

# Distance Running Results

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

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## EDITORIAL

Melikhaya Frans and Anthony Timoteus ran the two fastest 10 km times of the weekend, with Frans dipping under a half hour by one second in the Drommedaris 10 km in Jeffreys Bay and Timoteus clocking exactly 30 minutes in the Run for Unity race in Guguletu.

In Ballito British triathlete Emma Pallant won the Seeff Big Hill Half Marathon by more than 13 minutes in 1:22:06 – only three men finished ahead of her!

## LAST ISSUE FOR 2018

This is the last issue of *Distance Running Results* for 2018, the 18th year of its existence. I would like to thank all the dedicated contributors for their assistance in sending results and other information during the year and answering my queries; this newsletter would not have existed without your help.

I wish all contributors and readers compliments of the season and a wonderful, healthy and happy 2019. The next issue of DRR will be sent out on 7 January (but contributors should please continue sending results for the rest of this year).

- Renewal notices were sent out to subscribers last week. If you do want to continue receiving DRR in 2019, please make payment before 7 January.

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* Run for Unity 10 km, Guguletu
- \* Seeff Big Hill Half Marathon & 10 km, Ballito
- \* Velocity AC Half Marathon & 10 km, Atlantis
- \* Drommedaris 10 km, Jeffreys Bay
- \* Steeple to Steeple 10 km, George
- \* Palm Tyres Half Marathon & 10 km, George
- \* Prison to Prison Marathon & Half Marathon, Rawsonville
- \* Love Life Run 10 km, George
- \* Die Vlakte Marathon, Half Marathon & 10.4 km, Heidelberg to Witsand

## International highlights:

- \* Shenzhen International Marathon, Shenzhen, CHN
- \* Mersin Marathon, Mersin, TUR

- \* Hofu Marathon, Hofu, JPN
  - \* Ameris Bank Jacksonville Marathon, Jacksonville, USA
  - \* Standard Chartered Singapore Marathon, Singapore, SIN
  - \* Guangzhou Marathon, Guangzhou, CHN
  - \* Zurich Maratón de Málaga, Malaga, ESP
  - \* Saitama International Marathon, Saitama, JPN
  - \* Taipei Marathon, Taipei, TPE
  - \* Kalakaua Merrie Mile, Waikiki, Honolulu, USA
  - \* XC: Cross International Venta de Baños, Venta de Baños, ESP; USATF National Club Cross-country Championships, Spokane, USA
  - \* Track: Zatopek:10, Melbourne, AUS
  - \* Desert Solstice Track Invitational, Phoenix, USA
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## ROAD RUNNING

### Run for Unity 10 km

Guguletu, 16 December

(Certified loop course. Finishers: 1339 [considerably down from 1739 last year].)

Note: Second race in two days for junior Carlo Flink – he also won the Velocity 10 km the previous day (results below). He has now run five races in the past four weeks – what a sad waste of talent! Others who did the 10 km here and the Velocity Half Marathon on Saturday are Vakalisa Kopolo, John September, Nancy Will and Marlene James; a few others did both 10 km races. – Ed.

#### MEN

1. Anthony Timoteus (UWC) 30:00 (R1500)
2. Vuyolwethu Mbukushe (AAC) 30:04 (R1050)
3. Rowhaldo Ratz (UWC) 30:20 (R750)
4. Nkosinathi Madyo (Itheke) 31:19 (R450)

(All age category prize money except juniors was the same: R300, R200, R150.)

**Veterans:** 1. Vakalisa Kopolo (Ned) 33:58; 2. Bonisile Ngculana (VOB) 34:15; 3. Quinton Swart (MPT) 36:34. **Masters:** 1. John September (Itheke) 35:54; 2. Andrew Cooper (Ned) 36:12; 3. Eric Coetzee (Ind) 38:01. **G'masters:** 1. Mochamat Kriel (Ommie) 39:24; 2. Paul Cieverts (Top) 43:13; 3. Stephen Granger (VOB) 46:06. **G/g'masters:** 1. Franklin Smith (Celtic) 55:41; 2. Jeff Smith (Itheke) 55:57; 3. Yusuf Gamielidien (Itheo) 61:46. **Juniors:** 1. Carlo Flink (Itheke) 31:56 (R750); 2. Edward Jack (Central) 33:26 (R600); 3. Inga Ngwenduna (Satori) 33:35 (R450).

#### WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Langa) 35:42
2. Leanda du Bruyn (Tyger) 36:19
3. Pamela Moyikwa (VOB) 38:23
4. Nocwaka Mthetho (MSA) 39:50

**Veterans:** 1. Busisiwe Matiwane (Langa) 42:28; 2. Sharon Sunderland (Ned) 43:22; 3. Megan Goliath (Brack) 48:10. **Masters:** 1. Mariëtte Strauss (Tyger) 45:36; 2. Cailey Bredenkamp (Paarl) 52:45; 3. Linda du Bruyn (Tyger) 54:01. **G'masters:** 1. Olga Howard (Ned) 43:47; 2. Nancy Will (Pine) 45:53; 3. Bev Charters (VOB) 49:34. **G/g'masters:** 1. Pixie Sparg (Celtic) 59:16; 2. Marlene James (Pine) 64:37; 3. Marianne Nelson (Durb) 69:33. **Juniors:** 1. Emihle Ntuthu (VOB) 46:11; 2. Buhle Mtshabe (VOB) 47:37; 3. Olivia de Ruiters (Eerste) 49:22.

## Seeff Big Hill Half Marathon & 10 km

Ballito, 16 December

(Distances: 21.1 km & 10 km)

Note: Unfortunately no clubs were indicated with the results. – Ed.

