

Distance Running Results

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EDITORIAL

What a brilliant race by Mary Keitany in London yesterday (pictured at right)! The Kenyan woman, whose previous best was 2:18:37, smashed Paula Radcliffe's 2005 women-only world record by 41 seconds with her 2:17:01 after blitzing the first half in 66:54 and then continuing alone when the pacemaker dropped out. In the men's race Kenenisa Bekele, who came so close to the world record in last year's Berlin Marathon, learnt the lesson that many before him had to do: track speed is not the answer if you cannot overhaul a runner who is slower on paper, but stronger at the end of the race.



Keitany, who has won the last three editions of the New York City Marathon, earned – not including appearance fees or any unpublished bonuses from either the race organisers or her sponsor, adidas – \$305 000 in prize money and time bonuses: \$55 000 for the win, \$100 000 for sub-2:18, \$25 000 for the course record and \$125 000 for the world record.

In second place, in an Ethiopian record 2:17:56, was Tirunesh Dibaba; her time in her second marathon is the fastest second place in history and it was the first time that two women dipped under 2:19 (and 2:18) in the same race.

The top-10 performances average for the London Marathon is now 2:18:26, nearly 1½ minutes faster than the figure for the Berlin Marathon.

It was the third sub-2:20 of her career for Keitany, tying Catherine Ndereba. Radcliffe has four sub-2:20 times. Keitany's top-five performances average is now 2:20:27, the third fastest behind Radcliffe (2:18:04) and Ndereba (2:20:11).

Keitany made her intentions known very early in the race, reports *Race Results Weekly*. After a quick but potentially sustainable 5:15 first mile, she and pacemaker Caroline Chepkoech surged ahead, running the second mile in 5:09 and then the third (downhill) mile in a head-snapping 4:37. The duo went past 5 km in a sizzling 15:31, and the record attempt was on for real.

With the rest of the women out of sight and out of mind, Keitany and Chepkoech concentrated on the task at hand. Wearing all black kit, Keitany hit 10 km in 31:17 (15:46), 15 km in 47:15 (15:58) and 20 km in 1:03:26 (16:11), all personal bests for Chepkoech. Keitany's time at halfway has been surpassed by only six women (including herself) in a single half marathon this year. She ran the 5 km through 25 km in 16:17, and then the next two 5 km blocks in 16:22 and 16:34. She smashed the 30 km world record by two minutes, clocking 1:36:05 at that point. Keitany slowed a bit more in the last 5 km segment through 40 km to 16:59, but she had already locked down the record and put the race out of reach. (See also Stats Time in this issue.)

Four list leaders were set in the NMBM Legacy Project Motherwell Freedom Run 10 km in Port Elizabeth on Saturday, led by the 28:48 by Mbongeni Ngxazozo.

The Correctional Services 10 km (results in DRR 17:14) was formerly known as the Umhlobo Wenene 10 km.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Robor Scaffolding 50 km, Marathon, Half Marathon & 10 km (incorporating the Central Gauteng Marathon Championships), Benoni
- * Cell C Day of Races 5 km, Cape Town
- * Telkom 10 km Challenge, Bellville
- * NMBM Legacy Project Motherwell Freedom Run 10 km, Port Elizabeth
- * Forever Resorts Loskop 50 km & Half Marathon, Middelburg to Loskop Dam
- * Lynnridge Mall Family Day 21.56 km & 10.76 km, Pretoria
- * Dick King Half Marathon, Durban

International highlights:

- * Virgin Money London Marathon, London, GBR
 - * Haspa Marathon Hamburg, Hamburg, GER
 - * Vienna City Marathon, Wien, AUT
 - * Gifu Seiryu Half Marathon, Gifu, JPN
 - * Yangzhou Jianzhen International Half Marathon, Yangzhou, CHN
 - * Boston Marathon, Hopkinton to Boston, USA
 - * B.A.A. 5 km, Boston, USA
 - * Int'l Paderborner Osterlauf 10 km & Half Marathon, Paderborn, GER
 - * Track: IAAF World Relays, Nassau, BAH; Arkansas John McDonnell Invitational, Fayetteville, USA; Duke Invitational, Durham, USA; Auburn War Eagle Invitational, Auburn, USA; Mt. SAC Relays, Walnut, USA
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ROAD RUNNING

Robor Scaffolding 50 km, Marathon, Half Marathon & 10 km

(Incorporating the Central Gauteng Marathon Championships – results separately below)
Benoni, 23 April

(Distances: 50 km, 42.195 km, 21.1 km & 10 km. Finishers: 50 km – 450; marathon – 950; half marathon- 1400, 10 km – 1200.)

50 km

MEN

1 Malose Mabote (Rainbow) 3:05:07; 2 Benjamin Skhosana (Nedbank) 3:06:58; 3 France Mola (South Deep) 3:10:23; 4 Shadrack Hoff (Boxer) 3:13:45 (1st vet); 5 Buhle Mhlanga (Carlton) 3:22:02.

Veterans: 1 Shadrack Hoff (Boxer) 3:13:45. **Masters:** 1 Stewart McColl (Turn 2 God) 3:46:57. **G'masters:** 1 Josias Mokaro (Boksburg) 3:50:08.

WOMEN

1 Franza Landman (KPMG) 3:46:57; 2 Yvonne Laing (Greenstone) 4:17:54; 3 Theresa Louw (Medihelp) 4:20:13; 4 Alta Kruger (Krugersdorp) 4:20:14; 5 Tegan Edwards (Vitality) 4:25:17.

Veterans: 1 Tracey Akeryd (RAC) 4:30:39. **Masters:** Yvonne Laing (Greenstone) 4:17:54. **G'masters:** 1 Petra Myburgh (Striders) 5:46:06.

Marathon

MEN

1 George Mooi (Gallopers) 2:40:09 (1st mast); 2 Solomon Khumalo (Carlton) 2:41:53; 3 Ntobeko Mtintso (Kwa-Thema) 2:43:41 (1st vet); 4 Simon Maake (Randburg) 2:43:52; 5 Isaac Mahlaka (Gallopers) 2:50:53.

Veterans: 1 Ntobeko Mtintso (Kwa-Thema) 2:43:41. **Masters:** 1 George Mooi (Gallopers) 2:40:09. **G'masters:** 1 Almon Zibuse (Randmark) 3:19:25.

WOMEN

1 Irene Goncalves (KPMG) 3:23:47 (1st vet); 2 Jeannie Jordaan (Modern Athlete) 3:28:45; 3 Franci Myburgh (Nedbank) 3:28:46; 4 Kashmira Parbhoo (Lenasia) 3:31:50; 5 Stephanie Hurry (RAC) 3:33:54.

