

Distance Running Results

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EDITORIAL

The final race of the Spar Grand Prix Series in Johannesburg yesterday went to Irvette van Zyl, who won by 50 seconds from Gerda Steyn, 34:07 to 34:57. Sonja Laxton smashed her pending SA 70+ record, the 53:54 she ran in the Brooklyn Mall Andrew Greyling race three weeks ago, with her 52:30.

South Africa's third oldest road race, the Duke of York Flying Scramble 16 km (held for the 87th time), was won by Pumlani Dlamani in 63:31 and Jeannie Dreyer in 76:04.

In the Bank of America Chicago Marathon, which used pacemakers for the first time since 2014, Mo Farah (GBR) and Brigid Kosgei (KEN) both scored convincing wins. Multiple global gold medallist Farah ran 2:05:11 in his third completed marathon to erase the European record of 2:05:48 set by Sondre Nordstad Moen (NOR) last December. His time is the eighth fastest ever in Chicago. Kosgei won by almost three minutes in a PB 2:18:35, the third fastest time ever in Chicago, and the third fastest on US soil. The Kenyan ran 15:36 between 30 km and 35 km, and then 15:47 for the next 5 km -- only the second time ever that both these two 5 km splits were covered in sub-16:00 (Paula Radcliffe ran 15:58 and 15:55 when she set the world record in London in 2003).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series, Johannesburg
- * Duke of York Flying Scramble, Pietermaritzburg
- * Constantia Valley Grape Run Half Marathon & 14 km, Constantia
- * PetroSA Marathon, Half Marathon & 10 km, Mossel Bay
- * Chamberlain Capital Classic Half Marathon & 10 km, Pretoria
- * Nedbank Cape Gate 10 km, Brackenfell
- * BUCO Kowie Striders 27 km & 10 km, Bathurst to Port Alfred
- * BAKgat 10 km, Bellville

International highlights:

- * Bank of America Chicago Marathon, Chicago, USA
- * Medtronic Twin Cities Marathon & 10 Miles, Minneapolis to St. Paul, USA
- * Bredase Singelloop Half Marathon, Breda, NED
- * Kosice Peace Marathon, Kosice, SVK
- * New Balance Bronx 10 Mile, New York, USA

- * Bank of Scotland Great Scottish Run Half Marathon, Glasgow, SCO
 - * Genworth Virginia Ten Miler, Lynchburg, USA
 - * ING Route du Vin Half Marathon, Remich to Wormeldange to Remich, LUX
 - * XC: TCS Lidingöloppet , Lidingö, Stockholm
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ROAD RUNNING

Spar Grand Prix Series

(Women only; final event of 6-race series)

Johannesburg, 7 October

(Distance: 10 km; certified, hilly loop course with many turns. Finishers: 4572 [considerably down from 6578 last year].)

Note: Deirdre Larkin also ran the Chamberlain Capital Classic 10 km the previous day (results below). -- Ed.

1. Irvette van Zyl (Ned) 34:07
2. Gerda Steyn (Ned) 34:57
3. Kesa Molotsane (KPMG) 34:59
4. Glenrose Xaba (Boxer) 35:05
5. Betha Chikanga (ZIM) 36:10
6. Rudo Mhonderwa (ZIM) 36:47
7. Rutendo Nyahora (ZIM) 36:56
8. Maria Shai (Boxer) 37:00
9. Caroline Mhandu (ZIM) 37:10
10. Patience Murowe (ZIM) 37:38
11. René Kalmer (KPMG) 38:10
12. Zintle Xiniwe (KPMG) 38:29
13. Cornelia Joubert (Boxer) 38:32
14. Leilani Scheffer (KPMG) 38:44
15. Andrea Steyn (KPMG) 38:53
16. Lebogang Phalula (Boxer) 39:03
17. Portia Ngwenya (Ned) 39:07
18. Thobile Vilakazi (KPMG) 39:10
19. Casey Bosman (KPMG) 39:21
20. Stella Marais (KPMG) 39:36

Veterans: 1. Bulelwa Simae (Ned) 41:00; 2. Maria Vilakazi (FFA) 42:06; 3. Ronel Thomas (Boxer) 43:20. **Masters:** 1. Grace de Oliveira (KPMG) 44:51; 2. Kim Meyer (RAC) 45:18; 3. Disebo Thebapelo (RW) 49:29. **G'masters:** 1. Margie Saunders (Ned) 45:43; 2. Frances van Blerk (Ned) 54:54; 3. Onica Motsei (Ind) 57:29. **G/g'masters:** 1. Sonja Laxton (RAC) 52:30 (SA rec); 2. Gill Tregenna (West) 64:08; 3. Debbie van Heerden (Roode) 70:23; 4. Deirdre Larkin (RH), 86, 71:18. **Juniors:** 1. Vilakazi, above, 39:10; 2. Bosman, above, 39:21; 3. Liza Kellerman (UJ) 40:04.

Duke of York Flying Scramble (87th)

Pietermaritzburg, 7 October

(Distance: 16 km; out-and-back course. Finishers: 254 [almost double last year's 131].)

MEN

- | | | | |
|----|-------------------|---------------|---------|
| 1. | Pumlani Dlamani | Eskom | 1:03:31 |
| 2. | Menzi Ngcobo | Save Orion AC | 1:08:35 |
| 3. | Zwelihle Ndawonde | IND | 1:08:50 |

40-49:

1. Menzi Ngcobo Save Orion AC 1:08:35

50-59:

1. Dave Taylor RWFL 1:58:54

60+:

1. Joseph Dunakce Protea Striders 1:28:40

WOMEN

1. Jeannie Dreyer ROAG 1:16:04

2. Nonsikelelo Mbambo Natal Carbs 1:25:22

3. Paula Comrie Ind 1:26:19

40-49:

1. Nonsikelelo Mbambo Natal Carbs 1:25:22

50-59:

1. Erica Walker Hilton Harriers 1:37:21

60+:

1. Jenny Taylor RWFL 1:44:29

Constantia Valley Grape Run Half Marathon & 14 km

Constantia, 7 October

(Distances: 21.1 km & 14 km; loop courses, very hilly, partly on gravel through vineyards and forest. Finishers: half marathon – 851 [up from 763 last year]; 14 km – 947 [up from 787].)

