

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

Port Elizabeth is notorious for its windy conditions, but for the third year in a row the coastal city put its best foot forward, and the result was a plethora of personal bests as South Africa's best half marathoners competed for the national titles. And once again, for the third time in a row -- and eighth overall -- the best of them all, Stephen Mokoka, came out on top. Mokoka's narrow victory over two Kenyans in 1:01:44, the twelfth fastest of his career, gave him a remarkable 27th SA title on all three surfaces -- road, track and cross-country.

In the women's race foreigners completely dominated their rivals. The win went to Lesotho's Mamorallo Tjoka, who set a hugely unexpected PB and national record of 1:10:46 -- almost 3½ minutes faster than her previous best and national record, set eleven years ago. Tjoka served a drugs suspension from October 2014 to January 2017.

Behind her another national record went to Helalia Johannes of Namibia, who broke her own mark of 1:10:59, set in 2008, by eight seconds. They were followed by three more foreigners, with the SA title going to Jenet Mbhele (1:13:07 PB) in sixth. Defending champion Cornelia Joubert was 13th.

The silver medal in the men's championship race was earned by Elroy Gelant, fourth in 1:01:48, with Sibabalwe Gladwin Mzazi, fifth, taking the bronze in 1:01:49. Six of the next nine South Africans clocked PBs.

Mokoka, who has also won the title in 2008, 2009, 2011-13, 2016 and 2017, beat a rather unknown Kenyan, Benard Bil, by two seconds, with another Kenyan, Linus Ruto, a further two seconds back.

Mokoka's time is not a list leader -- he has run 1:01:26 this year -- but six top-of-the-list times were recorded: in the categories for male veterans (Simon Mpholo 1:06:57), both masters (Desmond Zibi 1:12:30 and Mariëtte Strauss 1:31:08), both grandmasters (Sello Maphangulo 1:19:02 and Annatjie Botes 1:32:16), and male juniors (Itumeleng Sesiko 1:07:15).

Mbhele had a rather easy win for her first national title, beating Lebogang Phalula (1:15:31) by more than two minutes. Third went to Christine Kalmer, just three seconds behind. Christine's sister René -- the winner of 40 SA titles, the most by any SA athlete, male or female -- was 22nd in 1:19:12.

Seven of the top eight women set PBs.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Mathews Meyiwa Half Marathon & 10 km, Hammarsdale
- * Florence Ndlovu Half Marathon, Impendle Village
- * Wasbank Half Marathon & 10 km, Wasbank
- * SA Half-marathon Championships, Port Elizabeth
- * Zwartkop Half Marathon & 10 km, Pretoria
- * Madiba Road Races, George

International highlights:

- * Media Maratón Internacional Bogotá, Bogotá, COL
 - * Quad-City Times Bix 7, Davenport, USA
 - * Shibetsu Half Marathon, Shibetsu, JPN
 - * GNC Live Well Liberty Mile, Pittsburgh, USA
 - * Subaru Buffalo 4-Mile Chase, Buffalo, USA
 - * Track: Karlstad Grand Prix, Karlstad, SWE; KBC Nacht van de Atletiek, Heusden-Zolder, BEL; Morton Games, Dublin, IRL; Galà dei Castelli, Bellinzona, SUI; Meeting International d'Athlétisme de la Province de Liège, Liège, BEL; Meeting International de Sotteville, Sotteville-lès-Rouen, FRA; Cork City Sports, Dublin, IRL
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ROAD RUNNING

Mathews Meyiwa Half Marathon & 10 km

Hammarsdale, 29 July

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 114 [less than half of last year's 249]; 10 km -- 90.)

Note: Just one day after winning the SA title in the half marathon in a personal best, Jenet Mbhele ran again here! Sipho Mbanjwa, winner of the 10 km here, also ran in Port Elizabeth. -- Ed.

Half marathon

MEN

- | | | |
|----|---------------------|-------|
| 1. | Jobo Khatoane (LES) | 67:21 |
| 2. | Thobani Chagwe | 69:15 |
| 3. | Siyabonga Nkonde | 71:17 |

40-49:

- | | | |
|----|---------------|-------|
| 1. | Simphiwe Zulu | 72:47 |
|----|---------------|-------|

50-59:

- | | | |
|----|----------------|-------|
| 1. | Michael Ndlovu | 86:47 |
|----|----------------|-------|

60+

- | | | |
|----|------------------|-------|
| 1. | Nicholas Dlamini | 99:43 |
|----|------------------|-------|

WOMEN

- | | | |
|----|---------------------------|-------|
| 1. | Jenet Mbhele | 80:19 |
| 2. | Mokulubete Makatisi (LES) | 83:33 |
| 3. | Sosibo Cacisile | 87:23 |

40-49:

- | | | |
|----|-------------------|--------|
| 1. | Sebenzile Dlamini | 109:31 |
|----|-------------------|--------|

50-59:

1.	Xolisile Mwelase	101:13
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10 km

MEN

1.	Sipho Mbanjwa	32:14
2.	Nkosinathi Sibiya	32:22
3.	Tsepang Maoalela	32:37

WOMEN

1.	Thobile Mkhize	38:39
2.	Nontokoza Mkhize	39:24
3.	Bathabile Mkhize	40:44

Florence Ndlovu Half Marathon

Impendle Village, 29 July

(Distance: 21.1 km. Finishers: 96.)

