

Distance Running Results

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EDITORIAL

In a consummate display of tactical running in the Sanlam Cape Town Marathon yesterday a patient Stephen Mokoka let his Kenyan and Ethiopian rivals do the hard work on the streets of Cape Town's city centre and its suburbs before pulling away over the last 10 km to score a convincing win in 2:08:30. Mokoka, a four-time winner of the Shanghai International Marathon, went through halfway in 1:04:43 as part of a big lead group. His performance is best summed up by the following milestones:

- * It is his first South African marathon title and his 28th title in total. He has now won national titles on all three surfaces from the track 1500 m through cross-country to the marathon. He also currently holds the 10000 m track and half-marathon titles. It was only his second marathon on SA soil (not the first, as some reports said).
- * His time is the fastest marathon ever run on a record-eligible course in South Africa.
- * It is a race record for the Sanlam Cape Town Marathon, breaking the 2:08:41 by Asefa Mengistu Negewo (ETH) in 2016.
- * He won a total of R480 000 in prize and incentive money.

The course was changed from previous years, with new start and finish areas, to make it faster -- and it showed in the times of both the men's and women's races. Four men finished in under 2:09:30 -- the most ever -- with Albert Korir (KEN) crossing the line in 2:09:01, Philemon Kacherian (KEN) in 2:09:12 (a PB) and Kipsang Kipkemoi (KEN) in 2:09:20 (also a PB). There were five Kenyans in the top seven.

Mokoka pronounced himself "very happy". He added: "It was tough, but I enjoyed it. If we didn't have the wind in places, we could have run faster." Mokoka's wife, Zintle, is expecting their first child within days.

The South African silver and bronze medals went to Benedict Moeng (2:12:52) and Desmond Mokgobu (2:14:12) respectively.

In the women's race Namibia's Commonwealth champion Helalia Johannes, second last year, also produced a new race record of 2:29:27, surpassing Isabella Ochichi's 2:30:20 in 2015. The first six women ducked under 2:32:00, equal to last year's tally (when the winning time was 2:30:22). The first twelve were under 2:40:00, by far the best ever, and nine of these achieved personal bests.

The SA title went to Nolene Conrad, who finished eighth in a PB of 2:34:38. Christine Kalmer (2:42:10) won the silver medal and Makhosazane Mhlongo (2:44:32, also a PB) the bronze.

Another excellent performance came from the Cape Town veteran (40+) runner Mthandazo Qhina, who -- two days before his 41st birthday -- smashed the almost 38-year-old Western Province age category record of Brian Mather (2:21:37) with his 2:20:31. It is the eighth fastest time ever by a South African veteran on a record-eligible course and the fastest since Hendrick Ramaala ran the SA record of 2:17:12 in the same race in 2015.

There were seven list leaders in the marathon and three in the accompanying 10 km.

DRR reported last week on the shortness of the MSA Multisport Triple F 10 km. Most reports received subsequently indicated that the course was approx. 450 metres short.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * FNB Joburg 10 km CityRun, Johannesburg
- * Sanlam Cape Town Marathon & 10 km, Cape Town
- * Amajuba Half Marathon & 10 km, Newcastle
- * One Life, Run It Chesterville 10 km Challenge, Chesterville
- * Kromberg & Schubert 25 km & 15 km, Brits
- * Drakensberg Logistics Riga Bros Half Marathon Night Race, Ladysmith
- * TUT Night Race, Pretoria
- * Caltex Sole Destroyer Half Marathon & Beebiz Sole Teaser "9 km", East London
- * Michell's Pass Half Marathon & 10 km, Ceres
- * NMU Madibaz Half Marathon, George
- * Run with the stars 10 km, George

International highlights:

- * Meia Maratona do Porto SportZone, Porto, POR
 - * CFLD Beijing International Marathon, Beijing, CHN
 - * Santa Fe Thunder Half Marathon, Santa Fe, USA
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ROAD RUNNING

FNB Joburg 10 km CityRun

Johannesburg, 24 September

(Loop course at altitude. Finishers: 10 333 [down from 10 775 last year].)

MEN

1	Filmon	Ande (ERI)	20	29:27
2	Mande	Bushendich (UGA)	21	29:37
3	Namakoe	Nkhasi (LES)	25	29:40
4	Thabang	Mosiako	22	29:59
5	Jobo	Khatoane (LES)	27	30:13
6	Elroy	Gelant	33	30:23
7	Kabelo	Seboko	20	30:31
8	Lebenya	Nkoka (LES)	35	30:34
9	Omphemetse	Mothibi	33	30:50
10	Joel	Mmone	28	30:58

WOMEN

1	Irvette	Van Zyl	31	33:52
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2	Susy	Chebet (KEN)	28	34:30
3	Gerda	Steyn	28	35:02
4	Glenrose	Xaba	23	35:11
5	Mamorallo	Tjoka (LES)	33	35:39
6	Caroline	Fungisai (ZIM)	23	36:26
7	Nobukhosi	Tshuma (ZIM)	24	37:25
8	Lebogang	Phalula	34	37:56
9	Maria	Shai	31	37:57
10	Liza	Kellerman	19	38:41

Sanlam Cape Town Marathon & 10 km

(IAAF Gold Label Road Race & incorporating the SA Marathon Championships -- 87th for men & 35th for women)

Cape Town, 23 September

(Distances: 42.195 km & 10 km. Marathon – NEW certified near-loop course, mainly flat with a few moderate uphill sections [highest point: 46 m above sea level] and a start/finish separation of approx. 563 m [1.3% of the race distance]; the finish is 3 m higher than the start. 10 km – certified, flat near-loop course. Finishers: marathon -- 7504 [down from 7972 last year]; 10 km -- 6134 [down from 6671]. Weather: Cool early on, warmer later; mainly without wind, but blustery wind in places.)

