

Distance Running Results

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EDITORIAL

After two days of very welcome rain over the drought-stricken Western Cape, Easter Saturday dawned bright and crisp, with a blustery wind over the Cape Peninsula and the Old Mutual Two Oceans Marathon course. Taking little heed of the windy conditions on Chapman's Peak Drive shortly after the halfway mark, the virtually unknown Kenyan Justin Kemboi Chesire, 25, executed a masterful tactical plan to blow away his rivals soon after the descent into the seaside village of Hout Bay. The strongly built runner, whose upper body and running style reminds one somewhat of Stephen Muzhingi, who won the Comrades three years in a row, stormed up Constantia Nek and by 50 km was clear. He crossed the finish line in 3:09:21 to win by 68 seconds and become only the second Kenyan to win the ultramathon after John Wachira in 2009.

Behind him followed two former winners, Lebenya Nkoka (LES, 2014) in 3:10:29 and David Gatebe (2013) in 3:11:12.

The women's race produced a South African winner when the latest new star on the SA road running scene, Gerda Steyn, 28, delivered a consummate and seemingly relaxed come-from-behind performance to dominate her highly regarded international rivals. She won in 3:39:31, beating her only previous time for the race, in 2016, by more than 36 minutes.



Steyn, who has only been running for four years and professionally for two, finished 2:25 ahead of Dominika Stelmach-Stawczyk (POL), with Charné Bosman third in 3:45:20.

Steyn's time is the third quickest ever by a South African, behind only Frith van der Merwe's race record 3:30:36 from 1989 (on the old, faster course) and Azwindini (Gladys) Lukhwareni's 3:38:56 in 2004. (In 2005 Lukhwareni was banned for two years after having tested positive for a performance enhancing drug.)

Between them American Lindsey Scherf and Stelmach-Stawczyk dominated the race for more than 45 km. Scherf, who had set an ARRS world record for an indoor marathon of 2:40:56 the previous weekend in New York, took the lead from the gun and seemed intent on running everyone off their feet. She blitzed past the half-marathon marker in 79 minutes and reached halfway in 1:46:49, with Chelitu Bogale Asefa (ETH), Stelmach-Stawczyk, Renee Metivier (USA) and Steyn, who had steadily moved up, strung out behind her.

Less than 5 km further, Scherf's race came to an abrupt end. When asked afterwards whether it wasn't a mistake to attempt the Two Oceans so soon after her indoor marathon, she said no and said she had picked up "an ITB injury" in a hard training session on the Tuesday before the ultramarathon.

Stelmach-Stawczyk's preparation was similar to Scherf's: she had run a marathon PB of 2:37:09 in the Seoul International Marathon on March 18, less than two weeks before the Two Oceans! But here she fared much better than the American, taking over the lead from Scherf and reaching the marathon mark in 2:43:29, still running smoothly.



Justin Kemboi Chesire wins the Old Mutual Two Oceans Marathon, his first ultramarathon (and first race outside Kenya).
[All pictures: Image SA]

But the day belonged to Steyn, who had done most of her preparation at the high altitude of Lesotho. At the marathon mark, just before the winding climb up Constantia Nek, she was only 30 seconds behind the Pole and steadily cut the deficit as it became clear that Stelmach-Stawczyk's legs were beginning to feel the effects of her fast marathon.

Just before the summit at 46 km (215 metres above sea level, the highest point on the course) Steyn moved to a few metres behind the leader, then came to her shoulder with the clock showing 3:00:45 -- and 15 seconds later the South African struck.

Once over the top, Steyn seemed to glide along effortlessly as if she was on a 20 km training run and reached 50 km in 3:16:32, already 61 seconds ahead of a struggling Stelmach-Stawczyk. Bosman, Comrades champion in 2016, was third, almost four minutes behind the Pole, while Tanith Maxwell had moved into fourth and Metivier had dropped back to 17th (she would eventually finish 44th).

The first signs of tiredness appeared in Steyn over the last five kilometres, but even so she widened the gap on Stelmach-Stawczyk. The gaps between the second, third and fourth runners remained more or less the same to the end.

Maxwell cemented her standing as the most consistent South African of the past few years: she has been third, second, third, and now fourth.

Eleven women dipped under 4 hours, the most since the fourteen who did so in 2013.

Steyn first attracted attention when she finished 13th in the 2016 Dublin Marathon in 2:51:31. In 2017 she won the mass race at the Great North Run Half Marathon in 1:17:47. Earlier this year she took the Standard Chartered Dubai 10 km in a huge PB of 34:35 and also was first in the Bronkhortspruit 32 km (2:09:38). She ran her first Comrades in 2015 (8:19:08), finished 14th in 2016 (7:08:23) and last year shot up to an outstanding fourth place in 6:45:45. She was also 14th in the 2016 Two Oceans (4:15:44).

Apart from training in Lesotho, Steyn also followed a cross-training programme. "I do a lot of cross-training rather than running because I am not a believer in high mileage running," she said. "It's worked for me." Steyn said that when she passed Stelmach-Stawczyk, she told herself: "Run within yourself and do what you can." She added: "I had strong legs at the top of Constantia Nek where I took the lead, so I knew it would go well on the downhill although it was a tough last 5 km."

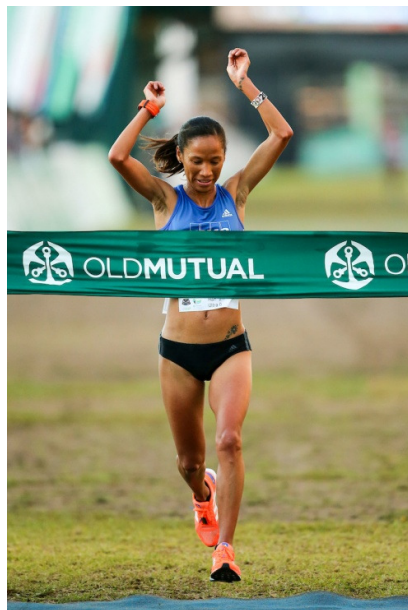
Last year's second placer, Jenna Challenor, dropped out after the halfway mark, while Caroline Wöstmann, with Steyn the only two South African winners in the last 17 years (she won in 2015 and 2016), had a leisurely run to finish in 4:56:10. Her main aim -- as it is for Bosman and Steyn -- is the Comrades Marathon.

