

Distance Running Results

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EDITORIAL

Joshua Cheptegei and Stella Chesang, both from Uganda, who between them won three gold medals on the track at the Commonwealth Games earlier this year, showed their class in the super-quick FNB Durban 10 km CitySurfRun yesterday by recording the fastest times ever on South African soil. Both also set a national record -- Cheptegei with 27:16 and Chesang with 31:14.

Cheptegei, who won both the 5000 m and 10000 m at the Commonwealth Games (the latter with a Games record of 27:19.62), ran the previous fastest 10 km in South Africa in last year's race when he clocked 27:29 to win by 36 seconds. This year he was even faster, but his margin of victory was much smaller as Swiss Julien Wanders, who was third in 2017, finished only 16 seconds behind in his own national record of 27:32. His time is only 14 seconds slower than the quickest ever by a European, the 27:18 run by Jon Brown (GBR) in 1995.

Two more men dipped under 28:00 -- Moses Koech (KEN) was third in 27:46 and Stephen Kissa (UGA) fourth one second behind, both PBs.

Stephen Mokoka, who won the national marathon title three weeks ago, was the first South African, sixth in 28:18. There were only three South Africans in the top ten.

Chesang, the Commonwealth 10000 m champion (she was second in the FNB Cape Town 12 ONERUN in May), broke the national record set in the race last year by Mercyline Chelangat (31:38) by 24 seconds. Her time also bettered the previous best ever on SA soil, Elana Meyer's 31:33 in Durban in 1991 (then the SA record), by 19 seconds. Chelangat, who won the bronze medal in the Commonwealth 10000 m, was second, equalling Meyer's time.

Behind the two Ugandans followed three South Africans, all with PBs: Irvette van Zyl 32:06, Glenrose Xaba 33:14 and Two Oceans champion Gerda Steyn 33:36. Steyn will be running the TCS New York City Marathon on 4 November.

Far behind these stars followed another outstanding athlete: Deirdre Larkin. The Randburg Harrier, who recently turned 87, was third in the 70+ category with a new world single-age record of 60:04, which smashed the 63:43 she ran in the SA 10 km Championships last month. Larkin now holds all the single-age records from 81 to 87, except the one for 83, as well as the 80-84 record (54:17 in 2013, also in Durban) and the 85-89 record (59:51 in 2017).

List leaders were set by Mokoka and Van Zyl, as well as by junior Dais Malebana (30:02).

The club of Charles Parry, the first master in the Constantia Valley Grape Run 14 km, was not indicated in the results provided to DRR (as included in last week's DRR). He runs for Pinelands.

Another runner who ran twice last weekend, apart from those mentioned in last week's DRR, was Nancy Will. The category results for the PetroSA Marathon received by DRR did not include the grandmasters, but in fact the top three athletes were Annatjie Botes (3:27:12), Will (3:48:59) and Blanche Moila (3:54:18). Will also ran the Grape Run Half Marathon the next day; the previous Wednesday she also completed the BAKgat 10 km.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * FNB Durban 10 km CitySurfRun, Durban
- * OUTsurance 94.5Kfm Gun Run Half Marathon & 10 km, Cape Town
- * Voet van Afrika Marathon, Half Marathon & 10 km, Bredasdorp
- * Jacaranda City Challenge Marathon, Half Marathon & 10 km, Pretoria
- * BUCO 10 km, Port Elizabeth
- * Silver Queen Runway Night Race, Ysterplaat
- * Veenwouden Paarlberg Half Marathon, Paarl

International highlights:

- * Bridgestone Great 10 km Berlin, Berlin, GER
 - * Giro Podistico di Pettinengo, Pettinengo, Biella, ITA
 - * Hakone Ekiden Yosenkai Road Race, Tokyo, JPN
 - * Reebok Boston 10 km for Women, Boston, USA
 - * Singelloop, Utrecht, NED
 - * Cardiff University Cardiff Half Marathon, Cardiff, GBR
 - * B.A.A. Half Marathon, Boston
 - * Trento Half Marathon, Trento, ITA
 - * Family Bank Half Marathon, Talget to Eldoret, KEN
 - * XC: NCAA Pre-Nationals, Madison, USA
-

ROAD RUNNING

FNB Durban 10 km CitySurfRun

Durban, 14 October

(Certified near-loop course [start/finish separation is approx. 25% of race distance].

Finishers: 6045 [big increase from 4146 last year].)

MEN

1. Joshua CHEPTEGEI (UGA), 22, 27:16 PB/NR (R30 000)
2. Julien WANDERS (SUI), 22, 27:32 PB/NR (R17 000)
3. Moses KOECH (KEN), 21, 27:46 PB (R13 000)
4. Stephen KISSA (UGA), 22, 27:47 PB (R8000)
5. Mande BUSHENDICH (UGA), 21, 28:01 PB (R7000)
6. Stephen MOKOKA (Boxer), 33, 28:18 (R6000 + R20 000i)
7. Filmon ANDE (ERI), 20, 28:29 (R5000)
8. Ryan MPHABLELE (Tembisa), 20, 28:46 PB (R4000 + R12 000i)
9. Elroy GELANT (Boxer), 33, 29:01 (R3000 + R6000i)
10. Canisious NYAMUTSITA (ZIM/ME), 27, 29:08 (R2000)
11. Tatenda HOVE (ZIM/ME), 28, 29:13

12. Jeromy ANDREAS (UJ), 26, 29:15 (R6000i)
 13. Kabelo SEBOKO (Boxer), 20, 29:18 (R6000i)
 14. Thabang MOSIAKO (Boxer), 22, 29:29
 15. Siphon MBANJWA (Boxer), 24, 29:33
 16. Mothimokholo HATASI (LES), 24, 29:39
 17. Bongingkosi ZWANE (Boxer), 27, 29:49
 18. Dais MALEBANA (Ind), 19, 30:02
 19. Phenyon CHIDI (Tembisa), 19, 30:08
 20. Koketso MOSHAPO (Masai), 24, 30:21
 21. Blessmore CHIDZIVA (ZIM/ME), 25, 30:22
 22. Marko BUCARIZZA (Ind), 29, 30:22
 23. Dibaba AREDA (ETH), 24, 30:28
 24. Nkosikhona MHLAKWANA (Boxer), 25, 30:51
 25. Rantso MOKOPANE (Ind), 24, 30:52
 26. Wiseman MTHEMBU (Ind), 18, 30:53
 27. Nkosinathi SIBIYA (Cosmic), 24, 31:09
 28. Lebohlang MAHLOANE (LES/Acad), 17, 31:31
 29. Sthembiso MTAMBO (Acad), 16, 31:52
 30. Jerry MOTSAU (Boxer), 28, 32:09
- i) Time incentive for the first five SA athletes for running 28:00-28:29, 28:30-28:59 and 29:00-29:29 respectively.

