

Distance Running Results

Vol. 18, No. 34 – 3 September 2018

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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Publisher: Riël Hauman

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EDITORIAL

The Medihelp Tekkie Challenge 10 km was held for the 11th time in Kuils River this weekend. This is the only road race in South Africa that is run on a handicap basis. This year the women started 4 min 15 sec ahead of the men and in the absence of Zintle Xiniwe, who has won the women's race six times (the last four in a row) and was the outright champion on four occasions, an in-form Fortunate Chidzivo not only stayed ahead of all the men, but broke Xiniwe's race record as well with her 34:37 -- the Zimbabwean's fastest time of the year. She finished 23 sec ahead of Sibusiso Madikizela and Danzil Paulse, who both clocked 30:45. This was the smallest difference in the race since Nomvuyisi Seti won by two seconds in 2013, and the seventh time that the first woman had the better of all the men. Annie Bothma was second in 35:19 and Seti third in 37:19.

In Despatch Melikhaya Frans (29:42) and Luthando Nxanisa (38:29) won the Eastern Province 10 km titles.



Earlier last week Caster Semenya (pictured above, by Mark Shearman/IAAF), as expected, easily won the Diamond League crown in the 800 metres when she ran 1:55.27 in Zürich. The next night, at the second leg of the Diamond League Final in Brussels, a remarkable 5000-metre contest saw eight men under 13 minutes, all in personal or season's bests, led by the world junior record of 12:43.02 by Selemon Barega (ETH). (The only other South African to win a Diamond League title was Luvo Manyonga in the long jump.)

The results of two positive drugs tests in South African races have been announced by the Athletics Integrity Unit. The sample provided by the Ethiopian Meseret Asefa (also known as Meseret Taye, b. 22 April 1990) after she had placed fourth in the 2017 Sanlam Cape Town Marathon (in 2:31:25) returned a positive result and she has been banned for four years until 14 November 2021. All athletes placed behind her move up one position, with Irvette van Zyl now eighth and Lebogang Phalula tenth. At the Polokwane Mayoral Half Marathon on 30 April 2016 Vincent Kipchirchir (KEN) tested positive and he has been

banned for four years until 11 November 2020. He ran quite a number of races in South Africa during the rest of 2016, among them the PetroSA Marathon in Mossel Bay (where he finished sixth), and all these results have been scrapped.

The confusion about the name of the Kenyan winner of the Mandela Day Half Marathon in Howick was mentioned in last week's DRR. His correct name is Benard Kipkemoi Bii.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Parklane Super Spar Spring Meadows Capital Climb, Pietermaritzburg
- * Satori Camel Run, Noordhoek
- * Medihelp Tekkie Challenge 10 km, Kuils River
- * Despatch Superspar 10 km, Despatch
- * Spirit of Flight 10 km, Pretoria
- * Keystone Milling Rustenburg Mountain Race, Rustenburg
- * Pierre van Ryneveld "Glow-in-the-Dark" 10 km Night Race, Pretoria
- * Langebaan Half Marathon & 10 km, Langebaan
- * Puffer 80 km, Cape Town
- * XC: WP Cross-country Championships, Bellville

International highlights:

- * Maratón Ciudad de México Telcel, Mexico City, MEX
 - * Courses D'Arras 10 km, Arras, FRA
 - * Kärnten Läuft - Wörthersee Halbmarathon, Klagenfurt, AUT
 - * HAP Crim 10-Mile Road Race, Flint, USA
 - * Giro delle Mura Città di Feltre, Feltre, Belluno, ITA
 - * Track: AG Insurance Memorial van Damme, Bruxelles, BEL; Weltklasse in Zürich (89th), Zürich, SUI; Campeonato Iberoamericano de Atletismo, Trujillo, PER; Meeting Melinda di Cles, Cles, ITA; Palio Città della Quercia "Memorial Edo Benedetti", Rovereto, ITA; Kamila Skolimowska Memorial, Chorzow, POL
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ROAD RUNNING

Parklane Super Spar Spring Meadows Capital Climb (43rd)

Pietermaritzburg, 2 September

(Distance: 15 km; very hilly out-and-back course. Finishers: 874 [down from 941 last year].)

Note: This is the first time the race was held on a Sunday. -- Ed.

MEN

1.	Sibonelo Duma	Boxer AC	51:24
2.	Alert Kangor	KEN/Nedbank AC	52:24
3.	Anele Dlamini	H/dale AC	52:32

40-49:

1.	Menzi Ngcobo	Save Orion AC	56:09
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50-59:

1.	Willie Majombozi	Boxer AC	67:34
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60+:

1.	Douglas Couperthwaite	Coll Harr	77:33
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WOMEN

1.	Florence Chepkurui	KEN/Nedbank AC	64:44
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2.	Bathohle Mkhize	Amaghawe AC	69:13
3.	Toni Mundl	Klerksdorp M C	69:50

40-49:

1.	Pat Dammann	Team Vitality	77:20
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50-59:

1.	Roshini Natasen	Highway AC	85:42
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60+:

1.	Sheree Kirsten	Westville AC	92:54
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Satori Camel Run

Noordhoek, Cape Town, 2 September

(Distance: 16.1 km; loop course, partly on gravel, beach and off-road tracks.)

Note: Just one day after winning her category in the Medihelp Tekkie Challenge 10 km (results below), Obertina Kanyongo ran again here. -- Ed.

MEN

1. Malusi Judase (Sat) 57:27
2. Asisipo Mathomane (Sat) 58:30
3. Edward Jack (Central) 61:54 (1st jun)

Veterans: 1. Colin George (VOB) 64:59; 2. Cecil Reid (Celtic) 69:44; 3. Deon Preston (Hout) 71:32. **Masters:** 1. James Wisbeach (Ind) 72:59; 2. Shafiek Cassiem (Itheko) 74:47; 3. Willem Koorts (Ind) 77:02. **G'masters:** 1. Iain Park-Ross (WC) 84:06; 2. Raymond Rix (VOB) 85:41; 3. Albert Williams (Top) 88:26. **G/g'masters:** 1. Horst Schiffer (FH) 1:43:39; 2. Wally Steel (Hout) 1:43:59. **Juniors:** 1. Edward Jack (Central) 61:54; 2. Inga Ngwenduna (Sat) 61:57; 3. Calvin Hammond (Ned) 68:27.

