop course. Finishers: 5722 [up from 5630 last year].)

**MEN**

1. Pule Maeko (RRR), 30, 1:46:32
2. Johannes Kekana (ME), 45, 1:52:53
3. D. Ndlovu (B2R), 32, 1:52:58
4. Thandokwakhe Ngcobo (BCC), 37, 1:53:38
5. Collen Mailola (Ned AGN), 36, 1:54:17
6. Admire Muzopambua (Asics), 33, 1:54:29
7. P. Phakwago (Ned), 42, 1:55:43
8. Thulane Magagula (KPMG), 41, 1:55:49
9. R. Mathidu (RRR), 33, 1:56:21
10. Chami Mailola (Ned AGN), 32, 1:56:48

**WOMEN**

1. Charné Bosman (Ned AGN), 42, 2:17:05
2. Ann Ashworth (Massmart), 33, 2:19:45
3. Cobie Smith (Vital), 32, 2:21:36
4. Maria Vilakazi (RWFL), 42, 2:25:40
5. D. van Zyl (Florida), 41, 2:25:47
6. Mpho Mabuza (Gallop), 38, 2:26:14
7. A.N. Other 2:28:07
8. E. Steyn (Vital), 33, 2:31:48
9. J. Jordaan (MA), 38, 2:33:11
10. N. Hlophe (Klerks), 33, 2:35:13

## Die Vlakte Marathon, Half Marathon & 10.4 km

Heidelberg to Witsand, 25 November

(Distances: 42.195 km, 21.1 km & 10.4 km; point-to-point downhill courses. Finishers: marathon – 220 [the same as last year]; half marathon – 209 [up from 141]; 10.4 km – 267 [huge increase from 173].)

Note: Melissa van Rensburg and Carla Spangenberg finished fourth overall in the half marathon and 10.4 km respectively. -- Ed.

### Marathon

#### MEN

1	Leon Adams	Hartenbos Drawwers	23	2:36:06
2	Melikhaya Msizi	Knysna MC	34	2:45:57
3	Neil Broers	Cape Multi Sport Club	36	2:46:10

