

Distance Running Results

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EDITORIAL

A top-class performance was produced by Anel Terblanche in the Avbob Eersterivier 15 km -- probably the fastest 15 km course in the country -- on Saturday. Terblanche, already the list leader for the distance, extended that to a new personal best of 55:22 while scoring a victory by almost four minutes. The men's race went to Sibusiso Madikizela in 46:38, with Duwayne Philander second in the same time.

In the Diamond League meeting in Lausanne last week Caster Semenya came up against a really world-class 1500 m field for the first time this year and found that a 1500 metres is a different event than an 800 metres when she was well beaten into sixth place -- although she missed her SA record, set two months ago in Doha, by a little more than a half second. The new US star, Shelby Houlihan, won in a PB and meeting record of 3:57.34.

In the Antwerp Atletiekgala meeting last weekend Ryan Mphahlele finished fourth in 3:42.55. This past Saturday Mphahlele scored an impressive win in a personal best and meeting record of 7:53.6, surpassing his own 3000-metre list leader, in the Klaverblad Arena Games in Hilversum. Marco Bucarizza was third in 8:12.91, while Danel du Plessis finished seventh in the 800 in 2:14.82.

The IAAF has decided that the road events of 15 km, 20 km, 25 km and 30 km will no longer be world record distances, but that world records will now be recognised for 5 km. The initial records will be recognised after 1 January 2018. The performances shall be equal to or better than 13:10 (men) and 14:45 (women). If no such performances are achieved in 2018, the best performances of 2018 will be recognised on 1 January 2019.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Sisonke 10 km Challenge, Inanda Dam
- * Garsfontein Ice Breaker Half Marathon & 10 km, Pretoria
- * Avbob Eersterivier 15 km, Eersterivier
- * Volkswagen 10 km, Uitenhage
- * Palm Tyres 10 km, George
- * XC: WP League Meeting, Youngsfield

International highlights:

- * Atlanta Journal Constitution Peachtree Road Race 10 km, Atlanta, USA

- * Gold Coast Airport Marathon, ASICS Half Marathon, Southern Cross University 10 km, Brisbane, AUS
 - * Hella Hamburg Halbmarathon, Hamburg, GER
 - * Track: Athletissima Lausanne, Lausanne, SUI; Istvan Gyulai Memorial, Székesfehérvár, HUN; British Athletics Championships, Birmingham, GBR; Brussels Grand Prix, Brussels, BEL; Sollentuna GP, Sollentuna, SWE; Meeting Stanislas Métropole du Grand Nancy, Tomblaine, FRA; Copenhagen Athletics Games, Copenhagen, DEN
 - * European Mountain Running Championships, Skopje, MKD; Mont Blanc Marathon, Chamonix, FRA
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ROAD RUNNING

Sisonke 10 km Challenge

Inanda Dam, 8 July

MEN

1. Mbulelo Mathanga (Inanda Qadi) 33:47; 2. Delani Mkhize (Phantane) 35:53; 3. Bernard Phalatsane (ZIM/Hollywood Bets) 36:45 (1st vet).

40-49: 1. Bernard Phalatsane (ZIM/Hollywood Bets) 36:45; 2. Thembelihle (Rising Sun) 41:39; 3. Bonginkosi Jali (KwaDabeka) 42:21. **50-59:** 1. Michael Ndlovu (Zakhele) 39:33; 2. Willie Majombozi (Stella/ Boxer) 49:14; 3. Roestoff Martin (Natal Carbs) 1:10:22. **60+:** 1. Partick Lukhele (Mandeni) 50:42; 2. Jeff Armstrong (Athletic North) 1:13:32. **Juniors:** 1. Cebo Khathi (IND) 37:38; 2. Thulisang Khambule (Inanda Qadi) 37:39; 3. Luyanda Msomi (Nedbank) 46:25.

WOMEN

1. Asanda Ngubane (Inanda Qadi) 49:54 (1st jun); 2. Precious Duma (Nedbank) 52:24 (1st vet); 3. Thobeka Kwuzwayo (Inanda Qadi) 52:44.

40-49: 1. Precious Duma (Nedbank) 52:24. **60+:** 1. Pat Fisher (IND) 60:13; 2. Gill Tregenna (Westville) 64:00. **Juniors:** 1. Asanda Ngubane (Inanda Qadi) 49:54; 2. Thobeka Khuzwayo (Inanda Qadi) 52:44; 3. Londeka Mbatha (Inanda Qadi) 58:05.

Garsfontein Ice Breaker Half Marathon & 10 km

Pretoria, 7 July

(Distances: 21.1 km & 10 km; undulating course -- two loops for the half marathon and one for the 10 km. Finishers: half marathon -- 580 [slightly down from 589 last year]; 10 km -- 1100 [up from 913].)

Half marathon

MEN

1 Bafana Dube (Boot Camp) 69:38; 2 Sikhumbuzo Seme (KPMG) 70:25; 3 Teboho Lejaha (LES/Arcadia) 70:37.

Veterans: 1 Moses Njuguna (KEN/Nedbank) 74:39. **Masters:** 1 Joseph Ndlovu (ACE) 84:29. **G'masters:** 1 Charles Stofberg (Green Mile) 1:47:46. **G/g'masters:** 1 Iain McFadyen (Phobians) 1:58:59. **Juniors:** 1 Jordan v.d. Westhuizen (Fortis Pta North) 95:25.

WOMEN

1 Charné Bosman (Nedbank) 88:17 (1st vet); 2 Ingrid Koster (Runavation) 1:41:04; 3 Melissa Jansen van Vuuren (Vitlity) 1:42:20.