### Half marathon

#### MEN

1.	Simphiwe Zulu	1:17:34
2.	Siyabonga Ndlovu	1:18:45
3.	Tsepo Mokane	1:21:59
4.	Sibusiso Dube	1:24:02
5.	Bonginkosi Mthembu	1:24:26

#### 40-49:

1.	Simphiwe Zulu	1:17:34
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#### 50-59:

1.	Bheki Bhengu	1:29:41
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#### 60+:

1.	David Allan	2:03:01
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#### WOMEN

1.	Emma Pallant (GBR)	1:22:06
2.	Cecilia Molefe	1:35:12
3.	Geraldine von Fintel	1:37:51
4.	Maya Lawrie	1:41:33
5.	Lisa Collett	1:42:02

#### 40-49:

1.	Cecilia Molefe	1:35:12
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#### 50-59:

1.	Maya Lawrie	1:41:33
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### 10 km

#### MEN

1.	Bonyelani Mkhwanazi	34:36
2.	Karel Burger	36:16
3.	Lindani Gumbi	37:24

#### WOMEN

1.	Jenna Challenor	38:24
2.	Kristen Williams	43:42
3.	Pat Dammann	48:22

## Velocity AC Half Marathon & 10 km

Atlantis, 15 December

(Distances: 21.1 km – loop course with separate out-and-back section; 10 km – loop course. Finishers: half marathon – 255 [slightly up from 250 last year]; 10 km -- unknown.)

### Half marathon

#### MEN

1.	Siviwe Nkombi (Itheko)	1:10:09
2.	Admire Rushika (ZIM/VOB)	1:10:14
3.	Akhona Makila (VOB)	1:12:18

**Veterans:** 1. Vakalisa Kopolo (Ned) 1:18:49; 2. Adam Clark (Brack) 1:20:59; 3. Shane Jacos (MSA) 1:33:47. **Masters:** 1. John September (Itheke) 1:32:59; 2. Louis Booysen (Lange) 1:42:05; 3. Paul Kelly (Edge) 1:42:16. **G'masters:** 1. Paul Cieverts (Top) 1:35:30; 2. Mark Wagenheim (AAC) 1:50:44; 3. Andy Cockroft (Edge) 1:54:47.  
**G/g'masters:** 1. Mike le Sueur (Pine) 2:11:52; 2. Koert Meyer (Tyger) 2:57:16; 3. Lionel Hill (Ceres) 3:03:13.

#### WOMEN

1. Jeanetta Kohler (WC) 1:30:43 (1<sup>st</sup> vet)  
 2. Obertina Kanyongo (ZIM/Boxer) 1:35:28 (1<sup>st</sup> mast)  
 3. Rianda Gillialnd (AAC) 1:41:42

**Veterans:** 1. Jeanetta Kohler (WC) 1:30:43; 2. Zethena October (Ravens) 1:57:26; 3. Sandra Bester (Lange) 1:58:12. **Masters:** 1. Obertina Kanyongo (ZIM/Boxer) 1:35:28; 2. Gail Maharaj (SANDF) 1:50:40; 3. Monica Paterson (WC) 1:52:07. **G'masters:** 1. Nancy Will (Pine) 1:47:31; 2. Gill Kock (WC) 2:11:39; 3. Anne Williams (PnP) 2:15:47.  
**G/g'masters:** 1. Marlene James (Pine) 2:32:22; 2. Annatjie Berntzen (Good) 2:57:15; 3. Marie Hill (Ceres) 3:03:11.

#### 10 km

##### MEN

1. Carlo Flink (Itheke) 31:53 (1<sup>st</sup> jun)  
 2. Lukhanyo Nobakada (VOB) 31:59  
 3. Alantino Belillie (Sanlam) 32:53

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 36:13; 2. Roger Dickson (VOB) 36:26; 3. Quinton Swarts (MPT) 36:47. **Masters:** 1. Marius Nel (WC) 41:40; 2. Gerald Sullivan (Sanlam) 41:52; 3. Peter Wrensch (Carb) 41:56. **G'masters:** 1. Michael Crozier (Atlantis) 46:58; 2. Isaac Flink (East) 47:55; 3. Brian Merryweather (GBR/Edge) 51:26.  
**G/g'masters:** 1. Caspar Greeff (AAC) 63:58; 2. Robin Dennis (Edge) 78:41. **Juniors:** 1. Carlo Flink (Itheke) 31:53; 2. Curtis Booysen (Itheke) 38:22; 3. Zubai Isaacs (Kenfac) 59:24.

#### WOMEN

1. Natalie Beckenstrater (WC) 40:45  
 2. Sharon Sunderland (Ned) 43:15 (1<sup>st</sup> vet)  
 3. Emihle Ntuthu (VOB) 44:46

**Veterans:** 1. Sharon Sunderland (Ned) 43:15; 2. Riëtte Basson (Durb) 49:21; 3. Aleida Philander (Itheke) 59:04. **Masters:** 1. Mariëtte Strauss (Tyger) 45:43; 2. Naomi Badenhorst (VOB) 56:43; 3. Jennifer Papier (Brack) 67:33. **G'masters:** 1. Hillary Rhode (Edge) 50:13; 2. Charmaine Cupido (Ned) 54:13; 3. Helen du Plessis (Brack) 62:14.  
**G/g'masters:** 1. Pixie Sparg (Celtic) 59:36; 2. Di Dennis (Edge) 82:44. **Juniors:** 1. Emihle Ntuthu (VOB) 44:46; 2. Buhle Mtshabe (VOB) 46:42; 3. Emihle Mbinda (VOB) 48:38.

#### Drommedaris 10 km

Jeffreys Bay, 15 December  
 (Finishers: 380 [up from 345 last year].)

