

Distance Running Results

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EDITORIAL

The 45th Deloitte Pretoria Marathon went to two veterans this weekend: Graham Malinga took the men's race in a list leader of 2:26:31 (with another vet, Johannes Kekana, second in 2:28:33), while Charné Bosman was the women's winner in 2:56:46 (Yolande Maclean, who becomes a vet on 10 March, was second). Seventh in the men's race was Stephen Mokoka, who clocked his second 2:30+ marathon in eight days (2:37:09) -- he won the BestMed Tuks Marathon the previous weekend in 2:32:02. It was also the second marathon win in the same period for Bosman, who likewise took the Tuks race.

In the 22nd The Witness Medihelp Maritzburg City Marathon master Maya Lawrie improved on her own list leader with 3:23:52, while Jenna Challenor got a list leader of 77:55 in the half marathon.

In Mauritius Cherise Sims won the Africa Southern Region Cross-country Championships, but South Africa had no representatives in the senior men's race.

Karen Zimmerman has kindly supplied the figures for the drop in the Buffs Half Marathon (reported last week). The course, which is the second half of the marathon route, drops from 245 m above sea level to about 55 m, i.e. approx. 9 m/km, making it extremely aided. (The marathon drops 9.5 m/km from Macleantown to East London.)

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Deloitte Pretoria Marathon, Half Marathon & 10 km, Pretoria
- * ABAX Milkwood Half Marathon & 10 km, Kommetjie
- * The Witness Medihelp Maritzburg City Marathon, Half Marathon & 10 km, Pietermaritzburg
- * Township Marathon, Half Marathon & 10 km, Eldorado Park
- * Old Mutual 10 km, Pinelands
- * Kromberg & Schubert 15 km, Despatch

International highlights:

- * Tokyo Marathon, Tokyo, JPN
- * Zürich Maratón Ciudad de Sevilla, Sevilla, ESP
- * BP Maratón Castellón, Castellon, ESP
- * Bank of Us Run the Bridge Hobart 10 km, Hobart, AUS
- * Kumanichi Road Race, Kumamoto, JPN

- * Ohme-Hochi Road Race 30 km, Ohme, Tokyo, JPN
 - * Brooks Armagh Road Race, Armagh, GBR
 - * XC: Africa Southern Region XC Championships, Vacoas, MRI
 - * Outdoor track: Kenyan Trials For Commonwealth Games, Nairobi, KEN
 - * Indoor track: Müller Indoor Grand Prix, Glasgow, GBR; Southeastern Conference Indoor Championships, College Station, USA; Big South Conference Indoor Championships, Lynchburg, USA; Sun Belt Conference Indoor Championships, Birmingham, USA; Meeting d'Athletisme Hauts-de-France Pas-de-Calais, Liévin, FRA
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ROAD RUNNING

Deloitte Pretoria Marathon (45th), Half Marathon & 10 km

Pretoria, 25 February

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 2850 [the same as last year]; half-marathon – 4010 [huge increase from 2900]; 10 km – 3220 [up from 2900].)

Note: A new world single-age record in the half marathon here for 86-year-old Deirdre Larkin, whose 2:38:15 was faster than the winning time in the 70-79 category. -- Ed.

Marathon

MEN

1 Graham Malinga (Corobrick) 2:26:31 (1st vet); 2 Johannes Kekana (Boxer) 2:28:33; 3 Rofhiwa Mlathidi (Rockies) 2:29:22; 4 Teboho Lejaha (LES/Arcadia) 2:30:27; 5 Retsepile Khotle (Itheke) 2:31:04; 6 Charles Tjiane (Maxed Elite) 2:31:27; 7 Stephen Mokoka (Boxer) 2:37:09; 8 Reginald Poopedie (ACRW) 2:37:11; 9 David Gatebe (Entsika) 2:37:14; 10 Fantastic Makhubela (Pheli) 2:39:13.

Veterans: 1 Graham Malinga (Corobrick) 2:26:31; 2 Johannes Kekana (Boxer) 2:28:33; 3 Charles Tjiane (Maxed Elite) 2:31:27. **Masters:** 1 Reginald Ngobese (32Gi) 2:51:04; 2 Patrick Chipoyi (Nedbank) 2:51:24. **G'masters:** 1 Jan Lebesse (Pta Bobbies) 3:29:35.

G/g'masters: 1 Steve Koller (RAC) 4:28:09.

WOMEN

1 Charné Bosman (Nedbank) 2:56:46 (1st vet); 2 Yolande Maclean (KPMG) 3:01:17; 3 Cobie Smith (Vitality) 3:05:16; 4 Ann Ashworth (Massmart) 3:05:21; 5 Salome Cooper (Born 2 Run) 3:08:57; 6 Estie Steyn (Vitality) 3:20:17; 7 Renata Vosloo (Sunninghil) 3:22:05; 8 Lesley Austin (KPMG) 3:23:15; 9 Carol Smith (Vitality) 3:27:15; 10 Mitsie v.d. Westhuizen (KPMG) 3:30:15.

Veterans: 1 Charné Bosman (Nedbank) 2:56:46; 2 Salome Cooper (Born 2 Run) 3:08:57; 3 Lesley Austin (KPMG) 3:23:15. **Masters:** 1 Karen Coomber (ACRW) 3:51:47; 2 Lianne Rey (RAC) 3:56:56. **G'masters:** 1 Val Watson (Runavation) 4:16:32.

Half marathon

MEN

1 Lucky Modike Mohale (Boxer) 69:04; 2 Samuel Segoaba (Born 2 Run) 69:08; 3 Shepherd Kenatshele (BOT) 70:24.

Veterans: 1 Peter Medupe (Nedbank) 73:41; 2 Pillemon Phakwayo (Nedbank) 73:50; 3 Enoch Skosana (Nedbank) 76:12. **Masters:** 1 Solomon Khumalo (Carlton) 79:28; 2 Dan Mothibe (Nedbank) 84:57. **G'masters:** 1 Themba Ngaku (ACE) 1:43:45. **G/g'masters:** 1 Pele Tshikudumalema (Nedbank) 1:47:46. **80+:** 1 Andries van Rooyen (VTM) 2:56:52.

