

# 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

Highlight of the weekend from a South African point of view was the new personal best and list leader of 1:01:17 set by Lesiba Precious Mashele in the Semi-Marathon de Boulogne-Billancourt in France. He finished third and surpassed the 1:01:48 he ran for sixth in last year's race.

In the usually quick NN Zevenheuvelenloop 15 km in Nijmegen Joshua Cheptegei (UGA) clocked a new world best of 41:05, breaking Leonard Patrick Komon's 41:13 from the same race in 2010. The IAAF no longer recognises world records over this distance.

Apart from Mashele's time, two list leaders were also run in South Africa this weekend: 52:55 by master Desmond Zibi in the Department of Sport Vukani 15 km in Port Elizabeth, and 41:17 by great-grandmaster Henry Cleophas in the Art & Office Edgemead 10 km.

In the Greater Edendale 10 km in Pietermaritzburg both Jenet Mbhele (35:45) and Thobile Mkhize (35:51) ran sub-36, while Nolene Conrad (35:37) and Zimbabwean Fortunato Chidzivo (35:49) did likewise in the Edgemead race.

The final finisher figures for the Winelands Marathon and Half Marathon (results in last week's DRR) are 1677 in the marathon and 2474 in the half marathon.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Bluff Marathon & Half Marathon, Durban
- \* Greater Edendale 10 km, Pietermaritzburg
- \* Art & Office Edgemead 10 km, Edgemead
- \* Department of Sport Vukani 15 km, Port Elizabeth
- \* Spur to Spur 10 km, George

### International highlights:

- \* NN Zevenheuvelenloop 15 km, Nijmegen, NED
- \* 2018 Toray Cup - Shanghai International Marathon, Shanghai, CHN
- \* Ageo City Half Marathon, Ageo, JPN
- \* Semi-Marathon de Boulogne-Billancourt, Boulogne-Billancourt, FRA
- \* Hefei International Marathon, Hefei, CHN
- \* Agadir 10 km, Agadir, MAR

- \* Toyota Rock 'n' Roll Las Vegas Marathon & Half Marathon, Las Vegas, USA
  - \* Maratonina Città di Crema, Crema, ITA
  - \* XC: Campo a Través Internacional de Soria, Soria, ESP; NCAA Division I Cross-country Championships, Verona, USA; NAIA Cross-country Championships, Cedar Rapids, USA; Cross de Atapuerca, Atapuerca, ESP
  - \* Track: Nittai Univ Time Trials, Yokohama, JPN
  - \* JFK 50 Mile, Boonsboro to Williamsport, USA
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## ROAD RUNNING

### Bluff Marathon & Half Marathon

Durban, 18 November

(Distances: 42.195 km & 21.1 km. Finishers: marathon -- 383 [considerably up from 210 last year]; half marathon -- 781 [considerably up from 509].)

#### Marathon

##### MEN

1.	Tsholwane Mhlakwana	Phantane AC	2:33:38
2.	Mawande Hlongwe	Nedbank AC	2:37:29
3.	Elijah Kanyende	Chiltern AC	2:38:38

##### 40-49:

1.	Bernard Phalatsane	ZIM/Hollywood Bets	2:54:56
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##### 50-59:

1.	Herbert Mazongolo	Maxed Elite	3:01:27
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##### 60+

1.	Robet Mthembu	UGU AC	3:59:41
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##### WOMEN

1.	Lisa Collett	Crusaders AC	3:18:28
2.	Rose Carey	DCS	3:45:52
3.	Tansy Vaughan	Ind	3:57:17

##### 40-49:

1.	Lisa Collett	Crusaders AC	3:18:28
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##### 50-59:

1.	Kim Jackson	DHSOB	4:23:58
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##### 60 +:

1.	Merrryl Duncan	Forest Hills AC	5:06:12
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#### Half marathon

##### MEN

1.	Mziwekosi Mjaja	Nedbank AC	69:20
2.	Ayanda Ngcobo	Phantane AC	69:45
3.	Sithembele Fanekho	Nedbank AC	70:20

##### 40-49:

1.	Simphiwe Zulu	Hollywood Bets	73:32
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##### 50-59:

1.	Thierry Pletinckx	Toti AC	89:50
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##### 60 +:

1.	Ivan Charles	Stella AC	98:11
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##### WOMEN

1.	Zama Mokoena	Nedbank AC	89:59
2.	Cecelia Molefe	Chiltern AC	92:30

3.	Maya Lawrie	Boxer AC	95:15
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**40-49:**

1.	Cecelia Molefe	Chiltern AC	92:30
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**50-59:**

1.	Maya Lawrie	Boxer AC	95:15
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**60 +:**

1.	Sheree Kirsten	West AC	123:53
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**Greater Edendale 10 km (12<sup>th</sup>)**

Pietermaritzburg, 18 November

(Loop course. Finishers: 685 [down from 741 last year].)

