

# 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

Kesa Molotsane ran another outstanding 10 km this weekend when she won the BestMed UWC Fast and Flat race in Bellville in 33:28, the second fastest time by a South African this year, her second sub-34 of 2018, and the third fastest of her career. The race doubled as the WP 10 km Championships, and the title went to third-placed Zintle Xiniwe, who clocked 35:48 (she has won the race nine times). Vet Tanith Maxwell won the silver medal behind Xiniwe in a quick 36:30.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* BestMed UWC Fast and Flat 10 km, Bellville
- \* XC: WP League Meeting, Silwerstroomstrand

### International highlights:

- \* Synchrony Financial Rock 'n' Roll San Diego Half Marathon, San Diego, USA
  - \* 15 km Nocturna Valencia Banco Mediolanum, Valencia, ESP
  - \* Freihofer's Run for Women 5 km, Albany, USA
  - \* Bolder BOULDER 10 km, Boulder, USA
  - \* Vitality London 10000, London, GBR
  - \* TCS World 10 km, Bengaluru, IND
  - \* Stralugano Half Marathon, Lugano, SUI
  - \* Tamarack Ottawa Race Weekend, Ottawa, CAN
  - \* Track: FBK Games, Hengelo, NED; Putbos Memorial Leon Buyle, Oordegem, BEL; Sparkassen Gala, Regensburg, GER; Music City Distance Carnival, Murfreesboro, USA; Golden Gala Pietro Mennea, Roma, ITA; iFam Outdoor Meeting, Oordegem, BEL; NCAA Division I West Preliminary Round, Sacramento, USA
  - \* 100 km del Passatore, Faenza, ITA
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## ROAD RUNNING

### BestMed UWC Fast and Flat 10 km (24th)

(Western Province 10 km Championships)

Bellville, 2 June

(Certified loop course. Finishers: 2173 [up from 1930 last year].)

#### MEN

1. Sibusiso Madikizela (AAC) 30:09 (R1800)
2. Anthony Timoteus (UWC) 30:09 [correct] (R1600)
3. Nkosinathi Madyo (Itheke) 30:33 (R1200)

(All age category prize money was the same: R600, R400, R300.)

**Veterans:** 1. Vakalisa Kopolo (Ned) 32:52; 2. Tsungai Mwanengeni (ZIM/Gugs) 33:15; 3. Shawn Abrahams (Kuils) 34:57. **Masters:** 1. Johnny Persents (Edge) 35:52; 2. John September (Itheke) 35:54; 3. Steve Motau (Itheke) 36:33. **G'masters:** 1. Robbie Lindsay (Ned) 41:54; 2. Robert Arnold (Top) 42:24; 3. Desmond Rondganger (Brack) 44:29.

**G/g'masters:** 1. Jimmy Morris (Forest) 44:46; 2. Willie van Wyk (Brack) 48:51; 3. Jeff Smith (Itheke) 57:20. **Juniors:** 1. Carlo Flink (Itheke) 31:51; 2. Thembeke Mendu (Gugs) 32:08; 3. Oliver Stewart (AAC) 32:38.

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

1. Kesa Molotsane (KPMG AFS) 33:28
2. Fortunate Chidzivo (ZIM/Langa) 35:16
3. Zintle Xiniwe (KPMG) 35:48 [WP champion]

WP silver medal: Tanith Maxwell (Boxer) 36:30; bronze: Nomvuyisi Seti (Langa) 37:21.

**Veterans:** 1. Tanith Maxwell (Boxer) 36:30; 2. Bulelwa Simae (Ned) 37:51; 3. Christiane Adriaanse (VOB) 38:00. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 42:00; 2. Mariëtte Strauss (Tyger) 42:41; 3. Renée Scott (VOB) 43:40. **G'masters:** 1. Nancy Will (Pine) 46:32; 2. Bev Charters (VOB) 47:51; 3. Hilary Rhode (Edge) 48:15. **G/g'masters:** 1. Pixie Sparg (Celtic) 57:16; 2. Marlene James (Pine) 72:08; 3. Annatjie Berntzen (Good) 75:18. **Juniors:** 1. Virgell-Lee Africa (Maties) 40:20; 2. Athemba Nqumashe (Bot) 42:05 [WP champion]; 3. Tamica Jooste (Bot) 42:55 [silver medal]; bronze medal: Anitha Nonene (Gugs) 42:55.

## CROSS-COUNTRY

### WP League Meeting (1st)

Silwerstroomstrand, 26 May

Note: All distances are 4 km except where indicated otherwise. – Ed.

#### SR. MEN (10 km)

|    |            |            |              |       |
|----|------------|------------|--------------|-------|
| 1  | Anthony    | Timoteus   | UWC          | 30:40 |
| 2  | Siviwe     | Nkombi     | Nedbank      | 30:47 |
| 3  | Nkosinathi | Madyo      | Itheke       | 31:09 |
| 4  | Vuyolwethu | Mbukushe   | Gugs         | 31:39 |
| 5  | Raydon     | Balie      | Eerste River | 31:59 |
| 6  | Ebrahim    | Mbanyaru   | Gugs         | 32:10 |
| 7  | Gilbert    | Mutandire  | Century City | 32:14 |
| 8  | Gershwin   | Van Staden | Itheke       | 32:32 |
| 9  | Akhona     | Makila     | VOB          | 32:58 |
| 10 | Du-wayne   | Philander  | UWC          | 32:59 |

## SR. MEN (No times provided in the results)

|    |            |            |              |
|----|------------|------------|--------------|
| 1  | Vuyolwethu | Mbukushe   | Gugs         |
| 2  | Lorenzo    | Pieters    | ORAK         |
| 3  | Andre      | Afrika     | Eerste River |
| 4  | Barry-John | Pienaar    | Sanlam       |
| 5  | Morne      | Kammies    | Sanlam       |
| 6  | S          | Nkosi?     | SANDF        |
| 7  | Granwin    | Katzen     | Celtic       |
| 8  | Gershwin   | Van Staden | Itheke       |
| 9  | Lwazi      | Mpoyi      | Helderberg   |
| 10 | Faiez      | Adams      | Kenfac       |