Juniors: 1 Ditokelo Molabe (ACE) 1:41:23.

WOMEN

1 Irvette van Zyl (Nedbank) 79:29; 2 Gerda Steyn (Nedbank) 82:53; 3 Marelise Retief (Boxer) 85:00.

Veterans: 1 Thabita Tsatsa (ZIM/Nedbank) 89:36; 2 Peret Badenhorst (ACRW) 98:54; 3 Nicky Booyens (Serve) 1:40:41. **Masters:** 1 Maria Bendana (Morningside) 1:42:10; 2 Renata van Niekerk (Magnolia) 1:51:19. **G'masters:** 1 Ilze Crous (Affies) 2:04:10. **G/g'masters:** 1 Regina Hughes (Agape) 2:42:57. **80+:** 1 Deirdre Larkin (Randburg) 2:38:15. **Juniors:** 1 Naftileen Grobler (Highveld Pumas) 2:02:24.

10 km

MEN

1 Sibabalwe Gladwin Mzazi (Boxer) 30:25; 2 Mthobisi Baloyi (KPMG) 30:30; 3 Collen Mulaudzi (9Boxer) 31:03.

Veterans: 1 Shadrack Hoff (Maxed Elite) 33:02; 2 Mthandazo Qhina (Nedbank WP) 33:59; 3 Mthetho Goxo (Tembisa) 34:44. **Masters:** 1 Nel Mtsweni (Exxaro) 35:45; 2 Phillemon Mailola (Moretele) 40:07. **G'masters:** 1 Gideon Radebe (Anglo) 40:47. **G/g'masters:** Harry v.d. Merwe (BHS) 51:41. **Juniors:** 1 Piet Mtsweni (Anglo) 40:19.

WOMEN

1 Glenrose Xaba (Boxer) 35:35; 2 Eunice Nhlapo (Eskom) 38:47; 3 Anet Coetzee (KPMG) 40:33.

Veterans: 1 Ronel Thomas (Boxer) 40:48; 2 Rika Rossouw (GNMA) 42:00; 3 Lizzy Dhiwayo (RWFL) 43:46. **Masters:** 1 Ansie Breytenbach (Irene) 47:54; 2 Debbie Bredenkamp (HQH) 57:55. **G'masters:** 1 Annalie du Plessis (Agape) 78:51. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 55:52. **Juniors:** 1 Mira Kaffka (ACRW) 45:45.

ABAX Milkwood Half Marathon & 10 km

Kommetjie, 25 February

(Distances: 21.1 km & 10 km; certified point-to-point course for the half marathon & a loop for the 10 km, both hilly. Finishers: half marathon -- 833 [down from 1025 last year]; 10 km -- 658 [up from 614].)

Half marathon

MEN

1. Siyabonga Sakwe (Ned) 1:12:08
2. Alantino Belillie (Sanlam) 1:14:09
3. Tsungai Mwanengeni (ZIM/Gugs) 1:16:28 (1st vet)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:16:28; 2. Vuyani Sixaso (Gugs) 1:17:09; 3. Roger Dickson (VOB) 1:20:57. **Masters:** 1. Sidney Rustin (SANDF) 1:29:22; 2. Mason Cranswick (Ned CGA) 1:29:41; 3. Shafiek Cassiem (Itheke) 1:31:02. **G'masters:** 1. Mochamat Kriel (Ommie) 1:27:47; 2. Mark Wagenheim (AAC) 1:40:49; 3. Raymond Fuller (VOB) 1:48:29. **G/g'masters:** 1. Jeff Smith (Itheke) 2:04:22; 2. Bruce Barber (FH) 2:07:48; 3. Wally Steel (Hout) 2:09:53. **Juniors:** 1. Stefan Nortje (FH) 1:50:13.

WOMEN

1. Joanna Thomas (VOB) 1:33:42 (1st vet)
2. Dain Hamilton (VOB) 1:35:50 (1st mast)
3. Mari Gaertner (VOB) 1:36:15

Veterans: 1. Joanna Thomas (VOB) 1:33:42; 2. Mari Gaertner (VOB) 1:36:15; 3. Coriaan de Villiers (Ned) 1:37:59. **Masters:** 1. Dain Hamilton (VOB) 1:35:50; 2. Cailey Bredenkamp (Paarl) 1:53:42; 3. Debbie Lombard (VOB) 1:54:34. **G'masters:** 1. Nancy

Will (Pine) 1:49:48; 2. Louisa van der Westhuizen (Stell) 1:59:41; 3. Mary Terry (Ind) 2:00:14. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:07:59; 2. Chippy Steel (Hout) 2:16:37; 3. Marlene James (Pine) 2:32:05. **Juniors:** 1. Sophia Els (Bell) 2:02:39; 2. Alia Isaacs (Kenfac) 2:23:42.

10 km

MEN

1. Malusi Judase (Sat) 32:48
2. Asisipho Matomane (Sat) 33:37
3. Morné Kammies (Sanlam) 34:30

Veterans: 1. Madoda Feni (Sat) 36:32; 2. Sihle Mapukata (Ned) 38:04; 3. Safwaan Lewis (Celtic) 41:44. **Masters:** 1. Desmond Frecthas (SANDF) 57:40; 2. Glen Abrahams (ARD) 63:14; 3. Gavin Miller (CMC) 85:51. **G'masters:** 1. Neville Frieslich (FH) 47:50; 2. Richard Healey (Herba) 49:04; 3. Ivan Marais (Durb) 60:46. **G/g'masters:** 1. Horst Schiffer (FH) 54:09; 2. Leon Otto (Sald) 54:31; 3. Maajid Warley (SH) 65:27. **Juniors:** 1. Monwabisi Magwa (Sanlam) 35:14; 2. Inganawe Ngwendona (Sat) 37:53; 3. Kellan Gous (Sald) 41:56.