**MEN**

1.	Mbuleli Mathanga	Phantane AC	30:36
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2.	Bongani Zwane	Boxer AC	31:18
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3.	Sipho Mbanjwa	Boxer AC	31:25
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4.	Nkosikhona Mhlakwana	Boxer AC	31:32
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5.	Thobani Chagwe	Phantane AC	31:59
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**40-49:**

1.	Solicitor Manduwa	Ind	34:29
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2.	Msawenkosi Mlaba	Nedbank AC	35:16
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3.	Velani Sosibo	Max Elite	36:22
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**50-59:**

1.	Allen Ndlovu	Chesterville AC	38:56
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**60 +:**

1.	Joseph Dumukule	Protea Striders	51:12
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2.	Les Burnard	Coll Harr	51:14
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3.	Khungelani Thusi	M/Burg City	56:11
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**Juniors:**

1.	Bonang Mabele	Ind	32:54
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**WOMEN**

1.	Jenet Mbele	Umzimkulu AC	35:45
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2.	Thobile Mkhize	Amaqhawwe AC	35:51
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3.	Bathabile Mkhize	Amaqhawwe AC	39:49
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4.	Neliswa Biyela	Ind	43:50
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5.	Xoli Thempane	Ind	44:04
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**40-49:**

1.	Tholakele Ngcobo	Ind	49:37
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2.	Duduza Gatsheni	Eskom AC	54:19
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3.	Mathoyi Hadebe	Ind	64:32
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**50-59:**

1.	Mary Mvelase	Nedbank AC	49:36
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2.	Debbie Kruger	SAPS	54:10
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3.	Dolly Bhengu	SAPS	56:59
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**60 +:**

1.	Pat Fischer	Stella AC	60:39
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2.	Denise Johansen	Ethekweni AC	66:26
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3.	Trish Bottom	Natal Carbs	74:30
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**Juniors:**

1.	Neliswa Biyela	Ind	43:50
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**Art & Office Edgemean 10 km (6th)**

Edgemean, 17 November

(Certified flat loop course. Finishers: 1766 [up from 1600 last year].)

## MEN

1. Siboniso Soldaka (CPUT) 30:27 (R1000)
2. André Afrika (Eerste) 30:41 (R700)
3. Nkosiyethu Sotyantya (MSA) 31:01 (R500)

(All age category prize money except for 70+ and juniors was the same: R400, R300, R200.)

**Veterans:** 1. Mthandazo Qhina (Ned) 31:49; 2. Vakalisa Kopolo (Ned) 32:26; 3. Vuyani Sixaso (Gugs) 33:57. **Masters:** 1. John September (Itheko) 35:38; 3. Steve Motau (Itheko) 35:40; 3. Johnny Persents (Edge) 36:14. **G'masters:** 1. Mochamat Kriel (Ommie) 39:41; 2. Mark Wagenheim (AAC) 45:51; 3. Vernon Murtz (Pine) 45:55. **G/g'masters:** 1. Henry Cleophas (Ned) 41:17 (R300); 2. Willie van Wyk (Brack) 50:08 (R200); 3. John Kemp (Brack) 52:54 (R100). **Juniors:** 1. Carlo Flink (Itheko) 31:39 (R700); 2. Edward Jack (Central) 32:51 (R500); 3. Geo van Niekerk (Well) 33:41 (R300).

## WOMEN (Same prize money as men)

1. Nolene Conrad (KPMG) 35:37
2. Fortunate Chidzivo (ZIM/Langa) 35:49
3. Caitlyn Mahony (UCT) 36:40

**Veterans:** 1. Christiane Adriaanse (GER/VOB) 37:11; 2. Bulelwa Simae (Ned) 38:01; 3. Jeanetta Kohler (WC) 40:51. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 41:04; Sandra Kohnert (Edge) 42:19; 3. Mariëtte Strauss (Tyger) 44:27. **G'masters:** 1. Olga Howard (Ned) 43:53; 2. Nancy Will (Pine) 46:07; 3. Beverley Charters (VOB) 46:23. **G/g'masters:** 1. Pixie Sparg (Celtic) 55:27; 2. Marlene James (Pine) 61:46; 3. Annatjie Berntzen (Good) 79:23. **Juniors:** 1. Senati Tyona (VOB) 40:48; 2. Charmaine Leung (UCT) 42:19; 3. Laila Abouzaid (Good) 42:37.

