

Distance Running Results

Vol. 18, No. 42 – 29 October 2018

© Distance Running Results. All rights reserved.

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

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

Distance Running Results © is sponsored by the FNB Cape Town 12 OneRun.

EDITORIAL

For the second year in a row the Medio Maratón de Valencia Trinidad Alfonso produced a world half-marathon record when Kenyan Abraham Kiptum (pictured below) scorched to a 58:18 clocking to break Zersenay Tadese's eight-year-old mark by 5 seconds. Last year his compatriot Joyciline Jepkosgei ran 64:51 in the same race. In perfect conditions Kiptum broke away from the lead pack after 10 km (covered in 28:02). Kiptum reached 15 km in 41:40 after covering the previous 5 km in 13:38 (just under 2:44/km!). The next 5 km took exactly the same time, with his 55:18 at 20 km breaking Tadese's world best for that distance by three seconds. The last 1.1 km took him precisely three minutes. His previous PB, 59:09, was set six weeks ago in Copenhagen. His next race will be the Abu Dhabi Marathon on 7 December. The women's race went to Gelete Burka (ETH) in 66:11, more than two minutes faster than her PB. South Africa's Nolene Conrad finished 14th in 73:45, equal to her fourth fastest ever.



64:51 in the same race. In perfect conditions Kiptum broke away from the lead pack after 10 km (covered in 28:02). Kiptum reached 15 km in 41:40 after covering the previous 5 km in 13:38 (just under 2:44/km!). The next 5 km took exactly the same time, with his 55:18 at 20 km breaking Tadese's world best for that distance by three seconds. The last 1.1 km took him precisely three minutes. His previous PB, 59:09, was set six weeks ago in Copenhagen. His next race will be the Abu Dhabi Marathon on 7 December. The women's race

went to Gelete Burka (ETH) in 66:11, more than two minutes faster than her PB. South Africa's Nolene Conrad finished 14th in 73:45, equal to her fourth fastest ever.

In the SSE Airtricity Dublin Marathon David Manja finished second in a PB of 2:13:33, but Joel Mmone failed to finish, dropping out between 30 and 35 km. Manja's halves were 1:06:49 and 1:06:44.

In two local marathons, Bonginkosi Zwane (2:31:46) and Robyn Mare (3:23:29) took the 30th Goss & Balfe Sapphire Coast race, while Melikhaya Frans (2:21:32) and Tabitha Tsatsa (2:57:37) won the Nelson Mandela Bay 1 City Marathon.

Riël Hauman

INCLUDED IN THIS ISSUE:

* Nelson Mandela Bay 1 City Marathon, Port Elizabeth

- * Goss & Balfe Sapphire Coast Marathon, Half Marathon & 10 km, Amanzimtoti
- * CSI Irene Half Marathon & 10 km, Pretoria
- * Polifilm 32 km & Half Marathon, Vanderbijlpark
- * Elsie's River AC 10 km, Elsie's River
- * The Farm Run Half Marathon & 10 km, George
- * Hartenbos Spring Run, Hartenbos

International highlights:

- * Medio Maratón Valencia Trinidad Alfonso EDP, Valencia, ESP
- * Mainova Frankfurt Marathon, Frankfurt, GER
- * Volkswagen Ljubljana City Marathon, Ljubljana, SLO
- * SSE Airtricity Dublin Marathon, Dublin, IRL
- * Dong-A Ilbo Gyeongju Marathon, Gyeongju, KOR
- * Simplyhealth Great South Run 10 Miles, Southsea to Portsmouth, GBR
- * The Heritage Burnie Ten, Burnie, AUS
- * Mezza Maratona Citta' di Foligno, Foligno, ITA
- * Santander Totta Half Marathon RTP & EDP Lisbon Marathon, Lisboa, POR
- * XC: Big Ten Conference Championships, Lincoln, USA; SEC Championships, Auburn, USA; Big 12 Conference Championships, Ames, USA; Big South Conference Championships, Kernersville, USA; Sun Belt Conference Championships, Mobile, USA
- * Track: Nittai University Time Trials, Yokohama, JPN

ROAD RUNNING

Nelson Mandela Bay 1 City Marathon (3rd)

Port Elizabeth, 28 October

(Distance: 42.195 km; certified loop course, somewhat hilly. Finishers: 230 men + 70 women = 300 total [up from 203 last year].)

Note: Yet another marathon for vet Mthandazo Qhina, who has now, in the six weeks since 23 September, run three marathons and a half marathon! -- Ed.

MEN

1	Melikhaya	Frans	Ikhamva AC	28	2:21:32
2	Mbongeni	Ngxazozo	Boxer Superst	38	2:23:23
3	Andile	Motwana	Tinarha AC	21	2:23:55
4	Lindikhaya	Mthangayi	Itheko	39	2:24:27
5	Moeketsi	Mosuhli	LES	37	2:25:16
6	Luthando	Hejana	Real Gijimas	31	2:25:37
7	Mthandazo	Qhina (1st vet)	Nedbank RC WP	41	2:26:14
8	Tsepang	Mokhethi	LES/Phantane AC	21	2:26:29
9	Luyanda	Tshangana	Ikhamva AC	35	2:26:34
10	Wesley	Mutai	KEN	32	2:26:57

Veterans:

1	Mthandazo	Qhina	Nedbank RC WP	41	2:26:14
2	Mosoeunyane	Morapalla	LES	42	2:33:19
3	Alemayhu	Nugesa	ETH/Nedbank AGN	40	2:33:34

Masters:

1	Lindile	Tokota	Nedbank RC SWD	50	2:41:33
2	Desmond	Zibi	Achilles AAA	55	2:53:45
3	Makhaya	Masumpa	Born 2 Run	52	2:54:30

G'masters:

1	Themba	Bhelwana	Oxford Str	61	3:34:43
2	Clifford	Hicken	Nedbank RC	61	3:39:59
3	Nelson	Mgubasi	Nedbank RC	60	4:01:09

G/g'masters:

1	Daniel	Hlongwane	Nedbank RC AGN	70	3:40:49
2	Pele	Tshikundamalema	Nedbank RC AGN	78	3:54:15
3	Maros	Mosehla	Polokwana MPL	76	4:00:10