WOMEN

1. Busisiwe Matiwane (Ned) 44:36 (1st vet)
2. Mariëtte Strauss (Tyger) 45:47 (1st mast)
3. Vickey Wellham (VOB) 46:33

Veterans: 1. Busisiwe Matiwane (Ned) 44:36; 2. Thalita Warwick (Sald) 59:51; 3. Christie Harmse (Sald) 70:51. **Masters:** 1. Mariëtte Strauss (Tyger) 45:47; 2. Jillian Altern (FH) 53:45; 3. Margot Groenewald (Sald) 56:08. **G'masters:** 1. Charmaine Cupido (Ned) 55:02; 2. Judith Grove (Tyger) 57:15; 3. Helen du Plessis (Brack) 57:49. **G/g'masters:** 1. Mariëtha Herbert (Bell) 58:19; 2. Jean Cammidge (FH) 75:09; 3. Jo Goddard (FH) 77:22. **Juniors:** 1. Ela Meiring (WR) 52:11; 2. Naeema Mintoer (Sald) 76:43.

The Witness Medihelp Maritzburg City Marathon (22nd), Half Marathon & 10 km

Pietermaritzburg, 25 February

(Distances: 42.195 km, 21.1 km & 10 km. Loop courses – the marathon twice the half-marathon loop. Finishers: marathon – 2415 men + 915 women = 3330 total [up from 2757 last year]; half marathon – 1161 men + 1180 women = 2341 [up from 1964]; 10 km – 1223 [up from 1158].)

Marathon

MEN

- | | | |
|----|-----------------------------------|---------|
| 1. | Samuel Moreng (Eskom) | 2:28:33 |
| 2. | Bongmusa Mthembu (Ford) | 2:31:22 |
| 3. | Lovemore Chabata (ZIM/ME) | 2:32:23 |
| 4. | Mosoeunyane Marapalla (LES/Holly) | 2:32:43 |
| 5. | Nkosinathi Duma (Ford) | 2:33:31 |

40-49:

- | | | |
|----|-------------------|---------|
| 1. | Ephraim Xaba (HV) | 2:35:34 |
|----|-------------------|---------|

50-59:

- | | | |
|----|--------------------|---------|
| 1. | Gary Smith (Jeppe) | 2:54:23 |
|----|--------------------|---------|

60+:

- | | | |
|----|-------------------------|---------|
| 1. | Paulos Elephant (Phuma) | 3:48:10 |
|----|-------------------------|---------|

WOMEN

- | | | |
|----|-------------------------|---------|
| 1. | Janie Grundling (Boxer) | 2:56:04 |
| 2. | Tanith Maxwell (Boxer) | 2:58:13 |

3.	Lisa Collett (Boxer)	3:03:55
4.	Makhosi Mhlongo (Savages)	3:04:44
5.	Candyce Hall (Carb WP)	3:14:21

40-49:

1.	Tanith Maxwell (Boxer)	2:58:13
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50-59:

1.	Maya Lawrie (Boxer)	3:23:52
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60+:

1.	Blanche Moila (Savages)	3:52:36
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Half marathon**MEN**

1.	Slindile Gubese (Etheke)	67:09
2.	Sithembeke Fanekho (Ned)	70:14
3.	Msawenkosi Mthlane (?)	70:24

40-49:

1.	Menzi Ngcobo (Orion)	77:50
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50-59:

1.	Luke Mabaso (Maritz)	89:51
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60+:

1.	Adam Hassan (Orion)	1:45:53
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Juniors:

1.	Pranav Dhanlall (Orion)	2:22:24
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WOMEN

1.	Jenna Challenor (KPMG)	77:55
2.	Leboleng Mafata (LES)	82:10
3.	Silindile Chili (Etheke)	83:25

40-49:

1.	Geraldene von Fintel (ZMSC)	92:14
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50-59:

1.	Grace de Oliveira (Boxer)	95:37
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60+:

1.	Jenny Taylor (RWFL)	1:55:14
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Junior Lady:

1.	Kayla Hinchcliffe (Stella)	2:19:55
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10 km**MEN**

1.	Sipho Mbanjwa (Boxer)	30:14
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WOMEN

1.	Neheng Khatala (LES/Orion)	36:32
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Township Marathon, Half Marathon & 10 km

Eldorado Park, 25 February

(Distances: 42.195 km, 21.1 km & 10 km)

Marathon**MEN**

1.	William Mokwalakwala (Mi Way)	2:26:06
2.	Siviwe Nkombi (Nedbank)	2:26:30
3.	Vincent Seng (Bedfordview)	2:32:07

WOMEN

1. Christine Kalmer (KPMG) 2:59:00
2. Maria Vilakazi (FFA) 3:23:20
3. Veerle Dieltiens (Kudus) 3:26:50

Half marathon

MEN

1. Derocious Makhobalo (Bedfordview) 1:09:00
2. Phillimon Mathipa (Nedbank) 1:09:31
3. Nathan Govender (Bedfordview) 1:14:48

WOMEN

1. Cornelia Joubert (Boxer) 1:21:31
2. Andronica Mokgotla (Nedbank) 1:30:20
3. Maphuti Phaka (Born 2 Run) 1:42:53

10 km

MEN

1. Namakoe Nkhasi (LES/Nedbank) 29:57
2. David Manja (Nedbank) 30:03
3. Ntsindiso Mphakathi (Nedbank) 30:04

WOMEN

1. Keneilwe Sasing (KPMG) 39:25
2. Makoma Batji (Run Walk For Life) 40:31
3. Takalani Ndandani (Transnet) 41:32

Old Mutual 10 km (26th)

Pinelands, 24 February

(Certified loop course with many turns. Finishers: 1883 [two down from last year's 1885].)

MEN

1. Peter Tsawayo (ZIM/Gugs) 31:20
2. Thembeku Mendu (Gugs) 31:48 (1st jun)
3. Siyabonga Sakwe (Ned) 32:28

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 33:07; 2. Vuyani Sixaso (Gugs) 33:55; 3. Bonisile Ngculana (VOB) 34:57. **Masters:** 1. Johnny Persents (Edge) 35:43; 2. Andrew Cooper (Ned) 35:48; 3. Steve Motau (Itheko) 37:30. **G'masters:** 1. Mochamat Kriel (Ommie) 38:26; 2. Eise Geerts (Bell) 41:27; 3. Michael Crozier (Atlantis) 44:48. **G/g'masters:** 1. Joseph Matthews (MS) 56:38; 2. Dave Kennett (VOB) 58:06; 3. Yusuf Gamielien (Itheko) 59:07. **Juniors:** 1. Thembeku Mendu (Gugs) 31:48; 2. Athenkosi Mnikina (Gugs) 34:08; 3. Ayabulela Bodlo (VOB) 36:02.

