

# 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 51st running of the Cape Peninsula Marathon yesterday produced a magnificent repeat victory for Ulrica Stander, who won last year in her first outing over the distance. In much better conditions than last year's strong headwind, she ran more than five minutes faster for a new personal best of 2:53:06, albeit on an aided course (her "real" best is the 2:54:09 which she ran in the Sanlam Cape Town Marathon on a standard course last September). In 2017 she took the scalp of then Comrades champion Charné Bosman; this time she beat the woman who has won more SA titles than any other athlete, male or female, René Kalmer (2:55:34). A week before, Kalmer had won the Pick 'n Pay Half-Marathon. The men's winner in the marathon was Two Oceans champion Lungile Gongqa (2:21:58), who will defend his title over Easter.

With this victory Stander became a member of a most exclusive club, which has only four members: herself, Irvette van Zyl, Bosman and Renata Vosloo. They are the only South Africans who have beaten Kalmer in a marathon.

In the first BestMed Tuks Marathon Bosman was even faster than Stander, clocking a list leader (open and vets) of 2:50:57. Stephen Mokoka won the race in a slow 2:32:02.

Some interesting stats about last weekend's RAK Marathon:

- Ethiopians Jemal Yimer (59:00) and Degitu Azimeraw Asires (66:47) both ran the fastest ever debut half marathons.
- In the women's race best-marks-for-place were recorded for positions 2-11.
- The top ten average for men in the RAK race is now 58:57 and for women 65:29 -- both the fastest of any half marathon.
- Mary Keitany's average for her five quickest half marathons is now 65:32. Her 64:55 is the fastest time for any woman over 23 years old (Keitany is 36).

It turns out that with the new start of the NutriBullet Bay to Bay 30 km in Camps Bay (results in DRR 18:3) the course is now aided and no longer record eligible because it drops 1.53 m/km from start (directly above the old point but higher up the slope of Table Mountain) to finish (which is practically at sea level). In previous years the drop was negligible, less than 1 m/km. The start/finish separation is only 1.93% of the race distance, but the drop is more than the allowable 1 m/km. It is a pity that this change has come about; four of the current SA senior and age category records were set on the previous courses, which were all standard.

Riël Hauman

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**INCLUDED IN THIS ISSUE:**

- \* Cape Peninsula Marathon & Half Marathon, Cape Town to Simon's Town (marathon) & Bergvliet to Simon's Town (half marathon)
- \* Buffs Marathon & Half Marathon, Macleantown to East London
- \* Zabalala Half Marathon & 10 km, Cato Ridge
- \* BestMed Tuks Marathon, Half Marathon & 10 km, Pretoria
- \* Emtshezi 10 km Development Race, Wembezi
- \* Bieliemieliefees Marathon, Half Marathon & 10 km, Reitz
- \* Spar Valentine's 10 km, Pretoria
- \* Pick 'n Pay Marathon & Half Marathon, Johannesburg
- \* Caltex Border Masters Half Marathon, East London

**International highlights:**

- \* Medio Maratón Internacional Electrolit Guadalajara, Guadalajara, MEX
  - \* Gensan Giulietta & Romeo Half Marathon, Verona, ITA
  - \* All-Japan Corporate Team Half-Marathon Championships, Yamaguchi, JPN
  - \* Groet Uit Schoorl Run, Schoorl, NED
  - \* XC: Kenyan Cross-country Championships, Nairobi, KEN
  - \* Indoor track: USA Indoor Championships, Albuquerque, USA; SPAR British Athletics Indoor Championships, Birmingham, GBR; Reunion Internacional de Atletismo en Pista Cubierta - Villa de Madrid, Madrid, ESP; David Hemery Invitational, Boston, USA; International PSD Bank Meeting, Düsseldorf, GER
  - \* Empire State Building Run-Up, New York, USA
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**ROAD RUNNING**

**Cape Peninsula Marathon (51st) & Half Marathon (18th)**

(Incorporating the Westernen Province Marathon Championships)

Cape Town to Simon's Town (marathon) & Bergvliet to Simon's Town (half marathon),  
18 February

(Distances: 42.195 km & 21.1 km; certified point-to-point courses with no elevation loss.

Weather: Cool, with mist early on. No wind. Temperature: 14-15 °C. Excellent running conditions. Finishers: marathon – 1999 men + 918 women = 2917 total [down from 3307 last year]; half marathon – 1248 men + 1607 women = 2855 total [down from 3114].)

**Marathon**

**MEN**

1. Lungile Gongqa (Ned) 2:21:58 (R12 000) [WP champion]
2. Anda Lubelwana (KPMG) 2:23:13 (R8000) [Silver medal]
3. Ben Matiso (Itheko) 2:24:43 (R5000) [Bronze medal]
4. Jimmy Bonjesi (MAW/Whalers) 2:28:27
5. Siyabonga Sakwe (Ned) 2:30:12
6. Blessing Makanga (East) 2:30:13
7. Mzolisi Makhanda (Ned EC) 2:30:48
8. Lindikhaya Mthangayi (IT) 2:32:05
9. Willem Maphange (Arcadia) 2:34:08
10. Mthandazo Qhina (Ned) 2:34:53 (1st vet)

**Veterans:** 1. Mthandazo Qhina (Ned) 2:34:53 (R3000); 2. Vakalisa Kopolo (Ned) 2:37:51 (R1500); 3. Gareth Berning (VOB) 2:43:34 (R1000). **Masters:** 1. Johnny Persents (Edge) 2:58:38 (R1200); 2. Sidney Rustin (SANDF) 3:02:57 (R900); 3. Zolani Ntsodo (SANDF) 3:04:07 (R600). **G'masters:** 1. Kosie Botha (CS Bol) 2:59:27 (R900); 2. Louis Claassen (Sald) 3:19:49 (R700); 3. Hennie Wentzel (Durb) 3:25:11 (R500). **G/g'masters:** 1. Eric

Bateman (VOB) 4:03:44 (R700); 2. Jim Scott (FH) 4:37:20 (R500); 3. Lawrence Ashworth (Strand) 4:50:45 (R300).

WOMEN (Same prize money as men)

1. Ulrica Stander (KPMG) 2:53:06 PB (1st vet) [WP champion]
2. René Kalmer (KPMG CGA) 2:55:34
3. Danette Smith (KPMG) 2:56:33 [Silver medal]
4. Linda Kinloch-Smith (Bell) 3:10:14 [Bronze medal]
5. Michelle Dreyer (KPMG Bol) 3:10:20
6. Jana Trojan (CZE/VOB) 3:14:02 (1st mast)
7. Elme Middlemost (Brack) 3:14:14
8. Joanna Thomas (VOB) 3:15:45
9. Tracy Forbes (VOB) 3:17:15
10. Kathleen Shuttleworth (VOB) 3:18:34

**Veterans:** 1. Ulrica Stander (KPMG) 2:53:06; 2. Linda Kinloch-Smith (Bell) 3:10:14; 3. Joanna Thomas (VOB) 3:15:45. **Masters:** 1. Jana Trojan (VOB) 3:14:02; 2. Yvonne Laing (Green) 3:30:40; 3. Zahn Munch (Stell) 3:39:42. **G'masters:** 1. Nancy Will (Pine) 3:26:19; 2. Hester Kotze (Durb) 3:53:41; 3. Ruth Leverton (Pine) 4:38:01. **G/g'masters:** 1. Marietha Herbert (Bell) 4:37:20; 2. Marlene James (Pine) 5:22:07.