MEN

1.	Silindile Gubese	67:11
2.	Ndumiso Sokhela	68:35
3.	Musavenkosi Mthlane	68:57

40-49:

1.	Skhumbuzo Dlamini	77:40
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50-59

1.	Mbongi Sosibo	82:10
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WOMEN

1.	Nonku Memela	94:10
2.	Nonsikelelo Mbambo	98:31
3.	Nongcebo Ndlovu	115:47

40-49:

1.	Precious Duma	103:25
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Wasbank Half Marathon & 10 km

Wasbank, 29 July

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1.	Bongani Zwane	Boxer AC	1:11:47
2.	Sihle Masondo	Utrecht AC	1:12:47
3.	Lungelo Khumalo	Ezakheni AC	1:14:43

WOMEN

1.	Gabela Lindokuhle	DUT	1:35:03
2.	Nontobeko Mlambo	Loskop AC	1:36:40
3.	Xoli Madida	Carbineers	1:39:23

10 km

MEN

1.	Ayanda Ngcobo	Phantane AC	33:47
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WOMEN

1. Nokukhanya Mtshali Muden AC 45:15

South African Half-marathon Championships

(37th for men; 33rd for women)

(Incorporated in the Nelson Mandela Bay Half Marathon)

Port Elizabeth, 28 July

(Distance: 21.1 km. NEW certified course with out-and-back section on beach front, then a loop followed by the same out-and-back section. Weather: Cool with slight breeze, perfect conditions. Finishers: 888 men + 536 women = 1424 total [up from 1166 last year].)

Note: Foreigners and SA runners who were not members of provincial teams were not eligible for the national championships – the latter are indicated by *. Hanlie Botha's time (1:17:21) is not indicated as a PB, but is in fact a PB on a standard course; she has run 1:17:08 on an aided course. -- Ed.

MEN

1	Stephen	MOKOKA [Gold]	AGN	33	1:01:44	R80 000
2	Benard	BIL	KEN/NEDINT	30	1:01:46	R40 000
3	Linus	RUTO	KEN/NEDINT	24	1:01:48	R25 000
4	Elroy	GELANT [Silver]	ACNW	31	1:01:48	R20 000
5	Gladwin	MZAZI [Bronze]	CGA	29	1:01:49	R15 000
6	Pheeha	MOKGOBU	CGA	29	1:01:50 PB	R10 000
7	Thabang	MOSIAKO	ACNW	23	1:01:59 PB	R8000
8	Precious	MASHELE	CGA	27	1:02:02	R6000
9	Joel	MMONE	ACNW	27	1:02:29 PB	R5000
10	Lebenya	NKOKA	LES	35	1:02:33	R4000
11	Collen	MULAUDZI	AGN	27	1:02:35 PB	
12	Mbongeni	NGXAZOZO	CGA	38	1:02:35	
13	David	MANJA	ACNW	27	1:03:01	
14	Milton	KEKANA	AGN	22	1:03:07 PB	
15	Reghen	MAGWAI	AGN	26	1:03:11 PB	
16	Thomas	RAINHOLD	NAM	27	1:03:14	
17	Benedict	MOENG	AGN	35	1:03:36	
18	Lloyd	BOSMAN	ASWD	30	1:03:42	
19	Tebello	RAMOKONGOANA	LES	21	1:03:52	
20	Melikhaya	FRANS	EPA	28	1:03:56	
21	Mothimokholo	HATASI	LES	24	1:03:58	
22	Kabelo	LESIA	LES/NEDINT	25	1:04:16	
23	Andile	MOTWANA*	Tinarha	21	1:04:18 PB	
24	Sipho	MBANJWA	KZNA	23	1:04:21 PB	
25	Mariano	EESOU	EPA	26	1:04:26	
26	Raphael	SEGODI	CGA	32	1:04:28	
27	Ramolefi	MOTSIELOA	LES	27	1:04:29	
28	Abednego	MASHABA	AMPU	28	1:04:39	
29	Derocious	MAKHOBALO*	BCC	30	1:05:00	
30	Moletsane	MOTLOUNG	AFS	29	1:05:13	
31	Mynhardt	KAVANINVI	NAM	34	1:05:20	
32	Peu	TLOU	LIMA	33	1:05:20	
33	Donald	MASHAMAITE*	BCC	26	1:05:24	
34	Sibusiso	MADIKIZELA	WPA	27	1:05:33	
35	Kugongelwa	UVENI-NAWA	NAM	35	1:05:34	
36	Adam	LIPSCHITZ*	Varsity	24	1:05:34	
37	Andre	KETCHEM	EPA	34	1:05:37	
38	Stanley	MOFU	AGN	30	1:06:06	
39	Puseletso	MOFOKENG	ACNW	25	1:06:07	

40	Nkosinathi	MADYO	WPA	30	1:06:07
41	Obed	KOPONG	ACNW	30	1:06:16
42	Amos	NYONGO*	Mother	32	1:06:17
43	Jeremiah	MOSHWETSI	ANWN	30	1:06:32
44	Vuyolwethu	MADIKIZA	ATRA	24	1:06:34
45	Nkosikhona	MHLAKWANA	KZNA	25	1:06:37
46	Raydon	BALIE*	Eerste	23	1:06:50
47	Kemang	KHUNONYA	CGA	26	1:06:53
48	Luthando	HEJANA	BORA	31	1:06:54
49	Simon	MPHOLO	CGA	43	1:06:57
50	Folavia	SEHOHLE	AMPU	27	1:06:59

(All age category prize money was the same: R4000, R3000, R2000.)