Note: Second race in two days for Edward Jack, Pixie Sparg, Marietha Herbert, Nicholas Mpontshane, Johnny Persents and Mochamat Kriel, who all ran the Cape Gate 10 km the previous day, and Thembeke Mendu and Busisiwe Matiwane, who were in action in Mossel Bay. -- Ed.

Half marathon

MEN

1. Bernard Rukadza (ZIM/Itheke) 1:14:23

2. Admire Rushika (ZIM/VOB) 1:17:02

3. Siyabonga Sakwe (Itheke) 1:21:23

Veterans: 1. Vuyani Sixaso (Gugs) 1:25:28; 2. Nicholas Mpontshane (Sanlam) 1:26:27; 3. Xolile Macanda (Gugs) 1:27:03. **Masters:** 1. Johnny Persents (Edge) 1:30:04; 2. Leonard Kali (Gugs) 1:37:54; 3. Isaac Manuel (Edge) 1:37:58. **G'masters:** 1. Mochamat Kriel (Ommie) 1:40:16; 2. Malcolm Harrington (WR) 1:46:29; 3. Brian Merryweather (GBR/Edge) 2:02:11. **G/g'masters:** 1. Wally Steel (Hout) 2:21:14; 2. Franklin Smith (Celtic) 2:26:43; 3. Sydney Cullis (WPCC) 2:41:47.

WOMEN

1. Alexa Townsend (Ind) 1:33:11

2. Anel Terblanche (KPMG) 1:36:28

3. Nina Power (Celtic) 1:45:55 (1st vet)

Veterans: 1. Nina Power (Celtic) 1:45:55; 2. Lisl Grobler (Knysna) 1:46:47; 3. Elmé Middlemost (Brack) 1:48:34. **Masters:** 1. Angelique Rabie (VOB) 1:49:24; 2. Nicki Hill (Carb) 2:07:16; 3. Lorien Pask (VOB) 2:08:38. **G'masters:** 1. Nancy Will (Pine) 2:10:51; 2. Sonia Smith (Celtic) 2:20:55; 3. Ora Human (Carb) 2:22:47. **G/g'masters:** 1. Pixie Sparg (Celtic) 2:23:01; 2. Chippie Steel (Hout) 2:36:15.

14 km

MEN

1. Xolisa Batala (VOB) 47:35
2. Lukhanyo Nobakada (VOB) 48:56
3. Akhona Makila (VOB) 49:01

Veterans: 1. Vakalisa Kopolo (Ned) 52:30; 2. Tsungai Mwanengeni (ZIM/Gugs) 52:43; 3. Riyaad Isaac (Walmer) 1:44:44. **Masters:** 1. Charles Parry (?) 73:46; 2. Leslie Sampson (ARD) 1:43:39. **G'masters:** 1. Leslie Chivell (FH) 66:10; 2. Paul Cieverts (Top) 70:20; 3. Neville Frieslich (FH) 72:19. **G/g'masters:** 1. Fred Moore (Ind) 76:14; 2. Horst Schiffer (FH) 86:24; 3. Rob Joubert (Forest) 89:34. **Juniors:** 1. Thembeke Mendu (Gugs) 49:50; 2. Edward Jack (Central) 50:19; 3. Gershon Aziza (SH) 53:07.

WOMEN

1. Nolubabalo Dyonase (VOB) 1:40:51
2. Jen Brown (USA/Carb) 1:43:32 (1st vet)
3. Suzie Caras (Harf) 1:45:17

Veterans: 1. Jen Brown (USA/Carb) 1:43:32; 2. Suzie Caras (Harf) 1:45:17; 3. Busisiwe Matiwane (Ned) 1:48:05. **Masters:** 1. Maria Kiley (Ind) 1:14:13; 2. Kathleen McQuade (VOB) 1:15:36; 3. Tina Harkett (AAC) 1:20:40. **G'masters:** 1. Bev Charters (VOB) 1:13:17; 2. Christine Hibberd (FH) 1:20:07; 3. Charmaine Cupido (Ned) 1:20:33. **G/g'masters:** 1. Marietha Herbert (Bell) 1:28:59; 2. Marlene James (Pine) 1:46:29; 3. Jean Cammidge (FH) 1:49:59. **Juniors:** 1. Sophia Els (Bell) 1:15:10; 2. Natheerah Pedro (SH) 1:30:12; 3. Veronique Jacobs (SH) 1:30:13.

PetroSA Marathon (32nd), Half Marathon & 10 km

Mossel Bay, 6 October

(Distances: 42.195 km, 21.1 km & 10 km; certified out-and-back courses, the marathon undulating. Finishers: marathon – 87 men + 38 women = 125 total [down from 163 last year]; half marathon – 206 [down from 254]; 10 km – 273 [down from 327].)

Note: Yet another marathon for vet Mthandazo Qhina, who ran so brilliantly in the Sanlam Cape Town Marathon, and a rare loss in a local road race for Nolene Conrad (who was the first South African in Cape Town) in the 10 km. -- Ed.

Marathon

MEN

1	Ayanda Mncube	Ethekweni KZN	2:21:24
2	Kabelo Lesia	LES	2:22:14
3	Slindile Gubese	Ind	2:22:55
4	Samuel Pazangu	ZIM/KZN Maxed Elite	2:23:54
5	Moses Njodzi	ZIM/Itheke	2:24:03

Veterans:

1	Mthandazo Qhina	Nedbank WP	2:26:11
2	Mike Fokoroni	ZIM	2:29:20
3	Gert Thys	Posmansburg AC	2:42:19

Masters:

1	Lindile Tokota	Nedbank	3:01:36
2	Selwyn Losper	Nedbank	3:03:42
3	Philipus du Toit	Hartenbos Drawwers	3:16:00

G'masters:

1	Cornet Mathomane	CED Mata AC	3:17:50
2	Wilhelm Coetzee	West Coast	3:34:56
3	Sidwell October	Rainbow AC	3:39:58

G/g'masters:

1	Daniel Hlongwane	Nedbank AGN	3:39:04
2	Abraham Coetzee	Knysna MC	4:53:54

WOMEN

1	Fortunate Chidvizo	ZIM/Langa	2:46:47
2	Loveness Madziva	ZIM	2:49:20
3	Jennifer Koech	KEN	2:51:27
4	Olivia Chitate	ZIM	2:53:47
5	Lineo Chaka	LES	2:55:54

Veterans:

1	Busiswe Matiwane	Nedbank	3:35:38
2	Nerida Lubbe	Hartenbos Drawwers	3:40:17
3	Monja le Roux	Hartenbos Drawwers	4:14:20

Masters:

1	Una Saayman	Nedbank	4:51:45
2	Priscilla Jacobs	Akasia AC	4:51:45

Half marathon**MEN**

1	Rabson Chigara	ZIM	1:05:03
2	Lloyd Bosman	Nedbank	1:06:02
3	Sibusiso Madikizela	AAC	1:09:58

Veterans:

1	Gurome Gelderbloem	Mosselbay Harriers	1:20:44
2	Vuyo Witbooi	Outeniqua Harriers	1:24:56
3	Quinton Swartz	MP Titans WP	1:27:01

Masters:

1	Mxolisi Fana	Outeniqua Harriers	1:21:15
2	Peter Jaehne	Outeniqua Harriers	1:30:07
3	Hermanus Jonkerman	Nedbank	1:35:21

G'masters:

1	Andre Niemand	Hartenbos Drawwers	1:39:26
2	Dirk Joubert	Hartenbos Drawwers	1:45:28
3	Willem van der Waal	Hartenbos Drawwers	1:47:20

G/g'masters:

1	Willie van Wyk	Brackenfell AC	1:59:39
2	Oloff Crous	Brackenfell AC	2:17:41
3	Caspar Greeff	Atlantic WP	2:34:36

Juniors:

1	Aviwe Kinana	Knysna MC	1:20:10
2	Ayabulela Bodlo	VOB	1:21:44
3	Eustace Daniels	Coastline	1:21:58

WOMEN

1	Nobukhosi Tshuma	ZIM	1:18:22
2	Catherine Skosana	Born to Run AC	1:25:00
3	Obertina Kanyongo	ZIM/Nedbank WP	1:30:59

Veterans:

1	Ursula Frans	Nedbank WP	1:34:15
2	Carike Fourie	Nedbank	1:40:17
3	Sandra Fourie	Knysna MC	1:46:28

Masters:

1	Obertina Kanyongo	ZIM/Nedbank WP	1:30:59
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2	Karen Brough	Born to Run AC	1:38:10
3	Alison Jordaan	Nedbank	1:41:36

G'masters:

1	Olga Howard	Nedbank WP	1:38:27
2	Adele Ungerer	Hartenbos Drawwers	2:07:45
3	Magdalena Opperman	Hartenbos Drawwers	2:09:40

Juniors:

1	Chané Gricius	Outeniqua Harriers	1:46:37
2	Lara Van Rooyen	Ind	1:48:10

10 km**MEN**

1	Elroy Gelant	Boxer	29:39
2	Reghen Magwai	Born to run	30:36
3	Deon-Lee Hendricks	Stellenbosch	31:11

Veterans:

1	Wouter Frazenberg	Outeniqua Harriers	35:39
2	Mauritz J van Rensburg	Outeniqua Harriers	37:36
3	Dean Preston	Houtbaai	37:57

Masters:

1	Patrick Peters	SANDF	38:20
2	Anton Chevalier	Nedbank	39:59
3	Tony Cleophas	Nedbank	42:46

G'masters:

1	Patrick Rawlins	Outeniqua Harriers	42:55
2	Charles Helm	Temp	51:15
3	Trevor van Rensburg	Sedgefield Striders	51:44

G/g'masters:

1	Leslie Stuart	Hartenbos Drawwers	56:45
2	Leslie Martin	Nedbank	58:10
3	David Morgan Smith	Knysna MC	1:13:20

Juniors:

1	Thembeko Mendu	Gugs	32:30
2	Tshepang Shebe	Pagoma FS	34:03
3	Luther Blaauw	Nedbank	34:40

WOMEN

1	Yandiswe Shange	Stellenbosch	37:57
2	Melissa van Rensburg	Nedbank	39:13
3	Nolene Conrad	KPMG	40:09

Veterans:

1	Karin Norris	Nedbank	48:17
2	Chandre Boshoff	Outeniqua	49:42
3	Elzet Oosthuizen	Hartenbos Drawwers	50:46

Masters:

1	Mariëtte Strauss	Tygerberg	46:05
2	Delmarie Henning	Hartenbos Drawwers	52:50
3	Aaltjie Nieman	Nedbank	54:44

G'masters:

1	Mariet Horn	Knysna	1:00:40
2	Dina Foryer	Hartenbos Drawwers	1:02:36
3	Elizabeth Herbst	Outeniqua Harriers	1:07:08

G/g'masters:

1	Annamarie van Eck	Nedbank	1:13:54
2	Dalene le Roux	Nedbank	1:14:38

3	Cecelia Swigers	Nedbank	1:15:11
Juniors:			
1	Stephany Petro	Nedbank	40:32
2	Candice van Beulen	Nedbank	42:58
3	Sarah Viljoen	Hartenbos Drawwers	49:18

Chamberlain Capital Classic Half Marathon & 10 km

Pretoria, 6 October

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon -- 1138 [up from 1050 last year]; 10 km -- 1229 [big increase from 880]; also 680 in the 5 km.)

Half marathon

MEN

1 Vuysile Tshoba (KPMG) 71:40; 2 Teboho Lejaha (LES/Arcadia) 73:54; 3 Ignicious Mmsuhi (OMK) 74:07.

Veterans: 1 Moses Njuguna (KEN/Nedbank) 74:21; 2 Glenn Driver (Born 2 Run) 77:31.

Masters: 1 Moses Machailo (Vitality) 90:28. **G'masters:** 1 Colin Fisher (CSIR) 95:12.

G/g'masters: 1 Pele Tshikundumalema (Nedbank) 1:49:04. **80+:** 1 Andries van Rooyen (VTM) 2:54:49.

WOMEN

1 Vuyokazi Gebe (CSIR) 88:48; 2 Leani Grimes (Magnolia) 92:55; 3 Mpho Mabuza (Gallopers) 98:20.

Veterans: 1 Lisa Fernandez (Kyalami) 99:36; 2 Ingrid Koster (Runavation) 1:40:55.

Masters: 1 Ansa Strydom (Nedbank) 1:50:24. **G'masters:** 1 Gerda Millford (RWFL)

2:08:18 . **G/g'masters:** 1 Gina Hughes (Agape) 2:32:14.

