

Distance Running Results

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EDITORIAL

Highlights of the weekend came in the Border Masters Half Marathon in East London, where Lusapho April and Hanlie Botha smashed the previous list leaders with their 62:39 and 75:50 respectively. Botha's is a personal best and April, whose PB is the 61:49 he ran in the SA Half Marathon in 2009, now has five sub-63 times. Unfortunately the East London course is downhill and these times are therefore aided.

It must be said that DRR has long had serious doubts about the length of this course, even taking into account that it is downhill. With limited data about the runners in the race, it is virtually impossible to make accurate comparisons, but using the Race Time Bias (RTB) formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances), the figure for three athletes (including April and Botha) is -6.56 sec/km – well beyond the maximum allowable limit of -5 sec/km.

What is more, Botha (35) has never run faster than 79:27 on a standard course. Her previous best was 77:08 on the same course last year, so she obliterated that by 78 sec and ran more than 2½ min faster than René Kalmer's legitimate list leader for this year!

Much more store can be put on the excellent performances delivered on the certified course used for the WP 10 km Championships in Athlone. Probably the best achievement was that of Graham Katzen, who won the veteran category in 31:39, his third best time ever. List leaders were set in all age categories except senior men – by Katzen, Chris Mitchell, Barry Bester, Cheslyn Aford, Tanith Maxwell, Sandra van Graan, Viv Williams, Helen du Plessis and Pamela Moyikwa – nine in all! Katzen was joined as WP champion by his son Granwin – most likely the first time this has ever happened at a provincial road championship.

Three long-running marathons were held this weekend: the NOSA Hillcrest Marathon for the 37th time, the Battlefield Marathon (36th), and the Pick 'n Pay Marathon (30th). In Hillcrest Pat Dammann retained her title, while in Johannesburg Elias Mabane ran a veteran list leader.

In the Kromberg & Schubert 15 km in Despatch grandmaster Margie Saunders set a masters list leader of 66:26.

Internationally, Elroy Gelant set a new SA record in the 3000 m in Gent when he finished fourth in 7:39.55. At the New Balance Indoor Grand Prix in Boston Mary Cain ran her umpteenth world junior record when she won the 1000 m in 2:35.80. In Stockholm Genzebe Dibaba set a new world record of 8:16.60 for 3000 m, smashing Meseret Defar's previous record by more than 7 seconds.

Last week's column "This month in history" indeed described events of 136 years ago, so the date should have been 1886 and not 1986.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * NOSA Hillcrest Marathon & Half Marathon, Hillcrest
- * Pick 'n Pay Marathon & Half Marathon, Johannesburg
- * Top Form 10 km Challenge, Athlone
- * Kromberg & Schubert 15 km, Despatch
- * Border Masters Half Marathon, East London
- * 27 for Freedom 27 km & 10 km, Paarl
- * Battlefields Marathon, Half Marathon & 10 km, Newcastle
- * Rainbow Top Gear 10 km, George
- * Track: WP Junior Meeting, Bellville; WP Open Meeting, Bellville

International highlights:

- * Karatsu 10-Miler, Karatsu, JPN
 - * San Blas Half Marathon, Coamo, PUR
 - * Kanagawa Half Marathon, Isogo, Kanagawa, JPN
 - * Ambuja International Half Marathon, Jaipur, IND
 - * XC: Gran Premio Cáceres de Campo a Través, Trujillo (Cáceres), ESP
 - * Empire State Building Run-Up, New York, USA
 - * Indoor track: RecordBank.de Flanders Indoor, Gent, BEL; Sainsbury's British Athletics Indoor Championships, Sheffield, GBR; New Balance Indoor Grand Prix, Boston, USA; The Armory Collegiate Invitational presented by NYRR, New York, USA; Meyo Invitational, South Bend, USA; XL Galan, Stockholm, SWE
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ROAD RUNNING

NOSA Hillcrest Marathon (37th) & Half Marathon

Hillcrest, 9 February

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 694 [up from 567 last year]; half-marathon – 1087 [almost double last year's 593].)

Marathon

MEN

- | | | | |
|----|---------------|--------------------|---------|
| 1. | Peter Mavura | F1 Bluff Meats | 2:27:42 |
| 2. | Stephen Katam | ZIM/Nedbank AC | 2:29:55 |
| 3. | Samuel Katui | ZIM/F1 Bluff Meats | 2:32:21 |

40-49:

- | | | | |
|----|--------------------|-------------|---------|
| 1. | Philani Memela | Maxed Elite | 2:42:13 |
| 2. | Nkosikhona Dlamini | Phuma KZN | 2:46:30 |
| 3. | Andries Nothununu | Nedbank AC | 2:48:21 |

50-59:

- | | | | |
|----|------------------|------------|---------|
| 1. | Eloi de Oliveria | Boxer AC | 2:55:26 |
| 2. | Simon Chiliza | SydAC | 3:24:55 |
| 3. | Anand Ramdhayal | Emnambithi | 3:28:49 |

60-69:

- | | | | |
|----|------------------|-------------|---------|
| 1. | Tim Briscoe | DAC | 3:23:15 |
| 2. | Rob Edward Betsy | YWP AC | 3:37:44 |
| 3. | Paddy Collins | Kearsney St | 3:43:19 |

70+:

- | | | | |
|----|---------------|-----|---------|
| 1. | Anthony Stals | Ind | 4:59:21 |
|----|---------------|-----|---------|

WOMEN

1.	Pat Dammann	Forest Hills	3:13:32
2.	Sarah Gray	Coll Harr	3:16:32
3.	Nonsikelelo Mbambo	Ntl Carb	3:22:28

40-49:

1.	Pat Dammann	Forest Hills	3:13:32
2.	Lianne Rey	RAC	3:32:04
3.	Ria Mornet	Coll Harr	3:36:22

50-59:

1.	Val Watson	New Balance	3:39:43
2.	Lauren Tippet	Florida R C	4:14:28
3.	Liz Chelin	West AC	4:39:28

60-69:

1.	Merryl Duncan	Forest Hills	4:35:02
2.	Maureen Parry	Chiltern AC	5:12:14

Half marathon

MEN

1.	Siyabonga Nkonde	Boxer AC	65:47
2.	Wiseman Fadane	Boxer AC	69:34
3.	Nkosinathi Duma	Nedbank AC	71:05

40-49:

1.	Moses Lepheana	H/Dale AC	75:07
2.	Jabulani Mabaso	Maxed Elite	76:00
3.	Paul Eichert	West AC	80:43

50-59:

1.	Andy Daly	West AC	88:31
2.	Cosmos Langa	Corr Serv	89:54
3.	Brett Chettelburgh	Chiltern AC	93:39

60-69:

1.	Devilliers Oberholzer	Toti AC	102:25
2.	Les Burnars	Coll Harr	109:55

Male 70+:

1.	Graham Gibson	West AC	2:07:56
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WOMEN

1.	Jenna Challenor	Boxer AC	78:58
2.	Cary-Ann Smith	Nedbank AC	82:29
3.	Poppy Mlambo	Boxer AC	86:29

40-49:

1.	Janene Carey	Boxer AC	86:44
2.	Shani Silver	West AC	91:07

50-59:

1.	Megan Finestone	West AC	108:18
2.	Erica McDonald	HV	110:35

60-69:

1.	Pam Rasmussen	QBH	116:10
2.	Pat Fischer	Stella AC	122:08

70+:

1.	Gill Tregenna	West AC	2:15:20
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Pick 'n Pay Marathon (30th) & Half Marathon

Johannesburg, 9 February

(Distances: 42.195 km & 21.1 km; loop courses – the marathon twice the half-marathon route)

Note: Judy Bird, a master, won the veteran category. – Ed.

Marathon

MEN

1. Elias Mabane (Ned) 2:30:29 (1st vet)
2. Samuel Mashishi (FFA) 2:30:58
3. Mthetho Mntungwa (Ind) 2:32:45
4. Ludwick Mamabola (Ned) 2:33:42
5. Collen Mailola (LES/Ned) 2:37:19

Veterans: 1. Elias Mabane (Ned) 2:30:29; 2. Bongani Manyosi (Disc) 2:42:38; 3. Elgin Mokale (HS) 2:43:25. **Masters:** 1. André Bekker (RH) 3:02:35; 2. Sontaga Mabale (Break) 3:08:40; 3. Dieter Stapel (BNAC) 3:09:11. **G'masters:** 1. Almon Zibuse (Rand) 3:19:27.

WOMEN

1. Gillian Sieling (Ned) 3:02:27 (1st vet)
2. Julianie Basson (Toy) 3:05:52
3. Funeka Zaula (Makana) 3:12:08
4. Melanie Banyard (NB) 3:19:39
5. Lindy Benson (Bedford) 3:22:47

Veterans: 1. Gillian Sieling (Ned) 3:02:27; 2. Lindy Benson (Bedford) 3:22:47; 3. Ronel van Graan (Krugers) 3:25:37. **Masters:** 1. Rita van Wyk (Boks) 3:35:56; 2. Shelley van der Spuy (Boks) 3:42:40; 3. Sue Harrisberg (RAC) 3:44:39. **G'masters:** 1. Margaret Boshoe (Sunning) 4:57:26.

Half marathon

MEN

1. Africa Mailola (LES/Ned) 69:26
2. Sipho Ncube (ZIM/ME) 69:52 (1st vet)
3. Karabo Nkalhela (CR) 73:26
4. Simon Mphulanyane (ME) 73:43
5. Donald Mashamaite (MAD) 73:59

Veterans: 1. Sipho Ncube (ZIM/ME) 69:52; 2. Simon Mphulanyane (ME) 73:43; 3. Sello Monama (FFA) 77:43. **Masters:** 1. Dan Mothibe (NB) 78:07; 2. Tony Silva (Bedford) 79:26; 3. Gideon Radebe (Sasol) 83:41. **G'masters:** 1. Mike Hirst (Strid) 89:22.

WOMEN

1. Alemtsehay Hailu Kakisa (ETH/Ned) 79:50
2. Judy Bird (Break) 89:34 (1st vet)
3. Salome Cooper (Toy) 93:02
4. Mary-Anne Niewoudt (RAC) 94:15
5. Jillian Sotto Corona (Boks) 94:55

Veterans: 1. Judy Bird (Break) 89:34; 2. Jillian Sotto Corona (Boks) 94:55. **Masters:** 1. Sandra Brookstone (Wand) 1:40:56; 2. Ansa Strydom (NB) 1:44:59; 3. Mariet geyer (Kempton) 1:46:56. **G'masters:** 1. Anne Bellomusto (Morning) 1:53:57.