Christine Kalmer, in her first ultramarathon, was 20th in 4:12:37.

In the men's race Rufus Photo and Collen Makaza (ZIM) took the early lead, but after about 70 minutes of running three Kenyans, Chesire, Melly Kennedy Kiptoo (fifth last year) and Jesse Gichuhi, went to the front and started dictating matters. For Chesire his participation in his first ultramarathon was his first trip outside Kenya and the first time he has flown in an aeroplane -- but if he was inexperienced, his running certainly did not reflect it.

He tested the other men in the big lead pack going up Chapman's Peak and made a small gap, but they caught him again on the downhill. He waited a while and then pulled away again, with Nkoka and Gatebe following him. Gatebe, the 2016 Comrades champion and

David Manja and Nolene Conrad cross the finish line of the Old Mutual Two Oceans Half Marathon.



"down" run record holder (and SA marathon champion as long ago as 2008), looked strong and the trio ran together through Hout Bay.

Chesire, who said his marathon best is "2:21" (although DRR could not verify this), somehow missed the timing mat at the marathon mark, but went through in just under 2:21:00, with Kiptoo and Nkoka at his shoulder. Gatebe was timed in

2:21:14, with reigning Comrades champion Bongmusa Mthembu, Makaza, Moeketsi Mosuhli (LES), Puleng Maeko and Edward Mothibi three seconds further back.

Going up "the Nek", Chesire powered away for the final time and reached the 50 km mark unchallenged in 2:48:21. Nkoka was second, Gatebe third and Kiptoo fourth. Over the last 6 km Mike Fokoroni (ZIM), the 2016 winner, moved into the top ten to claim the last gold medal.

Chesire explained his race afterwards: "Melly told me about this race in Cape Town and I thought I would like to run it too. He gave me some tips and I thought it best to try and stay with him as far as possible. I did not think of winning -- top three would have been a miracle!"

Chesire's 3:09:21 is the fastest winning time since Gatebe's 3:08:54 in 2013. Defending champion Lungile Gongqa finished 19th in 3:22:53.

Two runners, Louis Massyn (67) and Tony Abrahamson (68), each received their 43rd medal in 6:47:07 and 5:07:44 respectively. Massyn is the only runner in history who has 43 medals in both the Two Oceans and Comrades.

In the accompanying half marathon the wins went to David Manja in 1:04:07 and Nolene Conrad, who ran a huge PB of 1:11:44 in the previous weekend's IAAF World Half-Marathon Championships, in 1:16:17. The only course record of the day came in the half marathon, where 64-year-old Mochamat Kriel ran 1:25:25, taking the grandmasters title by more than 10 minutes; it is also a list leader.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Old Mutual Two Oceans Marathon & Half Marathon, Cape Town
- * Run Zone Half Marathon & 10 km, Johannesburg

International highlights:

- * PZU Warsaw Half Marathon, Warszawa, POL
 - * Chongqing Marathon, Chongqing, CHN
 - * Zheng-Kai International Marathon, Zhengzhou, CHN
 - * Around the Bay 30 km, Hamilton, CAN
 - * Azalea Trail Run 10 km, Mobile, USA
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ROAD RUNNING

Old Mutual Two Oceans Marathon (49th) & Half Marathon (21st)

Cape Town, 31 March

(Distances: Ultra – 56 km; certified near-loop course with S/F separation of 2.85%, very hilly in second half. Half marathon – 21.1 km; certified near-loop course with S/F separation of 7.56%, very hilly. The finish is 65m HIGHER than the start for both races [both races use the same start and finish areas]. Finishers: ultramarathon, 8978 [up from 8684 last year]; half marathon, 13 178 [down from 14 044]. Weather: Cool early on, warmer later; blustery winds throughout the day.)

Ultramarathon

MEN

1	Justin Kemboi Chesire	Nedbank/KEN	25	3:09:21	R250 000
2	Lebenya Nkoka	Nedbank/LES	35	3:10:29	R125 000
3	David Gatebe	Hot Running As Entsika	36	3:11:12	R65 000

4	Melly Kennedy Kiptoo	Nedbank/KEN	38	3:11:58	+ R7500i
5	Bongmusa Mthembu	Arthur Ford	34	3:12:08	R35 000
					+ R5000i
6	Raphael Segodi	Rocky Road Runners	31	3:12:20	R15 000
					+ R2500i
7	Puleng Petrus Maeko	Rocky Road Runners	31	3:13:34	R14 000
8	Lyno Muchena	Maxed Elite/ZIM	30	3:14:14	R13 000
9	Moeketsi Mosuhli	Nedbank/LES	36	3:14:52	R12 000
10	Mike Fokoroni	Nedbank/ZIM	41	3:16:57	R10 000
11	Jesse Gichuhi	Nedbank/KEN	35	3:17:32	
12	Collen Makaza	Maxed Elite/ZIM	37	3:18:06	
13	Teboho Sello	Maxed Elite/LES	39	3:19:31	
14	Bernard Tarisai Rukadza	ZIM	36	3:19:34	
15	Gift Chigomarawa	Nedbank EC/ZIM	30	3:20:17	
16	Timothy Munzhelele	Pietersburg RR	30	3:20:46	
17	Rufus Photo	KPMG CGA	38	3:22:03	
18	Rofhiwa Albert Mothidi	Rocky Road Runners	34	3:22:45	
19	Lungile Gongqa	Nedbank AGN	39	3:22:53	
20	Hailemariam Atsebha Kahsay	Nedbank/ETH	27	3:23:13	
21	Calvin Malatji	Pietersburg RR	29	3:23:15	
22	Edward Mothibi	Nedbank AGN	33	3:23:30	
23	Monyele Monyele	LES	37	3:24:41	
24	Thulane Magagula	KPMG CGA	41	3:25:33	
25	Ben Matiso	Itheko	31	3:25:41	R10 000ii
26	Lutendo Mapoto	Pietersburg RR	29	3:25:58	
27	Lindikhaya Mthangayi	In Touch	38	3:28:05	R7500ii
28	Themba Mthembu	Maxed Elite KZN	41	3:29:04	
29	Teboho Lejaha	Arcadia/LES	32	3:29:26	
30	Siviwe Nkombi	Nedbank WPA	29	3:29:30	R5000ii
31	Nkosinathi Duma	Arthur Ford	31	3:29:58	
32	Mzwanele Maphekula	Bluewater Bay	41	3:30:35	
33	Motsamai Rantho	Rocky Road Runners	33	3:31:09	
34	Thomas Ndlovu	ZIM	35	3:31:20	
35	Jeffrey Gwebu	KPMG CGA	37	3:31:22	
36	Lucas Raseruthe	32Gi CGA/LES	36	3:32:08	
37	Luthando Hejana	Real Gijimas	31	3:32:24	
38	Samwel Tarus	KEN	39	3:32:31	
39	Malusi Dlomo	Nedbank KZN	32	3:32:34	
40	Reginald Ngobese	32Gi CGA	51	3:33:03	
41	Peter Muthubi	Pietersburg RR	36	3:33:09	
42	Sam Munyai	Nedbank AGN	38	3:33:16	
43	Claude Moshiywa	Nedbank AGN	43	3:33:18	
44	Anda Lubelwana	KPMG WPA	31	3:33:19	R2500ii
45	Ludwick Mamabolo	Nedbank AGN	40	3:35:26	
46	Portipher Dombojena	ZIM	33	3:35:43	
47	Charles Tjiane	Maxed Elite CGA	43	3:35:56	
48	Gilbert Mutandiro	ZIM	33	3:36:00	
49	Ben Brimble	Wanderers	32	3:36:26	
50	Thuso Mosiea	Arthur Ford	42	3:36:31	
... 70	Peter Ongkabetse Medupe	Nedbank AGN	43	3:40:45	
... 77	Tsotang Maine	LES	43	3:43:50	
... 83	Mthandazo Qhina	Nedbank WPA	40	3:44:57	
... 86	Odwa Tunyiswa	Run Zone	33	3:45:39	
... 88	Thabo Nkuna	KPMG CGA	38	3:46:32	