WOMEN

1. Anel Terblanche (KPMG) 36:26
2. Vuyiseka Nkumenge (Ned) 37:58
3. Bulelwa Simae (Ned) 38:01 (1st vet)

Veterans: 1. Bulelwa Simae (Ned) 38:01; 2. Busisiwe Matiwane (Ned) 43:27; 3. Melany Porter (Pine) 44:39. **Masters:** 1. Obertina Kanyongo (Ned) 40:45; 2. Mariëtte Strauss (Tyger) 43:34; 3. Cailey Bredenkamp (Paarl) 48:34. **G'masters:** 1. Nancy Will (Pine) 44:44; 2. Bev Charters (VOB) 46:08; 3. Hilary Rhode (Edge) 48:15. **G/g'masters:** 1. Marietha Herbert (Bell) 56:00; 2. Pixie Sparg (Celtic) 56:35; 3. Marlene James (Pine) 60:56. **Juniors:** 1. Razaan Kamaldien (Carb) 43:51; 2. Sophia Els (Bell) 52:15.

Kromberg & Schubert 15 km

Despatch, 24 February

(Loop course. Finishers: 431 [up from 394 last year].)

MEN

1	Adriaan	Gerwel	Ikhamva AC	21	47:37
2	Mariano	Eesou	Madibaz AC	26	48:14
3	Andre	Ketchem	Xcel AC	34	48:52
4	Mzwanele	Maphekula (1st vet)	Bluewater Bay	41	49:59
5	Lubabalo	Mdlungwane	Ikhamva AC	27	50:17

Veterans:

1	Mzwanele	Maphekula	Bluewater Bay	41	49:59
2	Zolile	Mhlahlo	Achilles AAA	43	53:31
3	Melikhaya	Kepe	Nedbank RC	41	54:56

Masters:

1	Sithembiso	Yozo	Nedbank RC	53	59:39
2	Andre	Ownhouse	Gelvan AC	50	1:02:08
3	Kenneth	Menze	Bluewater Bay	56	1:02:19

G'masters:

1	Hannes	Els	Madiba BW	68	1:06:41
2	Roger	Trader	Achilles AAA	64	1:08:30
3	Bruce	McEwan	Achilles AAA	64	1:09:32

G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	75	1:10:40
2	Lochi	Lochner	Charlo AC	70	1:13:30
3	Eckart	Schumann	Body Concept	72	1:25:04

Juniors:

1	Khumbula	Manqana	Youth FC AC	17	1:03:14
2	Tendai	Amin	Youth FC AC	18	1:06:40
3	Eddie	Boucher	Muirite Strider	17	1:18:32

WOMEN

1	Ndileka	Mvakwendlu	Tinarha AC	27	59:39
2	Luthando	Nxanisa	Ikhamva AC	25	1:05:28
3	Christine	Claasen (1st mast)	Achilles AAA	53	1:06:45
4	Hanlie	Van der Westhuizen (1st g'mast)	Despatch AC	61	1:09:28
5	Anche	Schubart	Achilles AAA	36	1:10:41

Veterans:

1	Elize	Adams	Gelvan AC	43	1:14:31
2	Toegeda	Vyver	Nedbank RC	45	1:17:56
3	Jane	Kemp	Despatch AC	41	1:18:36

Masters:

1	Christine	Claasen	Achilles AAA	53	1:06:45
2	Buyelwa	Kobokana	Nedbank RC	53	1:18:48
3	Paige	Lee	32Gi EP AC	51	1:25:20

G'masters:

1	Hanlie	Van der Westhuizen	Despatch AC	61	1:09:28
2	Renee	Hawkridge	Bluewater Bay	66	1:25:22
3	Cathy	Ives	Achilles AAA	64	1:36:46

G/g'masters:

1	Denise	Terblanche	Infinity AC	70	1:43:40
2	Angeline	Kivedo	Infinity AC	72	2:18:50
3	Val	Sandow	Profiles AC	72	2:20:03

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

Tokyo Marathon (39th/12th as a mixed gender race)

(Abbott World Marathon Majors/IAAF Gold Label Event)

Tokyo, JPN, 25 February

(Distance: 42.195 km; NEW IAAF/AIMS certified record-eligible course)

Note: While Dickson Chumba and Birhane Dibaba got the overall wins here, the big story was the national record by Japan's Yuta Shitara (2:06:11) which generated a total of JPY 109 000 000 (=USD 1 019 150!!!) in prize money and bonuses, reports *Race Results Weekly*. A record six Japanese man broke 2:09 in the same race. Defending champion Wilson Kipsang dropped out in the 16th kilometer. Also, Amy Cragg of the USA got a big personal best in third place: 2:21:42. --Ed.

MEN (gun times)

1. Dickson CHUMBA, KEN	2:05:30	JPY 11,000,000 (=USD 108,850)
	[1:02:44 / 1:02:46]	
2. Yuta SHITARA, JPN	2:06:11 NR*	4,000,000 + 5,000,000* + 100,000,000*
	[1:02:43 / 1:03:28]	(=USD 1,019,150)
3. Amos KIPRUTO, KEN	2:06:33	2,000,000
4. Gideon KIPKETER, KEN	2:06:47	1,000,000
5. Hiroto INOUE, JPN	2:06:54 PB	750,000 + 10,000,000**
6. Feyisa LILESA, ETH	2:07:30	500,000
7. Ryo KINAME, JPN	2:08:08 PB	400,000
8. Chihiro MIYAWAKI, JPN	2:08:45 PB	300,000
9. Kenji YAMAMOTO, JPN	2:08:48 PB	200,000
10. Yuki SATO, JPN	2:08:58 PB	100,000

*) National record; previous 2:06:14, Toshinari Takaoka, Chicago, 13-Oct-2002. Shitara received two separate bonuses: JPY 5 000 000 from marathon organizers plus JPY 100 000 000 from National Corporate Federation and their Project Exceed.

