

OLD MUTUAL TWO OCEANS 2019 TOP ATHLETES' PROFILES

ULTRAMARATHON

MEN

LOVEMORE CHABATA (39) [Zimbabwe]

Two Oceans: 195th in 2004 (3:51:22); 51st in 2018 (3:36:39)
Comrades: 66th in 2010 (6:23:34); dnf in 2011; 40th in 2012 (6:05:55);
73rd in 2013 (6:45:46); 22nd in 2014 (5:58:41); 53rd in 2015
(6:34:36); 63rd in 2016 (6:23:43); 18th in 2018 (5:58:27)
2018: 1st in Chatsworth Freedom 52 km (3:13:33)
2nd in Sani Stagger Half Marathon (80:01a)
3rd in Maritzburg City Marathon (2:32:23)

JUSTIN KEMBOI CHESIRE (26) [Kenya]

Two Oceans: 1st in 2018 (3:09:21)
2018: 4th in Mandela Day Marathon (2:31:08a)
5th in Soweto Marathon 2:23:40)

GIFT CHIGOMARAWA (31) [Zimbabwe]

Marathon PB: 2:28:13, EP Marathon 2018
2018: 1st in the following six races: Port Elizabeth City Marathon
(2:28:13), Friendly City Marathon (2:35:16), St Francis Nautical
Run Half Marathon (71:10), Bay West Mall 10 km (32:50), EP
Marathon (2:28:13) & Valentine's 10 km (32:15)
3rd in Bay Ultra 50 km (3:01:02)
4th in the following three races: Woodlands Dairy 15 km (51:20),
Colchester 10 km (31:44) & Cassie's 15 km (50:26)
5th in St Albans Correctional Services 10 km (32:18) & Legacy
Project 15 km (48:27)
6th in Bluewater Bay 15 km (50:03)
7th in EP Half Marathon (70:26)
2017: 3rd in Port Elizabeth City Marathon (2:33:00) & Drommedaris
10 km (32:37)

KEBEDE ABERRA DINKE (33) [Ethiopia]

Marathon PB: 2:22:32, Khon Kaen Marathon 2019
Two Oceans: 9th in 2016 (3:19:51); 6th in 2017 (3:14:19); dnf in 2018
Comrades: dnf in 2016 & 2018
2019: 6th in Khon Kaen Marathon (2:22:32)
2018: 8th in Nelson Mandela Bay Marathon (2:32:54a)
2017: 2nd in Heroes Marathon (2:26:22a)
3rd in Mandela Day Marathon (2:28:44a)

NKOSINATHI DUMA (32)

Represented South Africa in the World 100 km Championships (2018).
Marathon PB: 2:33:31, Maritzburg City Marathon 2018
Two Oceans: 30th in 2018 (3:29:58)
Comrades: 160th in 2013 (7:11:49); dnf in 2016; 16th in 2017 (5:57:52);
10th in 2018 (5:47:09)
2019: 2nd in Maritzburg City Marathon (2:28:34)

2018: 22nd in World 100 km (7:05:18)
 2nd in Sani Stagger Marathon (3:17:05)
 5th in Maritzburg City Marathon (2:33:31)
2017: 1st in Sani Stagger Marathon (3:08:50)
 3rd in SAPS Striders Half Marathon (70:18)
 5th in Sapphire Coast Marathon (2:40:22a)
 7th in Maritzburg City Half Marathon (68:55)

DAVID GATEBE (37)

Represented South Africa in the World 100 km Championships (2016). After winning the Two Oceans in 2013 in his first attempt at the race, in 2016 he finished only 666th but then won the Comrades and broke Leonid Shvetsov's nine-year-old course record.

Marathon PB: 2:15:30, SA Marathon 2008
 Two Oceans: 1st in 2013 (3:08:54); 42nd in 2014 (3:33:23), 666th in 2016 (4:42:25); 3rd in 2018 (3:11:12)
 Comrades: 24th in 2013 (6:19:37); 32nd in 2014 (6:05:12); 21st in 2015 (6:07:18); 1st in 2016 (5:18:19; "down" run record), 35th in 2017 (6:12:38); 8th in 2018 (5:42:43)
2019: 9th in Pretoria Marathon (2:40:28) & Om die Dam 50 km (3:03:42)
2018: 1st in Rustenburg Mountain Race 25 km (92:56)
 9th in Pretoria Marathon (2:37:14)
2016: 12th (3rd South African) in World 100 km (6:44:34)
 Other performances: 4th in Om die Dam 50 km 2014 (3:01:05); 32nd in SA Marathon 2011 (2:30:11); 1st in SA Marathon 2008 (2:15:30)
 Other PBs: 3:01:05 (2014), 6:44:34 (2016)

JESSE NJOROG GICHUHI (36) [Kenya]

Two Oceans: 10th in 2018 (3:17:32)
 Only other performance found:
2010: 2nd in Ipoh Half Marathon (63:27)

LUNGILE GONGQA (40)

Represented South Africa in the Olympic Games Marathon (2016).

Marathon PB: 2:11:59, Cape Town Marathon 2015
 Two Oceans: 1st in 2017 (3:09:43); 18th in 2018 (3:22:53)
 Comrades: dnf in 2018
2019: 1st in Top Form 10 km (30:54)
 2nd in Peninsula Marathon (WP Championships) (2:27:23a)
 1st vet in Weskus Marathon (2:23:20) & Slave Route Challenge 10 km (33:33)
 2nd vet in Constantia Village 15 km (48:23)
2018: 6th in SA Marathon (2:21:42)
 1st in Peninsula Marathon (WP Championships) (2:21:58a)
 2nd in Niel Joubert Plaaswedloop 12.3 km (41:04)
 4th in Legends Half Marathon (66:03)
 13th in Soweto Marathon (2:26:31)
2017: 20th in SA Half Marathon (65:05)
 1st in WP Half Marathon (66:03) & Milkwood Half Marathon (72:04)
 2nd in Peninsula Half Marathon (72:47a) & Central Athletic 10 km (30:38)
 3rd in UCT Memorial 10 km (30:46) & Legends Half Marathon (68:50)
 9th in Foskop Half Marathon, Phalaborwa (66:54)
 12th in Mumbai Marathon (2:18:52)
 16th in Cape Town 12 OneRun 12 km (36:55a)

Other performances: 17th in Cape Town Marathon (2:24:32)
2nd in SA Marathon (2:22:19) & 10th in SA Half Marathon (63:57)
2016; 12th in Two Oceans Half Marathon 2016 (68:26); dnf
Olympic Games Marathon 2016; 4th in Two Oceans Half
Marathon 2008 (64:02)
Other PBs: 29:06 (2014), 45:20 (2013), 63:37 (2014)

PRODIGAL KHUMALO (37) [Zimbabwe]

Marathon PB: 2:16:03, Durban City Marathon 2009
Two Oceans: 12th in 2008 (3:19:04); 13th in 2009 (3:19:18); 61st in 2010
(3:36:07); 14th in 2012 (3:16:25)
Comrades: 16th in 2008 (6:01:49); dnf in 2009; 11th in 2010 (5:50:54); 14th
in 2012 (5:43:04); 9th in 2014 (5:39:36); 13th in 2015
(6:01:43); 8th in 2017 (5:47:11); 11th in 2018 (5:47:48)
2019: 3rd in Stella Royal 10 km (34:22)
2018: 1st in DG Panel & Paint 32 km (1:53:57) & Zululand 56 km
(3:21:48a)
2017: 1st in the following three races: Stella Royal 25 km (84:18),
GateRite Marathon (2:31:31) & Savages 10 km (32:44)
16th in Cape Town 10 km (29:25; short course)
Other performances: 1st in seven races in 2010, among them Buffs Marathon
(2:20:13a) & City to City 50 km (3:00:14a)

ABRAHAM KIPROTICH (33) [France]

He tested positive for a banned substance (EPO) in November 2013 and was banned for
two years from October 2014 to October 2016.

Marathon PB: 2:08:33, Daegu Marathon 2013
2018: 1st in Lagos City Marathon (2:15:02)
3rd in Istanbul Marathon (2:10:55)
2017: 1st in the following three races: Istanbul Marathon (2:11:22),
Brazzaville Half Marathon (72:56) & Taipei Marathon (2:17:50)
2013: 1st in Daegu Marathon (2:08:33)
Other performances: 3rd in Düsseldorf Marathon 2012 (2:08:35)
Other PBs: 28:29 (2009), 63:17 (2010)

MELLY KENNEDY KIPTOO (38) [Kenya]

Marathon PB: 2:16:23a, Gauteng Marathon 2014
PB on a standard course: 2:17:55, Durban City Marathon 2018
Two Oceans: 5th in 2017 (3:13:36); 4th in 2018 (3:11:58)
2018: 2nd in Durban City Marathon (2:17:55)
2017: 2nd in JG Zuma Marathon (2:27:54a)
5th in PetroSA Marathon (2:22:10)
6th in Mandela Day Marathon (2:29:36a)
2016: 1st in SAPS Striders Heritage Challenge Half Marathon (66:43) &
Township to Township Marathon (2:22:11a)
3rd in Mandela Day Marathon (2:30:38a)

MABUTHILE LEBOPO (43) [Lesotho]

Marathon PB: 2:13:42, Durban City Marathon 2009
Two Oceans: 22nd in 2004 (3:19:55); 1st in 2010 (3:06:18); 12th in 2011
(3:13:59); 17th in 2012 (3:17:51); 11th in 2014 (3:16:33); 4th (1st
vet) in 2016 (3:16:28); dnf in 2017
Comrades: dnf in 2016
2018: 1st vet in Mandela Day Marathon (2:29:12a; 2nd overall) &
Legends Half Marathon (65:33; 3rd overall)
5th in Zululand 56 km (3:26:33a)
2017: 1st vet in Soweto Marathon (2:27:43)

Other performances: 3rd in Soweto Marathon 2012 (2:17:14); 1st in Durban City Marathon 2009 (2:13:42) & 2008 (2:13:52); placed as follows in Two Oceans Half Marathon: 6th in 2008 (64:21), 4th in 2006 (63:39), 10th in 2005 (64:42), 15th in 2002 (66:32)

COLLEN MAKAZA (36) [Zimbabwe]

Marathon PB: 2:16:09, Cape Town Marathon 2007
Two Oceans: 1154th in 2009 (5:08:06); 12th in 2010 (3:16:12); 22nd in 2011 (3:20:14); 3rd in 2012 (3:08:45); 4th in 2013 (3:10:29); 257th in 2014 (4:10:17); 2nd in 2015 (3:12:41) & 2016 (3:14:45); 4th in 2017 (3:12:17); 11th in 2018 (3:18:06)
Comrades: 1998th in 2009 (8:51:24); dnf in 2010, 2011 & 2018
2016: 3rd in World 50 km (2:56:58)
Other performances: 2nd in World Trophy 50 km 2012 (2:57:29) & 1st in 2010 (2:47:22); 2nd in City to City 50 km 2009 (2:58:13a); 2nd in Cape Town Marathon 2007 (2:16:09)

RICHARD MOTSAMAI MAVUSO (41)

Marathon PB: 2:19:27, Wally Hayward Marathon 2003
Two Oceans: 186th in 2004 (3:50:21); 43rd in 2009 (3:33:25); 47th in 2014 (3:35:51); 118th in 2015 (3:57:32); dnf in 2017
Comrades: 1357th in 2016 (8:16:43); 246th in 2017 (7:12:41); 66th in 2018 (6:27:29)
2019: 1st vet in Sasol Half Marathon (70:25) & Akasia 10 km (32:30; 2nd overall)
2018: 2nd vet in SA 10 km (32:09) & 8th vet in SA Half Marathon (69:23)
1st in Vaal Mall 10 km (31:22), also 1st vet (3rd overall) in the following four races: Irene 48 km (2:57:42), Riana van Niekerk Run 4 Bibles 10 km (32:22), CSIR 10 km (32:46) & Jackie Mekler 10 km (31:56)
1st vet & 1st overall in Capital Classic 10 km (32:36)
2nd vet in Wally Hayward Marathon (2:26:18)
3rd in Denel Half Marathon (70:18) & Jacaranda City Challenge 10 km (33:26)
2017: 20th in SA XC Championships 10 km (33:17)
4th in Jackie Mekler 25 km (83:17) & Wally Hayward Marathon (2:25:59)
5th in McCarthy Toyota Half Marathon (71:44)
41st in Cape Town Marathon 2:37:12
Other performances: 18th in SA 10 km 2008 (29:50); 5th in SA 10 km 2007 (29:24); 2nd in SA 10 km 2005 (28:38); 1st in Wally Hayward Marathon 2003 (2:19:27); 6th in SA 10 km (29:16) & 22nd in SA Half Marathon 2001 (63:45); 32nd in SA 10 km 2000 (29:17); 33rd in SA 10 km 1998 (29:43)
Other PBs: 28:38 (2005), 63:45 (2001)

THUSO MOSIEA (43)

Two Oceans: 96th in 2012 (3:44:09); 31st in 2013 (3:26:27); 19th in 2014 (3:23:21); 24th in 2015 (3:30:26); 8th vet in 2016 (3:42:39); 3rd vet (12th overall) in 2017 (3:20:28); 8th vet in 2018 (3:36:31)
Comrades: 16th in 2013 (6:07:01); dnf in 2014; 10th in 2015 (5:59:08); dnf in 2016; 11th vet in 2017 (6:11:22); 7th vet in 2018 (5:59:26)
2018: 5th vet (2nd South African) in World 100 km (6:59:00)
2017: 6th in Maritzburg City Marathon (2:32:46)
2014: 7th in Legends 68 km (4:17:01a)

2012: 11th in City to City 50 km (2:59:04a)
2011: 20th in Two Oceans Half Marathon (72:01)

MOSES MOEKETSI MOSUHLI (37) [Lesotho]

Marathon PB: 2:18:08, Utrecht Marathon 2009
Two Oceans: 2nd in 2010 (3:07:29; 1st novice); 4th in 2011 (3:09:40); 10th in 2012 (3:13:07); 3rd in 2013 (3:10:22); dnf in 2014; 3rd in 2015 (3:13:44); 34th in 2016 (3:35:26); 10th in 2017 (3:17:36); 8th in 2018 (3:14:52)
2018: 5th in NMB 1 City Marathon (2:25:16)
2017: 18th in Soweto Marathon (2:30:24)
2016: 5th in Soweto Marathon (2:24:09)
Other performances: Placed as follows in the Soweto Marathon: 10th in 2012 (2:21:47), 2nd in 2011 (2:19:05), 5th in 2009 (2:21:09); 9th in Two Oceans Half Marathon 2006 (64:10)

EDWARD OMPHEMETSE MOTHIBE (34)

Marathon PB: 2:24:10, Soweto Marathon 2018
Two Oceans: 30th in 2014 (3:28:08); 22nd in 2015 (3:28:43); 49th in 2016 (3:41:02); 17th in 2017 (3:22:55); 21st in 2018 (3:23:30)
Comrades: 4th in 2018 (5:36:32)
2019: 4th in Pretoria Marathon (2:29:50)
2018: 1st in Jacaranda City Challenge Half Marathon (67:56) & Akasia Marathon (2:29:31)
2nd in Rustenburg Mountain Race 25 km (93:41)
6th in Soweto Marathon (2:24:10)
9th in Johannesburg CityRun 10 km (30:50)
2017: 1st in Rustenburg Mountain Race 25 km (92:28)
2nd in Zwartkop Half Marathon (67:20)
9th in Mandela Day Marathon (2:31:28a) & Soweto Marathon (2:25:28)
Other PBs: 29:52 (2009), 64:03 (2010)

BONGMUSA MTHEMBU (35)

Represented South Africa in the World 100 km Championships in 2016, where he broke Bruce Fordyce's SA record, set in 1989 (which was then the world record), and helped South Africa to win the team title; he ran again in 2018. When he won the Comrades in 2018, he became the first South African since Fordyce in 1983 to achieve three victories.

Marathon PB: 2:23:37, SA Marathon 2011
Two Oceans: 41st in 2007 (3:32:37); 14th in 2011 (3:14:53); 5th in 2012 (3:10:16); 46th in 2013 (3:31:21); 13th in 2016 (3:21:48); 7th in 2017 (3:14:44); 5th in 2018 (3:12:08)
Comrades: 52nd in 2006 (6:25:19); 31st in 2007 (6:07:45); 49th in 2008 (6:28:44); 7th in 2009 (5:41:52); 3rd in 2010 (5:37:49); 12th in 2011 (5:53:03); 2nd in 2012 (5:32:40); dnf in 2013; 1st in 2014 (5:28:34); 17th in 2015 (6:05:01); 3rd in 2016 (5:26:39); 1st in 2017 (5:35:34) & 2018 (5:26:34)
2019: 2nd in Deloitte Challenge Marathon (2:22:29; probably short course)
2018: 3rd in World 100 km (6:33:47)
1st in Sani Stagger Marathon (3:13:27; 3rd victory)
2nd in Maritzburg City Marathon (2:31:22)
2017: 2nd in Sani Stagger Marathon (3:09:12)
4th in Maritzburg City Marathon (2:30:34)
2016: 2nd in World 100 km (6:24:05 NR)
1st in Sapphire Coast Marathon (2:30:10)
4th in Zululand 56 km (3:41:51a)

Other performances: 1st in Sani Stagger Marathon 2015 (3:11:07); 2nd in Zululand District 56 km (3:34:02a) & Legends 68 km 2015 (3:55:49a); 1st in Sani Stagger Marathon 2013 (3:10:59); 22nd in SA Marathon 2012 (2:24:09); 13th in SA Marathon 2011 (2:23:37); 3rd in City to City 50 km 2011 (2:56:28a); 1st in Township to Township 50 km 2010 (3:03:36a)

Other PBs: 2:56:28a (2011), 6:24:05 (2016)

LYNO MUCHENA (31) [Zimbabwe]

Marathon PB: 2:24:39a, Township to Township Marathon 2014

Two Oceans: 7th in 2018 (3:14:14)

Comrades: dnf in 2015 & 2018; 539th in 2016 (7:24:23)

2018: 7th in Mandela Day Marathon (2:32:43a)

2017: 1st in Legends 68 km (4:07:44a)

2nd in Mandela Day Marathon (2:28:36a)

2015: 4th in Om die Dam 50 km (3:05:48)

Other performances: 30th in City to City 50 km 2011 (3:12:28a)

STEPHEN MUZHINGI (43) [Zimbabwe]

With his victory in the 2012 Two Oceans, he became the first male runner since Derek Preiss in 1975 to hold the Two Oceans and Comrades titles together.

Two Oceans: 27th in 2006 (3:22:00); 8th in 2008 (3:15:28); 4th in 2009 (3:12:05); 4th in 2010 (3:10:35); 5th in 2011 (3:09:46); 1st in 2012 (3:08:08); 35th in 2013 (3:27:33); 29th in 2014 (3:27:47); 7th in 2015 (3:17:28); dnf in 2016; 1st vet (8th overall) in 2017 (3:15:47)

Comrades: 115th in 2005 (6:40:37); 51st in 2006 (6:24:26); 7th in 2007 (5:40:19); 3rd in 2008 (5:39:40); 1st in 2009 (5:23:27); 1st in 2010 (5:29:01); 1st in 2011 (5:32:46); 6th in 2012 (5:38:02); 10th in 2013 (5:52:38); 4th in 2014 (5:35:18); 8th in 2015 (5:56:36); 20th in 2017 (6:01:22); dnf in 2018

2011: 33rd in New York City Marathon (2:29:10a)

Other performances: 4th in Township to Township 50 km 2010 (3:03:48a); 1st in Chatsworth 52 km 2009 (3:07:45); 1st in South Coast Marathon 2009 (2:27:23); 1st in Newlands Marathon 2008 (2:33:41); 1st in Chatsworth 52 km 2008 (3:04:39)

LEBENYA NKOKA (36) [Lesotho]

Represented Lesotho in the Commonwealth Games Marathon (2006), African Games Half Marathon (2008), Olympic Games Marathon (2016) and World Championships Marathon (2017).

