

Distance Running Results

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EDITORIAL

The Totalsports Women's 10 km races in Cape Town and Johannesburg were held last Thursday, with the wins going to Annie Bothma, back in South Africa after studying at Coastal Carolina University, in 35:20 and Mamorallo Tjoka (LES) in 34:33 respectively.

Also included in this issue are the results of the 54th Twizza Amathole Marathon, held last weekend. Malixole Kalideni (2:30:57) and Thembela van der Berg (3:52:44) took the titles.

The double gold medal winning exploits by the brilliant 17-year-old Jakob Ingebrigtsen of Norway provided the highlight of the European Championships in Berlin's Olympic Stadium. Ingebrigtsen, one of three brothers, became the first man in history to win both the 1500 m and 5000 m at the same European Championships, and also the youngest ever athlete to win a gold medal in any discipline, reports *Race Results Weekly*.

Ingebrigtsen ran away from the field in the last two laps of the longer event to clock a European junior record of 13:17.06. Older brother Henrik won the silver medal in 13:18.75. Just the previous day the youngster took the 1500 gold in 3:38.10. Brothers Henrik (the 2012 champion), and Filip (the 2016 winner), finished fourth and 12th respectively.



Top: Jakob Ingebrigtsen wins the 5000 m at the European Championships from brother Henrik. Above: The three brothers, Henrik, Jakob and Filip, after the 1500 m. [Jane Monti/Race Results Weekly]

"We decided to put in some work," Jakob said of the brothers' decision to lead the closing laps of the 5000 m. "It feels better to take the gold feeling that you have earned it." He

continued: "I felt really confident going into today's race, and also yesterday. I know what I'm capable of, I know what shape I'm in. I was looking forward to racing here in Berlin, and it worked out pretty good."

Jakob, the world's youngest ever sub-4 minute miler, was one of two Scandinavian prodigies to excel at the meeting. In the pole vault Sweden's Armand Duplantis set a world junior record when he cleared 6.05 on his first attempt. He is the 19th athlete to top 6 metres and is now joint second on the world all-time list.

In the Spar Grand Prix leaderboard published last week, Portia Ngwenya was omitted. She is actually joint 16th with Betha Chikanga.

SIPHIWE GQELE

Word was received last week that triple Two Oceans champion Siphiwe Gqele passed away last year. Gqele is still the only man to have won the Cape ultra three times in a row, which he did in 1983 (3:11:54), 1984 (3:10:57), and 1985 (3:11:57). Only one other athlete, Monica Drögemöller, has achieved this feat. Gqele also scored three consecutive wins in the Karoo Ultramarathon (1991, 1992 and 1993), and then won again in 1995. Among his other major victories were in the Voet van Afrika Marathon (1986 and 1987), the Standerton Goldi 3-in-1 Marathon (1982), the Red Hill 36.2 km (1985) and the Johnson Crane Marathon (1983). In the SA Marathon he finished 7th in 1983 (2:19:36) and 8th in 1984 (2:17:53); in the SA 15 km Championships he was the 7th veteran in 1992 (48:26). He was 5th in the 1982 JSE 50 km and 4th in 1992. His marathon PB was the 2:13:56 which he ran in the 1982 Interprovincial Marathon, where he finished third. He also clocked 2:15:21 when he was third in the 1982 Stellenbosch Marathon. He died in his 66th year (born 28 February 1952).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Archie Gumede Half Marathon & 10 km, Durban
- * Clicks Wierie Half Marathon & 10 km, Centurion
- * Atlantis Half Marathon, Atlantis
- * Totalsports Women's Races, Cape Town & Johannesburg
- * Castle Walk Centre 10 km, Pretoria
- * Twizza Amathole Marathon, Stutterheim to King William's Town
- * Race Against Crime, Herbertsdale
- * The Longest Day 12-hour Race, Pietermaritzburg
- * XC: KZN Championships, Utrecht; KZN league meetings, Newcastle & Amanzimtoti

International highlights:

- * European Athletics Championships Marathon, Berlin, GER
 - * Sun-Herald City to Surf 14 km, Sydney, AUS
 - * Debbie Green Memorial 5 km, Wheeling, USA
 - * Sir Walter Miler, Raleigh, USA
 - * XC: New Zealand Cross-country Championships, Wellington, NZL
 - * Track: European Athletics Championships, Berlin, GER; Central American & Caribbean Games, Barranquilla, COL
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ROAD RUNNING

Archie Gumede Half Marathon & 10 km

Durban, 12 August

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 238; 10 km -- 67.)

Note: The third male in the half marathon is probably Namakoe Nkhasi (LES). -- Ed.

Half marathon

MEN

1.	Tebello Ramokongoana	LES/Phantane AC	66:00
2.	Silindle Gubese	Ethekweni A	66:15
3.	Mkhasi Namakde	Nedbank AC	68:43

40-49:

1.	Simphiwe Zulu	Hollywood Bets	71:33
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50-59:

1.	Michael Ndlovu	Zakhele AC	82:12
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60+:

1.	Ivan Charles	Stella AC	100:17
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WOMEN

1.	Nonkuthula Ntshangase	Savages AC	90:54
2.	Lickelseng Molefe	Chiltern AC	91:35
3.	Lindokuhle Gabela	Ind	92:39

40-49:

1.	Lickelseng Molefe	Chiltern AC	91:35
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50-59:

1.	Xolile Mwelase	Nedbank AC	107:54
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60+:

1.	Pat Fischer	Stella AC	124:01
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10 km

MEN

1.	Bonkinkosi Zwane	Boxer AC	31:18
2.	Mathanga Mbuli	Ind	32:13
3.	Ayanda Ngcobo	Ind	32:53

WOMEN

1.	Andisiwe Njunguza	Ind	46:08
2.	Mzana Qandipha	Ind	50:31
3.	Nonku Ngongo	Genius AC	56:18

Clicks Wierie Half Marathon & 10 km

Centurion, 11 August

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 680 [down from 850 last year]; 10 km – 750 [down from 880].)

