

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

Both attacks on the world marathon records for men and women were nullified by the warm conditions and wind in the 38th Virgin Money London Marathon yesterday, but Kenyans Eliud Kipchoge and Vivian Cheruiyot survived the conditions and an aggressive early pace to score comfortable wins. Kipchoge, the course record holder who also won this race in 2015 and 2016, controlled the race from gun to tape to earn his third title in 2:04:17, and his ninth victory in ten career marathon starts. Cheruiyot, the reigning Olympic 5000 m champion who was fourth in London in her debut last year, came from behind to win her second career marathon in 2:18:31, making her the fourth fastest woman in history, with the equal sixth fastest time (see also Stats Time below).

The race started under bright skies with a start-time temperature of 20 °C, reportedly the hottest ever for the race; there were also gusting winds which made things even more difficult. The men started much too fast, running the first 5 km in a sub-1:57 marathon pace (albeit downhill). The pace gradually began to tell and the main contenders dropped back one after the other, until only Tola Shura Kitata (ETH) and Mo Farah (GBR) stayed with the commanding figure of Kipchoge. Halfway was hit in exactly the planned 61 minutes. (One of the first victims of the pace was Guye Adola, who challenged Kipchoge in last year's Berlin Marathon and ran the fastest ever debut marathon with 2:03:46; he would eventually finish in 2:32:35.)

The pacemakers made it to 25 km and then Kipchoge set off for the finish. At 30 km he was still 14 seconds faster than Dennis Kimetto's world record pace in 2014, but both he and the man on his heels, Kitata, slowed after that. Kipchoge pulled away from his rival at 37 km, with Farah holding on to third place. Kipchoge finished in 2:04:17, his seventh sub-2:05 time, with Kitata running a PB of 2:04:49, and Farah a British record 2:06:21. Kipchoge's win also brought him the Abbott World Marathon Majors Series title (Mary Keitany took the women's crown).

In the women's race the two main contenders, Keitany, who set a women-only world record of 2:17:01 last year, and Tirunesh Dibaba followed an array of male pacemakers (the first time this format was used since Paula Radcliffe's absolute world record run of 2:15:25 in 2003). Keitany hit halfway in 67:16, but by then Dibaba had already fallen off the pace and would drop out. Then, dramatically, Keitany, who has a half-marathon PB of 64:55, started to slow.

Behind her Cheruiyot (who was 1:40 behind at halfway) was steadily gaining and with the clock showing 1 hour 55 minutes, she went past. "They were trying a world record,"

Cheruiyot observed at the post-race press conference. "I think they made the same mistake I did last year (of going out too fast)." Keitany was reduced to a shuffle and eventually finished fifth in 2:24:27; she said later it was the hardest race she had ever run.

By contrast, Cheruiyot said that the warm weather didn't bother her at all and that, combined with her more conservative race plan, had brought her victory. "For me the weather today it was good," Cheruiyot said. "For me, I don't like racing in cold weather. It was perfect for me." The next two spots on the podium went to Kenya's Brigid Kosgei, the 2017 Honolulu Marathon champion, in 2:20:13, and Ethiopia's Tadelech Bekele in 2:21:40. Both athletes ran PBs.

In the Vienna City Marathon Nolene Conrad finished 8th in a list leader of 2:38:17, about three minutes slower than the PB she set last year. Two other SA women placed in the top ten in the Belgrade Marathon and Half Marathon in Serbia: Candyce Hall was second in the marathon in 3:15:09 and Tanya Posthumus-Fox sixth in the half marathon in 1:30:01.

The 32nd running of the Forever Resorts Loskop 50 km went to veterans. The outstanding performance of the day was delivered by 2016 Comrades champion Charné Bosman, whose 3:21:50 (winning by almost seven minutes over defending champion Ann Ashworth) is the fastest time ever by a South African veteran. It places her sixth on the all-time list, with the 13th fastest time. Bosman is a DRR subscriber -- well done on a superb run! In the men's race it was the third victory in a row for Charles Tjiane.

In the Eastern Cape the 41st edition of the Bruintjieshoogte 50 km was won by Xolisa Ndlumbini and Stephanie Smith.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Central Athletics 10 km Challenge, Cape Town
- * Rising Sun Chatsworth Freedom Ultramarathon, Half Marathon & 10 km, Durban
- * Forever Resorts Loskop 50 km, Middelburg to Loskop Dam
- * Bruintjieshoogte 50 km, 25 km & 15 km, Pearston to Somerset East
- * Langebaan Country Estate Weskus Marathon, Half Marathon & 10 km, Langebaan
- * Nquthu 10 km, Washbank
- * Two Lagoons 30 km & 10 km, Wilderness

International highlights:

- * Virgin Money London Marathon, London, GBR
 - * Vienna City Marathon, Wien, AUT
 - * Orlen Warsaw Marathon, Warszawa, POL
 - * Nagano Olympic Commemorative Marathon, Nagano, JPN
 - * NEXIA AUDIREVI Lago Maggiore Half Marathon, Verbania, ITA
 - * PKO Poznan Half Marathon, Poznan, POL
 - * Les Foulées Valenciennoises, Valenciennes, FRA
 - * Internationaler Korschenbroicher Citylauf, Korschenbroich, GER
 - * Ukrop's Monument Avenue 10 km, Richmond, USA
 - * B.A.A. 5 km, Boston, USA
 - * B.A.A. Invitational Mile, Boston, USA
 - * Mangyongdae Prix International Marathon, Pyongyang, PRK
 - * XC: World University Championships, St. Gallen, SUI
 - * Track: HOKA ONE ONE Santa Barbara Elite Mile, Santa Barbara, USA
 - * HOKA ONE ONE Santa Barbara Elite 50 km, Santa Barbara, USA
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ROAD RUNNING

Central Athletics 10 km Challenge

Cape Town, 22 April

(Finishers: 1242 [less than half of last year's 2777].)