(All age category prize money was the same: R3000, R2000, R1000.)

40-49:

- | | | | |
|----|---------------------|-----------|-------|
| 1. | Sifiso Majozi | Nedbank | 34:05 |
| 2. | Frederick Shabalala | QBH | 36:20 |
| 3. | Cebo Ngcobo | Ethekweni | 36:29 |

50-59:

- | | | | |
|----|------------------|-------------|-------|
| 1. | Nodindwa Mtsweni | Ikhaya | 34:22 |
| 2. | Michael Ndlovu | Ind | 36:27 |
| 3. | Jabulani Mnguni | Maxed Elite | 37:49 |

60-69:

- | | | | |
|----|-----------------------|-----------|-------|
| 1. | Andy Daly | Westville | 39:01 |
| 2. | Gideon Radebe | AA | 39:13 |
| 3. | Tshilivhali Neswisiwi | Sizabantu | 42:46 |

70+:

- | | | | |
|----|------------------|-------|-------|
| 1. | Andrew Spence | SCS | 46:07 |
| 2. | Alan Pugh-Jones | DHSOB | 63:54 |
| 3. | Hans Dieter Olms | YWP | 79:21 |

Juniors:

- | | | | |
|----|-----------------|---------|-------|
| 1. | Dais Malebana | Ind | 30:02 |
| 2. | Phenyon Chidi | Tembisa | 30:08 |
| 3. | Wiseman Mthembu | Ind | 30:53 |

WOMEN (Same prize money as men)

1. Stella CHESANG (UGA), 21, 31:14 PB/NR
2. Mercyline CHELANGAT (UGA), 20, 31:33 PB
3. Irvette VAN ZYL (Ned), 31, 32:06 PB (R20 000i)
4. Glenrose XABA (Boxer), 23, 33:14 PB (R6000i)
5. Gerda STEYN (Ned), 28, 33:36 PB (R3000i)
6. Caroline MHANDU (ZIM/ME), 23, 34:23 PB
7. Betha CHIKANGA (ZIM/ME), 22, 34:28
8. Maria SHAI (Boxer), 31, 35:09
9. Cornelia JOUBERT (Boxer), 30, 35:36
10. Makhosazane MHLONGO (Boxer), 36, 35:45
11. Janie GRUNDLING (Boxer), 38, 36:10
12. Tayla KAVANAGH (Ind), 17, 36:49 PB

13. Anna BUNGU (ME), 22, 37:04
14. Bathobile MKHIZE (Amaq), 21, 37:08
15. Shelley YOUNG (Chilt), 29, 37:29
16. Ntombomzi TYWALANA (Acad), 18, 38:08
17. Vuyolwethu NGCEMU (Ind), 27, 38:16
18. Bongekile MANYANI (Acad), 16, 38:17
19. Lebo PHALULA (Boxer), 34, 38:45
20. Yofuthi MKHIZE (Zakhele), 33, 39:42

i) Time incentive for the first five SA athletes for running 32:00-32:29, 33:00-33:29 and 33:30-34:30 respectively (only three qualified).

40-49:

- | | | | |
|----|----------------|-------|-------|
| 1. | Janene Carey | Boxer | 40:21 |
| 2. | Simone Verster | KPMG | 42:30 |
| 3. | Debbie Perry | Boxer | 42:39 |

50-59:

- | | | | |
|----|-------------------|-------------|-------|
| 1. | Michelle Sims | PDAC | 41:42 |
| 2. | Grace De Oliveira | KPMG | 41:57 |
| 3. | Shelly Maree | Medihelp MS | 44:40 |

60-69:

- | | | | |
|----|---------------|---------|-------|
| 1. | Trudy Donkin | Ind | 46:52 |
| 2. | Blanche Moila | Savages | 48:38 |
| 3. | Wendy Rook | Savages | 50:22 |

70+:

- | | | | |
|----|----------------|-----------|--------|
| 1. | Jackie Davies | Savages | 55:23 |
| 2. | Gill Tregenna | Westville | 57:54 |
| 3. | Deirdre Larkin | Randburg | 60:04* |

*) World single-age record for 87 years; previous 63:43, Larkin, 2018.

Juniors:

- | | | | |
|----|-------------------|---------|-------|
| 1. | Tayla Kavanagh | Ind | 36:49 |
| 2. | Nombomzi Tywalana | Academy | 38:08 |
| 3. | Bongokile Manyani | Academy | 38:17 |

OUTsurance 94.5Kfm Gun Run Half Marathon (26th) & 10 km (15th)

Cape Town, 14 October

(Distances: 21.1 km & 10 km; certified near-loop courses. Finishers: half marathon -- 6263 [considerably down from 8091 last year]; 10 km -- 5453 [down from 5744].)

Note: Third victory in a row and fourth in total (he also won in 2013) in the half marathon here by David Manja. It was the second race in two days for junior Thembeke Mendu, who also ran the Voet van Afrika 10 km the previous day. What a waste of talent! -- Ed.

Half Marathon

MEN

1. David Manja (Ned CGA), 27, 1:02:58
2. Desmond Mokgobu (Olifants), 29, 1:03:15
3. Namakoe Nkhasi (LES/Ned), 25, 1:03:38
4. Sibabalwe Gladwin Mzazi (Boxer), 30, 1:04:36
5. Mbongeni Ngxazozo (Boxer), 38, 1:05:45

Veterans: 1. Mthandazo Qhina (Ned), 41, 1:09:55; 2. Roger Dickson (VOB), 45, 1:18:02; 3. Xolile Macanda (Gugs), 46, 1:20:49. **Masters:** 1. John September (Itheko), 52, 1:19:54; 2. Leonard Khali (Gugs), 56, 1:30:24; 3. Mandlenkosi Ngqunge (Ned), 53, 1:30:48. **G'masters:** 1. Mochamat Kriel (Ommie), 64, 1:26:34; 2. Roger Arendse (Gugs), 60, 1:39:58; 3. Mark Wagenheim (AAC), 62, 1:43:36. **G/g'masters:** 1. Blake Wilkins (AAC), 71, 1:49:33; 2. Willie van Wyk (Brack), 70, 1:52:21; 3. Jonathan Hamlyn (VOB),

70, 1:57:42. **Juniors:** 1. Thembeko Mendu (Gugs), 19, 1:10:43; 2. Geo van Niekerk (Well) 1:14:09; 3. Lethu Cetywayo (VOB), 17, 1:15:41.

