

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

Brilliant. Powerful. Dominating. These are all words that come to mind to describe Caster Semenya's performance in Paris on Saturday. The South African star won by more than 1.6 sec in 1:54.25 -- the fourth fastest time in history. She broke her SA record, set when she won the world title in London last year, by almost a full second. Her 100-metre splits were: 13.5, 13.3 (26.8), 14.5, 14.9 (29.4/56.12), 14.5, 14.7 (29.2), 14.6, 13.3 (27.9/58.13).

Semenya is now less than a second away from the world record, run by Jarmila Kratochvilová almost 35 years ago. The above splits indicate that a faster pace in the middle of the race (Semenya did not want a pacemaker) could bring her within grasp of the world record.

Here is a list of the top eleven times in history, run by seven athletes (all those under 1:55). Note that only four of these times have been run since 1989.

1:53.28	WR	Jarmila Kratochvilová CZE	Munich	26 Jul 83
1:53.43	NR	Nadezhda Olizarenko UKR	Moscow	27 Jul 80
1:54.01	AR/WJR	Pamela Jelimo KEN	Zurich	29 Aug 08
1:54.25	NR	Caster Semenya RSA	Paris	30 Jun 18
1:54.44	AR	Ana Fidelia Quirot CUB	Barcelona	09 Sep 89
1:54.68		Kratochvilová-2	Helsinki	09 Aug 83
1:54.81	NR	Olga Mineyeva RUS	Moscow	27 Jul 80
1:54.82		Quirot-2	Cologne	24 Aug 97
1:54.85		Olizarenko-2	Moscow	12 Jun 80
1:54.87		Jelimo-2	Beijing	18 Aug 08
1:54.94		Tatyana Kazankina RUS	Montreal	26 Jul 76

Behind Semenya eight runners set either personal or season bests, including one national record. In the men's 1500 metres the winning time, 3:29.71, is also a world lead and there were fourteen personal or season bests, including one national record.

Locally, the 38th Timbercity Spookhill Challenge 15 km in Somerset West was won by Unathi Nteta in 51:05 and Ainslee van Graan in 62:18.

In the results of the Don Lock 8 km in last week's DRR the club for Caroline Wills, the first veteran, should be Wild Runner.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * SAMA 10 km, Durban
- * Timbrecity Spookhill Challenge 15 km, Somerset West
- * XC: Interprovincial Championships, Zeerust

International highlights:

- * B.A.A. 10 km, Boston, USA
 - * Vidovdan 10 km, Brcko, BIH
 - * Wiezoloop, Wierden, NED
 - * Steamboat Classic 4 Mile, Peoria, USA
 - * Northeast Delta Dental Mt. Washington Road Race, Gorham, USA
 - * Track: Meeting de Paris, Paris, FRA; Meeting de Atletismo Madrid, Madrid, ESP; BMC Grand Prix, Loughborough, GBR
 - * Western States Endurance Run 100-Mile, Squaw Valley to Auburn, USA
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ROAD RUNNING**SAMA 10 km**

Durban, 1 July
(Finishers: 334)

MEN

1.	Bonginkosi Zwane	Boxer AC	30:34
2.	Simpfiwe Zulu (1st vet)	Hollywood Bets	30:53
3.	Wiseman Mthembu (1st jun)	Amabutho AC	31:15

40-49:

1.	Simpfiwe Zulu	Hollywood Bets	30:53
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50-59:

1.	Michael Ndlovu	Zakhele AC	36:01
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60+:

1.	Patrick Sipho Lukhele	Mandeni AC	44:56
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Juniors:

1.	Wiseman Mthembu	Amabutho	31:15
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WOMEN

1.	Zama Mokoena	Nedbank AC	39:30
2.	Nokuthula Ntshangase	Savages AC	39:57
3.	Janene Cary (1st vet)	Boxer AC	40:03

40-49:

1.	Janene Carey	Boxer AC	40:03
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50-59:

1.	Joanne Gibb	Ind	46:45
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60+:

1.	Colleen Peens	Team Vit	50:03
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Juniors:

1.	Marizelle Janse v. Rensburg	Toti AC	64:42
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Timbercity Spookhill Challenge 15 km (38th)

Somerset West, 30 June

(Certified loop course, very hilly. Finishers: 924 [down from 1188 last year].)