Marathon PB: 2:15:31, Cape Town City Marathon 2008

Two Oceans: 30th in both 2010 (3:27:02) & 2011 (3:24:59); 11th in 2012 (3:14:43); 9th in 2013 (3:13:18); 1st in 2014 (3:09:52); dnf in 2015; 2nd in 2018 (3:10:29)

2019: 3rd in T.W. Mchunu Half Marathon (64:55)

2018: 2nd in Africa Day Half Marathon (64:40; short course) & Soweto Marathon (2:20:31)

4th in Harry Gwala District Half Marathon (69:59a) & Mandela Day Half Marathon (63:24a)

8th in Johannesburg CityRun 10 km (30:34)

10th in Nelson Mandela Bay Half Marathon (62:33)

2017: dnf World Championships Marathon

1st in George Claassen Half Marathon (66:21)

5th in the following three races: JG Zuma Half Marathon (68:16a), O.R. Tambo Half Marathon (65:26) & Soweto Marathon (2:22:21)

7th in Johannesburg CityRun 10 km (30:50)

Other performances: 12th in Nelson Mandela Bay Half Marathon (63:28)
95th in Olympic Games Marathon 2016 (2:25:13); 1st in Soweto Marathon 2010 (2:19:44); placed as follows in Two Oceans Half Marathon: 13th in 2008 (66:40), 3rd in 2007 (63:44), 15th in 2006 (65:56), 6th in 2005 (64:15), 25th in 2003 (68:56); 9th in Commonwealth Games Marathon 2006 (2:19:40)

Other PBs: 63:28 (2017)

THABO NKUNA (39)

Marathon PB: 2:28:59, Johnson Crane Marathon 2013

Two Oceans: 422nd in 2002 (4:16:55); 488th in 2003 (4:22:14); 161st in 2004 (3:48:55); 103rd in 2005 (3:43:31); 86th in 2006 (3:36:16); 47th in 2007 (3:34:44); 37th in 2008 (3:30:18); 50th in 2010 (3:32:54); 15th in 2011 (3:15:55); 20th in 2012 (3:19:30); 23rd in 2013 (3:22:58); 20th in 2014 (3:23:55); 29th in 2015 (3:32:24); 26th in 2016 (3:33:05); 62nd in 2017 (3:44:59); 87th in 2018 (3:46:32)

Comrades: 811th in 2003 (7:41:55), 665th in 2004 (7:47:21), 267th in 2005 (7:02:35), 249th in 2006 (7:09:20), 29th in 2007 (6:06:37), 33rd in 2008 (6:18:53), 44th in 2009 (6:13:42), 41st in 2010 (6:12:21), 44th in 2011 (6:20:03), 45th in 2012 (6:08:21), 17th in 2013 (6:08:40), 20th in 2014 (5:56:19); 16th in 2015 (6:04:18); 24th in 2016 (5:59:20); 14th in 2017 (5:55:44); dnf in 2018

2018: 5th in Johnson Crane Marathon (2:30:12)

Other performances: 41st in SA XC Trials 10 km 2015 (42:42)

TEBOHO NOOSI (31) [Lesotho]

Two Oceans: 54th in 2013 (3:34:57)

2018: 4th in Soweto Marathon (2:22:40)
5th in Harry Gwala District Marathon (2:35:17a)
6th in Mandela Day Marathon (2:32:38a)
20th in Two Oceans Half Marathon (68:09)

2017: 2nd in George Claassen Half Marathon (69:04)
39th in Nelson Mandela Bay Half Marathon (66:52)

2014: 6th in Mafikeng Marathon (2:33:20)

MTHANDAZO QHINA (41)

Marathon PB: 2:17:11a, Peninsula Marathon 2012

Two Oceans: PB on a standard course: 2:17:45, Cape Town Marathon 2015
78th in 2010 (3:40:10); 21st in 2011 (3:17:34); 6th in 2012 (3:11:00); 2nd in 2013 (3:10:02); 9th in 2014 (3:16:07); 4th in 2015 (3:14:26, 1st South African); 14th in 2016 (3:22:11); 82nd in 2017 (3:52:59); 83rd in 2018 (3:44:57)

Comrades: 68th in 2012 (6:21:42); dnf in 2013; 26th in 2014 (6:01:47); 80th in 2016 (6:33:17); 84th in 2018 (6:34:05)

2019: 1st vet & 3rd overall in the following four races: Dan Luyt 15 km (50:11), Sanlam 10 km (32:23), Peninsula Marathon (WP Championships) (2:30:44a) & Lighthouse 10 km (31:33); also 1st vet in the following three races: Beachcomber 15 km (48:13), Bay to Bay 30 km (1:42:00a) & Century City 10 km (31:42)

2018: 1st vet in SA Marathon (2:20:32*; WP vets record) & 2nd vet in SA Half Marathon (67:00)
Also won his age category in a further incredible 37 road races: WP Half Marathon (69:29), Dan Luyt 15 km (50:15; 1st overall); Bay to Bay 30 km (1:41:42a; 2nd overall), Hohenort 15 km (48:11*; 3rd overall), Red Hill 36.2 km (2:12:29; 3rd overall), Beachcomber 15 km (52:10), Peninsula Marathon (2:34:53a),

Weskus Marathon (2:37:47a), Voet of the Wine Route 10 km (32:07; 3rd overall), Freedom to Run 10 km (30:42; probably short course), UCT Memorial 10 km (32:07), Safari Half Marathon (72:14), Slave Route Challenge Half Marathon (69:46), Youth Race 10 km (32:54), Mamre Half Marathon (71:59; 3rd overall), and then the next day TWO races: Don Lock 8 km (25:34; 3rd overall) & Don Lock 15 km (49:19), Spookhill 15 km (54:19), Eersterivier 15 km (48:48), Fairbridge Mall 15 km (49:25), Pinelands 10 km (31:03), Atlantis Half Marathon (70:10; 2nd overall), John Korasie 30 km (1:40:20*; 1st overall), Khayelitsha 10 km (31:20), Langebaan 10 km (32:44), Ommiedraai 10 km (31:04), Petrosa Marathon (2:26:11), Gun Run Half Marathon (69:55), NMB 1 City Marathon (2:26:14), Landmarks Half Marathon (73:55), Winelands Half Marathon (71:17), Edgemoed 10 km (31:49), Mitchells Plain Titans 10 km (32:30), Niel Joubert Plaaswedloop 12.3 km (42:53), Avbob 15 km (48:35), Phoenix 10 km (32:14) & Sundowner 10 km (33:16)
 1st in 40-44 age category in WP XC Championships 8 km (26:59)
 2nd vet in Pretoria 10 km (33:59)
 3rd vet in Central Athletics 10 km (34:10)

*) These times placed him first on the SA performance lists for vets for the year (15 km, 30 km, marathon).

2017:

1st in the following four races: Hohenort 15 km (48:40), Cape Town Festival of Running Half Marathon (67:34), Velocity AC Half Marathon (69:27) & Gordon's Bay 10 km (31:29)
 2nd in Mamre Half Marathon (69:35) & Don Lock 8 km (25:28); also 3rd in Don Lock 15 km on the same day (48:45)
 3rd in Bay to Bay 15 km (48:03a)
 4th in WP Half Marathon (68:49)
 5th in Slave Route Challenge Half Marathon (71:07)

After turning 40 in September, he won the vets category in the following eight races: Goodwood Harriers 10 km (31:11; 2nd overall), Winelands Half Marathon (67:48, short course; 2nd overall), Metropolitan 10 km (33:34; 3rd overall), Gun Run 10 km (31:56), Landmarks Half Marathon (73:43), Niel Joubert Plaaswedloop 13 km (43:38), Run for Unity 10 km (31:45) & Bottelary AC Half Marathon (70:01)

Other performances:

3rd in SA XC Championships 35-39 years 8 km 2016 (25:23); 40th in SA Half Marathon 2015 (66:12); 22nd in SA Marathon (2:34:30) & SA Half Marathon 2014 (70:18);

Other PBs:

30:01 (2013), 45:27, 66:12 (both 2015)

TEBOHO SELLO (40) [Lesotho]

Marathon PB: 2:18:33, Soweto Marathon 2014

Two Oceans: 49th in 2004 (3:28:58); 3rd in 2010 (3:07:44); 13th in 2011 (3:14:44); 21st in 2012 (3:20:39), dnf in 2013; 26th in 2014 (3:27:20); 9th in 2015 (3:19:03); 22nd in 2016 (3:27:57); 3rd in 2017 (3:11:48); 12th in 2018 (3:19:31)

Comrades:

dnf in 2011; 17th in 2012 (5:46:30); dnf in 2013; 50th in 2014 (6:16:35); 5th in 2015 (5:54:03); 11th in 2016 (5:39:37); 7th in 2017 (5:47:02) & 2018 (5:42:21)

2019: 2nd in Sasol Half Marathon (67:56)

2018: 7th in Soweto Marathon (2:24:22)

2017: 4th in Soweto Marathon (2:21:56)

2016: 7th in O.R. Tambo Marathon (2:13:50a; probably short course)

Other performances: 1st in City to City 50 km 2009 (2:58:05a); placed as follows in Two Oceans Half Marathon: 18th in 2008 (68:52), 16th in 2007

(67:14), 27th in 2006 (67:41) & 30th in 2003 (69:38)

SINTAYEHU LEGESE YINESU (38) [Ethiopia]

Marathon PB: 2:11:07, Paris Marathon 2015
Two Oceans: dnf in 2018
2019: 1st in Lagos City Marathon (2:17:28)
2018: 1st in Mandela Day Marathon (2:28:06a) & Soweto Marathon (2:19:10)
18th in Lagos City Marathon (2:26:53)
2017: 2nd in Soweto Marathon (2:20:56)
2016: 1st in Soweto Marathon (2:20:44)
2nd in O.R. Tambo Marathon (2:11:20a; probably short course)
Other performances: 10th in Paris Marathon 2015 (2:11:07); 1st in Soweto Marathon 2014 (2:17:55); 3rd in Gauteng Marathon 2014 (2:15:22a)

WOMEN

SALEM ABERE ALEBACHEW (30) [Ethiopia]

Marathon PB: 2:36:08, Marrakech Marathon 2014
Two Oceans: 9th in 2018 (3:59:23)
2018: 2nd in Mandela Day Marathon (2:53:22a)
3rd in Soweto Marathon (2:44:50)
12th in Nelson Mandela Bay Half Marathon (75:58)
2017: 1st in Huaihua Half Marathon (78:27)
2nd in Marvejols Mende 22.4 km (86:40) & Mandela Day Marathon (2:49:02a)
3rd in Soweto Marathon (2:46:33)
2016: 1st in the following three races: Soweto Marathon (2:42:32), Mandela Day Marathon (2:51:47a) & Marvejols Mende 22.4 km (86:31)
Other performances: 1st in Mandela Day Marathon 2015 (2:58:28a); 43rd in World Half Marathon 2012 (79:09)
Other PBs: 33:08 (2012), 75:58 (2018)

RAMADIMETJA LIZZY BABILI (28)

Two Oceans: 23rd in 2018 (4:15:23)
2019: 1st in President Hyper 15 km (63:11)
2018: 9th in SA T&F Championships 10000 m (39:24.27)
1st in the following three races: Irene Half Marathon (88:11), President Hyper 15 km (65:24) & Jacaranda City Challenge 10 km (40:27)
2nd in Tuks Half Marathon (88:06)
3rd in CANSA 48 km (3:29:45)
5th in Loskop 50 km (3:34:11a)
2017: 5th in NMB 1 City Marathon (3:12:09)
23rd in Wally Hayward Half Marathon (1:47:35)

JULANIE BASSON (44)

Represented South Africa in the World Trophy 50 km (2011).
Marathon PB: 2:57:09, SA Marathon 2012
Two Oceans: 284th in 2005 (5:24:16); 11th in 2012 (3:54:59); 16th in 2013 (4:03:33); 14th in 2014 (4:18:12); 10th (3rd vet) in 2015 (4:06:13) & 2016 (4:06:44); 11th (4th vet) in 2017 (4:06:48); 5th vet in 2018 (4:14:10)
Comrades: 883rd in 2003 (10:32:40); 760th in 2004 (10:42:28); 106th in 2005 (8:32:25); 508th in 2006 (10:16:47); 150th in 2007

(8:58:38); 515th in 2008 (10:35:14); 15th in 2009 (7:25:51); 15th in 2010 (7:04:45); 14th in 2011 (7:13:28); 10th in 2012 (7:00:45) & 2013 (7:21:02); 9th in 2014 (7:02:50); 109th in 2015 (8:50:21); 9th (2nd vet) in 2016 (6:58:10); 12th vet in 2017 (7:57:19); 13th vet in 2018 (7:48:29)

2018: 1st overall & 1st vet in Alberton Half Marathon (88:54)
2nd vet in the following four races: George Claassen Half Marathon (95:42), Robor Scaffolding 50 km (4:18:51); 3rd overall, Irene Half Marathon (95:55) & Port Elizabeth City Marathon (3:14:00)
3rd vet in Pick 'n Pay Marathon (3:26:33)
14th in Om die Dam 50 km (4:15:50)

2017: 1st vet in the following three races: Sasol Marathon (3:09:51; 1st overall), George Claassen Half Marathon (95:06) & Pick 'n Pay Marathon (3:23:07)
2nd vet in John Hattle 32 km (2:26:51) & Burger & Co 15 km (67:56)
3rd vet in Om die Dam 50 km (3:58:17) & Wally Hayward Marathon (3:23:22)
11th vet in New York City Marathon (3:09:31a)

Other performances: 5th vet in SA Half Marathon 2016 (88:49); 2nd overall & 1st vet in Om die Dam 50 km 2016 (3:45:47); 1st overall & 1st vet in Vaal Marathon 2015 (2:56:52; probably short course); also 1st vet in the following four races 2015: Johnson Crane Marathon (3:06:35), Pick 'n Pay Marathon (3:01:05; 2nd overall), Edenvale Marathon (3:10:35; 3rd overall) & Om die Dam 50 km (3:41:32; 4th overall); 1st in Wally Hayward Marathon 2014 (3:05:10); 1st in Slow-Mag 50 km 2013 (3:33:53); 7th in SA Marathon 2012 (2:57:09); 2nd in Om die Dam 50 km 2012 (3:37:05); 7th in World Trophy 50 km Final 2011 (3:35:51); 10th in SA Marathon 2011 (2:57:51); 2nd in City to City 50 km 2010 (3:45:32a)

Other PBs: 86:09 (2012), 3:35:51 (2011)

CHARNÉ BOSMAN (43)

Represented South Africa in the World Half-marathon Championships (2001 & 2002), Africa Southern Region Half-Marathon Championships (2003 & 2004) and Commonwealth Games Marathon (2006). In the 2016 Two Oceans she set a South African veteran's record of 3:24:43 at 50 km.

Marathon PB: 2:39:25, Amsterdam Marathon 2005

Two Oceans: 2nd in 2013 (3:40:19); 5th in 2015 (3:54:31); 1st vet in 2016 (3:48:40; 4th overall); 1st vet in 2018 (3:45:20; 3rd overall)

Comrades: 5th in 2013 (6:53:35, 1st South African); dnf in 2014; 2nd in 2015 (6:33:24); 1st in 2016 (6:25:55); 3rd (1st vet) in 2017 (6:39:51); 5th (2nd vet) in 2018 (6:33:08)

2019: 1st overall & 1st vet in the following five races: First Choice 15 km (57:39), George Claassen 10 km (38:36), Johnson Crane Marathon (2:44:52 CR), Sunrise Monster 32 km (2:16:34) & Om die Dam 50 km (3:30:14)

Also 1st vet (2nd overall) in the following three races: Peninsula Marathon (2:54:22a), Pretoria Half Marathon (84:55) & Dis-Chem Half Marathon (81:29)

2018: 1st vet in SA Half Marathon (80:23)

1st overall & 1st vet in the following twelve races: ACE Half Marathon (87:14), Johnson Crane Marathon (2:54:59), Tuks Marathon (2:50:57), Pretoria Marathon (2:56:46), Bobbies Half Marathon (83:47), Om die Dam Half Marathon (83:02), Loskop 50km (3:21:50a), Jackie Mekler 25 km (96:16), Ice Breaker Half

Marathon (88:17), Tough One 32 km (2:10:21), Andrew Greyling Memorial Half Marathon (85:43) & Sunrise Monster 32 km (2:17:52)

Also 1st vet (2nd overall) in the following three races: George Claassen Half Marathon (82:11), Woodlands Dairy 15 km (58:02) & Bronkhorstspuit 32 km (2:19:35; 3rd overall); and 1st vet in the following four races: Spar Grand Prix (Pretoria) (37:43), Lester Mills Memorial 10 km (38:27; 3rd overall), Soweto Marathon (2:53:48) & Cape Town Marathon (2:44:52; fastest SA time by a vet in 2018)

2017: 1st overall & 1st vet in the following three races: Tough One 32 km (2:17:05), Capital Classic Half Marathon (87:16) & Romans Pizza 15 km (56:36; fastest vet time in SA for the year)
1st vet in the following three races: Om die Dam 50 km (2:34:42; 2nd overall), Spar 10 km (Pretoria) (36:57) & Sasol 10 km (37:36)

2nd vet in Cape Town Marathon (2:55:23)

5th in Mandela Day Marathon (3:09:02a)

dnf Peninsula Marathon

Other performances: 1st overall and 1st vet in Johnson Crane Marathon 2016 (2:48:52); 1st in Pick 'n Pay Marathon 2015 (2:54:58); 2nd in Om die Dam 50km 2014 (3:41:12); 1st in three races in 2013, among them Pick 'n Pay Marathon (2:48:21; course 600-700 m too long); 1st in SA Marathon 2012 (2:41:56); 5th in SA Half Marathon 2012 (76:32); 2nd in City to City 50 km 2012 (3:29:32a); 23rd in Rotterdam Marathon 2012 (2:43:24); 1st in SA Marathon 2011 (2:44:44); 9th in SA XC Trials 8 km 2011 (31:39); 10th in SA 10km (36:38) & SA Half Marathon 2011 (77:14); 9th in Two Oceans Half Marathon 2011 (81:12); 5th in SA XC Championships 8 km 2010 (31:04); 13th in SA Half Marathon 2010 (79:15); 10th in SA XC Trials 8 km 2010 (28:08); 3rd in SA Marathon 2009 (2:51:17); 11th in SA Half Marathon 2009 (78:21); 1st in SA Marathon 2008 (2:42:28); 13th in Rotterdam Marathon 2008 (2:39:51); 5th in SA Marathon 2007 (2:48:17); 6th in SA Half Marathon 2007 (78:40); 15th in Commonwealth Games Marathon 2006 (2:50:05); 11th in Amsterdam Marathon 2006 (2:41:15); 23rd in Two Oceans Half Marathon 2006 (85:48); 2nd in SA Half Marathon 2005 (76:32); 4th in Amsterdam Marathon 2005 (2:39:25); 3rd in Africa Southern Region Half Marathon 2004 (75:27); 1st in Soweto Marathon 2004 (2:48:32); 1st in Africa Southern Region Half Marathon 2003 (77:42); 1st in Peninsula Marathon 2003 (2:42:56); 1st in Two Oceans Half Marathon 2003 (75:48), 2002 (75:27) & 2001 (77:37); 48th in World Half Marathon 2002 (75:19); 46th in World Half Marathon 2001 (75:06); 1st in SA Half Marathon 2001 (77:22); 3rd in SA 10 km 2001 (34:49); 4th in SA Half Marathon 2000 (76:18); 4th in SA 10km 1998 (34:10), 6th in 1997 (35:17) & 8th in 1996 (35:26)
Other PBs: 33:41 (1999), 52:47 (1994), 74:59 (2013), 3:21:50a (2018); PB on a standard course: 3:30:14 (2019)

JENNA CHALLENGER (37)

Represented South Africa in the World Half-marathon Championships (2014) and World Championships Marathon (2017).

Marathon PB: 2:37:12, Nagoya Women's Marathon 2016

Two Oceans: 2nd in 2017 (3:47:32; 1st South African); dnf in 2018

2019: 1st in DG Panel & Paint 32 km (2:10:16) & Peninsula Marathon (2:46:05a)

2018: 1st in the following eight races: Hillcrest Half Marathon (78:49 CR), Kearsney Striders Half Marathon (83:15), Deloitte Challenge 10 km (34:45; probably short course), The Ignition 10 km (38:10), Stainbank Cup 15 km (59:44), Christmas Challenge 15km (57:14 CR), Big Hill 10 km (38:24) & Pietermaritzburg City Half Marathon (77:55)
3rd in Durban City Marathon (2:53:12)

2017: 59th in World Championships Marathon (2:47:22)
1st in the following five races: PDAC 25 km (90:21a), Stella Royal 25 km (1:40:31), Gun Run Half Marathon (77:40), Stainbank Cup 15 km (58:32) & Kearsney Striders Half Marathon (83:15)
Placed as follows in the Spar Grand Prix Series: 9th in Cape Town (34:25), 12th in Durban (35:17) & 17th in Port Elizabeth (36:05)
14th in Cape Town 12 OneRun 12 km (44:10a)

Other performances: 1st in Gun Run Half Marathon 2016 (76:25); 32nd in Nagoya Women's Marathon 2016 (2:37:12); 1st in seven races in 2015, among them Stella Royal 25 km (96:08), Mandela Day Half Marathon (79:14a), Gun Run Half Marathon (76:17) & Pietermaritzburg Half Marathon (77:40); 5th in Two Oceans Half Marathon 2015 (75:49); 12th in Prague Marathon 2015 (2:42:26); 47th in World Half Marathon 2014 (74:20); 1st in PetroSA Marathon 2014 (2:41:44); 7th in Two Oceans Half Marathon 2014 (76:59); 3rd in SA Half Marathon 2013 (76:31); 12th in Two Oceans Half Marathon 2013 (80:20); 7th in SA XC Championships 8 km 2011 (30:18); 12th in SA 10 km 2011 (36:53); 14th in SA Half Marathon 2011 (78:42); 13th in SA XC Trials 8 km 2010 (28:31); 10th in Two Oceans Half Marathon 2010 (81:36); 7th in SA XC Championships 8 km 2009 (30:00); 8th in SA Half Marathon 2009 (76:43); 11th in SA 10 km 2009 (35:18); 6th in Two Oceans Half Marathon 2009 (79:22)

Other PBs: 34:25 (2017), 52:35 (2014), 74:20 (2014)

CAROLINE CHERRY (36) [Formerly Wöstmann]

Marathon PB: 2:44:26a, New York City Marathon 2015
PB on a standard course: 2:44:57, Port Elizabeth City Marathon 2014

Two Oceans: 83rd in 2013 (4:54:52); 1st in 2015 (3:41:23) & 2016 (3:44:44); dnf in 2017; 118th in 2018 (4:56:11)

Comrades: 205th in 2009 (9:17:39); 68th in 2011 (8:33:29); 15th in 2012 (7:16:48); 6th in 2014 (6:51:43); 1st in 2015 (6:12:22); 2nd in 2016 (6:30:44)

2017: 1st in Om die Dam 50 km (3:29:47) & Edenvale Marathon (3:06:01)
2nd in the following three races: Dis-Chem Half Marathon (86:37), Ford 3-in-1 Half Marathon (84:29) & Sunrise Monster 32 km (2:23:18)
3rd in McCarthy Toyota Half Marathon (87:22)
6th in Pretoria Marathon (3:18:36)

2016: 1st in the following five races: Sunrise Monster 32 km (2:24:38), Om die Dam 50 km (3:38:38; becoming the first athlete to hold the Om die Dam, Two Oceans and Comrades titles at the same time), Denel Half Marathon (79:13 PB; a week after the Two Oceans), Jackie Mekler 25 km (1:47:01) & Love Running Half Marathon (84:27)
2nd in Edenvale Half Marathon (83:54; the day after the Om die Dam)

3rd in the following three races: Tuks Half Marathon (90:30), Pretoria Marathon (3:09:34) & Adrienne Hersch Challenge Half Marathon (85:45)
 18th in Spar Grand Prix 10 km (Johannesburg) (39:58)
 Other performances: 1st in Edenvale Marathon 2015 (3:03:12); 3rd in Pick 'n Pay Marathon 2015 (3:02:18); 1st in Port Elizabeth City Marathon 2014 (2:44:57); 3rd in Om die Dam 50 km 2014 (3:48:51); 5th in SA Marathon 2013 (2:53:35); 2nd in City to City 50 km 2013 (3:34:20a); 4th in Om die Dam 50 km 2013 (3:41:44)
 Other PBs: 35:26 (2015), 59:44 (2013), 79:13 (2016), 3:29:47 (2017)

SALOME COOPER (43)

Represented South Africa in the World 100 km Championships (2018), where she ran the fastest time by a South African since 2011.