Marathon (gun times)

MEN

1. Stephen Mokoka, 33, 2:08:30 RR* [SA champion] R265 000 + R100 000i + R15 000g + R100 000r
2. Albert Korir (KEN), 24, 2:09:01 R130 000 + R15 000g
3. Philemon Kacherian (KEN), 26, 2:09:12 PB R70 000 + R15 000g
4. Kipsang Kipkemoi (KEN), 27, 2:09:20 PB R35 000 + R15 000g
5. Nicholas Rotich (KEN), 21, 2:12:38 R25 000
6. Benedict Moeng, 35, 2:12:52 [Silver medal] R15 000 + R50 000i = R10 000b
7. Kenneth Limo (KEN), 28, 2:13:19 R14 000
8. Negash Duki Abebe (ETH), 28, 2:13:40 R13 000
9. Munyaradzi Jari (ZIM), 28, 2:14:01 R12 000
10. Desmond Mokgobu, 29, 2:14:12 [Bronze medal] R10 000 + R25 000i + R10 000b
11. Ketema Bekele Negasa (ETH), 31, 2:16:01
12. Ezekiel Tarus (KEN), 28, 2:16:23
13. Kotu Kibru Seifu (ETH), 21, 2:17:00
14. Hilifa Tomas (NAM), 27, 2:17:37
15. Collen Mulaudzi, 27, 2:18:57 DB R15 000i
16. Duane Fortuin, 34, 2:19:16 PB R10 000i + R10 000w
17. Philani Buthelezi, 29, 2:20:06 PB
18. Mthandazo Qhina, 40, 2:20:31 R5000w
19. Paulus Iiyambo (NAM), 36, 2:20:39
20. Ueni-Nawa Kugongelwa (NAM), 35, 2:20:39
21. Pharson Magagane, 32, 2:20:45
22. Ngonidzashe Ncube (ZIM), 32, 2:20:50
23. Isaac Mpofu (ZIM), 30, 2:20:50
24. Lindikhaya Mthangayi, 39, 2:21:16 R2500w
25. Kabelo Melamu, 21, 2:21:22
26. Lungile Gongqa, 39, 2:21:41 R1250w
27. Sibusiso Madikizela, 29, 2:22:02 R750w
28. Moses Lekuraa (KEN), 19, 2:22:16
29. Jabulane Collin Khoza, 38, 2:22:22
30. Thulani Magagula, 41, 2:23:18
31. Lebelo Mopenyane (LES), 29, 2:23:33
32. Pinehas Embashu (NAM), 42, 2:23:56

33. Anda Lubelwana, 32, 2:24:24
34. Thando Ngcobo, 37, 2:24:31
35. Nkosikhona Mhlakwana, 25, 2:24:51
36. Mynhardt Kauanivi (NAM), 34, 2:25:15
37. Malusi Dlomo, 32, 2:25:18
38. Edwin Khokhobe, 30, 2:26:24
39. Phillip Phakwago, 43, 2:26:31
40. Joseph Mphuthi, 41, 2:26:43
41. Motsamai Rantho, 33, 2:27:17
42. Luthando Hejana, 31, 2:27:23
43. Lehlohonolo Godfrey Ramokone, 33, 2:27:34
44. Pita Eric Makhoali, 27, 2:27:36
45. Rorbet Kaxuxuena (NAM), 42, 2:28:17
46. John April, 29, 2:28:40
47. Charles Tijane, 44, 2:28:40
48. Gino Nkoe, 35, 2:28:55
49. Gilbert Mutandiro (ZIM), 34, 2:29:19
50. Pfarelo Mathada, 29, 2:29:27

40-49: 1. Qhina, above, 2:20:31 (R10 000); 2. Magagula, above, 2:23:18 (R5000); 3. Pinehas Ambashu (NAM), 42, 2:23:56 (R4000). **50-59:** 1. Desmond Zibi, 55, 2:39:59 (R5000); 2. Solomon Khumalo, 52, 2:40:30 (R3000); 3. Mxolisi Fana, 50, 2:42:20 (R3000). **60-69:** 1. Sonny Leopeng, 62, 3:20:22 (R5000); 2. Hennie Wentzel, 68, 3:25:52 (R4000); 3. Sidwell October, 60, 3:28:15 (R3000). **70+:** 1. Chris Hattingh, 70, 4:11:54 (R5000); 2. Michael Langa, 70, 4:31:38 (R4000); 3. Vernon du Preez, 72, 4:38:41 (R3000).

*) Race record; previous 2:08:41, Asefa Mengistu Negewo (ETH), 2016

i = Incentive for the first five South Africans.

g = Incentive for a time under the IAAF Gold Label standard.

b = Incentive for South Africans under the IAAF Bronze Label standard.

w = Incentive for the first five Western Province athletes.

r = Race record bonus.

WOMEN (Same prize money as men)

1. Helalia Johannes (NAM), 38, 2:29:27 RR* R100 000r
2. Failuna Matanga (TAN), 25, 2:29:59 PB
3. Urge Sokoka Diro (ETH), 24, 2:30:30 PB
4. Ayantu Gemechu Abdi (ETH), 26, 2:31:32
5. Askale Alemayehu Adula (ETH), 22, 2:31:33 PB
6. Ellie Pashley (AUS), 29, 2:31:51 PB
7. Neheng Khatala (LES), 26, 2:33:40 PB 14 000
8. Nolene Conrad, 33, 2:34:38 PB [SA champion] R100 000i + R10 000b + R10 000w
9. Almaz Fekade (ETH), 31, 2:35:42
10. Buzunesh Lemma Tesema (ETH), 20, 2:37:34 PB
11. Anna Amutoko (NAM), 36, 2:39:56 PB
12. Lavinia Haitope (NAM), 28, 2:39:58 PB
13. Tigist Bikila Deme (ETH), 36, 2:41:33
14. Christine Kalmer, 32, 2:42:10 [Silver medal] R50 000i
15. Makhosazane Mhlongo, 36, 2:44:32 PB [Bronze medal] R25 000i
16. Charné Bosman, 42, 2:44:51 R15 000i
17. Ottilie Aimnata (NAM), 39, 2:46:37
18. Yolande Maclean, 41, 2:47:06 R10 000i
19. Ntombesintu Mfunzi, 36, 2:47:55 PB
20. Tanith Maxwell, 42, 2:49:48 R5000w
21. Cobie Smith, 33, 2:52:46
22. René Kalmer, 37, 2:53:29
23. Leilani Scheffer, 35, 2:55:25 PB