WOMEN

1	Tabitha	Tsatsa (1st vet)	ZIM	46	2:57:37
2	Lineo	Chaka	LES	31	3:01:37
3	Malineo	Mahloko	LES/Sita AC	22	3:02:44
4	Poppy	Mlambo	Boxer Superst	37	3:05:36
5	Nomvuyisi	Seti	Langa	36	3:08:20
6	Kelly	Van Vliet	Up And Running	31	3:15:19
7	Nokholo	Hlezupondo	Sandf AC EP	39	3:20:59
8	Bulelwa	Simae	Nedbank RC WP	41	3:25:18
9	Beryl	Makokha	KEN/Nedbank AGN	29	3:25:41
10	Obertina	Kanyongo (1st mast)	ZIM/Nedbank WP	51	3:26:22

Veterans:

1	Tabitha	Tsatsa	ZIM	46	2:57:37
2	Bulelwa	Simae	Nedbank RC WP	41	3:25:18
3	Busisiwe	Matiwane	Nedbank RC WP	43	3:26:27

Masters:

1	Obertina	Kanyongo	ZIM/Nedbank WP	51	3:26:22
2	Christine	Claasen	Achilles AAA	54	3:32:29
3	Catherine	Naane	Sibanye Stillwa	52	4:02:16

G'masters:

1	Margie	Saunders	Nedbank RC	65	3:29:20
2	Hanlie	Van der Westhuizen	Despatch AC	62	4:11:58
3	Christine	Snyman	Despatch AC	62	5:26:18

Goss & Balfe Sapphire Coast Marathon (30th), Half Marathon & 10 km

Scottburgh to Amanzimtoti (marathon), Ilfracombe Station to Amanzimtoti (half marathon), Illovo Station to Amanzimtoti (10 km), 28 October

(Distances: 42.195 km, 21.1 km & 10 km. Point-to-point courses. Finishers: marathon -- 1362 [up from 1175 last year]; half-marathon -- 1374 [considerably up from 991]; 10 km - 313).

Note: The longer race was run as a 15 km once, so has had 29 runnings as a marathon. -- Ed.

Marathon**MEN**

1.	Bonginkosi Zwane	Boxer AC	2:31:46
2.	Mncedisi Mkhize	Maxed Elite	2:38:00
3.	Linda Zondi	Amaqhawe	2:39:15

40-49:

1.	Epfrain Xaba	Hillcrest Vill	2:42:05
----	--------------	----------------	---------

50-59:

1.	Willie Majombozi	Boxer AC	3:27:49
----	------------------	----------	---------

60-69:

1.	Derrick Mazibuko	Athletic North	3:47:01
----	------------------	----------------	---------

WOMEN

1.	Robyn Mare	Hillcrest Vill	3:23:29
2.	Lisa Collett	Boxer AC	3:29:53

3.	Lauren Snell	Team Vitality	3:31:35
----	--------------	---------------	---------

40-49:

1.	Robyn Mare	Hillcrest Vill	3:23:29
----	------------	----------------	---------

50-59:

1.	Leonie Der	DHSOB	3:58:53
----	------------	-------	---------

60-69:

1.	Glenda Badenhorst	Umhalthuze AC	4:31:43
----	-------------------	---------------	---------

Half marathon

MEN

1.	Wiseman Mthembu	Amabutho AC	1:11:04
----	-----------------	-------------	---------

2.	Brino Chidzungu	ZIM/SCS	1:11:33
----	-----------------	---------	---------

3.	Siphelele Zondi	M/Burg AC	1:16:06
----	-----------------	-----------	---------

40-49:

1.	Mofhethi Mfeka	Kearsney St	1:22:27
----	----------------	-------------	---------

50-59:

1.	Bheki Bhengu	Boxer AC	1:24:09
----	--------------	----------	---------

60+:

1.	Sibusiso Mkhize	Highway AC	1:58:18
----	-----------------	------------	---------

WOMEN

1.	Janie Grundling	Boxer AC	1:23:41
----	-----------------	----------	---------

2.	Avanda Tshambula	M/Burg AC	1:45:56
----	------------------	-----------	---------

3.	Kirsten Evans	DHSOB	1:47:09
----	---------------	-------	---------

40-49:

1.	Monique Gilliers Ward	Riverside Harr	1:49:04
----	-----------------------	----------------	---------

50-59:

1.	Veronica McGregor	Discovery	1:52:54
----	-------------------	-----------	---------

60+:

1.	Wendy Rook	Savages AC	2:01:02
----	------------	------------	---------

10 km

MEN

1.	Sibongiseni Khuzwayo	Ind	38:14
----	----------------------	-----	-------

2.	Skhumbuzo Khumalo	Nguthu AC	38:37
----	-------------------	-----------	-------

3.	Bongumusa Maphumulo	Ind	39:49
----	---------------------	-----	-------

WOMEN

1.	Sbongakonke Zulu	Nguthu AC	48:52
----	------------------	-----------	-------

2.	Slindile Nzama	Nedbank AC	54:16
----	----------------	------------	-------

3.	Zimbili Ngesi	Ind	57:04
----	---------------	-----	-------

CSI Irene Half Marathon & 10 km

Pretoria, 27 October

(Distances: 21.1 km & 10 km; undulating loop courses. Finishers: half marathon -- 1260 [considerably down from 2030 last year]; 10 km -- 1100 [down from 1480].)

Half marathon

MEN

1 Bafana Dube (Boot Camp) 70:20; 2 Lucky Mtshali (Nedbank) 72:00; 3 Themba Chauke (A4A) 74:48 (1st jun).

Veterans: 1 Jeffrey Mashau (HQH) 78:05; 2 Werner v.d. Berg (Boksburg) 90:27; 3 Jaco de Jager (Pinetown) 93:33. **Masters:** 1 Gerhard Calitz (Vitality) 91:15; 2 Johannes Naude (Affies) 91:50. **G'masters:** 1 Colin Fisher (CSIR) 94:41; 2 Charles Stofberg (Green Mile) 1:45:23. **G/g'masters:** 1 Babsy Matabane (Midrand) 2:21:24. **80+:** 1 Andries van Rooyen (VTM) 2:48:10. **Juniors:** 1 Themba Chauke (A4A) 74:48; 2 Arno van Schalkwyk (Chappies) 2:01:02.