Veterans:

1	Simon	MPHOLO	CGA	43	1:06:57
2	Mthandazo	QHINA	WPA	40	1:07:00
3	Johannes	KEKANA	CGA	46	1:07:52

Masters:

1	Desmond	ZIBI	EPA	54	1:12:30
2	George	MOOI	CGA	51	1:12:49
3	Solomon	KHUMALO	CGA	52	1:13:32

G'masters:

1	Sello	MAPHANGULO	AGN	65	1:19:02
2	Mochamat	KRIEL	WPA	64	1:23:35
3	Samuel	MOGUDI	CGA	61	1:25:38

G/g'masters:

1	Lochi	LOCHNER	EPA	70	1:38:10
2	Pele	TSHIKUNDAMALEMA*	Nedbank	78	1:40:27
3	Tamsanqa	JUSAYI [Silver]	EPA	76	1:42:22

Juniors:

1	Itumeleng	SESIKO*	KPMG	19	1:07:15
2	Thabang	SHABANGU [Gold]	CGA	16	1:08:33
3	Okuhle	TWALANA [Silver]	ATRA	19	1:09:05
4	Kutwisiso	SIDINILE*	Nedbank	19	1:10:00
5	Themba	CHAUKE [Bronze]	AGN	19	1:11:38

WOMEN (Same prize money as men)

1	Mamorallo	TJOKA	LES	33	1:10:46 NR
2	Helalia	JOHANNES	NAM	37	1:10:51 NR
3	Susy	CHEMAIMAK	KEN/NEDINT	28	1:12:32 PB
4	Nheng	KHATALA	LES/NEDINT	26	1:12:42 PB
5	Genet Abdurkadi	HABELA	ETH/NEDINT	20	1:12:57
6	Jenet	MBHELE [Gold]	KZNA	23	1:13:07 PB
7	Betha	CHIKANGA	ZIM	21	1:14:00 PB
8	Rudo	MHONDERWA	ZIM/NEDINT	22	1:14:41 PB
9	Lebogang	PHALULA [Silver]	CGA	34	1:15:31
10	Christine	KALMER [Bronze]	CGA	32	1:15:34
11	Makhosi	MHLONGO*	Boxer	36	1:15:43
12	Selam Abere	ALEBACHEW	ETH/NEDINT	29	1:15:58
13	Cornelia	JOUBERT	CGA	30	1:16:06
14	Leena	EKANDJO	NAM	28	1:16:15
15	Zintle	XINIWE	WPA	31	1:16:54
16	Hanlie	BOTHA	BORA	39	1:17:21
17	Portia	NGWENYA	AGN	29	1:17:21 PB
18	Ntombesintu	MFUNZI	EPA	36	1:17:24
19	Ottilie	AIMWATA	NAM	38	1:18:16
20	Roné	REYNECKE	ANWN	32	1:18:46 PB

21	Stella	MARAIS	AGN	25	1:18:48 PB
22	René	KALMER	CGA	37	1:19:12
23	Anel	TERBLANCHE	WPA	31	1:19:26 PB
24	Nomvuyisi	SETI	WPA	36	1:19:32
25	Monica	CHERUTO	KEN/NEDINT	32	1:19:36
26	Maria	SHAI	CGA	31	1:20:04
27	Kataza	SHIPALANA	AGN	32	1:20:15
28	Rachel	LEISTRA	CGA	21	1:20:20 PB
29	Charné	BOSMAN	AGN	42	1:20:23
30	Leilani	SCHEFFER	AGN	35	1:20:41 PB
31	Esther	HAITOPE	NAM	28	1:20:42
32	Bulelwa	SIMAE	WPA	41	1:22:13
33	Ulrica	STANDER	WPA	43	1:22:36
34	Vuyokazi	GEBE	AGN	27	1:23:09
35	Anet	COETZEE	AGN	29	1:23:34 PB
36	Melissa	VAN RENSBURG	ASWD	29	1:23:54
37	Maria	VILAKAZI	CGA	42	1:24:06 PB
38	Luthando	NXANISA*	Ikhamva	25	1:24:50 PB
39	Malineo	MAHLOKO	LES	22	1:25:06
40	Myrette	BRINK*	Born	37	1:25:11
41	Natia	HEERDEN*	Nedbank	26	1:25:16
42	Elizabeth	DLHIWAYO	ANWN	42	1:26:27
43	Megan	DEMPSTER*	Born	30	1:27:26
44	Adri	WESSELS*	CSEP	42	1:27:30
45	Kelly	VAN VLIET*	Ind	30	1:27:57
46	Nancy	CLOETE	ASWD	31	1:28:40
47	Veressa	BOTHMA	ACNW	26	1:28:50
48	Liza-Marie	KINGSTON	EPA	36	1:28:54
49	Anna	MOEKETSI	AFS	32	1:29:06
50	Melanie	SCHEMEL*	Born	33	1:29:14

Veterans:

1	Charné	BOSMAN	AGN	42	1:20:23
2	Bulelwa	SIMAE	WPA	41	1:22:13
3	Ulrica	STANDER	WPA	43	1:22:36

Masters:

1	Mariëtte	STRAUSS	WPA	56	1:31:08
2	Elmarie	PRETORIUS	ANWN	52	1:31:21
3	Suzanne	MARAIS	WPA	53	1:31:26

G'masters:

1	Annatjie	BOTES	ASWD	60	1:32:16
2	Margie	SAUNDERS	EPA	64	1:34:50
3	Nancy	WILL	WPA	65	1:37:27

G/g'masters:

1	Pixie	SPARG	WPA	73	2:04:35
2	Liz	JENKERSON	EPA	71	2:05:05
3	Gill	TREGENNA	KZNA	76	2:09:04

Juniors:

1	Jana	LE ROUX*	KPMG	18	1:29:27
2	Vicky	OELOFSE [Gold]	EPA	17	1:33:39
3	Meghan	VAN DEVENTER [Silver]	AVT	17	1:36:36
4	Danieke	DE KOCK [Bronze]	BORA	17	1:39:09

Zwartkop Half Marathon & 10 km

Pretoria, 28 July

(Distances: 21.1 km & 10 km; loop courses.)

Half marathon

MEN

1 Teboho Lejaha (LES/Arcadia) 72:00; 2 Wesley Mutai (KEN) 73:14; 3 Mpho Mooka (Nedbank) 74:04.

Veterans: 1 Siegfried Heydenrych (Born 2 Run) 79:51. **Masters:** 1 Graeme McCallum (KPMG) 81:23. **G'masters:** 1 Colin Fisher (CSIR) 93:17. **G/g'masters:** 1 Iain McFadyen (Phobians) 1:54:56. **80+:** 1 Andries van Rooyen (VTM) 2:43:56.

WOMEN

1 Katy van Meter (MassMart) 85:45; 2 Annerie Kruger (Magnolia) 88:24; 3 Emmah Mathibela (Nedbank) 92:39.

Veterans: 1 Truzanne Swanepoel (Temp) 93:20. **Masters:** 1 Maria Bendana (Morningside) 96:55. **G'masters:** 1 Lettie Coetzee (PPMK) 2:18:07.

10 km

MEN

1 Philani Buthelezi (KPMG) 32:25; 2 Mpho Motaung (TUT) 32:49; 3 Ryno van Vollenhoven (Born 2 Run) 32:57.

Veterans: 1 Greg Barnes (Born 2 Run) 33:58. **Masters:** 1 Jan Grobler (Born 2 Run) 45:16. **G'masters:** 1 Rainer Ludwig (Irene) 48:58. **G/g'masters:** 1 Danie Roux (Kempton) 70:13. **80+:** Ken Nurden (Agape) 59:24. **Juniors:** 1 Wian van Niekerk (EC Active) 37:15.

WOMEN

1 Leshan Curlewis (HS Waterkloof) 37:37 (1st jun); 2 Adrienne Moolman (Temp) 41:46; 3 Sylvia Caroto (BCC) 42:23.

Veterans: 1 Lisa Fernández (Kyalami) 43:10. **Masters:** 1 Ina Lagerwall (Magnolia) 50:52. **G'masters:** 1 Ilze Crous (Affies) 50:46. **G/g'masters:** 1 Mavis Stadler (Agape) 87:16. **Juniors:** 1 Leshan Curlewis (HS Waterkloof) 37:37.

Madiba Road Races

George, 21 July

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 205 [up from 153 last year]; 10 km -- 186 [up from 147].)

Half marathon

MEN

1	Lloyd Bosman	Nedbank	1:07:34
2	Ettiene Plaatjies	Nedbank	1:08:26
3	John April	Nedbank	1:10:06
4	Gershwill Jacobs	Nedbank	1:12:06
5	Selwyn Matthews	Nedbank	1:13:35

Veterans:

1	Mxolisi Fana	Outeniqua Harriers	1:17:12
2	Joey Claassen	Sedgefield Striders	1:22:29
3	Thamsanqa Khedana	Beaufort West AC	1:23:20

Masters:

1	Lindile Tokota	Nedbank	1:15:07
2	Peter Jaehne	Outeniqua Harriers	1:29:54
3	Samuel Windvogel	Outeniqua Harriers	1:35:59

G'masters:

1	Andre Niemand	Hartenbos Drawwers	1:38:45
2	Jan du Toit	Hartenbos Drawwers	1:48:14
3	Ismael Letief	Nedbank	2:05:36

G/g'masters:

1	Maurice Wicomb	Oudtshoorn AAC	2:38:52
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Juniors:

1	Ricardo Cornelius	Cape Multi Sport Club Eden	1:20:25
2	Aviwe Komani	Knysna Marathon Club	1:20:45
3	Rinaldo Grootboom	Cape Multi Sport Club Eden	1:21:47

WOMEN

1	Annatjie Botes (1st g'mast)	Nedbank	1:34:02
2	Elize Kloppers	Ind	1:37:19
3	Alison Nel	Hartenbos Drawwers	1:40:20
4	Carla Spangenberg	Nedbank	1:42:20
5	Sandra Fourie	Knysna Marathon Club	1:43:09

Veterans:

1	Ariadne van Zandbergen	Cape Multi Sport Club Eden	1:43:56
2	Chandre Boshoff	Outeniqua Harriers	1:52:45
3	Justine Sharples	Outeniqua Harriers	1:55:03

Masters:

1	Alison Jordaan	Nedbank	1:46:54
2	Karen Pauw	Nedbank	1:58:40
3	Margret von Zeil	Cape Multi Sport Club Eden	2:02:28

G'masters:

1	Annatjie Botes	Nedbank	1:34:02
2	Mariëtte de Haan	Nedbank	1:58:55
3	Sandy du Toit	Nedbank	2:24:26

10 km**MEN**

1	Francois Maquassa	Nedbank	32:17
2	Godwin Heyns	Nedbank	32:38
3	Donovan Jantjies	Nedbank	33:02

Veterans:

1	Wouter Frazenberg	Outeniqua Harriers	35:47
2	Booi Salman	Nedbank	37:21

Masters:

1	Selwyn Losper	Nedbank	36:43
2	Anton Chevalier	Nedbank	39:32

G'masters:

1	Koos Smit	Hartenbos Drawwers	46:32
2	Burnett Zaayman	Hartenbos Drawwers	58:24

G/g'masters:

1	Abraham Coetzee	Knysna Marathon Club	52:07
2	Leslie Stuart	Hartenbos Drawwers	53:26

Juniors:

1	Luther Blaauw	Nedbank	33:48
2	Christiaan Lingervelt	Nedbank	35:00

WOMEN

1	Stephany Pedro (1st jun)	Nedbank	39:39
2	Candice van Beulen	Nedbank	41:31
3	Anastasia Plaatjies	Nedbank	43:01

Veterans:

1	Nerida Lubbe	Hartenbos Drawwers	44:07
2	Carike Fourie	Nedbank	45:26

Masters:

1	Evette Joubert	Cape Multi Sport Club Eden	54:38
2	Aaltjie Nieman	Nedbank	59:11

G'masters:

1	Mariet Horn	Knysna Marathon Club	1:01:22
2	Elizabeth Herbst	Outeniqua Harriers	1:01:38

G/g'masters:

1	Anna-Marie van Eck	Nedbank	1:09:57
2	Cecelia Swiegers	Nedbank	1:13:56

Juniors:

1	Stephany Pedro	Nedbank	39:39
2	Candice van Beulen	Nedbank	41:31

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**Media Maratón Internacional Bogotá** (19th)

(IAAF Gold Label Road Race)

Bogotá, COL, 29 July

(Distance: 21.1 km at 2600 m of altitude)

MEN (gun times)

1.	Betesfa Getahun, ETH	1:05:10	COP 30,000,000 (=USD 10,406)
2.	Feyisa Lilesa, ETH	1:05:23	15,000,000
3.	Dickson Chumba, KEN	1:05:23	10,000,000

WOMEN (gun times)

1.	Netsanet Gudeta, ETH	1:11:34	COP 30,000,000 (=USD 10,406)
2.	Brigid Kosgei, KEN	1:14:40	15,000,000
3.	Degitu Azimeraw, ETH	1:14:51	10,000,000
4.	Gladys Tejeda, PER	1:15:53	6,000,000
5.	Roza Dereje, ETH	1:16:20	4,000,000

Quad-City Times Bix 7 (44th)

Davenport, USA, 28 July

(Distance: 7 miles; certified out-and-back course with negligible start/finish separation or elevation loss)

MEN (gun times)

1.	Belay Tilahun, Ethiopia	32:39	\$12,500
2.	Ben Flanagan, Canada	32:56	4,000
3.	Leonard Korir, Colorado Springs, CO	33:09	2,500
4.	Andrew Colley, Blowing Rock, NC	33:11	1,500

5. Silas Kipruto, Kenya 33:23 1,000

WOMEN (gun times)

1. Margaret Muriuki, Kenya 35:57 \$12,500
 2. Caroline Rotich, Kenya 36:13 4,000
 3. Monicah Ngigi, Kenya 36:23 2,500
 4. Delvine Meringor, Kenya 36:29 1,500
 5. Vicoty Chepngeno, Kenya 36:45 1,000

Shibetsu Half Marathon (32nd)

Shibetsu, JPN, 22 July
 (Distance: 21.1 km)

MEN (gun times)

1. Paul Kuiru (KEN), 1:03:10 CR*
 2. Tsubasa Hayakawa, 1:03:15
 3. Tomohiro Tanigawa, 1:03:18

WOMEN (gun times)

1. Kotomi Tsubokura, 1:15:42
 2. Ayaka Inoue, 1:16:15
 3. Kikuyo Tsuzaki, 1:16:22

GNC Live Well Liberty Mile (7th)

(3rd stop of the 2018 Bring Back The Mile Grand Prix Tour)
 Pittsburgh, USA, 20 July
 (Distance: 1 mile; U-shaped, USATF certified course [record-standard].)

ELITE MEN

1. Robert Domanic, Unattached 4:01 \$5000
 2. Pat Casey, Under Armour 4:01 3000
 3. Cristian Soratos, adidas 4:02 2000
 ... 7. Ben Blankenship, Nike Oregon TC Elite 4:04 250
 ... 9. Will Leer, Unattached 4:06

ELITE WOMEN

1. Shannon Osika, NIKE 4:34 \$5000
 2. Stephanie Brown, Unattached 4:35 3000
 3. Ashley Maton, Unattached 4:36 2000
 ... 7. Amanda Eccleston, Brooks 4:39 250

Subaru Buffalo 4-Mile Chase (37th)

Buffalo, USA, 20 July
 (Distance: 4 miles; certified course)

MEN (gun times)

1. Mutai Kiprop, 31, Bowling Green, OH (KEN) 18:45 \$1000
 2. Cleophas Ngetich, 28, Lansing, MI (KEN) 18:50 500
 3. Alene Reta, 36, New York, NY (ETH) 19:02 300

