

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

Excellent times were returned in the NMBM Legacy Project Motherwell Freedom Run 10 km in Port Elizabeth, with six personal bests in the top ten men and women. The wins went to Namakoe Nkhasi (LES) in 28:32 and Glenrose Xaba in 33:21, both PBs. The first South African in the men's race was Sibabalwe Gladwin Mzazi, second in 28:40. Both Xaba's and Mzazi's times are list leaders, as are those of vet Vakalisa Kopolo, master Desmond Zibi and grandmaster Margie Saunders.

On the second day of the Commonwealth Games Caster Semenya easily ran the fastest time in the two heats of the 1500 m when she won her race in 2:05.86.

A South African runner, Cecilia Raath, appears on the latest IAAF list of athletes who have been banned for doping offences. Raath, who runs for the Pretoria Marathon Club, tested positive for an unknown substance at last year's Comrades Marathon. Raath, now 41, finished 79th in 8:36:42. Her ban of two years extends to 1 February 2020.

Lindsey Scherf's world record for an indoor marathon was not the weekend before the Old Mutual Two Oceans Marathon, as reported last week, but in fact the weekend before that, on 18 March (so two weeks before the ultra).

The Boston Marathon will not be held on 15 April this year, as stated in This Month in History, but on Monday, 16 April.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * JointEze Irene Ultra & Half Marathon, Irene
- * NMBM Legacy Project Motherwell Freedom Run 10 km, Port Elizabeth
- * Arthur Creswell Memorial Marathon & Half Marathon, Bergville to Ladysmith
- * Mall of the North Marathon, Half Marathon & 10 km, Polokwane

International highlights:

- * Berliner Halbmarathon, Berlin, GER
- * NN Marathon Rotterdam, Rotterdam, NED
- * Schneider Electric Marathon de Paris, Paris, FRA
- * Sportissimo Prague Half Marathon, Praha, CZE
- * Daegu Marathon, Daegu, KOR

- * Semi-Marathon International de Berkane, Berkane, MAR
 - * Allstate Sugar Bowl Crescent City Classic 10 km, New Orleans, USA
 - * Int'l Paderborner Osterlauf 10 km & Half Marathon, Paderborn, GER
 - * Track: Commonwealth Games, Gold Coast, AUS; Stanford Invitational, Palo Alto, USA; Raleigh Relays, Raleigh, USA; Queensland Track Classic, Brisbane, AUS
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ROAD RUNNING

JointEze Irene Ultra & Half Marathon (3rd)

Irene, 8 April

(Distances: 48 km & 21.1 km. Finishers: ultramarathon -- 4000; half marathon -- 2000. Weather: cool to hot, overcast.)

Ultramarathon

MEN

1. Pfarelo Mathada (Fara) 2:51:04
2. Steven Dikobo (H&W) 2:56:51
3. Richard Mavuso (CS) 2:57:42 (1st vet)

Veterans: 1. Richard Mavuso (CS) 2:57:42; 2. Action Ramaboea (Ivory) 3:00:58; 3. Handsome Siwela (RZ) 3:05:10. **Masters:** 1. Ruben Setumu (Ned) 3:04:22; 2. Thabo Hlako (Kempton) 3:16:42; 3. Norman Baloyi (BNAC) 3:27:32. **G'masters:** 1. Marius Carstens (Vital) 3:50:41; 2. Errol Shear (Jeppe) 4:06:14. **G/g'masters:** 1. John Cannon (Irene) 5:07:33.

WOMEN

1. Cobie Smith (Vital) 3:31:02
2. Dana Bianca van Zyl (B2R) 3:48:12 (1st vet)
3. Chrizzell Roberts (B2R) 3:51:23

Veterans: 1. Dana Bianca van Zyl (B2R) 3:48:12; 2. Corné Prinsloo (Bobbies) 3:56:25; 3. Nadine Breytenbach (Irene) 3:58:52. **Masters:** 1. Leonor Erwee (MiWay) 4:09:29; 2. Yvonne Laing (Green) 4:12:53; 3. Hesta Conradie (Irene) 4:30:01. **G'masters:** 1. Marie Venter (Phob) 4:58:24; 2. Martine Garrioch (Midrand) 5:21:34.

Half marathon

MEN

1. Bright Mikolonowe (BNAC) 1:13:22
2. Philip Phakwayo (Ned) 1:14:33 (1st vet)
3. Thabo Delight (PF) 1:17:44

Veterans: 1. Philip Phakwayo (Ned) 1:14:33. **Masters:** 1. John Mosdell (Harl) 1:38:50; 2. Willie Beneke (NPO) 1:45:40. **G'masters:** 1. Charles Stofberg (Green) 1:49:55; 2. Daniel Moeti (Beef) 2:06:42. **G/g'masters:** 1. Frantz Wentzel (F2000) 2:41:19. **Juniors:** 1. Kamogelo Maela (Makhud) 1:29:07; 2. Choboko Thabang Magokwe (Makhud) 1:48:01.

WOMEN

1. Lizzy Babili (Mass) 1:28:11
2. Myrette Brink (B2R) 1:35:23
3. Johandri Leicester (MPG) 1:38:50

Veterans: 1. Jenni Kruse (Mass) 1:43:50; 2. Tracey Housdon (Phob) 1:53:34; 3. Estelle Jansen van Vuuren (Mag) 2:14:05. **Masters:** 1. Sonja Ludick (Kyalami) 1:44:03; 2. Diane Schlebusch (Ned) 2:06:17; 3. Elize Uys (Mag) 2:08:51. **G'masters:** 1. Carole de Waal (Win) 2:02:10; 2. Gizelle Geyer (Phob) 2:22:02. **G/g'masters:** 1. Regina Hughes (Agape) 2:32:29.