### Half marathon

MEN

1. Sibusiso Madikizela (AAC) 1:05:05 (R5000)
2. Nkosinathi Madyo (Itheke) 1:05:07 (R3000)
3. Vuyolwethu Mbukushe (Gugs) 1:06:48 (R2000)
4. Lloyd Bosman (Ned SWD) 1:07:19
5. Malusi Judase (Sat) 1:09:10
6. Asisipho Mathomane (Sat) 1:09:14
7. Tsungai Mwanengeni (ZIM/Gugs) 1:11:24 (1st vet)
8. Admire Rushika (ZIM/VOB) 1:11:48
9. Vuyani Sixaso (Gugs) 1:11:58
10. Colin Makatees (Namaqua) 1:12:40

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 1:11:24 (R1500); Vuyani Sixaso (Gugs) 1:11:58 (R1000); 3. Shawn Abrahams (Kuils) 1:12:52 (R500). **Masters:** 1. Steve Motau (Itheke) 1:22:08 (R900); 2. Friedl van der Merwe (Ned) 1:26:57 (R700); 3. James Wisbeach (Ind) 1:29:02 (R500). **G'masters:** 1. Mochamat Kriel (Ommie) 1:26:48 (R700); 2. Christian Edwards (VOB) 1:34:07; (R500) 3. Yusuf Kara (Itheke) 1:36:59 (R400). **G/g'masters:** 1. Roelof van Weele (Whalers) 1:57:07 (R500); 2. Gideon Malherbe (Celtic) 1:57:23 (R400); 3. Les Hannah (Whalers) 2:00:59 (R300). **Juniors:** 1. Inga Mgwenduna (Sat) 1:21:26 (R500); 2. Achmat Arnold (Farn) 1:29:49 (R300); 3. Abdul Fredericks (Bo-Kaap) 1:31:28 (R100).

WOMEN (Same prize money as men)

1. Nolene Conrad (KPMG) 1:13:05
2. Zintle Xiniwe (KPMG) 1:18:24
3. Tanith Maxwell (Boxer) 1:19:44 (1st vet)
4. Christiane Adriaanse (VOB) 1:23:31
5. Candyce Hall (Carb) 1:26:01
6. Sophie Cope (SH) 1:28:11
7. Lee-Shay Willemsse (Velo) 1:28:32
8. Alexandra Townsend (Ind) 1:28:57
9. Bulelwa Simae (Ned) 1:30:00
10. Obertina Kanyongo (ZIM/Ned) 1:31:06 (1st mast)

**Veterans:** 1. Tanith Maxwell (Boxer) 1:19:44; 2. Christiane Adriaanse (VOB) 1:23:31; 3. Bulelwa Simae (Ned) 1:30:00. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 1:31:06; 2. Sandra Khonert (Edge) 1:32:19; 3. Mariëtte Strauss (Tyger) 1:34:16. **G'masters:** 1. Charmaine Cupido (Ned) 1:50:01; 2. Christine Hibberd (FH) 1:54:48; 3. Ora Human (Carb) 2:00:18. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:07:32; 2. Heather Cooke (Ind) 2:33:46; 3. Wilbe Fourie (Strand) 2:47:01. **Juniors:** 1. Sophia Els (Bell) 1:49:05; 2. Annabelle Schaefer (Ind) 1:58:21; 3. Bailey Dovey (Ind) 2:24:04.

### **Bufs Marathon (45<sup>th</sup>) & Half Marathon**

Macleantown to East London, 18 February

(Distances: 42.195 km – point-to-point downhill course, dropping approx. 9.5 m/km from start to finish; 21.1 km – the second half of the marathon route, drop unknown. Finishers: marathon – 792 [considerable increase from 615 last year]; half marathon – 500 [down from 650].)

Note: Fourth win of the year for Luthando Hejana, with his first sub-2:20 marathon, while Fikile Mbuthuma ran her first sub-3:00 time over the distance and Stephanie Smith a PB -- but note that the course is severely aided. -- Ed.

#### **Marathon**

##### **MEN**

1. Luthando Hejana (RG) 2:19:37
2. Siyabulela Madlavana (B2R) 2:28:53
3. Sandile Ngunuza (Ned EC) 2:29:36
4. Zingisile Marikeni (Ned) 2:30:52
5. Kalideni Malixole (Old S) 2:34:08

##### **WOMEN**

1. Stephanie Smith (B2R) 2:52:44
2. Fikile Mbuthuma (Ned KZN) 2:58:02
3. Nandi Zaloumis (Mass) 3:06:13
4. Ingrid Webber (Old S) 3:19:32
5. Karen Davis (B2R) 3:23:22

#### **Half marathon**

##### **MEN**

1. Lusapho April (Ox S) 1:05:53
2. Sipiwe Ndlela (Ned) 1:10:55
3. Zuko Mabula (Qokol) 1:12:09

##### **WOMEN**

1. Hanlie Botha (B2R) 1:19:16
2. Danjella Grams (Ind) 1:41:59
3. Nicole Thyse (Ox S) 1:43:52

### **Zabalala Half Marathon & 10 km**

Cato Ridge, 18 February

(Finishers: half marathon -- 166; 10 km -- 128.)

#### **Half marathon**

##### **MEN**

- |                     |             |         |
|---------------------|-------------|---------|
| 1. Bonginkosi Zwane | Boxer AC    | 1:09:29 |
| 2. Maradonna Ngcobo | Ind         | 1:11:05 |
| 3. Arcilio Nhlutove | Maxed Elite | 1:17:00 |

**40-49:**

1. Bernard Phalatsane	ZIM/HWB AC	1:22:12
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**50-59:**

1. Bheki Bhengu	Boxer AC	1:30:55
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**60-69:**

1. Joey Rampli	Save Orion	1:57:49
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**70+:**

1. Jeff Armstrong	Athletic N	2:22:27
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**WOMEN**

1. Puseletso Dladla	HWB AC	1:30:18
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2. Clerie Barnard	Ind	1:32:04
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3. Nonsikelelo Mbambo	Natal Carb	1:41:22
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**40-49:**

1. Pat Dammann	Team Vit AC	1:45:41
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**50-59:**

1. Roshini Natasen	Highway AC	1:53:43
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**60+:**

1. Pat Fisher	Stella AC	2:11:52
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**10 km****MEN**

1. Mondi Duma	Ind	32:27
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2. Sakhiwo Manguzela	Ind	34:01
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3. Siyabonga Ngiba	Ind	34:06
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**WOMEN**

1. Anela Dlomo	Ind	44:47
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2. Alison Uys	West AC	44:48
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3. Monique Ward	Riverside H	50:57
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**BestMed Tuks Marathon (1st), Half Marathon & 10 km**

Pretoria, 17 February

(Distances: 42.195 km, 21.1 km & 10 km; loop courses – the marathon challenging, the half marathon undulating and the 10 km fast and flat. Finishers: marathon -- 1305; half marathon -- 2470 [slightly down from 2492 last year]; 10 km -- 3050 [slightly down from 3058] .)