WOMEN (gun times) -

1. Vicoty Chepngeno, 24, Bowling Green, OH (KEN) 21:12 \$1000
 2. Margaret Wamahiga, 27, Lansing, MI (KEN) 22:13 500
 3. Melissa Johnson-White, 37, Fairport, NY 22:28 300 + 600a

... 9. Lioudmila Kortchaguina, 46, Markham, ON, CAN 24:06 550m

a) Earned USA citizen prize money

m) Earned masters prize money

TRACK

Karlstad Grand Prix

(Folksam Grand Prix Series)

Karlstad, SWE, 25 July

MEN

800:

Race A:

1. Andreas Kramer, 97, SWE, 1:45.03 NR € 1000
2. Cornelius Tuwei, 93, KEN, 1:45.47 € 600
3. Antoine Gakeme, 91, BDI, 1:45.60 € 400

Race B:

1. Elmar Engholm, 92, SWE, 1:49.42
2. Markus Einan, 97, NOR, 1:49.46
3. Paris Simmons, 91, USA, 1:49.49
- ... 7. Duran Faro, 94, RSA, 1:50.87

WOMEN

800:

Race A:

1. Ce'Aira Brown, 93, USA, 1:58.01 PB € 500
2. Laura Roesler, 91, USA, 2:00.63 € 300
3. Liga Velveve, 90, LAT, 2:00.85 PB € 150
4. Sarah McDonald, 93, GBR, 2:01.30
5. Hanna Hermansson, 89, SWE, 2:01.32

KBC Nacht van de Atletiek

(European Athletics Classic Permit Meeting)

Heusden-Zolder, BEL, 21 July

Note: The best women's results, including Dominique Scott-Efurd's great 5000 metres, were included last week. Here are more results. -- Ed.

MEN

800:

Race A:

- | | |
|----------------------------|---------|
| 1. Mostafa Smaili, MAR, 97 | 1:45.54 |
| 2. Filip Snejdr, CZE, 95 | 1:46.51 |
| 3. Mohammed Aman, ETH, 94 | 1:46.74 |

Race B:

- | | |
|----------------------------|---------|
| 1. Drew Piazza, USA, 95 | 1:46.41 |
| 2. Jeremiah Mutai, KEN, 92 | 1:46.59 |
| 3. Said Aden, QAT, 93 | 1:46.86 |

1500:

Race A:

- | | |
|-----------------------------|---------|
| 1. Ronald Musagala, UGA, 92 | 3:36.59 |
|-----------------------------|---------|

2. Craig Engels, USA, 94 3:36.89
3. Charles Philibert-Thiboutot, CAN, 903:37.21

Race B:

1. Eric Avila, USA, 89 3:36.41
2. Colby Alexander, USA, 91 3:38.47
3. Sam McEntee, AUS, 92 3:38.89

5000:

Race A:

1. Chala Regasa, ETH, 97 13:06.98
2. Nibret Melak, ETH, 99 13:07.27
3. Dawit Wolde, KEN, 91 13:10.65
- ... 13. Filip Ingebrigtsen, NOR, 93 13:30.48

WOMEN

800 (National):

Race A:

1. Maite Bouchard, CAN, 95 2:01.25
2. Claire Mooney, IRL, 92 2:01.61
3. Jusine Fedronic, FRA, 91 2:01.62

1500 (National):

Race A:

1. Helen Schlachtenhaufen, USA, 94 4:06.04
2. Danielle Aragon, USA, 94 4:10.09
3. Regan Yee, CAN, 95 4:10.99

Morton Games

Dublin, IRL, 19 July

MEN

800:

Race A:

1. Boris BERIAN, USA, 1:45.72 SB
2. Brandon LASATER, USA, 1:46.54
3. Alymeric LUSIN, FRA, 1:46.89 SB
4. Zak CURRAN, IRL/DSD, 1:47.07
5. Ryan GREGSON, AUS, 1:47.09 SB

Morton Mile:

1. Sam PRAKEL, USA, 3:55.80 SB
2. Lopez LOMONG, USA, 3:56.58 SB
3. Henry WYNNE, USA, 3:56.86
4. Mick STANOVSEK, AUS, 3:56.90 PB
5. Eric AVILA, USA, 3:57.16 SB
6. John TRAVERS, IRL/Donore, 3:57.34 SB
7. Hamish CARSON, NZL, 3:57.82
8. David RIBICH, USA, 3:58.09 PB
9. Elmar ENGHOLM, SWD, 3:58.74 PB
10. Johan ROGESTEDT, SWD, 3:59.30

WOMEN

800:

Race A:

1. Hannah GREEN, USA, 2:01.66

2. Ciara MAGEEAN, IRL/UCD, 2:02.13 SB
3. Alena BROOKS, TTO, 2:02.32

1500:

1. Emily LIPARI, USA, 4:08.01
2. Elinor PURRIER, USA, 4:08.09
3. Jemma REEKIE, GBR, 4:09.08

Galà dei Castelli

Bellinzona, SUI, 18 July

MEN

800:

1. Jonathan Kitilit, KEN, 94 1:44.38
2. Nicholas Kipl. Kipkoech, KEN, 92 1:45.82
3. Erik Sowinski, USA, 89 1:45.92
4. Guy Learmonth, GBR, 92 1:46.10
5. Jackson Mumbwa Kivuva, KEN, 89 1:46.57