MEN

1. Sibusiso Madikizela (AAC) 31:14
2. Nkosiyethu Sotyantya (MSA) 31:19
3. Akhona Makila (VOB) 31:33

Veterans: 1. Vakalisa Kopolo (Ned) 32:42; 2. Tsungai Mwanengeni (ZIM/Gugs) 32:50; 3. Mthandazo Qhina (Ned) 34:10. **Masters:** 1. Johnny Persents (Edge) 37:13; 2. James Irlam (Itheke) 40:17; 3. Shamiel Dramat (Top) 41:09. **G'masters:** 1. Mochamat Kriel (Ommie) 38:30; 2. Mark Wagenheim (AAC) 44:00; 3. Gemjikile Tom (Gugs) 44:58. **G/g'masters:** 1. Jimmy Morris (Forest) 43:43; 2. Horst Schiffer (FH) 55:46; 3. Yusuf Gamielien (Itheke) 57:58. **Juniors:** 1. Thembeke Mendu (Gugs) 31:40; 2. Carlo Flink (Itheke) 32:09; 3. Edward Jack (Central) 33:50.

WOMEN

1. Bulelwa Simae (Ned) 38:21 (1st vet)
2. Charmaine Leung (UCT) 41:56 (1st jun)
3. Obertina Kanyongo (ZIM/Ned) 42:01 (1st mast)

Veterans: 1. Bulelwa Simae (Ned) 38:21; 2. Busisiwe Matiwane (Ned) 43:05; 3. Melany Porter (Pine) 44:29. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 42:01; 2. Mariëtte Strauss (Tyger) 42:46; 3. Cailey Bredenkamp (Paarl) 50:26. **G'masters:** 1. Nancy Will (Pine) 48:02; 2. Charmaine Cupido (Ned) 51:43; 3. Helen du Plessis (Brack) 57:50. **G/g'masters:** 1. Pixie Sparg (Celtic) 56:46; 2. Marlene James (Pine) 61:12; 3. Zainab Benjamin (Top) 87:20. **Juniors:** 1. Charmaine Leung (UCT) 41:45; 2. Laila Abuzaid (Good) 43:15; 3. Petriaan Moses (Velo) 43:51.

Rising Sun Chatsworth Freedom Ultramarathon, Half Marathon & 10 km

Durban, 22 April

(Distances: 52 km, 21.1 km & 10 km. Finishers: ultramarathon -- 623; half marathon -- 707; 10 km -- 416.)

Note: Yet another ultramarathon for Lisa Collett, who was beaten comprehensively here by Tanith Maxwell. -- Ed.

Ultramarathon

MEN

- | | | |
|-----------------------|-----------------|-------------------|
| 1. Lovemore Chabata | ZIM/Maxed Elite | 3:13:33 (R10 000) |
| 2. Ishmael Sekhonyana | Maxed Elite | 3:14:04 (R1000) |
| 3. Jane Mhakwa | Phantane AC | 3:16:28 (R750) |

40-49:

- | | | |
|--------------------|------------|----------------|
| 1. Jabulani Mabaso | Mandeni AC | 3:26:09 (R300) |
|--------------------|------------|----------------|

50-59:

- | | | |
|-----------------|---------------|----------------|
| 1. Allen Ndlovu | Spar Chest AC | 3:45:43 (R300) |
|-----------------|---------------|----------------|

60-69:

- | | | |
|----------------|--------------|----------------|
| 1. Raj Naicker | Phoenix Vill | 5:24:18 (R300) |
|----------------|--------------|----------------|

WOMEN (Same prize money as men)

- | | | |
|-------------------|----------|---------|
| 1. Tanith Maxwell | Boxer AC | 3:45:33 |
| 2. Lisa Collett | Boxer AC | 3:56:17 |

3. Margaret Mahohoma ZIM/Zakhele AC 4:25:26

40-49:

1. Tanith Maxwell Boxer AC 3:45:33

50-59:

1. Maya Lawrie Boxer AC 4:49:20

Half marathon

MEN

1. Lindani Nolshongolo Mtubatuba AC 1:12:50 (R5000)
 2. Mokane Mosola Mtubatuba AC 1:14:11 (R500)
 3. Rishan Singh Ind 1:15:16 (R250)

WOMEN (Same prize money as men)

1. Grace de Oliveira Boxer AC 1:40:41
 2. Nosipho Mbatha Kwa Mashu AC 1:47:45
 3. Debbie Ivins Chiltern AC 1:51:04

10 km

MEN

1. Bonginkosi Zwane Boxer AC 31:00 (R2500)
 2. Misheck Sithole Ind 31:12 (R250)
 3. Mathanga Mbuleh Inanda Q 31:23 (R150)

WOMEN (Same prize money as men)

1. Mwabisa Mjoli Hollywood Bets 38:04
 2. Zama Mokoena Nedbank AC 38:34
 3. Nonkuthula Ntshangase Savage AC 40:39

Forever Resorts Loskop 50 km (32nd)

Middelburg to Loskop Dam, 21 April

(Point-to-point downhill course; the elevation loss from start [1475 m] to finish [930 m] is 545 m, i.e. 10.9 m/km. Weather: overcast to partly cloudy, ideal conditions. Finishers: 3507 [up from 3079 last year].)