**Department of Sport Vukani 15 km**

Port Elizabeth, 17 November

(Fairly flat loop course. Finishers: 487 [considerably up from 305 last year].)

## MEN

1	Melikhaya	Frans	Ikhamva AC	28	46:55
2	Mariano	Eesou	Madibaz AC	26	48:13
3	Luyanda	Tshangana	Ikhamva AC	35	48:46

**Veterans:**

1	Anele	Maliza	Nedbank RC	40	51:35
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**Masters:**

1	Desmond	Zibi	Achilles AAA	55	52:55
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**G'masters:**

1	Alan	Taylor	Achilles AAA	61	1:04:49
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**G/g'masters:**

1	Lochi	Lochner	Charlo AC	70	1:12:10
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**Juniors:**

1	Khanyiso	Cini	SAPS AC EP	18	54:15
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## WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	36	58:10
2	Nxanisa	Luthando	Ikhamva AC	24	1:00:02
3	Kelly	Van Vliet	Up And Running	31	1:03:56

**Veterans:**

1	Davera	Magson	Nedbank RC	44	1:08:52
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**Masters:**

1	Christine	Claasen	Achilles AAA	54	1:08:02
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**G'masters:**

1	Christine	Snyman	Despatch AC	62	1:24:30
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**G/g'masters:**

1	Liz	Jenkerson	Muirite Strider	71	1:29:24
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**Spur to Spur 10 km**

George, 7 November

(Finishers: 366 [up from 344 last year].)

## MEN

1	Selwyn Matthews	Nedbank	34:03
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2	Godwyn Heyns	Nedbank	34:04
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3	Allentine Kleinhans	Nedbank	35:02
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**Veterans:**

1	Wouter Frazenberg	Outeniqua Harriers	36:39
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**Masters:**

1	Anton Chevalier	Nedbank	41:15
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**G'masters:**

1	Patrick Rawlins	Outeniqua Harriers	45:25
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**G/g'masters:**

1	Abraham Coetze	Knysna MC	54:37
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**Juniors:**

1	Aviwe Kinane	Knysna MC	35:19
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## WOMEN

1	Mareli van Schalkwyk	Nedbank WP	39:03
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2	Melissa van Rensburg	Nedbank	39:47
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3	Carine Gagiano	Outeniqua Harriers	43:14
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**Veterans:**

1	Nerida Lubbe	Hartenbos Drawwers	44:11
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**Masters:**

1	Alison Jordaan	Nedbank	46:09
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**G'masters:**

1	Annatjie Botes	Nedbank	43:36
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**G/g'masters:**

1	Anna-marie van Eck	Nedbank	1:16:26
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**Juniors:**

1	Sarah Viljoen	Hartenbos Drawwers	48:10
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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

#### **NN Zevenheuvelenloop 15 km** (35th)

(Seven Hills Run)

Nijmegen, NED, 18 November

(Flat certified course)

Note: Joshua Cheptegei not only won here for the fourth year in a row, but set a world best 41:05 in the process. The IAAF no longer recognises 15 km world records, but had previously ratified Leonard Patrick Komon's 41:13 from this race in 2010. -- Ed.

MEN (gun times)

1. Joshua Cheptegei, UGA, 41:05 CR/NR/WB
2. Abrar Osman, ERI, 42:34 PB
3. Muktar Edris, ETH, 42:55 PB
4. Richard Ringer, GER, 43:40 PB
5. Bashir Abdi, BEL, 43:40 PB

WOMEN (gun times)

1. Stella Chesang, UGA, 47:19 NR/PB
2. Evaline Chirchir, KEN, 47:35 PB
3. Susan Krumins, NED, 47:41 PB
4. Kidsan Alema, ETH, 48:29 PB
5. Florence Kiplagat, KEN, 49:01
6. Maureen Koster, NED, 49:04 PB
7. Rika Kaseda, JPN, 49:30 PB
8. Yukina Ueda, JPN, 50:13 PB

#### **2018 Toray Cup - Shanghai International Marathon** (19th)

(IAAF Gold Label Road Race)

Shanghai, CHN, 18 November

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

MEN (gun times)

- |                               |         |           |
|-------------------------------|---------|-----------|
| 1. Seifu Tura, ETH            | 2:09:18 | \$ 10,000 |
| 2. Tsegaye Mekonnen, ETH      | 2:09:18 | 6,000     |
| 3. Dickson Kipsang Tuwei, KEN | 2:09:21 | 4,000     |
| 4. Tsegaye Getachew, ETH      | 2:09:24 | 3,000     |
| 5. Abdi Fufa, ETH             | 2:09:24 | 2,000     |

