

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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Publisher: Riël Hauman

EDITORIAL

One of South Africa's oldest races, the Duke of York Flying Scramble in Pietermaritzburg, was held for the 83rd time this weekend and won by Sandile Gubese in 57:13 and Nonsikelelo Mbambo in 79:14. The race was inaugurated in 1927. The original course was 10 miles, from the Thornhill Hotel to the Collegians clubhouse. In about 1980 the course was changed from 10 miles to 16 km, from Mount Pleasant to Jan Smuts Stadium. In about 2000 the course was changed again and went from Carwin Heights to the Collegians clubhouse, but remained 16 km. In about 2010 the start moved to the top of Boulder Hill, but the finished remained at the clubhouse; the route was severely downhill. In 2013 a completely new route was established, from the Ashburton Horse Training Centre to the Bishopstowe Hall, with a s/f separation of 4.5 km (28% of the race distance) and the start at 662 m and finish at 668 m. This year the course was changed again; it is now out and back from Bishopstowe Hall.

More KZN news: Westville's Janie Grundlingh, who won the Goss & Balfe South Coast Marathon last weekend (results in DRR 14:42), is the daughter of well-known ultrarunner Sanet Beukes. Beukes won the same race in 1996 after overtaking Frith van der Merwe in the last few kilometres. The photograph, from the Westville club newsletter, shows mother and daughter at the prizegiving. Beukes represented South Africa at the 1995 and 1996 World 100 km Championships.



The reason for the somewhat late distribution of DRR this week is that I attended the launch of Bob de la Motte's fascinating book *Runaway Comrade* last night (see also the News section). It was a memorable evening full of reminiscences, "Do-you-remember" and running stories, and a wonderful opportunity to meet up with people one hasn't seen in years. Three Two Oceans champions – Don Hartley (1972, '73), Johnny Halberstadt (1981) and Thulani Sibisi (1986) – were there, as well as a host of other luminaries, among them Chet Sainsbury, Ross Tucker, Mike Lambert, Rob Dowdeswell, Eric Bateman, Don Oliver, Harold Berman, and Jax Snyman.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Duke of York Flying Scramble, Pietermaritzburg
- * KGB Holdings 15 km Heritage Challenge, Mt Edgecombe
- * BASF 32 km & Half Marathon, Vanderbijlpark

International highlights:

- * BMW Frankfurt Marathon, Frankfurt, GER
- * Le Marathon Vert Rennes Konica Minolta, Rennes, FRA
- * Bupa Great South Run 10 Miles, Southsea to Portsmouth, GBR
- * Mayor's Cup Cross-country, Boston, USA

OBITUARY

MBULAENI MULAUDZI, S.A.'S BEST 800-METRE RUNNER, DIES IN CAR CRASH

By Riël Hauman

Mbulaeni Mulaudzi, who died in a car accident near Johannesburg on Friday, was the most successful South African two-lap athlete of all time. J.P. van der Merwe, who coached him to world outdoor and indoor titles in the 800 metres, called him one of the best sportsmen ever produced in the country.

Hezekiel Sepeng, who, like Mulaudzi, won an Olympic silver medal in the 800m, said: "He was a better athlete than me – one of the best ever. We competed against each other many times, but we were great friends. I was his mentor."

With Bevil Rudd (1920), Sepeng (1996, 1999), and Johan Botha (1999, 2001), Mulaudzi is one of only four South African men who won an 800m medal at a global championships (Olympic Games or World Championships), but his tally of six such honours makes him the only one with more than two.

Mulaudzi, 34, was born on 8 September 1980 in the village of Muduluni in South Africa's far northern Limpopo province. He first attracted attention when, at the age of 17, he ran 1:50.33 at altitude in 1998. The following year he improved by exactly two seconds to 1:48.33 and won his first international title at the African Junior Championships when he clocked 1:49.13 in Tunis.

He made a big improvement in 2000, to 1:45.55, and won the silver medal at the African Championships; two years later he was third.

