

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

The outstanding performance of the weekend – and one of the most exciting road performances of recent years – came in the Sportisimo Prague Half Marathon, where Joyciline Jepkosgei broke four world records on Saturday. The Kenyan, who ran in only the fifth half marathon of her career and was paced by male runners, finished in 64:52 to surpass Peres Jepchirchir's 65:06, set just three weeks ago in Ras Al Khaimah.

Along the way on the IAAF/AIMS certified course, Jepkosgei (23), who in Ras Al Khaimah clocked the fastest ever third place time (66:08), set new world records for 10 km (30:04; previous record 30:21 by Paula Radcliffe), 15 km (45:37; previously 46:14 by Florence Kiplagat) and 20 km (61:25; previously 61:40 by Jepchirchir). Her 5 km split was 14:53. If the drug testing results come out clean and the half-marathon record is accepted, she will receive €71 000 in prize money – €60 000 for the record, €6000 for the win, and €5000 for the course record.



Joyciline Jepkosgei breaks the tape in the Sportisimo Prague Half Marathon to bag the fourth of her world records in the race. [IAAF]

"I thank my manager (Davor Savija) for not giving me much pressure," Jepkosgei said according to *Race Results Weekly*. "He told me to relax. Before yesterday, he told me no pressure about the race. Run your own race, and I ran like that. I am very grateful."

Defending champion Violah Jepchumba was second in 65:22 and the virtually unknown Fancy Chemutai third in 66:58. The top five runners were Kenyans.

Brilliant running in the first race of the Spar Grand Prix Series in Cape Town resulted in a win and personal best for 39-year-old Louisa Leballo in 32:55. She beat Kesa Molotsane, who also ran a PB, by one second. They both represented South Africa in the World Cross-country Championships last weekend. Irvette van Zyl, who won in 33:24 last year, was third in 33:04. Two more PBs in the top ten came from Cornelia Joubert (33:46) and Jenna Challenor (34:25). The first master, Judy Bird (38:43), ran faster than all the veterans and set a new WP open record.

In the 70+ category Veronica van Niekerk clocked a new SA record of 49:38, surpassing her own mark by 10 seconds. Apart from this time and Leballo's, two more list leaders were set – by Bird and Simonay Weitsz (36:16), who was the top SA junior in the World Cross-country Championships.

The 71st Jackie Gibson Marathon, South Africa's oldest club marathon (i.e., excluding the national championships), was won by Johannes Lesolo in 2:31:38 (defending champion Steven Dikobo was third) and Cobie Smith in 3:17:40.

Four list leaders were set in the Sportsmans Warehouse 15 km in Port Elizabeth and three in the Leapfrog Gordon's Bay Half Marathon.

This is the biggest issue of DRR in quite a while.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series, Cape Town
- * Checkout Challenge Half Marathon & 10 km, Durban
- * Jackie Gibson Marathon, Allan Ferguson Half Marathon & 10 km, Johannesburg
- * Oorie Berg Half Marathon & 10 km, Kareedouw
- * Leapfrog Gordon's Bay Half Marathon & Labourwise 10 km, Gordon's Bay
- * Arthur Creswell Memorial Marathon & Half Marathon, Bergville to Ladysmith
- * Mall of the North Marathon, Half Marathon & 10 km, Polokwane
- * Two Lagoons 32 km & 10 km, Wilderness
- * Gert Sibande Marathon, Ermelo
- * Knysna Heads Marathon, Half Marathon & 10 km, Knysna
- * Laguna Mall 10 km, Langebaan
- * Sportsmans Warehouse 15 km, Port Elizabeth
- * Tortoise Tuff 30 km & 10 km, Sedgefield

International highlights:

- * Berliner Halbmarathon, Berlin, GER
 - * Medio Maratón Villa de Madrid, Madrid, ESP
 - * Acea Rome Marathon, Roma, ITA
 - * Carlsbad 5000, Carlsbad, USA
 - * Sportisimo Prague Half Marathon, Praha, CZE
 - * Outdoor track: Stanford Invitational, Palo Alto, USA; Pepsi Florida Relays, Gainesville, USA; VertKlasse Meeting at High Point, High Point, USA
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CORRECTION

The inclusion of the seventh runner in the results of the Old Mutual Om die Dam 50 km (in DRR 17:11) was an error on the part of the organisers and timing company. According to reports received by DRR, this runner owns three timing chips and one of these was used by his wife, who ran the half marathon. Her time of approx. 2:38 then became 3:03:23 in the ultramarathon. This should have been picked up by the referees, but it also highlights the need for race organisers to make a full set of results available on a wall or other display so that athletes can check the results and submit protests in the stipulated time.

The correct top ten men therefore are:

1. Collin Parura (ZIM/Ned) 2:53:54
2. Modibe Ludwick Mambolo (Ned) 2:56:51
3. Rofhiwa Mathidi (RRR) 2:57:55
4. Jeffrey Gwebu (KPMG) 2:59:17

5. Lebohang Mahloane (LES/Ned) 3:00:06
6. Marko Mambo (ZIM/Ned) 3:01:26 (1st vet)
7. Motsamai Rantho (RRR) 3:04:55
8. Renier Grobler (KMPG) 3:06:35
9. Felix Mushurwa (ZIM/Ned) 3:06:36
10. Sepitle Raymond Phaladi (KPMG) 3:06:47

NEWS

LUKHWARENI BANNED ... AGAIN!

By Riël Hauman

South African distance runner Azwindini Gladys Lukhwareni has been banned for four years by the IAAF after testing positive for steroids on 30 April 2016. She was also suspended for two years following a positive drugs test in September 2005.

Lukhwareni (36), has twice finished in the top four in the Old Mutual Two Oceans Marathon, in 2004 (when she was third and first South African in 3:38:56, still the second fastest time ever by a South African) and in 2005 (fourth in 3:43:28). She failed to finish the ultramarathon in 2011, 2014 and 2015.

She returned a positive test result for exogenous steroids at the Mayoral Marathon in Polokwane on 30 April 2016, according to the IAAF website. She finished second in that race in 3:17:07. She has been banned until 25 September 2020.

Since the Polokwane race she has run at least three other races, the Long Run Walk to Freedom 10 km in July, the Exxaro Mogol Marathon in August and the Two Countries Marathon in September. All these results have been annulled.

In 2005 she tested positive for 19-Norandrosterone after winning the Cape Town leg of the Spar Series in a brilliant 32:21, 45 seconds better than her previous best. She beat René Kalmer by almost two minutes in that race.

After returning from her suspension, she finished second in the SA Marathon in 2010, fifth in 2011 and third in 2012. She won the City to City 50 km in 2003.

Her best marathon time is 2:40:18, run in the 2004 Beirut Marathon.

ROAD RUNNING

Spar Grand Prix Series

(Women only; 1st event of 6-race series)

Cape Town, 2 April

(Distance: 10 km; certified loop course. Weather: cool, perfect running conditions.

Finishers: 4406 [considerably down from 8166 last year].)

WOMEN -

1. Louisa Leballo (Ned AGN) 32:55 PB (R10 000)
2. Kesa Molotsane (KPMG CGA) 32:56 PB (R7500)
3. Irvette van Zyl (Ned AGN) 33:04 (R5000)
4. Lebogang Phalula (Boxer CGA) 33:36 (R3000)
5. Cornelia Joubert (Boxer CGA) 33:46 PB (R2500)
6. Mapaseka Makhanya (Olifants) 33:57 (R2250)
7. Nolene Conrad (KPMG) 34:02 (R2000)
8. Rhudo Monderwa (ZIM/Ned AGN) 34:17 (R1500)
9. Rutendo Nyahora (ZIM/Ned AGN) 34:21 (R1250)
10. Jenna Challenor (KPMG KZN) 34:25 PB (R1000)
11. Christine Kalmer (KPMG CGA) 34:42
12. Glenrose Xaba (Boxer AGN) 34:49 PB
13. Loveness Madziva (ZIM/Ned CGA) 35:15
14. Patience Murowe (ZIM/Ned CGA) 35:26

15. Keneilwe Sasing (KPMG CGA) 35:41
16. Janie Grundling (Boxer KZN) 36:09
17. Simonay Weitsz (Boxer CGA) 36:16
18. Anet Coetzee (KPMG CGA) 36:22
19. Onneile Dintwe (BOT/Ned AGN) 36:37
20. Bulelwa Simae (Ned) 36:48
21. Anel Terblanche (KPMG) 36:57
22. Nicole van der Merwe (KMPG CGA) 37:04
23. Thembi Baloyi (TUT) 37:21
24. Danette Smith (KPMG) 37:28
25. Vuyiseka Nkumenge (Ned) 37:42

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

Veterans: 1. Janene Carey (Boxer KZN) 39:08; 2. Ronel Thomas (Boxer AGN) 39:27; 3. Obertina Kanyongo (ZIM/Ned) 40:52. **Masters:** 1. Judy Bird (KPMG CGA) 38:43; 2. Mariëtte Strauss (Tyger) 42:24; 3. Olga Howard (Ned) 43:39. **G'masters:** 1. Nancy Will (Pine) 43:36; 2. Charmaine Cupido (Ned) 47:34; 2. Helen du Plessis (Brack) 50:26. **G/g'masters:** 1. Veronica van Niekerk (EGA) 49:38; 2. Wendy Wilkins (AAC) 56:19; 3. Pixie Sparg (Celtic) 57:21. **Juniors:** 1. Simonay Weitsz (Boxer CGA) 36:16 (R2000); 2. Nicole van der Merwe (KPMG CGA) 37:04 (R1000); 3. Gianna Marais (Maties) 41:57 (R750).

Checkout Challenge Half Marathon & 10 km

Durban, 2 April

(Distances: 21.1 km & 10 km. Finishers: half marathon – 537; 10 km – 579.)