#### Veterans:

1	Mxolisi Fana	Outeniqua Harriers		2:48:45
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#### Masters:

1	Selwyn Losper	Mosselbaai Harriers		2:59:34
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#### G'masters:

1	Louis van der Vyver	Nedbank		3:15:33
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#### G/g'masters:

1	Ben Bouwer	Hartenbos Drawwers		5:29:25
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#### WOMEN

1	Johanna Thomas	VOB	49	3:09:15
2	Lisl Grobler	Knysna MC		3:19:32
3	Anel van Wyk	Nedbank		3:21:10

#### Veterans:

1	Johanna Thomas	VOB		3:09:15
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#### Masters:

1	Una Saaiman	Nedbank		4:11:20
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#### G'masters:

1	Styntjie Prins	Paarl		3:56:47
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### Half marathon

#### MEN

1	Lloyd Bosman	Nedbank		1:06:31
2	Lindikhaya Mthangayi	In Touch AC	38	1:10:07
3	Justin Marais	Langeberg AC	22	1:12:45

#### Veterans:

1	Johnny Strydom	Montagu AC		1:34:17
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#### Masters:

1	Peter Jaehne	Outeniqua Harriers		1:26:24
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#### G'masters:

1	Jan du Toit	Hartenbos Drawwers		1:40:38
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#### G/g'masters:

1	Henk Bos	Montagu AC		2:00:21
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#### Juniors:

1	Nolan Hanekom	Durbanville AC		1:36:26
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#### WOMEN

1	Melissa van Rensburg	Nedbank	35	1:24:58
2	Nancy Cloete	Outeniqua Harriers		1:31:55
3	Renscha van Heerden	Ind		1:42:19



**Veterans:**

1	Nicole Griffith	VOB	1:48:41
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**Masters:**

1	Dawn Saunders	Helderberg Harriers	1:47:03
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**G'masters:**

1	Saundra Visser	Nedbank	2:22:11
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**G/g'masters:**

1	Ria Bouwer	Hartenbos Drawwers	2:25:52
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**10 km**

## MEN

1	Justin Claasen	Durbanville AC	18	36:40
2	Tristan Perfett	Ind	17	40:47
3	Dewald le Grange	Ind	15	41:10

**Veterans:**

1	Kobus Boshoff	Outeniqua Harriers	42:43
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**Masters:**

1	Edward Ruiters	Ind	57:29
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**G'masters:**

1	Hennie Viljoen	Sasol	1:39:20
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**Juniors:**

1	Justin Claasen	Durbanville AC	36:40
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## WOMEN

1	Carla Spangenberg	Nedbank	41:59	
2	Chante van der Merwe	Ind	21	44:58
3	Bea le Roux	Ind	48:50	

**Veterans:**

1	Michelle Kluyts	Langeberg AC	52:20
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**Masters:**

1	Delmarie Henning	Hartenbos Drawwers	52:15
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**G'masters:**

1	Jane Mouton	Cape Multi Sport Club Eden	52:15
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**G/g'masters:**

1	Ros Reich	Langeberg AC	1:28:37
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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****Honolulu Marathon** (45th)

Honolulu, USA, 10 December

(Distance: 42.195 km; certified out-and-back course with no net elevation change)

## MEN (gun times)

1.	Lawrence Cherono, 29, KEN	2:08:27	CR*	\$25,000 + 10,000* + 15,000i
2.	Wilson Chebet, 32, KEN	2:09:55	10,000 + 10,000i	

3. Vincent Yator, 28, KEN  
2:10:38 5,000 + 6,000i  
Dennis Kimetto, 33, KEN, DNF

\*) Course record bonus  
i) Earned cumulative time incentive bonuses (bonuses began at sub-2:13)

WOMEN (gun times)

1. Brigid Kosgei, 23, KEN  
2:22:15 CR\* \$25,000 + 10,000\* + 15,000i  
2. Nancy Kiprop, 38, KEN  
2:29:16 10,000 + 6,000i  
3. Joyce Chepkirui, 29, KEN  
2:33:18 5,000

\*) Course record bonus  
i) Earned cumulative time incentive bonuses (bonuses began at sub-2:33)



Betty Jean McHugh of Canada (centre with yellow top) celebrates her new world single-age record for 90-year-olds in the Honolulu Marathon with fellow runners. McHugh's 6:47:31 broke the previous mark by more than two hours. [Taylor Dutch/ Race Results Weekly]

### **Guangzhou Marathon** (6th)

(IAAF Silver Label Road Race)  
Guangzhou, CHN, 10 December  
(Distance: 42.195 km)

MEN (gun times)

1. Dickson Kipsang Tuwei, KEN, 2:10:03  
2. Markos Geneti, ETH,  
3. Edwin Kipngetch Koech, KEN, 2:10:27

WOMEN (gun times)

1. Rahma Tusa, ETH, 2:25:12 PB/CR\*  
2. Sifan Melaku Demise, ETH, 2:31:21 PB  
3. Gebeyanesh Ayele Gedamu, ETH, 2:32:25 PB  
4. Flomena Chepchirchir Chumba, KEN, 2:34:09  
5. Li Dan, CHN, 2:35:53

### **Silvesterlauf Zürich** (41st)

Zürich, SUI, 10 December  
(Distances: Elite Races - Men, 5.4 km; women 4.6 km [multi-lap course])

Note: The races were run in snowy conditions on a slippery road surface covered with slush. Kenyan women Cynthia Kosgei and defending champion Betty Chepkwony, who finished in the top two places in the Course de Noël race in Sion the previous day (see results below), did the same here, but Kosgei's victory margin was much smaller this time. Patrick Ereng, second in Sion, won by almost 5 seconds from Tadesse Abraham, the winner in 2015 and 2016. -- Ed.