Half marathon

MEN

1 Wesley Mutai (KEN/Serve) 69:29; 2 Victor Pheeha (Top Runners) 69:36; 3 Ryno van Vollenhoven (Born to Run) 70:54.

Veterans: 1 Esau Miya (Rockies) 82:49; 2 Tony Gomes (Irene) 87:58; 3 Amos Tshukuou (HRD SAPS) 89:03. **Masters:** 1 Tidimalo Modiga (MiWay) 82:10; 2 Paul Mabena (Ford)

89:04; 3 Moses Machailo (Vitality) 89:52. **G'masters:** 1 Philip Boardman (ACRW) 98:53; 2 Arthur Vilasis (Knysna) 1:43:45. **G/g'masters:** 1 Pele Tshikundamalema (Nedbank) 1:47:39.

WOMEN

1 Makoma Batji (RWFL) 90:44; 2 Maria Vilakazi (FFA) 92:55 (1st vet); 3 Beauty Maloba (HRD SAPS) 97:32.

Veterans: 1 Maria Vilakazi (FFA) 92:55; 2 Ingrid Koster (Runavation) 99:46; 3 Adel Thomaz (Phobians) 1:41:48. **Masters:** 1 Ansie Breytenbach (Irene) 1:41:51; 2 Natalie Sanders (Fourways) 1:48:50; 3 Connie Blom (Runavation) 1:51:41. **G'masters:** 1 Kim Roberts (Kudus) 2:15:57; 2 Ina Terblanche (ACRW) 2:45:29. **Juniors:** 1 Naftileen Grobler (Highveld Pumas) 1:43:27.

10 km

MEN

1 Vuyisile Tshoba (KPMG) 32:25; 2 Paulus Radebe (FFA) 32:30; 3 Charles Soza (ZIM/Phobians) 32:42.

Veterans: 1 James Mgcina (SAPS) 34:19; 2 Greg Barnes (Born 2 Run) 34:43; 3 Elmon Ndlovu (Temp) 40:23. **Masters:** 1 Leon Page (Irene) 46:23; 2 Johan Saayman (Irene) 47:38; 3 Wim Vergeer (Krugersdorp) 49:16. **G'masters:** 1 Graham Gertsch (Phobians) 49:42; 2 John Fourie (Phobians) 56:09. **G/g'masters:** 1 Lammie Fourie (Agape) 54:51. **80+:** 1 John Schochot (Fit 2000) 96:21. **Juniors:** 1 Samuel Grobler (Highveld Pumas) 38:18.

WOMEN

1 Andrea Steyn (KPMG) 39:52; 2 Liza Maritz (Runavation) 41:28; 3 Mira Kaffka (ACRW) 42:20 (1st jun).

Veterans: 1 Sunet Eybers (GNMA) 44:51; 2 Sarah-Jane Khumalo (SAPS) 45:52; 3 Estelle Jansen van Vuuren (Magnolia) 50:32. **Masters:** 1 Karen Coomber (ACRW) 46:39; 2 Ronel Fourie (Oos-Moot) 52:34; 3 Chagne Pohl (Runavation) 57:45. **G'masters:** 1 Ilze Crous (Affies) 51:01; 2 Joey Cloete (Irene) 53:05. **G/g'masters:** 1 Olga Smit (Affies) 70:29. **Juniors:** 1 Mira Kaffka (ACRW) 42:20.

Atlantis Half Marathon

Atlantis, 11 August

(Distance: 21.1 km; certified loop course. Finishers: 594 [huge decrease from 934 last year].)

Note: A repeat victory here for Lee-Shay Willemse, who set a PB of 1:23:12 last year. -- Ed.

MEN

1. Siviwe Nkombi (Itheko) 1:06:46
2. Mthandazo Qhina (Ned) 1:10:19 (1st vet)
3. Moses Njodzi (ZIM/Itheko) 1:11:10

Veterans: 1. Mthandazo Qhina (Ned) 1:10:19; Tsungai Mwanengeni (ZIM/Gugs) 1:11:38; 3. Mhamo Kanonglo (Velo) 1:22:26. **Masters:** 1. John September (Itheko) 1:21:05; 2. Isaac Manuel (Edge) 1:25:34; 3. Kevin Peters (Hewat) 1:34:38. **G'masters:** 1. Mochamat Kriel (Ommie) 1:32:42; 2. Mark Wagenheim (AAC) 1:39:03; 3. Ian Park-Ross (WC) 1:42:52. **G/g'masters:** 1. Anthony Riddick (RWFL) 2:00:18; 2. Koert Meyer (Tyger) 2:52:31; 3. Derry Devine (VOB) 3:02:50.

WOMEN

1. Lee-Shay Willemse (Velo) 1:25:34
2. Suzette Botha (WC) 1:30:57 (1st vet)
3. Elme Middlemost (Brack) 1:33:09

Veterans: 1. Suzette Botha (WC) 1:30:57; 2. Marlize Vienings (Edge) 1:35:14; 3. Jacky Misroll (Pine) 1:37:45. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 1:34:14; 2. Mariëtte Strauss (Tyger) 1:38:17; 3. Samantha Moodley (Pine) 1:56:39. **G'masters:** 1. Nancy Will (Pine) 1:42:35; 2. Hillary Rhode (Edge) 1:45:55; 3. Charmaine Cupido (Ned) 1:50:09. **G/g'masters:** 1. Mariëtha Herbert (Bell) 2:05:37; 2. Pixie Sparg (Celtic) 2:06:09; 3. Annatjie Berntzen (Good) 2:49:37.

Totalsports Women's Race 10 km

(Women only)

Cape Town, 9 August

(Certified loop course, quite hilly. Finishers: 2541 [considerably down from 4048 last year].)

Note 1: DRR received a number of reports from runners that their GPS devices showed the course to be short (even quite short). It was the same course as that used last year and until definite proof is received that it was short, DRR has decided to accept the performances as legitimate, but the times should perhaps be regarded with some caution.
-- Ed.

Note 2: The finisher figure does not include the male participants in the race. -- Ed.