Ultramarathon

MEN

1. Charles Tjiane (ME) 2:54:16 (1st vet)
 2. Collin Parura (ZIM/Ned) 2:54:50
 3. Thulane Magagula (KPMG) 2:56:33
 4. Bongani Possa (Ned) 3:00:24
 5. Khubulani Zondo (Ned) 3:00:36
 6. Reginald Poopedi (Alpha) 3:00:44
 7. Gift Mphahlele (Arcadia) 3:03:31
 8. Hlasa Vincent Seng (JMPD) 3:04:22
 9. Sipho Masilela (Ind) 3:04:22 [correct]
 10. Professor Ncube (Bedford) 3:05:11

Veterans: 1. Tjiane (above) 2:54:16; 2. Magagula (above) 2:56:33; 3. Zondo (above) 3:00:36. **Masters:** 1. Thabo Hlako (Kempton) 3:28:46; 2. Joseph Ndlovu (Eersterust) 3:34:30; 3. Jabulani Gamede (Boks) 3:42:56. **G'masters:** 1. Gideon Radebe (Anglo) 3:51:04; 2. Josias Makoro (Boks) 3:51:21; 3. Francis Makuka (ZAM/Phob) 4:02:05. **G/g'masters:** 1. Alan McCormack (Green) 5:28:35.

WOMEN

1. Charné Bosman (Ned) 3:21:50

2. Ann Ashworth (Mass) 3:28:25
3. Jennifer Koech (KEN/Ned) 3:31:52
4. Salome Cooper (B2R) 3:32:34
5. Lizzy Babili Ramadimetja (Mass) 3:34:11
6. Eunice Nhlapho (Eskom) 3:36:51
7. Cobie Smith (Vital) 3:38:41
8. Enie Manzini (Mass) 3:44:09
9. Franza Landman (KPMG) 3:47:46
10. Emmah Mathibela (Ind) 3:48:09

Veterans: 1. Bosman (above) 3:21:50; 2. Cooper (above) 3:32:34; 3. Lesley Train Austin (KPMG) 3:49:28. **Masters:** 1. Mari Bruwer (Arcelor) 4:23:46; 2. Gail Strang (RWFL) 4:31:38; 3. Almarie Rothman (Kempton) 4:40:59. **G'masters:** 1. Adri van jaarsveld (Eskom) 4:57:38; 2. Lindsay Steinhobel (Midrand) 5:05:10; 3. Tina Fourie (RWFL) 5:08:58.

Half marathon

MEN

1. Musa Nkosi (B2R) 1:12:19
2. Bafana Dube (Boot) 1:13:01
3. Sithembile Ndlangamandla (DCSR) 1:13:22
4. Bongji Nkosi (Ned) 1:13:47
5. Mandla Nkabinde (DCSR) 1:14:57

WOMEN

1. Anishia Fryer (Middel) 1:33:33
2. Hlengiwe Wendy Msezane (DCSR) 1:38:40
3. Elizabeth Dhiwayo (RWFL) 1:41:20 (1st vet)
4. Nomvula Sithole (DCSR) 1:36:20
5. Maria Bendana (Morning) 1:47:12 (1st mast)

Bruintjieshoogte 50 km (41st), 25 km & 15 km

Pearston to Somerset East, 21 April

(Distances: 50 km, 25 km & 15 km. Point-to-point courses, but hilly. Finishers: 50 km – 203 [up from 172 last year]; 25 km – 140 [slightly up from 130]; 15 km – 89 [slightly up from 74]; also 125 in the 5 km.)

50 km

MEN

1	Xolisa	Ndlumbini	Vukani MS Club	35	3:12:01
2	Charles	Segalo	Charlo AC	31	3:12:48
3	Sandile	Ngunuza	Nedbank RC	35	3:29:09
4	Mzoli	Mpalala (1st mast)	Old Mutual AC	56	3:40:24
5	Luvuyo	Stephen (1st vet)	Nedbank RC	47	3:42:52
6	Tumo	Shoapha	Team Vitality	35	3:44:17
7	Eric	Foendien	Graaff-Reinet	39	3:47:52
8	Patrick	Peta	Somerset East	41	3:49:33
9	Thembekile	Msipa	Charlo AC	43	3:50:03
10	Khayaletu	Makalima	Ikhamva AC	34	3:53:33

Veterans:

1	Luvuyo	Stephen	Nedbank RC	47	3:42:52
2	Patrick	Peta	Somerset East	41	3:49:33
3	Thembekile	Msipa	Charlo AC	43	3:50:03

Masters:

1	Mzoli	Mpalala	Old Mutual AC	56	3:40:24
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2	Graham	Terblanche	Madibaz AC	53	3:56:29
3	Welcome	Loliwe	Nedbank RC	53	4:05:35

G'masters:

1	Chester	Brooks	Xcel AC	60	4:37:32
2	Bennie	Thysse	St Albans AC	60	5:02:23
3	Leon	Van der Merwe	Oudtshoorn A A	62	5:13:22

WOMEN

1	Stephanie	Smith	Born To Run	32	3:44:29
2	Candice	Pitsiladi	Achilles AAA	39	4:24:29
3	Terray	Newcombe	Elite A C	27	4:38:45
4	Lindi-Mae	Terblanche	Crusaders AC	32	4:43:38
5	Sandiswa	Adams	Nedbank RC	33	4:44:52
6	Ludine	Williams	St Albans AC	30	4:45:51
7	Melanie	Barrow (1st vet)	Sunninghill	45	4:49:43
8	Wendy	Van der Merwe	Nedbank RC	43	4:51:41
9	Yvette	Jonker	Despatch AC	46	5:08:35
10	Lindsay	MacGeoghegan	Charlo AC	28	5:11:36

Veterans:

1	Melanie	Barrow	Sunninghill	45	4:49:43
2	Wendy	Van der Merwe	Nedbank RC	43	4:51:41
3	Yvette	Jonker	Despatch AC	46	5:08:35

Masters:

1	Michelle	Van der Watt	Elite A C	51	5:26:15
2	Marianne	Stiglingh	Kowie Striders	52	5:32:07
3	Laura	Maritz	Infinity AC	57	5:53:12

25 km

MEN

1	André	Ketchem	Xcel AC	34	1:24:39
2	George	Ntshiliza	Nedbank RC	38	1:25:39
3	Xavier	Adams	Kovsies AC	22	1:26:13
4	Kevin	Gasebo	Transnet A C	37	1:29:36
5	Masixole	Xayiya	SANDF AC EP	24	1:30:47

Veterans:

1	Gregory	Ross	Charlo AC	44	2:02:06
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Masters:

1	Basie	Bonaparte	Albany SS	52	1:40:39
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G'masters:

1	Sticks	Stiglingh	Kowie Striders	63	1:58:46
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G/g'masters:

1	Hansie	Els	Somerset East	70	2:09:11
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Juniors:

1	Malan	Ferreira	Temp	16	1:46:00
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WOMEN

1	Christine	Claasen (1st mast)	Achilles AAA	53	1:56:28
2	Anche	Schubart	Achilles AAA	36	2:08:01
3	Claire	McCann	Rhodes Univ	20	2:10:04
4	Lindie	Stander	Despatch AC	33	2:12:28
5	Neevra	Bellingan	Despatch AC	31	2:14:48

Veterans:

1	Janine	Louw	Temp	40	2:22:40
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Masters:

1	Christine	Claasen	Achilles AAA	53	1:56:28
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G'masters:

1	Renee	Hawkridge	Bluewater Bay	67	2:27:35
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Juniors:

1	Kayla	Barnard	Temp	17	2:54:14
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10 km**MEN**

1	Devernito	Du Plessis	Albany SS	20	55:25
2	Andre	Prins	Temp	26	56:19
3	Lesley	Koeseba	Nedbank RC	45	57:16

WOMEN

1	Kaylyn	Beach	Madibaz AC	22	1:17:35
2	Julita	Puren	Somerset East	54	1:19:46
3	Maricia	Schulpfort	Somerset East	31	1:25:33

Langebaan Country Estate Weskus Marathon, Half Marathon & 10 km

Langebaan, 21 April

(Distances: 42.195 km, 21.1 km & 10 km; the marathon point to point with a start/finish separation of 6.25 km or 14.8% of the distance, the half marathon a near loop – both record standard; the configuration of the 10 km is unknown. Finishers: marathon – 915 [up from 797 last year]; half marathon – 1233 [up from 1195]; 10 km – 689 [up from 464].)

Note: Unfortunately most clubs were not indicated in the category results, so all club affiliations have been left out here. -- Ed.

Marathon**MEN**

1	Moses	Njodzi (ZIM)	2:25:18
2	Lindikhaya	Mthangayi	2:26:38
3	Ben	Matiso	2:32:17
4	Siyabonga	Sakwe	2:33:41
5	Mthandazo	Qhina	2:37:47

Veterans:

1	Mthandazo	Qhina	2:37:47
2	Imran	Paya (MAW)	2:46:36
3	Hansley	Weaver	2:54:21

Masters:

1	Dawid	Andrews	2:58:59
2	Sidney	Rustin	3:14:03
3	Marshall	Fransman	3:22:43

G'masters:

1	Ron	Brink	3:44:10
2	Wilhelm	Coetzee	3:50:12

G/g'masters:

1	Rob	Collins	5:00:50
2	Donald	Ross-Watt	5:05:04

WOMEN

1	Danette	Smith	3:04:29
2	Linda	Kinloch-Smith	3:09:42
3	Lee-Shay	Willemse	3:13:30

4	Tracy	Forbes	3:22:31
5	Phatiswa	Dyalvane	3:23:40

Veterans:

1	Linda	Kinloch-Smith	3:09:42
2	Tracy	Forbes	3:22:31
3	Ursula	Frans	3:26:37

Masters:

1	Angelique	Rabie	3:25:20
2	Julie	Shadwell	3:36:56
3	Cailey	Bredenkamp	3:40:59

G'masters:

1	Ruth	Leverton	4:33:14
2	Lyndsay	Jackson	4:47:30

Half marathon**MEN**

1	Danzil	Paulse	1:08:26
2	Bernard	Rukadza (ZIM)	1:09:02
3	Vuyolwethu	Mbukushe	1:12:38
4	Alantino	Belillie	1:12:45
5	Morne	Kammies	1:12:54

WOMEN

1	Fortunate	Chidzivo (ZIM)	1:26:25
2	Nomvuyisi	Seti	1:28:25
3	Christelle	Hattingh	1:34:40
4	Natalie	Beckenstrater	1:38:24
5	Jacky	Misroll	1:40:47

10 km**MEN**

1	Siviwe	Nkombi	31:22
2	Nkosiyethu	Sotyantya	32:05
3	Petrus Njenyana	Zwane	32:08
4	Vakalisa	Kopolo	34:00
5	Riaan	Wildschut	34:35

WOMEN

1	Yvonne	Steenkamp	40:58
2	Mia	Lyons	42:03
3	Martha	Lotter	42:06
4	Mariëtte	Strauss	42:19
5	Busisiwe	Matiwane	43:08

Nquthu 10 km

Washbank, 8 April
(Finishers: 277)

MEN

1.	Thabang Mosiako	Boxer AC	33:00
2.	Misheck Sithole	Zakhele AC	33:06
3.	Slindile Gubese	Ethekweni AC	33:33

40-49:

1.	Simphiwe Zulu	Hollywood Bets	36:40
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50-59:

1.	Reginali Nqubese	32Gi	38:42
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60+:

1.	Zakhele Ngema	Corr Serv	64:32
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WOMEN

1.	Jenet Mbhele	Ethekweni AC	40:01
2.	Malineo Mahloko	Sisonke AC	41:45
3.	Thobile Mkhize	Amaqawe AC	42:34

40-49:

1.	Beatrice Hlophe	Ind	52:32
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50 to59:

1.	Sarah Mpanza	Lindo AC	72:58
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Two Lagoons 30 km & 10 km

Wilderness, 1 April

(Finishers: 30 km – 137 [up from 108 last year; 10 km – 199 [up from 171].)