MEN

1. Unathi Nteta (AAC) 51:05 (R1000)
2. Siviwe Nkombi (Itheko) 51:12 (R750)
3. Akhona Makila (VOB) 51:53 (R500)

(All age category prize money except juniors was the same: R300, R150, R100.)

Veterans: 1. Mthandazo Qhina (Ned) 54:19; 2. Vakalisa Kopolo (Ned) 54:40; 3. Vuyani Sixaso (Gugs) 55:35. **Masters:** 1. Elliot Mhlaba (Strand) 64:01; 2. Shafiek Cassiem (Itheko) 67:14; 3. Colin Geel (Zululand MS) 68:27. **G'masters:** 1. Mochamat Kriel (Ommie) 65:55; 2. Mark Wagenheim (AAC) 72:13; 3. Ron Brink (Strand) 78:11.

G/g'masters: 1. Willie van Wyk (Brack) 80:56; 2. Oloff Crous (Brack) 97:00; 3. John Theobald (Whalers) 99:57. **Juniors:** 1. Mbali Hashe (Ned) 54:55 (R500); 2. Sibulele Ngalo (VOB) 57:31(R350); 3. Lethu Cetywayo (VOB) 57:32 (R250).

WOMEN (Same prize money as men)

1. Ainslee van Graan (Ind) 62:18
2. Marion Serfontein (Ind) 67:43 (1st vet)
3. Linda Kinloch-Smith (Asics) 68:34

Veterans: 1. Marion Serfontein (Ind) 67:43; 2. Linda Kinloch-Smith (Asics) 68:34; 3. Busisiwe Matiwane (Ned) 72:13. **Masters:** 1. Mariëtte Strauss (Tyger) 73:01; 2. Estelle Steyn (Strand) 76:10; 3. Jana Trojan (CZE/VOB) 77:23. **G'masters:** 1. Nancy Will (Pine) 82:29; 2. Penny Ingram (Ind) 84:50; 3. Sonia Smith (Celtic) 88:23. **G/g'masters:** 1. Veronica van Niekerk (EGA) 86:50; 2. Marietha Herbert (Bell) 90:12; 3. Pixie Sparg (Celtic) 92:37. **Juniors:** 1. Laila Abouzaid (Good) 74:29; 2. Emihle Mbinda (VOB) 76:38; 3. Razaan Kamaldien (Carb) 79:21.

CROSS-COUNTRY

Interprovincial Championships

Zeerust, 17 June

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

SR. MEN (10 km)

1	Mofofane	Kekana	AGN	30:44
2	Reghen	Magwai	AGN	30:46
3	Jeremia	Moshwetsi	ANWN	30:47
4	Moses	Mahlanga	AMPU	31:03
5	Dikotsi	Lekopa	ACNW	31:09
6	Kamogelo	Masemola	LIMA	31:10
7	Victor	Pheeha	AGN	31:30
8	Samuel	Segoaba	AGN	31:45
9	Mandla	Nkobinde	AMPU	31:50
10	Puseletso	Mofokeng	ACNW	32:06

SR. MEN

1	Reghen	Magwai	AGN	12:17
2	Ian	Slinger	ACNW	12:18
3	Tebogo	Segalagala	AGN	12:32
4	Ylawendu	Moiswets	ANWN	12:36
5	Lesiba	Chakoe	AGN	12:39

6	Nelson	Mothoia	LIMA	12:44
7	Dannyboy	Sehemo	AGN	12:46
8	Alpheus	Sedutla	LIMA	12:54
9	Tshepo	Leeto	AGN	12:59
10	Xolan	Lani	AGN	13:02