## VETERAN MEN (8 km)

|   |          |            |         |       |
|---|----------|------------|---------|-------|
| 1 | Vakalisa | Kopolo     | Nedbank | 27:08 |
| 2 | Bonisile | Ngculana   | VOB     | 27:17 |
| 3 | Christo  | Van Rooyen | Boxer   | 27:31 |

## MASTER MEN (8 km)

|   |        |           |          |       |
|---|--------|-----------|----------|-------|
| 1 | Johnny | Persents  | Edgemead | 28:12 |
| 2 | Andrew | Cooper    | Nedbank  | 29:45 |
| 3 | Tobias | Philander | Itheke   | 30:57 |

## G'MASTER MEN (8 km)

|   |         |         |           |       |
|---|---------|---------|-----------|-------|
| 1 | Les     | Chivell | Fish Hoek | 24:39 |
| 2 | Robbie  | Lindsay | Nedbank   | 26:16 |
| 3 | Michael | Crozier | Atlantis  | 26:36 |

## G/G'MASTER MEN (8 km)

|   |       |          |            |       |
|---|-------|----------|------------|-------|
| 1 | Blake | Wilkins  | AAC        | 28:27 |
| 2 | Horst | Schiffer | Fish Hoek  | 32:24 |
| 3 | Peter | Donald   | West Coast | 33:49 |

## U.20 (8 km)

|   |           |       |          |       |
|---|-----------|-------|----------|-------|
| 1 | Carlo     | Flink | Itheke   | 25:43 |
| 2 | Hasha     | Mbali | Nedbank  | 26:12 |
| 3 | Siyabonga | Mathe | Easterns | 26:52 |

## U.18 (6 km)

|   |         |         |           |       |
|---|---------|---------|-----------|-------|
| 1 | Oliver  | Stewart | AAC       | 19:12 |
| 2 | Sherwin | Jooste  | Bottelary | 19:27 |
| 3 | Ruchen  | Blaauw  | Bottelary | 19:36 |

## SR. WOMEN (10 km)

|    |             |            |              |       |
|----|-------------|------------|--------------|-------|
| 1  | Bulelwa     | Simae      | Nedbank      | 37:59 |
| 2  | Lee-Shay    | Willemse   | Velocity     | 39:33 |
| 3  | Candyce     | Hall       | Carbineers   | 40:39 |
| 4  | Nolubabalo  | Queen      | VOB          | 40:55 |
| 5  | Madele      | Du Plessis | Nedbank      | 42:16 |
| 6  | Hanlie      | Jordaan    | Ind          | 44:29 |
| 7  | Rozanne     | Makappe    | Easterns     | 45:14 |
| 8  | Natalie     | Beukes     | Itheke       | 47:21 |
| 9  | Candice     | Bothma     | Century City | 49:00 |
| 10 | Nonsikelelo | Tawegi     | Easterns     | 49:11 |

## SR. WOMEN

|   |          |               |                 |       |
|---|----------|---------------|-----------------|-------|
| 1 | Kyla     | Van Graan     | Nedbank         | 14:38 |
| 2 | Mareli   | Van Schalkwyk | Nedbank         | 14:57 |
| 3 | Cassidy  | Smith         | Mitchells Plain | 15:27 |
| 4 | Lee-Shay | Willemse      | Velocity        | 15:36 |
| 5 | Icarien  | Van Deventer  | Nedbank         | 16:16 |
| 6 | Kobie    | Griffiths     | Nedbank         | 17:22 |
| 7 | Emmy     | Lepati        | Itheke          | 17:42 |

|    |           |         |         |       |
|----|-----------|---------|---------|-------|
| 8  | Mandy-Lee | Jacobs  | Nedbank | 17:52 |
| 9  | Monique   | Roberts | RWFL    | 18:34 |
| 10 | Annereen  | Malan   | Nedbank | 18:35 |

#### VETERAN WOMEN

|   |            |           |         |       |
|---|------------|-----------|---------|-------|
| 1 | Christiane | Adriaanse | VOB     | 14:51 |
| 2 | Bulelwa    | Simae     | Nedbank | 15:17 |
| 3 | Busisiwe   | Matiwane  | Nedbank | 16:34 |

#### MASTER WOMEN

|   |          |            |              |       |
|---|----------|------------|--------------|-------|
| 1 | Mariette | Strauss    | Tygerberg    | 16:44 |
| 2 | Olga     | Howard     | Nedbank      | 17:09 |
| 3 | Evelina  | Tshabalala | Century City | 17:43 |

#### G'MASTER WOMEN

|   |        |          |           |       |
|---|--------|----------|-----------|-------|
| 1 | Bev    | Charters | VOB       | 18:06 |
| 2 | Nancy  | Will     | Pinelands | 18:47 |
| 3 | Hilary | Rhode    | Edgemead  | 19:24 |

#### G/G'MASTER WOMEN

|   |          |         |             |       |
|---|----------|---------|-------------|-------|
| 1 | Pixie    | Sparg   | Celtic      | 22:31 |
| 2 | Wendy    | Wilkins | AAC         | 25:28 |
| 3 | Marianne | Nelson  | Durbanville | 25:49 |

#### U.20 (6 km)

|   |           |        |           |       |
|---|-----------|--------|-----------|-------|
| 1 | Anitha    | Nonene | Gugs      | 25:05 |
| 2 | Simone    | Adams  | Bottelary | 25:22 |
| 3 | Charmaine | Leung  | UCT       | 25:22 |

#### U.18

|   |       |        |         |       |
|---|-------|--------|---------|-------|
| 1 | Alexa | Mesham | VOB     | 14:31 |
| 2 | Kia   | Gibbs  | VOB     | 15:40 |
| 3 | Kylin | Mouton | Nedbank | 15:59 |

## 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

### Synchrony Financial Rock 'n' Roll San Diego Half Marathon (9th)

San Diego, USA, 3 June

(Distance: 21.1 km; point-to-point certified course with approx. 4.1 m/km loss and 15.2% separation [not record standard])