***) National Corporate Federation bonus for sub-2:07:00

WOMEN (gun times)

1. Birhane DIBABA, ETH	2:19:51 PB	JPY 11,000,000 (=USD 108,850)
	[1:10:19 / 1:09:32]	
2. Ruti AGA, ETH	2:21:19	4,000,000
	[1:10:19 / 1:11:11]	
3. Amy CRAGG, USA	2:21:42 PB	2,000,000
	[1:10:20 / 1:11:22]	
4. Shure DEMISE, ETH	2:22:07	1,000,000
5. Helah KIPROP, KEN	2:28:58	750,000
6. Hiroko YOSHITOMI, JPN	2:30:16 PB	500,000
7. Madoka NAKANO, JPN	2:31:41 PB	400,000
8. Mao UESUGI, JPN	2:31:49 PB	300,000
9. Marie IMADA, JPN	2:32:00 PB	200,000
10. ZHANG Meixia, CHN	2:33:02 PB	100,000

Zürich Maratón Ciudad de Sevilla (34th)

(Spanish Marathon Championships)

(IAAF Gold Label Road Race)

Sevilla, ESP, 25 February

(Distance: 42.195 km; flat loop-course with negligible start-finish separation)

MEN (gun times)

- | | | |
|-------------------------------|------------|--------|
| 1. Dickson Kipsang Tuwei, KEN | 2:08:22 PB | € 7000 |
| 2. Laban Kipkemboi Mutai, KEN | 2:08:23 | 3500 |
| 3. Andrew Ben Kimutai, KEN | 2:08:32 PB | 2000 |
| ... 24. Craig Cynkin, RSA | 2:25:00 | |

WOMEN (gun times)

- | | | |
|----------------------------------|----------------|----------------|
| 1. Kaoutar Boulaid, MAR | 2:25:35 PB/CR* | € 7000 + 5000* |
| 2. Hayimot Alemayehu, ETH | 2:25:51 PB | 3500 |
| 3. Bedatu Hirpa, ETH | 2:25:54 PB | 2000 |
| 4. Zinash Debebe, ETH | 2:27:47 PB | 800 |
| 5. Sechale Dalasa, ETH | 2:29:21 | 700 |
| 6. Giovanna Epis, ITA | 2:29:41 PB | 600 |
| 7. Marta Esteban, ESP | 2:31:24 | 500 + 3000s |
| 8. Laura Hottenrott-Freitag, GER | 2:33:01 PB | 400 |

BP Maratón Castellón (8th)

Castellon, ESP, 18 February

(Distance: 42.195 km; loop course with start and finish at Parque Ribalta)

MEN (gun times)

- | | | |
|-------------------------------|---------|---------|
| 1. Stephen Kiplimo, KEN | 2:11:28 | € 2000^ |
| 2. Wosen Zeleke Demse, ETH | 2:11:42 | 1250^ |
| 3. Gadisa Birhanu Shumie, ETH | 2:11:46 | 750^ |

WOMEN (gun times)

- | | | |
|----------------------------------|---------|--------|
| 1. Tigist Teshome Ayanu, ETH | 2:29:57 | € 4000 |
| 2. Melan Chepleting Misikhu, KEN | 2:47:34 | 625# |
| 3. Charity Chepkorir, KEN | 2:49:28 | 375# |

Bank of Us Run the Bridge Hobart 10 km (9th)

Hobart, AUS, 18 February

(Point-to-point sea level course, crossing the Tasman Bridge [1.4 km long] in the middle and no net elevation change)

Note: Marathoner Lisa Weightman was the big winner here. In her build-up to the Commonwealth Games Marathon in April, she smashed her own course record and easily held off the elite men, who started four minutes and 18 seconds after her.) -- Ed.

MEN (gun times)

- | | | |
|-----------------------------|-------|----------|
| 1. Liam Adams, AUS | 29:15 | AUD 3000 |
| 2. Dejen Gebreselassie, ??? | 29:22 | 1500 |
| 3. Yugi Milosevic, AUS | 29:24 | 1000 |

ELITE WOMEN (gun times)

- | | | |
|--------------------------|----------|------------------|
| 1. Lisa Weightman, AUS | 32:41 CR | AUD 3000 + 2000g |
| 2. Charlotte Purdue, GBR | 33:41 | 1500 |
| 3. Andrea Seccafien, CAN | 33:44 | 1000 |

g) Earned gender battle bonus

Kumanichi Road Race (62nd)

Kumamoto, JPN, 18 February

(Distance: 30 km; hilly out-and-back course)

MEN (gun times)

1. Keisuke Hayashi, 1:29:47
2. Yuki Oshikawa, 1:29:48
3. Gen Hachisuka, 1:29:56

WOMEN (gun times)

1. Yuko Watanabe, 1:47:17
2. Nanayo Okamoto, 1:47:28
3. Hiroko Miyauchi, 1:47:32

Ohme-Hochi Road Race 30 km (49th)

Ohme, Tokyo, JPN, 18 February

MEN (gun times)

1. Naoki Okamoto, 1:33:09
2. Takayuki Matsumiya, 1:33:14
3. Koki Tanaka, 1:33:15

WOMEN (gun times)

1. Maki Ashi, 1:44:14
2. Yuri Nozoe, 1:47:29
3. Kaori Yoshida, 1:48:02

Brooks Armagh Road Race (43rd)

Armagh, GBR, 15 February

(Distances: Men, 5 km [1030 m circuit; men start 150 m past the finish line, then run 4.85 laps]; women, 3 km)

MEN (gun times)

1. Sam STABLER, Wreake and Soar Valley, 13:59
2. Charlie HULSON, Liverpool Harriers AC, 14:00
3. Jordan MANN, Ocean State AC Providence (USA), 14:01

WOMEN (gun times)

1. Laura WEIGHTMAN, Morpeth Harriers, 8:59 CR=
2. Jessica JUDD, Chelmsford AC, 9:03
3. Verity OCKENDEN, Swansea Harriers, 9:14

CROSS-COUNTRY**Africa Southern Region XC Championships**

Vacoas, MRI, 24 February

Note: South Africa had no representative in the senior men's race. -- Ed.

