

Distance Running Results

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EDITORIAL

One of the very best athletes ever produced in South Africa, multiple national champion and record setter Sonja Laxton, turns 70 today.

Despite serious injuries sustained when she was hit by a car while training a few years ago, Laxton still competes in road races regularly and finished fourth in the grandmaster category in the Spar Grand Prix Series race in Pretoria on Saturday, clocking 54:41. (If the race had been run two days later, she would have won the 70+ category easily.)



During a stellar career as a senior and also later when she joined the 40+ age group, Laxton (pictured here with husband Ian and daughter Kim) won numerous SA track, road and cross-country titles, and achieved national records from 1500 metres to the marathon. She set four SA senior marathon records -- 2:46:33 in Johannesburg on 1 September 1980 (South Africa's first sub-2:50 time), 2:43:49 in New York on 26 October 1980, 2:36:44 in Kuils River on 30 June 1984 (the first sub-2:40) and 2:35:44 in Stellenbosch on 13 September 1986.

She still holds eight SA age-group road records, as follows:

10 km

40-49: 34:17, Cape Town, 09 Oct 89

50-59: 36:50, Port Elizabeth, 27 Nov 99

60-69: 41:20, Bellville, 05 Apr 09

15 km

40-49: 52:57, East London, 29 Aug 92

50-59: 57:39, Johannesburg, 25 Jul 99

Half marathon

40-49: 75:49, Durban, 22 Jul 89 (also SA best time, aided course: 75:26, South Shields, 20 Sep 92)

50-59: 81:56, Durban, 08 Aug 99

Marathon

40-49: 2:36:59, Durban, 28 Aug 88

Her best times for the four standard road distances are: 34:02, 51:45, 1:13:45 and 2:35:44. She ran 21 marathons, winning fourteen -- quite an amazing record.

Sonja, who has been a role model for many SA female athletes, is also a DRR subscriber. I am sure all DRR's readers will join me in congratulating her on the big day and wishing her all the best! (See also "This month in history" later in this issue.)

Riël Hauman

INCLUDED IN THIS ISSUE:

- * McKenna & Scott Pinelands 10 km, Pinelands
- * Durban Runner Half Marathon & 10 km Challenge, Durban
- * Spar Grand Prix Series, Pretoria
- * Foskor Half Marathon, Phalaborwa
- * Oakland Half Marathon, Brackenfell
- * XC: WP League Meeting, Elfindale; Mpumalanga Championships, Nkangala; EP League Meeting, Varsvlei, Port Elizabeth

International highlights:

- * TD Beach to Beacon 10 km, Cape Elizabeth, USA
 - * Real Insurance Sydney Harbour 10 km, Sydney, AUS
 - * Ryan Shay Memorial Mile, Charlevoix, USA
 - * Giro Podistico Internazionale di Castelbuono, Castelbuono, Sicily, ITA
 - * Track: African Athletics Championships, Asaba, NGR Memorial Geert Rasschaert, Ninove, BEL; Motonet GP - Lapinlahti, Lapinlahti, FIN
 - * Ultras/Mountain/Trail: Swiss Alpine Marathon, Davos, SUI; White River 50 Mile Trail Run, Crystal Mountain, USA; Badwater Ultramarathon 135, Furnace Creek, USA
-

ROAD RUNNING**McKenna & Scott Pinelands 10 km**

Pinelands, 5 August

(Certified, flat figure-eight course. Finishers: 1940 [down from 2001 last year].)

Note: Two days after turning 60, Olga Howard won her new age category here. -- Ed.

MEN

1. André Afrika (Eerste) 30:16 (R750)
2. Danzil Paulse (Sanlam) 30:19 (R550)
3. Siviwe Nkombi (Itheko) 30:34 (R350)

(All age category prize money was the same: R400, R300, R150.)

Veterans: 1. Mthandazo Qhina (Ned) 31:03; 2. Vakalisa Kopolo (Ned) 32:18; 3. Shawn Abrahams (Kuils) 33:53. **Masters:** 1. Steve Motau (Itheke) 36:05; 2. John September (Itheke) 36:06; 3. André Harmse (Brack) 41:51. **G'masters:** 1. Mochamat Kriel (Ommie) 38:33; 2. Mark Wagenheim (AAC) 44:43; 3. Albert Williams (Top) 46:01. **G/g'masters:** 1. Jimmy Morris (Forest) 44:31; 2. Dave Kennett (VOB) 55:50; 3. Oloff Crous (Brack) 57:14. **Juniors:** 1. Carlo Flink (Itheke) 31:50; 2. Edward Jack (Central) 33:52; 3. Lethu Cetywayo (VOB) 34:21.

WOMEN (Same prize money as men)

1. Lee-Shay Willemse (Velo) 38:32
2. Danette Smith (KPMG) 39:12
3. Anel Terblanche (KPMG) 39:34

Veterans: 1. Coriaan de Villiers (Ned) 42:01; 2. Chantel Simpson (Ned) 43:09; 3. Marlize Vienings (Edge) 43:22. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 41:25; 2. Elmarie Coetzee (CMC) 42:45; 3. Julie Huckle (Hout) 43:15. **G'masters:** 1. Olga Howard (Ned) 43:13; 2. Nancy Will (Pine) 47:28; 3. Charmaine Cupido (Ned) 48:57. **G/g'masters:** 1. Marietha Herbert (Bell) 54:31; 2. Pixie Sparg (Celtic) 56:01; 3. Marlene James (Pine) 64:16. **Juniors:** 1. Amahle Dintsi (VOB) 40:41; 2. Kesha Temmers (Velo) 42:53; 3. Emihle Mbinda (VOB) 46:09.

