

Distance Running Results

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EDITORIAL

Controversy marred the Spar Grand Prix race in Pietermaritzburg yesterday when five of the elite athletes -- among them the two leaders in the series, Glenrose Xaba and Kesa Molotsane -- were disqualified after running off course near the 5 km mark. The other three were Lebogang Phalula and the Lesotho runners Neheng Khatala and Mamorallo Tjoka. Van Zyl, who gave birth to her second son only ten weeks ago, said she was disappointed with the way the race turned out. "It wasn't a real race," she commented. With Xaba and Molotsane, who head the leaderboard in the series with 87 and 73 points respectively, receiving no points, the last race of the series, on 7 October in Johannesburg, will now be of critical importance in the outcome of the competition.



Sifan Hassan outsprinted her rivals in the Birmingham 1500 metres. [Jiro Mochizuki/IAAF]

Three list leaders were set in the John Korasie 30 km in Simon's Town -- by veteran Mthandazo Qhina , the overall winner (1:40:20), grandmaster Mochamat Kriel (2:10:49), and great grandmaster Pixie Sparg (3:19:19, a new WP record).

The only South African in action in distance events at the Diamond League meeting in Birmingham, Dominique Scott, finished 17th and last in the 3000 m, albeit in a season's best of 9:01.64. The distance highlight of the meeting was Laura Muir's 2:33.92 in the 1000 m -- a PB, although she fell short of Kelly Holmes's British record of 2:32.55. The first eight runners all set career bests. In the 1500 m European 5000-metre champion Sifan Hassan's finish once again was too good for her rivals as she crossed the line in 4:00.60. The 66th running of the Emsley Carr mile went to Aussie Stewart McSweyn in 3:54.60.

Three South Africans finished in the top ten in a 10 km race in Casablanca on 12 August. Gladwin Mzazi was 6th in 29:45, Thabang Mosiako one place behind him in 30:00, and Kabelo Melamu 9th in 30:33. The winner was Felix Kipkoech (KEN) in 28:30.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series, Pietermaritzburg
- * John Korasie 30 km, Simon's Town
- * Midrand Striders Flightsure Half Marathon & 10 km, Midrand
- * Supa Mama Savages Half Marathon & 10 km, Durban
- * Phobians Fifteen, Pretoria
- * XC: SWD Championships, George; WP League Meeting, Kuils River

International highlights:

- * New Balance Falmouth Road Race, Woods Hole to Falmouth Heights, USA
- * Australian Half-Marathon Championships, Maroochydore and Mooloolaba, AUS
- * Kisii Half Marathon, Kisii, KEN
- * Semi-Marathon Marvejols Mende, Lozere, FRA
- * Track: Müller Grand Prix Birmingham, Birmingham, GBR; Göteborg Grand Prix, Göteborg, SWE; NACAC Track & Field Championships, Toronto, CAN; Hotel Warner West Chester Mile, West Chester, USA
- * Centurylink Leadville Trail 100 Mile Endurance Run, Leadville, USA
- * Pikes Peak Marathon, Manitou Springs, USA
- * Pikes Peak Ascent, Manitou Springs, USA
- * Sierre-Zinal, Valais' Alps, SUI

ROAD RUNNING

Spar Grand Prix Series

(Women only; 5th event of six-race series)

Pietermaritzburg, 19 August

(Distance: 10 km; undulating loop course. Finishers: 1688 [considerably down from 2351 last year].)

1. Irvette van Zyl (Ned AGN) 34:26
2. Jenet Mbhele (Ind) 34:47
3. Rutendo Nyahora (ZIM/Ned) 34:56
4. Portia Ngwenya (Ned AGN) 35:16
5. Rudo Mhonderwa (ZIM/Ned) 35:38
6. Patience Murowe (ZIM/Ned) 36:16
7. Nobukhosi Tshuma (ZIM) 36:28
8. Cornelia Joubert (Boxer) 36:37
9. Cherise Sims (Boxer) 36:52
10. Mokulubete Makatisi (LES) 36:59
11. Maria Shai (Boxer) 37:04
12. Stella Marais (KPMG) 37:06
13. Mapaseka Makhanya (Mass) 37:31
14. Zintle Xiniwe (KPMG) 37:44
15. René Kalmer (KPMG) 37:52
16. Christine Kalmer (KPMG) 37:53
17. Fikile Mbuthuma (Ned) 37:59
18. Zandile Mncwabe (Ind) 38:06
19. Liza Kellerman (UJ) 38:38
20. Happiness Mkhize (Sav) 38:42

Veterans: 1. Zandile Mncwabe (Ind) 38:06; 2. Ronel Thomas (Boxer) 40:23; 3. Elizabeth Dhiwayo (RWFL) 40:57. **Masters:** 1. Mtholi Ndawonde (Ind) 44:21; 2. Grace de Oliveira (KPMG) 44:45; 3. Xolisile Mwelase (Ind) 48:11. **G'masters:** 1. Blanche Moila (Sav) 49:11; 2. Jenny Taylor (RWFL) 51:29; 3. Sibongile Zakwe (Ind) 60:35. **G/g'masters:** 1. Gill

Tregenna (West) 59:25. **Juniors:** 1. Liza Kellerman (UJ) 38:38; 2. Simangaliso Madlala (Ind) 39:35; 3. Cherry-Lee Schoeman (Ind) 40:28.

John Korasie 30 km

Simon's Town, 19 August

(Certified, very hilly loop course. Finishers: 2184 [up from 2028 last year].)