Marathon PB: 3:01:36, Sasol Marathon 2018

Two Oceans: 5th vet in 2017 (4:08:40); 4th vet (12th overall) in 2018 (4:02:33)

Comrades: 10th in 2014 (7:06:03); 17th in 2015 (7:22:49); 10th (3rd vet) in 2016 (7:01:02); 2nd vet (15th overall) in 2017 (7:22:30); 4th vet (11th overall) in 2018 (6:53:18)

2019: 1st vet & 3rd overall in Johnson Crane Half Marathon (87:02) & Edenvale Marathon (3:04:38)
 3rd overall and 3rd vet in Om die Dam 50 km (3:36:09); also 3rd vet in Dis-Chem Half Marathon (90:42) & Peninsula Marathon (3:04:15a)

2018: 4th vet (7th overall; 1st South African) in World 100 km (7:51:13; fastest time by a South African in 2018)
 1st overall & 1st vet in the following seven races: Springs Striders 32 km (2:18:25), Sasol Marathon (3:01:36), Om die Dam 50 km (3:39:48), Jackie Gibson Marathon (3:08:00), Robor Scaffolding 50 km (3:38:00), John Hattle 32 km (2:14:46) & Johnson Crane Half Marathon (86:33)
 1st vet (2nd overall) in Edenvale Marathon (3:01:12) & Hot Legs 15 km (63:46)
 Also 1st vet (4th overall) in Loskop 50 km (3:32:34a)
 2nd vet in the following three races: Tuks Marathon (3:11:09; 3rd overall), Pretoria Marathon (3:08:57; 5th overall) & Sunrise Monster 32 km (2:22:19; 2nd overall)

2017: 1st overall & 1st vet in the following three races: Arthur Creswell Memorial 52 km (3:50:41; 4th win in a row), John Hattle 32 km (2:13:32) & Bela Bela Half Marathon (92:15)
 Also 1st vet in the following five races: Sasol Half Marathon (88:06), Edenvale Half Marathon (91:55), Varsity Kudus 15 km (68:26), Springs Striders 32 km (2:20:19; 3rd overall) & Loskop 50 km (3:37:09a; 2nd overall)
 2nd vet in the following five races: Johnson Crane Marathon (3:06:00), Pretoria Marathon (3:16:10; 3rd overall), Om die Dam 50 km (3:42:20), RAC 10 km (41:01) & Vaal River City Half Marathon (91:09)

Other performances: 1st overall & 1st vet in the following four races in 2016: Jackie Gibson Marathon (3:16:59), Arthur Creswell Memorial 52 km (3:51:36a), Standerton Goldi Marathon (3:03:11) & Benoni Northerns 50 km (3:48:49); 1st in the following two races in 2015: Arthur Creswell Memorial 52 km (3:50:03a) & Slow-Mag 50km (3:44:14); 2nd in Loskop 50 km 2014 (3:40:01a)

Other PBs: 86:33, 3:32:34a (both 2018); 50 km PB on a standard course: 3:36:09 (2019); 7:51:13 (2018)

JANIE GRUNDLING (39)

Marathon PB: 2:54:29, SA Marathon 2015
Two Oceans: 7th in 2017 (4:03:51); 13th in 2018 (4:03:24)
Comrades: 241st in 2004 (9:34:00); 292nd in 2005 (9:18:45); 170th in 2006 (9:10:13); 28th in 2015 (7:53:10)
2019: 1st in Hillcrest Half Marathon (80:56) & Deloitte Challenge Marathon (3:00:07; probably short course)
2nd in Maritzburg City Half Marathon (80:59)
5th in Peninsula Marathon (2:55:41a)
2018: 17th in SA 10 km (38:51)
1st in the following three races: Maritzburg City Marathon (2:56:04), SAPS Striders Heritage 10 km (38:40) & Sapphire Coast Half Marathon (83:41)
2nd in Hillcrest Marathon (3:15:36) & Stainbank Cup 15 km (61:35)
3rd in Durban City Half Marathon (89:23) & Checkout Challenge 10 km (36:20; probably short course)
11th in Durban CitySurfRun 10 km (36:10)
2017: 9th in SA Half Marathon (78:52)
1st in Sapphire Coast Marathon (2:54:41a)
2nd in the following three races: Maritzburg City Marathon (3:01:23), SAPS Striders Half Marathon (88:31) & Township to Township Half Marathon (82:18a)
4th in Mandela Day Half Marathon (82:02a)
Placed as follows in the Spar Grand Prix Series: 15th in Pietermaritzburg (37:22), 16th in Cape Town (36:09), 18th in Durban (36:45) & Pretoria (37:55)
19th in Cape Town 12 OneRun 12 km (45:49a)
Other performances: 9th in SA Half Marathon (78:10) & 21st in SA 10 km 2016 (37:31); 3rd in KZN XC Championships 10 km (42:39) & KZN 10 km 2016 (36:00); 3rd in SA Marathon (2:54:29) & 15th in SA Half Marathon 2015 (81:00); 2nd in Arthur Creswell Memorial 52 km 2015 (3:52:32a)
Other PBs: 35:13 (2016), 57:48 (2015), 78:10 (2016)

DEANNÉ HORN (30)

Represented South Africa in the World 100 km Championships (2018).
Marathon PB: 2:54:21a, Buffs Marathon 2019
PB on a standard course: 2:58:00, Johnson Crane Marathon 2019
Two Oceans: 101st in 2017 (4:52:06); 16th in 2018 (4:07:32)
Comrades: 42nd in 2017 (8:10:14); 15th in 2018 (7:06:54)
2019: 3rd in the following four races: Johnson Crane Marathon (2:58:00), Sasol Marathon (3:01:26), Klerksdorp Half Marathon (88:33) & Buffs Marathon (2:54:21a)
2018: 28th in World 100 km (8:22:19)
3rd in Wally Hayward Half Marathon (90:02)
Other PBs: 88:33 (2019)

RENÉ KALMER (38)

One of the three most versatile female distance runners ever produced in South Africa and the country's top marathon runner between 2011 and 2014, she has won a remarkable 40 SA titles on all three surfaces (the most by any SA athlete, male or female), starting with the u.15 cross-country title in 1995, and first represented South Africa as a junior in the 1996 World XC Championships at the age of 15. She then represented the country in 1997 and 1998 at the same meeting, and as a senior in the World XC Championships (2005), Africa Southern Region XC Championships (2006), Olympic Games and African T&F Championships (both 2008), World Half-marathon Championships (2009, 2012 & 2014),

World Indoor T&F Championships and African T&F Championships (both 2010), World and African XC Championships and World Championships Marathon (all 2011), and Olympic Games Marathon (2012). She was the first athlete to represent South Africa in the Olympic Games, World Indoor and Outdoor T&F Championships and World Half-marathon Championships. A unique feature of her career is the unprecedented string of 27 victories in the Spar Grand Prix Series for women, stretching from her first win in 1998 to the most recent in August 2012. At the end of 2018 she was third on the SA all-time list for the half marathon, 4th in the marathon, and seventh in both the 10 km and the 15 km and had run sub-34 for 10 km 32 times and sub-75 for the half marathon nineteen times. Her career was interrupted by a hip operation in July 2016, and in March 2017 her daughter Karli was born. She returned to competition in the second half of 2017.

Marathon PB: 2:29:27, Berlin Marathon 2014

2019: 1st in Run Zone/Northern Chase 32 km (2:16:54)
5th in Om die Dam 50 km (3:40:18; debut ultramarathon)

2018: 11th in SA Half Marathon (79:12)
1st in Pick 'n Pay Half Marathon (83:17)
2nd in Peninsula Marathon (2:55:34a)
3rd in Johnson Crane Marathon (3:03:48)
7th in Soweto Marathon (2:57:38)
Placed as follows in the Spar Grand Prix Series: 11th in Johannesburg (38:10), 13th in Bellville (36:57), 15th in Pietermaritzburg (37:52), 20th in Pretoria (38:05), 21st in Port Elizabeth (37:24) & 26th in Durban (37:57)
22nd in Two Oceans Half Marathon (85:04) & Cape Town Marathon (2:53:30)

2017: 1st in Somerson Half Marathon (88:00)
5th in Soweto Half Marathon (88:26)
16th in Spar 10 km (Johannesburg) (40:49) & 39th in Spar 10 km (Pretoria) (41:01)

Other performances: dnf SA Marathon 2016; 4th in Two Oceans Half Marathon 2016 (78:13); 19th in London Marathon 2016 (2:39:44); dnf SA Half Marathon 2015; 6th in Vienna Marathon 2015 (2:33:21); 14th in Lisbon Half Marathon 2015 (75:17); 27th in World Half Marathon 2014 (71:53); 9th in Berlin Marathon 2014 (2:29:27); 1st in SA Half Marathon 2013 (75:18; 40th SA title); won a further 14 races in 2013, among them Springs Striders 32 km (1:58:48; 3rd fastest ever by SA woman); 2nd Two Oceans Half Marathon 2013 (74:52); 6th in Great South Run 10 miles (58:39a) & Yokohama Marathon 2013 (2:32:39); 16th in World Half Marathon 2012 (73:16); 35th in Olympic Games Marathon 2012 (2:30:51); 1st in SA Half Marathon 2012 (74:40); 1st in SA T&F Championships 5000 m 2012 (15:55.05); also 1st in 16 other races in 2012, among them Two Oceans Half Marathon (75:02) & Gifu Seiryu Half Marathon (73:02 CR); 31st in World Championships Marathon (2:38:16) & World XC Championships 8 km 2011 (27:02); 22nd in African XC Championships 8 km 2011 (30:24); 1st in SA Half Marathon 2011 (72:59 – course 180 m too long); 1st in SA T&F Championships 5000 m 2011 (15:42.21); 6th in SA XC Trials 8 km 2011 (31:01); 1st in 16 races in 2011, among them (on two consecutive days) the Yellow Pages Interprovincial (Germiston) 1500 m (4:20.10) & 5000 m (16:07.57) & Jackie Gibson Marathon (2:51:35); 4th in Two Oceans Half Marathon 2011 (76:19); 5th in Yokohama Marathon (2:29:59) & Prague Marathon 2011 (2:34:47); 8th in Great North Run Half Marathon 2011 (71:46a); 9th in World Indoor Championships 3000 m 2010 (9:04.11; 9:01.41 NR in heat); set 3 SA records on European indoor t&f tour in 2010: 4th in BW-Bank 3000 m (9:12.72), 5th in Sparkassen Cup 3000 m

(9:02.92 NR), 5th in Toyota Flanders 1500 m (4:16.96 NR), 6th in GE Galan 5000 m (15:45.40 NR); 8th in African Championships 1500 m 2010 (4:18.21); 1st in SA T&F Championships 1500 m (4:08.61) & 5000 m (15:51.32) 2010 – her fifth such double; 15th in World Half Marathon 2009 (70:37); 1st in SA 10 km 2009 (32:39); 2nd in SA Half Marathon 2009 (72:25); 1st in Soweto Marathon 2009 (2:43:54, debut); 7th in Olympic Games 1500 m heat 2008 (4:08.41); 6th in African Championships 1500 m 2008 (4:29.56); 1st in SA T&F Championships 1500 m (4:22.86) & 5000m (15:55.72) 2008; 3rd in SA 10 km 2008 (33:16); 1st in SA T&F Championships 1500 m (4:14.75) & 5000 m 2007 (15:35.00); 1st in SA 10 km 2007 (32:28); 2nd in Two Oceans Half Marathon 2007 (73:42); 2nd in Southern African XC Championships 4 km 2006 (13:35); 3rd in SA T&F Championships 5000 m 2006 (16:42.55); 3rd in SA 10 km 2006 (33:56); 6th in SA T&F Championships 1500 m 2006 (4:31.92); 10th in SA XC Championships 8 km 2006 (29:11); 8th in Two Oceans Half Marathon 2006 (77:16); 63rd in World XC Championships 4.2 km 2005 (14:47); 1st in SA T&F Championships 1500 m (4:17.37) & 5000 m (16:17.32) 2004; 1st in SA T&F Championships 800 m (2:03.63) & 1500 m (4:11.24) 2003; 1st in SA T&F Championships 1500 m (4:13.72) & XC Championships 4 km (10:39) 2002; 1st in SA T&F Championships 1500 m (4:08.94) & 5000 m (16:13.98) 2001; 3rd in SA 10 km 2000 (34:09); also 5th in SA 10 km 1999; 1st in SA 10 km 1997; 6th (2nd junior) in SA 10 km 1996; between 1995 and 1997 she also won the following SA titles: senior cross-country, senior 1500 m, u.17 cross-country (twice), u.17 1500 m (twice) & u.15 cross-country

Other PBs: 32:28 (2007), 51:11 (2013), 70:13a (2012); PB on a standard course: 71:53 (2014); 3:40:18 (2019); track: 4:06.71 (2008), 8:51.61 (2003), 15:35.00 (2007)

PRISCILLA LORCHIMA (33) [Kenya]

Marathon PB: 2:31:23, Hamburg Marathon 2013

2018: 1st in Iguazu Marathon (2:49:22)
3rd in Rio de Janeiro Marathon 2:44:02

2017: 2nd in Sao Paulo Marathon 2:51:04
3rd in Rio de Janeiro Marathon (2:42:25)

2016: 1st in Rio de Janeiro Marathon (2:41:23) & Iguazu Marathon (2:47:25)

Other performances: 3rd in Hamburg Marathon 2013 (2:31:23)

Other PBs: 16:37 (2010), 77:15 (2012); track: 34:17.1h (2013)

YOLANDE MACLEAN (41)

Took the SA road running scene by storm in 2003 when she broke Frith van der Merwe's course record for the Loskop 50 km with 3:21:00 – a week after she had set a marathon PB. By winning the Johnson Crane Marathon in 2004 she ended Van der Merwe's world-record streak of 30 consecutive marathon wins (see "Other performances" below).

Marathon PB: 2:46:55, Johnson Crane Marathon 2015

Two Oceans: 5th in 2003 (3:47:42, 2nd novice); 7th in 2004 (3:51:32); 7th in 2005 (3:50:44); 7th in 2006 (3:50:10); 12th in 2007 (3:35:34); 11th in 2015 (4:09:51) & 2016 (4:10:07); 8th (3rd vet) in 2018 (3:57:54)

Comrades: 9th in 2003 (6:44:39, 2nd South African); 7th in 2004 (6:45:40, 2nd South African); 8th in 2005 (6:37:35, 2nd South African); 7th in 2006 (6:47:03, 2nd South African); 7th in 2007 (6:29:47, 2nd South African); 10th in 2015 (7:01:49); 5th in 2016 (6:43:24);

10th (3rd vet) in 2018 (6:52:16)
2019: 2nd overall & 2nd vet in Om die Dam 50 km (3:34:36); also 2nd vet (4th overall) in Dis-Chem Half Marathon (83:04)
2018: 1st in Pick 'n Pay Marathon (2:56:11) & CANSA 48 km (3:19:10)
 2nd in Pretoria Marathon (3:01:17) & Kaapsehoop Marathon (2:47:54a; 1st vet)
 4th in Dis-Chem Half Marathon (84:29)
 2nd vet in Cape Town Marathon (2:47:07)
2017: 1st in Pick 'n Pay Marathon (3:01:30) & Zwartkop Half Marathon (87:45)
 2nd in Springs Striders 32 km (2:14:31) & Pretoria Marathon (3:09:32)
 3rd in the following three races: Dis-Chem Half Marathon (86:59), Om die Dam 50 km (3:40:46) & Tuks Half Marathon (86:49)
 8th in Totalsports 10 km (Johannesburg) (38:57)
 Other performances: 6th in SA Marathon 2016 (3:01:26); 1st in Loskop 50 km 2016 (3:31:01a); won three marathons in 2016 and five in 2015; won eleven races in 2005, among them City to City 50 km (3:37:54a), Loskop 50 km (3:21:09), Johnson Crane Marathon (2:52:47), Pretoria Marathon (2:55:20), Pick 'n Pay Marathon (2:50:54), Indian Ocean Marathon (2:58:41) & Jackie Gibson Marathon (3:04:09); won eight races in 2004, among them Johnson Crane Marathon (3:10:41 on a course approx. 3 km long); 12th in SA Marathon 2000 (2:54:13); 12th in SA Half Marathon 1999 (81:28)
 Other PBs: 35:27 (2005), 56:00 (2002), 78:09 (2004), 3:19:43a (2004); 50 km PB on a standard course: 3:29:44 (2004)

LOVENESS MADZIVA (29) [Zimbabwe]

Marathon PB: 2:43:02, PetroSA Marathon 2017
 Two Oceans: 7th in 2018 (3:56:17)
2018: 1st in the following five races: DG Panel & Paint 32 km (2:17:20), Zululand 56 km (4:04:00a), Harry Gwala District Marathon (3:10:01a), Durban City Marathon (2:47:21) & Ulundi 10 km (36:10)
 2nd in PetroSA Marathon (2:49:20)
 6th in Mandela Day Marathon (3:11:49a)
2017: 1st in the following five races: PetroSA Marathon (2:43:02), Township to Township Marathon (2:52:06a), Savages Half Marathon (83:41), GateRite Half Marathon (79:15) & Nongoma 28km (1:57:40)
 2nd in the following three races: Gun Run Half Marathon (79:15), Mathews Meyiwa Half Marathon (80:38) & Harry Gwala District Half Marathon (74:54; probably short course)
 3rd in Mandela Day Marathon (2:58:57a) & Totalsports 10 km (Durban) (36:32)
 4th in Heroes Marathon (3:03:43a)
 Placed as follows in the Spar Grand Prix Series: 12th in Cape Town (35:15) & 13th in Pietermaritzburg (36:08)
 21st in Two Oceans Half Marathon (85:45)
 Other PBs: 35:15 (2017), 79:15 (twice in 2017)

CARLA MOLINARO (34)

Represented Great Britain in the World 100 km Championships (2018).
 Marathon PB: 2:56:05, Johnson Crane Marathon 2019
 Comrades: 23rd in 2016 (7:23:06; 27th in 2017 (7:55:05); 9th in 2018 (6:50:31)
2019: 2nd in the following three races: Johnson Crane Marathon

(2:56:05), Springs Striders 32 km (2:15:12) & Pick 'n Pay Marathon (2:59:44)
2018: 30th in World 100 km (8:23:45)
 1st in Irene Half Marathon (85:43) & Voortrekker Monument 10 km (41:41)
 Other performances: 57th in Two Oceans Half Marathon 2010 (99:09)
 Other PBs: 85:43 (2018)

LEILANI SCHEFFER (35)

Marathon PB: 2:55:26, Cape Town Marathon 2018
 Two Oceans: 21st in 2018 (4:13:19)
2019: 1st in Akasia Marathon (2:55:36) & Klerksdorp Marathon (2:53:48; short course)
 2nd in Human Rights Half Marathon (88:53)
 5th in Dis-Chem Half Marathon (86:12)
2018: 18th in SA Half Marathon (80:41)
 1st in Harriers Nite Race 10 km (39:25)
 3rd in Pick 'n Pay Marathon (3:01:40) & Kaapsehoop Marathon (2:53:16a)
 7th in Dis-Chem Half Marathon (87:53)
 10th in Wally Hayward Marathon (3:16:52)
 14th in Spar Grand Prix 10 km (Johannesburg) (38:44)
 23rd in Cape Town Marathon (2:55:26)
2017: 5th in SA XC Championships 4 km (15:02)
 17th in SA Marathon (2:58:46) & 21st in SA Half Marathon (82:55)
 1st in the following five races: Knysna Forest Marathon (3:17:46), Rustenburg Mountain Race 10 km (39:17 CR), Kromberg & Schubert 25 km (1:45:41), Oujasdruffie 10 km (38:57) & Moordkuil 15 km (64:08)
 2nd in Akasia Half Marathon (89:35)
 3rd in Durban City Marathon (3:01:12) & Wally Hayward Half Marathon (85:36)
 4th in Kaapsehoop Marathon (2:56:05a)
 26th in Two Oceans Half Marathon (87:45)
 Other performances: 7th in Loskop 50 km 2016 (3:45:08a); 18th in Two Oceans Half Marathon 2016 (87:51) & 32nd in 2015 (92:09); 6th in SA Marathon 2014 (3:10:35); 29th in Two Oceans Half Marathon 2014 (90:27)
 Other PBs: 38:44, 80:41 (both 2018), 3:45:08a (2016)

DANETTE SMITH (30)

She won the SA Long-distance Trail Championships title in 2014.
 Marathon PB: 2:54:59, SA Marathon 2017
 Two Oceans: 12th in both 2015 (4:10:17) & 2016 (4:10:33)
 Comrades: 8th in 2017 (6:58:38); 24th in 2018 (7:27:15)
2019: 1st in the following four races: Red Hill 36.2 km (2:39:17), Congo Marathon (2:53:42; probably short course), Weskus Marathon (3:03:34) & Tygerberg 30 km (2:07:31)
 2nd in Top Form 10 km (38:55)
 7th in Dis-Chem Half Marathon (90:07)
2018: 1st in the following three races: Weskus Marathon (3:04:29a), Cape Gate 10 km (39:42) & Port Elizabeth City Marathon (3:04:57)
 2nd in Red Hill 36.2 km (2:35:30) & Pinelands 10 km (39:12)
 3rd in the following three races: Gordon's Bay 10 km (39:57), Top Form 10 km (38:22) & Peninsula Marathon (2:56:33a)

4th in Winelands Half Marathon (88:03)
 5th in Langebaan Half Marathon (87:33)
 9th in Totalsports 10 km (Cape Town) (39:37)
 10th in Cape Town 10 km (38:45)
 21st in Cape Town 12 OneRun 12 km (46:07a)
2017:
 1st in SA Marathon (2:54:59)
 1st in Red Hill 36.2 km (2:36:27)
 2nd in Bay to Bay 30 km (1:59:01) & Cango Marathon (2:49:46; probably short course)
 3rd in WP Half Marathon (81:47) & Langebaan Half Marathon (86:44)
 4th in Avbob 15 km (61:42)
 8th in Gun Run Half Marathon (85:14)
 23rd in Spar 10 km (Cape Town) (37:28)
 Other performances: 1st in Red Hill 36.2 km 2016 (2:36:55) & 2015 (2:37:26); 1st in Cango Marathon 2015 (2:55:56a; probably short course); 3rd in WP 10 km 2014 (37:43); 7th in SA T&F Championships 10000 m 2013 (39:31.28); 1st in WP T&F Championships 10000 m 2013 (40:12.00); 3rd in four races in 2013, among them WP Half Marathon (86:10) & Winelands Half Marathon (89:04); 23rd in SA Half Marathon 2009 (85:09)
 Other PBs: 37:28, 81:47 (both 2017); track: 39:31.28 (2013)

ULRICA STANDER (44)

Represented South Africa in the World Triathlon Championships while a student at Stellenbosch University and returned to competitive running in 2010.