WOMEN

5000:

1. Agnes Jebet Tirop, KEN, 95 14:36.13
2. Loice Chemnung, KEN, 97 14:53.14
3. Gloriah Kite, KEN, 98 15:13.15
4. Rachel Schneider, USA, 91 15:22.82
5. Fabienne Schlumpf, SUI, 90 15:23.44 PB

Meeting International d'Athletisme de la Province de Liège

Liège, BEL, 18 July

MEN

800:

1. Mostafa Smaili, MAR, 97 1:45.65
2. Cornelius Tuwei, KEN, 93 1:45.71
3. Filip Snejdr, CZE, 95 1:47.04

WOMEN

800:

1. Winnie Nanyondo, UGA, 93 2:01.74
2. Halimah Nakaayi, UGA, 94 2:02.64
3. Alexa Efraimson, USA, 97 2:02.73

Meeting International de Sotteville

(Pro Athlé Tour Circuit/European Athletics Classic Permit Meeting)

Sotteville-lès-Rouen, FRA, 17 July

WOMEN

800:

1. Habitam Alemu, ETH 1:59.06
2. Ce'Aira Brown, USA 1:59.35
3. Nelly Jepkosgei, KEN 1:59.77
4. Cynthia Anais, FRA, 88 2:00.94
5. Yuneisy Santiusti, ITA 2:02.09
6. Rose Mary Almanza, CUB 2:02.70

1500:

1. Malika Akkaoui, MAR, 87 4:09.32
2. Fantu Worku, ETH 4:10.59
3. Gabriela Stafford, CAN 4:10.83

Cork City Sports (67th)

Dublin, IRL, 16 July

MEN

800:

1. Ryan Sanchez, Puerto Rico, 1:45.73
2. Eric Sowinski, United States, 1:46.09
3. Harun Abda, United States, 1:46.50

Mile:

1. Sam Praker, United States, 3:56.09
2. Drew Piazza, United States, 3:56.95
3. Sam McEntee, Australia, 3:57.05 PB
4. Hamish Carson, New Zealand, 3:57.06
5. Corey Bellemore, Canada, 3:57.42 PB
6. Ben True, United States, 3:57.83 PB
7. Mick Stanovsek, United States, 3:57.98 PB
8. Matt Ramsden, Australia, 3:58.79 PB
9. Jamie Williamson, Great Britain, 3:58.99 PB
10. David Ribich, United States, 3:59.98 PB

WOMEN

800:

1. Laura Roesler, United States, 2:02.45
2. Emily Richards, United States, 2:03.20
3. Alena Brooks, Trinidad and Tobago, 2:03.40

3000:

1. Camille Buscomb, New Zealand, 8:45.97 PB
2. Elinor Purrier, United States, 8:46.43 PB
3. Jessica O'Connell, Canada, 8:46.86 PB
4. Emily Sisson, United States, 8:49.61 PB
5. Genevieve LaCaze, Australia, 8:50.02 PB
- Mary Cain, United States, DNF

OBITUARY

PIONEERING ETHIOPIAN MARATHONER KEBEDE BALCHA HAS DIED

One of the world's top marathoners in the 1980s, Ethiopia's Kebede Balcha, is no more. Balcha passed away on 10 July after an illness at Scarborough General Hospital in Toronto, reports *Race Results Weekly*. He was 66 (b. 7 September 1951).

Balcha was the only Ethiopian to earn a medal at the inaugural IAAF World Championships in Helsinki in 1983, claiming the marathon silver (2:10:27) behind Rob de Castella of Australia (2:10:03). He distinguished himself on the African scene, claiming the gold at the 1979 African championship in Dakar, the silver at the 1985 Championships in Cairo, and the bronze in the 1987 All-Africa Games, and the 1988 African Championships. In his only Olympic participation in 1980 in Moscow, he didn't finish the race.

The Ethiopian runner was also a popular figure in Montreal, having won the Montreal Marathon four times in 1979, 1981, 1983 and 1985. His 1983 winning time of 2:10:03 still stands as the course record. He also won the Athens Marathon in 1977 and placed second in Tokyo in 1985. He was 14th in the World XC Championships in 1981.

In 1999, Balcha was among a group of eight Ethiopian sports people seeking asylum in Toronto, the second well-known Ethiopian runner to apply for refugee status two years after double Olympic champion Miruts Yifter.

BACKGROUND

Note: This article appeared in *Athletics International*. -- Ed.

HOW IS THIS FOR LONGEVITY?

When Anthony Whiteman ran 1500 m in 3:32.34 in 1997, he became Britain's fourth fastest ever performer behind Steve Cram, Seb Coe and Steve Ovett. Only now, 21 years later, has he announced his retirement from serious track racing! A 1996 and 2000 Olympian, he was a bronze medallist at the 1998 Commonwealth Games and initially retired after the 2004 season. He returned to the track in 2010, aged 38, and proved competitive with times of 1:50.11 for 800 m and 3:50.72 indoors for 1500 m. That gave him the incentive to continue and in 2011 he ran 1:49.29 and 3:42.40. His goal then was to become the first 40-year-old to break 4 minutes for the mile outdoors (Eamonn Coghlan had run 3:58.15 indoors in 1994) and in 2012 he succeeded with 3:58.79 as well as clocking 3:42.02 for 1500 m and 1:48.22 for 800 m, world M40 bests also. He continued for several more years to either inspire or embarrass competitors half his age. In 2013 he ran 1:49.52, 3:45.21 and 4:03.80; in 2014 he progressed again to 3:44.28 and an astonishing world M40 best of 1:48.05 at age 42. His fastest 800 m in 2015 was 1:48.81 plus a 3:43.99 1500 m. It was only in 2016 that he started to slow down (1:49.56, 3:53.21). He remained a force last year with 1:49.86 and 3:48.72 and this season, before hanging up his spikes earlier this month, he clocked 1:53.05 at 46.