30 km

MEN

1	Lloyd Bosman	Nedbank	1:51:13
2	Sineshipo Didishe	KMC	1:52:05
3	John April	Nedbank	1:58:06

Veterans:

1	Vuyo Witbooi	Outeniqua Harriers	2:03:57
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Masters:

1	Sydney Landsberg	Nedbank	2:27:18
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G'masters:

1	Graham Tull	Sedgefield striders	2:30:40
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WOMEN

1	Melissa van Rensburg	Nedbank	2:12:57
2	Jo Mackenzie	Plett AC	2:25:07
3	Annatjie Botes	Nedbank	2:27:48

Veterans:

1	Jo Mackenzie	Plett AC	2:25:07
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Masters:

1	Kleintjie van Schalkwyk	Hartenbos Drawwers	3:01:53
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G'masters:

1	Annatjie Botes	Nedbank	2:27:48
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10 km

MEN

1	Godwin Heyns	Nedbank	32:30
2	Donavan Jantjies	Nedbank	32:40
3	Gershvil Jacobs	Nedbank	33:56

Veterans:

1	Wouter Fransenburg	Outeniqua Harriers	34:20
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Masters:

1	James Mgxale	Knysna MC	44:39
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G'masters:

1	Trevor van Rensburg	Sedgefield striders	49:09
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G/g'masters:

1	Abraham coetzee	Knysna MC	54:24
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Juniors:

1	Sibongle Human	Knysna MC	36:27
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WOMEN

1	Brittney-Ann Meyer	Nedbank	41:16
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2	Anastasia Plaaitjies	Nedbank	44:35
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3	Candice van Beulen	Nedbank	45:35
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Veterans:

1	Kirsty Weir	Nedbank	45:54
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Masters:

1	Rina Wray	Hartenbos	48:13
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G'masters:

1	Mariet Horn	Knysna MC	57:55
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G/g'masters:

1	Anna-marie van Eck	Nedbank	1:09:37
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Juniors:

1	Brittney-Ann Meyer	Nedbank	41:16
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INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

ROAD RUNNING**Virgin Money London Marathon (38th)**

(IAAF Gold Label Road Race/Final Event Of Abbott World Marathon Majors Series XI)

(British Athletics National Marathon Championships)

London, GBR, 22 April

(Distance: 42.195 km; standard course, with 35 m elevation loss [most of it in the first 5 km] and approximately 12 km [27%] start/finish separation; many turns)

ELITE MEN (gun times/10:00 start)

1.	Eliud KIPCHOGE, KEN	2:04:17	USD 55,000 + 100,000i
	[1:01:00 / 1:03:17]		
2.	Tola Shura KITATA, ETH	2:04:49	PB 30,000 + 100,000i
	[1:01:00 / 1:03:49]		
3.	Mo FARAH, GBR	2:06:21	NR 22,500 + 50,000i
	[1:01:03 / 1:03:20]		
4.	Abel KIRUI, KEN	2:07:07	15,000 + 25,000i
5.	Bedan KAROKI, KEN	2:08:34	10,000 + 10,000i
6.	Kenenisa BEKELE, ETH	2:08:53	7,500 + 10,000i
7.	Lawrence CHERONO, KEN	2:09:25	5,000 + 3,000i
8.	Daniel WANJIRU, KEN	2:10:35	4,000 + 1,000i
9.	Amanuel MESEL, ERI	2:11:52	3,000
10.	Yohanes GEBREGERGISH, ERI	2:12:09	2,000
... 17.	Guye ADOLA, ETH	2:32:35	
	Ghirmay GHEBRESLASSIE, ERI	DNF (last split 1:01:28 at 20 km)	
	Aaron SCOTT, GBR	DNF (last split 1:10:05 at half)	

Stanley Biwott, KEN SCRATCH (leg injury)
 i) Earned open time bonus

ELITE WOMEN (gun times/09:15 start)

1. Vivian CHERUIYOT, KEN	2:18:31 PB	USD 55,000 + 75,000i
[1:08:56 / 1:09:35]		
2. Brigid KOSGEI, KEN	2:20:13 PB	30,000 + 50,000i
[1:08:56 / 1:11:17]		
3. Tadelech BEKELE, ETH	2:21:40 PB	22,500 + 50,000i
[1:09:47 / 1:11:53]		
4. Gladys CHERONO, KEN	2:24:10	15,000 + 10,000i
5. Mary KEITANY, KEN	2:24:27	10,000 + 10,000i
6. Rose CHELIMO, BRN	2:26:03	7,500 + 3,000i
7. Mare DIBABA, ETH	2:27:45	5,000 + 1,000i
8. Lily PARTRIDGE, GBR	2:29:24 PB	4,000 + 8,000b
9. Tracy BARLOW, GBR	2:32:09	3,000 + 6,000b
10. Stephanie BRUCE, USA	2:32:28	2,000
Tirunesh DIBABA, ETH	DNF (last split 1:37:03 at 30-K)	
Tigist TUFA, ETH	DNF (last split 1:14:39 at half)	

i) Earned open time incentive bonus

b) Earned GBR citizen time bonus

Vienna City Marathon (35th)

