

Distance Running Results

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EDITORIAL

Five list leaders were set in the Jackie Mekler 25 km in Pretoria this weekend, led by Lucky Mohale's 81:06 and Charné Bosman's 96:16 (for the open and vets category). The Jackie Mekler race, of course, has to "compete" with aided courses such as those in Pinetown and Somerset East.

Another list leader came from grandmaster Mochamat Kriel, who ran 85:12 in the Slave Route Challenge Half Marathon.

At the Sun Belt Championships in San Marcos, USA, Aynslee van Graan won both the 1500 metres, in 4:25.88, and the 5000 m, in 17:51.33.

The Comrades Marathon Association announced last week that two-time gold medal winner Petros Sosibo had passed away. Sosibo (49) ran his first Comrades in 2005 and eventually finished the race eleven times consecutively. He won two gold medals, one Wally Hayward medal and eight silver medals. His best time was the 5:40:37 he achieved in 2012, when he was tenth (his other gold medal came two years earlier, when he finished seventh). His friend Matsatsela Ngcobo said in tribute: "Petros was a very humble soul who was known as 'uBhuti' to everyone. People respected him and looked up to him in a very special way. He inspired many with his impeccable running style and supporting other runners. He was always on the road doing what he did best. At other times he was a respected pastor at the Zionist Church. Many of us will miss him greatly."

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Slave Route Challenge Half Marathon & 10 km, Cape Town
- * Starling Plumbers Half Marathon & 10 km, Mount Edgecombe
- * Sunridge Village 10 km, Port Elizabeth
- * Konica Minolta Jackie Mekler 25 km & 10 km, Pretoria
- * Colgate John Hattle 32 km & 15 km, Boksburg
- * Love Running Half Marathon & 10 km, Pretoria
- * XC: KZN League Meeting, Durban

International highlights:

- * Fifth Third River Bank Run 25 km, Grand Rapids, USA
- * Lilac Bloomsday Run, Spokane, USA

- * Silo District Marathon & Half Marathon, Waco, USA
 - * Placentia Half Marathon for Unicef, Piacenza, ITA
 - * Yellow River Estuary International Marathon, Dongying, CHN
 - * 15 km du Puy-en-Velay, Puy-en-Velay, FRA
 - * Track: Southeastern Conference Championships, Knoxville, USA; Diamond League Shanghai, Shanghai, CHN; Meeting Athlétisme Guadeloupe, Baie Mahault, FRA; Sun Belt Championships, San Marcos, USA; Portland Twilight Meeting, Portland, USA; Henderson Invitational, West Chester, USA
 - * Trail World Championships, Castellon, ESP
-

ROAD RUNNING

Slave Route Challenge Half Marathon & 10 km

Cape Town, 13 May

(Distances: 21.1 km & 10 km; certified hilly loop courses. Finishers: half marathon -- 2797 [down from 2825 last year]; 10 km -- 2518 [down from 2789].)

Half marathon

MEN

1. Sibusiso Madikizela (AAC) 1:09:32
2. Siviwe Nkombi (Ned) 1:09:32 [correct]
3. Mthandazo Qhina (Ned) 1:09:46 (1st vet)
4. Vakalisa Kopolo (Ned) 1:13:17
5. Gilbert Mutandiro (ZIM) 1:13:20
6. Siyabonga Madala (Gugs) 1:13:32
7. Gershwin van Staden (Itheke) 1:13:46
8. Sirhan Jessa (Ind) 1:13:52
9. Siyabonga Sakwe (Ned) 1:14:06
10. Admire Rushika (ZIM/VOB) 1:15:11

Veterans: 1. Mthandazo Qhina (Ned) 1:09:46; 2. Vakalisa Kopolo (Ned) 1:13:17; 3. Shawn Abrahams (Kuils) 1:16:33. **Masters:** 1. John September (Itheke) 1:20:23; 2. Johnny Persents (Edge) 1:21:19; 3. Stephen Motau (Itheke) 1:22:37. **G'masters:** 1. Mochamat Kriel (Ommie) 1:25:12; 2. Robert Arnold (Top) 1:38:13; 3. Mark Wagenheim (AAC) 1:39:53. **G/g'masters:** 1. Blake Wilkins (AAC) 1:49:46; 2. Willie van Wyk (Brack) 1:52:31; 3. Gideon Malherbe (Celtic) 2:04:08. **Juniors:** 1. Ronald January (Celtic) 1:17:01; 2. Ayabulela Bodlo (VOB) 1:21:30; 3. Zubenathi Nlapayi (Central) 1:22:05.

WOMEN

1. Zintle Xiniwe (KPMG) 1:25:22
2. Bulelwa Simae (Ned) 1:25:27 (1st vet)
3. Clare Rodseth (VOB) 1:33:26
4. Katherine Antel (Carb) 1:34:05
5. Candyce Hall (Carb) 1:34:06
6. Elme Middlemost (Brack) 1:35:02
7. Casey Corck (SH) 1:35:02 [correct]
8. Obertina Kanyongo (ZIM/Ned) 1:35:50 (1st mast)
9. Birgitt Ouweneel (Ind) 1:36:35
10. Ursula Frans (Ned) 1:37:38

Veterans: 1. Bulelwa Simae (Ned) 1:25:27; 2. Ursula Frans (Ned) 1:37:38; 3. Mari Gaertner (VOB) 1:37:52. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 1:35:50; 2. Olga Howard (Ned) 1:38:46; 3. Angelique Rabie (Carb) 1:39:17. **G'masters:** 1. Nancy Will (Pine) 1:48:07; 2. Charmaine Cupido (Ned) 1:55:34; 3. Sonia Smith (Celtic) 2:00:53. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:08:40; 2. Esther Vlok (Strand) 2:52:41; 3. Wilbe

Fourie (Strand) 2:52:41 [correct]. **Juniors:** 1. Sophia Els (Bell) 2:04:30; 2. Sabine Solomon (Brack) 2:27:14; 3. Alia Isaacs (Kenfac) 2:36:04.

10 km

MEN

1. Siboniso Soldaka (CPUT) 31:36
2. Lukhanyo Nobakada (VOB) 31:53
3. Nkosinathi Madyo (Itheke) 32:04
4. A.N. Other 32:35
5. Carlo Flink (Itheke) 32:40

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 34:02; 2. Vuyani Sixaso (Gugs) 34:34; 3. Neo Molema (AAC) 35:32. **Masters:** 1. Andrew Cooper (Ned) 38:46; 2. Shafiek Cassiem (Itheke) 41:37; 3. Michael Bekapi (VOB) 41:44. **G'masters:** 1. Christian Edwards (VOB) 45:40; 2. Brian Collier (AAC) 47:29; 3. Neville Frieslich (FH) 47:37. **G/g'masters:** 1. Horst Schiffer (FH) 54:55; 2. Yusuf Gamielien (Itheke) 61:11; 3. Olof Crouss (Brack) 63:27. **Juniors:** 1. Carlo Flink (Itheke) 32:40; 2. Thembeke Mendu (Gugs) 33:04; 3. Edward Jack (Central) 34:38.