WOMEN

1. Jenet Mbhele (Umzimkulu), 24, 1:15:10
2. Annie Bothma (Ned), 22, 1:15:46 PB
3. Patience Murowe (ZIM/Ned), 1:17:39
4. Lebogang Phalula (Boxer), 34, 1:18:16
5. Zintle Xiniwe (KPMG), 31, 1:21:05

Veterans: 1. Bulelwa Simae (Ned), 41, 1:23:30; 2. Jeanetta Kohler (WC), 40, 1:29:01; 3. Tracy Forbes (VOB), 45, 1:33:21. **Masters:** 1. Joanna Thomas (VOB), 50, 1:27:28; 2. Obertina Kanyongo (ZIM/Ned), 51, 1:32:57; 3. Susan Dickson (VOB), 50, 1:36:40. **G'masters:** 1. Olga Howard (Ned), 60, 1:38:54; 2. Bev Charters (VOB), 60, 1:44:41; 3. Ora Human (Carb), 60, 1:54:51. **G/g'masters:** 1. Pixie Sparg (Celtic), 73, 2:12:31; 2. Veronica van Niekerk (EGA), 73, 2:15:26; 3. Marlene James (Pine), 74, 2:25:15. **Juniors:** 1. Jana le Roux (KPMG Bol) 1:33:29; 2. Marina van Tonder (Maties), 19, 1:34:19; 3. Caitlyn Schlehmeier (Lange St), 18, 1:39:20.

10 km

MEN

1. Lesiba Precious Mashela (Olifants), 28, 29:24
2. Melikhaya Frans (Ikhamva), 28, 29:52
3. Anthony Timoteus (UWC), 23, 30:24
4. Tumisang Monnatlala (KPMG CGA), 23, 30:37
5. Siboniso Soldaka (CPUT), 27, 30:52

Veterans: 1. Vakalisa Kopolo (Ned), 41, 32:37; 2. Tsungai Mwanengeni (ZIM/Gugs), 44, 33:29; 3. Shawn Abrahams (Kuils), 48, 33:51. **Masters:** 1. Tobias Philander (Itheke), 54, 36:58; 2. John Nhubu (Bell), 50, 39:36; 3. James Irlam (Itheke), 53, 40:59. **G'masters:** 1. Henry Cieverts (Top), 60, 45:40; 2. Brian Collier (Ind), 68, 46:36; 3. Albert Williams (Top), 65, 46:55. **G/g'masters:** 1. Oloff Crous (Brack), 73, 59:19; 2. Christopher Clark (Ind), 76, 60:04; 3. Mel berry (Sald), 71, 66:13. **Juniors:** 1. Carlo Flink (Itheke), 18, 31:47; 2. Edward Jack (Central), 16, 32:47; 3. Renaldo January (Celtic), 19, 33:16.

WOMEN

1. Rutendo Nyahora (ZIM/Ned AGN)), 29, 34:01
2. Nobukhosi Tshuma (ZIM), 24, 35:13
3. Fortunate Chidzivo (ZIM/Langa), 31, 35:41
4. Kyla van Graan (Ned), 24, 36:56
5. Thineke Cloete (Stell), 26, 36:57

Veterans: 1. Christiane Adriaanse (GER/VOB), 41, 37:33; 2. Busisiwe Matiwane (Ned), 43, 42:36; 3. Sharon Sunderland (Ned), 46, 43:31. **Masters:** 1. Renée Scott (VOB), 56, 44:11; 2. Mariëtte Strauss (Tyger), 56, 45:02; 3. Evelina Tshabalala (CC), 52, 49:16. **G'masters:** 1. Nancy Will (Pine), 66, 46:42; 2. Charmaine Cupido (Ned), 62, 49:27; 3. Judith Grové (Tyger), 65, 50:38. **G/g'masters:** 1. Marietha Herbert (Bell), 73, 57:36; 2. Wendy Wilkins (AAC), 72, 62:05; 3. Cecile Kidson (Lange St), 77, 63:32. **Juniors:** 1. Yandiswa Shange (Stell), 18, 37:47; 2. Lara Rossouw (Maties), 19, 40:55; 3. Laila Abouzaid (Good), 16, 42:19.

Voet van Afrika Marathon & Half Marathon (40th), & 10 km

Bredasdorp, 13 October

(Distances: 42.195 km – very hilly loop course, mostly on gravel; 21.1 km – hilly loop course, mostly on gravel; 10 km -- hilly loop course. Finishers: marathon -- 236 men + 83 women = 319 total [up from 298 last year]; half marathon -- 179 men + 225 women = 404 total [up from 331]; 10 km -- 460 [up from 427].)

Note: Fifth win in a row in the marathon here for Candyce Hall (the race was cancelled in 2015). --Ed.

Marathon

MEN

1. Admire Rushika (ZIM/VOB), 32, 2:44:41
2. Jimmy Bonjezi (MAW/Whalers), 40, 2:51:08 (1st vet)
3. Richard Flint (VOB), 34, 3:01:17

Veterans: 1. Jimmy Bonjezi (MAW/Whalers), 40, 2:51:08; 2. Zwelithini Vaphi (GC), 46, 3:16:26; 3. Johan Stemmet (Bonnie), 44, 3:27:30. **Masters:** 1. Anton Chevalier (Ned SWD), 53, 3:41:41; 2. Geddes Galant (SANDF EP), 52, 3:42:16; 3. Graham Terblanche (Madibaz), 53, 3:56:30. **G'masters:** 1. Kosie Botha (CS Bol), 62, 3:39:13.

WOMEN -

1. Candyce Hall (Carb), 34, 3:35:12
2. Marie Wessels (Ind), 35, 3:35:58
3. Sesethu Melamane (IT), 34, 3:43:02

Veterans: 1. Ursula Frans (Ned), 49, 3:52:33; 2. Marietjie de Vries (Strand), 45, 4:12:14; 3. Elme Middlemost (Bell), 40, 4:13:42. **Masters:** 1. Cailey Bredenkamp (Paarl), 55, 4:18:22; 2. Maryna Bingle (CMC), 54, 4:53:44; 3. Joanne Els (Well), 55, 4:58:55. **G'masters:** 1. Caroline Sands (Hout), 62, 4:47:32.