Note: These races used to be held in November. – Ed.

Half marathon

MEN

1 Mholi Jali (Bluff) 1:10:36; 2 Muziwenkosi Elvis Mjaja (Nedbank) 1:11:45; 3 Aphelele Phungula (Bluff) 1:11:51.

40-49: 1 Bernard Phalatsane (ZIM/Phantane) 1:16:34; 2 Paul Eichert (DHSOB) 1:21:42; 3 Andries Solomzi Nothununu (KPMG) 1:25:35. **50-59:** 1 Willie Majombozi (Boxer) 1:23:55; 2 Garrett Robson (Sydenham) 1:25:56; 3 Robert Ngema (Ubuntu Striders) 1:30:03. **60+:** 1 Bheki Mlotshwa (Chatsworth) 1:54:34; 2 Jackie Jackpersadh (Orion) 1:56:48; 3 Jan Shaw (Carbineers) 2:05:16. **Juniors:** 1 Jabulani Aubrey Majombozi (Boxer) 1:38:14.

WOMEN

1 Michelle Sims (PDAC) 1:41:27 (1st mast); 2 Juanette de Oliveira (Amanzimtoti) 1:44:26; 3 Andisiwe Ntlatywa (Ind) 1:44:27.

40-49: 1 Sakhida Abdool (Tongaath Panthers) 1:45:11; 2 Veronica McGregory (Discovery) 1:49:35; 3 Chantal Nosworthy (Durban Runner) 1:55:24. **50-59:** 1 Michelle Sims (PDAC) 1:41:27; 2 Roshini Natasen (Highway) 1:46:38; 3 Sharon Williams (Sydenham) 1:50:12. **60+:** 1 Pamela Rasmussen (YWP) 2:00:48; 2 Jenny Scott (DCS) 2:02:43; 3 Sheree Kirsten (Westville) 2:09:26.

10 km

MEN

1 Anele Dlamini (Phantane) 31:41; 2 Sekhonyama Mahlomola Ishmael (HV) 32:04; 3 Richard Nene (21st Century) 34:20.

WOMEN

1 Tegan Gore (DHSOB) 39:38; 2 Shelley Young (Chiltern) 39:45; 3 Happiness Mkhize (Ind) 40:17.

Jackie Gibson Marathon (71st), Allan Ferguson Half Marathon (5th) & 10 km

Johannesburg, 2 April

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 1000 [up from 900 last year]; half marathon – 1300 [the same as last year]; 10 km – 550).

Marathon

MEN

1 Johannes Lesolo (Colossus) 2:31:38; 2 Lucky Miya (Gallopers) 2:32:28; 3 Steven Dikobo (Ford) 2:33:24; 4 Phillip Pakwago (Nedbank) 2:38:31 (1st vet); 5 Bongani Possa (Nedbank) 2:41:43; 6 Danisa Moyo (Maxed Elite) 2:42:33; 7 Zwelakhe Mkorwana (SCAW) 2:44:31; 8 Khubulani Zondo 2:49:09; 9 Buhle Mhlanga (Carlton) 2:49:38; 10 Fanzo Ndlovu (Sibanye Gold) 2:51:11.

Veterans: 1 Phillip Pakwago (Nedbank) 2:38:31; 2 Khubulani Zondo (Nedbank) 2:49:09; 3 Patrick Mukwevho (Ricoh) 2:51:46. **Masters:** 1 George Mooi (Gallopers) 2:57:19; 2 Solomon Khumalo (Carlton) 2:57:25; 3 Ronald Shibiri (Anglo) 3:05:08. **G'masters:** 1 Tosias Makoro (Boksburg) 3:24:31.

WOMEN

1 Cobie Smith (Vitality) 3:17:40; 2 Kashmira Parbhoo (Lenasia) 3:26:19; 3 Carol Smith (Vitality) 3:39:19; 4 Duduzile Zulu (SAPS) 3:42:46; 5 Leani Venter (Polokwane) 3:45:12; 6 Hester Roux (Honey Lotus) 3:54:50; 7 Winnie Mbukwana (Striders) 3:56:40; 8 Natasha Malan (Secunda) 3:57:06; 9 Nocawe Morake (Wonderpark) 3:57:43; 10 Sonja Winter (Lewensentrum) 3:58:40.

Masters: 1 Sonja Knopfmacher (Vitality) 4:09:49; 2 Liz Ingram (Vitality) 4:21:18; 3 Elsabe Aucamp (Arcelor Mittal) 4:25:31. **G'masters:** 1 Feroza v.d. Merwe (Mercury) 4:46:29.

Half marathon

MEN

1 Jonas Makhele (Nedbank) 71:59; 2 Vincent Seng (BCC) 73:57; 3 Karabo Nkachela (Cool Running) 74:15.

Veterans: 1 Justin Chitake (ZIM/Maxed Elite) 77:30; 2 Mbengeni Masala (Jeppe) 80:21; 3 Raphael Tladi (Ricoh) 81:45. **Masters:** 1 Reginald Ngobese (32Gi) 77:35; 2 Tony Silva (BCC) 84:08; 3 Zebulon Mokonoto (Nedbank) 89:33. **G'masters:** 1 André Jansen (GS) 95:05.

WOMEN

1 Mamorallo Tjoka (LES/Nedbank) 83:41; 2 Kim Norton (RAC) 83:59; 3 Joenette McKenzie (Nedbank) 91:12.

Veterans: 1 Lee Rivett (Wanderers) 1:41:34; 2 Lindiwe Khumalo (RAC) 1:41:38; 3 Paulina Mokoena (Nedbank) 1:48:59. **Masters:** 1 Erica Hamilton (Vaal) 1:51:25; 2 Kholiwa Khoza (Ulinda) 1:55:19; 3 Sharon Zeelie (Vaal) 2:05:18. **G'masters:** 1 Anne Bellomusto (Morningside) 2:04:41.

10 km

MEN

1 Derocious Makhobalo (Nedbank) 31:47; 2 Kemong Khunonyane (Rockies) 32:08; 3 Ntisindiso Mphakathi (Nedbank) 32:33.

Veterans: 1 Thabo Mashigo (Vultures) 34:33; 2 Justice Dlamini (Ricoh) 35:07; 3 Kaizer Makua (AMPA) 35:34. **Masters:** 1 Tidimalo Modiga (Temp) 35:56; 2 Elgon Mogale (Harmony Striders) 36:44. **G'masters:** 1 Alan Smith (Mercury) 42:36. **Juniors:** 1 Phiweinkosi Mokoena (Gallopers) 35:30; 2 Katleko Motloung (KPMG) 35:48; 3 Kabelo Hlahane (Global) 36:49.

WOMEN

1 Rachel Leistra (UJ) 37:55; 2 Robyn Kaltenbrunn (KPMG) 40:40; 3 Takalani Ndadani (KPMG) 44:10.

Veterans: 1 Morakane Tsepetsi (Vultures) 46:37; 2 Adeline Mthimkule (Gallopers) 47:01; 3 Assalina Nyathi (Post Office) 50:51. **Masters:** 1 Sarah Mahlangu (Sunninghill) 48:07; 2 Judy Pace (RAC) 51:33. **G'masters:** 1 Sonja Laxton (RAC) 51:33. **Juniors:** 1 Ciara van Tonder (BCC) 54:54.

Oorie Berg Half Marathon & 10 km

Kareedouw, 1 April

(Distances: 21.1 km & 10 km; out-and-back courses with a tough 2 km climb to the top of the mountain, which the half-marathon runners had to do twice. Finishers: half marathon – 175 [up from 143 last year]; 10 km – 50 [double the 25 of last year].)

Half marathon

MEN

1	André	Ketchem	Xcel AC	33	1:14:21
2	George	Ntshiliza	Nedbank RC	37	1:14:57
3	Rodney	Prins	Nedbank RC	28	1:15:12
4	Anele	Maliza	Nedbank RC	39	1:15:34
5	Melikhaya	Kepe (1 st vet)	Nedbank RC	40	1:24:53
6	Clinton	Barrath	Malabar	34	1:25:58
7	Christopher	Mabengeza (1 st mast)	Nedbank RC	50	1:27:31
8	Khayelihle	Ncube	Nedbank RC	30	1:30:41
9	Mauritz	Pretorius	Despatch AC	27	1:32:09
10	Luvuyo	Stephen	Nedbank RC	46	1:34:10

Veterans:

1	Melikhaya	Kepe	Nedbank RC	40	1:24:53
2	Luvuyo	Stephen	Nedbank RC	46	1:34:10
3	Chris	Darke	Charlo AC	48	1:34:50

Masters:

1	Christopher	Mabengeza	Nedbank RC	50	1:27:31
2	Deon	Pretorius	Nedbank RC	51	1:36:41
3	Graham	Terblanche	Madibaz AC	52	1:46:20

G'masters:

1	At	Schoeman	Nedbank RC	60	1:56:03
2	Chris	Fenwick	Kouga Multi SC	64	2:06:06
3	Mbulelo	Sobikwa	Walmer AC	62	2:09:53

G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	74	1:52:08
2	Cilliers	Swart	Nedbank RC	70	1:52:44
3	Johannes	Herbst	Muirite Strider	71	2:03:59

Juniors:

1	Elroy	Claassen	Charlo AC	17	1:59:43
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WOMEN

1	Siphokazi	Nojoko	Motherwell AC	22	1:42:32
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2	Grizelda	Pietersen (1 st vet)	Nedbank RC	48	1:44:26
3	Terray	Newcombe	Elite AC	26	1:45:29
4	Nomakhosi	Ntliziyo (1 st jun)	Madibaz AC	18	1:53:23
5	Priscilla	Dyantyi	Nedbank RC	43	1:53:39
6	Olwethu	Bomvana	Motherwell AC	30	1:55:06
7	Ludine	Williams	St Albans AC	29	1:56:37
8	Toegeda	Vyver	Nedbank RC	45	1:58:06
9	Wendy	Van der Merwe	Nedbank RC	42	1:59:52
10	Louise	Mazuelas	Charlo AC	38	1:59:54

