

# Distance Running Results

Vol. 18, No. 43 – 5 November 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

A magnificent new personal best of 2:31:04, shattering her previous mark by more than six minutes, by Gerda Steyn for 13th in the TCS New York City Marathon yesterday was the South African sporting highlight of the weekend (OK, I know we beat the Aussies easily in cricket!). Steyn, who had previously run 2:37:22 in Valencia a year ago, shot up into sixth place on the SA all-time list with the 21st fastest time.

Here are the 26 South African times under 2:32:00 (Elana Meyer and Colleen de Reuck each has nine times on the list, accounting for 69% of the performances) --

2:25:15A	Elana Meyer	3	Boston	18 Apr 94
2:26:35	Colleen de Reuck	1	Berlin	29 Sep 96
2:26:51A	Meyer-2	2	Boston	17 Apr 95
2:27:04	De Reuck-2	2	Chicago	11 Oct 98
2:27:09A	Meyer-3	2	Boston	21 Apr 97
2:27:17	Meyer-4	3	Chicago	24 Oct 99
2:27:18	Meyer-5	5	London	18 Apr 99
2:27:20	Meyer-6	3	Chicago	11 Oct 98
2:27:30	De Reuck-3	4	Chicago	24 Oct 99
2:27:36	Frith van der Merwe	1	Port Elizabeth	24 Feb 90
2:27:54A	De Reuck-4	4	Boston	19 Apr 99
2:28:03A	De Reuck-5	3	Boston	21 Apr 97
2:29:11A	De Reuck-6	2	New York	02 Nov 97
2:29:27	René Kalmer	7	Berlin	28 Aug 14
2:29:43A	De Reuck-7	5	Boston	20 Apr 98
2:29:59	Kalmer-2	5	Yokohama	20 Nov 11
2:30:35	Van der Merwe-2	1	Port Elizabeth	25 Feb 89
2:30:51	Kalmer-3	35	London	05 Aug 12
2:31:00	Meyer-7	5	Tokyo	30 Nov 97
2:31:02	Mapaseka Makhanya	3	Hannover	19 Apr 15
2:31:04A	Gerda Steyn	13	New York	04 Nov 18
2:31:21	De Reuck-8	1	Cape Town	28 Mar 92
2:31:26	Irvette van Zyl	10	London	21 Apr 13
2:31:43A	Meyer-8	10	New York	04 Nov 01
2:31:53A	De Reuck-9	9	Boston	18 Apr 94
2:31:59	Meyer-9	4	Chicago	22 Oct 00

Going through the half-marathon mark in 1:16:35, Steyn beat her PB for this distance (1:17:47) by more than a minute -- and then went even faster, covering the second half in an astonishing 1:14:29! Her 5 km splits were: 18:49, 18:21 (37:10), 18:02 (55:12), 17:28 (72:40), 17:54 (90:34), 17:29 (1:48:03), 17:35 (2:05:38), 17:41 (2:23:19). She ran the last 2.195 km in 7:45.

Mary Keitany (KEN) won the women's race in 2:22:48 after an eye-popping second half of 66:58 -- the fastest ever recorded in a women's marathon. It was Keitany's fourth win in New York after victories in 2014, 2015 and 2016. She clocked the second-fastest time in the history of the race, just 17 seconds off Margaret Okayo's 2003 record. Vivian Cheruiyot (KEN) was second in 2:26:02. The men's competition ended with a dramatic battle in the final mile, with Ethiopian Lelisa Desisa (2:05:59) holding off a spirited charge from compatriot Shura Kitata to score his first victory in New York by two seconds. Defending champions Shalane Flanagan (USA) and Geoffrey Kamworor (KEN) returned to the podium, both claiming third place on a near-perfect day for racing. Flanagan (2:26:22) ran 31 seconds faster than when she won last year.

In the Old Mutual Soweto Marathon, held for the 26th time, a fourth win went to Ethiopian Sintayehu Legese Ynesu who, after wins in 2014-16, had to be content with second last year behind Tsepo Mathibelle. His 2:19:10 was the only time faster than 2:20, with Lebenya Nkoka finishing second in 2:20:31. The first South African was Edward Mothibe (2:24:10) in sixth. In the women's race Irvette van Zyl easily defended the title she won last year when five weeks pregnant; her 2:33:43 shattered the course record set in 2014 by Meseret Mengistu Biru (2:36:02). Van Zyl has run faster only three times -- all at sea level in London. Lesotho's Mamorallo Tjoka (LES) was second in 2:37:12. The second and third South Africans were Charné Bosman, 6th in 2:53:48 two days before her 43rd birthday, and René Kalmer, 7th in 2:57:38 one day after her 38th birthday.

The top five men in the Mainova Frankfurt Marathon were included in last week's DRR. In sixth position Mark Kiptoo (KEN) set a new world veterans (40+) record of 2:07:50, breaking the 2:08:38 run by another Kenyan, Kenneth Mungara, in Milan in 2016.

Riël Hauman

---

#### INCLUDED IN THIS ISSUE:

- \* Old Mutual Soweto Marathon, Half Marathon & 10 km, Soweto
- \* Landmarks Half Marathon, Rondebosch
- \* Kirkwood Orchard Run Half Marathon & 10 km, Kirkwood
- \* UniWISP 3-in-1 Kaapsehoop Marathon & Half Marathon, Kaapsehoop to Nelspruit
- \* ITEC 10 km, Table View
- \* CANSA 48 km, 32 km, Half Marathon & 10 km, Polokwane