Mulaudzi represented South Africa for the first time at the World Championships in 2001, finishing sixth, but two years later he claimed the bronze medal. In that year he also dipped under 1:43 for the first time when he finished second to Wilfred Bungei in the Van Damme Meeting in Brussels; their 1:42.52 and 1:42.89 led the world in 2003. Mulaudzi won the 800m at three Golden League meetings (Oslo, Rome and Zürich) and was ranked second behind Bungei for the year by *Track & Field News (TFN)*. During the year he also ran 1:43.25 and had another seven times under 1:45.

In 2004 he won his first world title when he beat Rashid Ramzi for the gold in 1:45.71 at the Indoor Championships in Budapest and later in the year had his biggest success until then when he won the silver medal at the Olympic Games in Athens, succumbing to the searing kick of Yuriy Borzakovskiy in the final straight, 1:44.45 to 1:44.61. Wilson Kipketer



Mbulaeni Mulaudzi with the South African flag after winning the 2009 world title in Berlin. [Action Images]

was third, Bungei fifth and Sepeng sixth. Mulaudzi had carried the South African flag at the opening ceremony of the Games.

Mulaudzi could not come close to his PB again in the years 2004-08 and in 2005 did not reach the final at the World Championships. In 2006 he was second at the World Indoors behind Bungei, but beat Borzakovski. The Association of Track & Field Statisticians (ATFS) ranked him first in the world. The next year he was seventh at the World Championships and in 2008 again second at the Indoor Championships (behind Abubaker Kaki).

At the Olympic Games in Beijing, with Bungei taking the gold, the South African champion could not advance out of the semis.

But the next year, 2009, was a triumphant one – and it turned out to be his last big year on the international stage. With David Rudisha, Alfred Kirwa Yego and Kaki dominating the scene, Mulaudzi was quietly preparing for the World Championships and ran 1:44.97 and 1:45.69 in the run-up to Berlin. While the controversy swirled around South Africa's other 800m runner, Caster Semenya, there were shocks aplenty in the men's race, with Rudisha eliminated and Yego and Mulaudzi only making the final by the skin of their teeth as nonautomatic qualifiers.

But the final was a different story. Mulaudzi went to the front early and led at halfway in a slow 53.44. He was still ahead at 600m in 1:19.80. With Yego and Youssef Saad Kamel kicking furiously behind him, Mulaudzi kept his poise under the pressure – and his lead. The pedestrian time of 1:45.29 did not matter; he had won the gold medal. Yego took the silver only 0.06 sec behind, with the bronze going to Kamel in the same time.

Two weeks later, on the fast Rieti track, Mulaudzi improved his PB to 1:42.86, but still Sepeng's national record of 1:42.69, which had been standing for ten years (and is still standing), eluded him. He finished the year in third place on the world list behind the two men who beat him that night, Rudisha (1:42.01) and Yego (1:42.67). Apart from the Rieti time, he had three performances under 1:45 and another eight under 1:46. *TFN* again ranked him second for 2009 (behind Rudisha), as did the ATFS, and he was South Africa's Male Athlete of the Year (an honour also bestowed on him in 2006).

Although Mulaudzi finished 2010 with his tenth consecutive year under 1:45, he was very far from his best in 2011 and 2012 and by 2012 André Olivier had taken over as South Africa's top 800m runner – even though Mulaudzi won the last of his nine SA titles that year. (The others came in 2001-03 and 2005-09.) He was the fastest South African in 2002, 2003, and for seven consecutive years in 2005-11. He announced his retirement in 2013.

His only SA record, 2:15.86 for 1000m, run in Stockholm in 2007, still stands. In addition to the medals mentioned, he also won the gold medal at the 2002 Commonwealth Games and two silvers at the African Games, in 2003 and 2007.

Progression at 800m: '98 – 1:50.33A; '99 – 1:48.33A; '00 – 1:45.55; '01 – 1:44.01; '02 – 1:43.81; '03 – 1:42.89; '04 – 1:44.56; '05 – 1:44.08; '06 – 1:43.09; '07 – 1:43.74; '08 – 1:43.26; '09 – 1:42.86; '10 – 1:43.29; '11 – 1:45.50; '12 – 1:45.78; '13 – 1:47.46.
Other PBs: 400m – 46.3, '07; 600m – 1:17.25i, '05; 1500m – 3:38.55, '09.