##### MEN

1	Melikhaya	Frans	Ikhamva AC	28	29:59
2	Andile	Motwana	Tinarha AC	21	31:03
3	Adriaan	Gerwel	Ikhamva AC	22	31:19
4	Mariano	Eesou	Madibaz	27	31:23
5	Luyanda	Tshangana	Ikhamva	35	31:44

**Veterans:**

1	Errol Whittal	Elite AC	43	39:59
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**Masters:**

1	Shaun Attenborough	Charlo AC	50	39:18
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**G'masters:**

1	Chester Brooks	Xcel AC	60	44:00
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**G/g'masters:**

1	Lochi Lochner	Charlo AC	70	49:20
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**Juniors:**

1	Valentino Verwey	Schools EPA	16	37:26
2	Elroy Claassen	Charlo AC	18	48:58
3	Korne Pretorius	Elite AC	15	50:26

## WOMEN

1	Rune De Beer (1 <sup>st</sup> jun)	Randburg HS	17	42:42
2	Asanda Zamisa	Achilles AAA	35	42:58
3	Jolandi De Beer	Randburg HS	14	43:42
4	Hestie Hay	Ind	28	44:23
5.	Vicky Oelofse	Nedbank RC	18	45:05

**Veterans:**

1	Toegeda Vyver	Nedbank RC	46	48:50
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**Masters:**

1	Grizelda Pietersen	Nedbank RC	50	47:23
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**G'masters:**

1	Hanlie Van der Westhuizen	Despatch AC	62	48:42
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**G/g'masters:**

1	Ronelle Steyn	Nedbank RC	74	1:06:40
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**Juniors:**

1	Rune De Beer	Randburg HS	17	42:42
2	Jolandi De Beer	Randburg HS	14	43:42
3	Vicky Oelofse	Nedbank RC	18	45:05

**Steeple to Steeple 10 km**

George, 12 December  
(Finishers: 148)

Note: This must be quite a rare occurrence: Lloyd Bosman ran the identical time that he recorded in the Love Life Run the previous weekend (results below)! – Ed.

## MEN

1	Lloyd Bosman	Nedbank	30:40
2	Godwin Heyns	Nedbank	34:38
3	Ross Welsh	Nedbank	36:16

**Veterans:**

1	Wouter Franzenburg	Outeniqua Harriers	37:03
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**Masters:**

1	Anton Chevalier	Nedbank	39:52
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**G'masters:**

1	Sidwell October	Rainbow AC	46:45
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**G/g'masters:**

1	Abraham Coetzee	Knysna MC	53:23
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**Juniors:**

1	Austin Koopman	Outeniqua Harriers	36:44
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## WOMEN

1	Stephanie Marais	Overkruin	42:33
2	Daleen van der Merwe	Berts Bricks	43:16
3	Annatjie Botes	Nedbank	43:40

**Veterans:**

1	Daleen van der Merwe	Berts Bricks	43:16
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**Masters:**

1	Johanna Claassen	Nedbank	52:05
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**G'masters:**

1	Annatjie Botes	Nedbank	43:40
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**Juniors:**

1	Sarah Viljoen	Hartenbos Drawwers	51:09
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**Palm Tyres Half Marathon & 10 km**

George, 8 December

(Distances: 21.1 km &amp; 10 km. Finishers: half marathon – 118; 10 km – 125.)

**Half marathon**

## MEN

1	Lloyd Bosman	Nedbank	1:12:46
2	John April	Nedbank	1:15:58
3	Lindile Tokota	Nedbank	1:21:08

**Veterans:**

1	Marchell Richenberg	Knysna MC	1:29:32
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**Masters:**

1	Lindile Tokota	Nedbank	1:21:08
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**G'masters:**

1	Willie Coetzee	West Coast	1:45:09
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**G/g'masters:**

1	Abraham Coetzee	Knysna MC	2:12:21
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**Juniors:**

1	Aviwe Kinana	Knysna MC	1:24:09
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## WOMEN

1	Carla Spangenberg	Nedbank	1:40:35
2	Annatjie Botes	Nedbank	1:40:49
3	Daleen van der Merwe	Berts Bricks	1:42:10

**Veterans:**

1	Daleen van der Merwe	Berts Bricks	1:42:10
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**Masters:**

1	Alison Jordaan	Nedbank	1:50:12
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**G'masters:**

1	Annatjie Botes	Nedbank	1:40:49
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**10 km**

## MEN

1	Francois Maquassa	Nedbank	32:54
2	Selwyn Matthews	Nedbank	33:11
3	Godwin Heyns	Nedbank	33:44

**Veterans:**

1	Booi Salman	Nedbank	36:10
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**Masters:**

1	Petrick Peters	Military Sports Club	39:25
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**G'masters:**

1	Patrick Rawlins	Outeniqua Harriers	45:49
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**G/g'masters:**

1	Johan Keyler	Nedbank	1:09:51
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**Juniors:**

1	Luther Blaauw	Nedbank	35:03
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**WOMEN**

1	Cecilia Nel	Nedbank	41:57
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2	Lana Theunissen	Nedbank	44:57
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3	Chane Gricius	Outeniqua Harriers	48:18
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**Veterans:**

1	Lana Theunissen	Nedbank	44:57
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**Masters:**

1	Johanna Claassen	Nedbank	51:23
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**G'masters:**

1	Mariet Horn	Knysna MC	59:45
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**G/g'masters:**

1	Annamarie van Eck	Nedbank	1:14:26
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**Juniors:**

1	Chane Gricius	Outeniqua Harriers	48:18
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**Prison to Prison Marathon & Half Marathon**

Rawsonville, 8 December

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 410 [considerably up from 298 last year]; half marathon – 228 [up from 189].)

Note: Sarah Gordon (Whalers), who ran 3:21:38 in the marathon, should have been the second veteran, but is not indicated as such in the results; she may have run without age tags. – Ed.