WOMEN

1. Nomvuyisi Seti (Langa) 39:34
2. Lee-Shay Willemse (Velo) 40:32
3. Bruyas Camille (Ind) 40:39
4. Amahlo Dintsi (VOB) 40:45(1st jun)
5. Charmaine Leung (UCT) 42:15

Veterans: 1. Suzette McIvor (Ned) 42:41; 2. Chantel Simpson (Ned) 43:56; 3. Busisiwe Matiwane (Ned) 44:37. **Masters:** 1. Mariëtte Strauss (Tyger) 46:19; 2. Beth Mandel (Pirates) 47:12; 3. Evelina Tshabalala (CC) 53:53. **G'masters:** 1. Bev Charters (VOB) 48:53; 2. Hilary Rhode (Edge) 52:09; 3. Christine Hibberd (FH) 53:36. **G/g'masters:** 1. Wendy Wilkins (AAC) 66:48; 2. Jean Cammidge (FH) 73:06; 3. Annatjie Berntzen (Good) 82:12. **Juniors:** 1. Amahlo Dintse (VOB) 40:45; 2. Charmaine Leung (UCT) 42:15; 3. Laila Abouzaid (Good) 44:21.

Starling Plumbers Half Marathon & 10 km

Mount Edgecombe, 13 May

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 418; 10 km -- 282.)

Half marathon

MEN

- | | | | |
|----|--------------------|----------------|-------|
| 1. | Mathanga Mbaleli | Inanda Quad AC | 68:22 |
| 2. | Lindokuhle Sithole | Phantane AC | 69:20 |
| 3. | Jane Mhlakwana | Phantane AC | 71:24 |

40-49:

- | | | | |
|----|-------------|-------|-------|
| 1. | Duane Dicks | DHSOB | 77:30 |
|----|-------------|-------|-------|

50-59:

- | | | | |
|----|--------------|--------------|-------|
| 1. | Robert Ngema | Ubuntu Strid | 82:10 |
|----|--------------|--------------|-------|

60+:

- | | | | |
|----|------------|-------------|--------|
| 1. | Anver Omar | Crescent AC | 103:18 |
|----|------------|-------------|--------|

Juniors:

- | | | | |
|----|--------------|----------------|-------|
| 1. | David Cronje | Riverside Harr | 92:52 |
|----|--------------|----------------|-------|

WOMEN

- | | | | |
|----|----------------------|----------|-------|
| 1. | Sanelelesiwe Mbhanja | Ind | 85:48 |
| 2. | Lisa Collett | Boxer AC | 86:18 |

3.	Nonsikelelo Mbambo	Natal Carb	95:55
40-49:			
1.	Lisa Collett	Boxer AC	86:18
50-59:			
1.	Roshini Natasen	Highway AC	106:09
60+:			
1.	Blanche Moila	Savages AC	107:31

10 km

MEN

1.	Ayanda Ngcobo	Phantane AC	31:51
2.	Sakhawo Mangazela	Savages AC	33:33
3.	Ben de la Porte	Varsity Coll	33:48

WOMEN

1.	Sarah Kruger	Nedbank AC	41:45
2.	Anele Dlomo	Maritzburg City AC	43:36
3.	Happiness Dlomo	Pietermaritzburg AC	47:46

Sunridge Village 10 km

Port Elizabeth, 12 May

(Loop course. Finishers: 928 [slightly down from 962 last year].)

MEN

1	Amos	Nyongo	Motherwell AC	31	30:29
2	Mariano	Eesou	Madibaz AC	26	30:48
3	Adriaan	Gerwel	Ikhamba AC	22	31:07
4	André	Ketchem	Xcel	34	31:57
5	Zolani	Ngqqa	Tinarha	29	32:22

Veterans:

1	Mzwanele	Maphekula	Bluewater Bay	41	36:00
2	Melikhaya	Kepe	Nedbank RC	41	36:00
3	Anele	Maliza	Nedbank RC	40	36:30

Masters:

1	Desmond	Zibi	Achilles AAA	54	36:56
2	Christopher	Mabengeza	Nedbank RC	51	40:18
3	Sithembiso	Yozo	Nedbank RC	54	40:29

G'masters:

1	Hannes	Els	Madiba BW	68	42:58
2	Clifford	Hicken	Nedbank RC	60	43:11
3	Sizinzo	Kama	Achilles AAA	66	44:27

G/g'masters:

1	Lochi	Lochner	Charlo AC	70	45:36
2	Tamsanqa	Jusayi	Nedbank RC	76	46:32
3	Hansie	Els	Somerset East	70	47:21

Juniors:

1	Anele	Voorman	Nedbank RC	18	39:00
2	Dylan	Miggels	Nedbank RC	15	41:38
3	Siphosethu	Scout	SAPS AC EP	16	42:56

WOMEN

1	Luthando	Nxanisa	Ikhamba AC	25	41:26
2	Siphokazi	Nojoko	Motherwell AC	23	43:06
3	Asanda	Zamisa	Achilles AAA	34	43:22

4	Terray	Newcombe	Elite AC	27	43:34
5	Davera	Magson (1st vet)	Nedbank RC	43	43:40

Veterans:

1	Davera	Magson	Nedbank RC	43	43:40
2	Adri	Wessels	St Albans AC	42	43:57
3	Priscilla	Dyantyi	Nedbank RC	44	46:30

Masters:

1	Christine	Claasen	Achilles AAA	53	44:01
2	Michelle	Van der Watt	Elite AC	51	48:56
3	Laura	Maritz	Infinity AC	57	50:37

G'masters:

1	Renee	Hawkridge	Bluewater Bay	67	50:56
2	Cathy	Ives	Achilles AAA	65	59:25
3	Helene	Oppel	Elite AC	68	1:01:00

G/g'masters:

1	Ronelle	Steyn	Nedbank RC	74	1:02:20
2	Vicky	Ashley	Profiles AC	72	1:07:56
3	Christine	Fourie	Elite AC	71	1:10:31

Juniors:

1	Lara	De Bloe	Schools EPA	16	43:43
2	Pavana	Pillay	Charlo AC	18	1:09:41
3	Thuraya	Pillay	Charlo AC	16	1:15:13

Konica Minolta Jackie Mekler 25 km (11th) & 10 km (12th)

Pretoria, 12 May

(Distances: 25 km & 10 km; undulating loop courses. Finishers: 25 km – 1880 [up from 1490 last year]; 10 km – 960 [down from 1185].)