Note: The marathon was held for the first time this year. -- Ed.

**Marathon****MEN**

1 Stephen Mokoka (Boxer) 2:32:02; 2 Sikhumbuzo Seme (KPMG) 2:33:47; 3 Shadrack Hoff (Maxed Elite) 2:38:08 (1st vet); 4 Ruben Setumu (Nedbank) 2:38:47; 5 Thomas Ndlovu (SANDF) 2:39:57; 6 Laurence Tumi (Sibanye) 2:40:26; 7 Tebogo Sithole (Temp) 2:41:11; 8 Oupa Maseka (Zwakala) 2:44:41; 9 Nichollis McCann (Boksburg) 2:50:59; 10 Sekonyela Tselane (Sibanye) 2:51:00.

**Veterans:** 1 Shadrack Hoff (Maxed Elite) 2:38:08; 2 Ruben Setumu (Nedbank) 2:38:47; Laurence Tumi (Sibanye) 2:40:26. **Masters:** 1 Joseph Ndlovu (ACE) 3:03:23; 2 Victor Phetoe (Irene) 3:15:57; 3 Geelbooi Mahlangu (Wonderpark) 3:20:46. **G'masters:** 1 Sam Ndala (Nedbank) 3:29:24. **G/g'masters:** 1 Orton Becker (Berts Bricks) 4:50:03.

## WOMEN

1 Charné Bosman (Nedbank) 2:50:57 (1st vet); 2 Ann Ashworth (Born 2 Run) 3:09:48; 3 Salome Cooper (Born 2 Run) 3:11:09; 4 Vicky Hansen (Massmart) 3:16:04; 5 Tamryn Nicholls (Freenstone) 3:27:07; 6 Leonne MacKay (Jeppe) 3:30:50; 7 Nicky Booyens (Serve) 3:38:22; 8 Heidi Kalida (Eskom) 3:39:04; 9 Busiswe Vilakazi (Vitality) 3:39:08; 10 Adel v.d. Worm (Phobians) 3:40:30.

**Veterans:** 1 Charné Bosman (Nedbank) 2:50:57; 2 Salome Cooper (Born 2 Run) 3:11:09; 3 Nicky Booyens (Serve) 3:38:22. **Masters:** 1 Julie Shadwell (Vitality) 3:52:49; 2 Louise Goosen (Kempton) 4:12:57; 3 Erika Fourie (Agape) 4:33:05. **G'masters:** 1 Helene Höll (Rustenburg) 4:34:31.

**Half marathon**

## MEN

1 Benedict Moeng (KPMG) 70:03; 2 Libonto Tootse (WiWay) 70:50; 3 Musa Nkosi (Born 2 Run) 71:01.

**Veterans:** 1 Johannes Kekana (Boxer) 75:22; 2 Modise Mokaoane (Kagiso Striders) 75:47; 3 Tsietsi Lekgalabane (MiWay) 77:19. **Masters:** 1 Tidimalo Modiga (MiWay) 81:48; 2 Elias Legodi (Ford) 83:23; 3 Dan Mothibe (Nedbank) 83:56. **G'masters:** 1 David Maphangolo (Fortis North) 85:57. **G/g'masters:** 1 Pele Tshikundamalema (Nedbank) 1:47:04. **80+:** 1 Andries van Rooyen (VTM) 1:42:03. **Juniors:** 1 Jordan v.d. Westhuizen (Fortis North) 1:42:03.

## WOMEN

1 Vuyokazi Gebe (CSIR) 84:17; 2 Lizzy Babili (Massmart) 88:06; 3 Stella Marais (KPMG) 89:34.

**Veterans:** 1 Maria Vilakazi (FFA) 94:16; 2 Lisa Fernandez (Kyalami) 98:09; 3 Peret Badenhorst (ACRW) 99:16. **Masters:** 1 Karen Coomber (ACRW) 1:44:23; 2 Connie Blom (Runavation) 1:47:20; 3 Lynette Fischer (Phobians) 1:50:55. **G'masters:** 1 Elize Kempen (Arcelor Mittal) 2:20:30. **G/g'masters:** 1 Debbie van Heerden (Roodepoort) 2:37:08. **Juniors:** 1 Karien van Duykor (Fortis North) 2:25:37.

**10 km**

## MEN

1 Milton Kekana (TUT) 30:48; 2 Reghen Magwai (Born 2 Run) 30:52; 3 Gladwin Mzazi (Boxer) 31:12.

**Veterans:** 1 Peter Medupe (Nedbank) 32:45; 2 Simon Mpholo (Rockies) 33:10; 3 Moses Njuguma (Bobbies) 33:22. **Masters:** 1 Nel Mtsweni (Exxaro) 36:15; 2 Nelson Simango (Temp) 38:39; 3 Sontaga Mabale (Midrand) 40:30. **G'masters:** 1 Andre Bredenkamp (BNAC) 42:31. **G/g'masters:** 1 Lammie Fourie (Agape) 56:30. **80+:** 1 Ken Nurden (Agape) 55:44. **Juniors:** 1 Collin Cobrink (Fortis North) 42:53.

## WOMEN

1 Glenrose Xaba (Boxer) 34:56; 2 Irvette van Zyl (Nedbank) 35:02; 3 Lebo Phalula (Boxer) 35:14.

**Veterans:** 1 Ronel Thomas (Boxer) 42:09; 2 Marilise Bower (HMK) 48:26; 3 place was shared between: Prudence Zwane (CS) and Carol Goodinson (Fortis North) 50:10. **Masters:** 1 Maria Bendana (Morningside) 44:45; 2 Winnie de Winnaar (Nedbank) 47:46; 3 Ansie Breytenbach (Irene) 49:10. **G'masters:** 1 Joey Cloete (Irene) 55:11. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 56:11. **Juniors:** 1 Marilise Reitz (Fortis North) 49:56.

## Emtshezi 10 km Development Race

Wembezi, 17 February

Note: Unfortunately no clubs were indicated with these results. -- Ed.

### MEN

1. Thobane Chagwe	30:57
2. Avand Mncube	31:19
3. Anele Dlamini	31:30

### WOMEN

1. Jenet Mbhele	35:52
2. Lineo Chaka (LES)	37:22
3. Makhosi Mhlongo	39:50

## Bieliemieliefees Marathon, Half Marathon & 10 km

Reitz, 17 February

(Distances: 42.195 km, 21.1 km & 10 km; certified out-and-back courses.)

Note: Thanks to course measurer Pieter de Jager, who sent complete course measurement information as well as these results. The races start and finish at approx. 1641 m above sea level, with the highest point on the course approx. 1725 m above sea level, at 4 km. -- Ed.