WOMEN (gun times)

- |                             |             |                                |
|-----------------------------|-------------|--------------------------------|
| 1. Yebgual Melese, ETH      | 2:20:36 CR* | \$ 10,000                      |
| 2. Azmera Abreha, ETH       | 2:21:51     | 6,000                          |
| 3. Betty Wilson Lempus, KEN | 2:23:40     | 4,000                          |
| 4. Afera Godfay, ETH        | 2:23:54     | 3,000                          |
| 5. Muluhabt Tsega, ETH      | 2:25:48     | 2,000                          |
| 6. Megertu Alemu, ETH       | 2:28:08     | 1,000                          |
| 7. Wei Li, CHN              | 2:30:20     | 800 + RMB 10,000ch (=USD 1440) |
| 8. Fantu Zewude, ETH        | 2:32:37     | 500                            |

ch) prize money for Chinese citizenship

**Ageo City Half Marathon (31st)**

Ageo, JPN, 18 November

(Distance: 21.1 km; out-and-back course with start and finish on the track)

Note: As usual, a very deep race. -- Ed.

## MEN (gun times)

1. Vincent Laimoi, Kokushikan University (KEN), 1:01:19 PB/CR\*
2. Ken Nakayama, Chuo University, 1:01:32 PB
3. Workneh Derese (ETH), 1:01:50 PB
4. Yuta Shitara, Honda, 1:01:59
5. David Nilsson (SWE), 1:02:09 NR
6. Genki Kaneko, Josai University, 1:02:16 PB
7. Daichi Kamino, Konica Minolta, 1:02:19
8. Gaku Hoshi, 1:02:20 PB
9. Reiri Nakashima, Tokai University, 1:02:28
10. Michael Githae (KEN), 1:02:28
11. Ryohei Sakaguchi, Tokai University, 1:02:32 PB
12. Ryota Komori, Teikyo University, 1:02:34 PB
13. Kaito Ojima, 1:02:41 PB
14. Yuki Kawauchi, 1:02:49
15. Yusuke Baba, Takushoku University, 1:02:53 PB
16. Takumi Obara, 1:02:54 PB
17. Paul Gitonga (KEN), 1:02:55 PB
18. Munetaka Suzuki, 1:02:56 PB
19. Katsutoshi Monoe, 1:03:02 PB
20. Akira Akasaki, Takushoku, 1:03:07 PB

## WOMEN (gun times)

1. Kaori Yoshida, 1:11:54 CR
2. Chun Yu Tsao (TPE), 1:13:56
3. Kaoru Nagao, 1:15:50

**Semi-Marathon de Boulogne-Billancourt (21st)**

(IAAF Bronze Label Road Race)

Boulogne-Billancourt, FRA, 18 November

(Distance: 21.1 km; multi-loop course with no start/finish separation)

## MEN

- |                                 |            |
|---------------------------------|------------|
| 1. Taye Girma, ETH              | 1:00:55    |
| 2. Josphat Tanui, KEN           | 1:01:02    |
| 3. Lesiba Precious Mashele, RSA | 1:01:17 PB |
| 4. Olika Bikila Adugna, ETH     | 1:01:43    |
| 5. Brimin Kipruto, KEN          | 1:02:25 DB |

## WOMEN

- |                           |         |
|---------------------------|---------|
| 1. Parendis Lepakana, KEN | 1:10:48 |
| 2. Susan Jeptoo, KEN      | 1:11:28 |
| 3. Karine Pasquier, FRA   | 1:15:23 |

### **Hefei International Marathon**

(IAAF Bronze Label Road Race)  
 (Chinese Marathon Championships Series)  
 Hefei, Anhui Province, CHN, 11 November  
 (Distance: 42.195 km)

Note: *Race Results Weekly* reports that the prize money rules stated that both the first man and woman would receive \$30 000 for a respective sub-2:10:00 and sub-2:28:00 finish time. They missed that so they received half, instead. Similar rules (with other limits) for second and third placed athletes. -- Ed.

#### MEN

1. Leonard Kipkoech Langat, KEN 2:10:48 PB \$ 15,000
2. Hillary Kipkoech Bett, KEN 2:11:38 PB 10,000
3. Lencho Tesfaye, ETH 2:11:45 DB 10,000

#### WOMEN -

1. Magdalene Masai, KEN 2:28:20 DB/CR \$ 15,000 + 5,000cr
2. Racheal Jemutai Mutgaa, KEN 2:28:37 PB 15,000
3. Aberash Fayesa, ETH 2:29:03 10,000

cr) Course record bonus.

