

# 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

Less than one week after winning the Sanlam Cape Town 10 km last Sunday in coastal Cape Town, Lesiba Precious Mashele went to Middelburg's altitude and also took the South African 10 km title, beating Thabang Mosiako by three seconds in 29:43. Three weeks ago Mashele had retained his national cross-country title over the same distance.

Defending champion Elroy Gelant, who has won the title the past two years, finished third in 29:48, his fastest time of the year.

In the women's race Lebogang Phalula scored a fairly easy victory over national half-marathon champion Jenet Mbhele, 35:57 to 36:18, to win her first ever SA title on the road (she has won three cross-country titles). Thobile Mkhize was third in 36:25. The sisters Pixie Sparg and Gill Treganna finished first and second in the 70+ category.

The Athletics Integrity Unit has announced that Puleng Petrus Maeko, who finished seventh in this year's Old Mutual Two Oceans Marathon, returned a positive test for the steroid Betamethasone. Maeko, who runs for Rocky Road Runners, has been banned for two years until 23 May 2020. All athletes behind him move up one position, with Jesse Gichuhi (KEN), who was 11th, now receiving the last gold medal. After the Two Oceans Maeko also finished second in the Wally Hayward Marathon (in 2:22:15), and this result has been scrapped.

The results of the female grandmasters and great grandmasters in the Michell's Pass 10 km in last week's DRR were wrong. Anna Rainsford (62:43) was shown as first in the older category, but she was in fact the third grandmaster behind Judith Grove and Helen du Plessis. Rainsford is 62. The first 70+ runner was Marietha Herbert (57:23) and second was Annatjie Berntzen (82:11).

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* South African 10 km Championships, Middelburg
- \* Irene Spring Half Marathon & 10 km, Pretoria
- \* Goodwood Harriers 10 km Challenge, Goodwood
- \* Karoolus Windpomp Half Marathon & 10 km, Graaff-Reinet
- \* Bophelong Half Marathon & 10 km, Mamelodi
- \* Indentured 1860 Challenge 10 km, Durban
- \* St. Francis Nautical Run Half Marathon, St. Francis

\* NMB Colchester Development Run 10 km, Colchester

### **International highlights:**

- \* Hengshui Lake International Marathon, Hengshui, CHN
- \* Dam tot Damloop, Amsterdam to Zaandam, NED
- \* Buenos Aires Marathon, Buenos Aires, ARG
- \* Le Lion 2018, Montbéliard to Belfort, FRA
- \* Wachau Half Marathon, Spits to Krems, AUT
- \* Maratonina Città di Udine, Udine, ITA
- \* Rock 'n' Roll Montreal Marathon, Montreal, CAN
- \* Memorial Rahal 10 km, Casablanca, MAR
- \* XC: Nuttycombe Wisconsin Invitational, Madison, USA; Chile Pepper Cross-country Festival, Fayetteville, USA
- \* Track: Japanese National Corporate Track & Field Championships, Osaka, JPN

### **CORRECTIONS AND ADDITIONS**

SA Marathon Championships  
(87th for men & 35th for women)  
Cape Town, 23 September

Note 1: All the gun times in the Sanlam Cape Town Marathon and 10 km, as published in DRR last week, were one second too fast because the timing company rounded the times down instead of up in the initial results released. So one second should be added to the times published. -- Ed.

Note 2: Below are the top 20 men and women in the SA Marathon Championships (foreigners and South Africans who were not members of a provincial team were not eligible). The prize money, which was omitted last week, is also included and should be added to the amounts shown in DRR 18:37. -- Ed.

#### **MEN**

1.	Stephen Mokoka	33	AGN	2:08:31	R50 000
2.	Benedict Moeng	35	AGN	2:12:53	R30 000
3.	Desmond Mokgobu	29	CGA	2:14:13	R20 000
4.	Duane Fortuin	34	WPA	2:19:17	R15 000
5.	Mthandazo Qhina	40	WPA	2:20:32	R10 000
6.	Lungile Gongqa	39	WPA	2:21:42	
7.	Sibusiso Madikizela	29	WPA	2:22:03	
8.	Jabulane Collin Khoza	38	MPU	2:22:23	
9.	Thulani Magagula	41	CGA	2:23:19	
10.	Thando Ngcobo	37	CGA	2:24:32	
11.	Edwin Khokhobe	30	CGA	2:26:25	
12.	Joseph Mphuthi	41	AFS	2:26:44	
13.	Motsamai Rantho	33	CGA	2:27:18	
14.	Lehlohonolo Godfrey Ramokone	33	AFS	2:27:35	
15.	Pita Eric Makhoali	27	AVT	2:27:37	
16.	Charles Tjiane	44	CGA	2:28:41	
17.	Pfarelo Mathada	29	AGN	2:29:28	
18.	Ben Matiso	31	WPA	2:29:51	
19.	Samuel Elias Segoaba	35	AGN	2:29:59	
20.	Mzolisi Makhanda	35	EPA	2:30:30	

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

1.	Nolene Conrad	33	WPA	2:34:39	
2.	Christine Kalmer	32	CGA	2:42:11	

3.	Charné Bosman	42	AGN	2:44:52
4.	Yolande Maclean	40	CGA	2:47:07
5.	Ntombesintu Mfunzi	36	EPA	2:47:56
6.	Tanith Maxwell	42	WPA	2:49:49
7.	Cobie Smith	33	CGA	2:52:47
8.	René Kalmer	37	CGA	2:53:30
9.	Leilani Scheffer	35	AGN	2:55:26
10.	Mary Khourie	34	CGA	2:56:12
11.	Catherine Skosana	37	AGN	2:57:06
12.	Mia van Heerden	29	CGA	2:58:09
13.	Vuyokazi Gebe	27	AGN	2:59:00
14.	Jenni Kruse	44	CGA	3:00:11
15.	Ulrica Stander	43	WPA	3:00:58
16.	Enie Manzini	37	CGA	3:02:23
17.	Kataza Shipalana	32	AGN	3:04:18
18.	Lee-Shay Willemse	25	WPA	3:06:56
19.	Bianca van Zyl	42	CGA	3:08:10
20.	Eunice Nhlapo	39	MPU	3:09:08