Durban Runner Half Marathon & 10 km Challenge

Durban, 5 August

(Distances: 21.1 km & 10 km)

Half marathon

MEN

- | | | | |
|----|----------------------|-----------------|-------|
| 1. | Samuel Pazanga | ZIM/Maxed Elite | 69:16 |
| 2. | Matela Makhetha | Phantane AC | 69:45 |
| 3. | Mahlomola Sekhonyana | Maxed Elite | 70:10 |

40-49:

- | | | | |
|----|---------------|-----------|-------|
| 1. | Sibusiso Jiji | Umlazi AC | 80:18 |
|----|---------------|-----------|-------|

50-59:

- | | | | |
|----|--------------|----------------|--------|
| 1. | Steven Heuer | Riverside Harr | 101:41 |
|----|--------------|----------------|--------|

60+:

- | | | | |
|----|--------------------|----------|--------|
| 1. | Bruce Deeley-Smith | Bluff AC | 106:45 |
|----|--------------------|----------|--------|

WOMEN

- | | | | |
|----|----------------|------------|-------|
| 1. | Lisa Collett | Boxer AC | 89:25 |
| 2. | Teresa Moller | DHSOB | 92:03 |
| 3. | Robyn Greyling | Get Fit AC | 98:06 |

40-49:

- | | | | |
|----|--------------|----------|-------|
| 1. | Lisa Collett | Boxer AC | 89:25 |
|----|--------------|----------|-------|

50-59:

- | | | | |
|----|---------------|-----|--------|
| 1. | Lesley Delmar | Ind | 100:43 |
|----|---------------|-----|--------|

60+:

- | | | | |
|----|----------------|---------|--------|
| 1. | Dolla Taljaard | Toti AC | 136:41 |
|----|----------------|---------|--------|

10 km

MEN

- | | | | |
|----|------------------|-------------|-------|
| 1. | Ayanda Ngcobo | Phantane AC | 30:47 |
| 2. | Wiseman Thubihle | Amabutho AC | 31:22 |
| 3. | Siphesihle Langa | YWP AC | 33:26 |

WOMEN

1.	Sarah Kruger	Nedbank AC	40:31
2.	Debbie Perry	Boxer AC	42:43
3.	Roz Geldenhuys	DHSOB	44:45

Spar Grand Prix Series

(Women only; 4th event of 6-race series)

Pretoria, 4 August

(Distance: 10 km; certified, hilly loop course. Finishers: approx. 5600.)

Note: A new world single-age record here for 86-year-old Deirdre Larkin, whose 70:07 smashed the previous mark of 74:13 set by Lenore Montgomery (CAN) in April last year. -- Ed.

WOMEN

1.	Glenrose Xaba (Boxer)	33:56
2.	Rutendo Nyahora (ZIM/Ned)	34:24
3.	Kesa Molotsane (KPMG)	34:47
4.	Irvette van Zyl (Ned)	34:56
5.	Susy Chemaimak (KEN/Ned)	35:34
6.	Rudo Mhonderwa (ZIM/Ned)	36:17
7.	Cornelia Joubert (Boxer)	36:29
8.	Caroline Mhandu (ZIM/ME)	36:40
9.	Mapaseka Makhanya (Mass)	36:43
10.	Portia Ngwenya (Ned)	36:46
11.	Lebogang Phalula (Boxer)	37:07
12.	Christine Kalmer (KPMG)	37:11
13.	Patience Murowe (ZIM/Ned)	37:33
14.	Stella Marais (KPMG)	37:37
15.	Charné Bosman (Ned)	37:43
16.	Aynslee van Graan (KPMG)	37:49
17.	Maria Shai (Boxer)	37:53
18.	Andrea Steyn (KPMG)	38:02
19.	Ntombesintu Mfunzi (Ned)	38:03
20.	René Kalmer (KPMG)	38:05

Veterans: 1. Charné Bosman (Ned) 37:47; 2. Bulelwa Simae (Ned) 39:59; 3. Ronel Thomas (Boxer) 40:27. **Masters:** 1. Grace de Oliveira (KPMG) 44:25; 2. Dawn James (DC) 47:49; 3. Ansa Strydom (Ned) 51:21. **G'masters:** 1. Margie Saunders (Ned) 44:56; 2. Erica Geldenhuys (Amanzi) 51:01; 3. Francis van Blerk (Ned) 53:33; 4. Sonja Laxton (RAC) 54:41. **G/g'masters:** 1. Annatjie Greyvenstein (Irene) 57:25; 2. Deirdre Larkin (RH) 70:07; 3. Marie van Dyk (Irene) 83:57. **Juniors:** 1. Liza Kellerman (UJ) 39:27; 2. Shanley Koekemoer (KPMG) 39:55; 3. Chantell Bester (Monnas) 39:59.

Foskor Half Marathon (25th)

Phalaborwa, 28 July

(Distance: 21.1 km. Weather: hot and windy. Finishers: 685 [down from 819 last year].)

MEN

1.	Sibusiso Nzima (Ned)	1:06:22
2.	Phillimon Mathiba (Ned)	1:07:13
3.	Tseiso Moeketsi (LES/Impala)	1:08:37

4. Musa Nkosi (B2R) 1:09:31; 5. Bereng Moqeti (Ned) 1:09:57; 6. Sithembele Fanekho 1:10:15; 7. Wirimayi Juwawo (ZIM) 1:10:56; 8. Samuel Segoaba (B2R) 1:11:07; 9. Lesiba Peu (Bed) 1:11:16; 10. Cornelius Lagat (KEN/Alt) 1:12:44.

Veterans: 1. Negusa Mekonen Alemstu (ETH/Ned) 1:13:55; 2. Moses Njuguna (KEN/Ned) 1:14:29; 3. Herbert Mokgala (Foskor) 1:16:49. **Masters:** 1. Elgin Mokale (Harm) 1:20:33; 2. Reckson Nemukula (Fara) 1:21:05; 3. Nzama Sibisi (Eskom) 1:26:22. **G'masters:** 1. Stephen Seema (SAPS) 1:33:45; 2. Thompson Mbombi (GE) 1:35:41; 3. Bonginkosi Shobede (Harm) 1:37:01. **G/g'masters:** 1. Johannes Masehla (Polok) 1:41:56. **Juniors:** 1. Given Mukhevo (Vhembe) 1:24:04; 2. Raymond Lesufi (Makh) 1:24:26; 3. Khongelani Shivambu (Vhembe) 1:26:46.