Top Form 10 km Challenge

(WP 10 km Championships)

Athlone, 8 February

(Certified out-and-back course. Weather: cool and misty at start, warm and humid later.

Finishers: 1505 [slightly down from 1590 last year].)

Note: The results for the WP Championships are the same as those below, except in the cases of the junior men and open women, where Cheslyn Aford and Tanith Maxwell were not eligible for WP titles. The fourth runner in each case won the bronze medal. – Ed.

MEN

1. Nkosinathi Madyo (Ned) 30:28 (R1000)
2. Nkosinathi Sotyantya (Itheko) 30:57 (R750)
3. Mthandazo Qhina (Ned) 31:01 (R500)

(Prize money in all categories were the same: R1000, R750, R500.)

Veterans: 1. Graham Katzen (Itheko) 31:39; 2. Tholang Moloi (SANDF) 34:44; 3. Roger Dickson (VOB) 34:48. **Masters:** 1. Chris Mitchell (Celtic) 36:01; 2. Ludwig Lillie (Durbac) 37:18; 3. Goodman Mpukane (Gugs) 39:28. **G'masters:** 1. Barry Bester (NBMC) 39:17; 2. Awie Veldsman (Held) 39:29; 3. Mohammad Kriel (Ommie) 40:28. **G/g'masters:** 1. Chet Sainsbury (Celtic) 50:51; 2. Carl Hendricks (Elsies) 52:03; 3. Yusuf Gamielien (Itheko) 55:57. **Juniors:** 1. Cheslyn Aford (Ned Bol) 31:26; 2. Granwin Katzen (Itheko) 33:28 (WP champion); 3. Lungile Mdaka (VOB) 33:36; 4. Buhle Yokwana (VOB) 35:25.

WOMEN (Same prize money as men)

1. Tanith Maxwell (Boxer) 36:00
2. Pamela Moyikwa (VOB) 37:28 (WP champion) (1st jun)
3. Danette Smith (NBMC) 37:43
4. Busisiwe Gwala (VOB) 37:47

Veterans: 1. Sandra van Graan (Edge) 40:38; 2. Chantal Simpson (Ned) 42:47; 3. Patricia Adams (Itheko) 43:02. **Masters:** 1. Viv Williams (ATC) 41:17; 2. Olga Howard (Celtic) 44:08; 3. Bev Charters (VOB) 44:31. **G'masters:** 1. Helen du Plessis (Tyger) 48:16; 2. Nancy Will (Pine) 49:47; 3. Pixie Sparg (Celtic) 50:14. **G/g'masters:** 1. Marlene James (Pine) 61:32; 2. Carol Gahwiler (VOB) 63:48; 3. Mariam Khan (Ommie) 93:20. **Juniors:** 1. Pamela Moyikwa (VOB) 37:25; 2. Busisiwe Gwala (VOB) 37:47; 3. Ashleigh Simonis (Tyger) 39:47.

Kromberg & Schubert 15 km

Despatch, 8 February

(Loop course. Finishers: 491 [down from 540 last year].)

MEN

1	Zolani	Ngqaqa	Madibaz AC	25	48:33
2	Sandile	Ngunuza	Nedbank RC EP	31	48:44
3	Melikhaya	Frans	Nedbank RC EP	22	48:49
4	Mzolisi	Makhanda	Nedbank RC EP	31	48:50
5	Masande	Mlonyeni	Nedbank RC EP	33	50:28
6	Bulelini	Niwa	Temp	28	50:38
7	George	Ntshiliza	Nedbank RC EP	34	50:40
8	Anele	Maliza	Nedbank RC EP	36	50:47
9	Masixole	Dlaku	PEAAC	35	52:25
10	Mzamo	Fokwana	Charlo AC	36	52:53
11	Patrick	Made	Temp	32	53:15
12	Melikhaya	Malinga	Tinarha AC	33	53:37
13	Emerson	Kayana (1 st vet)	Nedbank RC EP	40	53:43