Veterans: 1 Charné Bosman (Nedbank) 88:17. **Masters:** 1 Ansie Breytenbach (Irene) 1:54:47. **G'masters:** 1 Gerda Milford (RWFL) 2:07:09. **Juniors:** 1 Naftileen Grobler (Highveld Pumas) 1:53:04.

10 km

MEN

1 Samuel Segoaba (Born 2 Run) 32:06; 2 Vuyisile Tshoba (KPMG) 33:23; 3 Raoul Mabirimisa (VTM) 33:29.

Veterans: 1 Solomon Khambule (CS) 36:45. **Masters:** 1 Nelson Simango (CS) 38:51. **G'masters:** 1 Andre Bredenkamp (BNAC) 42:20. **G/g'masters:** 1 Lammie Fourie (Agape) 54:43. **80+:** 1 Ken Nurden (Agape) 61:44. **Juniors:** 1 Themba Khoza (Nedbank) 37:37; 2 Samuel Grobler (Highveld Pumas) 40:32; 3 Andre van Staden (Agape) 53:58.

WOMEN

1 Lesego Mphse (Temp) 38:10; 2 Stella Marais (KPMG) 38:13; 3 Catherine Skosana (Born 2 Run) 38:35.

Veterans: 1 Jacquie v.d. Waals (Irene) 41:28. **Masters:** 1 Hesta Conradie (Irene) 50:29. **G'masters:** 1 Ilze Crous (Affies) 53:04. **G/g'masters:** 1 Gina Hughes (Agape) 65:57. **80+:** 1 Deirdre Larkin (Randburg) 69:07. **Juniors:** 1 Nadia Potgieter (HS Garsfontein) 40:11; 2 Danita Dinwoodie (Green Mile) 42:43; 3 Nicole Visser (HS Garsfontein) 45:20.

Avbob Eersterivier 15 km

Eersterivier, 7 July

(Certified flat out-and-back course. Finishers: 918 [huge decrease from 1445 last year].)

MEN

1. Sibusiso Madikizela (AAC) 46:38
2. Duwayne Philander (UWC) 46:38 [correct]
3. Danzil Paulse (Sanlam) 46:43

Veterans: 1. Mthandazo Qhina (Ned) 48:48; 2. Vakalisa Kopolo (Ned) 49:13; 3. Vuyani Sixaso (Gugs) 51:16. **Masters:** 1. Johnny Persents (Edge) 55:04; 2. Steve Motau (Itheke) 55:04 [correct]; 3. Henry Wolstenholme (Durb) 55:18. **G'masters:** 1. Mochamat Kriel (Ommie) 57:24; 2. Robbie Lindsay (Ned) 63:36; 3. Mark Wagenheim (AAC) 67:13. **G/g'masters:** 1. Oloff Crous (Brack) 1:28:29; 2. Jannie Esterhuizen (Strand) 1:39:02; 3. Rubin Dennis (Edge) 1:54:35. **Juniors:** 1. Carlo Flink (Itheke) 48:05; 2. Edward Jack (Central) 49:50; 3. Mbali Hashe (Ned) n/t.

WOMEN

1. Anel Terblanche (KPMG) 55:22 PB
2. Bulelwa Simae (Ned) 59:14 (1st vet)
3. Lee-Shay Willemse (Velo) 59:20

Veterans: 1. Bulelwa Simae (Ned) 59:14; 2. Melany Porter (Pine) 66:19; 3. Elizabeth Brink (Durb) 66:47. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 64:11; 2. Olga Howard (Ned) 64:28; 3. Mariëtte Strauss (Tyger) 64:29. **G'masters:** 1. Nancy Will (Pine) 71:30; 2. Charmaine Cupido (Ned) 72:54; 3. Hilary Rhode (Edge) 74:04. **G/g'masters:** 1. Pixie Sparg (Celtic) 86:26; 2. Mariëtha Herbert (Bell) 87:33; 3. Esther Vlok (Strand) n/t. **Juniors:** 1. Laila Abouzaid (Good) 67:27; 2. Emihle Mbinda (VOB) 76:33; 3. [Illegible] Fana (VOB) 84:21.

Volkswagen 10 km

Uitenhage, 30 June

(Loop course. Finishers: 453 [up from 394 last year].)

MEN

1	Melikhaya	Frans	Ikhamva AC	28	29:43
2	Andile	Motwana	Tinarha AC	21	29:45
3	Mariano	Eesou	Madibaz AC	26	30:22

Veterans:

1	Mzwanele	Maphekula	Ikhamva AC	41	32:48
2	Noel	Adams	Gelvan AC	46	35:42
3	Alfred	Qogi	Nedbank RC	44	36:23

Masters:

1	Desmond	Zibi	Achilles AAA	54	33:19
2	Mutekile	Rasmeni	Nedbank RC	53	38:02
3	Welcome	Loliwe	Nedbank RC	53	38:43

G'masters:

1	Chester	Brooks	Xcel AC	60	42:49
2	Sizinzo	Kama	Achilles AAA	66	44:02
3	Roger	Trader	Achilles AAA	64	44:50

G/g'masters:

1	Lochi	Lochner	Charlo AC	70	45:06
2	Syd	Lippstreu	Crusaders AC	70	52:38
3	Johannes	Herbst	Muirite Strider	72	53:03

Juniors:

1	Keanu	Domingo	Gelvan AC	16	34:12
2	Khanyiso	Cini	Temp	17	36:42
3	Justin	Chetty	Charlo AC	15	43:09

WOMEN

1	Luthando	Nxanisa	Ikhamva AC	25	39:00
2	Annalise	Scholtz	Madiba BW	35	39:11
3	Asanda	Zamisa	Achilles AAA	35	41:29

Veterans:

1	Lindi	Van Tonder	Charlo AC	40	48:28
2	Elize	Adams	Gelvan AC	43	49:51
3	Lesley Ann	Bush	Despatch AC	46	49:54

Masters:

1	Janette	Schierz-Crusius	Body Concept	57	46:07
2	Michelle	Van der Watt	Elite AC	51	46:35
3	Buyelwa	Kobokana	Nedbank RC	53	47:37

G'masters:

1	Christine	Snyman	Despatch AC	62	55:23
2	Helene	Oppel	Elite AC	68	58:52
3	Cathy	Ives	Achilles AAA	65	59:25

G/g'masters:

1	Liz	Jenkerson	Muirite Strider	71	55:38
2	Denise	Terblanche	Infinity AC	70	1:06:15
3	Christine	Fourie	Elite AC	72	1:07:42

Juniors:

1	Vicky	Oelofse	Nedbank RC	17	42:25
2	Natasha	Magaga	Motherwell AC	16	51:02
3	Jastine	Van der Berg	SAPS AC EP	16	1:02:13

Palm Tyres 10 km

George, 30 June

(Loop course. Finishers: 276 [up from 253 last year].)

Note: Repeat victories for Lloyd Bosman and Melissa van Rensburg here. -- Ed.

MEN

1	Lloyd Bosman	Nedbank	30:34
2	Elroy Gelant	Ind	31:22
3	Godwin Heyns	Nedbank	31:50

Veterans:

1	Thamsanqa Khedama	Beaufort West AC	37:57
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Masters:

1	Selwyn Losper	Nedbank	37:01
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G'masters:

1	Koos Smit	Hartenbos Drawwers	45:12
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G/g'masters:

1	Michael Brewis	Knysna Marathon Club	48:37
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Juniors:

1	Jeanno Cubie	Nedbank	35:43
2	Austin Koopman	Outeniqua Harriers	36:59

WOMEN

1	Melissa van Rensburg	Nedbank	39:40
2	Virgell-Lee Africa	Maties	41:23
3	Brittney-Ann Meyer	Nedbank	41:50

Veterans:

1	Nerida Lubbe	Hartenbos Drawwers	44:31
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Masters:

1	Annemarie v.d. Westhuizen	Nedbank	51:40
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G'masters:

1	Annatjie Botes	Nedbank	43:39
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G/g'masters:

1	Dalene le Roux	Nedbank	1:18:41
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Juniors:

1	Virgell-Lee Africa	Maties	41:23
2	Brittney-Ann Meyer	Nedbank	41:50

CROSS-COUNTRY**WP League Meeting (3rd)**

Youngsfield, 1 July

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

SR. MEN (10 km)

1	Ashley	Smith	UWC	34:27
2	Akhona	Makila	VOB	34:33
3	Siviwe	Nkombi	Nedbank	34:39
4	Justin	Claasen	Durbanville	36:11
5	Alantino	Belillie	Sanlam	36:31
6	Bulelani	Bhebha	VOB	37:18
7	Gaarekwe	Motsoagosele	SANDF	37:25
8	Dylan	Stevenson	Maties	37:28

9	Lorenzo	Olyn	Sanlam	38:30
10	Tino	Adams	Eerste River	38:43

SR. MEN

1	Du-Wayne	Philander	UWC	12:48
2	Vuyolwethu	Mbukushe	Gugs	13:03
3	Bruce-Lynn	Damons	UWC	13:08
4	Andre	Afrika	Eerste River	13:18
5	Mbali	Hhashe	Nedbank	13:21
6	Lee-Roy	Lawrence	Easterns Kraaifontein	13:23
7	Heinrich	Wagner	UWC	13:28
8	Lorenzo	Pieters	ORAK	13:32
9	Aubrey	Kotze	Eerste River	14:09
10	Jason	Neels	UWC	14:11

VETERAN MEN (8 km)

1	Shawn	Abrahams	Kuils River	30:03
2	Bonisile	Ngculana	VOB	30:07
3	Christo	Van Rooyen	Boxer	31:08

MASTER MEN (8 km)

1	Tobias	Philander	Itheko	33:41
2	Andrew	Cooper	Nedbank	34:04
3	Julian	Paul	SANDF	35:02

G'MASTER MEN (8 km)

1	Les	Chivell	Fish Hoek	26:04
2	Steve	Granger	VOB	29:09
3	Jeremy	Kropman	Foresters	29:22

G/G'MASTER MEN (8 km)

1	Horst	Schiffer	Fishhoek	34:15
2	Manfred	Geutner	Pinelands	38:13
3	George	Kane-Smith	VOB	41:03

U.20 (8 km)

1	Mbali	Hhashe	Nedbank	28:02
2	Carlo	Flink	Itheko	28:35
3	Ruschin	Fortuin	UWC	28:56

U.18 (6 km)

1	Oliver	Stewart	AAC	21:05
2	Edward	Jack	Central	21:08
3	Sherwin	Jooste	Bottelary	21:32

SR. WOMEN (10 km)

1	Bulelwa	Simae	Nedbank	41:45
2	Leanda	Du Bruyn	Ind	42:54
3	Lee-Shay	Willemse	Velocity	44:29
4	Candyce	Hall	Carbineers	45:10
5	Madele	Du Plessis	Nedbank	46:17
6	Hanlie	Jordaan	Ind	46:27
7	Nolubabalo	Queen	VOB	47:11
8	Nocwaka	Mthetho	MSA	47:14
9	Rozanne	Makappie	Easterns	52:43
10	Xolisiwe	Booi	West Coast	55:29

SR. WOMEN

1	Kobie	Griffiths	Nedbank	16:44
2	Lee-Shay	Willemse	Velocity	16:46
3	Emmeranthia	Lepati	Itheko	17:57
4	Monique	Roberts	RWFL	19:03