1	Annie	BOTHMA	Nedbank	35:20
2	Zintle	XINIWE	KPMG	36:26
3	Aynslee	VAN GRAAN	KPMG AGN	36:43
4	Bulelwa	SIMAE	Nedbank	37:28
5	Anel	TERBLANCHE	KPMG	37:29
6	Yandiswa	SHANGE	Stellenbosch	37:43
7	Tanith	MAXWELL	Boxer Superstores	37:56
8	Christiane	ADRIAANSE	VOB	38:11
9	Danette	SMITH	KPMG	39:37
10	Jana	LE ROUX	KPMG Bol	40:16
11	Lara	ROSSOUW	Maties	40:59
12	Obertina	KANYONGO	ZIM/KPMG	41:53
13	Suzanne	MARAIS	Strand	42:13
14	Suzette	VERMAAK MCIVOR	Nedbank	42:35
15	Charmaine	LEUNG	UCT	43:07
16	Candyce	HALL	Carbineers	43:07
17	Maritsa	KOTZE	Asics	43:15
18	Robin	LUND	Tygerberg	43:30
19	Laila	ABOUZAID	Goodwood Harriers	43:57
20	Melody	MARCUS-CUPIDO	In Touch	44:04

Veterans:

1	Bulelwa	SIMAE	Nedbank	37:28
2	Tanith	MAXWELL	Boxer Superstores	37:56
3	Christiane	ADRIAANSE	VOB	38:11

Masters:

1	Obertina	KANYONGO	ZIM/KPMG	41:53
2	Suzanne	MARAIS	Strand	42:13
3	Mariëtte	STRAUSS	Tygerberg	44:12

G'masters:

1	Olga	HOWARD	Nedbank	44:19
2	Bev	CHARTERS	VOB	47:20
3	Nancy	WILL	Pinelands AC	48:17

G/g'masters:

1	Marietha	HERBERT	Bellville AC	55:17
2	Pixie	SPARG	Celtic Harriers	56:33
3	Marlene	JAMES	Pinelands AC	66:36

Juniors:

1	Yandiswa	SHANGE	Stellenbosch	37:43
2	Jana	LE ROUX	KPMG Bol	40:16
3	Lara	ROSSOUW	Maties	40:59

Totalsports Women's Race 10 km

(Women only)

Johannesburg, 9 August

(Course configuration unknown. Finishers: 3405 [considerably down from 4898 last year].)

Note: The finisher figure does not include the male participants in the race. Unfortunately no clubs were indicated. The times were indicated to a thousandth (!) of a second and rounded up by DRR according to the rules. -- Ed.

1. Mamorallo Tjoka (LES) 34:33
2. Glenrose Xaba 35:08
3. Cornelia Joubert 37:14
4. Thobile Vilakazi 38:01 (1st jun)
5. Maria Shai 38:36
6. Kathryn van Meter 39:54
7. Maria Vilakazi 40:56 (1st vet)
8. Ntombenhile Seabi 41:16
9. Phumelele Masondo 42:04
10. Lebogang Ramela 42:07

Veterans: 1. Maria Vilakazi 40:56; 2. Fuzeka Nxiweni 43:47; 3. Phyllis de Fouw 45:01.**Masters:** 1. Nomsa Mbatsani 44:55; 2. Tracy Greeff 49:35; 3. Sharon Williams 50:09.**G'masters:** 1. Mary Ramano 50:35; 2. Onica Motsei 53:10; 3. Elaine Greenblatt 58:09.**G/g'masters:** 1. Gill Tregenna 59:23; 2. Nokuthula Mbatha 65:29; 3. Kirby Johnson 74:08. **Juniors:** 1. Thobile Vilakazi 38:01; 2. Ntombenhile Seabi 41:16; 3. Lebogang Ramela 42:07.**Castle Walk Centre 10 km**

Pretoria, 9 August

(Loop course. Weather: cold. Finishers: 825 [down from 950 last year].)

MEN

1 Bafana Dube (Boot Camp) 35:06; 2 Vuyisele Tshoba (KPMG) 35:36; 3 Musa Nkosi (Born 2 Run) 35:37.

Veterans: 1 Judas Ntuli (Magnolia) 41:20; 2 Siphon Mahlangu (Runavation) 42:43; 3 Simon Chirwa (Phobians) 44:12. **Masters:** 1 Johannes Molepo (Corr Serv) 48:04; 2 Leon Page (Irene) 50:57; 3 Willie Fourie (CSIR) 51:54. **G'masters:** 1 Sakkie van Niekerk (Affies) 54:03; 2 Dieter Gloeck (Magnolia) 57:54; 3 Jamie da Silva (CSIR) 60:43. **G/g'masters:** 1 Iain McFadyen (Phobians) 58:44; 2 Assie van Aswegen (Overkruin) 75:54; 3 Charles Stewart (Phobians) 79:55. **80+:** 1 Ken Nurden (Agape) 72:03. **Juniors:** 1 Samuel Grobler

(Highveld Pumas) 40:53; 2 Bongani Ntuli (Magnolia) 43:01; 3 Dylan Baker (Midrand) 59:31.

WOMEN

1 Myrette Brink (Born 2 Run) 43:00; 2 Jacqui v.d. Waals (Irene) 44:16 (1st vet); 3 Sunette Schoonraad (Nedbank) 50:04.

Veterans: 1 Jacqui v.d. Waals (Irene) 44:16; 2 Susan Rossouw (Magnolia) 50:33; 3 Michelle Singleton (RAC) 51:17. **Masters:** 1 Ansie Breytenbach (Irene) 50:53; 2 Ansa Strydom (Nedbank) 54:05; 3 Eugenia Iturralde (Magnolia) 55:04. **G'masters:** 1 Francis van Blerk (Nedbank) 59:25; 2 Marie Venter (Phobians) 61:24; 3 Petro Vermaak (CSIR) 66:14. **G/g'masters:** 1 Olga Smit (Affies) 76:08; 2 Rita Laker (Runavation) 91:34; 3 Mavis Stadler (Agape) 95:19. **Juniors:** 1 Naftileen Grobler (Highveld Pumas) 53:01; 2 Loureth Steenkamp (Affies) 55:19.

Twizza Amathole Marathon (54th)

Stutterheim to King William's Town, 5 August

(Distance: 42.195 km; point-to-point downhill course. Finishers: 133 men + 46 women = 179 total.)

Note: The winner of each age category received R200 in prize money. -- Ed.