14	Brendon	Effenaar (1 st jun)	Temp	17	53:45
15	Alfred	Qogi	Nedbank RC EP	40	55:17
16	Thobile	Xata	Bluewater Bay	39	55:38
17	Juwayne	Fletcher	Charlo AC	23	55:46
18	Tumelo	Mochelenyane	Nedbank RC EP	31	56:38
19	Luvuyo	Matani	VW AC	31	57:11
20	Desmond	Zibi (1 st mast)	Ikhamva AC	50	57:29
40-44:					
1	Emerson	Kayana	Nedbank RC EP	40	53:43
2	Alfred	Qogi	Nedbank RC EP	40	55:17
3	Johannes	Jonck	St Albans CS EP	40	57:40
45-49:					
1	Vernon	Newfeldt	Gelvan AC	47	59:57
2	Martin	Jansen	Nedbank RC EP	45	1:01:25
3	Alfred	Pakkies	PEAAC	45	1:02:42
50-54:					
1	Desmond	Zibi	Ikhamva AC	50	57:29
2	Ian	Patterson	Muirite Striders	50	1:01:53
3	Robin	Fourie	Achilles AAA	50	1:02:36
55-59:					
1	Lenneth	Erasmus	Gelvan AC	55	1:04:08
2	Disemba	Blou	Charlo AC	55	1:05:50
3	Stephen	Klue	Elite AC	55	1:08:28
60-64:					
1	Hannes	Els	Warriors AC	64	1:05:28
2	Roger	Trader	Achilles AAA	60	1:08:30
3	Sizinzo	Kama	Achilles AAA	62	1:09:01
65-69:					
1	David	O'Rielly	Nedbank RC EP	66	1:18:30
2	William	Vorster	PEAAC	67	1:21:48
3	Percy	Dalton	Achilles AAA	65	1:22:35
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	71	1:08:01
2	Godfrey	Kariem	Gelvan AC	73	1:20:02
3	Robin	Clark	Achilles AAA	73	1:49:27
75-79:					
1	Ernie	Verrall	Madibaz AC	79	1:42:07
Juniors:					
1	Brendon	Effenaar	Temp	17	53:45
2	Lonwabo	Williams	Temp	15	1:09:22
3	Cobus	Gerber	Madibaz AC	18	1:09:24
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC EP	32	57:30
2	Margie	Saunders (1 st g'mast)	Nedbank RC EP	60	1:06:26
3	Ndileka	Mvakwendlu	Tinarha AC	23	1:06:49
4	Nokholo	Hlezupondo	SANDF EP	34	1:06:55
5	Janette	Schierz-Crusius (1 st mast)	Body Concept	53	1:08:08
6	Janine	Gardiner	Charlo AC	32	1:09:15
7	Terray	Newcombe	Elite AC	23	1:10:27
8	Tiani	Claassen	Despatch AC	23	1:11:13
9	Laura	Maritz	Elite AC	53	1:11:30
10	Jene	Banfield (1 st vet)	Run For Life EP	43	1:11:42
11	Babalwa	Ngcoko	Nedbank RC EP	26	1:12:06
12	Ilze	Tarr	Temp	33	1:13:58
13	Megan	Wilson (1 st jun)	Charlo AC	18	1:14:43

14	Nurunnisa	Madatt	Malabar AC	51	1:15:07
15	Gail	Klichowicz	Achilles AAA	47	1:18:10
16	Debbie	Dodd	Charlo AC	43	1:18:19
17	Judy	Beens	Charlo AC	47	1:19:14
18	Jane	Kemp	Nedbank RC EP	37	1:19:23
19	Hanlie	Van der Westhuizen	Despatch AC	57	1:19:29
20	Louise	Mazuelas	Charlo AC	35	1:19:32

40-44:

1	Jene	Banfield	Run For Life EP	43	1:11:42
2	Adri	Du Plessis	Achilles AAA	40	1:25:13
3	Bronwin	Meyer	Charlo AC	41	1:26:06

45-49:

1	Gail	Klichowicz	Achilles AAA	47	1:18:10
2	Judy	Beens	Charlo AC	47	1:19:14
3	Desiree	Ebrahim	Gelvan AC	48	1:19:37

50-54:

1	Janette	Schierz-Crusius	Body Concept	53	1:08:08
2	Laura	Maritz	Elite AC	53	1:11:30
3	Nurunnisa	Madatt	Malabar AC	51	1:15:07

55-59:

1	Hanlie	Van der Westhuizen	Despatch AC	57	1:19:29
2	Amanda	Wolmarans	Walmer AC	55	1:20:11
3	Elize	Smalberger	St Albans CS EP	58	1:23:16

60-64:

1	Margie	Saunders	Nedbank RC EP	60	1:06:26
2	Cathy	Ives	Achilles AAA	60	1:22:35
3	Jos	Els	Warriors AC	61	1:32:04

65-69:

1	Jeanette	Pienaar	PEAAC	65	1:42:54
2	Denise	Terblanche	Walmer AC	66	1:43:08
3	Anna	Schnetler	Walmer AC	66	2:08:59

75-79:

1	Dorothy	Hart	Charlo AC	75	1:49:27
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Juniors:

1	Megan	Wilson	Charlo AC	18	1:14:43
2	Kimberley	Wilson	Charlo AC	18	1:32:34
3	Marike	Marais	St Albans CS EP	16	1:32:39

Border Masters Half Marathon

East London, 8 February

(Distance: 21.1 km; point-to-point downhill course. Finishers: 339 [up from 323 last year].)

Note: Hanlie Botha finished fifth overall. The runners' names are in in the order of surname first, followed by first name. – Ed.

MEN

1	April Lusapho	Oxford Striders	31	1:02:39
2	Mariken Zingisile	Nedbank	38	1:10:02
3	Nzingo Nkosinathi	Municipality AC	31	1:11:06
4	Camagu Lubabalo	Individual	30	1:11:07
5	Ngqonga Mbulelo	Real Gijimas	33	1:16:03
6	Luzongo Samuel	Overtakers	30	1:16:20
7	Fritz Doran	Born 2 Run	40	1:18:25
8	Kebeni Mzukisi	Real Gijimas	37	1:18:35

9	Lele Siyabonga	All Stars	30	1:19:29
10	Mtamo Vincent	All Stars	40	1:19:33

WOMEN

1	Botha Hanlie	Oxford Striders	35	1:15:50
2	Hunter Sandy	Old Boys	37	1:34:50
3	Webber Ingrid	Individual	33	1:35:53
4	Graham Brenda	Oxford Striders	33	1:36:08
5	Smit Zelda	Old Boys	46	1:39:27
6	Lategan Caryn	Individual	32	1:39:38
7	Gee Debie	Individual	47	1:41:10
8	Newey Jannine	Bufs	33	1:45:00
9	Chambers Nina	Individual	40	1:45:31
10	Vermeulen Lindy	Old Boys	31	1:46:21

27 for Freedom 27 km & 10 km

Paarl, 8 February

(Loop courses. Finishers: 27 km – 407; 10 km – 556.)