WOMEN

1 Carla Molinaro (Nedbank) 85:43; 2 Maria Vilakazi (FFA) 89:57 (1st vet); 3 Hanchen van Niekerk (Magnolia) 95:39.

Veterans: 1 Maria Vilakazi (FFA) 89:57; 2 Julianie Basson (Born 2 Run) 95:55; 3 Leigh Privett (Modern Athlete) 96:35. **Masters:** 1 Ansa Strydom (Nedbank) 1:50:05; 2 Karen Coomber (ACRW) 1:52:17. **G'masters:** 1 Gizelle Geyer (Phobians) 2:10:51; 2 Lettie Coetzee (Pta Bobbies) 2:16:29.

10 km

MEN

1 Derocious Makhobalo (BCC) 32:06; 2 Thabo Tshabangu (Rockies) 32:59; 3 Altus Badenhorst (Born 2 Run) 35:23.

Veterans: 1 Justice Ramalivhana (Medihelp) 36:40; 2 Never Matiya (Jeppe) 36:49; 3 Sello Ramaloko (Runavation) 37:49. **Masters:** 1 Dave Tredea (Vitality) 43:20; 2 Dries Augustyn (Vitality) 59:26. **G'masters:** 1 Hermanus Vermaak (Phobians) 58:37; 2 Christiaan Fourie (Phobians) 59:04. **G/g'masters:** 1 Lammie Fourie (Agape) 55:40. **80+:** 1 Ken Nurden (Agape) 61:42. **Juniors:** 1 Thabo Tshabangu (Rockies) 32:59; 2 Niel v.d. Merwe (Menlopark H/S) 38:54.

WOMEN

1 Annerie Kruger (Magnolia) 41:40; 2 Michelle Redelinghuys (Tuks) 42:29; 3 Danita Dinwoodie (Green Mile) 43:36 (1st jun).

Veterans: 1 Sunet Eybers (GNMA) 45:28; 2 Alicia Heyns (GNMA) 48:36; 3 Esme Coetzee (Magnolia) 53:35. **Masters:** 1 Adri van Dyk (Bosch) 53:55; 3 Ronel Fourie (Oos Moot) 55:11. **G'masters:** 1 Lindsay Steinhobel (Midrand) 54:40; 2 Frances van Blerk (Nedbank) 57:18. **G/g'masters:** 1 Hettie Booyens (Green Mile) 87:34. **80+:** 1 Deirdre Larkin (Randburg) 77:29. **Juniors:** 1 Danita Dinwoodie (Green Mile) 43:36; 2 Nicola Knoetze (Zwartkop H/S) n/t.

Polifilm 32 km & Half Marathon

Vanderbijlpark, 27 October

(Distances: 32 km & 21.1 km. Finishers: 32 km -- 120; half marathon -- 200.)

32 km

MEN

1 Joseph Mphuthi (Sibanye Stillwater) 1:56:17 (1st vet); 2 Pule Mokoena (Arcelor Mittal) 2:00:10; 3 William Morobe (Arcelor Mittal) 2:00:56.

Veterans: 1 Joseph Mphuthi (Sibanye Stillwater) 1:56:17. **Masters:** 1 Dieter Stapel (BNAC) 2:19:15. **G'masters:** 1 Joseph Dzhuvha (Nedbank) 2:38:03.

WOMEN

1 Katy van Meter (Massmart) 2:19:15; 2 Florence Molawa (Arcelor Mittal) 2:54:18 (1st mast); 3 Sharon Booyens (Temp) 2:56:54.

Veterans: 1 Cornea Esterhuizen (Arcelor Mittal) 3:14:15. **Masters:** 1 Florence Molawa (Arcelor Mittal) 2:54:18.

Half marathon

MEN

1 Pontsho Ngobeni (Emfuleni) 72:34; 2 Pita Makhoali (Lekoa) 73:50; 3 Godfrey Hlatswayo (Meyerton) 73:51.

Veterans: 1 Kheledi Molete (Miway) 80:21. **Masters:** 1 Roelof van Wyk (Vaal) 1:42:37. **G'masters:** 1 Madido Mafobokoane (Nedbank) 2:03:16.

WOMEN

1 Rose Jijana (Temp) 95:26; 2 Lindiwe Mthombeni (Sasol) 99:16; 3 Daleen v.d. Merwe (Berts Bricks) 1:42:08.

Veterans: 1 Lindiwe Mthombeni (Sasol) 99:16. **Masters:** 1 Heather Larder (RAC) 1:59:36. **G'masters:** 1 Sharon Zeelie (Vaal) 2:01:54.

Elsies River AC 10 km

Elsies River, Cape Town, 27 October

(Certified loop course, flat but with many corners. Finishers: 1186 [up from 1112 last year].)

MEN

1. André Afrika (Eerste) 30:39 (R400)
2. Nkosiyethu Sotyantya (MSA) 30:53 (R250)
3. Nkosinathi Madyo (Itheke) 31:00 (R150)

(All age category prize money except for veterans was the same: R150, R100, R75.)

Veterans: 1. Siyabonga Habe (Ned) 36:14 (R200); 2. Nicholas Mpontshane (Sanlam) 36:37 (R150); 3. Charles Paulse (Eerste) 37:43 (R100). **Masters:** 1. John Septhember (Itheke) 36:15; 2. Andrew Cooper (Ned) 37:05; 3. Johnny Persents (Edge) 37:19.

G'masters: 1. Paul Cieverts (Top) 44:34; 2. Desmond Rondganger (Brack) 44:39; 3. Vernon Murts (Pine) 44:40. **G/g'masters:** 1. Franklin Smith (Celtic) 54:49; 2. Claude Brooks (SH) 57:24; 3. Yusuf Gamiendien (Itheke) 64:55. **Juniors:** 1. Carlo Flink (Itheke) 31:20; 2. Thembeke Mendu (Gugs) 32:53; 3. Edward Jack (Central) 33:22.

WOMEN (Same prize money as men)

1. Lee-Shay Willemse (Velo) 40:35
2. Candyce Hall (Carb) 41:25
3. Melody Marcus (IT) 42:33 (1st vet)

Veterans: 1. Melody Marcus (IT) 42:33; 2. Sharon Sunderland (Ned) 43:16; 3. Leatitia Smith (Carb) 47:08. **Masters:** 1. Monica Paterson (WC) 49:35; 2. Retha Geldenhuys (CMC) 57:29; 3. Rozetta Lackay (Carb) 57:53. **G'masters:** 1. Nancy Will (Pine) 47:20; 2. Hilary Rhode (Edge) 49:01; 3. Judith Grove (Tyger) 50:57. **G/g'masters:** 1. Pixie Sparg (Celtic) 58:47; 2. Jo Goddard (FH) 76:37; 3. Annatjie Berntzen (Good) 77:42. **Juniors:** 1. Keisha Temmers (Velo) 45:17; 2. Annique Arendse (UWC) 55:13; 3. Donna Hooper (ARD) 55:14.