24. Mary Khourie, 34, 2:56:11 PB
25. Catherine Skosana, 37, 2:57:05
26. Mia van Heerden, 29, 2:58:08
27. Vuyokazi Gebe, 27, 2:58:59 PB
28. Jenni Kruse, 44, 3:00:10
29. Ulrica Stander, 43, 3:00:57 R2500w
30. Nandi Zaloumis-Mitchell, 32, 3:01:22
31. Enie Manzini, 37, 3:02:22
32. Kataza Shipalana, 32, 3:04:17
33. Lee-Shay Willemse, 25, 3:06:55 R1250w
34. Bianca van Zyl, 42, 3:08:09
35. Kate Roberts, 35, 3:08:34
36. Eunice Nhlapo, 39, 3:09:07
37. Maria Vilakazi, 42, 3:09:28
38. Jane Mudau, 55, 3:10:58
39. Nancy Cloete, 31, 3:12:13
40. Lindsay van Aswegen, 50, 3:13:09
41. Suzette Botha, 46, 3:13:39 R750w
42. Lisa Brig (NZL), 44, 3:15:23
43. Katherine Antel, 35, 3:15:51
44. Linda Kinloch-Smith, 41, 3:16:12
45. Elme Middlemost, 40, 3:16:24
46. Rashida Obaray, 37, 3:16:32
47. Candyce Hall, 34, 3:16:48
48. Megan Beckett, 31, 3:16:53
49. Elizabeth Brink, 44, 3:17:08
50. Clara Betton, 44, 3:18:23

40-49: 1. Bosman, above, 2:44:51; 2. Maclean, above, 2:47:06; 3. Maxwell, above, 2:49:48. **50-59:** 1. Jane Mudau, 55, 3:10:58; 2. Lindsay van Aswegen, 50, 3:13:09; 3. Christine Claasen, 58, 3:20:31. **60-69:** 1. Nancy Will, 65, 3:46:37; 2. Adri van Jaarsveld, 61, 3:48:56; 3. Hanlie van der Westhuizen, 62, 3:54:45. **70+:** 1. Veronica van Niekerk, 73, 4:49:15; 2. Marlene James, 74, 5:25:28; 3. Esbie van heerden, 70, 5:48:32.

*) Race record; previous 2:30:20, Isabella Ochichi (KEN), 2015

i = Incentive for the first five South Africans.

b = Incentive for South Africans under the IAAF Bronze Label standard.

w = Incentive for the first five Western Province athletes.

r = Race record bonus.

10 km (gun times)

MEN

1. Lesiba Precious Mashela, 27, 29:10 R10 000
2. Jeromy Andreas, 26, 29:25 R7500
3. Siphon Mbanjwa, 24, 29:46 R5000
4. Mothimokholo Hatasi (LES), 24, 29:53 R2500
5. Tumisang Monnatlala, 23, 30:01 R1250
6. Siviwe Nkombi, 29, 30:04
7. Marko Bucarizza, 29, 30:06
8. Mthobisi Baloyi, 33, 30:08
9. Dylan van der Merwe, 21, 30:11
10. Derocious Makhobalo, 30, 30:18
11. Maxime Chaumeton, 18, 30:26
12. Nkosiyethu Sotyantya, 27, 30:27
13. Realeboga Seoposengwe, 17, 30:28
14. Ashley Smith, 22, 30:34
15. Sphiwe Mohlomi, 20, 30:40

16. Ettienne Plaatjies, 30, 30:41
17. Carlo Flink, 18, 30:44
18. Lukhanyo Nobakada, 21, 30:49
19. Angelo Booysen, 26, 30:51
20. Deon-Lee Hendricks, 21, 30:55
21. Vuyisile Tshoba, 27, 31:02
22. Lesiba Peu, 33, 31:08
23. Vuyolwethu Mbukushe, 27, 31:11
24. Donald Mashamaite, 26, 31:15
25. André Afrika, 24, 31:16
26. Itumeleng Sesiko, 19 (b. 08-May-99), 31:29
27. Vuyolwethu Madikiza, 25, 31:31
28. Thembeko Mendu, 18, 31:36
29. Xolisa Batala, 30, 31:42
30. Malusi Judase, 29, 31:43

(All age category prize money was the same: R1500, R1000, R750.)

40-49: 1. Tsungai Mwanengeni (ZIM), 44, 32:16; 2. Mashudu Mbengeni, 42, 33:43; 3. Xolile Macanda, 46, 34:41. **50-59:** 1. Stephen Motau, 52, 35:57; 2. Tobias Philander, 54, 36:03; 3. Andrew Cooper, 50, 36:09. **60-69:** 1. Mochamat Kriel, 64, 38:26; 2. Sticks Stiglingh, 63, 40:55; 3. Christian Edwards, 66, 42:53. **70+:** 1. Blake Wilkins, 71, 48:10; 2. Leon Otto, 72, 51:23; 3. Willie van Wyk, 70, 51:52. **Juniors:** 1. Chaumeton, above, 30:26; 2. Seoposengwe, above, 30:28; 3. Flink, above, 30:44.

WOMEN (Same prize money as men)

1. Irvette van Zyl, 31, 32:48
2. Rutendo Nyahora (ZIM), 29, 33:54
3. Carmie Prinsloo, 16, 35:20 PB
4. Stella Marais, 25, 35:57
5. Aynslee van Graan, 22, 36:18
6. Nicole van der Merwe, 19 (b. 28-Oct-98) 37:08
7. Bulelwa Simae, 41, 37:46
8. Christiane Adriaanse (GER), 41, 37:54
9. Mia Steytler, 21, 38:07
10. Danette Smith, 29, 38:44
11. Yandiswa Shange, 18, 38:49
12. Alexandra Stuart-Smith, 24, 39:32
13. Jennifer Brown (USA), 46, 39:36
14. Janene Carey, 46, 39:44
15. Nolubabalo Dyonase, 23, 40:14
16. Lara Rossouw, 19 (b. 16-Mar-99), 40:21
17. Yvonne Steenkamp, 22, 40:56
18. Jana le Roux, 18, 41:04
19. Nokwaka Mthetho, 24, 41:06
20. Robin Lund, 17, 41:40

40-49: 1. Simae, above, 37:46; 2. Adriaanse, above, 37:54; 3. Brown, above, 39:36. **50-59:** 1. Sandra Kohnert, 50, 41:55; 2. Julie Huckle, 50, 42:51; 3. Liezel Wessels, 50, 44:17. **60-69:** 1. Olga Howard, 60, 42:55; 2. Bev Charters, 60, 46:48; 3. Hilary Rhode, 61, 47:32. **70+:** 1. Marietha Herbert, 73, 55:09; 2. Pixie Sparg, 74, 57:25; 3. Lindsey Dallas-Orr, 70, 65:50. **Juniors:** 1. Prinsloo, above, 35:20; 2. Shange, above, 38:49; 3. Rossouw, above, 40:21.