25 km**MEN**

1 Lucky Mohale (Boxer) 81:06; 2 Collen Mulaudzi (Boxer) 81:10; 3 Bafana Dube (Boot Camp) 82:41; 4 Vincent Kipchirchir (KEN/Nedbank) 82:58; 5 Africa Mailola (Nedbank) 85:40; 6 Clement Maluleke (Nedbank) 86:04; 7 Ryno van Vollenhoven (Born 2 Run) 87:28; 8 Anele Songqibido (Eyethu) 87:44; 9 Lukhanyo Mabinza (Eyethu) 87:53; 10 Thomas Ndlovu (PMMC) 87:59

Veterans: 1 Joel Nkadibeng (ACSA) 93:13; 2 Mpho Ngoepe (Arcadia) 95:54; 3 Dirk Ligthelm (Tuks) 96:16. **Masters:** 1 Joseph Ndlovu (ACE) 99:31. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 1:45:21. **G/g'masters:** 1 Iain McFadyen (Phobians) 2:20:30. **Juniors:** 1 Themba Chauke (A4A) 1:40:53.

WOMEN

1 Charné Bosman (Nedbank) 96:16 (1st vet); 2 Jennifer Koech (KEN/Nedbank) 97:30; 3 Cobie Smith (Vitality) 1:42:20; 4 Maria Vilakazi (FFA) 1:49:14; 5 Natalie Mullany (Born 2 Run) 1:52:48; 6 Lesego Hlako (KPMG) 1:54:33; 7 Corne Prinsloo (PTA Bobbies) 1:56:57; 8 Heidi Kalidas (Eskom) 1:58:58; 9 Amanda Cloete (Irene) 2:04:33; 10 Ansie Breytenbach (Irene) 2:04:42 (1st mast).

Veterans: 1 Charné Bosman (Nedbank) 96:16; 2 Maria Vilakazi (FFA) 1:49:14; 3 Corne Prinsloo (PTA Bobbies) 1:56:57. **Masters:** 1 Ansie Breytenbach (Irene) 2:04:42. **G'masters:** 1 Tina Fourie (RWFL) 2:35:05.

10 km

MEN

1 Kabelo Melamu (KPMG) 31:05; 2 Benedict Moeng (KPMG) 31:09; 3 Richard Mavuso (CS) 31:56 (1st vet).

Veterans: 1 Richard Mavuso (CS) 31:56; 2 Moses Njuguna (Temp) 34:15. **Masters:** 1 Nhlanhla Magubane (CS) 38:50. **G'masters:** 1 Peter Kisbey-Green (Fourways) 44:42.

G/g'masters: 1 Lammie Fourie (Agape) 54:17. **80+:** Ken Nurden (Agape) 54:13.

Juniors: 1 Amogelang Madito (KPMG) 35:28.

WOMEN

1 Leshan Curlewis (Waterkloof H/S) 37:29 (1st jun); 2 Keneilwe Sesing (KPMG) 39:55; 3 Mira Kaffka (ACRW) 40:47.

Veterans: 1 Jacqui v.d. Waals (Irene) 40:57; 2 Marelise Boucher (HMK) 45:58. **Masters:** 1 Debbie Bredenkamp (HQH) 48:01. **G'masters:** 1 Ilse Crous (Affies) 50:06. **G/g'masters:** 1 Wendy Muir (Phobians) 1:47:52. **80+:** Deirdre Larkin (Randburg) 70:34. **Juniors:** 1 Leshan Curlewis (Waterkloof H/S) 37:29.

Colgate John Hattle 32 km (39th) & 15 km

Boksburg, 6 May

(Loop courses; the 32 km twice the 15 km loop. Weather: Chilly early on, pleasant conditions later. Finishers: 32 km - 2030 [down from 2166 last year]; 15 km - 3956 [down from 4409].)

32 km

MEN

1. Lebohang Nkofu (LES/RRAC) 1:56:09

2. Thapelo Mofokeng (Bedford) 1:57:36

3. Zweli Zwane (MAD) 1:58:03

Veterans: 1. Bongane Zwane (Vital) 2:00:43; 2. Mbengeni Masala (Jeppe) 2:01:56; 3. Mbengeni Mashudu (Ned) 2:02:07. **Masters:** 1. George Mooi (Gallop) 2:03:31; 2. Dikeledi Sekete (Coro) 2:07:06; 3. Ronald Shibiro (Anglo) 2:09:04. **G'masters:** 1. Gideon Radebe (Anglo) 2:19:22; 2. Errol Shear (Jeppe) 2:30:37; 3. Alpheus Jobe (Jeppe) 2:35:02.

G/g'masters: 1. Moses Mhlongo (RAC) 3:37:11; 2. Alberet Tlholoe (RAC) 3:37:12.

WOMEN

1. Salome Cooper (B2R) 2:14:46 (1st vet)

2. Emmah Mathibela (Ned) 2:19:02

3. Maria Vilakazi (FFA) 2:24:17

Veterans: 1. Salome Cooper (B2R) 2:14:46; 2. Maria Vilakazi (FFA) 2:24:17; 3. Dana-Bianca van Zyl (B2R) 2:24:57. **Masters:** 1. Sharon Knopfmacher (Vital) 2:49:22; 2. Ansa Strydom (Ned) 2:50:16; 3. Louise Goosen (Kempton) 3:02:37. **G'masters:** 1. Jennifer Kingsley (Jeppe) 3:09:26; 2. Onica Motsei (RAC) 3:19:21; 3. Rozanne Long (Jeppe) 3:21:41.

15 km

MEN

1. Donald Mashamaite (Bedford) 46:33

2. Derocious Makhobalo (Bedford) 47:07

3. Michael Pienaar (Tuks) 47:13

Veterans: 1. Phillip Phakwago (Ned) 49:57; 2. Ntobeko Ntintso (KT) 50:26; 3. James Mcgina (SAPS) 51:36. **Masters:** 1. Sontaga Mabale (Midrand) 60:59; 2. Ambrose Klasen

(Jaguars) 61:45; 3. Ernest Molathlwa (SANDF) 62:58. **G'masters:** 1. Mike Hirst (Striders) 69:04; 2. Zehlon Nxumalo (HL) 71:26; 3. Abraham Sonqishe (Tsut) 75:27. **G/g'masters:** 1. Pele Tshikundamalema (Ned) 83:23; 2. Alan McCormack (Green) 84:32. **Juniors:** 1. Philemon Mbokazi (BH) 51:30; 2. Evans Malepe (BH) 51:42; 3. Thabo Shabangu (RRR) 54:26.