The Farm Run Half Marathon & 10 km

George, 27 October

(Distances: 21.1 km & 10 km. Finishers: half marathon --184; 10 km -- 227.)

Half marathon

MEN

1	Godwin Heyns	Nedbank	1:15:01
2	John April	Nedbank	1:15:30
3	Anderson Ncube	Nedbank	1:15:32

Veterans:

1	Vuyo Witbooi	Outeniqua Harriers	1:25:02
2	Anthony Khedama	BeaufortWest AC	1:29:00

Masters:

1	Principal Fana	Outeniqua Harriers	1:21:51
2	Hermanus Jonkerman	Nedbank	1:35:55

G'masters:

1	Dirk Joubert	Hartenbos Drawwers	1:56:14
2	Andre Barnardo	Nedbank	2:00:06

G/g'masters:

1	Abraham Coetzee	Knysna MC	2:17:58
2	Maurice Wicomb	Oudtshoorn AAC	2:40:35

Juniors: 1.

1	Aviwe Kinana	Knysna MC	1:24:20
2	Sibonelle Human	Knysna MC	1:25:30

WOMEN

1	Melissa van Rensburg	Nedbank	1:30:12
2	Daniell Feldmann	Temp	1:38:11
3	Nancy Cloete	Outeniqua Harriers	1:38:22

Veterans:

1	Elize Kloppers	Temp	1:41:07
2	Sandra Fourie	Knysna MC	1:52:18

Masters:

1	Margaret von Zeil	Cape Multi Sport	2:07:23
2	Riana Dercksen	Hartenbos Drawwers	2:13:44

G'masters:

1	Magda Opperman	Hartenbos Drawwers	2:08:34
2	Mariëtte de Haan	Nedbank	2:11:13

Juniors:

1	Chane Cricius	Outeniqua Harriers	1:45:52
2	Michell van Heerden	Knysna MC	2:06:23

10 km

MEN

1	Donovan Jantjies	Nedbank	34:22
2	Christiaan Lingerveldt	Nedbank	37:23
3	Leon van Vuuren	Temp	40:18

Veterans:

1	Melt van der Spuy	Temp	40:18
2	Clarence Smart	Nedbank	49:22

Masters:

1	Patrick Peters	SANDF	40:29
2	Colin Grant	Nedbank	53:47

G'masters:

1	Koos Smit	Hartenbos Drawwers	49:57
2	Andrew Kruger	Outeniqua Harriers	1:18:01

G/g'masters:

1	Leslie Martin	Nedbank	1:00:02
2	Plaatjie Cronje	Outeniqua Harriers	1:05:10

Juniors:

1	Christiaan Lingerveldt	Nedbank	37:23
2	Jeanno Cubie	Nedbank	41:08

WOMEN

1	Annastacia Plaatjies	Nedbank	45:30
2	Nerida Lubbe	Hartenbos Drawwers	47:05
3	Teresa Bester	Temp	47:39

Veterans:

1	Nerida Lubbe	Hartenbos Drawwers	47:05
2	Teresa Bester	Temp	47:39

Masters:

1	Sharon Losper	Nedbank	52:08
2	Aaltjie Nieman	Nedbank	56:32

G'masters:

1	Irene Scheffer	Hartenbos Drawwers	50:41
2	Toekie Steenkamp	Nedbank	59:58

G/g'masters:

1	Anna-Mari van Eck	Nedbank	1:16:17
2	Geraldine Loftie-Eaton	Nedbank	1:22:38

80+:

1	Cecilia Swiegers	Nedbank	1:18:23
---	------------------	---------	---------

Juniors:

1	Sarah Viljoen	Hartenbos Drawwers	50:08
2	Elize Smook	Temp	1:03:38

Hartenbos Spring Run

Hartenbos, 20 October

(Distance: 15 km. Finishers: 220.)

MEN

1	Lloyd Bosman	Nedbank	50:47
2	Godwin Heyns	Nedbank	50:50
3	Selwin Matthews	Nedbank	52:31

Veterans:

1	Vuyo Witbooi	Outeniqua Harriers	57:33
---	--------------	--------------------	-------

Masters:

1	Mxolisi Fana	Outeniqua Harriers	54:10
---	--------------	--------------------	-------

G'masters:

1	Andre Niemand	Hartenbos Drawwers	1:10:19
---	---------------	--------------------	---------

G/g'masters:

1	Abraham Coetze	Knysna Marathon Club	1:28:54
---	----------------	----------------------	---------

80+:

1	Peter Brown	Knysna Marathon Club	1:45:10
---	-------------	----------------------	---------

Juniors:

1	Denovin Geduld	Outeniqua Harriers	58:06
---	----------------	--------------------	-------

WOMEN

1	Cecilia Nel	Nedbank	1:07:05
2	Elize Klopper	Ind	1:09:04
3	Annamari Cronje	Outeniqua Harriers	1:09:15

Veterans:

1	Elize Klopper	Ind	1:09:04
---	---------------	-----	---------

Masters:

1	Toesie Dercksen	Hartenbos Drawwers	1:25:14
---	-----------------	--------------------	---------

G'masters:

1	Mariëtte de Haan	Nedbank	1:25:54
---	------------------	---------	---------

G/g'masters:

1	Dolla Geldenhuys	Ceres AC	1:56:44
---	------------------	----------	---------

Juniors:

1	Zelna Hugo	Nedbank	1:19:36
---	------------	---------	---------

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**Medio Maratón Valencia Trinidad Alfonso EDP (28th)**

(IAAF Gold Label Road Race)

Valencia, ESP, 28 October

(Distance: 21.1 km; IAAF-certified loop course with no start/finish separation. The course was modified this year by reducing the number of corners and lowering the highest-lowest altitude difference [14 m].)