## ROAD RUNNING

### South African 10 km Championships

(25th for men; 27th for women)

(Run in conjunction with the Josiah Thugwane 10 km)

Middelburg, 29 September

(Certified, near-loop course at altitude [Middelburg is at approx. 1450m above sea level].

The separation between start and finish is 120m [1.2% of race distance]. Finishers: 553; 247 in SA Championships [slightly up from 234 last year].)

Note: Thanks to Pieter de Jager, IAAF/AIMS Grade A Course Measurer, for these results, as well as information about the route. -- Ed.

#### MEN

1.	Lesiba Precious	Mashele	CGA	27	29:43	R5000
2.	Thabang	Mosiako	ACNW	23	29:46	R4000
3.	Elroy	Galant	ACNW	32	29:48	R3000
4.	Kabelo	Seboko	CGA	20	30:07	R2500
5.	SibabalweGladwin	Mzazi	CGA	30	30:20	R2000
6.	Reghen	Magwai	AGN	26	30:23	R1500
7.	Jeromy	Andreas	CGA	26	30:29	R1000
8.	Milton	Kekana	AGN	22	30:35	R800
9.	Mbongeni	Ngxazozo	CGA	38	30:36	R750
10.	Derocious	Makhobalo	CGA	30	30:44	R700
11.	Moses	Mahlangu	AMPU	27	30:46	
12.	Lucky	Mohale	CGA	33	30:53	
13.	Philani	Buthelezi	AGN	29	30:54	
14.	Melikhaya	Frans	EPA	28	30:54	
15.	Bonginkosi	Zwane	KZNA	27	30:54	
16.	Mbuleli	Mathanga	KZNA	25	30:55	
17.	Sipho	Mbanjwa	KZNA	23	30:58	
18.	Ayanda	Mncube	KZNA	26	30:58	
19.	Kabelo	Melamu	CGA	21	30:59	
20.	Pakiso	Mthembu	AFS	19	31:00	
21.	Phenyo	Chidi	CGA	19	31:01	
22.	Michael	Pienaar	AGN	23	31:03	
23.	Tumi	Lephoto	CGA	18	31:14	

24.	Tebogo	Pulusa	LIMA	29	31:15
25.	Leswene Africa	Mailola	CGA	33	31:15
26.	Phuti	Sethowa	LIMA	30	31:16
27.	Thamsanqa	Khonco	CGA	20	31:23
28.	Vuyolwethu	Mbukushe	WPA	27	31:32
29.	Tlou	Peu	LIMA	33	31:34
30.	Jeremiah	Moshwetsi	ANWN	30	31:37
31.	Dylan	Van der Merwe	CGA	21	31:38
32.	Bonginkosi	Mavuso	KZNA	21	31:38
33.	Malefetsane	Motlounq	AFS	29	31:39
34.	Katleho	Moloi	AMPU	20	31:43
35.	Mabrimisa	Rauol	AGN	25	31:50
36.	Siviwe	Nkombi	WPA	29	31:51
37.	Deon Lee	Hendriks	BOLA	21	31:54
38.	Kamo	Masemola	LIMA	22	31:55
39.	Thabo	Shabangu	CGA	16	31:56
40.	Bafana	Dube	AGN	27	31:59
41.	Etienne	Plaatjies	ASWD	31	32:01
42.	Samuel	Matsepe	ANWN	30	32:01
43.	Graham	Malinga	AMPU	41	32:04
44.	Dumisang	Monnatlala	CGA	23	32:05
45.	Sipho	Ramohotsi	AFS	21	32:06
46.	Mandisa	Kubheka	AFS	23	32:07
47.	Nkosi	Sikosana	AMPU	33	32:08
48.	Richard	Mavuso	AGN	40	32:09
49.	Japhta	Masoenysane	AVT	28	32:11
50.	Ashley	Smith	WPA	22	32:15

**Veterans:**

1.	Graham	Malinga	AMPU	41	32:04	R2000
2.	Richard	Mavuso	AGN	40	32:09	R1500
3.	Simphiwe	Zulu	KZNA	41	33:10	R1000

**Masters:**

1.	Desmond	Zibi	EPA	55	36:29	R1500
2.	Allen	Ndlovu	KZNA	51	37:15	R1000
3.	Tobias	Philander	WPA	54	37:52	R500

**G'masters:**

1.	Sello David	Maphangulu	AGN	65	38:28	R1500
2.	Andy	Daly	KZNA	61	39:50	R1000
3.	Mochamat	Kriel	WPA	64	40:24	R500

**G/g'masters:**

1.	Percy	Dalton	EPA	70	49:55
2.	Tamsanqua	Jusayi	EPA	71	49:56
3.	Neels	Vermeulen	AMPU	70	58:10

**Juniors:**

1.	Pakiso	Mthembu	AFS	19	31:00	R2000
2.	Phenyo	Chidi	CGA	19	31:01	R1500
3.	Tumi	Lephoto	CGA	18	31:14	R1000

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

1.	Lebogang	Phalula	CGA	34	35:57
2.	Jenet	Mbhele	KZNA	23	36:18
3.	Thobile	Mkhize	KZNA	21	36:25
4.	Maria	Shai	CGA	31	36:43
4.	Tyler	Beling	AFS	19	37:06
6.	Kataza	Shipalana	AGN	32	37:10
7.	Zintle	Xiniwe	WPA	31	37:24