NMBM Legacy Project Motherwell Freedom Run 10 km

Port Elizabeth, 7 April

(Certified flat loop course, slightly changed from previous years. Weather: excellent running conditions. Finishers: 617 [up from 526 last year].)

Note: A return to competition here for grandmaster Margie Saunders, who beat all the masters. -- Ed.**MEN**

1	Namakoe	NKHASI	LES/Nedbank Int	25	28:32 PB
2	Gladwin	MZAZI	Boxer Superst	29	28:40
3	David	MANJA	Nedbank RC CNW	26	28:41 PB
4	Joel	MMONE	Nedbank RC CNW	27	28:47
5	Melikhaya	FRANS	Ikhamva AC	28	28:49 PB
6	Lukhanyo	NGXOKO	Born To Run	21	29:18 PB
7	Mariano	EESOU	Madibaz AC	26	29:36
8	Nkosinathi	MADYO	Itheko	30	29:45
9	Mbongeni	NGXAZOZO	Boxer Superst	38	29:53
10	Kabelo	MELAMU	KPMG	21	30:08

Veterans:

1	Vakalisa	KOPOLO	Nedbank RC WP	41	32:19
2	Tsungai	MWANENGENI	ZIM/Guguletu	44	32:34
3	Mzwanele	MAPHEKULA	Bluewater Bay	41	33:04

Masters:

1	Desmond	ZIBI	Achilles AAA	54	33:47
2	Makaya	MASUMPA	Born To Run	52	34:13
3	Sithembiso	YOZO	Nedbank RC	53	36:48

G'masters:

1	Alan	TAYLOR	Achilles AAA	60	40:09
2	Hannes	ELS	Madiba BW	68	41:35
3	Sizinzo	KAMA	Achilles AAA	66	42:25

G/g'masters:

1	Tamsanqa	JUSAYI	Nedbank RC	75	45:46
2	Lochi	LOCHNER	Charlo AC	70	47:36
3	Syd	LIPPSTREU	Crusaders AC	70	48:31

Juniors:

1	Lithebe	MENZELELELI	Born To Run	18	32:30
2	Kwena	MATLALA	Tukkies	18	32:39
3	Anele	VOORMAN	Nedbank RC	18	33:47

WOMEN

1	Glenrose	XABA	Boxer Superst	23	33:21 PB
2	Lebogang	PHALULA	Boxer Superst	34	34:59
3	Ntombesintu	MFUNZI	Nedbank RC	36	35:06
4	Cherise	SIMS	Born To Run	24	35:16 PB
5	Rudo	MHONDERWA	ZIM/Nedbank Int	22	36:23
6	Fortunate	CHIDZIVO	ZIM/Nedbank RC WP	31	36:34
7	Poppy	MLAMBO	Boxer Superst	37	37:39
8	Bulelwa	SIMAE	Nedbank RC WP	40	37:43
9	Nomvuyisi	SETI	Nedbank RC WP	36	37:57
10	Keneilwe	SESING	KPMG	29	38:28

Veterans:

1	Bulelwa	SIMAE	Nedbank RC WP	40	37:43
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2	Davera	MAGSON	Nedbank RC	43	42:03
3	Busisiwe	MATIWANE	Nedbank RC WP	42	42:26

Masters:

1	Christine	CLAASEN	Achilles AAA	53	43:30
2	Michelle	VAN DER WATT	Elite AC	51	47:58
3	Laura	MARITZ	Infinity AC	57	49:44

G'masters:

1	Margie	SAUNDERS	Nedbank RC	64	42:27
2	Christine	SNYMAN	Despatch AC	62	54:19
3	Cathy	IVES	Achilles AAA	64	59:24

G/g'masters:

1	Liz	JENKERSON	Muirite Strider	71	56:24
2	Ronelle	STEYN	Nedbank RC	74	1:02:46
3	Denise	TERBLANCHE	Infinity AC	70	1:09:57

Juniors:

1	Natasha	MAGAGA	Motherwell AC	16	45:27
2	Dlamom	KHUTHALA	Nmmu Madibaz	18	53:40
3	Liyema	MBUSI	Motherwell AC	14	54:21

Arthur Creswell Memorial Marathon (53rd) & Half Marathon

Bergville to Ladysmith, 7 April

(Distances: 52 km & 21.1 km; the ultramarathon a point-to-point downhill course, but hilly, and the half marathon out and back. Finishers: ultramarathon – 424 [down from 461 last year]; half marathon – 187 [down from 264].)

Note: Yet another ultramarathon/marathon for Lisa Collett, who has been steadily piling up the racing kilometres since the beginning of the year. -- Ed.

Ultramarathon**MEN**

1.	Taholwane Mhlakwana	Phantane AC	3:08:40
2.	Thobile Mbolekwa	Hollywood Bats	3:10:05
3.	Ishmael Mahlomola	Maxed Elite	3:11:44

40-49:

1.	Vusi Sokhela	Maxed Elite	3:20:46
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50-59:

1.	Phakama Shezi	Nedbank AC	3:52:04
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60+:

1.	Guy Nottingham	Fitness Africa	4:44:50
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WOMEN

1	Lisa Collett	Boxer AC	3:53:32
2.	Lineo Lebotha	Sisonke AC	4:09:24
3.	Zinle Shabalala	Klip River Striders	4:13:30

40-49:

1.	Lisa Collett	Boxer AC	3:53:32
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50-59:

1.	Leonie v.d. Westerhuizen	DHSOB	4:58:43
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60+:

1.	Tilla Dalhouzie	QBH	6:58:20
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Half marathon**MEN**

1.	Bonginkosi Zwane	Boxer AC	1:06:56
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2.	Thobani Chagwe	Maxed Elite	1:09:52
3.	Lungelo Khumalo	Maxed Elite	1:11:24

40-49:

1.	Muntu Khulu	Wasbank AC	1:20:23
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50-59:

1.	Phatlalla Motsoeneng	SAPS FS	1:36:46
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60+:

1.	Chief M J Ralehasa	Maluti Multi Sport	1:55:03
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WOMEN

1.	Sanelisiwe Mbanjwa	Phantane AC	1:31:02
2.	Nontobako Mlambo	Loskop Gilims	1:32:54
3.	Mnenhle Mncube	Loskop Gijimas	1:38:10

40-49:

1.	Bambie de Wet	Harrismith A K	1:44:29
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50-59:

1.	Elmarie v.d. Westerhuizen	Biggarsberg AC	2:21:22
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60+:

1.	Cathy de Beer	Vryheid AC	2:16:33
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Mall of the North Marathon, Half Marathon & 10 km

Polokwane, 7 April

(Distances: 42.195 km, 21.1 km & 10 km. Finishers: marathon – 380 [down from 430 last year]; half marathon – 500 [the same as last year]; 10 km – 530 [down from 580].)

Marathon

MEN

1 Johannes Kekana (Boxer) 2:31:53 (1st vet); 2 Lutendo Mapoto (Pietersburg) 2:32:32; 3 Ludwick Mamabolo (Nedbank) 2:34:58; 4 Malusi Dlomo (Nedbank) 2:35:12; 5 Kudukwashe Kanduna (Nedbank) 2:37:15; 6 Lovers Hlatswayo (Nedbank) 2:38:01; 7 Tedi Forotiya (Polokwane) 2:45:17; 8 Collins Mohale (Wonderpark) 2:47:24; 9 Sam Munyai (Nedbank) 2:49:20; 10 Elias Mabane (Temp) 2:49:38.

Veterans: 1 Johannes Kekana (Boxer) 2:31:53; 2 Ludwick Mamabola (Nedbank) 2:34:58; 3 Elias Mabane (Temp) 2:49:38. **Masters:** 1 Lazarus Maroka (Pietersburg) 3:00:44; 2 Matime Mashabela (Pietersburg) 3:08:56; 3 David Nkuna (Eskom) 3:21:26. **G'masters:** 1 Makhosana Mbombi (Greater Elim) 3:21:25; 2 Sekwala Mamabolo (Eskom) 3:44:49.

G/g'masters: 1 Johannes Moshela (Polokwane) 3:52:48.

WOMEN

1 Muchaneta Gwata (ZIM) 3:06:01; 2 Tabitha Tsatsa (ZIM/Nedbank) 3:11:08 (1st vet); 3 Pearl Hughes (Polokwane) 3:25:49; 4 Joyce Netshitenzhe (Nedbank) 3:29:51; 5 Geveva Raphala (Pietersburg) 3:52:01; 6 Julie Pierce (Polokwane) 3:59:19; 7 Gift Ramabele (Maxed Elite) 4:00:32; 8 Catherine Naane (Sibanye Still Water) 4:00:53; 9 Livhuwani Mudzielwana (Vhembe) 4:03:31; 10 Magda Weideman (Nedbank) 4:05:17.

Veterans: 1 Tabitha Tsatsa (ZIM/Nedbank) 3:11:08; 2 Julie Pierce (Polokwane) 3:59:19; 3 Livhuwani Mudzielwana (Vhembe) 4:03:31. **Masters:** 1 Catherine Naane (Sibanye Still Water) 4:00:53; 2 Marina Coetzee (PMK) 4:15:19; 3 Elize Uys (Magnolia) 4:38:49.

G'masters: 1 Adel Matotoka (UL) 4:53:30; 2 Margaret Boshoe (Sunninghill) 5:10:47.

Half marathon

MEN

1 Collen Mulaudzi (Boxer) 67:41; 2 Tebogo Pulusa (Dwarsrivier) 67:53; 3 Tlou Peu (Pietersburg) 69:29; 4 Jacob Malefo (Nedbank) 69:45; 5 Phuti Sethowa (Vultures) 70:10.

Veterans: 1 Philimon Manyaka (Nedbank) 78:08; 2 Matlhasela Matome (UL) 92:25; 3 Riaan de Nysschen (Polokwane) 2:06:36. **Masters:** 1 Thomas Ngobeni (Vhembe) 83:19; 2 David Khosa (Randburg) 91:10; 3 Gavin Spurgeon (RWFL) 1:41:01. **G'masters:** 1 Simon Mokwea (Mzansi) 90:01; 2 Bobbie Sacco (RWFL) 1:41:01. **G/g'masters:** 1 Ishmael Siska (Giyani Gallopers) 1:59:38. **Juniors:** 1 Koketso Remaketse (A4A) 75:43; 2 Given Mukwevho (Vhembe) 77:57.

WOMEN

1 Catherine Skosana (Born 2 Run) 90:51; 2 Makoma Baji (RWFL) 92:00; 3 Elizabeth Dhiwayo (RWFL) 93:18 (1st vet); 4 Thembi Baloyi (TUT) 97:45; 5 Jennifer Sithole (Gazelles) 1:43:44.

Veterans: 1 Elizabeth Dhiwayo (RWFL) 93:18; 2 Mirriam Mooki (CS) 1:44:33; 3 Annelie Auret (Polokwane) 1:56:15. **Masters:** 1 Amelia Haupt (Polokwane) 2:09:20; 2 Amanda Kruger (Pietersburg) 2:18:01; 3 Daphney Mashila (Malamulele) 2:27:33. **G/g'masters:** 1 Felicity Robberts (Polokwane) 2:30:00. **Juniors:** 1 Manngwe Ntanganedzeni (Vhembe) 2:14:54.

10 km

MEN

1 Desmond Mokgobu (Olifants) 32:08; 2 Lesiba Peu (CC) 32:43; 3 Kamogelo Masemola (UL) 33:00; 4 Edwin Khonkhobe (Entsika) 33:15; 5 Rufus Photo (KPMG) 33:28.