#### **International highlights:**

- \* TCS New York City Marathon, New York, USA
  - \* Abbott Dash to the Finish Line 5 km, United Nations Plaza to Central Park, New York, USA
  - \* Standard Chartered Nairobi Marathon & Half Marathon, Nairobi, KEN
  - \* Marseille-Cassis Classic, Marseille to Cassis, FRA
  - \* Maratonina Città di Arezzo, Arezzo, ITA
  - \* Le Marathon Vert Konica Minolta, Rennes, FRA
  - \* XC: West Coast Conference Championships, Provo, USA; Ivy League Championships, Princeton, USA; Big East Conference Championships, Indianapolis, USA; Big Sky Conference Championships, Sacramento, USA; Pac-12 Conference Championships, Palo Alto, USA; Atlantic Coast Conference Championships, Boston, USA; Mountain West Conference Championships, San Diego, USA
-

## ROAD RUNNING

### Old Mutual Soweto Marathon (26th), Half Marathon & 10 km

Soweto, 4 November

(Distances: 42.195 km, 21.1 km & 10 km; challenging loop courses at altitude [approx. 1710 m above sea level]. Finishers: marathon – 6372 men + 1441 women = 7813 total [up from 7500 last year]; half-marathon – 3091 men + 3644 women = 6735 total [up from 6473]; 10 km – 994 men + 1898 women = 2892 total [up from 2136]).

#### Marathon

MEN

1. Sintayehu Legese Yinesu (ETH) 2:19:10 (R250 000)
2. Lebenya Nkoka (LES) 2:20:31 (R120 000)
3. Daba Ifa Debele (ETH) 2:21:13 (R90 000)
4. Teboho Noosi (LES/ME) 2:22:40 (R45 000)
5. Justin Kemboi Chesire (KEN) 2:23:40 (R35 000)
6. Edward Mothibe (Ned AGN) 2:24:10 (R25 000)
7. Teboho Sello (LES/ME) 2:24:22 (R15 000)
8. Abebe Kumsa Gondero (ETH) 2:24:53 (R10 000)
9. Ramolefi Motsieloa (LES) 2:25:07 (R5000)
10. Thabo Motaung (Scaw) 2:25:50 (R3000)
- ... 13. Lungile Gongqa (Ned WPA) 2:26:31

**Veterans:** 1. Johannes Kekana (Boxer) 2:32:54 (R5000); 2. Pitso Malau (LES/Tlokoa) 2:33:11 (R3000); 3. Charles Tjiane (MP) 2:33:18 (R1000). **Masters:** 1. Reginald Ngobese (32Gi) 2:45:12 (R4000); 2. Solomon Khumalo (Carlton) 2:50:59 (R2000); 3. George Rapule Mooi (Gallop) 2:51:51 (R750). **G'masters:** 1. Francis Makuka (ZAM/Phob) 3:15:50 (R3000); 2. Philimon Zondi (Biggars) 3:23:07 (R1000); 3. David Kubjana (Polok) 3:28:56 (R500). **G/g'masters:** 1. Phetole Makgwahlela (Vosloo) 4:29:00 (R2000); 2. John Mngadi (Rain) 4:43:06 (R750); 3. Bidekile Patrick Mafilika (Harm) 4:45:38 (R400).

WOMEN (Same prize money as men)

1. Irvette van Zyl (Ned AGN) 2:33:43 CR\*
2. Mamorallo Tjoka (LES) 2:37:12
3. Selam Abere Alebachew (ETH) 2:44:50
4. Genet Abdurkadir Habela (ETH) 2:46:02
5. Worke Degu Amena (ETH) 2:50:36
6. Charné Bosman (Ned AGN) 2:53:48
7. René Kalmer (KPMG) 2:57:38
8. Nontokozo Mkhize (Arthur) 3:13:30
9. Andronica Mokgotla (Ned) 3:14:15
10. Estie Steyn (Vitality) 3:15:17

\*) Course record; previous 2:36:02, Meseret Mengistu Biru (ETH), 2014.

**Veterans:** 1. Bosman, above, 2:53:48; 2. Clara Betton (Sunning) 3:21:45; 3. Maureen Mahlangu (Birch) 3:21:53. **Masters:** 1. Lindsay van Aswegen (Kempton) 3:32:22; 2. Sue Peterkin (Tuks) 3:53:33; 3. Lynn Biesheuvel (RAC) 3:58:16. **G'masters:** 1. Linda Icely (Old Eds) 4:42:53; 2. Gizelle Geyer (Phob) 4:53:20; 3. Makgoale Magwentshu (Ukhozi) 4:54:34.

#### Half Marathon

MEN

1. Elroy Gelant (Boxer) 1:07:02 (R10 000)
2. Philani Buthelezi (KPMG) 1:08:22 (R5000)
3. Samuel Molefi (Impala) 1:08:44 (R3000)
4. Derocious Makhobalo (Bedford) 1:09:37 (R1500)

5. Bonginkosi Mavuso (Ned) 1:09:46 (R1000)
6. Tebogo Pulusa (Dwars) 1:10:52
7. Sesebo Matlapeng (BOT) 1:11:04
8. Donald Mashamaite (Bedford) 1:11:30
9. Anatacius Ontong (Eskom AFS) 1:12:39
10. Tshepiso Khati (Olifants) 1:12:41

(All age category prize money except for veterans was the same: R1000, R750, R500.)

**Veterans:** 1. Peter Medupe (Ned) 1:16:33 (R1500); 2. Tebogo Moipolai (KMAC) 1:22:00 (R1000); 3. Mmbengeni Masala (Jeppe) 1:24:02 (R750). **Masters:** 1. Nico Deerling (Promosa) 1:23:36; 2. Tidimalo Modiga (Toyota) 1:30:37; 3. Leepo Pule (Harm) 1:30:53. **G'masters:** 1. Samuel Mogudi (RAC) 1:32:58; 2. Enos Ndimande (Ned MPU) 1:46:19; 3. Wilson Netshisaulu (RAC) 1:54:32. **G/g'masters:** 1. Pele Tsikundamalema (Ned) 1:51:56; 2. Kevin Duddy (Xhosa) 2:00:00; 3. Franz Wetzl (Fit) 2:33:05. **Juniors:** 1. Lindokuhle Sikhosana (Pong) 1:20:53; 2. Difference Horing (Vryburg) 1:22:55; 3. Mbuselo Zulwayo (Lions) 1:28:23.

