

# 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 year 2017 ended on a high note for SWD runner Annatjie Botes, who turned 60 on 10 December. Six days later she won her category in the Somerson Half Marathon in 1:36:57 (René Kalmer was the women's champion in 1:28:00), and then on 19 December she set her first SA record when she won the women's race at the Correctional Services Nite Race 10 km in George in 41:03 -- erasing the national mark of 41:20 of no less a luminary than Sonja Laxton, set in 2009.

Unfortunately no results of the 42nd Nutribullet Bay to Bay 30 km and the accompanying 15 km were available.

In the results of the Danger Point Half Marathon (last week's DRR), the second runner in the 70+ category was most probably Eric Bateman (not Bolaman).

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* Ronnie Davel Memorial 16 km, Durban
- \* N2 City Bluewater Bay 15 km, Port Elizabeth
- \* ACE Half Marathon & 10 km, Pretoria
- \* PwC Old Selbornian Nite Race, East London
- \* Oujaarsdraffie 10 km, Hartenbos
- \* Moordkuil 15 km, Hartenbos
- \* Correctional Services Nite Race, George
- \* Knysna 10 km Nite Race, Knysna
- \* Somerson Half Marathon & 10 km, Mossel Bay

## International highlights:

- \* Chevron Houston Marathon & Aramco Half Marathon, Houston, USA
- \* 10 km Valencia Ibercaja, Valencia, ESP
- \* Prom'Classic de Nice, Nice, FRA
- \* Adana Half Marathon, Adana, TUR
- \* C&D Xiamen International Marathon, Xiamen, CHN
- \* XC: Cross Internacional Memorial Juan Muguerza, Elgoibar, ESP; Kenya Police Cross-country Championships, Nairobi, KEN; Campaccio Classica del Cross, San Giorgio su Legnano, ITA; Antrim International Cross-country Challenge, Greenmount Campus, Antrim, GBR

- \* Bandera 100 km, Bandera, USA
- \* Indoor track: Arkansas Invitational, Fayetteville, USA

## OBITUARY

### COMRADES CHAMPION PIET VORSTER PASSES AWAY AT 66

By Riël Hauman

Piet Vorster, winner of the Comrades Marathon in 1979, passed away on Saturday in Johannesburg. He was 66 years old and had been suffering from motor neuron disease for some time.

Vorster earned 14 Comrades medals, of which four were gold -- he finished fourth in 1978 (5:52:04, "down" run), first in 1979 (5:45:02, "up"), sixth in 1982 (5:50:20, down), and seventh in 1983 (5:59:34, up).

He ran his first Comrades in 1971 for Tuks Road Runners Club and his last in 1996 for Pinetown and District AC. When he won in 1979 he was the first member of Collegians Harriers, at that time the organisers of the race, to do so.

Vorster, who lived in Worcester at one time and ran for Celtic Harriers in the eighties, finished the Two Oceans Marathon ten times (and the half marathon twice), with a best time of 3:23:43 in 1986 when he was eleventh, one place out of the gold medals.

But he ran the race of his life between Durban and Pietermaritzburg on May 31, 1979. The Comrades was 88.2 km long that year. Course record holder and three-time winner Alan Robb was the favourite, but there was a dark horse in the field as well: Johnny Halberstadt, one of the best runners ever produced in South Africa and the reigning SA marathon champion at the time (who would run a new national record of 2:12:19 later in 1979).

Halberstad, a graduate of Oklahoma State University, set off at a furious pace and recorded the fastest time ever at halfway, with Vorster second and Robb struggling. But Halberstadt, also a four-minute miler, had misjudged it and at Umlaas Road -- the highest point of the course and about 20 km from the finish -- he was forced to walk, and then to lie down at the side of the road.

Vorster, whose best marathon time was more than 12 minutes slower than Halberstadt's, charged past towards Pietermaritzburg, his hometown. He conquered the monster hill, Polly Shorts, and reached the finish in the Jan Smuts Stadium in 5:45:02 to break Robb's record by a shade over two minutes. Halberstadt, who had lost eight minutes when he stopped, finished second in 5:50:30 and Bruce Fordyce third in 5:51:15.

In actual fact Vorster almost did not participate that day. He had a sore heel and didn't want to run. His helpers persuaded him to start. Later he said: After all the arguing with my brother, Hannes, and my second, Mike Walsh, as to whether I should run or not, we got to the start late and I had to dash around to book in by 6 a.m. I finished booking in just as the runners made off." ("... book in by 6 a.m. ... " -- those were the days!)

The next year Vorster finished third in the other big race in Kwazulu-Natal, the Dusi canoe marathon.

Vorster, a land-surveyor by trade who studied at the University of Pretoria, was a tough competitor who gained the respect of all his rivals, including Fordyce, Shaun Meiklejohn and Deon Holtzhausen, who all paid tribute to the "unbelievably kind person" and "real gentleman".

Vorster, born on 22 February 1951, won the first Riebeeckberg Marathon in 1986 in 2:38:17. His best marathon time was the 2:24:58 which gave him third place in the 1978 Durban Athletic Club Marathon.

I made friends with Piet when he participated in races in the Western Cape, but only got to know him really well when we were the only two Afrikaans-speaking members of the Comrades TV commentating crew in the eighties. He used to ride to Durban on his big motorbike and we shared a room in the old Rob Roy Hotel at Botha's Hill on the Comrades route. We had many conversations about running and the quiet, unassuming man was a

delight to be with. "Gentleman" was a fitting description for him; he was a man of integrity and with a great sense of humour. Salt of the earth, that was Piet Vorster.