ROAD RUNNING

Duke of York Flying Scramble (83rd)

Pietermaritzburg, 26 October

(Distance: 16 km; NEW out-and-back course [previously point to point with a slight elevation gain]. Weather: cold with rain. Finishers: 184 [down from 273 last year].)

MEN

- | | | | |
|----|------------------|-----------|--------------|
| 1. | Sandile Gubese | Phuma KZN | 57:13 (R500) |
| 2. | Andile Dlamini | H/Dale AC | 57:15 (R200) |
| 3. | Mabongwe Dlamini | Coll Harr | 58:39 (R100) |

(All age category prizes were the same: R100, R50.)

40-49:

- | | | | |
|----|---------------|------------|-------|
| 1. | Simon Dlamini | Nedbank AC | 74:58 |
| 2. | Isaac Sithole | H/Dale AC | 80:16 |

50-59:

- | | | | |
|----|-------------------|-------------|--------|
| 1. | Boysie van Staden | Savages AC | 95:26 |
| 2. | Morgan Mayeza | M/Burg City | 104:53 |

60+:

- | | | | |
|----|----------------|-------------|-------|
| 1. | Greg Syzmanski | Coll Harr | 98:06 |
| 2. | Johan Nel | Maxed Elite | 98:29 |

Juniors:

- | | | | |
|----|----------------|------------|-------|
| 1. | Ndumiso Ndlovu | Eskom AC | 64:52 |
| 2. | Sandile Mbonza | G/Edendale | 69:00 |

WOMEN (Same prize money as men)

- | | | | |
|----|--------------------|------------|-------|
| 1. | Nonsikelelo Mbambo | Natal Carb | 79:14 |
| 2. | Xoli Madida | Natal Carb | 84:22 |
| 3. | Babogile Memela | Natal Carb | 86:07 |

40-49:

- | | | | |
|----|------------------|------------|--------|
| 1. | Tholakele Ngcobo | Eskom AC | 97:54 |
| 2. | Thandi Madlala | Natal Carb | 108:15 |

50-59:

- | | | | |
|----|-----------------|------------|-------|
| 1. | Debby de Koning | Eskom AC | 89:46 |
| 2. | Elize Cilliers | Savages AC | 98:00 |

60-69:

- | | | | |
|----|--------------|----------------|--------|
| 1. | Sandy Fismer | Hilton Harr | 92:56 |
| 2. | Juliet Lewis | Hillcrest Vill | 115:07 |

KGB Holdings 15 km Heritage Challenge

Mt Edgecombe, 26 October

MEN

- | | | | |
|----|--------------------|-----------------|-------|
| 1. | Sipho Mbanjwa | Phantane AC | 52:02 |
| 2. | Philemon Kipkemoi | KEN/Phantane AC | 52:28 |
| 3. | Thembinkosi Gumede | Boxer AC | 55:28 |

WOMEN

- | | | | |
|----|---------------|------------------|-------|
| 1. | Sandy de Beer | SANDF | 69:03 |
| 2. | Pat Fischer | Stella AC | 78:37 |
| 3. | Nombuso Ngema | Phoenix Striders | 78:55 |

BASF 32 km & Half Marathon

Vanderbijlpark, 25 October

(Distances: 32 km & 21.1 km; loop courses)

32 km

MEN

1 Peter Muthubi (Maxed Elite) 1:52:28; 2 Vusi Nkutha (Toyota) 1:54:11; 3 Thomas Siyavuya (ACSA) 1:54:38.

Veterans: 1 Meshack Hlathi (Bidvest) 2:17:25. **Masters:** 1 Dieter Stapel (BNAC) 2:18:45.

G'masters: 1 Petrus Mohalajeng (Vultures) 2:42:32.

WOMEN

1 Lindiwe Mthombeni (Sasol) 2:38:04; 2 Marie van Dyk (RAC) 2:55:08; 3 Marina Coetzee (PMK) 3:03:42.

Veterans: 1 Beaula Valentin (Nedbank) 3:18:54. **Masters:** 1 Marina Coetzee (PMK) 3:03:42.