WOMEN

1. Rutendo Nyahora (ZIM) 1:18:44
 2. Lineo Chaka (LES/ME) 1:25:34
 3. Andronika Mokgotla (Ned) 1:26:10
 4. Catherine Skosana (B2R) 1:27:01; 5. Tabitha Tsatsa (ZIM/Ned) 1:27:59 (1st vet); 6. Catherine Malungane (Mass) 1:32:14; 7. Farida Zwane (Tembisa) 1:33:07; 8. Beryl Makokha (Ned) 1:36:16; 9. Linah Mhlongo (Eskom) 1:39:33; 10. Mamala Maponya (UL) 1:41:03.

Veterans: 1. Tabitha Tsatsa (ZIM/Ned) 1:27:59; 2. Linah Mhlongo (Eskom) 1:39:33; 3. Mamala Maponya (UL) 1:41:03. **Masters:** 1. Catherine Naane (Sibanye) 1:43:55; 2. Sarah Mahlangu (Sunning) 1:50:04; 3. Lindiwe Shube (Nel) 2:05:16. **G'masters:** 1. Adel Mathotka (UL) 2:12:53; 2. Sewele Maponya (Wand) 2:22:22; 3. Margaret Boshoe (Sunning) 2:46:23. **Juniors:** 1. Violet Mulaudzi (GE) 1:57:19; 2. Ntanganedzeni Manngwe (Vhembe) 2:24:10; 3. Sedzani Maluta (Vhembe) 2:24:25.

Oakland Half Marathon (12th)

Brackenfell, 28 July
 (Distance: 21.1 km)

MEN

1. Akhona Makila (VOB) 1:08:24 (R1200)
 2. Lukhanyo Nobakada (VOB) 1:08:26 (R1000)
 3. Moses Njodzi (ZIM/Itheke) 1:08:51 (R800)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:12:29 (R800); 2. Vuyani Sixaso (Gugs) 1:13:36 (R700); 3. Bonisile Ngculana (VOB) 1:14:03 (R600). **Masters:** 1. John September (Itheke) 1:18:54 (R600); 2. Steve Motau (Itheke) 1:18:56 (R500); 3. Johnny Persents (Edge) 1:20:06 (R400). **G'masters:** 1. Robbie Lindsay (Ned) 1:32:00 (R600); 2. Mark Wagenheim (AAC) 1:37:20 (R500); 3. Garry Wilford (Durb) 1:40:17 (R400). **G/g'masters:** 1. Roelof van Weele (Whalers) 1:56:59 (R500); 2. Les Hanna (Whalers) 1:58:23 (R400); 3. Horst Schiffer (FH) 1:59:40 (R300). **Juniors:** 1. Inga Ngwenduna (Sat) 1:17:57 (R600); 2. Yonlela Bholowana (East) 1:23:14 (R500); 3. Simangaliso Ngalwana (Ned) 1:25:08 (R400).

WOMEN (Same prize money as men)

1. Amy Abrahams (Ned) 1:25:35
 2. Madele du Plessis (Ned) 1:26:49
 3. Candyce Hall (Carb) 1:29:31

Veterans: 1. Ursula Frans (Ned) 1:30:37; 2. Marlize Vienings (Edge) 1:33:26; 3. Melany Porter (Pine) 1:35:31. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 1:32:02; 2. Gail Maharaj (SANDF) 1:44:38; 3. Cailey Bredenkamp (Paarl) 1:46:42. **G'masters:** 1. Charmaine Cupido (Ned) 1:48:05; 2. Sonia Smith (Celtic) 1:55:27; 3. Ora Human (Carb) 1:57:06.

G/g'masters: 1. Marietha Herbert (Bell) 2:03:50; 2. Marlene James (Pine) 2:25:40; 3. Ester Vlok (Strand) 2:43:00. **Juniors:** 1. Razaan Kamaldien (Carb) 1:42:00; 2. Sophia Els (Bell) 1:51:52.

CROSS-COUNTRY

WP League Meeting (5th)

Elfindale, 29 July

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

SR. MEN (10 km)

1	Siviwe	Nkombi	Nedbank	33:47
2	Tobie	Lewies	UWC	34:36
3	Gershwin	Van Staden	Itheko	35:04
4	Xolisa	Batala	VOB	35:46
5	Akhona	Makila	VOB	35:57
6	G C	Motsoagosele	SANDF	36:01
7	Wiseman Nyiko	Sibiya	UWC	36:18
8	Oscar	Coetzee	Itheko	36:31
9	Tino	Adams	Eerste River	36:47
10	Mandilakhe	Mbekwa	VOB	37:29

SR. MEN

1	André	Afrika	Eerste River	12:46
2	Ashley	Smith	UWC	12:57
3	Bruce-Lynn	Damons	UWC	12:58
4	Vuyolwethu	Mbukushe	AAC	13:07
5	Heinrich	Wagner	UWC	13:30
6	Mbali	Hhashe	Nedbank	13:32
7	Oliver	Stewart	AAC	13:34
8	Alantino	Belillie	Sanlam	13:46
9	Asemahle	Kwatsha	Gugs	13:47
10	Tashwell	Damons	UWC	13:55

VETERAN MEN (8 km)

1	Mthandazo	Qhina	Nedbank	26:47
2	Vakalisa	Kopolo	Nedbank	29:11
3	Bonisile	Ngculana	VOB	29:14

MASTER MEN (8 km)

1	Tobias	Philander	Itheko	31:35
2	Andrew	Cooper	Nedbank	31:46
3	Timothy	Hess	Eerste River	32:55

G'MASTER MEN (8 km)