WOMEN

1. Candice Lee Davidson (Harf) 73:01 (1st vet)
2. Kathleen Shuttleworth (VOB) 74:08
3. Obertina Kanyongo (ZIM/Ned) 76:04 (1st mast)

Veterans: 1. Candice Lee Davidson (Harf) 73:01; 2. Kathleen Shuttleworth (VOB) 74:08; 3. Sue MacKinnoh (Celtic) 94:57. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 76:04; 2. Dain Hamilton (VOB) 77:45; 3. Joanna Thomas (VOB) 77:48. **G'masters:** 1. Christine Hibberd (FH) 1:34:40; 2. Sonia Smith (Celtic) 1:37:48; 3. Ann Williams (PnP) 1:49:26. **G/g'masters:** 1. Chippy Steel (Hout) 1:57:10; 2. Marlene James (Pine) 2:17:52. **Juniors:** 1. Emily van Coller (Ind) 2:02:02; 2. Siobhan Dunn (SH) 2:40:54.

Medihelp Tekkie Challenge 10 km (11th)

Kuils River, 1 September

(Certified figure-eight course. Weather: cool, partly cloudy; excellent running conditions. Finishers: 1142 [down from 1177 last year].)

Note: Four course records were set -- by overall race winner Fortunate Chizivo, as well as by grandmasters Mochamat Kriel and Olga Howard, and veteran Bulelwa Simae. Chidzivo also won the Langebaan Half Marathon the previous weekend (results below) -- Ed.

MEN

1. Sibusiso Madikizela (AAC) 30:45 (R1000)
2. Danzil Paulse (Sanlam) 30:45 [correct] (R500)
3. Raydon Balie (Eerste) 30:56 (R300)

(All age category prize money except juniors was the same: R400, R300, R200.)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 32:32; 2. Vakalisa Kopololo (Ned) 33:00; 3. Shawn Abrahams (Kuils) 33:43. **Masters:** 1. Steve Motau (Itheke) 36:53; 2. Isaac Manuel (Edge) 39:26; 3. Gerald Sullivan (Sanlam) 40:59. **G'masters:** 1. Mochamat Kriel (Ommie) 39:02 CR; 2. Tom van Wyk (Brack) 50:02; 3. Radebe Madlingozi (Celtic) 50:07.

G/g'masters: 1. Yusuf Gamielien (Itheke) 72:09; 2. Norman Tinniswood (RWFL) 80:14; 3. Arthur Dakers (Held) 1:51:37. **Juniors:** 1. Thembeko Mendu (Gugs) 31:44 (R350); 2. Sherwin Jooste (Bot) 32:14 (R250); 3. Siyabonga Mathe (East) 33:42 (R150).

WOMEN

1. Fortunate Chidzivo (ZIM/Langa) 34:37 CR (R1000 + R500i)
2. Annie Bothma (Ned) 35:19 (R500)
3. Nomvuyisi Seti (Langa) 37:19 (R300)

(Same prize money as men)

Veterans: 1. Bulelwa Simae (Ned) 38:25 CR; Melody Cupido (IT) 43:00; 3. Busisiwe Matiwane (Ned) 44:23. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 41:40; 2. Sandra Kohnert (Edge) 42:41; 3. Julie Huckle (Hout) 43:07. **G'masters:** 1. Olga Howard (Ned) 43:21; 2. Nicky Andrews (Edge) 55:42; 3. Helen du Plessis (Brack) 57:52. **G/g'masters:** 1. Marietha Herbert (Bell) 55:36; 2. Pixie Sparg (Celtic) 54:35; 3. Fatima Nieuwenhuis (Top) 81:10. **Juniors:** 1. Anita Nonene (Gugs) 44:34; 2. Leonte Adams (Bot) 45:18; 3. Dominique Fuchs (CMC) 46:33.

i) Incentive for first athlete across the finish line.

Despatch Superspar 10 km

(Eastern Province 10 km Championships)

Despatch, 1 September

(Finishers: 444 [slightly up from 431 last year].)

MEN

1	Melikhaya	Frans	Ikhamva AC	28	29:42
2	Zolani	Ngqaqa	Tinarha AC	29	30:57
3	Zolani	Mabhongo	Ikhamva AC	32	31:02

Veterans:

1	Anele	Maliza	Nedbank RC	40	33:40
2	Melikhaya	Kepe	Nedbank RC	42	35:08
3	Zamubuntu	Teyise	Charlo AC	41	35:58

Masters:

1	Desmond	Zibi	Achilles AAA	54	33:24
2	Sithembiso	Yozo	Nedbank RC	54	36:57
3	Darrell	Wicht	Madiba BW	55	37:28

G'masters:

1	Chester	Brooks	Xcel AC	60	43:11
2	Sizinzo	Kama	Achilles AAA	67	44:00
3	Albert	Ngcanga	Xcel AC	68	44:12

G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	76	47:46
2	Percy	Dalton	Achilles AAA	70	47:51
3	Johannes	Herbst	Muirite Strider	72	53:15

Juniors:

1	Tumelo	Monyane	Tinarha AC	18	37:37
2	Siphosethu	Scout	SAPS AC EP	16	37:50
3	Elroy	Claassen	Charlo AC	18	45:42

WOMEN

1	Luthando	Nxanisa	Ikhamva AC	25	38:29
2	Ndileka	Mvakwendlu	Tinarha AC	27	38:42
3	Asanda	Zamisa	Achilles AAA	35	42:25

Veterans:

1	Priscilla	Dyantyi	Nedbank RC	44	44:37
2	Lily	Janse van Rensburg	Despatch AC	42	44:49
3	Lindi	Van Tonder	Charlo AC	40	47:52

Masters:

1	Janette	Schierz-Crusius	Body Concept	58	45:29
2	Buyelwa	Kobokana	Nedbank RC	53	48:30
3	Michelle	Van der Watt	Elite A C	51	50:16

G'masters:

1	Hanlie	Van der Westhuizen	Despatch AC	62	45:56
2	Renee	Hawkridge	Bluewater Bay	67	51:04
3	Christine	Snyman	Despatch AC	62	53:03

G/g'masters:

1	Liz	Jenkerson	Muirite Strider	71	55:59
2	Vicky	Ashley	Profiles AC	72	1:00:58
3	Dorothy	Hart	Nedbank RC	80	1:26:05

Juniors:

1	Vicky	Oelofse	Nedbank RC	17	43:16
2	Jastine	Van der Berg	SAPS AC EP	16	56:06
3	Simone	Olckers	SAPS AC EP	16	56:28

Spirit of Flight 10 km

Pretoria, 1 September

(Loop course. Finishers – 1020 [down from 1100 last year].)