WOMEN (Same prize money as men)

1. Betha Chikanga (ZIM/ME) 1:17:16
2. Caroline Mhandu (ZIM/ME) 1:20:49
3. Christine Kalmer (KPMG) 1:20:57
4. Neheng Khatala (LES) 1:22:01
5. Patience Murowe (ZIM) 1:26:13
6. Anna Bungu (ME) 1:29:38
7. Mema Tiango (BOT) 1:30:11
8. Elizabeth Dhiwayo (RWFL) 1:36:15
9. Harriet Kingston (NZL/Fourways) 1:36:29
10. Emma Dempster (CDH) 1:36:40

**Veterans:** 1. Dhiwayo, above, 1:36:15; 2. Maphuti Phaka (B2R) 1:42:22; 3. Morakane Elizabeth Tsepetsi (Ind) 1:48:06. **Masters:** 1. Kim Meyer (RAC) 1:38:21; 2. Luzzanne Grace (Green) 1:57:16; 3. Victoria Mackenzie (Bedford) 2:03:09. **G'masters:** 1. Onica Margaret Motsei (RAC) 2:04:22; 2. Selinah Netshisaulu (RAC) 2:18:25; 3. Adel Matotoka (UL) 2:24:29. **G/g'masters:** 1. Petra Seidler (RAC) 2:40:49; 2. Niesha Green (Pirates) 2:58:30; 3. Ramasela Ledwaba (RRR) 3:09:32. **Juniors:** 1. Uyanda Shongwe (Shalom) 2:08:44; 2. Kamohelo Ngwenya (Ind) 2:37:09; 3. Rebecca Aitken (Jeppe) 2:49:55.

## 10 km

MEN

1. Desmond Mokgobu (Olifants) 31:05 (R5000)
2. Kabelo Melamu (KPMG) 31:21 (R3000)
3. Sylvester Koko (BOT) 31:28 (R2000)
4. Itumeleng Sesiko (KPMG) 32:12 (R1500)
5. Obey Mutshidzi Ndou (Orlando) 32:14 (R1000)

WOMEN (Same prize money as men)

1. Glenrose Xaba (Boxer) 35:25
2. Lebogang Luthuli (Boxer) 37:34
3. Lebo Phalula (Boxer) 39:07
4. Catherine Skosana (B2R) 39:41
5. Nicole van der Merwe (UJ) 39:42

**Landmarks Half Marathon (17<sup>th</sup>)**

Rondebosch, 4 November

(Distance: 21.1 km; certified hilly loop course. Finishers: 2062 [slightly down from 2096 last year].)

**MEN**

1. Bernard Rukadza (ZIM/Itheko) 1:09:06
2. Siviwe Nkombi (Itheko) 1:10:03
3. Akhona Makila (VOB) 1:10:28
4. Lindikhaya Mthangayi (Itheko) 1:11:55
5. Moses Njodzi (ZIM/Itheko) 1:13:33

**Veterans:** 1. Mthandazo Qhina (Ned) 1:13:55; 2. Vakalisa Kopolo (Ned) 1:14:27; 3. Tsungai Mwanengeni (ZIM/Gugs) 1:18:38. **Masters:** 1. Johnny Persents (Edge) 1:21:12; 2. John September (Itheko) 1:22:12; 3. Steve Motau (Itheko) 1:24:27. **G'masters:** 1. Malcolm Harrington (WR) 1:39:59; 2. Henry Cieverts (Top) 1:41:05; 3. Christian Edwards (VOB) 1:42:02. **G/g'masters:** 1. Willie van Wyk (Brack) 1:55:53; 2. Franklin Smith (Celtic) 2:07:50; 3. Wally Steel (Hout) 2:08:49.

**WOMEN**

1. Alexandra Stuart-Smith (VOB) 1:28:48
2. Joanna Thomas (VOB) 1:31:27 (1st mast)
3. Obertina Kanyongo (ZIM/Ned) 1:32:05
4. Linda Kinloch-Smith (Asics) 1:32:18 (1st vet)
5. Elmé Middlemost (Brack) 1:32:41

**Veterans:** 1. Linda Kinloch-Smith (Asics) 1:32:18; 2. Elmé Middlemost (Brack) 1:32:41; 3. Jen Brown (USA/Carb) 1:33:45. **Masters:** 1. Joanna Thomas (VOB) 1:31:27; 2. Obertina Kanyongo (ZIM/Ned) 1:32:05; 3. Evelina Tshabalala (CC) 1:44:45. **G'masters:** 1. Olga Howard (Ned) 1:40:33; 2. Nancy Will (Pine) 1:49:53; 3. Sonia Smith (Celtic) 1:59:24. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:12:18; 2. Chippy Steel (Hout) 2:18:31; 3. Marlene James (Pine) 2:26:05.

**Kirkwood Orchard Run Half Marathon & 10 km**

Kirkwood, 3 November

(Distances: 21.1 km &amp; 10 km. Finishers: half marathon -- 280 [up from 209 last year]; 10 km -- 166 [up from 103].)