#### MEN (net times)

|    |                          |         |
|----|--------------------------|---------|
| 1. | Titus Ekiru, KEN         | 1:01:02 |
| 2. | Felsa Lilesa, ETH        | 1:02:18 |
| 3. | Josphat Kipchirchir, KEN | 1:02:22 |
| 4. | Kenji Yamamoto, JPN      | 1:02:45 |
| 5. | Aaron Braun, USA         | 1:02:54 |

#### WOMEN

|    |                      |         |
|----|----------------------|---------|
| 1. | Meseret Defar, ETH   | 1:08:26 |
| 2. | Jane Kibli, KEN      | 1:12:00 |
| 3. | Kaitlyn James, USA   | 1:13:52 |
| 4. | Kristen Findley, USA | 1:14:14 |
| 5. | Brittney Feivor, USA | 1:15:02 |

**15 km Nocturna Valencia Banco Mediolanum (6th)**

Valencia, ESP, 2 June

(Loop course, certified; night race)

MEN (gun times)

|                                 |       |    |                 |
|---------------------------------|-------|----|-----------------|
| 1. Josphat Kiptoo Boit, KEN     | 42:02 | CR | EUR 1500 + 500* |
| 2. Simon Cheprot, KEN           | 42:32 |    | 1000            |
| 3. Geofry Kipkirui Korir, KEN   | 42:59 |    | 700             |
| 4. Geoffrey Kusuru, KEN         | 43:03 |    | 300             |
| 5. Nguse Amlosom Tesfaldet, ETH | 43:16 |    | 200             |

\*) Course record bonus

WOMEN (gun times)

|                                     |       |     |                 |
|-------------------------------------|-------|-----|-----------------|
| 1. Chemtai Lonah Salpeter, ISR      | 47:38 | CR* | EUR 1500 + 500* |
| 2. Pauline Chemning Korikwiang, KEN | 47:57 |     | 1000            |
| 3. Evaline Chirchir, KEN            | 48:20 |     | 700             |
| 4. Susan Jeptoo, KEN                | 49:34 |     | 300             |
| 5. Mary Waithira Munanu, KEN        | 50:31 |     | 200             |

\*) Course record bonus

**Freihofer's Run for Women 5 km (40th)**

Albany, USA, 2 June

(Certified out-and-back course)

WOMEN (extended gun times)

|  |         |   |
|--|---------|---|
| 1. Sarah Pagano, 26, Brighton, MA        | 15:47.8 | \$10,000                                |
| 2. Steph Bruce, 34, Flagstaff, AZ        | 15:52.3 | PB 5,000                                |
| 3. Diane Nukuri, 33, Flagstaff, AZ       | 15:55.1 | 3,000                                   |
| 4. Allie Kieffer, 30, Buffalo, NY        | 15:55.9 | PB 2,000                                |
| 5. Jessica Tonn, 26, Seattle, WA         | 16:03.7 | 1,000                                   |
| ... 9. Jen Rhines, 43, San Diego, CA     | 16:43.5 | 250 + 750m                              |
| ... 48. Joan Samuelson, 61, Freeport, ME | 19:51.6 | (94.62% age-graded; highest on the day) |

m) Earned masters prize money

**Bolder BOULDER 10 km (40th) & International Team Challenge (21st)**

Boulder, USA, 28 May

(Certified point-to-point course with slight elevation gain; Boulder is at high altitude [1655 m]; the finish is inside Folsom Stadium)

INTERNATIONAL TEAM CHALLENGE - MEN (gun times)

Individuals:

|                     |            |       |        |
|---------------------|------------|-------|--------|
| 1. Getaneh Tamire   | Ethiopia   | 28:18 | \$4750 |
| 2. Gabriel Geay     | Pan Africa | 28:39 | 3500   |
| 3. Hassan Elabbassi | Bahrain    | 28:44 | 3000   |
| 4. Lelisa Desisa    | Ethiopia   | 28:54 | 2250   |
| 5. Aweke Yimer      | Bahrain    | 28:57 | 2050   |

TEAMS -

|             |   |   |    |             |          |
|-------------|---|---|----|-------------|----------|
| 1. Ethiopia | 1 | 4 | 11 | = 16 points | \$15,000 |
|-------------|---|---|----|-------------|----------|

|            |              |        |
|------------|--------------|--------|
| 2. Bahrain | 3 5 16 = 24  | 10,000 |
| 3. Kenya   | 7 8 13 = 28  | 7,000  |
| 4. USA Red | 9 10 14 = 33 | 13,500 |
| 5. Eritrea | 6 12 24 = 42 | 4,000  |

#### INTERNATIONAL TEAM CHALLENGE - WOMEN (gun times)

##### Individuals:

|                      |          |       |        |
|----------------------|----------|-------|--------|
| 1. Mamitu Daska      | Ethiopia | 32:37 | \$4500 |
| 2. Aliphine Tuliamuk | Usa Red  | 32:48 | 6750   |
| 3. Etagegn Mamo      | Ethiopia | 32:53 | 2750   |
| 4. Hiwot Ayalew      | Ethiopia | 32:58 | 2250   |
| 5. Margaret Muriuki  | Kenya    | 33:14 | 1800   |

##### TEAMS -

|              |                  |          |
|--------------|------------------|----------|
| 1. Ethiopia  | 1 3 4 = 8 points | \$15,000 |
| 2. USA Red   | 2 7 9 = 18       | 27,500   |
| 3. Japan     | 6 8 11 = 25      | 7,000    |
| 4. USA White | 10 12 13 = 35    | 6,000    |
| 5. Kenya     | 5 14 20 = 39     | 6,000    |

#### **Victality London 10000** (11th)

London, GBR, 28 May

(Distance: 10 km; certified one-loop course with start/finish in St. James's Park)

Note: An easy win for Mo Farah in the men's race, his sixth victory here. -- Ed.