Veterans: 1 Bethuel Netshitenzhe (Pietersburg) 34:49; 2 Ronny Mabotja (SAPS) 35:46; 3 Elias Ramotopo (Temp) 36:30. **Masters:** 1 Ramoswane Seloane (Moretele) 43:24; 2 Willem Makhubele (Malamulele) 52:54; 3 Patrick Khosa (Phalaborwa) 58:01. **G'masters:** 1 Elias Maponya (UL) 51:50; 2 Frans Kekana (Folang) 57:52. **G/g'masters:** 1 Jack Thokoane (Makhuduthamaga) 60:11. **Juniors:** 1 Jonkie Sethapelo (UL) 34:32; 2 Tumelo Phago (Moletjie) 35:06.

WOMEN

1 Farida Zwane (Tembisa) 40:39; 2 Thabiso Mabasa (UL) 41:21; 3 Tshepo Ramokgadi (Tembisa) 42:42; 4 Khutso Maketla (Lydiard) 43:11; 5 Glenda Ramashia (Temp) 44:06.

Veterans: 1 Magda Bell (Temp) 63:56; 2 Nknensanie Baloyi (Giyani Gallopers) 67:21; 3 Ronell Neethling (Polokwane) 70:09. **Masters:** 1 Carmen Schoeman (Temp) 45:21; 2 Florah Ratshilingana (Greater Elim) 58:04; 3 Hannelie Kruger (Pietersburg) 58:33. **G'masters:** 1 Jeannie Owens (Polokwane) 72:34; 2 Susan v.d. Merwe (RWFL). **G/g'masters:** 1 Roseline Makhumatho (Potties) 1:43:56. **Juniors:** 1 Sechani Maluta (Vhembe) 47:51; 2 Alucia Madi (Eskom) 49:55.

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

Berliner Halbmarathon (38th)

Berlin, GER, 8 April

(Distance: 21.1 km; certified one loop course)

MEN (gun times)

1. Erick Kiptanui, 1990, KEN	58:42 PB/CR*/WL=	€ 5000
[13:32 / 27:32 / 41:38]		
2. Emmanuel Kiprono, KEN	1:00:29 PB	2500
[13:44 / 27:50 / 42:22]		
3. Richard Mengich, KEN	1:00:36	1500
[13:45 / 27:50 / 42:26]		
4. Gilbert Masai, KEN	1:00:38	1000
5. Noah Kigen, KEN	1:01:02	800
6. Ambrose Bore, KEN	1:01:03 PB	700
7. Frederick Kipkosgei, KEN	1:02:13	600
8. Homiyu Tesfaye, GER	1:02:13	500
9. Jaouad Tougane, MAR	1:02:19	400
10. Dominic Mibei, KEN	1:02:24	300

WOMEN (gun times)

1. Melat Yisak Kejeta, ETH	1:09:04	€ 5000
[15:48 / 31:52 / 48:30]		
2. Martina Strähl, SUI	1:09:29 NR	2500
[16:05 / 32:13 / 48:54]		
3. Anne-Mari Hyryläinen, 1978, FIN	1:11:04 PB	1500
[16:26 / 33:08 / 50:15]		
4. Milliam Ebongon, KEN	1:11:36 PB	1000
5. Gesa Krause, GER	1:12:16 DB	700
6. Cynthia Jerop, KEN	1:12:41	600
7. Katharina Heinig, GER	1:12:44 PB	500

NN Marathon Rotterdam (38th)

(IAAF Gold Label Road Race)

Rotterdam, NED, 8 April

(Distance: 42.195 km; certified loop course)

MEN (gun times)

1. Kenneth Kipkemoi, KEN	2:05:44 DB
[1:02:49 / 1:02:55]	
2. Abera Kuma, ETH	2:05:50 PB
3. Kelkile Gezahegn, ETH	2:05:56 PB
4. Laban Korir, KEN	2:05:58
5. Marius Kipserem, KEN	2:07:22

WOMEN (gun times)

1. Visiline Jepkesho, KEN	2:23:47
[1:10:09 / 1:13:38]	
2. Biruktayit Degefa, ETH	2:26:56
3. Sentayehu Lewetegn, ETH	2:30:29 DB

4. Joan Jepchirchir Kigen, KEN 2:30:33 PB
5. Sifan Melaku, ETH 2:33:40

Schneider Electric Marathon de Paris (42nd)

(IAAF Gold Label Road Race)

Paris, FRA, 8 April

(Distance: 42.195 km; certified loop course)

MEN

1. Paul Lonyangata, KEN 2:06:25
2. Mathew Kisorio, KEN 2:06:36
3. Ernest Ngeno, KEN 2:06:41 PB
4. Yitayal Atnafu, ETH 2:07:00 PB
5. Eliud Kiptanui, KEN 2:08:20

WOMEN

1. Betsy Saina, KEN 2:22:56 PB
2. Ruth Chepngetich, KEN 2:22:59
3. Gulume Chala, ETH 2:23:06 PB
4. Ashete Bekele, ETH 2:23:27 PB
5. Stellan Barsosio, KEN 2:23:43 PB
6. Marta Megra, ETH 2:24:08 PB
7. Abebech Afework, ETH 2:25:02
8. Yuka Takashima, JPN 2:26:13 PB

Sportisimo Prague Half Marathon (20th)

(IAAF Gold Label Road Race)

Praha, CZE; Saturday, April 7

(Distance: 21.1 km; multi-loop course with no start/finish separation, AIMS/IAAF certified)

MEN (gun times)