### Marathon

#### MEN

1	Joseph Mputhi	Sibanye	2:30:00
2	Pule Hlabahlaba	Mangaung	2:35:08
3	Thabo Motaung	SCAW	2:38:56

#### Veterans:

1	Joseph Mputhi	Sibanye	2:30:00
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#### Masters:

1	Selepi Hgaka	Maluti	3:07:32
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#### G'masters:

1	ND Mokhele	Masia Siane	3:22:08
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#### WOMEN

1	Nanja Kriek	Roodepoort	4:05:48
2	Benita Coetzee	Bethlehem	4:12:59
3	Dimakatso Singo	Faranani	4:25:59

#### Veterans:

1	Benita Coetzee	Bethlehem	4:12:59
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### Half marathon

#### MEN

1	Simon Sibeko		1:10:07
2	Pule Sibeko		1:12:34
3	Buti Mokoena		1:15:18

#### Veterans:

1	Jacob Mazibuko	Phuthuma	1:27:26
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#### Masters:

1	Victor Malejoane		1:49:58
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**G'masters:**

1	Petrus Mohalajeng	Vultures	1:48:59
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## WOMEN

1	Roselina Khamule		1:39:36
2	Marilene Geldenhuys	Bloem Striders	1:43:41
3	Mookho Kgatlako		1:46:33

**Veterans:**

1	Bambi de Wet		n/t
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**Masters:**

1	Josina Khunyeli		2:01:37
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**10 km**

## MEN

1	Tsolo Ramakhabotle		32:29
2	Japie Visagie	Retief HS	35:05
3	Selo Mdhuti		35:14

**Juniors:**

1	Ndwalaza Mabandla	Maluti	45:55
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## WOMEN

1	Lekhethe Maslabi		49:14
2	Liezl Meiring	Loskop	49:52
3	Lize de Boer		52:11

**Veterans:**

1	Mamaya Mokoena	Maluti	1:08:47
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**G'masters:**

1	Marina Ferreira		1:08:23
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**Spar Valentine's 10 km**

Pretoria, 14 February

(Finishers: 1020)

## MEN

1 Lucky Mohale (Boxer) 32:39; 2 Esau Radebe (Nedbank) 32:50; 3 Reginald Poopedi (ACRW) 33:31.

**Veterans:** 1 Jomo Mntungwa (Pirates) 35:41; 2 Aaron Mabena (Transnet) 38:31.

**Masters:** 1 Sydney Gregan (GNMA) 42:43. **G'masters:** 1 Johan Fourie (Phobians) 49:06.

**G/g'masters:** 1 Gerrit van Niekerk (PMK) 61:33.

## WOMEN

1 Liziwe Mabona (AMPA) 38:30; 2 Madri Wiid (AS Eagles) 40:53; 3 Elize Meiring (Runavation) 45:03.

**Veterans:** 1 Nicky Booyens (Serve) 45:11; 2 Patricia Forbes (Tuks) 45:25. **Masters:** 1

Ansa Strydom (Nedbank) 51:41. **G'masters:** 1 Sue Ottley (Run Zone) 61:04.

**G/g'masters:** 1 Martha Lysse (Agape) 1:40:33. **80+:** 1 Deirdre Larkin (Randburg) 68:14.



## Pick 'n Pay Marathon (34th) & Half Marathon

Johannesburg, 11 February

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 1841 men + 564 women = 2405 total [up from 2355 last year]; half marathon – 1180 men + 1405 women = 2585 total [down from 2657].)

Note: A successful title defence here in the marathon for Yolande Maclean, but she ran more than five minutes faster than last year. In the half marathon René Kalmer scored a comfortable win over sister Christine. -- Ed.

### Marathon

MEN

1. Rofhiwa Mathidi (Ned) 2:28:55
2. Jonas Makhele (Ned) 2:30:49
3. Kgathatso Checha (CR) 2:31:16
4. Jeffrey Gwebu (KPMG) 2:32:29
5. Admire Muzopambwa (Asics) 2:32:32

WOMEN

1. Yolande Maclean (KPMG) 2:56:11
2. Mary Khourie (KPMG) 3:00:28
3. Leilani Scheffer (RWfL) 3:01:40
4. Cobie Smith (Vital) 3:02:37
5. Mia van Heerden (?) 3:04:38
- ... 9. Lesley Austin (KPMG) 3:20:59
- ... 14. Julianie Basson (B2R) 3:26:33

### Half marathon

MEN

1. Mbongeni Ngxazozo (Boxer) 1:06:47
2. Puleng Petrus Maeko (RRR) 1:07:33
3. Sikhumbuzo Seme (KPMG) 1:10:17
4. Leswene Africa Mailola (Ned) 1:12:22
- ... 7. Philani Buthelezi (KPMG) 1:13:45

WOMEN

1. René Kalmer (KPMG) 1:23:17
2. Christine Kalmer (KPMG) 1:26:15
3. Maria Vilakazi (RWfL) 1:31:06

### Caltex Border Masters Half Marathon

East London, 11 February

(Distance: 21.1 km; point-to-point course, dropping from approx. 90 m above sea level to approx 30 m [i.e., 2.8 m/km], highest point 120 m. Finishers: 571 [down from 623 last year].)

Note: The times were indicated in thousandths (!) of a second and rounded up by DRR according to the rules. Master Makhaya Masumpa finished fifth overall and ran faster than all the veterans (and also much faster than the current list leader). – Ed.

MEN

- |   |          |        |                |         |
|---|----------|--------|----------------|---------|
| 1 | Luthando | Hejana | Real Gijimas   | 1:05:53 |
| 2 | Masivuye | Poswa  | Born to Run AC | 1:10:21 |
| 3 | Siviwe   | Pati   | Old Mutual AC  | 1:12:53 |

**40-44:**

1	Doran	Fritz	Nedbank Running	1:17:23
2	Mndeni	Zulu	Oxford Striders	1:17:23
3	Thembisilo	Vakele	Eskom Eastern Cape Club	1:22:19

**45-49:**

1	Vusumzi	Mbila	Pacers	1:27:23
2	Alie	Gcobo	BCM Running Club	1:32:57
3	Amos	Qwetha	Old Mutual AC	1:42:46

**50-54:**

1	Makhaya	Masumpa	Born to Run AC	1:16:32
2	Freeman	Vutu	Rising Star	1:30:38
3	Dan	Raath	Old Selbornian RR	1:36:19

**55-59:**

1	Mzoli	Mpalala	Old Mutual AC	1:21:37
2	Rodwell	Sims	Born to Run AC	1:27:59
3	Worcester	Tyutyani	All Stars	1:34:33

**60-64:**

1	Charl	Pienaar	Old Selbornian RR	1:42:08
2	Neil	Henderson	Oxford Striders	1:43:45
3	Raymond	Lottering	United Athletics	1:47:06

**65-69:**

1	Graham	Kumm	Oxford Striders	1:43:44
2	Neville	Kirsten	Born to Run AC	1:50:02
3	Nicky	Smit	Old Selbornian RR	1:56:39

**70-74:**

1	Neville	Burton	ELAC	1:52:36
2	Rob	Joiner	Kowie Striders	2:13:15

**80+:**

1	Brian	de Beyer	Buffalo Club	2:44:54
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**WOMEN**

1	Jaime	Griffiths	Born to Run AC	1:34:34
2	Karen	Davis	Born to Run AC	1:39:40
3	Nicole	Thyssen	Oxford Striders	1:42:12

**40-44:**

1	Karen	Davis	Born to Run AC	1:39:40
2	Janet	Kieck	Born to Run AC	1:46:08
3	Jolene	Yazbek	No Club	1:48:53

**45-49:**

1	Charmaine	Stockigt	Oxford Striders	1:55:34
2	Mmampho	Gogela-Smith	Old Mutual AC	1:57:13
3	Althea	Van der Merwe	Oxford Striders	2:02:13