MEN (gun times)

1.	Abraham Kiptum, KEN	58:18 WR € 3000 + 3000cr* + 50,000wr*
	[13:56 - 28:02 - 41:37 - 55:18 WB]	
2.	Jemal Yimer Mekonnen, ETH	58:33 PB 1500
	[13:56 - 28:02 - 41:40 - 55:30]	
3.	Abadi Hadis Embaye, ETH	58:44 PB 1000
	[13:57 - 28:03 - 41:40 - 55:40]	
4.	Amdamlak Belihu Berta, ETH	59:19 750
5.	Stephen Kiprop, KEN	59:21 PB 500
6.	Bernard Kipkorir Ngeno, KEN	59:22 PB 250
7.	Elhassan Elabbassi, BRN	59:27 PB 250
8.	Simon Cheprot, KEN	59:28 250
9.	Abel Kipchumba, KEN	59:29 PB 250
10.	Josphat Boit, KEN	59:42 250
11.	Mang'ata Kimai Ndiwa, KEN	1:00:01
12.	Teshome Mekonen Asfaha, ETH	1:00:02 PB
13.	Hicham Amghar, MAR	1:00:29
14.	Aziz Lahbabi, MAR	1:00:48
15.	Rhonzas Lokitam Kilimo, KEN	1:00:49 PB
16.	Leonard Patrick Komon, KEN	1:00:52
17.	Khalil Lemciyeh, MAR	1:00:59 PB
18.	Callum Hawkins, GBR	1:01:00
19.	Jorum Lumbasi Okombo, KEN	1:01:00
20.	Antonio Abadia, ESP	1:01:15 debut 1000e*

cr) Earned course record bonus

- wr) Earned world record bonus
 e) Earned prize money for Spanish citizens

WOMEN (gun times)

1. Gelete Burka Bati, ETH 1:06:11 PB € 3000
[15:39 - 31:37 - 47:19 - 1:02:53]
2. Alia Saeed Mohammed, UAE 1:06:13 DB 1500
[15:39 - 31:36 - 47:18 - 1:02:53]
3. Edith Chelimo, KEN 1:06:18 1000
[15:38 - 31:36 - 47:19 - 1:02:55]
4. Pauline Korikwiang, KEN 1:06:31 PB 750
5. Diana Chemtai Kipyogei, KEN 1:07:07 PB 500
6. Bekelech Gudeta Borecha, ETH 1:07:48 250
7. Yeshi Kalayu Chekole, ERI 1:07:58 PB 250
8. Helen Bekele Tola, ETH 1:08:39 250
9. Risper Chebet, KEN 1:10:02 250
10. Karoline Nadolska, POL 1:10:43 250
11. Mekdes Woldu Alazar, ERI 1:12:30
12. Diana Martin, ESP 1:13:19 DB 1000e
13. Jill Holterman, NED 1:13:34
14. Nolene Conrad, **RSA** 1:13:45
15. Maria Teresa Urbina, ESP 1:14:40 500e

Mainova Frankfurt Marathon (37th)

(IAAF Gold Label Road Race)

Frankfurt, GER, 28 October

(Distance: 42.195 km; certified course with indoor finish at Festival Hall)

MEN (gun times)

1. Kelkile Gezahegn Woldaregay, ETH 2:06:37 € 30,000 + 7,500i
[1:02:28 / 1:04:09]
2. Martin Kiprugut Kosgey, KEN 2:06:41 PB 18,000 + 7,500i
3. Alex Kibet, KEN 2:07:09 PB 10,000 + 5,000i
4. Amos Kiplimo Mitei, KEN 2:07:28 PB 6,000 + 5,000i
5. Kenneth Keter, KEN 2:07:34 4,000 + 3,500

- i) Earned time incentive bonus

WOMEN (gun times)

1. Meskerem Assefa Wondimagegn, ETH 2:20:36 PB/CR € 30,000 + 10,000* + 25,000i
[1:09:55 / 1:10:41]
2. Haftamnesh Tesfay Haylu, ETH 2:20:47 18,000 + 20,000i
3. Bedatu Hirpa Badane, ETH 2:21:32 PB 10,000 + 15,000i
4. Belaynesh Oljira Jemama, ETH 2:21:53 PB 6,000 + 7,500i
5. Dera Dida Yami, ETH 2:22:39 4,000 + 3,500i
6. Sintayehu Lewetegn Hailemichael, ETH 2:22:45 PB 3,000 + 2,000i
7. Nancy Kiprop, KEN 2:22:46 PB 2,000
8. Betsy Saina, KEN 2:24:35 1,500
9. Stellah Barsosio, KEN 2:25:00 1,000
10. Abebech Afework Bekele, ETH 2:25:17 500

*) Course record bonus

- i) Earned time incentive bonus

Volkswagen Ljubljana City Marathon (23rd)

(IAAF Silver Label Road Race)

Ljubljana, SLO, 28 October

(Distance: 42.195 km; loop course with no start/finish separation)

MEN

- | | | |
|------------------------------------|------------|--------------------|
| 1. Sisay Lemma Kasaye, ETH | 2:04:58 CR | € 30,000 + 30,000i |
| 2. Gebretsadik Abraha Adihana, ETH | 2:08:36 | 14,000 |
| 3. Hiskel Tewelde, ERI | 2:08:49 PB | 9,000 |

i) Earned time incentive bonus

WOMEN

- | | | |
|--------------------------------|------------|--------------------|
| 1. Visiline Jepkesho, KEN | 2:22:58 CR | € 30,000 + 15,000i |
| 2. Sally Kaptich Chepyego, KEN | 2:23:15 PB | 14,000 + 12,000i |
| 3. Dibabe Kuma, ETH | 2:23:34 PB | 9,000 + 3,500i |
| 4. Sharon Cherop, KEN | 2:25:02 | 5,000 + 1,500i |
| 5. Shuko Genemo Wote, ETH | 2:26:10 | 4,000 |

i) Earned time incentive bonus

SSE Airtricity Dublin Marathon (38th)

(Irish Marathon Championships & European Police Championships)

Dublin, IRL, 28 October

(Distance: 42.195 km; one-loop course)

MEN (gun times)

- | | | |
|----------------------|---------|----------|
| 1. Asefa Bekele, ETH | 2:13:24 | € 12,000 |
| 2. David Manja, RSA | 2:13:33 | 7,500 |
| 3. Joel Kiptoo, KEN | 2:13:42 | 6,000 |
| Joel Mmone, RSA, DNF | | |

WOMEN (gun times)