##### MEN (gun times)

|   |       |
|---|-------|
| 1. Mo Farah, Newham & Essex Beagles             | 29:44 |
| 2. Richard Allen, Aldershot, Farnham & District | 29:48 |
| 3. Matthew Sharp, Team Spy/Team Spy             | 29:50 |

##### WOMEN (gun times)

|   |       |
|---|-------|
| 1. Stephanie Twell, Aldershot, Farnham & District | 32:34 |
| 2. Gemma Steel, Charnwood                         | 33:00 |
| 3. Jo Pavey (40+), Exeter                         | 33:12 |

#### **TCS World 10 km** (11th)

Bengaluru, IND, 27 May

(AIMS/IAAF certified course with finish on track)

Note: Geoffrey Kamworor, the three times world half-marathon and two times world cross-country champion, was a pre-race favourite among the men and he justified his billing to win his third ever title at Bengaluru, reports *Race Results Weekly*. Quite interestingly, his three races here are the only 10 km races in his career to date. He won in 2012, 2014 and now 2018. -- Ed.

## MEN (gun times)

|                           |       |            |
|---------------------------|-------|------------|
| 1. Geoffrey Kamworor, KEN | 28:18 | USD 26,000 |
| 2. Berhanu Legesse, ETH   | 28:38 | 17,000     |
| 3. Mosinet Geremew, ETH   | 28:39 | 10,000     |
| 4. Alex Korio, KEN        | 28:44 | 5,000      |
| 5. Edwin Kiptoo, KEN      | 28:50 | 4,000      |

## WOMEN (gun times)

|                           |       |                         |
|---------------------------|-------|-------------------------|
| 1. Agnes Tirop, KEN       | 31:19 | CR* USD 26,000 + 7,000* |
| 2. Senbere Teferi, ETH    | 31:22 | 17,000                  |
| 3. Caroline Kipkirui, KEN | 31:28 | 10,000                  |
| 4. Netsanet Gudeta, ETH   | 31:53 | 5,000                   |
| 5. Pauline Kumulu, KEN    | 32:16 | 4,000                   |

\*) Course record bonus.

**Stralugano Half Marathon (14th)**

Lugano, SUI, 27 May

(Distance: 21.1 km; one-loop course)

## MEN (net times)

|  |         |          |
|--|---------|----------|
| 1. Cosmas Jairus Birech, 1986, KEN       | 1:01:30 | CHF 2000 |
| 2. Timothy Kiplagat Ronoh, 1993, KEN     | 1:01:33 | 1000     |
| 3. Tadesse Abraham, 1982, SUI            | 1:02:16 | 500      |
| 4. Lencho Tesfaye Ambesa, 1997, KEN      | 1:02:48 | 250      |
| 5. Yekalo Tesfamichael Zerhun, 1999, ERI | 1:02:54 | 200      |

## WOMEN (net times) -

|  |         |                            |
|--|---------|----------------------------|
| 1. Diana Chemutai Kipyokei, 1994, KEN    | 1:08:41 | CHF 2000 + 1000i + 1000 CR |
| 2. Muliye Dekebo Haylemariyam, 1998, ETH | 1:11:04 | 1000                       |
| 3. Visiline Jepkesho, 1988, KEN          | 1:11:28 | 500                        |
| 4. Nazret Weldu Gebrehiwet, 1990, ERI    | 1:12:08 | 250                        |
| 5. Luula Weldegebriel Tekie, 1999, ERI   | 1:13:07 | 200                        |

i) Sub-1:09:00 bonus

**Tamarack Ottawa Race Weekend**

(Canadian 10 km Road Running Championships/IAAF Gold Label Event)

Ottawa, CAN, 26-27 May

(Distances: 42.195 km [IAAF certified loop course with negligible start/finish separation], & 10 km [out-and-back course with negligible start/finish separation; early start for elite women].)

**Marathon (27)**

## MEN

|                              |         |            |
|------------------------------|---------|------------|
| 1. Yemane Tsegay, ETH        | 2:08:52 | CAD 40,000 |
| 2. John Kipkosgei Korir, KEN | 2:09:14 | 20,000     |
| 3. Aduugna Takele, ETH       | 2:09:26 | 10,000     |

## WOMEN

|                          |         |                              |
|--------------------------|---------|------------------------------|
| 1. Gelete Burka, ETH     | 2:22:17 | ACR/CR* CAD 40,000 + 10,000* |
| 2. Hiwot Gebrekidan, ETH | 2:26:11 | 20,000                       |
| 3. Sara Hall, USA        | 2:26:20 | PB 10,000                    |
| 4. Betelhem Moges, ETH   | 2:33:43 | 5,000                        |
| 5. Aberu Mekuria, ETH    | 2:35:05 | 4,000                        |

\*) Course record bonus; also Canadian all-comers record

### 10 km (26)

#### MEN

- |                        |       |                            |
|------------------------|-------|----------------------------|
| 1. Andamlak Berta, ETH | 27:48 | CAD 10,000 + 4,000# + 500t |
| 2. Benard Kimeli, KEN  | 28:22 | 6,000 + 750#               |
| 3. Mohamed Reda, MAR   | 28:23 | 5,000                      |

#### ALL-WOMEN'S ELITE RACE

- |                        |       |                         |
|------------------------|-------|-------------------------|
| 1. Alia Mohammed, UAE  | 31:36 | CAD 8,000 + 500#        |
| 2. Edith Chelimo, KEN  | 31:47 | 7,000 + 500# + 500t     |
| 3. Gladys Kimaina, KEN | 32:19 | 2,000 + 500t            |
| 4. Laura Thweatt, USA  | 32:20 | 1,500                   |
| 5. Rachel Cliff, CAN   | 32:23 | 1,400 + 3,000# + 3,000c |

#) Earned Ottawa 10 km Dream Team Challenge award

t) Earned charity team bonus

c) Earned Canadian championships prize money

## TRACK

### FBK Games (37th)

(IAAF World Challenge)