MEN

1. Mthandazo Qhina (Ned) 1:40:20 (1st vet)
2. Gilbert Mutandiro (ZIM/CC) 1:41:01
3. Sibusiso Madikizela (AAC) 1:43:44

Veterans: 1. Mthandazo Qhina (Ned) 1:40:20; 2. Vakalisa Kopolo (Ned) 1:50:03; 3. Shawn Abrahams (Kuils) 1:53:54. **Masters:** 1. Steve Motau (Itheke) 2:04:57; 2. John September (Itheke) 2:07:36; 3. Isaac Manuel (Edge) 2:10:02. **G'masters:** 1. Mochamat Kriel (Ommie) 2:10:49; 2. Kosie Botha (CS Bol) 2:13:51; 3. Mark Wagenheim (AAC) 2:34:51. **G/g'masters:** 1. Bruce Barber (FH) 3:14:21; Horst Schiffer (FH) 3:22:35; 3. Kaare James (Pine) 3:34:37.

WOMEN

1. Fortunate Chidzivo (ZIM/ Langa) 2:00:34
2. Kerry-Ann Marshall (Ind) 2:11:10
3. Ursula Frans (Ned) 2:17:13 (1st vet)

Veterans: 1. Ursula Frans (Ned) 2:17:13; 2. Janet Adam (Harf) 2:24:17; 3. Marlize Vienings (Edge) 2:26:30. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 2:23:07; 2. Mariëtte Strauss (Tyger) 2:24:06; 3. Angelique Rabie (VOB) 2:24:53. **G'masters:** 1. Olga Howard (Ned) 2:29:31; 2. Nancy Will (Pine) 2:40:47; 3. Sonia Smith (Celtic) 3:02:03. **G/g'masters:** 1. Pixie Sparg (Celtic) 3:19:19; 2. Marlene James (Pine) 3:52:52; 3. Esther Vlok (Strand) 4:14:38.

Midrand Striders Flightsure Half Marathon & 10 km

Midrand, 19 August

(Distances: 21.1 km & 10 km; undulating courses. Finishers: half marathon -- 771; 10 km -- 270; also approx. 500 in 5 km.)

Note: Just one day after running in the Phobians Fifteen race (results below), Johannes Kekana won the half marathon here. The event was previously known as the Arthrochoice Half Marathon and 10 lkm. -- Ed.

Half marathon

MEN

1. Johannes Kekana (Boxer) 1:12:17 (1st vet)
2. Lucky Mtshali (Ned) 1:12:21
3. James Mcgina (Ind) 1:14:23

Veterans: 1. Johannes Kekana (Boxer) 1:12:17; 2. James Mcgina (Ind) 1:14:23. **Masters:** 1. Thabo Hlako (Kempton) 1:26:54. **G'masters:** 1. Frans Ramakgopa (RAC) 1:39:04.

WOMEN

1. Ann Ashworth (Mass) 1:26:20
2. Enie Manzini (Mass) 1:28:51
3. Renata Vosloo (Sunning) 1:30:06

Veterans: 1. Maria Vilakazi (FFA) 1:32:55; 2. Lisa Fernandez (Kyalami) 1:42:20; 3. Sarah Jane Khumalo (SAPS) 1:43:29. **Masters:** 1. Ansa Strydom (Ned) 1:52:24. **G'masters:** 1. Linda Iceley (Old Eds) 2:10:13.

10 km

MEN

1. Paulos Radebe (FFA) 33:52
2. Mthetho Goxo (Temb) 34:48 (1st vet)
3. Owen Masipa (PF) 35:01

Veterans: 1. Mthetho Goxo (Temb) 34:48; 2. Joel Mathusane (Ned) 36:21. **Masters:** 1. Johan Saayman (Irene) 49:06. **G'masters:** 1. Moses Motshabi (RAC) 51:35.

WOMEN

1. Caroline Poonan (Ind) 39:52
2. Makoma Batji (RWFL) 43:38
3. Ricci-Lee Brookstone (Ind) 44:46.

Veterans: 1. Maphuti Phaka (B2R) 45:07; 2. Melanie Jennett (Four) 49:01. **Masters:** 1. Stella Madlala (Ricoh) 59:47. **G'masters:** 1. Joey Cloete (Irene) 54:21. **Juniors:** 1. Demi Rogers (FFA) 46:17.

Supa Mama Savages Half Marathon & 10 km

Durban, 19 August

(Distances: 21.1 km & 10 km; out-and-back courses. Finishers: half marathon -- 802 [up from 767 last year]; 10 km -- 696.)

Half marathon

MEN

- | | | | |
|----|--------------------|------------|-------|
| 1. | Bonginkosi Zwane | Boxer AC | 70:32 |
| 2. | Sithembele Fanekho | Nedbank AC | 70:56 |
| 3. | Thembelani Malunda | Ind | 76:15 |

40-49:

- | | | | |
|----|--------------------|-------------------|-------|
| 1. | Bernard Phalatsane | ZIM/Holly Bets AC | 79:12 |
|----|--------------------|-------------------|-------|

50-59:

- | | | | |
|----|----------------|------------|-------|
| 1. | Michael Ndlovu | Zakhele AC | 82:18 |
|----|----------------|------------|-------|

60+:

- | | | | |
|----|--------------|----------------|--------|
| 1. | David Anstey | Athletic North | 100:00 |
|----|--------------|----------------|--------|