Note: A repeat victory here for George Ntshiliza in the half marathon. -- Ed.**Half marathon****MEN**

1	George	Ntshiliza	Nedbank RC	39	1:11:48
2	Sibusiso	Thu	SAPS AC EP	30	1:12:45
3	Sandile	Ngunuza	Nedbank RC	35	1:14:52

**Veterans:**

1	Noel	Adams	Gelvan AC	46	1:19:02
2	Francisco	Van den Berg	Gelvan AC	42	1:22:40
3	Eric	Foendien	Graaff-Reinet	40	1:23:38

**Masters:**

1	Vernon	Newfeldt	Gelvan AC	52	1:32:38
2	Clive	Van Rayner	Muirite Strider	51	1:34:48
3	Stephen	McCarthy	Edgemead Runnin	57	1:35:34

**G'masters:**

1	Chester	Brooks	Xcel AC	60	1:37:32
---	---------	--------	---------	----	---------

2	Hannes	Els	Madiba BW	68	1:39:11
3	Bruce	McEwan	Achilles AAA	65	1:41:20

**G/g'masters:**

1	Lochi	Lochner	Charlo AC	70	1:47:01
2	Percy	Dalton	Achilles AAA	70	1:49:07
3	Johannes	Herbst	Muirite Strider	72	1:58:14

**Juniors:**

1	Anele	Voorman	Nedbank RC	18	1:30:48
2	Elroy	Claassen	Charlo AC	18	1:42:26

**WOMEN**

1	Terray	Newcombe	Elite AC	27	1:39:42
2	Cindy	Forbes (1st vet)	Charlo AC	41	1:41:56
3	Ludine	Williams	St Albans AC	31	1:43:20

**Veterans:**

1	Cindy	Forbes	Charlo AC	41	1:41:56
2	Cathy	Curtain	Muirite Strider	47	1:47:10
3	Elize	Adams	Gelvan AC	44	1:49:13

**Masters:**

1	Grizelda	Pietersen	Nedbank RC	50	1:45:03
2	Buyelwa	Kobokana	Nedbank RC	53	1:48:19
3	Carol	Booyesen	Muirite Strider	50	1:55:07

**G'masters:**

1	Hanlie	Van der Westhuizen	Despatch AC	62	1:47:04
2	Christine	Snyman	Despatch AC	62	2:13:17
3	Nicki	Van Niekerk	Muirite Strider	64	2:23:58

**G/g'masters:**

1	Jeanette	Pienaar	PEAAC	70	2:38:47
2	Christine	Fourie	Elite AC	72	2:58:33

**10 km****MEN**

1	Vuyolwethu	Selani	SAPS AC EP	23	33:12
2	Sinethemba	Mirele	SAPS AC EP	21	33:40
3	Tandisile	Xoshoba	SAPS AC EP	22	34:10

**WOMEN**

1	Christelle	Knoesen	Despatch AC	33	49:03
2	Natalie	Van der Linde	Temp	34	50:13
3	Jo-Anne	Forson	Aspen Pharmacar	30	52:31

**UniWISP 3-in-1 Kaapsehoop Marathon & Half Marathon**

Kaapsehoop to Nelspruit, 3 November

(Distances: 42.195 km & 21.1 km. Point-to-point, severely downhill courses [not record eligible]. Finishers: marathon – 3465 [considerably up from 2837 last year]; half marathon – 1727 [up from 1498]; 10 km -- 762.)

Note: The times of the first three women in the half marathon look rather fast. The mother-and-daughter pair of Elmarie Coetzee and Sumé Matthysen finished 7th and 6th respectively, with Coetzee easily winning the masters category. -- Ed.

**Marathon****MEN**

1. Reginald Poopedi (Alpha) 2:27:03
2. Charles Mkhonto (Entsika) 2:27:29

3. Siya Mqambeli (Entsika) 2:29:43

#### WOMEN

1. Ann Ashworth (Mass) 2:47:17
2. Yolande Maclean (KPMG) 2:47:54
3. Leilani Scheffere (KPMG) 2:53:16
4. Melinda Jansen van Vuuren (Mass) 2:56:23

#### Half marathon

##### MEN

1. Motlakula Mothasola (Ind) 1:07:41
2. Patrick Machakela (Pirates) 1:09:26
3. Morris Mdiga (Lego) 1:14:43

##### WOMEN

1. Mia Morrison (Mass) 1:18:07
2. Robyn Porteous (Fourways) 1:21:51
3. Donne Green (Ind) 1:23:23
- ...
6. Sumé Matthysen (Ind) 1:31:58 PB
7. Elmarie Coetzee (CMC), 54, 1:31:58

#### 10 km

##### MEN

1. Mose Mahlangu (Ind) 31:05
2. Abednico Mashaba (Ind) 31:16
3. Karabo Ramabele (Eskom) 32:47

##### WOMEN

1. Lynette de Figveiedo (Ind) 37:42
2. Karin Snygans (Ind) 43:33
3. Kycee Fincham (Ind) 43:48

#### ITEC 10 km

Table View, 3 November

(Finishers: 869 [down from 915 last year].)

Note: DRR correspondent Kevin Harlock reports that the course was run short (by approx. 1.1 km) by the leading runners (about 50), while some runners, including the leading woman, ran around 11 km. The referees awarded the prize-winning positions as shown below, and these are published as a historical record, but DRR has decided not to include the times, which make little sense. -- Ed.

##### MEN

1. Akhona Makila (VOB)
2. Brandon Lewin (Itheko)
3. Tsungai Mwanengeni (ZIM/Gugs)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs); 2. David Yuill (WC); 3. Alastair Rabe (CC).

**Masters:** 1. John September (Itheko); 2. Marius Nel (WC); 3. Isaac Manuel (Edge).

**G'masters:** 1. Willie Coetzee (WC); 2. Paul Cieverts (Top); 3. Michael Crozier (Atlantis).

**G/g'masters:** 1. John Kemp (Brack); 2. Yusuf Gamielien (Itheko); 3. Christopher Meyer (Tyger). **Juniors:** 1. Jonas Gesicke (Pine); 2. Rico Visser (Pine); 3. Ronan Green (RWFL).

##### WOMEN

1. Christiane Adriaanse (GER/VOB) -- 1st vet

2. Natalie Beckenstrater (WC)
3. Candyce Hall (Carb)

**Veterans:** 1. Christiane Adriaanse (GER/VOB); 2. Suzette Botha (WC); 3. Melody Marcus-Cupido (IT). **Masters:** 1. Sandra Kohnert (Edge); 2. Mariëtte Strauss (Tyger); 3. Evelina Tshabalala (CC). **G'masters:** 1. Nancy Will (Pine); 2. Judith Grove (Tyger); 3. Beverley Ball (SACS). **G/g'masters:** 1. Pixie Sparg (Celtic); 2. Marlene James (Pine); 3. Wendy Joseph (RWFL). **Juniors:** 1. Charmaine Leung (UCT); 2. Kiara Truter (SAPS).