MEN

1 Karel Burger (KPMG) 33:26; 2 Reginald Poopedi (ACRW) 33:35; 3 Siphesihle Ndaba (SAPS Training College) 33:42.

Veterans: 1 Riaan Riekert (Kempton) 36:33; 2 Michael Hlongwane (ACRW) 38:05.

Masters: 1 Sontaga Mabale (Midrand) 39:25; 2 Johannes Naude (Affies) 41:24.

G'masters: 1 Sakkie van Niekerk (Affies) 46:31; 2 Dorian Andrews (Midrand) 49:09.

G/g'masters: 1 Iain McFadyen (Phobians) 53:38; 2 Neels Vermeulen (Coaldust) 59:21.

80+: 1 Ken Nurden (Agape) 56:21; 2 Andries van Rooyen (VTM) 74:10. **Juniors:** 1 Khan Nothnagel (VTM) 36:38.

WOMEN

1 Natalie Ross (Temp) 38:02; 2 Andrea Steyn (KPMG) 39:22; 3 Ellen Bekker (Vitality) 39:42.

Veterans: 1 Maria Vilakazi (FFA) 40:34; 2 Mandy Immelman (Green Mile) 44:51.

Masters: 1 Karen Coomber (ACRW) 46:35; 2 Ansa Strydom (Nedbank) 48:21. **G'masters:**

1 Ilze Crous (Affies) 49:07; 2 Jackie Navarria (ACRW) 53:44. **G/g'masters:** 1 Gina Hughes (Agape) 64:12; 2 Debbie van Heerden (Roodepoort) 64:20. **Juniors:** 1 Danita Dinwoodie (Green Mile) 40:44.

Keystone Milling Rustenburg Mountain Race (21st)

Rustenburg, 1 September

(Distances: 25 km – out-and-back course with loop at far end, very hilly and partly on gravel & 10 km. Weather: partly cloudy to clear, warm and no wind. Finishers: 25 km – 287 [considerably down from 436 last year]; 10 km – 244 [down from 300]; also approx. 300 in 5 km.)

25 km

MEN

1. David Gatebe (Imp) 1:32:56
2. Edward Mothibi (Ned) 1:33:41
3. Obed Kopong (Ned) 1:33:51

Veterans: 1. Jameson Mabapa (Ned) 1:44:18; 2. Molifi Mowowantwa (RWFL) 1:54:16.**Masters:** 1. Simon Ramashapa (Coro) 1:54:56. **G'masters:** 1. Dave Guy (Imp) 2:53:27.

WOMEN

1. Liezl van der Merwe (RWFL) 2:09:41 (1st vet)
2. Belinda Marais (Pirates) 2:15:33
3. Helena Oberholzer (Pirates) 2:16:52

Veterans: 1. Liezl van der Merwe (RWFL) 2:09:41; 2. Helena Oberholzer (Pirates) 2:16:52. **Masters:** 1. Rita van Wyk (Boks) 2:30:01. **G'masters:** 1. Lesley Wood (BB) 2:33:41.**10 km**

MEN

1. Itumeleng Phala (RWFL) 33:25
2. Joseph Manyeri (Amandel) 33:51
3. Nico Marrenge (NWU) 34:22

Veterans: 1. Johnny Young (RWFL) 35:19; 2. Willem Odendaal (Imp) 40:01. **Masters:** 1. Jorrie Jordaan (RWFL) 42:01. **G'masters:** 1. Trevor Parry (HMK) 47:56. **Juniors:** 1. Peter Kotsedi (Protea) 35:19.

WOMEN

1. Roné Reynecke (RWFL) 38:41
2. Galaletseng Mekgoe (Imp) 39:46
3. Lizzy Dhiwayo (RWFL) 42:48 (1st vet)

Veterans: 1. Lizzy Dhiwayo (RWFL) 42:48; 2. Nkabi Ramafi (Ind) 44:20. **Masters:** 1. Karien Theart (RWFL) 69:36. **G'masters:** 1. Irene Scheffer (RWFL) 48:52. **Juniors:** 1. Lego Motshabi (Larries) 43:49.**Pierre van Ryneveld "Glow-in-the-Dark" 10 km Night Race**

Pretoria, 29 August

(Finishers: 330 [down from 360 last year].)

MEN

- 1 Hosane Vuma (BestMed Pacers) 36:21; 2 Khan Nothnagel (VTM) 36:46 (1st jun); 3 Stefan Koch (Magnolia) 37:04.

Veterans: 1 Aaron Mabena (Transnet) 37:24. **Masters:** 1 Johannes Naude (Affies) 42:24. **G'masters:** 1 Charles Stofberg (Green Mile) 47:19. **G/g'masters:** 1 Hein Markötter (PMK) 69:15. **Juniors:** 1 Khan Nothnagel (VTM) 36:46.

WOMEN

1 Mitsie v.d. Westhuizen (KPMG) 42:08 (1st vet); 2 Madri Wiid (AS Eagles) 42:36; 3 Sandra Mansvelder (Outsurance) 43:15.

Veterans: 1 Mitsie v.d. Westhuizen (KPMG) 42:08. **Masters:** 1 Blanche van Vuuren (Irene) 51:26. **G'masters:** 1 Christa Mouton (Agape) 68:39. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 56:14.

Langebaan Half Marathon & 10 km

Langebaan, 25 August

(Distances: 21.1 km & 10 km; the half marathon a loop course, the 10 km unknown.

Finishers: half marathon -- 423 [slightly down from 441 last year]; 10 km -- 344 [also slightly down from 351].)

Note: A repeat victory here in the half marathon for Sibusiso Madikizela. Fortunate Chidzivo finished 11th overall. -- Ed.