WOMEN

1. Chante Dixon (KPMG) 60:42 (1st jun)
2. Makoma Batji (RWFL) 61:11
3. Carol Smith (Vital) 66:14

Veterans: 1. Maphuti Phaka (B2R) 67:12; 2. Nomasonto Skosana (AR) 69:10; 3. Velisiva Dunjwa (KT) 72:40. **Masters:** 1. Patricia Brough (Ind) 73:29; 2. Laura Venter (Ned) 77:12; 3. Kholiwe Khoza (Ind) 77:41. **G'masters:** 1. Nora Doherty (RAC) 87:34; 2. Sewele Maponya (Wand) 89:23; 3. Bella Carmichael (Ind) 95:30. **G/g'masters:** 1. Letha Kotze (Irene) 2:05:53; 2. Jane MacConachie (RWFL) 2:16:39.

Love Running Half Marathon & 10 km

Pretoria, 5 May

(Distances: 21.1 km & 10 km; hilly courses. Weather: Cool to pleasant.)

Half marathon

MEN

1. Vuyisile Tshoba (KPMG) 1:14:15
2. Matthews Leeto (Ford) 1:14:20
3. Lucky Mtshali (Ned) 1:15:41

Veterans: 1. Simon Chirwa (Phob) 1:37:50; 2. Jaco Brummer (KPMG) 1:39:45. **Masters:** 1. Thabo Nhlapo (Kempton) 1:27:50; 2. Moses Motshialo (Vital) 1:34:50. **G'masters:** 1. Joos Massyn (BNAC) 2:05:13; 2. Dieter Gloeck (Mag) 2:06:40. **G/g'masters:** 1. Ian McFadyen (Phob) 2:04:25; 2. Pele Tskikundamalema (Ned) 2:09:00.

WOMEN

1. Vuyokazi Gebe (CSIR) 1:27:41
2. Cherise Saunders (Ned) 1:43:10
3. Nicole Spangenberg (Ind) 1:44:50

Veterans: 1. Nadine Breytenbach (Irene) 1:47:50; 2. Sonet Marais Werner (Agape) 1:51:04. **Masters:** 1. Ansa Strydom (Ned) 1:52:25; 2. Liz Ingram (Vital) 1:59:00. **G'masters:** 1. Marie Venter (Phob) 2:09:40; 2. Gizelle Geyer (Phob) 2:21:04.

10 km

MEN

1. Reghen Magwai (B2R) 32:55
2. Vincent Kipchirchir (Ken/Ned) 33:19
3. Sikhumbuzo Seme (KPMG) 34:35

Veterans: 1. Moses Njungula (Ind) 37:07; 2. Ian Macdonald (RAC) 43:20. **Masters:** 1. Herman Mulder (Hart) 39:56; 2. Colin Fischer (CSIR) 44:55. **G'masters:** 1. Ian Fysche (Mag) 50:04; 2. Temba Ngcaku (ACE) 50:10. **G/g'masters:** 1. Hein Markotter (PMK) 70:41; 2. Charles Stewart (Phob) 77:39. **Juniors:** 1. Marno Gerber (Oos-Moot) 39:50; 2. Rikus van Niekerk (ECA) 41:10.

WOMEN

1. Marelise Retief (Boxer) 40:38
2. Myrette Brink (KPMG) 41:26

3. Chantelle Breytenbach (Vital) 48:16

Veterans: 1. Marlise Bouwer (Hart) 40:59; 2. Marinda van Rensburg (Vital) 54:20.

Masters: 1. Debbie Bredenkamp (Harl) 50:01; 2. Ansie Breytenbach (Irene) 51:32.

G'masters: 1. Frances van Blerk (Ned) 59:40; 2. Marietjie van Niekerk (Over) 61:41.

G/g'masters: 1. Gina Hughes (Agape) 68:00; 2. Mavis Stadler (Agape) 91:00. **80+:** 1. Deirdre Larkin (RH) 70:30. **Juniors:** 1. Marli Rheeder (Oos-Moot) 55:30.

CROSS-COUNTRY

KZN League Meeting

Durban, 5 May

OPEN MEN (10 km)

1	Sanele	Shange	Savages	34:29
2	Phakamani	Ngcobo	savages	35:56
3	Sanele	Khomo	Umgababa AC	36:42
4	Mbongeni	Maphumulo	Amanzimtoti AC	36:47
5	Sibongiseni	Mncwabe	UKZN	45:53

OPEN WOMEN (10 km)

1	Fandani	Mthandeki	Savages	37:29
2	Londiwe	Sambo	UDC	42:46
3	Sthembile	Radebe	Hammarsdale	47:05

OPEN MEN (4 km)

1	Nkosikhona	Mhlakwana	Boxer	12:41
2	Sanele	Shange	Savages	12:43
3	Siphesihle	Yekelo	UDAC	14:00

OPEN WOMEN (4 km)

1	Zama	Mokoena	Nedbank	15:44
2	Nokukhanya	Memela	Nedbank	16:59
3	Maureen	Dladla	Nedbank	17:48

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

Fifth Third River Bank Run 25 km (41st)

(U.S. 25 km Open Championships for men and women)

Grand Rapids, USA, 12 May

(Certified loop course)

Note: Elite women received a head-start, and a \$2500 bonus ("e" below) was paid to the first athlete to cross the finish line. Aliphine Tuliamuk won this race for the third consecutive time, also winning the "equalizer" bonus by finishing ahead of all of the men based on a 11-minute and 15-second headstart (she still had a 32-second gap on the finish line). --Ed.

MEN (gun times)

1. Sam Chelanga, Colorado Springs, CO 1:14:52 \$10,000

- | | | |
|--|---------|-------|
| 2. Scott Fauble, Flagstaff, AZ | 1:14:56 | 5,000 |
| 3. Abinet Adrar, Albuquerque, NM | 1:15:15 | 2,500 |
| 4. Tyler McCandless, Boulder, CO | 1:15:24 | 1,000 |
| 5. Samuel Kosgei, Colorado Springs, CO | 1:15:26 | 800 |

ALL WOMEN'S CHAMPIONSHIPS RACE (gun times)

- | | | |
|-------------------------------------|---------|------------------|
| 1. Aliphine Tuliamuk, Flagstaff, AZ | 1:25:35 | \$10,000 + 2500e |
| 2. Emma Bates, Boise, ID | 1:25:56 | 5,000 |
| 3. Sarah Crouch, Flagstaff, AZ | 1:27:03 | 2,500 |
| 4. Belainesh Gebre, Flagstaff, AZ | 1:29:04 | 1,000 |
| 5. Esther Atkins, Greenville, SC | 1:29:34 | 800 |

Lilac Bloomsday Run (42nd)

(PRRO Circuit Event)

Spokane, USA, 6 May

(Distance: 12 km; certified course with negligible drop and start/finish separation [record standard course], rolling hills)

MEN (gun times)

- | | | |
|-------------------------|-------|--------|
| 1. Jemal YIMER, ETH | 34:18 | \$7000 |
| 2. Teshome MEKONEN, ETH | 34:34 | 4500 |
| 3. Philemon CHEBOI, KEN | 34:42 | 3000 |
| 4. Wilson KIBOGO, KEN | 34:49 | 2500 |
| 5. Emmanuel BOR, USA | 34:51 | 6800a |