MEN U.23

1	Mandla	Mahlangu	AGN	12:17
2	Thulami	Lukhuleni	AMPU	12:36
3	Thadany	Matlou	AGN	12:43

JR. MEN (8 km)

1	Katlego	Tjale	AGN	25:23
2	Bonginkosi	Maseko	AMPU	25:25
3	Tebogo	Madzvihe	AGN	25:29

SR. WOMEN (10 km)

1	Kataza	Shipalana	AGN	36:57
2	Stella	Marais	AGN	37:12
3	Hellen	Phanyane	LIMA	38:05
4	Tshepo	Ramokgadi	LIMA	39:59
5	Melita	Molalatladi	LIMA	40:01
6	Paballo	Kube	AGN	42:02
7	Lorissa	Hussemeyer	ANWN	43:48
8	Tholoana	Peu	AGN	44:08
9	Patience	Muleyn	AGN	44:17
10	Marelize	Reitz	AGN	44:53

SR. WOMEN

1	Rene	Reynecke	ANWN	14:24
2	Kataza	Shipalana	AGN	14:36
3	Carina	Swiegers	AGN	14:48
4	Galaletsang	Mekgoe	ANWN	15:23
5	Koketso	Moshabo	AGN	15:55
6	Mishelene	Lagerwall	AGN	16:15
7	Adel	Terblanche	AGN	16:37
8	Annelien	Motlhala	AGN	17:13
9	Elsmarie	King	AGN	17:44
10	Boitshoko	Pheloane	ANWN	17:58

WOMEN U.23

1	Nadya	Du Toit	AGN	14:56
2	Odette	Dreyer	ACNW	15:13
3	Tsholofelo	Zwane	AGN	15:37

JR. WOMEN (6 km)

1	Lesego	Mpshe	AGN	22:18
2	Sisanda	Dudusa	AGN	23:18
3	Homoula	Sithole	AMPU	23:44

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

B.A.A. 10 km (8th)

(Presented by Brigham and Women's Hospital)

Boston, USA, 24 June

(Certified flat course through Boston's Back Bay, finishing in between the Public Garden and Boston Common)

MEN (gun times)

1. Gabriel Geay, 21, Tanzania	28:24	PB	\$10,000
2. Teshome Mekonen, 22, Ethiopia	28:29		5,000
3. Stephen Sambu, 29, Kenya	28:36		3,000
4. Daniel Salel, 27, Kenya,	28:39		1,500
... 17. Oliver Stewart, 17, RSA	31:24		

WOMEN (gun times)

1. Mary Wacera, 29, Kenya	31:55		\$10,000
2. Caroline Rotich, 34, Kenya	31:57		5,000
3. Mamitu Daska, 34, Ethiopia	31:59		3,000
4. Buze Diriba, 24, Ethiopia	32:10		1,500
5. Monicah Ngige, 24, Kenya	32:31		1,000

Vidovdan 10 km (21st)

(IAAF Bronze Label Road Race)

Brcko, BIH, 23 June

(IAAF-certified)

MEN

1. Moses Kibet, KEN, 28:33
2. Ezra Kering, KEN, 29:08
3. Nicolae Soare, ROU, 29:16

WOMEN

1. Shaban Karneyenko Katsiaryna, BLR, 33:39
2. Lilian Jelagat, KEN, 33:44
3. Gadise Mulu Demissie, ETH, 33:52

Wiezoloop (20th)

Wierden, NED, 16 June

(Distance: 10 km)

MEN (gun times)

1. Geoffrey Koech, KEN	28:23
2. Berhane Tesfaye, ERI	28:27
3. William Wanjiku, KEN	28:28

WOMEN (gun times)

1. Tsehay Gemechu, ETH	31:53
2. Lilan Jelagat, KEN	33:50

Steamboat Classic 4 Mile (45th)