i = Incentive for first three South African athletes

ii = Incentive for first five Western Province athletes (only four shown)

Veterans:

1	Mike Fokoroni	Nedbank/ZIM	41	3:16:57	R10 000
2	Thulane Magagula	KPMG CGA	41	3:25:33	R5000
3	Themba Mthembu	Maxed Elite KZN	41	3:29:04	R4000

Masters:

1	Reginald Ngobese	32Gi CGA	51	3:33:03	R5000
2	Lindile Tokota	Nedbank SWD	50	3:45:22	R4000
3	Solomon Khumalo	Carlton	52	3:51:50	R3000

G'masters:

1	Kosie Botha	CS BOL	62	4:23:59	R4200
2	Alan Taylor	Achilles AAA	60	4:25:57	R2600
3	Gideon Radebe	Anglo Thermal Coal	61	4:48:24	R1600

G/g'masters:

1	Marosi Mosehla	Polokwane	76	5:09:57	R600
2	Eric Bateman	VOB	70	5:41:10	R450
3	Michael Brewis	Knysna MC	70	6:03:38	R300

WOMEN (Same prize money as men)

1	Gerda Steyn	Nedbank AGN	28	3:39:31	+ R7500i
2	Dominika Stelmach-Stawczik	POL	36	3:41:56	
3	Charné Bosman	Nedbank AGN	42	3:45:20	+ R5000i
4	Tanith Maxwell	Boxer KZN	41	3:49:48	+ R2500i + R10 000ii
5	Ann Ashworth	Massmart CGA	33	3:50:34	
6	Alexandra Morozova	RUS	28	3:52:51	
7	Loveness Madziva	Nedbank/ZIM	27	3:56:17	
8	Yolande Maclean	KPMG CGA	40	3:57:54	
9	Selam Abere Alebachew	Nedbank/ETH	29	3:59:23	
10	Ntombesintu Mfunzi	Nedbank EC	36	3:59:26	
11	Mary Khourie	KPMG CGA	34	3:59:35	
12	Salome Cooper	B2R BOR	42	4:02:33	
13	Janie Grundling	Boxer KZN	38	4:03:24	
14	Jennifer Koech	Nedbank/KEN	38	4:04:08	
15	Chelitu Bogale Asefa	Nedbank/ETH	26	4:06:53	
16	Deanné Horn	Nedbank AGN	29	4:07:32	
17	Mia van Heerden	Massmart CGA	29	4:08:13	
18	Enie Manzini	Massmart CGA	37	4:09:19	
19	Kathryn van Meter	Massmart CGA	30	4:11:56	
20	Christine Kalmer	KPMG CGA	32	4:12:37	
21	Leilani Scheffer	KPMG AGN	34	4:13:19	
22	Julanie Basson	B2R BOR	43	4:14:10	
23	Ramadimetja Babili	Massmart CGA	27	4:15:23	
24	Emma Mathibela	Nedbank AGN	35	4:16:46	
25	Fikile Mbuthuma	Nedbank KZN	37	4:16:50	
26	Jo Meek	Nedbank/GBR	40	4:17:07	
27	Vicky Hansen	Massmart CGA	36	4:18:19	
28	Ulrica Stander	KPMG WPA	43	4:18:48	R7500ii
29	Renata Vosloo	Sunninghill Striders	34	4:20:08	
30	Nandi Zaloumis-Mitchell	Massmart CGA	31	4:20:54	
31	Estie Steyn	Team Vitality CGA	33	4:22:45	
32	Tracy Forbes	VOB	45	4:24:20	R5000ii
33	Jana Trojan	VOB/CZE	50	4:27:27	R2500ii
34	Jolene Mackenzie	Plettenberg Bay	42	4:29:03	
35	Anne Stewart	Harfield Harriers	48	4:31:02	R1000ii
36	Helena Hayes	IRL	24	4:32:01	