SR. MEN (10 km)

- | | | | |
|---------------|------------|-----|-------|
| 1. Sootho | Raletebele | LES | 34:04 |
| 2. Melusi | Khumalo | SWZ | 34:17 |
| 3. Christophe | Mootoosamy | MRI | 35:42 |

4.	Moses	Iven	SEY	36:13
5.	Ashley	Pitchia	MRI	38:18

JR. MEN (8 km)

1.	Dais	Malebane	RSA	25:21
2.	Pakiso	Mthembu	RSA	25:23
3.	Ngconde	Matwebu	RSA	25:40
4.	Tumi	Lephoto	RSA	26:30
5.	Heriniana Elysé	Rakotondrainy	MAD	27:43
6.	Dhavind	Custnea	MRI	29:01
7.	Jelllen Pravish	Jhowry	MRI	30:06
8.	Bradley	Collet	MRI	31:09

SR. WOMEN (10 km)

1.	Cherise	Sims	RSA	39:40
2.	Antoinette	Milazar	MRI	41:10
3.	Sabrina	Rabot-Keisler	MRI	41:46

JR. WOMEN (6 km)

1.	Carmie	Prinsloo	RSA	22:17
2.	Nicole	Louw	RSA	22:51
3.	Prudence	Sekgadiso	RSA	22:57
4.	Tyler	Beling	RSA	23:08
5.	Khanyisile	Hlatshwako	SWZ	25:39
6.	Francoise	Rasoanirina	MAD	26:05
7.	Sonia	Soondon	MRI	30:56
8.	Angelica	Natchoo	MRI	DNF

OUTDOOR TRACK**Kenyan Trials For Commonwealth Games**

Nairobi, KEN, 17 February

MEN

800:

1. Jonathan Kitilit, 1:44.2
 2. Wycliffe Kimanyal, 1:44.6
 3. Cornelius Tuwei, 1:44.8
- Kipyegon Bett, Scratch (toe injury)

1500:

1. Timothy Cheruiyot, 3:34.1
2. Elijah Manangoi, 3:35.1.
3. Kumari Taki, 3:35.5
4. George Manangoi, 3:35.8

5000:

1. Edward Zakayo, 13:28.1
2. Nicholas Kipkorir, 13:32.1
3. David Bett, 13:34.1

10000:

1. Rogers Kwemoi, 28:46.5
 2. Jonathan Muia, 28:46.8
 3. Jonathan Bett, 28:47.4
- Paul Tanui, Scratch (injury)

3000 s/chase:

1. Abraham Kibiwot, 8:27.8
2. Amos Kirui, 8:28.3

WOMEN

800:

1. Emily Cherotich, 1:58.1 ACR
2. Margaret Wambui, 1:59.4
3. Eglay Nalianya, 2:01.8

1500:

1. Beatrice Chepkoech, 4:05.5
2. Winnie Chebet, 4:06.1
3. Mary Kuria, 4:07.4

5000:

(No results reported)

10000:

1. Sandra Chebet, 32:41.2
2. Stacy Ndiwa, 32:41.6
3. Beatrice Mutai, 32:44.7
- Alice Aprot, DNF

3000 s/chase:

1. Cellphine Chespol, 9:40.6
2. Purity Kirui, 9:45.2
3. Fancy Cheronno, 9:49.9

INDOOR TRACK

Müller Indoor Grand Prix

(Sixth and final stop of 2018 IAAF World Indoor Tour)
Glasgow (Emirates Arena), GBR, 25 February
(200 m banked track)

MEN

800:

- | | |
|----------------------------|------------|
| 1. Adam Kszczot, POL | 1:47.15 |
| 2. Marcin Lewandowski, POL | 1:47.50 |
| 3. Jake Wightman, GBR | 1:47.69 PB |
| 4. Kyle Langford, GBR | 1:47.95 |
| 5. Erik Sowinski, USA | 1:47.99 |

1500:

- | | |
|-----------------------------------|------------|
| 1. Bethwell Kiprotich Birgen, KEN | 3:37.76 |
| 2. Vincent Kibet, KEN | 3:37.88 |
| 3. Ryan Gregson, AUS | 3:38.00 |
| 4. Tarik Moukrime, BEL | 3:40.73 PB |
| 5. Drew Piazza, USA | 3:41.30 PB |

3000:

- | | |
|-------------------------------|------------|
| 1. Justus Soget Kiplagat, KEN | 7:39.09 PB |
| 2. Paul Chelimo, USA | 7:39.10 |
| 3. Yomif Kejelcha, ETH | 7:39.36 |

- | | |
|-------------------------|------------|
| 4. Davis Kiplangat, KEN | 7:40.12 PB |
| 5. Gemechu Dida, ETH | 7:42.14 PB |

WOMEN

800:

- | | |
|-------------------------|------------|
| 1. Liga Velveve, LAT | 2:02.01 NR |
| 2. Lynsey Sharp, GBR | 2:02.39 |
| 3. Danaïd Prinsen, NED | 2:02.90 |
| 4. Sanne Verstegen, NED | 2:03.16 |
| 5. Adelle Tracey, GBR | 2:03.64 |

1500:

- | | |
|------------------------------|------------|
| 1. Beatrice Chepkoech, KEN | 4:02.21 NR |
| 2. Axumawit Embaye, ETH | 4:07.06 |
| 3. Winny Chebet, KEN | 4:08.33 |
| 4. Angelika Cichocka, POL | 4:08.54 |
| 5. Sarah McDonald, GBR | 4:09.00 |
| ... 8. Zoe Buckman, AUS | 4:10.52 PB |
| ... 11. Stephanie Twell, GBR | 4:13.09 |

Southeastern Conference (SEC) Indoor Championships

College Station, USA, 24-25 February
(200 m banked synthetic track)

WOMEN

Mile (25):

1. Nikki HILTZ, SR, Arkansas, 4:34.37
2. Rhianwedd PRICE-WEIMER, SR, Miss State (GBR), 4:35.37
3. Carina VILJOEN, SO, Arkansas (RSA), 4:43.35

Big South Conference Indoor Championships

Lynchburg, USA, 23-24 February

WOMEN

3000 (24): 1. Famke Heinst, FR, High Point (NED), 9:45.85; 2. Shanley Koekemoer, FR, Campbell (RSA), 9:53.03...