**Marathon****MEN**

1	Ben	Matiso	31	Itheko	2:31:55
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2	Siyabaga	Sakwe	38	Itheko	2:32:59
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3	Admire	Rushika	32	ZIM/VOB	2:35:58
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**Veterans:**

1	Neil	Cable	43	Soul Striders	2:54:23
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2	Tawanda	Chomuizinda	40	ZIM/Gugs AC	2:54:59
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3	Abraham	Afrika	43	Swartland AC	2:57:17
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**Masters:**

1	Abraham	Fielies	55	Worcester AC	3:05:58
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2	Sollie	Van Rooyen	55	Worcester AC	3:26:13
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3	Aubrey	Isaas	55	Langa	3:29:50
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**G'masters:**

1	Thomas	Moses	61	Worcester AC	3:17:38
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2	Kosie	Botha	62	Correctional Services	3:26:52
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3	Reggie	Saunders	63	Worcester AC	3:36:17
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**G/g'masters:**

1	Kosie	Koopman	71	Worcester AC	4:43:25
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## WOMEN

1	Elme	Middlemost	40	Brackenfell	3:19:12
2	Sesethu	?	34	In Touch Walk/Run	3:19:33
3	Kerryn	Armstrong	33	KPMG	3:21:18

**Veterans:**

1	Elme	Middlemost	40	Brackenfell	3:19:12
2	Megan	Goliath	42	Brackenfell	3:48:14
3	Ena	Gous	48	Worcester AC	3:54:06

**Masters:**

1	Cailey	Bredenkamp	55	Paarl AC	3:49:48
2	Maryna	Bingle	54	Cape Multi Sport	3:57:20
3	Vondra	Singleton	50	Worcester AC	4:05:20

**G'masters:**

1	Mari	Barnard	60	Run / Walk for Life	4:34:43
2	Thelma	Rossouw	69	Worcester AC	5:09:19
3	Frieda	Blignaut	68	Sanlam	5:23:07

**Half marathon**

## MEN

1	Thomas	Struis	24	Tygerberg	1:13:06
2	Pheletso	Moletsane	26	Elgin Grabouw AC	1:13:24
3	Alantino	Belillie	20	Sanlam	1:13:55

**Veterans:**

1	Tsungai	Mwanengeni	45	ZIM/Gugs AC	1:18:21
2	Quintin	Swartz	44	Mitchell's Plain Titans	1:26:14
3	Jaco	De Jager	47	Pinetown & Districts	1:33:16

**Masters:**

1	Christoff	Van Wyk	52	Melkbos	1:29:49
2	Jafta	Hendricks	50	Swartland AC	1:33:31
3	David	Skoti	51	Stellenbosch AC	1:34:24

**G'masters:**

1	Johannes	Jacobs	65	Celtic Harriers	1:47:59
2	Suliman	Valley	69	Worcester AC	1:54:35
3	A	Schoombee	61	Somerset Striders AC	1:57:50

**G/g'masters:**

1	Willie	Van Wyk	70	Brackenfell	1:50:31
2	Olaff	Crous	70	Brackenfell	2:14:20
3	Jean	Nepgen	73	Kowie Striders	2:59:22

**Juniors:**

1	Ashwill	Apollis	18	Worcester AC	1:33:26
2	Thabang	?	17	Ind	1:43:03
3	Nico	Kleynhans	16	Kempton Park	1:57:30

## WOMEN

1	Angelique	Rabie	50	VOB	1:35:26
2	Karen	Brough	58	Born 2 Run	1:39:40
3	Renata	Schoeman	41	Cape Multi-Sport	1:39:46

**Veterans:**

1	Renata	Schoeman	41	Cape Multi-Sport	1:39:46
2	Karlien	Nell	41	Worcester AC	1:58:47
3	Sandra	Bester	41	Langebaan AC	2:01:17

**Masters:**

1	Angelique	Rabie	50	VOB	1:35:26
2	Karen	Brough	58	Born 2 Run	1:39:40



3	Lynn	Etheridge	53	VOB	1:55:07
<b>G'masters:</b>					
1	Christine	Hibberd	62	Fish Hoek AC	1:55:48
2	Charmaine	Cupido	62	Nedbank AC	1:58:46
3	Rita	Van Wyk	69	Brackenfell	2:34:20
<b>G/g'masters:</b>					
1	Annatjie	Berntzen	76	Goodwood Harriers	2:48:37
<b>Juniors:</b>					
2	Lienkie	Brown	19	Ind	2:00:36

### Love Life Run 10 km

George, 5 December  
(Finishers: 186)

#### MEN

1	Lloyd Bosman	Nedbank	30:40
2	Donavan Jantjies	Nedbank	34:36
3	Godwin Heyns	Nedbank	35:19

#### Veterans:

1	Walter Lutch	Outeniqua Harriers	39:33
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#### Masters:

1	Philippus du Toit	Hartenbos Drawwers	41:30
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#### G'masters:

1	Patrick Rawlins	Outeniqua Harriers	45:54
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#### G/g'masters:

1	Abraham Coetzee	Knysna MC	1:02:37
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#### Juniors:

1	Ricardo Corneluis	CMC Eden	36:19
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#### WOMEN

1	Melissa van Rensburg	Nedbank	41:03
2	Anastatia Plaaitjies	Nedbank	44:23
3	Annatjie Botes	Nedbank	44:35

#### Veterans:

1	Lana Theunissen	Nedbank	48:30
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#### Masters:

1	Alison Jordaan	Outeniqua Harriers	46:20:00
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#### G'masters:

1	Annatjie Botes	Nedbank	44:35
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#### G/g'masters:

1	Dalene le Roux	Nedbank	1:28:38
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#### Juniors:

1	Nolene van Rensburg	Nedbank	46:06
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### Die Vlakte Marathon, Half Marathon & 10.4 km

Heidelberg to Witsand, 24 November

(Distances: 42.195 km, 21.1 km & 10.4 km; point-to-point downhill courses. Finishers: marathon – 256 [up from 220 last year]; half marathon – 190 [down from 209]; 10.4 km – 265 [two fewer than last year].)