1. Benard KIMELI, KEN 59:47 PB € 6000 + 15,000i
[14:07 / 28:11 / 42:32 / 56:46]
2. Geoffery YEGON, KEN 59:56 4000 + 15,000i
3. Peter KWEMOI, KEN 59:58 PB 2000 + 15,000i
4. Abel KIPCHUMBA, KEN 1:00:05 PB 1000
5. Shadrack KIPLAGAT, KEN 1:00:06 PB 600
6. Abraham Kapsis KIPYATICH, KEN 1:00:08 300
7. Justus Kipkogei KANGOGO, KEN 1:00:24 200
8. Josphat Kimutai TANUI, KEN 1:01:14 100
9. Edmond KIPNGETICH, KEN 1:01:19
10. Eyob FANIEL, ITA 1:02:27 PB

WOMEN (gun times)

1. Joan MELLY, KEN 1:05:04 € 6000 + 25,000i
[14:51 / 30:14 / 45:54 / 1:01:44]
2. Caroline Chepkoech KIPKIRUI, KEN 1:06:09 4000 + 20,000i
3. Worknesh DEGEFA, ETH 1:08:10 2000
4. Risper CHEBET, KEN 1:09:25 1000
5. Antonina KWAMBAI, KEN 1:09:48 600
6. Flomena CHEPCHIRCHIR, KEN 1:09:52 300
7. Glacys KIMAINA, KEN 1:10:40 200
8. Eva VRABCOVÁ, CZE 1:11:01 NR 100 + CZK 27,000c#
9. Sviatlana KUDZELICH, BLR 1:11:45
10. Catherine BERTONE (45+), ITA 1:13:51

- c) Earned Czech citizen prize money
 #) Earned Czech citizen time bonus

Daegu Marathon (10th)

(IAAF Silver Label Road Race)

Daegu, KOR, 1 April

(Distance: 42.195 km; two and one-half laps around Daegu City with stadium finish)

MEN (gun times)

1. Abraham Kiptum, KEN	2:06:29 CR	USD 40,000 + 5,000*
2. Evans Kipkoech Korir, KEN	2:06:35 PB	30,000
3. Peter Some, KEN	2:06:49	20,000
4. Elisha Kipchirchir Rotich, KEN	2:07:50 PB	10,000
5. El Mahjoub Dazza, MAR	2:08:33 PB	7,000

*) Course record bonus

WOMEN (gun times)

1. Janet Jelagat Rono, KEN	2:28:01	USD 40,000
2. Ahn Seul-Ki, KOR	2:28:17 PB	30,000
3. Pamela Rotich Chepkosgei, KEN	2:28:45	20,000
4. Winnie Jepkorir, KEN	2:28:49	10,000
5. Soud Kanbouchia, MAR	2:31:53	7,000

Semi-Marathon International de Berkane

Berkane, MAR, 1 April

(Distance: 21.1 km; course configuration and certification unknown)

MEN (gun times)

1. El Hassan Elabbssi, BRN	1:01:57
2. Emmanuel Kipkemboi Saina, KEN	1:02:03
3. Daniel Kemoi, KEN	1:02:27

WOMEN (gun times)

1. Feyne Gudeto Gemeda, ETH	1:10:39
2. Maurine Chepkmoi, KEN	1:11:00
3. Zenebu Bihonegn Fentaye, ETH	1:12:45

Allstate Sugar Bowl Crescent City Classic 10 km (40th)

New Orleans, USA, 31 March

(Certified IAAF/USATF record-eligible course, with zero elevation change and 41.68% start/finish separation)

Note: Jake Robertson not only won the men's race by 46 seconds (successfully defending his 2017 title), but he tied his brother's New Zealand national record! Also of note, 46-year-old Kevin Castille ran a sensational 29:15, just 7 seconds shy of his world 45-49 record set on 24 February. --Ed.

MEN (gun times)

1. Jake Robertson, 28, NZL	27:28 NR=	\$6000 + 1800i
	[13:37 / 13:51]	
2. John Muritu, 21, KEN	28:14	4000
3. Edwin Soi, 32, KEN	28:18	2500

... 6. Kevin Castille, 46, Lafayette, LA 29:15 2000 + 500a

WOMEN (gun times)

1. Monicah Ngige, 24, KEN	32:05	\$6000
[16:09 / 15:56]		
2. Iveen Chepkemoi, 21, KEN	32:28	4000
3. Hiwot Ayalew, 28, ETH	32:31	2500
... 6. Jen Rhines, 43, San Diego, CA	34:26	2000 + 500a

a) Earned USA citizen prize money

i) Earned time incentive bonus

Int'l Paderborner Osterlauf 10 km & Half Marathon (72nd)

Paderborn, GER, 31 March

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

10 km (gun times)

MEN

1. Emmanuel Kipchirchir Kiprono, KEN	27:26	WL/PB	€ 700 + 500i
2. Douglas Kipserem, KEN	28:19	PB	500
3. Ezra Kipchumba Kering, KEN	29:02		350
... 12. Precious Mashele, RSA	29:43		

i) Earned time bonus for sub-28:00

WOMEN

1. Dorcas Jepchirchir Tuitoek, KEN	31:00	PB/CR	€ 700 + 500i + 1000*
2. Naomi Vaati Ndolo, KEN	32:22	PB	500
3. Lilian Jelagat, KEN	32:40	PB	350

*) Course record bonus

i) Earned time bonus for sub-32:00

Half marathon (gun times)

MEN

1. Philemon Kacherian, KEN	1:01:54	€500
2. Charles Wachira Maina, KEN	1:02:49	400
3. Bethwel Kiprono Chemweno, KEN	1:02:54	300
4. Patrick Kiprono Kimeli, KEN	1:02:55	200

WOMEN

1. Cynthia Jerop, KEN	1:12:53	PB €500
-----------------------	---------	---------

TRACK

Commonwealth Games (21st)

Gold Coast, AUS, 8-15 April (athletics program)

MEN

5000(08):

1. Joshua Kiprui Cheptegei, UGA	13:50.83	Gold
2. Mohammed Ahmed, CAN	13:52.78	Silver
3. Edward Pingua Zakayo, KEN	13:54.06	Bronze
4. Thomas Ayeko, UGA	13:54.78	
5. Stewart McSweyn, AUS	13:58.96	

6. Phillip Kipyeko, UGA	13:59.59
7. James Sugira, RWA	14:03.51
8. Morgan McDonald, AUS	14:11.37
9. Nicholas Kipkorir, KEN	14:13.97
10. Amine Khadiri, CYP	14:16.53
Toka Badboy, LES, DQ	

WOMEN

1500:

Prelims (09):

Advance top 4 from each heat plus next 4 fastest losers to final.