MEN

1	Malixole	Kalideni	Old Selbornians	2:30:57 (R500)
2	Bulelani	Mgubo	All Stars	2:34:16 (R300)
3	Mzwanele	Gqotile	Eskom AC	2:43:51 (R200)
4	Xolile	Mashicila	Overtakers	2:48:16 (1st vet)
5	Mzoli	Mphalala	OMAC	2:53:10 (1st mast)

G'masters: 1. Dumisa Maliti (BRAC) 4:04:18.

WOMEN (Same prize money as men)

1	Thembela	Van der Berg	Nedbank EL AC	3:52:44
2	Heloise	Uys	Gonubie Harriers	3:58:13
3	Muziyavuli	Chirwa	Oxford Striders	4:00:52
4	Sitha	Sigenu		4:05:12
5	Ntombi	Mbane	BRAC	4:21:01 (1st vet)

Race Against Crime

Herbertsdale, 4 August

(Distances: 21.1 km & 15 km. Finishers: half marathon -- 42; 15 km -- 67.)

Half marathon

MEN

1	John April	Nedbank	1:14:00
2	Gerswin Jacobs	Nedbank	1:14:03
3	Sinesipho Didisha	Nedbank	1:19:12

Veterans:

1	Vuyo Witbooi	Outeniqua Harriers	1:24:53
2	Eddie Mouton	Nedbank	1:31:25

Masters:

1	Philipus du Toit	Hartenbos Drawwers	1:34:33
2	Zandesile Tshem	Knysna MC	1:46:00

G'masters:

1	Koos Smit	Hartenbos Drawwers	1:50:42
2	Gary Ristow	Edgemead	2:01:02

G/g'masters:

1	Maurice Wicomb	Oudtshoorn AC	2:41:50
2	Ben Bouwer	Hartenbos Drawwers	2:43:41

Juniors:

1	Sibonele Human	Knysna MC	1:29:23
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WOMEN

1	Elize Kloppers	Temp	1:38:52
2	Sandra Fourie	Knysna MC	1:46:24
3	Danielle Williams	Sedgefield Striders	1:55:41

Veterans:

1	Elize Kloppers	Temp	1:38:52
2	Jackie Calitz	Nedbank	2:33:01

Masters:

1	Una Saayman	Nedbank	2:03:32
2	Sharon Brown	Knysna MC	2:33:50

G'masters:

1	Mariette de Haan	Nedbank	2:05:25
2	Benita Olivier	Oudtshoorn AC	2:19:30

15 km

MEN

1	Godwin Heyns	Nedbank	52:02
2	Francois Maquassa	Nedbank	52:10
3	Anderson Ncube	Nedbank	52:29

Veterans:

1	Gerard Groenewald	Hartenbos Drawwers	1:13:50
2	Jonathan Rhode	Mossel Bay Harriers	1:14:08

Masters:

1	Samuel Windvogel	Outeniqua Harriers	1:06:49
2	Alfred Nisi	Knysna MC	1:08:49

G'masters:

1	Jan du Toit	Hartenbos Drawwers	1:14:09
2	Dave Fayn	VOB	1:21:20

G/g'masters:

1	Leslie Martin	Nedbank	1:33:22
2	Dirk Niesing	Berts Bricks Potschefstroom	1:51:04

Juniors:

1	Austin Koopman	Outeniqua Harriers	1:00:36
2	Camryn Steyn	Mossel Bay Harriers	1:02:48

WOMEN

1	Macnita Samuels	Knysna MC	1:12:40
2	Cecilia Nel	Nedbank	1:12:42
3	Carol-Ann Groenewald	Hartenbos Drawwers	1:21:52

Veterans:

1	Carol-Ann Groenewald	Hartenbos Drawwers	1:21:52
2	Tracey van Niekerk	Hartenbos Drawwers	1:42:44

Masters:

1	Aaltje Nieman	Nedbank	1:32:09
2	Mariana van Zyl	Nedbank	1:50:21

G'masters:

1	Alta Gerber	Hartenbos Drawwers	1:57:07
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G/g'masters:

1	Ria Bouwer	Hartenbos Drawwers	2:18:11
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The Longest Day 12-hour Race (23rd)

Pietermaritzburg, 4 August

Note: Fourth win in a row for Ash Naidoo; she finished 5th overall. The race is run in two lanes of a grass track, the inner lane being 384 m long and the outer 397 m. -- Ed.

MEN

1. Mdumiseni Zondi 122.493 km
2. Petros Hlongwane 105.735
3. Sibonelo Mashimane 102.543
4. Alson Nzama 101.007
5. Steve Gossman 94.428

WOMEN

1. Ash Naidoo 96.363 km
2. Lizette Botha 92.568
3. Nomkhosi Ndwonde 87.381
4. Roshni Pillay 80.598

CROSS-COUNTRY**KZN Championships**

Utrecht, 4 August

SR. MEN (10 km)

1	Bonginkosi	Zwane	Boxer	31:17
2	Silindile	Gubese	Ethekwini	31:22
3	Sipho Gift	Mbanjwa	Boxer	31:28
4	Mbuleli	Mathanga	Inanda Qadi AC	31:35
5	Ndumiso	Sokhela	Arthur Ford	32:07
6	Phalang	Mosiea	Arthur Ford	32:15
7	Sibusiso	Kubheka	Nedbank	32:53
8	Ayanda	Ngcobo	Phantane AC	33:01
9	Mahlomola	Sekhonyana	Maxed	33:10
10	Siphesihle	Masondo	Utrecht	33:53

SR. MEN (4 km)

1	Bonginkosi	Zwane	Boxer	11:41
2	Nkosinathi	Sibiya	Dundee dev club	11:48
3	Ndumiso	Sokhela	Arthur Ford	12:20
4	Siphesihle	Masondo	Utrecht	12:30
5	Phalang	Mosiea	Arthur Ford	12:44
6	Ncedisani	Phungula	Kznaa	13:07
7	Koos	Molutsi	KZNAA	13:26
8	Apendule	Vusani	Unizulu	13:34
9	Zwelakhe	Mdletse	NRB Harriers	13:40
10	Ndumiso	Masihane	UDAC	13:43