Peoria, USA, 16 June

(Distance: 4 miles; certified loop course)

MEN (gun times)

1. Alec Olson, 24, Excelsior, MN 20:01
2. Luke Hickman, 25, Wickliffe, OH 20:10
3. Ryan Rutherford, 25, Minneapolis, MN 20:13

WOMEN (gun times)

1. Jenelle Deatherage, 40, Dunlap, IL 22:47
2. Jenny Every, 34, Peoria, IL 25:15
3. Hannah Booker, 25, Tremont, IL 25:26

Northeast Delta Dental Mt. Washington Road Race (58th)

Gorham, USA, 16 June

(Distance: 7.6 miles [12.2 km] up Mt. Washington, 11.5% grade; summit = 1917 m.)

MEN (gun times)

1. Cesare Maestri, 24, Borgo Lares, ITA 1:00:53 \$1000
2. Eric Blake, 39, West Hartford, CT 1:01:53 600
3. Sage Canaday, 32, Boulder, CO 1:03:11 400

WOMEN (gun times)

1. Kim Dobson, 34, Eagle, CO 1:11:42 \$1000
2. Heidi Caldwell, 26, Craftsbury Comm, VT 1:14:55 600
3. Shelley Doucet, 34, Quispamsis, NB, CAN 1:16:29 400

TRACK**Meeting de Paris** (42nd)

(7th stop of 2018 IAAF Diamond League)

Paris, FRA, 30 June

MEN

800:

1. Ferguson Cheruiyot (KEN) 1:43.73 SB
2. Jonathan Kitilit (KEN) 1:43:83
3. Saul Ordóñez (ESP) 1:44.36 PB
4. Isaiah Harris (USA) 1:44.42 PB
5. Alfred Kipketer (KEN) 1:44.62
6. Joseph Deng (AUS) 1:44.67
7. Pierre-Ambroise Bosse (FRA) 1:45.19 SB
8. Erik Sowinski (USA) 1:45.34

1500:

1. Timothy Cheruiyot (KEN) 3:29.71 WL
2. Ayanleh Souleiman (DJI) 3:31.77 SB
3. Charles Simotwo (KEN) 3:32.61 SB
4. Aman Wote (ETH) 3:32.81 SB
5. Jakub Holusa (CZE) 3:32.85 NR
6. Filip Ingebrigtsen (NOR) 3:32.87 SB
7. Bethwel Birgen (KEN) 3:34.27 SB
8. Sadik Mikhou (BRN) 3:34.55 SB

9. Ismael Debjani (BEL) 3:35.71 SB
10. Nick Willis (NZL) 3:36.26 SB

WOMEN

800:

1. Caster Semenya (RSA) 1:54.25 NR/WL
2. Francine Niyonsaba (BDI) 1:55.86 SB
3. Ajee' Wilson (USA) 1:57.11
4. Habitam Alemu (ETH) 1:57.17 SB
5. Natoya Goule (JAM) 1:57.69 NR
6. Charlene Lipsev (USA) 1:58.05 SB
7. Emily Jerotich (KEN) 1:58.99
8. Renell Lamote (FRA) 1:59.25 SB
9. Eunicre Sum (KEN) 1:59.25 SB
10. Sifan Hassan (NED) 1:59.35 SB
- Margaret Wambui (KEN) DNF

3000 s/chase:

1. Beatrice Chepkoech (KEN) 8:59.36 PB
2. Celliphine Chespol (KEN) 9:01.82 WJL
3. Hyvin Jepkemoi (KEN) 9:03.86 SB
4. Norah Tanui (KEN) 9:04.17 SB
5. Winfred Yavi (BRN) 9:12.74 AJR
6. Roseline Chepngetich (KEN) 9:17.08 PB
7. Daisy Jepkemei (KEN) 9:17.35
8. Aisha Praught Leer (JAM) 9:20.89

Meeting de Atletismo Madrid (36th)

(IAAF World Challenge)