Veterans: 1 Irene Goncalves (KPMG) 3:23:47. **Masters:** 1 Stelle Madlala (Ricoh) 4:35:13. **G'masters:** 1 Ansie v.d. Heever (ACRW) 4:36:18.

Half marathon

MEN

1 Eliud Biwott (KEN/BCC) 70:35; 2 Gaboratanelwe Gaonamang (Diepsloot) 74:33; 3 Franz Ndlovu (Sibanye Gold) 74:55.

Veterans: 1 Hector Mahlangu (Temp) 75:29. **Masters:** 1 Patrick Johnson (RRW) 87:53. **G'masters:** 1 André Jansen (GS) 92:20.

WOMEN

1 Marie-Zanne de Kock (Temp) 90:49; 2 Lizzy Babili (Kudumane) 92:29; 3 Marzelle v.d. Merwe (Tuks) 94:29.

Veterans: 1 Belinda Waghorn (Born 2 Run) 1:49:14. **Masters:** 1 Catherine Naane (Sibanye Gold) 1:45:37. **G'masters:** 1 Linda Icely (Old Eds) 2:01:47.

10 km**MEN**

1 Moses Mahlanga (Midack) 32:18; 2 Mkhulesi Dayiya (Kimberley RR) 33:30; 3 Events Malope (Benoni Harriers) 33:33.

WOMEN

1 Rachel Leistra (UJ) 38:39; 2 Robyn Kaltenbrunn (KPMG) 39:42; 3 Robyn-Lee Jones (Temp) 39:45.

Central Gauteng Marathon Championships**SENIOR MEN**

1 Simon Maake (Randburg) 2:43:52; 5 Isaac Mahlake (Gallopers) 2:50:53; 3 Bongile Themba (Fit 2000) 2:52:39.

Veterans: 1 Ntobeko Mtintso (Kwa-Thema) 2:43:41; 2 Johnny Mokgoko (Dayveton Hearts) 2:57:25; 3 Vusi Nkosi (Orange Farm) 3:03:27. **Masters:** 1 George Mooi (Gallopers) 2:40:09; 2 Solomon Khumalo (Carlton) 2:41:53; 3 Donald Sampson (Nedbank) 3:12:26. **G'masters:** 1 Almon Zibuse (Randmark) 3:19:25; 2 Vivienne Augustine (RAC) 3:41:50; 3 Pieter Meyer (RAC) 4:25:01.

SENIOR WOMEN

1 Jeannie Jordaan (Modern Athlete) 3:28:45; 3 Franci Myburgh (Nedbank) 3:28:46; 3 Stephanie Hurry (RAC) 3:33:54.

Veterans: 1 Irene Goncalves (KPMG) 3:23:47; 2 Disebo Thebapelo (Rand Water) 4:11:44; 3 Sisiwe Ntshebe (GCH) 4:23:39. **Masters:** 1 Stelle Madlala (Ricoh) 4:35:13; 2 Joan Lombard (Nedbank) 4:48:41; 3 Gillian Denempont (Born 2 Run) 4:57:33. **G'masters:** 1 Carol Downing (RWFL) 4:55:43; 2 Dot Hunt (Randburg) 4:57:04.

Cell C Day of Races 5 km

Cape Town, 23 April

MEN

1	McMarshall	Hartzenberg	14:27
2	Duwayne	Philander	14:32
3	Merlin	Klaaste	14:38
4	Akhona	Mdaka	14:45
5	Emiele	Paulsen	14:45
6	Sibusiso	Magwaza	14:57
7	Lukhanyo	Nobakada	15:00
8	Adriaan	Wildschutt	15:00
9	Akhona	Makile	15:06
10	Aubey	Kotze	15:10

WOMEN

1	Tanith	Maxwell	17:45
2	Jessica	Pollock	18:04
3	Anneline	Roffey	18:31
4	Candyce	Hall	18:49
5	Amy	Abrahams	18:59
6	Tanya	Posthumus-Fox	19:00
7	Zani	Kruger	19:14
8	Ebeth	Marais	19:31
9	Mariella	Dierks	19:37
10	Nicola	Hooper	19:41

Telkom 10 km Challenge

Bellville, 22 April

(Certified loop course. Finishers: 1480 [considerably up from 1056 last year].)

MEN

1. Akhona Makila (VOB) 30:22
2. Adrian Wildschutt (Itheke) 30:26 (1st jun)
3. Retsepile Khaile (Vital) 30:29

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 32:13; 2. Graham Katzen (Celtic) 33:38; 3. Shawn Abrahams (Kuil) 33:44. **Masters:** 1. John September (Itheke) 34:52; 2. Johnny Persents (WR) 34:59; 3. Tobias Philander (Itheke) 35:35. **G'masters:** 1. Mochamat Kriel (Ommie) 38:31; 2. Goodman Mpukane (Gugs) 42:05; 3. Desmond Rondganger (Bell) 44:17. **G/g'masters:** 1. Jeff Smith (Itheke) 48:50; 2. Peter Donald (WC) 57:09. **Juniors:** 1. Adrian Wildschutt (Itheke) 30:26; 2. Carlo Flink (Itheke) 31:18; 3. Thembeke Mendu (Gugs) 32:49.

WOMEN

1. Ashleigh Simonis (Carb) 35:33 (1st jun)
2. Candyce Hall (Carb) 38:00
3. Ebeth Marais (Carb) 38:26

Veterans: 1. Obertina Kanyongo (ZIM/Ned) 40:20; 2. Jacky Misroll (Pine) 43:38; 3. Tyshia Johannes (Gugs) 45:14. **Masters:** 1. Mariëtte Strauss (Tyger) 42:10; 2. Olga Howard (Ned) 42:46; 3. Bev Charters (VOB) 44:28. **G'masters:** 1. Nancy Will (Pine) 46:30; 2. Hilary Rhode (Edge) 48:39; 3. Helen du Plessis (Brack) 50:03. **G/g'masters:** 1. Marlene James (Pine) 57:48; 2. Pixie Sparg (Celtic) 57:54. **Juniors:** 1. Ashleigh Simonis (Carb) 35:33; 2. Razaan Kamaldien (Carb) 43:27; 3. Caitlyn Schlemeyer (Lange) 45:28.

NMBM Legacy Project Motherwell Freedom Run 10 km

Port Elizabeth, 22 April

(Loop course. Finishers: 526 [down from 580 last year].)