MEN (extended times)

1. Patrick Ereng, 1987, KEN 16:15.9  
2. Tadesse Abraham, 1982, SUI 16:20.8  
3. Marcel Fehr, 1992, GER 16:25.0

## WOMEN (extended times)

1. Cynthia Kosgei, 1993, KEN 15:59.9
2. Betty Chepkwony, 1995, KEN 16:01.2
3. Andrea Meier, 1993, SUI 16:06.4

**Course de Noël** (49th)

Sion, SUI, 9 December

(Distances: Men, 7.35 km; women, 5.25 km)

Note: Swiss star Tadesse Abraham could not make it three wins in a row and had to settle for fourth -- one place behind 17-year-old Getnet Wale Bayabl, better known as a steeplechaser (he set an Ethiopian junior record earlier in the year). Patrick Ereng finished second again, as did Betty Chepkwony in the women's race. Cynthia Kosgei also won in 2014. -- Ed.

## MEN (extended times)

1. Yoann Kowal, FRA, 1987 19:34.4
2. Patrick Ereng, KEN, 1987 19:34.7
3. Getnet Wale Bayabl, ETH, 2000 19:51.2
4. Tadesse Abraham, SUI, 1982 20:12.8

## WOMEN (extended times)

1. Cynthia Kosgei, KEN, 1993 16:19.1
2. Betty Chepkwony, KEN, 1995 16:25.6
3. Maude Mathys, SUI, 1987 16:27.6

**Galaxy Entertainment Macau International Marathon** (36th)

Macau, MAC, 3 December

(Distance: 42.195 km)

## MEN (gun times)

- |                                |         |     |                               |
|--------------------------------|---------|-----|-------------------------------|
| 1. Felix Kiptoo Kirwa, KEN     | 2:10:01 | CR* | USD 40,000 + 7,000i + 15,000* |
| 2. Joseph Kyengo Munywoki, KEN | 2:13:18 |     | 10,000 + 7,000i               |
| 3. Henry Sang, KEN             | 2:13:48 |     | 7,000 + 7,000i                |
| 4. Kiprotich Kirui, KEN        | 2:14:12 |     | 3,500                         |
| 5. Kenta Chiba, JPN            | 2:16:33 |     | 3,000                         |

\*) Course record bonusei (KEN), 2013

i) Earned time incentive bonus

## WOMEN

- |                              |         |     |                           |
|------------------------------|---------|-----|---------------------------|
| 1. Eunice Kirwa, BRN         | 2:29:12 | CR* | 40,000 + 7,000i + 15,000* |
| 2. Oleksandra Shafer, UKR    | 2:33:06 |     | 10,000 + 7,000i           |
| 3. Rodah Jepkorir Tanui, KEN | 2:33:41 |     | 7,000 + 7,000i            |
| 4. Chemtai Rionotukei, KEN   | 2:34:16 |     | 3,500                     |
| 5. Ji Nyang Kim, KOR         | 2:35:37 |     | 3,000                     |

\*) Course record bonus

i) Earned time incentive bonus

**Standard Chartered Singapore Marathon**

Singapore, SIN, 3 December

(Distance: 42.195 km)

## MEN (gun times)

- |                                 |         |                          |
|---------------------------------|---------|--------------------------|
| 1. Cosmas Koech Kimutai, KEN    | 2:22:48 | SGD 50,000 (=USD 37,073) |
| 2. Justis Kipkogei Kimutai, KEN | 2:23:07 | 20,000                   |
| 3. Paul Matheka, KEN            | 2:23:25 | 10,000                   |

## WOMEN

- |                                 |         |                          |
|---------------------------------|---------|--------------------------|
| 1. Pamela Jepkosgei Rotich, KEN | 2:38:31 | SGD 50,000 (=USD 37,073) |
| 2. Rebecca Kangogo Chesir, KEN  | 2:38:48 | 20,000                   |
| 3. Peninah Arusei, KEN          | 2:39:07 | 10,000                   |