10 km

MEN

1 Richard Mavuso (Temp) 32:36 (1st vet); 2 Thato Pule (Tembisa) 34:00; 3 Lukhanyo Mabinza (Eyethu) 34:06.

Veterans: 1 Richard Mavuso (Temp) 32:36; 2 Philimon Manyaka (Nedbank) 37:22.

Masters: 1 Tidimalo Modiga (MiWay) 39:01. **G'masters:** 1 Peter Kisbey-Green (Fourways) 46:51. **G/g'masters:** 1 Lammie Fourie (Agape) 57:11. **80+:** 1 John Schochot (Fit 2000) 99:04.

WOMEN

1 Marelise Retief (Boxer) 39:34; 2 Nicole Venter (Temp) 40:56; 3 Liza Maritz (Runavation) 40:59.

Veterans: 1 Chantal Middel-Bovee (Definition) 48:24; 2 Anlie Dicks (Agape) 50:04.

Masters: 1 Tersie Bosman (Temp) 48:17. **G'masters:** 1 Marietjie v.d. Westhuizen (Overkruin) 61:41. **G/g'masters:** 1 Olga Smit (Affies) 70:25. **80+:** 1 Deirdre Larkin (Randburg) 70:29.

Nedbank Cape Gate 10 km

Brackenfell, 6 October

(Certified, hilly loop course. Finishers: 1251 [slightly up from 1224 last year].)

MEN

1	Anthony	Timoteus	UWC	23	30:52
2	Danzil	Paulse	Sanlam	25	32:19

3	Alantino	Belillie	Sanlam	20	32:38
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Veterans:

1	Shawn	Abrahams	Kuils River	48	34:05
2	Nicholas	Mpontshane	Sanlam	44	37:10
3	Andries	Swanepoel	Brackenfell	49	39:39

Masters:

1	Isaac	Opperman	Corr Services		34:49
2	Johnny	Persents	Edgemead	50	36:37
3	Henry	Wolstenholme	Durbac	51	36:40

G'masters:

1	Mochamat	Kriel	Ommiedraai	64	39:57
2	Michael	Crozier	Atlantis	60	46:02
3	Vernon	Murtz	Pinelands	61	47:13

G/g'masters:

1	Leon	Otto	AMSAC	72	52:28
2	John	Kemp	Brackenfell	70	53:43
3	Claude	Brooks	Midas Spartans	73	58:30

Juniors:

1	Edward	Jack	Central	16	33:34
2	Ronaldo	January	Celtic	19	35:08
3	Siyabonga	Mathe	Easterns		36:12

WOMEN

1	Danette	Smith	KPMG	29	39:42
2	Natalie	Beckenstrater	West Coast	36	40:45
3	Jeanetta	Kohler	West Coast	39	41:07

Veterans:

1	Melody	Marcus-Cupido	In Touch	44	42:43
2	Penny	Swanepoel	Durbac	48	47:21
3	Zethena	October	Ravensmead	49	49:31

Masters:

1	Gail	Maharaj	SANDF	51	49:06
2	Monica	Paterson	West Coast	57	49:56
3	Lorraine	Rogers	Durbac	59	50:15

G'masters:

1	Judith	Grove	Tygerberg	65	52:42
2	Helen	Du Plessis	Brackenfell	66	58:26
3	Elizabeth	Joubert	Gugs	63	1:00:06

G/g'masters:

1	Marietha	Herbert	Bellville	73	57:38
2	Pixie	Sparg	Celtic	73	59:28
3	Fatima	Nieuwenhuis	Top Form	70	1:21:56

Juniors:

1	Jana	Le Roux	KPMG Bol	18	42:38
2	Laila	Abouzaid	Goodwood Harriers	16	43:53
3	Annique	Arendse	UWC		57:06

BUCO Kowie Striders 27 km (40th) & 10 km

Bathurst to Port Alfred, 6 October

(Point-to-point courses, with approx. 20 km of the 27 km on gravel. Finishers: 27 km – 197 [down from 243 last year]; 10 km – 118 [up from 96].)

27 km**MEN**

1	George	Ntshiliza	Nedbank RC	39	1:39:05
2	Sandile	Ngunuza	Nedbank RC	35	1:39:08
3	Bradley	Mackenzie (1st vet)	Achilles AAA	46	1:47:07
4	Daryl	North	Achilles AAA	41	1:47:21
5	Vuyisani	Nobi	Volo Vikings	26	1:48:48

Veterans:

1	Bradley	Mackenzie	Achilles AAA	46	1:47:07
2	Nkosinathi	Gcakasi	Bluewater Bay	47	1:50:00
3	Wandile	Funda	Nedbank RC	43	1:54:07

Masters:

1	Geddes	Gallant	SANDF AC EP	52	1:56:28
2	Freek	Daniels	Transnet Eng EP	52	2:02:33
3	Graham	Terblanche	Madibaz AC	53	2:03:40

G'masters:

1	Alan	Taylor	Achilles AAA	61	2:04:40
2	Chester	Brooks	Xcel AC	60	2:13:10
3	Clive	Willows	Collegians Harr	61	2:24:59

G/g'masters:

1	Donald	Underwood	Temp	72	2:50:51
2	Herman	Dekker	SAPS AC EP	73	2:58:51

WOMEN

1	Christine	Claasen (1st mast)	Achilles AAA	54	2:06:36
2	Terri-Lynn	Penney (1st vet)	Nedbank RC	41	2:11:42
3	Grizelda	Pietersen	Nedbank RC	49	2:13:38
4	Jene	Banfield	Bluewater Bay	48	2:14:22
5	Tanya	Bentley	Charlo AC	25	2:14:59

Veterans:

1	Terri-Lynn	Penney	Nedbank RC	41	2:11:42
2	Grizelda	Pietersen	Nedbank RC	49	2:13:38
3	Jene	Banfield	Bluewater Bay	48	2:14:22

Masters:

1	Christine	Claasen	Achilles AAA	54	2:06:36
2	Sharon	Wood	RWFL EP	52	2:16:20
3	Carolyn	Grant	Albany SS	52	2:52:47

G'masters:

1	Renee	Hawkridge	Bluewater Bay	67	2:30:32
2	Christine	Snyman	Despatch AC	62	2:52:42
3	Ann	Willows	Collegians Harr	60	3:20:22

G/g'masters:

1	Paula	Richardson	Buffalo R R	75	3:33:05
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10 km**MEN**

1	Vuyolwethu	Selani	SAPS AC EP	22	34:41
2	Lubabalo	Jusayi	Nedbank RC	27	35:42
3	Khanyiso	Cini (1st jun)	SAPS AC EP	17	37:38