MEN

1	Namakoe	Nkhasi	LES/Nedbank CGA	24	28:40
2	Mbongeni	Ngxazozo	Boxer Superst	37	28:48
3	Gladwin	Mzazi	Boxer Superst	28	29:01
4	Melikhaya	Frans	Ikhamva AC	27	29:01
5	Ayanda	Mncube	Phantane AC	25	30:11
6	Lukhanyo	Ngxoko	Born 2 Run	20	30:17
7	Jonas	Makhele	Nedbank RC AGN	35	30:36
8	Andre	Ketchem	Xcel AC	33	30:37
9	Adriaan	Gerwel	Ikhamva AC	20	30:41
10	Itumeleng	Sesiko (1st jun)	KPMG	17	30:42
11	George	Ntshiliza	Nedbank RC	37	30:51
12	Andile	Motwani	Tinarha AC	20	30:54
13	Mzwanele	Maphekula (1st vet)	Bluewater Bay	40	31:45
14	Jacob	Malefo	Nedbank RC CGA	24	31:46
15	Sivuyile	Selani	SAPS AC EP	17	31:48
16	Brendon	Effenaar	Nedbank RC	21	31:55
17	Gift	Chigomarawa	ZIM/Motherwell AC	29	31:59
18	Ivan	Ambraal	Temp	27	32:01
19	Eric	Sigxashe	Motherwell AC	38	32:05
20	Tandisile	Xoshomba	Tinarha AC	21	32:08

40-44:

1	Mzwanele	Maphekula	Bluewater Bay	40	31:45
2	Pastor	Nalavana	Born 2 Run	41	32:23
3	Zolile	Mhlahlo	Achilles AAA	42	33:14

45-49:

1	Luvuyo	Dyani	Motherwell AC	46	36:13
2	Zoysile	Maklein	Youth FC AC	45	36:45
3	Mzukisi	Klaas	Bluewater Bay	48	36:47

50-54:

1	Makaya	Masumpa	Born 2 Run	51	33:20
2	Christopher	Mabengeza	Nedbank RC	50	35:44
3	Sipho	Motau	Itheko	51	36:05

55-59:

1	Kenneth	Menze	Bluewater Bay	55	37:12
2	Chester	Brooks	Xcel AC	59	43:50
3	Joseph	Bain	St Albans AC	57	44:29

60-64:

1	Mpumelelo	Maci	Buffalo RR	62	44:27
2	Charles	Baatjies	Gelvan AC	60	45:36
3	Donald	Mancasa	Walmer AC	63	46:49

65-69:

1	Sizinzo	Kama	Achilles AAA	65	42:39
2	Hannes	Els	Madiba BW	67	42:40
3	Albert	Ngcanga	Xcel AC	67	42:58

70-74:

1	Johannes	Herbst	Muirite Strider	71	48:39
2	Ron	Clark	Bluewater Bay	74	53:40
3	Herman	Dekker	SAPS AC EP	72	56:55

75-79:

1	Tamsanqa	Jusayi	Nedbank RC	75	45:24
2	Godfrey	Kariem	Gelvan AC	76	53:52

Juniors:

1	Itumeleng	Sesiko	KPMG	17	30:42
2	Sivuyile	Selani	SAPS AC EP	17	31:48
3	Sinethemba	Merele	SAPS AC EP	17	32:59

WOMEN

1	Lebogang	Phalula	Boxer Superst	33	33:51
2	Zintle	Xiniwe	KPMG	30	35:17
3	Keneilwe	Sesing	KPMG	28	35:35
4	Ntombesintu	Mfunzi	Nedbank RC	35	36:13
5	Vuyiseka	Nkumenge	Nedbank RC WP	21	37:22
6	Thalia	Charalambous	Achilles AAA	27	37:25
7	Liza-Marie	Kingston	Nedbank RC	35	38:42
8	Nomvuyisi	Seti	Lions AC	35	39:28
9	Luthando	Nxanisa	Madibaz AC	24	39:45
10	Freedah	Ncube	Madibaz AC	34	39:59
11	Davera	Magson (1st vet)	Nedbank RC	42	40:30
12	Ncumisa	James (1st jun)	Ikhamva AC	15	42:00
13	Christine	Claasen (1st mast)	Achilles AAA	52	42:04
14	Busisiwe	Matiwane	Nedbank RC WP	41	42:19
15	Margie	Saunders (1st g'mast)	Nedbank RC	63	42:31
16	Bulelwa	Masoka	Motherwell AC	31	42:48
17	Siphokazi	Liwani	Motherwell AC	19	42:48
18	Terray	Newcombe	Elite A C	26	43:12
19	Deliwe	Nyanga	Nedbank RC	28	43:38

20	Priscilla	Dyantyi	Nedbank RC	43	44:08
40-44:					
1	Davera	Magson	Nedbank RC	42	40:30
2	Busisiwe	Matiwane	Nedbank RC WP	41	42:19
3	Priscilla	Dyantyi	Nedbank RC	43	44:08
45-49:					
1	Jene	Banfield	RWFL EP	46	44:20
2	Grizelda	Pietersen	Nedbank RC	48	45:33
3	Toegeda	Vyver	Nedbank RC	45	46:21
50-54:					
1	Christine	Claasen	Achilles AAA	52	42:04
2	Buyelwa	Kobokana	Nedbank RC	52	47:16
3	Gail	Klichowicz	Achilles AAA	50	53:07
55-59:					
1	Lynette	Crause	Infinity AC	57	54:36
2	Denise	Ferreira	Crusaders AC	55	57:49
3	Geraldine	Leo	Gelvan AC	59	1:01:56
60-64:					
1	Margie	Saunders	Nedbank RC	63	42:31
2	Hanlie	Van der Westhuizen	Despatch AC	60	45:45
3	Christine	Snyman	Despatch AC	61	54:00
65-69:					
1	Helene	Oppel	Elite A C	67	58:41
2	Jeanette	Pienaar	PEAAC	68	1:05:59
3	Denise	Terblanche	Infinity AC	69	1:07:07
70-74:					
1	Liz	Jenkerson	Muirite Strider	70	55:28
2	Christine	Fourie	Elite A C	70	1:02:33
3	Ronelle	Steyn	Nedbank RC	73	1:03:32
75-79:					
1	Dorothy	Hart	Nedbank RC	79	1:20:50
Juniors:					
1	Ncumisa	James	Ikhamva AC	15	42:00
2	Nomakhosi	Ntliziyo	Madibaz AC	18	45:03
3	Natasha	Magaga	Motherwell AC	15	49:14

Forever Resorts Loskop 50 km (31st) & Half Marathon (11th)

Middelburg to Loskop Dam, 22 April

(Distances: 50 km & 21.1 km. Ultramarathon: Point-to-point downhill course; the elevation loss from start [1475 m] to finish [930 m] is 545 m, i.e. 10.9 m/km. Half Marathon: drop unknown. Weather: overcast, excellent running conditions. Finishers: ultramarathon – 3079; half marathon – 1327.)