Half marathon

MEN

1. Ettienne Plaatjies (Ned Bol), 31, 1:19:49
2. André Afrika (Eerste), 24, 1:20:10
3. Tsungai Mwanengeni (ZIM/Gugs), 44, 1:24:48 (1st vet)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs), 44, 1:24:48; 2. Vuyani Sixaso (Pine), 45, 1:29:42; 3. Wilhelm Cooper (Whalers), 48, 1:53:50. **Masters:** 1. Enock Gijimani (Pine), 59, 1:28:08; 2. Cliff Wallace (CMC Eden), 59, 2:11:46; 3. Piet van Dyk (Sald), 59, 2:18:05. **G'masters:** 1. Frank Gillion (Whalers), 60, 1:53:24. **G/g'masters:** 1. Koert Meyer (Tyger), 72, 3:29:12.

WOMEN

1. Marion Leiberich (Langa), 30, 1:31:33
2. Nomvuyisi Seti (Langa), 36, 1:42:19
3. Natalie van Reenen (Ind), 25, 1:52:26

Veterans: 1. Jacky Misroll (Pine), 49, 2:00:12; 2. Rachel de Bruin (Ind), 47, 2:07:49; 3. Trudie Cremer (Brack), 40, 2:33:12. **Masters:** 1. Delmarie Henning (Hartenbos), 57, 2:18:44; 2. Monica Paterson (WC), 57, 2:22:51; 3. Louisa Dubuisson (Ned SWD), 56, 2:31:27. **G'masters:** 1. Sollie Liebenberg (Ind), 62, 2:33:38. **G/g'masters:** 1. Dolla Geldenhuys (Ceres), 70, 3:32:19.

10 km

MEN

1. Akhona Makila (VOB), 27, 35:23

2. Thembeko Mendu (Gugs), 19, 35:24
3. Jeandre September (UWC), 21, 36:02

Juniors: 1. Thembeko Mendu (Gugs), 19, 35:24; 2. Duvan Jansen (Bredas), 17, 39:10; 3. Shano Erasmus (Bredas), 15, 43:15.

WOMEN

1. Sunelle Barnard (Ind), 31, 47:54
2. Shaundrey-Lee Farmer (Eerste), 25, 48:38
3. Victoria Madden (Ind), 34, 49:12

Juniors: 1. Ciara Truter (SAPS), 14, 54:08; 2. Sune Chadwick (Ind), 15, 55:23; 3. Michelle Blom (Whalers), 18, 56:24.

Jacaranda City Challenge Marathon, Half Marathon & 10 km

Pretoria, 13 October

(Distances: 42.195 km, 21.1 km & 10 km; certified undulating loop courses. Finishers: marathon -- 2150; half marathon -- 2110; 10 km -- 1490.)

Note: DRR correspondent Pieter de Jager, who was one of the referees in the half marathon, reports that all athletes in the two longer races, except the first two in the half marathon, ran approx. 890 metres short because of a marshalling error just before the 10 km mark. The 10 km was run correctly. -- Ed.

Marathon

MEN

1 Thomas Ndlovu (PMMC) 2:31:22; 2 Themba Mathe (Anglo) 2:31:49; 3 Swelakhe Mkorwana (Anglo) 2:36:19 (1st vet); 4 Musawenkosi Sibiyi (KPMG) 2:36:51; 5 James Leseiyane (RAC) 2:39:51; 6 Lukhanyo Mabinza (Eyethu) 2:40:46; 7 Ryan Gibson (KPMG) 2:41:39; 8 Elvis Rapetswa (Born 2 Run) 2:41:40; 9 Okaeng Segau (Vitality) 2:43:46; 10 Fanzo Ndlovu (Sibanye Stillwater) 2:44:42.

Veterans: 1 Swelakhe Mkorwana (Anglo) 2:36:19; 2 Okaeng Segau (Vitality) 2:43:46;; 3 Alfred Matema (Irene) 2:49:16. **Masters:** 1 Ronald Shibiri (Anglo) 2:53:35. **G'masters:** 1 Jan Lebesse (Pta Bobbies) 3:33:07. **G/g'masters:** 1 John Cannon (Irene) 4:15:06.

WOMEN

1 Cobie Smith (Nedbank) 2:56:30; 2 Vicky Hansen (MassMart) 3:18:21; 3 Carol Smith (Vitality) 3:20:27; 4 Ingrid Koster (Runavation) 3:22:40; 5 Lindsey van Aswegen (Born 2 Run) 3:29:23; 6 Ogechi Nunn (RAC) 3:36:13; 7 Belinda Marais (Pirates) 3:39:24; 8 Fikile Simdana (Black Diamond) 3:40:34; 9 Mavis Maphete (Eskom) 3:40:57; 10 Matshediso Motene (Johnson Matthey) 3:41:05.

Veterans: 1 Ingrid Koster (Runavation) 3:22:40; 2 Ogechi Nunn (RAC) 3:36:13; 3 Belinda Marais (Pirates) 3:39:24. **Masters:** 1 Lindsey van Aswegen (Born 2 Run) 3:29:23. **G'masters:** 1 Val Watson (Runavation) 4:02:47.

Half marathon

MEN

1 Edward Mothibi (Nedbank) 67:56; 2 Mohale Poopedi (ACRW) 71:16; 3 Teboho Lejaha (LES/Arcadia) 72:35.

Veterans: 1 Joel Nkadimeng (ACSA) 75:15; 2 Mduduzi Nkwanyana (Vitality) 79:20; 3 Juda Ntuli (Magnolia) 79:32. **Masters:** 1 Johannes Naude (Affies) 88:25. **G'masters:** 1 Colin Fisher (CSIR) 93:16. **G/g'masters:** 1 Pele Tshikundamalema (Nedbank) 1:43:42. **80+:** 1 Andries van Rooyen (VTM) 2:42:38.

WOMEN

1 Katy van Meter (MassMart) 81:36; 2 Renate Vosloo (Sunninghill) 84:00; 3 Jenni Kruse (MassMart) 87:30.

Veterans: 1 Jenni Kruse (MassMart) 87:30; 2 Maria Vilakazi (FFA) 89:03; 3 Lindiwe Mthombeni (Sasol) 1:41:52. **Masters:** 1 Ansa Strydom (Nedbank) 1:46:21. **G'masters:** 1 Marie Venter (Phobians) 1:52:00.