Marathon PB: 2:53:06a, Peninsula Marathon 2018
 PB on a standard course: 2:54:09, Cape Town Marathon 2017
 Two Oceans: 6th (2nd vet) in 2017 (4:02:45); 7th vet in 2018 (4:18:48)
2019:
 1st overall & 1st vet in Peninsula Marathon (WP Championships) (2:59:58a)
 1st vet (2nd overall) in Bay to Bay 30 km (2:03:00a)
2018:
 3rd vet in SA Half Marathon (82:36) & 5th vet in SA Marathon (3:00:58)
 1st overall & 1st vet in Peninsula Marathon (WP Championships) (2:53:06a) & Red Hill 36.2 km (2:33:24)
 2nd vet in the following three races: Bay to Bay 30 km (2:03:31; 3rd overall), Spar Grand Prix 10 km (Durban) (38:33) & Lighthouse 10 km (37:34; 2nd overall)
2017:
 1st overall & 1st vet in Peninsula Marathon (2:58:45a, debut)
 1st vet in the following three races: Bay to Bay 30 km (2:02:35; 3rd overall; fastest SA time by a vet for the year), Cape Town Marathon (2:54:09; 14th overall; 2nd fastest time by a vet for the year) & Winelands Half Marathon (80:46; 2nd overall; short course)
 2nd vet in Women's Day 10 km (38:09)
 Other performances: 1st vet in SA 10 km (39:23) & 2nd vet in SA Half Marathon 2016 (82:48); 1st vet in Cape Town 12 OneRun 12 km 2016 (45:28a; SA age-category best time); won the veteran category in the Spar Grand Prix Series 2016; 1st vet in SA Half Marathon 2015 (82:50); 1st overall & 1st vet in Peninsula Half Marathon 2015 (85:45a) 1st in Dan Luyt 15 km 2014 (59:53; 4th consecutive victory – first woman to achieve this); 1st in WP Masters T&F Championships 1500 m (4:54.44) & 5000 m 2014 (18:31.89); 14th in Two Oceans Half Marathon 2014 (84:55); won four gold medals at SA Masters T&F Championships in 2013: 400 m (65.35), 800 m (2:23.26), 1500 m (4:50.05) & 5000 m (18:06.04); 11th in SA 10 km 2013

(36:37); 1st in WP Masters T&F Championships 1500 m 2013 (4:41.20) & 5000 m (17:27.30; WP age-group record); 14th in Two Oceans Half Marathon 2013 (81:13); 1st in SA Masters T&F Championships 1500 m 2012 (4:53.3) & 5000 m (18:06.35); 9th in SA Half Marathon 2012 (78:03); 1st in 2012: WP Half Marathon 2012 (77:34); 1st in WP Masters T&F Championships 5000 m 2012 (17:42.32, WP age-group record); 8th in Two Oceans Half Marathon 2012 (83:09); 16th in SA Half Marathon 2011 (81:31); 12th in Two Oceans Half Marathon 2011 (82:12); 21st in SA Half Marathon 2010 (82:25); 22nd in SA 10 km 2010 (37:31); 24th in Two Oceans Half Marathon 2010 (89:42), 42nd in 2006 (91:32) & 85th in 2003 (1:42:04)

Other PBs: 35:25 (2012), 56:04 (2013), 77:34 (2012); track: 2:21.42 (2013), 4:41.20, 17:27.30 (both 2013)

DOMINIKA STELMACH-STAWCZYK (37) [Poland]

Marathon PB: 2:37:09, Seoul Marathon 2018

2018: 2nd in Praski Half Marathon (79:13)
3rd in Poznan Half Marathon (76:59)
7th in Changan 50 km (3:26:25)

2017: 15th in Seoul Marathon (2:37:09)
23rd in European Mountain Running Championships 8.5 km (57:55)
1st in Polish Marathon Championships (2:41:13) & Praski Half Marathon (75:17)

2nd in Poznan Marathon (2:42:39)
3rd in Wroclaw Marathon (2:41:02)
6th in Warsaw Marathon (2:38:52)

Other performances: 33rd in European Mountain Running Championships 8.5 km 2016 (49:32); 1st in Blizanów 100 km 2015 (8:01:41)

Other PBs: 35:10 (2016), 75:17 (2017), 8:01:41 (2015)

GERDA STEYN (29)

She burst onto the SA road running scene with a fourth place in the 2017 Comrades and then later in the year slashed her marathon PB by more than 14 minutes in the Valencia Marathon.

Marathon PB: 2:31:04, New York Marathon 2018

Two Oceans: 14th in 2016 (4:15:44); 1st in 2018 (3:39:31)

Comrades: 56th in 2015 (8:19:08); 14th in 2016 (7:08:23); 4th in 2017 (6:45:45); 2nd in 2018 (6:15:34)

2019: 1st in the following three races: Dubai 10 km (34:05), Edenvale Half Marathon (77:12) & Jackie Gibson Half Marathon (80:21)
9th in RAK Half Marathon (72:35)

2018: 1st in the following four races: Dubai 10 km (34:35), Bronkhorstspuit 32 km (2:09:38), Wally Hayward 10 km (35:35) & Middlesbrough Tees Pride 10 km (33:59)
2nd in Pretoria Half Marathon (82:53) & Spar Grand Prix 10 km (Johannesburg) (34:57)
3rd in Johannesburg CityRun 10 km (35:02)
5th in Durban CitySurfRun 10 km (33:36)
13th in New York Marathon (2:31:04a; fastest time by a South African in 2018)

2017: 1st in Great North Run Half Marathon (77:47a) & Middlesbrough Tees Pride 10 km (36:14)
12th in Valencia Marathon (2:37:22)
14th in Dubai Marathon (2:57:05)

Other performances: 2nd in Benoni Northerns 50 km 2016 (3:50:22); 13th in Dublin

Marathon 2016 (2:51:31)
Other PBs: 33:36 (2018), 72:35 (2019), 3:50:22 (2016)

LARISSA TICHON (29) [Australia]

Comrades: 21st in 2018 (7:22:08)
2019: 42nd in Osaka Marathon (2:51:34)
2018: 14th in Changan 50 km (3:39:37)

MAMORALLO TJOKA (34) [Lesotho]

Represented Lesotho in the Commonwealth Games Marathon (2006), Africa Southern Region Half-Marathon Championships (2007) and Olympic Games Marathon (2008 & 2012). She tested positive for a banned substance in October 2014 and was banned until January 2017. She set a national half-marathon record of 70:46 in 2018.

Marathon PB: 2:37:12, Soweto Marathon 2018
Two Oceans: 8th in 2007 (3:52:55); 3rd in 2011 (3:42:12); 4th in 2012 (3:48:50), 2013 (3:44:40) & 2014 (3:46:13); dnf in 2018

Comrades: dnf in 2011

2019: 1st in T.W. Mchunu Half Marathon (77:11) & Harry Gwala District Marathon (2:45:04; probably short course and/or doubtful timing)
2018: 1st in the following five races: Harry Gwala District Half Marathon (89:08), Polokwane Mayoral Half Marathon (77:55; probably short course), Nelson Mandela Bay Half Marathon (70:46 NR), Totalsports 10 km (Johannesburg) (34:33) & Mandela Day Half Marathon (78:47a)

2nd in Soweto Marathon (2:37:12)
5th in Johannesburg CityRun 10 km (35:39)
2017: 1st in the following nine races: Sasol Half Marathon (81:24), Valentine 10 km (Randburg) (37:06), Tuks Half Marathon (81:52), Allan Ferguson Half Marathon (83:41), JG Zuma Marathon (2:52:47a), Day of Races 5 km (Johannesburg) (17:10), RAC 10 km (35:11), Mandela Day Marathon (2:49:00a) & Vaal Reef City Half Marathon (83:20)
2nd in Foskor Half Marathon, Phalaborwa (79:52) & O.R. Tambo Half Marathon (76:16)

Other performances: 90th in Olympic Games Marathon 2012 (2:43:15); 1st in Soweto Marathon 2012 (2:45:20; her 7th victory in the race); placed as follows in Two Oceans Half Marathon: 3rd in 2010 (75:50), 2nd in 2009 (75:43), 1st in 2008 (75:04), 7th in 2006 (77:14), 1st in 2005 (75:58); 1st in City to City 50 km 2009 (3:31:04a); dnf Olympic Games Marathon 2008; 1st in Africa Southern Region Half Marathon 2007 (82:44); 13th in Commonwealth Games Marathon 2006 (2:43:35)

Other PBs: 32:36 (2007), 58:20 (2005), 70:46 (2018)

KATY VAN METER (31)

Marathon PB: 2:51:38, Jacksonville Marathon 2018
Two Oceans: 804th in 2012 (5:56:20); 51st in 2014 (4:43:26); 65th in 2016 (4:50:09); 19th in 2018 (4:11:56)

2019: 2nd in ARWYP 15 km & Sunrise Monster 32 km (2:26:23)
3rd in Sasol Half Marathon (90:40)
6th in Om die Dam 50 km (3:40:28)

2018: 1st in the following five races: Zwartkop Half Marathon (85:45), Jacaranda City Challenge Half Marathon (81:36; short course), Polifilm 32 km (2:19:15), Voortrekker Monument Half Marathon (90:36) & Indentured 1860 Challenge 10 km (39:37)
2nd in the following four races: Jacksonville Marathon (2:51:38), ARWYP 15 km (59:57), Andrew Greyling Memorial Half Marathon

(89:10) & Irene Spring Half Marathon (90:17)
 5th in Sasol Marathon (3:22:39)
 6th in Totalsports 10 km (Johannesburg) (39:54)
 50th in Sunrise Monster 32 km (3:04:16)
 2017: 2nd in the following three races: Port Elizabeth City Marathon (2:57:35), Jacaranda City Challenge Marathon (3:09:54) & Bronkhorstspuit 32 km (2:25:10)
 4th in Sunrise Monster 32 km (2:26:16 & Sasol Marathon (3:20:53)
 Other PBs: 38:41 (2017), 59:57, 85:45 (both 2018)

IRVETTE VAN ZYL (31)

Represented South Africa in the World XC Championships (2005), World Half-marathon Championships and Africa Southern Region Half-Marathon Championships (both 2010), and Olympic Games Marathon (2012). She still holds two SA junior records – for 15 km (see PBs) and 20 km (71:23, 2006).

Marathon PB: 2:31:26, London Marathon 2013

2019: 1st in Dis-Chem Half Marathon (74:51 CR) & Pretoria Marathon (2:44:27 CR)

2018: 1st in the following six races: George Claassen 10 km (34:42), Pretoria Half Marathon (79:29), Johannesburg CityRun 10 km (33:52), Cape Town 10 km (32:49), Dis-Chem Half Marathon (78:37) & Soweto Marathon (2:33:43 CR)
 Placed as follows in the Spar Grand Prix Series: 1st in Pietermaritzburg (34:26) & Johannesburg (34:07), 3rd in Bellville (35:07) & 4th in Pretoria (34:56)
 2nd in Tuks 10 km (35:02)
 3rd in Durban CitySurfRun 10 km (32:06)

2017: 2nd in SA T&F Championships 5000 m (16:28.53) & 3rd in 1500 m (4:23.23)

1st in the following four races: Two Oceans Half Marathon (73:53), O.R. Tambo Half Marathon (74:25), Soweto Marathon (2:41:06) & Totalsports 10 km (Durban) (34:09)
 Placed as follows in the Spar Grand Prix Series: 1st in Pretoria (34:36) & Johannesburg (34:48), 2nd in Cape Town (33:05; 3rd fastest on SA performance list for the year) & Port Elizabeth (33:23), 3rd in Pietermaritzburg (34:37)
 9th in Barcelona Half Marathon (72:36; 2nd fastest SA time for the year) & Cape Town Marathon (2:36:47)

Other performances: 1st in SA Half Marathon 2016 (71:00) & 1st in SA T&F Championships 5000 m (16:02.63 PB); placed as follows in Two Oceans Half Marathon: 1st in 2016 (73:14), 11th in 2015 (81:17), 3rd in 2013 (75:18), 2nd in 2011 (72:04), 2nd in 2010 (72:55); 15th in London Marathon 2016 (2:32:20); dnf Cape Town Marathon & Yokohama Marathon 2014; 10th in London Marathon 2013 (2:31:26); dnf Olympic Games Marathon 2012; 1st in SA 10km 2012 (33:21); 2nd in SA T&F Championships 5000 m 2012 (16:25.89); 18th in London Marathon (2:33:41) & New York City Half Marathon 2012 (72:36a); 1st in SA 10 km 2011 (34:03); 49th in World Half Marathon 2010 (84:52); 1st in Africa Southern Region Half Marathon 2010 (76:54); 1st in SA T&F Championships 10000 m 2010 (34:20.17) & 4th in 5000 m (16:20.55); 1st in both SA 10 km (33:15) & SA Half Marathon (71:09) 2010; 1st in SA T&F Championships 10000 m 2009 (34:30.70) & 2nd in 5000 m (16:22.17); 34th in SA Half Marathon 2009 (86:03); 13th in SA 10km 2007 (35:34); 26th junior in World XC Championships 6.15km 2005 (22:24)

Other PBs: 32:06 (2018), 51:06 (2002; still the SA junior record), 70:56a (2011); PB on a standard course: 71:00 (2016); track: 16:02.63 (2016), 34:20.17 (2010)

HALF MARATHON

MEN

MTHOBISI BALOYI (34)

Half-marathon PB: 65:08, Two Oceans Half Marathon 2018
2019: 3rd in Pretoria 10 km (31:44)
2018: 10th in SA XC Trials 10 km (30:42)
2nd in Sasol 10 km (29:47) & Pretoria 10 km (30:30)
8th in Cape Town 10 km (30:09)
9th in Two Oceans Half Marathon (65:08)
21st in Cape Town 12 OneRun 12 km (36:05a)
2017: 1st in SA XC 4 km (11:43)
10th in Cape Town 10 km (29:12; short course)
24th in Two Oceans Half Marathon (70:10)
2016: 22nd in SA 10 km (30:32)
3rd in Pretoria 10 km (30:28)
8th in Two Oceans Half Marathon (66:00)
10th in Cape Town 12 OneRun 12 km (35:12a)
Other performances: 1st in SA XC Championships 4 km 2015 (11:27); 3rd in SA 10 km 2015 (29:50)
Other PBs: 29:50 (2015)

PHILANI BUTHELEZI (29)

Half-marathon PB: 64:05, SA Half Marathon 2015
2019: 1st in the following four races: Dis-Chem Half Marathon (68:44), Johnson Crane 10 km (31:04), Bronkhorstspuit 10 km (32:07) & Pretoria Half Marathon (66:04)
2018: 13th in SA 10 km (30:54)
1st in the following four races: Zwartkop 10 km (32:25), Muller Potgieter Half Marathon (71:02), Jacaranda City Challenge 10 km (31:18) & CSIR Half Marathon (69:09)
2nd in the following three races: ACE Half Marathon (75:12), Riana van Niekerk Run 4 Bibles Half Marathon (71:11) & Soweto Half Marathon (68:22)
3rd in Phobians 15 km (48:36)
7th in Pick 'n Pay Half Marathon (73:45)
17th in Cape Town Marathon (2:20:06)
2017: 5th in SA T&F Championships 10000 m (30:41.13) & 8th in 5000 m (14:39.99)
16th in SA XC Championships 4 km (12:34)
26th in SA Half Marathon (66:38)
1st in Edenvale Half Marathon (68:56) & Denel 10 km (32:06)
2nd in the following four races: Gauteng North Half Marathon (69:47), Pretoria Half Marathon (69:08), Wally Hayward Half Marathon (68:47) & Romans Pizza 15 km (47:23)
3rd in Johnson Crane Half Marathon (66:31) & Irene Half Marathon (72:05)
4th in Gauteng North XC Championships 4 km (12:26)
7th in Soweto Half Marathon (73:13)
13th in Two Oceans Half Marathon (67:27)
15th in Cape Town 10 km (29:23; short course)

Other performances: 18th in Cape Town 12 OneRun 12 km (37:03a)
 24th in SA 10 km 2016 (30:36); 19th in Two Oceans Half Marathon 2016 (69:35); 7th in SA T&F Championships 10000 m 2015 (30:38.16); 10th in SA 10 km 2015 (30:28); 13th in SA XC Championships 10 km 2015 (31:53); 15th in SA Half Marathon 2015 (64:05); 9th in SA XC Trials 12 km 2015 (39:24); 3rd in KZN XC Championships 10 km 2015 (30:47); 6th in SA Half Marathon 2014 (67:35); 1st in KZN XC Championships 12 km 2014 (38:33)
 Other PBs: 29:38 (2015), 2:20:06 (2018)

ELROY GELANT (32)

Represented South Africa in the World T&F Championships (2011 & 2013), World Indoor Championships (2012 & 2014), African XC Championships (2012), World XC Championships (2013 & 2017), Africa Southern Region XC Championships (2013), World Half-marathon Championships (2014 & 2018), African T&F Championships (2014, 2016 & 2018) and Olympic Games (2016). He is the first SA male athlete (and second overall) who has represented the country in the World Outdoor & Indoor T&F Championships, World XC Championships and World Half-marathon Championships. He holds the SA record for 5000 m, set in 2016.

Half-marathon PB: 61:10, World Half Marathon 2014
2018: 41st (2nd South African) in World Half Marathon (62:52)
 9th in African T&F Championships 10000 m (30:23.35) & 15th in 5000 m (14:20.37)
 2nd in SA Half Marathon (61:48)
 9th in SA XC Championships 10 km (30:34)
 1st in the following three races: PetroSA 10 km (29:39), Soweto Half Marathon (67:02) & Mitchells Plain Titans Half Marathon (66:15)
 2nd in Palm Tyres 10 km (31:22)
 3rd in Mandela Day Half Marathon (62:48a)
 6th in Johannesburg CityRun 10 km (30:23)
 9th in Durban CitySurfRun 10 km (29:01)
2017: 43rd in World XC Championships 9.8 km (30:45)
 1st in SA T&F Championships 10000 m (29:09.87) & 2nd in 5000 m (14:05.59)
 1st in SA 10 km (29:08) & 2nd in SA Half Marathon (61:30)
 1st in ASA Speed Series 10000 m (Durban) (28:16.54)
 1st in the following three races: Fast & Flat 10 km (28:18, WP open record & fastest time in SA in 2017), Mitchells Plain Titans Half Marathon (64:44) & O.R. Tambo Half Marathon (64:47)
 2nd in the following three races: Siza Fit Half Marathon (64:07), Foskor Half Marathon, Phalaborwa (63:10) & Soweto Half Marathon (67:16)
 3rd in Cape Town 12 OneRun 12 km (33:54a)
 4th in Day of Races 5 km (Johannesburg) (14:27)
 5th in Cape Town Marathon (2:12:50, debut) & Durban CitySurfRun 10 km (29:12)
 Other performances: 13th in Olympic Games 5000 m 2016 (13:17.47; 13:22.00 in heat); 2nd in African Championships 5000 m 2016 (13:15.13); 1st in SA 10 km 2016 (29:15); 2nd in SA T&F Championships 5000 m 2016 (13:43.43); 2nd in Two Oceans Half Marathon 2016 (63:40); 1st in SA Open Championships 1500 m 2015 (3:44.84); dnf SA T&F Championships 10000 m 2015; 2nd in Two Oceans Half Marathon 2015 (64:07); 5th (1st South African) in Cape Town 12 OneRun 12 km 2015 (34:51a); 7th in World Indoor T&F Championships 3000 m 2014 (7:57.31); 13th (2nd South African) in World Half Marathon 2014 (61:10); 9th in African

Championships 5000 m 2014 (14:00.48); 2nd in SA XC Championships 12 km 2014 (36:28); set two SA indoor records for 3000 m on a European tour in 2014: 7:45.45 & 7:39.55; 12th in World T&F Championships 5000 m 2013 (13:43.58); 20th (1st South African) in World XC Championships [less than] 12 km 2013 (33:53); 1st in Africa Southern Region XC Championships 12 km 2013 (39:00); 1st in SA XC Championships 4 km (11:55) & 12 km 2013 (37:43) -- the only male athlete ever to achieve this double; 1st in SA XC Trials 12 km 2013 (37:26); 2nd in SA T&F Championships 5000 m 2013 (13:26.51); 3rd in SA Half Marathon 2013 (63:34); 12th in World Indoor T&F Championships 3000 m 2012 (7:48.64, SA record); 14th in African XC Championships 12km 2012 (37:39); 1st in SA 10 km 2012 (28:36); 1st in SA XC Championships 12 km 2012 (34:45); 2nd in SA T&F Championships 5000 m 2012 (13:39.52); 5th in SA Half Marathon 2012 (62:59); 1st in SA XC Trials 12 km 2012 (34:49); 10th in World T&F Championships 5000 m heat 2011 (13:48.33); 4th in SA T&F Championships 5000 m 2011 (13:59.67) & 2nd in 2010 (13:45.84); 9th in SA T&F Championships 1500 m 2009 (3:41.60); 46th in SA 10 km 2006 (30:29)

Other PBs: 28:18 (2017), 43:08 (2014); track: 3:37.97 (2015), 7:41.38 (2012), 13:04.88 (2016), 27:41.30 (2013)

MOTHIMOKHOLO HATASI (25) [Lesotho]

Represented Lesotho in the Commonwealth Games (2014).