- | | | |
|--------------------------|----------------|--------------------------|
| 1. Mesera Dubiso, ETH | 2:33:49 | € 12,000 |
| 2. Motu Gedefa, ETH | 2:34:22 | 7,500 |
| 3. Lizzie Lee, 1980, IRL | 2:35:05 1st NC | 6,000 + 3,500i + 3,500nc |

Dong-A Ilbo Gyeongju Marathon

Gyeongju, KOR, 21 October

(Distance: 42.195 km; loop course)

MEN (gun times)

- | | | |
|----------------------------------|---------|------------|
| 1. Kennedy Kiprop Cheboror, KEN | 2:08:26 | USD 50,000 |
| 2. Samuel Kiplimo Kosgei, KEN | 2:09:07 | 20,000 |
| 3. Robert Kiplimo Kipkemboi, KEN | 2:09:24 | 10,000 |

WOMEN (gun times)

- | | |
|----------------------|---------|
| 1. Lee Suk-Jung, KOR | 2:36:44 |
| 2. Kim Eun-Ha, KOR | 2:39:00 |

Simplyhealth Great South Run 10 Miles (29th)

Southsea to Portsmouth, GBR, 21 October

(Distance: 10 miles; certified loop course with negligible start/finish separation [record eligible].)

Note: Eilish McColgan won the women's contest in her debut at the distance ahead of Steph Twell. Her mother, Liz, won the race twice, in 1995 and 1997. -- Ed.

MEN (gun times)

1. Chris Thompson, Aldershot Farnham & District, 46:56 PB
2. Andy Vernon, Aldershot Farnham & District, 47:29 PB
3. Petros Surafel, Enfield and Haringey, 48:05 PB

WOMEN (gun times) -

1. Eilish McColgan, Dundee Hawkhill Harriers, 54:43 DB
2. Steph Twell, Aldershot Farnham & District, 55:16
3. Gemma Steel, Charnwood AC, 56:56

The Heritage Burnie Ten (34th)

Burnie, AUS, 21 October

(Distance: 10 km; out-and-back course)

MEN (gun times)

- | | | |
|-------------------------|-------------|----------------------|
| 1. Stewart McSweyn, AUS | 28:03 PB/CR | AUD 4000 (=USD 2857) |
| 2. Liam Adams, AUS | 29:44 | 1500 |
| 3. Andy Buchanan, AUS | 30:05 | 750 |

WOMEN (gun times)

- | | | |
|-------------------------|----------|----------|
| 1. Emily Brichacek, AUS | 32:46 PB | AUD 4000 |
| 2. Lisa Weightman, AUS | 32:51 | 1500 |
| 3. Ellie Pashley, AUS | 33:04 | 750 |

Mezza Maratona Citta' di Foligno (5th)

(Italian Half-Marathon Championships)

Foligno, ITA, 21 October

(Distance: 21.1 km)

MEN (gun times)

1. Onesphore Nzikwinkunda, Atl Casone Noceto (BDI), 1:02:15
2. Paul Tiongik, G.P. Parco Alpi Apuane (KEN), 1:02:46
3. Joel Maina Mwangi, A.S.D. Dinamo Sport (KEN), 1:03:17

WOMEN (gun times)

1. Juliet Chekwel, G.S. Lammari (UGA), 1:11:53
2. Valeria Straneo (40+), Laguna Running SSD SRL, 1:12:04 (1st NC)
3. Cavaline Nahimana, Free-Zone (BDI), 1:12:23
4. Elvanie Nimbona, Caivano Runners (BDI), 1:12:36
5. Sara Dossena, Laguna Running SSD SRL, 1:12:53 (2nd NC)

Santander Totta Half Marathon RTP (18th) & EDP Lisbon Marathon (6th)

(The half-marathon is an IAAF Gold Label Road Race; the marathon is Silver Label.)

Lisboa, POR, 14 October

(Distances: 21.1 km [point-to-point coastal course with 8 m elevation loss] & 42.195 km [point-to-point coastal course with 11 m elevation GAIN].)

Marathon (gun times)

MEN

- | | |
|----------------------------------|---------|
| 1. Limenih Getachew, ETH | 2:07:34 |
| 2. Samuel Ndungu Wanjiku, KEN | 2:07:51 |
| 3. Justus Kipkosgei Kimutai, KEN | 2:07:58 |

WOMEN

- | | |
|-------------------------|---------|
| 1. Kuftu Dadiso, ETH | 2:24:56 |
| 2. Monica Jepkoech, KEN | 2:27:35 |
| 3. Tigist Memuye, ETH | 2:28:35 |

Half Marathon (gun times)

MEN

- | | |
|-------------------------------|---------|
| 1. Mustapha El Aziz, MAR | 1:00:16 |
| 2. Abdiwak Tura Seifu, ETH | 1:00:41 |
| 3. Amanuel Mesel, ERI | 1:00:45 |
| 4. Ismael Kalale, KEN | 1:00:47 |
| 5. Stanley Biwott, KEN | 1:01:46 |
| 6. Erick Kimaru Tirop, KEN | 1:01:50 |
| 7. Polat Kemboi Arikan, TUR | 1:01:51 |
| 8. Japhet Korir, KEN | 1:02:22 |
| 9. Emmanuel Ghniki, TAN | 1:02:27 |
| 10. Yemane Hailesilassie, ERI | 1:02:49 |
| 11. Zersenay Tadese, ERI | 1:02:55 |

WOMEN

- | | |
|-----------------------------------|---------|
| 1. Yebgual Melese Arage, ETH | 1:07:18 |
| 2. Lonah Chemtai Salpeter, ISR | 1:07:55 |
| 3. Betty Lembus, KEN | 1:09:49 |
| 4. Pasalia Chepkror Kipkoech, KEN | 1:10:25 |
| 5. Rose Chelimo, BRN | 1:10:57 |
| 6. Etagegne Woldu, ETH | 1:10:38 |
| 7. Lydia Cheromei, KEN | 1:10:59 |
| 8. Ana Dulce Felix, POR | 1:11:50 |
| 9. Carla Salome Rocha, POR | 1:12:12 |
| 10. Giovanna Epis, ITA | 1:12:49 |
| 11. Viktoriya Kalyuzhna, UKR | 1:12:50 |
| 12. Sara Moreira, POR | 1:12:54 |

CROSS-COUNTRY**Big Ten Conference Cross-country Championships**

Lincoln, USA, 28 October

MEN (8 km)

Teams: 1. Wisconsin, 38; 2. Purdue, 88; 3. Indiana, 108 ...