Hengelo, NED, 3 June

#### MEN

##### 800:

- |   |            |
|---|------------|
| 1. Jonathan Kitilit, KEN, 24.04.94      | 1:43.77 SB |
| 2. Joseph Deng, AUS, 07.07.98           | 1:44.97 PB |
| 3. Erik Sowinski, USA, 21.12.89         | 1:45.07 SB |
| 4. Andrew Osagie, GBR, 19.02.88         | 1:45.09 SB |
| 5. Thiago André, BRA, 04.08.95          | 1:45.10 SB |
| 6. Rynhardt van Rensburg, RSA, 23.03.92 | 1:45.15 PB |

#### WOMEN

##### Mile:

- |  |            |
|--|------------|
| 1. Jenny Simpson, USA, 23.08.86        | 4:25.71 WL |
| 2. Besu Sado, ETH, 12.01.96            | 4:25.99 PB |
| 3. Meraf Bahta, SWE, 24.06.89          | 4:27.03 SB |
| 4. Sarah McDonald, GBR, 02.08.93       | 4:27.12 PB |
| 5. Melissa Courtney, GBR, 30.08.93     | 4:27.29 SB |
| 6. Judith Kiyeng, KEN, 10.12.94        | 4:27.32 PB |
| 7. Winnie Nanyondo, UGA, 23.08.93      | 4:28.16 PB |
| 8. Marta Pérez, ESP, 19.04.93          | 4:28.25 PB |
| 9. Diana Sujew, GER, 02.11.90          | 4:28.38 PB |
| 10. Sanne Verstegen, NED, 10.11.85     | 4:29.11 PB |
| 11. Anita Hinriksdóttir, ISL, 13.01.96 | 4:29.20 PB |
| 12. Katie Snowden, GBR, 09.03.94       | 4:29.56 SB |
| 13. Birri Abera, ETH, 29.04.00         | 4:29.74 PB |
| 14. Maureen Koster, NED, 03.07.92      | 4:32.08 PB |
| 15. Joyline Cherotich, KEN, 22.03.98   | 4:34.39 PB |



**Putbos Memorial Leon Buyle**

Oordegem, BEL, 2 June

## MEN

## Race 2:

|                                |         |
|--------------------------------|---------|
| 1. Conor Duncan, 95, IRL       | 1:49.66 |
| 2. Bram Anderiessen, 99, NED   | 1:49.81 |
| 3. Joeri Slagter, 95, NED      | 1:50.18 |
| ... 13. Zaid Williams, 97, RSA | 1:52.19 |

## WOMEN

## 800:

## Race 1:

|                                  |         |
|----------------------------------|---------|
| 1. Nisirine Masmalmi, NED        | 2:10.28 |
| 2. Line Kalstrup Schulz, 96, DEN | 2:10.69 |
| 3. Sunel Jacobs, 93, RSA         | 2:11.62 |

## 1500:

## Race 1:

|                                 |         |
|---------------------------------|---------|
| 1. Julia Van Velthoven, 94, NED | 4:19.69 |
| 2. Linda Wrede, 93, GER         | 4:20.31 |
| 3. Aude Korotchansky, 91, FRA   | 4:21.36 |
| ... 12. Thineke Cloete, 91, RSA | 4:30.58 |

**Sparkassen Gala**

Regensburg, GER, 2-3 June

## MEN

## 800 (Gala) (3):

## Race 1:

|  |            |
|--|------------|
| 1. Christoph Kessler, LG Region Karlsruhe, GER, 1995     | 1:46.11 PB |
| 2. Henco Uys, South Africa, RSA, 1992                    | 1:47.56    |
| 3. Benedikt Huber, LG TELIS FINANZ Regensburg, GER, 1989 | 1:47.71    |
| 4. Constantin Schulz, LC Cottbus, GER, 1998              | 1:47.95    |
| 5. Themba Madima, South Africa, RSA, 1989                | 1:48.00    |

## Race 2:

|   |         |
|---|---------|
| 1. Paul Seyringer, Sportunion IGLA long life, AUT, 2001 | 1:51.79 |
| 2. Rhys Daniel Bishop, SC Ostheim/Rhön, NZL, 1995       | 1:52.02 |
| 3. Tobias Ferreira, LG Filder, GER, 1999                | 1:52.46 |
| ... 7. Ruben Gouws, South Africa, RSA, 1996             | 1:53.74 |

## WOMEN

## 3000 s/chase (U23) (2):

|  |          |
|--|----------|
| 1. Cherise Sims, South Africa, RSA, 1993       | 10:20.78 |
| 2. Sibylle Häring, MTV Karlsruhe, SUI, 2000    | 10:29.11 |
| 3. Babinja Wirth, TSV Ebermannstadt, GER, 1995 | 10:57.11 |

**Music City Distance Carnival (16th)**

Murfreesboro, USA, 1-2 June

## WOMEN

## 800:

## Section 2:

|                                       |
|---------------------------------------|
| 1. Hannah RIEDEN, Unattached, 2:06.70 |
|---------------------------------------|

2. Brette CORREY, Unattached, 2:06.95
3. Emma KUNTZ, Furman, 2:07.69
- ... 9. Carina VILJOEN, Arkansas (RSA), 2:09.72

**Golden Gala Pietro Mennea** (44th)  
 (4th stop of 2018 IAAF Diamond League)  
 Roma (Stadio Olimpico), ITA, 31 May

MEN

800 (DL):

- |                             |            |
|-----------------------------|------------|
| 1. Wyclife Kinyamal, KEN    | 1:44.65    |
| 2. Ferguson Rotich, KEN     | 1:44.74 SB |
| 3. Jonathan Kitilit, KEN    | 1:44.78    |
| 4. Brandon McBride, CAN     | 1:44.99 SB |
| 5. Amel Tuka, BIH           | 1:45.68 SB |
| 6. Álvaro de Arriba, ESP    | 1:46.16 SB |
| 7. Adam Kszczot, POL        | 1:46.23 SB |
| 8. Kipyegon Bett, KEN       | 1:46.93    |
| 9. Mohammed Aman, ETH       | 1:47.04 SB |
| 10. Giordano Benedetti, ITA | 1:48.08    |
| 11. Kyle Langford, GBR      | 1:48.92    |

1500 (DL):