Half marathon

MEN

1	Sibusiso	Madikizela	AAC	29	1:07:48
2	Raydon	Balie	Eersterivier	23	1:07:50
3	Danzil	Paulse	Sanlam	25	1:07:59
4	Moses	Njodzi	ZIM/Itheko	35	1:11:27
5	Lindikhaya	Mthangayi	Itheko	39	1:13:26
6	Morne	Kammies	Sanlam	31	1:13:32
7	Lorenzo	Olyn	Sanlam	24	1:17:11
8	Alantino	Belillie	Sanlam	20	1:17:13
9	Tsungai	Mwanengeni	ZIM/Gugs	44	1:17:43
10	Dumisani	Dosi	SAPS	39	1:17:59

WOMEN

1	Fortunate	Chidzivo	ZIM/Langa	31	1:18:01
2	Zintle	Xiniwe	KPMG	31	1:20:32
3	Nomvuyisi	Seti	Langa	36	1:23:19
4	Bulelwa	Simae	Nedbank	41	1:27:22
5	Danette	Smith	KPMG	29	1:27:33
6	Jeanette	Kohler	Temp	39	1:32:01
7	Obertina	Kanyongo	ZIM/Nedbank	50	1:34:19
8	Angelique	Rabie	VOB	50	1:38:24
9	Sandra	Bester	Langebaan	40	1:38:43
10	Monique	Roberts	Edgemead	36	1:40:14

10 km

MEN

1	Siviwe	Nkombi	Itheko	32	31:12
2	Lukhanyo	Nobakada	VOB	21	31:22
3	André	Afrika	Eersterivier	24	31:30
4	Akhona	Makila	VOB	27	31:53
5	Mthandazo	Qhina	Nedbank	40	32:44
6	Thembeke	Mendu	Gugs	18	32:50
7	Gershwin	Van Staden	Itheko	21	33:24
8	Tino	Adams	Eersterivier	23	33:26
9	Vakalisa	Kopolo	Nedbank	41	33:56
10	Brandon	Lewin	Itheko	23	33:57

WOMEN

1	Amahle	Dintsi	VOB	14	41:45
2	Marquerite	Fredericks	Swartland	23	42:52
3	Reece	Barnes	Temp	24	43:24
4	Mariëtte	Strauss	Tygerberg	56	43:26
5	Julie	Huckle	Hout Bay	50	43:47
6	Buhle	Mtshabe	VOB	16	45:01
7	Twané	Wessels	CMC	32	46:03
8	Emihle	Ntutu	VOB	15	47:48
9	Tyona	Asenathi	VOB	14	50:04
10	Helane	Smit	AMSAC	54	50:21

Puffer 80 km

Cape Town, 18 August

(Point to point course from Cape Point, over the summit of Table Mountain, to sea level in Green Point; partly on tar, but mostly on mountain tracks and trails. Finishers: 163 [up from 135 last year].)

Note: A repeat victory for Edson Kumwamba. No clubs were indicated with the results. -- Ed.

MEN

1. Edson Kumwamba 6:55
2. Nic de Beer 7:18
3. Joshua Chigome 7:30
4. Sean McGibbon 7:31
5. Andrea Biff 7:48

WOMEN

1. Charmaine Salvage 9:03
2. Tracy Forbes 9:29
3. Jana van Houwelingen 9:48
4. Andrea Devine 10:01
5. Liz Robertson 10:28

CROSS-COUNTRY**WP Cross-country Championships**

Bellville (CPUT), 18 August

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

SR. MEN (10 km)

1	Akhona	Makila	VOB	32:11
2	Danzil	Paulse	Sanlam	32:20
3	Sibusiso	Madikizela	AAC	32:31
4	Lukhanyo	Nobakada	VOB	33:05
5	Unathi	Nteta	AAC	33:08
6	Vuyolwethu	Mbukushe	Gugs	33:16
7	Andre	Afrika	Eerste River	33:17
8	Siviwe	Nkombi	Itheke	33:52
9	Gershwin	Van Staden	Itheke	33:57
10	Xolisa	Batala	VOB	34:37

SR. MEN

1	Ashley	Smith	UWC	11:56
2	Anthony	Timoteus	UWC	12:10
3	Vuyolwethu	Mbukushe	AAC	12:21
4	Akhona	Makhila	VOB	12:32
5	Bruce-Lynn	Damons	UWC	12:37
6	Andre	Afrika	Eerste River	12:42
7	Tobie	Lewies	UWC	12:46
8	Mandilakhe	Mbekwa	VOB	12:56
9	Lee-Roy	Lawrence	Easterns Kraaifontein	13:03
10	Heinrich	Wagner	UWC	13:14

MEN 40-44 (8 km)

1	Mthandazo	Qhina	Nedbank	26:59
2	Tsungai	Mwanangeni	ZIM/Gugs	27:34
3	Vakalisa	Kopolo	Nedbank	27:47

MEN 45-49 (8 km)

1	Shawn	Abrahams	Kuils River	28:04
2	Roger	Dickson	VOB	29:49
3	Graham	Katzen	Celtic	30:56

MEN 50-54 (8 km)

1	Steve	Motau	Itheke	30:04
2	Andrew	Cooper	Nedbank	30:57
3	John	September	Itheke	31:28

MEN 55-59 (8 km)

1	Julian	Paul	SANDF	31:40
2	Timothy	Hess	Eerste River	31:41
3	Friedl	Van der Merwe	Nedbank	33:50

MEN 60-64 (6 km)

1	Les	Chivell	Fish Hoek	25:44
2	Robbie	Lindsay	Nedbank	26:03
3	Jeremy	Kropman	Foresters	27:41

MEN 65-69 (6 km)

1	Christian	Edwards	VOB	27:37
2	Paul	Fortuin	VOB	30:23
3	Schalk	Hoon	Helderberg	30:41

MEN 70+ (6 km)

1	Blake	Wilkins	AAC	31:36
2	Manfred	Geutner	Pinelands	36:06
3	Ivan	Copelowitz	Tygerberg	38:46

U.20 MEN (8 km)

1	Christo	Van Rooy	ORAK	25:57
2	Carlo	Flink	Itheke	26:54
3	Ronaldo	January	Celtic	27:09

U.18 MEN (6 km)

1	Oliver	Stewart	AAC	19:32
2	Edward	Jack	Central	19:37
3	Sherwin	Jooste	Bottelary	20:03

SR. WOMEN (10 km)