Note: A repeat victory here for Charles Tjiane in the ultra. – Ed.

50 km

MEN

1. Charles Tjiane (MP) 2:48:15 (1st vet)
2. Collin Parura (ZIM/Ned) 2:48:44
3. Felix Mushurwa (ZIM/Ned) 2:54:54
4. Raymond Phaladi (KPMG) 2:57:02
5. Best Ngwenya (Ned) 2:57:32
6. Lovers Hlatshwayo (Ned) 3:00:43
7. Graham Malinga (Nkangala) 3:01:37
8. Gift Mphahlele (Arcadia) 3:02:18

9. Sipho Masilela (Magnolia) 3:03:37
10. Reuben Maapola (Ned) 3:04:24

Veterans: 1. Charles Tjiane (MP) 2:48:15; 2. Felix Mushurwa (ZIM/Ned) 2:54:54; 3. Graham Malinga (Nkangala) 3:01:37. **Masters:** 1. Joseph Ndlovu (ACE) 3:21:54; 2. Thabo Hlako (Kempton) 3:26:29; 3. Ridovhona Matumba (SAPS) 3:27:20. **G'masters:** 1. Gideon Radebe (Anglo) 3:44:18; 2. Johan Nel (Irene) 3:56:49; 3. Theo Swanepoel (Kempton) 4:13:31.

WOMEN

1. Ann Ashworth (B2R) 3:32:56
2. Salome Cooper (B2R) 3:37:09 (1st vet)
3. Mitsie van der Westhuizen (KPMG) 3:48:17
4. Jenni Kruse (B2R) 3:49:20
5. Theresa Loots (Runav) 3:56:03
6. Cobie Smith (Vital) 3:57:14
7. Carol Smith (Vital) 4:00:27
8. Geneva Raphahla (Pieters) 4:01:18
9. Busisiwe Vilakazi (Vital) 4:02:34
10. Christena Walter (Dainfern) 4:04:31 (1st mast)

Veterans: 1. Salome Cooper (B2R) 3:37:09; 2. Mitsie v.d. Westhuizen (KPMG) 3:48:17; 3. Jenni Kruse (B2R) 3:49:20. **Masters:** 1. Christena Walter (Dainfern) 4:04:31; 2. Leonore Erwee (Miway) 4:05:55; 3. Linda Smart (Dainfern) 4:21:23. **G'masters:** 1. Val Watson (Runav) 4:26:57; 2. Adri van Jaarsveld (Eskom) 4:35:32.

Half marathon

MEN

1. Tebogo Pulasa (Dwars) 1:12:59
2. Collin Khoza (Ind) 1:14:12
3. Jacob Tseko (Tuks) 1:14:44

Veterans: 1. Johan Oosthuizen (Midack) 1:33:16; 2. Ndweleni Tshivhase (Eskom) 1:34:45; 3. Mfana Ngenya (Eskom) 1:39:29. **Masters:** 1. Peter Skosana (Carlton) 1:39:49; 2. Jan Smit (Krugers) 1:45:29; 3. Paul Laubscher (Magnolia) 1:47:35. **G'masters:** 1. Robbie Coulson (Jeppe) 1:52:12; 2. Nicolaas Vlok (Coaldust) 1:56:17. **Juniors:** 1. Sibosiso Kubheka (Gert S) 1:17:06; 2. Katleho Khanye (Gert S) 1:18:47; 3. Lungisani Malinga (Gert S) 1:20:56.

WOMEN

1. Wendy Msezane (Shalom) 1:39:22
2. Elizabeth Dhiwayo (RWFL) 1:40:43 (1st vet)
3. Wilmarie du Plessis (Secunda) 1:41:47

Veterans: 1. Elizabeth Dhiwayo (RWFL) 1:40:43; 2. Elouise Dirkse van Schalkwyk (Agape) 2:00:17; 3. Magriet Riphagen (Loskop) 2:01:09. **Masters:** 1. Rita Loots (RAC) 2:01:49; 2. Erica Hamilton (Vaal) 2:03:10; 3. Ronel Fourie (O-Moot) 2:06:22. **G'masters:** 1. Frances van Blerk (Ned) 2:04:11; 2. Beauty Khubeka (Sasol) 2:17:01.

Lynnridge Mall Family Day 21.56 km & 10.76 km

Pretoria, 17 April

(Half-marathon finishers: 505)

Note: Correspondent Pieter de Jager reports that, while the distances were 21.1 km and 10 km in 2016, the finish of both races were moved for 2017, hence the odd distances. – Ed.

21.56 km

MEN

1	Vincent Kipchirchir	33	KEN/Nedbank	1:13:08
2	Wesley Mutai		KEN	1:13:34
3	Paul Nyairo	32	KEN	1:13:43
4	J Ndlovu	52	ACE	1:27:04
5	C Lindsey	29	ACE	1:28:07

Veterans:

1	Simon CHIRWA		KEN/Phobians	1:28:17
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Masters:

1	Joseph NDLOVU		ACE	1:27:49
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G'masters:

1	Andre JANSEN		Striders	1:37:05
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G/g'masters:

1	Johan JANSE VAN VUUREN	Irene		2:39:34
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WOMEN

1	Marelise Retief	31	Boxer	1:32:51
2	Cobie Smith	32	Vitality	1:34:05
3	Theresa Louw	38	Medihelp	1:37:19
4	A Terblanche	33	Temp	1:39:11
5	T Edwards	28	Vitality	1:42:20

Veterans:

1	Therese DOMAIN		PMMC	2:10:38
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Masters:

1	Ansie BREYTENBACH		Irene	1:50:37
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G'masters:

1	Joey CLOETE		Irene	2:10:22
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10.76 km

MEN

1	Jacob TSEKO		Tuks	35:25
2	Andrew MOGOTLANE		Nedbank	37:20
3	Micah KIPYEGO		KEN/Brooks	38:01

Veterans:

1	Sekgwana MOLOELE		Nedbank	44:04
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Masters:

1	Kobus COETZEE		Tuks	49:26
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G'masters:

1	Francis MAKUKA		ZAM/Phobians	45:32
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G/g'masters:

1	Lammie FOURIE		Agape	1:04:31
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80+:

1	Ken NURDEN		Agape	1:03:36
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Juniors:

1	Matthew GREER		Sutherland High	38:26
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WOMEN

1	Cherry-Lee SCHOEMAN	KPMG	45:23
2	Karien VENTER	Run At Out	49:06
3	Sarita DOWNING	Temp	49:35

Veterans:

1	Carol GOODINSON	FNP	54:24
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Masters:

1	Carmen SCHOEMAN	Temp	51:37
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G'masters:

1	Rina PRETORIUS	PPMK	1:09:11
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80+:

1	Deidre LARKIN	Randburg Harriers	1:15:04
---	---------------	-------------------	---------

Juniors:

1	Cherry-Lee SCHOEMAN	KPMG	45:23
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Dick King Half Marathon (41st)

Durban, 16 April

(Distance: 21.1 km)

MEN

1 Sphamandla Nyembe (Ethekwini) 1:07:00; 2 Mholi Jali (Bluff) 1:07:03; 3 Nkosikhona Mhlakwana (Phuma) 1:09:13.

40-49: 1 Bernard Phalatsane (ZIM/Phantane) 1:16:26; 2 Robert Gumede (Elokishini) 1:28:52. **50-59:** 1 Deon Janneker (Sydenham) 1:27:46; 2 Paseka Joseph Hlalele (Nedbank AGN) 1:29:18. **60+:** 1 Lindsay Rogerson (Riverside) 1:47:29; 2 Bruce Deeley Smith (Bluff) 1:49:03. **Juniors:** 1 Simile Nxumalo (Hollywoodbets) 1:21:14.

WOMEN

1 Puseletso Dladla (Hollywoodbets) 1:26:10; 2 Nwabisa Mjoli (Hollywoodbets) 1:26:10; 3 Zama Mokoena (Nedbank) 1:27:19.

40-49: 1 Leigh Privett (Ind) 1:35:04; 2 Chantal Nosworthy (Durban Runner) 1:43:30. **50-59:** 1 Gail Babich (Savages) 1:46:02; 2 Tammy Dennill (Westville) 2:04:02. **60+:** 1 Pat Fisher (Stella) 2:04:58; 2 Gill Tregenna (Westville) 2:18:23. **Juniors:** 1 Sarah Morrison Young (SCS) 2:28:11.

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**Virgin Money London Marathon (37th)**

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

London, GBR, 23 April

(Distance: 42.195 km; standard course, with 35 m elevation loss [most of it in the first 5 km] and approximately 12 km [27%] start/finish separation; many turns. Format: Two separate elite races: 1] elite women accompanied by six female pacemakers at 9:15 and

2] elite men accompanied by six pacemakers plus all other recreational runners at 10:00.)

ELITE MEN (gun times)

1. Daniel WANJIRU, KEN, 6	2:05:48	\$55,000 + 75,000i
[1:01:43 / 1:04:05]		
2. Kenenisa BEKELE, ETH, 1	2:05:57	30,000 + 75,000i
[1:01:44 / 1:04:13]		
3. Bedan KAROKI, KEN, 35	2:07:41 DB	22,500 + 25,000i
4. Abel KIRUI, KEN, 5	2:07:45	15,000 + 25,000i
5. Alphonse SIMBU, TAN, 11	2:09:10 PB	10,000 + 3,000i
6. Ghirmay GHEBRESLASSIE, ERI, 8	2:09:57	7,500 + 3,000i
7. Asefa MENGSTU, ETH, 10	2:10:04	5,000 + 1,000i
8. Amanuel MESEL, ERI, 9	2:10:44	4,000 + 1,000i
9. Javier GUERRA, ESP, 13	2:10:55	3,000 + 1,000i
10. Michael SHELLEY, AUS, 18	2:11:38	2,000
... 12. Feyisa LILESA, ETH, 4	2:14:12	1,000

ALL-WOMEN'S ELITE RACE (gun times)

1. Mary KEITANY, KEN, 102	2:17:01 WR	\$55,000 + 100,000i + 150,000*
[1:06:54 / 1:10:07 also 1:36:05 WR at 30-K]		
2. Tirunesh DIBABA, ETH, 107	2:17:56 NR	30,000 + 100,000i
[1:07:54 / 1:10:02]		
3. Aselefech MERGIA, ETH, 103	2:23:08	22,500 + 15,000i
4. Vivian CHERUIYOT, KEN, 130	2:23:50 DB	15,000 + 15,000i
5. Lisa WEIGHTMAN, AUS, 110	2:25:15 PB	10,000 + 5,000i
6. Laura THWEATT, USA, 115	2:25:38 PB	7,500 + 5,000i
7. Helah KIPROP, KEN, 108	2:25:39	5,000 + 5,000i
8. Tigist TUFA, ETH, 109	2:25:52	4,000 + 5,000i
9. Florence KIPLAGAT, KEN, 104	2:26:25	3,000 + 3,000i
10. Jessica TRENGOVE, AUS, 113	2:27:01 PB	2,000 + 1,000i
... 18. Tish JONES, GBR, 126	2:33:56 PB	5,000g
Mare Dibaba, ETH, 105	DNF	
Jo PAVEY (40+), GBR, 116	DNF	

*) Course record and world record bonuses.

g) Earned GBR citizen time bonus

Haspa Marathon Hamburg (32nd)

Hamburg, GER, 23 April

(Distance: 42.195 km; loop course with no net elevation change and negligible start/finish separation)

MEN (gun times)

1. Tsegaye Mekonnen, ETH	2:07:26 € 25,000
[1:03:21 / 1:04:05]	
2. Stephen Kiprotich, UGA	2:07:31 15,000
3. Jacob Kendagor (pacemaker), KEN	2:08:50 10,000
4. Robert Chemosin, KEN	2:09:01 5,000
5. Japhet Kosgei, KEN	2:11:12 3,000

WOMEN (gun times)

1. Jessica Augusto, POR	2:25:30 € 12,500
[1:11:55 / 1:13:35]	
2. Megertu Ifa, ETH	2:29:47 PB 7,500
3. Viola Kibiwot, KEN	2:30:33 DB 5,000

- | | |
|--------------------------|------------------|
| 4. Marisa Casanueva, ESP | 2:32:22 PB 2,500 |
| 5. Magdalena Shauri, TAN | 2:33:28 PB 1,500 |