WOMEN

- | | | | |
|----|----------------|--------------|-------|
| 1. | Tanith Maxwell | Boxer AC | 86:20 |
| 2. | Slindile Chili | Ethekweni AC | 89:41 |
| 3. | Lisa Collett | Boxer AC | 94:22 |

40-49:

- | | | | |
|----|----------------|----------|-------|
| 1. | Tanith Maxwell | Boxer AC | 86:20 |
|----|----------------|----------|-------|

50-59:

- | | | | |
|----|-----------------|------------|--------|
| 1. | Roshini Natasen | Highway AC | 113:45 |
|----|-----------------|------------|--------|

60+:

- | | | | |
|----|----------------|---------------------|--------|
| 1. | Silvia Burton | Hillcrest Villagers | 124:46 |
| 2. | Sheree Kirsten | West AC | 129:01 |

10 km

MEN

- | | | | |
|----|------------------|--------------|-------|
| 1. | Mathanga Mbuleli | Inanda Owada | 31:44 |
|----|------------------|--------------|-------|

Juniors:

1.	Warren Machiridza	Ethekweni AC	38:38
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WOMEN

1.	Debbie Perry	Boxer AC	45:56
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Juniors:

1.	Kayla Hinchcliffe	Stella AC	62:44
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Phobians Fifteen

Pretoria, 18 August

(Distance: 15 km. Finishers: 1550.)

MEN

1 Benedict Moeng (KPMG) 47:26; 2 Sikhumbuzo Seme (KPMG) 48:13; 3 Philani Buthelezi (KPMG) 48:36; 4 Johannes Kekana (Boxer) 49:50 (1st vet); 5 Vuyisile Tshoba (KPMG) 51:03.

Veterans: 1 Johannes Kekana (Boxer) 49:50; 2 Moses Njuguna (KEN/Nedbank) 51:12; 3 Mthetho Goxo (Tembisa) 52:45. **Masters:** 1 Tidimalo Modiga (MiWay) 59:06; 2 Moses Machailo (Vitality) 61:25; 3 Johannes Molepo (Corr Serv) 65:38. **G'masters:** 1 Colin Fisher (CSIR) 65:47; 2 Sakkie van Niekerk (Affies) 73:13. **G/g'masters:** 1 John Cannon (Irene) 81:55. **80+:** 1 Ken Nurden (Agape) 95:37.

WOMEN

1 Vuyokazi Gebe (CSIR) 59:24; 2 Jacquie v.d. Waals (Irene) 62:13 (1st vet); 3 Beryl Makokha (Nedbank) 63:00; 4 Annerie Kruger (Magnolia) 64:36; 5 Nine Mosehuis (Temp) 65:03.

Veterans: 1 Jacquie v.d. Waals (Irene) 62:13; 2 Peret Badenhorst (ACRW) 69:00; 3 Marlise Bouwer (HMK) 69:51. **Masters:** 1 Maria Bendana (Morningside) 68:12; 2 Ansie Breytenbach (Irene) 70:08; 3 Ronel du Plessis (HMK) 70:42. **G'masters:** 1 Sanet Beukes (Westville) 83:51; 2 Francis van Blerk (Nedbank) 84:59. **80+:** 1 Deirdre Larkin (Randburg) 1:44:51.

CROSS-COUNTRY**SWD Championships**

George, 18 August

SR. MEN (10 km)

1.	Francois Maquassa	Nedbank	34:16
2.	Donavan Jantjies	Nedbank	37:56
3.	Awonlbe Komani	Kmc	38:19
4.	Elton Botha	Kmc	47:15

SR. MEN (4 km)

1.	Selwyn Matthews	Nedbank	12:52
2.	Allentino Kleynhans	Nedbank	13:46
3.	Leon Adams	Langeberg	14:08

SR. WOMEN (8 km)

1.	Anastacia Plaatjies	Nedbank	35:17
2.	Liesel Van Wyk	Nedbank	44:34

WP League Meeting (6th)

Kuils River, 4 August

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

SR. MEN (10 km)

1	Siviwe	Nkombi	Itheko	29:03
2	Lukhanyo	Nobakada	VOB	29:36
3	Akhona	Makila	VOB	29:51
4	Mbali	Hhashe	Nedbank	29:54
5	Gershwin	Van Staden	Itheko	30:07
6	Xolisa	Batala	VOB	30:35
7	Tino	Adams	Eerste River	30:49
8	Oscar	Coetzee	Itheko	31:14
9	Darren	Bownes	Nedbank	32:51
10	A.J.	Adriaanse	Eerste River	32:53

SR. MEN

1	Du-Wayne	Philander	UWC	11:08
2	Ashley	Smith	UWC	11:14
3	André	Afrika	Eerste River	11:33
4	Bruce-Lynn	Damons	UWC	11:37
5	Vuyolwethu	Mbukushe	AAC	11:42
6	Morné	Kammies	Sanlam	11:45
7	Heinrich	Wagner	UWC	11:48
8	Lorenzo	Pieters	ORAK	11:53
9	Merlin	Klaaste	UWC	11:58
10	Barry-John	Pienaar	Sanlam	12:02

VETERAN MEN (8 km)

1	Mthandazo	Qhina	Nedbank	23:54
2	Vakalisa	Kopolo	Nedbank	24:55
3	Bonisile	Ngculana	VOB	25:23

MASTER MEN (8 km)

1	Tobias	Philander	Itheko	27:18
2	Andrew	Cooper	Nedbank	27:45
3	Timothy	Hess	Eerste River	28:47

G'MASTER MEN (8 km)