- | |
|--|
| 1. Morgan McDonald, SR, Wisconsin (AUS), 23:26.4 |
| 2. Oliver Hoare, JR, Wisconsin (AUS), 23:29.3 |
| 3. George Kusche, FR, Nebraska (RSA), 23:39.0 |

WOMEN (6 km)

Teams: 1. Michigan, 57; 2. Michigan State, 75; 3. Wisconsin, 89 ...

1. Alicia Monson, JR, Wisconsin, 19:49.3
2. Aubrey Roberts, JR, Northwestern, 19:58.4
3. Avery Evenson, SR, Michigan, 20:12.8

SEC Cross-country Championships

(Southeastern Conference)

Auburn, USA, 26 October

MEN (8 km)

Teams: 1. Ole Miss, 36; 2. Arkansas, 44; 3. Kentucky, 122 ...

1. Gilbert BOIT, JR, Arkansas (KEN), 22:20.2
2. Alfred CHELANGA, SR, Alabama (KEN), 22:27.6
3. Cameron GRIFFITH, SR, Arkansas (AUS), 22:51.3

WOMEN (6 km)

Teams: 1. Arkansas, 24; 2. Florida, 69; 3. Ole Miss, 116 ...

1. Jessica PASCOE, JR, Florida (AUS), 18:55.0
2. Katrina ROBINSON, FR, Arkansas (AUS), 19:00.9
3. Lauren GREGORY, SO, Arkansas, 19:07.9
4. Carina VILJOEN, JR, Arkansas (RSA), 19:10.2

Big 12 Conference Cross-country Championships

Ames, USA, 26 October

MEN (8 km)

Teams: 1. Iowa State, 32; 2. Oklahoma State, 40; 3. Texas, 70 ...

1. Edwin KURGAT, JR, Iowa State (KEN), 23:21.1
2. Isai RODRIGUEZ, FR, Oklahoma State, 23:26.2
3. Ashenafi HATTE, JR, Oklahoma State, 23:40.0
18. Joacim ZUNIGA, SR, Texas Tech (RSA), 24:41.9

WOMEN (6 km)

Teams: 1. Iowa State, 35; 2. Oklahoma State, 52; 3. Kansas, 90 ...

1. Cailie LOGUE, SO, Iowa State, 19:53.8
2. Sinclair JOHNSON, SO, Oklahoma State, 19:56.3
3. Haley HERBERG, FR, Oklahoma, 20:05.9

KERNERSVILLE, USA, 26 October. Big South Conference Cross-country Championships.

WOMEN (5 km) - 1. Famke Heinst, SO High Point (NED), 17:53.8; 2. Shanley Koekemoer, FR Campbell (RSA), 18:19.2; 3. Lindsey Ickes, FR High Point, 18:34.3.

MOBILE, USA, 27 October. Sun Belt Conference Cross-country Championships. MEN (8 km)

- 1. Nadeel WILDSCHUTT, SO, Coastal Carolina (RSA), 24:05.8; 2. Adriaan WILDSCHUTT, FR, Coastal Carolina (RSA), 24:06.6; 3. Michael GUERRERO, SR, UTA, 24:48.4.

TRACK

Nittai University Time Trials

Yokohama, JPN, 20-21 October

MEN

5000, Race 23:

1. Ronald Kemoi (KEN & Komori) 13:19.86
2. John Kariuki (KEN & Sekino) 13:23.01
3. Evans Yego (KEN & Sunbelks) 13:24.27

10000, Heat 12 (20):

1. Richard Kimunyan (KEN) 27:14.70 WL
2. Jonathan Ndiku (KEN) 27:50.38
3. Dominic Langat (KEN) 28:07.94

STATS TIME

This week we include a list of the best times for the top twenty positions ever run by South Africans in a 10 km race, with aided courses also considered. From the list it can be seen that the SA 10 km Championships in Port Elizabeth in 2000 was by far the fastest ever race in depth in the country. The title was won by Shadrack Hoff in 28:12 (his third win in a row) -- the fifth fastest time ever for first place. Only one of the times (for 6th place) was set in 2018.

BEST TIMES FOR PLACE: 10 KM MEN

1.	27:54A	Matthews Motshwarateu	Crescent City Classic	New Orleans	16-Apr-88
2.	27:38	Stephen Lesego Mokoka	Great Manchester Run	Manchester	10-May-15
3.	28:12	John Morapedi	SA Championships	Durban	16-Nov-96
4.	27:50A	Shadrack Hoff	Million Dollar	Doha	11-Dec-02
5.	28:13	Hendrick Ramaala	World's Best	San Juan	29-Feb-04
6.	28:18	Stephen Lesego Mokoka	Durban CitySurfRun	Durban	14-Oct-18
7.	28:16A	Ian Syster	Peachtree	Atlanta	04-Jul-02
8.	28:24	George Mofokeng	SA Championships	Port Elizabeth	14-Oct-00
9.	28:31	Vincent Serame Kutoane	SA Championships	Port Elizabeth	14-Oct-00
10.	28:35	Neo Molema	SA Championships	Port Elizabeth	14-Oct-00
11.	28:38	Sylvester Moleko	SA Championships	Port Elizabeth	14-Oct-00
12.	28:39	Makhosonke Fika	SA Championships	Port Elizabeth	14-Oct-00
13.	28:40	Bethuel Netshishefhe	SA Championships	Port Elizabeth	14-Oct-00
14.	28:25A	Lawrence Peu	Peachtree	Atlanta	04-Jul-96
15.	28:42	Lawrence Ntantiso	SA Championships	Port Elizabeth	14-Oct-00
16.	28:43	Simon Morolong	SA Championships	Port Elizabeth	14-Oct-00
17.	28:43	Maxwell Zungu	SA Championships	Port Elizabeth	14-Oct-00
18.	28:43	Whitey Modibe	SA Championships	Port Elizabeth	14-Oct-00
19.	28:45	Aaron Gabonewe	SA Championships	Port Elizabeth	14-Oct-00
20.	28:48	Phillip Molefe	SA Championships	Port Elizabeth	14-Oct-00

THIS MONTH IN HISTORY

69 years ago: 22 October 1949

Only two world records for 10000 metres have ever been set in October. The first one came on this day in the Vitkovice Stadium in Ostrava when Czech Olympic champion Emil Zatopek made an attempt on Viljo Heino's world record of 29:27.2. Four months earlier Zatopek had run his first world record in the same stadium, 29:28.2, but the Finn had surpassed this mark and Zatopek wanted it back. In the three weeks before the race he had prepared with the same amazing track session for fourteen consecutive days: 5x200,

30x400, 5x200! The 200s were run as fast as he could, and the 400s at 10000-metre pace. The race started at 16:15 and Zatopek covered the first kilometre in 2:55.0 and then continued -- without pacemakers -- to reel off the next eight in between 2:54.1 and 2:59.5. He accelerated in the last kilometre to cover this in 2:50.7. At the finish he had taken the record back with 29:21.2. Interestingly, his second half was the same as Heino's -- 14:43.2. Zatopek would set three more world 10000-metre record in the next five years, among them the first sub-29 clocking in 1954.