ALL-WOMEN'S PROFESSIONAL RACE (gun times)

- | | | |
|--------------------------|-------|--------|
| 1. Buze DIRIBA, ETH | 39:27 | \$7000 |
| 2. Mamitu DASKA, ETH | 39:27 | 4500 |
| 3. Margaret MURIUKI, KEN | 39:31 | 3000 |
| 4. Aselefech MERGIA, ETH | 39:37 | 2500 |
| 5. Jane KIBII, KEN | 40:22 | 1800 |
| 40+: 1. Jen RHINES, USA | 42:20 | 1500m |

Silo District Marathon & Half Marathon (1st)

Waco, USA, 6 May

(Distances: 42.195 km, certified one-loop course; & 21.1 km, certified one-loop course)

Marathon (gun times)

MEN

- | | | |
|-----------------------------------|---------|-------------|
| 1. Julius Kipyego Keter, 29, KEN | 2:16:20 | CR \$15,000 |
| 2. Rodgers Ondati Gesabwa, 30 KEN | 2:16:25 | 7,500 |
| 3. Christopher Kipyego, 43, KEN | 2:18:41 | 4,000 |

WOMEN

- | | | |
|--|---------|-------------|
| 1. Shewarge Alene Amare, 31, ETH | 2:38:15 | CR \$15,000 |
| 2. Susan Tanui, 33, Grand Prairie, TX (KEN) | 2:40:02 | 7,500 |
| 3. Ladia Albertson-Junkans, 32, Snoqualmie, WA | 2:41:52 | 4,000 |

Half Marathon (net times)

MEN

- | | | |
|--|---------|-------------|
| 1. Alene Emere Reta, 36, NYC, NY (ETH) | 1:03:30 | CR \$10,000 |
| 2. Ryan Dohner, 26, Houston, TX | 1:04:18 | 5,000 |
| 3. Eliud Ngetich, 24, Midway, TX | 1:04:45 | 2,500 |

WOMEN

- | | | |
|---|---------|-------------|
| 1. Betsy Saina, 29, KEN | 1:11:48 | CR \$10,000 |
| 2. Vicoty Chepngeno, 24, Gr Prairie, TX (KEN) | 1:12:03 | 5,000 |
| 3. Rachel Baptista, 25, Austin, TX | 1:12:39 | 2,500 |

Placentia Half Marathon for Unicef (23rd)

Piacenza, ITA, 6 May

(Distance: 21.1 km; one-loop course with a small elevation GAIN)

MEN (gun times)

- | | | |
|---------------------------------|---------|--------------|
| 1. Paul Kariuki Mwangi, KEN | 1:02:15 | € 200 + 200i |
| 2. Geoffrey Yegon, KEN | 1:02:17 | 180 + 200i |
| 3. James Murithi Mburugu, KEN | 1:02:26 | 160 + 200i |
| 4. Moses Kibet, KEN | 1:02:41 | 140 + 200i |
| 5. Ishmael Chelanga Kalale, KEN | 1:02:44 | 120 + 200i |

WOMEN (gun times)

- | | | |
|------------------------------|---------|--------------|
| 1. Viola Jelagat, KEN | 1:13:12 | € 200 + 200i |
| 2. Lenah Jerotich, KEN | 1:13:21 | 180 + 200i |
| 3. Laura Gotti, ITA | 1:16:16 | 160 + 160i |
| 4. Mary Wangari Wanjohi, KEN | 1:17:03 | 140 + 140i |

Yellow River Estuary International Marathon

(IAAF Gold Label Road Race)

Dongying, CHN, 5 May

(Distance: 42.195 km)

MEN (gun times)

- | | |
|------------------------------------|---------|
| 1. Joel Kemboi Kimurer, KEN | 2:13:28 |
| 2. Samuel Kiplimo Kosgei, KEN | 2:13:44 |
| 3. Abayneh Ayele Woldegiorgis, ETH | 2:13:47 |

WOMEN (gun times)

- | | | |
|-------------------------------------|---------|-----|
| 1. Letebrhan Haylay Gebreslase, ETH | 2:24:47 | CR* |
| 2. Yebgual Melese Arage, ETH | 2:27:47 | |
| 3. Peris Jerono, KEN | 2:28:27 | |
| 4. Rael Kiyara Nguriatukei, KEN | 2:31:06 | |
| 5. Caroline Cheptonui Kilel, KEN | 2:34:39 | |

15 km du Puy-en-Velay (36th)

Puy-en-Velay, FRA, 1 May

MEN (gun times)

- | | | |
|--------------------------------|-------|--------|
| 1. Stephen KIPROP, 1999, KEN | 42:16 | € 4000 |
| 2. Haymanot ALEW, 1997, ETH | 42:20 | 3500 |
| 3. Emmanuel KIPRONO, 1993, KEN | 42:53 | 3000 |

WOMEN (gun times)

- | | | |
|----------------------------------|-------|--------|
| 1. Dorcas JEPCHIRCHIR, 1996, KEN | 48:53 | € 4000 |
| 2. Lucy CHERUIYOT, 1997, KEN | 48:53 | 3000 |
| 3. Mercyline JERONOH, 1992, KEN | 51:08 | 1200 |

TRACK**Southeastern (SEC) Conference Championships**

Knoxville, USA, 12-13 May

WOMEN

1500 (13):

1. Rhianwedd Price-Weimer (GBR), SR-4, Miss 4:18.79
2. Karissa Schweizer, SR-4, Missouri 4:19.98
3. Elisabeth Bergh, SO-2, Florida 4:21.25
4. Nikki Hiltz, SR-4, Arkansas 4:22.17
5. Carina Viljoen, SO-2, Arkansas (RSA) 4:24.52

Prelims (12):

Heat 2:

1. Nikki Hiltz, SR-4, Arkansas 4:21.15
2. Karissa Schweizer, SR-4, Missouri 4:21.53
3. Carina Viljoen, SO-2, Arkansas (RSA) 4:24.88

Diamond League Shanghai

(Second leg of 2018 IAAF Diamond League)

Shanghai, CHN, 12 May

MEN

800 (DL):

1. Wycliffe Kinyamal, KEN, 02.07.97 1:43.91 MR PB
2. Jonathan Kitilit, KEN, 24.04.94 1:43.95 SB
3. Marcin Lewandowski, POL, 13.06.87 1:45.41 SB
4. Antoine Gakeme, BDI, 24.12.91 1:45.73 SB
5. Brandon McBride, CAN, 15.06.94 1:45.78 SB
6. Clayton Murphy, USA, 26.02.95 1:45.97 SB
7. Andrew Osagie, GBR, 19.02.88 1:46.36 SB
8. Rynhardt van Rensburg, RSA, 23.03.92 1:46.57
9. Solomon Lekuta, KEN, 03.10.99 1:47.51
10. Drew Windle, USA, 22.07.92 1:47.77 SB