1	Les	Chivell	Fish Hoek	22:35
2	Jeremy	Kropman	Foresters	25:02
3	Neville	Frieslich	Fish Hoek	25:32

G/G'MASTER MEN (8 km)

1	Blake	Wilkins	AAC	27:30
2	Horst	Schiffer	Fish Hoek	29:06
3	Manfred	Geutner	Pinelands	32:45

U.20 (8 km)

1	Carlo	Flink	Itheko	23:46
2	Christo	Van Roy	ORAK	24:16
3	Thembeko	Mendu	Gugs	24:34

U.18 (6 km)

1	Sherwin	Jooste	Bottelary	17:42
2	Oliver	Stewart	AAC	17:57
3	Edward	Jack	Central	17:57

SR. WOMEN (10 km)

1	Jessica	Pollock	UCT	35:14
2	Caitlyn	Mahony	UCT	35:23
3	Anel	Terblanche	KPMG	35:41
4	Leanda	Du Bruyn	Tygerberg	36:06
5	Amy	Abrahams	Nedbank	36:42
6	Madele	du Plessis	Nedbank	37:47
7	Nolubabalo	Dyonase	VOB	37:58
8	Candyce	Hall	Carbineers	39:12
9	Rozanne	Makappie	Easterns	41:00
10	Alexis	Sacks	Carbineers	46:18

SR. WOMEN

1	Mareli	Van Schalkwyk	Nedbank	14:04
2	Lee-Shay	Willemse	Velocity	14:24
3	Nolubabalo	Dyonase	VOB	15:07
4	Lieze	Van Heerden	NWU-Pukke	15:43
5	Pamela	Moyikwa	VOB	15:50
6	Mandy-Lee	Jacobs	Nedbank	16:05
7	Anel	Mostert	Helderberg	16:21
8	Annereen	Malan	Nedbank	16:36
9	Nolitha	Mhlomi	AAC	17:15
10	Assnique	Robinson	UWC	17:59

VETERAN WOMEN

1	Christiane	Adriaanse	VOB	14:07
2	Chantel	Simpson	Nedbank	15:44
3	Melody	Marcus-Cupido	In Touch	15:52

MASTER WOMEN

1	Mariaan	Malan	Nedbank	16:06
2	Mariëtte	Strauss	Tygerberg	16:11
3	Linda	Du Bruyn	Tygerberg	18:07

G/G'MASTER WOMEN

1	Pixie	Sparg	Celtic	20:46
2	Wendy	Wilkins	AAC	23:49
3	Marianne	Nelson	Durbanville	27:46

U.20 (6 km)

1	Anitha	Nonene	Gugs	22:13
2	Simone	Adams	Bottelary	22:58
3	Mia	Lyons	Langebaan	23:41

U.18

1	Alexa	Mesham	VOB	13:47
2	Kia	Gibbs	VOB	14:06
3	Athemba	Nqumashe	Bottelary	14:25

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

New Balance Falmouth Road Race (46th)

Woods Hole to Falmouth Heights, USA, 19 August

(Distance: 7.0 miles; certified point-to-point course with rolling hills)

ELITE MEN (gun times with 5 km and 10 km splits)

1. Ben Flanagan	23	Ann Arbor MI CAN	\$15,000#	32:21	14:27	28:50
2. Scott Fauble	26	Flagstaff AZ USA	10,000a	32:23	14:27	28:50
3. Leonard Korir	31	Colorado S CO USA	8,000a	32:28	14:27	28:50
4. Stephen Sambu	30	Tucson AZ KEN	5,000	32:32	14:26	28:51
5. Martin Hehir	25	Philadelph PA USA	5,000a	32:38	14:27	28:52

#) Prize money includes "countdown bonus" award

a) Prize money includes USA citizen award

ELITE WOMEN (gun times with 5 km and 10 km splits)

1. Caroline Chepkoech	24	KEN	\$10,000	35:48	16:17	31:51
2. Margaret Wangari	32	KEN	7,000	36:43	16:17	32:40
3. Mary Wacera	29	KEN	6,000	37:17	16:17	33:00
4. Buze Diriba	24	ETH	5,000	38:03	16:33	33:58
5. Melissa Dock	36	Boulder CO USA	7,000a	38:04	16:55	33:57
... 36. Des Linden	35	Washington MI USA		45:19	20:16	40:29

a) Prize money includes USA citizen award

Australian Half-Marathon Championships

Maroochydore and Mooloolaba, AUS, 19 August

(Distance: 21.1 km; AIMS/IAAF-certified, out-and-back course with no net elevation change and negligible start/finish separation)

Note: Forty-one year-old Sinead Diver continues to have a great year, setting a personal best 69:20 here and dominating the women's division of these championships. Her mark also shattered Deena Kastor's world 40+ record of 1:09:37. --Ed.