8.	Cornelia	Joubert	CGA	30	37:39
9.	Nwabisa	Mjoli	KZNA	26	38:05
10.	Liza	Kellerman	CGA	19	38:11
11.	Nicole	Van der Merwe	CGA	19	38:23
12.	Farida	Zwane	CGA	22	38:38
13.	Anel	Terblanche	WPA	31	38:41
14.	Nomvuyisi	Seti	WPA	36	38:41
15.	Leilani	Scheiffer	AGN	35	38:44
16.	Silindile	Chili	KZNA	24	38:47
17.	Janie	Grundling	KZNA	38	38:51
18.	Nadia	Potgieter	AGN	14	38:56
19.	Shelley	Young	KZNA	29	39:12
20.	Anet	Coetzee	AGN	30	39:18
21.	Bathobile	Mkhize	KZNA	21	39:25
22.	Catherine	Skosana	AGN	37	39:29
23.	Lisa	Maritz	AGN	39	39:52
24.	Bulelwa	Simae	WPA	41	39:59
25.	Anishia	Fryer	AMPU	22	40:02
26.	Nadya	Du Toit	AGN	17	40:33
27.	Cian	Oldknow	CGA	22	40:36
28.	Michelle	Redelinghuys	AGN	22	40:41
29.	Nontokoza	Mkhize	KZNA	26	40:42
30.	Nerissa	Le Roux	AGN	29	40:50
31.	Roné	Reynecke	ANWN	32	40:59
32.	Mira	Kaffka	AGN	16	41:01
33.	Eunice	Nhlapo	AMPU	39	41:11
34.	Vuyokazi	Gebe	AGN	27	41:11
35.	Welma	Nkuna	CGA	18	41:16
36.	Tsholofelo Ingrid	Zwane	AGN	21	41:18
37.	Hellen	Phanyane	LIMA	30	41:28
38.	Victoria	Mashapo	AGN	24	41:29
39.	Ronel	Thomas	AGN	46	41:37
40.	Lebogang	Ramela	CGA	18	41:43

**Veterans:**

1.	Bulelwa	Simae	WPA	41	39:59
2.	Ronel	Thomas	AGN	46	41:37
3.	Maputhi	Phaka	CGA	40	43:18

**Masters:**

1.	Michelle	Sims	KZNA	51	43:05
2.	Elmarie	Pretorius	ANWN	52	43:55
3.	Julie	Huckle	WPA	50	44:57

**G'masters:**

1.	Annatjie	Botes	ASWD	60	45:35
2.	Olga	Howard	WPA	60	45:53
3.	Erica	Hamilton	AVT	60	47:01

**G/g'masters:**

1.	Pixie	Sparg	WPA	73	1:01:13
2.	Gill	Tregenna	KZNA	76	1:01:53

**80+:**

1.	Deirdre	Larkin	CGA	86	1:03:43
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**Juniors:**

1.	Tyler	Beling	AFS	19	37:06
2.	Liza	Kellerman	CGA	19	38:11
3.	Nadia	Potgieter	AGN	14	38:56

## Irene Spring Half Marathon & 10 km

Pretoria, 29 September

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 1978; 10 km -- 1790.)

### Half marathon

MEN

1 Victor Pheeha (Top Runners) 70:18; 2 Tebogo Lejaha (LES/Arcadia) 71:47; 3 Lucky Mtshali (Nedbank) 72:07.

**Veterans:** 1 Shadrack Hoff (Maxed Elite) 72:45; 2 Moses Njuguna (KEN/Nedbank) 73:43; 3 Action Ramaboea (Ivory Park) 74:07. **Masters:** 1 Joseph Ndlovu (ACE) 83:10; 2 Arthur Woodridge (RRW) 85:06. **G'masters:** 1 Sam Ndala (Nedbank) 98:02; 2 Charles Stofberg (Green Mile) 1:42:25. **70+:** 1 Iain McFadyen (Phobians) 2:20:49. **Juniors:** 1 Tebogo Morajane (Simunye Global) 81:25; 2 Ruan van Staden (Overkruin) 1:41:39.

WOMEN

1 Andronica Mokgotla (Nedbank) 88:07; 2 Katy van Meter (MassMart) 90:17; 2 Maria Vilakazi (FFA) 90:27 (1st vet).

**Veterans:** 1 Maria Vilakazi (FFA) 90:27; 2 Lisi Fernandez (Kyalami) 95:05; 3 Adel Thomaz (Phobians) 99:29. **Masters:** 1 Ansa Strydom (Nedbank) 1:51:20; 2 Almarie Rothman (Phobians) 1:51:30. **G'masters:** 1 Marie Venter (Phobians) 1:52:30; 2 Sharon Zeelie (Vaal) 1:59:47. **70+:** 1 Gina Hughes (Agape) 2:26:11.