(IAAF Gold Label Road Race)

Wien, AUT, 22 April

(Distance: 42.195 km; start/finish separation of about 5 km with an elevation GAIN of approx. 20 m)

MEN (gun times)

1. Salah Eddine Bounasr, MAR	2:09:29
2. Ishhimael Bushendich Chemtan, KEN	2:10:03
3. Samuel Kiptanui Maswai, KEN	2:11:08
4. Nicholas Rotich, KEN	2:12:00
5. Noah Kiprotich Kigen, KEN	2:12:03

WOMEN (gun times) -

1. Nancy Jepkosgei Kiprop, KEN	2:24:18 PB
2. Melesech Beyene, ETH	2:29:51
3. Celestine Chepchirchir, KEN	2:30:39
4. Fatuma Sado, ETH	2:32:18
5. Askale Alemayehu, ETH	2:32:47
6. Tinibt Gidey, ETH	2:36:02
7. Ewa Wutti, AUT	2:37:59
8. Nolene Conrad, RSA	2:38:17

Orlen Warsaw Marathon (40th)

(Polish Marathon Championships for Men)

Warszawa, POL, 22 April

MEN (gun times)

1. Ezekiel OMULLO, KEN	2:11:17
2. Felix KIMUTAI, KEN	2:11:41
3. Herpasa Negasa KITESA, ETH	2:11:46

WOMEN (gun times) -

1. Nasstassia IVANOVA, BLR 2:28:03
2. Azmera ABREHA GDEY, ETH 2:28:07
3. Izabela TRZASKALSKA, POL 2:32:26
4. Aleksandra LISOWSKA, POL 2:33:13 PB
5. Abebe Hordofa AYELU, ETH 2:35:16

Nagano Olympic Commemorative Marathon (19th)

Nagano, JPN, 15 April

(Distance: 42.195 km; point-to-point course from Nagano Sports Park to Nagano Olympic Stadium with 5 m elevation GAIN [from 349 m to 354 m])

MEN (gun times)

1. Abdela Godana, ETH 2:13:54
2. Yuki Munakata, JPN 2:14:21
3. Hiroshi Ichida, JPN 2:14:42 PB

WOMEN (gun times) -

1. Asami Furuse, JPN 2:34:09
2. Saki Tokoro, JPN 2:36:21
3. Yukiko Okuno, JPN 2:36:44

NEXIA AUDIREVI Lago Maggiore Half Marathon (11th)

Verbania, ITA, 15 April

(Distance: 21.1 km; point-to-point course around Lago Maggiore with approx. 10 m elevation GAIN)

MEN (gun times)

1. Daniel Kipchumba, KEN 59:06 PB/CR € 1000
2. Mangata Kimai Ndiwa, KEN 59:07 PB 800
3. Josphat Kiptoo Boit, KEN 59:19 PB 600
4. Joel Maina Mwangi, KEN 1:01:43 400
5. Felix Chemonges, UGA 1:01:46 PB 200

WOMEN (gun times)

1. Daisy Cherotich, KEN 1:09:44 PB € 1000
2. Leonidah Mosop, KEN 1:10:26 PB 800
3. Charlotta Fougberg, SWE 1:11:58 DB 600

PKO Poznan Half Marathon (11th)

Poznan, POL, 15 April

(Distance: 21.1 km)

MEN (gun times)

1. Szymon KULKA, 1993, POL, 1:04:33
2. Daniel Rotich CHEBOLEI, 1997, KEN, 1:05:17
3. Tomasz GRYCKO, 1992, POL, 1:05:31

WOMEN (gun times)

1. Ruth Chemisto MATEBO, 1988, KEN, 1:15:51
2. Dominika NOWAKOWSKA, 1985, POL, 1:16:11
3. Dominika STELMACH, 1982, POL, 1:16:59

Les Foulées Valenciennes

Valenciennes, FRA, 15 April

(Distance: 10 km)

MEN (gun times)

1. Peter Kiprotich, KEN, 28:40
2. Charles Ogari, KEN, 29:27
3. Emmanuel Lejeune, BEL, 29:32

WOMEN

1. Caroline Chepkemai, KEN, 31:38
2. Lucy Macharia, KEN, 31:55
3. Mekdes Woldu, ERI, 33:21

Internationaler Korschenbroicher Citylauf

Korschenbroich, GER, 15 April

(Distances: 10 km for elite men and 5 km for elite women)

MEN (gun times)

1. Richard Ringer, VFB-LC-Friedrichshafen 29:11
2. Mikael Ekvall, SWE 29:23
3. Adam Nowicki, POL 29:28

WOMEN (gun times)

1. Katharina Heinig, LG Eintracht Frank 16:07
2. Iuliia Shmatenko, UKR 16:09
3. Alena Serdiuk, UKR 16:18
4. Sabrina Mockenhaupt, Marathon Hamburg 16:19

Ukrop's Monument Avenue 10 km (19th)

(Collegiate Running Association 10 km Championships)

Richmond, USA, 14 April

(Certified course, with negligible net elevation change and start/finish separation)

MEN (gun times)

1. Matthew McDonald, 24, Atlanta, GA 30:10 \$2000
2. Miles Clikeman, 20, Chesterfield, VA 30:42 1000
3. Ryam Roush, 23, Canfield, OH 30:46