Half marathon

MEN

1 Peter Makhoali (Rand Water) 76:50; 2 Collen Mulaudzi (VUT) 78:52; 3 Kheledi Molete (Toyota) 79:53.

Veterans: 1 Kheledi Molete (Toyota) 79:53. **Masters:** 1 Marius Carstens (Alberton) 89:12. **G'masters:** 1 John Woodnutt (Morningside) 94:02.

WOMEN

1 Tania Fourie (Arcelor Mittal) 97:38; 2 Marie Bruwer (Arcelor Mittal) 98:34 (1st mast); 3 Kathryn van Meter (Soul Striders) 1:40:07.

Veterans: 1 Florence Molawa ((Arcelor Mittal) 1:45:03. **Masters:** 1 Marie Bruwer (Arcelor Mittal) 98:34. **G'masters:** 1 Empie van Heerden (Arcelor Mittal) 2:35:44.

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**BMW Frankfurt Marathon (33rd)**

(IAAF Gold Label Road Race)

Frankfurt, GER, 26 October

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

MEN (gun times)

1. Mark Kiptoo, KEN	2:06:49	€ 20,000 + 7,500i
[1:02:32 / 1:04:17]		
2. Mike Kigen, KEN	2:06:59 PB	12,500 + 7,500i
3. Gilbert Yegon, KEN	2:07:08	10,000 + 2,500i
4. Tebalu Zawude, ETH	2:07:10 PB	7,500 + 2,500i
5. Deribe Robi, ETH	2:07:16 PB	4,000 + 2,500i
6. Ronald Korir, KEN	2:07:29 PB	3,000 + 2,500i
7. Daniel Kinyua Wanjiru, KEN	2:08:18 PB	2,000
8. Adugna Takele, ETH	2:08:31 PB	1,500
9. Arne Gabius, GER	2:09:32 DB	1,000
10. Allan Kiprono, KEN	2:09:38 PB	500

i) Earned time bonus

WOMEN (gun times)

1. Aberu Kebede, ETH	2:22:21	€ 20,000 + 30,000i
[1:10:35 / 1:11:46]		
2. Sharon Cherop, KEN	2:23:44	12,500 + 15,000i
3. Ashete Bekere, ETH	2:24:59 PB	10,000 + 10,000i
4. Emily Chemutai Ngetich, KEN	2:25:14 PB	7,500 + 5,000i
5. Helah Kiprop, KEN	2:27:14 PB	4,000

6. Winny Jepkorir, KEN	2:29:05	3,000
7. Emma Stepto, 1970, GBR	2:32:40 PB	2,000
8. Mona Stockhecke, GER	2:33:50 PB	1,500
9. Adriana Nelson, USA	2:33:54	1,000
10. Hayley Munn, GBR	2:37:44 PB	500
Meselech Melkamu, ETH	DNF (1:41:13 at 30 km)	

i) Earned time bonus

Le Marathon Vert Rennes Konica Minolta (4th)

Rennes, FRA, 26 October

(Distance: 42.195 km)

MEN (gun times)

1. Felix Kiprotich, KEN	2:08:05 PB/CR
2. Birhanu Addissie, ETH	2:10:20
3. Benjamin Bitok, KEN	2:10:41 PB

WOMEN (gun times)

1. Olha Kotovska, UKR	2:28:47 PB/CR
2. Valary Jemeli Aiyabei, KEN	2:30:19 PB
3. Sarah Chebet, KEN	2:31:09

Bupa Great South Run 10 Miles

Southsea to Portsmouth, GBR, 26 October

(Distance: 10 miles; point-to-point course)

MEN (gun times)

1. James Gitahi Rungaru, KEN	46:31 PB
2. Abraham Kiplimo, UGA	46:38 PB
3. Joel Kimutai, KEN	47:21
4. Michael Shelley, AUS	47:39
5. Josphat Bett, KEN	48:07

WOMEN (gun times)

1. Belaynesh Oljira, ETH	52:40 PB
2. Gemma Steel, GBR	52:42 PB
3. Doris Changeiywo, KEN	54:18
4. Pölline Wanjiku, KEN	54:59
5. Linet Masai, KEN	55:07

CROSS-COUNTRY

Mayor's Cup Cross-country presented by the B.A.A. and adidas (24th)

Boston, USA, 26 October

MEN CHAMPIONSHIP (8 km)