Veterans:

1	Grizelda	Pietersen	Nedbank RC	48	1:44:26
2	Priscilla	Dyantyi	Nedbank RC	43	1:53:39
3	Toegeda	Vyver	Nedbank RC	45	1:58:06

Masters:

1	Georgie	Darke	Charlo AC	50	2:08:19
2	Marianne	Stiglingh	Kowie Striders	51	2:14:01
3	Sharon	Smuts	St Albans AC	50	2:23:09

G'masters:

1	Christine	Snyman	Despatch AC	60	2:13:07
2	Renee	Hawkridge	Bluewater Bay	66	2:13:55
3	Janine	Zaayman	Kouga Multi SC	60	2:32:44

G/g'masters:

1	Christine	Fourie	Elite AC	70	2:35:28
2	Liz	Jenkerson	Muirite Strider	70	2:34:00

Juniors:

1	Nomakhosi	Ntliziyo	Madibaz AC	18	1:53:23
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10 km**MEN**

1	Brendon	Effenaar	Nedbank RC	21	33:16
2	Siyabonga	Kahla	Motherwell AC	21	34:25
3	Terrance	Mjekula (1 st vet)	Tinarha AC	44	34:43
4	Kevin	Gasebo	Transnet Eng EP	36	34:53
5	Valentino	Verwey (1 st jun)	Schools EP	14	38:49
6	Jason	Swemmer	Plett AC	24	39:48
7	Bongisizwe	Vena	Nedbank RC	28	39:48
8	Tiaan	Gerber	Temp	17	45:44
9	Sizinzo	Kama (1 st g'mast)	Achilles AAA	65	45:46
10	Sticks	Stiglingh	Kowie Striders	62	45:47

Veterans:

1	Terrance	Mjekula	Tinarha AC	44	34:43
2	Johan	Hamman	Temp	40	48:07
3	Arno	Gerber	Nedbank RC	46	58:17

Masters:

1	Casper	Gelderblom	Temp	58	1:05:34
2	Krish	Pillay	Charlo AC	55	1:07:02
3	Andre	Pienaar	Bluewater Bay	54	1:11:24

G'masters:

1	Sizinzo	Kama	Achilles AAA	65	45:46
2	Sticks	Stiglingh	Kowie Striders	62	45:47
3	Donald	Mancasa	Walmer AC	63	54:40

Juniors:

1	Valentino	Verwey	Schools EP	14	38:49
2	Tiaan	Gerber	Temp	17	45:44
3	HJ	Du Bruyn	Temp	17	48:24

WOMEN

1	Elsabe	Ndlumbini	Motherwell AC	33	54:00
2	Pamela	Hamman (1 st vet)	Temp	42	58:02
3	Johanna	Prins	Temp	39	58:55
4	Nicki	Van Niekerk (1 st g'mast)	Muirite Strider	63	59:54
5	Estelle	De Klerk (1 st mast)	Nedbank RC	50	1:00:15
6	Anna	Van Vreden	Kouga Multi SC	44	1:01:01
7	Helene	Oppel	Elite AC	67	1:01:37
8	Wilna	Basson	Despatch AC	53	1:05:42
9	Susan	Piron	Charlo AC	53	1:07:23
10	Mariza	Arends	Temp	33	1:09:05

Veterans:

1	Pamela	Hamman	Temp	42	58:02
2	Anna	Van Vreden	Kouga Multi SC	44	1:01:01
3	Sanet	Van Niekerk	Despatch AC	48	1:12:24

Masters:

1	Estelle	De Klerk	Nedbank RC	50	1:00:15
2	Wilna	Basson	Despatch AC	53	1:05:42
3	Susan	Piron	Charlo AC	53	1:07:23

G'masters:

1	Nicki	Van Niekerk	Muirite Strider	63	59:54
2	Helene	Oppel	Elite AC	67	1:01:37
3	Nadia	Petersen	Kouga Multi SC	60	1:12:08

G/g'masters:

1	Orgia	Nell	Muirite Strider	73	1:17:08
2	Carin	Bootsma	Temp	70	1:41:02

Leapfrog Gordon's Bay Half Marathon & Labourwise 10 km

Gordon's Bay, 1 April

(Distances: 21.1 km & 10 km; certified out-and-back courses. Finishers: half marathon – 1613 [slightly down from 1633 last year]; 10 km – 606 [down from 848].)

Half marathon**MEN**

1. Nkosinathi Madyo (Itheke) 68:19
2. Akhona Mdaka (EGA) 68:39
3. Akhona Makila (VOB) 69:11

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 71:40; 2. Vakalisa Kopolo (Ned) 73:34; 3. Shawn Abrahams (Kuils) 74:46. **Masters:** 1. Steve Motau (Itheke) 79:51; 2. Zolani Ntsodo (SANDF) 83:04; 3. Julian Paul (SANDF) 85:21. **G'masters:** 1. Patrick Dlangamandla [Illegible] 1:37:03; 2. Sam Kotze (Ned) 1:41:39; 3. Albert Williams (Top) 1:42:43.

G/g'masters: 1. Roelof van Weele (Whalers) 1:51:27; 2. Joseph Matthews (MS) 1:54:51; 3. Claude Brooks (MS) 2:11:17. **Juniors:** 1. Banyise Pingo (VOB) 86:13; 2. Bradley Daniels (Brack) 1:44:40.

WOMEN

1. Candyce Hall (Carb) 84:58
2. Obertina Kanyongo (ZIM/Ned) 87:07 (1st vet)
3. Nolubabalo Dyonase (VOB) n/t

Veterans: 1. Obertina Kanyongo (ZIM/Ned) 87:07; 2. Linda Kinloch-Smith (Bell) 89:28; 3. Tracy Forbes (VOB) 90:01. **Masters:** 1. Mariëtte Strauss (Tyger) 93:19; 2. Ester Brink (Carb) 94:06; 3. Olga Howard (Ned) 97:53. **G'masters:** 1. Hillary Rhode (Edge) 1:46:58;

2. Christine Hibberd (FH) 1:51:01; 3. Helen du Plessis (Brack) 1:57:56. **G/g'masters:** 1. Marlene James (Pine) 2:15:27; 2. Avrild Delapelin Dumont (WC) 2:32:07; 3. Ruth Francis (IT) 2:40:58. **Juniors:** 1. Kirsten Roodman (VOB) 1:42:44; 2. Siziphiwe Mbatsa (VOB) 2:12:05; 3. Jenna Shaw (Ommie) 2:24:00.

10 km

MEN

1. Mthandazo Qhina (Ned) 31:29
2. Barry-John Pienaar (Sanlam) 32:21
3. Thembeke Mendu (Gugs) 32:37 (1st jun)

Veterans: 1. Xolile Macanda (Gugs) 35:24; 2. Nicholas Mpontsane (Sanlam) 36:26; 3. Sabelo Ngcwama (Gugs) 38:17. **Masters:** 1. John September (Itheke) 37:27; 2. Gerald Sullivan (Sanlam) 39:47; 3. Shafiek Cassiem (Itheke) 40:33. **G'masters:** 1. Tom van Wyk (Brack) 47:56; 2. Harold Adams (SANDF) 51:20; 3. Ismael Ajeraan (Top) 58:23. **G/g'masters:** 1. Eddie Hendricks (Elsies) 53:56; 2. Carl Hendricks (Elsies) 61:56; 3. Yusuf Gamielien (Itheke) 67:26. **Juniors:** 1. Thembeke Mendu (Gugs) 32:37; 2. Lethu Cetywayo (VOB) 34:33; 3. Sibulele Nglo (VOB) 36:23.

WOMEN

1. Mareli van Schalkwyk (Maties) 39:43
2. Anna Bungu (Gugs) 40:56
3. Tanya Posthumus-Fox (CC) 41:11

Veterans: 1. Sandra Kohnert (Edge) 42:22; 2. Samantha Moodley (Pine) 53:05; 3. Senobia Galant (Macas) 75:18. **Masters:** 1. Levona Paul (SANDF) 52:25; 2. Carine Kruger (Held) 52:31; 3. Sonia Harlock (FH) 57:41. **G'masters:** 1. Judith Grove (Tyger) 50:48; 2. Nelie Coetzee (Sald) 58:01; 3. Hildegard Hopes (Sanlam) 66:16. **G/g'masters:** 1. Jakkie Greyling (Brack) 77:26; 2. Annatjie Berntzen (Good) 82:51. **Juniors:** 1. Karen Roodman (VOB) 60:01.

Arthur Creswell Memorial Marathon (52nd) & Half Marathon

Bergville to Ladysmith, 1 April

(Distances: 52 km & 21.1 km; the ultramarathon a point-to-point downhill course, but hilly, and the half marathon out and back. Finishers: ultramarathon – 461 [down from 617 last year]; half marathon – 264 [slightly up from 247].)

Note: Fourth win in a row here for Salome Cooper in the longer race. – Ed.

Ultramarathon

MEN

1 Madekase Lefatsa (Phuma) 3:13:26; 2 Mawande Hlongwe (Zakhele) 3:13:55; 3 Luzuko Mdeliswa (Arthur Ford) 3:16:31.

40-49: 1 Kwakhiwakwawo Ngubane (Maxed Elite) 3:32:39. **50-59:** 1 Eloi de Oliveira (Boxer) 3:59:58. **60+:** 1 John Ward (Savages) 4:58:23.