5000 (23): 1. Shanley Koekemoer, FR, Campbell (RSA), 17:19.81; 2. Noel Palmer, FR, Liberty, 17:21.80; 3. Zoe Geis, SO, High Point, 17:37.11

Sun Belt Conference Indoor Championships

Birmingham, USA, 19-20 February
(200 m banked synthetic track).

WOMEN

Mile (20):

Sec. 3: 1. Aynslee van Graan, SR, Coastal Carolina (RSA), 4:50.32; 2. Anaëlle Charles, JR, Arkansas State, 4:51.50; 3. Devina Schneider, JR, Texas State, 4:54.49.

3000 (19):

Sec. 2: 1. Devina Schneider, JR, Texas State, 9:55.63; 2. Lisha Van Onselen, JR, Coastal Carolina (RSA), 9:57.06; 3. Tori Shelton, SR, UT-Arlington, 9:59.56.

5000 (20): 1. Annie Bothma, SO, Coastal Carolina (RSA), 17:04.45.

Meeting d'Athletisme Hauts-de-France Pas-de-Calais (24th)

(EAA Indoor Permit Meeting)

Liévin, FRA, 13 February

(200 m synthetic track)

MEN

800

1. Adam Kszczot, POL	1:47.12
2. Álvaro de Arriba, ESP	1:47.14
3. Nicholas Kipkoech, KEN	1:47.25
4. Andrew Osagie, GBR	1:48.02
... 7. Mohammed Aman, ETH	1:48.99

1000:

1. Pierre-Ambroise Bosse, 1992, Us Creteil	2:20.01
2. Mouad Zahafi, MAR	2:21.73
3. Benjamin Robert, 1998, Ca Balma	2:22.65

1500:

1. Ayanleh Souleiman, DJI	3:35.39 WL
2. Abdelaati Iguider, MAR	3:35.79
3. Brahim Kaazouzi, MAR	3:36.95
4. Sadik Mikhou, 1990, BRN	3:38.48
5. Tolosa Taresa, ETH	3:40.11
... 7. Jacob Ingerbrigtsen, NOR	3:40.31

3000:

1. Selemon Barega, 2000, ETH	7:36.64 WL
2. Muktar Edris, ETH	7:40.69
3. Soufiane El Bakkali, MAR	7:41.88

WOMEN

800:

1. Habitam Alemu, ETH	1:59.69 =WL
2. Margaret Wambui, KEN	2:00.48
3. Angelika Cichocka, POL	2:00.70

1500:

1. Rababe Araf, MAR, 1991	4:07.23
2. Axumawit Embaye, ETH	4:07.40
3. Nelly Jepkosgei, KEN	4:09.99

NEWS**DOMINIQUE SCOTT-EFURD RETURNS TO TRACK IN S.A.**

Former Cape Town star Dominique Scott-Efurd, who last ran a track race in South Africa in 2016, will return on Thursday, 22 March, when she lines up in the 1500 m at the third and final Athletix Grand Prix Series Meeting at the Dal Josaphat Stadium in Paarl.

Scott-Efurd, who holds multiple SA indoor records and has been included in the team to the IAAF World Indoor Championships from 2-4 March for both the 1500 m and 3000 m events, is in the form of her life after setting new national records over both these distances.

On 10 February this year she lowered her own record of 4:10.90 from 2017 by over 3 seconds to 4:07.25 in Boston. A week earlier, she had taken her own previous national

3000 m record of 8:54.06 down to 8:41.18 in a race where she was narrowly beaten into third place by the world 3000 m steeplechase champion, Emma Coburn.

The last time South Africa saw Scott-Efurd race on home soil on the track was at the SA Championships in Stellenbosch in 2016 where she finished second to Caster Semenya over 1500 m. The two will meet up again on 22 March over the same distance.

"I cannot wait to run at home again, especially on the track. I love the track and perform really well there and this year I have stepped it up a few notches. So I am confident of giving Caster a good race on 22 March," Scott-Efurd said from the USA, where she now lives.

Scott's outdoor 1500 best is the 4:08.04 which she ran in Padova in 2017. This could very well be lowered in Paarl, especially with a hungry Semenya in the field.

(See also Stats Time below.)

STATS TIME

This week we include a list of the top ten SA women in the 1500 metres for 2017. Note the superiority of the first two, who are streets ahead of the others.

2017 1500 METRES: TOP 10 WOMEN

4:02.84	Caster Semenya	London	04 Aug
4:08.04	Dominique Scott-Efurd	Padova	16 Jul
4:18.41	Anuschka Nice	Cape Town	28 Apr
4:19.32	Simonay Weitsz	Durban	01 Apr
4:19.58	Aynslee van Graan	Auburn	21 Apr
4:19.62	Carina Viljoen	Azusa	14 Apr
4:19.92	Kesa Molotsane	Cape Town	28 Apr
4:21.44	Nicole Louw	Durban	01 Apr
4:22.46	Marné Mentz	Potchefstroom	22 Apr
4:22.62	Lindi Roelofse	Durban	29 Mar

THIS MONTH IN HISTORY

43 years ago (exactly): 26 February 1975

Only one South African record in the mile has ever been set in February. It came on this day on Danie Malan's home track, Coetzenburg in Stellenbosch. At one of the famed Sanlam one-hour meetings that gave athletics such a high profile in those days, the Matie broke Fanie van Zijl's national mark by 1.4 seconds with his 3:54.6. Behind him Ewald Bonzet (3:59.3) ran his first dream mile, with Clive Dale just missing out in third with his 4:00.6. South Africa's first dream miler and former record holder Div Lamprecht was sixth in 4:07.6. This was Malan's only SA mile record and placed him ninth on the world list for the year. Just over a month later, Malan would win both the 800 m and 1500 m at the SA Championships in Cape Town. Eight SA mile records have been set on the Coetzenburg track.