- |                                    |            |
|------------------------------------|------------|
| 1. Timothy Cheruiyot, KEN          | 3:31.22 WL |
| 2. Elijah Manangoi, KEN            | 3:33.79 SB |
| 3. Samuel Tefera, 1999, ETH        | 3:34.84    |
| 4. Ayanleh Souleiman, DJI          | 3:34.87 SB |
| 5. Charles Simotwo, KEN            | 3:35.03    |
| 6. Charlie Grice, GBR              | 3:35.72 SB |
| 7. Taresa Tolosa, ETH              | 3:36.22    |
| 8. Aman Wote, ETH                  | 3:36.30    |
| 9. Chris O'Hare, GBR               | 3:36.47 SB |
| 10. Mohad Abdikadar Sheik Ali, ITA | 3:36.54 PB |
| 11. Yemaneberhan Crippa, ITA       | 3:38.22 PB |
| 12. Ryan Gregson, AUS              | 3:38.85    |
| 13. Adel Mechaal, ESP              | 3:39.14 SB |
| 14. George Meitamei Manangoi, KEN  | 3:41.75    |
| 15. Silas Kiplagat, KEN            | 3:41.78 SB |

3000 s/chase:

- |                               |            |
|-------------------------------|------------|
| 1. Conseslus Kipruto, KEN     | 8:08.40 WL |
| 2. Benjamin Kigen, KEN        | 8:10.01    |
| 3. Chala Beyo, ETH            | 8:11.22 PB |
| 4. Amos Kirui, KEN            | 8:16.44    |
| 5. Mahiedine Mekhissi, FRA    | 8:16.97 SB |
| 6. Albert Chemutai, UGA       | 8:17.17 PB |
| 7. Mohamed Tindouft, MAR      | 8:20.30 SB |
| 8. John Kibet Koech, BRN      | 8:22.00 SB |
| 9. Yemane Haileselassie, ERI  | 8:22.15 SB |
| 10. Justus Lagat, KEN         | 8:23.23 SB |
| 11. Napoleon Solomon, SWE     | 8:23.54 SB |
| 12. Tesfaye Deriba, ETH       | 8:25.09    |
| 13. Andrew Bayer, USA         | 8:26.66 SB |
| 14. Paul Kipsiele Koech, KEN  | 8:27.78    |
| 15. Yohanes Chiappinelli, ITA | 8:28.10 SB |
| 16. Zak Seddon, GBR           | 8:30.19    |

## WOMEN

3000 s/chase (DL):

|                                   |               |
|-----------------------------------|---------------|
| 1. Hyvin Kiyeng, KEN              | 9:04.96 WL MR |
| 2. Celliphine Chespol, 1999, KEN  | 9:05.14 SB    |
| 3. Norah Jeruto, KEN              | 9:07.17 SB    |
| 4. Emma Coburn, USA               | 9:08.13 SB    |
| [fell exiting last water jump]    |               |
| 5. Beatrice Chepkoech, KEN        | 9:15.85       |
| 6. Winfred Mutile Yavi, BRN       | 9:16.36 PB    |
| 7. Daisy Jepkemei, KEN            | 9:18.44       |
| 8. Aisha Praught, JAM             | 9:19.33 SB    |
| 9. Luiza Gega, ALB                | 9:22.00 NR PB |
| 10. Habiba Ghribi, TUN            | 9:31.36 SB    |
| 11. Purity Kirui, KEN             | 9:31.96       |
| 12. Rosie Clarke, GBR             | 9:32.08 PB    |
| 13. Ophélie Claude-Boxberger, FRA | 9:34.43 PB    |
| 14. Gesa Felicitas Krause, GER    | 9:39.52 SB    |
| 15. Tugba Güvenc, TUR             | 9:39.68 SB    |
| 16. María José Pérez, ESP         | 9:43.48 SB    |
| 17. Irene Sánchez-Escribano, ESP  | 9:44.48 SB    |
| 18. Fadwa Sidi Madane, MAR        | 9:46.10 SB    |

**iFam Outdoor Meeting**

Oordegem, BEL, 26 May

## MEN

800:

Heats:

Race 2:

|                                |         |
|--------------------------------|---------|
| 1. Frederik Ruppert, 97, GER   | 1:50.18 |
| 2. Konczyklo Teo, 98, FRA      | 1:50.43 |
| 3. Ryan Clarke, 97, NED        | 1:50.86 |
| ... 10. Zaid Williams, 97, RSA | 1:53.33 |

1500:

Race 4:

|                             |         |
|-----------------------------|---------|
| 1. Marius Probst, 95, GER   | 3:37.07 |
| 2. Carlos Diaz, 93, CHI     | 3:38.23 |
| 3. Tarik Moukrime, 92, RFCL | 3:38.29 |
| ... 5. Jerry Motsau, RSA    | 3:39.17 |

3000 s/chase:

Race 1:

|                                   |         |
|-----------------------------------|---------|
| 1. Daniel Arce, 92, ESP           | 8:27.71 |
| 2. Eric Penalver, 93, ESP         | 8:28.18 |
| 3. Jonathan Hopkins, 92, GBR      | 8:30.52 |
| ... 22. Siboniso Soldaka, 90, RSA | 8:50.63 |

## WOMEN

800:

Race 3:

|                               |         |
|-------------------------------|---------|
| 1. Lea Kruse, 01, GER         | 2:10.15 |
| 2. Looock Hanne Van, 99, DCLA | 2:11.14 |
| 3. Mirte Fannes, 99, DCLA     | 2:11.49 |
| ... 5. Sunel Jacobs, 93, RSA  | 2:13.19 |

1500:

Heats:

Race 1:

- |                             |         |
|-----------------------------|---------|
| 1. Montse Mas, 79, ESP      | 4:18.40 |
| 2. Vera Coutellier, 95, GER | 4:18.66 |
| 3. Elsbeth Ciesluk, 86, NED | 4:19.54 |
| 4. Thineke Cloete, 91, RSA  | 4:21.22 |

3000 s/chase:

- |                               |          |
|-------------------------------|----------|
| 1. Aimee Pratt, 97, GBR       | 9:50.17  |
| 2. Teresa Urbina, 85, ESP     | 9:51.12  |
| 3. Kerry O'Flaherty, 81, IRL  | 9:53.00  |
| ... 18. Cherise Sims, 93, RSA | 10:27.16 |

## NCAA Division I West Preliminary Round

Sacramento, USA, 24-26 May

WOMEN

1500:

Quarterfinal (26): Advance top-5 each heat plus next 2 times to NCAA Championships

Heat 1:

1. Sinclair JOHNSON, SO, Oklahoma State, 4:11.57 Q
2. Elise CRANNY, SR, Stanford, 4:12.49 Q
3. Jessica HULL, SO, Oregon (AUS), 4:13.22 Q

Heat 2:

1. Christina ARAGON, SO, Stanford, 4:12.73 Q
2. Nikki HILTZ, SR, Arkansas, 4:13.33 Q
3. Alexis FULLER, JR, Boise State, 4:13.68 Q
- ... 8. Carina VILJOEN, SO, Arkansas (RSA), 4:20.28,

First Round (24): Advance top-5 each heat plus next 4 times to quarterfinal

Heat 1:

1. Nikki HILTZ, SR, Arkansas, 4:20.88 Q
2. Alexis FULLER, JR, Boise State, 4:21.00 Q
3. Jenny CELIS, SR, Oklahoma State, 4:21.17 Q
- ... 7. Carina VILJOEN, SO, Arkansas (RSA), 4:21.64 q

## ULTRA/TRAIL/MOUNTAIN RUNNING

### 100 km del Passatore (46th)

Faenza, ITA, 26 May

(Distance: 100 km)

Note: After 12 years of consecutive victories (!) Roman taxi driver Giorgio Calcaterra, 46, was third this year. Andrea Zambelli and Nikolina Sustic (4th consecutive win) took the titles. -- Ed.

MEN (gun times)

- |                                  |         |
|----------------------------------|---------|
| 1. Andrea Zambelli (45+), ITA    | 6:54:36 |
| 2. Benedikt Hoffmann, GER        | 7:04:55 |
| 3. Giorgio calcaterra (45+), ITA | 7:32:04 |

## WOMEN (gun times)

|                             |         |
|-----------------------------|---------|
| 1. Nikolina Sustic, CRO     | 7:53:57 |
| 2. Marija Vrajic (40+), CRO | 8:26:57 |
| 3. Elisa Zannoni, ITA       | 8:43:15 |

**STATS TIME**

This week we include a list of the top ten SA men in the 1500 metres for 2018. All the times but one were recorded in a single race.

**2018 1500 M: TOP 10 MEN**

|         |                   |    |            |        |
|---------|-------------------|----|------------|--------|
| 3:41.65 | Nkosinathi Sibiya | 3  | Roodepoort | 01 Mar |
| 3:41.69 | Ryan Mphahlele    | 4  | Roodepoort | 01 Mar |
| 3:41.90 | Folavio Sehohle   | 5  | Roodepoort | 01 Mar |
| 3:42.74 | Jerry Motsau      | 6  | Roodepoort | 01 Mar |
| 3:44.04 | Rantso Mokopane   | 8  | Roodepoort | 01 Mar |
| 3:44.48 | Dumisane Hlaselo  | 9  | Roodepoort | 01 Mar |
| 3:44.71 | Treasure Derison  | 10 | Roodepoort | 01 Mar |
| 3:44.91 | George Kuschke    | 11 | Roodepoort | 01 Mar |
| 3:48.32 | Dais Malebana     | 1  | Paarl      | 07 Apr |
| 3:48.75 | Gladwin Mzazi     | 12 | Roodepoort | 01 Mar |

**THIS MONTH IN HISTORY****39 years ago: 2 June 1979**

No South African men's distance record has been set in June since this day in Champaign, Illinois. With the 1500 m and 5000 m being run on the same day at the NCAA Championships, Sydney Maree -- the country's fastest over the shorter distance in 1979 -- chose to compete in the 5000 m. Maree, a student at Villanova University, bided his time close to the front of the race until a lap to go. Taking the lead, he sped "the smoothest-looking 52.2 last lap imaginable", as *Track & Field News* put it, and crossed the line in a new SA record of 13:20.63 -- almost seven seconds faster than the national mark he had set two weeks earlier. It was the third fastest time ever by a collegian and placed Maree twelfth on the world list for the year. The record would stand for almost sixteen years.

**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 |
| 30 km    | 71:18   | Dennis Kipruto Kimetto (KEN) |           |        |
|          | 1:38:53 | Nkosinathi Madyo             | Uitenhage | 03 Mar |
|          | 87:13** | Eliud Kipchoge (KEN) 2016    |           |        |
| Marathon | 87:13** | Stanley Biwott (KEN) 2016    |           |        |
|          | 2:09:31 | Desmond Mokgobu              | Oita      | 04 Feb |
| 100 km   | 2:02:57 | Dennis Kimetto (KEN) 2014    |           |        |
|          | 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 |
|          | 44:14    | Pierre Levisse (FRA) 1992     |            |        |
| 21.1 km  | 67:13    | Richard Mavuso                | Polokwane  | 19 May |
|          | 61:09    | Haile Gebrselassie (ETH) 2013 |            |        |
| 25 km    | 89:07    | Sikhumbuzo Dlamini            | Durban     | 21 Mar |
|          | 76:49    | Martin Mondragon (MEX) 1994   |            |        |
| 30 km    | 1:43:15  | Mzwanele Maphekula            | Uitenhage  | 03 Mar |
|          | 1:41:42A | Mthandazo Qhina               | Camps Bay  | 14 Jan |
|          | 89:45    | Mark Kiptoo Kosgei (KEN) 2016 |            |        |
| Marathon | 2:26:17  | William Mokwalakwala          | Centurion  | 01 May |
|          | 2:08:38  | Kenneth Mungara (KEN) 2016    |            |        |
| 100 km   | 6:18:24  | Mario Ardemagni (ITA) 2004    |            |        |