10 km

MEN

1 Philani Buthelezi (KPMG) 31:18; 2 Thabo Mutaong (SCAW) 31:55; 3 Joseph Manyeni (Amanda) 32:06.

Veterans: 1 Shadrack Hoff (Maxed Elite) 32:39; 2 Phillip Phakwago (Nedbank) 33:01; 3 Richard Mavuso (Temp) 33:26. **Masters:** 1 Jerry Mtsweni (Anglo) 48:05. **G'masters:** 1 Andre Bredenkamp (BNAC) 43:55. **G/g'masters:** 1 Jan van Rensburg (PMK) 64:37. **Juniors:** 1 Johannes Matijila (FFA) 33:58.

WOMEN

1 Lizi Babili (MassMart) 40:27; 2 Paballo Kobe 45:10; 3 Patience Muleya (Fortis North) 45:48.

Veterans: 1 Chrizel Davel (Tuks) 57:40; 2 Lisa Schubert (Love Running) 58:04; 3 Judith Moacwiemong (RAC) 89:59. **Masters:** 1 Maria Bendana (Morningside) 45:51. **G'masters:** 1 Rina Pretorius (Pta Bobbies) 68:46. **G/g'masters:** 1 Persphone Reinsburg (PMK) 65:48. **Juniors:** 1 Kate van Zyl (Wingate) 49:10.

BUCO 10 km

Port Elizabeth, 13 October

(Loop course. Finishers: 334 [down from 345 last year].)

MEN

1	Xolisa	Ndlumbini	Vukani MS Club	36	31:48
2	Vuyolwethu	Selani	SAPS AC EP	22	31:58
3	Sibusiso	Thu	SAPS AC EP	30	32:23

Veterans:

1	Anele	Maliza	Nedbank RC	40	35:04
2	Christiaan	Conradie	Up And Running	43	37:20
3	Luvuyo	Stephen	Nedbank RC	48	38:22

Masters:

1	Desmond	Zibi	Achilles AAA	55	36:21
2	Sithembiso	Yozo	Nedbank RC	54	36:22
3	Darrell	Wicht	Madiba BW	55	37:08

G'masters:

1	Chester	Brooks	Xcel AC	60	43:25
2	Albert	Ngcanga	Xcel AC	68	43:34
3	Eddie	Eades	Nedbank RC	69	46:29

G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	76	46:12
2	Allan	Verreynne	Crusaders AC	71	54:58
3	Syd	Lippstreu	Crusaders AC	70	56:19

Juniors:

1	Khanyiso	Cini	SAPS AC EP	17	35:54
2	Tumelo	Monyane	Tinarha AC	18	38:38

3	Matthys	Wessels	St Albans AC	14	39:06
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WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	36	38:48
2	Kelly	Van Vliet	Up And Running	30	39:52
3	Adri	Wessels (1st vet)	St Albans AC	42	40:36

Veterans:

1	Adri	Wessels	St Albans AC	42	40:36
2	Sharon	Gouws	Nedbank RC	47	44:07
3	Toegeda	Vyver	Nedbank RC	46	48:20

Masters:

1	Aletta	Joubert	Crusaders AC	56	53:31
2	Belinda	Bain	Charlo AC	56	53:43
3	Benita	Gerber	Elite A C	54	55:01

G'masters:

1	Christine	Snyman	Despatch AC	62	57:47
2	Helene	Oppel	Elite A C	68	1:01:13
3	Cathy	Ives	Achilles AAA	65	1:04:49

G/g'masters:

1	Liz	Jenkerson	Muirite Strider	71	57:03
2	Vicky	Ashley	Profiles AC	72	1:02:24
3	Elaine	Verreyne	Crusaders	72	1:20:22

Juniors:

1	Simone	Olckers	SAPS AC EP	16	1:00:27
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Silver Queen Runway Night Race

Ysterplaat, 10 October

(Distance: 10 km; certified loop course. Finishers: 1536 [up from 1286 last year].)

Note: A repeat one-two here for Candyce Hall and Linda Kinloch-Smith. -- Ed.

MEN

1. Siviwe Nkombi (Itheko) 32:31
2. Gilbert Mutandiro (ZIM/CC) 32:45
3. Alantino Belillie (Sanlam) 32:53

Veterans: 1. Vakalisa Kopolo (Ned) 33:59; 2. Xolile Macanda (Gugs) 36:29; 3. Vuyani Sixaso (Gugs) 36:56. **Masters:** 1. Johnny Persents (Edge) 37:14; 2. John September (Itheko) 37:16; 3. Isaac Manuel (Edge) 41:17. **G'masters:** 1. Henry Cieverts (Top) 45:07; 2. Michael Crozier (Atlantis) 45:19; 3. Isaac Flink (East) 47:05. **G/g'masters:** 1. John Kemp (Brack) 51:51; 2. Willie van Wyk (Brack) 52:27; 3. Horst Schiffer (FH) 55:59. **Juniors:** 1. Edward Jack (Central) 34:07; 2. Achmad Elloutfi (MPT) 36:18; 3. Zubenathi Ncapayi (Central) 36:31.

WOMEN

1. Candyce Hall (Carb) 40:36
2. Linda Kinloch-Smith (Asics) 41:21
3. Jeanetta Kohler (WC) 41:50

Veterans: 1. Linda Kinloch-Smith (Asics) 41:21; 2. Suzette Botha (WC) 42:01; 3. Elme Middlemost (Brack) 42:19. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 43:03; 2. Sandra Kohnert (Edge) 43:18; 3. Mariëtte Strauss (Tyger) 46:58. **G'masters:** 1. Nancy Will (Pine) 49:57; 2. Judith Grové (Tyger) 52:23; 3. Nicky Andrews (Edge) 57:02. **G/g'masters:** 1. Pixie Sparg (Celtic) 57:43; 2. Mariëtha Herbert (Bell) 58:16; 3. Marlene James (Pine) 65:49. **Juniors:** 1. Annique Arendse (UWC) 53:09; 2. Kyla Clark (Brack) 53:58.

Veenwouden Paarlberg Half Marathon (83rd)

Paarl, 6 October

(Distance: 21.1 km; hilly loop course. Finishers: 401.)

Note: Despite numerous requests to the organising club and the provincial body over an extended period of time, DRR has been unable to obtain the results of this long-running race for the past three years, so a finisher tally comparison cannot be made. -- Ed.