SR. WOMEN (10 km)

1	Jenet	Mbhele	Umzimkhulu	37:35
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2	Thobile	Mkhize	Amaqhawe	40:09
3	Slindile	Chili	Ethekwini	40:55
4	Cacisile	Sosibo	Bulwer	41:11
5	Happiness	Mkhize	Savages AC	41:48
6	Sanelisiwe	Mbanjwa	Phantane AC	42:14
7	Nokuthula	Ntshangase	Savages AC	42:55
8	Xoli	Madida	Natal Carbineers	43:27
9	Lindokuhle	Gabela	DUT	44:03
10	Shelley	Young	Chiltern AC	44:18

SR. WOMEN (4 km)

1	Jenet	Dlamini	Umzimkulu Striders	14:24
2	Nokuthula	Ntshangase	Savages AC	16:49
3	Xoli	Madida	Natal Carbineers	16:51
4	Nokukhanya	Memela	Nedbank	16:52
5	Roxanne	Vale	EPG	17:36
6	Gcinile	Masuku	Vlam AC	17:37

KZN League Meeting (13th)

Newcastle, 28 July

SR. MEN (10 km)

1	Ncedisani	Phungula	Hollywood Bets	36:37
2	Thato	Mbhele	Siyaya	39:07
3	Wilfred	Msomi	LAC	56:52

SR. WOMEN (10 km)

3	Xoli	Madida	Natal Carbineers	46:48
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KZN League Meeting (3B)

Amanzimtoti, 28 July

SR. MEN (10 km)

1	Mbongeni	Maphumulo	Amanzimtoti AC	37:10
2	Lindokuhle	Chiliza	Toti	38:09
3	Sakhiwo	Manguzela	Savages AC	38:20
4	Skhumbuzo	Bhengu	Ethekwini AC	39:08
5	Siyabonga	Buthelezi	Amabutho AC	40:00
6	Sabelo	Ngwekazi	Amabutho AC	40:54
7	Phakamani	Gumede	Amanzimtoti	41:42
8	Phiwe	Mvangeli	Amabutho AC	41:42
9	Simo	Lungwase	Ama	42:44
10	Mceleni	Shozi	Amabutho AC	43:19

SR. WOMEN (10 km)

1	Andisiwe	Njunguza	DUT	44:30
2	Hlengwe	Zuma	Amanzimtoti AC	51:07
3	Hleziphi	Ncayiyana	Nedbank	51:52
4	Nombuso	Mlotha	Nedbank	54:55

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

European Athletics Championships Marathon (22nd for men/10th for women)

Berlin, GER, 12 August

(Distance: 42.195 km; flat, certified criterium course with four 10 km loops and one 2.195 km loop; 09:05 start for women & 10:00 start for men.)

WOMEN (gun times)

Teams (score 3 athletes on total time): 1. BLR, 7:21:54; 2. ITA, 7:32:46; 3. ESP, 7:44:06; 4. SUI, 7:54:04; 5. SWE, 7:55:21...

1. Volha MAZURONAK, BLR, 14 APR 1989 2:26:22 Gold
2. Clémence CALVIN, FRA, 17 MAY 1990 2:26:28 DB Silver
3. Eva VRABCOVÁ-NÝVLTOVÁ, CZE, 6 FEB 1986 2:26:31 NR Bronze
4. Maryna DAMANTSEVICH, BLR, 6 JUN 1985 2:27:44 PB
5. Nastassia IVANOVA, BLR, 4 NOV 1982 2:27:49 SB
6. Sara DOSSENA, ITA, 22 NOV 1984 2:27:53 PB
7. Martina STRÄHL, SUI, 7 MAY 1987 2:28:07 PB
8. Catherine BERTONE, ITA, 6 MAY 1972 2:30:06
9. Trihas GEBRE, ESP, 29 APR 1990 2:32:13 PB
10. Izabela TRZASKALSKA, POL, 9 JAN 1988 2:33:43

MEN (gun times)

Teams (score 3 athletes on total time): 1. ITA, 6:40:48; 2. ESP, 6:42:43; 3. AUT, 6:49:29; 4. SUI, 6:51:58; 5. POL, 6:52:31...

1. Koen NAERT, BEL, 3 SEP 1989 2:09:51 PB/CR Gold
[1:05:54 / 1:03:57]
2. Tadesse ABRAHAM, SUI, 12 AUG 1982 2:11:24 Silver
3. Yassine RACHIK, ITA, 11 JUN 1993 2:12:09 PB Bronze
4. Javier GUERRA, ESP, 10 NOV 1983 2:12:22
5. Eyob GHEBREHIWET FANIEL, ITA, 26 NOV 1992 2:12:43
6. Jesús ESPAÑA, ESP, 21 AUG 1978 2:12:58
7. Maru TEFERI, ISR, 17 FEB 1992 2:13:00 NR
8. Lemawork KETEMA, AUT, 22 OCT 1985 2:13:22 PB
9. Tiidrek NURME, EST, 18 NOV 1985 2:15:16 PB
10. Peter HERZOG, AUT, 1 AUG 1987 2:15:29 PB

Sun-Herald City to Surf 14 km (48th)

Sydney, AUS, 12 August

(Point-to-point course)

MEN (gun times)

1. Ben St. Lawrence 41:42
2. Liam Adams 41:45
3. James Nipperess 42:20

WOMEN (gun times)

1. Ellie Pashley 46:13
2. Melissa Duncan 47:14
3. Marnie Ponton 47:53

Debbie Green Memorial 5 km (21st)

Wheeling, USA, 4 August

(Certified loop course)

MEN

1. Kiprop Mutai, 31, Dallas, TX (KEN)	14:12	\$900
2. Cyrus Korir, 25, Chapel Hill, NC (KEN)	14:14	600
3. Simion Chirchir, 34, Chapel Hill, NC (KEN)	14:17	500
4. Daniel Kemoi, 31, Elkton, MD (KEN)	14:29	200
5. Kipkoech Kirui, 27, Chapel Hill, NC (KEN)	15:13	200