37	Modjadji Mokwena	Pretoria Police MC	50	4:32:16
38	Cherise Sanders	Nedbank AGN	27	4:32:33
39	Carly Kent	Sunninghill Striders	42	4:32:58
40	Makhosazane Mhlongo	Boxer KZN	36	4:34:08
41	Caryn Lategan	B2R BOR	36	4:34:38
42	Joanna Thomas	VOB	49	4:35:25
43	Boipelo Orekgeng	Nedbank CGA	33	4:35:33
44	Renee Metivier	Nedbank/USA	36	4:37:03
45	Samkeliswe Tfwala	32Gi CGA	31	4:37:12
46	Mitsie van der Westhuizen	KPMG AGN	43	4:37:57
47	Linda Kinloch-Smith	Asics	41	4:38:57
48	Jaime Dawes	USA	39	4:39:20
49	Maria Vilakazi	Fitness From Africa	42	4:39:34
50	Lesley Train Austin	KPMG CGA	44	4:39:39

i = Incentive for first three South African athletes

ii = Incentive for first five Western Province athletes

Veterans:

1	Charné Bosman	Nedbank AGN	42	3:45:20
2	Tanith Maxwell	Boxer KZN	41	3:49:48
3	Yolande Maclean	KPMG CGA	40	3:57:54

Masters:

1	Jana Trojan	VOB/CZE	50	4:27:27
2	Modjadji Mokwena	Pretoria Police MC	50	4:32:16
3	Christine Claasen	Achilles AAA	53	4:41:59

G'masters:

1	Annatjie Botes	Nedbank SWD	60	4:49:12
2	Nancy Will	Pinelands	65	5:14:11
3	Annelie van der Linde	Durbanville	64	5:42:38

Half marathon

MEN

1	David Manja	Nedbank Dev Club CNW	26	1:04:07	R25 000
2	Namakoe Nkhasi	Nedbank/LES	25	1:04:14	R12 000
3	Benard Kipkemoi	Nedbank/KEN	29	1:04:17	R6000
4	Jobo Khatoane	Maxed Elite/LES	26	1:04:18	R5000
5	Mothimokholo Hatasi	Maxed Elite/LES	24	1:04:44	R4000
6	Joel Mmone	Nedbank Dev Club CNW	27	1:04:46	R3000
7	Gladwin Mzazi	Boxer CGA	29	1:04:57	R2000
8	Lusapho April	Oxford Striders	35	1:05:02	R1000
9	Mthobisi Baloyi	KPMG AGN	33	1:05:08	R750
10	Mariano Eesou	Bestmed Madibaz	26	1:05:20	R500
11	Lukhanyo Ngxolo	B2R BOR	21	1:05:34	
12	Kabelo Lesia	LES	25	1:06:01	
13	Bonginkosi Zwane	Boxer KZN	26	1:06:16	
14	Tumisang Monnatlala	KPMG CGA	23	1:06:35	
15	Benedict Moeng	KPMG AGN	35	1:06:46	
16	Sipho Mbanjwa	Boxer KZN	23	1:07:01	
17	Frik Guys	RWFL GW	31	1:07:18	
18	Angelo Booyesen	CS BOL	26	1:08:04	
19	Tomas Rainhold	NAM	27	1:08:08	
20	Teboho Noosi	LES	30	1:08:09	
21	Sikhumbuzo Seme	KPMG AGN	33	1:08:23	
22	Thabo Mfukwa Masina	Nedbank CGA	19	1:08:30	
23	Vuyisile Tshoba	KPMG AGN	27	1:08:31	
24	Vuyolwethu Madikiza	Elliot Madeira Charity Club	24	1:08:44	

25	Samuel Segoaba	Temp CGA	34	1:08:58	
26	Vuyolwethu Mbukushe	Guguletu	27	1:09:09	R2500ii
27	Raydon Balie	Eerste River	23	1:09:11	R1250ii
28	Reghen Magwai	B2R CGA	26	1:09:19	
29	Dylan van der Merwe	KPMG CGA	20	1:09:20	
30	Lwazi Mpungose	NRB Harriers	20	1:09:49	

ii = Incentive for first three Western Province athletes (only two shown)

Veterans:

1	Tsungai Mwanengeni	Guguletu/ZIM	44	1:13:01	R4000
2	Vakalisa Kopolo	Nedbank WPA	41	1:13:05	R3000
3	Vuyani Sixaso	Guguletu	44	1:17:49	R1500

Masters:

1	Sipho Stephen Motau	Itheko	52	1:24:48	R2000
2	Basie Bonaparte	ASS Multisport Club	52	1:25:52	R1000
3	Frans Rooibadjie	Boksburg	56	1:28:50	R750

G'masters:

1	Mochamat Kriel	Ommiedraai	64	1:25:25	CR R2000
2	Piet Smit	Swartland	63	1:36:00	R1000
3	Sticks Stiglingh	Kowie Striders	63	1:36:20	R500

G/g'masters:

1	Les Hanna	Whalers	70	2:02:39	R1000
2	Nic Brummer	Sedgefield Striders	72	2:06:34	R500
3	Gideon Malherbe	Celtic Harriers	72	2:07:42	R250

Juniors:

1	Simon Short	UCT	19	1:22:11	R750
2	Dino Claro	Temp CGA	17	1:24:49	R500
3	Jack Franklin	CAN	19	1:25:51	R400

WOMEN (Same prize money as men)

1	Nolene Conrad	KPMG WPA	32	1:16:17	+ R2500ii
2	Betha Chikanga	Maxed Elite/ZIM	21	1:16:42	
3	Susy Chemaimak	Nedbank/KEN	28	1:17:01	
4	Patience Murowe	Nedbank/ZIM	29	1:17:32	
5	Lebogang Phalula	Boxer CGA	34	1:19:21	
6	Mapaseka Makhanya	Massmart CGA	32	1:19:25	
7	Rudo Mhonderwa	Nedbank/ZIM	22	1:19:27	
8	Zintle Xiniwe	KPMG WPA	31	1:19:36	+ R1250ii
9	Hanlie Botha	B2R BOR	39	1:20:41	
10	Maria Shai	Boxer CGA	30	1:21:28	
11	Caroline Mhandu	Maxed Elite/ZIM	22	1:21:33	
12	Stella Marais	KPMG AGN	25	1:22:26	
13	Cana Peek	Temp KZN	19	1:22:28	
14	Anel Terblanche	KPMG WPA	31	1:22:39	R500ii
15	Rone Reynecke	RWFL NWN	32	1:23:04	
16	Fortunate Chidzivo	Nedbank/ZIM	31	1:23:15	
17	Rutendo Nyahora	Nedbank/ZIM	29	1:23:58	
18	Anet Coetzee	KPMG AGN	29	1:24:05	
19	Bulelwa Simae	Nedbank WPA	40	1:24:14	
20	Jessica Pollock	UCT	24	1:24:46	
21	Marelise Retief	Boxer AGN	32	1:24:46	
22	René Kalmer	KPMG CGA	37	1:25:04	
23	Tryfina Picardo	Maxed Elite/ZIM	32	1:25:50	
24	Kelly Nel	AAC	24	1:26:07	
25	Christiane Adriaanse	VOB	40	1:26:14	
26	Shelley Young	Chiltern	28	1:26:28	