1	Les	Chivell	Fish Hoek	27:33
2	Christian	Edwards	VOB	27:47
3	Jeremy	Kropman	Foresters	28:05

G/G'MASTER MEN (8 km)

1	Blake	Wilkins	AAC	30:51
2	Jeff	Smith	Itheko	34:10
3	Horst	Schiffer	Fish Hoek	34:42

U.20 (8 km)

1	Carlo	Flink	Itheko	28:00
2	Christo	Van Rooy	ORAK	28:01
3	Charlton	Ndlovu	Bottelary	28:48

U.18 (6 km)

1	Sherwin	Jooste	Bottelary	20:13
2	Oliver	Stewart	AAC	20:40
3	Ruchen	Blaauw	Bottelary	20:44

SR. WOMEN (10 km)

1	Bulelwa	Simae	Nedbank	40:55
2	Caitlyn	Mahony	UCT	41:13
3	Lee-Shay	Willemse	Velocity	43:25
4	Nolubabalo	Dyonase	VOB	44:21
5	Candyce	Hall	Carbineers	45:06
6	Madele	Du Plessis	Nedbank	46:58
7	Nocwaka	Mthetho	MSA	48:40
8	Shehaam	Fakier	Top Form	50:09
9	Rozanne	Makappie	Easterns	50:53
10	Xolisiwe	Booi	West Coast	53:52

SR. WOMEN

1	Jessica	Pollock	UCT	16:08
2	Lee-Shay	Willemse	Velocity	16:39
3	Nolubabalo	Dyonase	VOB	17:15
4	Emmeranthia	Lepati	Itheko	17:16
5	Lieze	Van Heerden	NWU-Pukke	17:51
6	Pamela	Moyikwa	VOB	18:45
7	Anel	Mostert	Helderberg	18:45
8	Nolitha	Mhlomi	AAC	19:37
9	Assnique	Robinson	UWC	20:00
10	Annereen	Malan	Nedbank	20:14

VETERAN WOMEN

1	Christiane	Adriaanse	VOB	15:40
2	Busisiwe	Matiwane	Nedbank	17:55
3	Sharon	Nel	Nedbank	17:59

MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	17:39
2	Olga	Howard	Nedbank	17:47
3	Mariaan	Malan	Nedbank	18:34

G'MASTER WOMEN

1	Nancy	Will	Pinelands	19:22
2	Hilary	Rhode	Edgemead	20:00
3	Bev	Charters	VOB	21:19

G/G'MASTER WOMEN

1	Pixie	Sparg	Celtic	24:40
2	Wendy	Wilkins	AAC	27:09
3	Marlene	James	Pinelands	28:32

U.20 (6 km)

1	Simone	Adams	Bottelary	26:10
2	Anitha	Nonene	Gugs	27:08
3	Mia	Lyons	Langebaan	27:09

U.18

1	Alexa	Mesham	VOB	15:23
2	Kia	Gibbs	VOB	15:47
3	Athemba	Nqumashe	Bottelary	16:13

Mpumalanga Championships

Nkangala, 28 July

SR. MEN

1	Moses	Mahlangu	Midack	33:10
2	Katleho	Moloi	NAA	33:28
3	Nkosi	Sikosana	Anglo American	34:31
4	Jetro	Sithole	NAA	34:44
5	Katleho	Klanye	Nkangala	35:00
6	Kleinboy	Matsemela	Sasol	35:25
7	Lebohang	Martima	Sasol	35:44
8	Simon	Matelea	Evander Gold Mines	36:14
9	Macaleni	Mahlangu	Sasol Club	36:39
10	Kevin	Deflar	Nedbank	36:46

SR. MEN (4 km)

1	Samuel	Mathabatha	Louwmaal	12:51
2	Prince	Ndlovu	Run/walk for life	13:38
3	Motlalepula	Mothosola	Low Med	13:43
4	Tshepo	Morake	Sasol	14:13
5	Khayelihle	Simelane	N/A	14:18
6	Bheki	Nkosi	Born to Win	14:40
7	Arthar	Thobela	Midack	14:52
8	Paul	Mpila	Sasol	15:01
9	Kgashane	Mathipa	Eskom	16:00

MEN 40 (8 km)

1	Fortune	Howard	Anglo American	29:32
2	John	Mabena	Anglo American	34:24
3	Louis	Braack	Bergland	39:00

MEN 45 (8 km)

1	Johan	Oosthuizen	Midack	31:28
2	Ezekiel	Kgopodimetse	Sasol	32:57
3	Daniel	Nkosi	Midack	35:24

MEN 50 (8 km)

1	Sean	Henry	Midack	32:28
2	Linda	Magqabi	Sasol Marathon	36:58
3	Bennie	Du Plessis	Mpumalanga	40:08

MEN 55 (8 km)

1	Conrad	Van den Berg	Midack	34:52
2	Jerry	Mtsweni	Anglo American	37:55
3	Jannie	Jacobs	HTS Middelburg	39:38

MEN 60 (6 km)

1	Gideon	Radebe	Anglo	24:43
2	Piet	Swanepoel	MMK	32:08
3	Cobus	Fourie	Middelburg	32:09

MEN 70 (6 km)

1	Gabriel	Joubert	Midack	33:08
2	Conrad	Stoltz	Middelburg Marathon	41:44

MEN 23

1	Maseko	Sibonginkosi	Ngodwane	13:08
2	Thulani	Lekhuleni	Rob Ferreira	13:31
3	Jordan	Mtsweni	Anglo American	13:41

JR. MEN (8 km)

1	Edu	Mondlane	Ngodwana	28:15
2	Ntokoza	Hlatshwayo	Sasol	28:57
3	Braam	Van der Merwe	H/S Bergvlam	29:06

BOYS 17 (6 km)