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	61:26	Stephen Mokoka	Valencia	24 Mar
	58:23	Zersenay Tadese (ERI) 2010		
25 km	81:06	Lucky Mohale	Pretoria	12 May
	81:02A	Mhlakwana Nkoshona	Pinetown	28 Jan
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	1:38:53	Nkosinathi Madyo	Uitenhage	03 Mar
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:08:31	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	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	2:40:00	Desmond Zibi	Cape Town	23 Sep
	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	38:05	Mochamat Kriel	Kenilworth	09 Sep
	32:48	Martin Rees (GBR) 2013		
15 km	57:24	Mochamat Kriel	Eersterivier	07 Jul
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	79:02	Sello Maphangulo	Port Elizabeth	28 Jul
	71:31	Martin Rees (GBR) 2013		
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		

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	3:39:04	Daniel Hlongwane	Mossel Bay	06 Oct
	2:54:49	Ed Whitlock (CAN) 2004		
100 km	8:53:45	Max Courtillon (FRA) 1997		

Juniors

10 km	30:02	Dais Malebana	Durban	14 Oct
	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 59:16	Itumeleng Sesiko Samuel Wanjiru (KEN) 2005	Port Elizabeth	28 Jul
WOMEN				
<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	55:22 45:37 Mx 46:59** Wo	Anel Terblanche Joycilene Jepkosgei (KEN) 2017 Lornah Kiplagat (NED) 2007	Eersterivier	07 Jul
21.1 km	71:44 64:51p Mx 64:52 Mx 66:25 Wo	Nolene Conrad Joycilene Jepkosgei (KEN) 2017 Joycilene Jepkosgei (KEN) 2017 Lornah Kiplagat (NED) 2007	Valencia	24 Mar
25 km	96:16 79:53 Mx 82:47 Wo	Charné Bosman (vet) Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005	Pretoria	12 May
30 km	2:00:03 2:00:24A 1:38:49 Mx 1:38:42p Mx 1:36:05 Wo	Ntombesintu Mfunzi Tanith Maxwell (vet) Mizuki Noguchi (JPN) 2005 Aberu Kebede (ETH) 2016 Mary Keitany (KEN) 2017	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	2:34:39 2:15:25 Mx 2:17:01 Wo	Nolene Conrad Paula Radcliffe (GBR) 2003 Mary Keitany (KEN) 2017	Cape Town	23 Sep
100 km	7:51:13 6:33:11	Salome Cooper (vet) Tomoe Abe (JPN) 2000	Sveti Martin	08 Sep
<u>Veterans (40+)</u>				
10 km	36:15 32:14	Tanith Maxwell Priscilla Welch (GBR) 1985	Cape Town	07 Mar
15 km	58:02 49:35	Charné Bosman Priscilla Welch (GBR) 1985	Jeffreys Bay	06 Jan
21.1 km	80:15 79:44A 69:37	Tanith Maxwell Tanith Maxwell Deena Kastor (USA) 2014	Wellington Simon's Town	01 May 18 Feb
25 km	96:16 85:15	Charné Bosman Colleen de Reuck (USA) 2005	Pretoria	12 May
30 km	2:05:14 2:00:24A 1:49:40	Bulelwa Simae Tanith Maxwell Yoshimi Hoshino (JPN) 2007	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	2:44:52 2:23:31	Charné Bosman Lydia Cheromei (KEN) 2017	Cape Town	23 Sep
100 km	7:51:13 7:20:22	Salome Cooper Maria Auxiliadora (BRA) 1998	Sveti Martin	08 Sep
<u>Masters (50+)</u>				
10 km	39:43 34:14	Judy Bird Linda Somers (USA) 2011	Port Elizabeth	05 May
15 km	63:46 52:38	Suzanne Marais Monica Joyce (USA) 2009	Constantia	10 Mar
21.1 km	87:28 75:18	Joanna Thomas Linda Somers (USA) 2011	Cape Town	14 Oct
25 km	2:04:42 1:56:28A 96:58	Ansie Breytenbach Christine Claasen Colleen de Reuck (USA) 2016	Pretoria Somerset East	12 May 21 Apr

30 km	2:20:14 1:56:43	Christine Claasen Colleen de Reuck (USA) 2016	Uitenhage	03 Mar
Marathon	3:10:59 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	Cape Town	23 Sep
100 km	7:51:10	Meghan Arbogast (USA) 2011		
<u>Grandmasters (60+)</u>				
10 km	42:20 38:56	Margie Saunders Lidia Zentner (GER) 2015	Colchester	22 Sep
15 km	69:28 61:25	Hanlie van der Westhuizen Kathryn Martin (USA) 2011	Despatch	24 Feb
21.1 km	92:16 84:56	Annatjie Botes Bernadine Portenski (NZL) 2010	Port Elizabeth	28 Jul
25 km	2:28:20 2:22:03A 1:50:50	Jenny Scott Sylvia Burton Edie Stevenson (USA) 2011	Durban Pinetown	21 Mar 28 Jan
30 km	2:26:52 2:15:30	Annatjie Botes Kathryn Martin (USA) 2012	Sedgefield	10 Mar
Marathon	3:27:12 3:26:19A 3:12:57	Annatjie Botes Nancy Will Emmi Luthi (SUI) 2009	Mossel Bay Simon's Town	06 Oct 18 Feb
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

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Irene & Jan van Eeden, Derrick Chamberlain, Jakes Jacobs, SWD Athletics

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



www.runyourcityseries.com