### 10 km

MEN

1 Charles Soza (ZIM/Phobians) 31:37; 2 Collin Parura (ZIM/Nedbank) 31:41; 3 Kemang Khunonyane (RunZone) 31:51.

**Veterans:** 1 Solomon Khambule (Corr Serv) 34:50; 2 Andries Makhubela (Faranani) 37:56; 3 Demetri Jansen (PMMC) 38:02. **Masters:** 1 Dawie de Villiers (Tuks) 38:46; 2 Nhlanhla Magubane (Corr Serv) 40:19. **G'masters:** 1 Colin Fischer (CSIR) 42:55; 2 Jan Esau (PMMC) 46:44. **70+:** 1 Wallie Weder (Agape) 59:02. **Juniors:** 1 Khan Nothnagel (VTM) 38:09; 2 Niel v.d. Merwe (Menlo Park HS) 38:49 .

WOMEN

1 Annerie Kruger (Magnolia) 41:34; 2 Vicky Hansen (MassMart) 41:38; 3 Catherine Malungane (Massmart) 42:07.

**Veterans:** 1 Marili Munnik (Tuks) 44:10; 2 Lois Farmarey (PvR) 52:39; 3 Chrizelda Davel (Tuks) 53:00. **Masters:** 1 Cornia Broere (Tuks) 48:10; 2 Debbie Bredenkamp (HQH) 49:48. **G'masters:** 1 Frances van Blerk (Nedbank) 55:58; 2 Marietjie v.d. Westhuizen (Overkruin) 61:23. **70+:** 1 Olga Smit (Affies) 73:07.

## Goodwood Harriers 10 km Challenge

Goodwood, 29 September

(Finishers: 1665 [big increase from 1270 last year].)

MEN

1. Lyukhanyo Nobakada (VOB) 32:07  
2. Akhona Makila (VOB) 32:08  
3. Tsungai Mwanengeni (ZIM/Gugs) 32:37 (1st vet)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 32:37; 2. Xolile Macanda (Gugs) 35:33; 3. Nicholas Mpontshane (Sanlam) 36:14. **Masters:** 1. Johnny Persents (Edge) 37:24; 2. John September (Itheko) 37:29; 3. Isaac Manuel (Edge) 40:29. **G'masters:** 1. Mark Wagenheim

(AAC) 44:44; 2. Michael Crozier (Atlantis) 47:17; 3. Trevor Adams (Hewat) 52:17.  
**G/g'masters:** 1. Blake Wilkins (AAC) 50:53; 2. Willie van Wyk (Brack) 51:15; 3. Oloff Crous (Brack) 57:57. **Juniors:** 1. Edward Jack (Central) 33:13; 2. Siyabonga Mathe (East) 33:58; 3. Gio van Niekerk (Well) 34:11.

#### WOMEN

1. Fortunate Chidzivo (ZIM/Langa) 37:40
2. Candyce Hall (Carb) 39:51
3. Nolubabalo Dyonase (VOB) 40:11

**Veterans:** 1. Elmé Middlemost (Brack) 41:46; 2. Melody Marcus (IT) 42:10; 3. Marlize Vienings (Edge) 43:05. **Masters:** 1. Mariëtte Strauss (Tyger) 44:11; 2. Evelina Tshabalala (CC) 49:06; 3. Roldah Orrie (Itheko) 49:48. **G'masters:** 1. Nancy Will (Pine) 46:56; 2. Charmaine Cupido (Ned) 50:35; 3. Nicky Andrews (Edge) 56:35. **G/g'masters:** 1. Marietha Herbert (Bell) 57:09; 2. Marlene James (Pine) 61:18; 3. Wendy Wilkins (AAC) 62:10. **Juniors:** 1. Keshia Temmers (Velo) 44:27; 2. Razaan Kamaldien (Carb) 47:41; 3. Teagan Scheffers (SH) 59:09.

### Karoolus Windpomp Half Marathon & 10 km

Graaff-Reinet, 29 September

(Distances: 21.1 km & 10 km; point-to-point downhill courses on the Murraysburg road. Finishers: half marathon – 243 [down from 291 last year]; 10 km – 167 [up from last year's 144].)

#### Half marathon

##### MEN

1	André	Ketchem	Xcel AC	34	1:05:19
2	Simthembile	Swarts	Nedbank RC Bol	26	1:08:08
3	Michael	Bester	Achilles AAA	31	1:12:37

##### Veterans:

1	Patrick	Peta	Somerset East	42	1:20:15
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##### Masters:

1	Efese	Peter	SANDF AC EP	58	1:40:42
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##### G'masters:

1	Chester	Brooks	Xcel AC	60	1:35:05
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##### WOMEN

1	Mariëtte	Hattingh (1st mast)	Nedbank RC	52	1:35:20
2	Nerida	Lubbe (1st vet)	Hartenbos	42	1:37:00
3	Elizma	Horne	Somerset East	40	1:37:52

##### Veterans:

1	Nerida	Lubbe	Hartenbos	42	1:37:00
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##### Masters:

1	Mariëtte	Hattingh	Nedbank RC	52	1:35:20
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##### G'masters:

1	Christine	Snyman	Despatch AC	62	1:57:21
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#### 10 km

##### MEN

1	Adriaan	Gerwel	Ikhamva AC	22	30:31
2	George	Ntshiliza	Nedbank RC	39	31:38
3	Brendon	Effenaar	Nedbank RC	22	33:16

## WOMEN

1	Alicia	Cawood	Temp	33	42:44
2	Joan	Viljoen	Nedbank RC	24	45:19
3	Nalize	Van Straaten	Schools EPA	15	46:14

**Bophelong Half Marathon & 10 km**

Mamelodi, Pretoria, 24 September

(Distances: 21.1 km &amp; 10 km. Finishers: half marathon -- 140; 10 km -- 170.)