Note: A good run here in the longer race for master Paola Vignani, who beat all the veterans except Ursula Turck, and for master Mariëtte Strauss, who beat all the vets in the 10 km. Candyce Hall increased her racing total for the year to 186 km in eight races, or 26.6 km a week! – Ed.

27 km

MEN

1. Bernard Rukadza (ZIM/Gugs) 1:27:47
2. Wanda Roro (Itheko) 1:30:00
3. Tsungai Mwanengeni (ZIM/NBMC WP) 1:30:59 (1st vet)
4. Sityhilo Diko (Ned WP) 1:33:24
5. Siviwe Nkombi (Itheko) 1:39:20

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC WP) 1:30:59; 2. Mbuyiselo Ketelo (NBMC WP) 1:39:37; 3. Roldah Orrie (Itheko) 1:46:17. **Masters:** 1. Sollie van Rooyen (Worc) 1:50:46; 2. Shafiek Cassiem (Itheko) 1:54:36; 3. Leon Williams (Swart) 1:54:37.

G'masters: 1. Albert Mahlahla (Held) 2:09:38; 2. Brian Merryweather (Edge) 2:15:20; 3. J.T. Basson (Paarl) 2:17:09.

WOMEN

1. Nomvuyisi Seti (Ind) 1:53:41
2. Bulelwa Simae (Ned WP) 1:56:09
3. Candyce Hall (NC) 1:56:12
4. Ursula Turck (Strand) 1:58:58 (1st vet)
5. Paola Vignani (ITA/Ned) 2:08:32 (1st mast)

Veterans: 1. Ursula Turck (Strand) 1:58:58; 2. Nomalibongwe Mtshotshisa (Ommie) 2:11:37; 3. Huguetta van der Merwe (Paarl) 2:16:02. **Masters:** 1. Paola Vignani (ITA/Ned) 2:08:32; 2. Cheryl Rudolph (East) 2:14:39; 3. Styntjie Prins (Paarl) 2:16:05. **G'masters:** 1. Sue Rymer (Held) 2:50:46; 2. Jeanette van Wyk (Tyger) 2:51:10; 3. San Viljoen (Paarl) 3:30:10.

10 km

MEN

1. Luyando Qolo (EGA) 31:16
2. Angelo Booysen (Paarl) 32:18
3. Danzil Paulse (East) 32:34

Veterans: 1. Dawid Pieterse (Dwars) 34:39; 2. Shawn Abrahams (Itheko) 35:17; 3. Andries Ntsizakalo (Ned WP) 38:06. **Masters:** 1. Moses Davids (Ind) 33:05; 2. Eric Mlonyeni (Strand) 39:45; 3. Frank Gillion (Whalers) 40:44. **G'masters:** 1. Hugo Loubser (Strand) 54:50; 2. Martin Wuetrich (Well) 55:02; 3. Alfred Minnaar (Well) 59:25. **G/g'masters:** 1. Lionel Hill (Ceres) 63:01; 2. Brian Meintjies (Ind) 84:16; 3. John May (AAC) 93:00.

WOMEN

1. Bulelwa Mtshagi (Ind) 43:03
2. Mariëtte Strauss (Tyger) 43:22 (1st mast)
3. Sheryl de Lange (NBMC WP) 43:36 (1st vet)

Veterans: 1. Sheryl de Lange (NBMC WP) 43:36; 2. Marinda Pheiffer (Ind) 50:07; 3. Christilene Fortuin (Ind) 50:38. **Masters:** 1. Mariëtte Strauss (Tyger) 43:22; 2. Sonia Goodman (Ind) 45:10; 3. Dawn Saunders (Held) 50:38. **G'masters:** 1. Sarah Herdien (Velo) 61:13; 2. Jakkie Greyling (Brack) 68:38; 3. Marie Hill (Ceres) 71:38. **G/g'masters:** 1. Annatjie Berntzen (Tyger) 70:23.

Battlefields Marathon (36th), Half Marathon & 10 km

Newcastle, 8 February

(Distances: 42.195 km, 21.1 km & 10 km; out-and-back courses)

Note: Sadly, the 50 km was discontinued after 34 runnings. A great pity, considering the few 50 km races in the country. – Ed.

Marathon

MEN

1. Bongani Msimithyo (Ned) 2:39:34
2. Kwenza Ngubani (MP) 2:44:00
3. Lindelani ? (MP) 2:44:52

Veterans: 1. Bheki Nqoko (MP) 2:45:35. **Masters:** 1. Maxwell Mngwengwe (Boxer) 3:27:33.

WOMEN

1. Barene Jankovich (RAC) 3:43:22 (1st vet)
2. Elmien Scott (Goudveld) 4:00:59
3. Tes Lundie (Assegaai) 4:09:10 (1st mast)

Veterans: 1. Barene Jankovich (RAC) 3:43:22. **Masters:** 1. Tes Lundie (Assegaai) 4:09:10.