Heat 1:

1. Caster Semenya, RSA 2:05.86 Q
2. Georgia Griffith, AUS 4:06.41 PB Q
3. Mary Wangari Kuria, KEN 4:06.58 Q
4. Melissa Courtney, WAL 4:06.63 Q
5. Eilish McColgan, SCO 4:06.88 q
6. Ciara Mageean, NIR 4:07.78 q
7. Katie Snowden, ENG, 4:08.00 q
8. Jessica Judd, ENG 4:08.87 q
9. Beatha Nishimwe, RWA 4:14.96
10. Mokulubete Makatisi, LES 4:41.19

Heat 2:

1. Beatrice Chepkoech, KEN 4:08.29 Q
2. Winnie Nanyondo, UGA 4:08.49 Q
3. Linden Hall, AUS 4:08.64 Q
4. Stephanie Twell, SCO 4:08.66 Q
5. Sarah McDonald, ENG 4:09.54
6. Gabriela Stafford, CAN 4:09.59
7. Natalia Evangelidou, CYP 4:10.98 NR
8. Zoe Buckman, AUS 4:11.78
9. Winnie Chebet, KEN 4:20.67 (fell)

10000 (09):

1. Stella Chesang, UGA 31:45.30 Gold
2. Stacy Ndiwa, KEN 31:46.36 PB Silver
3. Mercyline Chelangat, UGA 31:48.41 Bronze
4. Beatrice Mutai, KEN 31:49.81 PB
5. Natasha Wodak, CAN 31:50.18 SB
6. Celia Sullohern, AUS 31:50.75 PB
7. Juliet Chekwel, UGA 31:57.97
8. Madeline Hills, AUS 32:01.04
9. Racehl Cliff, CAN 32:11.11
10. Sandrafelis Chebet Tuei, KEN 32:11.92
- ... 15. Emma Mitchell, NIR 32:49.91 NR
- ... 19. Lineo Chaka, LES 36:55.77

Stanford Invitational

Palo Alto, USA, 30-31 March

Note: *Race Results Weekly* reports that there were a number of noteworthy marks at this big distance carnival, but the most noteworthy was 2016 Olympic Triathlon gold medallist Gwen Jorgensen's 31:55.68 personal best in the 10000 m. Four-time NCAA champion Karissa Schweizer of Missouri made her 10000 debut, clocking 32:00.55. On the men's side, the University of Tennessee's Zach Long broke Todd Williams's 31-year-old absolute

school record in the 5000, clocking 13:39.22 ahead of Canadian steeplechaser Luc Bruchet. Also, Botswana's Nijel Amos ran a fast 1:44.65 for 800, and Allie Ostrander clocked 9:38.57 PB in the women's steeplechase. --Ed.

MEN

800 (31):

Section 5:

- | | | |
|-----------------|----------------------|---------|
| 1. Nijel Amos | Nike OTC Elite (BOT) | 1:44.65 |
| 2. David Ribich | Western Oregon | 1:48.09 |
| 3. Harun Abda | Nike OTC Elite | 1:48.66 |

1500 (30):

Invitational Section:

- | | | |
|-------------------|--------|---------|
| 1. Peter Callahan | BEL | 3:38.41 |
| 2. Drew Hunter | Adidas | 3:39.49 |
| 3. Sam Prakes | Oregon | 3:39.75 |

5000 (30):

Invitational Section:

- | | | |
|----------------|------------------|-------------|
| 1. Zach Long | Tennessee | 13:39.22 PB |
| 2. Luc Bruchet | CAN | 13:39.62 |
| 3. Tyler Day | Northern Arizona | 13:40.22 |

10000 (30):

Invitational Section:

- | | | |
|-------------------|------------------|-------------|
| 1. Vincent Kiprof | Alabama (KEN) | 28:19.07 |
| 2. Lopez Lomong | Nike Bowerman TC | 28:21.37 DB |
| 3. Gilbert Kigen | Alabama (KEN) | 28:27.31 |

WOMEN

5000 (30):

Invitational Section:

- | | | |
|-----------------------|--------------|-------------|
| 1. Lilli Burdon | Oregon (NZL) | 15:42.65 PB |
| 2. Katherine Receveur | Indiana | 15:43.26 PB |
| 3. Kaitlyn Benner | Colorado | 15:47.23 PB |

10000 (30):

Section 1:

- | | | |
|-----------------------|---------------------|-------------|
| 1. Gwen Jorgensen | Nike Bowerman TC | 31:55.68 PB |
| 2. Carrie Dimoff | Bowerman TC | 31:57.85 PB |
| 3. Karissa Schweizer | Missouri | 32:00.55 DB |
| 4. Alice Wright | New Mexico (GBR) | 32:15.73 PB |
| 5. Sharon Lokedi | Kansas (KEN) | 32:21.19 PB |
| 6. Paige Stoner | Syracuse | 32:23.38 PB |
| 7. Caroline Kurgat | Alaska Anchor (KEN) | 32:33.24 PB |
| 8. Natalie Tanner | Strava TC | 32:36.15 PB |
| 9. Rachel Johnson | ASCIS/Furman | 32:36.94 PB |
| 10. Danielle Shanahan | Unattached | 32:55.04 PB |