1500 (DL):

1. Timothy Cheruiyot, KEN, 20.11.95 3:31.48 WL
2. Samuel Tefera, ETH, 23.10.99 3:31.63 PB
3. Abdelaati Iguider, MAR, 25.03.87 3:32.72 SB
4. Charles Cheboi Simotwo, KEN, 06.05.95 3:33.54 SB
5. Justus Soget, KEN, 22.10.99 3:34.33 SB
6. Aman Wote, ETH, 18.04.84 3:34.43 SB
7. Thiago Do Rosario Andre, BRA, 04.08.95 3:35.40 SB
8. Bethwell Birgen, KEN, 06.08.88 3:35.95 SB
9. Vincent Kibet, KEN, 06.05.91 3:36.44 SB
10. Ryan Gregson, AUS, 26.04.90 3:36.94 SB

5000:

1. Birhanu Balew, BRN, 27.02.96 13:09.64 WL
2. Paul Chelimo, USA, 27.10.90 13:09.66 SB
3. Stanley Mburu Waitthaka, KEN, 09.04.00 13:10.14 PB
4. Cyrus Rutto, KEN, 21.04.92 13:10.79 SB
5. Muktar Edris, ETH, 14.01.94 13:10.98 SB
6. Nibret Melak, ETH, 09.10.99 13:10.99 SB
7. Abadi Hadis, ETH, 06.11.97 13:11.04 PB

- | | |
|-----------------------------------|-------------|
| 8. Albert Rop, BRN, 17.07.92 | 13:12.72 SB |
| 9. Davis Kiplangat, KEN, 10.07.98 | 13:13.55 PB |
| 10. Stephen Kissa, UGA, 01.12.95 | 13:25.40 SB |
| Conseslus Kipruto, KEN, 08.12.94 | DNF |

WOMEN

3000 s/chase:

- | | |
|--|------------|
| 1. Beatrice Chepkoech, KEN, 06.07.91 | 9:07.27 WL |
| 2. Norah Jeruto, KEN, 02.10.95 | 9:09.30 SB |
| [fell due to wet track after last barrier, but got up to finish] | |
| 3. Daisy Jepkemei, KEN, 13.02.96 | 9:15.56 PB |
| 4. Roseline Chepngetich, KEN, 17.06.97 | 9:21.05 PB |
| 5. Purity Kirui, KEN, 13.08.91 | 9:21.34 SB |
| 6. Joan Chepkemoi, KEN, 24.11.93 | 9:22.85 SB |
| 7. Peruth Chemutai, UGA, 10.07.99 | 9:22.94 PB |
| 8. Winfred Mutile Yavi, BRN, 31.12.99 | 9:44.02 SB |
| 9. Caren Chebet, KEN, 24.05.00 | 9:46.58 PB |
| 10. Fancy Cherono, KEN, 02.08.01 | 9:47.48 |

Meeting Athlétisme Guadeloupe

Baie Mahault, FRA, 12 May

MEN

3000:

1. Hicham SIGUENI (MAR), 7:53.47
2. Benjamin KIGEN (KEN), 7:54.02
3. Adrian BEN (ESP), 8:00.42

WOMEN

800:

1. Francine NIYONSABA (BDI), 2:01.97
2. Stephanie BROWN (USA), 2:02.26
3. Margaret WAMBUI (KEN), 2:02.61

Sun Belt Championships

San Marcos, USA, 11-13 May

WOMEN

1500 (13):

- | | |
|--|---------|
| 1. Aynsle van Graan (RSA), SR, Coastal Caroli | 4:25.88 |
| 2. Angela Alonso (ESP), SO, Georgia State | 4:30.91 |
| 3. Anaëlle Charles, JR, Arkansas State | 4:31.28 |
| 4. Devina Schneider, SO, Texas State | 4:32.02 |
| 5. Laura Labuschaigne (RSA), SR, South Alabama | 4:35.36 |

Prelims (11):

Heat 1:

- | | |
|--|----------|
| 1. Aynsle van Graan (RSA), SR, Coastal Caroli | 4:34.13Q |
| 2. Madeleine Rowe, FR, UT Arlington | 4:34.14Q |
| 3. Pauline Meyer, FR, Arkansas State | 4:34.37Q |
| ... 6. Laura Labuschaigne (RSA), SR, South Alabama | 4:34.70q |

5000 (13):

1. Aynslee van Graan (RSA), SR, Coastal Car 17:51.33

...

Portland Twilight Meeting

Portland, USA, 12 May

WOMEN

1500:

Sec. 2:

- | | |
|------------------------------------|---------|
| 1. Chloe Hewitt, U. of Victoria | 4:34.74 |
| 2. Natalie Smith, SO-2, Portland | 4:36.15 |
| 3. Enid Au, JR-3, British Columbia | 4:36.27 |

Sec. 3:

- | | |
|--|---------|
| 1. Regan Yee, Langley | 4:13.80 |
| 2. Taryn Rawlings, JR-3, Portland | 4:14.50 |
| 3. Angelin Figueroa Rivera, Puerto Rico | 4:15.63 |
| ... 11. Leanda du Bruyn, SR-4, Cal Baptist (RSA) | 4:30.41 |

Henderson Invitational (13th)

West Chester, USA, 4 May

WOMEN

800:

Elite Section:

- Ce'Aira BROWN, Hoka NJ-NY TC, 1:59.70 PB/USA leader
- Maddie KNOPP, District TC, 2:04.44
- Danielle ARAGON, Hoka NJ-NY TC, 2:05.51

ULTRA/TRAIL/MOUNTAIN RUNNING**Trail World Championships**

Castellon, ESP, 12 May

Distance: 88.1 km with 4900 of ascent and 3690m of descent

MEN

TEAMS (score top-3 athletes on total time) - 1. ESP, 26:45:08; 2. GBR, 27:09:06; 3. FRA, 27:44:52; 4. USA, 28:06:34; 5. GER, 29:07:06; 6. JPN, 29:09:35,,,

Individual Finishers:

- Luis Alberto HERNANDO - TEAM SPAIN, ESP, 8:38:35
- Cristofer CLEMENTE - TEAM SPAIN, ESP, 8:46:19
- Thomas EVANS - TEAM UNITED KINGDOM, GBR, 8:49:35

WOMEN

Teams (score top-3 athletes on total time) - 1. ESP, 31:05:29; 2. FRA, 31:37:33; 3. USA, 32:01:44; 4. GBR, 32:28:59; 5. SWE, 33:27:00...