Half marathon

MEN

1. Bonginkosi Zwane (Phatane) 1:10:25
2. Bongani Mkhumbane (Ned) 1:11:52
3. Mthunzi Makhubela (Ind) 1:15:37

Veterans: 1. Corrie Pretorius (Phuma) 1:33:31. **Masters:** 1. Norman Bowker (QH) 1:37:53.

WOMEN

1. Xoli Madida (NC) 1:36:45
2. Marizanne Jacobs (Goudveld) 1:42:29
3. Erica Hamilton (Vaal) 1:47:47 (1st mast)

Masters: 1. Erica Hamilton (Vaal) 1:47:47.

10 km

MEN

1. Siphesihle Ndaba (Klip) 34:18 (1st jun)
2. Bhekani Sithole (Klip) 35:29
3. Ntabulo Gonedede (MP) 36:46

Veterans: 1. Siphwe ? (Osizweni) 42:50. **Masters:** 1. Basil Swart (Vryheid) 89:27.

G'masters: 1. Karl Hellberg (Ind) 97:21. **Juniors:** 1. Siphesihle Ndaba (Klip) 34:18.

WOMEN

1. Nondumiso Sithole (Klip) 41:43 (1st jun)
2. Mpumehelo Mnyanda (Klip) 43:25
3. Frances Philips (Ind) 44:50

Veterans: 1. Pincy Qwabe (Biggars) 76:19. **Masters:** 1. Joyce Shabalala (Biggars) 78:34.

G'masters: 1. Alixe Fraser (Biggars) 85:01. **Juniors:** 1. Nondumiso Sithole (Klip) 41:43.

Rainbow Top Gear 10 km

George, 29 January

(Finishers: 196)

Note: If this is the same race that was held in July last year, the finishers are up more than double from 96. – Ed.

MEN

1	Gershwill	Jacobs	Nedbank AC	23	30:20
2	Elfonzo	Pieterse	Nedbank AC	25	32:26
3	John	April	RWL	25	32:33
4	Julius	Korkee	Mosselbaai Harriers	29	32:39
5	Francois	Maquassa	RWL	18	33:36
6	Ashwell	Clooco	Mosselbaai Harriers	17	33:56
7	Archie	Boom	Knysna MC	17	34:38
8	Godwin	Heyns	Hartenbos Drawwers	15	34:45
9	Melikhaya	Mzizi	Knysna MC	31	35:13
10	Curnwin	?	Rainbow Athletics		36:18

WOMEN

1	Melissa	Van Rensburg	Nedbank AC	31	38:17
2	Marrida	Leen	Mosselbaai Harriers	16	38:23
3	Lana	Theunissen	Nedbank AC	41	40:31
4	Lisl	Grobler	Knysna MC	37	42:06
5	Annatjie	Botes	Nedbank AC	56	42:26
6	René	Moll	Nedbank AC	43	42:56
7	Macnita	Samuels	Knysna MC	16	43:36
8	Charmaine	Lamprecht	Nedbank AC	30	45:22
9	Karen	Le Roux		47	45:28
10	Linda	Hogerty	Knysna MC	37	46:21

TRACK**WP Junior Meeting**

Bellville, 8 February

JR. MEN**800:**

1	STEVENS, Darren	SPAA	1:55.20
2	JANTJIES, Mario	UWC	1:55.99
3	FORTUIN, Vincent	UWC	1:56.02

1500:

1	DAMONS, Bruce-Lynn	WCSS	3:52.09
2	FARO, Duran		3:53.03
3	FORTUIN, Vincent	UWC	3:58.55

3000:

1	TIMOTHEUS, Anthony	UWC	8:39.10
2	SMITH, Ashley	WCSS	8:58.89
3	RABIE, Kurt	HS B	9:22.44

3000 s/chase:

1	RABIE, Kurt	HS B	9:54.02
2	BRUINERS, Jason	METR	10:28.28
3	XOMA, Masixoli	EAST	10:41.22

YTH. MEN**800:**

1	JONES, Juan	WCSS	2:04.21
2	KOTZE, Aubrey	EAC	2:04.40
3	WILLIAMS, Darren	EAC	2:05.30

1500:

1	HARTZENBERG, McMarshall	EAC	4:09.07
2	BYMAN, Denzil	EERS	4:24.17
3	BELILIE, Alentino	EAC	4:37.30

2000 s/chase:

1	VAN DER MERWE, Samuel	HS B	6:23.96
2	THOTHWANA, Ayabonga	SPAA	7:03.82

3000:

1	VAN DER MERWE, Samuel	HS B	9:14.03
2	MALGAS, Marshall	VELO	9:39.99
3	KEELING, Brandon	WBHS	9:47.25

JR. WOMEN**800:**

1	BOSCH, Christene	TNLK	2:14.47
2	KAPP, Simone	HS B	2:20.86
3	KIEVIETO, Lolita	UWC	2:22.67

1500:

1	BOSCH, Christene	TNLK	4:45.74
2	KRUGER, Zani	BAK	4:49.94
3	KIEVIETO, Lolita	UWC	5:06.81

2000 s/chase:

1	BRUINERS, Megan	METR	9:52.18
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3000:

1	LOLWANA, Nthuseng	VOB	11:42.66
2	NGCANTSI, Nomaxesibe	VOB	14:13.59

YTH. WOMEN

800:

1	MOYIKWA, Pamela	VOB	2:19.34
2	ROBINSON, Assinique	HS B	2:21.96
3	RHODES, Roshnie	EAC	2:25.55

1500:

1	ROBINSON, Assinique	HS B	4:48.89
2	GWALA, Busiswe	VOB	5:16.26
3	JONATHAN, Lauren	VOB	5:18.68

3000:

1	GWALA, Busiswe	VOB	10:51.35
2	SLINGERS, Clairece	NEDB	11:13.69
3	BOER, Sharlan	NEDB	11:19.58

WP Open Meeting

Bellville, 25 January

MEN

800:

1	PAULSEN, Emile	NBMC	1:56.80
2	HAMBRIDGE, Rick	MATI	1:57.00
3	PHILANDER, Dwayne	UWC	2:00.10

1500:

1	GROENWALD, Llewellyn	MATI	4:00.80
2	BEUKES, Kaleb	UWC	4:04.60
3	BYMAN, Duran	TYG	4:09.90

3000:

1	FARO, Duran	PUK	8:42.10
2	BYMAN, Duran	TYG	8:43.30
3	SWARTZ, Godwin	NBMC	8:44.70

5000:

1	LOUW, Andrew	EAST	15:19.50
2	BASS, Nelson	UCT	16:41.90
3	MARILLIER, Michael	NEDB	16:43.70

JR. MEN

800:

1	STEVENS, Darren	SPAC	1:56.20
2	GROENWALD, Llewellyn	MATI	1:57.50

5000:

1	VAN DER MERWE, Samuel	BELL	15:43.10
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YTH. MEN

800:

1	KUHN, Theuns	BELL	2:03.80
2	WILLIAMS, Darren	EAC	2:05.80
3	KRUGER, Nico	EAC	2:15.10

1500:

1	HARTZENBERG, McMarshall	EAC	8:54.60
2	VAN DER MERWE, Samuel	BELL	8:58.40
3	MBANDE, Siyanda	GUGS	9:05.60

3000:

1	MBANDE, Siyanda	GUGS	4:19.40
2	BLOM, Wayne	TEMP	4:23.10
3	SEPTEMBER, Jeandre	EAC	4:37.10

WOMEN

800:

1	ROOS, Elsire	TYG	2:22.20
2	ROFFEY, Anneline	NBMC	2:22.30

1500:

1	FOURIE, Thineke	MATI	4:42.10
2	ROFFEY, Anneline	NBMC	5:09.30

JR. WOMEN

800:

1	VAN DEVENTER, Icarien	TYG	2:18.20
2	BOSCH, Christine	TYG	2:18.40
3	DREYER, Ileana	ITHE	2:25.60

1500:

1	VAN DEVENTER, Icarien	TYG	5:08.70
2	DREYER, Ileana	ITHE	5:23.20

3000:

1	LOLWANA, Nthuseng	VOB	11:29.6
2	NGCANTSI, Nomaxesibe	VOB	11:42.0
3	DE KOCK, Christine	DURB	12:49.4

YTH. WOMEN

800:

1	VAN DER WALT, Mareli	TYG	2:33.60
2	BOER, Sharlan	ITHE	2:33.60
3	VISSER, Jean-Marie	TEMP	2:34.00

1500:

1	JONATHAN, Lauren	VOB	5:05.60
2	AYYOUB, Zahra	VOB	5:13.10
3	VAN DER WALT, Mareli	TYG	5:35.70

INTERNATIONAL

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

ROAD RUNNING

Karatsu 10-Miler (49th)

Karatsu, JPN, 9 February

(Distances: men, 10 miles; women, 10 km)

MEN

1. Kaoru Hirosue, 47:17 PB
2. Satoru Sasaki, 47:22
3. Tatsuya Hayashi, 47:24
4. Yuki Kawauchi, 47:28
5. Mekubo Mogusu (KEN), 47:41

WOMEN

1. Fumiko Hashimoto, 1989, 33:23
2. Rika Shintaku, 1985, 33:24 PB
3. Yuki Nakamura, 33:24 PB
4. Naoko Koizumi, 33:25
5. Kaori Koriki, 33:28

San Blas Half Marathon (52nd)

Coamo, PUR, 9 February

(Distance: 21.1 km; very hilly)

MEN (gun times)

1. Ghirmay GHEBRESLASSIE, 18, ERI 1:03:53 \$8000
2. Kiplimo KIMUTAI, 32, KEN 1:05:16 4000
3. Joshat KIPRONO MENJO, 34, KEN 1:05:36 3000

WOMEN (gun times)

1. Gladys TEJEDA, 28, PER 1:15:22 \$6000
2. Emebet BEDADA ETEA, 23, ETH 1:16:32 4000
3. Lindsey SCHERF, 27, USA 1:16:41 3000

Kanagawa Half Marathon (36th)

Isogo, Kanagawa, JPN, 2 February

(Distance: 21.1 km)

MEN (gun times)

1. Tadashi Isshiki, 1994, 1:03:01 PB/CR
2. Daisuke Nakamura, 1989, 1:03:20 PB
3. Takuya Maeda, 1:03:26 PB

WOMEN (gun times)

1. Nanami Niwa, 1:14:46 PB

Ambuja International Half Marathon

Jaipur, IND, 2 February

(Distance: 21.1 km)