#### Marathon

##### MEN

1	Ettiene Plaatjies	Nedbank	2:34:19
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2	Lindile Tokota	Nedbank	2:41:29
3	Mxolisi Fana	Oueteniqua Harriers	2:47:39

**Veterans:**

1	Johan Stemmet	Bonnievale AC	2:57:49
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**Masters:**

1	Lindile Tokota	Nedbank	2:41:29
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**G'masters:**

1	Wilhelm Coetzee	West Coast AC	3:27:29
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**G/g'masters:**

1	Don Ross-Watt	Fish Hoek	5:14:12
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## WOMEN

1	Cecilia Nel	Nedbank	3:18:10
2	Annatjie Botes	Nedbank	3:20:15
3	Theresa Brand	Belville AC	3:21:39

**Veterans:**

1	Theresa Brand	Belville AC	3:21:39
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**Masters:**

1	Alison Jordaan	Nedbank	3:46:22
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**G'masters:**

1	Annatjie Botes	Nedbank	3:20:15
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**Half marathon**

## MEN

1	Lloyd Bosman	Nedbank	1:06:09
2	Godwin Heyns	Nedbank	1:13:45
3	Awiwe Kinana	Knysna MC	1:19:57

**Veterans:**

1	Johnny Strydom	Montague	1:27:14
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**Masters:**

1	Peter Jaehne	Outeniqua Harriers	1:25:13
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**G'masters:**

1	Graham Hough	West Coast	1:41:30
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**G/g'masters:**

1	Leslie Martin	Nedbank	2:14:56
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**Juniors:**

1	Awiwe Kinana	Knysna MC	1:19:57
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## WOMEN

1	Melissa van Rensburg	Nedbank	1:23:29
2	Sharon Nel	Nedbank WP	1:32:12
3	Ashley Lord	Celtic Harriers	1:37:10

**Veterans:**

1	Sharon Nel	Nedbank WP	1:32:12
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**Masters:**

1	Monica Paterson	West Coast	1:49:37
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**G'masters:**

1	Aletta van Rensburg	Outeniqua Harriers	1:57:51
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**G/g'masters:**

1	Ria Bouwer	Hartenbos Drawwers	2:58:59
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**10.4 km**

## MEN

1	Selwyn Matthews	Nedbank	33:56
2	Luther Blaauw	Nedbank	35:09
3	Mark Standfliet	Robertson AC	35:45

## WOMEN

1	Adri Roberts	Ind	50:34
2	Karen Norris	Nedbank	50:36
3	Madel Piek	Ind	50:39

**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****Shenzhen International Marathon**

(IAAF Silver Label Road Race)

Shenzhen, CHN, 16 December

(Distance: 42.195 km; IAAF-certified course)

Note: *Race Results Weekly* reports that over 30 000 people competed at this event. It took place under scrutiny after 258 runners were caught cheating (course cutting) in the Shenzhen Nanshan Half Marathon three weeks ago. Organisers used microchipped wristbands, facial recognition technology, and video monitoring to prevent it. – Ed.

## MEN (gun times)

1.	Edwin Kipngetich Koech, KEN	2:09:44	CR*	USD 20,000
2.	Bekele Muluneh, ETH	2:11:19		15,000
3.	Samuel Ndungu Wanjiku, KEN	2:12:15		10,000

## WOMEN (gun times)

1.	Mulu Seboka, ETH	2:27:12	CR*	USD 20,000
2.	Flomena Chepchirchir Chumba, KEN	2:32:05		15,000
3.	Ashu Kasim, ETH	2:38:35		10,000

**Mersin Marathon** (5th)

Mersin, TUR, 16 December

(Distances: 42.195 km and 15 km.)

**Marathon** (gun times)

## MEN

1.	Kenneth Kiplagat Limo, KEN, 1990	2:10:12	CR*
2.	Hillary Kipchumba, KEN, 1992	2:10:43	
3.	Benard Cheruiyot Sang, KEN, 1981	2:14:46	

## WOMEN

1.	Konjit Tilahun Biruk, ETH, 1987	2:33:18
2.	Chaltu Dida, ETH, 1992	2:35:44
3.	Gladys Chemweno, KEN, 1988	2:38:36

**15 km (gun times)**

## MEN

- |                                    |       |
|------------------------------------|-------|
| 1. Mulat Bazezew, ETH, 1999        | 43:58 |
| 2. Frankline Ngelel, KEN, 1992     | 44:20 |
| 3. Boaz Kiptoo Kiplagat, KEN, 1995 | 44:55 |

## WOMEN

- |                                |           |
|--------------------------------|-----------|
| 1. Delvine Meringor, KEN, 1992 | 48:36 CR* |
| 2. Jeptoo Kimeli, KEN, 1994    | 49:20     |
| 3. Vicoty Chepngeno, KEN, 1993 | 50:32     |
| 4. Agrie Belachew, ETH, 1999   | 51:42     |

**Hofu Marathon (49th)**

Hofu, JPN, 16 December

(Distance: 42.195 km; loop course with track start and finish)

## MEN (gun times)

- |                             |            |
|-----------------------------|------------|
| 1. Yuki Kawauchi, JPN       | 2:11:29    |
| 2. Ser-Od Bat-Ochir, MGL    | 2:12:12    |
| 3. Ezekiel Cheboitibin, KEN | 2:12:17 PB |

## WOMEN (gun times)

- |                          |         |
|--------------------------|---------|
| 1. Hisae Yoshimatsu, JPN | 2:38:58 |
| 2. Chika Tawara, JPN     | 2:43:49 |
| 3. Chihiro Aibara, JPN   | 2:48:09 |

**Ameris Bank Jacksonville Marathon (36th)**

Jacksonville, USA, 15 December

(Distance: 42.195 km; USATF certified)

Note: Gene Dykes, 70, broke Ed Whitlock's ARRS world record for men 70+, clocking 2:54:23 (previous 2:54:49, Toronto, 26 Sep 2004). Unfortunately, reports *Race Results Weekly*, Dykes will probably not be recognized for a USA record because this race did not have a USATF sanction (it does have a certified course, however). -- Ed.