### **Agadir 10 km**

Agadir, MAR, 11 November  
 (Distance: 10 km; course configuration and certification unknown.)

#### MEN

1. Vincent Kibet Yegon, 2000, KEN, 28:11 PB
2. Elvis Kipchoge Cheboi, KEN, 28:14 PB
3. (No Name Listed), 28:18

#### WOMEN -

1. Silenat Yismaw, ETH, 31:42 PB
2. Rkia El Moukim, MAR, 32:19
3. Fatiha Asmid, MAR, 32:45
4. Aicha Bani, MAR, 33:02 PB
5. Soukaina Atanane, MAR, 33:24

### **Toyota Rock 'n' Roll Las Vegas Marathon & Half Marathon (14th)**

Las Vegas, USA, 11 November  
 (Distances: 42.195 km & 21.1 km; certified loop courses with no net elevation loss)

#### **Marathon** (gun times)

##### MEN

1. Thomas Puzey, Flagstaff, AZ 2:25:54 \$500
2. Chris Dunmire (40+) 2:30:46 250

##### WOMEN

1. Hannah McInturff, Salt Lake City, UT 3:07:24 \$500

#### **Half Marathon** (gun times unless otherwise noted)

##### MEN

1. Wilkerson Given, Atlanta, GA 1:02:50 \$500
2. Matt McDonald, Atlanta, GA 1:04:54 250



3. Jeffrey Eggleston, Boulder, CO 1:05:07 100

#### WOMEN

1. Kellyn Taylor, Flagstaff, AZ 1:10:16 CR \$500  
 2. Bridget Lyons Belyeu, Fairburn, GA 1:12:31 250  
 3. Ellie Abrahamson, Atlanta, GA 1:13:10 100  
 4. Hannah Everson, Colo. Springs, CO 1:13:51n  
 5. Maddie Van Beek, Fargo, ND 1:14:14n

n) Net time

### **Maratonina Città di Crema (12th)**

Crema, ITA, 11 November  
 (Distance: 21.1 km)

#### MEN (gun times)

1. Megersa Dereje TOLA, ETH, 1:04:30  
 2. Sammy KIPNGETICH, KEN, 1:04:39  
 3. Cosmas KIGEN, KEN, 1:04:45

#### WOMEN (gun times)

1. Clementine MUKANDANGA, RWA, 1:11:57 PB  
 2. Lenah JEROTICH, KEN, 1:12:47  
 3. Ivyne Jeruto LAGAT, KEN, 1:15:40

## **CROSS-COUNTRY**

### **Campo a Través Internacional de Soria (25th)**

(IAAF Cross-country Permit Meeting)  
 Soria, ESP, 18 November

#### MEN (10 km)

1. Jacob Kiplimo, UGA, 2000 30:11  
 2. Edward Pingua, KEN, 2001 30:33  
 3. Timothy Toroitich, UGA, 1991 30:45  
 4. Teklemarian Medhin, ERI, 1987 30:58  
 5. Abdessamad Oukhelfen, MAR, 1998 31:02

#### WOMEN (8 km)

1. Gloria Chebinatt Kite, KEN, 1998 28:47  
 2. Anna Emilie Moller, DEN, 1996 28:54  
 3. Elena Loyo, ESP, 1983 29:11  
 4. Valeria Rofino, ITA, 1990 29:11  
 5. Maria Jose Perez, ESP, 1992 29:13

### **NCAA Division I Cross-country Championships**

(81st men's/39th women's)  
 Verona, USA, 17 November

#### MEN (10 km)

Teams (with point totals and scoring places)

1. Northern Arizona 83 5-12-19-22-25 (33) (122)  
 2. BYU 116 8-18-20-27-43 (51) (58)  
 3. Portland 160 17-21-34-41-47 (55) (100)

- |             |     |                            |
|-------------|-----|----------------------------|
| 4. Colorado | 178 | 6-7-9-37-119 (132) (185)   |
| 5. Stanford | 201 | 2-10-26-62-101 (111) (142) |

## Individual finishers:

1. Morgan MCDONALD, SR, Wisconsin (AUS), 29:08.3
2. Grant FISHER, SR, Stanford, 29:08.8
3. Edwin KURGAT, JR, Iowa State (KEN), 29:09.0
4. Isai RODRIGUEZ, FR, Oklahoma State, 29:10.5
5. Aaron TEMPLETON, SR, Furman, 29:11.9