WOMEN (gun times) -

1. Bethany Sachtleben, 26, Alexandria, VA 33:37 \$2000
2. Letitia Saayman, RSA, 25, Buis Creek, NC 35:24 1000
3. Rachel Ward, 28, Charlottesville, VA 36:03

B.A.A. 5 km (10th)

Boston, USA, 14 April

(Certified one-loop course)

MEN (gun times)

1. Hagos Gebrhiwet, 23, ETH 13:42 \$7500
2. Ben True, 32, West Lebanon, NH 13:42 4000
3. Tommy Curtin, 24, Waltham, MA 13:42 PB 2500
4. Eric Jenkins, 27, Portland, OR 13:44 DB 1500
5. Philip Langat, 27, KEN 13:48 1000

WOMEN (gun times)

- | | | |
|------------------------------------|-----------|--------|
| 1. Buze Diriba, 24, ETH | 15:22 | \$7500 |
| 2. Fotyen Tesfay, 20, ETH | 15:23 DB | 4000 |
| 3. Monicah Ngige, 24, KEN | 15:24 PB | 2500 |
| 4. Goytom Gebreslase, 23, ETH | 15:27 PB | 1500 |
| 5. Molly Seidel, 23, Watertown, MA | 15:33 PB | 1000 |
| 6. Diane Nukuri, 33, Flagstaff, AZ | 15:34 PB= | 750 |

Also:

Joan Samuelson, 60, Freeport, ME 30:40 (24:12 net)

B.A.A. Invitational Mile (10th)

Boston, USA, 14 April

(Distance: 1 mile; three-loop certified course; timing was FAT (not transponder))

PROFESSIONAL MEN

- | | | |
|----------------------------|--------|--------|
| 1. Drew Hunter, adidas | 4:08.2 | \$3000 |
| 2. John Simons, Unattached | 4:09.0 | 2000 |
| 3. Daniel Herrera, Mexico | 4:09.2 | 1000 |

PROFESSIONAL WOMEN

- | | | |
|------------------------------------|--------|--------|
| 1. Nicole Sifuentes, Saucony (CAN) | 4:37.2 | \$3000 |
| 2. Shannon Osika, Nike | 4:39.3 | 2000 |
| 3. Lauren Johnson, BAA HP | 4:41.3 | 1000 |

Mangyongdae Prix International Marathon (31st)

(IAAF Bronze Label Road Race)

Pyongyang, PRK, 8 April

(Distance: 42.195 km)

PROFESSIONAL MEN (gun times)

- | | |
|---------------------|---------|
| 1. Ri Kang Bom, PRK | 2:12:53 |
| 2. Ri Yong Nam, PRK | 2:13:18 |
| 3. Jon Kum Il, PRK | 2:13:53 |

WOMEN (gun times)

- | | |
|-----------------------|---------|
| 1. Kim Hye Song, PRK | 2:27:31 |
| 2. Kim Hye Gyong, PRK | 2:27:31 |
| 3. Jo Un Ok, PRK | 2:27:42 |
| 4. Ri Kwang Ok, PRK | 2:27:55 |
| 5. Jong Ran, PRK | 2:31:22 |

CROSS-COUNTRY**World University Championships**

St. Gallen, SUI, 7 April

MEN: 1, El Hocine Zourkane ALG 30:21; 2, R Mokopane RSA 30:31; 3, T Khongo RSA 30:34; 4, S Watanabe JPN 30:40; 5, H Amghar MAR 30:47: Team: 1, RSA 33; 2, JPN 35:3; MAR 40; 4, ALG 53.

WOMEN: 1, Caterina Granz GER 34:54; 2, R Kaseda JPN 34:59; 3, S Atanane MAR 35:14; 4, R Goshima JPN 35:29; 5, N Sekiya JPN 35:37; 6, Y Munehisa JPN 35:38; Team: 1, JPN 17; 2, GER 49; 3, ITA 51; 4, AUS 65.

TRACK**HOKA ONE ONE Santa Barbara Elite Mile (1st)**

Santa Barbara, USA, 13 April

MEN

1. Kyle Merber, Hoka NJ-NY Track Club 3:57.74 WL \$1500 + 2500i
2. Eric Avila, USA Braden 3:57.91 1000
3. Daniel Estrada, Mexico 3:57.92 PB 500
- ... 6. Leo Manzano, Hoka One One 4:00.59

i) Earned time bonus for first sub-4:00 track mile in Santa Barbara

WOMEN

1. Ce'Aira Brown, Hoka NJ-NY Track Club 4:36.94 WL/PB \$1500
2. Megan Moye, Hoka One One 4:37.59 1000
3. Ayla Granados, Strava TC 4:38.49 PB 500

ULTRA/MOUNTAIN/TRAIL RUNNING**HOKA ONE ONE Santa Barbara Elite 50 km (1st)**

La Playa Stadium, Santa Barbara, USA, 13 April

(Distance: 50 km on standard 400 m track)

Note: Neither ARRS nor IAAF recognize world records for 50000 m on the track. USA Track & Field recognises national records at this distance, however, and Tyler Andrews easily surpassed Barney Klecker's mark from 1981 here. -- Ed.

MEN

1. Tyler Andrews, Hoka One One, 2:46:06.80 NR

5 km Splits:

15:12.323 (15:12.323)	32:49.600 (17:37.277)	49:02.819 (16:13.219)
1:05:26.358 (16:23.540)	1:21:47.972 (16:21.615)	1:37:58.631 (16:10.659)
1:54:19.897 (16:21.267)	2:11:17.468 (16:57.572)	2:28:35.346 (17:17.878)
2:46:06.798 (17:31.453)		

STATS TIME

With the London Marathon having been held yesterday, here is a women's world all-time top ten list, with secondary performances also listed (17 times in total). Note that the nine fastest times were all run in either London or Chicago. World record holder Paula Radcliffe owns four performances.