## MEN (gun times)

- |  |                |
|--|----------------|
| 1. Glen Burkhardt, 25, Greenville, SC          | 2:25:35        |
| 2. Christopher McCaffrey, 31, Jacksonville, FL | 2:34:36        |
| ...  |                |
| 16. Gene Dykes, 70, Bala Cynwyd, PA            | 2:54:23 WR 70+ |

## WOMEN (gun times)

- |                                       |            |
|---------------------------------------|------------|
| 1. Holly David, 23, Asheville, NC     | 2:49:39 PB |
| 2. Kathryn Van Meter, 30, Milford, OH | 2:51:38    |
| 3. Carol Morrison, 48, Umatilla, FL   | 2:53:29    |

**Standard Chartered Singapore Marathon**

(IAAF Gold Label Road Race)

Singapore, SIN, 9 December

(Distance: 42.195 km)

## MEN (gun times)

- |                         |                    |
|-------------------------|--------------------|
| 1. Joshua Kipkorir, KEN | 2:12:20 USD 50,000 |
| 2. Felix Kirwa, KEN     | 2:13:43 25,000     |

3. Andrew Kimtai, KEN 2:14:30 10,000

WOMEN (gun times)

1. Priscah Cheron, KEN 2:32:12 USD 50,000  
 2. Stella Barsosio, KEN 2:33:23 25,000  
 3. Jane Jelagat, KEN 2:35:38 10,000  
 4. Agnes Kipro, KEN 2:39:14 6,000  
 ... 7. Bezunesh Gudeta, ETH 2:41:58 2,500

**Guangzhou Marathon (7th)**

(IAAF Gold Label Road Race)

Guangzhou, CHN, 9 December

(Distance: 42.195 km)

MEN (gun times)

1. Mohamed Ziani, MAR 2:10:44 PB USD 20,000  
 2. Shumie Gadisa, ETH 2:10:44 PB 15,000  
 3. Balew Yihunle, ETH 2:10:53 DB 10,000

WOMEN (gun times)

1. Tigist Girma, ETH 2:26:44 PB USD 20,000  
 2. Zinash Debebe, ETH 2:27:15 PB 15,000  
 3. Sviatlana Kudzelich, BLR 2:32:04 DB 10,000  
 4. Mulunesh Zewdu, ETH 2:33:07 5,000  
 5. Feyne Gudeto, ETH 2:36:58 DB 3,500

**Zurich Maratón de Málaga**

Malaga, ESP, 9 December

(Distance: 42.195 km)

MEN (gun times)

1. Lemi Dumecha Beyi, ETH 2:11:07 CR  
 2. Moses Mbugua Gaikarira, KEN 2:11:22  
 3. Emmanuel Kibet Kichwen, KEN 2:11:24

WOMEN (gun times) -

1. Alemu Meseret Ababayehu, ETH 2:32:20  
 2. Beshadu Bekele Bedane, ETH 2:33:16  
 3. Runa Skrove Falch, NOR 2:33:52

**Saitama International Marathon (4th)**

(IAAF Silver Label Road Race)

Saitama, JPN, 9 December

(Distance: 42.195 km; certified loop course with negligible start/finish separation; course slightly changed from last year to make it flatter)

ELITE ALL-WOMEN'S RACE (gun times)

1. Dalila Gosa, BRN 2:25:35 PB  
 2. Shitaye Habtegebrel, BRN 2:25:39  
 3. Sylvia Kibet, KEN 2:28:38  
 4. Marie Imada, JPN 2:29:35 PB  
 5. Mao Kiyota, JPN 2:31:07  
 6. Saki Tokoro, JPN 2:32:11 PB

## Taipei Marathon

Taipei, TPE, 9 December  
(Distances: 42.195 km)

MEN (gun times)

1. Aredom Tiunmay Degefa, ETH 2:16:59 TWD 800,000 (=USD 25,861)
2. Regasa Mndaye Bejiga, ETH 2:17:00 300,000
3. Merhawi Kesete Weldemaryam, ERI 2:17:01 200,000

WOMEN (gun times)

1. Un Ok Jo, PRK 2:29:48 TWD 800,000
2. Bekelu Beji Geletu, ETH 2:33:02 300,000
3. Loice Jebet Kiptoo, KEN 2:34:10 200,000
- ... 5. Beata Nandjala Naigambo, NAM 2:38:31 30,000

## Kalakaua Merrie Mile (3rd)

Waikiki, Honolulu, USA, 8 December

(Distance: 1 mile; flat, certified out-and-back course along Kalakaua Avenue, negligible start/finish separation)

ELITE HANDICAP MILE (extended gun times):

(Women had 26-second head start; women's full times in brackets)

1. Edward Cheserek, 24, Skechers Performance (KEN) 3:54.83 CR \$4000
2. Leonard Bett, 18, adidas (KEN) 3:54.89 2000
3. Mirriam Cherop (F), 19, adidas (KEN) 3:56.54 [4:22.54 CR] 1000
4. Craig Engels, 24, NIKE 3:59.94
5. Ben Flanagan, 23, Reebok (CAN) 3:59.97
6. Nick Willis, 35, adidas (NZL) 4:00.78
7. Craig Huffer, 29, Unattached (AUS) 4:05.86
8. Shannon Osika (F), 25, NIKE 4:07.12 [4:33.12]
9. Agnes Ngetich (F), 18, adidas (KEN) 4:10.51 [4:36.51]
10. Rachel Schneider (F), 27, Under Armour 4:12.30 [4:38.30]
11. Amanda Eccleston (F), 28, Brooks 4:16.49 [4:42.49]

## CROSS-COUNTRY

### Cross International Venta de Baños (39th)

Venta de Baños, ESP, 16 December

MEN (10.575 km)

1. Vincent Rono, KEN, 1990 34:16
2. Javier Guerra, ESP, 1983 34:22
3. Awet Habte, ERI, 1997 34:35
4. David Palacio, ESP, 1988 34:54
5. Benjamin Kigen, KEN, 1993 35:09

WOMEN (7.575 km)

1. Letesenbet Gidey, ETH, 1996 27:22
2. Hawi Feysa, ETH, 1996 27:40
3. Inês Monteiro, POR, 1980 29:17
4. Marta Perez, ESP, 1993 29:35
5. Zulema Fuentes-Pila, ESP, 1977 29:41

## USATF National Club Cross-country Championships

Spokane, USA, 8 December

Note: An impressive performance from Emma Bates, who finished eighth in 19:56 only six days after winning the USATF Marathon National Championships in 2:28:18 in Sacramento, Calif. – Ed.