Individual Finishers:

- Ragna DEBATS - TEAM NETHERLANDS, NED, 9:55:00
 - Laia CAÑES - TEAM SPAIN, ESP, 10:11:11
 - Claire MOUGEL - TEAM FRANCE, FRA, 10:15:23
 - ... 28. Naomi BRAND - TEAM SOUTH AFRICA, RSA, 11:24:51
-

NEWS**SPAR GRAND PRIX POINTS STANDINGS**

The points standings after the second race in the Spar Grand Prix Series are as follows:

OPEN

1	Kesa Molotsane	KPMG	40
2	Glenrose Xaba	Boxer	38
3	Rudo Mhonderwa	ZIM/Nedbank	34
4	Zintle Xiniwe	KPMG	32
5	Christine Kalmer	KPMG	28
6	Cherise Sims	Born 2 Run / Boxer	26
7	Maria Shai	Boxer	24
8=	Irvette van Zyl	Nedbank	18
8=	Anel Terblanche	KPMG	18
8=	Patience Murowe	ZIM/Nedbank	18
11 =	Stella Marais	KPMG	15
11 =	Rutendo Nyahora	ZIM/Nedbank	15
13 =	Lebo Phalula	Boxer	14
13 =	Lebogang Phalula	Boxer	14
15	Cornelia Joubert	Boxer	13
16 =	Olga Firsova	USA/Durbanville	12
16 =	Ntombesintu Mfunzi	Nedbank	12
18	René Kalmer	KPMG	10
19 =	Portia Ngwenya	Nedbank	9
19 =	Anet Coetzee	KPMG	9

Veterans:

1	Bulelwa Simae	Nedbank	10
2=	Ronel Thomas	Boxer	6
2=	Janene Carey	Boxer	6

Masters:

1	Judy Bird	KPMG	10
2=	Obertina Kanyongo	Nedbank	4
2=	Christine Claasen		4

G'masters:

1	Margie Saunders	Nedbank	10
2	Nancy Will	Pinelands	5
3=	Beverley Charters	VOB	4
3=	Blanche Moila	Savages	4

Juniors:

1	Nicole Louw	KPMG	5
2	Lyndi Roelofse		4
3	Tara Schwulst		3

STATS TIME

This week we include a list of the top ten SA men in the track 5000 metres for 2018.

2018 5000 M: TOP 10 MEN

14:14.07	Jerry Motsau	Pretoria	17 Mar
14:16.09	Stephen Mokoka	Pretoria	24 Feb
14:17.21	McMarshall Hartzenberg	Los Angeles	10 Mar
14:17.21	Gladwin Mzazi	Pretoria	17 Mar

14:18.15	Marko Bucarizza	Pretoria	17 Mar
14:24.00	Nkosinathi Sibiya	Durban	12 Jan
14:29.84	Ngonde Matwebu	Paarl	06 Apr
14:30.25	Phakiso Mthembu	Paarl	06 Apr
14:30.40	Poloko-arefadimeng Mapunye	Paarl	06 Apr
14:31.47	Mathanga Mbuleli	Durban	12 Jan

THIS MONTH IN HISTORY

47 years ago: 8 May 1971

Before Caster Semenya's recent 3:59.92 in Doha, only one South African record for the women's 1500 metres has ever been set in May. About a month after she had won the SA title with a new national record of 4:29.8, her first over this distance, Sonja van Zyl came up against Bea Marais and Hendra Adendorff again at the Republic Festival Meeting in Cape Town's Green Point Stadium. And once again Marais and Adendorff had no answer for the Southern Transvaler's speed. Van Zyl's winning margin was even bigger than at the SA Championships and her outstanding 4:25.2 was the only national mark of the meeting. Marais was second in 4:37.5 and Adendorff third in 4:37.6. Van Zyl (these days Laxton) would set four more SA records for this distance, as well as seven over 3000 m.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2018

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	28:40	Sibabalwe Gladwin Mzazi	Port Elizabeth	07 Apr
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:06	Melikhaya Frans	Port Elizabeth	27 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:26	Stephen Mokoka	Valencia	24 Mar
	58:23	Zersenay Tadese (ERI) 2010		
25 km	81:06	Lucky Mohale	Pretoria	12 May
	81:02A	Mhlakwana Nkoshona	Pinetown	28 Jan
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	1:38:53	Nkosinathi Madyo	Uitenhage	03 Mar
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:09:31	Desmond Mokgobu	Oita	04 Feb
	2:02:57	Dennis Kimetto (KEN) 2014		
100 km	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	31:37	Simphiwe Zulu	Durban	15 Apr
	27:48	Bernard Lagat (USA) 2015		
15 km	48:11	Mthandazo Qhina	Constantia	06 Jan

21.1 km	44:14	Pierre Levisse (FRA) 1992		
	69:29	Mthandazo Qhina	Gordon's Bay	14 Apr
25 km	61:09	Haile Gebrselassie (ETH) 2013		
	89:07	Sikhumbuzo Dlamini	Durban	21 Mar
30 km	76:49	Martin Mondragon (MEX) 1994		
	1:43:15	Mzwanele Maphekula	Uitenhage	03 Mar
	1:41:42A	Mthandazo Qhina	Camps Bay	14 Jan
Marathon	89:45	Mark Kiptoo Kosgei (KEN) 2016		
	2:26:17	William Mokwalakwala	Centurion	01 May
	2:08:38	Kenneth Mungara (KEN) 2016		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	33:47	Desmond Zibi	Port Elizabeth	07 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:32	John September	Ravensmead	24 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:10	Reginald Ngobese	Johannesburg	15 Apr
	76:32A	Makhaya Masumpa	East London	11 Feb
	66:23	Titus Mamabolo (RSA) 1991		
25 km	99:31	Joseph Ndlovu	Pretoria	12 May
	92:17A	Michael Ndlovu	Pinetown	28 Jan
	84:12	Norman Green (USA) 1984		
30 km	1:54:26	Makaya Masumpa	Uitenhage	03 Mar
	1:46:33	Norman Green (USA) 1988		
Marathon	2:41:31	Michael Ndlovu	Durban	15 Apr
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
	6:43:33	Roland Vuillemot (FRA) 1996		
<u>Grandmasters (60+)</u>				
10 km	38:26	Mochamat Kriel	Pinelands	24 Feb
	32:48	Martin Rees (GBR) 2013		
15 km	57:51	Mochamat Kriel	Ravensmead	24 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	85:12	Mochamat Kriel	Cape Town	13 May
	71:31	Martin Rees (GBR) 2013		
25 km	2:06:10	Derrick Mazibuko	Durban	21 Mar
	1:48:50A	Andy Daly	Pinetown	28 Jan
	94:01	Doug Winn (USA) 2010		
30 km	2:18:26	Alan Taylor	Uitenhage	03 Mar
	2:11:11A	Mochamat Kriel	Camps Bay	14 Jan
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:16:33	Marius Carstens	Benoni	28 Jan
	2:59:27A	Kosie Botha	Simon's Town	18 Feb
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				
	7:53:43	Bernd Juckel (GER) 2012		
<u>Great grandmasters (70+)</u>				
10 km	43:34	Jimmy Morris	Athlone	10 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	67:11	Jimmy Morris	Constantia	10 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	1:43:48	Tamsanqa Jusayi	Port Elizabeth	03 Feb
	82:23	Ed Whitlock (CAN) 2001		