STATS TIME

This week we include a list of the top ten SA men in the marathon for 2018. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed. The pathetic standard of SA marathoning is evident from the list.

2018 MARATHON: TOP 10 MEN

2:09:31	Desmond Mokgobu	1	Oita	04 Feb
2:16:57	Sibusiso Nzima	1	Gaborone	13 May
2:17:53	Nzima-2	1	Durban	15 Apr
2:19:37A	Luthando Hejana	1	East London	18 Feb
2:20:16	Puleng Petrus Maeko	1	Benoni	28 Jan
2:21:58	Raphael Segodi	1	Centurion	01 May
2:21:58A	Lungile Gongqa	1	Simon's Town	18 Feb
2:22:37	Obed Kopong	7	Gaborone	13 May
2:23:13A	Anda Lubelwana	2	Simon's Town	18 Feb
2:24:43A	Ben Matiso	3	Simon's Town	18 Feb
2:25:00	Craig Cynkin	24	Seville	25 Feb

THIS MONTH IN HISTORY

51 years ago: 18 July 1967

Anne McKenzie's exploits in the sixties altered the face of South African distance running as she catapulted herself into world class, setting no fewer than eighteen SA records for 800 metres/880 yards between 1962 and 1967. On this day -- ten days before her 42nd birthday -- she faced a strong international field in Dublin and finished third behind Rita Lincoln (4:46.0) and Peggy Mullen (4:55.5), clocking an excellent 4:57.2 for a new SA record. It placed her eighth on the world list for the year. Just two days later, in Solingen, West Germany, she broke her SA record for 1500, the first to be recognised by the national body, by 12 seconds with her 4:36.0.

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	30:41	Simphiwe Zulu	Durban	15 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	66:57	Simon Mpholo	Port Elizabeth	28 Jul
	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 6:18:24	Johan van der Merwe Mario Ardemagni (ITA) 2004	Polokwane	15 Apr
<u>Masters (50+)</u>				
10 km	33:19 30:35	Desmond Zibi Tecwyn Davies (GBR) 1988	Uitenhage	30 Jun
15 km	54:32 47:52	John September Titus Mamabolo (RSA) 1991	Ravensmead	24 Mar
21.1 km	72:30 66:23	Desmond Zibi Titus Mamabolo (RSA) 1991	Port Elizabeth	28 Jul
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	12:00:07 6:43:33	Hilton Murray Roland Vuillemot (FRA) 1996	Polokwane	15 Apr
<u>Grandmasters (60+)</u>				
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	57:24 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Eersterivier	07 Jul
21.1 km	79:02 71:31	Sello Maphangulo Martin Rees (GBR) 2013	Port Elizabeth	28 Jul
25 km	2:06:10 1:48:50A 94:01	Derrick Mazibuko Andy Daly Doug Winn (USA) 2010	Durban Pinetown	21 Mar 28 Jan
30 km	2:18:26 2:11:11A 1:57:07	Alan Taylor Mochamat Kriel Ed Whitlock (CAN) 1994	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	3:16:33 2:59:27A 2:36:30	Marius Carstens Kosie Botha Yoshihisa Hosaka (JPN) 2009	Benoni Simon's Town	28 Jan 18 Feb
100 km	14:19:11 7:53:43	Ric Marini Bernd Juckel (GER) 2012	Polokwane	15 Apr
<u>Great grandmasters (70+)</u>				
10 km	43:34 37:33	Jimmy Morris Ed Whitlock (CAN) 2004	Athlone	10 Feb
15 km	66:46 58:19	Jimmy Morris Ed Whitlock (CAN) 2001	Claremont	24 Jun
21.1 km	97:09 82:23	Johannes Phoo Ed Whitlock (CAN) 2001	Polokwane	19 May
25 km	2:09:11A 99:59	Hansie Els Clive Davies (USA) 1985	Somerset East	21 Apr
30 km	2:46:46 2:34:20A 2:00:56	Tamsanqa Jusayi Brian Key Ed Whitlock (CAN) 2001	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	3:55:49 2:54:49	Pele Tshikundamalema Ed Whitlock (CAN) 2004	Sasolburg	03 Feb
100 km	8:53:45	Max Courtillon (FRA) 1997		

Juniors

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	67:15	Itumeleng Sesiko	Port Elizabeth	28 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

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	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	11:26:45	Cornel Metcalfe	Polokwane	15 Apr
	7:20:22	Maria Auxiliadora (BRA) 1998		

Masters (50+)

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	91:08 75:18	Mariëtte Strauss Linda Somers (USA) 2011	Port Elizabeth	28 Jul
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		
<u>Grandmasters (60+)</u>				
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	92:16 84:56	Annatjie Botes Bernadine Portenski (NZL) 2010	Port Elizabeth	28 Jul
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
<u>Great grandmasters (70+)</u>				
10 km	53:29 44:09	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Bellville	25 Mar
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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