## ROAD RUNNING

### Ronnie Davel Memorial 16 km (40<sup>th</sup>)

Durban, 14 January  
(Undulating loop course)

#### MEN

1.	Ndumiso Sokela	Mgunga AC	53:51
2.	Musa Mthaalane	Ind	55:21
3.	Bui Mokoena	H/smith AC	59:14

#### 40-49:

1.	Zweli Ndawane	Amaghawe AC	65:07
2.	Lucky Mahlawe	Umzimkulu AC	65:31

#### 50-59:

1.	Wayne Scott	PDAC	68:47
2.	Cliff Robbertze	West AC	74:55

#### 60+

1.	Joseph Dumakude	Protea AC	81:50
2.	Nicolas Dlamini	Boxer AC	84:09

#### Juniors:

1.	Phakamani Zondi	Ind	80:28
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#### WOMEN

1.	Puseletso Dladla	Hollywood Bets	71:10
2.	Ntsiki Mbambo	Natal Carb	77:33
3.	Sarah Grey	Coll Harr	79:10

#### 40-49:

1.	Pat Dammann	Vit AC	80:17
2.	Sue Chapman	Coll Harr	90:01

#### 50-59:

1.	Vicky Crookes	Coll Harr	88:54
2.	Kylie Griffin	West AC	90:59

#### 60+:

1.	Jenny Taylor	Saints	92:47
2.	Pam Rasmussen	YWP AC	97:24

#### Juniors:

1.	Kayla Hitchcliffe	Stella AC	108:27
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### N2 City Bluewater Bay 15 km (33<sup>rd</sup>)

Port Elizabeth, 13 January  
(Loop course. Finishers: 694 [down from 730 last year].)

#### MEN

1	Melikhaya	Frans	Ikhamva AC	27	0:48:44
2	Adriaan	Gerwel	Ikhamva AC	21	0:48:46
3	Zolani	Mabhongo	Ikhamva AC	31	0:48:47
4	Luyanda	Tshangana	Ikhamva AC	34	0:49:11
5	Mzwanele	Maphekula (1st vet)	Bluewater Bay	41	0:49:53
6	Gift	Chigomarawa	ZIM/Nedbank RC	30	0:50:03
7	George	Ntshiliza	Nedbank RC	38	0:50:42

8	Duwayne	Lucas	Ikhamva AC	28	0:51:27
9	Anele	Maliza	Nedbank RC	39	0:51:59
10	Masande	Mlonyeni	Charlo AC	37	0:52:13
11	Melikhaya	Kepe	Nedbank RC	41	0:52:18
12	Charles	Segalo	Charlo AC	30	0:52:26
13	Xolisa	Ndlumbini	Vukani MS Club	35	0:52:48
14	Zolile	Mhlahlo	Achilles AAA	43	0:53:13
15	Bulelani	Niwa	Ikhamva AC	34	0:54:05
16	Tandisile	Xoshomba	Tinarha AC	22	0:54:59
17	Anele	Voorman (1st jun)	Nedbank RC	17	0:55:52
18	Sandile	Ngunuza	Nedbank RC	35	0:55:52
19	Zamubuntu	Teyise	Charlo AC	41	0:55:58
20	Thando	Bixa	Madiba BW	37	0:56:20

**40-44:**

1	Mzwanele	Maphekula	Bluewater Bay	41	0:49:53
2	Melikhaya	Kepe	Nedbank RC	41	0:52:18
3	Zolile	Mhlahlo	Achilles AAA	43	0:53:13

**45-49:**

1	Terrance	Mjekula	Tinarha AC	45	0:56:31
2	Gilroy	Domingo	Gelvan AC	45	1:07:57
3	Helgard	Potgieter	Despatch AC	45	1:08:48

**50-54:**

1	Christopher	Mabengeza	Nedbank RC	51	0:56:56
2	Desmond	Zibi	Achilles AAA	54	1:01:56
3	Darrell	Wicht	Madiba BW	54	1:02:04

**55-59:**

1	Andre	Willemse	Elite AC	59	1:08:36
2	Sibusiso	Gebe	Temp	59	1:08:43
3	Chester	Brooks	Xcel AC	59	1:12:21

**60-64:**

1	Alan	Taylor	Achilles AAA	60	1:06:40
2	Clifford	Hicken	Nedbank RC	60	1:09:04
3	Bruce	McEwan	Achilles AAA	64	1:09:54

**65-69:**

1	Sizinzo	Kama	Achilles AAA	66	1:09:48
2	Albert	Ngcanga	Xcel AC	67	1:11:25
3	Eddie	Eades	Nedbank RC	68	1:16:33

**70-74:**

1	Lochi	Lochner	Charlo AC	70	1:13:10
2	David	O'Reilly	Nedbank RC	70	1:32:09
3	Andre	Fourie	Nedbank RC	70	1:32:37

**75-79:**

1	Tamsanqa	Jusayi	Nedbank RC	75	1:12:12
2	Godfrey	Kariem	Gelvan AC	77	2:05:18

**Juniors:**

1	Anele	Voorman	Nedbank RC	17	0:55:52
2	Siphosethu	Schout	SAPS AC EP	15	0:58:33
3	Elroy	Claassen	Charlo AC	17	1:14:29

**WOMEN**

1	Ndileka	Mvakwendlu	Tinarha AC	27	1:00:23
2	Davera	Magson (1st vet)	Nedbank RC	43	1:05:34
3	Luthando	Nxanisa	Madibaz AC	25	1:06:34
4	Christine	Claasen (1st mast)	Achilles AAA	53	1:07:41
5	Vicky	Oelofse (1st jun)	St Albans AC	17	1:11:51
6	Teresa	Heasley	Temp	44	1:13:38

7	Freedah	Ncube	Madibaz AC	35	1:13:49
8	Cindy	Forbes	Temp	40	1:14:07
9	Terray	Newcombe	Elite AC	26	1:14:09
10	Siphokazi	Nojoko	Motherwell AC	23	1:14:16
11	Lise	De Villiers	Temp	18	1:14:31
12	Priscilla	Dyantyi	Nedbank RC	43	1:14:47
13	Ludine	Williams	St Albans AC	30	1:15:53
14	Elize	Adams	Gelvan AC	43	1:17:10
15	Sizibuie	Dibela	Eskom AC	30	1:17:11
16	Hayley	Mason	Achilles AAA	32	1:17:30
17	Chloe	Smith	Temp	27	1:17:31
18	Lindi	Van Tonder	Charlo AC	39	1:17:53
19	Wendy	Van der Merwe	Nedbank RC	43	1:18:15
20	Elmarie	Bezuidenhout	Charlo AC	35	1:18:39

**40-44:**

1	Davera	Magson	Nedbank RC	43	1:05:34
2	Teresa	Heasley	Temp	44	1:13:38
3	Cindy	Forbes	Temp	40	1:14:07

**45-49:**

1	Lesley Ann	Bush	Despatch AC	45	1:21:11
2	Yvette	Jonker	Despatch AC	45	1:21:12
3	Carol	Booyesen	Muirite Strider	49	1:21:20