Veterans:

1	Melikhaya	Jacobs	Albany SS	40	39:26
2	Carriot	Galela	Nedbank RC	49	47:40

Masters:

1	Warren	Griffiths	Muirite Strider	53	47:56
2	Vusumzi	Simakuhle	Nedbank RC	53	52:09

G'masters:

1	Graham	Channon	Achilles AAA	69	52:27
2	Peter	Van Rensburg	Elite AC	60	1:06:32

G/g'masters:

1	Geoff	Hawkridge	Bluewater Bay	71	1:10:19
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Juniors:

1	Khanyiso	Cini	SAPS AC EP	17	37:38
2	Ayabonga	Saul	Kowie Striders	15	39:59

WOMEN

1	Sarah	Raubenheimer	Rhodes Univ	25	43:26
2	Sandiswa	Kundulu	Allstars	27	48:30
3	Theresa	Buchner	Nedbank RC	33	51:18

Veterans:

1	Philippa	Field	Albany SS	42	57:50
2	Jay-Neen	Vankeirsbilck	Charlo AC	49	1:27:07

Masters:

1	Michelle	Van der Watt	Elite AC	51	52:34
2	Gail	Klichowicz	Achilles AAA	51	1:00:42

Juniors:

1	Simone	Olckers	SAPS AC EP	16	1:10:57
2	Teagan	Ford	Old Selbornian	15	1:14:45

BAKgat 10 km

(In memory of Phil Pansegrouw)

Bellville, 3 October

(Certified loop course with many corners. Finishers: 1140 [up from 910 last year].)

Note: Repeat victories here for Akhona Makila and Anel Terblanche. -- Ed.

MEN

1. Akhona Makila (VOB) 32:14
2. Alantino Belillie (Sanlam) 32:17
3. Tsungai Mwanengeni (ZIM/Gugs) 32:36 (1st vet)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 32:36; 2. Vakalisa Kopololo (Ned) 33:22; 3. Vuyani Sixaso (Gugs) 34:42. **Masters:** 1. Steve Motau (Itheko) 36:06; 2. Andrew Cooper (Ned) 36:28; 3. Johnny Persents (Edge) 36:31. **G'masters:** 1. Henry Cleophas (Ned) 48:27; 2. Deon van Rensburg (Tyger) 50:35; 3. Chris Lourens (Brack) 51:06.

G/g'masters: 1. John Kemp (Brack) n/t; 2. Willie van Wyk (Brack) 53:00; 3. Maajid Warley (SH) 57:37. **Juniors:** 1. Edward Jack (Central) 33:21; 2. Simphiwe Vuntu (Herba) 37:47; 3. Corné Jooste (Bell) 39:31.

WOMEN

1. Anel Terblanche (KPMG) 37:31
2. Bulelwa Simae (Ned) 38:04 (1st vet)
3. Nolubabalo Dyonase (VOB) 40:26

Veterans: 1. Bulelwa Simae (Ned) 38:04; 2. Linda Kinloch-Smith (Asics) 41:12; 3. Elme Middlemost (Brack) 42:14. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 41:37; 2. Sandra Kohnert (Edge) 42:19; 3. Mariëtte Strauss (Tyger) 45:47. **G'masters:** 1. Olga Howard (Ned) 43:27; 2. Nancy Will (Pine) 48:41; 3. Dawn Saunders (Held) 52:35. **G/g'masters:** 1. Marietha Herbert (Bell) 56:43; 2. Pixie Sparg (Celtic) 58:25; 3. Annatjie Berntzen (Good) 78:28. **Juniors:** 1. Laila Abouzaid (Good) 43:11; 2. Razaan Kamaldien (Carb) 47:49; 3. Sophia Els (Bell) 49:10.

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

Bank of America Chicago Marathon (41st)

(An Abbott World Marathon Majors Event / IAAF Gold Label Road Race)

Chicago, USA, 7 October

(Distance: 42.195 km; certified loop course [prevalidated by IAAF measurer], almost completely flat)

MEN (gun times)

1. Mo Farah, GBR	2:05:11 PB/ER*	\$100,000
[1:03:06 / 1:02:05]		
2. Mosinet Geremew, ETH	2:05:24	75,000
[1:03:04 / 1:02:20]		
3. Suguru Osako, Portland, OR (JPN)	2:05:50 PB/NR	50,000
[1:03:04 / 1:02:46]		
4. Kenneth Kipkemoi, KEN	2:05:57	30,000
5. Galen Rupp, Portland, OR	2:06:21	25,000 + 15,000a
[1:03:04 / 1:03:17]		
6. Geoffrey Kirui, KEN	2:06:45	
7. Abel Kirui, KEN	2:07:52	
8. Taku Fujimoto, JPN	2:07:57 PB	
9. Bedan Karoki, KEN	2:07:59	
10. Birhanu Legese, ETH	2:08:41	
... 19. Yuki Kawauchi, JPN	2:16:26	

*) European record; previous 2:05:48, Sondre Nordstad Moen (NOR), Fukuoka, 03-Dec-2017

a) Earned USA citizen prize money

WOMEN

1. Brigid Kosgei, KEN	2:18:35 PB	\$100,000
[1:10:08 / 1:08:27]		
2. Roza Dereje, ETH	2:21:18	75,000
[1:10:09 / 1:11:09]		
3. Shure Demise, ETH	2:22:15	50,000
[1:10:10 / 1:12:05]		
4. Florence Kiplagat, KEN	2:26:08	30,000
[1:10:10 / 1:15:58]		
5. Veronicah Nyaruai, KEN	2:31:34	25,000
6. Sarah Crouch, Flagstaff, AZ	2:32:37 PB	15,000a
7. Taylor Ward, Ogden, UT	2:32:42 PB	12,000a
8. Kate Landau, 1976, Tacoma, WA	2:33:29 PB	10,000a + 2,000m
9. Melanie Myrand, CAN	2:34:08 PB	

10. Marci Klimek, Arlington, MA 2:34:53 5,000a
 ...
 Joan Samuelson, 1957, USA 3:12:13

- a) Earned USA citizen prize money
 m) Earned masters division prize money

Medtronic Twin Cities Marathon (37th) & 10 Miles (20th)

(USA 10-mile Championships; USA Masters Marathon Championships)
 Minneapolis to St. Paul, USA, 7 October

(Distances: Marathon, 42.195 km, standard certified course with 31 m elevation loss and 29.5% start/finish separation [record-standard]; 10 miles, certified point-to-point course with 14 m elevation GAIN and 78% start/finish separation [not record-standard].)