## WOMEN (6 km)

## Teams (with point totals and scoring places)

- |               |     |                            |
|---------------|-----|----------------------------|
| 1. Colorado   | 65  | 1-8-14-20-22 (26) (63)     |
| 2. New Mexico | 103 | 2-5-9-38-49 (60) (102)     |
| 3. Oregon     | 160 | 3-12-27-46-72 (77) (85)    |
| 4. Michigan   | 213 | 25-33-40-53-62 (73) (79)   |
| 5. Stanford   | 232 | 11-16-39-76-90 (184) (211) |

## Individual finishers:

1. Dani JONES, SR, Colorado, 19:42.8
2. Weini KELATI, SO, New Mexico (ERI), 19:45.3
3. Jessica HULL, SR, Oregon (AUS), 19:50.4
4. Alicia MONSON, JR, Wisconsin, 19:55.2
5. Ednah KURGAT, JR, New Mexico (KEN), 19:55.8
6. Allie OSTRANDER, JR, Boise State, 19:56.9
- ... 61. Carina VILJOEN, JR, Arkansas (RSA), 20:46.3

**NAIA Cross-country Championships**

(63rd men/39th women)

Cedar Rapids, USA, 15 November

## MEN (8 km)

- |   |         |
|---|---------|
| 1. Colin De Young, JR-3, Cornerstone            | 24:13.6 |
| 2. Jesse Saxton, JR-3, Indiana Wesleyan         | 24:28.3 |
| 3. Tony Floyd, JR-3, Madonna                    | 24:29.8 |
| ... 33. Moses Dirane (RSA), JR-3, Oklahoma City | 25:10.8 |

## WOMEN (5 km)

- |  |         |
|--|---------|
| 1. Anna Shields, SR-4, Point Park          | 17:15.9 |
| 2. Emily Kearney (GBR), JR-3, SCAD Atlanta | 17:19.4 |
| 3. Lydia Mato (GHA), SR-4, Oklahoma City   | 17:29.8 |

**Cross de Atapuerca (15th)**

(IAAF Cross-country Permit Meeting)

Atapuerca, ESP, 11 November

## MEN (9000 m)

- |                             |       |
|-----------------------------|-------|
| 1. Jacob Kiplimo, UGA, 2000 | 25:10 |
| 2. Aron Kifle, ERI, 1998    | 25:23 |
| 3. Edward Zakayo, ETH, 1990 | 25:25 |
| 4. Abadi Hadis, ETH, 1997   | 25:26 |
| 5. Ayalew Aweke, BRN, 1993  | 25:33 |

## WOMEN (8000 m)

- |  |       |
|--|-------|
| 1. Senbere Teferi, ETH, 1995             | 25:51 |
| 2. Margaret Chelimo Kipkemboi, KEN, 1993 | 25:53 |

- |                            |       |
|----------------------------|-------|
| 3. Norath Tanui, KEN, 1995 | 25:55 |
| 4. Gloriah Kite, KEN, 1998 | 25:59 |
| 5. Eva Cherono, KEN, 1996  | 26:11 |

## TRACK

### Nittai Univ Time Trials

Yokohama, JPN, 10-11 November

#### MEN

5000 Race 38 (11):

1. Samuel Masai (KEN) 13:30.22
2. Kensuke Horio (JPN) 13:33.51
3. Sitonik Kiprono (KEN) 13:36.37
4. Titus Mogusu (KEN) 13:36.78
5. Ezekiel Cheboitibin (KEN) 13:36.92

10000 Race 8 (10):

1. Stanley Waithaka (KEN) 27:13.01 WL
2. Jonathan Ndiku (KEN) 27:28.27
3. Alexander Mutiso (KEN) 27:42.16

## ULTRA/MOUNTAIN/TRAIL RUNNING

### JFK 50 Mile (56th)

Boonsboro to Williamsport, USA, 17 November

(Distance: 50.2 miles; point-to-point course with paved roads, rugged trails, steep descents and climbs; some portions of the course are very technical.)

#### MEN

1. Jared Hazen, 23, Flagstaff, AZ, 5:34:21
2. Zachary Miller, 30, Manitou Springs, CO, 5:41:02
3. Allan Spangler, 31, Anchorage, AK, 6:00:48

#### WOMEN

1. Kate Pallardy, 33, New York, NY, 6:40:35
2. Kaci Lickteig, 32, Omaha, NE, 6:53:47
3. Riley Brady, 23, New Hope, PA, 7:09:45

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## BACKGROUND

### PROLIFIC WORLD RECORD SETTER: THE REMARKABLE DEIRDRE LARKIN

The exploits of Randburg Harrier Deirdre Larkin (b. 24 Sep 31) have been documented in *Distance Running Results* over the last few years. So far this year the 87-year-old Larkin, a British citizen who has permanent residence status in South Africa, has already set three world single-age records, including an amazing 60:04 in the Durban 10 km CitySurfRun last month.