WOMEN

1 Salome Cooper (B2R CGA) 3:50:41 (1st vet); 2 Lisa Collett (Boxer) 4:05:50; 3 Thandiwe Hlongwane (Maxed Elite) 4:22:30.

40-49: 1 Salome Cooper (B2R CGA) 3:50:41. **50-59:** 1 Helen Mann (Stella) 5:09:09. **60+:** 1 Dixie Brown (Estcourt) 6:47:53.

Half marathon**MEN**

1 Thobane Chagwe (Boxer) 1:08:38; 2 Perfect Khethukuthula Dlamini (Phuma) 1:11:41; 3 Sakhile Sandweni (Ind) 1:12:12.

40-49: 1 Mthuthi Mkhonza (Bethlehem) 1:26:12. **50-59:** 1 Petros Mavuso (Biggarsberg) 1:29:47. **60+:** 1 Les Burnard (Collegians) 1:51:22.

WOMEN

1 Xoli Madida (Carbineers) 1:35:14; 2 Nontobko Mlambo (LosKop Gijima)s 1:38:44; 3 Grace De Oliveira (Boxer) 1:39:30 (1st mast).

40-49: 1 Bambie de Wet (Harrismith) 1:45:17. **50-59:** 1 Grace de Oliveira (Boxer) 1:39:30. **60+:** 1 Cathy de Beer (Vryheid) 2:14:37.

Mall of the North Marathon, Half Marathon & 10 km

Polokwane, 1 April

(Distances: 42.195 km, 21.1 km & 10 km. Finishers: marathon – 430; half marathon – 500; 10 km – 580.)

Marathon**MEN**

1 Pfarelo Mathada (Vhambe) 2:32:53; 2 Jameson Mobapa (Nedbank) 2:35:44 (1st vet); 3 Fanie Matshipa (Samancor) 2:37:11; 4 Leboko Noto (LES/Modikwa) 2:40:33; 5 Andrias Masoeu (Paradise Quality Life Style) 2:46:24; 6 Tshililo Ngwana (Faranani) 2:48:28; 7 Herbert Mokgala (Foskor) 2:49:47; 8 Sonny Mokoena (Team Seleteng) 2:49:49; 9 Magedi Manksabe (Makhuduthamaga) 2:51:34; 10 Surprise Makofane (TomTom) 2:53:24.

Veterans: 1 Jameson Mobapa (Nedbank) 2:35:44; 2 Leboko Noto (LES/Modikwa) 2:40:33.

Masters: 1 Lazarus Seroka (Pietersburg) 2:57:01; 2 Reckson Nemukula (Vhembe) 3:00:19. **G'masters:** 1 Stephen Seema (SAPS) 3:29:09.

WOMEN

1 Melanie Melville (Polokwane) 3:18:59 (1st vet); 2 Geneva Raphahla (Pietersburg) 3:36:14; 3 Simonie Borchers (Loskop) 3:38:49; 4 Louise van den Dool (Tzaneen) 3:52:35; 5 Hanlie Pretorius (Ofcolaco) 3:57:03; 6 Julie Pierce (Polokwane) 3:57:34; 7 Anna Maponya (Univ Limpopo) 4:00:44; 8 Elize Uys (Magnolia) 4:01:16; 9 Elsabe van Heerden (Loskop) 4:03:59; 10 Elrika Mkhwashu (Vultures) 4:17:03.

Veterans: 1 Melanie Melville (Polokwane) 3:18:59; 2 Simonie Borchers (Loskop) 3:38:49.

Masters: 1 Elize Uys (Magnolia) 4:01:16; 2 Elsabe van Heerden (Loskop) 4:03:59.

Half marathon**MEN**

1 Johannes Kekana (Maxed Elite) 68:32 (1st vet); 2 Tebogo Pulusa (Dwarsrivier) 68:36; 3 Lutendo Mapoto (Pietersburg) 68:56.

Veterans: 1 Johannes Kekana (Maxed Elite) 68:32; 2 Ronny Mabotja (SAPS) 77:26.

Masters: 1 Thomas Ngovheni (Vhembe) 80:46; 2 Theo Sekete (SAPS) 96:03. **G'masters:** 1 Robert Sacco (RWFL) 1:46:10. **Juniors:** 1 Jacob Ngwako (Univ Limpopo) 79:28; 2 Donald Maimela (Dwarsrivier) 83:21; 3 Thabang Letlalo (Folang Mofokeng) 88:17.

WOMEN

1 Catherine Skosana (Boxer) 88:29; 2 Joyce Netshifhefhe (Pietersburg) 96:37; 3 Wilthy Bophela (Polokwane) 1:40:04.

Veterans: 1 Mirriam Mooki (Temp) 1:40:35; 2 Lizna Kotze (Pierersburg) 1:56:06.
Masters: 1 Sarie Coetzee (Potties) 2:01:35; 2 Amelia Haupt (Polokwane) 2:14:07.
G'masters: 1 Adel Matotoka (Univ Limpopo) 2:20:17. **Juniors:** 1 Khodani Ndou (Vhembe) 1:58:44; 2 Zanele Mculo (Polokwane) 2:06:07.

10 km

MEN

1 Reghen Magwai (Born 2 Run) 31:45; 2 Lesiba Peu (BCC) 31:53; 3 Phuti Sethowa (Vultures) 32:02.

Veterans: 1 Bethuel Netshitenzhe (Pietersburg) 32:43; 2 Thomas Thema (Univ Limpopo) 38:14. **Masters:** 1 Israel Madibana (Eskom) 39:00; 2 Isaac Mothata (Temp) 39:55.
G'masters: 1 Johannes Rakwena (Moletjie) 43:40. **Juniors:** 1 Kwena Matlala (Eskom) 34:07; 2 Solomon Moja (Univ Limpopo) 35:27; 3 Boitumelo Kgasaga (Vhembe) 38:09.

WOMEN

1 Catherine Malungane (Leslie#Beppe) 40:45; 2 Thabiso Mabasa (Temp) 42:47; 3 Hilda Molokomme (Mohlakamotla) 42:53.

Veterans: 1 Ronel Neeleman (Temp) 49:35; 2 Carin Smit (Polokwane) 70:27. **Masters:** 1 Carmen Schoeman (Temp) 46:24; 2 Betty Mundalamo (Eskom) 72:58. **G'masters:** 1 Prascilla vd Merwe (RWFL) 89:02. **Juniors:** 1 Thabiso Mabasa (Temp) 42:47; 2 Ntanganedzene Manngwe (Vhembe) 52:46; 3 Faith Makato (Phalaborwa) 53:08.

Two Lagoons 32 km & 10 km

Wilderness, 1 April

(32 km – loop course; 10 km – point to point. Finishers: 32 km – 108 [up from 78 last year; 10 km – 171 [considerably up from 96].)

32 km

MEN

1	Lloyd Bosman	Nedbank	1:49:10
2	Lindile Tokota	Nedbank	1:51:00
3	John April	Nedbank	1:59:11

Veterans:

1	Lindile Tokota	Nedbank	1:51:00
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Masters:

1	Peter Jaehne	Outeniqua Harriers	2:25:13
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G'masters:

1	Koos Smit	Hartenbos Drawwers	2:43:32
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WOMEN

1	Melissa van Rensburg	Nedbank	2:13:48
2	Annatjie Botes	Nedbank	2:25:13
3	Lisl Grobler	Knysna MC	2:29:43

Veterans:

1	Lisl Grobler	Knysna MC	2:29:43
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Masters:

1	Annatjie Botes	Nedbank	2:25:13
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G'masters:

1	Mariet de Haan	Nedbank	3:19:31
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10 km**MEN**

1	Donovan Jantjies	Nedbank	34:54
2	Francois Maquassa	Nedbank	35:18
3	Godwin Heyns	Nedbank	35:49

Veterans:

1	Vuyo Witbooi	Outeniqua Harriers	39:00
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Masters:

1	Zandisile Tshem	Knysna MC	50:07
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G'masters:

1	Peter Jakoby	Knysna MC	51:48
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G/g'masters:

1	Plaatjie Cronje	Outeniqua Harriers	1:03:15
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Juniors:

1	Godwin Heyns	Nedbank	35:49
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WOMEN

1	Brittney-Ann Meyer	Nedbank	47:21
2	Macnita Samuels	Knysna MC	48:43
3	Khulukazi Lupondo	Knysna MC	51:33

Veterans:

1	Ariadne van Zandbergen	CMC Eden	54:22
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Masters:

1	Margaret von Zeil	CMC Eden	56:13
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G'masters:

1	Mariet Horn	Knysna MC	1:05:22
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G/g'masters:

1	Lisetta Visagie	Nedbank	1:25:18
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Juniors:

1	Brittney-Ann Meyer	Nedbank	47:21
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Gert Sibande Marathon

Ermelo, 1 April

(Distance: 42.195 km)

MEN

1. Moses Kurgat (KEN/Ned) 2:23:32
2. Jeffrey Gwebu (KPMG) 2:24:35
3. Collin Parura (ZIM/Ned) 2:25:04
4. Lucas Raseruthe (LES/32Gi) 2:28:36
5. Graham Malinga (Nkangala) 2:30:20 (1st vet)
6. Vincent Kipchirchir (KEN/Ned) 2:31:39
7. Jamali Chiyembekezo (ZIM/32Gi) 2:32:28
8. Thulane Magagula (KPMG) 2:32:31
9. William Mokwalakwala (MiWay) 2:34:12
10. Thulani Manana (EGM) 2:34:22

Veterans: 1. Graham Malinga (Nkangala) 2:30:20; 2. Thulane Magagula (KPMG) 2:32:31.

Masters: 1. Dan Mothibe (Ned) 3:00:49; 2. Linda Maphanga (Eskom) 3:06:51.

G'masters: 1. Francis Makuka (ZAM/Phobians) 3:18:00; 2. Michael Zikalala (Osizweli) 5:02:13.