Half-marathon PB: 63:57, Nelson Mandela Bay Half Marathon 2017

2018: 1st in Harry Gwala District 10 km (30:47a)
4th in Cape Town 10 km (29:54)
5th in Two Oceans Half Marathon (64:44)
16th in Durban CitySurfRun 10 km (29:39)
19th in Cape Town 12 OneRun 12 km (35:50a)
21st in Nelson Mandela Bay Half Marathon (63:58)

2017: 2nd in JG Zuma Half Marathon (65:55a)
4th in O.R. Tambo Half Marathon (65:25)
15th in Nelson Mandela Bay Half Marathon (63:57)
19th in Cape Town Marathon (2:26:20)

Other performances: Commonwealth Games 2014: 21st in 5000 m (14:44.93) & 23rd in 10000 m (30:03.17)

Other PBs: 29:39 (2018); track: 14:28.09, 29:58.18 (both 2015)

JOBO KHATOANE (28) [Lesotho]

Half-marathon PB: 62:25a, Mandela Day Half Marathon 2018
PB on a standard course: 62:44, Nelson Mandela Bay Half Marathon 2017

Comrades: dnf in 2012

2019: 1st in Harry Gwala District Half Marathon (60:40a; probably short course and/or doubtful timing)

2018: 1st in Harry Gwala District Half Marathon (68:37a) & Mathews Meyiwa Half Marathon (67:21)

2nd in Mandela Day Half Marathon (62:25a)

4th in Two Oceans Half Marathon (64:18)

5th in Johannesburg CityRun 10 km (30:13)

2017: 3rd in Archie Gumede Half Marathon (65:38; probably short course)

9th in Nelson Mandela Bay Half Marathon (62:44)

Other performances: 10th in Two Oceans Half Marathon 2012 (66:44); 10th in SA T&F

Championships 10000 m 2011 (31:27.73) & 11th in 2010 (30:29.50); 1st in SA Junior T&F Championships 5000 m 2009 (14:34.14)

DAVID MANJA (27)

Represented South Africa in the African XC Championships (2012, 2016 & 2018), Africa Southern Region XC Championships (2012 & 2013), World XC Championships (2013 & 2017) and Africa Southern Region Half-Marathon Championships (2014 & 2016).

Half-marathon PB: 62:15, SA Half Marathon 2016

2019: 1st in Om die Dam Half Marathon (65:30)

2nd in Klerksdorp Half Marathon (67:35)

2018: 17th in African XC Championships 10 km (31:56)

10th in SA Half Marathon (63:01)

24th in SA XC Championships 10 km (31:34)

5th in SA XC Trials 10 km (30:21)

1st in the following three races: Two Oceans Half Marathon (64:07), Dis-Chem Half Marathon (68:44) & Gun Run Half Marathon (62:58)

2nd in the following three races: Township 10 km (30:03), Gaborone Half Marathon (64:27) & Dublin Marathon (2:13:33)

3rd in Motherwell Freedom Run 10 km (28:41)

5th in Mandela Day Half Marathon (63:39a)

15th in Cape Town 12 OneRun 12 km (35:26a)

2017: 34th (1st South African) in World XC Championships 10 km (30:16)

4th in SA XC Championships 10 km (31:37)

4th in SA 10 km (29:24)

1st in the following six half marathons: Harry Gwala District (63:00a; probably short course), Gaborone (63:41), Foskop, Phalaborwa (62:56), Vaal River City (67:27), Gun Run (64:36) & Soweto (66:14)

2nd in Mandela Day Half Marathon (65:20a)

3rd in Two Oceans Half Marathon (64:19)

5th in ASA Speed Series 10000 m (29:01.01) & Cape Town 12 OneRun 12 km (34:10a)

9th in Johannesburg CityRun 10 km (30:55)

Other performances: 18th in African XC Championships 10 km 2016 (28:42); 1st in Africa Southern Region Half Marathon 2016 (64:22); 1st in SA XC Championships 10 km 2016 (29:05); 2nd in SA Half Marathon 2016 (62:15); placed as follows in Two Oceans Half Marathon: 3rd in 2016 (63:43), 4th in 2015 (64:19), 19th in 2014 (68:53), 7th in 2013 (64:42) & 5th in 2012 (65:50); 2nd in SA XC Championships 4 km 2015 (11:35); 2nd in Africa Southern Region Half Marathon 2014 (65:26); 90th in World XC Championships [less than] 12 km 2013 (37:41); 3rd in Africa Southern Region XC Championships 12 km 2013 (39:29); 48th in African XC Championships 12 km 2012 (42:10); 4th in Africa Southern Region XC Championships 11 km 2012 (n/t); 13th in SA 10 km 2012 (29:34), 16th in SA Half Marathon 2012 (65:24)

Other PBs: 28:41, 2:13:33 (both 2018)

PHILLIMON TEBOGO MATHIBA (26)

Represented South Africa in the Africa Southern Region Half-Marathon Championships (2016).

Half-marathon PB: 62:40, SA Half Marathon 2016

2019: 2nd in Pick 'n Pay Half Marathon (68:12) & Om die Dam Half Marathon (65:58)

4th in Dis-Chem Half Marathon (70:21)
2018: 17th in SA XC Trials 10 km (31:35)
 2nd in the following three races: Dis-Chem Half Marathon (68:35), Foskor Half Marathon, Phalaborwa (67:13) & Township Half Marathon (69:31)
2017: 3rd in SA T&F Championships 10000 m (30:15.57) & 6th in 5000 m (14:31.42)
 9th in SA XC Championships 10 km (32:08)
 15th in SA Half Marathon (64:32)
 1st in Edenvale 10 km (32:23)
 3rd in Dis-Chem Half Marathon (68:56) & Vaal River City Half Marathon (68:22)
 4th in Johnson Crane 10 km (30:07) & Soweto Half Marathon (68:42)
 8th in ASA Speed Series 10000 m (Durban) (29:33.50)
 9th in Durban CitySurfRun 10 km (29:39)
 10th in Two Oceans Half Marathon (66:24)
 12th in Cape Town 12 OneRun 12 km (36:14a)
 Other performances: 2nd in Africa Southern Region Half Marathon 2016 (64:30); 5th in SA XC Championships 10 km 2016 (30:12); 6th in SA Half Marathon (62:40) & 17th in SA 10 km 2016 (30:15); 6th in SA T&F Championships 5000 m (14:17.63) & 10000 m 2016 (29:31.16); 7th in SA 10 km 2015 (30:20)
 Other PBs: 29:39 (2017)

SAMUEL MATSEPE (30)

Half-marathon PB: 64:01, SA Half Marathon 2015
2019: 1st in Sasol Half Marathon (67:05)
2018: 4th in SA T&F Championships 10000 m (30:13.32)
 14th in SA XC Championships 10 km (31:01)
 42nd in SA 10 km (32:01)
2017: 11th in SA Half Marathon (64:18)
 15th in SA XC Championships 4 km (12:31)
 23rd in SA 10 km (30:41)
 Other performances: 1st in SA XC Championships 10 km 2015 (30:30); 4th in SA T&F Championships 5000 m (13:43.00) & 11th in 10000 m 2015 (31:06.38); 6th in SA 10 km (30:13) & 13th in SA Half Marathon 2015 (64:01); 6th in SA XC Trials 12 km 2015 (38:50); 23rd in SA 10 km 2014 (30:38); 44th in SA XC Championships 12 km 2014 (41:11); 8th in SA XC Trials 12 km 2014 (39:15)
 Other PBs: 30:13 (2015)

JOEL MMONE (28)

Represented South Africa in the Africa Southern Region Half-Marathon Championships (2014 & 2016) and the World XC Championships (2017).
 Half-marathon PB: 62:29, SA Half Marathon 2018
2019: 1st in Klerksdorp Half Marathon (67:33)
2018: 6th in SA T&F Championships 5000 m (14:39.13)
 7th in SA Half Marathon (62:29)
 20th in SA XC Championships 10 km (31:19)
 13th in SA XC Trials 10 km (31:12)
 1st in Gaborone Half Marathon (63:29)
 4th in Motherwell Freedom Run 10 km (28:47)
 6th in Two Oceans Half Marathon (64:46)
 10th in Cape Town 12 OneRun 12 km (34:35a) & Johannesburg CityRun 10 km (30:58)
 dnf Dublin Marathon

2017: 37th (2nd South African) in World XC Championships 9.86 km (30:28)
 2nd in SA XC Championships 10 km (30:44)
 5th in SA Half Marathon (63:01)
 7th in SA T&F Championships 5000 m (14:39.57)
 2nd in the following three races: Johnson Crane 10 km (29:58), Gaborone Half Marathon (63:55) & Harry Gwala District Half Marathon (63:05a; probably short course)
 3rd in ASA Speed Series 10000 m (28:49.92); also 3rd in Foskor Half Marathon, Phalaborwa (63:53) & Mandela Day Half Marathon (66:31a)
 4th in Dis-Chem Half Marathon (70:46)
 6th in Durban CitySurfRun 10 km (29:32)
 7th in Cape Town 12 OneRun 12 km (34:56a)
 10th in Johannesburg CityRun 10 km (31:11)
 18th in Two Oceans Half Marathon (69:17)
 Other performances: 3rd in Africa Southern Region Half Marathon 2016 (65:34); 3rd in SA XC Championships 10 km 2016 (29:39); 7th in SA Half Marathon (63:16) & 8th in SA 10 km 2016 (29:54); placed as follows in Two Oceans Half Marathon: 4th in 2016 (63:56), 3rd in 2015 (64:08), 2nd in 2014 (64:29), 3rd in 2013 (63:43) & 2nd in 2012 (65:01); 5th in SA 10 km 2012 (28:59); 6th in SA Half Marathon 2012 (63:05); 9th in SA XC Championships 12 km 2012 (36:12); 12th in SA 10 km 2011 (30:19); 8th junior in SA 10 km 2010 (30:32); 2nd junior in SA 10 km 2009 (30:15); 3rd junior in SA XC Championships 8 km 2008 (24:47)
 Other PBs: 28:37 (2015)

THABISO BENEDICT MOENG (36)

Represented South Africa in the World Half-Marathon Championships (2007), Africa Southern Region Half-Marathon Championships (2014) and World Championships Marathon (2015).

Half-marathon PB: 62:23, Nelson Mandela Bay Half Marathon 2016

2019: 2nd in Peninsula Half Marathon (67:24a)

3rd in Dis-Chem Half Marathon (70:06)

2018: 2nd in SA Marathon (2:12:53) & 13th in SA Half Marathon (63:36)

1st in Tuks Half Marathon (70:03) & Phobians 15 km (47:26)

2nd in Jackie Mekler 10 km (31:09)

7th in Polokwane Mayoral Half Marathon (65:55; probably short course)

15th in Two Oceans Half Marathon (66:46)

2017: 8th in SA Half Marathon (64:05) & 10th in SA Marathon (2:39:33)

1st in Gauteng North Half Marathon (68:22) & Tuks Half Marathon (67:10)

2nd in Gauteng North XC Championships 8 km (31:53)

4th in Siza Fit Half Marathon (65:17)

5th in Cape Town 10 km (28:51; short course)

6th in Soweto Marathon (2:22:29)

15th in Durban CitySurfRun 10 km (30:23)

Other performances: 5th in SA 10 km 2016 (29:39); 8th in Cape Town Marathon 2016 (2:13:52; 2nd South African); 9th in Hamburg Marathon 2016 (2:13:17); dnf World Championships Marathon 2015; 2nd in SA Marathon (2:18:26) & 10th in SA Half Marathon 2015 (63:28); 5th in Africa Southern Region Half Marathon 2014 (66:01); 3rd in SA T&F Championships 10000 m 2014 (29:52.72); 6th in SA XC Championships 12 km 2014 (36:53); 7th in SA Half Marathon

2014 (67:41) 4th in Two Oceans Half Marathon 2014 (64:40); 5th in Xiamen International Marathon 2014 (2:10:21); 1st in SA Marathon 2013 (2:17:32) & 4th in SA 10 km (29:27); 8th in SA T&F Championships 5000 m 2013 (14:26.21); 18th in Two Oceans Half Marathon 2013 (68:29); 8th in SA Half Marathon 2012 (63:13); 2nd in SA Marathon 2011 (2:16:10); 1st in SA Marathon 2010 (2:18:03); 9th in SA Half Marathon 2010 (63:57); 12th in SA 10 km 2010 (29:20); 57th in World Half Marathon 2007 (64:02); 6th in SA 10 km 2007 (29:25); 7th in SA Half Marathon 2007 (64:39); 14th in SA 10 km 2005 (29:46); 4th junior in SA 10 km 2000 (30:21)

Other PBs: 29:13 (2007), 46:57 (2013), 2:10:21 (2014)

LUCKY MODIKE MOHALE (33)

Represented South Africa in the World XC Championships (2006), World Championships Marathon (2011), World Half-marathon Championships (2012 & 2016) and the Africa Southern Region XC Championships (2013).

Half-marathon PB: 61:08, SA Half Marathon 2012

2019: 1st in Johnson Crane Half Marathon (69:15)
2nd in Dis-Chem Half Marathon (70:04) & Gallopers 15 km (46:58)

2018: 3rd in Pick 'n Pay Half Marathon (70:05)
12th in SA 10 km (30:53)
1st in the following eight races: George Claassen 10 km (30:38), Valentine's 10 km (Pretoria) (32:39), Johnson Crane Half Marathon (68:21), Run Zone 10 km (32:20), Jackie Gibson Half Marathon (68:39), Jackie Mekler 25 km (81:06), Riana van Niekerk Run 4 Bibles 10 km (31:27) & Pretoria Half Marathon (69:04)
3rd in Polokwane Mayoral Half Marathon (64:41; probably short course)
4th in Dis-Chem Half Marathon (72:56)
6th in Nanjing Marathon (2:18:54)

2017: 1st in the following six races: Johnson Crane Half Marathon (65:59), Tuks 10 km (29:59), Irene Nite Race 10 km (31:34), Gallopers 15 km (48:50), Wally Hayward Half Marathon (68:43) & Pretoria Half Marathon (67:22)
2nd in Edenvale Half Marathon (69:25) & George Claassen 10 km (30:30)
4th in in the following three races: Two Oceans Half Marathon (64:36), Xiamen Half Marathon (63:10) & Mapungubwe Half Marathon (71:37)
6th in Mandela Day Half Marathon (68:01a)
8th in the following four races: Cape Town 12 OneRun 12 km (35:14a), Foskor Half Marathon, Phalaborwa (66:48), Johannesburg CityRun 10 km (30:53) & Heng Shui Lake Marathon (2:27:30)

10th in Durban CitySurfRun 10 km (30:47)
Other performances: 82nd in World Half Marathon 2016 (75:28); 27th in SA Half Marathon 2016 (66:01); 10th in Istanbul Half Marathon 2015 (64:55); 21st in Two Oceans Half Marathon 2014 (69:11); 20th in Africa Southern Region XC Championships 12 km 2013 (41:49); 2nd in SA Marathon 2013 (2:19:38); 4th in SA XC Trials 12 km 2013 (38:31); 3rd in Sydney Marathon 2013 (2:15:58); 12th in Two Oceans Half Marathon 2013 (66:02); 49th in World Half Marathon 2012 (67:17); 2nd in SA 10 km (28:49) & 2nd in SA Half Marathon 2012 (61:08); 3rd Two Oceans Half Marathon 2012

(65:09); 50th in World Championships Marathon 2011 (2:38:22); 1st in SA 10 km (29:00), 3rd in SA Half Marathon (63:04) & 25th in SA Marathon 2011 (2:29:30); 36th in SA XC Championships 12 km 2011 (40:13); 27th in SA XC Trials 12 km 2011 (40:19); 12th in Two Oceans Half Marathon 2011 (68:20); 1st in SA Half Marathon (61:58) & 4th in SA 10 km 2010 (28:31); 3rd in SA XC Championships 12 km 2010 (38:44); 15th in SA Half Marathon 2009 (63:31); 3rd in Great Scottish Run Half Marathon 2009 (63:20) 13th in SA 10 km 2008 (29:41); 99th in World XC Championships 4 km 2006 (12:07); 9th in SA XC Championships 4km 2006 (13:38)

Other PBs: 28:49 (2012), 44:56 (2015), 2:13:35 (2010)

STEPHEN MOKOKA (34)

Represented South Africa in the World XC Championships (2008, 2009, 2010 & 2011), World Half-marathon Championships (2008, 2009, 2012, 2014, 2016 & 2018), Africa Southern Region XC Championships (2009 & 2010), African XC Championships (2011), Africa T&F Championships (2012 & 2016), Olympic Games (2012 – marathon & 2016 – 10000 m), World University Games (2013), World T&F Championships (2013, 2015 & 2017), All-Africa Games (2015) and Commonwealth Games (2018). In the 2012 SA Half-marathon Championships he ran 60:57 – the fastest time ever on a standard course in South Africa. He has won 27 SA titles -- the most by any male -- on all three surfaces, among them eight (five in a row) in the 10000 m on the track; he won the 5000/10000 m double on three occasions – 2013, 2015 and 2016. He holds the SA records for 10 km (27:38) and 15 km (42:44), and SA best for 12 km (33:34a). His 2:08:31 when winning the SA Marathon (incorporated in the Cape Town Marathon) in 2018 is the fastest ever on a record-eligible course in South Africa.

Half-marathon PB: 60:40a, Great North Run Half Marathon 2015
PB on a standard course: 60:47, World Half Marathon 2014

2019: 1st in Bronkhorstspuit 32 km (1:48:16)

2018: 3rd in Lake Biwa Mainichi Marathon (2:07:58)
16th (1st South African) in World Half Marathon (61:26)
6th in Commonwealth Games 10000 m (27:44.58)
1st in SA Marathon (2:08:31*) & SA Half Marathon (61:44)
1st in SA T&F Championships 10000 m 29:34.56
1st in Bronkhorstspuit 32 km (1:49:55) & Tuks Marathon (2:32:02)
6th (1st South African) in Durban CitySurfRun 10 km (28:18*)
7th in Pretoria Marathon (2:37:09)
9th (1st South African) in Cape Town 12 OneRun 12 km (34:17a)
These times placed him first of the SA performance lists for the year (10 km & marathon).

2017: 20th in World T&F Championships 10000 m (28:14.67)
1st in SA Half Marathon (61:21)
3rd in SA T&F Championships 5000 m (14:09.55)
1st in Shanghai International Marathon (2:08:35; his fourth win and the fastest time by a South African in 2017) & Bronkhorstspuit 32 km (1:49:04)
2nd in Johannesburg CityRun 10 km (30:16)
3rd in George Claassen 10 km (30:36) & Great Manchester Run 10 km (28:22)
4th in Durban CitySurfRun 10 km (28:35)
6th in Cape Town 12 OneRun 12 km (34:43a)
15th in Mandela Day Marathon (2:35:18a)
34th in Tokyo Marathon (2:16:53)

Other performances: 10th in World Half Marathon 2016 (61:27; set SA record of 42:44 at 15 km); 18th in Olympic Games 10000 m 2016 (27:54.57); 1st

in African Championships 10000 m 2016 (28:02.97); 1st in SA T&F Championships 5000 m (13:40.81) & 10000 m 2016 (27:57.50); 1st in SA Half Marathon (61:26) & 2nd in SA 10 km 2016 (29:18); 1st in Shanghai International Marathon 2016 (2:10:18); 20th in World Championships 10000 m 2015 (28:47.40); 6th in All-Africa Games 5000 m 2015 (13:25.03); 1st in SA 10 km (29:37) & 7th in SA Half Marathon 2015 (62:41); 1st in SA T&F Championships 5000 m (13:11.44, SA record) & 10000 m 2015 (28:15.56); 2nd in SA XC Trials 12 km 2015 (38:05); 1st in Two Oceans Half

Marathon

2015 (64:03); 12th in World Half Marathon 2014 (60:47); 1st in SA 10 km 2014 (29:16); 1st in SA XC Championships 12 km 2014 (35:56) 1st in Shanghai Marathon 2014 (2:08:43); 1st in Two Oceans Half Marathon 2014 (64:16); 20th in World Championships 10000 m 2013 (28:11.61); 1st in World University Games 10000m (28:45.96) & 2nd in Half Marathon 2013 (63:37); 1st in SA T&F Championships 5000 m (13:25.94) & 10000 m 2013 (28:22.30); 1st in SA Half Marathon 2013 (62:45); 1st in Two Oceans Half Marathon 2013 (63:35 CR); 1st in Shanghai International Marathon 2013 (2:09:29); 8th in World Half Marathon 2012 (62:06); 49th in Olympic Games Marathon 2012 (2:19:52); 8th in Africa T&F Championships 10000 m 2012 (28:29.14); 1st in SA T&F Championships 10000 m 2012 (27:40.73); 1st in SA Half Marathon (60:57) & 4th in 10 km 2012 (28:55); 15th in World XC Championships 12 km 2011 (35:10); 6th in African XC Championships 12 km 2011 (36:49); 1st in SA Half Marathon 2011 (62:07); 1st in SA T&F Championships 10000 m 2011 (28:06.65); 2nd in SA 10 km 2011 (29:16); 2nd in SA XC Trials 12 km (37:58) & SA XC Championships 12 km 2011 (36:09); 23rd in World XC Championships 12 km 2010 (34:23); 1st in Africa Southern Region XC Championships 12 km 2010 (37:20); 1st in the following four national championship races in 2010: SA 10 km (28:23), SA XC Championships 12 km (37:32), SA T&F Championships 1500 m (3:38.55) & 10000 m (28:18.54); 8th in World Half Marathon 2009 (61:36a); 32nd in World XC Championships 12 km 2009 (36:47); 2nd in Southern African XC Championships 12 km 2009 (36:04); 1st in SA Half Marathon (61:26) & 10 km 2009 (28:21); 1st in SA T&F Championships 10000 m 2009 (28:52.22); 2nd in SA XC Championships 12 km 2009 (36:18); 1st in Two Oceans Half Marathon 2009 (63:42); 67th in World Half Marathon 2008 (71:45); 75th in World XC Championships 12 km 2008 (37:52); 1st in SA Half Marathon 2008 (62:04); 2nd in SA T&F Championships 5000 m (14:02.81) & 10000 m 2008 (29:16.84); 2nd in SA XC Championships 12 km 2008 (42:33); placed as follows in SA 10km: 3rd in 2008 (28:57, 6th in 2006 (29:02) & 40th in 2005 (30:25)

Other PBs:

27:38 (2015), 42:44 (2016), 2:07:40 (2015); track: 3:38.55 (2010), 13:11.44 (2015), 27:40.73 (2012)

THABANG MOSIAKO (24)

Represented South Africa in the World XC Championships (2017), African XC Championships (2016 & 2018) and Africa Southern Region Half-Marathon Championships (2016).