With the help of Derrick Chamberlain's Raceresults website, the following complete list of Larkin's twelve current world single-age records has been compiled. The first column shows her age at the time of the performance. Note that all but two of the records were set at altitude.

The first time on the list, 54:17 in 2013, is also the absolute world record for 80-89.

**10 km**

81	54:17	Durban	19 May 13
82	56:02	Bloemfontein	22 Apr 14
83	58:47	Pretoria	08 Aug 15
84	57:04	Sasolburg	06 Feb 16
85	59:51	Benoni	29 Jan 17
86	64:30	Pretoria	27 Jan 18
87	60:04	Durban	14 Oct 18

**Half marathon**

82	2:10:20	Irene	20 Sep 14
83	2:15:41	Irene	19 Sep 15
84	2:12:30	Centurion	30 Jul 16
85	2:12:37	Pretoria	04 Feb 17
86	2:22:49	Pretoria	03 Feb 18

**STATS TIME**

This week we include a list of the fifteen fastest married couples (plus a few more of the more well-known ones) in the mile. South Africa's Sarina and Danie Cronjé are 30th on the list with an average of 4:14.45. They ran their best times of 4:28.4 (SA record) and 4:00.5 respectively at the same event -- the Dream Mile Meeting at Coetzenburg on 15 November 1980, now almost exactly 38 years ago. When their son Johan (3:50.70) is added, they are the second fastest family combination (mother, father, son) ever with an average of 4:06.53. The three Gregoreks (USA; see 5th place below) lead this list.

**FASTEST MARRIED COUPLES IN THE MILE**

1. Shannon Rowbury (USA) & Pablo Solares (MEX)  
4:20.34 + 3:54.52 = 8:14.86 = 4:07.43 average
2. Amy Rudolph (USA) & Mark Carroll (IRL)  
4:27.66 + 3:50.62 = 8:18.28 = 4:09.14 average
3. Aisha Praught (USA/JAM) & Will Leer (USA)  
4:27.61 + 3:51.82 = 8:19.43 = 4:09.72 average
4. Christina & Sean Cahill (GBR)  
4:22.64 + 3:56.95 = 8:19.59 = 4:09.80 average
5. Chris & John Gregorek (USA)  
4:29.00 + 3:51.34 = 8:20.34 = 4:10.17 average  
(NOTE: Americans Chris & John Gregorek & son Johnny = #1 family [mother, father, son] -- 4:29.00 + 3:51.34 + 3:53.15 = 12:13.49 = 4:04.50 average)
6. Paula Radcliffe & Gary Lough (GBR)  
4:24.94 + 3:55.91 = 8:20.85 = 4:10.43 average
7. Malindi Elmore & Graham Hood (CAN)  
4:30.70 + 3:51.55 = 8:22.25 = 4:11.13 average
8. Carole Bradford & Graham Williamson (GBR)  
4:32.00 + 3:50.64 = 8:22.64 = 4:11.32 average  
(NOTE: Carole & Graham Williamson & son Jamie = #3 family -- 4:32.00 + 3:50.64 + 3:58.99 = 12:21.63 = 4:07.21 average)
9. Lynn & Paul Williams (CAN), since divorced  
4:24.75 + 3:58.6 = 8:23.35 = 4:11.68 average
10. Jackline Maranga & Tom Nyariki (KEN)  
4:24.00 + 3:59.6 = 8:23.6 = 4:11.8 average
11. Alison Wyeth & John Nuttall (GBR), since divorced  
4:24.87 + 3:58.83 = 8:23.70 = 4:11.85 average
12. Genevieve LaCaze & Ryan Gregson (AUS)  
4:31.56 + 3:52.24 = 8:23.80 = 4:11.90 average