### **CANSA 48 km, 32 km, Half Marathon & 10 km**

Polokwane, 27 October

(Distances: 48 km, 32 km, 21.1 km & 10 km)

Note: Unfortunately many of the times are missing from the results. The time of the second or third veteran woman (or maybe both) in the half marathon is wrong, because the third time is faster than the second. -- Ed.

#### **48 km**

MEN

1. Peter Tulubae (Ind) 2:47:47
2. Charles Soza (ZIM/Phob) 2:48:35
3. Charles Tjiane (Mr P) 2:48:58

**Veterans:** 1. Tjiane, above, 2:48:58; 2. William Mokwalakwala (Midway) 2:56:34; 3. Herbert Mokgala (Foskor) 3:01:17. **Masters:** 1. Rackson Nemekula (Ind) 3:36:08. **G'masters:** 1. Davis Kubjana (Polok) 3:54:04.

WOMEN

1. Yolande Maclean (KPMG) 3:19:10
2. Jennifer Koech (KEN) 3:23:20
3. Lizzy Babili (Mass) 3:29:45

**Veterans:** 1. Maclean, above, 3:19:10; 2. Chyedza Chokore (ZIM/Ned) 3:37:56; 3. Comfort Selebi (Jeppe) 4:37:55. **Masters:** 1. Julie Pierce (Polok) 5:20:52.

#### **32 km**

MEN

1. Ntekele Mohwetsi (Licht) 1:44:42
2. Joseph Manyedi (Ind) 1:45:59
3. Dan Matshailwe (RZ) 1:48:00

**Veterans:** 1. Best Ngwenya (Ind) 2:00:00; 2. Edward Seanego (Ind) 2:17:00; 3. Ronnie Hooi (SANDF KZN) 2:18:45. **Masters:** 1. Lazarus Seroka (Pieters) 2:09:14. **G'masters:** 1. Samuel Munyai (Vhembe) 2:18:43.

WOMEN

1. Tshenga Mahari (Ind) 2:00:00
2. Muchaneta Gwata (ZIM) 2:00:26
3. Rosaline Isaiah (ME) 2:25:56

**Veterans:** 1. Maphuti Phaka (B2R) 2:38:53; 2. Mahlodi Mokgoshing (UL) 3:01:00; 3. Annah Maponya (UL) 3:01:08. **Masters:** 1. Ria van Schalkwyk (Polok) 3:50:00. **G'masters:** 1. Sewela Maponya (Ind) 4:01:58.



**Half marathon**

## MEN

1. Desmond Phorha (Olifants) 1:07:01
2. Collen Mulaudzi (Boxer) 1:07:15
3. Maradonna Ngcobobo (Holly) 1:09:47

**Veterans:** 1. Simphiwe Zulu (Holly) 1:13:15; 2. Joel Nkadimeng (Airport) 1:15:30; 3. Henry Maluleke (GE) 1:22:40. **Masters:** 1. Naxi Kwadi (Ind) 1:35:00; 2. Alpheus Moshokwa (Polok) 1:35:20; 3. Ludiwg Mafanele (GE) 1:44:35. **G'masters:** 1. Bobby Sacco (RWFL) 1:40:22; 2. Raetgh Maesela (Ind) 1:55:00; 3. Laurens Mphela (Ind) 1:55:00. **Juniors:** 1. Johannes Matjila (FFA) 1:14:31; 2. Tsepiso Maholola (Ind) 1:16:48; 3. Kamogelo Lesufi (Ind) 1:19:37.

## WOMEN

1. Glenda Ramashina (Rothakwa) 1:33:15
2. Michelle Thompson (Ind) 1:42:30
3. Rendani Mulaudzi (GE) 1:43:59

**Veterans:** 1. Cynthia Ramosibudi (SAPS) 1:52:16; 2. Louise Strydom (Pieters) 2:03:39; 3. Tsholofelo Tsiane-Tease (Polok) 2:01:59. **Masters:** 1. Amelia Haupt (Polok) 2:20:00; 2. Theresia Mamorobela (Tzaneen) 2:21:19; 3. Amanda Visser (Mag) 2:34:18. **G'masters:** 1. Corrie van Antwerpen (RWFL) 2:52:24. **Juniors:** 1. Ramashina, above, 1:33:15; 2. Mulaudzi, above, 1:43:59; 3. Mikateko Maluleke (Ind) 2:15:00.

**10 km**

## MEN

1. Reghen Magwai (EE) n/t
2. Victor Pheehe (Maics) 30:44
3. Tebogo Pilusa (Dwars) 30:46

**Veterans:** 1. Bethuel Netshitenzhe (Pieters) 35:18; 2. Elias Ramootopo (Botlokwa) n/t; 3. Norman Mohlahlana (Khoza) 36:02. **Masters:** 1. Ramoswane Seloana (Moretele) 40:02; 2. Solomon ? (Modikwa) 42:10; 3. Freddy Mohale (Matrhosh) 45:25. **G'masters:** 1. Lebogo Segoa (Ind) 48:02; 2. Jack Matabate (Lebowa) n/t; 3. Ivano Senatore (Polok) 68:30. **G/g'masters:** 1. Garth Owens (Ind) 80:28; 2. Hoosein Omar (RWFL) 81:35; 3. Lionel Reeves (Pieters) 94:48. **Juniors:** 1. Given Mokwevho (Vhembe) 34:02; 2. Kwena Matlala (Tuks) 35:07; 3. Thabiso Moshaphu (Folang) n/t.