**Half marathon**

1 Bafana Dube (Boot Camp) 67:09; 2 Wesley Mutai (KEN) 67:11; 3 Steven Dikobo (Adventists) 68:16.

**Veterans:** 1 Micah Kipyego (KEN/Nedbank) 70:13. **Masters:** 1 Moses Machailo (Vitality) 85:14. **G'masters:** 1 Temba Ngcaku (ACE) 1:41:32. **G/g'masters:** 1 Iain McFadyen (Phobians) 1:55:45. **Juniors:** 1 Calvin Riba (Entsika) 73:05.

## WOMEN

1 Mpho Mabuza (Gallopers) 91:20; 2 Tegan Edwards (Vitality) 94:05; 3 Sunette Schoonraad (Nedbank) 1:40:10.

**Veterans:** 1 Amanda Fletcher (Kyalami) 1:58:10. **Masters:** 1 Sue Peterkin (Tuks) 1:52:58. **G'masters:** 1 Selinah Netsisaulu (RAC) 2:01:37.

**10 km**

## MEN

1 Piet Sebalo (Gallopers) 31:47; 2 Chris Mhlanga (Take it Easy) 33:44; 3 Ernest Ngoetjana (Temp) 34:08.

**Veterans:** 1 Silas Manamela (Eskom) 44:14. **Masters:** 1 Paul Mabena (Ford) 40:22. **G'masters:** 1 Neville Young (CSIR) 56:14. **G/g'masters:** 1 Gerald Kroukamp (Phobians) 67:05. **80+:** 1 Andries van Rooyen (VTM) 79:40. **Juniors:** 1 Chris Mhlanga (Take it Easy) 33:44.

## WOMEN

1 Stephani Marais (Overkruin) 43:45; 2 Paulina Lichakane (PMK) 46:11; 3 Joey Cloete (Irene) 51:21 (1st g'mast).

**Masters:** 1 Estelle Kroukamp (Runavation) 59:19. **G'masters:** 1 Joey Cloete (Irene) 51:21. **G/g'masters:** 1 Marie van Dyk (Irene) 88:24.

**Indentured 1860 Challenge 10 km**

Durban, 24 September

(Finishers: 361)

## MEN

1.	Wiseman Mthembu	Amabutho AC	31:19 (1st jun)
2.	Simphiwe Zulu	Hollywood Bets	32:17 (1st vet)
3.	Ayanda Ngcobo	Phantane AC	32:28

**40-49:**

1. Simphiwe Zulu Hollywood Bets 32:17

**50-59:**

1. Doug Vanmejen Ind 45:06



**60+:**

1.	Daniel Swart	Toti AC	42:50
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**Juniors:**

1.	Wiseman Mthembu	Amabutho	31:19
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## WOMEN

1.	Katy van Meter	Ind	39:37
2.	Leigh Privett	Modern AC	43:34
3.	Delia Jay	DCS	45:03

**40-49:**

1.	Leigh Privett	Modern AC	43:34
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**50-59:**

1.	Roshini Natasen	Highway AC	48:56
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**60+:**

1.	Wendy Rook	Savages AC	50:33
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**Juniors:**

1.	Marizelle Janse v. Rensburg	Toti AC	63:10
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**St. Francis Nautical Run Half Marathon (1st)**

St. Francis, 23 September

(Distance: 21.1 km; loop course with a few short, steep hills and one long, less steep hill, and two sections of trail running. Weather: approx. 15 °C at start, slight to moderate wind. Finishers: 167.)

Note: A great victory in the women's race by Margie Saunders, the second oldest female in the race. It was her second race in two days -- actually third for the weekend, because she also did a biathle on Friday evening (see results of the Colchester 10 km below). -- Ed.

## MEN

1	Gift	Chigomarawa	ZIM/Nedbank RC	30	1:11:10
2	Lubabalo	Jusayi	Aspen Pharmacar	27	1:17:07
3	Josh	Hancocks	Temp	22	1:27:03
4	Louis	De Villiers	Temp	44	1:27:14
5	Christiaan	Conradie	Up and Running	43	1:28:12
6	Sadrick	Grootboom	Kouga Multi SC	37	1:29:20
7	Lyle	Rockman	Madibaz Ac	23	1:31:03
8	Glenn	Hendricks	Temp	41	1:31:34
9	Johnric	Korff	Kouga Multi SC	21	1:31:58
10	Hannes	Pelser	Madiba BW	35	1:32:43

## WOMEN

1	Margie	Saunders	Nedbank RC	65	1:40:45
2	Susan	Snell	Ofcolaco Harr	40	1:43:07
3	Juanita	Claassen	VWAC	29	1:46:15
4	Natalie	Hagedorn-Hansen	Temp	43	1:47:58
5	Chrisma	Rautenbach	Temp	36	1:48:51
6	Janelle	Conradie	Up and Running	40	1:52:16
7	Louise	Ackerman	St Francis RC	39	1:52:32
8	Nelia	Jacobs	Kouga Multi SC	39	1:53:26
9	Janet	Kieck	Temp	45	1:53:36
10	Jordan	Pearton	St Francis RC	30	1:54:21

**NMB Colchester Development Run 10 km (3rd)**

Colchester, 22 September

(Flat loop course with many turns, approx. 2-3 km on gravel. Weather 8 °C at start, almost no wind. Finishers: 344 [up from 315 last year].)