5	Nolitha	Mhlomi	AAC	20:25
6	Nolwando	Tsutsu	Khayelitsha	20:32
7	Assnique	Robinson	UWC	20:33
8	Vuyiseka	Ntsukumbini	Khayelitsha	22:20
9	Victoria	Lacey	VOB	22:32
10	Sumanthra	Moodley	Pinelands	22:43

VETERAN WOMEN

1	Christiane	Adriaanse	VOB	15:42
2	Bulelwa	Simae	Nedbank	17:57
3	Sharon	Nel	Nedbank	18:11

MASTER WOMEN

1	Olga	Howard	Nedbank	18:20
2	Mariëtte	Strauss	Tygerberg	18:59
3	Sandra	Kohnert	Edgemead	19:23

G'MASTER WOMEN

1	Nancy	Will	Pinelands	21:27
2	Hilary	Rhode	Edgemead	21:41
3	Denise	Johannes	Spartan	22:55

G/G'MASTER WOMEN

1	Pixie	Sparg	Celtic	25:40
2	Fatima	Nieuwenhuis	Top Form	34:34
3	Annatjie	Berntzen	Goodwood	35:21

U.20 (6 km)

1	Anitha	Nonene	Gugs	25:55
2	Simone	Adams	Bottelary	27:50
3	Charmaine	Leung	UCT	28:08

U.18

1	Kia	Gibbs	VOB	16:33
2	Athemba	Nqumashe	Bottelary	18:20
3	Farren	Wenn	Stellenbosch	18:49

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

Atlanta Journal Constitution Peachtree Road Race 10 km (49th)

(USA 10 km Championships for men and women)
Atlanta, USA, 4 July

(Certified point-to-point course with 3.4 m/km elevation loss [not record-standard]. Format: Separate all-women's elite race with early start.)

USA CHAMPIONSHIPS MEN (gun times)

1. Bernard Lagat, 43, NIKE 28:45
\$10,000 + 1500
[14:14/14:31]
2. Haron Lagat, 34, U.S. Army 28:49 7,500
3. Tyler Pennel, 30, ZAP Fitness/Reebok 28:50 5,000



Bernard Lagat won his 15th US title -- but first on the road -- in the Peachtree race at the age of 43. This makes him the oldest US 10 km champion ever. [Photo by USATF, from *Race Results Weekly*]

4. Sam Chelanga, 33, Unattached 28:58 3,000
5. Lopez Lomong, 33, NIKE Bowerman TC 28:59 DB 2,000

USA CHAMPIONSHIPS WOMEN (gun times/all-women's race)

1. Stephanie Bruce, 34, Hoka NAZ Elite 32:21 PB \$10,000
2. Aliphine Tuliamuk, 29, Hoka NAZ Elite 32:29 7,500
3. Sara Hall, 35, Asics 32:41 5,000
4. Allie Kieffer, 30, Oiselle 32:52 PB 3,000
5. Gwen Jorgensen, 32, Bowerman TC 33:10 2,000
- ... 21. Lindsey Scherf, 31, Unattached 35:18

Gold Coast Airport Marathon (40th), ASICS Half Marathon, Southern Cross University 10 km

(IAAF Gold Label Road Race / IAAF Oceania Area Marathon Championships)

Brisbane, AUS, 30 June & 1 July

(Distances: 42.195 km, 21.1 km, 10 km)

Marathon (01/gun times):

MEN

1. Kenneth Mungara, 44, KEN 2:09:49 AUD 20,000 + 2,000i
2. Kenta Murayama, JPN 2:09:50 PB 8,000 + 2,000i
3. Jo Fukuda, JPN 2:09:52 PB 5,000 + 2,000i

i) Earned open time incentive bonus

WOMEN

1. Ruth Chebitok, KEN 2:24:49 PB/CR AUD 20,000 + 10,000i
2. Jessica Trengove, AUS 2:26:31 PB 8,000 + 40,000ii + 2,000i (1st Oceania Champs)
3. Agnes Barsosio, KEN 2:27:46 5,000 + 2,000i

i) Earned open time bonus

ii) Earned special time incentive bonus for Australian woman sub-2:28:00

Half Marathon (01/gun times):

MEN

1. Jack Rayner, AUS 1:03:12 DB AUD 6,000
2. William Chebon Chebor, KEN 1:03:28 2,000
3. Edward Goddard, AUS 1:04:07 PB 1,000
4. Collis Birmingham, AUS 1:04:28

WOMEN

1. Sara Hall, USA 1:09:27 PB AUD 6,000
2. Sinead Diver (40+), AUS 1:09:53 PB 2,000
3. Laura Thweatt, USA 1:10:17 PB 1,000

10 km (30/gun times):

MEN

1. Jordan Gusman, AUS 28:42 CR* AUD 1,000 + 1,000*
2. Andy Buchanan, AUS 29:23 750
3. Adrian Potter, AUS 29:57 500

*) Course record bonus

WOMEN

1. Madeline Hills, AUS 32:35 PB AUD 1,000

- | | | |
|-----------------------|----------|-----|
| 2. Marnie Ponton, AUS | 33:12 PB | 750 |
| 3. Caitlin Adams, AUS | 33:36 PB | 500 |

Hella Hamburg Halbmarathon (24th)

Hamburg, GER, 1 July

(Distance: 21.1 km; point-to-point course with minimal start/finish separation)

MEN

- | | |
|--------------------------|------------|
| 1. Kalipus Lomwai, KEN | 1:01:22 PB |
| 2. Emmanuel Kiprono, KEN | 1:01:25 |
| 3. Jiksa Tadesse, ETH | 1:02:19 |
| 4. Maru Teferi, ISR | 1:02:22 |
| 5. Brimin Misoi, KEN | 1:02:36 |