WOMEN

1. Vicoty Chepngeno, 24, Lansing, MI (KEN)	15:39	=CR \$900 + 250i
2. Delvine Meringor, 26, Lansing, MI (KEN)	15:41	600
3. Susan Jerotich, 31, Chapel Hill, NC (KEN)	16:18	500
4. Iveen Chepkemoi, 18, Lansing, MI (KEN)	16:39	200
5. Margaret Wamahiga, 27, Lansing, MI (KEN)	17:15	200

i) Earned time bonus for sub-16:00 winner

Sir Walter Miler (5th)

Raleigh, USA, 3 August

MEN

Mile:

1. Lopez Lomong	NIKE/Bowerman	3:53.86	MR \$1000 + 300i
2. Johnny Gregorek	ASICS	3:54.53	750 + 200ii
3. Sam Praker	Unattached	3:54.64	PB 400 + 200ii
4. Pat Casey	Under Armour	3:54.66	250 + 200ii
5. Ben Blankenship	NIKE/Oregon Tr	3:54.88	100 + 200ii
6. Craig Engels	NIKE/Nike Oreg	3:55.12	200i
7. Sean McGorty	Unattached	3:55.21	PB 200i
8. Hassan Mead	NIKE/Oregon Tr	3:55.91	PB 200i
9. Charlie Marquardt	Bryn Mawr Runnin	3:55.97	400#
10. Robert Domanic	Unattached	3:56.66	200i

i) Earned sub-3:40 time incentive bonus

ii) Earned sub-3:57 time incentive bonus

#) Earned special time incentive bonus for first time sub-4:00

WOMEN

Mile:

1. Charlene Lipsey	adidas	4:27.28	PB \$1000 + 400i
2. Sara Vaughn	Unattached	4:27.31	PB 750 + 400i
3. Cory McGee	New Balance Boston	4:27.78	PB 400 + 200ii
4. Nicole Sifuentes	Saucony (CAN)	4:27.81	PB 250 + 200ii
5. Kate Van Buskirk	Nike (CAN)	4:28.67	100 + 100iii
6. Katrina Coogan	New Balance Boston	4:32.06	PB
7. Angel Piccirillo	Juventus TC	4:32.57	PB
8. Sarah Brown	Team New Balance	4:33.01	
9. Megan Mansy	HOKA NJNYTC	4:34.45	
10. Heather Wilson	HOKA NJNYTC	4:35.46	
11. Amanda Eccleston	Brooks	4:35.57	

i) Earned special time bonus for first time sub-4:30 (outdoors)

ii) Earned time bonus for sub-4:28

iii) Earned time bonus for sub-4:30

CROSS-COUNTRY

New Zealand Cross-country Championships

Wellington, NZL, 5 August

MEN

Senior (10 km):

- | | |
|--|-------|
| 1. Oli Chignell, Hill City University Athletic | 36:06 |
| 2. Peter Wheeler, Pakuranga Athletics Club | 36:22 |
| 3. Cameron Graves, North Harbour Bays Athletics | 36:48 |
| 4. Daniel Balchin, University of Canterbury Athletic | 37:02 |
| 5. Joshua Baan, Hill City University Athletic | 37:14 |

WOMEN

Senior (10 km):

- | | |
|--|-------|
| 1. Lisa Cross, Pakuranga Athletics Club | 41:38 |
| 2. Penny Peskett, Pakuranga Athletics Club | 42:01 |
| 3. Rebekah Greene, Hill City University Athletic | 43:50 |
| 4. Kara Macdermid, Palmerston North Athletic & Harrier | 44:16 |
| 5. Maiya Christini, Wellington Harrier Athletic Club | 44:35 |

TRACK

European Athletics Championships (24th)

Berlin, GER, 6-12 August

MEN

800 (11):

- | | | |
|--|-------------|--------|
| 1. Adam KSZCZOT, POL, 2 SEP 1989 | 1:44.59 SB | Gold |
| [3rd consecutive European title] | | |
| 2. Andreas KRAMER, SWE, 13 APR 1997 | 1:45.03 NR= | Silver |
| 3. Pierre-Ambroise BOSSE, FRA, 11 MAY 1992 | 1:45.30 | Bronze |
| 4. Michal ROZMYS, POL, 13 MAR 1995 | 1:45.32 PB | |
| 5. Mateusz BORKOWSKI, POL, 2 APR 1997 | 1:45.42 PB | |

1500 (10):

- | | | |
|--|---------|--------|
| 1. Jakob INGEBRIGTSEN, NOR, 19 SEP 2000 | 3:38.10 | Gold |
| [last 400 53.64] | | |
| 2. Marcin LEWANDOWSKI, POL, 13 JUN 1987 | 3:38.14 | Silver |
| [last 400 53.06] | | |
| 3. Jake WIGHTMAN, GBR, 11 JUL 1994 | 3:38.25 | Bronze |
| [last 400 53.52] | | |
| 4. Henrik INGEBRIGTSEN, NOR, 24 FEB 1991 | 3:38.50 | |
| 5. Charlie GRICE, GBR, 7 NOV 1993 | 3:38.65 | |
| ... 9. Chris O'HARE, GBR, 23 NOV 1990 | 3:39.53 | |
| ... 12. Filip INGEBRIGTSEN, NOR, 20 APR 1993 | 3:41.66 | |

5000 (11):

- | | | |
|--|-----------------|--------|
| 1. Jakob INGEBRIGTSEN, NOR, 19 SEP 2000 | 13:17.06 ER U20 | Gold |
| [last 400 54.09] | | |
| 2. Henrik INGEBRIGTSEN, NOR, 24 FEB 1991 | 13:18.75 | Silver |
| 3. Morhad AMDOUNI, FRA, 21 JAN 1988 | 13:19.14 SB | Bronze |
| 4. Yemaneberhan CRIPPA, ITA, 15 OCT 1996 | 13:19.85 | |

5. Marc SCOTT, GBR, 21 DEC 1993 13:23.14 SB
 ... 8. Julien WANDERS, SUI, 18 MAR 1996 13:24.79 PB

10000 (07):