**Mersin Marathon (3rd)**

Mersin, TUR, 3 December

(Distance: 42.195 km)

## MEN

- |                                  |         |    |
|----------------------------------|---------|----|
| 1. Hassane Ahouchar, 1975, MAR   | 2:11:21 | CR |
| 2. Moses Too, 1982, KEN          | 2:11:45 |    |
| 3. David Kiptui Tarus, 1981, KEN | 2:12:05 |    |

## WOMEN

- |                                     |         |    |
|-------------------------------------|---------|----|
| 1. Truphena Chepchirchir, 1990, KEN | 2:28:47 | CR |
| 2. Alemitu Ajema, 1997, ETH         | 2:31:36 |    |
| 3. Olivera Jevtic (40+), SRB,       | 2:41:09 |    |

**Kosa 10 Mile (42nd)**

Kosa, JPN, 3 December

## MEN (gun times)

1. Yuta Shitara, 45:58 (#4 Japanese performance of all time)
2. Jeremiah Thuku Karemi (KEN), 46:10
3. Hiroto Inoue, 46:12
4. Abayneh Degu (ETH), 46:15
5. Shuho Dairokuno, 46:21

**Pfixx Solar Montferland Run (21st)**

's-Heerenberg, NED, 3 December

(Distance: 15 km)

## MEN (gun times)

1. Victor Chumo, KEN, 43:23
2. Alfred Barkach, KEN, 43:24
3. Noah Kipkemboi, KEN, 43:27
4. Daniel Wanjiru, KEN, 43:34
5. Luke Traynor, GBR, 43:44

## WOMEN (gun times)

1. Mary Munanu, KEN, 49:08
2. Stella Chesang, UGA, 50:27
3. Ruth van der Meijden, NED, 51:55

**Kalya Half Marathon**

Kitale to Kapenguria, KEN, 2 December  
(Distance: 20.7 km [not a standard half marathon])

## MEN (gun times)

1. Cosmas BIRECH (KEN) 1986 60:45 KSH 100,000
2. Stephen CHESANG (KEN) 1999 60:59 75,000
3. Hosea MACHARINYANG (KEN) 1986 61:02 60,000

## WOMEN (gun times)

1. Naomi JEBET (KEN) 1994 1:10:45 KSH 100,000
2. Diana KIPYOGEI (KEN) 1994 1:11:02 75,000
3. Joy KEMUNA (KEN) 1986 1:11:24 60,000

**Course de l'Escalade** (40th)

Genève, SUI, 2 December  
(Distances [elite races]: 7.32 km [three laps] for both men and women)

## ELITE MEN (extended gun times)

1. Julien Wanders, 1996, Stade Genève, 20:58.1
2. Fredrick Kipkosgei Kiptoo, 1996, KEN, 21:07.6
3. Abel Sikowo, 1999, UGA, 21:37.7

## ELITE WOMEN (extended gun times)

1. Helen Bekele Tola, 1994, ETH, 23:49.9
2. Maggie Masai, 1993, KEN, 23:51.8
3. Stephanie Twell, 1989, GBR, 24:02.8

**CROSS-COUNTRY****SPAR European Cross-country Championships** (24th)

Samorin, SVK, 10 December

## U20 WOMEN (4180 m):

Teams (score three women): 1. GBR, 21 points; 2. ITA, 33; 3. ESP, 47...

## Individual finishers:

1. Harriet KNOWLES-JONES, Great Britain & NI, 13:48 Gold
2. Lili Ana TÓTH, Hungary, 13:59 Silver
3. Miriam DATTKE, Germany, 14:03 Bronze
4. Jasmijn LAU, Netherlands, 14:05
5. Nadia BATTOCLETTI, Italy, 14:07

## U20 MEN (6280 m):

Teams (score three men): 1. ESP, 20 points; 2. FRA, 27; 3. TUR, 49...