3000 s/chase (30):

Invitational Section:

- | | | |
|--------------------|---------------------|------------|
| 1. Allie Ostrander | Boise State | 9:38.57 PB |
| 2. Marie Bouchard | San Francisco (FRA) | 9:47.03 |
| 3. Grayson Murphy | Utah | 9:51.36 PB |

Raleigh Relays

Raleigh, USA, 30-31 March

WOMEN

5000 (30):

Sec. 5:

- | | |
|---|----------|
| 1. Bailey Davis, JR-3, Louisville | 16:27.52 |
| 2. Rachel Levy, SO-2, Oakland | 16:28.40 |
| 3. Coralea Geraniotis, JR-3, Elon | 16:29.68 |
| ... 13. Letitia Saayman, Unattached (RSA) | 17:19.29 |

10000 (30):

Sec. 1:

- | | |
|--|----------|
| 1. Dorcas Wasike, FR-1, Louisville (KEN) | 33:30.33 |
| 2. Caroline Alcorta, JR-3, North Carolina | 33:54.23 |
| 3. Lysie Gram, SO-2, Michigan State | 34:05.55 |
| ... 29. Annie Bothma, SO-2, Coastal Carolina (RSA) | 35:41.72 |

Queensland Track Classic

Brisbane, AUS, 28 March

MEN

800:

1. Kyle Langford, England, 1:48.29
2. Jordy Williamsz, Australia, 1:48.34
3. Charlie Grice, England, 1:48.41

1500:

1. Luke Mathews, Australia, 3:37.16
2. Kyle Merber, USA, 3:37.49
3. Jeff Riseley, Australia, 3:38.75

WOMEN

800:

1. Angela Petty, New Zealand, 2:03.04
2. Sarah McDonald, England, 2:03.13
3. Alex Bell, England, 2:03.71
4. Lynsey Sharp, Scotland, 2:03.74
- ... 7. Linden Hall, Australia, 2:04.59

1500:

1. Laura Weightman, England, 4:05.89
2. Melissa Courtney, Wales, 4:06.70
3. Eilish McColgan, Scotland, 4:08.70
4. Steph Twell, Scotland, 4:09.67
- ... 8. Jessica Judd, England, 4:14.11
9. Genevieve LaCaze, Australia, 4:17.23

STATS

SOUTH AFRICAN DREAM MILERS -- CORRECTION

What would *Distance Running Results* do without the contributions of sharp-eyed statisticians like Dirk du Toit?! A long-time subscriber, Dirk noticed that two SA dream mile athletes were missing from the list published last week. So here is a corrected list, with the

two men added (in red), as well as the three who ran sub-4 at the Liquid Telecom Athletix Grand Prix Meeting in Paarl on 22 March. These three were mentioned in the intro, but not included in the list as compiled by Bob Phillips (which went up to 16 March). The SA total of dream milers therefore is now 61.

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.

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
George Kuschke 3:58.96 220318
 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
Rantso Mokopane 3:58.92 220318
 Jerry Motsau 3:58.84 200413 3:56.62 220716
Ryan Mphahlele 3:59.44 220318
 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
 Kobie van der Westhuizen 3:59.80 160296
 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
 Francois van Rensburg 3:59.77 251191 3:58.20 250394
 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

STATS TIME

This week we include a list of the top twenty men and women at the 50 km mark in the Old Mutual Two Oceans Marathon. Both eventual winners, Justin Kemboi Chesire and Gerda Steyn, were leading at 50 km.

TWO OCEANS MARATHON: 50 KM SPLITS

MEN

Justin Kemboi	CHESIRE (KEN)	25	2:48:21
David	GATEBE	36	2:49:31
Bongmusa	MTHEMBU	34	2:50:20
Raphael	SEGODI	31	2:51:17
Moeketsi	MOSUHLI (LES)	36	2:52:05
Collen	MAKAZA (ZIM)	37	2:52:25
Puleng Petrus	MAEKO	31	2:52:31
Lyno	MUCHENA (ZIM)	30	2:52:31
Edward	MOTHIBI	33	2:55:02
Teboho	SELLO (LES)	39	2:55:12
Mike	FOKORONI (ZIM)	41	2:56:02
Jesse	GICHUHI (KEN)	35	2:56:03
Timothy	MUNZHELELE	30	2:57:07
Bernard Tarisai	RUKADZA (ZIM)	36	2:57:07
Gift	CHIGOMARAWA (ZIM)	30	2:58:10
Rufus	PHOTO	38	2:58:10
Calvin	MALATJI	29	2:58:18
Hailemariam Atsebha	KAHSAY (ETH)	27	2:58:28
Lungile	GONGQA	39	2:59:08
Monyele	MONYELE (LES)	37	2:59:16

WOMEN

Gerda	STEYN	28	3:16:32
Dominika	STELMACH (POL)	36	3:17:33
Charné	BOSMAN	42	3:21:31
Tanith	MAXWELL	41	3:25:47
Ann	ASHWORTH	33	3:26:29
Alexandra	MOROZOVA (RUS)	28	3:27:51
Loveness	MADZIVA (ZIM)	27	3:28:07
Selam Abere	ALEBACHEW (ETH)	29	3:32:24
Ntombesintu	MFUNZI	36	3:32:27
Yolande	MACLEAN	40	3:32:46
Mary	KHOURIE	34	3:33:40
Janie	GRUNDLING	38	3:36:10
Salome	COOPER	42	3:37:19

Chelitu Bogale	ASEFA (ETH)	26	3:37:26
Jennifer	KOECH (KEN)	38	3:37:30
Christine	KALMER	32	3:39:10
Renee	METIVIER (USA)	36	3:39:17
Mia	VAN HEERDEN	29	3:40:48
Enie	MANZINI	37	3:42:01
Deanné	HORN	29	3:42:13

THIS MONTH IN HISTORY

58 years ago: 30 April 1960

Races over metric distances were still rare in South Africa in the early sixties. When Willie Olivier and Cyril Bentall faced off in Cape Town on this day over 5000 metres, the SA record had been standing for more than eleven years at Herbert Parkin's 15:10.7. After an exciting duel Olivier got the upper hand and smashed the record with 14:52.4 to become the first South African under 15 minutes. Bentall was also under the old record with his 15:02.2. A few months earlier at the SA Championships Olivier, the defending champion in both the 3 and 6 miles, had finished only a distant third in the shorter event, when the athletes ran one lap too many and the title was won by Jon Laing.