WOMEN

- | | |
|------------------------------------|----------------|
| 1. Gladys Jeptepkeny Kipkoech, KEN | 1:10:13 PB/CR* |
| 2. Nancy Jelagat, KEN | 1:10:18 PB |
| 3. Milliam Ebongon, KEN | 1:10:34 PB |
| 4. Flomena Chepchirchir, KEN | 1:12:28 |
| 5. Fabienne Amrhein, GER | 1:12:56 PB |

TRACK

Athletissima Lausanne (43rd)

(8th stop of 2018 IAAF Diamond League)

Lausanne, SUI, 5 July

MEN

800:

1. Pascal FURTWÄNGLER, SUI, 19 JAN 1993, 1:48.82 PB
2. Guillaume LAURENT, SUI, 17 JUN 1990, 1:50.88 SB
3. Hendrik ENGEL, GER, 1 AUG 1992, 1:51.49

5000 (DL):

1. Birhanu BALEW, BRN, 27 FEB 1996, 13:01.09 WL/PB
2. Selemon BAREGA, ETH, 20 JAN 2000, 13:02.67 SB
3. HADIS Abadi, ETH, 6 NOV 1997, 13:03.62 SB
4. Getaneh MOLLA, ETH, 10 JAN 1994, 13:04.04 PB
5. Richard YATOR, KEN, 6 APR 1998, 13:04.97 PB
6. Muktar EDRIS, ETH, 14 JAN 1994, 13:06.24 SB
7. Telahun Haile BEKELE, ETH, 13 MAY 1999, 13:07.02
8. Aron KIFLE, ERI, 20 FEB 1998, 13:07.59 PB
9. Stephen KISSA, UGA, 1 DEC 1995, 13:10.93 PB
10. Davis KIPLANGAT, KEN, 10 JUL 1998, 13:13.57
11. Soufiyan BOUQANTAR, MAR, 30 AUG 1993, 13:34.73
12. Henrik INGEBRIGTSEN, NOR, 24 FEB 1991, 13:35.33
13. Julien WANDERS, SUI, 18 MAR 1996, 13:36.24

WOMEN

800:

DL Section:

1. Francine NIYONSABA, BDI, 5 MAY 1993, 1:57.80
2. Ajee' WILSON, USA, 8 MAY 1994, 1:58.20
3. Habitam ALEMU, ETH, 9 JUL 1997, 1:58.38
4. Margaret Nyairera WAMBUI, KEN, 15 SEP 1995, 1:59.03

5. Raevyn ROGERS, USA, 7 SEP 1996, 2:00.12
6. Nelly JEPKOSGEI, KEN, 14 JUL 1991, 2:00.26
7. Eunice Jepkoech SUM, KEN, 10 APR 1988, 2:00.33
8. Lynsey SHARP, GBR, 11 JUL 1990, 2:01.02 SB
9. Charlene LIPSEY, USA, 16 JUL 1991, 2:04.17

1500:

DL Section:

1. Shelby HOULIHAN, USA, 8 FEB 1993, 3:57.34 PB/MR
2. Laura MUIR, GBR, 9 MAY 1993, 3:58.18 SB
3. Sifan HASSAN, NED, 1 JAN 1993, 3:58.39
4. Gudaf TSEGAY, ETH, 23 JAN 1997, 3:59.07
5. Rababe ARAFI, MAR, 12 JAN 1991, 3:59.15 NR/PB
6. Caster SEMENYA, RSA, 7 JAN 1991, 4:00.44
7. Laura WEIGHTMAN, GBR, 1 JUL 1991, 4:01.76 SB
8. Eilish McCOLGAN, GBR, 25 NOV 1990, 4:01.98 SB
9. Winny CHEBET, KEN, 20 DEC 1990, 4:06.10
10. Melissa COURTNEY, GBR, 30 AUG 1993, 4:06.27
11. Meraf BAHTA, SWE, 24 JUN 1989, 4:06.96
12. Malika AKKAOUI, MAR, 25 DEC 1987, 4:07.08 SB
13. Linden HALL, AUS, 29 JUN 1991, 4:07.26
14. Besu SADO, ETH, 12 JAN 1996, 4:09.78
15. Delia SCLABAS, SUI, 8 NOV 2000, 4:10.10 PB

Istvan Gyulai Memorial (8th)

Székesfehérvár, HUN, 2 July

MEN

800:

1. Ferguson Cheruiyot Rotich, 1989, KEN, 1:44.08
2. Nijel Amos, 1994, BOT, 1:44.18 SB
3. Alfred Kipketer, 1996, KEN, 1:44.64
4. Clayton Murphy, 1995, USA, 1:44.69 SB
5. Andreas Kramer, 1997, SWE, 1:45.34
6. Adam Kszczot, 1989, POL, 1:45.60 SB
7. Erik Sowinski, 1989, USA, 1:45.90

1000:

1. Ayanleh Souleiman, 1992, DJI, 2:16.08
2. Nicholas Kiplangat Kipkoech, 1992, KEN, 2:16.17 PB
3. Jonathan Kitilit, 1994, KEN, 2:16.27
4. Yassine Hetat, 1991, ALG, 2:16.59 PB
5. Jackson Mumbwa Kivuva, 1980, KEN, 2:16.79 PB

3000 s/chase:

1. Benjamin Kigen, 1993, KEN, 8:10.48 MR
2. Nicholas Kiptanui Bett, 1996, KEN, 8:18.56
3. Barnabas Kipyego, 1995, KEN, 8:21.11
4. Amos Kirui, 1998, KEN, 8:24.52
5. Jairus Kipchoge Birech, 1992, KEN, 8:26.74

WOMEN

Mile:

1. Genzebe Dibaba, 1991, ETH, 4:24.29 WL/MR (4:06.34 1500)
2. Sofia Ennaoui, 1995, POL, 4:28.37 (4:12.86)
3. Kate Grace, 1988, USA, 4:29.33 (4:13.14)

4. Mary Kuria, 1987, KEN, 4:29.82 PB (4:12.75)
5. Winfredah Mbithe, 1997, KEN, 4:32.02 (4:14.36)

3000 s/chase:

1. Weynshet Ansa, 1996, ETH, 9:40.89
2. Nataliya Strebkova, 1995, UKR, 9:41.31
3. Camilla Richardsson, 1993, FIN, 9:42.30 SB
4. Janica Rauma, 1986, FIN 9:51.88 PB
5. Lucie Sekanova, 1989, DZE, 9:51.95 SB

British Athletics Championships

Birmingham, GBR, 30 June - 1 July

MEN

800 (01):

1. Elliot GILES, BIRCHFLD, 1:50.28
2. Daniel ROWDEN, WOODFORD G, 1:50.37
3. Guy LEARMONTH, LASSWADE, 1:50.43

1500 (01):

1. Chris O'HARE, EDINB AC, 3:46.72
2. Jake WIGHTMAN, EDINB AC, 3:46.86
3. Neil GOURLEY, GIFFNOCK A, 3:46.87

5000 (30):

1. Marc SCOTT, RICHZET, 13:47.00
2. Andy VERNON, AFD AC, 13:47.81 SB
3. Chris THOMPSON, AFD AC, 13:49.85

3000 s/chase (30):

1. Zak SEDDON, BRACKNELL, 8:33.12
2. Ieuan THOMAS, CARDIFF, 8:33.88
3. Jamaine COLEMAN, PRESTON, 8:38.17

WOMEN

800 (01):

1. Laura MUIR, DUNDEE, 2:01.22 PB
2. Shelayna OSKAN-CLARKE, WSE HOUNS, 2:01.94
3. Adelle TRACEY, GU&GO, 2:02.00
- ... 5. Lynsey SHARP, EDAC, 2:02.38

1500 (01):

1. Laura WEIGHTMAN, MORPETH, 4:08.80
2. Jemma REEKIE, KILBARCHAN, 4:09.10 PB
3. Sarah MCDONALD, BIRCHFIELD, 4:09.28
- ... 5. Jessica JUDD, CHELMSFORD, 4:13.56
[led through 1200 in 3:23.80]

5000 (01):

1. Steph TWELL, AFD AC, 16:07.24
2. Melissa COURTNEY, POOL, 16:07.59
3. Eilish MCCOLGAN, DUNDEE, 16:08.06

3000 s/chase (01):

1. Rosie CLARKE, EP&EW, 9:45.83
2. Iona LAKE, NORWICH, 10:08.61

3. Emily MOYES, WEST SUFF, 10:18.00

Brussels Grand Prix

Brussels, BEL, 30 June

WOMEN

800:

Race A:

1. Sanne Verstegen, 85, NED	1:59.85
2. Elise Vanderelst, 98, MOHA	2:04.53
3. Halyna Sishko, 91, UKR	2:05.92
... 10. Danette Marais, 96, RSA	2:08.69

Race B:

1. Flora Poupenez, 00, FRA	2:10.72
2. Lotte Hellinckx, 95, LEBB	2:10.80
3. Vilde Vage Henriksen, 00, NOR	2:11.82
... 6. Danel du Plessis, 97, RSA	2:14.20

Sollentuna GP

(Folksam Grand Prix)

Sollentuna, SWE, 28 June

MEN

800:

Race A:

1. Abraham Rotich, BRN, 93	1:47.87
2. Andreas Kramer, Sävedalens AIK, 97	1:48.02
3. Andreas Bube, DEN, 87	1:48.22
... 6. Duran Faro, RSA, 94	1:49.70

Meeting Stanislas Métropole du Grand Nancy

(European Athletics Outdoor Classic Meeting)

(Pro Athle Tour Circuit)

Tomblaine, FRA, 27 June

MEN

800:

1. Alfred Kipketer, KEN, 96	1:44.28
2. Nicholas Kipkoech, KEN, 92	1:45.20
3. Cornelius Tuwei, KEN, 93	1:45.34
4. Peter Bol, AUS, 94	1:45.35
5. Filip Snejdr, CZE, 95	1:45.56

1500:

1. Ronald Musagala, UGA, 92	3:35.33
2. Brimin Kiprotich, KEN, 99	3:35.81 PB
3. Homiyu Tesfaye, GER, 93	3:36.03
4. Michael Kibet, KEN, 99	3:36.33
5. Simon Denissel, FRA, 90	3:37.45
6. Thiago Andre, BRA, 95	3:38.23

3000 s/chase:

1. Barnabas Kipyego, KEN, 95	8:17.08
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2. Mahiedine Mekhissi Benabbad, FRA, 85 8:17.86
3. Hicham Sigueni, MAR, 93 8:19.51
4. Justus Lagat, KEN, 96 8:19.51
5. Djilali Bedrani, FRA, 93 8:20.55

WOMEN

800:

1. Emily Cherotich Tuei, KEN, 86 1:58.04 PB
2. Halimah Nakaayi, UGA, 94 1:58.39 NR
3. Mahlet Mulugeta, ETH, 95 1:59.84
4. Sanne Wolters-Verstegen, NED, 85 2:00.02
5. Marta Pen Freitas, POR, 93 2:00.09 PB

Copenhagen Athletics Games

Copenhagen, DEN, 26 June

MEN

800:

Race A:

1. Michal Rozmys, POL, 1996 1:46.77
2. Abraham Rotich, BRN, 1993 1:46.93
3. Kalle Berglund, SWE, 1996 1:47.92
- ... 7. Duran Faro, RSA, 1994 1:50.14

ULTRA/TRAIL/MOUNTAIN RUNNING

European Mountain Running Championships (17th)

Skopje, MKD, 1 July

MEN

Senior (11 km with 700 m ascent and 700 m descent):

Teams: 1. ITA, 6 points (perfect score); 2. GBR, 28; 3. FRA, 37.