Team Results: 1. B.A.A., 30 (\$500); 2. THE MANHATTAN PROJECT, 58 (\$300); 3. NB BOSTON, 69 (\$100)

1. Mitch Goose, 25, THE MANHATTAN PROJECT (GBR)	23:46 \$600
2. Bobby Mack, 29, REEBOK	23:50 300 + 300a
3. Ethan Shaw, 24, BAA	24:00 200 + 200a

a) Earned American prize money

WOMEN CHAMPIONSHIP (5 km)

Team Results: 1. B.A.A., 15 (\$500); 2. NB BOSTON, 47 (\$300); 3. GREATER BOSTON TC, 92 (\$100)

1. Rachel Hannah, 28, U OF TORONTO TC/NEW BALANCE (CAN) 16:37 \$600
2. Juliet Bottorff, 23, BAA 16:47 300 + 300a
3. Jen Rhines, 40, BAA 16:48 200 + 200a
4. Abbey D'Agostino, 22, NEW BALANCE 16:48 150 + 100a

a) Earned American prize money

NEWS

DE LA MOTTE'S RUNAWAY COMRADE LAUNCHED

Former Comrades star Bob de la Motte's book *Runaway Comrade* was launched in Cape Town yesterday. De la Motte, who lives in Perth, Australia, these days and still regularly competes in running and cycling events, is best remembered for his titanic duels in the 1980s with nine-times Comrades winner Bruce Fordyce. Especially memorable was the 1986 race where, following the legendary handshake 14 km from the finish, De la Motte finished second despite breaking the previous record with his 5:26:12. Fordyce was 125 seconds ahead, crossing the line in 5:24:07.

De la Motte has written *Runaway Comrade* against the backdrop of South Africa in the politically charged 1980s in honour of the Comrades Marathon and some of his less fortunate fellow South African runners. "Many of these trail-blazing black distance runners from the apartheid era have simply disappeared; their triumphs ignored and possibly forgotten by those who should be honouring them," says De la Motte and it is for this reason that he intends to apply any net proceeds of the book for the benefit of these champion ultramarathon runners from the 1974-90 era.

In this compassionate, candid, humorous and captivating personal memoir, De la Motte explains the crucial social role the Comrades played in South Africa at the time; elaborates on the hyped-up rivalry between him and Fordyce; explores hypocrisy and speculation of cheating and explains why he chose to join the "Chicken Run" to Australia in 1987.

He introduces readers to some of the wonderful characters he was privileged to know, work with and run alongside. He relives his own personal triumphs, disappointments and challenges that have been intricately linked with the simplicity of running, his South African heritage and his hectic life on four continents. De la Motte also gazes into his crystal ball and speculates on the future of the Comrades Marathon and airs his contemporary views on a politically democratic SA.

De la Motte's career as a chartered accountant and investment banker has taken him to London, the USA and ultimately to Australia where he has lived since 1987. After retiring from his commercial career in 2009, De la Motte has continued to pursue his sporting interests all over the world, including Ironman, cycling, mountain biking and marathoning, all at a recreational tempo.

Apart from finishing second in the Comrades in 1984, 1986 and 1987, he won the JSE (now City to City) ultramarathon in 1985 and the Korkie ultramarathon in 1986. In Australia he won the Perth Marathon, the national cross-country title (M35), and set Australian records for 30 miles and 40 miles in the Mundaring to York ultramarathon. In mountain biking he has completed the 8-day Cape Epic and Australia's 9-day Crocodile Trophy. He has won many age group titles, including the 100 km MTB marathon event in Western Australia and the 249 km Gran Fondo Fausto Coppi cycling race in Cuneo, Italy. In Ironman, De la Motte qualified for Kona with his debut 10:30 as a 50-year-old. Earlier this year he ran the Boston Marathon as a 60-year-old in 3:06:52, finishing 9th in his age category.

IRVETTE VAN ZYL IN LAST YOKOHAMA MARATHON

This year's Yokohama International Women's Marathon on 16 November will be the last. The race started in 1979 in Tokyo as the Tokyo International Ladies Marathon and when the Tokyo Marathon (now one of the World Marathon Majors) was inaugurated, the race moved to Yokohama (instead of merging with the Tokyo Marathon).