Marathon (gun times)

MEN

1. Elisha Barno, 33, Santa Fe, NM (KEN) 2:11:58 \$7500

WOMEN

1. Sinke Biyadgilgn, 23, Washington, DC (ETH) 2:33:04 PB \$7500
 2. Serkalem Biset Abrha, 29, Albuquerque, NM (ETH) 2:33:12 4000
 3. Sarah Kiptoo, 29, Santa Fe, NM (KEN) 2:33:16 3000

USA 10-mile Championships (gun times)

MEN

1. Shadrack Kipchirchir, 29, Colorado Springs, CO 46:32 \$12,000 + 10,000e
 2. Leonard Korir, 31, Colorado Springs, CO 46:35 10,000
 3. Stanley Kebenei, 28, Colorado Springs, CO 46:39 7,000

- e) Earned equalizer bonus

ALL-WOMEN'S EARLY START (5:45 headstart)

1. Sara Hall, 35, Flagstaff, AZ 52:47 \$12,000
 2. Molly Huddle, 34, Providence, RI 52:48 10,000
 3. Emma Bates, 26, Boise, ID 52:51 7,000

Bredase Singelloop Half Marathon (33rd)

Breda, NED, 7 October

(Distance: 21.1 km; flat, near-loop course with negligible start/finish separation)

MEN (gun times)

1. Berhane Tesfay, ERI, 1:00:54 PB
 2. William Wanjiku, KEN, 1:00:56 PB
 3. Terefa Deleba, ETH, 1:00:59
 4. Gilbert Bii, KEN, 1:01:16 PB
 5. Henry Rono, KEN, 1:01:40 PB

WOMEN (gun times)

1. Gladys Jeptepkeny, KEN, 1:12:56
 2. Ruth van der Meijden, NED, 1:13:03
 3. Adawork Sadura, ETH, 1:13:12
 4. Dariya Mikhaylova, UKR, 1:13:14
 5. Katsiaryna Karneyanko, BLR, 1:13:52

Kosice Peace Marathon (93rd)

(IAAF Silver Label Road Race)

Kosice, SVK, 7 October

(Distance: 42.195 km)

MEN (gun times)

- | | | | |
|-------------------------------------|---------|----|-----------------|
| 1. Raymond Kipchumba Choge, KEN, 88 | 2:08:11 | PB | EUR 12,000 |
| 2. Aychew Bantie Dessie, ETH, 95 | 2:08:15 | | 3,000 + 3,000b* |
| 3. Shumet Akalnew Mengistu, ETH, 88 | 2:08:50 | | 2,000 + 2,000b* |

b*) sub 2:09 bonus

WOMEN (gun times)

- | | | | |
|------------------------------------|---------|-------|-----------|
| 1. Milliam Naktar Ebongon, KEN, 92 | 2:27:16 | PB/CR | EUR 8,000 |
| 2. Sheila Jerotich, KEN, 89 | 2:29:40 | | 3,000 |
| 3. Jemila Wortesa Shura, ETH, 86 | 2:32:32 | | 2,000 |

New Balance Bronx 10 Mile (7th)

New York, USA, 30 September

(Distance: 10 miles; certified course with drop of 1.76 m/km and 0.9% start/finish separation.)

MEN (gun times)

- | | | |
|---|-------|-------|
| 1. Harbert Okuti, 32, Westchester TC (UGA) | 48:36 | \$800 |
| 2. Temesgen Habtemariam Bekele, 27, West Side Runners (ETH) | 48:39 | 600 |
| 3. Tadesse Yae Dabi, 29, West Side Runners (ETH) | 48:54 | 300 |

WOMEN (gun times)

- | | | | |
|--|-------|-------|-------|
| 1. Beverly Ramos, 31, New Balance (PUR) | 55:15 | PB/CR | \$800 |
| 2. Belaynesh Fikadu, 31, West Side Runners (ETH) | 55:27 | | 600 |
| 3. Roberta Groner, 40, New York Athletic Club | 56:01 | PB | 300 |

Bank of Scotland Great Scottish Run Half Marathon

(31st as half marathon or 25 km)

Glasgow, SCO, 30 September

(Distance: 21.1 km, with only small start/finish separation [record-standard course])

MEN (gun times)

- | | |
|--|---------|
| 1. Chris Thompson, Aldershot, Farnham & District | 1:02:07 |
| 2. Marcin Chabowski, POL | 1:02:24 |
| 3. Luke Traynor, Glasgow City/Giffnock North | 1:02:56 |

WOMEN (gun times)

- | | | |
|--------------------------------------|---------|----|
| 1. Mare Dibaba, ETH | 1:09:15 | |
| 2. Rose Chelimo, BRN | 1:10:07 | |
| 3. Alia Gray, USA | 1:13:32 | |
| 4. Fionnuala Ross, Shettleston (IRL) | 1:14:11 | PB |

Genworth Virginia Ten Miler (45th)

Lynchburg, USA, 29 September

(Distance: 10 miles; hilly, certified course with no net elevation change or start/finish separation)

Note: Julius Kogo won this race for the fifth time since first winning it in 2009 (he also won in 2012, 2013 and 2014). -- Ed.

MEN (gun times)

- | | | |
|--|-------|---------------|
| 1. Julius Kogo, 33, Chapel Hill, NC (KEN) | 48:18 | \$1500 + 400i |
| 2. Emmanuel Mnangat Chamer, KEN | 48:23 | 800 + 400i |
| 3. Kiprop Mutai, 31, Bowling Green, KY (KEN) | 48:35 | 700 + 400i |

i) Earned time incentive bonus

WOMEN

- | | | |
|--|-------|-------------------|
| 1. Vicoty Chepngeno, 24, Grand Prairie, TX (KEN) | 54:54 | \$1500 + 600i |
| 2. Brilliant Jepkorir, 23, Lansing, MI (KEN) | 54:57 | 800 + 600i |
| 3. Karolina Nadolska, 37, POL | 55:15 | 700 + 400i |
| 4. Susan Jerotich, 31, Chapel Hill, NC (KEN) | 56:30 | 600 + 200i |
| ... 6. Letitia Saayman, 25, Lillington, NC (RSA) | 58:48 | 400 + 300a + 100i |

i) Earned time incentive bonus

ING Route du Vin Half Marathon (57th)