## Individual finishers:

1. Jakob INGEBRIGTSEN, Norway, 18:39 Gold
2. Ramazan BARBAROS, Turkey, 18:41 Silver
3. Louis GILAVERT, France, 18:45 Bronze
4. Yani KHELAF, France, 18:47
5. Miguel GONZÁLEZ, Spain, 18:48

## U23 WOMEN (6280 m):

Teams (score three women): 1. GBR, 12 points; 2. GER, 15; 3. TUR, 46...

## Individual finishers:

1. Alina REH, Germany, 20:22 Gold
2. Konstanze KLOSTERHALFEN, Germany, 20:25 Silver
3. Jessica JUDD, Great Britain & NI, 20:45 Bronze
4. Amy-Eloise NEALE, Great Britain & NI, 20:59
5. Amy GRIFFITHS, Great Britain & NI, 21:02

## U23 MEN (8230 m):

Teams (score 3 men): 1. FRA, 7 points; 2. BEL, 26; 3. GBR, 41...

## Individual finishers:

1. Jimmy GRESSIER, France, 24:35
2. Hugo HAY, France, 24:37
3. Yemaneberhan CRIPPA, Italy, 24:42
4. Emmanuel ROUDOLFF LÉVISSE, France, 24:43
5. Carlos MAYO, Spain, 24:46

## SR WOMEN (8230 m):

Teams (score 3 women): 1. GBR, 23 points; 2. ROU, 31; 3. TUR, 54; 4. POR, 60; 5. ESP, 60...

## Individual finishers:

1. Yasemin CAN, Turkey, 26:48 Gold
2. Meraf BAHTA, Sweden, 27:03 Silver
3. Karoline Bjerkeli GRØVDAL, Norway, 27:04 Bronze
4. Roxana BÂRCA, Romania, 27:21
5. Elena BURKARD, Germany, 27:21
6. Charlotte TAYLOR, Great Britain & NI, 27:23
7. Fabiene SCHLUMPF, Switzerland, 27:24
8. Emelia GORECKA, Great Britain & NI, 27:34
9. Gemma STEEL, Great Britain & NI, 27:41
10. Steph TWELL, Great Britain & NI, 27:43

## SR MEN (10180 m):

Teams (score 3 men): 1. TUR, 17 points; 2. ESP, 20; 3. GBR, 35; 4. FRA, 56; 5. IRL, 58...

## Individual finishers:

1. Kaan Kigen ÖZBILEN, Turkey, 29:45 Gold
  2. Adel MECHAAL, Spain, 29:54 Silver
  3. Andy BUTCHART, Great Britain & NI, 30:00 Bronze
  4. Hassan CHAHDI, France, 30:01
  5. Soifiane BOUCHIKHI, Belgium, 30:04
  6. Ben CONNOR, Great Britain & NI, 30:08
  7. Aras KAYA, Turkey, 30:14
  8. Daniel MATEO, Spain, 30:16
  9. Polat Kemboi ARIKAN, Turkey, 30:17
  10. Ayad LAMDASSEM, Spain, 30:18
  11. Henrik INGEBRIGTSEN, Norway, 30:19
-

## NEWS

### NEW SERIES SET TO HIGHLIGHT T&F SEASON

Athletics South Africa has announced the ASA Athletix Grand Prix Series, which will offer a total prize incentive of R1 365 000 for outstanding performances. The Series will feature three Grand Prix meetings next year, in Johannesburg on 1 March, Pretoria on 8 March and Paarl on 22 March.

The Meetings will have a tight programme lasting 90 minutes. The Series organisers expect to attract top athletes from around the world to compete against South Africa's best, who will be able to use the meetings to sharpen for the Commonwealth Games (8-15 April).