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		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	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	2:26:31	Graham Malinga	Pretoria	25 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 84:12	Michael Ndlovu Norman Green (USA) 1984	Pinetown	28 Jan
30 km	1:57:42A 1:46:33	John September Norman Green (USA) 1988	Camps Bay	14 Jan
Marathon	2:46:22 2:19:29	Lindile Tokota Titus Mamabolo (RSA) 1991	Hartenbos	03 Feb
100 km	6:43:33	Roland Vuillemot (FRA) 1996		
<u>Grandmasters (60+)</u>				
10 km	38:26 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Pinelands	24 Feb
15 km	62:40 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Constantia	06 Jan
21.1 km	85:57 71:31	David Maphangolo Martin Rees (GBR) 2013	Pretoria	17 Feb
25 km	1:48:50A 94:01	Andy Daly Doug Winn (USA) 2010	Pinetown	28 Jan
30 km	2:11:11A 1:57:07	Mochamat Kriel Ed Whitlock (CAN) 1994	Camps Bay	14 Jan
Marathon	3:16:33 2:59:27A 2:36:30	Marius Carstens Kosie Botha Yoshihisa Hosaka (JPN) 2009	Benoni Simon's Town	28 Jan 18 Feb
100 km	7:53:43	Bernd Juckel (GER) 2012		
<u>Great grandmasters (70+)</u>				
10 km	43:34 37:33	Jimmy Morris Ed Whitlock (CAN) 2004	Athlone	10 Feb
15 km	69:45 58:19	Tamsanqa Jusayi Ed Whitlock (CAN) 2001	Port Elizabeth	27 Jan
21.1 km	1:43:48 82:23	Tamsanqa Jusayi Ed Whitlock (CAN) 2001	Port Elizabeth	03 Feb
25 km	99:59	Clive Davies (USA) 1985		
30 km	2:34:20A 2:00:56	Brian Key Ed Whitlock (CAN) 2001	Camps Bay	14 Jan
Marathon	3:55:49 2:54:49	Pele Tshikundamalema Ed Whitlock (CAN) 2004	Sasolburg	03 Feb
100 km	8:53:45	Max Courtillon (FRA) 1997		
<u>Juniors</u>				
10 km	31:13 27:11	Carlo Flink Mathew Kimeli Kipkorir (KEN) 2017	Athlone	10 Feb
15 km	51:21 42:17	Carlo Flink Ayele Abshiro Biza (ETH) 2008	Durbanville	17 Jan
21.1 km	1:17:31 59:16	Themba Chauke Samuel Wanjiru (KEN) 2005	Pretoria	27 Jan
WOMEN				
<u>Open</u>				
10 km	34:35 29:43 Mx 30:29 Wo	Gerda Steyn Joycilene Jepkosgei (KEN) 2017 Asmae Legzaoui (MAR) 2002	Dubai	26 Jan
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	77:55	Jenna Challenor	Pietermaritzburg	25 Feb
	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		
<u>Veterans (40+)</u>				
10 km	38:01	Bulelwa Simae	Pinelands	24 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	Charné Bosman	Pretoria	20 Jan
	79:44A	Tanith Maxwell	Simon's Town	18 Feb
	69:37	Deena Kastor (USA) 2014		
25 km	1:46:03A	Lisa Collett	Pinetown	28 Jan
	85:15	Colleen de Reuck (USA) 2005		
30 km	2:00:24A	Tanith Maxwell	Camps Bay	14 Jan
	1:49:40	Yoshimi Hoshino (JPN) 2007		
Marathon	2:50:57	Charné Bosman (vet)	Pretoria	17 Feb
	2:23:31	Lydia Cheromei (KEN) 2017		
100 km				
	7:20:22	Maria Auxiliadora (BRA) 1998		
<u>Masters (50+)</u>				
10 km	41:18	Sandra Kohnert	Athlone	10 Feb
	34:14	Linda Somers (USA) 2011		
15 km	66:45	Christine Claasen	Despatch	24 Feb
	52:38	Monica Joyce (USA) 2009		
21.1 km	93:04	Judy Bird	Bedfordview	14 Jan
	92:19A	Sandra Kohnert	Simon's Town	18 Feb
	75:18	Linda Somers (USA) 2011		
25 km	2:07:49A	Roshini Natasen	Pinetown	28 Jan
	96:58	Colleen de Reuck (USA) 2016		
30 km	2:21:47A	Angelique Rabie	Camps Bay	14 Jan
	1:56:43	Colleen de Reuck (USA) 2016		
Marathon	3:23:52	Maya Lawrie	Pietermaritzburg	25 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
	7:51:10	Meghan Arbogast (USA) 2011		
<u>Grandmasters (60+)</u>				
10 km	42:43	Nancy Will	Athlone	10 Feb
	38:56	Lidia Zentner (GER) 2015		

15 km	69:28	Hanlie van der Westhuizen	Despatch	24 Feb
	61:25	Kathryn Martin (USA)	2011	
21.1 km	99:45	Hanlie van der Westhuizen	Port Elizabeth	03 Feb
	84:56	Bernadine Portenski (NZL)	2010	
25 km	2:22:03A	Sylvia Burton	Pinetown	28 Jan
	1:50:50	Edie Stevenson (USA)	2011	
30 km	2:29:01A	Nancy Will	Camps Bay	14 Jan
	2:15:30	Kathryn Martin (USA)	2012	
Marathon	3:37:54	Nancy Will	Fish Hoek	27 Jan
	3:26:19A	Nancy Will	Simon's Town	18 Feb
	3:12:57	Emmi Luthi (SUI)	2009	
100 km	9:20:07	Ursula Schmitz (GER)	1999	
<u>Great grandmasters (70+)</u>				
10 km	53:42	Marietha Herbet	Athlone	10 Feb
	44:09	Lavinia Petrie (AUS)	2014	
15 km	85:31	Marietha Herbert	Constantia	06 Jan
	72:52	Jo Klein (NED)	2004	
21.1 km	2:01:44	Marietha Herbert	Tokai	03 Feb
	97:38	Lavinia Petrie (AUS)	2014	
25 km	2:18:20	Gerry Davidson (USA)	1991	
30 km	2:58:52A	Veronica van Niekerk	Camps Bay	14 Jan
	2:47:08	Myra Rhodes (USA)	2002	
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	43:51	Razaan Kamaldien	Pinelands	24 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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