27	Sophie Cope	Spartan Harriers	20	1:27:44
28	Annah Watkinson	Temp WPA	36	1:27:57
29	Alice Oosthuizen	ATC	31	1:29:20
30	Madri Wiid	AS Eagles	21	1:29:29
31	Tanya Posthumus-Fox	Century City	37	1:29:47
32	Lebo Phalula	Boxer CGA	34	1:29:55
... 43	Keneilwe Sesing	KPMG CGA	29	1:33:55

ii = Incentive for first three Western Province athletes

Veterans:

1	Bulelwa Simae	Nedbank WPA	40	1:24:14
2	Christiane Adriaanse	VOB	40	1:26:14
3	Janene Carey	Boxer KZN	46	1:30:28

Masters:

1	Judy Bird	KPMG CGA	56	1:34:38
2	Orbertina Kanyongo	Nedbank WPA/ZIM	50	1:34:43
3	Elmarie Pretorius	RWFL NWN	52	1:36:06

G'masters:

1	Catherina Jacoba Scheffer	RWFL NWN	62	1:47:20
2	Beverley Charters	VOB	60	1:49:13
3	Blanche Moila	Savages	62	1:51:26

G/g'masters:

1	Veronica van Niekerk	Elgin Grabouw	72	2:02:38
2	Margaret Plantema	Temp WP	73	2:06:44
3	Diana Thomson	VOB	71	2:06:49

Juniors:

1	Razaan Kamaldien	Carbineers WPA	19	1:41:54
2	Carmen Koekemoer	Temp WP	19	1:42:11
3	Dominique Fuchs	NWU	19	1:43:26

Run Zone Half Marathon & 10 km (1st)

Johannesburg, 25 March

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 890; 10 km -- 900.)

Half marathon

MEN

1 Collen Mulaudzi (Boxer) 69:04; 2 Retsepile Khotle (Itheko) 70:08; 3 Johannes Kekana (Boxer) 72:30 (1st vet).

Veterans: 1 Johannes Kekana (Boxer) 72:30. **Masters:** 1 George Mooi (Gallopers) 80:36.

G'masters: 1 Vivian Augustine (RAC) 1:48:35. **G/g'masters:** 1 Jannie Ferreira (Florida) 2:42:52.

WOMEN

1 Liziwe Mabona (AMPA) 89:29; 2 Takalani Ndandani (Transnet) 96:21; 3 Estie Steyn (Vitality) 96:37.

Veterans: 1 Leigh Privett (Modern Athlete) 97:59. **Masters:** 1 Kim Meyer (RAC) 1:41:55.

G'masters: 1 Elspeth Kirkman (RWFL) 2:09:03.

10 km

MEN

1 Lucky Mohale (Boxer) 32:20; 2 Peter Mokhubedu (Run Zone) 32:53; 3 Kemang Khunonya (Run Zone) 33:20.

Veterans:1 Mazu Ndandani (Kagiso) 44:40. **Masters:** 1 Kgomotso Lelaka (GS) 50:53. **G'masters:** 1 Kenny Tulk (RAC) 53:14. **G/g'masters:** 1 Willie Els (VLC) 67:39. **Juniors:** 1 Thabang Sebopa (Born 2 Run) 36:38; 2 Titus Komane (Honey Lotus) 38:57; 3 Morne Claassen (Toti) 69:52.

WOMEN

1 Lesego Mpshe (TUT) 39:23 (1st jun); 2 Michelle Strydom (Nedbank) 40:57; 3 Makoma Batji (RWFL) 42:23.

Veterans:1 Belinda Waghorn (Born 2 Run) 48:17. **Masters:** 1 Karen Brough (Born 2 Run) 50:11. **G'masters:** 1 Norah Dorethy (RAC) 57:54. **G/g'masters:** 1 Gill Tregenna (Westville) 68:04. **Juniors:** 1 Lesego Mpshe (TUT) 39:23.

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

PZU Warsaw Half Marathon (13th)

Warszawa, POL, 25 March
(Distance: 21.1 km; loop course)

MEN (gun times)

1. Ezra KIPROTICH SANG, 1994, KEN, 1:01:37
2. Kassa Mekashaw ESHETE, 1984, ETH, 1:01:52
3. Hillary Kiptum MAIYO KIMAIYO, 1994, KEN, 1:02:18
4. El Hassan OUBADDI, 1991, MAR, 1:02:52
5. Abel Kibet ROP, 1986, KEN, 1:02:57

WOMEN (gun times)

1. Pölline WANJIKU NJERU, 1988, KEN, 1:10:01
2. Birhan MHRETU GEBREKIDAN, 1999, ETH, 1:10:26
3. Maregu HAYELOM SHEGAE, 1998, ETH, 1:10:52
4. Lillian JELAGAT, 1989, KEN, 1:11:03
5. Joyce Jemutai KIPLIMO, 1988, KEN, 1:11:29
6. Christine MORAA OIGO, 1997, KEN, 1:11:43

Chongqing Marathon

(IAAF Gold Label Road Race)
Chongqing, CHN, 25 March
(Distance: 42.195 km; loop course)

MEN (gun times)

- | | | |
|------------------------------------|---------|-------------|
| 1. Kennedy Kiprop Cheboror, KEN | 2:13:43 | USD 20,000# |
| 2. Abayneh Ayele Woldegiorgis, ETH | 2:14:13 | 10,000 |
| 3. Regasa Mndaye Bejiga, ETH | 2:15:07 | 6,000 |

#) Prize money reduced from USD 40,000 for winning time slower than 2:09:30.