(Luxembourg Championships)

Remich to Wormeldange to Remich, LUX, 30 September

(Distance: 21.1 km; out-and-back course)

MEN (gun times)

- | | | |
|--------------------------------|---------|--------|
| 1. Dominic Kipngeno Mibei, KEN | 1:04:07 | € 1250 |
| 2. Joseph Mbatha Nzoki, KEN | 1:04:11 | 900 |
| 3. Ezra Kering, KEN | 1:04:12 | 700 |

WOMEN (gun times)

- | | | |
|-------------------------------|---------|--------|
| 1. Thabita Wambui Gichia, KEN | 1:13:08 | € 1250 |
| 2. Mercelyne Jeronoh, KEN | 1:14:36 | 900 |
| 3. Agnes Keino, KEN | 1:15:04 | 700 |

CROSS-COUNTRY**TCS Lidingöloppet**

Lidingö, Stockholm, SWE, 29 September

(Distances: 30 km and less competitive 15 km for men)

30 km (gun times)

MEN

(13057 finishers)

- | | |
|---------------------------|---------|
| 1. Napoleon Solomon, SWE | 1:37:42 |
| 2. Ebba Tulu Chala, SWE | 1:39:06 |
| 3. John Muthui Musee, KEN | 1:39:15 |

WOMEN

(3692 finishers)

- | | |
|-----------------------|---------|
| 1. Sylvia Medugu, KEN | 1:53:00 |
|-----------------------|---------|

- | | |
|------------------------|---------|
| 2. Annie Bersagel, USA | 1:53:52 |
| 3. Hanna Lindholm, SWE | 1:54:17 |

15 km**MEN**

(2254 finishers)

- | | |
|---------------------------|-------|
| 1. Abraha Adhanom, SWE | 46:07 |
| 2. Masresha Bisetegn, ETH | 47:02 |
| 3. David Nilsson, SWE | 47:04 |

WOMEN

(2778 finishers)

- | | |
|---------------------------------|-------|
| 1. Kristine Eikrem Engeset, NOR | 55:04 |
| 2. Yitayish Agidew, ETH | 55:10 |
| 3. Derartu Delesa, ETH | 56:28 |

BACKGROUND

This article by Andy Milroy, the world's pre-eminent ultra statistician and historian, was written especially for *Distance Running Results*.

RATIFICATION OF KAZUMI'S 100 KM MARK CREATES CRISIS FOR IAAF

By Andy Milroy

Ultramarathon experts and followers of the sport were surprised recently that the IAAF chose to ratify the 6:09:14 100 km mark set by Nao Kazumi in June on the Lake Saroma course. The ratification of this mark has created a crisis in road running. The problem is that the IAAF doesn't realise it yet! We assume that unfortunately they were not in full possession of the facts.

The issue is one of great importance for the credibility of world record keeping.

Knowledgeable experts within the world ultrarunning community have spent some time analysing the Lake Saroma results. The significance of this mark is complicated by the fact that the IAU currently only recognise one record for each distance. Thus Don Ritchie's 6:10:20, set on an unaided track, would be superseded by a highly controversial aided road mark.

The separation of the start and finish of 50%, adopted by the IAAF controversially in 2003, has now allowed a wind-assisted mark to be ratified.

In this year's race at Lake Saroma five Japanese runners ran under 6:30. Five runners under 6:30 for a 100 km is unique. Even in the highly competitive World Challenge events, where the best 100 km runners in the world are very motivated to produce their best, the most on a standard course has been just three. And this has happened only twice -- in 1999 and 2000. One of those races was on the pancake flat Winschoten course. Four broke 6:30 in 1994, but that was also on the Saroma course ...

Another major issue is the marked improvement by so many of the leading group, as follows:

Nao Kazumi 6:09:14. Previous best 6:33:52 -- 24:38 improvement. (Note that Kazumi finished some way down the field in the recent World 100 km Championships in Croatia -- he was 6th in 6:42:30.)

Koji Hayasaka 6:20:49. Previous best 6:45:28 -- 24:39 improvement.

Takehiko Gyoba 6:22:55. No previous 100 km known -- 2:19:12 marathon.

Hideaki Yamauchi 6:23:49. Previous best 6:18:22.

Yoshiki Kawauchi 6:28:35. Previous best 6:42:06 -- 13:31 improvement.

Takahiro Sunada ran 6:13:33 on the Saroma course in 1998. He had strong credentials, being a 2:12 marathon runner at the time, and he was to improve to 2:11 and finally 2:10.

He subsequently ran 6:17:17 and 6:26:06, on standard courses. Twenty years later Kazami now ran 6:09:14 on the same course, but his marathon best is just 2:17:14. So Kazami is SEVEN minutes slower than Sunada at the marathon and yet ran FOUR minutes faster ON THE SAME COURSE!

The massive underlying problem with a potentially wind-aided course is whether improvements in time are due to a better runner running faster or just a stronger tail wind.

Having produced world 100 km rankings for the *ATFS Annual* for over 30 years, I am well aware of the level of performances in the event. These results are a major anomaly -- remarkably unusual. Runners are basically human machines. They run at a fixed pace for a specific distance, based on trial and error. Sudden breakthroughs, major improvements in times, happen usually early in the career as runners quickly gain in experience. This why I find Hayasaka's time particularly surprising. He has several previous times in the 6:40/6:50 range -- and now suddenly 6:20:49!

The problem with the Saroma course is that it is coastal, subject to onshore winds in the morning. The course basically runs northwest parallel with the coast - the separation between start and finish is over 40 km.

I have checked the weather in Yubetsu, Hokkaido, Japan -- the race venue that day. At 06.00 the wind was NW 14 km/h. By 12.00 this had increased to NW 20 km/h! The wind was in the same direction as the race.

Further analysis of the wind data by the UMF (French Ultramarathon Association) shows a wind assistance of close to double and even treble the allowable wind speed for track sprints (maximum of 2 m/sec or 7.2 km/h), but operating over a far longer period of time.

Nearly **60%** of the event was run with a tailwind between 14 and 20 km/h.

Based on all this evidence -- unique number of runners achieving sub-6:30, number of runners showing marked improvement, known start-finish separation, reported direction and strength of wind at the venue on the day -- the marks were severely wind aided.