**50-54:**

1	Debbie	Gee	Oxford Striders	1:45:19
2	Delene	Foley	Oxford Striders	1:57:04
3	Margie	Bentley	Oxford Striders	2:17:52

**55-59:**

1	Jenni	Opperman	No Club	1:52:13
2	Sharon	Eldridge	Old Selbornian RR	1:58:04
3	Suzette	Krause	Oxford Striders	2:01:48

**60-64:**

1	Michelle	Whittington	Old Selbornian RR	2:08:53
2	Marietjie	Robb	Kowie Striders	2:28:22
3	Angela	Pottinger	Pacers	2:45:55

**65-69:**

1	Avril	Beyleveld	Kowie Striders	2:11:16
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2	Beanie	Beard	Old Selbornian RR	2:16:37
3	Helene	Nel	Pacers	2:41:42

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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

### Medio Maratón Internacional Electrolit Guadalajara (32nd)

(IAAF Bronze Label)

Guadalajara, MEX, 18 February

(Distance: 21.1 km)

MEN (gun times)

1. John Nzau Mwangangi, KEN 1:03:49 CR 100,000 MXN (=USD 5394)
2. Rhonzas Lokitam Kilimo, KEN 1:03:50 50,000
3. Dawit Fikadu Admasu, ETH 1:03:53 30,000

WOMEN (gun times)

1. Diana Chemtai Kipyokei, KEN 1:10:00 CR\* 100,000 MXN (=USD 5394)
2. Risper Biyaki Gesabwa, ETH 1:12:27 50,000
3. Ines Melchor, PER 1:12:32 30,000

### Gensan Giulietta & Romeo Half Marathon

Verona, ITA, 18 February

(Distance: 21.1 km; IAAF-certified, point-to-point course with 10% start/finish separation and negligible elevation change)

MEN (gun times)

1. Peter Kwemoi NDOROBO, KEN 1:01:01 € 1000
2. Ishmael Kalale CHELANGA, KEN 1:01:03 PB 800
3. Reuben Kiprop KERIO, KEN 1:02:58 600

WOMEN (gun times)

1. Vivian Jerono KIPLAGAT, KEN 1:11:59 € 1000
2. Anna INCERTI, ITA 1:14:01 800 + 350#
3. Claudia PINNA (40+), ITA 1:14:53 600 + 250#

### All-Japan Corporate Team Half-Marathon Championships (46th)

Yamaguchi, JPN, 11 February

(Distances: 21.1 km for both men and women, plus 10 km for women)

**Half Marathon** (gun times)

MEN

1. Charles Ndirangu (KEN), 1:01:55
2. Kota Murayama, 1:02:00
3. Hideyuki Tanaka, 1:02:00

WOMEN

1. Pauline Kamulu (KEN), 1:09:40
2. Yuka Hori, 1:11:05
3. Misaki Hayashida, 1:12:12

4. Rie Fujita, 1:12:26
5. Anna Matsuda, 1:12:36
6. Michi Numata, 1:12:54

#### **10 km** (gun times)

##### WOMEN

1. Yui Fukuda, 32:09 PB/CR
2. Tomoka Kimura, 32:37 PB
3. Akane Yabushita, 33:11
4. Nanami Watanabe, 33:12
5. Natsuki Omori, 33:12
6. Mai Shinozuka, 33:12

#### **Groet Uit Schoorl Run** (41st)

(Dutch 10 km Championships)

Schoorl, NED, 11 February

(Distance: 10 km)

##### MEN (gun times)

1. Callum Hawkins, GBR, 29:03
2. Michel Butter, Castricum, 29:14 (1st NC)
3. Yakoud Labquira, MAR, 29:16

##### WOMEN (gun times)

1. Maureen Koster, Alphen aan de Rijn, 32:36 PB (1st NC)
2. Jip Vastenburger, Apeldoorn, 33:10
3. Jill Holterman, Egmond aan de Hoef, 33:35

### **CROSS-COUNTRY**

#### **Kenyan Cross-country Championships**

Nairobi, KEN, 10 February

##### SR. MEN (10 km):

1. Geoffrey KAMWOROR, 1992, 28:32
2. Alfred BARKACH, 1996, 28:42
3. Macharia NDIRANGU, 1994, 28:49
4. Emmanuel BOR, 1993, 28:53
5. John KIPKOECH, 1991, 28:57
6. Josphat BETT, 1990, 28:58
7. Julius KOGO, 1985, 29:01
8. Bernard KIPKEMOI, 1994, 29:13
9. Patrick MUTUNGA, 1994, 29:16
10. Noah KIPKEMBOI, 1993, 29:24

##### SR. WOMEN (8 km):

1. Stacy NDIWA, 1992, 32:16
2. Sandrafeis CHEBET, 1998, 32:17
3. Celliphine CHESPOL, 1999, 32:24
4. Margaret CHELIMO, 1993, 32:30
5. Perin NENGAMPI, 1989, 32:44
6. Rosemary NJERI, 32:51
7. Ruth CHEPNEGICH, 1994, 32:56
8. Alice Aprot NAWOWUNA, 1994, 33:08
9. Grace KIMANZI, 1992, 33:17

10. Caroline CHEPKEMOI, 1993, 33:27

JR MEN (8 km):

1. Stanley WAITHAKA
2. Rhonex KIPRUTO, 1999, 22:29
3. Nicholas KIPKORIR, 1998, 22:30
4. Peter LANGAT, 1998, 22:38
5. Edward ZAKAYO, 2001, 22:40
6. Edwin KIPLANGAT BETT, 2000 22:44
7. Dominic KIPTUM, 2000, 22:51
8. Vincent NGETICH, 1999, 23:00
9. Evans KEITANY, 1998, 23:08
10. Leonard BETT, 2000, 23:09

JR. WOMEN (6 km):

1. Mirriam CHEROP, 1999, 19:04
2. Roselidah JEPKETER, 1997, 19:06
3. Beatrice CHEBET, 2000, 19:13
4. Agnes JEBET NGETICH, 2001, 19:14
5. Hellen ELKALALE, 1999, 19:23
6. Edna JEBITOK, 2001, 19:31
7. Mercy CHEPKORIR, 19:40
8. Elizabeth NJERI, 2001, 19:41
9. Viola CHEPKIRUI, 2001, 19:44
10. Agnes MWIKALI, 2002, 19:47

## INDOOR TRACK

### USA Indoor Championships

Albuquerque, USA, 16-18 February  
(200 m banked synthetic track)

MEN

800 (18):

1. Donovan Brazier, Nike, 1:45.10 PB/CR
2. Drew Windle, Brooks, 1:46.29
3. Erik Sowinski, Nike, 1:47.02

1500 (18):

1. Paul Chelimo, U.S. Army, 3:42.91
2. Ben Blankenship, Nike Oregon Track Club Elite, 3:43.09
3. Craig Engels, Nike Oregon Project, 3:43.29