Madrid, ESP, 22 June

MEN

800:

Race A:

- | | |
|------------------------------------|---------|
| 1. Alvaro DE ARRIBA, ESP, 02.06.94 | 1:45.50 |
| 2. Mostafa SMAILI, MAR, 09.01.97 | 1:46.33 |
| 3. Michal ROZMYS, POL, 13.03.95 | 1:46.64 |

Race B:

- | | |
|-------------------------------------|------------|
| 1. Yassine HATHAT, ALG, 30.07.91 | 1:46.19 SB |
| 2. Adrian BEN, ESP, 04.08.98 | 1:46.94 PB |
| 3. Ignacio DIAZ-CANO, ESP, 11.01.94 | 1:47.51 |

3000 s/chase:

- | | |
|-----------------------------------|------------|
| 1. Albert CHEMUTAI, UGA, 25.11.99 | 8:22.31 |
| 2. Hicham SIGUENI, MAR, 30.01.93 | 8:24.01 SB |
| 3. Tafese SOBOKA, ETH, 29.09.93 | 8:24.25 |

WOMEN

800:

- | | |
|-------------------------------------|------------|
| 1. Christina HERING, GER, 09.10.94 | 2:01.72 |
| 2. Esther GUERRERO, ESP, 07.02.90 | 2:01.78 SB |
| 3. Rose Mary ALMANZA, CUB, 13.07.92 | 2:02.30 |

1500:

Race A:

- | | |
|--|------------|
| 1. Gudaf TSEGAY, ETH, 23.01.97 | 3:59.60 MR |
| 2. Sofia ENNAOUI, POL, 30.08.95 | 4:02.93 SB |
| 3. Meraf BAHTA, SWE, 24.06.89 | 4:03.36 |
| 4. Linden HALL, AUS, 29.06.91 | 4:04.48 |
| 5. Marta PEREZ, ESP, 19.04.93 | 4:04.88 PB |
| ... 10. Anita HINRIKSDOTTIR, ISL, 13.01.96 | 4:16.90 |

BMC Grand Prix - Loughborough

Loughborough, GBR, 23 June

MIXED

800:

- Jonathan Hiorns (M), Notts, 1:57.59 SB
- ...
- Lynsey Sharp (F), Edinburgh AC, 2:00.44

WOMEN

800:

Race A:

- Lovisa Lindh, Sweden, 2:03.87
- Katy-Ann McDonald, Blackheath & Bromley (U20), 2:04.14 PB
- Khahisa Mhlanga, Chelmsford (U20), 2:04.34 PB

1500:

Race A:

- Jessica Judd, Chelmsford/Loughborough Students, 4:10.76
- Emily Hosker Thornhill, Aldershot, Farnham & District/St. Mary's Uni, 4:14.40 PB
- Claire Duck, Leeds City, 4:15.27 PB

5000:

- Jo Pavey, Exeter (40+), 15:48.84 SB
- Philippa Bowden, Aldershot, Farnham & District/Brunel Uni London, 15:52.36 PB
- Kate Holt, City of Stoke, 16:08.04 PB
- Mhairi MacLennan, Edinburgh Uni Hare & Hounds, 16:09.76 PB

ULTRA/MOUNTAIN/TRAIL RUNNING

Western States Endurance Run 100-Mile (43rd)

Squaw Valley to Auburn, USA, 23-24 June

(Distance: 100.2 miles; difficult trails, high altitude; over 40 000 total feet [12 200 m] of climbing and descending (18 000 [5500 m] up and 22 000 [6700 m] down.)

Note: *Race Results Weekly* reports that the story here was primarily about one athlete: Jim Walmsley of Flagstaff, Arizona. At last year's event, Walmsley built a 35-minute lead through 55 miles, but he dropped out at 78 miles due to the searing heat. This year, he not only finished, but smashed Timothy Olson's 2012 course record by 16 minutes and 40 seconds. He won by almost an hour and a half. Women's winner Courtney Dauwalter of Golden, Colorado, also gave a dominating performance. Her time of 17:27:00 was the second-fastest in the history of the race behind Ellie Greenwood's 2012 course record. She also won by more than an hour. --Ed.