Amajuba Half Marathon & 10 km

Newcastle, 23 September
(Distances: 21.1 km & 10 km)

Half marathon

MEN

1.	Siyabonga Nkonde	Ethekweni AC	1:09:21
2.	Siphesihle Masondo	Utrecht AC	1:11:18
3.	Sphamandla Ntembe	Ethekweni AC	1:12:09

40-49:

1.	Bongani Ngobese	Osizweni AC	1:26:20
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50-59:

1.	Reginald Ngobese	32Gi	1:16:42
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60+

1.	Philiman Zondi	Biggersberg AC	1:32:44
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WOMEN

1.	Cacisile Sosibo	KZN Academy	1:26:42
2.	Xoli Madida	Natal Carbineers	1:40:05
3.	Jo Claassen	Newcastle Harriers	1:48:48

40-49:

1.	Phindile Thuala	Ind	2:35:00
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50-59:

1.	Sharda Narothum	Eskom A K	2:35:00
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10 km

MEN

1.	Sibiya Nkosinathi	Cosmic Transport	33:01
2.	Moloi Kathlego	Nkangala AC	33:15
3.	Derrick Masango	Ind	33:50

WOMEN

1.	Thobile Nkhize	Amaqahwe AC	40:23
2.	Ntombomzi Tywalana	Ind	40:45
3.	Bongekile Manyoni	Ind	41:47

One Life, Run It Chesterville 10 km Challenge

Chesterville, 23 September
(Finishers: 143)

MEN

1.	Sipho Ngxongo	Ulundi AC	35:41
2.	Mzwandile Latha	Phantane AC	38:09
3.	Xolani Ngcobo	Kwa Mashu AC	40:08

WOMEN

1.	Manuela Diener	Savages AC	59:03
2.	Ash Naidoo	Nedbank AC	53:19
3.	Rosihini Natasen	Highway AC	54:16

Kromberg & Schubert 25 km & 15 km

Brits, 22 September

(Finishers: 25 km -- 200 [up from 160 last year]; 15 km -- 235 [up from 200].)

25 km

MEN

1 Kipkoech Chirchir (KEN/Nedbank) 89:42; 2 Alberto Manhiqwe (RFWL) 98:04; 3 Tshepo Shubane (Arcadia) 99:33.

Veterans: 1 Lebohlang Qobete (Rustenburg) 1:40:16. **Masters:** 1 Moses Motshwaedi (RWFL) 1:56:36. **G'masters:** 1 Johnny v.d. Walt (Hillside) 2:15:42. **70+:** 1 Neels Vermeulen (Coaldust) 2:43:38. **Juniors:** 1 Arno van Schalkwyk (Chappies) 2:06:03.

WOMEN

1 Cindy Viljoen (Kathu) 1:58:57; 2 Sunette Schoonraad (Nedbank) 2:10:13; 2 Andriël de Lange (PTA Bobbies) 2:10:36.

Veterans: 1 Susan Rossouw (Magnolia) 2:14:15. **Masters:** 1 Ansa Strydom (Nedbank) 2:10:48. **G'masters:** 1 Petro Vermaak (CSIR) 2:32:45.**15 km**

MEN

1 Matthews Leeto (Ford) 48:35; 2 Moses Njuguna (KEN/Nedbank) 50:44 (1st vet); 3 Itumeleng Phala (RWFL) 51:02.

Veterans: 1 Moses Njuguna (KEN/Nedbank) 50:44. **Masters:** 1 Willie Beneke (NPO) 69:47. **G'masters:** 1 Trevor Parry (HMK) 71:12. **70+:** 1 Ken Nurden (Agape) 89:52. **Juniors:** 1 Ruan van Staden (Overkruin) 73:26.

WOMEN

1 Maria Bendana (Morningside) 68:25 (1st mast); 2 Miche Koch (Magnolia) 70:08; 3 Ina Nolte (HMK) 77:09.

Veterans: 1 Sandy Crafford (VTM) 1:59:51. **Masters:** 1 Maria Bendana (Morningside) 68:25. **G'masters:** 1 Elza Diedericks (Overkruin) 99:16. **70+:** 1 Marie van Dyk (Irene) 2:07:49.**Drakensberg Logistics Riga Bros Half Marathon Night Race**

Ladysmith, 22 September

(Distance: 21.1 km. Finishers: 109.)

MEN

1.	Siyabonga Nkonde	Ethekweni AC	1:06:19
2.	Sphamandla Nyembe	Ethekweni AC	1:07:27
3.	Bonginkosi Mauwsa	Nedbank AC	1:08:13

40-49:

1.	Mekotsi Dlamini	Drakensberg AC	1:29:49
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50-59:

1.	George Mavudla	LAC	2:00:15
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60+:

1.	Philemon Zondi	Biggarsberg AC	1:27:30
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WOMEN

1.	Sanelisiwe Mbanjwa	Phantane AC	1:33:00
2.	Xoli Madida	Natal Carbineers	1:34:40

3.	Chine Green	Maxed Elite	1:45:05
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40-49:

1.	Zandile Khumalo	Loskop Gijimas	2:03:12
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50-59:

1.	Selea van Zuydam	Harrismith AC	1:59:11
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TUT Night Race

Pretoria, 19 September

(Distance: 10 km; certified two-lap loop course with two out-and-back sections on each lap. Finishers: 72.)

MEN

1.	Micah Kipyego	KEN	35:13
2.	Sivenathi Nyubo	TUT	38:11
3.	Stephan Koch	Magnolia	39:34

Veterans:

1.	Micah Kipyego	KEN	35:13
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Masters:

1.	Jacques Niemand	SANDF	1:02:00
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G'masters:

1.	Abdul Mahomed	Magnolia	1:00:34
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Juniors:

1.	Arno van Schalkwyk	Chappies	54:31
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WOMEN

1.	Elsmarie King	Magnolia	49:56
2.	Miche Koen	Magnolia	50:13
3.	Sunette Schoonraad	Nedbank	50:28

Masters:

1.	Teresa le Roux	VTM	1:13:01
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Caltex Sole Destroyer Half Marathon (26th) & Beebiz Sole Teaser "9 km"

East London, 16 September

(Distances: 21.1 km & approx. 9 km; the half marathon a hilly point-to-point course, mostly on gravel. Finishers: half marathon -- 782 [big increase from 531 last year]; "9 km" -- 286.)