MEN (gun times)

1. Jack Rayner, VIC	1:04:02
2. Collis Birmingham, VIC	1:04:13
3. Nicolas Harman, WA	1:04:16

WOMEN (gun times) -

1. Sinead Diver (40+), VIC	1:09:20 PB/WR W40+
2. Marnie Ponton, NSW	1:13:26
3. Casey Wood, SA	1:15:49

Kisii Half Marathon

Kisii, KEN, 10 August

(Distance: Approx. 21.1 km from Kisii Primary School (Altitude: 1649 m) to Barclays Bank in Kisii Town (Altitude: 1680 m))

MEN

- | | | |
|----------------------------------|---------|-------------|
| 1. Nicodemus KIPKURUI (KEN) 1994 | 1:02:39 | KSH 100,000 |
| 2. Nobert KIGEN (KEN) 1994 | 1:02:56 | 50,000 |
| 3. Emmanuel BOR (KEN) 1993 | 1:03:02 | 30,000 |

WOMEN

- | | | |
|----------------------------|---------|-------------|
| 1. Joan CHELIMO (KEN) 1990 | 1:10:25 | KSH 100,000 |
| 2. Joy KEMUMA (KEN) 1988 | 1:10:55 | 50,000 |
| 3. Lydia NJERI (KEN) 1985 | 1:11:50 | 30,000 |

Semi-Marathon Marvejols Mende (46th)

Lozere, FRA, 29 July

(Distance: 22.4 km; very hilly with two big climbs, the first gains 325 m from 4.9 km to 9.1 km, the second gains 207 m from 14 km to 19.9 km)

MEN (gun times)

- | | |
|----------------------------------|---------|
| 1. Felicien Muhitira, RWA, 94 | 1:11:22 |
| 2. John Liotang, KEN, 91 | 1:12:51 |
| 3. Ezechiel Chepkorom, UGA, 92 | 1:13:26 |
| 4. Ladan Kaniu Wanjiku, KEN, 85 | 1:13:46 |
| 5. Terefa Debela Delesa, ETH, 98 | 1:13:50 |

WOMEN (gun times)

- | | |
|-------------------------------------|---------|
| 1. Dalila Abdulkadir Gosa, BRN, 98 | 1:26:15 |
| 2. Chaltu Negasa, ETH, 92 | 1:27:47 |
| 3. Mercyline Jeronoh, KEN, 92 | 1:27:54 |
| 4. Adanech Mesfen Mekonnen, ETH, 97 | 1:28:15 |
| 5. Tetyana Vernygor, UKR, 83 | 1:30:52 |

TRACK

Müller Grand Prix Birmingham

(11th stop of IAAF Diamond League)

Birmingham (Alexander Stadium), GBR, 18 August

MEN

800 (DL):

- | | |
|---|------------|
| 1. Emmanuel Kipkurui Korir, KEN, 15.06.95 | 1:42.79 MR |
| 2. Jonathan Kitilit, KEN, 24.04.94 | 1:43.53 |
| 3. Elijah Motonei Manangoi, KEN, 05.01.93 | 1:44.15 PB |
| 4. Ferguson Cheruiyot Rotich, KEN, 30.11.89 | 1:44.44 |
| 5. Marcin Lewandowski, POL, 13.06.87 | 1:44.75 |
| 6. Adam Kszczot, POL, 02.09.89 | 1:44.97 |
| 7. Jake Wightman, GBR, 11.07.94 | 1:45.00 |
| 8. Erik Sowinski, USA, 21.12.89 | 1:45.68 |
| 9. Brandon McBride, CAN, 15.06.94 | 1:45.78 |
| 10. Clayton Murphy, USA, 26.02.95 | 1:47.80 |

Emsley Carr Mile:

- | | |
|-----------------------------------|------------|
| 1. Stewart McSweyn, AUS, 01.06.95 | 3:54.60 PB |
|-----------------------------------|------------|

2. Ryan Gregson, AUS, 26.04.90	3:55.10 SB
3. Paul Chelimo, USA, 27.10.90	3:55.96 PB
4. Vincent Kibet, KEN, 06.05.91	3:56.17 SB
5. Nick Willis, NZL, 25.04.83	3:56.77 SB
6. Jordy Williamsz, AUS, 21.12.92	3:56.92
7. Charlie Grice, GBR, 07.11.93	3:56.97
8. Neil Gourley, GBR, 07.02.95	3:57.11 PB
9. Ismael Debjani, BEL, 25.09.90	3:57.33 PB
10. Drew Hunter, USA, 05.09.97	3:58.62
11. Kalle Berglund, SWE, 11.03.96	3:59.24
12. Chris O'Hare, GBR, 23.11.90	3:59.70
13. Timo Benitz, GER, 24.12.91	3:59.86

3000 s/chase (DL):

1. Conseslus Kipruto, KEN, 08.12.94	8:14.33
2. Chala Beyo, ETH, 18.01.96	8:14.61
3. Nicholas Kiptanui Bett, KEN, 20.12.96	8:16.44
4. Leonard Kipkemoi Bett, KEN, 03.11.00	8:16.97 PB
5. Benjamin Kigen, KEN, 05.07.93	8:17.43
6. Abraham Kibiwot, KEN, 06.04.96	8:22.81
7. Matthew Hughes, CAN, 03.12.89	8:23.67
8. Hillary Bor, USA, 22.11.89	8:30.04

WOMEN

1000:

1. Laura Muir, GBR, 09.05.93	2:33.92
2. Renelle Lamote, FRA, 26.12.93	2:34.48
3. Adelle Tracey, GBR, 27.05.93	2:34.59
4. Katie Snowden, GBR, 09.03.94	2:35.54 PB
5. Colleen Quigley, USA, 20.11.92	2:36.53
6. Jemma Reekie, GBR, 06.03.98	2:36.79
7. Brittany McGowan, AUS, 24.04.91	2:37.80 NR
8. Simona Vrzalová, CZE, 07.04.88	2:38.20 PB

1500 (DL):