Vienna City Marathon (34th)

(IAAF Gold Label Road Race)

Wien, AUT, 23 April

(Distance: 42.195 km; start/finish separation of about 5 km with an elevation GAIN of approx. 20m)

MEN (gun times)

- | | |
|---|---------------------|
| 1. Albert Korir, KEN | 2:08:40 PB € 15,000 |
| 2. Ishmael Chemtan Busendich, 1991, KEN | 2:08:42 |
| 3. Ezekiel Omullo, 1987, KEN | 2:09:10 |
| 4. Alfonse Kigen, 1993, KEN | 2:10:24 |
| 5. Suleiman Simotwo, 1980, KEN | 2:10:36 |

WOMEN (gun times)

- | | |
|--------------------------------|---------------------|
| 1. Nancy Kiprop, 1979, KEN | 2:24:20 PB € 15,000 |
| 2. Rebecca Chesir, 1992, KEN | 2:24:25 PB |
| 3. Roza Dereje, 1979, ETH | 2:25:17 PB |
| 4. Shuko Genemo, 1995, ETH | 2:26:06 |
| 5. Angela Tanui, 1992, KEN | 2:26:31 |
| 6. Helalia Johannes, 1980, NAM | 2:29:25 |

Gifu Seiryu Half Marathon (7th)

(IAAF Gold Label Road Race)

Gifu, JPN, 23 April

(Distance: 21.1 km; AIMS/IAAF certified course)

MEN

- | | |
|---------------------------|---------|
| 1. Alexander Mutiso, KEN | 1:00:57 |
| 2. Macharia Ndirangu, KEN | 1:00:57 |
| 3. Paul Kuira, KEN | 1:01:19 |
| 4. Bernard Kipyego, KEN | 1:01:27 |
| 5. Kenneth Keter, KEN | 1:01:48 |

WOMEN

- | | |
|-----------------------------|------------|
| 1. Joyciline Jepkosgei, KEN | 1:07:44 CR |
| 2. Belaynesh Oljira, ETH | 1:08:19 |
| 3. Yuka Ando, JPN | 1:12:12 |
| 4. Mimi Belete, BRN | 1:12:22 |
| 5. Mao Kiyota, JPN | 1:12:41 |

Yangzhou Jianzhen International Half Marathon (12th)

(IAAF Gold Label Road Race)

Yangzhou, CHN, 23 April

(Distance: 21.1 km; certified point-to-point course)

MEN (gun times)

- | | |
|---------------------------------|-----------|
| 1. Mosinet Geremew Bayih, ETH | 1:00:55.7 |
| 2. Leonard Kipkoech Langat, KEN | 1:00:55.9 |
| 3. Abraham Cheroben, BRN | 1:00:58 |
| 4. Nobert Kipkoech Kigen, KEN | 1:01:02 |
| 5. Shadrack Kimining Korir, KEN | 1:01:17 |

6. Yohanes Ghebregergis Ghebrehewet, ETH, 1:01:18
7. Nuguse Amlosen Tesfaldet, ETH, 1:01:35
8. Edwin Kipyego, KEN, 1:01:37
9. Kennedy Kipyeko, KEN, 1:01:39
10. Mogos Shumay Solomon, ERI, 1:02:02

WOMEN

1. Sutume Asefa Kebede, ETH, 1:10:30
2. Ababel Yeshaneh Birhane, ETH, 1:10:38
3. Darya Maslova, KGZ, 1:11:06
4. Shure Demise Ware, ETH, 1:11:28
5. Pascalina Chepkorir, KEN, 1:11:31
6. Genet Yalwe Kassahun, ETH, 1:11:38
7. Mercy Jerotich Kibarus, KEN, 1:11:45
8. Perendes Lekapana, KEN, 1:12:09
9. Shitaya Eshete Habtegebrel, ETH, 1:12:19
10. Ayantu Gemechu Abdi, ETH, 1:12:34

Boston Marathon (121st)

(Last Race of Abbott World Marathon Majors Series IX)

(IAAF Gold Label Road Race)

Hopkinton to Boston, USA, 17 April

(Distance: 42.195 km; certified point-to-point course with 3.23m/km elevation loss)

MEN (10:00 start/gun times)

- | | | |
|------------------------------------|----------------|------------------|
| 1. Geoffrey Kirui, KEN | 2:09:37 | \$150,000 |
| [1:04:35 / 1:05:02] | | |
| 2. Galen Rupp, USA/OR | 2:09:58 PB | 75,000 |
| 3. Suguru Osako, JPN | 2:10:28 DB | 40,000 |
| 4. Shadrack Biwott, USA/CA | 2:12:08 | 25,000 |
| 5. Wilson Chebet, KEN | 2:12:35 | 15,000 |
| 6. Abdi Abdirahman, 40, USA/AZ | 2:12:45 | 12,000 + 10,000m |
| 7. Augustus Maiyo, USA/CO | 2:13:16 PB | 9,000 |
| 8. Dino Sefir, ETH | 2:14:26 | 7,400 |
| 9. Luke Puskedra, USA/OR | 2:14:45 | 5,700 |
| 10. Jared Ward, USA/UT | 2:15:28 | 4,200 |
| ... 13. Meb Keflezighi, 41, USA/CA | 2:17:00 | 1,800 + 5,000m |
| 14. Cutbert Nyasango, ZIM | 2:17:40 | 1,700 |
| Daniel Salel, KEN | DNF (in debut) | |

m) Earned masters prize money.

ALL-WOMEN'S PROFESSIONAL RACE (09:30 start/gun times) -

- | | | |
|----------------------------|------------|-----------|
| 1. Edna Kiplagat, KEN | 2:21:52 | \$150,000 |
| [1:12:33 / 1:09:19] | | |
| 2. Rose Chelimo, BRN | 2:22:51 PB | 75,000 |
| 3. Jordan Hasay, USA/OR | 2:23:00 DB | 40,000 |
| [1:12:33 / 1:10:27] | | |
| 4. Desiree Linden, USA/MI | 2:25:06 | 25,000 |
| 5. Gladys Cherono, KEN | 2:27:20 | 15,000 |
| 6. Valentine Kipketer, KEN | 2:29:35 | 12,000 |
| 7. Buzunesh Deba, ETH | 2:30:58 | 9,000 |
| 8. Brigid Kosgei, KEN | 2:31:48 | 7,400 |
| 9. Diane Nukuri, BDI | 2:32:24 | 5,700 |
| 10. Ruti Aga, ETH | 2:33:26 | 4,200 |