OPEN MEN (10 km):

Teams (score 5 men): 1. Tinman Elite, 53 points [retains title]; 2. Brooks Beasts TC, 67; 3. American Distance Project, 98 ...

Individual finishers:

1. Ben Blankenship, 29, NIKE/NIKE OTCE, 29:21
2. Hillary Bor, 29, American Distance Project-A, 29:27
3. Ryan Mahalsky, 25, Hansons-Brooks Distance Projec, 29:28

OPEN WOMEN (6 km):

Teams (score 5 women): 1. Nomad Track Club, 71; 2. Hansons-Brooks Distance Project, 74; 3. Idaho Distance Project, 91 ...

Individual finishers:

1. Katie Mackey, 31, Brooks/BROOKS Beasts TC-A, 19:35
2. Anne-Marie Blaney, 25, Hansons-Brooks Distance Projec, 19:41
3. Marie Lawrence, 29, Oiselle/Little Wing Athletic, 19:43
- ... 8. Emma Bates, 26, Idaho Distance Project-A, 19:56

## OUTDOOR TRACK

### Zatopek:10 (58th)

(Australian 10000 m Championships)  
Melbourne, AUS, 13 December

MEN

10000 Zatopek Open:

- |                              |                      |
|------------------------------|----------------------|
| 1. Stewart McSweyn, TASMANIA | 27:50.89 PB (1st NC) |
| 2. Jack Rayner, VICTORIA     | 28:12.07 PB          |
| 3. Jack Bruce, QUEENSLAND    | 28:49.70 PB          |

WOMEN

10000 Zatopek Open:

- |                                    |                      |
|------------------------------------|----------------------|
| 1. Hitomi Niiya, JPN               | 31:32.50             |
| 2. Sinead Diver, 1977, VICTORIA    | 31:50.98 PB (1st NC) |
| 3. Ellie Pashley, VICTORIA         | 32:17.81 PB          |
| 4. Emily Brichacek, AUSTRALIAN C   | 32:22.38 PB          |
| 5. Camille Buscomb, NZL            | 32:28.37             |
| 6. Paige Campbell, NEW SOUTH WALES | 32:39.16 PB          |

## ULTRA/MOUNTAIN/TRAIL RUNNING

### Desert Solstice Track Invitational

Central High School Track, Phoenix, USA, 8-9 December

Note: In this 24-hour challenge race held on a standard 400 m track, Camille Herron of the United States ran 162.80 miles (final measurement still to be determined based on the

exact distance covered on her last lap) breaking the previous 24-hour, all-surface world best of 161.55 miles, reports *Race Results Weekly*. -- Ed.

#### WOMEN

1. Camille Herron, 25-Dec-1981, USA, 162.80 mi. WB\*

\*) World best; previous 161.55 miles, Patrycja Bereznowska (POL), 2017

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## NEWS

### CHAMPIONS WILL RETURN TO BOSTON MARATHON

Both Yuki Kawuchi of Japan and Des Linden of the United States have been contracted to run the 2019 Boston Marathon on Monday, 15 April, and defend their titles, reports *Race Results Weekly*.

The 2018 edition of the race was held in atrocious conditions, with driving rain and near-freezing temperatures. The race was more of a survival test than a traditional endurance race. Linden's mark of 2:39:54 was the slowest women's winning time in 40 years, while Kawuchi's time of 2:15:58 was the slowest men's winning time in 42 years.

The Boston Marathon is part of the Abbott World Marathon Majors and the third-largest marathon in the United States after the TCS New York City Marathon and Bank of America Chicago Marathon. It is also the oldest marathon in the world and has been contested 122 times.

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## STATS TIME

Last week we included a list of the top ten South African men over 10000 metres; here is the women's list.

### 2018 10000 METRES: TOP 10 WOMEN

32:59.05	Glenrose Xaba	Pretoria	23 Feb
34:12.90	Cornelia Joubert	Germiston	11 Feb
34:45.05	Cherise Sims	Leiden	09 Jun
34:49.16	Kesa Molotsane	Sasolburg	27 Apr
35:33.55	Shereilene Gelderblom	Raleigh	30 Mar
35:41.72	Annie Bothma	Raleigh	30 Mar
35:59.15	Ashleigh Simonis	Raleigh	30 Mar
36:32.08	Lesego Mpshe	Pretoria	17 Mar
37:07.12	Louzanne Coetzee (T12)	Pretoria	17 Mar
37:33.23	Hanli Etsebeth	Pretoria	17 Mar

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## THIS MONTH IN HISTORY

### 15 years ago: 20 December 2003

The Avbob 15 km in Table View, Cape Town, reportedly has the longest continuous single sponsorship of any race in South Africa – it was held for the 38th time last weekend, and Avbob has sponsored every edition. The first race was held in January 1981, and the first 22 runnings were all held in January. On this day it moved to December for the first time and Neo Molema scored his second consecutive victory in 48:44 (he had set a race record of 44:51 the previous year), with Matshidiso Thelejane taking the women's race in 58:57. Molema won again two years later, but in a much faster time of 45:12.