WOMEN

1. Tshifhiwa Malobola (Ned) 3:06:49

2. Beryl Makokha (Ned) 3:16:21
3. Winile Mnisi (SWZ/Ned) 3:18:19
4. Poppy Mlambo (Boxer) 3:21:25
5. Jane Mudau (Fara) 3:24:48 (1st mast)
6. Precious Tshabalala (Themb) 3:27:57
7. Seipati Peo (RRR) 3:29:36
8. Angeline Molaba (Ned) 3:38:02
9. Priscilla Dlamini (SWZ/Durban C) 3:41:51 (1st vet)
10. Nkosasana Nkala (Scaw) 3:48:48

Veterans: 1. Priscilla Dlamini (SWZ/Durban C) 3:41:51; Nkosasana Nkala (Scaw) 3:48:48.

Masters: 1. Jane Mudau (Fara) 3:24:48; 2. Catherine Naane (Sibanye) 3:52:36.

G'masters: 1. Frieda Muir (Ned) 5:16:46; 2. Sibongile Qwabe (NMC) 6:15:30.

Knysna Heads Marathon, Half Marathon & 10 km

Knysna, 26 March

(Distances: 42.195 km, 21.1 km & 10 km. Finishers: marathon – 188; half marathon – 203; 10 km – 147.)

Marathon

MEN

- | | | | |
|---|--------------------|------------|---------|
| 1 | Lindile Tokota | Nedbank | 2:36:25 |
| 2 | Mthobeli Mathamane | Nedbank WP | 2:40:05 |
| 3 | Sinesipho Didishe | Knysna MC | 2:41:36 |

Veterans:

- | | | | |
|---|----------------|---------|---------|
| 1 | Lindile Tokota | Nedbank | 2:36:25 |
|---|----------------|---------|---------|

Masters:

- | | | | |
|---|---------------|---------------------|---------|
| 1 | Selwyn Losper | Mosselbaai Harriers | 2:53:27 |
|---|---------------|---------------------|---------|

G'masters:

- | | | | |
|---|--------------------|---------------|---------|
| 1 | Leon van der Merwe | Oudshoorn AAC | 3:55:45 |
|---|--------------------|---------------|---------|

G/g'masters:

- | | | | |
|---|----------------|---------------|---------|
| 1 | Murco Lamminga | West Coast AC | 4:06:12 |
|---|----------------|---------------|---------|

WOMEN

- | | | | |
|---|----------------|-------------|---------|
| 1 | Anel van Wyk | Nedbank | 3:13:53 |
| 2 | Julie Marshall | Wild Runner | 3:22:28 |
| 3 | Karen Brough | Born 2 Run | 3:30:08 |

Veterans:

- | | | | |
|---|--------------|--------------------|---------|
| 1 | Nerida Lubbe | Hartenbos Drawwers | 3:35:55 |
|---|--------------|--------------------|---------|

Masters:

- | | | | |
|---|--------------|------------|---------|
| 1 | Karen Brough | Born 2 Run | 3:30:08 |
|---|--------------|------------|---------|

G'masters:

- | | | | |
|---|------------------|---------|---------|
| 1 | Mariette de Haan | Nedbank | 4:20:41 |
|---|------------------|---------|---------|

Half marathon

MEN

- | | | | |
|---|---------------|----------|---------|
| 1 | Lloyd Bosman | Nedbank | 1:11:44 |
| 2 | Julius Korkee | Nedbank | 1:15:19 |
| 3 | Sivuyile Qole | Plett AC | 1:16:17 |

Veterans:

- | | | | |
|---|---------------------------|--------------------|---------|
| 1 | Mauritz Janse v. Rensburg | Outeniqua Harriers | 1:25:21 |
|---|---------------------------|--------------------|---------|

Masters:

- | | | | |
|---|----------------|-------|---------|
| 1 | Patrick Peters | SANDF | 1:24:40 |
|---|----------------|-------|---------|

G'masters:

1	Koos Smit	Hartenbos Drawwers	1:42:29
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G/g'masters:

1	Casper Greeff	AAC	2:14:42
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WOMEN

1	Melissa van Rensburg	Nedbank	1:26:20
2	Cecilia Nel	Nedbank	1:31:17
3	Lisl Grobler	Knysna MC	1:32:39

Veterans:

1	Lisl Grobler	Knysna MC	1:32:39
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Masters:

1	Michelle van Iddekinge	Elite AC	1:53:02
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G'masters:

1	Janet Goodman	Wanderers AC	2:50:23
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Juniors:

1	Christel Smit	Hartenbos Drawwers	1:57:05
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10 km**MEN**

1	Donovan Jantjies	Nedbank	32:53
2	Godwin Heyns	Nedbank	33:19
3	Jirico Manual	Outeniqua Harriers	39:33

Veterans:

1	Hendrik Fourie	Nedbank	44:11
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Masters:

1	Johan Kruyshaar	Nedbank	55:37
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G'masters:

1	Jakkie Niemand	Hartenbos Drawwers	1:11:14
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G/g'masters:

1	Albert Dormand	Sedgefield Striders	1:05:01
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Juniors:

1	Godwin Heyns	Nedbank	33:19
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WOMEN

1	Rina Wray	Hartenbos Drawwers	48:15
2	Delmarie Henning	Hartenbos Drawwers	50:37
3	Debbie Bruinders	TEMP	51:47

Veterans:

1	Leatitia du Toit	Nedbank	1:01:34
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Masters:

1	Rina Wray	Hartenbos Drawwers	48:15
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G'masters:

1	Minnie Phillipson	Hartenbos Drawwers	1:06:21
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G/g'masters:

1	Ria Bouwer	Hartenbos Drawwers	1:18:40
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Juniors:

1	Nolene van Rensburg	Nedbank	56:22
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Laguna Mall 10 km

Langebaan, 25 March

(Finishers: 461 [considerably up from 165 last year].)

MEN

1	Nadeel	Wildschutt	Itheko	20	30:57
2	Adrian	Wildschutt	Itheko	18	31:22
3	Akhona	Makila	VOB	25	32:23
4	Gershwin	Van Staden	Itheko	20	32:27
5	Petrus	Zwane	Swartland	27	32:41
6	Carlo	Flink	Itheko	16	33:08
7	Charlton	Sias	Swartland	17	34:09
8	Morné	Kammies	Sanlam	30	34:44
9	Xolile	Skepe	Khayelitsha	30	35:33
10	Marks	Mpekula	VOB	28	35:50

WOMEN

1	Mariëtte	Strauss	Tygerberg	54	43:24
2	Nonaxesibe	Ngcantsi	VOB	22	44:15
3	Nocwaka	Mthetho	Multisport	22	44:38
4	Mia	Lyons	Langebaan	16	44:44
5	Caitlyn	Schlehmeyer	Langebaan	17	45:14
6	Razaan	Kamaldien	Cabineers	17	45:38
7	?	Slimmet	Temp	32	48:14
8	WL	Badenhorst	SANDF	30	48:37
9	Simone	Van Aardt	Temp	25	49:07
10	Sandra	McHendrie	Temp	33	49:18

Sportsmans Warehouse 15 km

Port Elizabeth, 25 March

(Loop course. Finishers: 809 [considerably up from 575 last year].)

Note: A new list leader here by grandmaster Margie Saunders. – Ed.**MEN**

1	Amos	Nyongo	Ikhamva AC	30	45:48
2	Mariano	Eesou	Madibaz AC	25	45:53
3	Zolani	Ngqaqa	Tinarha AC	28	46:06
4	Melikhaya	Frans	Ikhamva AC	27	48:06
5	Andile	Motwani	Tinarha AC	20	48:28
6	George	Ntshiliza	Nedbank RC	37	48:49
7	Lubabalo	Mdlungwane	Ikhamva AC	26	49:10
8	Sibusiso	Thu	Tinarha AC	29	49:17
9	André	Ketchem	Xcel AC	33	49:29
10	Sivuyile	Selani (1 st jun)	Tinarha AC	17	49:31

Veterans:

1	Mzwanele	Maphekula	Bluewater Bay	40	50:30
2	Melikhaya	Kepe	Nedbank RC	40	52:18
3	Zolile	Mhlahlo	Achilles AAA	42	52:27

Masters:

1	Desmond	Zibi	Achilles AAA	53	55:47
2	Christopher	Mabengeza	Nedbank RC	50	56:56
3	Mutekile	Rasmeni	Nedbank RC	52	57:29

G'masters:

1	Sizinzo	Kama	Achilles AAA	65	1:06:53
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2	Albert	Ngcanga	Xcel AC	66	1:07:55
3	Charles	Baatjies	Gelvan AC	60	1:09:46

G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	74	1:10:10
2	Cilliers	Swart	Nedbank RC	70	1:15:04
3	Johannes	Herbst	Muirite Strider	71	1:17:20

Juniors:

1	Sivuyile	Selani	Tinarha AC	17	49:31
2	Sinethemba	Merele	Tinarha AC	16	50:13
3	Anele	Voorman	Nedbank RC	17	57:36

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	35	56:00
2	Ndileka	Mvakwendlu	Tinarha AC	26	59:22
3	Siphokazi	Nojoko	Motherwell AC	22	1:03:05
4	Freedah	Ncube	Madibaz AC	34	1:03:48
5	Christine	Claasen (1 st mast)	Achilles AAA	52	1:04:44
6	Margie	Saunders (1 st g'mast)	Nedbank RC	63	1:06:11
7	Terri-Lynn	Penney	RWFL EP	39	1:06:28
8	Elmare	Bezuidenhout	Charlo AC	35	1:07:56
9	Terray	Newcombe	Elite AC	26	1:07:58
10	Grizelda	Pietersen (1 st vet)	Nedbank RC	48	1:08:37

Veterans:

1	Grizelda	Pietersen	Nedbank RC	48	1:08:37
2	Priscilla	Dyantyi	Nedbank RC	43	1:09:48
3	Toegeda	Vyver	Nedbank RC	45	1:11:18

Masters:

1	Christine	Claasen	Achilles AAA	52	1:04:44
2	Janette	Schierz-Crusius	Body Concept	56	1:10:09
3	Buyelwa	Kobokana	Nedbank RC	52	1:15:50

G'masters:

1	Margie	Saunders	Nedbank RC	63	1:06:11
2	Hanlie	Van der Westhuizen	Despatch AC	60	1:12:32
3	Christine	Snyman	Despatch AC	60	1:27:00

G/g'masters:

1	Liz	Jenkerson	Muirite Strider	70	1:27:32
2	Ronelle	Steyn	Nedbank RC	73	1:40:09
3	Angeline	Kivedo	Walmer AC	71	2:05:00

Juniors:

1	Nomakhosi	Ntliziyo	Madibaz AC	18	1:11:50
2	Ayobonga	Mandindi	BRAC	14	1:14:00
3	Hanneli	Olivier	Madibaz AC	19	1:33:22

Tortoise Tuff 30 km & 10 km

Sedgefield, 11 March

(Out-and-back courses. Finishers: 30 km – 129; 10 km – 252 [no results were received last year].)