1. Morhad AMDOUNI, FRA, 21 JAN 1988 28:11.22 Gold
 [last lap 55.81]
 2. Bashir ABDI, BEL, 10 FEB 1989 28:11.76 Silver
 3. Yemaneberhan CRIPPA, ITA, 15 OCT 1996 28:12.15 Bronze
 4. Adel MECHAAL, ESP, 5 DEC 1990 28:13.78
 5. Andy VERNON, GBR, 7 JAN 1986 28:16.90
 ... 7. Julien WANDERS, SUI, 18 MAR 1996 28:22.02

3000 s/chase (09):

1. Mahiedine MEKHISSI-BENABBAD, FRA, 15 MAR 1985 8:31.66 Gold
 [last lap 59.8; 4th EC steeple title, and 5th overall EC title]
 2. Fernando CARRO, ESP, 1 APR 1992 8:34.16 Silver
 3. Yohanes CHIAPPINELLI, ITA, 18 AUG 1997 8:35.81 Bronze
 4. Yoann KOWAL, FRA, 28 MAY 1987 8:36.77
 5. Zak SEDDON, GBR, 28 JUN 1994 8:37.28

WOMEN

800 (10):

1. Nataliya PRYSHCHEPA, UKR, 11 SEP 1994 7 2:00.38 Gold
 [retains title from 2016]
 2. Renelle LAMOTE, FRA, 26 DEC 1993 2:00.62 Silver
 3. Olha LYAKHOVA, UKR, 18 MAR 1992 2:00.79 Bronze
 4. Adelle TRACEY, GBR, 27 MAY 1993 2:00.86
 5. Anna SABAT, POL, 9 NOV 1993 2:01.26
 6. Lynsey SHARP, GBR, 11 JUL 1990 2:01.83
 7. Selina BÜCHEL, SUI, 26 JUL 1991 2:02.05

Semi-Finals (08): Advance top-3 from each heat plus next two fastest to final

Heat 1:

1. Nataliya PRYSHCHEPA, UKR, 11 SEP 1994 2:02.71 Q
 2. Lynsey SHARP, GBR, 11 JUL 1990 2:02.73 Q
 3. Selina BÜCHEL, SUI, 26 JUL 1991 2:02.84 Q
 Anita HINRIKSDÓTTIR, ISL, 13 JAN 1996 DQ rule 163.2(b) (jostling/interference)

1500 (12):

1. Laura MUIR, GBR, 9 MAY 1993 4:02.32 Gold
 [Last 800 2:05.4]
 2. Sofia ENNAOUI, POL, 30 AUG 1995 4:03.08 Silver
 3. Laura WEIGHTMAN, GBR, 1 JUL 1991 4:03.75 Bronze
 4. Ciara MAGEEAN, IRL, 12 MAR 1992 4:04.63
 5. Simona VRZALOVÁ, CZE, 7 APR 1988 4:06.47

5000 (12):

1. Sifan HASSAN, NED, 1 JAN 1993 14:46.12 CR* Gold
 2. Eilish MCCOLGAN, GBR, 25 NOV 1990 14:53.05 Silver
 3. Yasemin CAN, TUR, 11 DEC 1996 14:57.63 SB Bronze
 4. Konstanze KLOSTERHALFEN, GER, 18 FEB 1997 15:03.73 SB
 5. Melissa COURTNEY, GBR, 30 AUG 1993 15:04.75 PB

10000 (09): 33°C/41%H

1. Lonah Chemtai SALPETER, ISR, 12 DEC 1988 9 31:43.29 Gold
 [first-ever gold medal for an Israeli woman at a European Championships]
 2. Susan KRUMINS, NED, 8 JUL 1986 31:52.55 Silver

- | | | |
|----------------------------------|----------|--------|
| 3. Meraf BAHTA, SWE, 24 JUN 1989 | 32:19.34 | Bronze |
| 4. Alina REH, GER, 23 MAY 1997 | 32:28.48 | |
| 5. Yasemin CAN, TUR, 11 DEC 1996 | 32:34.34 | |

3000 s/chase (12):

- | | | | |
|--|---------|----|--------|
| 1. Gesa-Felicitas KRAUSE, GER, 3 AUG 1992 | 9:19.80 | SB | Gold |
| [retains title from 2016] | | | |
| 2. Fabienne SCHLUMPF, SUI, 17 NOV 1990 | 9:22.29 | SB | Silver |
| 3. Karoline Bjerke GRØVDAL, NOR, 14 JUN 1990 | 9:24.46 | | Bronze |
| 4. Luiza GEGA, ALB, 5 NOV 1988 | 9:24.78 | | |
| 5. Adva COHEN, ISR, 24 MAR 1996 | 9:29.74 | NR | |

Juegos Centroamericanos y del Caribe (23rd)

(Central American & Caribbean Games)

Barranquilla, COL, 29 July - 3 August

MEN

800 (30) (hand times):

- | | | |
|----------------------------------|--------|--------|
| 1. Jesus Lopez, MEX, 02.08.97 | 1:45.2 | Gold |
| 2. Ryan Sánchez, PUR, 22.06.98 | 1:46.3 | Silver |
| 3. Wesley Vazquez, PUR, 27.03.94 | 1:46.6 | Bronze |

1500(1):

- | | | |
|-------------------------------------|---------|--------|
| 1. Fernando Martinez, MEX, 30.05.93 | 3:56.57 | Gold |
| 2. Jose Rodriguez, MEX, 30.12.97 | 3:56.70 | Silver |
| 3. Carlos Sanmartin, COL, 19.11.93 | 3:56.78 | Bronze |

5000 (31):

- | | | | |
|-----------------------------------|----------|----|--------|
| 1. Jose Gonzalez, COL, 14.10.88 | 13:53.40 | SB | Gold |
| 2. Mario Pacay, GUA, 20.07.97 | 13:56.30 | | Silver |
| 3. Victor Montañez, MEX, 01.03.94 | 14:05.87 | PB | Bronze |

10000 (29):

- | | | |
|---------------------------------|----------|--------|
| 1. Juan Barrios, MEX, 24.06.82 | 30:07.49 | Gold |
| 2. Mario Pacay, GUA, 20.07.97 | 30:09.79 | Silver |
| 3. Ivan Gonzalez, COL, 14.08.87 | 30:15.23 | Bronze |

3000 s/chase (2):