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## 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	28:18	Stephen Mokoka	Durban	14 Oct
	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	61:17	Lesiba Precious Mashele	Boulogne-Billancourt	18 Nov
	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	2:08:31	Stephen Mokoka	Cape Town	23 Sep
	2:02:57	Dennis Kimetto (KEN) 2014		
	2:01:39p	Eliud Kipchoge (KEN) 2018		
100 km	6:33:47	Bongmusa Mthembu	Sveti Martin	08 Sep
	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	2:20:32	Mthandazo Qhina	Cape Town	23 Sep
	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	52:55	Desmond Zibi	Port Elizabeth	17 Nov
	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	2:40:00 2:19:29	Desmond Zibi Titus Mamabolo (RSA) 1991	Cape Town	23 Sep
100 km	12:00:07 6:43:33	Hilton Murray Roland Vuillemot (FRA) 1996	Polokwane	15 Apr
<u>Grandmasters (60+)</u>				
10 km	38:05 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Kenilworth	09 Sep
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 2:59:27A 2:36:30	Marius Carstens Kosie Botha Yoshihisa Hosaka (JPN) 2009	Benoni Simon's Town	28 Jan 18 Feb
100 km	14:19:11 7:53:43	Ric Marini Bernd Juckel (GER) 2012	Polokwane	15 Apr
<u>Great grandmasters (70+)</u>				
10 km	43:34 37:33	Jimmy Morris Ed Whitlock (CAN) 2004	Athlone	10 Feb
15 km	66:46 58:19	Jimmy Morris Ed Whitlock (CAN) 2001	Claremont	24 Jun
21.1 km	97:09 82:23	Johannes Phoo Ed Whitlock (CAN) 2001	Polokwane	19 May
25 km	2:09:11A 99:59	Hansie Els Clive Davies (USA) 1985	Somerset East	21 Apr
30 km	2:46:46 2:34:20A 2:00:56	Tamsanqa Jusayi Brian Key Ed Whitlock (CAN) 2001	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	3:39:04 2:54:49	Daniel Hlongwane Ed Whitlock (CAN) 2004	Mossel Bay	06 Oct
100 km	8:53:45	Max Courtillon (FRA) 1997		
<u>Juniors</u>				
10 km	30:02 27:11	Dais Malebana Mathew Kimeli Kipkorir (KEN) 2017	Durban	14 Oct
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
<b>WOMEN</b>				
<u>Open</u>				
10 km	32:01 29:43 Mx 30:29 Wo	Irvette van Zyl Joycilene Jepkosgei (KEN) 2017 Asmae Legzaoui (MAR) 2002	Durban	14 Oct
15 km	52:38 45:37 Mx	Annie Bothma Joycilene Jepkosgei (KEN) 2017	Table View	08 Dec

21.1 km	46:59** Wo	Lornah Kiplagat (NED) 2007		
	71:44	Nolene Conrad	Valencia	24 Mar
	64:51p Mx	Joycilene Jepkosgei (KEN) 2017		
	64:52 Mx	Joycilene Jepkosgei (KEN) 2017		
25 km	66:25 Wo	Lornah Kiplagat (NED) 2007		
	96:16	Charné Bosman (vet)	Pretoria	12 May
	79:53 Mx	Mary Keitany (KEN) 2010		
30 km	82:47 Wo	Paula Radcliffe (GBR) 2005		
	2:00:03	Ntombesintu Mfunzi	Uitenhage	03 Mar
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
Marathon	1:36:05 Wo	Mary Keitany (KEN) 2017		
	2:33:43	Irvette van Zyl	Soweto	04 Nov
	2:31:04A	Gerda Steyn	New York	04 Nov
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:01 Wo	Mary Keitany (KEN) 2017		
100 km	7:51:13	Salome Cooper (vet)	Sveti Martin	08 Sep
	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	57:33	Bulelwa Simae	Table View	08 Dec
	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	2:44:52	Charné Bosman	Cape Town	23 Sep
	2:23:31	Lydia Cheromei (KEN) 2017		
100 km	7:51:13	Salome Cooper	Sveti Martin	08 Sep
	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	62:48	Sandra Kohnert	Table View	08 Dec
	52:38	Monica Joyce (USA) 2009		
21.1 km	87:28	Joanna Thomas	Cape Town	14 Oct
	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	3:10:59	Jane Mudau	Cape Town	23 Sep
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km	7:51:10	Meghan Arbogast (USA) 2011		
<u>Grandmasters (60+)</u>				
10 km	42:20	Margie Saunders	Colchester	22 Sep
	38:56	Lidia Zentner (GER) 2015		

15 km	67:31 61:25	Olga Howard Kathryn Martin (USA) 2011	Table View	08 Dec
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	3:27:12 3:20:15A 3:12:57	Annatjie Botes Annatjie Botes Emmi Luthi (SUI) 2009	Mossel Bay Witsand	06 Oct 24 Nov
100 km	17:51:42 9:20:07	Martie Boesenberg Ursula Schmitz (GER) 1999	Polokwane	15 Apr
<u>Great grandmasters (70+)</u>				
10 km	52:30 44:09	Sonja Laxton Lavinia Petrie (AUS) 2014	Johannesburg	07 Oct
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	3:19:19 2:58:52A 2:47:08	Pixie Sparg Veronica van Niekerk Myra Rhodes (USA) 2002	Simon's Town Camps Bay	19 Aug 14 Jan
Marathon	4:49:16 4:37:20A 3:35:29	Veronica van Niekerk Marietha Herbert Helga Miketta (GER) 2013	Cape Town Simon's Town	23 Sep 18 Feb
100 km	12:50:49	Helen Klein (USA) 1993		
<u>Juniors</u>				
10 km	35:21 31:29	Carmie Prinsloo Karoline Bjerkeli Grovdal (NOR) 2009	Cape Town	23 Sep
15 km	59:40 48:33	Simonay Weitsz Mekasha Waganesh Amare (ETH) 2011	Kempton Park	31 Jan
21.1 km	80:48 67:57	Lesego Mpshe Abebu Gelan Adugna (ETH) 2009	Polokwane	19 May

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