30 km**MEN**

1	Ettienne Plaatjies	Nedbank	1:48:43
2	Lindile Tokota	Nedbank	1:53:36
3	Sinisipho Didishe	Knysna MC	1:56:33

Veterans:

1	Lindile Tokota	Nedbank	1:53:36
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Masters:

1	James Ngxale	Knysna MC	2:30:52
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G'masters:

1	Gary Ristow	Edgemead Runners	2:54:39
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G/g'masters:

1	Ben Bouwer	Hartenbos Drawwers	3:36:55
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WOMEN

1	Lisl Grobler	Knysna MC	2:27:06
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2	Cecila Nel	Nedbank	2:29:15
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3	Allison Nell	Nedbank	2:35:43
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Veterans:

1	Lisl Grobler	Knysna MC	2:27:06
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Masters:

1	Kleintjie van Schalkwyk	Hartenbos Drawwers	2:53:39
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G'masters:

1	Mariette de Haan	Nedbank	3:17:16
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10 km**MEN**

1	Francois Maquassa	Nedbank	32:31
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2	Lloyd Bosman	Nedbank	33:00
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3	Elfonzo Pieterse	Nedbank	33:45
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Veterans:

1	Marshall Richtenberg	Knysna MC	37:10
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Masters:

1	Philip Briggs	CMC Eden	49:58
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G'masters:

1	Koos Smit	Hartenbos Drawwers	44:50
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G/g'masters:

1	Les Stuart	Knysna MC	54:27
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Juniors:

1	Auschten October	Nedbank	34:07
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WOMEN

1	Stephany Petro	Nedbank	38:34
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2	Britney-Ann Meyer	Nedbank	42:27
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3	Macnita Samuels	Knysna MC	44:09
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Veterans:

1	Ariadne Van Zandbergen	CMC Eden	54:58
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Masters:

1	Margaret von Zeil	CMC Eden	51:40
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G'masters:

1	Judi Kent	Knysna MC	1:00:55
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G/g'masters:

1	Ria Bouwer	Hartenbos Drawwers	1:17:38
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Juniors:

1	Stephany Petro	Nedbank	38:34
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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

Berliner Halbmarathon (37th)

Berlin, GER, 2 April

(Distance: 21.1 km; certified one loop course)

MEN (gun times)

- | | | |
|------------------------------------|------------|--------|
| 1. Gilbert Masai, 1981, KEN | 59:57 | € 5000 |
| 2. Vincent Kipchumba Torotich, KEN | 1:00:32 PB | 2500 |
| 3. Reuben Limaa, KEN | 1:01:43 | 1500 |
| 4. Daniel Chebii, KEN | 1:01:49 | 1000 |
| 5. David Kogei, KEN | 1:02:30 | 800 |
| 6. Tsegay Tuemay, ERI | 1:02:54 | 700 |
| 7. Homiyu Tesfaye, GER | 1:02:58 DB | 600 |

WOMEN (gun times)

- | | | |
|-------------------------------------|------------|--------|
| 1. Joan Melly Chelimo, 1988, KEN | 1:08:45 PB | € 5000 |
| 2. Edith Chelimo, 1986, KEN | 1:08:57 PB | 2500 |
| 3. Elizeba Cherono, 1988, NED | 1:10:43 | 1500 |
| 4. Melat Yisak Kejeta, 1992, ETH | 1:11:00 | 1000 |
| 5. Susan Jeptoo, FRA | 1:11:28 | 700 |
| 6. Cynthia Chepchirchir Kosgei, KEN | 1:11:58 | 600 |
| 7. Martina Strähl, SUI | 1:11:59 | 500 |
| 8. Sabrina Mockenhaupt, GER | 1:12:11 | 250 |

Medio Maratón Villa de Madrid (17th)

Madrid, ESP, 2 April

(Distance: 21.1 km)

MEN (gun times)

- | | | |
|-------------------------|------------|----------------|
| 1. Moses KIBET, UGA | 1:01:54 CR | € 1700 + 1000* |
| [13:50 / 30:16 / 44:12] | | |
| 2. Moussab HADOUT, MAR | 1:02:23 | 1100 |
| 3. Ben SIWA, KEN | 1:03:02 | 700 |

*) Course record bonus

WOMEN (gun times)

- | | | |
|----------------------------------|------------|-------------|
| 1. Joy Kemuna LOYCE, KEN | 1:10:28 PB | € 1700 |
| 2. Polline Wanjiku NJERO, KEN | 1:12:42 | 1100 |
| 3. Alessandra AGUILAR MORAN, ESP | 1:15:12 | 700 + 1200e |

e) Earned Spanish citizen award

Acea Rome Marathon (23rd)

Roma, ITA, 2 April

(Distance: 42.195 km; AIMS-certified loop course with start and finish on Via Dei Fori Imperiali)

MEN

1. Shura Kitata TOLA, ETH 2:07:28 PB € 10,000
2. Dominic Kipngetich RUTO, KEN 2:09:08 PB 5,000
3. Benjamin Kipngetich BITOK, KEN 2:09:13 PB 3,000

WOMEN

1. Rahma Tusa CHOTA, ETH 2:27:21 PB € 10,000
2. Mestawot Tadesse SHANKUTIE, ETH 2:31:38 PB 5,000
3. Abeba Tekulu GEBREMESKEL, ETH 2:32:06 PB 3,000

Carlsbad 5000 (32nd)

Carlsbad, USA, 2 April

(Distance: 5 km; two-loop course, the "original" course, not the one used in 2016)

ELITE MEN (gun times)

1. Dejen Gebremeskel, ETH 13:27 \$5000
2. Paul Chelimo, USA 13:47 PB 3500
3. Sam McEntee, AUS 13:51 PB 2000

ELITE WOMEN (gun times)

1. Violah Lagat, KEN 15:35 PB \$5000
2. Shannon Rowbury, USA 15:36 PB 3500
3. Aisha Praught, JAM 15:36 PB 2000
4. Dominique Scott, RSA 15:40 1000
5. Brenda Martinez, USA 15:44 PB= 800

Sportisimo Prague Half Marathon (19th)

(IAAF Gold Label Road Race)

Praha, CZE, 1 April

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

MEN (gun times)

1. Tamirat TOLA, ETH 59:37 PB € 6000 + 15,000i
2. Josphat Kimutai TANUI, KEN 1:00:38 DB 4000
3. Geoffrey YEGON, KEN 1:00:41 2000
4. Barselius KIPYEGO, KEN 1:00:47 1000
5. Geoffrey KOECH, KEN 1:01:00 PB 600
6. Abraham KIPYATICH, KEN 1:01:03 300
7. Eliud Mwangi MACHARIA, KEN 1:01:20 200
8. Hiskel TEWELDE, ERI 1:01:31 100
9. Vincent Kipsegechi YATOR, KEN 1:01:40
10. Amos Kiplimo MITEI, KEN 1:01:46
11. Galen RUPP, USA 1:01:59

WOMEN (gun times)

1. Joyciline JEPKOSGEI, KEN 1:04:52 WR € 6000 + 60,000 + 5000
[14:53 / 30:04 WR / 45:37 WR / 1:01:25 WR]
2. Violah JEPCHUMBA, KEN 1:05:22 PB 4000 + 20,000i
3. Fancy CHEMUTAI, KEN 1:06:58 PB 2000 + 15,000i
4. Valary Jemeli AIYABEI, KEN 1:07:50 PB 1000 + 2,500i

5. Gladys CHESIR, KEN	1:07:51	600 + 2,500i
6. Jordan HASAY, USA	1:07:55 PB	300 + 2,500i
7. Yvonne JELAGAT, KEN	1:09:04 DB	200
8. Stellah BARSOSIO, KEN	1:09:59 PB	100
9. Sarah JEBET, KEN	1:11:20 PB	
10. Lucy CHERUIYOT, KEN	1:11:21	
11. Eva VRABCOVÁ, CZE	1:11:45	CZK 12,000
12. Olga SKRYPAK, UKR	1:13:49	

Running-order reports for 5 km checkpoints (gun times):

5-K -

1. Joyciline JEPKOSGEI, KEN	14:53 PB
2. Violah JEPCHUMBA, KEN	14:53 PB
3. Fancy CHEMUTAI, KEN	15:16
4. Gladys CHESIR, KEN	15:21
5. Valary Jemeli AIYABEI, KEN	15:22

10-K -

1. Joyciline JEPKOSGEI, KEN	30:04 WR*
2. Violah JEPCHUMBA, KEN	30:05 PB
3. Fancy CHEMUTAI, KEN	30:56 PB
4. Gladys CHESIR, KEN	31:29
5. Valary Jemeli AIYABEI, KEN	31:29