"We are excited to announce the Series which we believe restores our domestic track & field season right back on top where it was about a decade ago," said Aleck Skhosana, President of ASA. "These meetings will be explosive, entertaining and of the highest standard. This is the ideal opportunity for our athletes to put in those final touches before heading off to Australia and to other international destinations to represent this country in the best possible shape."



Two top SA sprinters, Akani Simbine (far left) and Henricho Bruinjies (far right), flank Michael Meyer (Managing Director of Stillwater Sports) and Aleck Skhosana (President of ASA) at the launch of the ASA Athletix Grand Prix Series.  
[Tobias Ginsberg]

## STATS TIME

This week we include a list of the top eleven SA men in the half marathon for 2017. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

### 2017 HALF MARATHON: TOP 11 MEN

1:01:21	Stephen Lesego Mokoka	1	Port Elizabeth	24 Jun
1:01:30	Elroy Gelant	2	Port Elizabeth	24 Jun
1:01:56	Lesiba Precious Mashele	3	Port Elizabeth	24 Jun
1:01:58	Melikhaya Frans	3	Port Elizabeth	24 Jun
1:02:47	Mbongeni Ngxazoza	4	Port Elizabeth	24 Jun
1:02:56	David Manja	1	Phalaborwa	29 Jul
1:03:01	Joel Mmone	5	Port Elizabeth	24 Jun
1:03:09	Thabang Mosiako	6	Port Elizabeth	24 Jun
1:03:10	Gelant-2	2	Phalaborwa	29 Jul
1:03:48	Gladwin Sibabalwe Mzazi	7	Port Elizabeth	24 Jun
1:04:05	Thabiso Benedict Moeng	8	Port Elizabeth	24 Jun
1:04:05A	Lloyd Bosman	1	De Rust	14 Oct

## THIS MONTH IN HISTORY

### 61 years ago: 1 December 1956

Held on the same day -- a hot one -- as the 1500-metre final at the 1956 Olympic Games in Melbourne (described last week), the marathon pitted defending champion Emil Zatopek

(CZE) against Alain Mimoun (FRA). The Frenchman, who was born in Algeria and was running his first marathon, had been second to Zatopek in five major championships between 1948 and 1952, and the general feeling was that it would be the same again. But Zatopek, winner of three gold medals at the previous Games, was not at his best following an illness and after the first 10 km he was never in contention. Mimoun took the gold medal rather easily in 2:25:00 (Franjo Mihalic [YUG] was second in 2:26:32). It is said that Mimoun received a written message the evening before the race that his wife had delivered their child, but an "s" was added by mistake to the word *enfant* and Mimoun ran the marathon wondering how he would meet the financial demands of supporting twins! Only after the race was he told that there was only one baby.

## 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	
30 km	74:27	Dathan Ritzenhain (USA)		08 Jan
	71:18	Dennis Kipruto Kimetto (KEN)		
	96:10	Lusapho April	Camps Bay	
Marathon	90:17	Yuichiro Ueno (JPN)		12 Nov
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
	2:08:35	Stephen Mokoka	Shanghai	
100 km	2:03:32	Eliud Kipchoge (KEN)		22 Jul
	2:02:57	Dennis Kimetto (KEN) 2014		
	7:42:28	Simphiwe Vellem	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
	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 1:35:28	Gert Thys Geraldo Antonio da Silva (BRA) 2002	Camps Bay	08 Jan
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	3:02:09 2:36:30	Alan Taylor Yoshihisa Hosaka (JPN) 2009	Port Elizabeth	02 Dec
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	2:51:20 2:00:56	Anthony Riddick Ed Whitlock (CAN) 2001	Parow	26 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 27:52	Adrian Wildschutt Richard Chelimo (KEN) 1990	Goodwood	30 Sep
15 km	49:31 42:25	Sivuyile Selani Moses Mosop (KEN) 2004	Port Elizabeth	25 Mar