25 km	2:09:11A 99:59	Hansie Els Clive Davies (USA) 1985	Somerset East	21 Apr
30 km	2:46:46 2:34:20A 2:00:56	Tamsanqa Jusayi Brian Key Ed Whitlock (CAN) 2001	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	3:55:49 2:54:49	Pele Tshikundamalema Ed Whitlock (CAN) 2004	Sasolburg	03 Feb
100 km	8:53:45	Max Courtillon (FRA) 1997		
<u>Juniors</u>				
10 km	31:13 27:11	Carlo Flink Mathew Kimeli Kipkorir (KEN) 2017	Athlone	10 Feb
15 km	49:33 42:17	Thembeke Mendu Ayele Abshiro Biza (ETH) 2008	Constantia	10 Mar
21.1 km	1:14:26 59:16	Christophai Booise Samuel Wanjiru (KEN) 2005	Wellington	01 May
WOMEN				
<u>Open</u>				
10 km	33:21 29:43 Mx 30:29 Wo	Glenrose Xaba Joycilene Jepkosgei (KEN) 2017 Asmae Legzaoui (MAR) 2002	Port Elizabeth	07 Apr
15 km	56:30 45:37 Mx 46:59** Wo	Anel Terblanche Joycilene Jepkosgei (KEN) 2017 Lornah Kiplagat (NED) 2007	Constantia	10 Mar
21.1 km	71:44 64:51p Mx 64:52 Mx 66:25 Wo	Nolene Conrad Joycilene Jepkosgei (KEN) 2017 Joycilene Jepkosgei (KEN) 2017 Lornah Kiplagat (NED) 2007	Valencia	24 Mar
25 km	96:16 79:53 Mx 82:47 Wo	Charné Bosman (vet) Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005	Pretoria	12 May
30 km	2:00:03 2:00:24A 1:38:49 Mx 1:38:42p Mx 1:36:05 Wo	Ntombesintu Mfunzi Tanith Maxwell (vet) Mizuki Noguchi (JPN) 2005 Aberu Kebede (ETH) 2016 Mary Keitany (KEN) 2017	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	2:38:17 2:15:25 Mx 2:17:01 Wo	Nolene Conrad Paula Radcliffe (GBR) 2003 Mary Keitany (KEN) 2017	Vienna	22 Apr
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:15 32:14	Tanith Maxwell Priscilla Welch (GBR) 1985	Cape Town	07 Mar
15 km	58:02 49:35	Charné Bosman Priscilla Welch (GBR) 1985	Jeffreys Bay	06 Jan
21.1 km	80:15 79:44A 69:37	Tanith Maxwell Tanith Maxwell Deena Kastor (USA) 2014	Wellington Simon's Town	01 May 18 Feb
25 km	96:16 85:15	Charné Bosman Colleen de Reuck (USA) 2005	Pretoria	12 May
30 km	2:05:14 2:00:24A 1:49:40	Bulelwa Simae Tanith Maxwell Yoshimi Hoshino (JPN) 2007	Uitenhage Camps Bay	03 Mar 14 Jan

Marathon	2:50:57	Charné Bosman (vet)	Pretoria	17 Feb
	2:23:31	Lydia Cheromei (KEN) 2017		
100 km	7:20:22	Maria Auxiliadora (BRA) 1998		
<u>Masters (50+)</u>				
10 km	39:43	Judy Bird	Port Elizabeth	05 May
	34:14	Linda Somers (USA) 2011		
15 km	63:46	Suzanne Marais	Constantia	10 Mar
	52:38	Monica Joyce (USA) 2009		
21.1 km	93:04	Judy Bird	Bedfordview	14 Jan
	92:19A	Sandra Kohnert	Simon's Town	18 Feb
	75:18	Linda Somers (USA) 2011		
25 km	2:04:42	Ansie Breytenbach	Pretoria	12 May
	1:56:28A	Christine Claasen	Somerset East	21 Apr
	96:58	Colleen de Reuck (USA) 2016		
30 km	2:20:14	Christine Claasen	Uitenhage	03 Mar
	1:56:43	Colleen de Reuck (USA) 2016		
Marathon	3:23:52	Maya Lawrie	Pietermaritzburg	25 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km	7:51:10	Meghan Arbogast (USA) 2011		
<u>Grandmasters (60+)</u>				
10 km	42:27	Margie Saunders	Port Elizabeth	07 Apr
	38:56	Lidia Zentner (GER) 2015		
15 km	69:28	Hanlie van der Westhuizen	Despatch	24 Feb
	61:25	Kathryn Martin (USA) 2011		
21.1 km	99:45	Hanlie van der Westhuizen	Port Elizabeth	03 Feb
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:28:20	Jenny Scott	Durban	21 Mar
	2:22:03A	Sylvia Burton	Pinetown	28 Jan
	1:50:50	Edie Stevenson (USA) 2011		
30 km	2:26:52	Annatjie Botes	Sedgefield	10 Mar
	2:15:30	Kathryn Martin (USA) 2012		
Marathon	3:37:54	Nancy Will	Fish Hoek	27 Jan
	3:26:19A	Nancy Will	Simon's Town	18 Feb
	3:12:57	Emmi Luthi (SUI) 2009		
100 km	9:20:07	Ursula Schmitz (GER) 1999		
<u>Great grandmasters (70+)</u>				
10 km	53:29	Veronica van Niekerk	Bellville	25 Mar
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:25	Marietha Herbert	Constantia	10 Mar
	72:52	Jo Klein (NED) 2004		
21.1 km	1:57:18	Veronica van Niekerk	Gordon's Bay	14 Apr
	97:38	Lavinia Petrie (AUS) 2014		
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	3:36:03	Liz Jenkerson	Uitenhage	03 Mar
	2:58:52A	Veronica van Niekerk	Camps Bay	14 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:50:46	Willemien Smuts	Sasolburg	03 Feb
	4:37:20A	Marietha Herbert	Simon's Town	18 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km				

12:50:49 Helen Klein (USA) 1993

Juniors

10 km	36:04	Nicole Louw	Port Elizabeth	05 May
	31:29	Karoline Bjerkeli Grovdal (NOR) 2009		
15 km	59:40	Simonay Weitsz	Kempton Park	31 Jan
	48:33	Mekasha Waganesh Amare (ETH) 2011		
21.1 km	88:34	Lesego Mpshe	Pretoria	24 Mar
	67:57	Abebu Gelan Adugna (ETH) 2009		

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