15-K -

1. Joyciline JEPKOSGEI, KEN	45:37 WR*
2. Violah JEPCHUMBA, KEN	45:40 PB
3. Fancy CHEMUTAI, KEN	47:08 PB
4. Gladys CHESIR, KEN	48:02
5. Valary Jemeli AIYABEI, KEN	48:02

20-K -

1. Joyciline JEPKOSGEI, KEN	1:01:25 WR*
2. Violah JEPCHUMBA, KEN	1:01:50 PB
3. Fancy CHEMUTAI, KEN	1:03:28
4. Gladys CHESIR, KEN	1:04:20
5. Valary Jemeli AIYABEI, KEN	1:04:20

OUTDOOR TRACK

Stanford Invitational

Palo Alto, USA, 31 March – 1 April

WOMEN

1500 (31):

Section 1 -

1. Annemarie Schwanz	Fresno State (GER)	4:13.82 PB
2. Millie Paladino	Providence	4:14.76 PB
3. Danielle Aragon	Notre Dame	4:15.69

Section 2 -

1. Jenna Hinkle	UC Santa Barbara	4:16.62 PB
2. Mel Lawrence	Oiselle	4:17.11 PB
3. Malika Waschmann	Stanford	4:17.46

Section 3 -

1. Brooke Moore	Indiana State	4:20.02 PB
2. Tori Tsoilis	Strava TC / Brooks	4:22.18

3. Evelynne Guay Iowa State (CAN) 4:22.32 PB

Section 4 -

1. Alexis Fuller	Boise State	4:22.08 PB
2. Carina Viljoen	Arkansas (RSA)	4:24.64 PB
3. Holly Archer	SMU (GBR)	4:26.39

Pepsi Florida Relays

Gainesville, USA, 30 March – 1 April

MEN

1500 (31):

Section 3 -

1. Jack Beitter	SO Florida	3:50.79
2. Josh Short	JR Alabama	3:51.01
3. Kevin Blank	JR Ohio State	3:52.65
... 6. Warno Potgieter	FR South Alabama (RSA)	3:54.64

WOMEN

1500 (31):

Section 2 -

1. Michelle McKinney	JR Kentucky	4:24.51 PB
2. Rebekah Greene	SR Florida (NZL)	4:25.50
3. Kaitlin Hanss	SR Princeton	4:26.09
... 7. Laura Labuschaigne	JR South Alabama (RSA)	4:33.01

VertKlasse Meeting at High Point

High Point, USA, 31 March - 1 April

WOMEN

5000 (31): 1. Letitia SAAYMAN, SR, Unattached (RSA), 16:50.96; 2. Katie KENNEDY, JR, Virginia Tech, 17:15.62.

OBITUARIES

TOP ULTRA STAR ADINDA KRUGER PASSES AWAY

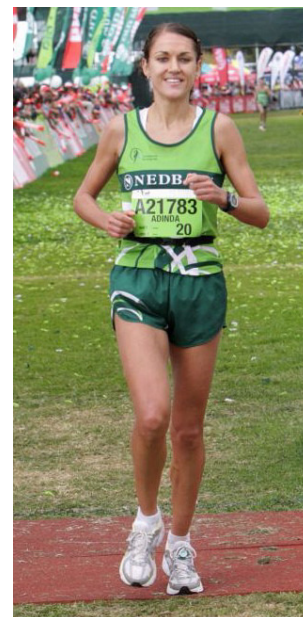
By Riël Hauman

Adinda Kruger, one of South Africa's top three ultramarathon runners in the period 2007-2012, died last Sunday in Pretoria after a long battle with breast cancer. Kruger was 40 years old.

Kruger achieved three gold medals in both the Comrades and Two Oceans marathons and twice finished in the top ten in the Om die Dam ultramarathon.

Her greatest success came in the Two Oceans races in 2010 (third) and 2012 (sixth) when she finished as first South African. In 2010 she ran her best time, 3:49:23, to cross the line behind only the Nurgalieva twins, while in 2012 she clocked just a little slower, 3:50:13.

She was also fifth in the 2009 race (4:03:36) when she and her husband, Ben de Klerk, won the husband-and-wife award. Her first appearance in the Two Oceans was when she was eleventh in the half marathon in 2001.



Kruger ran her first Comrades in 2000 when she finished 132nd. Over the next few years she gradually improved until she made the top ten for the first time in 2007 (9th in 6:38:31). Three years later she was again ninth (6:51:15) and in 2011 she finished eighth (6:49:02). In these three races she was the third, third and second South African respectively.

Her fastest time in the Om die Dam 50 km came in 2009, when she finished third in 3:45:16. She was sixth in 2011 in 3:49:32. She also ran the Om die Dam Half Marathon on two occasions, finishing third in 2010 (1:21:19) and seventh in 2007 (1:24:07).

Her best performance in the aided Loskop 50 km was in 2010 when she ran 3:39:35 to finish fourth. Five years earlier she had been fifteenth in 3:47:49.

She ran her best marathon time in the Sasol Marathon in 2010 when she was third in 2:55:52.

Among the races she won during her career were the Ndaba Half Marathon in 2007, Johnson Crane and Somerson half marathons in 2008, Kaapsehoop Half Marathon and Bronkhorstspuit 32 km in 2010, Jackie Mekler 10 km in 2011 and Vaal Half Marathon in 2012. In 2011 she was second in the Midvaal 50 km.

□ The following two obituaries, slightly edited here, appeared in *Athletics International*.



[Photograph from
The Milers – Corder
Nelson and Roberto
Querretani]

WORLD'S FIRST 4-MINUTE MILER DIES AT 84

George Derek Ibbotson (GBR) (b. 17 June 1932) died on 23 February 23 in Ossett, West Yorkshire at the age of 84. Running for Longwood Harriers (and for South London Harriers 1957-9), he was Yorkshire junior mile champion 1949-51 and after RAF service he shot into world class in 1955, when he was 2nd to Chris Chataway in the AAA 3 miles. A year later he beat Chataway to win that title and later won the Olympic bronze at 5000 m.

A great favourite of the British public, "Ibbo" reached the peak of his fame in 1957. In the midst of a hectic programme of some 70 races that year he set a European record for the mile with 3:58.4, then a month later retained his AAA 3 miles title in a British record 13:20.8 and six days later, on 19 July 1957, took the world mile record with 3:57.2 at the White City Stadium to improve John Landy's 1954 time by 0.7 sec; en route he set a British record for 1500 m at 3:41.9. He beat Olympic champion Ron Delaney (3:58.8) and Czech Stanislav Jungwirth (3:59.1), who a week earlier had set a world metric record of 3:38.1. He never quite recaptured such form and was 10th in 1958 and 8th in 1962 at 3 miles in the Commonwealth Games. He ran on the England team that set a world record for 4x1 mile in 1958.

Also in 1958 Ibbotson became the first athlete to run a 4-minute mile. This happened in London on 3 September when he finished fourth in exactly 4:00.0, followed by compatriot Mike Blagrove, who – incredibly – also ran 4:00.0!

Indoors he set 7 UK records and won AAA titles at 2 miles in 1962 and 1965, when he ran a British indoor record time of 8:42.6. He was also 3rd in the National Cross-country in 1956, followed by 46th

in the International CC.

Other best times: 880 y 1:52.2 (1958), 2000 m 5:12.8 (1955), 3000 m 8:00.0 (1959), 2 miles 8:41.2 (1957), 5000 m 13:54.4 (1956), 6 miles 28:52.0 (1955). He was awarded the MBE in the 2008 New Year's Honours. His autobiography was entitled *Four Minute Smiler*.

OLYMPIC CHAMPION OLIZARENKO PASSES AWAY

Nadezhda Fyodorovna Olizarenko (née Mushta) (USSR/Ukraine) (b. 28 November 1953) died on 17 February in Kiev at the age of 63. She won the 1980 Olympic title for 800 m, when she improved the world record that she had set six weeks earlier of 1:54.85 to 1:53.43 (still the second best of all-time), and was also third at 1500 m. An international class athlete for nearly two decades, she was European silver medallist at both 800 m and 4x400 m in 1978 and gold medallist at 800 m in 1986. She also won the World Student Games 800 m in 1979, was 2nd at the European Indoors in 1985, 7th at the Worlds in 1987, and was USSR 800 m champion in 1988 when she was a semi-finalist at the Olympic Games. World Cup: 1979- 2, 1985- 3; European Cup: 1985- 2 (& 1 4x400). She added another world record at 4x800 m in 1984. A sports instructor, she competed for Odessa SA and was married to Sergey Olizarenko (8:24.0 for 3000 m steeplechase in 1978). Other pbs: 400 m 50.96 (1980), 600 m 1:27.3 (1980, world indoor best), 1000 m 2:40.59 (1991), 1500 m 3:56.8 (1980).

BACKGROUND

THE GREATEST RUN STREAK ENDS

One record that may never be beaten, reports *Athletics International*, is that by British distance star Ron Hill (b. 25 Sep 38), who trained every day (and twice a day for many years) from 20 December 1964 to his decision to have a break due to chest pains and a possible heart problem at the end of January 2017. His meticulous training diaries give every detail of 52 years and 39 days of running and he passed 151 000 miles (241 600 km) by his 70th birthday in 2008, when he completed his ambition of racing in 100 countries and ended the record with over 160 000 miles (256 000 km). The European champion of 1969 and Commonwealth champion of 1970 (in his best time of 2:09:28, the fastest in the world that year), Hill finished 115 marathons, all but the last (the 100th Boston marathon of 1996) under 2:52. He won Boston in 1970 with a course record 2:10:30..