- | | | | |
|-------------------------------------|---------|----|--------|
| 1. Gerad Giraldo, COL, 21.03.89 | 8:44.51 | SB | Gold |
| 2. Ricardo Estremera, PUR, 11.03.86 | 8:46.24 | SB | Silver |
| 3. Andres Camargo, COL, 30.06.86 | 8:50.66 | | Bronze |

WOMEN

800 (30):

- | | | | |
|-------------------------------------|---------|--------|--------|
| 1. Rose Mary Almanza, CUB, 13.07.92 | 2:01.63 | Gold | |
| 2. Alena Brooks, TTO, 14.11.91 | 2:02.26 | Silver | |
| 3. Sonia Gaskin, BAR, 04.10.94 | 2:03.13 | SB | Bronze |

1500 (1):

- | | | | |
|-------------------------------------|---------|----|--------|
| 1. Rose Mary Almanza, CUB, 13.07.92 | 4:22.14 | SB | Gold |
| 2. Angelin Figueroa, PUR, 14.07.94 | 4:22.52 | | Silver |
| 3. Rosibel Garcia, COL, 13.02.81 | 4:23.43 | SB | Bronze |

5000 (31):

- | | | |
|---------------------------------|----------|--------|
| 1. Muriel Coneo, COL, 15.03.87 | 16:13.47 | Gold |
| 2. Beverly Ramos, PUR, 24.08.87 | 16:14.04 | Silver |

3. Brenda Flores, MEX, 04.09.91 16:16.71 SB Bronze

10000 (29):

1. Patricia Sanchez, MEX, 15.09.87 33:41.48 GR Gold
 2. Beverly Ramos, PUR, 24.08.87 33:46.99 SB Silver
 3. Vianey de la Rosa, MEX, 04.08.86 34:10.75 Bronze

3000 s/chase (2):

1. Ana Narvaez, MEX, 12.08.91 10:00.01 SB Gold
 2. Beverly Ramos, PUR, 24.08.87 10:07.71 Silver
 3. Andrea Ferris, PAN, 21.09.87 10:18.92 SB Bronze

STATS TIME

This week we include a list of the top ten SA women 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 is the case with the men's list, published last week, most of the times were run in either the World Championships or the SA Championships. Nolene Conrad (who did not run in the SA Championships) and Jenet Mbhele dominate the list with three times each.

2018 HALF MARATHON: TOP 10 WOMEN

1:11:44	Nolene Conrad	25	Valencia	24 Mar
1:13:05A	Conrad-2	1	Simon's Town	18 Feb
1:13:07	Jenet Mbhele	6	Port Elizabeth	28 Jul
1:15:31	Lebogang Phalula	9	Port Elizabeth	28 Jul
1:15:34	Christine Kalmer	10	Port Elizabeth	28 Jul
1:15:43	Makhosi Mhlongo	11	Port Elizabeth	28 Jul
1:16:06	Cornelia Joubert	13	Port Elizabeth	28 Jul
1:16:18	Conrad-3	1	Cape Town	31 Mar
1:16:23	Mbhele-2	76	Valencia	24 Mar
1:16:54	Zintle Xiniwe	15	Port Elizabeth	28 Jul
1:16:56	Mbhele-3	1	Mtubatuma	17 Jun
1:17:21	Hanlie Botha	16	Port Elizabeth	28 Jul
1:17:21	Portia Ngwenya	17	Port Elizabeth	28 Jul
1:17:24	Ntombesintu Mfunzi	18	Port Elizabeth	28 Jul

THIS MONTH IN HISTORY

43 years ago: 3 August 1975

At one stage South Africa's longest running club marathon (i.e., apart from the SA Championships), the Durban Athletic Club, or DAC, Marathon was first held in 1927 (the winner was Olympian Marthinus Steytler). Sadly, it was discontinued after its 68th running in 2001. On this day, just a few months after scoring his second consecutive victory in the Comrades Marathon, Derek Preiss won in a personal best of 2:21:56 from Ron Moir (2:26:26). The race also doubled as the Natal Marathon Championships. The first woman, in 3:35:07, was Elizabeth Cavanagh who, on 31May, had become the first official women's winner of the Comrades. Preiss is still the only male runner who has won the Two Oceans and Comrades marathons in the same year, a feat which he achieved in 1974 and 1975.

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		

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	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 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

Grandmasters (60+)

10 km	38:26 (The same time in Guguletu on 16 June.) 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Pinelands	24 Feb
15 km	57:24 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

Great grandmasters (70+)

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 27:11	Carlo Flink Mathew Kimeli Kipkorir (KEN) 2017	Athlone	10 Feb
15 km	48:05 42:17	Carlo Flink Ayele Abshiro Biza (ETH) 2008	Eersterivier	07 Jul
21.1 km	67:15 59:16	Itumeleng Sesiko Samuel Wanjiru (KEN) 2005	Port Elizabeth	28 Jul

WOMENOpen

10 km	33:21 29:43 Mx 30:29 Wo	Glenrose Xaba Joycilene Jepkosgei (KEN) 2017 Asmae Legzaoui (MAR) 2002	Port Elizabeth	07 Apr
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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		
<u>Masters (50+)</u>				
10 km	39:43	Judy Bird	Port Elizabeth	05 May
	34:14	Linda Somers (USA) 2011		
15 km	63:46	Suzanne Marais	Constantia	10 Mar
	52:38	Monica Joyce (USA) 2009		
21.1 km	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 Pozdniakova (UKR) 2005		
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	92:16 84:56	Annatjie Botes Bernadine Portenski (NZL) 2010	Port Elizabeth	28 Jul
25 km	2:28:20 2:22:03A	Jenny Scott Sylvia Burton	Durban Pinetown	21 Mar 28 Jan
30 km	1:50:50 2:26:52 2:15:30	Edie Stevenson (USA) 2011 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
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		

Juniors

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

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Derrick Chamberlain, Jacky McClean (Newspost Media), Danélle Kietzmann (Stillwater Sports), Karen Zimmerman, Sharon Eldridge, SWD Athletics, Harold Berman

Published by Riël Hauman
42 Fifteenth Avenue, Boston, Bellville 7530, RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za



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