Half-marathon PB:

61:59, SA Half Marathon 2018

2019:

6th in SA XC Trials 10 km (31:54)

1st in Sasol 10 km (29:34)

2018:

26th in African XC Championships 10 km (32:30)

2nd in SA 10 km (29:46) & 5th in SA Half Marathon (61:59)
 6th in SA XC Championships 10 km (30:21)
 1st in SA XC Trials 10 km (29:49)
 1st in Nquthu 10 km (33:00)
 4th in Mandela Day 10 km (30:54) & Johannesburg CityRun 10 km (29:59)
 7th in Casablanca 10 km (30:00)
 12th in Cape Town 12 OneRun 12 km (34:38)
 14th in Durban CitySurfRun 10 km (29:29)
2017: 46th in World XC Championships 10 km (30:49)
 1st in SA T&F Championships 5000 m (14:03.84)
 3rd in SA XC Championships 10 km (30:53)
 6th in SA Half Marathon (63:09)
 1st in the following four races: Gaborone 10 km (29:13), Dis-Chem Half Marathon (65:53), Johannesburg CityRun 10 km (29:52) & Johnson Crane 10 km (29:29)
 2nd in O.R. Tambo 10 km (29:49)
 3rd in Mandela Day 10 km (31:12) & Soweto 10 km (30:59)
 4th in ASA Speed Series 10000 m (Durban) (29:00.38)
 5th in Two Oceans Half Marathon (64:38) & Foskor Half Marathon, Phalaborwa (64:40)
 9th in Durban CitySurfRun 10 km (29:47)
 Other performances: 15th in African XC Championships 10 km 2016 (28:20); 10th in Africa Southern Region Half Marathon 2016 (73:09); 20th in SA 10km (30:20) & 21st in SA Half Marathon 2016 (65:12); 6th in Two Oceans Half Marathon 2016 (65:10) & 12th in 2015 (67:07); 1st junior in SA 10 km (29:54) & SA Half Marathon 2014 (67:28)
 Other PBs: 29:13 (2017)

COLLEN MULAUDZI (28)

Represented South Africa in the African XC Championships (2018).

Half-marathon PB: 62:35, SA Half Marathon 2018

2019: 1st in Tuks Half Marathon (69:12) & Mall of the North Half Marathon (69:10)
 2nd in Human Rights 30 km (30:59)
 10th in Taroudant 10 km (28:55)
2018: 34th in African XC Championships 10 km (33:25)
 8th in SA XC Championships 10 km (30:30)
 8th in SA Half Marathon (62:35)
 7th in SA XC Trials 10 km (30:30)
 1st in the following six races: Akasia Half Marathon (67:21), Denel Half Marathon (68:56), Run Zone Half Marathon (69:04), Mall of the North Half Marathon (67:41), Springbok Vasbyt 10 km (37:52) & Lester Mills memorial 10 km (33:06)
 2nd in the following four races: Bronkhorstspuit 32 km (1:50:50), Safari Half Marathon (66:51), Jackie Mekler 25 km (81:10) & CANSA Half Marathon (67:15)
 3rd in Pretoria 10 km (31:03)
 4th in Youth Run 10 km (30:35)
 14th in Cape Town 12 OneRun 12 km (35:18a)
 15th in Cape Town Marathon (2:18:58; debut)
2017: 6th in SA 10 km (29:42) & 16th in SA Half Marathon (64:34)
 2nd in PetroSA 10 km (30:11)
 4th in Run for Unity 10 km (30:31)
 Other performances: 2nd in Gun Run 10 km 2016 (29:46)
 Other PBs: 28:55 (2019), 2:18:58 (2018)

SIBABALWE GLADWIN MZAZI (30)

Represented South Africa in the World Half-marathon Championships (2012 & 2016), African T&F Championships (2012 & 2016), World XC Championships (2013 & 2015), World University Games and Africa Southern Region XC Championships (both 2013).

Half-marathon PB: 61:12, Delhi Half Marathon 2013

2019: 1st in Century City 10 km (30:01)

2nd in Pretoria Half Marathon (66:58)

2018: 2nd in SA T&F Championships 5000 m (14:17.21) & 10000 m (29:40.64)

3rd in SA Half Marathon (61:49) & 5th in SA 10 km (30:20)

7th in SA XC Championships 10 km (30:26)

1st in the following five races: Sasol 10 km (29:43), Pretoria

10 km (30:25), Wally Hayward 10 km (30:51), Youth Run 10 km

(29:40) & Johnson Crane 10 km (31:15)

2nd in George Claassen 10 km (30:51) & Motherwell Freedom

Run 10 km (28:40)

3rd in Tuks 10 km (31:12)

4th in Gun Run Half Marathon (64:36)

6th in Casablanca 10 km (29:45)

7th in Two Oceans Half Marathon (64:57)

9th in Mandela Day Half Marathon (64:21a)

11th (3rd South African) in Cape Town 12 OneRun 12 km

(34:38a)

2017: 2nd in SA 10 km (29:15) & 7th in SA Half Marathon (63:48)

1st in the following seven races: Ford 3-in-1 10 km (30:47),

Waterberg Executive Mayor's 28 km (88:42), Wally Hayward

10 km (30:44), Love Running 10 km (34:20), Romans Pizza

15 km (44:47), Mitchells Plain Titans 10 km (30:14) & Heroes

10 km (32:51)

2nd in the following three races: Day of Races 5 km

(Johannesburg) (14:13), Gun Run 10 km (29:09) & Soweto

10 km (30:55)

3rd in Freedom Run 10 km (29:01) & Johannesburg CityRun

10 km (30:36)

4th in Cape Town 12 OneRun 12 km (34:10a) & Foskor Half

Marathon, Phalaborwa (64:18)

7th in Two Oceans Half Marathon (65:22)

11th in Cape Town Marathon (2:18:05)

Other performances: 79th in World Half Marathon 2016 (71:49); 10th in African T&F Championships 10000 m 2016 (28:24.50); 2nd in SA T&F Championships 10000 m 2016 (28:28.68); 3rd in SA Half Marathon (62:27) & 10th in SA 10 km 2016 (30:02); 43rd in World XC Championships 12 km 2015 (37:50); 6th in World University Games 10000 m (29:37.55) & 15th in Half Marathon 2015 (69:26); 2nd in SA 10 km (29:43) & SA T&F Championships 5000m 2015 (13:40.97); 4th in SA Half Marathon 2015 (62:25); 7th in Two Oceans Half Marathon 2015 (64:56); 1st in SA T&F Championships 5000 m 2014 (14:05.49); 2nd in SA 10 km 2014 (29:32); 3rd in SA XC Championships 12 km 2014 (36:36); 1st in SA Universities Half Marathon 2014 (63:29); 3rd in Two Oceans Half Marathon 2014 (64:29); 17th in Fukuoka Marathon 2014 (2:17:43); 59th in World XC Championships [less than] 12 km 2013 (35:03); 1st in World University Games Half Marathon 2013 (63:37); 4th in Africa Southern Region XC Championships 12 km 2013 (39:41); 4th in SA T&F Championships 5000 m (13:58.34) & SA Half Marathon 2013 (64:22); 1st in SA Students Half Marathon

(65:28) & 3rd in 10000 m (29:18.69) 2013; 18th in World Half Marathon 2012 (63:46); 12th in African T&F Championships 5000m 2012 (14:19.49); 1st in SA T&F Championships 5000 m 2012 (13:29.84) & 2nd in 10000 m (28:20.18); 2nd in SA XC Championships 12 km 2012 (35:01); 3rd in SA Half Marathon 2012 (61:38); 6th in SA 10 km 2012 (29:01); 3rd in SA Students T&F Championships 1500 m 2012 (3:46.80) & 5000 m (14:30.93); 5th in World University Games Half Marathon 2011 (67:32) & 6th in 10000 m (29:34.65); placed as follows in SA 10km: 9th in 2011 (29:59), 8th in 2009 (29:06) & 28th in 2008 (30:09); 2nd junior in SA 10 km 2006 (29:46); 3rd in SA Youth T&F Championships 3000 m 2005 (8:44.48); 12th junior in SA 10km 2005 (30:47)

Other PBs: 28:22, 44:38, 2:17:43 (all 2014); track: 13:24.50 (2012), 28:09.33 (2011)

NAMAKOE NKHASI (26) [Lesotho]

Note: Although he was placed as first junior in a number of races in 2013, he was not a junior anymore, as he was born in 1993.

Represented Lesotho in the Olympic Games and African T&F Championships (both 2016).

Half-marathon PB: 62:59, Gyunggi Half Marathon 2019

2019: 2nd in Gyunggi Half Marathon (62:59)

2018: 1st in Township 10 km (29:57) & Motherwell Freedom Run 10 km (28:32)

2nd in Two Oceans Half Marathon (64:14) & Harry Gwala District 10 km (30:50a)

3rd in the following three races: Archie Gumede Half Marathon (68:43), Johannesburg CityRun 10 km (29:40) & Gun Run Half Marathon (63:38)

8th in Mandela Day Half Marathon (64:02a)

13th in Cape Town 12 OneRun 12 km (35:15a)

2017: 1st in the following six races: Two Oceans Half Marathon (63:15 CR), George Claassen 10 km (30:18), Freedom Run 10 km (28:40), Siza Fit Half Marathon (63:05), Soweto 10 km (30:52) & Century City 10 km (29:16)

2nd in the following three races: ASA Speed Series 10000 m (Durban) (28:32.55), Cape Town 12 OneRun 12 km (33:43a) & Mandela Day 10 km (31:01a)

7th in Foskop Half Marathon, Phalaborwa (66:31)

Other performances: 15th in Olympic Games 5000 m 2016 (13:41.92); 3rd in African T&F Championships 10000 m (28:06.33) & 6th in 5000 m 2016 (13:21.68); 1st in Two Oceans Half Marathon 2016 (63:38); 3rd in SA T&F Championships 10000 m 2013 (29:16.49)

Other PBs: 14:43 (2014), 28:32 (2018)

KHOARAHLANE SEUTLOALI (27) [Lesotho]

Represented Lesotho in the All-Africa Games (2015).

Half-marathon PB: 62:04, Nelson Mandela Bay Half Marathon 2017

2019: 2nd in T.W. Mchunu Half Marathon (64:44)

2018: 7th in Warsaw Half Marathon (64:40)

12th in Giro Media Blenio 10 km (30:19)

2017: 1st in Mathews Meyiwa Half Marathon (62:48; probably short course)

2nd in Two Oceans Half Marathon (63:45)

3rd in O.R. Tambo Half Marathon (65:09)

5th in Nelson Mandela Bay Half Marathon (62:04)

15th in Cape Town Marathon (2:22:12)

Other performances: 3rd in Soweto Marathon 2016 (2:23:22); 10th in All-Africa Games Half Marathon 2015 (66:18)
Other PBs: 2:22:12 (2017)

VUYISILE TSHOBA (28)

Represented South Africa in the World Half-marathon Championships (2106).

Half-marathon PB: 62:27, SA Half Marathon 2015

2019: 2nd in ACE Half Marathon (79:27) & Sunrise Monster 10 km (35:26)

3rd in George Claassen 10 km (34:29)

2018: 37th in SA XC Championships 10 km (32:01)

1st in the following four races: Love Running Half Marathon (74:15), Riana van Niekerk Run 4 Bibles Half Marathon (71:10), Wierie 10 km (32:25) & Capital Classic Half Marathon (71:40)

2nd in Garsfontein Ice Breaker 10 km (33:23) & Castle Walk Centre 10 km (35:36)

3rd in Wally Hayward 10 km (32:13) & Andrew Greyling Memorial 10 km (33:57)

5th in Dis-Chem Half Marathon (73:22) & Phobians 15 km (51:03)
21st in Cape Town 10 km (31:03)

23rd in Two Oceans Half Marathon (68:31)

2017: 14th in SA 10 km (30:22)

1st in McCarthy Toyota Half Marathon (69:30) & Irene 10 km (32:11)

2nd in Sunrise Monster 10 km (35:51) & Muller Potgieter Half Marathon (83:28)

3rd in the following four races: Tuks 10 km (30:41), Denel 10 km (33:22), CSIR Half Marathon (71:24) & George Claassen Half Marathon (69:42)

7th in ASA Speed Series Meeting 10000 m (Durban) (29:27.25)

8th in Gauteng North XC Championships 8 km (33:48)

9th in Soweto Half Marathon (73:58)

Other performances: 61st in World Half Marathon 2016 (66:55); 12th in SA 10 km (30:08) & 15th in SA Half Marathon 2016 (64:29); 5th in SA Half Marathon (62:27) & 42nd in SA 10 km 2015 (32:01); 5th in SA XC Championships 10 km 2015 (31:05); 11th in SA 10 km 2013 (30:13); 6th junior in SA 10 km 2009 (30:29) & 11th junior in 2008 (30:40)

Other PBs: 29:40 (2014), 45:53 (2016)

WOMEN

HANLIE BOTHA (40)

Represented South Africa in the Africa Southern Region Half-Marathon Championships (2014).

Half-marathon PB: 77:08a, Border Masters Half Marathon 2013

PB on a standard course: 77:21, SA Half Marathon 2018

2019: 1st overall & 1st vet in Ocean View 10 km (37:13)

2018: 6th in SA Half Marathon (77:21)

1st in the following three races: Kempston Ladies Nite Race 10 km (36:51), Buffs Half Marathon (79:16a) & Old Selbornians Nite Race 10 km (37:22)

9th in Two Oceans Half Marathon (80:42)

2017: 1st in Legends 10 km (36:01; probably short course) & ELAC Laser 10 km (35:46)

2016: 10th in SA Half Marathon (78:20)

1st in the following four races: Lightning Fast 10 km (35:17a),

Trevor Gee 10 km (36:26), Diesel Depot 15 km (57:34) & Border Masters Half Marathon (78:23a)

Other performances: 8th in Africa Southern Region Half Marathon 2014 (79:22); placed as follows in Two Oceans Half Marathon: 12th in 2014 (81:23), 10th in 2013 (79:39), 11th in 2009 (81:24), 7th in 2008 (80:44), 11th in 2007 (80:55), 33rd in 2003 (91:57), 17th in 2002 (86:46), 25th in 2001 (91:54) & 50th in 2000 (1:42:14); 9th in SA Half Marathon 2013 (81:07)

Other PBs: 34:20a (2013); PB on a standard course: 35:13 (2013); 57:34 (2016)

ANNIE BOTHMA (23)

Half-marathon PB: 75:13, Winelands Half Marathon 2018

2019: 1st in Ravensmead 15 km (54:48) & Weskus 10 km (36:38)
dnf Bay to Bay 30 km

2018: 1st in the following four races: Winelands Half Marathon (75:13 CR), Avbob 15 km (52:38), Phoenix AC 10 km (34:44) & Totalsports 10 km (Cape Town) (35:20)
2nd in Gun Run Half Marathon (75:46) & Tekkie Challenge 10 km (35:19)

2017: 1st in Eersterivier 15 km (55:48)

Other performances: 9th in Two Oceans Half Marathon 2015 (78:46); 1st junior in SA 10 km 2013 (36:47); 1st junior in WP 10 km 2012 (37:51)

Other PBs: 34:39 (2015), 52:38 (2018)

FORTUNATE CHIDZIVO (32) [Zimbabwe]

Represented Zimbabwe in the World Championships Marathon (2017).

Half-marathon PB: 77:43, Gun Run Half Marathon 2013

2019: 1st in the following eight races: Bay to Bay 30 km (1:52:59a), Hohenort 15 km (54:15), Firgrove Challenge 10 km (34:26), Peninsula Half Marathon (78:38a), Century City 10 km (34:45), Constantia Village 15 km (57:32), Tyger Run Half Marathon (79:54) & Slave Route Challenge 10 km (38:17)

2018: Ran 22 races in 2018, of which she won eleven: Bay to Bay 30 km (2:00:10a), 27 for Freedom 27 km (1:51:10), Ravensmead 15 km (58:13), Weskus Half Marathon (86:25), John Korasie 30 km (2:00:34), Tekkie Challenge 10 km (34:37 CR), Langebaan Half Marathon (78:01), Goodwood Harriers 10 km (37:40), Niel Joubert Plaaswedloop 12.3 km (48:26), Run for Unity 10 km (35:42) & Sundowner 10 km (35:07)
2nd in the following six races: Hohenort 15 km (59:27), Tyger Run Half Marathon (85:00), Fast & Flat 10 km (35:16), Ommiedraai 10 km (34:54), Winelands Half Marathon (79:50) & Edgemead 10 km (35:49)
3rd in Gun Run 10 km (35:41) & Safari Half Marathon (81:08)
6th in Motherwell Freedom Run (36:34)
12th in Cape Town 12 OneRun 12 km (42:20a)
16th in Two Oceans Half Marathon (83:15)

2017: 74th in World Championships Marathon (2:58:51)
Ran nineteen races in 2017, of which she won thirteen: Hohenort 15 km (56:58), Bay to Bay 30 km (1:56:55), 3 Vlei 10 km (36:03), Triple F 10 km (36:40), Cape Gate Half Marathon (84:51), Ommiedraai 10 km (37:57), Elsies River AC 10 km (36:46), Landmarks Half Marathon (86:34), Winelands Half Marathon (79:55; short course), Niel Joubert Plaaswedloop 13 km (52:51), Bottelary AC Half Marathon (79:40), Sundowner 10 km (36:34) & Velocity AC Half Marathon (81:09)

2nd in the following three races: PetroSA Half Marathon (81:37),
Run for Unity 10 km (36:02) & Metropolitan 10 km (40:18)
3rd in Gun Run Half Marathon (79:28)
13th in Cape Town 12 OneRun 12 km (44:06a)
Other performances: Achieved a podium position in 20 races in 2016, among them 1st
in WP Half Marathon (79:26) & Peninsula Half Marathon (80:10a);
6th in Cape Town Marathon 2016 (2:41:54); 10th in Two Oceans
Half Marathon 2016 (82:11); achieved a podium position in 21
races in 2015, among them 1st in WP 10 km (35:21) & 2nd in WP
Half Marathon (82:51); 1st in Hohenort 15 km 2014 (62:15)
Other PBs: 34:26 (2019), 54:15 (2019), 2:41:54 (2016)

BETHA CHIKANGA (22) [Zimbabwe]

Half-marathon PB: 73:00, Copenhagen Half Marathon 2018
2018: Placed as follows in the Spar Grand Prix Series: 1st in Durban
(33:07) & 5th in Johannesburg (36:10)
1st in Soweto Half Marathon (77:16)
2nd in Two Oceans Half Marathon (76:42)
4th in Cape Town 12 OneRun 12 km (39:54)
7th in Nelson Mandela Bay Half Marathon (74:00) & Durban
CitySurfRun 10 km (34:28)
18th in Copenhagen Half Marathon (73:00)
2017: 1st in Mandela Day Half Marathon (78:29a) & Harare Half
Marathon (75:28)
2nd in Soweto Half Marathon (82:52) & JG Zuma Half Marathon
(81:19a)
Placed as follows in the Spar Grand Prix Series: 5th in
Pietermaritzburg (34:58) & 9th in Durban (34:15)
7th in Durban CitySurfRun 10 km (34:00)
9th in Two Oceans Half Marathon (79:24)
Other PBs: 33:07 (2018)

NOLENE CONRAD (33)

Represented South Africa in the Africa Southern Region Half-Marathon Championships
(2010), World Half-marathon Championships (2012, 2016 & 2018), African XC
Championships (2012), Africa Southern Region XC Championships (2012 & 2013), African
T&F Championships (2012 & 2016) and World XC Championships (2013 & 2015).
Half-marathon PB: 71:44, World Half Marathon 2018
2019: 1st in Bay to Bay 15 km (54:37a)
16th in Osaka Marathon (2:36:21)
2018: 25th (1st South African) in World Half Marathon (71:44; fastest
SA time for the year)
1st in SA Marathon (2:34:39)
Also 1st in the following six races: Two Oceans Half Marathon
(76:17), Peninsula Half Marathon (73:05a), Century City 10 km
(34:09), Ommiedraai 10 km (34:13), Edgemead 10 km (35:37) &
Mitchells Plain Titans Half Marathon (83:51)
2nd in Mandela Day Half Marathon (78:57a)
3rd in Spar Grand Prix 10 km (Durban) (33:43) & PetroSA 10 km
(40:09)
6th (3rd South African) in Cape Town 12 OneRun 12 km (40:09a)
8th in Vienna City Marathon (2:38:17)
14th in Valencia Trinidad Alfonso Half Marathon (73:45)
2017: 2nd in SA 10 km (33:58) & 9th in SA Half Marathon (75:41)
3rd in SA T&F Championships 5000 m (16:32.51)
1st in WP 10 km (34:35) & Metropolitan 10 km (36:49)
2nd in the following four races: Two Oceans Half Marathon

(74:27), Cape Town 12 OneRun 12 km (41:08a), Totalsports 10km (Cape Town) (34:59) & Johannesburg CityRun 10 km (36:13)

Placed as follows in the Spar Grand Prix Series: 2nd in Pretoria (34:48), 3rd in Johannesburg (36:19), 4th in Port Elizabeth (33:52), 6th in Cape Town (34:02), and 8th in Durban (34:07) & Pietermaritzburg (35:11)

7th in Guldensporen Meeting 5000 m (16:04.22)

9th in Valencia Marathon (2:35:21)

Other performances:

37th in World Half Marathon 2016 (73:45); dnf African Championships 3000 m steeplechase 2016; 1st in SA T&F Championships 3000 m steeplechase 2016 (10:38.35); 3rd in SA 10 km 2016 (35:03); 36th in World XC Championships 8 km 2015 (29:05); 1st in SA T&F Championships 10000 m (34:26.63) & 2nd in 5000 m 2015 (16:24.24); 4th in SA Half Marathon 2015 (72:52); 1st in SA XC Trials 8 km 2015 (28:57); 8th in Two Oceans Half Marathon 2015 (77:18); 1st in SA 10 km 2014 (33:37); 2nd in SA T&F Championships 5000 m 2014 (16:44.17); 2nd in SA XC Trials 8 km 2014 (29:32); 4th in Hannover Marathon 2014 (2:54:59 DB); 15th in Freihofer's Run for Women 5 km 2014 (16:53); 24th in Bolder Boulder 10 km 2014 (36:42); 79th in World XC Championships [less than] 8 km 2013 (27:08); 5th in Africa Southern Region XC Championships 8 km 2013 (31:50); 1st in SA T&F Championships 3000 m steeplechase (10:44.42) & 3rd in 5000 m 2013 (16:30.65); 2nd in SA XC Championships 8 km 2013 (30:37); 6th in SA Half Marathon 2013 (79:14); 3rd in SA XC Trials 8 km 2013 (31:32); 1st in SA Students Championships 3000 m steeplechase 2013 (10:21.20); 37th in World Half Marathon 2012 (77:51); 7th in African T&F Championships 3000 m steeplechase 2012 (10:15.30); 20th in African XC Championships 8 km 2012 (30:33); 2nd in Africa Southern Region XC Championships 7 km 2012 (25:18); 1st in SA XC Championships 8 km 2012 (26:43); 3rd in SA Half Marathon 2012 (76:13); 3rd in SA T&F Championships 3000 m steeplechase (10:15.87) & 7th in 1500 m 2012 (4:29.14); 6th in SA 10 km 2012 (34:47); 7th in SA XC Trials 8 km 2012 (28:42); SA Students T&F Championships 2012: 1st in 3000 m steeplechase (10:28.11) & 5000 m (17:14.03), 3rd in 1500 m (4:35.31); 7th in SA 10 km 2011 (35:55); 10th in Africa Southern Region Half Marathon 2010 (84:46); 3rd in SA T&F Championships steeplechase 2010 (10:35.52); 5th in SA 10 km (34:36) & 6th in SA Half Marathon 2010 (75:47); 1st in WP 10 km 2010 (34:17); 5th in SA 10 km 2009 (34:24); 11th in SA XC Championships 8 km 2008 (31:45); 22nd in SA 10 km 2008 (37:00); 8th in SA XC Championships 8 km 2006 (28:54); 1st in WP 10 km 2006 (34:11); 3rd in SA XC Championships 8 km 2005 (30:04); 7th in SA 10 km 2005 (35:10)

Other PBs:

33:20 (2015), 53:36 (2005), 2:34:39 (2018); track: 9:15.56 (2016), 9:54.42 (steeplechase), 15:57.92 (both 2012)

CORNELIA JOUBERT (30)

Represented South Africa in the Africa Southern Region Half-Marathon Championships (2010) and the World Half-marathon Championships (2014, 2016 & 2018).