1	Leanda	Du Bruyn	Tygerberg	38:14
2	Anel	Terblanche	KPMG	40:08
3	Jessica	Pollock	UCT	40:25
4	Lee-Shay	Willemse	Velocity	41:54
5	Madele	Du Plessis	Nedbank	42:57
6	Amy	Abrahams	Nedbank	43:28
7	Nolubabalo	Dyonase	VOB	44:06

8	Rozanne	Makappie	Easterns	46:06
9	Candyce	Hall	Carbineers	46:51
10	Nocwaka	Mthetho	MSA	47:59

SR. WOMEN

1	Anel	Terblanche	KPMG	14:46
2	Nomvuyisi	Seti	Langa	15:10
3	Anneline	Roffey	Nedbank	15:20
4	Amy	Abrahams	Nedbank	15:39
5	Mareli	Van Schalkwyk	Nedbank	15:44
6	Lee-Shay	Willemse	Velocity	16:09
7	Nolubabalo	Dyonase	VOB	16:26
8	Mandy-Lee	Jacobs	Nedbank	17:43
9	Anel	Mostert	Helderberg	17:51
10	Pamela	Moyikwa	VOB	18:13

WOMEN 40-44

1	Christiane	Adriaanse	VOB	14:48
2	Bulelwa	Simae	Nedbank	15:18
3	Elizabeth	Brink	Durbanville	17:05

WOMEN 45-49

1	Chantel	Simpson	Nedbank	16:50
2	Sharon	Nel	Nedbank	17:18
3	Daleen	De Klerk	West Coast	17:47

WOMEN 50-59

1	Sandra	Kohnert	Edgemead	17:19
2	Mariette	Strauss	Tygerberg	17:33
3	Mariaan	Malan	Nedbank	18:41

WOMEN 60-69

1	Olga	Howard	VOB	17:15
2	Nancy	Will	Pinelands	18:42
3	Bev	Charters	VOB	18:43

WOMEN 70+

1	Pixie	Sparg	Celtic	23:30
2	Wendy	Wilkins	AAC	25:11
3	Marlene	James	Pinelands	25:34

U.20 WOMEN (6 km)

1	Kayla	De Waal	CC	23:38
2	Anitha	Nonene	Gugs	24:30
3	Simone	Adams	Bottelary	24:51

U.18 WOMEN

1	Alexa	Mesham	VOB	15:00
2	Kia	Gibbs	VOB	15:23
3	Athemba	Nqumashe	Bottelary	15:32

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

Maratón Ciudad de México Telcel (36th)

(IAAF Silver Label Road Race)

Mexico City, MEX (altitude: 2250 m), 26 August

(Distance: 42.195 km; IAAF/AIMS certified course)

MEN (gun times)

1. Titus Ekiru, KEN 2:10:38 CR
2. Edwin Kipngetich Koech, KEN 2:12:35
3. Mathew Kisorio, KEN 2:13:14

WOMEN (gun times)

1. Etaferahu Wodaj, ETH 2:40:10
2. Fantu Eticha, ETH 2:40:24
3. Tinibt Gidey, ETH 2:40:27

Courses D'Arras 10 km (35th)

Arras, FRA, 26 August

(Loop course with negligible start/finish separation)

MEN (gun times)

1. Abraham Niyonkuru, FRA, 89 30:33
2. Joseph Mutwanthei Mumo, KEN, 97 30:46
3. Abdelhadi El Hachimi, BEL, 74 31:04

WOMEN (gun times)

1. Susan Kipsang Jeptoo, KEN, 87 32:51
2. Mercyline Jeronoh, KEN, 92 34:04
3. Hellen Mutheu Mueni, KEN, 96 35:03

Kärnten Läufer - Wörthersee Halbmarathon (17th)

Klagenfurt, AUT, 26 August

(Distance: 21.1 km)

MEN

1. Geoffrey Ronoh, KEN, 1:01:32
2. Stephen Kiprotich, UGA, 1:01:33
3. Laban Korir, KEN, 1:02:21
4. Hillary Kipsambu, KEN, 1:03:11
5. Hillary Kimaiyo, KEN, 1:03:26

WOMEN

1. Agnes Chebet, KEN, 1:12:41
2. Matea Parov, CRO, 1:14:03
3. Monika Bytautiene, LTU, 1:14:20
4. Cornelia Moser, AUT, 1:16:17
5. Silvia Schwaiger, SVK, 1:16:41

HAP Crim 10-Mile Road Race (42nd)

Flint, USA, 25 August

(Distance: 10 miles; certified and record-eligible)

Note: The first three men to cross the finish line were disqualified for going off course and running less than the full distance. *Race Results Weekly* reports that further investigation revealed that five to ten men who were chasing the leaders inadvertently cut the course by making a wrong turn, putting them ahead of the race leaders. -- Ed.

MEN (gun times)

- | | | |
|----------------------------|-------|--------|
| 1. Julius Kogo, KEN | 47:50 | \$3000 |
| 2. Kiprop Mutai, KEN | 48:12 | 2000 |
| 3. Daniel Mesfun, ERI | 48:21 | 1000 |
| Nathan Martin, Jackson, MI | DQ* | |
| Kenneth Kosgei, KEN | DQ* | |
| Simion Chirchir, KEN | DQ* | |

*) Went off course and did not run full distance

WOMEN (gun times)

- | | | |
|----------------------------|-------|-----------|
| 1. Brilliant Jepkorir, KEN | 54:05 | PB \$3000 |
| 2. Vicoty Chepngeno, KEN | 54:44 | 2000 |
| 3. Iveen Chepkemoi, KEN | 55:13 | PB 1000 |

Giro delle Mura Città di Feltre (30th)

Feltre, Belluno, ITA, 25 August

(Distance: about 9.5 km [9 laps])

ELITE MEN

1. Yemaneberhan CRIPPA, G.S. FIAMME ORO PADOVA, 23:28
2. Yohanes CHIAPPINELLI, C.S. CARABINIERI SEZ. ATLETICA, 23:37
3. Eyob GHEBREHIWET FANIEL, G.S. FIAMME ORO PADOVA, 23:39

TRACK**AG Insurance Memorial van Damme** (42nd)

(Second and final part of 2018 IAAF Diamond League Final)

Bruxelles, BEL, 31 August

MEN

800:

1. Emmanuel Korir (KEN) 1:44.72
2. Marcin Lewandowski (POL) 1:45.21
3. Ferguson Cheruiyot (KEN) 1:45.28
4. Jake Wightman (GBR) 1:45.96
5. Clayton Murphy (USA) 1:45.97
6. Wycliffe Kinyamal (KEN) 1:46.02
7. Elliott Crestan (BEL) 1:47.59
8. Antoine Gakeme (BDI) 1:50.74

5000:

1. Selemon Barega (ETH) 12:43.02 WJR/WL/WJL/PB
2. Hagos Gebrhiwet (ETH) 12:45.82 PB
3. Yomif Kejelcha (ETH) 12:46.79 PB
4. Muktar Edris (ETH) 12:55.18 SB
5. Abadi Hadis (ETH) 12:56.27 PB

6. Paul Chelimo (USA) 12:57.55 PB
7. Richard Yator (KEN) 12:59.44 PB
8. Getaneh Tamire (ETH) 12:59.58 PB
9. Mohammed Ahmed (CAN) 13:03.08 SB
10. Ben True (USA) 13:04.11 SB
11. Bashir Abdi (BEL) 13:04.91 PB
12. Stewart McSweyn (AUS) 13:05.23 PB

WOMEN

800:

1. Lynsey Sharp (GBR) 1:59.93
2. Hanna Hermansson (SWE) 2:00.96
3. Noélie Yarigo (BEN) 2:01.35
4. Renée Eykens (BEL) 2:01.91
5. Hedda Hynne (NOR) 2:02.29
6. Olha Lyakhova (UKR) 2:02.51

1500:

1. Laura Muir (GBR) 3:58.49
2. Shelby Houlihan (USA) 3:58.94
3. Sifan Hassan (NED) 3:59.41
4. Gudaf Tsegay (ETH) 3:59.68
5. Axumawit Embaye (ETH) 4:02.75
6. Winny Chebet (KEN) 4:03.37
7. Sofia Ennaoui (POL) 4:03.49
8. Rabab Arrafi (MAR) 4:03.82
9. Laura Weightman (GBR) 4:04.36
10. Jenny Simpson (USA) 4:04.57

3000 s/chase:

1. Beatrice Chepkoech (KEN) 8:55.10
2. Norah Tanui (KEN) 8:59.62 PB
3. Hyvin Jepkemoi (KEN) 9:01.60 SB
4. Emma Coburn (USA) 9:06.51
5. Celliphine Chespol (KEN) 9:06.75
6. Courtney Frerichs (USA) 9:07.07
7. Peruth Chemutai (UGA) 9:13.58
8. Aisha Praught Leer (JAM) 9:14.09 AR/PB
9. Winfred Yavi (BRN) 9:14.52
10. Daisy Jepkemei (KEN) 9:17.08

Weltklasse in Zürich (89th)

(First meeting of the two-part 2018 IAAF Diamond League Final)
Letzigrund Stadium, Zürich, SUI, 30 August

MEN

1500:

1. Timothy Cheruiyot (KEN) 3:30.27
2. Elijah Manangoi (KEN) 3:31.16
3. Ayanleh Souleiman (DJI) 3:31.24
4. Abdelaati Iguider (MAR) 3:31:59 SB
5. Brahim Kaazouzi (MAR) 3:33.82
6. Aman Wote (ETH) 3:34.05
7. Filip Ingebrigtsen (NOR) 3:34.13
8. Samuel Tefera (ETH) 3:37.49
9. Bethwell Birgen (KEN) 3:38.76

10. Ryan Gregson (AUS) 3:39.04

3000 s/chase:

1. Conseslus Kipruto (KEN) 8:10.15
2. Soufiane El Bakkali (MAR) 8:10.19
3. Evan Jager (USA) 8:13.22
4. Chala Beyo (ETH) 8:15.851
5. Nicholas Bett (KEN) 8:19.74
6. Abraham Kibiwott (KEN) 8:23.60
7. Hillary Bor (USA) 8:26.04
8. Leonard Bett (KEN) 8:27.18
9. Benjamin Kigen (KEN) 8:27.33
10. Kennedy Njiru (KEN) 8:28.68

WOMEN

800:

1. Caster Semenya (RSA) 1:55.27
2. Ajee' Wilson (USA) 1:57.86
3. Natoya Goule (JAM) 1:58.49
4. Habitam Alemu (ETH) 1:58.63
5. Raevyn Rogers (USA) 1:59.05
6. Francine Niyonsaba (BDI) 1:59.11
7. Selina Büchel (SUI) 2:00.64
8. Rabab Arrafi (MAR) 2:02.81
9. Charlene Lipsey (USA) 2:04.77

5000:

1. Hellen Obiri (KEN) 14:38.39
2. Sifan Hassan (NED) 14:38.77
3. Senbere Teferi (ETH) 14:40.97
4. Caroline Kipkirui (KEN) 14:43.96 SB
5. Agnes Tirop (KEN) 14:44.24
6. Genzebe Dibaba (ETH) 14:50.24
7. Letesenbet Gidey (ETH) 14:57.52
8. Lillian Rengeruk (KEN) 15:03.11
9. Konstanze Klosterhalfen (GER) 15:04.16
10. Meraf Bahta (SWE) 15:08.17 SB
11. Eilish McColgan (GBR) 15:09.00

Campeonato Iberoamericano de Atletismo (17th)

(Ibero-American Championships)

Trujillo, PER, 24-26 August

MEN

800 (26):

- | | | |
|-------------------------------------|---------|--------|
| 1. Thiago André, BRA, 04.08.95 | 1:46.73 | Gold |
| 2. Andres Arroyo, PUR, 07.06.95 | 1:47.62 | Silver |
| 3. Alejandro Peirano, CHI, 11.03.93 | 1:48.62 | Bronze |

1500 (25):

- | | | |
|-----------------------------------|---------|--------|
| 1. Llorenc Sales, ESP, 14.07.88 | 3:48.27 | Gold |
| 2. Thiago André, BRA, 04.08.95 | 3:48.48 | Silver |
| 3. Alfredo Santana, PUR, 08.04.91 | 3:49.50 | Bronze |

3000 (26):

- | | | |
|-------------------------------------|---------|------|
| 1. Altobeli da Silva, BRA, 03.12.90 | 7:57.52 | Gold |
|-------------------------------------|---------|------|