Also:

Kathrine Switzer, 70, USA/NY 4:44:31

B.A.A. 5 km (9th)

Boston, USA, 16 April

(Certified one-loop course)

MEN (gun times)

1. Ben True, 31, West Lebanon, NH	13:20	CR/AR	\$7500
2. Stephen Sambu, 28, Phoenix, AZ	13:22		4000
3. James Kibet, 28, Kenya,	13:28	PB	2500
4. Philip Langat, 26, Kenya,	13:30	PB	1500
5. Dejen Gebremeskel, 27, Ethiopia,	13:35		1000
... 7. Hagos Gebrhiwet, 22, Ethiopia,	13:42		600

WOMEN (gun times)

1. Buze Diriba, 23, Ethiopia,	14:54	PB	\$7500
2. Molly Huddle, 32, Providence, RI	14:56		4000
3. Kalkidan Gezahegne, 25, Ethiopia,	15:04	PB	2500
4. Marielle Hall, 25, Mt. Laurel, NJ	15:08	PB	1500
5. Lauren Howarth, 26, Great Britain,	15:39	PB	1000
... 20. Jen Rhines, 42, Boston, MA	16:29		300m

Int'l Paderborner Osterlauf 10 km & Half Marathon (71st)

Paderborn, GER, 15 April 15

(Distances: 10 km and 21.1 km; certified two-loop course)

10 km (gun times)

MEN -

1. Benard Kimeli, 1995, KEN	27:18	PB/CR*	€ 700 + 500i + 1000*
2. Benard Kipkemoi, KEN	28:13		500
3. Emmanuel Kipchirchir Kiprono, KEN	28:18		350

*) Course record bonus

i) Earned time bonus for sub-28:00

WOMEN

1. Gladys Kimaina, KEN	31:15	PB/CR*	€ 700 + 500i + 1000*
2. Sofiya Shemsu Chegen, 1994, ETH	31:23	PB	500 + 300i
3. Naom Jebet, 1994, KEN	31:49	PB	350

Half marathon (gun times)

MEN

1. Patrick Kimeli, KEN	1:02:28	€ 500
2. Paul Muchemi Maina, KEN	1:02:40	400
3. Dickson Kurui, KEN	1:04:37	300

WOMEN

1. Tabitha Wambui Gichia, KEN	1:10:08	€ 500 + 300i
2. Eunice Mumbua Kioko, KEN	1:10:31	400 + 300i
3. Mary Njoki Wanjiku, KEN	1:12:44	300
4. Ivy Kibet, KEN	1:12:50	200

i) Earned time bonus for sub-1:11:30

TRACK**IAAF World Relays (3rd)**

Nassau, BAH, 22-23 April

MEN**4x800 (23):**

1. UNITED STATES 7:13.16 WL GOLD

Brannon KIDDER	1:47.39
Erik SOWINSKI	1:48.11 / 3:35.50
Casimir LOXSOM	1:48.48 / 5:23.98
Clayton MURPHY	1:49.18 / 7:13.16
2. KENYA 7:13.70 SILVER

Alfred KIPKETER	1:47.52
Kipyegon BETT	1:46.73 / 3:34.25
Timothy KITUM	1:49.76 / 5:24.01
Ferguson Cheruiyot ROTICH	1:49.69 / 7:13.70
3. POLAND 7:18.74 BRONZE

Artur KUCIAPSKI	1:49.14
Mateusz BORKOWSKI	1:49.29 / 3:38.43
Adam KSZCZOT	1:49.80 / 5:28.23
Marcin LEWANDOWSKI	1:50.51 / 7:18.74

WOMEN**4x800 (22):**

1. UNITED STATES 8:16.36 WL GOLD

Chanelle PRICE	2:01.73
Chrishuna WILLIAMS	2:03.72 / 4:05.45
Laura ROESLER	2:03.05 / 6:08.50
Charlene LIPSEY	2:07.86 / 8:16.36
2. BELARUS 8:20.07 SILVER

Darya BARYSEVICH	2:02.64
Ilona USOVICH	2:04.37 / 4:07.01
Viktorina KUSHNIR	2:04.54 / 6:11.55
Marina ARZAMASOVA	2:08.52 / 8:20.07
3. AUSTRALIA 8:21.08 BRONZE

Lora STOREY	2:02.07
Abbey DE LA MOTTE	2:02.66 / 4:04.73
Zoe BUCKMAN	2:08.28 / 6:13.01
Heidi SEE	2:08.07 / 8:21.08

Arkansas John McDonnell Invitational

Fayetteville, USA, 22-23 April

WOMEN**1500 (22):****Section 2 -**

1. Dominique Scott, Unattached (RSA), 4:14.26
2. Sydney Brown, Arkansas, 4:22.12
3. Maddy Reed, Arkansas, 4:24.76

3000 (22):

1. Carina Viljoen, Arkansas (RSA), 9:32.86

2. Rachel Nichwitz, Arkansas, 9:49.20
3. Valerie Reina, Arkansas, 10:05.39

Duke Invitational

Durham, USA, 21-22 April

WOMEN

5000 (21):

1. Letitia SAAYMAN, SR, Unattached (RSA) 16:47.70 PB
2. Tilda HELGESSON, Unattached (SWE) 17:31.76
3. Sarah HAMON, JR, UNC-Wilmington 17:35.43

Auburn War Eagle Invitational

Auburn, USA, 21-22 April

WOMEN

1500: 1. Karisa Nelson, Samford, 4:17.20; 2. Agnes Abu, Mid. Tenn. State (GHA), 4:17.75; 3. Shelby Brown, Ole Miss, 4:19.09; 4. Aynslee Van Graan, Coastal Carolina (RSA), 4:19.58.

Mt. SAC Relays (59th)

Walnut, USA, 13-15 April

WOMEN

1500:

Invitational Sections (14):

Section 1 -

- | | | |
|----------------------|----------------|-------------|
| 1. Amanda Eccelstone | Brooks | 4:12.86 |
| 2. Katie Rainsberger | Oregon | 4:13.25 WJL |
| 3. Dana Mecke | Texas Elite TC | 4:13.42 |

Section 2 -

- | | | |
|----------------------------|---------------------|------------|
| 1. Helen Schlachtenhaufen | Dartmouth | 4:19.03 |
| 2. Maggie Miller | Teamosquedaelite | 4:19.94 PB |
| 3. Claire Green | Arizona | 4:21.02 PB |
| ... 12. Laura Labuschaigne | South Alabama (RSA) | 4:31.88 |

STATS TIME

With Paula Radcliffe's women-only world record having fallen to Mary Keitany in the London Marathon yesterday, here is an all-time list of the top twenty women over the distance. Only the fastest time by each athlete is given.