MEN (gun times)

- Jim Walmsley, 28, USA 14:30:04 CR

2. Francois D'haene, FRA 15:54:53
 3. Mark Hammond, 33, USA 16:08:59

WOMEN

1. Courtney Dauwalter, 33, USA 17:27:00
 [12th overall]
 2. Kaytlyn Gerbin, 29, USA 18:40:19
 3. Luch Bartholomew, 22, USA 18:59:45
-

NEWS

SPAR GRAND PRIX POINTS STANDINGS

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

OPEN

1	Glenrose Xaba	Boxer	57
2	Kesa Molotsane	KPMG	55
3	Rudo Mhonderwa	ZIM/Nedbank	51
4	Zintle Xiniwe	KPMG	45
5	Cherise Sims	Born 2 Run/Boxer	37
6	Christine Kalmer	KPMG	34
7	Maria Shai	Boxer	32
8	Rutendo Nyahora	ZIM/Nedbank	31
9=	Lebo Phalula	Boxer	28
9=	Patience Murowe	ZIM/Nedbank	28
11	Lebogang Phalula	Boxer	26
12	Betha Chikanga	ZIM/Maxed Elite	20
13=	Anel Terblanche	KPMG	19
13=	Ntombesintu Mfunzi	Nedbank	19
15=	Irvette van Zyl	Nedbank	18
15=	Nolene Conrad	KPMG	18
17	Stella Marais	KPMG	17
18	Cornelia Joubert	Boxer	13
19	Olga Firsova	RUS/Durbanville	12
20=	René Kalmer	KPMG	10
20=	Happiness Mkhize		10

Veterans:

1	Bulelwa Simae	Nedbank	20
2	Ronel Thomas	Boxer	9
3	Janene Carey	Boxer	7

Masters:

1	Judy Bird	KPMG	15
2	Grace de Oliveira	Boxer	5
3=	Obertina Kanyongo	ZIM/Nedbank	4
3=	Christine Claasen		4

G'masters:

1	Margie Saunders	Nedbank	10
2	Blanche Moila	Savages	9
3	Nancy Will	Pinelands	5

Juniors:

1	Lyndi Roelofse	Boxer	7
2=	Nicole Louw	KPMG	5
2=	Thobile Vilakazi	KPMG	5

STATS TIME

Last week's DRR included the results of the Pietersburg Road Runners 100 miles/24-hour track race, as well as those of the Lake Saroma 100 km, in which Nao Kazami set a new world record of 6:09:14. Here is a list of the all-time top ten SA men for 100 km on the road. Secondary performances by the top three are also listed. The women's list will follow next week.

ALL-TIME 100 KM: TOP 10 MEN

6:24:05	Bongmusa Mthembu	2	Los Alcàres	27 Nov 16
6:25:07	Bruce Fordyce	1	Stellenbosch	04 Feb 89
6:26:58	Shaun Meiklejohn	4	Yubetsu	26 Jun 94
6:30:28	Meiklejohn-2	4	Winschoten	16 Sep 95
6:31:14	Deon Holtzhausen	2	Stellenbosch	04 Feb 89
6:35:22	Philemon Mogashane	3	Stellenbosch	04 Feb 89
6:37:16	Livingstone Jabanga	6	Winschoten	16 Sep 95
6:38:54	Cornet Mathomane	3	Torhout	08 Aug 93
6:39:33	Russell Crawford	5	Winschoten	13 Sep 97
6:41:56	Nick Bester	5	Torhout	08 Aug 93
6:43:00	Gift Kelehe	9	Los Alcàres	27 Nov 16