Note: The shorter race is probably longer than 9 km. -- Ed.**Half marathon**

MEN

1. Luthando Hejana (RG), 31, 1:14:16
2. Malixole Kalideni (Old S), 26, 1:14:40
3. Vusumzi Zondo (B2R), 23, 1:18:58
4. Mndeni Zulu (Ox S), 42, 1:20:00
5. Welcome Tishini (Ned), 41, 1:20:32

WOMEN

1. Jessica Pollock (UCT), 25, 1:27:42
2. Andrea Ranger (B2R), 36, 1:33:35
3. Siboniseni Bongwano (MBSA), 23, 1:34:29
4. Ingrid Webber (Ox S), 37, 1:39:22

5. Kasey Dewing (Ind), 30, 1:41:09

"9 km"

MEN

1. Bulelani Mgubo (AS), 35, 29:39
2. Nikeo Lolwana (B2R), 22, 31:35
3. Lithobe Menzeleleli (B2R), 19, 33:16

WOMEN

1. Zandile Rubushe (Rain), 34, 41:00
2. Sandiswa Kundulu (AS), 27, 42:31
3. Sharon Wood (RWFL), 52, 43:26

Michell's Pass Half Marathon (27th) & 10 km (13th)

Ceres, 15 September

(Distances: 21.1 km & 10 km; the half marathon out and back, very hilly; the 10 km a loop. Finishers: half marathon – 271 [up from 219 last year]; 10 km – 420 [slightly down from 450].)

Half marathon

MEN

1	Danzil	Paulse	Sanlam	25	1:10:14
2	Pheletso	Moletsane	EGA	26	1:11:02
3	Thomas	Struis	Tygerberg	24	1:12:40

Veterans:

1	Abraham	Afrika	Swartland	45	1:21:45
2	Eric	Feleza	Gugs	43	1:30:40
3	Owen	Smith	Wellington	47	1:32:53

Masters:

1	Hennie	Moses	Ceres	58	1:37:26
2	Andries	Swarts	Ceres	53	1:41:23
3	Francois	Williams	Tygerberg	50	1:44:16

G'masters:

1	Thomas	Moses	Worcester	61	1:34:12
2	Ron	Brink	Strand	63	1:45:15
3	Jacob	Erasmus	Ceres	62	1:46:02

G/g'masters:

1	Koert	Meyer	Tygerberg	72	2:45:40
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Juniors:

2	Christopher	Booise	Swartland	19	1:17:23
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WOMEN

1	Nomvuyisi	Seti	Langa	36	1:25:49
2	Michelle	Dreyer	KPMG	40	1:35:01
3	Veronique	Jacobs	Maties	23	1:39:16

Veterans:

1	Michelle	Dreyer	KPMG	40	1:35:01
2	Jacky	Misroll	Pinelands	49	1:40:05
3	Ilse	Hugo	Ceres	40	1:54:18

Masters:

1	Marjorie	Prins	Ceres	50	1:39:42
2	Lorna	Rensburg	Spartans	51	1:47:54
3	Cailey	Bredenkamp	Paarl	55	1:52:41

G'masters:

1	Ronell	Lombard	Brackenfell	60	2:07:00
2	Thelma	Rossouw	Worcester	68	2:09:50
3	Anne-Marie	Stroebel	RWFL	64	2:23:51

10 km**MEN**

1	Reagan	Rooi	Ceres	18	31:43
2	Kananelo	Thulo	Ceres	19	33:00
3	Shaun	Tobias	Worcester	21	33:39

Veterans:

1	Morne	Hansen	Maties	41	41:17
2	Jacob	Nel	EGA	41	1:04:53
3	Gerrit	Joubert	Swartland	48	1:16:17

Masters:

1	Nicolaas	Kees	Ashton	55	41:35
2	Jafta	Hendriks	Swartland	50	42:30
3	John	Mcgregor	Swartland	53	42:41

G'masters:

1	Piet	Smit	Swartland	63	43:01
2	Sam	Kotze	Nedbank	62	50:30
3	Christo	Jefthas	Korrektiewe	63	52:13

G/g'masters:

1	Oloff	Crous	Brackenfell	73	59:31
2	Hennie	Vlok	Swartland	71	1:21:16

Juniors:

1	Reagan	Rooi	Ceres	18	31:43
2	Kananelo	Thulo	Ceres	19	33:00
3	Marlin	Isaacs	Ceres	17	37:01

WOMEN

1	Virgill-Lee	Africa	Maties	15	40:39
2	Marquerite	Fredericks	Swartland	23	42:47
3	Busisiwe	Matiwane	Nedbank	43	43:35

Veterans:

1	Busisiwe	Matiwane	Nedbank	43	43:35
2	Hanselie	Swarts	Swartland	47	51:32
3	Erika	Stemmet	Worcester	42	51:44

Masters:

1	Mariëtte	Strauss	Tygerberg	56	44:11
2	Vondra	Singleton	Worcester	50	49:56
3	Marietjie	Nieuwoudt	Swartland	59	55:37

G'masters:

1	Judith	Grove	Tygerberg	65	52:07
2	Helen	Du Plessis	Brackenfell	66	58:40

G/g'masters:

1	Anna	Rainsford	Swartland	62	1:02:43
2	Marietha	Herbert	Bellville	73	57:23
3	Annatjie	Berntzen	Goodwood	76	1:22:11

Juniors:

1	Virgill-Lee	Africa	Maties	15	40:39
2	Virnita	Africa	Maties	17	43:50
3	Veronique	Visagie	Maties	15	46:11

NMU Madibaz Half Marathon

George, 15 September

(Distance: 21.1 km. Finishers: 167.)

MEN

1	Lloyd Bosman	Nedbank	1:16:59
2	Godwin Heyns	Nedbank	1:17:29
3	Thabo Motete	Temp	1:19:17

Veterans:

1	Anthony Khedama	Beaufort West Runners	1:25:03
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Masters:

1	Elrick Spiers	Coastals AC	1:34:01
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G'masters:

1	Sidwell Oktober	Rainbow AC	1:42:51
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G/g'masters:

1	Abraham Coetzee	Knysna Marathon Club	2:15:19
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Juniors:

1	Sibonele Human	Knysna Marathon Club	1:22:11
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WOMEN

1	Alison Nell	Hartenbos Drawwers	1:40:38
2	Annatjie Botes	Nedbank	1:42:18
3	Carla Spangenberg	Nedbank	1:43:33

Veterans:

1	Elize Kloppers	Temp	1:45:31
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Masters:

1	Liz Bazin	CMSC Eden	2:05:17
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G'masters:

1	Annatjie Botes	Nedbank	1:42:18
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Juniors:

1	Charne Gricius	Outeniqua Harriers	1:49:43
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Run with the stars 10 km