STATS TIME

With his outstanding win in the recent Tokyo Marathon, Kenyan Wilson Kipsang (2:03:58) broke the 2:04 barrier for the fourth time in his career; no other runner has more than two such times. He has now run eight marathons faster than 2:05; no one else has more than five. He ran splits of 14:15, 28:50 (14:35), 43:34 (14:44), 58:05 (14:31), 61:22, 1:12:47 (14:42), 1:27:27 (14:20), 1:42:27 (15:00) and 1:57:29 (15:02), with the last 2.195 km in 6:29.

Kipsang shattered both the previous race record and Japanese all-comers record of 2:05:42 by Dickson Chumba and 2:05:18 by Ethiopian Tsegaye Kebede, respectively. It was also the fastest time ever produced in Asia, bettering Tamirat Tola's 2:04:11 from this year's Dubai Marathon. "This is one of the fastest courses in the world," said Kipsang, according to *Athletics International*. "I would like to return here again."

Kipsang's Tokyo time took the average of his five fastest marathons (see below) down to 2:03:45, increasing his lead over Eliud Kipchoge by nine seconds. Apart from Kipsang and Kipchoge (2:04:01), only four other men have an average of under 2:05 – Geoffrey Mutai (2:04:30), Denis Kimetto (2:04:44), Emmanuel Mutai (2:04:53) and Haile Gebrselassie (2:04:57).

WILSON KIPSANG'S FIVE FASTEST MARATHONS

2:03:13	Berlin	2	25 Sep 16
2:03:23	Berlin	1	29 Sep 13
2:03:42	Frankfurt	1	30 Oct 11

2:03:58	Tokyo	1	26 Feb 17
2:04:29	London	1	13 Apr 14

THIS MONTH IN HISTORY

41 years ago (exactly): 3 April 1976

In the seventies Gordon Shaw was one of the best distance runners in South Africa. On this day, his 24th birthday, he scored his fourth consecutive win in the Border Marathon Championships, which was first held in 1961. His 2:37:32 was the slowest of his four wins. A month earlier he had won the downhill Buffs Marathon in 2:24:01, which placed him third on the SA marathon list for the year.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2017

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	29:29	Thabang Mosiako	Benoni	29 Jan
	27:52	Nicholas Kosimbei (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:29	Melikhaya Frans	Port Elizabeth	04 Feb
	43:22	Leonard Korir (KEN)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	65:22A	Lukhanyo Ngxoko	East London	25 Feb
	65:53	Thabang Mosiako	Bedfordview	15 Jan
	59:10	Bedan Karoki (KEN)		
	58:23	Zersenay Tadesse (ERI) 2010		
25 km	81:36A	Sipho Mbanjwa	Pinetown	29 Jan
	76:22	Wellington Bezerra da Silva (BRA)		
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	90:54	Melikhaya Frans	Uitenhage	04 Mar
	90:17	Yuichiro Ueno (JPN)		
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:16:53	Stephen Mokoka	Tokyo	26 Feb
	2:03:58	Wilson Kipsang (KEN)		
	2:02:57	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	31:54	Gert Thys	Goodwood	04 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	48:58	Johannes Kekana	Leondale	19 Mar
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	68:32	Johannes Kekana	Polokwane	01 Apr
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		

25 km	86:38A 76:49	Jonathan Edwards Martin Mondragon (MEX) 1994	Pinetown	29 Jan
30 km	1:38:16 1:35:28	Mzwanele Maphekula Geraldo Antonio da Silva (BRA) 2002	Uitenhage	04 Mar
Marathon	2:24:32 2:08:46	Johannes Kekana Andres Espinosa (MEX) 2003	Benoni	29 Jan
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	34:19 30:35	George Mooi Tecwyn Davies (GBR) 1988	Benoni	29 Jan
15 km	52:48 47:52	Reginald Ngobese Titus Mamabolo (RSA) 1991	Vanderbijlpark	08 Feb
21.1 km	74:36 66:42	Reginald Ngobene Martin Rees (GBR) 2003	Benoni	29 Jan
25 km	97:58A	Basie Bonaparte	Somerset East	18 Mar
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:33:15 2:19:29	Reginald Ngobese Titus Mamabolo (RSA) 1991	Sasolburg	04 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	38:05 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Pinelands	25 Feb
15 km	60:24 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Ravensmead	18 Mar
21.1 km	88:35 71:31	Mochamat Kriel Martin Rees (GBR) 2013	Tokai	04 Feb
25 km	1:54:07A 94:01	Devilliers Oberholzer Doug Winn (USA) 2010	Pinetown	29 Jan
30 km	2:10:11 1:57:07	Kosie Botha Ed Whitlock (CAN) 1994	Parow	26 Mar
Marathon	3:06:21 2:36:30	Gideon Radebe Yoshihisa Hosaka (JPN) 2009	Benoni	29 Jan
100 km				
<u>Great grandmasters (70+)</u>				
10 km	42:35 37:33	Pele Tshikundamalema Ed Whitlock (CAN) 2004	Pretoria	18 Feb
15 km	64:04 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Constantia	11 Mar
21.1 km	97:19 82:23	Elias Raphulu Ed Whitlock (CAN) 2001	Pretoria	18 Feb
25 km	4:37:56A 99:59	Jean Nepgen Clive Davies (USA) 1985	Somerset East	18 Mar
30 km	2:46:08 2:00:56	Tamsanqa Jusayi Ed Whitlock (CAN) 2001	Uitenhage	04 Mar
Marathon	3:57:21 2:54:49	David Ngobeni Ed Whitlock (CAN) 2004	Pretoria	28 Jan
100 km				
<u>Juniors</u>				
10 km	30:17 27:52	Kabelo Seboko Richard Chelimo (KEN) 1990	Benoni	29 Jan
15 km	49:31 42:25	Sivuyile Selani Moses Mosop (KEN) 2004	Port Elizabeth	25 Mar

21.1 km	72:27	Itumeleng Sesiko	Sasolburg	04 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	32:55	Louisa Leballo	Cape Town	02 Apr
	30:04	Joyciline Jepkosgei (KEN)		
	30:21 Mx	Paula Radcliffe (GBR) 2003		
	30:04p Mx	Joyciline Jepkosgei (KEN)		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	53:59A	Dominique Scott	Camps Bay	08 Jan
	56:00	Ntombesintu Mfunzi	Port Elizabeth	25 Mar
	45:37	Joyciline Jepkosgei (KEN)		
	46:14** Mx	Florence Kiplagat (KEN) 2015		
	45:37p Mx	Joyciline Jepkosgei (KEN)		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	72:36	Irvette van Zyl	Barcelona	12 Feb
	64:52	Joyciline Jepkosgei (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
	65:06p Mx	Peres Jepchirchir (KEN) 2017		
	64:52p Mx	Joyciline Jepkosgei (KEN)		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	90:21A	Jenna Challenor	Pinetown	29 Jan
	1:40:31	Jenna Challenor	Durban	19 Mar
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:54:43	Ntombesintu Mfunzi	Uitenhage	04 Mar
	1:46:24	Ami Utsunomiya (JPN)		
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:39:11 Wo	Mary Keitany (KEN) 2011		
Marathon	2:48:13A	Ann Ashworth	East London	25 Feb
	2:57:05	Gerda Steyn	Dubai	20 Jan
	2:19:47	Sarah Chepchirchir (KEN)		
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:42 Wo	Paula Radcliffe (GBR) 2005		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	36:43	Tanith Maxwell	Cape Town	01 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	56:45	Tanith Maxwell	Ravensmead	18 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	81:28	Tanith Maxwell	Tokai	04 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km	1:48:53A	Shani Silver	Pinetown	29 Jan
	1:49:48	Maya Lawrie	Durban	19 Mar
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:02:35	Ulrica Stander	Camps Bay	08 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:58:45A	Ulrica Stander	Simon's Town	19 Feb
	3:06:00	Salome Cooper	Benoni	29 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	38:43	Judy Bird	Cape Town	02 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:28	Elmarie Coetzee	Constantia	11 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	93:19	Mariëtte Strauss	Gordon's Bay	01 Apr
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:05:56A	Roshini Natasen	Pinetown	29 Jan
	2:13:40	Roshini Natasen	Durban	19 Mar
30 km	2:16:59	Christine Claasen	Uitenhage	04 Mar
Marathon	3:29:00A	Marie Louw	Simon's Town	19 Feb
	3:30:56	Jane Mudau	Pretoria	26 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	43:14	Nancy Will	Athlone	11 Feb
	38:56	Lidia Zentner (GER) 2015		
15 km	66:11	Margie Saunders	Port Elizabeth	25 Mar
	61:25	Kathryn Martin (USA) 2011		
21.1 km	97:38	Nancy Will	Tokai	04 Feb
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:25:43A	Sheree Kirsten	Pinetown	29 Jan
	2:27:24	Pamela Rasmussen	Durban	19 Mar
	1:58:24	Gloria Brown (USA) 1994		
30 km	2:25:27	Margie Saunders	Uitenhage	04 Mar
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:40:03A	Nancy Will	Simon's Town	19 Feb
	3:44:49	Val Watson	Benoni	29 Jan
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				

Great grandmasters (70+)

10 km	49:38	Veronica van Niekerk	Cape Town	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		
15 km	87:32	Liz Jenkerson	Port Elizabeth	25 Mar
	72:52	Jo Klein (NED) 2004		
21.1 km	2:12:17A	Marlene James	Simon's Town	19 Feb
	2:15:27	Marlene James	Gordon's Bay	01 Apr
	97:38	Lavinia Petrie (AUS) 2014		
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37	Veronica van Niekerk	Camps Bay	08 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon				
	3:35:29	Helga Miketta (GER) 2013		
100 km				

Juniors

10 km	36:16	Simonay Weitsz	Cape Town	02 Apr
	31:42	Zola Pieterse (RSA) 1984		
15 km	66:42	Celine Moses	Ravensmead	18 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:42:44	Kirsten Roodman	Gordon's Bay	01 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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