Individual finishers:

1. Bernard DEMATTEIS, ITA, 1986 46:51 Gold
2. Cesare MAESTRI, ITA, 1993 47:18 Silver
3. Martin DEMATTEIS, ITA, 1986 47:47 Bronze

WOMEN

Senior (11 km with 700 m ascent and 700 m descent):

Teams: 1. FRA, 18 points; 2. CZE, 34; 3. GBR, 39

Individual finishers:

1. Maude MATHYS, SUI, 1987 52:32 Gold
2. Anais SABRIÉ, FRA, 1994 56:41 Silver
3. Emma GOULD, GBR, 1990 57:48 Bronze

Mont Blanc Marathon (Trail)

Chamonix, FRA, 1 July

42 km (01): Near loop course; 2780 m of ascent and 1700 m of descent

MEN

1. Kilian JORNET BURGADA, ESP, 3:54:54
2. Marc LAUENSTEIN, Salomon (SUI), 3:58:15

3. Stian ANGERMUND-VIK, Salomon (NOR), 4:00:07

WOMEN

1. Ruth CROFT, SCOTT RUNNING & GARMIN (NZL), 4:37:30

2. Ida NILSSON, Salomon (SWE), 4:39:37

3. Eli GORDON, ESP, 4:41:01

... 8. Meg MACKENZIE, RSA, 5:03:10

OBITUARY

Irena Szewinska was not a distance runner, but as she was one of the greatest female athletes in history who also made her mark as an international administrator, her passing will certainly be of interest to DRR readers. The obituary appeared in *Athletics International*.

IRENA SZEWINSKA PASSES AWAY

Irena Szewinska (Poland) (b. 24 May 1946 in Leningrad) née Kirszenstein, died on 29 June at the age of 72. She was one of the greatest woman athletes of all time and a very gracious lady. Starting as a sprinter and long jumper, her long smooth strides were ideally suited to the 400 m to which she progressed later in her career. Her collection of 41 medals from major championships is unrivalled and she was the only athlete, male or female, to set world records at 100, 200 and 400 m. In all she set 13 world records from 1965 to 1976: 100 m: 11.1 in 1965 and 11.19 in 1968; 200 m: four from 22.7 in 1965 to 22.0 (22.21 auto) in 1974; 400 m: three from the first sub-50 second time, 49.9 in 1974 (in just her second race at the distance) to 49.28 (officially given as 49.29) in 1976; two at 440 y and two at 4x100 m relay.

Two of those world records were set while winning Olympic titles, 200 m in 1968 and 400 m in 1976. In all she won seven Olympic medals: in 1964 at 18 she took silver at 200 m and long jump with gold on the Polish sprint relay team; in 1968 she also took bronze at 100 m; and in 1972 a bronze at 200 m. She was supreme at 400 m in the mid-1970s, winning 34 consecutive finals in that period, including the 1976 Olympics when she won by some ten metres. Her Olympic career ended in anti-climax as she pulled a muscle in the semi-finals of the 400 m in 1980.

At European Championships she collected a record five gold medals: 200 m, LJ and 4x100 m in 1966, 100 m and

200 m 1974, with a silver and four bronze in her four championships to 1978.

At the first World Cup in 1977 Szewinska received the trophy on behalf of the winning European team; she had won an individual double with the 200 m and 400 m, in which she had run a marvellous race to beat Marita Koch in a world record 49.52 to 49.76, Koch's last defeat at 400 m for four years. Szewinska contested the biennial European Cup competition from 1965 to 1979 amassing a record total of points, including four 1sts, two 2nds and three 3rds in individual events. Her other honours included two golds, a silver and two bronze at European Indoors, gold and silver at European Juniors, and two golds at the World Student Games. Szewinska also set a world indoor record with 7.1 for 60 m in 1974.

In all she set 38 Polish records and won 20 Polish titles at four individual events: 100 m 1966-8, 1972-4, 1979; 200 m 1966, 1968, 1971-5, 1979; 400 m 1978, LJ 1965, 1967, 1971-2.

She married her coach Janusz Szewinski on 25 December 1967 and gave birth to son Andrzej in February 1970. She had many official positions in athletics and in May 1994 was elected chairwoman of the Polish Association of Women's Sports. She was president of the Polish Athletics Federation 1997-2009 and a member of the IAAF Women's Committee. In February 1998 she was elected a member of the International Olympic Committee and in 2005 as the third woman to the IAAF Council.

STATS TIME

Last week we included a list of the all-time top ten SA men for 100 km on the road. Here is the women's list. Note that, unlike the men's list, not a single time was run in South Africa, and only two times were recorded after 1999.