Note: An excellent fourth place here by grandmaster Margie Saunders, with a list leader. -- Ed.**MEN**

1	Melikhaya	Frans	Ikhamva AC	28	29:38
2	Zolani	Ngqaqa	Tinarha AC	29	30:52
3	Mariano	Eesou	Madibaz AC	26	30:59
4	Gift	Chigomarawa	ZIM/Nedbank RC	30	31:44
5	Sibusiso	Thu	SAPS AC EP	30	32:00

**Veterans:**

1	Zolile	Mhlahlo	Achilles AAA	43	34:14
2	Noel	Adams	Gelvan AC	46	36:33
3	Christiaan	Conradie	Up and Running	43	37:44

**Masters:**

1	Sithembiso	Yozo	Nedbank RC	54	37:06
2	Freek	Daniels	Transnet Eng EP	52	38:49
3	Colben	Ngcupe	Charlo AC	55	42:07

**G'masters:**

1	Alan	Taylor	Achilles AAA	61	42:34
2	Hannes	Els	Madiba BW	68	42:43
3	Chester	Brooks	Xcel AC	60	43:15

**G/g'masters:**

1	Tamsanqa	Jusayi	Nedbank RC	76	46:28
2	Percy	Dalton	Achilles AAA	70	47:18
3	Johannes	Herbst	Muirite Strider	72	53:25

**Juniors:**

1	Sinawo	Poti	Ikhamva AC	16	34:26
2	Keanu	Domingo	Gelvan AC	16	34:50
3	Anele	Voorman	Nedbank RC	18	35:37

**WOMEN**

1	Nokholo	Hlezupondo	SANDF AC EP	39	41:26
2	Vicky	Oelofse	Nedbank RC	17	41:46
3	Asanda	Zamisa	Achilles AAA	35	42:18
4	Margie	Saunders	Nedbank RC	65	42:20
5	Mariëtte	Hattingh	Nedbank RC	52	43:28

**Veterans:**

1	Louise	Axon	Charlo AC	40	46:11
2	Cathy	Curtain	Muirite Strider	47	47:07
3	Elize	Adams	Gelvan AC	43	47:53

**Masters:**

1	Mariëtte	Hattingh	Nedbank RC	52	43:28
2	Janette	Schierz-Crusius	Body Concept	58	45:02
3	Buyelwa	Kobokana	Nedbank RC	53	47:30

**G'masters:**

1	Margie	Saunders	Nedbank RC	65	42:20
2	Marietjie	Pietersen	Achilles AAA	61	59:40
3	Liz	Austin	Achilles AAA	60	59:47

**G/g'masters:**

1	Ronelle	Steyn	Nedbank RC	74	1:01:35
---	---------	-------	------------	----	---------

2	Jeanette	Pienaar	PEAAC	70	1:09:27
3	Dorothy	Hart	Nedbank RC	80	1:23:59

**Juniors:**

1	Vicky	Oelofse	Nedbank RC	17	41:46
2	Nalize	Van Straaten	Schools EPA	15	47:24
3	Liyema	Mbusi	Motherwell AC	14	55:17

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**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****Hengshui Lake International Marathon (7th)**

(IAAF Silver Label Road Race)

(Chinese National Marathon Championships Series)

Hengshui, CHN, 29 September

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

**MEN**

1. Lemi Berhanu, ETH 2:08:51 USD 40,000
2. Herpasa Negasa, ETH 2:09:14 18,000
3. Dominic Kipngetch Ruto, KEN 2:09:49 10,000

**WOMEN**

1. Waganesh Mekasha, ETH 2:25:57 USD 40,000
2. Worknesh Edesa, ETH 2:26:28 18,000
3. Gebeyanesh Ayele, ETH 2:26:54 10,000
4. Maureen Chepkemoi, KEN 2:27:12 5,000

**Dam tot Damloop (34th)**

(IAAF Silver Label Road Race)

Amsterdam to Zaandam, NED, 23 September

(Distance: 10 miles; point-to-point course with no elevation change)

Note: *Race Results Weekly* reports on the high quality of the women's race, where Israel's Chemtai Lonah Salpeter clocked 50:45, just one second ahead of Dibaba Kuma of Ethiopia. Also, Salpeter won the gender challenge by a hefty 34 seconds over men's winner Joshua Cheptegei. --Ed.

**MEN (gun times)**

1. Joshua Cheptegei, UGA, 45:15 PB
2. Alfred Ngeno, KEN, 45:41 PB
3. Afewerki Berhane, ERI, 46:04 PB
4. Bashir Abdi, BEL, 46:08 PB
5. Rhonzas Kilimo, KEN, 46:14 PB
6. Zane Robertson, NZL, 46:29 DB
7. Ayele Abshero, ETH, 46:38
8. Callum Hawkins, GBR, 47:01 PB

**ALL-WOMEN EARLY START (gun times)**

1. Lonah Salpeter, ISR, 50:45 PB
2. Dibaba Kuma, ETH, 50:46 PB
3. Susan Kruminis, NED, 51:30 PB

4. Mercyline Chelangat, UGA, 52:08 PB
5. Evaline Chirchir, KEN, 52:34 PB

### **Buenos Aires Marathon** (34th)

(IAAF Bronze Label Road Race)

(South American Marathon Championships)

Buenos Aires, ARG, 23 September

(Distance: 42.195 km; new, flat AIMS-certified course)

MEN (gun times)

1. Emmanuel Kipkemboi Saina, KEN 2:05:21 DB/ACR/CR
2. Barnabas Kiptum, KEN 2:09:19 PB
3. Cristhian Pacheco, PER 2:11:19 PB

WOMEN (gun times)

1. Vivian Jerono Kiplagat, KEN 2:29:03
2. Leah Jerotich, KEN 2:32:58
3. Amelwork Fikadu Boshu, ETH 2:34:56

### **Le Lion 2018** (36th)

Montbéliard to Belfort, FRA, 23 September

(Distance: 21.1 km; point-to-point course; not record eligible -- elevation change: +2 m/km (uphill), separation: 74%)

MEN (gun times)

1. Justus Kangogo, KEN 1:00:56
2. Ben Chelimo Somikwo, UGA 1:02:13
3. Peter Kiprotich, KEN 1:02:25

WOMEN (gun times)

1. Magdalyne Masai, KEN 1:12:48
2. Prisca Kiprono, KEN 1:15:00
3. Ophélie Claude-Boxberger, FRA 1:17:55

### **Wachau Half Marathon** (21st)

Spits to Krems, AUT, 23 September

(Distance: 21.1 km; flat point-to-point course along the Donau River. Not record eligible -- start/finish separation > 50%.)