1. Sifan Hassan, NED, 01.01.93	4:00.60
2. Gudaf Tsegay, ETH, 23.01.97	4:01.03
3. Sofia Ennaoui, POL, 30.12.95	4:02.06 SB
4. Axumawit Embaye, ETH, 18.10.94	4:02.44 SB
5. Sarah McDonald, GBR, 02.12.93	4:03.17 PB
6. Winny Chebet, KEN, 20.12.90	4:03.64
7. Marta Pen Freitas, POR, 31.07.93	4:03.99 PB
8. Kate Grace, USA, 24.10.88	4:04.64
9. Ciara Mageean, IRL, 12.03.92	4:06.13
10. Alemaz Samuel, ETH, 05.07.99	4:07.47
11. Gabriela Stafford, CAN, 13.09.95	4:07.51
12. Nelly Jepkosgei, KEN, 14.07.91	4:07.69
13. Brenda Martinez, USA, 08.09.87	4:12.90

3000 (DL):

1. Agnes Jebet Tirop, KEN, 23.10.95	8:32.21
2. Lilian Kasait Rengeruk, KEN, 03.05.97	8:33.43
3. Hellen Obiri, KEN, 13.12.89	8:36.26 SB
4. Eilish McColgan, GBR, 25.11.90	8:38.49 SB
5. Melissa Courtney, GBR, 30.12.93	8:39.20 PB
6. Konstanze Klosterhalfen, GER, 18.02.97	8:41.37
7. Lonah Chemtai Salpeter, ISR, 12.12.88	8:42.88 NR PB

8. Ejgayehu Taye, ETH, 10.02.00	8:44.13
9. Elena Burkard, GER, 10.02.92	8:45.43 PB
10. Eva Cherono, KEN, 15.12.96	8:45.65
... 17. Dominique Scott, RSA, 24.06.92	9:01.64 SB

Göteborg Grand Prix

(Folksam Grand Prix)

Göteborg, SWE, 18 August

MEN

3000:

1. Yomif Kejelcha, ETH, 97	7:28.00 PB/WL
2. Berihu Aregawi, ETH, 01	7:42.12
3. Brett Robinson, AUS, 91	7:51.67 SB

WOMEN

800:

Race A:

1. Anna Sabat, POL, 93	2:01.70
2. Lovisa Lindh, SWE, 91	2:01.85 SB
3. Liga Velve, LAT, 94	2:02.20 PB
4. Hanna Hermansson, SWE, 89	2:02.53
5. Hannah England, GBR, 87	2:02.89 SB
6. Aníta Hinriksdóttir, ISL, 96	2:03.00

NACAC Track & Field Championships

Toronto (Varsity Stadium), CAN, 10-12 August

WOMEN

800 (11):

1. Ajee' Wilson, USA, 24	1:57.52 Gold
2. Natoya Goule, JAM, 27	1:57.95 Silver
3. Rosemary Almanza, CUB, 26	2:00.15 Bronze
4. Raevyn Rogers, USA, 21	2:00.75
5. Lindsey Butterworth, CAN, 25	2:00.81
6. Simoya Campbell, JAM, 24	2:00.98

1500 (12):

1. Kate Grace, USA, 29	4:06.23 Gold
2. Shannon Osika, USA, 25	4:06.92 Silver
3. Gabriela Stafford, CAN, 22	4:07.36 Bronze
4. Rachel Schneider, USA, 27	4:09.50
5. Nicole Sifuentes, CAN, 32	4:18.77
6. Angelin Figueroa, PUR, 24	4:33.15

Hotel Warner West Chester Mile

West Chester, USA, 9 August

ELITE MEN

1. Johnny Gregorek, Asics NJNY, 3:57.27
2. Julian Oakley, Ocean State TC (NZL), 3:57.44
3. Rob Napolitano, Hoka NJ-NY, 3:57.87
4. Jake Edwards, CRC Elite, 3:58.26
5. Daniel Herrera, HPW (MEX), 3:58.95

ELITE WOMEN

1. Emily Lipari, adidas, 4:28.62
2. Helen Schlachtenhaufein, Saucony/FTC, 4:31.38
3. Ce'Aira Brown, Hoka NJ-NY, 4:31.74
4. Regan Yee, CAN, 4:31.93
5. Tori Gerlach, Reebok, 4:32.51
6. Charlene Lipsey, Adidas/JTC, 4:32.72

ULTRA/MOUNTAIN/TRAIL RUNNING**Centurylink Leadville Trail 100 Mile Endurance Run (36th)**

Leadville, USA, 18-19 August

(Distance: 100 miles [50 miles out and back], extremely high altitude [the race tops out at 3843 m with constant climbing and descending], difficult terrain)

MEN (gun times)

1. Rob Krar, 41, Flagstaff, AZ (CAN), 15:51:57
2. Ryan Kaister, 39, Bend OR, 17:37:23
3. Seth Kelly, 34, Golden, CO, 18:15:29

WOMEN

1. Katie Arnold, 46, Santa Fe, NM, 19:53:40
2. Addie Bracy, 32, Longmont, CO, 21:17:12
3. Gina Slaby, 37, Seabeck, WA, 23:13:03

Pikes Peak Marathon (63rd)

Manitou Springs, USA, 19 August

(Distance: 42.195 km; course begins at 1918 m on a paved road, climbs to 4299 m on a rocky trail, then comes back down to 1934 m; weather was hot at the bottom but close to freezing at the top)

MEN (gun times)