**50-54:**

1	Christine	Claasen	Achilles AAA	53	1:07:41
2	Buyelwa	Kobokana	Nedbank RC	52	1:20:01
3	Michelle	Van Iddekinge	Elite AC	50	1:22:51

**55-59:**

1	Laura	Maritz	Infinity AC	57	1:21:46
2	Rosemary	Joubert	32Gi EP AC	57	1:28:35
3	Aletta	Joubert	Crusaders AC	56	1:28:36

**60-64:**

1	Christine	Snyman	Despatch AC	61	1:35:39
2	Noleen	Norris	Gelvan AC	60	1:44:05
3	Nicki	Van Niekerk	Muirite Strider	63	1:44:34

**65-69:**

1	Helene	Oppel	Elite AC	68	1:51:30
2	Carol	Nepgen	Kowie Striders	66	2:01:43
3	Rita	Boucher	Infinity AC	67	2:03:41

**70-74:**

1	Liz	Jenkerson	Muirite Strider	71	1:32:39
2	Ronelle	Steyn	Nedbank RC	73	1:38:54
3	Denise	Terblanche	Infinity AC	70	1:54:42

**Juniors:**

1	Vicky	Oelofse	St Albans AC	17	1:11:51
2	Lise	De Villiers	Temp	18	1:14:31
3	Zene	Gerber	Madibaz AC	16	1:36:00

**ACE Half Marathon & 10 km (25th)**

Pretoria, 13 January

(Distances: 21.1 km & 10 km; loop courses. Weather: clear skies, hot. Finishers: half marathon -- 982.)

**Half marathon**

MEN

1. Moses Njuguna (KEN) 1:12:45 (1st vet)

2. Philani Buthelezi (KPMG) 1:15:12
3. Ignicious Mmushi (PMC) 1:15:23

**Veterans:** 1. Moses Njuguna (KEN) 1:12:45. **Masters:** 1. Paul Mabena (Ford) 1:34:19.  
**G'masters:** 1. Johan Nel (Irene) 1:42:41. **G/g'masters:** 1. John Cannon (Irene) 2:02:17.

#### WOMEN

1. Charné Bosman (Ned) 1:27:14 (1st vet)
2. Magretta Pierce (Ind) 1:34:42
3. Gift Ramobela (NAA) 1:35:53

**Veterans:** 1. Charné Bosman (Ned) 1:27:14. **Masters:** 1. Ansie Breytenbach (Irene) 1:48:26. **G'masters:** 1. Blanche Moila (Sav) 1:58:18. **Juniors:** 1. Marlize Reitz (Fortis) 2:07:04.

#### 10 km

##### MEN

1. Sello Lekalakala (Ind) 34:07
2. Oupa Maseko (Zwakala) 35:25
3. Jerry Rakau (FFA) 36:20

**Veterans:** 1. Riaan Riekert (Kempton) 39:00. **Masters:** 1. Elias Legodi (Ford) 39:11.  
**G'masters:** 1. David Maphungula (Fortis) 41:47. **G/g'masters:** 1. Lammie Fourie (Agape) 57:15. **80+:** 1. Ken Nurden (Agape) 57:18. **Juniors:** 1. Tertius Mentz (Lego) 37:06.

#### WOMEN

1. Catherine Malungane (Mass) 43:35
2. Jeannie de Beer (Runav) 44:10
3. René Smuts (Vital) 44:15

**Veterans:** 1. Adel van den Worm (Phob) 44:20. **Masters:** 1. Elmarie Pretorius (RWFL Rust) 44:48. **G'masters:** 1. Petro Vermaak (CSIR) 47:19. **G/g'masters:** 1. Annatjie Greyvenstein (Irene) 51:10. **Juniors:** 1. Tyler Cumberledge (FFA) 48:30.

#### PwC Old Selbornian Nite Race

East London, 12 January  
 (Distance: 10 km. Finishers: 1268.)

#### MEN

1. Luthando Hejana (RG) 32:13
2. Siyabulela Madlavana (Ind) 32:59
3. Vusumizi Zondo (B2R) 33:18

#### WOMEN

1. Hanlie Botha (B2R) 37:22
2. Nkululo Mkhuzo (BCMAC) 38:44
3. Andrea Ranger (Old S) 41:18

#### Oujaarsdruffie 10 km

Hartenbos, 30 December  
 (Loop course. Finishers: 351.)

#### MEN

- |   |                  |                    |       |
|---|------------------|--------------------|-------|
| 1 | Leon Adams       | Hartenbos Drawwers | 33:28 |
| 2 | Ronen Oosthuizen | Protea             | 35:22 |

3	Melikhaya Msizi	Knysna	36:30
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**Veterans:**

1	Gurome Gelderbloem	Mosselbaai Harriers	38:16
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**Masters:**

1	Selwyn Losper	Mosselbaai Harriers	37:13
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**G'masters:**

1	Koos Smit	Hartenbos Drawwers	45:20
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**G/g'masters:**

1	Roy Burnett	Ndaba	1:30:55
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**Juniors:**

1	Ronen Oosthuizen	Protea	35:22
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## WOMEN

1	Leilani Scheffer	KPMG	38:57
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2	Michelle Redelinghuys	TUKS	39:38
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3	Anel van Wyk	Nedbank	41:27
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**Veterans:**

1	Annegret Pauw	Nedbank	44:58
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**Masters:**

1	Rina Wray	Hartenbos Drawwers	48:02
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**G'masters:**

1	Anita Louw	Oxford Striders	1:04:01
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**Juniors:**

1	Denise Buys	Ind	49:07
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**Moordkuil 15 km**

Hartenbos, 23 December

(Loop course on gravel, hilly. Finishers: 228)

## MEN

1	Ronen Oosthuizen	Protea	56:04
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2	Gareth Jooste	Ind	57:58
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3	Selwyn Losper	Mossel Bay Harriers	1:00:13
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**Veterans:**

1	Eddie Mouton	Nedbank	1:06:52
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2	Kobus Boshoff	Outeniqua Harriers	1:09:51
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**Masters:**

1	Selwyn Losper	Mossel Bay Harriers	1:00:13
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2	Anton Chevalier	Nedbank	1:07:12
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**G'masters:**

1	Louis van der Vyfer	Nedbank	1:14:47
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2	André Barnardo	Nedbank	1:19:01
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**Juniors:**

1	Ronen Oosthuizen	Protea	56:04
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## WOMEN

1	Leilani Scheffer	KPMG	1:04:08
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2	Annatjie Botes	Nedbank	1:14:05
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3	Madelaine le Roux	Ind	1:14:22
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**Veterans:**

1	Nerida Lubbe	Hartenbos Drawwers	1:15:17
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2	Ariaane van Zandbergen	Cape Multi Sport	1:20:54
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**Masters:**

1	Laura Venter	Nedbank	1:29:54
2	Loodjie Van Dyk	SINVAC	1:33:07

**G'masters:**

1	Annatjie Botes	Nedbank	1:14:05
2	Irene Scheffer	RWFL	1:24:23

**Correctional Services Nite Race**

George, 19 December

(Distance: 10 km. Finishers: 175.)