3000 (17):

1. Paul Chelimo, U.S. Army, 7:57.88 [last lap 26.04]
2. Shadrack Kipchirchir, U.S. Army, 7:58.42
3. Ryan Hill, Nike Bowerman Track Club, 7:58.69

WOMEN

800 (18):

1. Ajee' Wilson, adidas/Juventus Track Club, 2:01.60
2. Raevyn Rogers, Nike, 2:01.74
3. Kaela Edwards, adidas, 2:02.77

1500 (18):

1. Shelby Houlihan, Nike Bowerman Track Club, 4:13.07

2. Colleen Quigley, Nike Bowerman Track Club, 4:13.21 PB
3. Shannon Osika, Nike, 4:13.60
- ... 6. Alexa Efraimson, Nike, 4:15.57

3000 (17):

1. Shelby Houlihan, Nike Bowerman Track Club, 9:00.08 [28.83 last lap]
2. Katie Mackey, Brooks, 9:01.68 [makes 1st national team]
3. Emma Coburn, New Balance, 9:01.85

## **SPAR British Athletics Indoor Championships**

Birmingham, GBR, 17-18 February

MEN

800 (18):

1. Elliot GILES, BIRCHFLD, 1:49.91
2. Jamie WEBB, LIVERPOOL, 1:50.41
3. Andrew OSAGIE, HARLOW, 1:50.46

1500 (17):

1. Jake WIGHTMAN, EDINB AC, 3:43.83
2. Charles GRICE, BRIGHTON, 3:44.57
3. Tom MARSHALL, CARDIFF, 3:47.52

3000 (18):

1. Andrew HEYES, HALLAM, 7:54.81 PB
2. Philip SESEMANN, BLACKHEATH, 7:55.71 PB
3. Lewis MOSES, GATESHEAD, 7:56.00 PB

WOMEN

800 (18):

1. Shelayna OSKAN-CLARKE, WSE HOUNS, 2:00.06 PB
2. Mhairi HENDRY, VICTORIA P, 2:01.30 PB
3. Adelle TRACEY, GU&GO, 2:04.61

1500 (18):

1. Eilish MCCOLGAN, DUNDEE, 4:13.94
2. Katie SNOWDEN, HERNE HILL, 4:15.68
3. Stacey SMITH, GATESHEAD, 4:16.00
4. Hannah ENGLAND, OXFORD, 4:18.72

3000 (17):

1. Laura MUIR, DUNDEE, 8:46.71
2. Eilish MCCOLGAN, DUNDEE, 8:50.87
3. Rosie CLARKE, EP&EW, 8:52.49

## **Reunion Internacional de Atletismo en Pista Cubierta - Villa de Madrid**

(Third stop of 2018 IAAF World Indoor Tour)

Madrid, ESP, 9 February

MEN

800:

Heat 1 -

- |                          |         |
|--------------------------|---------|
| 1. Adam Kszczot, POL     | 1:46.53 |
| 2. Mostafa Smaili, MAR   | 1:46.72 |
| 3. Álvaro De Arriba, ESP | 1:47.29 |

## Heat 2 -

- |                           |            |
|---------------------------|------------|
| 1. Mateusz Borkowski, POL | 1:47.74    |
| 2. Elliot Giles, GBR      | 1:47.95 PB |
| 3. Álvaro Olmos, ESP      | 1:49.01 PB |

1500:

## Heat 1 -

- |                              |            |
|------------------------------|------------|
| 1. Ayanleh Souleiman, DJI    | 3:38.47    |
| 2. Sadik Mikhou, BRN         | 3:39.40 PB |
| 3. Vincent Kibet, KEN        | 3:39.68    |
| 4. Aman Wote, ETH            | 3:39.80    |
| 5. Abdi Waiss Mouhyadin, DJI | 3:41.68 PB |

## Heat 2 -

- |                                    |            |
|------------------------------------|------------|
| 1. Ignacio Fontes, ESP             | 3:41.50 PB |
| 2. Carlos Martín Díaz Del Rio, CHI | 3:42.66    |
| 3. Sergio Paniagua, ESP            | 3:43.43 PB |

## WOMEN

800:

- |                                    |            |
|------------------------------------|------------|
| 1. Esther Guerrero Puigdevall, ESP | 2:02.64    |
| 2. Natalia Romero, ESP             | 2:05.80    |
| 3. Irene Bonilla, ESP              | 2:07.15 PB |
| 4. Raquel Meaños, ESP              | 2:08.37 PB |

1500:

- |                                 |            |
|---------------------------------|------------|
| 1. Genzebe Dibaba, ETH          | 4:02.43    |
| 2. Konstanze Klosterhalfen, GER | 4:04.72    |
| 3. Eilish McColgan, GBR         | 4:08.07 PB |
| 4. Rababe Arafi, MAR            | 4:08.47    |
| 5. Axumawit Embaye, ETH         | 4:08.81    |
| 6. Siham Hilali, MAR            | 4:09.15    |
| 7. Marta Pérez, ESP             | 4:09.24 PB |
| 8. Solange Pereira, ESP         | 4:13.01 PB |

3000:

- |                        |               |
|------------------------|---------------|
| 1. Meraf Bahta, SWE    | 8:42.46 NR/PB |
| 2. Fantu Worku, ETH    | 8:42.69       |
| 3. Meskerem Mamo, ETH  | 8:43.56 PB    |
| 4. Rosie Clarke, GBR   | 8:47.30 PB    |
| 5. Hawi Feysa, ETH     | 8:50.80 PB    |
| 6. Maitane Melero, ESP | 9:14.58 PB    |

**David Hemery Invitational**

Boston, USA, 9 February

(200 m banked synthetic track)

Note: In front of a raucous crowd at the Boston University Track & Tennis Center 17-time NCAA champion Edward Cheserek of Kenya ran the second fastest indoor mile of all time, clocking 3:49.44 in a special three-man race. Only one man, two-time Olympic gold medalist Hicham El Geurrouj of Morocco, has run faster indoors, a 3:48.45 performance in Gent, Belgium, in 1997. -- Ed.