1	Mlungisi	Sikhosana	Sasol	20:51
2	Austine	Mahlangu	Sasol	21:42
3	Peter	Hlongwane	Sasol	21:43

WOMEN 40

1	Chantal	Middel-Bovée	Def Athletic Club	18:15
2	Sanet	Jacobs	Rooies	21:01
3	Lizél	De Lange	Midack	21:18

WOMEN 45

1	Retha	Houg	Eskom Atletiekkklub	19:59
2	Mlombo	Sibongile	Legogote	20:14
3	Nelia	Grobler	Highveld Puma	20:47

WOMEN 50

1	Martha	Harmse	Secunda M/C	19:17
2	Elzarie	Jordaan	Eskom Gijimas	20:04
3	Charmaine	Van der Merwe	MMK	21:39

WOMEN 55

1	Belinda	Swanepoel	MMK	28:17
2	Penny	Van den Berg	Midack	29:22

WOMEN 60

1	Hannelie	Van Zyl	Eskom Atletiekkklub	22:52
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WOMEN 23

1	Sherilene	Gelderblom	Ind	16:12
2	Miranda	Mans	NHS	19:13
3	Simphiwe	Maduna	Sasol	19:47

JR. WOMEN (6 km)

1	Nomvulu	Stuore	Gijimo Nkomazi	24:43
2	Este	Lombard	Rooies Atletiek	26:27
3	Hayley	Van Coller	Sasol	27:04

GIRLS 17

1	Naftileen	Grobler	Highveld Pumas	18:04
2	Maryke	De Jager	Rooies Atletiek	18:12
3	Elizabeth	Carr	Piet Retief Assegaai	18:54

EP League Meeting (4th)

Varsvlei, Port Elizabeth, 14 July

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

SR. MEN (10 km)

1	Mariano	Eesou	Bestmed Madibaz AC	26	33:10
2	Adriaan	Gerwil	Ikhamva AC	22	33:35
3	Andre	Ketchem	X-Cel AC	34	33:59
4	Sinathi	Mafanga	SAP AC EP	27	38:23
5	Masixole	Xayiya	SANDB EP AC	24	39:27

SR. MEN

1	Adriaan	Gerwil	Ikhamva AC	22	14:01
2	August	Esau	Nedbank RC EP	47	14:02
3	Jeandry	Deerling	X-Cel AC	26	14:10
4	Jeffrey	Majoor	Temp	23	15:30
5	Morne	Buis	Temp	26	15:34

MEN 40 (8 km)

1	Richard	Mazungula	Nedbank RC EP	41	35:34
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2	Themba	Gxabeka	NMB Municipality AC	43	35:48
3	Alistair	Jonas	Temp	40	37:42
MEN 45 (8 km)					
1	Noel	Adams	Gelvan AC	46	30:00
2	August	Esau	Nedbank RC EP	47	31:44
3	Luvuyo	Stephen	Nedbank RC EP	48	32:03
MEN 50 (8 km)					
1	Welcome	Loliwe	Nedbank RC EP	53	34:34
2	Freek	Daniels	Transnet Eng EP	51	35:39
3	Peter	Pohlmann	Charlo AC	54	42:53
MEN 55 (8 km)					
1	Cyril	Uithaler	Gelvan AC	55	32:37
2	Ian	Patterson	Muirite Striders	55	33:15
3	Attie	Williams	Run 4 Christ AC	55	41:51
MEN 60 (6 km)					
1	Chester	Brooks	X-Cel AC	60	28:06
2	Charles	Baatjies	Gelvan AC	61	28:14
3	Jan	Van Eeden	Nedbank RC EP	60	30:24
MEN 65 (6 km)					
1	Sizinzo	Kama	Achilles AAA	66	29:19
2	Errol	Black	Achilles AAA	66	29:24
3	Eddie	Eades	Nedbank RC EP	69	30:53
MEN 70 (6 km)					
1	Lochi	Lochner	Charlo AC	70	29:19
2	Tom	D'arcy	Achilles AAA	72	38:16
MEN 75 (6 km)					
1	Godfrey	Kariem	Temp	77	40:17
JR. MEN (8 km)					
1	Anele	Voorman	Nedbank RC EP	18	29:32
2	Janno	Agenbag	Framesby HS	18	31:11
3	Jeremiah	Dyonashe	Kowie Striders	18	31:15
BOYS 17 (6 km)					
1	Cody	Coombe-Davis	Grey HS	16	22:52
2	Sachin	Naidoo	Grey HS	17	25:53
3	Alex	Muller	John Walton HS	17	26:57
SR. WOMEN (10 km)					
1	Siphokazi	Nojoko	Motherwell AC	23	48:57
2	Olwethu	Bomvana	Motherwell AC	32	52:34
SR. WOMEN					
1	Chantel	Verwey	Bestmed Madibaz AC	31	18:43
WOMEN 40					
1	Siena	De Vos	Nedbank RC EP	41	20:05
2	Elize	Adams	Gelvan AC	43	20:23
3	Retha	Potgieter	Despatch AC	44	21:04
WOMEN 45					
1	Grizelda	Pietersen	Nedbank RC EP	49	18:48
2	Tash	Lock	Temp	45	21:16
3	Janine	Van Rooyen	Profiles AC	47	23:09
WOMEN 50					
1	Susan	Piron	Charlo AC	54	27:11
2	Eusentha	Pillay	Charlo AC	52	29:06
3	Vicki	Reynolds	Bluewater Bay AC	54	31:19
WOMEN 55					
1	Janette	Schierz-Crusius	Body Concept	57	19:31

WOMEN 70

1	Vicky	Ashley	Profiles AC	72	25:52
2	Ronelle	Steyn	Nedbank RC EP	74	26:11
3	Jeanette	Pienaar	PEAAC	70	30:02

JR. WOMEN (6 km)

1	Chane	Petzer	Bestmed Madibaz AC	18	30:24
2	Nicole	Hamilton	Framesby HS	17	31:02
1	Kayla	Nell	St Albans CS EP	24	17:27

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**TD Beach to Beacon 10 km** (21st)