WOMEN (gun times)

- | | | |
|-------------------------------|---------|-------------|
| 1. Meseret Legese Regasa, ETH | 2:28:56 | USD 20,000# |
| 2. Almaz Negede Fekade, ETH | 2:30:33 | 10,000 |
| 3. He Yinli, CHN | 2:35:05 | 6,000 |

#) Prize money reduced from USD 40,000 for winning time slower than 2:27:00.

Zheng-Kai International Marathon

Zhengzhou, CHN, 25 March
(Distance: 42.195 km)

MEN

- | | | |
|----------------------------------|---------|-------------|
| 1. Elias Kemboi CHELIMO, KEN | 2:13:53 | USD 12,000# |
| 2. Emmanuel Rutto NAIBEI, KEN | 2:14:05 | 8,000 |
| 3. Jonathan Kipleting KORIR, KEN | 2:14:25 | 5,000 |

#) Prize money reduced from USD 20,000 for winning time slower than 2:13:00.

WOMEN

- | | | |
|-----------------------------------|---------|---------------|
| 1. Ednah MUKHWANA, KEN | 2:30:24 | PB USD 20,000 |
| 2. Nancy Chepngetich KIMAIYO, KEN | 2:32:27 | 8,000 |
| 3. Bontu Bekele GADA, ETH | 2:35:09 | 5,000 |

Around the Bay 30 km (121st)

Hamilton, CAN, 25 March

MEN (extended gun times):

- | | | |
|----------------------------|-----------|----------|
| 1. Haron Kiptoo Sirma, KEN | 1:35:10.7 | CAD 4000 |
| 2. Panuel Mkungo, KEN | 1:35:49.8 | 2000 |
| 3. Kenneth Kosgei, KEN | 1:36:00.7 | 1000 |

WOMEN (extended gun times)

- | | | |
|------------------------------|-----------|-----------|
| 1. Dayna Pidhoresky, CAN | 1:49:38.6 | CAD 4000 |
| 2. Krista Duchene (40+), CAN | 1:51:21.4 | 2000 500m |
| 3. Kait Toohey, CAN | 1:54:41.7 | 1000 |
| 4. Sarah Elliott, CAN | 1:55:40.8 | 750 |
| 5. Alexandra Hynes, CAN | 1:59:50.5 | 500 |

m) Earned masters prize money

Azalea Trail Run 10 km (41st)

Mobile, USA, 24 March
(Certified loop course)

MEN (gun times)

- | | | |
|---------------------------|-------|-----------|
| 1. Benard Ngeno, 21, KEN | 27:45 | PB \$2000 |
| 2. John Muritu, 22, KEN | 28:36 | 1500 |
| 3. Benard Langat, 23, KEN | 28:37 | 750 |

WOMEN (gun times)

- | | | |
|------------------------------|-------|---------|
| 1. Monicah Ngige, 24, KEN | 32:18 | \$2000 |
| 2. Vicoty Chepngeno, 24, KEN | 32:34 | PB 1500 |
| 3. Iveen Chepkemoi, 18, KEN | 33:39 | 750 |
-

NEWS

A few interesting items of news from *Athletics International*:

World record holder Dennis Kimetto will contest the Vienna City Marathon on 22 April and says that if conditions are good he would want to attack the course record of 2:05:41. His last completed marathon was when he placed 9th in London (2:11:44) in 2016. Last year he failed to finish in Chicago and Honolulu.

The Queen will be the official starter for the Virgin Money London Marathon on 22 April. The runners will set off from Blackheath but the Queen will push the start button at 10 a.m. from a podium in front of the Round Tower in the grounds of Windsor Castle with the BBC relaying live coverage of the ceremony. It was 110 years ago that Princess (later Queen) Mary, grandmother to the Queen, started the 1908 Olympic Marathon from Windsor Castle, a race forever associated with the unfortunate Dorando Pietri [and in which South Africa's Charles Hefferon won the silver medal].

THE OLDEST LIVING OLYMPIANS

Canadian born US resident Paul Tchir has compiled a list of the oldest living Olympians, headed by 1936 canoeist John Lysak (USA) who was born on 16.8.1914, making him 103. Second ranked is 102 year-old athlete Aarne Kainlauri (FIN; 25.5.1915), 10th in the 1948 steeplechase. At the time the list was compiled, the only other surviving Olympic athletics centenarian was Britain's Bill Lucas (16.1.1917), who ran in the heats of the 5000 m in 1948, but he died on 22 March aged 101. Aged 97 and above are Etsuko Komiya (JPN; 98), heats of the women's 100 m in 1936; Folke Alnevik (SWE; 98), 1948 4x400 m bronze medallist; Marko Racic (YUG; 97), quarter-finalist in 1948 400 m; and Gudrun Arenander (SWE), who celebrated her 97th birthday on 25 March, 12th in the 1948 discus throw. Other medallists over 90 still with us are Herb Douglas (USA; 96; 1948 LJ bronze); Nancy Mackay (CAN; 95; 1948 4x100 bronze); Dana Zátopková (CZE; 95; 1952 JT gold & 1960 silver); Harrison Dillard (USA; 94; 1948 100 & 4x100 gold, 1952 110H & 4x100 gold); Arne Ahman (SWE; 93; 1948 TJ gold); Ken Wiesner (USA; 93; 1952 HJ silver); Les Laing (JAM; 93; 1952 4x400 gold); Bob Richards (USA; 92; 1948, 1952 & 1956 PV gold); Craig Dixon (USA; 92; 1948 110H); George Rhoden (JAM; 91; 1952 400 & 4x400) and Dorothy Manley, now Parlett (GBR; 91; 1948 100 silver).

STATS TIME

This week we include a list of all the South Africans who have run a sub-4 minute mile, in alphabetical order.

SOUTH AFRICA'S DREAM MILERS

The US magazine *Track & Field News* has updated its list of all the athletes who have run a sub-4 minute mile. The list is maintained by Bob Phillips, the editor of the quarterly journal of the NUTS, "Track Stats". There are now 1497 athletes on the list (as at 16 March).