## MEN

## Invitational Mile:

1. Edward Cheserek, Sketchers Performance, 3:49.44 PB/NR/ACR/#2 all-time (1500 3:33.76 WL)

Brannon Kidder, Brooks, DNF (pace)

Drew Piazza, Unattached, DNF (pace)

Cheserek's Quarter Mile Splits: 440y, 57.8; 880y, 1:55.0; 1320y, 2:52.6

## WOMEN

## Mile:

## Section 1:

1. Elinor Purrier, New Hampshire, 4:26.55 PB/WL/NCAA #2 all-time (1500 4:10.21)

2. Gabriela Stafford, Brooks/CAN, 4:27.44 PB (4:10.83)

3. Marta Pen Freitas, POR, 4:29.65 PB (4:11.59)

**International PSD Bank Meeting** (13th)

(Second stop of 2018 IAAF World Indoor Tour)

Düsseldorf, GER, 6 February

## MEN

## 800:

## Heat 1 -

- |                        |         |
|------------------------|---------|
| 1. Adam Kszczot, POL   | 1:46.47 |
| 2. Andreas Kramer, SWE | 1:46.87 |
| 3. Andrew Osagie, GBR  | 1:47.41 |

## Heat 2 -

- |                            |            |
|----------------------------|------------|
| 1. Nicholas Kipkoech, KEN  | 1:46.52    |
| 2. Wycliffe Kinyamal, KEN  | 1:46.54 PB |
| 3. Erik Sowinski, USA      | 1:46.57 PB |
| 4. Marcin Lewandowski, POL | 1:46.93    |

## 1500:

- |                             |         |
|-----------------------------|---------|
| 1. Vincent Kibet, KEN       | 3:36.86 |
| 2. Aman Wote, ETH           | 3:38.35 |
| 3. Jakub Holuša, CZE        | 3:39.54 |
| ... 9. Elijah Manangoi, KEN | 3:49.73 |

DNF-- Abdalaati Iguider, MAR

## 3000:

- |                                |                |
|--------------------------------|----------------|
| 1. Yomif Kejelcha, ETH         | 7:40.55        |
| 2. Bethwell Birgen, KEN        | 7:40.90        |
| 3. Adel Mechaal, ESP           | 7:42.06        |
| 4. Davis Kiplangat, KEN        | 7:42.38 PB     |
| 5. Justus Soget Kiplangat, KEN | 7:43.18 WJL/PB |
| 6. Albert Rop, BRN             | 7:44.39        |
| 7. Edwin Soi, KEN              | 7:50.72        |
| 8. Silas Kiplangat, KEN        | 7:53.07        |

## WOMEN

## 1500:

- |                             |               |
|-----------------------------|---------------|
| 1. Beatrice Chepkoech, KEN  | 4:04.21 NR/PB |
| 2. Angelika Cichocka, POL   | 4:06.35 PB    |
| 3. Winny Chebet, KEN        | 4:07.86 PB    |
| 4. Diana Sujew, GER         | 4:08.33       |
| 5. Aníta Hinríksdóttír, ISL | 4:09.54 NR/PB |



6. Josephine Chelangat, KEN 4:10.14 PB

## ULTRA/MOUNTAIN/TRAIL RUNNING

### Empire State Building Run-Up (41st)

Presented by Turkish Airlines, powered by the Challenged Athletes Foundation

New York, USA, 7 February

(Distance: About 320 m up 1576 steps)

Note: Australia's Suzy Walsham earned her ninth title here, a record. --Ed.

#### MEN

1. Frank Nicolas Carreno, COL 10:50
2. Omar Bekkali, MAR 11:53
3. Sproule Love 12:10
4. Ralf Hascher, GER 12:24
5. David Roeske 12:26

#### WOMEN

1. Suzy Walsham, AUS 12:56 [9th win]
2. Cindy Harris 13:16
3. Shari Klarfeld 13:43
4. Maria Elisa Lopez, MEX 14:17
5. Stephanie Hucko 14:19

## STATS TIME

In last weekend's RAK Half Marathon Fancy Chemutai missed the world record by a mere two seconds when she clocked 64:52 for the equal second time on the world all-time list. Here are the top 30 women of all time (on all courses), with South Africa's Elana Meyer being in 30th position.

### ALL-TIME HALF MARATHON: TOP 30 WOMEN

64:51*	Joyciline	Jepkosgei	KEN	2017
64:52		Jepkosgei		2017
64:52	Fancy	Chemutai	KEN	2018
64:55	Mary	Keitany	KEN	2018
65:06	Peres	Jepchirchir	KEN	2017
65:07	Caroline	Kipkirui	KEN	2018
65:09*	Florence	Kiplagat	KEN	2015
65:12*		Kiplagat		2014
65:13		Keitany		2017
65:22	Violah	Jepchumba	BRN	2017
65:37	Joan	Chelimo Melly	KEN	2018
65:40d	Paula	Radcliffe	GBR	2003
65:44d	Susan	Chepkemei ¶ (10)	KEN	2001
65:45d	Priscah	Jeptoo	KEN	2013
65:51	Violah	Jepchumba	KEN	2016
66:04	Cynthia	Limo	KEN	2016
66:07	Gladys	Cherono	KEN	2016
66:09	Lucy Wangui	Kabuu	KEN	2013
66:09d	Meseret	Defar	ETH	2013
66:11	Eunice	Chumba	BRN	2017
66:14	Worknesh	Degefa	ETH	2016

66:19	Joyce	Chepkirui		KEN	2014
66:25*	Lornah	Kiplagat	(20)	KEN/NED	2007
66:26	Genet	Yalew (20)		ETH	2016
66:27	Rita	Jeptoo ¶		KEN	2013
66:28	Mamitu	Daska		ETH	2015
66:29	Mercy Wacera	Ngugi		KEN	2016
66:35	Brigid	Kosgei		KEN	2017
66:39	Ruti	Aga		ETH	2018
66:40*	Ingrid	Kristiansen		NOR	2087
66:43d	Masako	Chiba		JPN	1997
66.43 dq?	Jemima	Sumgong		KEN	2017
66:44*	Elana	Meyer	(30)	RSA	1999

\*) World record

¶) Served a drugs ban

d) Aided course

### THIS MONTH IN HISTORY

#### 23 years ago (exactly): 19 February 1995

Although a talented athlete in his own right, Colin Lindeque was always somewhat in the shadow of his famous sister Colleen, who represented both South Africa and the USA and still holds the SA marathon record, but on this day he scored a convincing victory in the 18th Hillcrest Villagers Marathon. Running for Natal University, Lindeque clocked 2:26:59 to beat Aaron Nzimande and Shaun Meiklejohn (who would win the Comrades a few months later). The women's race went to Helen Lucre in 3:01:47; it was her fifth win in the marathon. (Incidentally, Colleen would run an almost identical time to her brother's when she set the national record the next year.) The 41st Hillcrest Marathon was run last weekend.

### SOUTH AFRICAN ROAD LIST LEADERS FOR 2018

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

#### MEN

##### Open

10 km	29:43	Sibabalwe Gladwin Mzazi	Sasolburg	03 Feb
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:06	Melikhaya Frans	Port Elizabeth	27 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	65:49	Sibusiso Nzima	Pretoria	20 Jan
	65:05A	Sibusiso Madikizela	Simon's Town	18 Feb
	58:23	Zersenay Tadese (ERI) 2010		
25 km	81:02A	Mhlakwana Nkoshona	Pinetown	28 Jan
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	1:41:42A	Mthandazo Qhina (vet)	Camps Bay	14 Jan
	87:13**	Eliud Kipchoge (KEN) 2016		

Marathon	87:13**	Stanley Biwott (KEN) 2016		
	2:09:31	Desmond Mokgobu	Oita	04 Feb
	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	32:30	Vakalisa Kopolo	Tokai	03 Feb
	27:48	Bernard Lagat (USA) 2015		
15 km	48:11	Mthandazo Qhina	Constantia	06 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	71:28	Shadrack Hoff	Pretoria	27 Jan
	61:09	Haile Gebrselassie (ETH) 2013		
25 km				
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:41:42A	Mthandazo Qhina	Camps Bay	14 Jan
	89:45	Mark Kiptoo Kosgei (KEN) 2016		
Marathon	2:27:48	Joseph Mphuthi	Sasolburg	03 Feb
	2:08:38	Kenneth Mungara (KEN) 2016		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