This issue is important, way beyond ultrarunning. It sets a precedent that could well taint and damage road running. The ratification impacts on the credibility of IAAF world records. A known aided mark has been ratified as a world record!

Further analysis of 100 km road races reveals the unique nature of the hyper-fast Lake Saroma course. A detailed study of the 2017 100 km courses using the excellent DUV website shows the only other known Japanese point-to-point course is Shimanto, which is actually nearly a loop, with start and finish only a few kilometres apart.

Globally the vast majority of 100 km races are now held on loop courses, which are much, much easier to manage, just in terms of logistics and ease of organisation. The very idiosyncratic Lake Saroma course is therefore an anomaly.

It is not just ultras that would be affected by the ratification of such wind-aided marks. It opens a whole new can worms for marathons, half marathons, even 10 km races.

There are, of course, vested interests in play -- for instance, the New York Marathon has a start/finish separation of 48%. Freak weather conditions could result in very fast times. New York lost its "world records" to remeasurement and is hungry to compete with the likes of the Berlin Marathon.

STATS TIME

This week we include a list of the top ten SA women in the marathon for 2018. Whereas on the men's list (published last week) seven of the eleven times were run in the Sanlam Cape Town Marathon, eight women's times were recorded in the Mother City. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

2018 MARATHON: TOP 10 WOMEN

2:34:39	Nolene Conrad	8	Cape Town	23 Sep
2:38:17	Conrad-2	8	Vienna	22 Apr

2:42:11	Christine Kalmer	14	Cape Town	23 Sep
2:44:33	Makhosazane Mhlongo	15	Cape Town	23 Sep
2:44:52	Charné Bosman	16	Cape Town	23 Sep
2:47:07	Yolande Maclean	18	Cape Town	23 Sep
2:47:56	Ntombesintu Mfunzi	19	Cape Town	23 Sep
2:49:49	Tanith Maxwell	20	Cape Town	23 Sep
2:52:44A	Stephanie Smith	1	East London	18 Feb
2:52:47	Cobie Smith	21	Cape Town	23 Sep
2:53:06A	Ulrica Stander	1	Simon's Town	18 Feb

THIS MONTH IN HISTORY

20 years ago: 11 October 1998

South Africa's two best female marathoners, Elana Meyer and Colleen de Reuck, squared up in the Chicago Marathon on two occasions. This was the first, and it produced their best results. They started off fast, leading the race from the outset, going through 10 miles in 54:04 -- sub 2:22 pace. Halfway was passed in 1:10:59 and then De Reuck moved ahead, only to be caught by Joyce Chepchumba (KEN) by 22 miles. The Kenyan then raced away, and while Meyer cut into De Reuck's lead, she failed to catch her by 16 seconds. Chepchumba scored a huge PB of 2:23:57, with De Reuck second in 2:27:04 and Meyer third in 2:27:20. In the men's race Gert Thys was also third, in a PB of 2:07:45 -- just 17 seconds off Josiah Thugwane's national record. The next year Meyer turned the tables on De Reuck when they finished third and fourth in nearly identical times, 2:27:17 to 2:27:30. Meyer (who celebrates her 52nd birthday on Wednesday) was also fourth in 2000.

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	2:08:31	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 27:48	Simphiwe Zulu Bernard Lagat (USA) 2015	Durban	15 Jul
15 km	48:11 44:14	Mthandazo Qhina Pierre Levisse (FRA) 1992	Constantia	06 Jan
21.1 km	66:57 61:09	Simon Mpholo Haile Gebrselassie (ETH) 2013	Port Elizabeth	28 Jul
25 km	89:07 76:49	Sikhumbuzo Dlamini Martin Mondragon (MEX) 1994	Durban	21 Mar
30 km	1:40:20 89:45	Mthandazo Qhina Mark Kiptoo Kosgei (KEN) 2016	Simon's Town	19 Aug
Marathon	2:20:32 2:08:38	Mthandazo Qhina Kenneth Mungara (KEN) 2016	Cape Town	23 Sep
100 km	9:46:50 6:18:24	Johan van der Merwe Mario Ardemagni (ITA) 2004	Polokwane	15 Apr

Masters (50+)

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	2:40:00 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

Grandmasters (60+)

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

Great grandmasters (70+)

10 km	43:34 37:33	Jimmy Morris Ed Whitlock (CAN) 2004	Athlone	10 Feb
15 km	66:46	Jimmy Morris	Claremont	24 Jun

21.1 km	58:19	Ed Whitlock (CAN) 2001		
	97:09	Johannes Phoo	Polokwane	19 May
25 km	82:23	Ed Whitlock (CAN) 2001		
	2:09:11A	Hansie Els	Somerset East	21 Apr
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		
	3:39:04	Daniel Hlongwane	Mossel Bay	06 Oct
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				
	8:53:45	Max Courtillon (FRA) 1997		
<u>Juniors</u>				
10 km	30:27	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	32:49	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	2:34:39	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	2:44:52	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	Mariëtte Strauss	Port Elizabeth	28 Jul
	75:18	Linda Somers (USA) 2011		
25 km	2:04:42	Ansie Breytenbach	Pretoria	12 May
	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	3:10:59	Jane Mudau	Cape Town	23 Sep
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km	7:51:10	Meghan Arbogast (USA) 2011		
<u>Grandmasters (60+)</u>				
10 km	42:20	Margie Saunders	Colchester	22 Sep
	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	92:16	Annatjie Botes	Port Elizabeth	28 Jul
	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	17:51:42	Martie Boesenberg	Polokwane	15 Apr
	9:20:07	Ursula Schmitz (GER) 1999		
<u>Great grandmasters (70+)</u>				
10 km	52:30	Sonja Laxton	Johannesburg	07 Oct
	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	3:19:19	Pixie Sparg	Simon's Town	19 Aug
	2:58:52A	Veronica van Niekerk	Camps Bay	14 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:49:16	Veronica van Niekerk	Cape Town	23 Sep
	4:37:20A	Marietha Herbert	Simon's Town	18 Feb

100 km	3:35:29	Helga Miketta (GER) 2013		
	12:50:49	Helen Klein (USA) 1993		
<u>Juniors</u>				
10 km	35:21	Carmie Prinsloo	Cape Town	23 Sep
	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	80:48	Lesego Mpshe	Polokwane	19 May
	67:57	Abebu Gelan Adugna (ETH) 2009		

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