MARATHON: ALL-TIME WORLD'S TOP 20 WOMEN

2:15:25	WR	Paula Radcliffe	GBR	1	London	13 Apr 2003
2:17:01	WR	Mary Keitany	KEN	1	London	23 Apr 2017
2:17:56	AR	Tirunesh Dibaba	ETH	2	London	23 April 2017
2:18:47	AR	Catherine Ndereba	KEN	1	Chicago IL	7 Oct 2001
2:18:58	NR	Tiki Gelana	ETH	1	Rotterdam	15 Apr 2012
2:19:12	AR	Mizuki Noguchi	JPN	1	Berlin	25 Sep 2005
2:19:19	NR	Irina Mikitenko	GER	1	Berlin	28 Sep 2008
2:19:25		Gladys Cherono	KEN	1	Berlin	27 Sep 2015

2:19:31	NR	Aselefech Mergia	ETH	1	Dubai	27 Jan 2012
2:19:34		Lucy Kabuu	KEN	2	Dubai	27 Jan 2012
2:19:36	AR	Deena Kastor	USA	1	London	23 Apr 2006
2:19:39	NR	Sun Yingjie	CHN	1	Beijing	19 Oct 2003
2:19:41		Yoko Shibui	JPN	1	Berlin	26 Sep 2004
2:19:41		Tirfe Tsegaye	ETH	1	Dubai	22 Jan 2016
2:19:44		Florence Kiplagat	KEN	1	Berlin	25 Sep 2011
2:19:46		Naoko Takahashi	JPN	1	Berlin	30 Sep 2001
2:19:47		Sarah Chepchirchir	KEN	1	Tokyo	26 Feb 2017
2:19:50		Edna Kiplagat	KEN	2	London	22 Apr 2012
2:19:51		Zhou Chunxiu	CHN	1	Seoul	12 Mar 2006
2:19:52		Mare Dibaba	ETH	3	Dubai	27 Jan 2012

THIS MONTH IN HISTORY

This was supposed to go in last week, but I thought it is interesting enough to still use it this week. – Ed.

(Almost exactly) 120 years ago: 19 April 1897

The first Olympic Marathon, held in Athens in 1896, spurred the popularity of marathon running all over the world. Soon after the Games a "marathon" (40 km) was held in France and this was followed by races in New York, Hungary, Norway and Denmark. On this day the first Boston Marathon was run from Ashland to Boston over a distance that was announced as 39.7 km, but was probably shorter. There were eighteen starters, but only ten finished. The winner was John J. McDermott, a lithographer by trade who had also won the inaugural New York Marathon. McDermott, who was a member of the Pastime AC in New York, took the lead on the hills between Wellesley and Newton and reached the finish at the Irvington Street Oval in 2:55:10, almost seven minutes ahead of John Kiernan, with E. Rhell third. In eighth was Lawrence Brignolia, who would win two years later.

□ Photograph of John McDermott from *Boston: A Century of Running*, by Hal Higdon.



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	28:48	Mbongeni Ngxazozo	Port Elizabeth	22 Apr
	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)		

21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	65:22A	Lukhanyo Ngxoko	East London	25 Feb
	65:53	Thabang Mosiako	Bedfordview	15 Jan
	59:10	Bedan Karoki (KEN)		
	58:23	Zersenay Tadese (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	31:45	Mzwanele Maphekula	Port Elizabeth	22 Apr
	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	Jonathan Edwards	Pinetown	29 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:38:16	Mzwanele Maphekula	Uitenhage	04 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:24:32	Johannes Kekana	Benoni	29 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:20	Makaya Masumpa	Port Elizabeth	22 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	52:48	Reginald Ngobese	Vanderbijlpark	08 Feb
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	74:36	Reginald Ngobene	Benoni	29 Jan
	66:42	Martin Rees (GBR) 2003		
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	Reginald Ngobese	Sasolburg	04 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:05	Mochamat Kriel	Pinelands	25 Feb
	32:48	Martin Rees (GBR) 2013		
15 km	60:24	Mochamat Kriel	Ravensmead	18 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	88:35	Mochamat Kriel	Tokai	04 Feb
	71:31	Martin Rees (GBR) 2013		
25 km	1:54:07A	Devilliers Oberholzer	Pinetown	29 Jan

30 km	94:01	Doug Winn (USA) 2010		
	2:10:11	Kosie Botha	Parow	26 Mar
Marathon	1:57:07	Ed Whitlock (CAN) 1994		
	3:06:21	Gideon Radebe	Benoni	29 Jan
100 km	2:36:30	Yoshihisa Hosaka (JPN) 2009		

Great grandmasters (70+)

10 km	42:35	Pele Tshikundamalema	Pretoria	18 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	64:04	Jeff Smith	Constantia	11 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	95:36	Elias Raphulu	Pretoria	08 Apr
	82:23	Ed Whitlock (CAN) 2001		
25 km	4:37:56A	Jean Nepgen	Somerset East	18 Mar
	99:59	Clive Davies (USA) 1985		
30 km	2:46:08	Tamsanqa Jusayi	Uitenhage	04 Mar
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:57:21	David Ngoben	Pretoria	28 Jan
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				

Juniors

10 km	30:17	Kabelo Seboko	Benoni	29 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:31	Sivuyile Selani	Port Elizabeth	25 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	72:27	Itumeleng Sesiko	Sasolburg	04 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Open

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		

Marathon	1:39:11 Wo	Mary Keitany (KEN) 2011		
	2:48:13A	Ann Ashworth	East London	25 Feb
	2:54:59	Danette Smith	Durban	09 Apr
	2:17:01	Mary Keitany (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		
<u>Veterans (40+)</u>				
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		
<u>Masters (50+)</u>				
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 Natsen	Pinetown	29 Jan
	2:13:40	Roshini Natsen	Durban	19 Mar
30 km	2:16:59	Christine Claasen	Uitenhage	04 Mar
Marathon	3:18:52	Jane Mudau	Durban	09 Apr
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:31	Margie Saunders	Port Elizabeth	22 Apr
	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	3:26:99	Nancy Will	Durban	09 Apr
	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 Micketta (GER) 2013		
100 km				

Juniors

10 km	35:33	Ashleigh Simonis	Bellville	22 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	98:46	Georgina Janisch	Pretoria	08 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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