Note: New grandmaster Annatjie Botes (see also results of the Somerson Half Marathon below) was the overall winner in the women's race in an magnificent 41:03. -- Ed.

## MEN

1	Siyabonga Sakwe	Nedbank	31:04
2	Ronen Oosthuizen	Protea	31:54
3	Heinrich Bruhns	Ind	34:40

**Veterans:**

1	Marlon Mortlock	Knysna MC	37:07
2	Gavin Jantjies	Sedgefield Striders	39:31

**Masters:**

1	Selwyn Losper	Mosselbay Harriers	34:44
2	Phillipus du Toit	Hartenbos Drawwers	38:28

**G'masters:**

1	Willem Coetzee	West Coast	40:09
2	André Barnardo	Nedbank	43:09

**G/g'masters:**

1	Plaatjie Cronje	Outeniqua Harriers	55:41
2	Arthur Louw		1:27:47

**Juniors:**

1	Ronen Oosthuizen	Protea	31:54
2	Lean Uys		36:00

## WOMEN

1	Annatjie Botes	Nedbank	41:03
2	Nerida Lubbe	Hartenbos Drawwers	41:15
3	Charne van Biljon	Ind	41:57

**Veterans:**

1	Nerida Lubbe	Hartenbos Drawwers	41:15
2	Henriette Manefeldt	Paarl	45:07

**Masters:**

1	Laura Venter	Nedbank	48:06
2	Annelize Theron	Vitality	49:32

**G'masters:**

1	Annatjie Botes	Nedbank	41:03
2	Karin Badenhorst	Pentagon	57:36

**Juniors:**

1	Liné Pretorius	Ind	45:08
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**Knysna 10 km Nite Race**

Knysna, 16 December

(Finishers: 181.)

**MEN**

1	Godwin Heyns	Nedbank	33:12
2	Lindile Tokota	Nedbank	33:56
3	Siwyile Qole	Plett AC	34:46

**Veterans:**

1	Mauritz Jansen van Rensburg	Outeniqua Harriers	37:59
2	Johan Kruger	Achelus	40:13
3	Eddy Mouton	Nedbank	41:35

**Masters:**

1	Lindile Tokota	Nedbank	33:56
2	Peter Jaehne	Outeniqua Harriers	40:18
3	Samuel Windvogel	Outeniqua Harriers	42:30

**G'masters:**

1	Koos Smit	Hartenbos Drawwers	46:29
2	André Barnardo	Nedbank	46:42
3	Peter Jakoby	Knysna MC	48:05

**G/g'masters:**

1	Mike Derbidge	Knysna MC	46:22
2	Kenny Wilkinson	Knysna MC	1:05:55

**WOMEN**

1	Michelle Redelinghuys	TUKS	39:36
2	Mitsie v.d. Westhuizen	KPMG	40:34
3	Nicole Redelinghuys	TUKS	40:58

**Veterans:**

1	Mitsie v.d. Westhuizen	KPMG	40:34
2	Theresa Loots	Ind	41:58
3	Davera Magson	Nedbank EC	44:03

**Masters:**

1	Doortjie van der Spuy	Outeniqua Harriers	52:17
2	Petro Nel	Kimberley Pirates	1:17:34

**G'masters:**

1	Jane Mouton	Cape Multi Sport Eden	1:22:34
2	Rita (Poepies) Massyn	Goudveld Multi Sport	1:22:34

**Juniors:**

1	Nolene van Rensburg	Nedbank	1:00:25
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**Somerson Half Marathon & 10 km**

Mossel Bay, 16 December

(Distances: 21.1 km &amp; 10 km; loop courses. Finishers: half marathon -- 242; 10 km -- 195.)

Note: An easy victory for René Kalmer in the half marathon here. Six days after turning 60, Annatjie Botes won the grandmaster category. -- Ed.