ALL-TIME MARATHON: TOP 10 WOMEN

2:15:25	Paula Radcliffe GBR	1	London	13 Apr 03
2:17:01	Mary Keitany KEN	1	London	23 Apr 17
2:17:18	Radcliffe-2	1	Chicago	13 Oct 02
2:17:42	Radcliffe-3	1	London	17 Apr 05
2:17:56	Tirunesh Dibaba ETH	2	London	23 Apr 17
2:18:31	Dibaba-2	1	Chicago	08 Oct 17
2:18:31	Vivian Cheruiyot KEN	1	London	22 Apr 18
2:18:37	Keitany-2	1	London	22 Apr 12

2:18:47	Catherine Ndereba KEN	1	Chicago	07 Oct 01
2:18:56	Radcliffe-4	1	London	14 Apr 02
2:18:58	Tiki Gelana ETH	1	Rotterdam	15 Apr 12
2:19:12	Mizuki Noguchi JPN	1	Berlin	25 Sep 05
2:19:17	Roza Dereje Bekele ETH	1	Dubai	26 Jan 18
2:19:19	Irina Mikitenko GER	1	Berlin	28 Sep 08
2:19:19	Keitany-3	1	London	17 Apr 11
2:19:25	Gladys Cherono KEN	1	Berlin	27 Sep 15

THIS MONTH IN HISTORY

44 years ago (exactly): 23 April 1974

During the previous three years Matie medical student Ferdie le Grange had established himself as the premier marathoner in South Africa -- indeed, in Africa. On 6 March 1971 he had become the first South African to run under 2:20. In 1973 he finished fourth in a superb international field in the Maxol Marathon, running 2:13:58, the world's tenth fastest time for the year. But this was his greatest day. His aim was 2:12+ in the SA Open Marathon in Port Elizabeth and his effort was boosted by perfect weather. He went through 25 km in 77:40 -- 2:11:00 pace. Then he slowed somewhat, but held his form in the gathering dusk (it was an afternoon race) and entered the dimly lit UPE Stadium (not all the floodlights had been switched on) still full of running. He crossed the line in 2:12:47, an African record which would place him seventh on the world list for the year. Sadly, he then retired from competitive running (although years later he would run the SA Marathon again in 2:46:01, as well as the Two Oceans and Comrades). His SA record stood for almost 5½ years.

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	31:37	Simphiwe Zulu	Durban	15 Apr
	27:48	Bernard Lagat (USA) 2015		
15 km	48:11	Mthandazo Qhina	Constantia	06 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	69:29	Mthandazo Qhina	Gordon's Bay	14 Apr
	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	33:47	Desmond Zibi	Port Elizabeth	07 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:32	John September	Ravensmead	24 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:10	Reginald Ngobese	Johannesburg	15 Apr
	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	2:41:31	Michael Ndlovu	Durban	15 Apr
	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 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 82:23	Tamsanqa Jusayi Ed Whitlock (CAN) 2001	Port Elizabeth	03 Feb
25 km	2:09:11A 99:59	Hansie Els Clive Davies (USA) 1985	Somerset East	21 Apr
30 km	2:46:46 2:34:20A 2:00:56	Tamsanqa Jusayi Brian Key Ed Whitlock (CAN) 2001	Uitenhage Camps Bay	03 Mar 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	49:33 42:17	Thembeke Mendu Ayele Abshiro Biza (ETH) 2008	Constantia	10 Mar
21.1 km	1:17:31 59:16	Themba Chauke Samuel Wanjiru (KEN) 2005	Pretoria	27 Jan
WOMEN				
<u>Open</u>				
10 km	33:21 29:43 Mx 30:29 Wo	Glenrose Xaba Joycilene Jepkosgei (KEN) 2017 Asmae Legzaoui (MAR) 2002	Port Elizabeth	07 Apr
15 km	56:30 45:37 Mx 46:59** Wo	Anel Terblanche Joycilene Jepkosgei (KEN) 2017 Lornah Kiplagat (NED) 2007	Constantia	10 Mar
21.1 km	71:44 64:51p Mx 64:52 Mx 66:25 Wo	Nolene Conrad Joycilene Jepkosgei (KEN) 2017 Joycilene Jepkosgei (KEN) 2017 Lornah Kiplagat (NED) 2007	Valencia	24 Mar
25 km	1:49:34 1:40:40A 79:53 Mx 82:47 Wo	Nomthandozo Mlotshwa Makhosi Mhlongo Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005	Durban Pinetown	21 Mar 28 Jan
30 km	2:00:03 2:00:24A 1:38:49 Mx 1:38:42p Mx 1:36:05 Wo	Ntombesintu Mfunzi Tanith Maxwell (vet) Mizuki Noguchi (JPN) 2005 Aberu Kebede (ETH) 2016 Mary Keitany (KEN) 2017	Uitenhage Camps Bay	03 Mar 14 Jan
Marathon	2:38:17 2:15:25 Mx 2:17:01 Wo	Nolene Conrad Paula Radcliffe (GBR) 2003 Mary Keitany (KEN) 2017	Vienna	22 Apr
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:15 32:14	Tanith Maxwell Priscilla Welch (GBR) 1985	Cape Town	07 Mar
15 km	58:02 49:35	Charné Bosman Priscilla Welch (GBR) 1985	Jeffreys Bay	06 Jan
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
	1:56:28A	Christine Claasen	Somerset East	21 Apr
	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	1:57:18	Veronica van Niekerk	Gordon's Bay	14 Apr
	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	39:14	Tayla Kavanagh	Durban	15 Apr
	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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