13. Molly Huddle (USA) & Kurt Benninger (CAN)  
4:26.84 + 3:56.99 = 8:23.83 = 4:11.92 average
14. Sue & Ron Addison (USA)  
4:23.93 + 4:01.0 = 8:24.93 = 4:12.47 average  
(NOTE: With daughter Becca, who has run 4:30.70, their average is 4:18.55.)
15. Liz McColgan-Nuttall & John Nuttall (GBR)  
4:26.11 + 3:58.83 = 8:24.94 = 4:12.47 average
- ...
18. Ellen Tittel Wessinghage & Thomas Wessinghage (GER)  
4:35.3 + 3:49.98 = 8:25.28 = 4:12.64 average
19. Liz & Peter McColgan (GBR), since divorced  
4:26.11 + 3:59.37 = 8:25.48 = 4:12.74 average  
(NOTE: Liz & Peter McColgan & daughter Eilish = #1 family [mother, father, daughter]  
-- 4:26.11 + 3:59.37 + 4:25.07 = 12:50.55 = 4:16.85 average. Also, to date only one  
mother / daughter combination have broken the 4 minute, 30 second benchmark for  
the mile: Liz & Eilish McColgan: 4:26.11 [1987] and 4:25.07 [2018], respectively.)
- ...
21. Ruth & Tom Wysocki (USA)  
4:21.78 + 4:03.85 = 8:25.63 = 4:12.82 average
- ...
24. Wendy & Chris Sly (GBR)  
4:28.07 + 3:58.85 = 8:26.92 = 4:13.46 average

### THIS MONTH IN HISTORY

#### 48 years ago: 13 November 1970

De Villiers Lamprecht is famous for being the first South African to run a dream mile, which he did on the Coetzenburg track on 13 November 1964. What is less well known is that he set another SA record on the exact same date six years later. On this evening, again at the Coetzenburg meeting commemorating his first sub-4 achievement, Lamprecht scored an easy victory in 3:57.7 to break his own mark of 3:58.6, run in 1968. Deon Dekkers (4:02.1) and Danie Malan (4:02.2) were far back. And these were not the only two SA mile records set on 13 November: Klasie Wessels ran 4:16.0 in Port Elizabeth on the same date in 1937.

### SOUTH AFRICAN ROAD LIST LEADERS FOR 2018

This section lists the best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green.  
- Ed.

#### MEN

##### Open

10 km	28:18	Stephen Mokoka	Durban	14 Oct
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:06	Melikhaya Frans	Port Elizabeth	27 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:17	Lesiba Precious Mashele	Boulogne-Billancourt	18 Nov
	58:23	Zersenay Tadese (ERI) 2010		
25 km	81:06	Lucky Mohale	Pretoria	12 May
	81:02A	Mhlakwana Nkoshona	Pinetown	28 Jan
	71:18	Dennis Kipruto Kimetto (KEN)		

30 km	1:38:53 87:13** 87:13**	Nkosinathi 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	52:55 47:52	Desmond Zibi Titus Mamabolo (RSA) 1991	Port Elizabeth	17 Nov
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 1:48:50A 94:01	Derrick Mazibuko Andy Daly Doug Winn (USA) 2010	Durban Pinetown	21 Mar 28 Jan
30 km	2:10:49 1:57:07	Mochamat Kriel Ed Whitlock (CAN) 1994	Simon's Town	19 Aug
Marathon	3:16:33	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	41:17	Henry Cleophas	Edgemead	17 Nov
	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		
<u>Juniors</u>				
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		
<b>WOMEN</b>				
<u>Open</u>				
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
	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	2:33:43	Irvette van Zyl	Soweto	04 Nov
	2:31:04A	Gerda Steyn	New York	04 Nov
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:01 Wo	Mary Keitany (KEN) 2017		
100 km	7:51:13	Salome Cooper (vet)	Sveti Martin	08 Sep
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

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

Masters (50+)

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		

Grandmasters (60+)

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

Great grandmasters (70+)

10 km	52:30 44:09	Sonja Laxton Lavinia Petrie (AUS) 2014	Johannesburg	07 Oct
15 km	85:25	Marietha Herbert	Constantia	10 Mar



21.1 km	72:52 1:57:18 97:38	Jo Klein (NED) 2004 Veronica van Niekerk Lavinia Petrie (AUS) 2014	Gordon's Bay	14 Apr
25 km				
30 km	2:18:20 3:19:19 2:58:52A 2:47:08	Gerry Davidson (USA) 1991 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 Micketta (GER) 2013	Cape Town Simon's Town	23 Sep 18 Feb
100 km				
	12:50:49	Helen Klein (USA) 1993		
<u>Juniors</u>				
10 km	35:21 31:29	Carmie Prinsloo Karoline Bjerkeli Grovdal (NOR) 2009	Cape Town	23 Sep
15 km	59:40 48:33	Simonay Weitsz Mekasha Waganesh Amare (ETH) 2011	Kempton Park	31 Jan
21.1 km	80:48 67:57	Lesego Mpshe Abebu Gelan Adugna (ETH) 2009	Polokwane	19 May

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