- | | |
|-----------------------------------|----------------|
| 2. Alfredo Santana, PUR, 08.04.91 | 8:01.20 Silver |
| 3. Jose Luis Rojas, PER, 05.04.92 | 8:04.00 Bronze |

5000 (24):

- | | |
|---------------------------------------|-----------------|
| 1. Jose Luis Rojas, PER, 05.04.92 | 13:42.38 Gold |
| 2. Juan Antonio Perez, ESP, 06.11.88 | 13:48.02 Silver |
| 3. Luis Fernando Ostos, PER, 09.08.92 | 13:48.57 Bronze |

3000 s/chase (25):

- | | |
|---|----------------|
| 1. Altobeli da Silva, BRA, 03.12.90 | 8:35.57 Gold |
| 2. Daniel Arce, ESP, 22.04.92 | 8:36.33 Silver |
| 3. Mario Alfonso Bazán, PER-B, 01.09.87 | 8:40.23 o/c |

WOMEN

800 (26):

- | | |
|-------------------------------------|----------------|
| 1. Esther Guerrero, ESP, 07.02.90 | 2:04.55 Gold |
| 2. Deborah Rodríguez, URU, 02.12.92 | 2:06.19 Silver |
| 3. Natalia Romero, ESP, 17.11.88 | 2:06.54 Bronze |

1500 (25):

- | | |
|---------------------------------------|----------------|
| 1. Solange Pereira, ESP, 16.12.89 | 4:18.31 Gold |
| 2. María Pía Fernández, URU, 01.04.95 | 4:18.65 Silver |
| 3. Mariana Borelli, ARG, 30.10.92 | 4:20.74 Bronze |

3000 (26):

- | | |
|---|---------|
| 1. María Pía Fernández, URU, 01.04.95 | 9:16.16 |
| 2. Tatiane Raquel da Silva, BRA, 10.06.90 | 9:18.39 |
| 3. Florencia Borelli, ARG, 30.10.92 | 9:19.09 |

5000 (24):

- | | |
|----------------------------------|-----------------|
| 1. Luz Mery Rojas, PER, 20.06.93 | 16:08.77 Gold |
| 2. Saida Meneses, PER, 25.10.97 | 16:09.75 Silver |
| 3. Nuria Lugueros, ESP, 09.04.88 | 16:22.71 Bronze |

3000 s/chase (25):

- | | |
|---|-----------------|
| 1. Tatiane Raquel da Silva, BRA, 10.06.90 | 9:48.40 Gold |
| 2. Maria Jose Perez, ESP, 12.06.92 | 9:55.63 Silver |
| 3. Belen Casetta, ARG, 26.09.94 | 10:07.20 Bronze |

Meeting Melinda di Cles (26th)

Cles (Trento), ITA, 25 August

MEN

800:

Race A:

- | | |
|--|---------|
| 1. Amel TUKA, 1991, BOSNIA HERZEGOVINA, | 1:45.71 |
| 2. Michal ROZMYS, 1995, POLAND, | 1:46.14 |
| 3. Abedjin MUJZENOVIC, 1993, BOSNIA HERZEGOVINA, | 1:46.20 |
| 4. Edwin MELLY, 1996, KENYA, | 1:46.23 |

WOMEN

800:

- | | |
|---|---------|
| 1. Irene BALDESSARI, 1993, C.S. ESERCITO, | 2:04.61 |
| 2. Stefania BISCUOLA, 1992, ATLETICA ARCOBALENO SAVONA, | 2:09.96 |
| 3. Federica CORTESI, 1999, ATL. VALLE BREMBANA, | 2:11.32 |

1500:

1. Marta PEREZ, 1993, SPAIN, 4:11.10
2. Ester CHEBET, 1997, UGANDA, 4:11.27
3. Mariah KELLY, 1991, CANADA, 4:17.56

Palio Città della Quercia "Memorial Edo Benedetti" (54th)

(European Athletics Premium Meeting)

Rovereto, ITA, 23 August

MEN

800:

- | | |
|--------------------------------|------------|
| 1. Cornelius Tuwei, KEN, 1993 | 1:46.02 |
| 2. Álvaro de Arriba, ESP, 1994 | 1:46.20 |
| 3. Wesley Vázquez, PUR, 1994 | 1:46.47 SB |

5000:

- | | |
|--------------------------------------|----------|
| 1. Stanley Waithaka Mburu, KEN, 2000 | 13:15.06 |
| 2. Berihu Aregawi, ETH, 2001 | 13:15.44 |
| 3. Bethwell Birgen, KEN, 1988 | 13:22.27 |

WOMEN

800:

- | | |
|-----------------------------------|------------|
| 1. Renelle Lamote, FRA, 1993 | 1:59.58 |
| 2. Lynsey Sharp, GBR, 1990 | 1:59.90 |
| 3. Nataliya Prishchepa, UKR, 1994 | 2:00.26 |
| 4. Noélie Yarigo, BEN, 1985 | 2:00.71 |
| 5. Liga Velvere, LAT, 1990 | 2:00.75 PB |
| 6. Kate Grace, USA, 1988 | 2:00.92 SB |
| 7. Selina Büchel, SUI, 1991 | 2:01.02 |
| ... 11. Laura Muir, GBR, 1993 | 2:04.71 |

3000:

- | | |
|-------------------------------|---------------|
| 1. Meskerem Mamo, ETH, 1999 | 8:42.19 MR PB |
| 2. Loice Chemnung, KEN, 1997 | 8:43.00 PB |
| 3. Alexa Efraimson, USA, 1997 | 8:52.53 PB |

Kamila Skolimowska Memorial (8th)

Chorzow, POL, 22 August

MEN

800:

1. Marcin LEWANDOWSKI, 1987, POL, 1:44.99
2. Mostafa SMAILI, 1997, MAR, 1:45.35 PB
3. Adam KSZCZOT, 1989, POL, 1:45.48
4. Michal ROZMYS, 1995, POL, 1:45.73
5. Mateusz BORKOWSKI, 1997, POL, 1:46.35
6. Filip SNEJDR, 1995, CZE, 1:46.39
7. Andreas BUBE, 1987, DEN, 1:46.39
8. Abedin MUJEZINOVIC, 1993, BIH, 1:46.73
9. Andrew OSAGIE, 1988, GBR, 1:47.58
10. Mohamed AMAN, 1994, ETH, 1:47.89
11. Pierre-Ambroise BOSSE, 1992, FRA, 1:48.36

WOMEN

1500:

1. Colleen QUIGLEY, 1992, USA, 4:03.02 PB
2. Sofia ENNAOUI, 1995, POL, 4:03.28
3. Sarah MCDONALD, 1993, GBR, 4:03.36
4. Simona VRZALOVA, 1988, CZE, 4:05.05
5. Kristiina MAKI, 1991, CZE, 4:06.71 PB
6. Diana MEZULIANIKOVA, 1992, CZE, 4:08.70
7. Renata PLIS, 1985, POL, 4:10.14
8. Stephanie BROWN, 1991, USA, 4:17.31

STATS TIME

This week we include a list of the top ten SA veteran 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. Charné Bosman dominates the list with the top performance, plus two more.