Cape Elizabeth, USA, 4 August

(Certified, point-to-point course with 65% start/finish separation and 0.82 m/km elevation loss)

MEN (gun times)

1.	Jake Robertson, 28, NZL	27:37	\$10,000
2.	Stephen Sambu, 30, Tucson, AZ (KEN)	28:27	5,000
3.	Ben True, 32, West Lebanon, NH	28:29	3,000 + 5,000a

WOMEN (gun times)

1.	Sandrafelis Chebet Tuei, 20, KEN	31:21	\$10,000
2.	Ababel Yeshaneh, 23, ETH	31:26 PB	5,000
3.	Molly Huddle, 33, Providence, RI	31:40	3,000 + 5,000a
4.	Pauline Kamulu Kaveke, 23, KEN	31:56 PB	2,000
5.	Emily Sisson, 26, Providence, RI	32:10	1,000 + 3,000a
6.	Buze Diriba, 24, Albuquerque, NM (ETH)	33:18	900

a) Earned USA citizen prize money

Real Insurance Sydney Harbour 10 km

Sydney, AUS, 29 July

(AIMS certified out-and-back course at sea level)

MEN (gun times)

1.	Jack Rayner	28:59
2.	Jordan Gusman	29:08
3.	Rorey Hunter	29:13

WOMEN (gun times) -

1.	Sinead Diver (40+)	32:43
2.	Emily Brichacek	33:12
3.	Paige Campbell	33:17

Ryan Shay Memorial Mile (11th)

Charlevoix, USA, 28 July

(Distance: 1 mile; USATF certified point-to-point course with significant 9-metre elevation loss)

ELITE MEN

1. Sam Praker	3:58.50	\$1000
2. Craig Nowak	3:58.75	500
3. Jake Edwards	4:00.28	250

ELITE WOMEN

1. Shannon Osika	4:20.81	CR*	\$1000 + 500*
2. Nicole Sifuentes, CAN	4:22.28	500	
3. Katie Landwehr	4:32.02	250	

*) Course record bonus

Giro Podistico Internazionale di Castelbuono (93rd)

(La Corsa Piu' Antica)

Castelbuono, Sicily, ITA, 26 July

(Distance: NEW DISTANCE [actually, the old distance], 10 x 1134m = 11.134 km total; hilly course with cobblestone surface)

MEN (gun times)

1. Onesphore Nzikwinkunda, BDI	34:54
2. Ghirmay Ghebreslassie, ERI	35:05
3. Nicholas Kosimbei, KEN	35:15
4. Pietro Riva, ITA	35:29
5. James Kibet, KEN	35:59

TRACK**African Athletics Championships** (21st)

Asaba, NGR, 1-5 August

MEN

800 (03):

1. Nijel Amos, BOT	1:45.20	Gold
2. Emmanuel Korir, KEN	1:45.65	Silver
3. Mostafa Smaili, MAR	1:45.90	Bronze
4. Antoine Gakeme, BDI	1:45.91	
5. Ferguson Rotich, KEN	1:46.33	

Prelims (02): Advance top-2 each heat plus next 2 times to final

Heat 1:

1. Ferguson Rotich, KEN	1:48:19	Q
2. Smaili Mostafa, MAR	1:48.42	Q
3. Ahmed Hasan Ogato, ETH	1:48.46	
... 5. Kabelo Mohlosi, RSA	1:48.60	

Heat 2:

1. Emmanuel Korir, KEN	1:46.92	Q
2. Nijel Amos, BOT	1:47.41	Q
3. Adisu Gima Tola, ETH	1:47.79	
... 5. Jerry Motsau, RSA	1:50.30	

Heat 3:

1. Jonathan Kitilit, KEN	1:46.55 Q
2. Antoine Gakeme, BDI	1:46.99 Q
3. Edose Ibadin, NGR	1:47.28 q
... 6. Tshepu Tshite, RSA	1:48.17

1500 (05):

1. Elijah Manangoi, KEN	3:35.20 Gold
2. Timothy Cheruiyot, KEN	3:35.93 Silver
3. Ronald Musagala, UGA	3:36.41 Bronze
4. Ayanleh Souleiman, DJI	3:37.18
5. Aman Wote, ETH	3:38.49
... 13. Jerry Motsau, RSA	3:50.68

5000 (05):

1. Edward Zakayo, KEN	13:48.58 Gold
2. Getaneh Molla Tamire, ETH	13:49.06 Silver
3. Yename H/Slassie, ERI	13:49.58 Bronze
4. Selemon Barega, ETH	13:52.27
5. Cyril Ruto, KEN	13:53.78
... 15. Elroy Gelant, RSA	14:20.37
18. Siboniso Soldaka, RSA	14:47.25

10000 (01):

1. Jemal Yimer, ETH	29:08.01 Gold
2. Anduamlak Belihu, ETH	29:11.09 Silver
3. Timothy Toroitich, UGA	29:11.87 Bronze
4. Vincent Kipsang, KEN	29:14.52
5. Kipsang Temoi, KEN	29:25.54
... 9. Elroy Gelant, RSA	30:23.35

3000 s/chase (03):

1. Conseslus Kipruto, KEN	8:26.38 Gold
2. Soufiane El Bakkali, MAR	8:28.01 Silver
3. Getnet Wale Bayabl, ETH	8:30.87 Bronze
4. Amos Kirui, KEN	8:33.83
5. Hailemariam Amare Tegegn, ETH	8:38.46
... 11. Siboniso Soldaka, RSA	9:00.87

WOMEN

800 (05):

1. Caster Semenya, RSA	1:56.06 Gold
[retains title from 2016]	
2. Francine Niyonsaba, BDI	1:57.97 Silver
3. Habitam Alemu, ETH	1:58.86 Bronze
4. Halima Nakaayi, UGA	1:58.90
5. Winnie Nanyondo, UGA	1:59.41
Margaret Wambui, KEN	DNF

Prelims (04): Advance top-2 each heat plus next two fastest to final

Heat 1:

1. Winnie Nanyondo, UGA	2:02.66 Q
2. Caster Semenya, RSA	2:02.90 Q
3. Emily Cherotich, KEN	2:03.40

1500 (03):

1. Winnie Chebet, KEN	4:14.02	Gold
2. Rababe Arafai, MAR	4:14.12	Silver
3. Malika Akkaoui, MAR	4:14.17	Bronze
4. Besu Sado Deko, ETH	4:15.74	
5. Winnie Nanyondo, UGA	4:16.55	

5000 (02):

1. Hellen Obiri, KEN	15:47.18	Gold
2. Senbere Teferi, ETH	15:54.48	Silver
3. Meskerem Mamo Hayile, ETH	15:57.38	Bronze
4. Hawi Feysa Gejia, ETH	15:59.23	
5. Lilian Kasait, KEN	16:04.51	

10000 (04):

1. Stacy Ndiwa, KEN	31:31.17	PB Gold
2. Alice Aprot Nawowuma, KEN	31:36.12	Silver
3. Gete Alemayehu, ETH	32:10.68	Bronze
4. Stella Chesang, UGA	32:29.54	
5. Mercyline Chelangwai, UGA	32:36.39	

3000 s/chase (05):

1. Beatrice Chepkoech, KEN	8:59.88	Gold
2. Celliphine Chespol, KEN	9:09.61	Silver
3. Fancy Cheronno, KEN	9:23.92	Bronze
4. Weyeshet Ansa Weldetsadik, ETH	9:27.03	
5. Peruth Chemutai, UGA	9:45.42	

Memorial Geert Rasschaert (28th)

(Flanders Cup)

Ninove, BEL, 28 July

MEN

800:

Race A:

1. Moad Zahafi, MAR, 98	1:46.38
2. Joshua Ralf, AUS, 91	1:46.67
3. Johan Rogestedt, SWE, 93	1:46.88

1500:

Race A:

1. Rabie Doukkana, MAR, 87	3:36.13
2. Kalle Berglund, SWE, 96	3:36.60
3. Fouad El Kaam, MAR, 88	3:36.60

5000:

Race A:

1. Samuel Vincent, CAN, 92	13:55.85
2. Frederick Kipsogei, KEN	13:56.07
3. Lander Tijtgat, VAC, 83	13:56.22

WOMEN

800:

Race A:

1. Kaela Edwards, USA, 93	2:02.26
2. Jenna Westaway, CAN, 94	2:02.37

3. Renee Eykens, KAPE, 96 2:02.65

1500:

Race A:

1. Lucia Stafford, CAN, 95 4:08.92
 2. Katelyn Ayers, CAN, 95 4:10.43
 3. Dani Aragon, USA, 94 4:10.54

3000 s/chase:

1. Regan Yee, CAN, 95 9:37.31
 2. Jessica Furlan, CAN, 90 9:45.79
 3. Caroline Hogard, SWE, 92 9:50.94

Motonet GP - Lapinlahti

(Formerly called Savo Games)

Lapinlahti, FIN, 28 July

MEN

1500:

Race A:

1. Jordy Williamsz, AUS 3:39.66
 2. Matthew Ramsden, AUS 3:40.11 SB
 3. Tamas Kazi, HUN 3:40.53

WOMEN

1500:

Race A:

1. Brittany McGowan, AUS 4:12.33
 2. Yolanda Ngarambe, SWE 4:12.72 PB
 3. Dana Mecke, USA 4:14.20

3000:

1. Camille Buscomb, NZL 8:51.73
 2. Andrea Seccafien, CAN 8:53.41 PB
 3. Melissa Duncan, AUS 8:57.37 PB

ULTRA/MOUNTAIN/TRAIL RUNNING

Swiss Alpine Marathon (36th)

Davos, SUI, 29 July

(Distance: 42.9 km; loop course with 1425 m of altitude difference)

MEN (extended net times)

1. Jonathan Schmid, 1992, Adelboden 3:10:40.5
 2. Stephan Wenk, 1982, Uster 3:16:01.5
 3. David Nilsson, 1987, S-Kalmar 3:24:05.8

WOMEN (extended net times)

1. Ida Nilsson (SWE), 1981, S-Kalmar 4:03:24.4
 2. Samira Schnüriger, 1995, Einsiedeln 4:10:50.4
 3. Natalia Spetsova, 1977, Dübendorf 4:16:03.0

White River 50 Mile Trail Run

Crystal Mountain, USA, 28 July

(Distance: 50 miles with 2806 m of climbing and descending)

MEN (gun times)

1. Damien Humbert, 24, North Vancouver, BC 7:06:17 \$800
2. Gus Gibbs, 32, Boise, ID 7:27:15 300
3. Keith Laverty, 31, Bainbridge Island, WA 7:34:19 150

WOMEN (gun times)

1. Kim Magnus, 34, Vancouver, BC 8:06:56 \$800
2. Kaytlyn Gerbin, 29, Issaquah, WA 8:28:26 300
3. Paige Pattillo, 30, Ellensburg, WA 8:32:52 150

Badwater Ultramarathon 135 (40th)

Furnace Creek, USA, 23-25 July

(Distance: 135 miles. Lone Pine to Whitney Portal; start elevation -85 m; finish elevation 2530 m; total of 4450 m of cumulative vertical ascent and 1859 m of cumulative descent.)