**Half marathon****MEN**

1	Melikaya Msizi	Knysna MC	1:18:05
2	Ronen Oosthuizen	Protea AC	1:18:47
3	Jaco Barnard	Berts Bricks	1:20:12

**Veterans:**

1	Marlon Mortlock	Knysna MC	1:27:18
2	André Gobey	RWFL	1:28:11

**Masters:**

1	Phillipus du Toit	Hartenbos Drawwers	1:28:24
2	Peter Jaehne	Outeniqua Harriers	1:28:45

**G'masters:**

1	André Barnardo	Nedbank	1:38:38
2	André Niemandt	Hartenbos Drawwers	1:40:34

**G/g'masters:**

1	Dave Edge	Ind	1:59:58
2	Maurice Wicomb	Oudtshoorn AAC	2:32:16

**Juniors:**

1	Ronen Oosthuizen	Protea AC	1:18:47
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## WOMEN

1	René Kalmer	KPMG	1:28:00
2	Andriël de Lange	Pretoria Bobbies	1:34:35
3	Elize Kloppers	Ind	1:35:18

**Veterans:**

1	Elize Kloppers	Ind	1:35:18
2	Lizaane Scholtz	Zululand Multi Sport	1:39:41

**Masters:**

1	Rina Wray	Hartenbos Drawwers	1:46:49
2	Una Saayman	Nedbank	1:53:10

**G'masters:**

1	Annatjie Botes	Nedbank	1:36:57
2	Irene Scheffer	RWFL	1:41:01

**Juniors:**

1	Charné Gricius	Outeniqua Harriers	1:41:30
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**10 km**

## MEN

1	Merlin Klaaste	UWC	30:37
2	Leon Adams	Hartenbos Drawwers	31:39
3	Ruben Dlepu	Langeberg AC	32:05

**Veterans:**

1	Jacobus Boshoff	Outeniqua Harriers	39:23
2	Boyce Pretorius	Hartenbos Drawwers	52:18

**Masters:**

1	Selwyn Losper	Mosselbaai Harriers	36:03
2	Anton Chevalier	Nedbank	37:36

**G'masters:**

1	Koos Smit	Hartenbos Drawwers	44:32
2	Charles Stofberg	Greenmiles	45:26

**G/g'masters:**

1	Plaatjie Cronje	Outeniqua Harriers	51:40
2	Roy Brunette	Ndaba	1:23:29

**Juniors:**

1	Leon Uys	Grey	40:23
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## WOMEN

1	Frances Smit	Ind	41:48
2	Priscilla Esterhuysen	Ind	43:23

3 Alicia Heyns Gauteng North Masters 43:41

#### **Veterans:**

1 Elzet Oosthuizen Hartenbos Drawwers 47:41  
2 Carol Groenewald Hartenbos Drawwers 49:11

#### **Masters:**

1 Marie Wolmarans Nedbank 47:09  
2 Delmarie Henning Hartenbos Drawwers 51:14

#### **G'masters:**

1 Lien Faber Kimberley Pirates 54:31  
2 Hendrika Zimmerman Hartenbos Drawwers 1:01:39

#### **G/g'masters:**

1 Geraldine Loftie-Eaton Nedbank 1:24:29  
2 Beatrix de Viliers Nedbank 1:24:29

## **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**

### **Chevron Houston Marathon (46th) & Aramco Half Marathon (17th)**

(IAAF Silver and Gold Label Road Races)

Houston, USA, 14 January

(Distances: 42.195 km & 21.1 km; USATF certified, loop courses with no net elevation change)

Note: American Molly Huddle set three American records here: 10 miles in 50:52, 20 km in 1:03:48, and the full 21.1-kilometre distance in 1:07:25, toppling the previous national records at those distances set by Olympic bronze medallist Deena Kastor at a half marathon in Berlin, in April 2006 (51:31, 1:04:07 and 1:07:34). -- Ed.

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

##### **MEN**

1. Bazu Worku, 27, ETH 2:08:30 \$45,000 + 2,500i  
2. Yitayal Atnafu, 24, ETH 2:09:07 20,000  
3. Elisha Barno, 32, KEN 2:09:32 PB 10,000 + 1,000i

##### **WOMEN**

1. Biruktayit Degefa, 27, ETH 2:24:51 \$45,000 + 7,000i  
2. Belaynesh Oljira, 27, ETH 2:24:57 20,000 + 7,000i  
3. Melesech Tsegaye Beyene, 23, ETH 2:27:21 10,000 + 1,000i  
Deena Kastor (40+), USA/CA DNF (pace/1:36:35 at 25 km)

i) Earned time incentive bonus

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

##### **MEN**

1. Jake Robertson, 28, NZL 1:00:01 PB= \$20,000 + 5,000i  
[14:24 / 28:32 / 42:50 / 56:58]  
2. Guye Adola Idemo, 27, ETH 1:00:15 10,000 + 5,000i  
3. Feyisa Lilesa, 27, ETH 1:00:20 5,000 + 5,000i  
4. Shura Kitata, 21, ETH 1:00:20 3,000 + 5,000i  
5. Clement Langat, 26, KEN 1:00:29 PB 2,000 + 5,000i  
6. Sam Chelanga, 32, USA/CO 1:00:37 PB 1,500 + 3,000i

7. Stephen Sambu, 29, KEN/AZ	1:00:41 PB=	1,000 + 3,000i
8. Alex Korio Oloiptitit, 27, KEN	1:00:49	500 + 3,000i
9. Tsegay Tuemay, 22, ERI	1:00:50 PB	3,000i
10. Haron Lagat, 34, USA/CO	1:01:01 DB	1,000i
11. Philip Langat, 27, KEN	1:01:06	1,000i
12. Isaac Mukundi, 30, KEN	1:01:24 PB	1,000i
13. Edwin Kibichiy, 25, KEN	1:01:46 PB	1,000i
14. Diego Estrada, 28, USA/AZ	1:01:46	1,000i
15. Bernard Lagat, 43, USA/AZ	1:02:00 PB/NR 4044	1,000m

#### WOMEN

1. Ruti Aga, 23, ETH	1:06:39 PB \$20,000 + 10,000i
[15:48 / 31:33 / 47:28 / 1:03:13]	
2. Caroline Chepkoech, 22, KEN	1:06:48 PB 10,000 + 10,000i
3. Mary Wacera, 29, KEN	1:06:50 5,000 + 10,000i
4. Buze Diriba, 23, ETH	1:06:50 PB 3,000 + 10,000i
5. Edith Chelimo, 31, KEN	1:07:13 2,000 + 10,000i
6. Eunice Chumba, 24, BRN	1:07:18 1,500 + 10,000i
7. Molly Huddle, 33, USA/RI	1:07:25 NR 1,000 + 10,000i
[15:48 / 31:34 / 47:29 PB / 1:03:48 NR]	
8. Jordan Hasay, 26, USA/OR	1:08:38 500 + 10,000i
9. Veronicah Maina, 28, KEN	1:09:17 PB 5,000i
10. Helah Kiprop, 33, KEN	1:09:38 3,000i
11. Jovana De La Cruz, 25, PER	1:10:56 PB 1,000i
12. Becky Wade, 28, USA/CO	1:11:15 PB
13. Natasha Wodak, 36, CAN	1:11:31
14. Aliphine Tuliamuk, 28, USA/NM	1:11:41
15. Serena Burla, 35, USA/VA	1:11:41
16. Rachel Cliff, 29, CAN	1:11:52 PB
17. Elaina Balouris Tabb, 26, USA/MA	1:12:29 DB
18. Kinsey Middleton, 25, USA/ID	1:12:30 PB
19. Emily Setlack, 37, CAN	1:13:59
20. Maddie Van Beek, 26, USA/ND	1:14:09 DB

i) Earned time incentive bonus

m) Earned masters prize money

### 10 km Valencia Ibercaja

(Formerly called "10 km Divina Pastora Valencia")

Valencia, ESP, 14 January

(Certified course)