- | | | |
|---|---------|--------|
| 1. Dakota Jones, 27, Durango, CO | 3:32:19 | \$2000 |
| 2. Oriol Cardona Coll, 23, ESP | 3:37:19 | 1200 |
| 3. Darren Beck Thomas, 24, Colo Springs, CO | 3:37:34 | 600 |
| ... 15. Max King, 38, Bend, OR | 4:37:42 | |

WOMEN (gun times)

- | | | | |
|--|---------|----|----------------|
| 1. Megan Kimmel, 38, Ridgway, CO | 4:15:04 | CR | \$2000 + 4000* |
| 2. Laura Orgué, 31, ESP | 4:30:52 | | 1200 |
| 3. Kristina Marie Mascarenas, 29, Colo Spr, CO | 4:37:00 | | 600 |

*) Course record bonus

Pikes Peak Ascent

Manitou Springs, USA, 18 August

(Distance: About 10.5 km from 1918 m up to 3109 m [gain of 1191m]; the race was held on a shorter course this year ending at Barr Camp [see note below].)

Note: Organisers shortened this event this year due to the threat of severe storms at the top of the mountain, reports *Race Results Weekly*. Athletes usually run 21.5 km with an elevation gain of 2381 m. --Ed.

MEN (gun times)

- | | | |
|---|---------|--------|
| 1. Azerya Tekay Weldemariam, 39, Colo Springs, CO | 1:06:28 | \$2000 |
| 2. Ondrej Fejfar, 29, CZE | 1:08:44 | 1200 |
| 3. Alex Pincher, 33, GBR | 1:09:17 | 600 |

WOMEN (gun times)

- | | | |
|--|---------|--------|
| 1. Kim Dobson, 34, Eagle, CO | 1:15:51 | \$2000 |
| 2. Tess Amer, 27, Boulcer, CO | 1:21:29 | 1200 |
| 3. Lauren Juliet Ayers, 28, Portland, ME | 1:25:05 | 600 |

Sierre-Zinal (45th)

Valais' Alps, SUI, 12 August

(Distance: 31 km, beginning at 500 m with 2200 m ascent and 800 m descent)

Note: Spain's Kilian Jornet and Kenya's Lucy Wambui Murigi, both defending champions, retained their titles. -- Ed.

ELITE/OPEN MEN

- | | |
|----------------------------------|-----------|
| 1. Kilian Jornet, ESP, 1987 | 2:31:39.7 |
| 2. Rob Simpson, GBR, 1991 | 2:33:11.3 |
| 3. Robert Panin Surum, KEN, 1989 | 2:33:18.9 |

ELITE/OPEN WOMEN

- | | |
|----------------------------------|-----------|
| 1. Lucy Wambui Murigi, KEN, 1985 | 2:57:54.8 |
| 2. Michelle Maier, GER, 1991 | 3:01:30.2 |
| 3. Simone Troxler, SUI, 1996 | 3:02:46.7 |

NEWS**CHICAGO MARATHON INTERNATIONAL ELITE FIELD ANNOUNCED**

Organisers of the Bank of America Chicago Marathon, scheduled for Sunday, 7 October, announced their international elite fields last week, reports *Race Results Weekly*:

MEN (with personal best times)

Mosinet Geremew ETH 2:04:00; Birhanu Legese ETH 2:04:15; Dickson Chumba KEN 2:04:32; Abel Kirui KEN 2:05:04; Kenneth Kipkemoi KEN 2:05:44; Paul Lonyangata KEN 2:06:10; Mo Farah GBR 2:06:21; Geoffrey Kirui KEN 2:06:27; Suguru Osako JPN 2:07:19; Bedan Karoki KEN 2:07:41; Ryo Kiname JPN 2:08:08; Yuki Kawauchi JPN 2:08:14; Mohamed Reda MAR 2:09:18; Stephen Sambu KEN 2:11:07; Tsukasa Koyama JPN 2:11:20; Yohei Suzuki JPN 2:14:53; Taku Fujimoto JPN 2:15:30; Pardon Ndhlovu ZIM 2:16:22; Daniel Wallis NZL 2:19:24; Augustine Choge KEN debut; Hugh Williams AUS debut.

WOMEN (with personal best times)

Roza Dereje ETH 2:19:17; Birhane Dibaba ETH 2:19:51; Brigid Kosgei KEN 2:20:13; Shure Demise ETH 2:20:59; Yuka Ando JPN 2:21:36; Madai Perez MEX 2:22:59; Jessica Draskau Petersson DEN 2:30:07; Vianey De la Rosa MEX 2:32:01; Dayna Pidhoresky CAN 2:36:08; Hiruni Wijayaratne SRI 2:36:35; Melanie Myrand CAN 2:39:07; Chirine Njeim LBN 2:39:21; Alexi Pappas GRE debut.

The top USA athletes, Galen Rupp, Amy Cragg, Jordan Hasay and Laura Thweatt, were announced previously.

STATS TIME

This week we include a list of the top ten SA women 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.