George, 13 September

(Finishers: 249)

MEN

1	Lloyd Bosman	Nedbank	30:31
2	John April	Nedbank	32:07
3	Francois Maquassa	Nedbank	32:23

Veterans:

1	Mario Rossouw	Nedbank	40:15
2	Wayne Windwaai	Nedbank	42:54

Masters:

1	Selwyn Losper	Nedbank	37:04
2	Anton Chevalier	Nedbank	39:37

G'masters:

1	Patrick Rawlins	Outeniqua	42:24
2	Sidwell Oktober	Rainbow	44:03

G/g'masters:

1	Leslie Martin	Nedbank	58:37
2	Maurice Wicomb	Oudtshoorn	1:13:00

Juniors:

1	Christiaan Lingervelt	Nedbank	35:11
2	Sibonele Human	Knysna	35:21

WOMEN

1	Melissa van Rensburg	Nedbank	39:34
2	Stephany Petro	Nedbank	39:43
3	Anastatia Plaatjies	Nedbank	41:40

Veterans:

1	Chandre Boshoff	Outeniqua	47:50
2	Diana Mouton	Nedbank	56:54

Masters:

1	Alison Jordaan	Nedbank	46:17
2	Sharon Losper	Nedbank	50:13

G'masters:

1	Annatjie Botes	Nedbank	44:21
2	Mariette de Haan	Nedbank	54:49

G/g'masters:

1	Daleen le Roux	Nedbank	1:17:54
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Juniors:

1	Stephany Petro	Nedbank	39:43
2	Candice van Beulen	Nedbank	42:17

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**Meia Maratona do Porto SportZone** (12th)

Porto, POR, 16 September
(Distance: 21.1 km)

MEN (gun times)

1.	Mike Kiptum Boit, KEN	1:00:53	EUR 1000
2.	Abraham Kasongor Akopesha, KEN	1:01:19	600
3.	Ishmael Chelanga Kalale, KEN	1:02:00	500

WOMEN (gun times)

1.	Susan Jeptoo Kipsang, KEN	1:11:06	EUR 1000
2.	Sharon Jemutai Cherop, KEN	1:11:09	600
3.	Juliet Chekwel, UGA	1:11:55	500

CFLD Beijing International Marathon (38th)

(IAAF Gold Label Road Race)

Beijing, CHN, 16 September

(Distance: 42.195 km; flat point-to-point course)

MEN

1.	Dejene Debela Gonfa, ETH	2:12:08	USD 20,000^
2.	Seboka Dibaba Tola, ETH	2:14:35	10,000^
3.	Mogos Shumay Solomon, ERI	2:14:40	6,000^

^) Prize money reduced for slow times

WOMEN

1. Valary Jemeli Aiyabei, KEN 2:21:38 USD 40,000
2. Eunice Chebichi Chumba, BRN 2:26:56 20,000
3. Fatuma Sado Dergo, ETH 2:27:41 8,000

Santa Fe Thunder Half Marathon (8th)

Santa Fe, USA, 16 September

(Distance: 21.1 km at 2000 m of altitude, but with about 400 m of elevation loss [not record-standard].)

MEN (gun times)

1. Boniface Kongin, 28, KEN 1:03:05 \$1000
2. Wilson Kibogo, 28, KEN 1:03:44 500
3. Patrick Smyth, 32, Los Alamos, NM 1:04:10 250

WOMEN (gun times)

1. Caroline Rotich, 34, KEN 1:09:43 \$1000
2. Ivy Kibet, 28, KEN 1:13:30 500
3. Simegn Abnet Yeshanbel, 32, ETH 1:14:55 250

BACKGROUND

IT'S TEAMWORK, SAYS KIPCHOGE

Eliud Kipchoge astounded the athletics world by taking the huge chunk of one minute and 18 seconds off the world record at the BMW Berlin Marathon last Sunday, reports the IAAF. The IAAF Gold Label road race was the stage for the "moon landing" of marathon running. But the Olympic champion still had enough energy in reserve to take to social media in the hours following his record-breaking achievement and express his appreciation of the part played by the various teams which make up the community around the greatest marathon runner of the modern era.

He expanded on the importance of this community while relaxing the next morning in an arm chair in the hotel lobby within easy jogging distance of the finish line where he took the marathon into new territory with his time of 2:01:39.

"In sport you need to have a good team," said the 33-year-old Kenyan. "That's why, in terms of where I'm going to run next, I'm going to have a full discussion with the management, with the sponsors, technical team, coaching team. It's part of the team where they hold me in their hands."

This was a point he made strongly in response to the last question posed at Sunday's press conference where the assembled media were digesting the enormity of his achievement. Before any decision about his future racing, he would consult with this community.

He and coach Patrick Sang, the latter himself with a distinguished track pedigree as an Olympic silver medallist in the steeplechase, have a partnership going back many years.



Together they have created the path which took the then 18-year-old to the world 5000 m title in Paris in 2003 to his current supremacy in the marathon. But the multi-faceted aspects of Kipchoge's support team have taken time to develop.

"It's not a one-day event to bring together a good team," says Kipchoge. "It takes ages, but I'm lucky to be working with Global Sports Communication [his management team] and to be with people who think in a really positive way and we have come a long way together."

"That's why we have our teammates and we think together, we have a coaching system, management system, the sponsorship systems and, above all, we have the medical system whereby they handle us with massage and everything."

When asked on Sunday about further improvements to his world record, Kipchoge responded that it was too soon to consider, having watched only the last few kilometres on television last night. "It's too early to do that because it's only a few hours since I ran the fastest time ever," he said. "I don't think it's good to think about it – the core thing now is to make sure I recover fully."

He also said it is too early to consider competing in the marathon at the IAAF World Championships Doha 2019, but he doesn't lose sight of the fact that he is the reigning Olympic champion as the Tokyo 2020 Games draws ever closer.

If he is on the start line in Tokyo, his preparation for the race of races in the distance firmament will not differ from that for a big city race where finishing time as well as place are significant.

"It's about the gold medal but the preparation is the same – you should be comfortable with pacemakers and without pacemakers," he says. "Tokyo seems far away but it's at the back of my mind that I will really assemble myself in Tokyo. I am the Olympic champion and I feel like defending my title."

As was seen on Sunday, when Kipchoge and his team set their sights on something, there is currently no one else in the marathon world to match him.