## WOMEN

1. Elizabeth Dhiwayo (RWFL) 40:08
2. Khutso ? (Lydiard) 40:34
3. Helen Phanyane (Zebed) 41:12

**Veterans:** 1. Meriam Maoki (CS) 48:04; 2. Agnes Rekgotso (GE) n/t; 3. Vee Makwarela (Mzansi) n/t. **Masters:** 1. Jane Mudau (Fara) 44:01; 2. Managa ? (Vhembe) 53:02; 3. Florah Ratshilinagna (GE) 55:57. **G'masters:** 1. Margaret Boshoe (Sunning) n/t; 2. Jeannie Owens (Polok) 69:46; 3. Ansie Marais (RWFL) 74:02. **G/g'masters:** 1. Felicity Robertse (Polok) 69:02. **Juniors:** 1. Maluta Sedzani (Vhembe) 46:02; 2. Jenie Matshapa (Folang) n/t; 3. Nemaungani Tanganedi (Vhembe) n/t.

---

## 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

#### TCS New York City Marathon (48th)

(Abbott World Marathon Majors Event/IAAF Gold Label Road Race)

New York, USA, 4 November

(Distance: 42.195 km; certified, point-to-point, challenging, 5.5 m total elevation loss)

#### MEN (gun times)

1. Lilesa Desisa, 28, ETH	2:05:59	\$100,000 + 45,000i
[1:03:57 / 1:02:02]		
2. Shura Kitata, 22, ETH	2:06:01	60,000 + 40,000i
[1:03:55 / 1:02:06]		
3. Geoffrey Kamworor, 25, KEN	2:06:26	40,000 + 40,000i
[1:03:59 / 1:03:27]		
4. Tamirat Tola, 27, ETH	2:08:30	25,000 + 15,000i
5. Daniel Wanjiru, 26, KEN	2:10:21	15,000
6. Jared Ward, 30, USA	2:12:24	10,000 + 25,000a
7. Scott Fauble, 26, USA	2:12:28	PB 7,500 + 15,000a
8. Festus Talam, 24, KEN	2:12:40	5,000
9. Shadrack Biwott, 33, USA	2:12:52	2,500 + 10,000a
10. Chris Derrick, 28, USA	2:13:08	2,000 + 5,000a
... 18. Bernard Lagat, 43, USA	2:17:20	DB 3,000m
Abdi Abdirahman, 41, USA	DNF	

a) Earned USA citizen prize money

m) Earned masters prize money

i) Earned open division time bonus

#### ALL-WOMEN'S PROFESSIONAL RACE (gun times)

1. Mary Keitany, 36, KEN	2:22:48	\$100,000 + 45,000i
[1:15:50 / 1:06:58]		
2. Vivian Cheruiyot, 35, KEN	2:26:02	60,000 + 10,000i
[1:15:50 / 1:10:12]		
3. Shalane Flanagan, 37, USA	2:26:22	40,000 + 25,000a + 10,000i
[1:15:49 / 1:10:33]		
4. Molly Huddle, 34, USA	2:26:44	PB 25,000 + 15,000a + 10,000i
5. Rahma Tusa, 25, ETH	2:27:13	15,000
6. Desiree Linden, 35, USA	2:27:51	10,000 + 10,000a
7. Allie Kieffer, 31, USA	2:28:12	PB 7,500 + 5,000a
8. Lisa Weightman, 39, AUS	2:29:11	5,000
9. Mamitu Daska, 35, ETH	2:30:31	2,500
10. Belaynesh Fikadu, 31, ETH	2:30:47	PB 2,000 + 5,000# + 1,000ii
... 13. Gerda Steyn, 28, <b>RSA</b>	2:31:04	PB
Netsanet Gudeta, 22, ETH	DNF	

a) Earned USA citizen prize money

#) Earned NYRR member award

i) Earned open division time bonus

ii) Earned NYRR member division time bonus

**Abbott Dash to the Finish Line 5 km (7th)**

(USA 5 km Championships for men and women)

United Nations Plaza to Central Park, New York, USA, 3 November

(Certified point to point course with 10 m elevation GAIN)

## USA CHAMPIONSHIPS MEN (gun times)

1. Paul Chelimo, US Army	13:45	CR	\$12,000
2. Shadrack Kipchirchir, NIKE	13:45		8,000
3. Stanley Kebenei, NIKE	13:53		4,000
4. Eric Jenkins, NIKE Oregon Project	14:00		2,000
5. Kirubel Erassa, American Distance Proj	14:01		1,000
6. Leonard Korir, US Army	14:01		900
... 8. Matthew Centrowitz, NIKE Oregon Proj	14:02		650
... 12. Dathan Ritzenhein, Hansons Brooks DP	14:10		

## USA CHAMPIONSHIPS WOMEN (gun times)

1. Emily Sisson, New Balance	15:38		\$12,000
2. Erika Kemp, BAA	15:50		8,000
3. Amy Cragg, NIKE Bowerman Track Club	15:54		4,000
4. Kim Conley, New Balance	16:01		2,000
5. Shalaya Kipp, Unattached	16:03		1,000

**Standard Chartered Nairobi Marathon (16th) & Half Marathon**

Nairobi, KEN, 28 October

(Distances: 42.195 km, loop course starting and finishing at Nyayo Stadium, and 21.1 km [Nairobi is at 1680m/5500 ft of altitude].)