#### MEN (gun times)

1. Tsehay Abayneh Degu, ETH, 28:03, 1200€
2. Taye Girma, ETH, 28:06, 1000€
3. Yohanes Gebregergish, ERI, 28:09, 600€

#### WOMEN (gun times)

1. Sandrafelis Chebet Tuei, KEN, 30:57 PB, 1200€
2. Norah Jeruto Tanui, KEN, 31:17 PB, 1000€
3. Mary Waithira Munanu, KEN, 31:34, 600€
4. Lema Kuma Dibaba, ETH, 31:35, 300€
5. Kalkidan Gezahegne, BRN, 32:06, 200€

**Prom'Classic de Nice** (19th)

Nice, FRA, 7 January

(Distance: 10 km; certified loop course)

MEN (gun times)

1. Mohamed Serghini, 1989, Sco Ste-marguerite Marseille, 30:06
2. James kibocha Theuri, 1978, Sco Ste-marguerite Marseille, 30:10
3. Emmanuel Lejeune, 1992, BEL, 30:38

WOMEN (gun times)

1. Ophelie Claude-Boxberger, 1988, 33:29
2. Sophie Duarte, 1981, Ca Balma, 34:20
3. Aurore Guerin, 1990, S/I U.s.o Mondeville, 34:39

**Adana Half Marathon** (8th)

Adana, TUR, 7 January

(Distance: 21.1 km)

MEN (gun times)

1. Felix KIBITOK, 1991, KEN, 1:01:50
2. Sang Benard CHERUIYOT, 1981, KEN, 1:02:49
3. Alfred Kipchirchir MUKCHE, 1994, KEN, 1:03:01

WOMEN (gun times) -

1. Diana Chemtai KIPYOKEI, 1994, KEN, 1:08:42 CR\*
2. Daisy Jeptoo KIMELI, 1994, KEN, 1:08:59
3. Delvine Relin MERINGOR, 1992, KEN, 1:09:01
4. Buzunesh Getachew GUDETA, 1997, ETH, 1:10:26
5. Konjit Tilahun BIRUK, 1987, ETH, 1:13:25

**C&D Xiamen International Marathon** (16th)

(IAAF Gold Label Road Race)

Xiamen, Fujian Province, CHN, 7 January

(Distance: 42.195 km; AIMS certified out-and-back course)

MEN (gun times)

- |                       |         |             |
|-----------------------|---------|-------------|
| 1. Dejene Debela, ETH | 2:11:22 | USD 20,000* |
| 2. Tariku Bekele, ETH | 2:11:29 | 10,000      |
| 3. Ayele Abshero, ETH | 2:11:33 | 6,000       |

\*Prize money reduced for slow time

WOMEN (gun times)

- |                               |         |        |
|-------------------------------|---------|--------|
| 1. Fatuma Sado Dergo, ETH     | 2:26:41 | 40,000 |
| 2. Hirut Alemayehu, ETH       | 2:30:09 | 10,000 |
| 3. Meseret Mengistu Biru, ETH | 2:30:15 | 6,000  |

**CROSS-COUNTRY****Cross Internacional Memorial Juan Muguerza** (75th)

Elgoibar, ESP, 14 January

(IAAF Cross Country Permit Meet)

SR. MEN (10796 m):

1. Selemon Barega, ETH, 2000, 33:54

2. Jacob Kiplimo, UGA, 2000, 33:56
3. Timothy Toroitich, UGA, 1991, 34:23
4. Abadi Hadis, ETH, 1997, 34:28
5. Conseslus Kipruto, KEN, 1994, 35:40

SR. WOMEN (7621 m):

1. Ruth Jebet, BRN, 1996, 27:15
2. Agnes Tirop, KEN, 1995, 27:26
3. Lilian Kasait Rengeruk, KEN, 1997, 28:08
4. Gebeyanesh Ayele, ETH, 1995, 28:51
5. Trihas Gebre, Bilbao Atletismo, 1990, 28:56

### **Kenya Police Cross-country Championships**

Nairobi, KEN, 13 January

MEN (10 km)

1. Geoffrey KAMWOROR (KEN) 1992 29:11
2. Noah KIPKEMBOI (KEN) 1993 29:28
3. Josphat BETT (KEN) 1990 29:33
4. Emmmanuel KIPRONO (KEN) 1995 29:49
5. Joseph KIPTUM (KEN) 1987 29:58
- ... 7. Augustine CHOGE (KEN) 1987 30:12

WOMEN (10 km)

1. Stacy NDIWA (KEN) 1992 34:06
2. Ruth CHEPNEGICH (KEN) 1994 34:25
3. Beatrice CHEPKOECH (KEN) 1991 34:36
4. Margaret CHELIMO (KEN) 1993 34:44
5. Margaret MURIUKI (KEN) 1986 35:05

### **Campaccio Classica del Cross (61st)**

(IAAF Cross-country Permit Meeting)

San Giorgio su Legnano, ITA, 6 January

SR. MEN (10 km):

1. James KIBET, KEN, 29:34
2. Tesfaye DERIBA, ETH, 29:34
3. Paul CHELIMO, USA, 29:38

SR. WOMEN (6 km):

1. Lilian RENGERUK, KEN, 19:02
2. Agnes TIROP, KEN, 19:03
3. Gete ALEMA, ETH, 19:23
4. Hellen OBIRI, KEN, 19:28
- ... 8. Desiree LINDEN, USA, 20:44

### **Antrim International Cross-country Challenge (41rd)**

(Part of the British Athletics Cross Challenge; IAAF Cross-country Permit Meeting)

Greenmount Campus, Antrim, GBR, 6 January

SR. MEN (8 km):

1. Timothy Cheruiyot, KEN, 23:12
2. Mogos Tuemay, ETH, 23:12
3. Soufiane Elbakkali, MAR, 23:32

SR. WOMEN (5.4 km):

1. Margaret Chelimo Kipkemboi, KEN, 19:55
2. Fotyen Tesfay, ETH, 19:56
3. Bontu Edao Rebitu, BRN, 19:59

## ULTRA/MOUNTAIN/TRAIL RUNNING

### Bandera 100 km

(USA 100 km Trail Running Championships)

Bandera, USA, 6 January

(Two 50-kilometer loops on rugged trails)

MEN

1. Mario Mendoza, 31, 8:07:45
2. Cody Reed, 26, 8:24:36
3. Jared Burdick, 31, 8:40:59

WOMEN

1. Camille Herron, 36, 9:56:02
2. Michele Yates, 35, 11:00:39
3. Anna Hailey, 37, 11:48:50

## INDOOR TRACK

### Arkansas Invitational

Fayetteville, USA, 12 January

(200 m banked track)