A total of 56 South Africans are included, from De Villiers Lamprecht on 13 November 1964 to Elroy Gelant and Jerry Motsau on 20 April 2013 -- but note that the three latest dream milers, Rantso Mokopane, George Kuschke and Ryan Mphahlele, who ran under four minutes on 22 March, are not yet included. The SA total therefore is 59.

The list is in alphabetical order, with each athlete's first dream mile shown. If he subsequently improved on that time, his personal best is also listed.

The ten countries with the most dream milers are: 1. USA 522; 2 Great Britain 201; 3. Kenya 143; 4. Australia 66; 5. South Africa 56; 6. Canada 54; 7. Ireland 41; 8. New Zealand 39; 9. Germany (including FRG 18, GDR 7) & Morocco 34.

There are now 20 sets of brothers, including five sets of twins, and nine sets of fathers and sons who have broken four minutes. The most recent contributors to this family tradition are Filip Ingebrigtsen, brother of Henrik Ingebrigtsen; John Coghlan, son of Eamonn Coghlan; John Gregorek, whose father was also named John Gregorek; and Liam Dee, son of Billy Dee. The Gregoreks have now replaced Kip and Martin Keino as the most successful father/son miling partnership, based on the average of their best times. The Ingebrigtsens have now even been joined by their youngest brother, Jakob, aged 16, to become the first set of three brothers to break four minutes. No grandfathers and grandsons as yet !

The 56 South Africans are:

François Annandale 3:59.7 151180 3:59.02 181281
 Ewald Bonzet 3:59.3 260275 3:57.3 210277
 Johan Botha 3:57.00 160296
 Deon Brummer 3:56.58 070384 3:55.42 110387
 Clyde Colenso 3:59.66i 260299 3:54.27i 100201
 Johan Cronje 3:58.81 161205 3:50.70 310514
 Clive Dale 3:58.6 210277
 Graham Davidson 3:53.86 010603
 Manson du Toit 3:59.78 160296
 Ebeneza Felix 3:59.59 140297
 Deon Fouché 3:58.23 121188
 Johan Fourie 3:56.3 070579 3:50.82 110387
 Elroy Gelant 3:59.29 200413
 Henning Gericke 3:59.4 141181 3:56.17 070384
 Danie Goosen 3:57.8 210277
 Bennie Greyling 3:59.7 230382 3:54.59 091287
 Rudolph Greyling 3:58.93 090388
 Johnny Halberstadt 3:59.9 040574
 Scott Harris 3:59.76 150494
 Dumisane Hlaselo 3:56.84i 120211
 Johannes Job 3:57.37 140297
 Ashley Johnson 3:59.79i 040284
 Naudé Jordaan 3:59.49 050390
 Peter Kaal 3:59.9 270572
 Mark Kennard 3:59.5 300379
 Craig Lambert 3:58.41 151284
 De Villiers Lamprecht 3:59.7 131164 3:57.7 131170
 Johan Landsman 3:59.41 040391 3:56.61 251191
 Louis Liebenberg 3:59.2 300379 3:58.1 070579
 Greg Liefeldt 3:59.06 250383 3:58.6 101283
 Danie Malan 3:56.7 170275 3:54.6 260275
 Sydney Maree / 3:57.9 151276
 Cliffie Miller 3:58.84 181291
 Jerry Motsau 3:58.84 200413 3:56.62 220716
 Willem Muldner 3:56.65 140297
 Anton Nicolaisen 3:59.30 181291
 Whaddon Niewoudt 3:58.24 060393 3:57.21 150494
 Junior Prinsloo 3:59.37 121287
 Victor Radebe 3:54.62 110387
 Ruben Ramolefi 3:59.69 110311
 Stanley Roberts 3:58.97 060393
 Ricky Robinson 3:59.9 160381 3:58.95 250383
 Marius-Hugo Schlechter 3:59.0 141285
 Hezekiel Sepeng 3:57.33 160296
 O'Niel Simpson 3:59.38 071187
 Hendrik Smit 3:59.8 230474 3:59.0 151175

Sarel Spies 3:58.22 010392
 Matthews Temane 3:55.4 090383
 Monde Tutani 3:56.12 131286
 Hans van der Veen 3:58.8 141285
 Peter van der Westhuizen 3:59.80 160296 3:54.90 040610
 Juan van Deventer 3:51.31 060608
 Marius van Heerden 3:57.49 160296
 Jacques van Rensburg 3:59.84 131286 3:57.62 171290
 Fanie van Zijl 3:59.3 201267 3:56.0 270572
 Jean Verster 3:55.76 121188

THIS MONTH IN HISTORY

43 years ago: 21 April 1975

The Boston Marathon, the world's oldest, is always held on Patriots' Day, the third Monday in April. The latest date it has ever been held on is 21 April, and this happened on eight occasions (the last time was 2014; this year the 122nd running will be on 15 April). Probably the most famous of these eight occasions was in 1975, when Boston's own Bill Rodgers, still relatively unknown and wearing a homemade T-shirt with the letters "Boston GBTC" (Greater Boston Track Club), took the lead at ten miles and surged away from his more famous rivals. Rodgers, a teacher by profession, had completed three marathons before (he failed to finish his first Boston in 1973). But there was no stopping him this time and he finished in 2:09:55, a new US and continental best time. It was also the world's fastest time of the year. Ron Hill, the man whose course record Rodgers broke, was fifth. Rodgers went on to win Boston three more times, in 1978, 1979 and 1980. In the women's race -- it was only the fourth time females participated officially -- Germany's Liane Winter ran a new world best of 2:42:24, with Katherine Switzer second.