One thing is sure from his comments after the race: Kipchoge wants to return to Berlin – whether that's in 2019 or further down the line. "Definitely I will be coming back," he says. "I always say, Berlin is for me forever."

And perhaps Kipchoge will send the marathon world even further into orbit.



OBITUARY

DIANE LEATHER, FIRST 5-MINUTE MILER, PASSES AWAY

Diane Charles, née Leather (GBR) (b. 7 January 1933), the first woman to break 5 minutes for the mile, died on 5 September at the age of 85, wrote Mel Watman, who at 16 reported on one of Diane's world mile records in 1955 for a major provincial newspaper group, in *Athletics International*.

Among the guests of honour at the 50th anniversary celebrations in May 2004 of Roger Bannister's pioneering four minute mile at Oxford was Diane Charles. Much to her astonishment as well as delight, it seemed, her name when announced elicited warm applause from the crowd assembled at Iffley Road. Her miling exploits of half a century earlier had not been forgotten. Being the first woman to break five minutes was in no way comparable to becoming the first man to duck under four minutes, but during the infancy of the women's event it was rated a highly significant achievement, coming as it did just 23 days after Bannister's feat.

Diane Leather was 20 when in 1953 she first smashed the world best for the mile (it did not become an official IAAF approved world record event until 1967) with 5:02.6. A few weeks later Edith Treybal of Romania ran 5:00.3, a time that Diane reduced to an even more tantalising 5:00.2 early in the 1954 season. Three days after that, in the Midland Championships at Birmingham's Perry Barr Stadium, the 1.78 m tall Birchfield Harrier edged through the barrier with 4:59.6.

It proved a memorable year, for in June she set a world 880 yards record of 2:09.0 and in August she finished second in the inaugural European 800 m championship to the great Soviet runner, Nina Otkalenko. Diane also demonstrated impressive speed for a four-time English cross-country champion by clocking 56.6 for 440 yards, which equalled the world best although admittedly considerably inferior to the existing 400 m mark of 55.0.

In 1955 she made two substantial improvements to the mile record. In May she clocked 4:50.8, while in September she registered 4:45.0 with an unofficial world best *en route* of 4:22.2 at 1500 m. That time would stand as a world best for seven years and a British best for 11 years. She also set three British 800 m records with a best of 2:06.9 and closed her season with a British 400 m record of 56.3. Clearly she would have been an Olympic medal contender in 1956 at either 800 m or 1500m, but neither event was on the programme in Melbourne as the only women's track events were 100 m, 200 m, 80 m hurdles and 4x100 m relay!

A notable achievement in 1957 was winning the WAAA 880 yards and mile titles on the same afternoon, and in 1958 she again struck silver at the European Championships, with a UK record 2:06.6. Married to Peter Charles in July 1959, Diane was past her best by 1960 and although she fulfilled an ambition by making the Olympic team she was eliminated in the 800 m heats.

A mother of four, she became a social worker first in London and then in Cornwall, retiring at the age of 70. Her world records: 440y – 56.6 in 1954; 880y – 2:09.0 in 1954; 1500m – 4:30.0 and 4:29.7 (and unratified inter times for 4:30.0 & 4:22.2) in 1957; mile – 5:02.6 in 1953, 5:00.2 and 4:49.6 in 1954, 4:50.8 and 4:45.0 in 1955; 3x880y relay – 6:49.0 in 1953, 6:46.0 in 1954.

STATS TIME

This week we include the marathon career of new world record holder Eliud Kipchoge. He has now run eleven official marathons, of which he has won ten. All his races, except the Olympic Marathon in Rio, have been 2:05:30 or faster. As mentioned in last week's DRR, the average of his five fastest marathons is 2:03:16, the best ever. His ten-race average is 2:04:00, a time bettered by only ten other athletes in a single race.

ELIUD KIPCHOGE: MARATHON CAREER

2:05:30	Hamburg	1	21 Apr 13
2:04:05	Berlin	2	29 Sep 13
2:05:00	Rotterdam	1	13 Apr 14
2:04:11	Chicago	1	12 Oct 14
2:04:42	London	1	26 Apr 15
2:04:00	Berlin	1	27 Sep 15
2:03:05	London	1	24 Apr 16
2:08:44	Rio de Janeiro	1	21 Aug 16 (Olympic Games)
2:03:32	Berlin	1	24 Sep 17
2:04:17	London	1	22 Apr 18
2:01:39	Berlin	1	16 Sep 18 (World record)
Unofficial:			
2:00:25	Monza	1	06 May 17

THIS MONTH IN HISTORY

15 years ago (exactly): 24 September 2003

The Spookhill 15 km race in Somerset West is probably the most difficult race over this distance in the Western Cape. Since its inception in 1981 (the first two races were over 16 km), it has been held on 24 September twice -- this was the second occasion. The men's race went to Neo Molema in 50:01, while on the women's side Farwa Mentoor, one of South Africa's best female ultrarunners, scored her fourth victory in 60:46. Mentoor, who also won in 1998, 1999 and 2001, and Zintle Xiniwe have the distinction of being the only runners, male or female, to have won the race four times. The Spookhill was held for the 38th time in June this year.

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	81:06	Lucky Mohale	Pretoria	12 May
	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	2:08:30	Stephen Mokoka	Cape Town	23 Sep
	2:02:57	Dennis Kimetto (KEN) 2014		
	2:01:39p	Eliud Kipchoge (KEN) 2018		
100 km	6:33:47	Bongmusa Mthembu	Sveti Martin	08 Sep
	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	30:41	Simphiwe Zulu	Durban	15 Jul
	27:48	Bernard Lagat (USA) 2015		
15 km	48:11	Mthandazo Qhina	Constantia	06 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	66:57	Simon Mpholo	Port Elizabeth	28 Jul
	61:09	Haile Gebrselassie (ETH) 2013		
25 km	89:07	Sikhumbuzo Dlamini	Durban	21 Mar
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:40:20	Mthandazo Qhina	Simon's Town	19 Aug
	89:45	Mark Kiptoo Kosgei (KEN) 2016		
Marathon	2:20:31	Mthandazo Qhina	Cape Town	23 Sep
	2:08:38	Kenneth Mungara (KEN) 2016		