#### Masters (50+)

|          |         |                             |                |        |
|----------|---------|-----------------------------|----------------|--------|
| 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  | 75:04   | Desmond Zibi                | Port Elizabeth | 26 May |
|          | 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 |                |        |

#### Grandmasters (60+)

|         |          |                          |            |        |
|---------|----------|--------------------------|------------|--------|
| 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                         | 97:09       | Johannes Phoo                     | Polokwane      | 19 May |
|                                 | 82:23       | Ed Whitlock (CAN) 2001            |                |        |
| 25 km                           | 2:09:11A    | Hansie Els                        | Somerset East  | 21 Apr |
|                                 | 99:59       | Clive Davies (USA) 1985           |                |        |
| 30 km                           | 2:46:46     | Tamsanqa Jusayi                   | Uitenhage      | 03 Mar |
|                                 | 2:34:20A    | Brian Key                         | Camps Bay      | 14 Jan |
|                                 | 2:00:56     | Ed Whitlock (CAN) 2001            |                |        |
| Marathon                        | 3:55:49     | Pele Tshikundamalema              | Sasolburg      | 03 Feb |
|                                 | 2:54:49     | Ed Whitlock (CAN) 2004            |                |        |
| 100 km                          | 8:53:45     | Max Courtillon (FRA) 1997         |                |        |
| <u>Juniors</u>                  |             |                                   |                |        |
| 10 km                           | 31:13       | Carlo Flink                       | Athlone        | 10 Feb |
|                                 | 27:11       | Mathew Kimeli Kipkorir (KEN) 2017 |                |        |
| 15 km                           | 49:33       | Thembeke Mendu                    | Constantia     | 10 Mar |
|                                 | 42:17       | Ayele Abshiro Biza (ETH) 2008     |                |        |
| 21.1 km                         | 68:44       | Sakhile Dhladhla                  | Polokwane      | 19 May |
|                                 | 59:16       | Samuel Wanjiru (KEN) 2005         |                |        |
| <b>WOMEN</b>                    |             |                                   |                |        |
| <u>Open</u>                     |             |                                   |                |        |
| 10 km                           | 33:21       | Glenrose Xaba                     | Port Elizabeth | 07 Apr |
|                                 | 29:43 Mx    | Joycilene Jepkosgei (KEN) 2017    |                |        |
|                                 | 30:29 Wo    | Asmae Legzaoui (MAR) 2002         |                |        |
| 15 km                           | 56:30       | Anel Terblanche                   | Constantia     | 10 Mar |
|                                 | 45:37 Mx    | Joycilene Jepkosgei (KEN) 2017    |                |        |
|                                 | 46:59** Wo  | Lornah Kiplagat (NED) 2007        |                |        |
| 21.1 km                         | 71:44       | Nolene Conrad                     | Valencia       | 24 Mar |
|                                 | 64:51p Mx   | Joycilene Jepkosgei (KEN) 2017    |                |        |
|                                 | 64:52 Mx    | Joycilene Jepkosgei (KEN) 2017    |                |        |
|                                 | 66:25 Wo    | Lornah Kiplagat (NED) 2007        |                |        |
| 25 km                           | 96:16       | Charné Bosman (vet)               | Pretoria       | 12 May |
|                                 | 79:53 Mx    | Mary Keitany (KEN) 2010           |                |        |
|                                 | 82:47 Wo    | Paula Radcliffe (GBR) 2005        |                |        |
| 30 km                           | 2:00:03     | Ntombesintu Mfunzi                | Uitenhage      | 03 Mar |
|                                 | 2:00:24A    | Tanith Maxwell (vet)              | Camps Bay      | 14 Jan |
|                                 | 1:38:49 Mx  | Mizuki Noguchi (JPN) 2005         |                |        |
|                                 | 1:38:42p Mx | Aberu Kebede (ETH) 2016           |                |        |
|                                 | 1:36:05 Wo  | Mary Keitany (KEN) 2017           |                |        |
| Marathon                        | 2:38:17     | Nolene Conrad                     | Vienna         | 22 Apr |
|                                 | 2:15:25 Mx  | Paula Radcliffe (GBR) 2003        |                |        |
|                                 | 2:17:01 Wo  | Mary Keitany (KEN) 2017           |                |        |

|                           |          |                                |                  |        |
|---------------------------|----------|--------------------------------|------------------|--------|
| 100 km                    | 6:33:11  | Tomoe Abe (JPN) 2000           |                  |        |
| <u>Veterans (40+)</u>     |          |                                |                  |        |
| 10 km                     | 36:15    | Tanith Maxwell                 | Cape Town        | 07 Mar |
|                           | 32:14    | Priscilla Welch (GBR) 1985     |                  |        |
| 15 km                     | 58:02    | Charné Bosman                  | Jeffreys Bay     | 06 Jan |
|                           | 49:35    | Priscilla Welch (GBR) 1985     |                  |        |
| 21.1 km                   | 80:15    | Tanith Maxwell                 | Wellington       | 01 May |
|                           | 79:44A   | Tanith Maxwell                 | Simon's Town     | 18 Feb |
|                           | 69:37    | Deena Kastor (USA) 2014        |                  |        |
| 25 km                     | 96:16    | Charné Bosman                  | Pretoria         | 12 May |
|                           | 85:15    | Colleen de Reuck (USA) 2005    |                  |        |
| 30 km                     | 2:05:14  | Bulelwa Simae                  | Uitenhage        | 03 Mar |
|                           | 2:00:24A | Tanith Maxwell                 | Camps Bay        | 14 Jan |
|                           | 1:49:40  | Yoshimi Hoshino (JPN) 2007     |                  |        |
| 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                   | 94:29    | Margie Saunders                | Port Elizabeth   | 26 May |
|                           | 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      |                  |        |



Great grandmasters (70+)

|          |          |                           |              |        |
|----------|----------|---------------------------|--------------|--------|
| 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 | 80:48 | Lesego Mpshe                         | Polokwane      | 19 May |
|         | 67:57 | Abebu Gelan Adugna (ETH) 2009        |                |        |

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