THIS MONTH IN HISTORY

105 years ago: 6 July 1913

The one-hour race in Stockholm's Olympic Stadium, where the Games had been held the previous year, had a star-studded field for an attack on Alfred Shrubbs' world record (the first recognised by the IAAF) of 18.742 km. Jean Bouin (FRA), who had been second to Hannes Kolehmainen's world record for 5000 metres at the Olympics, was the favourite, but he was challenged by Albin Stenroos (FIN) and the two Swedes Alexis Ahlgren and Thure Bergvall (neither of whom had finished the Olympic Marathon, won by South Africa's Ken McArthur, the previous year). But on this day, circling the 385-metre track, they were no match for the Frenchman. At the end of the hour he became the first athlete to cover more than 19 km as he won easily with 19.021 km -- almost 1.3 km ahead of Stenroos (17.728 km), who would win the Olympic Marathon in 1924. Bouin's record stood for 13 years, when it fell to the great Paavo Nurmi. (The current world record is 21.285 km, set by Haile Gebrselassie in 2007.)

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 58:23	Stephen Mokoka Zersenay Tadese (ERI) 2010	Valencia	24 Mar
25 km	81:06 81:02A 71:18	Lucky Mohale Mhlakwana Nkoshona Dennis Kipruto Kimetto (KEN)	Pretoria Pinetown	12 May 28 Jan
30 km	1:38:53 87:13** 87:13**	Nkosinathi Madyo Eliud Kipchoge (KEN) 2016 Stanley Biwott (KEN) 2016	Uitenhage	03 Mar
Marathon	2:09:31 2:02:57	Desmond Mokgobu Dennis Kimetto (KEN) 2014	Oita	04 Feb
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	30:53 27:48	Simphiwe Zulu Bernard Lagat (USA) 2015	Durban	01 Jul
15 km	48:11 44:14	Mthandazo Qhina Pierre Levisse (FRA) 1992	Constantia	06 Jan
21.1 km	67:13 61:09	Richard Mavuso Haile Gebrselassie (ETH) 2013	Polokwane	19 May
25 km	89:07 76:49	Sikhumbuzo Dlamini Martin Mondragon (MEX) 1994	Durban	21 Mar
30 km	1:43:15 1:41:42A 89:45	Mzwanele Maphekula Mthandazo Qhina Mark Kiptoo Kosgei (KEN) 2016	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	2:26:17 2:08:38	William Mokwalakwala Kenneth Mungara (KEN) 2016	Centurion	01 May
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:47 30:35	Desmond Zibi Tecwyn Davies (GBR) 1988	Port Elizabeth	07 Apr
15 km	54:32 47:52	John September Titus Mamabolo (RSA) 1991	Ravensmead	24 Mar
21.1 km	75:04 66:23	Desmond Zibi Titus Mamabolo (RSA) 1991	Port Elizabeth	26 May
25 km	99:31 92:17A 84:12	Joseph Ndlovu Michael Ndlovu Norman Green (USA) 1984	Pretoria Pinetown	12 May 28 Jan
30 km	1:54:26 1:46:33	Makaya Masumpa Norman Green (USA) 1988	Uitenhage	03 Mar
Marathon	2:41:31 2:19:29	Michael Ndlovu Titus Mamabolo (RSA) 1991	Durban	15 Apr
100 km	6:43:33	Roland Vuillemot (FRA) 1996		

Grandmasters (60+)

10 km	38:26 (The same time in Guguletu on 16 June.) 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Pinelands	24 Feb
15 km	57:51 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Ravensmead	24 Mar
21.1 km	85:12 71:31	Mochamat Kriel Martin Rees (GBR) 2013	Cape Town	13 May

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		

Great grandmasters (70+)

10 km	43:34	Jimmy Morris	Athlone	10 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	66:46	Jimmy Morris	Claremont	24 Jun
	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		

Juniors

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		

WOMEN

Open

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	42:22	Annatjie Botes	George	23 Jun
	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		
<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		
<u>Juniors</u>				
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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