MEN

1	Misheck	Sithole	Gugs	1:14:40
2	Lindikhaya	Mthangayi	Itheko	1:15:36
3	Siya	Sakwe	Itheko	1:16:32

Veterans:

1	Tsungai	Mwanengeni	ZIM/Gugs	1:22:11
2	Vuyani	Sixaso	Gugs	1:23:10
3	Xolile	Macanda	Gugs	1:24:03

Masters:

1	John	September	Itheko	1:29:41
2	Isaac	Manuel	Edgemead	1:39:35
3	B.	Kariem	ARD	1:39:59

G'masters:

1	Thomas	Moses	Worcester	1:43:52
2	Johannes	Jacobs	Celtic Harriers	1:53:51
3	Errol	Cunnama	Nedbank	1:54:59

G/g'masters:

1	Kaare	James	Pinelands	2:40:00
2	Yusuf	Gamielien	Itheko	2:46:03
3	Japie	Esterhuizen	Strand	2:51:35

Juniors:

1	Granville	Farmer	Dwarsrivier	1:42:00
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WOMEN

1	Rianda	Gilliland	AAC	1:41:04
2	Elizabeth	Brink (1st vet)	Durbac	1:45:11
3	Elme	Middlemost	Brackenfell	1:46:09

Veterans:

1	Elizabeth	Brink	Durbac	1:45:11
2	Elme	Middlemost	Brackenfell	1:46:09
3	Jacky	Misroll	Pinelands	1:50:52

Masters:

1	Evelina	Tshabalala	Century City	2:00:26
2	Vondra	Singleton	Worcester	2:01:27
3	Cailey	Bredenkamp	Paarl	2:04:15

G'masters:

1	Sonia	Smith	Celtic Harriers	2:17:21
2	Leonora	Erasmus	Temp	2:17:48
3	Marcelle	Le Roux	Strand	2:21:40

G/g'masters:

1	Marlene	James	Pinelands	2:40:06
2	Dolla	Geldenhuis	Ceres	3:20:33

Juniors:

1	Willene	Fredericks	Stellenbosch	2:06:42
2	Sophia	Els	Bellville	2:12:17

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

Bridgestone Great 10 km Berlin (11th)

Berlin, GER, 14 October

(Flat one-loop course beginning and ending at Schloss Charlottenburg)

Note: In the women's race, Germany's Alina Reh set a new German under-23 record and personal best, clocking 31:23 in her last race of the season (she said she would now take a three-week break). Steeplechaser Fabienne Schlumpf set a Swiss record in third place (32:01). -- Ed.

ELITE MEN (gun times)

1. Vincent Kiprotich Kibet, 19-Mar-1999, KEN 27:21 PB
[13:47 / 13:34]
2. Mathew Kimeli, 04-Jan-1998, KEN 27:38
3. Donald Mitei, KEN 28:25

ELITE WOMEN (gun times)

1. Alina Reh, GER 31:23 PB/NR U23
2. Gladys Kimaina, KEN 31:46
3. Fabienne Schlumpf, SUI 32:01 NR

Giro Podistico di Pettinengo (48th)

Pettinengo, Biella, ITA, 14 October

(Distance: Men's race about 9.6 km [3 laps of 3.2 km], women's race about 4 km [1 lap plus 800 metres].)

MEN (gun times)

1. Jacob KIPLIMO, 2000, UGA, 26:22 CR
2. Geoffrey KORIR, 1996, KEN, 26:52
3. Berhane TESFAYE, 1987, ERI, 26:57
4. Kinde ATANAW, 1993, ETH, 26:59
5. Charles Karanja KAMAU, 1990, KEN, 27:29

WOMEN (gun times)

1. Joan CHEPKEMOI, 1993, KEN, 12:29
2. Joyce Chepkemai TELE, 1995, KEN, 12:31
3. Eilish MCCOLGAN, 1990, GBR, 12:51

Hakone Ekiden Yosenkai Road Race (72nd)

Tokyo, JPN, 13 October

(Distance: 21.1 km; IAAF-certified [NEW DISTANCE; formerly 20 km])

MEN (gun times)

1. Kisaisa LEDAMA, KEN, 1:00:44 CR
2. Kazuya SHIOJIRI, JPN, 1:01:22
3. Vincent RAIMOI, KEN?, 1:01:49
4. Dominic NYAIRO, KEN, 1:01:50

5. Kei KATANISHI, JPN, 1:01:50
6. Kensuke HORIO, JPN, 1:01:57

Reebok Boston 10 km for Women (42nd)

(Formerly called "Tufts Health Plan 10 km for Women")

(Women Only)

Boston, USA, 8 October

(Distance: SHORT COURSE [see below])

Note: Race Results Weekly reports that the second turnaround, between the 3- and 4-mile points, was not in the correct location, shaving about one minute off of the top runners' times. -- Ed.

WOMEN (gun times)

1. Emily Sisson, 26, RI 30:39
2. Buze Diriba, 24, ETH 31:12
3. Erin Clark, 23, AZ 32:19
4. Dylan Hasset, 25, RI 32:38
5. Holly Rees, 25, GBR 32:46

Singelloop (68th)

Utrecht, NED, 7 October

(Distance: 10 km; flat one-loop course with no start/finish separation)

MEN (gun times)

1. Davis Kiplagat, KEN, 27:24 PB
2. Emanuel Giniki Gisamoda, TAN, 27:37 PB
3. Isaac Temoi Kipsang, KEN, 27:40 PB
4. Albert Rop, BRU, 27:44

WOMEN (gun times)

1. Eva Cheron, KEN, 31:17 PB/CR
2. Valentine Chepkwemoi Mateiko, KEN, 32:20 PB
3. Maureen Koster, NED, 33:53

Cardiff University Cardiff Half Marathon

(Commonwealth Half-Marathon Championships)

(IAAF Silver Label Road Race)

Cardiff, GBR, 7 October

(Distance: 21.1 km; AIMS/IAAF certified, flat, near-loop course [record eligible].)

MEN (gun times)

1. Jack Rayner, AUS 1:01:01 PB
2. Fred Musobo, UGA 1:01:08
3. Timothy Toroitich, UGA 1:01:17
4. John Lotiang, KEN 1:01:25
5. Filex Chemonges, UGA 1:01:41
6. Vitalis Kwemoi, UGA 1:01:42

WOMEN (gun times)

1. Juliet Chekwel, UGA 1:09:45
2. Celia Sullohern, AUS 1:11:04
3. Doreen Chesang, UGA 1:11:10
4. Linet Toroitich Chebet, UGA 1:11:52

5. Tracy Barlow, GBR	1:12:17
6. Marnie Ponton, AUS	1:12:21
7. Stephanie Twell, GBR	1:12:32
8. Emily Chebet, KEN	1:12:52
9. Anne-Marie McGlynn, IRL	1:13:48
10. Gemma Steel, GBR	1:13:48

B.A.A. Half Marathon (18th)

Boston, MA, USA, 7 October

(Distance: 21.1 km; certified, hilly with some rough surfaces and many turns, negligible start/finish separation)