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 26:44	Sibabalwe Gladwin Mzazi Leonard Patrick Komon (KEN) 2010	Sasolburg	03 Feb
15 km	45:06	Melikhaya Frans	Port Elizabeth	27 Jan
21.1 km	41:13 61:26 58:23	Leonard Patrick Komon (KEN) 2010 Stephen Mokoka Zersenay Tadese (ERI) 2010	Valencia	24 Mar
25 km	87:24 81:02A	Lindokuhle Sithole Mhlakwana Nkoshona	Durban Pinetown	21 Mar 28 Jan
30 km	71:18 1:38:53 87:13** 87:13**	Dennis Kipruto Kimetto (KEN) Nkosinathi Madyo Eliud Kipchoge (KEN) 2016 Stanley Biwott (KEN) 2016	Uitenhage	03 Mar
Marathon	2:09:31 2:02:57	Desmond Mokgobu Dennis Kimetto (KEN) 2014	Oita	04 Feb

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	89:07	Sikhumbuzo Dlamini	Durban	21 Mar
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:43:15	Mzwanele Maphekula	Uitenhage	03 Mar
	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	54:32	John September	Ravensmead	24 Mar
	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	1:43:32	Deon Jannekar	Durban	21 Mar
	92:17A	Michael Ndlovu	Pinetown	28 Jan
	84:12	Norman Green (USA) 1984		
30 km	1:54:26	Makaya Masumpa	Uitenhage	03 Mar
	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	38:26	Mochamat Kriel	Pinelands	24 Feb
	32:48	Martin Rees (GBR) 2013		
15 km	57:51	Mochamat Kriel	Ravensmead	24 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	85:25	Mochamat Kriel	Cape Town	31 Mar
	71:31	Martin Rees (GBR) 2013		
25 km	2:06:10	Derrick Mazibuko	Durban	21 Mar
	1:48:50A	Andy Daly	Pinetown	28 Jan
	94:01	Doug Winn (USA) 2010		
30 km	2:18:26	Alan Taylor	Uitenhage	03 Mar
	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	67:11	Jimmy Morris	Constantia	10 Mar
	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	2:46:46	Tamsanqa Jusayi	Uitenhage	03 Mar
	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	49:33	Thembeke Mendu	Constantia	10 Mar
	42:17	Ayele Abshiro Biza (ETH) 2008		
21.1 km	1:17:31	Themba Chauke	Pretoria	27 Jan
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	34:09	Nolene Conrad	Goodwood	03 Mar
	29:43 Mx	Joycilene Jepkosgei (KEN) 2017		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	56:30	Anel Terblanche	Constantia	10 Mar
	45:37 Mx	Joycilene Jepkosgei (KEN) 2017		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	71:44	Nolene Conrad	Valencia	24 Mar
	64:51p Mx	Joycilene Jepkosgei (KEN) 2017		
	64:52 Mx	Joycilene Jepkosgei (KEN) 2017		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	1:49:34	Nomthandozo Mlotshwa	Durban	21 Mar
	1:40:40A	Makhosi Mhlongo	Pinetown	28 Jan
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	2:00:03	Ntombesintu Mfunzi	Uitenhage	03 Mar
	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	36:15	Tanith Maxwell	Cape Town	07 Mar
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15 km	32:14	Priscilla Welch (GBR) 1985		
	58:02	Charné Bosman	Jeffreys Bay	06 Jan
21.1 km	49:35	Priscilla Welch (GBR) 1985		
	81:26	Tanith Maxwell	Durbanville	21 Mar
	79:44A	Tanith Maxwell	Simon's Town	18 Feb
25 km	69:37	Deena Kastor (USA) 2014		
	1:53:03	Lisa Collett	Durban	21 Mar
	1:46:03A	Lisa Collett	Pinetown	28 Jan
30 km	85:15	Colleen de Reuck (USA) 2005		
	2:05:14	Bulelwa Simae	Uitenhage	03 Mar
	2:00:24A	Tanith Maxwell	Camps Bay	14 Jan
Marathon	1:49:40	Yoshimi Hoshino (JPN) 2007		
	2:50:57	Charné Bosman (vet)	Pretoria	17 Feb
100 km	2:23:31	Lydia Cheromei (KEN) 2017		
	7:20:22	Maria Auxiliadora (BRA) 1998		
<u>Masters (50+)</u>				
10 km	40:02	Judy Bird	Bellville	25 Mar
15 km	34:14	Linda Somers (USA) 2011		
	63:46	Suzanne Marais	Constantia	10 Mar
21.1 km	52:38	Monica Joyce (USA) 2009		
	93:04	Judy Bird	Bedfordview	14 Jan
	92:19A	Sandra Kohnert	Simon's Town	18 Feb
25 km	75:18	Linda Somers (USA) 2011		
	2:15:39	Roshini Natasen	Durban	21 Mar
	2:07:49A	Roshini Natasen	Pinetown	28 Jan
30 km	96:58	Colleen de Reuck (USA) 2016		
	2:20:14	Christine Claasen	Uitenhage	03 Mar
Marathon	1:56:43	Colleen de Reuck (USA) 2016		
	3:23:52	Maya Lawrie	Pietermaritzburg	25 Feb
100 km	2:31:05	Tatyana Pozdniakova (UKR) 2005		
	7:51:10	Meghan Arbogast (USA) 2011		
<u>Grandmasters (60+)</u>				
10 km	42:43	Nancy Will	Athlone	10 Feb
15 km	38:56	Lidia Zentner (GER) 2015		
	69:28	Hanlie van der Westhuizen	Despatch	24 Feb
21.1 km	61:25	Kathryn Martin (USA) 2011		
	99:45	Hanlie van der Westhuizen	Port Elizabeth	03 Feb
25 km	84:56	Bernadine Portenski (NZL) 2010		
	2:28:20	Jenny Scott	Durban	21 Mar
	2:22:03A	Sylvia Burton	Pinetown	28 Jan
30 km	1:50:50	Edie Stevenson (USA) 2011		
	2:26:52	Annatjie Botes	Sedgefield	10 Mar
Marathon	2:15:30	Kathryn Martin (USA) 2012		
	3:37:54	Nancy Will	Fish Hoek	27 Jan
100 km	3:26:19A	Nancy Will	Simon's Town	18 Feb
	3:12:57	Emmi Luthi (SUI) 2009		
	9:20:07	Ursula Schmitz (GER) 1999		
<u>Great grandmasters (70+)</u>				
10 km	53:29	Veronica van Niekerk	Bellville	25 Mar
15 km	44:09	Lavinia Petrie (AUS) 2014		
	85:25	Marietha Herbert	Constantia	10 Mar

21.1 km	72:52	Jo Klein (NED) 2004		
	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	3:36:03	Liz Jenkerson	Uitenhage	03 Mar
	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	39:23	Lesego Mpshe	Johannesburg	25 Mar
	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	88:34	Lesego Mpshe	Pretoria	24 Mar
	67:57	Abebu Gelan Adugna (ETH) 2009		

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