MEN (gun times)

1. Geoffrey Ronoh, KEN, 1982 1:00:21
2. Philimon Maritim, KEN, 1988 1:00:29
3. Samuel Ndungu Mwangi, KEN, 1995 1:00:42

WOMEN (gun times)

1. Perendis Lekapana, KEN, 1991 1:09:23
2. Viola Jelegat, KEN, 1992 1:11:39
3. Agnes Chebet, KEN, 1992 1:12:25

**Maratonina Città di Udine** (19th)

Udine, ITA, 23 September

(Distance: 21.1 km; one-loop course)

## MEN (gun times)

- |                               |         |
|-------------------------------|---------|
| 1. Moses Kipngetch Kemei, KEN | 1:01:14 |
| 2. James Murithi Mburugu, KEN | 1:02:01 |
| 3. Emmanuel Kipsang, KEN      | 1:03:30 |

## WOMEN (gun times)

- |                                   |            |
|-----------------------------------|------------|
| 1. Sara Dossena, ITA              | 1:10:10 PB |
| 2. Elvanie Nimbona, 1998, BDI     | 1:10:32 PB |
| 3. Asmerawork Bekele Wolkeba, KEN | 1:14:47    |

**Rock 'n' Roll Montreal Marathon**

Montreal, CAN, 23 September

(Distance: 42.195 km)

## MEN

- |                                      |         |                     |
|--------------------------------------|---------|---------------------|
| 1. Ezekiel Mutai, KEN                | 2:11:05 | CAD 10,000 + 1,000i |
| 2. Wycliffe Biwott, KEN              | 2:15:38 | 5,000               |
| 3. Jean-Marie Vianney-Uwajeneza, BDI | 2:18:10 | 2,500               |

i) Earned time incentive for sub-2:13 winner

## WOMEN

- |                                   |         |                              |
|-----------------------------------|---------|------------------------------|
| 1. Salome Nyirarukundo, 1997, RWA | 2:28:01 | DB/NR/ER CAD 10,000 + 1,000i |
| 2. Joan Kigen, KEN                | 2:31:26 | 5,000                        |
| 3. Emebet Anteneh, ETH            | 2:43:24 | 2,500                        |

i) Earned time incentive for sub-2:33 winner

**Memorial Rahal 10 km** (7th)

Casablanca, MAR, 16 September

(Course configuration and certification unknown)

Note: Women's champion Rkia El Moukim is eligible to compete again after serving a two-year ban for doping which ended on 8 February 2018. --Ed.

## MEN (gun times)

- |                              |       |
|------------------------------|-------|
| 1. Abderrahmane Kachir, MAR, | 27:50 |
| 2. Mustapha El Aziz, MAR,    | 27:54 |
| 3. Abdenacer Fathi, MAR,     | 28:04 |

## WOMEN (gun times)

- |                             |       |
|-----------------------------|-------|
| 1. Rkia El Moukim, MAR,     | 33:34 |
| 2. Sanae Achahbar, MAR,     | 33:37 |
| 3. Kaltoum Bouaasriya, MAR, | 34:05 |

## CROSS-COUNTRY

### **Nuttycombe Wisconsin Invitational Presented by Under Armour** (10th)

Madison, USA, 28 September

#### CHAMPIONSHIPS MEN (8 km)

Teams: 1. Northern Arizona, 46 points; 2. Wisconsin, 135; 3. Portland, 140; 4. Iowa State, 152; 5. Boise State, 160 ...

#### Individual finishers:

1. Morgan McDonald, SR, Wisconsin (AUS), 23:17.6
2. Edwin Kurgat, JR, Iowa State (KEN), 23:18.5
3. Tyler Day, SR, Northern Arizona, 23:21.3

#### CHAMPIONSHIPS WOMEN (6 km)

Teams: 1. Colorado, 80 points; 2. Boise State, 91; 3. New Mexico, 130; 4. Villanova, 156; 5. Arkansas, 173 ...

#### Individual finishers:

1. Alicia Monson, JR, Wisconsin, 19:33.3
2. Weini Kelati, SO, New Mexico, 19:35.9
3. Ednah Kurgat, JR, New Mexico (KEN), 19:38.8
- ... 5. Allie Ostrander, JR, Boise State, 19:40.4
- ... 14. Carina Viljoen, JR, Arkansas (RSA), 20:00.9

### **Chile Pepper Cross-country Festival** (30th)

Fayetteville, USA, 22 September

#### WOMEN (5 km)

Teams: 1. Arkansas, 34; 2. Wichita State, 116; 3. Iowa Central CC, 175 ...