Half-marathon PB: 72:31, SA Half Marathon 2017

2019: 1st in Johnson Crane 10 km (36:54) & Pick 'n Pay Marathon (2:48:20)

2nd in Gallopers 15 km (56:27)

2018: 91st in World Half Marathon (78:23)

3rd in SA T&F Championships 10000 m (37:01.06)
 4th in SA Half Marathon (76:06) & 8th in SA 10 km (37:39)
 1st in Township Half Marathon (81:31)
 3rd in Totalsports 10 km (Johannesburg) (37:14)
 Placed as follows in the Spar Grand Prix Series: 7th in Pretoria (36:29), 8th in Pietermaritzburg (36:37) & 13th in Johannesburg (38:32)
 9th in Durban CitySurfRun 10 km (35:36)
 17th in Cape Town 12 OneRun 12 km (43:11)

2017:
 1st in SA Half Marathon (72:31)
 2nd in SA T&F Championships 10000 m (35:12.32)
 1st in George Claassen Half Marathon (80:33)
 3rd in Two Oceans Half Marathon (75:23)
 Placed as follows in the Spar Grand Prix Series: 4th in Cape Town (33:46), 7th in Pretoria (36:07), 8th in Port Elizabeth (34:17), 11th in Durban (34:50) & 14th in Pietermaritzburg (37:18)
 4th in Totalsports 10 km (Johannesburg) (36:37)
 7th in Cape Town 12 OneRun 12 km (42:03a)

Other performances: 42nd in World Half Marathon 2016 (74:23); 6th in SA Half Marathon (77:00) & 10th in SA 10 km 2016 (36:41); 26th in SA XC Championships 10 km 2016 (41:20); 2nd in SA 10 km (35:50) & 3rd in SA Half Marathon 2015 (72:37); 10th in SA XC Championships 10 km 2015 (40:05); 66th in World Half Marathon 2014 (77:10); 1st in SA T&F Championships 10000 m (35:49.60) & 6th in 5000 m 2014 (17:28.94); 4th in SA 10 km 2014 (35:53); 7th in SA XC Trials 8 km 2014 (30:36); 1st in SA Marathon 2013 (2:46:13); 2nd in SA T&F Championships 10000 m 2013 (35:15.20); 2nd in SA Half Marathon (75:46) & 3rd in SA 10 km 2013 (34:46); 3rd in SA XC Championships 8 km 2013 (30:44); won ten races in 2013, among them Orange International Marathon (2:39:37); 7th in SA Half Marathon (77:35) & 8th in SA 10 km 2012 (35:35); 12th in Africa Southern Region Half Marathon 2010 (86:41); 10th in SA Half Marathon 2010 (78:35); 12th in SA Half Marathon 2008 (80:57)

Other PBs: 33:46 (2017), 56:17 (2008), 2:39:37 (2013)

CHRISTINE KALMER (33)

One of the two talented Kalmer sisters, she represented South Africa as a junior (2005) and a senior (2013) in the World XC Championships, and as a senior in the World Half-marathon Championships (2012), Africa Southern Region XC Championships (2013) and Olympic Games Marathon (2016). While studying at the University of Arkansas she finished 1st in the SEC Indoor Championships 5000 m and 4th and 6th in the 3000 m, 2nd in the SEC Championships 5000 m, 4th in the NCAA Div. I Mid-East Regional Championships 5000 m, 3rd in the SEC XC Championships, 4th in the NCAA Southern Regional XC Championships, 14th in the NCAA Div. I 5000 m and 117th in the NCAA Div. I XC Championships.

Half-marathon PB: 75:23, SA Half Marathon 2012

Two Oceans: 20th in 2018 (4:12:37)

2019:
 1st in the following three races: Springs Striders 32 km (2:10:29), Johnson Crane Half Marathon (78:50) & Tuks Half Marathon (83:30)

2nd in Dis-Chem Half Marathon (82:53)

43rd in Nagoya Marathon (2:40:51)

2018:
 2nd in SA Marathon (2:42:10) & 3rd in SA Half Marathon (75:34)

1st in Township Marathon (2:59:00)

2nd in Pick 'n Pay Half Marathon (86:15)

3rd in the following three races: Hot Legs 32 km (2:22:46), Soweto Half Marathon (80:57) & Tough One 32 km (2:21:30)

6th in Johnson Crane Marathon (3:06:50)
 Placed as follows in the Spar Grand Prix Series: 6th in Port Elizabeth (34:25), 8th in Bellville (35:58), 12th in Pretoria (37:11), 15th in Durban (35:49) & 16th in Pietermaritzburg (37:53)
 9th in Cape Town 12 OneRun 12 km (42:06a)
 10th in Dis-Chem Half Marathon (90:32)
2017: 11th in SA Half Marathon (78:36)
 1st in Dis-Chem Half Marathon (82:50) & Edenvale Half Marathon (83:55)
 2nd in Om die Dam 10 km (37:39)
 3rd in the following three races: Tuks 10 km (37:19), Cape Town 10 km (35:20; short course) & Soweto Half Marathon (84:50)
 5th in Totalsports 10 km (Johannesburg) (37:26)
 6th in Johannesburg CityRun 10 km (37:35)
 8th in Two Oceans Half Marathon (78:46)
 Placed as follows in the Spar Grand Prix Series: 10th in Cape Town (34:42), 13th in Port Elizabeth (35:46), 17th in Pretoria (37:38) & 20th in Durban (37:02)
 10th in Cape Town 12 OneRun 12 km (43:09a)
 Other performances: 96th in Olympic Games Marathon 2016 (2:48:24); 5th in SA 10 km 2016 (35:55); dnf SA Marathon 2016; 5th in Two Oceans Half Marathon 2016 (79:08); dnf SA Half Marathon 2015; 9th in Vienna City Marathon 2015 (2:39:16); 10th in Valencia Marathon 2015 (2:33:43); 2nd in SA 10 km 2014 (34:20); 6th in Two Oceans Half Marathon 2014 (76:44); 13th in Freihofer's Run for Women 5 km 2014 (16:38); 26th in Bolder Boulder 10 km 2014 (37:25); 87th in World XC Championships [less than] 8 km 2013 (27:45); 11th in Africa Southern Region XC Championships 8 km 2013 (33:25); 2nd in SA 10 km 2013 (33:55); 5th in SA Half Marathon (78:03) & SA XC Trials 8 km 2013 (31:50); 5th in Two Oceans Half Marathon 2013 (77:04); 46th in World Half Marathon 2012 (79:40); 2nd in SA Half Marathon 2012 (75:23); 4th in SA 10 km 2012 (34:15); 5th in SA T&F Championships 3000 m steeplechase (11:05.85) & 6th in 5000 m 2012 (17:18.30); 10th in SA XC Trials 8 km (29:08); 3rd in SA T&F Championships 3000 m steeplechase (10:25.33) & 4th in 5000 m 2011 (16:13.93); 5th in SA Half Marathon (75:58) & 6th in SA 10 km 2011 (35:52); 8th in SA XC Trials 8 km 2011 31:28; 7th in Two Oceans Half Marathon 2011 (78:04); 4th in SA 10 km 2010 (33:53); 4th in SA T&F Championships 3000 m steeplechase 2010 (10:44.68) & 8th in 5000 m (17:24.04); 7th in SA Half Marathon 2010 (75:54); 9th in SA XC Trials 8 km 2010 (27:51); 53rd junior in World XC Championships 6.15 km 2005 (23:12); 2nd in SA Junior T&F Championships 1500 m (4:33.91) & 3000 m 2004 (9:49.42); 1st in SA Junior T&F Championships 3000 m (9:53.17) & 3rd in 1500m 2003 (4:35.62); 1st in SA Youth T&F Championships 3000 m (9:21.40) and 2nd in 1500 m 2001 (4:20.65); 1st junior (4th overall) in SA 10 km 2001 (35:15) & in 2000 (34:16)
 Other PBs: 33:53 (2010), 55:09 (2009), 2:33:43 (2015); track: 4:20.65 (2001), 9:21.40 (2001), 10:25.33 (steeplechase, 2011), 16:11.77 (2009)

NEHENG KHATALA (26) [Lesotho]

Represented Lesotho in the World XC Championships (2017).

Half-marathon PB: 72:42, Nelson Mandela Bay Half Marathon 2018

2018: 1st in Maritzburg City 10 km (36:32)

4th in Nelson Mandela Bay Half Marathon (72:42) & Soweto Half Marathon (82:01)
 7th in Cape Town Marathon (2:33:41)
2017: 84th in World XC Championships 9.86 km (40:23)
 3rd in the following three half marathons: JG Zuma (81:26a), Nelson Mandela Bay (72:46) & O.R. Tambo (77:15)
 10th in Cape Town Marathon (2:41:44)
 Other PBs: 2:33:41 (2018)

STELLA MARAIS (26)

Half-marathon PB: 78:48, SA Half Marathon 2018
2019: 3rd in Tuks 10 km (39:30) & Pretoria Half Marathon (89:42)
2018: 10th in SA Half Marathon (78:48)
 13th in SA XC Championships 10 km (38:28)
 6th in SA XC Trials 10 km (38:53)
 2nd in Interprovincial XC Championships 10 km (37:12)
 1st in Bobbies 10 km (38:32)
 2nd in Garsfontein Ice Breaker 10 km (38:13)
 3rd in Tuks Half Marathon (89:34)
 4th in Cape Town 10 km (35:58)
 Placed as follows in the Spar Grand Prix Series: 11th in Bellville (36:23), 12th in Pietermaritzburg (37:06), 14th in Pretoria (37:37), 17th in Port Elizabeth (36:11), 19th in Durban (36:34) & 20th in Johannesburg (39:36)
 12th in Two Oceans Half Marathon (82:26)
2017: 8th in SA 10 km (36:08)
 11th in Durban CitySurfRun 10 km (36:53)
 Placed as follows in the Spar Grand Prix Series: 20th in Pietermaritzburg (37:49) & 22nd in Port Elizabeth (37:39)
 Other PBs: 35:58 (2018)

TANITH MAXWELL (42)

Represented South Africa in the Commonwealth Games Marathon (2006), African Games Half Marathon (2007), World Championships Marathon (2009, 2013 & 2015) and Olympic Games Marathon (2012). After turning 40 in June 2016, she set five WP records, including 2:45:26 for the marathon, and one SA record (2:00:38 for 30 km).

Marathon PB: 2:32:33, Berlin Marathon 2010
 Comrades: 4th (1st vet) in 2018 (6:20:33)
 Two Oceans: 3rd in 2015 on debut (3:45:18, 2nd South African); 2nd in 2016 (3:45:55); 3rd (1st vet, 2nd South African) in 2017 (3:55:42); 4th (2nd vet) in 2018 (3:49:48)
2019: 2nd vet & 3rd overall in Brackenfell 10 km (40:05)
2018: 3rd vet (6th overall) in SA Marathon (2:49:49)
 1st vet & 1st overall in the following five races: Lighthouse 10 km (36:15#), Tyger Run Half Marathon (81:26), Savages Half Marathon (62:20), Triple F 10km (35:34) & Chatsworth Freedom 52 km (3:45:33)
 1st vet & 2nd overall in the following five races: Bay to Bay 30 km (2:00:24a#, SA best time), Pietermaritzburg City Marathon (2:58:13), Freedom to Run 10 km (36:02; probably short course), Safari Half Marathon (80:15#) & WP 10 km (36:30)
 1st vet & 3rd overall in Peninsula Half Marathon (79:44a)
 2nd vet & 3rd overall in Red Hill 36.2 km (2:39:18); also 2nd vet in Totalsports 10 km (Cape Town) (37:56)
 These times placed her first of the SA performance lists for vets for the year (10 km, 21.1 km, 30 km [aided course]).
2017: 1st overall & 1st vet in the following four races: Cango Marathon

(2:47:12; probably short course), Day of Races 5 km (Cape Town) (17:45), Mitchells Plain Titans 10 km (38:04) & Ravensmead 15 km (56:45*)

1st vet & 2nd overall in the following four races: WP Half Marathon (81:28*), Century City 10 km (36:49), Lion of Africa Half Marathon (81:28), Slave Route Half Marathon (83:53)

1st vet & 3rd overall in the following three races: Lighthouse 10 km (36:43*), Tyger Run 10 km (37:58) & Avbob 15 km (60:12)

Also 1st vet in Cape Town 12 OneRun 12 km (44:46 CR) & Gun Run 10 km (38:09)

Placed as follows in the Spar Grand Prix Series: 1st vet in Port Elizabeth (36:54) & Pietermaritzburg (37:56), 2nd vet in Pretoria (38:53)

2nd vet in Eersterivier 15 km (57:03) & Pinelands 10 km (37:28) dnf Cape Town Marathon *) These times placed her second of the SA performance lists for vets for the year (10 km, 15 km, 21.1km).

Other performances: 3rd in SA Marathon 2016 (2:53:21); 1st vet in Cape Town Marathon 2016 (2:45:26, WP record); dnf World 50 km 2016; 1st in Bay to Bay 30 km 2015 (1:56:32; fastest time in SA in 25 years); dnf World Championships Marathon 2015; 42nd in World Championships Marathon 2013 (2:56:37); 6th in BIG Berlin 25 km 2013 (92:18, PB and third fastest time ever by a South African); 81st in Olympic Games Marathon 2012 (2:40:27); 4th in SA Half Marathon 2011 (75:26); 3rd in SA Half Marathon 2010 (73:22) & 7th in SA 10 km (34:45); placed as follows in Two Oceans Half Marathon: 4th in 2010 (76:19), 6th in 2005 (81:01), 3rd in 2004 (78:06), 4th in 2003 (79:39) & 8th in 2002 (82:27); 8th in Berlin Marathon 2010 (2:32:33); 45th in World Championships Marathon 2009 (2:41:48); 4th in SA Half Marathon 2009 (74:52); 3rd in SA Half Marathon 2008 (76:19); 10th in African Games Half Marathon 2007 (78:27); 2nd in SA Marathon 2007 (2:40:46); 12th in Commonwealth Games Marathon 2006 (2:41:47); 11th in SA XC Championships 8 km 2006 (29:12); 1st in SA Half Marathon 2005 (75:52); 7th in SA XC Championships 8 km 2005 (30:39); 1st in Peninsula Marathon 2004 (2:48:28a); 2nd in Edinburgh Marathon 2004 (2:48:42); 15th in SA 10 km 1997 (37:06)

Other PBs: 34:03 (2010), 51:24 (2010), 73:22 (2010)

CAROLINE MHANDU (23) [Zimbabwe]

Half-marathon PB: 80:49, Soweto Half Marathon 2018

2018: 2nd in Soweto Half Marathon (80:49)

6th in Durban CitySurfRun 10 km (34:23)

Placed as follows in the Spar Grand Prix Series: 8th in Pretoria (36:40) & 9th in Johannesburg (37:10)

11th in Two Oceans Half Marathon (81:33)

Other PBs: 34:23 (2018)

RUDO MHONDERWA (23) [Zimbabwe]

Represented Zimbabwe in the World XC Championships (2017).

Half-marathon PB: 74:41, Nelson Mandela Bay Half Marathon 2018

2019: 1st in Harry Gwala District Half Marathon (73:04a; probably short course and/or doubtful timing)

2018: 2nd in Dis-Chem Half Marathon (81:45)

Placed as follows in the Spar Grand Prix Series: 4th in Bellville

(35:18), Port Elizabeth (34:21) & Durban (33:53), 5th in Pietermaritzburg (35:38), 6th in Pretoria (36:17) & Johannesburg (36:47)
 5th in Motherwell Freedom Run 10 km (36:23) & Mandela Day Half Marathon (80:38a)
 7th in Two Oceans Half Marathon (79:27)
 8th in Cape Town 12 OneRun 12 km (42:02a) & Nelson Mandela Bay Half Marathon (74:41)
2017: 72nd in World XC Championships 9.86 km (37:57)
 1st in the following five races: Pretoria 10 km (35:52), Wally Hayward Half Marathon (81:41), Heroes 10 km (37:54), Polokwane Mayoral Half Marathon (75:49) & Foskor Half Marathon, Phalaborwa (76:30)
 2nd in the following three races: Johnson Crane Half Marathon (78:10), McCarthy Toyota 10 km (36:14) & Mandela Day Half Marathon (78:37a)
 3rd in Harry Gwala District Half Marathon (75:21a; probably short course)
 4th in O.R. Tambo Half Marathon (80:43)
 Placed as follows in the Spar Grand Prix Series: 5th in Pretoria (35:42) & Johannesburg (37:10), 7th in Durban (34:03) & 10th in Pietermaritzburg (35:32)
 Other PBs: 34:03 (2017)

PATIENCE MUROWE (30) [Zimbabwe]

Represented Zimbabwe in the World Half-marathon Championships (2018).

Half-marathon PB: 75:30, World Half Marathon 2018

2019: 1st in Pretoria Half Marathon (84:50)
 2nd in Harry Gwala District Half Marathon (73:43a; probably short course and/or doubtful timing)
2018: 72nd in World Half Marathon (75:30)
 Placed as follows in the Spar Grand Prix Series: 3rd in Port Elizabeth (34:17), 6th in Pietermaritzburg (36:16), 10th in Johannesburg (37:38), 11th in Durban (35:27) & 13th in Pretoria (37:33)
 3rd in Dis-Chem Half Marathon (82:55) & Gun Run Half Marathon (77:39)
 4th in Two Oceans Half Marathon (77:32)
 5th in Soweto Half Marathon (86:13)
 6th in Mandela Day Half Marathon (82:21a)
 Other PBs: 34:17 (2018)

RUTENDO NYAHORA (30) [Zimbabwe]

Represented Zimbabwe in the All-Africa Games Half Marathon and African XC Championships (both 2011), Olympic Games Marathon (2016) and World Championships Marathon (2017).

Half-marathon PB: 74:56, Achmea Half Marathon 2012

2019: 1st in George Claassen Half Marathon (84:01) & Pretoria 10 km (35:31)
 2nd in Harry Gwala District Marathon (2:45:13; probably short course and/or doubtful timing)
2018: 1st in the following three races: George Claassen Half Marathon (81:50), Foskor Half Marathon, Phalaborwa (78:44) & Gun Run 10km (34:01)
 2nd in Polokwane Mayoral Half Marathon (77:59; probably short course) & Cape Town 10 km (33:55)

Placed as follows in the Spar Grand Prix Series: 2nd in Pretoria (34:24), 3rd in Pietermaritzburg (34:56), 5th in Durban, 7th in Johannesburg (36:56), 13th in Port Elizabeth (36:02) & 14th in Bellville (37:17)
 4th in Mandela Day Half Marathon (80:01a)
 17th in Two Oceans Half Marathon (83:58)
2017: 47th in World Championships Marathon (2:42:53)
 1st in the following four races: Irene Nite Race 10 km (36:24), Mapungubwe Half Marathon (86:32), Om die Dam 10 km (36:37) & McCarthy Toyota Half Marathon (80:47)
 2nd in Pretoria 10 km (36:46) & Soweto 10 km (35:42)
 Placed as follows in the Spar Grand Prix Series: 2nd in Pietermaritzburg (34:34), 4th in Johannesburg (36:40), 5th in Durban (33:50), 8th in Cape Town (34:21) & 10th in Port Elizabeth (35:24)
 3rd in Johnson Crane Half Marathon (80:40) & Mandela Day Half Marathon (81:14a)
 4th in Johannesburg CityRun 10 km (36:57)
 5th in Cape Town 12 OneRun 12 km (41:24a) & Nelson Mandela Bay Half Marathon (74:58)
 7th in Two Oceans Half Marathon (78:11)
 Other performances: 92nd in Olympic Games Marathon 2016 (2:47:32); placed as follows in Two Oceans Half Marathon: 4th in 2015 (75:43), 8th in 2014 (77:30), 6th in 2013 (77:47), 3rd in 2012 (78:30), 5th in 2011 (76:23) & 7th in 2010 (79:37); 7th in All-Africa Games Half Marathon 2011 (79:35); 13th in African XC Championships 8 km 2011 (28:58)
 Other PBs: 32:55 (2012), 53:54 (2013), 2:39:58 (2016)

LEBO PHALULA (35)

One of the Phalula twins, she represented South Africa in the World XC Championships (2013 & 2015), Africa Southern Region XC Championships (2013), Africa Southern Region Half-Marathon Championships (2014), and the African XC Championships, World Half-marathon Championships and Olympic Games Marathon (all 2016).