It is believed that the organisers of the marathon are searching for a new venue to continue the International Women's Marathon in a different city.

South Africa's René Kalmer ran a personal best of 2:29:59 in the 2011 edition of the race. Irvette van Zyl will be in action this year; among her rivals will be Olympic champion Tiki Gelana (ETH).

STATS TIME

This week we take a look at the twenty fastest marathons ever run by South Africans in Pretoria (including Centurion). Eric Mhlongo has three times on the list.

FASTEST MARATHONS EVER IN PRETORIA

2:14:47	Ben Choeu	1	Pretoria	05 Sep 81
2:15:57	Josiah Thugwane	1	Pretoria	13 Nov 93
2:16:05	Nixon Nkodima	2	Pretoria	13 Nov 93
2:16:31	Nkodima-2	1	Pretoria	10 Oct 98
2:16:50	Brian Chamberlain	1	Pretoria	05 Jul 80
2:17:05	Eric Mhlongo	1	Pretoria	14 Nov 92
2:17:15	Petrus Kekana	1	Pretoria	14 Nov 87
2:17:18	Derick Marcisz	1	Pretoria	12 Sep 82
2:17:49	Mhlongo-2	1	Pretoria	09 Nov 96
2:18:05	Tshidiso Bosiu	1	Pretoria	19 Oct 13
2:18:21	Kekana-2	1	Pretoria	12 Nov 88
2:18:25	Markus Kooper	2	Pretoria	12 Nov 88
2:18:30	David Phalatse	2	Pretoria	14 Nov 87
2:18:34	Israel Morake	1	Pretoria	10 Nov 90
2:18:46	Mhlongo-3	3	Pretoria	13 Nov 93
2:19:01	Hoseah Tjale	2	Pretoria	12 Sep 82
2:19:05	Meshack Motla	2	Pretoria	14 Nov 92
2:19:08	Frans Ntoale	3	Pretoria	05 Sep 81
2:19:13	Mandla Mkatshwa	4	Pretoria	13 Nov 93
2:19:14	Errol Green	3	Pretoria	12 Sep 82

THIS MONTH IN HISTORY

We continue our look back at the history of the mile. – Ed.

49 years ago: 30 October 1965

Fast miles in October are rare. One of the best in South Africa took place on this day in Port Elizabeth when two men who were better known for their exploits over the longer distances were pitted against the country's first – and at that time, only – dream miler. And although he had run 3:59.7 the previous November, De Villiers Lamprecht did not win this race. He was beaten by Willie Olivier, South Africa's second fastest runner ever over 3000 m steeplechase, 3 miles, 5000 m and 6 miles. Olivier clocked 4:09.3, with Lamprecht second in 4:09.9. Third was the national cross-country champion, Geoff Bacon, in 4:10.1, a personal best. Lamprecht, who a month earlier had run the year's fastest marathon (2:26:31), would have to wait until the second anniversary of his groundbreaking mile, in

November 1966, before he ran another sub-4 minute mile. Lamprecht (1966), Olivier (1968) and Bacon (1980) would all run SA marathon records later in their careers.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2014

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	28:22	Gladwin Mzazi	Cape Town	12 Oct
	27:25	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		01 Mar
	44:29	Lusapho April	Port Elizabeth	
	43:04	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		29 Mar
	60:47	Stephen Mokoka	Copenhagen	
	58:48	Abraham Cheroben (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		10 May
	81:09	Sikhumbuso Seme	Pretoria	
	80:18A	George Ntshiliza	Somerset East	
	71:47	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		05 Jan
	1:40:20	Anthony Godongwana	Camps Bay	
	1:28:52	Yuma Hattori (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:02:57	Dennis Kimetto (KEN)		
	2:03:23	Wilson Kipsang (KEN) 2013		
	2:02:57p	Dennis Kimetto (KEN) 2014		
100 km	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	30:31	Gert Thys	Goodwood	01 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	46:51	Johannes Kekana	Pretoria	16 Aug
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:40	Gert Thys	Wellington	01 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	82:29	Shadrack Hoff	Pretoria	10 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:48:05	Graham Katzen	Parow	30 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:21:16	Charles Tjiane	Cape Town	21 Sep
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:22	Eric Coetzee	Brackenfell	04 Oct
	[35:00	Vladimir Kotov (BLR)	Cape Town	08 Mar]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:20	Eric Coetzee	Brackenfell	19 Jul
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	76:24	Eric Coetzee	Cape Town	12 Oct
	66:42	Martin Rees (GBR) 2003		
25 km	1:45:51	Victor Phetoe	Pretoria	10 May
	95:40A	Shaun Meiklejohn	Pinetown	26 Jan
30 km	1:59:56	Sollie van Rooyen	Parow	30 Mar
Marathon	2:46:35	Daniel Mothibe	Pretoria	23 Feb
	2:42:57A	Thomas Lizo	East London	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		