ALL-TIME 100 KM: TOP 10 WOMEN

7:31:47	Helene Joubert	2	Winschoten	16 Sep 95
7:41:52	René du Plessis	3	Winschoten	13 Sep 97
7:42:05	Lindsay van Aswegen	3	Winschoten	10 Sep 11
7:44:38	Charlotte Noble	4	Winschoten	13 Sep 97
7:48:30	Rae Bisschoff	9	Winschoten	16 Sep 95
7:59:56	Elizabeth McCaul	12	Chavagnes	15 May 99
8:03:37	Carol Mercer	14	Chavagnes	15 May 99
8:03:50	Pat Lithgow	7	Torhout	08 Aug 93
8:06:29	Kerry Koen	9	Winschoten	10 Sep 11
8:10:37	Sanet Beukes	8	Moscow	04 May 96

THIS MONTH IN HISTORY

13 years ago (exactly): 9 July 2005

The Knysna Forest Marathon was first held in 1984 and has fallen on 9 July three times. This was the first, and the Celtics runner Siyabonga Nqabeni took the men's title easily in 2:32:04 from Emerson Kayana (2:35:01). Kayana would come back two years later to win. In the women's race the Mr Price athlete Kathleen Shuttleworth won even more easily: her 3:06:08, the fastest time in the race since Madeleen Otto went sub-three hours in 1997, was more than seven minutes quicker than Hanlie Stegmann. Shuttleworth's time has been bettered only once since then, by Michelle Williams in 2008. (Williams, with four consecutive victories, is the only woman who has won the race more than twice.) The marathon was run for the 34th time this weekend.

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	7:24:12	Lucas Nonyana	Polokwane	15 Apr
	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	Simphiwe Zulu	Durban	01 Jul
	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	9:46:50	Johan van der Merwe	Polokwane	15 Apr
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:19	Desmond Zibi	Uitenhage	30 Jun
	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	12:00:07	Hilton Murray	Polokwane	15 Apr
	6:43:33	Roland Vuillemot (FRA) 1996		

Grandmasters (60+)

10 km	38:26	Mochamat Kriel	Pinelands	24 Feb
		(The same time in Guguletu on 16 June.)		
	32:48	Martin Rees (GBR) 2013		
15 km	57:24	Mochamat Kriel	Eersterivier	07 Jul
	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	14:19:11	Ric Marini	Polokwane	15 Apr
	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	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		
<u>Juniors</u>				
10 km	31:13	Carlo Flink	Athlone	10 Feb
	27:11	Mathew Kimeli Kipkorir (KEN) 2017		
15 km	48:05	Carlo Flink	Eersterivier	07 Jul
	42:17	Ayele Abshiro Biza (ETH) 2008		
21.1 km	68:44	Sakhile Dhladhla	Polokwane	19 May
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<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	55:22	Anel Terblanche	Eersterivier	07 Jul
	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	10:28:21	Daleen Cilliers	Polokwane	15 Apr
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

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 2:23:31	Charné Bosman (vet) Lydia Cheromei (KEN) 2017	Pretoria	17 Feb
100 km	11:26:45 7:20:22	Cornel Metcalfe Maria Auxiliadora (BRA) 1998	Polokwane	15 Apr

Masters (50+)

10 km	39:43 34:14	Judy Bird Linda Somers (USA) 2011	Port Elizabeth	05 May
15 km	63:46 52:38	Suzanne Marais Monica Joyce (USA) 2009	Constantia	10 Mar
21.1 km	93:04 92:19A 75:18	Judy Bird Sandra Kohnert Linda Somers (USA) 2011	Bedfordview Simon's Town	14 Jan 18 Feb
25 km	2:04:42 1:56:28A 96:58	Ansie Breytenbach Christine Claasen Colleen de Reuck (USA) 2016	Pretoria Somerset East	12 May 21 Apr
30 km	2:20:14 1:56:43	Christine Claasen Colleen de Reuck (USA) 2016	Uitenhage	03 Mar
Marathon	3:23:52 2:31:05	Maya Lawrie Tatyana Pozdniakova (UKR) 2005	Pietermaritzburg	25 Feb
100 km	7:51:10	Meghan Arbogast (USA) 2011		

Grandmasters (60+)

10 km	42:22 38:56	Annatjie Botes Lidia Zentner (GER) 2015	George	23 Jun
15 km	69:28 61:25	Hanlie van der Westhuizen Kathryn Martin (USA) 2011	Despatch	24 Feb
21.1 km	94:29 84:56	Margie Saunders Bernadine Portenski (NZL) 2010	Port Elizabeth	26 May
25 km	2:28:20 2:22:03A 1:50:50	Jenny Scott Sylvia Burton Edie Stevenson (USA) 2011	Durban Pinetown	21 Mar 28 Jan
30 km	2:26:52 2:15:30	Annatjie Botes Kathryn Martin (USA) 2012	Sedgefield	10 Mar
Marathon	3:37:54 3:26:19A 3:12:57	Nancy Will Nancy Will Emmi Luthi (SUI) 2009	Fish Hoek Simon's Town	27 Jan 18 Feb
100 km	17:51:42 9:20:07	Martie Boesenberg Ursula Schmitz (GER) 1999	Polokwane	15 Apr

Great grandmasters (70+)

10 km	53:29 44:09	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Bellville	25 Mar
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15 km	85:25 72:52	Marietha Herbert Jo Klein (NED) 2004	Constantia	10 Mar
21.1 km	1:57:18 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Gordon's Bay	14 Apr
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	3:36:03 2:58:52A 2:47:08	Liz Jenkerson Veronica van Niekerk Myra Rhodes (USA) 2002	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	4:50:46 4:37:20A 3:35:29	Willemien Smuts Marietha Herbert Helga Miketta (GER) 2013	Sasolburg Simon's Town	03 Feb 18 Feb
100 km	12:50:49	Helen Klein (USA) 1993		
<u>Juniors</u>				
10 km	36:04 31:29	Nicole Louw Karoline Bjerkeli Grovdal (NOR) 2009	Port Elizabeth	05 May
15 km	59:40 48:33	Simonay Weitsz Mekasha Waganesh Amare (ETH) 2011	Kempton Park	31 Jan
21.1 km	80:48 67:57	Lesego Mpshe Abebu Gelan Adugna (ETH) 2009	Polokwane	19 May

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