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	28:40	Sibabalwe Gladwin Mzazi	Port Elizabeth	07 Apr
	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	61:26	Stephen Mokoka	Valencia	24 Mar
	58:23	Zersenay Tadese (ERI) 2010		
25 km	87:24	Lindokuhle Sithole	Durban	21 Mar
	81:02A	Mhlakwana Nkoshona	Pinetown	28 Jan
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	1:38:53	Nkosinathi Madyo	Uitenhage	03 Mar
	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	32:19	Vakalisa Kopolo	Port Elizabeth	07 Apr
	27:48	Bernard Lagat (USA) 2015		

15 km	48:11 44:14	Mthandazo Qhina Pierre Levisse (FRA) 1992	Constantia	06 Jan
21.1 km	71:28 61:09	Shadrack Hoff Haile Gebrselassie (ETH) 2013	Pretoria	27 Jan
25 km	89:07 76:49	Sikhumbuzo Dlamini Martin Mondragon (MEX) 1994	Durban	21 Mar
30 km	1:43:15 1:41:42A 89:45	Mzwanele Maphekula Mthandazo Qhina Mark Kiptoo Kosgei (KEN) 2016	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	2:26:31 2:08:38	Graham Malinga Kenneth Mungara (KEN) 2016	Pretoria	25 Feb
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	33:47 30:35	Desmond Zibi Tecwyn Davies (GBR) 1988	Port Elizabeth	07 Apr
15 km	54:32 47:52	John September Titus Mamabolo (RSA) 1991	Ravensmead	24 Mar
21.1 km	79:21 76:32A 66:23	John September Makhaya Masumpa Titus Mamabolo (RSA) 1991	Tokai East London	03 Feb 11 Feb
25 km	1:43:32 92:17A 84:12	Deon Jannekar Michael Ndlovu Norman Green (USA) 1984	Durban Pinetown	21 Mar 28 Jan
30 km	1:54:26 1:46:33	Makaya Masumpa Norman Green (USA) 1988	Uitenhage	03 Mar
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	57:51 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Ravensmead	24 Mar
21.1 km	85:25 71:31	Mochamat Kriel Martin Rees (GBR) 2013	Cape Town	31 Mar
25 km	2:06:10 1:48:50A 94:01	Derrick Mazibuko Andy Daly Doug Winn (USA) 2010	Durban Pinetown	21 Mar 28 Jan
30 km	2:18:26 2:11:11A 1:57:07	Alan Taylor Mochamat Kriel Ed Whitlock (CAN) 1994	Uitenhage Camps Bay	03 Mar 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	67:11 58:19	Jimmy Morris Ed Whitlock (CAN) 2001	Constantia	10 Mar
21.1 km	1:43:48	Tamsanqa Jusayi	Port Elizabeth	03 Feb

25 km	82:23	Ed Whitlock (CAN) 2001		
30 km	99:59	Clive Davies (USA) 1985		
	2:46:46	Tamsanqa Jusayi	Uitenhage	03 Mar
	2:34:20A	Brian Key	Camps Bay	14 Jan
Marathon	2:00:56	Ed Whitlock (CAN) 2001		
	3:55:49	Pele Tshikundamalema	Sasolburg	03 Feb
	2:54:49	Ed Whitlock (CAN) 2004		
100 km	8:53:45	Max Courtillon (FRA) 1997		
<u>Juniors</u>				
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		
WOMEN				
<u>Open</u>				
10 km	33:21	Glenrose Xaba	Port Elizabeth	07 Apr
	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		
<u>Veterans (40+)</u>				
10 km	36:15	Tanith Maxwell	Cape Town	07 Mar
	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	81:26	Tanith Maxwell	Durbanville	21 Mar
	79:44A	Tanith Maxwell	Simon's Town	18 Feb
	69:37	Deena Kastor (USA) 2014		
25 km	1:53:03	Lisa Collett	Durban	21 Mar
	1:46:03A	Lisa Collett	Pinetown	28 Jan
	85:15	Colleen de Reuck (USA) 2005		

30 km	2:05:14	Bulelwa Simae	Uitenhage	03 Mar
	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	40:02	Judy Bird	Bellville	25 Mar
	34:14	Linda Somers (USA) 2011		
15 km	63:46	Suzanne Marais	Constantia	10 Mar
	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	2:15:39	Roshini Natasen	Durban	21 Mar
	2:07:49A	Roshini Natasen	Pinetown	28 Jan
	96:58	Colleen de Reuck (USA) 2016		
30 km	2:20:14	Christine Claasen	Uitenhage	03 Mar
	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	42:27	Margie Saunders	Port Elizabeth	07 Apr
	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	2:28:20	Jenny Scott	Durban	21 Mar
	2:22:03A	Sylvia Burton	Pinetown	28 Jan
	1:50:50	Edie Stevenson (USA) 2011		
30 km	2:26:52	Annatjie Botes	Sedgefield	10 Mar
	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	53:29	Veronica van Niekerk	Bellville	25 Mar
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:25	Marietha Herbert	Constantia	10 Mar
	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	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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