#### Masters (50+)

10 km	34:00	Tobias Philander	Athlone	10 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:18	Desmond Zibi	Port Elizabeth	27 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	79:21	John September	Tokai	03 Feb
	76:32A	Makhaya Masumpa	East London	11 Feb
	66:23	Titus Mamabolo (RSA) 1991		
25 km	92:17A	Michael Ndlovu	Pinetown	28 Jan
	84:12	Norman Green (USA) 1984		
30 km	1:57:42A	John September	Camps Bay	14 Jan
	1:46:33	Norman Green (USA) 1988		
Marathon	2:46:22	Lindile Tokota	Hartenbos	03 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
	6:43:33	Roland Vuillemot (FRA) 1996		

#### Grandmasters (60+)

10 km	38:42	Mochamat Kriel	Athlone	10 Feb
	32:48	Martin Rees (GBR) 2013		
15 km	62:40	Mochamat Kriel	Constantia	06 Jan
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	85:57	David Maphangolo	Pretoria	17 Feb
	71:31	Martin Rees (GBR) 2013		
25 km	1:48:50A	Andy Daly	Pinetown	28 Jan
	94:01	Doug Winn (USA) 2010		
30 km	2:11:11A	Mochamat Kriel	Camps Bay	14 Jan
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:16:33	Marius Carstens	Benoni	28 Jan
	2:59:27A	Kosie Botha	Simon's Town	18 Feb
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				
	7:53:43	Bernd Juckel (GER) 2012		

Great grandmasters (70+)

10 km	43:34	Jimmy Morris	Athlone	10 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	69:45	Tamsanqa Jusayi	Port Elizabeth	27 Jan
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	1:43:48	Tamsanqa Jusayi	Port Elizabeth	03 Feb
	82:23	Ed Whitlock (CAN) 2001		
25 km				
	99:59	Clive Davies (USA) 1985		
30 km	2:34:20A	Brian Key	Camps Bay	14 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:55:49	Pele Tshikundamalema	Sasolburg	03 Feb
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				
	8:53:45	Max Courtillon (FRA) 1997		

Juniors

10 km	31:13	Carlo Flink	Athlone	10 Feb
	27:11	Mathew Kimeli Kipkorir (KEN) 2017		
15 km	51:21	Carlo Flink	Durbanville	17 Jan
	42:17	Ayele Abshiro Biza (ETH) 2008		
21.1 km	1:17:31	Themba Chauke	Pretoria	27 Jan
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

10 km	34:35	Gerda Steyn	Dubai	26 Jan
	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	78:37	Irvette van Zyl	Bedfordview	14 Jan
	73:05A	Nolene Conrad	Simon's Town	18 Feb
	64:51p Mx	Joycilene Jepkosgei (KEN) 2017		
	64:52 Mx	Joycilene Jepkosgei (KEN) 2017		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	1:40:40A	Makhosi Mhlongo	Pinetown	28 Jan
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	2:00:24A	Tanith Maxwell (vet)	Camps Bay	14 Jan
	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	2:50:57	Charné Bosman (vet)	Pretoria	17 Feb
	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	38:35	Christiane Adriaanse	Tokai	03 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	58:02	Charné Bosman	Jeffreys Bay	06 Jan
	49:35	Priscilla Welch (GBR) 1985		

21.1 km	82:11 79:44A 69:37	Charné Bosman Tanith Maxwell Deena Kastor (USA) 2014	Pretoria Simon's Town	20 Jan 18 Feb
25 km	1:46:03A 85:15	Lisa Collett Colleen de Reuck (USA) 2005	Pinetown	28 Jan
30 km	2:00:24A 1:49:40	Tanith Maxwell Yoshimi Hoshino (JPN) 2007	Camps Bay	14 Jan
Marathon	2:50:57 2:23:31	Charné Bosman (vet) Lydia Cheromei (KEN) 2017	Pretoria	17 Feb
100 km	7:20:22	Maria Auxiliadora (BRA) 1998		
<u>Masters (50+)</u>				
10 km	41:18 34:14	Sandra Kohnert Linda Somers (USA) 2011	Athlone	10 Feb
15 km	66:49 52:38	Ester Brink Monica Joyce (USA) 2009	Strandfontein	20 Jan
21.1 km	93:04 92:19A 75:18	Judy Bird Sandra Kohnert Linda Somers (USA) 2011	Bedfordview Simon's Town	14 Jan 18 Feb
25 km	2:07:49A 96:58	Roshini Natasen Colleen de Reuck (USA) 2016	Pinetown	28 Jan
30 km	2:21:47A 1:56:43	Angelique Rabie Colleen de Reuck (USA) 2016	Camps Bay	14 Jan
Marathon	3:25:17 2:31:05	Maya Lawrie Tatyana Pozdniakova (UKR) 2005	Hillcrest	11 Feb
100 km	7:51:10	Meghan Arbogast (USA) 2011		
<u>Grandmasters (60+)</u>				
10 km	42:43 38:56	Nancy Will Lidia Zentner (GER) 2015	Athlone	10 Feb
15 km	71:05 61:25	Nancy Will Kathryn Martin (USA) 2011	Constantia	06 Jan
21.1 km	99:45 84:56	Hanlie van der Westhuizen Bernadine Portenski (NZL) 2010	Port Elizabeth	03 Feb
25 km	2:22:03A 1:50:50	Sylvia Burton Edie Stevenson (USA) 2011	Pinetown	28 Jan
30 km	2:29:01A 2:15:30	Nancy Will Kathryn Martin (USA) 2012	Camps Bay	14 Jan
Marathon	3:37:54 3:26:19A 3:12:57	Nancy Will Nancy Will Emmi Luthi (SUI) 2009	Fish Hoek Simon's Town	27 Jan 18 Feb
100 km	9:20:07	Ursula Schmitz (GER) 1999		
<u>Great grandmasters (70+)</u>				
10 km	53:42 44:09	Marietha Herbet Lavinia Petrie (AUS) 2014	Athlone	10 Feb
15 km	85:31 72:52	Marietha Herbet Jo Klein (NED) 2004	Constantia	06 Jan
21.1 km	2:01:44 97:38	Marietha Herbet Lavinia Petrie (AUS) 2014	Tokai	03 Feb
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:58:52A 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	14 Jan

Marathon	4:50:46	Willemien Smuts	Sasolburg	03 Feb
	4:37:20A	Marietha Herbert	Simon's Town	18 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km				
	12:50:49	Helen Klein (USA) 1993		
<u>Juniors</u>				
10 km	43:53	Emihle Mbinda	Athlone	10 Feb
	31:29	Karoline Bjerkeli Grovdal (NOR) 2009		
15 km	59:40	Simonay Weitsz	Kempton Park	31 Jan
	48:33	Mekasha Waganesh Amare (ETH) 2011		
21.1 km	1:43:14	Meghan van Deventer	Sasolburg	03 Feb
	67:57	Abebu Gelan Adugna (ETH) 2009		

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