MEN (gun times)

1. Daniel Chebii, 33, KEN	1:03:08	\$10,000
2. Geoffrey Koech, 25, KEN	1:03:13	6,000
3. Gabriel Geay, 22, TAN	1:03:14	4,000
4. Daniel Salel, 27, KEN	1:03:20	2,500

WOMEN (gun times)

1. Joan Chelimo, 27, KEN	1:09:34	\$10,000
2. Gotytom Gebreslase, 23, ETH	1:09:39	6,000
3. Monicah Ngige, 24, KEN	1:09:47	4,000
4. Mamitu Daska, 34, ETH	1:09:50	2,500
5. Margaret Muriuki, 32, KEN	1:10:13	1,200
6. Caroline Rotich, 34, KEN	1:10:34	1,000
7. Shitaye Eshete, 28, BRN	1:11:21	600
8. Sentayehu Ejigu, 33, ETH	1:14:12	500

Trento Half Marathon (8th)

Trento, ITA, 7 October

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

MEN (gun times)

1. Abraham Akopesha, KEN	1:02:09	€ 1500
2. Moses Kibet, UGA	1:03:25	800
3. Samuel Mwangi Ndungu, KEN	1:03:51	600

WOMEN (gun times)

1. Joyce Chepkemai, KEN	1:09:21	CR* € 1500
2. Leonidah Mosop, KEN	1:12:22	800
3. Brendah Kebeya, KEN	1:13:44	600

Family Bank Half Marathon

Talget to Eldoret, KEN, 7 October

(Course: 21.1 km; point to point with huge 270 m elevation loss [2350 m to 2080 m]; not record eligible.)

MEN

1. Kelvin KIPTUM (KEN)	1:02:01
2. Matthew KISORIO (KEN) 1989	1:02:18
3. Wilfred KIMITEI (KEN) 1995	1:02:31
4. Emmanuel BETT (KEN) 1983	1:02:33
5. Douglas KIMELI (KEN) 1990	1:02:48

WOMEN

1. Joyciline JEPKOSGEI (KEN) 1993 1:11:01
2. Philomena CHEYECH (KEN) 1982 1:11:05
3. Antonina KWAMBAI (KEN) 1992 1:11:13
4. Lydia NJERI (KEN) 1985 1:11:29
5. Lucy CHERUIYOT (KEN) 1997 1:11:54
6. Irene KIMAIIS (KEN) 1998 1:11:59

CROSS-COUNTRY**NCAA Pre-Nationals**

Madison, USA, 13 October

WOMEN

Cardinal 6 km:

Teams: 1. University of Arkansas, 51 points; 2. University of Oregon, 71; 3. Indiana University, 166 ...

Individual finishers:

1. Jessica Hull, SR, Oregon (AUS), 20:03.2
2. Katrina Robinson, FR, Arkansas (NZL), 20:09.4
3. Aubrey Roberts, JR, Northwestern, 20:10.0
- ... 8. Carina Viljoen, JR, Arkansas (RSA), 20:20.1

NEWS**SPAR GRAND PRIX FINAL POINTS STANDINGS**

The final points standings in the Spar Grand Prix Series for 2018 are as follows:

OPEN

1	Glenrose Xaba	Boxer	104
2	Rudo Mhonderwa	ZIM/Nedbank	97
3	Rutendo Nyahora	ZIM/Nedbank	92
4	Kesa Molotsane	KPMG	91
5	Irvette van Zyl	Nedbank	85
6	Patience Murowe	ZIM/Nedbank	62
7	Zintle Xiniwe	KPMG	61
8	Maria Shai	Boxer	59
9	Cherise Sims	Boxer	49
10=	Christine Kalmer	KPMG	48
10=	Cornelia Joubert	Boxer	48
12=	Portia Ngwenya	Nedbank	41
12=	Lebogang Phalula	Boxer	41
14	Betha Chikanga	ZIM/Maxed Elite	36
15	Stella Marais	KPMG	34
16	Mapaseka Makhanya	Massmart	29
17	Lebo Phalula	Boxer	28
18	René Kalmer	KPMG	27
19	Caroline Mhandu	ZIM/Maxed Elite	25
20	Ntombesintu Mfunzi	Nedbank	21

Veterans:

1	Bulelwa Simae	Nedbank	34
2	Ronel Thomas	Boxer	20

3	Janene Carey	Boxer	13
Masters:			
1	Grace de Oliveira	KPMG	20
2	Judy Bird	KPMG	15
3	Kim Meyer	Rand	7
G'masters:			
1	Margie Saunders	Nedbank	30
2	Blanche Moila	Savages	19
3	Sonja Laxton	RAC	7
Juniors:			
1=	Lyndi Roelofse	Boxer	10
1=	Thobile Vilakazi	KPMG	10
3=	Casey Bosman	KPMG	8
3=	Liza Kellerman	UJ	8

ABBOTT WORLD MARATHON MAJORS LEADERBOARD UPDATED

After the Bank of America Chicago Marathon the leaderboard for Series XII (which began last month at the BMW Berlin Marathon) has been updated:

MEN

=1.	Mo Farah (GBR)	25 points
=1.	Eliud Kipchoge (KEN)	25
=3.	Mosinet Geremew (ETH)	16
=3.	Amos Kipruto (KEN)	16
=5.	Wilson Kipsang (KEN)	9
=5.	Suguro Osako (JPN)	9

WOMEN

=1.	Brigid Kosgei (KEN)	25 points
=1.	Gladys Cherono (KEN)	25
=3.	Roza Dereje (ETH)	16
=3.	Ruti Aga (ETH)	16
=5.	Shure Demise	9
=5.	Tirunesh Dibaba	9

IAAF CHANGES RULES FOR LABEL RACES

The IAAF has announced significant changes to the regulations for IAAF Label road races from 2019 to improve the quality of events for the athletes who take part and the fans that follow them.

Among the changes are the introduction of a "Platinum Label", the use of IAAF World Rankings to determine an athlete's Label status, and allowing 5 km races to apply for Labels.

"This is a milestone for the IAAF and the global road racing community," said IAAF President Sebastian Coe. "It's a stepping stone towards 2020, when we will have an even more coherent structure of races, with better defined tiers to guide fans and athletes, and with integrity measures that are proportionate to the level of the competition. In 2019 we will be reducing the pool of athletes who hold the coveted 'Gold Label Status' to ensure the highest-earning pros are subject to out-of-competition drug-testing programmes.