Half-marathon PB: 71:54, SA Half Marathon 2015

2019: 6th in SA XC Trials 10 km (38:44)

1st in Tuks 10 km (36:41)

2nd in Sasol 10 km (36:47)

3rd in Pretoria 10 km (36:39)

2018: 1st in SA XC Championships 4 km (14:29)

Also 1st in Sasol 10 km (36:16) & Youth Run 10 km (34:45)

2nd in Johnson Crane 10 km (37:12)

3rd in the following three races: George Claassen 10 km (37:37), Soweto 10 km (39:07) & Tuks 10 km (35:14)

Placed as follows in the Spar Grand Prix Series: 7th in Durban (34:37), 12th in Port Elizabeth (35:51) & 16th in Bellville (37:31)

16th in Cape Town 12 OneRun 12 km (43:07a)

19th in Durban CitySurfRun 10 km (38:45)

32nd in Two Oceans Half Marathon (89:55)

2017: 14th in SA 10 km (37:47)

16th in Cape Town 10 km (39:17; short course)

Earlier performances in SA 10 km Championships:

1st in 2016 (34:09), 3rd in 2014 (34:53), 1st in 2013 (33:48), 2nd in 2012 (33:37), 2011 (35:01) & 2009 (33:09), 1st in 2008

(33:01), 26th in 2006 (37:15), 4th in 2005 (34:28), 2nd junior in

2000 (35:11)

Other performances: 41st in World Half Marathon 2016 (74:21); 63rd in Olympic Games

Marathon 2016 (2:41:46); 13th in African XC Championships 9 km 2016 (33:09); 6th in Enschede Marathon 2016 (2:33:48); 46th (2nd South African) in World XC Championships 8 km 2015 (29:26); 3rd in Two Oceans Half Marathon 2015 (75:34); 5th in Cape Town Marathon 2015 (2:38:55; debut); 2nd in Africa Southern Region Half Marathon 2014 (76:17); 1st in SA T&F Championships 5000 m (16:16.96), 2nd in 1500 m 2014 (4:20.43) & disq in 800 m; 2nd in SA Open T&F Championships 5000 m 2014 (16:28.87); 2nd in SA XC Championships 8 km 2014 (27:57); 3rd in SA XC Trials 8 km 2014 (29:42); 1st in Two Oceans Half Marathon 2014 (74:00); 53rd (1st South African) in World XC Championships [less than] 8 km 2013 (26:22); 7th in Africa Southern Region XC Championships 8 km 2013 (32:32); 1st in SA XC Championships 8 km 2013 (29:45); 2nd in SA T&F Championships 5000 m 2013 (16:27.20) & 3rd in 1500 m (4:22.91); 1st in SA XC Trials 8 km 2013 (30:23); 7th in Two Oceans Half Marathon 2013 (78:28); 12th in SA Half Marathon 2012 (80:48); 3rd in SA T&F Championships 5000 m (16:08.74) & 4th in 1500 m 2011 (4:20.95); 2nd in SA T&F Championships 5000m (15:58.34) & 3rd in 1500 m 2010 (4:13.98); 1st in SA T&F Championships 1500 m (4:13.05) & 5000 m 2009 (15:57.15); 32:27 (2014), 51:54 (2015), 2:33:48 (2016); track: 2:02.94 (2006), 4:13.05 (2009), 9:21.54 (2009), 15:48.45 (2010)

Other PBs:

LEBOGANG PHALULA-LUTHULI (35)

One of the Phalula twins, she tested positive for a banned substance at the Spar Grand Prix 10 km in Pretoria on 27 August 2011 and was banned for three months, until 28 December 2011. This invalidated her third place in the SA Cross-country Championships that year. Represented South Africa in the World XC Championships (2005, 2009, 2010 & 2011), World Half-marathon Championships (2016 & 2018) and African XC Championships (2016).

Half-marathon PB: 71:35, SA Half Marathon 2016

2019: 1st in Sasol 10 km (36:04)

2nd in Pretoria 10 km (36:30) & Human Rights 30 km (2:02:16)

2018: 97th in World Half Marathon (79:41)

1st in SA 10 km (35:57) & 2nd in SA Half Marathon (75:31)

6th in SA XC Championships 10 km (37:04)

Also 1st in Johnson Crane 10 km (35:56)

2nd in the following three races: George Claassen 10 km (36:16), Youth Run 10 km (35:09) & Motherwell Freedom Run 10 km (34:59)

4th in Gun Run Half Marathon (78:16)

5th in Two Oceans Half Marathon (79:21)

Placed as follows in the Spar Grand Prix Series: 7th in Port

Elizabeth (34:39), 9th in Durban (34:59), 11th in Pretoria (37:07) & 16th in Johannesburg (39:03)

8th in Johannesburg CityRun 10 km (37:56)

11th in Cape Town 12 OneRun 12 km (42:17a)

2017: 4th in SA 10 km (34:47) & SA Half Marathon (74:25)

1st in the following four races: Ford 3-in-1 10 km (36:18), Freedom Run 10 km (33:51), Mitchells Plain Titans Half Marathon (78:29) & Totalsports 10 km (Cape Town) (34:21)

2nd in Totalsports 10 km (Durban) (35:33)

Placed as follows in the Spar Grand Prix Series: 3rd in Cape Town (33:36) & Durban (33:39), 4th in Pietermaritzburg (34:50), 5th in Port Elizabeth (34:06), 6th in Pretoria (36:06) & 6th in Johannesburg (37:16)

3rd in Soweto 10 km (36:26)

4th in Two Oceans Half Marathon (76:18) & Cape Town 12 OneRun 12 km (41:20a)
 7th in Speed Series 5000 m (Durban) (17:02.19)
 8th in Johannesburg CityRun 10 km (37:53)
 11th in Cape Town Marathon (2:43:50)
 Other performances: 76th in World Half Marathon 2016 (83:49); 14th in African XC Championships 9 km 2016 (33:43); 2nd in SA Half Marathon 2016 (71:35); 3rd in Cape Town Marathon 2016 (2:38:00; debut); 2nd in SA Half Marathon 2015 (72:18); 1st in Two Oceans Half Marathon 2015 (74:51); 10th in SA XC Trials 8 km 2014 (31:19)
 Other PBs: 33:02 (2008), 55:42 (2001), 2:38:00 (2016)

NOMVUYISI SETI (37)

Represented South Africa in the Africa Southern Region Half-Marathon Championships (2010).

Marathon PB: 77:50, SA Half Marathon 2012

2019: 1st in Firgrove Challenge Half Marathon (85:07) & Tyger Run 10 km (39:46)
 2nd in Ravensmead 15 km (59:56) & Slave Route Challenge Half Marathon (86:39)

2018: 3rd in Constantia Village 15 km (58:19)
 4th in Century City 10 km (36:19) & Hohenort 15 km (59:38)
 13th in SA Half Marathon (79:32) & 14th in SA 10 km (38:41)
 Achieved a podium position in 21 races –
 1st in the following ten races: Beachcomber 15 km (64:49), Dan Luyt 15 km (63:41), 27 for Freedom 10 km (39:55), Paarl Mall 10 km (41:44), UCT Memorial 10 km (39:09), Michell's Pass Half Marathon (85:49), Fairbridge Mall 15 km (59:54), Mamre Half Marathon (86:56), Run for Youth 10 km (37:48) & Slave Route Challenge 10 km (39:34)
 2nd in the following six races: Constantia Village 15 km (57:35), Weskus Half Marathon (88:25), Avbob 15 km (56:16), Phoenix 10km (36:25), Knysna Forest Half Marathon (84:29) & Voet van Afrika Half Marathon (1:42:19)
 3rd in the following five races: WP Half Marathon (87:09), Voet of the Wine Route 10 km (41:45), Tekkie Challenge 10 km (37:15), Langebaan Half Marathon (83:19) & Freedom to Run 10 km (38:31; probably short course)
 4th in Sundowner 10 km (37:57)
 5th in the following three races: WP 10 km (37:23), Firgrove Challenge 10 km (38:14) & NMB 1 City Marathon (3:08:20)
 6th in PetroSA Marathon (2:57:19)

2017: 9th in Motherwell Freedom Run 10 km (37:57)
 1st in the following three races: West Coast AC Half Marathon (84:11), Langebaan Half Marathon (84:14) & Brackenfell Half Marathon (82:50)
 2nd in the following five races: Cape Gate 10 km (86:27), Tyger Run 10 km (37:50), Ravensmead 15 km (59:18), Constantia Village 15 km (58:05) & Old Mutual 10 km (36:19)
 3rd in Dave Spence Memorial 10 km (37:59) & Hohenort 15 km (58:23)
 6th in Diva Run 10 km (37:02)
 7th in Eersterivier 15 km (59:44)

Other performances: 16th in SA Half Marathon 2016 (82:01); 2nd in WP 10 km 2016 (36:40); 2nd in Peninsula Marathon 2016 (2:57:05); 2nd in WP Half Marathon 2015 (82:17); 1st in Lion of Africa 10 km 2013 (39:20); 2nd in Peninsula Half Marathon 2013 (86:30a); ran 30

races in 2012, among them 8th in SA Half Marathon (77:50) & 23rd in SA 10 km (37:44), and achieved a podium position in 25 races, among them 1st in WP 10 km (35:50); 12th in SA Half Marathon 2011 (78:38); 19th in SA 10 km 2011 (37:45); 6th in Cape Town Marathon 2011 (2:52:17); 9th in Africa Southern Region Half Marathon 2010 (84:01); 9th in SA Half Marathon (78:22) & 10th in SA 10 km 2010 (35:23); also placed as follows in the SA Half Marathon: 21st in 2009 (81:24), 13th in 2008 (81:38), 11th in 2007 (82:01) & 8th in 2005 (79:16); 9th in Two Oceans Half Marathon 2005 (82:30), 2004 (82:02) & 2003 (82:35)

Other PBs: 34:26 (2012), 53:52, 2:52:17 (both 2011)

MARIA SHAI (32)

Half-marathon PB: 78:49, SA Half Marathon 2016

2019: 5th in SA XC Trials 10 km (38:36)

1st in Gallopers 15 km (56:09)

2018: 4th in SA 10 km (36:43) & 14th in SA Half Marathon (80:04)

14th in SA XC Championships 10 km (38:29)

5th in SA XC Trials 10 km (38:44)

5th in Totalsports 10 km (Johannesburg) (38:36)

Placed as follows in the Spar Grand Prix Series: 7th in Bellville (35:50), 8th in Johannesburg (37:00), 11th in Port Elizabeth (35:03) & Pietermaritzburg (37:04), 13th in Durban (35:42) & 17th in Pretoria (37:53)

8th in Durban CitySurfRun 10 km (35:09)

9th in Johannesburg CityRun 10 km (37:57)

10th in Two Oceans Half Marathon (81:28)

14th in Cape Town 12 OneRun 12 km (42:40a)

2017: 3rd in SA XC Championships 10 km (37:58)

4th in SA T&F Championships 10000 m (35:41.62)

6th in SA 10 km (36:01)

1st in JG Zuma Half Marathon (79:26a)

3rd in Cape Town 12 OneRun 12 km (41:14a) & Totalsports 10 km (Johannesburg) (36:08)

4th in Foskor Half Marathon, Phalaborwa (81:33)

Placed as follows in the Spar Grand Prix Series: 6th in Pietermaritzburg (35:02) & 9th in Pretoria (36:16)

7th in Johannesburg CityRun (37:42)

8th in Durban CitySurfRun 10 km (35:25)

11th in Johnson Crane 10 km (37:58)

21st in Cape Town Marathon (3:06:55)

Other performances: 11th in SA Half Marathon 2016 (78:49) & 25th in 2015 (84:56)

Other PBs: 35:02 (2017), 56:09 (2019), 3:06:55 (2017)

THABITA TSATSA (46) [Zimbabwe]

Represented Zimbabwe in the Southern African XC Championships (2006, 2007 & 2008), World XC Championships, World Championships Marathon and African Games Half Marathon (all 2007), and Olympic Games Marathon (2008).

Half-marathon PB: 70:13a, Long Tom Half Marathon 2011

PB on a standard course: 72:16, Matha Series Half Marathon, Port Elizabeth, 2009

Two Oceans: 1st in 2013 on debut (3:39:54); dnf in 2014; 4th (1st vet) in 2015; 8th in 2017 (4:04:08; 3rd vet)

Comrades: dnf in 2013 & 2014

2019: 1st overall & 1st vet in Mall of the North Marathon (3:16:31)

2nd vet in Pretoria 10 km (41:52)

2018: 1st vet in the following six races: Pretoria Half Marathon (89:36), NMB 1 City Marathon (2:57:37; 1st overall), Harry Gwala District Half Marathon (3:14:37a; 2nd overall), Mall of the North Marathon (3:11:08; 2nd overall), Polokwane Mayoral Half Marathon (85:36; probably short course) & Foskor Half Marathon, Phalaborwa (87:59)

2017: 1st overall & 1st vet in Sunrise Monster 32 km (2:17:28) & Love Running Half Marathon (88:46)
1st vet in the following four races: Johnson Crane Half Marathon (83:51), Pretoria Half Marathon (87:03), Jackie Mekler 25 km (1:43:04; 2nd overall) & PetroSA Marathon (2:49:56; 3rd overall)
2nd vet in Foskor Half Marathon, Phalaborwa (86:43)
9th in Mandela Day Marathon (2:26:31a)

Other performances: Placed as follows in Two Oceans Half Marathon: 6th in 2011, 5th in 2010 (77:00), 3rd in 2009 (77:10), 2nd in 2008 (75:08), 4th in 2007 (75:17), 6th in 2006 (76:08), 4th in 2005 (77:14), 6th in 2004 (79:43) & 3rd in 2003 (77:58); 49th in Olympic Games Marathon 2008 (2:37:10); 3rd in Southern African XC Championships 8 km 2008 (n/t); 1st in Southern African XC Championships 8 km 2007 (29:33); 7th in African Games Half Marathon 2007 (77:33); 34th in World Championships Marathon 2007 (2:44:20); 51st in World XC Championships 8 km 2007 (30:36); 3rd in Southern African XC Championships 8 km 2006 (28:47);

Other PBs: 33:20 (2007), 2:29:20 (2008; national record)

GLENROSE XABA (24)

Represented South Africa in the African T&F Championships (2016), World XC Championships (2017) and African XC Championships (2018).

Half-marathon PB: 83:30, Tuks Half Marathon 2019

2019: 1st in Bronkhorstspuit 32 km (2:12:46) & Tuks Half Marathon (83:30)

2018: 20th in African XC Championships 10 km (39:04)
1st in SA XC Championships 10 km (35:16)
2nd in SA XC Trials 10 km (35:39)
Placed as follows in the Spar Grand Prix Series: 1st in Pretoria (33:56), 2nd in Bellville (34:39), Port Elizabeth (34:01) & Durban (33:27), and 4th in Johannesburg (35:05); she won the Series
1st in the following seven races: Tuks 10 km (34:56), Motherwell Freedom Run 10 km (33:21), Totalsports 10 km (Durban) (33:41), Lester Mills Memorial 10 km (36:50), Soweto 10 km (35:25), Mitchells Plain Titans 10 km (35:50) & Pretoria 10 km (35:35)
2nd in Totalsports 10 km (Johannesburg) (35:08)
4th in Johannesburg CityRun 10 km (35:11) & Durban CitySurfRun 10 km (33:14)
5th in Cape Town 12 OneRun 12 km (40:03a)

2017: 62nd (2nd South African) in World XC Championships 9.86 km (37:16)
1st in SA XC Championships, both 4 km (13:58) & 10 km (35:51)
-- only the second athlete (and first woman) ever to achieve this double
1st in SA T&F Championships 10000 m (34:56.12) & 5th in 5000 m (16:39.34)
Also 1st in the following eight 10 km races: Town Festival (39:46), Soweto (35:33), Johannesburg CityRun (35:40), Gauteng North (37:03), Wierie (37:55), Polokwane Mayoral

(35:07), Tuks (35:42) & Cape Town (33:25; short course)
 2nd in the following four 10 km races: Harry Gwala District (32:37a; short course), Heroes (37:54a), O.R. Tambo (35:30) & Totalsports (Johannesburg) (34:37)
 4th in ASA Speed Series 5000 m (16:38.49)
 9th in Cape Town 12 OneRun 12 km (42:33a)
 Other performances: 11th in African T&F Championships 10000 m 2016 (36:32.37); 1st in SA T&F Championships 10000 m (34:23.56) & 3rd in 5000 m 2016 (16:35.36); 2nd in SA XC Championships 10 km 2016 (35:37); 6th in SA 10 km 2016 (36:00) 2nd in SA T&F Championships 10000 m (34:59.20) & 3rd in 5000 m 2015 (16:42.72)
 Other PBs: 33:14 (2018); track: 16:35.36 (2016), 33:24.60 (2015)

ZINTLE XINIWE (32)

Represented South Africa in the World Half Marathon (2010 & 2016) and Africa Southern Region Half Marathon (2006, 2010 & 2011). She has won three SA road titles (two in the half marathon and one in the marathon), one senior track title (5000 m), and three junior track titles (5000 m).

Half-marathon PB: 73:02, SA Half Marathon 2008

2019: 1st in the following four races: Top Form 10 km (35:46), Lighthouse 10 km (35:50), Sanlam 10 km (36:32) & Slave Route Challenge Half Marathon (85:58)

2nd in the following four races: Bay to Bay 15 km (59:58a), Hohenort 15 km (57:26), Century City 10 km (35:46) & Tyger Run Half Marathon (81:48)

2018: 5th in SA Half Marathon (76:54) & 7th in SA 10 km (37:24)
 1st in the following six races: WP 10 km (35:48), Firgrove Challenge Half Marathon (83:34), Slave Route Challenge Half Marathon (85:22), Safari Half Marathon (79:39), Freedom to Run 10 km (35:07; probably short course) & Top Form 10 km (36:56)
 2nd in the following six races: WP Half Marathon (84:13), Peninsula Half Marathon (78:24a), Totalsports 10 km (Cape Town) (36:26), Langebaan Half Marathon (80:32), Human Rights 30 km (2:02:23) & Sundowner 10 km (36:36)

3rd in Niel Joubert Plaaswedloop 12.3 km (51:23) & Youth Run 10 km (35:41)

5th in Gun Run Half Marathon (81:05)

Placed as follows in the Spar Grand Prix Series: 5th in Bellville (35:42) & Port Elizabeth (34:23), 8th in Durban (34:56), 12th in Johannesburg (38:29) & 14th in Pietermaritzburg (37:44)

8th in Two Oceans Half Marathon (79:36)
 10th in Cape Town 12 OneRun 12 km (42:13a)

2017: 7th in SA Half Marathon (75:32)

Achieved a podium position in 22 races –

1st in the following 15 races: WP Half Marathon (81:23), Peninsula Half Marathon (87:01a), Century City 10 km (35:57), Constantia Village 15 km (57:41), Tyger Run Half Marathon (84:45), Voet of the Wine Route 10 km (38:54), Freedom to Run Day 10 km (35:37), Fast & Flat 10 km (35:47; 9th win), Spookhill 15 km (64:22), John Korasie 30 km (2:09:42), Diva Run 10 km (35:28), Bike & Tekkie Challenge 10 km (35:23; 6th win), Gun Run 10 km (35:49), Edgemoed Classic 10 km (36:51) & Run for Unity 10 km (35:59)

2nd in the following six races: WP 10 km (35:37), Hohenort 15 km (58:03), Freedom Run 10 km (35:17), Dave Spence Memorial 10km (36:55), Cape Gate 10 km (39:33) & Bottelary AC Half

Marathon (80:23)
 3rd in Totalsports 10 km (Cape Town) (35:38)
 8th in Cape Town 12 OneRun 12 km (42:25a)
 9th in Spar 10 km (Port Elizabeth) (35:13) & 11th in Spar 10 km (Pretoria) (36:48)
 11th in Two Oceans Half Marathon (81:12)
 16th in Cape Town Marathon (2:57:40)

Other performances: (She took maternity leave in 2009.) In 2014, 2015 and 2016 she achieved 70 podium positions, among them a win in the 2014 SA Marathon. 78th in World Half Marathon 2016 (86:30); 4th in SA XC Championships 10 km 2016 (36:04); 5th in SA Half Marathon (76:38) & 8th in SA 10 km 2016 (36:06); 5th in SA Half Marathon 2015 (75:09); placed as follows in the Two Oceans Half Marathon: 7th in 2015 (77:12), 11th in 2013 (80:04), 4th in 2012 (79:39), 3rd in 2011 (74:58) & 2007 (74:52) & 9th in 2006 (78:26); 1st in SA Marathon (2:41:49; debut) & 9th in SA 10 km 2014 (36:55); 5th in SA 10 km (34:45) & 6th in SA Half Marathon 2012 (77:19); ran 30 races in 2011, among them 2nd in Africa Southern Region Half Marathon (79:09), 2nd in SA T&F Championships 5000 m (16:04.17), 2nd in SA Half Marathon (73:15) & 5th in SA 10 km (35:38); 37th in World Half Marathon 2010 (76:21); 3rd in Southern Region Half Marathon 2010 (80:19); 2nd in SA Half Marathon (73:13) & SA 10 km (33:19) 2010; 1st in SA Half Marathon 2008 (73:02); 2nd in SA Championships 5000 m 2008 (16:20.89); 4th in SA 10 km 2008 (33:29); 1st in SA Half Marathon 2007 (76:53); 2nd in SA T&F Championships 5000 m 2007 (16:25.70); 4th in SA 10 km 2007 (34:24); 3rd in Southern Region Half Marathon 2006 (81:43, probably short course); 1st in SA T&F Championships 5000 m 2006 (16:26.97); 5th in SA 20 km 2006 (72:58); 6th in SA 10 km 2006 (34:47); 15th in SA XC Championships 8 km 2006 (29:58); 3rd in SA Junior Championships 5000 m 2005 (18:39.56); 3rd junior in SA 10 km 2005 (35:50); 1st in SA Junior Championships 5000 m (17:07.66) & 3rd in 3000 m 2004 (10:10.73); 1st in SA Junior Championships 5000 m 2003 (17:23.81) & 2002 (16:28.40)

Other PBs: 33:19 (2010), 53:16 (2013), 2:41:49 (2014); track: 15:53.53 (2011)

 Compiled by Riël Hauman

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Member of the IAU Records Committee

Phone: (021) 948-0293

Mobile: 082 922-8538

E-mail: rielh@mweb.co.za