**Marathon**

## MEN

1. Elisha Kiprop, 2:14:19
2. Julius Kiprono, 2:15:01
3. Patrick Kibet, 2:15:09

## WOMEN

1. Josephine Chepkoech, 2:33:11
2. Cynthia Jerop, 2:34:12
3. Joy Kemuma, 2:34:53

**Half Marathon**

## MEN

1. Mathew Kiprotich, 1:04:56
2. Paul Kibet, 1:05:21
3. James Kiplagat, 1:05:33

## WOMEN

1. Valary Aiyabei, 1:12:06
2. Irene Jepchumba, 1:13:40
3. Sylvia Jebiwot, 1:14:09

**Marseille-Cassis Classic** (40th)

(IAAF Silver Label Road Race)

Marseille to Cassis, FRA, 28 October

(Distance: 20 km; point-to-point course, including a 327 m [vertical] climb to the Col de la Gineste)

MEN (gun times)

1. Olika ADUGNA, ETH	1:00:29
2. Abera KUMA, ETH	1:00:30
3. Gérald VINCENT, KEN	1:00:33
4. Moses KIBET, KEN	1:00:40
5. Ayenu YISMAW, ETH	1:00:50

WOMEN (gun times)

1. Gete ALEMAYEHU, ETH	1:08:46
2. Joyce CHEPKEMOI, KEN	1:09:41
3. Lenah JEROTICH, ETH	1:11:50

**Maratonina Città di Arezzo** (20th)

Arezzo, ITA, 28 October

(Distance: 21.1 km; loop course with negligible start/finish separation; start/finish elevation of about 265 m; high point of about 275 m and low point of about 255 m)

MEN (gun times)

1. Paul Kariuki Mwangi, KEN	1:01:15	€ 700 + 1000i
2. Moses Kipngetch Kemei, KEN	1:02:14	600 + 400i
3. Rodgers Maiyo, KEN	1:02:21	400 + 400i

i) Earned time incentive bonus

WOMEN (gun times)

1. Clementine Mukandanga, RWA	1:13:26	€ 700 + 100i
2. Ivyne Jeruto Lagat, KEN	1:13:35	600 + 100i
3. Adha Munguleya, KEN	1:13:47	400 + 100i

i) Earned time incentive bonus

**Le Marathon Vert Konica Minolta** (8th)

Rennes, FRA, 28 October

(Distance: 42.195 km; point-to-point course)

MEN (gun times)

1. Lawi Kiptui, KEN, 93	2:08:30
2. Chala Dechase, ETH, 94	2:09:15
3. Dominic Letting, KEN, 94	2:09:30

WOMEN (gun times)

1. Almaz Negede, ETH, 87	2:29:40
2. Hellen Jepkurgat, KEN, 89	2:31:12
3. Ayelu Abebe, ETH, 87	2:34:14

## CROSS-COUNTRY

### West Coast Conference Cross-country Championships

Provo, USA, 27 October

#### MEN (8 km)

Teams: 1. BYU, 21; 2. Portland, 52; 3. Gonzaga, 94 ...

1. Nick Hauger, Portland, 23:20.8
2. Connor McMillan, Byu, 23:23.0
3. Conner Mantz, Byu, 23:24.7

#### WOMEN (6 km)

Teams: 1. BYU, 27; 2. Portland, 40; 3. San Francisco, 76 ...

1. Erica Birk, Byu, 19:45.6
2. Lauren LaRocco, Portland, 19:51.9
3. Courtney Wayment, Byu, 20:20.7

### Ivy League Cross-country Championships

Princeton, USA, 27 October

#### MEN (8 km)

Teams: 1. Princeton, 30; 2. Harvard, 61; 3. Dartmouth, 67 ...

1. Kieran Tuntivate, JR, Harvard, 24:30.2
2. Conor Lundy, JR, Princeton, 24:31.0
3. Hugo Milner, SO, Harvard (GBR), 24:32.3

#### WOMEN (6 km)

Teams: 1. Columbia, 52; 2. Dartmouth, 86; 3. Princeton, 90 ...

1. Andrea Masterson, SR, Yale, 20:43.0
2. Erin Gregoire, SR, Columbia, 20:49.3
3. Lisa Tertsch, SO, Harvard (GER), 20:50.0

### Big East Conference Cross-country Championships

Indianapolis, USA, 27 October

#### MEN (8 km)

Teams: 1. Georgetown, 32; 2. Villanova, 45; 3. Butler, 53 ...

1. Casey Comber, VILLANOVA, 23:59.7
2. Nicholas Wareham, GEORGETOWN, 24:08.7
3. Andrew Marston, VILLANOVA, 24:16.5

#### WOMEN (6 km)

Teams: 1. Villanova, 21; 2. Georgetown, 73; 3. Providence, 76 ...

1. Caroline Alcorta, VILLANOVA, 20:12.4
2. Rachel McArthur, VILLANOVA, 20:16.5
3. Paige Hofstad, GEORGETOWN, 20:33.0

**Big Sky Conference Cross-country Championships**

Sacramento, USA, 27 October

## MEN (8 km)

Teams: 1. Northern Arizona, 21; 2. Weber State, 70; 3. Southern Utah, 76 ...

1. Matthew BAXTER, SR, Northern Arizona (NZL), 22:46.0
2. Tyler DAY, SR, Northern Arizona, 22:50.5
3. Blaise FERRO, SO, Northern Arizona, 23:06.6

## WOMEN (5 km)

Teams: 1. Southern Utah, 28; 2. Northern Arizona, 65; 3. Weber State, 92 ...

1. Angie NICKERSON, SR, Southern Utah, 16:30.3
2. Kelsi LASOTA, SR, Montana State, 16:42.2
3. Kara STORY, JR, Idaho, 16:44.9

**Pac-12 Conference Championships**

Palo Alto, USA, 26 October

## MEN (8 km)

Teams: 1. Stanford, 44; 2. Washington, 62; 3. Colorado, 82 ...

1. Grant FISHER, SR Stanford, 23:09.8
2. Talon HULL, SO Washington, 23:10.2
3. Alex OSTBERG, JR Stanford, 23:10.8

## WOMEN (6 km)

Teams: 1. Oregon, 32; 2. Colorado, 48; 3. Stanford, 81 ...

1. Dani JONES, SR Colorado, 19:24.5
2. Jessica HULL, SR Oregon (AUS), 19:25.1
3. Elise CRANNY, SR Stanford, 19:29.6

**Atlantic Coast Conference Cross-country Championships**

Boston, USA, 26 October

## MEN (8 km)

Teams: 1. Notre Dame, 57; 2. Syracuse, 61; 3. NC State, 85 ...