100 km

Grandmasters (60+)

10 km	38:35	Muhammad Kriel	Bellville	31 May
	38:35	Clive Owen	Cape Town	21 Sep
15 km	58:27	Muhammad Kriel	Eersterivier	21 Jun
21.1 km	84:16	Awie Veldsman	Atlantis	23 Aug
25 km	2:01:18	Petrus Ratshikakala	Pretoria	10 May
	2:00:34A	Mbekiseni Mchunu	Pinetown	26 Jan
30 km	2:09:56	Muhammad Kriel	Parow	30 Mar
Marathon	3:11:05	Stephen Seema	Cape Town	21 Sep

100 km

Juniors

10 km	29:54	Thabang Mosiako	Bloemfontein	22 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:38	Granwin Katzen	Ravensmead	26 Apr
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:46	Tshwanelo Mojokeng	Sasolburg	01 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	32:20	Irvette van Zyl	Stellenbosch	09 Aug
	31:04	Mamitu Daska (ETH)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:54	Kim Laxton	Germiston	06 Apr
	47:00	Shalane Flanagan (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	71:53	René Kalmer	Copenhagen	29 Mar
	66:19	Joyce Chepkirui (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:44:00	Marli van Staden	Pretoria	10 May
	97:30A	Cary-Ann Smith	Pinetown	26 Jan
	84:37	Janet Rono Chelegat (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:01:11	Zintle Xiniwe	Parow	30 Mar
	1:44:19	Yuka Takashima (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:29:27	René Kalmer	Berlin	28 Sep
	2:18:57A	Rita Jeptoo (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		

100 km

6:33:11 Tomoe Abe (JPN) 2000

Veterans (40+)

10 km	37:24	Paulina Phaho	Pretoria	31 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:37	Sandra van Graan	Eersterivier	21 Jun
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	83:10	Suzette Botha	Mount Edgecombe	25 May
	69:56	Irina Permitina (RUS) 2009		
25 km	1:47:39	Michelle Mee	Pretoria	10 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:09:47	Ursula Turck	Parow	30 Mar
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:59:42	Zola Pieterse	Charleston	18 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	40:10	Elmarie Coetzee	Bellville	31 May
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	60:59	Elmarie Coetzee	Eersterivier	21 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:34	Judy Bird	Johannesburg	09 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:01:43	Ansa Strydom	Pretoria	10 May
	1:55:22A	Janette Schierz-Crusius	Somerseset East	22 Mar
30 km	2:13:07	Elmarie Coetzee	Parow	30 Mar
Marathon	3:09:05	Marie Bruwer	Vereeniging	02 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	41:31	Margie Saunders	Port Elizabeth	26 Apr
15 km	64:09	Margie Saunders	Port Elizabeth	18 Oct
21.1 km	1:30:53	Margie Saunders	Port Elizabeth	29 Mar
25 km	2:10:01	Lyn de Bruin	Pretoria	10 May
30 km	2:39:03	Nancy Will	Simon's Town	17 Aug
Marathon	3:21:21	Nancy Will	Cape Town	21 Sep
100 km				

Juniors

10 km	35:07	Pamela Moyikwa	Bellville	31 May
	31:42	Zola Budd (GBR) 1984		
15 km	54:48	Annie Bothma	Ravensmead	26 Apr
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	80:04	Annie Bothma	Cape Town	12 Oct
	1:09:05	Delilah Asiago (KEN) 1991		

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