WOMEN

800:

1. Dominique Scott, Adidas (RSA), 2:08.03
2. Therese Haiss, NIKE, 2:09.60
3. Allison Bailey, SO, Tulsa, 2:10.72

1000:

1. Karissa Schweizer, SR, Missouri, 2:44.12
2. Carina Viljoen, SO, Arkansas (RSA), 2:47.24
3. Hannah Miller, SO, SMU, 2:51.59

## NEWS

### ARRS FOUNDER KEN YOUNG HAS BRAIN TUMOUR REMOVED

By Riël Hauman

As one of the founding members of the Association of Road Racing Statisticians, I had known for some time that my friend Ken Young, the driving force behind the ARRS, has health problems, but the news last week, which he announced in an e-mail, still came as a shock. In his usual matter-of-fact way Ken wrote: "I have been in the hospital for more than a week to remove a 5-cm tumor from the right frontal lobe of my brain. I will be unable to continue with the ARRS in any capacity. The prognosis is uncertain."



Ken Young, once described as "somewhat grumpy [and] fiercely independent", in characteristic pose in front of his computer. [Dobson Images]

The ARRS, Ken's brainchild, has accomplished much in the past 30 years and gained worldwide respect for the reliability of the data that has been made available to the global distance running community. Young's data was often quoted in *Distance Running Results* and I have worked closely with him since the inception of the ARRS.

In former *Runner's World* Editor Amby Burfoot's 2016 article on Young he described the essence of his philosophy: "The world is full of so much chaos, and I'm a born planner, an organizer. I try to make sense out of things and look for an underlying structure."

Burfoot said that the former university professor's "innate drive for order, precision, and accuracy, combined with his passion for running, has made Young the undisputed king of road-race statistics. It's a field he essentially invented 45 years ago, and he's still the leader, still the hardest-working, still the most nit-picking, and still trying to impose exactitude on a sport that has mushroomed wildly during his lifetime."

*Race Results Weekly* reported on Young's illness as follows: "[He] is recovering in a care facility near his home in Petrolia, Calif. It is not yet known if the tumor is malignant. Young is 76 years old. On a weekly basis he processed all of the global distance running results from *Race Results Weekly* and other sources, putting hundreds of athlete marks into the ARRS database. From that data, he published *Analytical Distance Runner*, the official ARRS publication, and updated the ARRS website, a trove of distance running data regularly referenced by event organizers, statisticians, journalists, coaches and enthusiasts. He also ran countless analyses on results data to try to gain a deeper understanding of what the marks meant.

"It is Young's hope that his work can be picked up by other ARRS members in the coming months, but the future of the ARRS remains uncertain. In truth, Young did most of the organization's most critical work, routinely working over 50 hours a week at his home office.

"At the end of 2016, Young had logged 141,177 career running miles (227,338 kilometers)."

Young's dedication, thoroughness, painstaking compilation of road racing statistics and bulldog-like persistency to achieve accuracy and historical validity made him legendary and respected throughout the sport. At present there is no one to replace him, and he will be sorely missed.

Burfoot's 2016 profile on Young can be read at <https://www.runnersworld.com/runners-stories/the-endless-toil-of-the-big-data-guy>.

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## STATS TIME

### IAU WORLD BEST PERFORMANCES FOR 50 KM (MEN)

The IAU Records Committee (of which DRR's Editor is a member) has been working hard during 2017 to revise the world best performances list, as well as to draft new guidelines for the recognition of world best and world age best performances. The list of best performances for 50 km (men) has three times with South African connections -- two by SA citizens (including the all-time best performance) and one by Vladimir Kotov, former Russian Olympian who has permanent residence status in this country. The list is:

WBP*:	2:43:38	Thompson Magawana RSA	Claremont	12 Apr 1988
35:				
40:	2:48:39	Gert Thys RSA	Cape Town	07 Apr 2012
45:	3:04:48	Stephen Moore GBR	Barry	06 Mar 1994
50:	2:18:18	Vladimir Kotov BLR	Cape Town	03 Apr 2010
55:	3:17:26	Otho Perkins USA	Worthington	1986
60:	3:29:51	Erwin Remmele GER	Rodenbach	13 Nov 1999
65:	3:41:41	Malcolm Gillis USA	Saddle Brook	13 Jun 1998
70:	4:15:55	Wilhelm Hoffmann GER	Rodenbach	12 Apr 1997
75:	4:14:57	Heinrich Gutbier GER	Rodenbach	13 Nov 1999
80:	5:36:41	Josef Mathias Simon LUX	Steyr	03 Oct 2015

\*) World best performance

### THIS MONTH IN HISTORY

#### 35 years ago: 15 January 1983

The Bay to Bay 30 km between Camps Bay and Hout Bay in the Cape Peninsula started as a 32 km race in Durbanville in Cape Town's northern suburbs in 1977. On this day, the last time the race was held over 32 km, South Africa's fastest marathoner in 1982, Bernard Rose, set a course record of 1:41:38 to win by a little more than two minutes from Ewald Bonzet (1:43:42). Rose's time was then the fourth fastest ever run by a South African for the distance. Riëtte Couper won the women's race in 2:14:06. Almost two months later Rose equalled Geoff Bacon's SA marathon record of 2:12:10 on the point-to-point Peninsula Marathon course. Bonzet had to wait another year to win the Bay to Bay, when he clocked 1:37:42 for the new 30 km distance -- a time that would not be beaten in the race until 1991.