2018 MARATHON: TOP 10 WOMEN

2:38:17	Nolene Conrad	8	Vienna	22 Apr
2:50:57	Charné Bosman	1	Pretoria	17 Feb
2:52:44A	Stephanie Smith	1	East London	18 Feb
2:53:06A	Ulrica Stander	1	Simon's Town	18 Feb
2:53:12	Jenna Challenor	3	Durban	15 Apr
2:54:59	Bosman-2	1	Benoni	28 Jan
2:55:34A	René Kalmer	2	Simon's Town	18 Feb
2:56:02	Mari Rabie	12	London	22 Apr
2:56:04	Janie Grundling	1	Pietermaritzburg	25 Feb
2:56:11	Yolande Maclean	1	Johannesburg	11 Feb
2:56:33A	Danette Smith	3	Simon's Town	18 Feb

THIS MONTH IN HISTORY

26 years ago: 7 August 1992

It remains one of the great images of African athletics, and sport in general: the white South African and her black Ethiopian rival circling the track together after their epic battle in the Olympic 10000 metres in Barcelona. Track & Field News called Elana Meyer and Derartu Tulu "symbols of a new day in women's distance running". Barcelona signalled the return of South Africa to the international arena, and from about ten laps to go, Meyer had thrown down the gauntlet to her rivals with laps in 72 and 73.5 seconds. With Tulu on her heels but never leading, Meyer tried everything to get away, but it was to no avail. Tulu sizzled the last lap in 65.9 to set a new African record of 31:06.02 with Meyer getting the silver medal in a national record 31:11.75. It was an exhilarating contest in which six national records fell, while it was the fastest race ever for positions six to 15.

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 87:13** 87:13**	Nkosinathi Madyo Eliud Kipchoge (KEN) 2016 Stanley Biwott (KEN) 2016	Uitenhage	03 Mar
Marathon	2:09:31 2:02:57	Desmond Mokgobu Dennis Kimetto (KEN) 2014	Oita	04 Feb
100 km	7:24:12 6:13:33	Lucas Nonyana Takahiro Sunada (JPN) 1998	Polokwane	15 Apr

**.) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	30:41 27:48	Simphiwe Zulu Bernard Lagat (USA) 2015	Durban	15 Jul
15 km	48:11 44:14	Mthandazo Qhina Pierre Levisse (FRA) 1992	Constantia	06 Jan
21.1 km	66:57 61:09	Simon Mpholo Haile Gebrselassie (ETH) 2013	Port Elizabeth	28 Jul
25 km	89:07 76:49	Sikhumbuzo Dlamini Martin Mondragon (MEX) 1994	Durban	21 Mar
30 km	1:40:20 89:45	Mthandazo Qhina Mark Kiptoo Kosgei (KEN) 2016	Simon's Town	19 Aug
Marathon	2:26:17 2:08:38	William Mokwalakwala Kenneth Mungara (KEN) 2016	Centurion	01 May
100 km	9:46:50 6:18:24	Johan van der Merwe Mario Ardemagni (ITA) 2004	Polokwane	15 Apr

Masters (50+)

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

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	2:10:49 1:57:07	Mochamat Kriel Ed Whitlock (CAN) 1994	Simon's Town	19 Aug
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		

Veterans (40+)

10 km	36:15 32:14	Tanith Maxwell Priscilla Welch (GBR) 1985	Cape Town	07 Mar
15 km	58:02 49:35	Charné Bosman Priscilla Welch (GBR) 1985	Jeffreys Bay	06 Jan
21.1 km	80:15 79:44A 69:37	Tanith Maxwell Tanith Maxwell Deena Kastor (USA) 2014	Wellington Simon's Town	01 May 18 Feb
25 km	96:16 85:15	Charné Bosman Colleen de Reuck (USA) 2005	Pretoria	12 May
30 km	2:05:14 2:00:24A 1:49:40	Bulelwa Simae Tanith Maxwell Yoshimi Hoshino (JPN) 2007	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	2:50:57 2:23:31	Charné Bosman (vet) Lydia Cheromei (KEN) 2017	Pretoria	17 Feb
100 km	11:26:45 7:20:22	Cornel Metcalfe Maria Auxiliadora (BRA) 1998	Polokwane	15 Apr

Masters (50+)

10 km	39:43 34:14	Judy Bird Linda Somers (USA) 2011	Port Elizabeth	05 May
15 km	63:46 52:38	Suzanne Marais Monica Joyce (USA) 2009	Constantia	10 Mar
21.1 km	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		

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 1:50:50	Jenny Scott Sylvia Burton Edie Stevenson (USA) 2011	Durban Pinetown	21 Mar 28 Jan
30 km	2:26:52 2:15:30	Annatjie Botes Kathryn Martin (USA) 2012	Sedgefield	10 Mar
Marathon	3:37:54 3:26:19A 3:12:57	Nancy Will Nancy Will Emmi Luthi (SUI) 2009	Fish Hoek Simon's Town	27 Jan 18 Feb
100 km	17:51:42 9:20:07	Martie Boesenberg Ursula Schmitz (GER) 1999	Polokwane	15 Apr

Great grandmasters (70+)

10 km	53:29 44:09	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Bellville	25 Mar
15 km	85:25	Marietha Herbert	Constantia	10 Mar

21.1 km	72:52	Jo Klein (NED) 2004		
	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	3:19:19	Pixie Sparg	Simon's Town	19 Aug
	2:58:52A	Veronica van Niekerk	Camps Bay	14 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:50:46	Willemien Smuts	Sasolburg	03 Feb
	4:37:20A	Marietha Herbert	Simon's Town	18 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km				
	12:50:49	Helen Klein (USA) 1993		
<u>Juniors</u>				
10 km	36:04	Nicole Louw	Port Elizabeth	05 May
	31:29	Karoline Bjerkeli Grovdal (NOR) 2009		
15 km	59:40	Simonay Weitsz	Kempton Park	31 Jan
	48:33	Mekasha Waganesh Amare (ETH) 2011		
21.1 km	80:48	Lesego Mpshe	Polokwane	19 May
	67:57	Abebu Gelan Adugna (ETH) 2009		

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