2018 MARATHON: TOP 10 VETERAN WOMEN

2:50:57	Charné Bosman	1	Pretoria	17 Feb
2:53:06A	Ulrica Stander	1	Simon's Town	18 Feb
2:54:59	Bosman-2	1	Benoni	28 Jan
2:56:46	Bosman-3	1	Pretoria	25 Feb
2:58:13	Tanith Maxwell	1	Pietermaritzburg	25 Feb
2:58:52	Jenni Kruse	1	Secunda	10 Feb
2:59:13	Lisa Collett	1	Verulam	01 May
3:00:54	Salomé Cooper	2	Secunda	10 Feb
3:08:41	Mitsie v.d. Westhuizen	2	Sasolburg	03 Feb
3:09:21	Maria Vilakazi	1	Centurion	01 May
3:09:42	Linda Kinloch-Smith	1	Langebaan	21 Apr
3:10:56	Helena Joubert	1	Standerton	21 Mar

THIS MONTH IN HISTORY

39 years ago: 1 September 1979

Sometimes an athlete has a superb year, when everything seems to go just right. Johnny Halberstadt had one in 1979. September was the high point: on this day he started off by winning the SA cross-country title in George by a whopping 43 seconds (his only national crown in this discipline), then won the DAC Marathon eight days later in 2:12:19 – the fastest by a South African that year. Before the month was out, he also scored a repeat win in the City to City 50 km in 2:51:16 (for the “up” run). On top of this, in May he had been second in the Comrades and in October he was second in the SA Marathon (after having won in 1978).

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.

MENOpen

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 Tadesse (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	1:40:20	Mthandazo Qhina	Simon's Town	19 Aug
	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	Makaya Masumpa	Uitenhage	03 Mar
	1:46:33	Norman Green (USA) 1988		
Marathon	2:41:31	Michael Ndlovu	Durban	15 Apr
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km	12:00:07	Hilton Murray	Polokwane	15 Apr
	6:43:33	Roland Vuillemot (FRA) 1996		

Grandmasters (60+)

10 km	38:26	Mochamat Kriel	Pinelands	24 Feb
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(The same time in Guguletu on 16 June.)

15 km	32:48	Martin Rees (GBR) 2013		
	57:24	Mochamat Kriel	Eersterivier	07 Jul
21.1 km	54:32	Cees Stolwijk (NED) 2013		
	79:02	Sello Maphangulo	Port Elizabeth	28 Jul
25 km	71:31	Martin Rees (GBR) 2013		
	2:06:10	Derrick Mazibuko	Durban	21 Mar
	1:48:50A	Andy Daly	Pinetown	28 Jan
30 km	94:01	Doug Winn (USA) 2010		
	2:10:49	Mochamat Kriel	Simon's Town	19 Aug
	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		

Great grandmasters (70+)

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		

Juniors

10 km	31:13	Carlo Flink	Athlone	10 Feb
	27:11	Mathew Kimeli Kipkorir (KEN) 2017		
15 km	48:05	Carlo Flink	Eersterivier	07 Jul
	42:17	Ayele Abshiro Biza (ETH) 2008		
21.1 km	67:15	Itumeleng Sesiko	Port Elizabeth	28 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	33:21	Glenrose Xaba	Port Elizabeth	07 Apr
	29:43 Mx	Joycilene Jepkosgei (KEN) 2017		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	55:22	Anel Terblanche	Eersterivier	07 Jul
	45:37 Mx	Joycilene Jepkosgei (KEN) 2017		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	71:44	Nolene Conrad	Valencia	24 Mar
	64:51p Mx	Joycilene Jepkosgei (KEN) 2017		
	64:52 Mx	Joycilene Jepkosgei (KEN) 2017		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	96:16	Charné Bosman (vet)	Pretoria	12 May
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		

30 km	2:00:03	Ntombesintu Mfunzi	Uitenhage	03 Mar
	2:00:24A	Tanith Maxwell (vet)	Camps Bay	14 Jan
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:36:05 Wo	Mary Keitany (KEN) 2017		
Marathon	2:38:17	Nolene Conrad	Vienna	22 Apr
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:01 Wo	Mary Keitany (KEN) 2017		
100 km	10:28:21	Daleen Cilliers	Polokwane	15 Apr
	6:33:11	Tomoe Abe (JPN) 2000		
<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 Pozdnyakova (UKR) 2005		
100 km	7:51:10	Meghan Arbogast (USA) 2011		
<u>Grandmasters (60+)</u>				
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

Marathon	2:15:30	Kathryn Martin (USA) 2012		
	3:37:54	Nancy Will	Fish Hoek	27 Jan
	3:26:19A	Nancy Will	Simon's Town	18 Feb
100 km	3:12:57	Emmi Luthi (SUI) 2009		
	17:51:42	Martie Boesenberg	Polokwane	15 Apr
	9:20:07	Ursula Schmitz (GER) 1999		
<u>Great grandmasters (70+)</u>				
10 km	53:29	Veronica van Niekerk	Bellville	25 Mar
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:25	Marietha 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				
30 km	2:18:20	Gerry Davidson (USA) 1991		
	3:19:19	Pixie Sparg	Simon's Town	19 Aug
	2:58:52A	Veronica van Niekerk	Camps Bay	14 Jan
Marathon	2:47:08	Myra Rhodes (USA) 2002		
	4:50:46	Willemien Smuts	Sasolburg	03 Feb
	4:37:20A	Marietha Herbert	Simon's Town	18 Feb
100 km	3:35:29	Helga Miketta (GER) 2013		
	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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