"I'd like to thank the AIU and Abbott World Marathon Majors for their guidance in this area, and stress that these changes are being introduced in cooperation with race organisers and athlete representatives, who have been very supportive all the way. A more robust regulatory framework for athlete representatives is also in the making. The principle

that it is the duty of all the stakeholders in our sport to assist in the fight against doping is now widely accepted, and it's the cornerstone of these changes."

The 2019 regulations will apply to any road races seeking Label status for 2020. The key changes are summarised below:

- In cooperation with Abbott World Marathon Majors, a Platinum Label has been introduced. It will be granted from 2020 to races meeting the Platinum requirements in 2019.
- 5 km road races can now apply for IAAF Labels.
- An athlete's position in the IAAF World Rankings will determine their Gold/Silver/Bronze status for Label races. Athletes can have different statuses for various event groups, for example they could have Gold status for the marathon and Silver status for 10 km.
- There will be smaller pools of Gold Label athletes. Having fewer athletes at the very top of the game will help fans to become better acquainted with the world's best road runners and it's an intermediate step towards 2020, when all gold label athletes will be part of out of competition testing pools, a move that will strengthen the integrity of the event.
- All Label races must have a minimum of six men and six women from the pool of athletes whose status corresponds to the Label being applied for. This will ensure that a Gold Label race, for example, has at least 12 of the world's 300 best specialists at that particular distance.
- Previous rules obliged Label race organisers to have elite athletes from at least five countries. From 2019 that rule will no longer exist, meaning races can, a) focus on building stronger elite fields and b) aspire to a label even with domestic elite athletes who are on the pool of the required status.
- A "continental" quota for Platinum and Gold applications is also introduced to give a boost to the development of local elite athletes.

STATS TIME

This week we include a list of the top eleven SA men in the 10 km for 2018. 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. Gladwin Mzazi dominates the list with four performances -- the only athlete who has more than one time on the list.

2018 10 KM: TOP 11 MEN

28:40	Gladwin Sibabalwe Mzazi	2	Port Elizabeth	07 Apr
28:41	David Manja	3	Port Elizabeth	07 Apr
28:47	Joel Mmone	4	Port Elizabeth	07 Apr
28:49	Melikhaya Frans	5	Port Elizabeth	07 Apr
29:11	Lesiba Precious Mashele	1	Cape Town	23 Sep
29:18	Lukhanyo Ngxoko	6	Port Elizabeth	07 Apr
29:26	Jeromy Andreas	2	Cape Town	23 Sep
29:36	Mariano Eesou	7	Port Elizabeth	07 Apr
29:40	Mzazi-2	1	Port Elizabeth	16 Jun
29:43	Mzazi-3	1	Sasolburg	03 Feb
29:44	Lloyd Bosman	1	George	23 Jun
29:45	Nkosinathi Madyo	8	Port Elizabeth	07 Apr
29:45	Andile Motwana	2	Uitenhage	30 Jun
29:45	Mzazi-4	6	Casablanca	12 Aug

THIS MONTH IN HISTORY

53 years ago: 27 October 1965

The post-Olympic year 1965 was probably the most competitive in the history of distance

running. The man at the top of the pyramid was Aussie Ron Clarke, who set eleven world records during the year. Two of these came at the Landy Field Stadium in Geelong on this day, when he ran 59:22.8 for 20000 metres and then continued to cover 20.232 km in an hour. His 10000-metre splits were 29:03.0 and 30:19.8. Clarke ran 66 races over all surfaces in the whole of 1965, losing only 15 (plus a DNF in the Fukuoka Marathon). Although Clarke won only one Olympic medal (a bronze) in his career, he was the only man in history who owned the world records for 3, 6 and 10 miles, 5000 and 10000 m, 20000 m and one hour all at the same time.

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	28:18	Stephen Mokoka	Durban	14 Oct
	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	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	2:20:32	Mthandazo Qhina	Cape Town	23 Sep
	2:08:38	Kenneth Mungara (KEN) 2016		
100 km	9:46:50	Johan van der Merwe	Polokwane	15 Apr
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:19	Desmond Zibi	Uitenhage	30 Jun
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:32	John September	Ravensmead	24 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	72:30	Desmond Zibi	Port Elizabeth	28 Jul
	66:23	Titus Mamabolo (RSA) 1991		
25 km	99:31	Joseph Ndlovu	Pretoria	12 May
	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	2:40:00	Desmond Zibi	Cape Town	23 Sep
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km	12:00:07	Hilton Murray	Polokwane	15 Apr
	6:43:33	Roland Vuillemot (FRA) 1996		

Grandmasters (60+)

10 km	38:05	Mochamat Kriel	Kenilworth	09 Sep
	32:48	Martin Rees (GBR) 2013		
15 km	57:24	Mochamat Kriel	Eersterivier	07 Jul
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	79:02	Sello Maphangulo	Port Elizabeth	28 Jul
	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	2:10:49	Mochamat Kriel	Simon's Town	19 Aug
	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	14:19:11	Ric Marini	Polokwane	15 Apr
	7:53:43	Bernd Juckel (GER) 2012		

Great grandmasters (70+)

10 km	43:34	Jimmy Morris	Athlone	10 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	66:46	Jimmy Morris	Claremont	24 Jun
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	97:09	Johannes Phoo	Polokwane	19 May
	82:23	Ed Whitlock (CAN) 2001		
25 km	2:09:11A	Hansie Els	Somerset East	21 Apr
	99:59	Clive Davies (USA) 1985		
30 km	2:46:46	Tamsanqa Jusayi	Uitenhage	03 Mar
	2:34:20A	Brian Key	Camps Bay	14 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:39:04	Daniel Hlongwane	Mossel Bay	06 Oct
	2:54:49	Ed Whitlock (CAN) 2004		
100 km	8:53:45	Max Courtillon (FRA) 1997		

Juniors

10 km	30:02	Dais Malebana	Durban	14 Oct
	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 59:16	Itumeleng Sesiko Samuel Wanjiru (KEN) 2005	Port Elizabeth	28 Jul
WOMEN				
<u>Open</u>				
10 km	32:01	Irvette van Zyl	Durban	14 Oct
	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	87:28	Joanna Thomas	Cape Town	14 Oct
	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 1:56:43	Christine Claasen Colleen de Reuck (USA) 2016	Uitenhage	03 Mar
Marathon	3:10:59 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	42:20 38:56	Margie Saunders Lidia Zentner (GER) 2015	Colchester	22 Sep
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	52:30 44:09	Sonja Laxton Lavinia Petrie (AUS) 2014	Johannesburg	07 Oct
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	4:49:16 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	35:21 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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