100 km	9:46:50 6:18:24	Johan van der Merwe Mario Ardemagni (ITA) 2004	Polokwane	15 Apr
<u>Masters (50+)</u>				
10 km	33:19 30:35	Desmond Zibi Tecwyn Davies (GBR) 1988	Uitenhage	30 Jun
15 km	54:32 47:52	John September Titus Mamabolo (RSA) 1991	Ravensmead	24 Mar
21.1 km	72:30 66:23	Desmond Zibi Titus Mamabolo (RSA) 1991	Port Elizabeth	28 Jul
25 km	99:31 92:17A 84:12	Joseph Ndlovu Michael Ndlovu Norman Green (USA) 1984	Pretoria Pinetown	12 May 28 Jan
30 km	1:54:26 1:46:33	Makaya Masumpa Norman Green (USA) 1988	Uitenhage	03 Mar
Marathon	2:39:59 2:19:29	Desmond Zibi Titus Mamabolo (RSA) 1991	Cape Town	23 Sep
100 km	12:00:07 6:43:33	Hilton Murray Roland Vuillemot (FRA) 1996	Polokwane	15 Apr
<u>Grandmasters (60+)</u>				
10 km	38:05 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Kenilworth	09 Sep
15 km	57:24 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Eersterivier	07 Jul
21.1 km	79:02 71:31	Sello Maphangulo Martin Rees (GBR) 2013	Port Elizabeth	28 Jul
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	2:10:49 1:57:07	Mochamat Kriel Ed Whitlock (CAN) 1994	Simon's Town	19 Aug
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	14:19:11 7:53:43	Ric Marini Bernd Juckel (GER) 2012	Polokwane	15 Apr
<u>Great grandmasters (70+)</u>				
10 km	43:34 37:33	Jimmy Morris Ed Whitlock (CAN) 2004	Athlone	10 Feb
15 km	66:46 58:19	Jimmy Morris Ed Whitlock (CAN) 2001	Claremont	24 Jun
21.1 km	97:09 82:23	Johannes Phoo Ed Whitlock (CAN) 2001	Polokwane	19 May
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	30:26	Maxime Chaumeton	Cape Town	23 Sep
	27:11	Mathew Kimeli Kipkorir (KEN) 2017		
15 km	48:05	Carlo Flink	Eersterivier	07 Jul
	42:17	Ayele Abshiro Biza (ETH) 2008		
21.1 km	67:15	Itumeleng Sesiko	Port Elizabeth	28 Jul
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	32:48	Irvette van Zyl	Cape Town	23 Sep
	29:43 Mx	Joycilene Jepkosgei (KEN) 2017		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	55:22	Anel Terblanche	Eersterivier	07 Jul
	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	96:16	Charné Bosman (vet)	Pretoria	12 May
	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	2:34:38	Nolene Conrad	Cape Town	23 Sep
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:01 Wo	Mary Keitany (KEN) 2017		
100 km	7:51:13	Salome Cooper (vet)	Sveti Martin	08 Sep
	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	80:15	Tanith Maxwell	Wellington	01 May
	79:44A	Tanith Maxwell	Simon's Town	18 Feb
	69:37	Deena Kastor (USA) 2014		
25 km	96:16	Charné Bosman	Pretoria	12 May
	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	2:44:51	Charné Bosman	Cape Town	23 Sep
	2:23:31	Lydia Cheromei (KEN) 2017		
100 km	7:51:13	Salome Cooper	Sveti Martin	08 Sep
	7:20:22	Maria Auxiliadora (BRA) 1998		
<u>Masters (50+)</u>				
10 km	39:43	Judy Bird	Port Elizabeth	05 May
	34:14	Linda Somers (USA) 2011		
15 km	63:46	Suzanne Marais	Constantia	10 Mar
	52:38	Monica Joyce (USA) 2009		

21.1 km	91:08 75:18	Mariëtte Strauss Linda Somers (USA) 2011	Port Elizabeth	28 Jul
25 km	2:04:42 1:56:28A 96:58	Ansie Breytenbach Christine Claasen Colleen de Reuck (USA) 2016	Pretoria Somerset East	12 May 21 Apr
30 km	2:20:14 1:56:43	Christine Claasen Colleen de Reuck (USA) 2016	Uitenhage	03 Mar
Marathon	3:10:58 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	Cape Town	23 Sep
100 km	7:51:10	Meghan Arbogast (USA) 2011		
<u>Grandmasters (60+)</u>				
10 km	42:22 38:56	Annatjie Botes Lidia Zentner (GER) 2015	George	23 Jun
15 km	69:28 61:25	Hanlie van der Westhuizen Kathryn Martin (USA) 2011	Despatch	24 Feb
21.1 km	92:16 84:56	Annatjie Botes Bernadine Portenski (NZL) 2010	Port Elizabeth	28 Jul
25 km	2:28:20 2:22:03A 1:50:50	Jenny Scott Sylvia Burton Edie Stevenson (USA) 2011	Durban Pinetown	21 Mar 28 Jan
30 km	2:26:52 2:15:30	Annatjie Botes Kathryn Martin (USA) 2012	Sedgefield	10 Mar
Marathon	3:37:54 3:26:19A 3:12:57	Nancy Will Nancy Will Emmi Luthi (SUI) 2009	Fish Hoek Simon's Town	27 Jan 18 Feb
100 km	17:51:42 9:20:07	Martie Boesenberg Ursula Schmitz (GER) 1999	Polokwane	15 Apr
<u>Great grandmasters (70+)</u>				
10 km	53:29 44:09	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Bellville	25 Mar
15 km	85:25 72:52	Marietha Herbert Jo Klein (NED) 2004	Constantia	10 Mar
21.1 km	1:57:18 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Gordon's Bay	14 Apr
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	3:19:19 2:58:52A 2:47:08	Pixie Sparg Veronica van Niekerk Myra Rhodes (USA) 2002	Simon's Town Camps Bay	19 Aug 14 Jan
Marathon	4:49:15 4:37:20A 3:35:29	Veronica van Niekerk Marietha Herbert Helga Miketta (GER) 2013	Cape Town Simon's Town	23 Sep 18 Feb
100 km	12:50:49	Helen Klein (USA) 1993		
<u>Juniors</u>				
10 km	35:20 31:29	Carmie Prinsloo Karoline Bjerkeli Grovdal (NOR) 2009	Cape Town	23 Sep
15 km	59:40 48:33	Simonay Weitsz Mekasha Waganesh Amare (ETH) 2011	Kempton Park	31 Jan
21.1 km	80:48 67:57	Lesego Mpshe Abebu Gelan Adugna (ETH) 2009	Polokwane	19 May

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