#### Individual finishers:

1. Katrina ROBINSON, FR, Arkansas (AUS), 16:15.3
2. Carina VILJOEN, JR, Arkansas (RSA), 16:28.3
3. Winny KOSKEI, SO, Wichita State (KEN), 16:36.5

## TRACK

### **Japanese National Corporate Track & Field Championships** (86th)

Nagai Stadium, Osaka, JPN, 21-23 September

#### MEN

10000 (22):

A Final:

1. Joel Mwaura (Kurosaki Harima) - 27:45.31
2. Nicholas Kosimbei (Toyota) - 27:49.49
3. Macharia Ndirangu (Aichi Seiko) - 27:50.03
4. Rodgers Chumo Kemoi (Aisan Kogyo) - 27:50.97
5. Teresa Nyakola (Mazda) - 27:52.70

#### WOMEN

10000 (21):

A Final:

1. Pauline Kamulu Kaveke (Route Inn Hotels) - 30:56.94 MR
2. Grace Kimanzi (Starts) - 32:02.39

3. Harumi Okamoto (Mitsui Sumitomo Kaijo) - 32:08.64
  4. Yuka Hori (Panasonic) - 32:11.53
  5. Ayumi Hagiwara (Toyota Jidoshokki) - 32:12.53
  6. Misaki Kato (Kyudenko) - 32:24.57
  7. Mao Ichiyama (Wacoal) - 32:34.92
  8. Misaki Hayashida (Toyota Jidoshokki) - 32:52.50
- 

## STATS TIME

The Cape Town Marathon made quite a change to the performance lists, and this week we include a list of the top ten SA men over that distance for 2018. Seven of the eleven times were run in Cape Town. 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 MEN

2:08:31	Stephen Mokoka	1	Cape Town	23 Sep
2:09:31	Desmond Mokgobu	1	Oita	04 Feb
2:12:53	Benedict Moeng	6	Cape Town	23 Sep
2:14:13	Mokgobu-2	10	Cape Town	23 Sep
2:16:57	Sibusiso Nzima	1	Gaborone	13 May
2:18:58	Collen Mulaudzi	15	Cape Town	23 Sep
2:19:17	Duane Fortuin	16	Cape Town	23 Sep
2:19:37A	Luthando Hejana	1	East London	18 Feb
2:20:07	Philani Buthelezi	17	Cape Town	23 Sep
2:20:16	Puleng Petrus Maeko	1	Benoni	28 Jan
2:20:32	Mthandazo Qhina (vet)	18	Cape Town	23 Sep

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## THIS MONTH IN HISTORY

### 35 years ago: 29 October 1983

In the years when the SA Marathon for men and women were run separately, the women's race was held in October once. This happened on this day in the third race for women, held in Port Elizabeth (as part of the Interprovincial Marathon), and Adelene Joubert scored a big win over Jenny Wilson with her 2:48:29 -- a personal best in difficult conditions. Joubert would retain the title in both 1984 and 1985, both times in Port Elizabeth, with a national record 2:35:45 on the latter occasion. The interprovincial title for men went to Ewald Bonzet in 2:13:59.

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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	28:40	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 58:23	Stephen Mokoka Zersenay Tadese (ERI) 2010	Valencia	24 Mar
25 km	81:06 81:02A 71:18	Lucky Mohale Mhlakwana Nkoshona Dennis Kipruto Kimetto (KEN)	Pretoria Pinetown	12 May 28 Jan
30 km	1:38:53 87:13** 87:13**	Nkosingathi Madyo Eliud Kipchoge (KEN) 2016 Stanley Biwott (KEN) 2016	Uitenhage	03 Mar
Marathon	2:08:31 2:02:57 2:01:39p	Stephen Mokoka Dennis Kimetto (KEN) 2014 Eliud Kipchoge (KEN) 2018	Cape Town	23 Sep
100 km	6:33:47 6:13:33	Bongmusa Mthembu Takahiro Sunada (JPN) 1998	Sveti Martin	08 Sep

\*\*\*) 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	2:20:32 2:08:38	Mthandazo Qhina Kenneth Mungara (KEN) 2016	Cape Town	23 Sep
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	2:40:00 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

#### Grandmasters (60+)

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	Derrick Mazibuko	Durban	21 Mar



	1:48:50A	Andy Daly	Pinetown	28 Jan
	94:01	Doug Winn (USA) 2010		
30 km	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		
<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	30:27	Maxime Chaumeton	Cape Town	23 Sep
	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		
<b>WOMEN</b>				
<u>Open</u>				
10 km	32:49	Irvette van Zyl	Cape Town	23 Sep
	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	2:34:39	Nolene Conrad	Cape Town	23 Sep
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		

100 km	2:17:01	Wo Mary Keitany (KEN) 2017		
	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	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	2:44:52	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	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	3:10:59	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	69:28	Hanlie van der Westhuizen	Despatch	24 Feb
	61:25	Kathryn Martin (USA) 2011		
21.1 km	92:16	Annatjie Botes	Port Elizabeth	28 Jul
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:28:20	Jenny Scott	Durban	21 Mar
	2:22:03A	Sylvia Burton	Pinetown	28 Jan
	1:50:50	Edie Stevenson (USA) 2011		
30 km	2:26:52	Annatjie Botes	Sedgefield	10 Mar
	2:15:30	Kathryn Martin (USA) 2012		
Marathon	3:37:54	Nancy Will	Fish Hoek	27 Jan
	3:26:19A	Nancy Will	Simon's Town	18 Feb
	3:12:57	Emmi Luthi (SUI) 2009		
100 km	17:51:42	Martie Boesenberg	Polokwane	15 Apr
	9:20:07	Ursula Schmitz (GER) 1999		

Great grandmasters (70+)

10 km	53:29	Veronica van Niekerk	Bellville	25 Mar
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:25	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				
	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	4:49:16	Veronica van Niekerk	Cape Town	23 Sep
	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		

Juniors

10 km	35:21	Carmie Prinsloo	Cape Town	23 Sep
	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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