### SOUTH AFRICAN ROAD LIST LEADERS FOR 2018

This is the first compilation of list leaders for 2018. This section lists the best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. 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	32:13	Luthando Hejana	East London	12 January
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	46:42	Melikhaya Frans	Jeffreys Bay	06 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		

21.1 km	1:15:12 58:23	Philani Buthelezi Zersenay Tadese (ERI) 2010	Pretoria	13 Jan
25 km				
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km				
	87:13** 87:13**	Eliud Kipchoge (KEN) 2016 Stanley Biwott (KEN) 2016		
Marathon				
	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	39:00 27:48	Riaan Riekert Bernard Lagat (USA) 2015	Pretoria	13 Jan
15 km	49:53 44:14	Mzwanele Mapekula Pierre Levisse (FRA) 1992	Port Elizabeth	13 Jan
21.1 km				
	61:09	Haile Gebrselassie (ETH) 2013		
25 km				
	76:49	Martin Mondragon (MEX) 1994		
30 km				
	89:45	Mark Kiptoo Kosgei (KEN) 2016		
Marathon				
	2:08:38	Kenneth Mungara (KEN) 2016		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

#### Masters (50+)

10 km	39:11 30:35	Elias Legodi Tecwyn Davies (GBR) 1988	Pretoria	13 Jan
15 km	56:55 47:52	Desmond Zibi Titus Mamabolo (RSA) 1991	Jeffreys Bay	06 Jan
21.1 km	94:19 66:23	Paul Mabena Titus Mamabolo (RSA) 1991	Pretoria	13 Jan
25 km				
	84:12	Norman Green (USA) 1984		
30 km				
	1:46:33	Norman Green (USA) 1988		
Marathon				
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
	6:43:33	Roland Vuillemot (FRA) 1996		

#### Grandmasters (60+)

10 km	41:47 32:48	David Maphungula Martin Rees (GBR) 2013	Pretoria	13 Jan
15 km	66:40 54:32	Alan Taylor Cees Stolwijk (NED) 2013	Port Elizabeth	13 Jan
21.1 km	1:42:41 71:31	Johan Nel Martin Rees (GBR) 2013	Pretoria	13 Jan
25 km				
	94:01	Doug Winn (USA) 2010		

30 km	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km	7:53:43	Bernd Juckel (GER) 2012		
<u>Great grandmasters (70+)</u>				
10 km	57:15	Lammie Fourie	Pretoria	13 Jan
	37:33	Ed Whitlock (CAN) 2004		
15 km	72:12	Tamsanqa Jusayi	Port Elizabeth	13 Jan
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	2:02:17	John Cannon	Pretoria	13 Jan
	82:23	Ed Whitlock (CAN) 2001		
25 km				
	99:59	Clive Davies (USA) 1985		
30 km				
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon				
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				
	8:53:45	Max Courtillon (FRA) 1997		
<u>Juniors</u>				
10 km	37:06	Tertius Mentz	Pretoria	13 Jan
	27:11	Mathew Kimeli Kipkorir (KEN) 2017		
15 km	55:52	Anele Voorman	Port Elizabeth	13 Jan
	42:17	Ayele Abshiro Biza (ETH) 2008		
21.1 km				
	59:16	Samuel Wanjiru (KEN) 2005		
<b>WOMEN</b>				
<u>Open</u>				
10 km	37:22	Hanlie Botha	East London	12 January
	29:43 Mx	Joycilene Jepkosgei (KEN) 2017		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	56:57	Ntombesintu Mfunzi	Jeffreys Bay	06 Jan
	45:37 Mx	Joycilene Jepkosgei (KEN) 2017		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	87:14	Charné Bosman (vet)	Pretoria	13 Jan
	64:51p Mx	Joycilene Jepkosgei (KEN) 2017		
	64:52 Mx	Joycilene Jepkosgei (KEN) 2017		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km				
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km				
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:36:05 Wo	Mary Keitany (KEN) 2017		
Marathon				
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:01 Wo	Mary Keitany (KEN) 2017		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	44:20 32:14	Adel van den Worm Priscilla Welch (GBR) 1985	Pretoria	13 Jan
15 km	58:02 49:35	Charné Bosman Priscilla Welch (GBR) 1985	Jeffreys Bay	06 Jan
21.1 km	87:14 69:37	Charné Bosman Deena Kastor (USA) 2014	Pretoria	13 Jan
25 km				
	85:15	Colleen de Reuck (USA) 2005		
30 km				
	1:49:40	Yoshimi Hoshino (JPN) 2007		
Marathon				
	2:23:31	Lydia Cheromei (KEN) 2017		
100 km				
	7:20:22	Maria Auxiliadora (BRA) 1998		

Masters (50+)

10 km	44:48 34:14	Elmarie Pretorius Linda Somers (USA) 2011	Pretoria	13 Jan
15 km	67:41 52:38	Christine Claasen Monica Joyce (USA) 2009	Port Elizabeth	13 Jan
21.1 km	1:48:26 75:18	Ansie Breytenbach Linda Somers (USA) 2011	Pretoria	13 Jan
25 km				
	96:58	Colleen de Reuck (USA) 2016		
30 km				
	1:56:43	Colleen de Reuck (USA) 2016		
Marathon				
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
	7:51:10	Meghan Arbogast (USA) 2011		

Grandmasters (60+)

10 km	47:19 38:56	Petro Vermaak Lidia Zentner (GER) 2015	Pretoria	13 Jan
15 km	95:39 61:25	Christine Snyman Kathryn Martin (USA) 2011	Port Elizabeth	13 Jan
21.1 km	1:58:18 84:56	Blanche Moila Bernadine Portenski (NZL) 2010	Pretoria	13 Jan
25 km				
	1:50:50	Edie Stevenson (USA) 2011		
30 km				
	2:15:30	Kathryn Martin (USA) 2012		
Marathon				
	3:12:57	Emmi Luthi (SUI) 2009		
100 km				
	9:20:07	Ursula Schmitz (GER) 1999		

Great grandmasters (70+)

10 km	51:10 44:09	Annatjie Greyvenstein Lavinia Petrie (AUS) 2014	Pretoria	13 Jan
15 km	1:32:39 72:52	Liz Jenkerson Jo Klein (NED) 2004	Port Elizabeth	13 Jan
21.1 km				
	97:38	Lavinia Petrie (AUS) 2014		
25 km				

30 km	2:18:20	Gerry Davidson (USA) 1991		
Marathon	2:47:08	Myra Rhodes (USA) 2002		
100 km	3:35:29	Helga Miketta (GER) 2013		
	12:50:49	Helen Klein (USA) 1993		
<u>Juniors</u>				
10 km	48:30	Tyler Cumberledge	Pretoria	13 Jan
	31:29	Karoline Bjerkeli Grovdal (NOR) 2009		
15 km	71:51	Vicky Oelofse	Port Elizabeth	13 Jan
	48:33	Mekasha Waganesh Amare (ETH) 2011		
21.1 km	2:07:04	Marlize Reitz	Pretoria	13 Jan
	67:57	Abebu Gelan Adugna (ETH) 2009		

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