MEN

1. Michele Graglia, 34, Los Angeles, CA (ITA), 24:51:47
2. Jared Fetterolf, 29, Dallas, TX, 25:33:42
3. Don Reichelt, 32, Littleton, CO, 27:08:30

WOMEN

1. Brenda Guajardo, 41, Austin, TX, 28:23:10
2. Pam Smith, 43, Salem, OR, 28:47:53
3. Micah Morgan, 35, Vestavia, AL, 30:09:59

NEWS

SPAR GRAND PRIX POINTS STANDINGS

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

OPEN

1	Glenrose Xaba	Boxer	87
2	Kesa Molotsane	KPMG	73
3	Rudo Mhonderwa	ZIM/Nedbank	66
4	Rutendo Nyahora	ZIM/Nedbank	60
5	Zintle Xiniwe	KPMG	45
6	Christine Kalmer	KPMG	43
7	Cherise Sims	Boxer	37
8=	Maria Shai	Boxer	36
8=	Patience Murowe	ZIM/Nedbank	36
8=	Lebogang Phalula	Boxer	36
11	Irvette van Zyl	Nedbank	35
12	Lebo Phalula	Boxer	28
13	Cornelia Joubert	Boxer	27
14	Stella Marais	KPMG	24
15	Mapaseka Makhanya	Massmart	21
16	Betha Chikanga	ZIM/Maxed Elite	20
17=	Anel Terblanche	KPMG	19
17=	Ntombesintu Mfunzi	Nedbank	19
19	Nolene Conrad	KPMG	18

20 Susy Chemaimak KEN/Nedbank 16

Veterans:

1 Bulelwa Simae Nedbank 24
 2 Ronel Thomas Boxer 12
 3 Janene Carey Boxer 8

Masters:

1 Judy Bird KPMG 15
 2 Grace de Oliveira Boxer 10
 3= Obertina Kanyongo ZIM/Nedbank 4
 3= Christine Claasen Achilles 4
 3= Dawn James Dolphin Coast 4

G'masters:

1 Margie Saunders Nedbank 20
 2 Blanche Moila Savages 9
 3 Nancy Will Pinelands 5

Juniors:

1 Lyndi Roelofse Boxer 8
 2 Nicole Louw KPMG 7
 3= Thobile Vilakazi KPMG 5
 3= Liza Kellerman UJ 5

NAIROBI TO HOST IAAF WORLD JUNIOR CHAMPIONSHIPS IN 2020

The IAAF has announced that Nairobi had been chosen for the site of the 2020 IAAF World U20 Championships which are scheduled for 7-12 July. Nairobi also hosted the now-discontinued IAAF World U18 Championships in 2017. The meeting will be held at the Moi International Sports Centre, reports *Race Results Weekly*.

"The U20 Championships showcases the future of our sport so Kenya, with a young and enthusiastic population and such a rich history in athletics, is a perfect fit for us," said IAAF president Sebastian Coe in a statement. "We hope that awarding these Championships will further encourage the development of athletics in Kenya and all over Africa, which is such a vibrant part of our international federation."

The atmosphere at the U18 Championships was electric, according to observers. The stadium, which can accommodate 60 000 spectators, was mostly full thanks to heavily discounted, and even free tickets, provided by the Kenyan government.

STATS TIME

This week we include a list of the top ten SA men in the half 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. As one could have expected, the SA Half Marathon in Port Elizabeth changed the list completely.

2018 HALF MARATHON: TOP 10 MEN

1:01:26	Stephen Lesego Mokoka	16	Valencia	24 Mar
1:01:44	Mokoka-2	1	Port Elizabeth	28 Jul
1:01:48	Elroy Gelant	4	Port Elizabeth	28 Jul
1:01:49	Sibabalwe Gladwin Mzazi	5	Port Elizabeth	28 Jul
1:01:50	Desmond Mokgobu	6	Port Elizabeth	28 Jul
1:01:59	Thabang Mosiako	7	Port Elizabeth	28 Jul
1:02:02	Lesiba Precious Mashele	8	Port Elizabeth	28 Jul
1:02:29	Joel Mmone	9	Port Elizabeth	28 Jul

1:02:35	Collen Mulaudzi	11	Port Elizabeth	28 Jul
1:02:35	Mbongeni Ngxazozo	12	Port Elizabeth	28 Jul
1:02:52	Gelant-2	41	Valencia	24 Mar
1:03:01	David Manja	13	Port Elizabeth	28 Jul

THIS MONTH IN HISTORY

18 years ago (exactly): 6 August 2000

The results for the SA Half Marathon in Durban listed her age as 51, but it was actually Sonja Laxton's 52nd birthday -- and she celebrated by winning her umpteenth national title when she finished more than four minutes ahead of her nearest masters challenger in 1:23:32. In fact, only three veterans finished ahead of her. It was her fastest for the year and for the whole of 2000 there were only six veteran times quicker than this. Laxton had the top six masters times for the year. Nine weeks later she also won her category in the SA 10 km.

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	Johan van der Merwe	Polokwane	15 Apr
	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
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	72:30	Desmond Zibi	Port Elizabeth	28 Jul
	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		
<u>Grandmasters (60+)</u>				
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	79:02	Sello Maphangulo	Port Elizabeth	28 Jul
	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	67:15	Itumeleng Sesiko	Port Elizabeth	28 Jul
	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		
<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	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	Mariëtte Strauss	Port Elizabeth	28 Jul
	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 Pozdnyakova (UKR) 2005		
100 km	7:51:10	Meghan Arbogast (USA) 2011		

Grandmasters (60+)

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	92:16	Annatjie Botes	Port Elizabeth	28 Jul
	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	17:51:42	Martie Boesenberg	Polokwane	15 Apr
	9:20:07	Ursula Schmitz (GER) 1999		

Great grandmasters (70+)

10 km	53:29	Veronica van Niekerk	Bellville	25 Mar
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:25	Mariëtha 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	Mariëtha Herbert	Simon's Town	18 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km	12:50:49	Helen Klein (USA) 1993		

Juniors

10 km	36:04	Nicole Louw	Port Elizabeth	05 May
	31:29	Karoline Bjerkeli Grovdal (NOR) 2009		
15 km	59:40	Simonay Weitsz	Kempton Park	31 Jan

21.1 km	48:33 80:48 67:57	Mekasha Waganesh Amare (ETH) 2011 Lesego Mpshe Abebu Gelan Adugna (ETH) 2009	Polokwane	19 May
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