21.1 km	68:26 59:16	Aphelele Nkonyana Samuel Wanjiru (KEN) 2005	Port Elizabeth	24 Jun
<b>WOMEN</b>				
<u>Open</u>				
10 km	32:22 29:43	Dominique Scott-Efurd Joyciline Jepkosgei (KEN)	Boston	25 June
	30:21 Mx	Paula Radcliffe (GBR) 2003		
	30:04p Mx	Joyciline Jepkosgei (KEN)		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	53:59A 55:48 45:37	Dominique Scott-Efurd Annie Bothma Joyciline Jepkosgei (KEN)	Camps Bay Eersterivier	08 Jan 08 Jul
	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 64:51	Cornelia Joubert Joyciline Jepkosgei (KEN)	Port Elizabeth	24 Jun
	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 1:40:31 84:36	Jenna Challenor Jenna Challenor Alphine Tuliamuk (USA)	Pinetown Durban	29 Jan 19 Mar
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:59:01 1:46:24	Danette Smith Ami Utsunomiya (JPN)	Camps Bay	08 Jan
	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 2:17:01	Nolene Conrad Mary Keitany (KEN)	Valencia	19 Nov
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:42 Wo	Paula Radcliffe (GBR) 2005		
100 km	9:42:24 6:33:11	Rowen Gloyne (vet) Tomoe Abe (JPN) 2000	Cape Town	22 Jul
<u>Veterans (40+)</u>				
10 km	36:40 32:14	Bulelwa Simae Priscilla Welch (GBR) 1985	Bellville	03 Jun
15 km	56:36 49:35	Charné Bosman Priscilla Welch (GBR) 1985	Pretoria	19 Aug
21.1 km	80:02 69:56	Bulelwa Simae Irina Permitina (RUS) 2009	Port Elizabeth	24 Jun
25 km	1:48:53A 1:49:32 82:13	Shani Silver Maria Vilakazi Mizuki Noguchi (JPN) 2005	Pinetown Pretoria	29 Jan 06 May
30 km	2:02:35 1:51:37	Ulrica Stander Mieke Pullen (NED) 2001	Camps Bay	08 Jan
Marathon	2:52:33 2:26:51	Melanie van Rooyen Priscilla Welch (GBR) 1987	Port Elizabeth	02 Dec
100 km	9:42:24 7:00:27	Rowen Gloyne Normi Sakurai (JPN) 2007	Cape Town	22 Jul

Masters (50+)

10 km	38:43 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Cape Town	02 Apr
15 km	64:28 54:33	Elmarie Coetzee Shirley Matson (USA) 1991	Constantia	11 Mar
21.1 km	90:10A 92:01 76:07	Elmarie Coetzee Christine Claasen Tatyana Pozdniakova (UKR) 2006	De Rust Port Elizabeth	14 Oct 13 May
25 km	2:05:56A 2:07:29	Roshini Natasen Ansa Strydom	Pinetown Pretoria	29 Jan 06 May
30 km	2:27:20	Olga Howard	Parow	26 Mar
Marathon	3:17:37 2:31:05	Christine Claasen Tatyana Pozdniakova (UKR) 2005	Port Elizabeth	02 Dec
100 km	14:27:46	Cynthia Jooste	Cape Town	22 Jul

Grandmasters (60+)

10 km	42:08 38:56	Margie Saunders Lidia Zentner (GER) 2015	Port Elizabeth	19 Aug
15 km	65:46 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	18 Nov
21.1 km	93:02 84:56	Nancy Will Bernadine Portenski (NZL) 2010	Port Elizabeth	24 Jun
25 km	2:16:25 1:58:24	Val Watson Gloria Brown (USA) 1994	Pretoria	06 May
30 km	2:32:53 2:17:11	Nancy Will Barbara Miller (USA) 1999	Camps Bay	08 Jan
Marathon	3:26:99 3:01:30	Nancy Will Bernadine Portenski (NZL) 2010	Durban	09 Apr
100 km				

Great grandmasters (70+)

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				

Juniors

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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