1. Peter SEUFER, JR Virginia Tech, 23:30.9
2. Zach FACIONI, FR Wake Forest (AUS), 23:31.4
3. Yared NUGUSE, SO Notre Dame, 23:48.8

## WOMEN (6 km)

Teams: 1. NC State, 67; 2. Notre Dame, 68; 3. Syracuse, 83 ...

1. Dorcas WASIKE, JR Louisville (KEN), 20:08.1
2. Elly HENES, JR NC State, 20:16.3
3. Anna ROHRER, JR Notre Dame, 20:19.2

## Mountain West Conference Cross-country Championships

San Diego, USA, 26 October

### MEN (8 km)

Teams: 1. Boise State, 50; 2. Air Force, 63; 3. Colorado St., 76 ...

1. Paul Roberts, JR Wyoming, 24:34.1
2. Eric Hamer, SR Colorado St., 24:37.4
3. Carson Hume, SR Colorado St., 24:38.9

### WOMEN (6 km)

Teams: 1. New Mexico, 33; 2. Boise State, 35; 3 Air Force, 105 ...

1. Weini Kelati, SO New Mexico (ERI), 19:49.3
2. Ednah Kurgat, JR New Mexico (KEN), 20:07.4
3. Charlotte Prouse, SR New Mexico (CAN), 20:11.3
4. Allie Ostrander, JR Boise State, 20:14.3

## STATS TIME

Following on the men's list last week, this week we include a list of the best times for the top twenty positions ever run by South African women in a 10 km race, with aided courses also considered. The list has far more different races than the men's, and -- just as happened in the men's list -- the SA record was set in second position. No times were set in 2018; the most recent performance is Dominique Scott-Efurd's 32:22 for fifth position, run in June last year. SA record holder Elana Meyer has four times on the list, Colleen de Reuck also four, and Irvette van Zyl three.

### BEST TIMES FOR PLACE: 10 KM WOMEN

1.	31:19	Elana Meyer	Cooper River Bridge	Charleston	05-Apr-97
2.	31:13	Elana Meyer	Avon Championships	Boedapest	14-Oct-01
3.	31:52A	Elana Meyer	Peachtree	Atlanta	04-Jul-01
4.	32:02A	Colleen de Reuck	Peachtree	Atlanta	04-Jul-99
5.	32:22	Dominique Scott-Efurd	B.A.A.	Boston	25-Jun-17
6.	32:17A	Colleen de Reuck	Peachtree	Atlanta	04-Jul-00
7.	33:08	Colleen de Reuck	New York Mini	New York	04-Jun-94
8.	32:32	René Kalmer	New York Mini	New York	12-Jun-10
9.	34:26	Jenna Challenor	Spar	Cape Town	02-Apr-17
10.	33:36	Colleen de Reuck	Bolder Boulder	Boulder	31-May-99
11.	34:27	Theresa Fourie	National Ports Authority	Port Elizabeth	25-Aug-04
12.	34:29	Zintle Xiniwe	National Ports Authority	Port Elizabeth	25-Aug-04
13.	34:04	Irvette van Zyl	New York Mini	New York	09-Jun-12
14.	34:05	Elana Meyer	World's Best	San Juan	29-Feb-04
15.	35:33	Nondumiso Maphanga	Spar	Durban	19-Jun-11
16.	34:40	Irvette van Zyl	World's Best	San Juan	26-Feb-12
17.	33:56	Irvette van Zyl	New York Mini	New York	11-Jun-11
18.	35:55	Christine Kalmer	Spar	Durban	19-Jun-11
19.	36:08	Grace de Oliveira	SA Championships	Port Elizabeth	27-Nov-99
20.	35:58A	René Kalmer	Bolder Boulder	Boulder	26-May-14

## THIS MONTH IN HISTORY

### 32 years ago: 2 November 1986

The first sixteen runnings of the New York City Marathon, since its inception in 1970, were held in either September and October. On this day it was run in November for the first time and the world's greatest marathon runner at the time, Grete Waitz, scored her fifth

win in a row, and eighth in total. The Norwegian won in 2:28:06, beating Aussie Lisa Martin (2:29:12) by more than a minute. The men's race went to Gianni Poli (ITA) in 2:11:06. Two years later Waitz won again in an almost identical time (2:28:07) for an unprecedented nine wins in the race. Three years earlier Waitz had won the inaugural world title in Helsinki. The first six "five borough" New York races (1976-1981) are all considered to have been short. (The 48th running of the marathon was held yesterday.)

## 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
-------	-------	--------------	-----------	--------



15 km	30:35	Tecwyn Davies (GBR) 1988		
	54:32	John September	Ravensmead	24 Mar
21.1 km	47:52	Titus Mamabolo (RSA) 1991		
	72:30	Desmond Zibi	Port Elizabeth	28 Jul
25 km	66:23	Titus Mamabolo (RSA) 1991		
	99:31	Joseph Ndlovu	Pretoria	12 May
	92:17A	Michael Ndlovu	Pinetown	28 Jan
30 km	84:12	Norman Green (USA) 1984		
	1:54:26	Makaya Masumpa	Uitenhage	03 Mar
Marathon	1:46:33	Norman Green (USA) 1988		
	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	Itumeleng Sesiko	Port Elizabeth	28 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

10 km	32:01	Irvette van Zyl	Durban	14 Oct
	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	2:31:04	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		

Veterans (40+)

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		

Masters (50+)

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	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	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	3:27:12	Annatjie Botes	Mossel Bay	06 Oct
	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		
<u>Great grandmasters (70+)</u>				
10 km	52:30	Sonja Laxton	Johannesburg	07 Oct
	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		
<u>Juniors</u>				
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		

---

Contributors to this issue: Sonia & Kevin Harlock, Irene & Jan van Eeden, Derrick Chamberlain

---

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](mailto:rielh@mweb.co.za)



[www.runyourcityseries.com](http://www.runyourcityseries.com)