MEN

1. Charles Wachira Maina, KEN, 1:02:49
2. Melaku Belachew, ETH, 1:03:03
3. Emmanuel Mnangat Chamer, KEN, 1:03:28
4. Daniel Cheruiyot Yegon, KEN, 1:04:19

WOMEN

1. Mesirak Bedilu Seme, ETH, 1:13:55
2. Hirut Tibebu Damte, ETH, 1:14:01
3. Gladys Jepkechei Tarus, KEN, 1:15:27

CROSS-COUNTRY

Gran Premio Cáceres de Campo a Través (44th)

Trujillo (Cáceres), ESP, 9 February

SR. MEN (10000 m)

1. ZersenayTADESE, 1982, ERI, 31:52
2. Amanuel MESEL, 1990, ERI, 32:17
3. Antonio ABADIA BECI, 1990, SIMPLY SCORPIO, 32:42

SR. WOMEN (7200 m)

1. Jacqueline MARTIN ALVAREZ, 1974, F.C. BARCELONA, 26:50
2. Tania CARRETERO CARNERERO, 1991, C.P. SANVICENTEÑO, 26:54
3. Marta SILVESTRE SORIANO, 1982, ATLETISMO SANTUTXU, 26:56

ULTRA/MOUNTAIN/TRAIL RUNNING

Empire State Building Run-Up (37th)

New York, USA, 5 February

(Distance: About 320 m up 1576 steps)

INVITATIONAL MEN

1. Thorbjørn Ludvigsen, 25, Hjeltestad, Bergen, NOR 10:06
2. Darren Wilson, 39, Adelaide, AUS 10:21
3. Tomas Celko, 29, Zilina, SLO 11:05

INVITATIONAL WOMEN

1. Suzy Walsham, 40, Singapore, SIN (AUS) 11:57
2. Erika Aklufi, 37, Los Angeles, CA 12:48
3. Melissa Moon, 44, NZL 13:25

INDOOR TRACK

RecordBank.de Flanders Indoor

Gent, BEL, 9 February

MEN

3000:

1. Albert Rop, BRN 7:38.77 PB/AR

2. Paul Kipsiele Koech, KEN 7:38.92
3. Isiah Koech, KEN 7:39.14
4. Elroy Gelant, RSA 7:39.55 PB/NR

Sainsbury's British Athletics Indoor Championships

Sheffield, GBR, 8-9 February

MEN

800 (09):

1. Mukhtar MOHAMMED, SHEFF RC 1:51.61
2. Guy LEARMONTH, LASSWADE 1:51.87
3. Paul GOODALL, NORWICH 1:52.01
4. Jamie WEBB, LIVERPOOL 1:52.58
5. James BOWNESS, TRAFFORD 1:54.54
- DQ-- Andrew OSAGIE, HARLOW [lane infringement]

WOMEN

800 (09):

1. Laura MUIR, VP GLASGOW 2:06.04
2. Shelayna OSKAN-CLARKE, WSE HOUNS 2:06.66 PB
3. Katie KIRK, LAGAN 2:06.76
4. Jenny MEADOWS, WIGAN 2:06.80

1500 (08):

1. Jemma SIMPSON, NEWQUAY 4:14.68 SB
2. Alison LEONARD, BLACKBURN 4:14.76 PB
3. Melissa COURTNEY, SHAFT'BURY 4:14.86 PB

New Balance Indoor Grand Prix (19th)

(IAAF Indoor Permit Meeting)

Boston, USA, 8 February

MEN

Mile (MR = 3:53.18, Laban Rotich, KEN, 2005):

1. Nick Willis, NZL, 3:57.41
2. Pat Casey, USA, 3:58.18
3. Nate Brannen, CAN, 3:58.37
4. Lopez Lomong, USA, 3:58.52
5. Jack Bolas, USA, 3:59.35 PB
6. Jeff See, USA, 4:00.00
7. Leo Manzano, USA, 4:04.92
- Galen Rupp, USA, DNF (2 laps to go; sore left foot)

1500 en route times (FAT):

1. Nick Willis, NZL, 3:42.04
2. Nate Brannen, USA, 3:42.61
3. Pat Casey, CAN, 3:42.88

3000 (MR = 7:32.87, Hagos Gebrhiwet, ETH, 2013):

1. Hagos Gebrhiwet, ETH, 7:34.13
2. Dejen Gebremeskel, ETH, 7:34.70
3. Ryan Hill, USA, 7:34.87 PB
4. Garrett Heath, USA, 7:37.40 PB

5. Andrew Bumbalough, USA, 7:37.62 PB

WOMEN

1000 (MR = 2:35.29, Regina Jacobs, 2000):

1. Mary Cain, USA, 2:35.80 WJR
2. Chanelle Price, USA, 2:36.63 PB
3. Sarah Brown, USA, 2:36.90 PB
4. Molly Beckwith-Ludlow, USA, 2:37.19 PB
5. Treniere Moser, USA, 2:37.88 PB
- ... 10. Ajee' Wilson, USA, 2:48.88 PB

2000:

1. Kim Conley, USA, 5:41.10 PB/MR
2. Emma Coburn, USA, 5:47.20 PB
3. Lucy Van Dalen, NZL, 5:47.62 PB
4. Stephanie Garcia, USA, 5:48.25 PB
5. Nicole Bush, USA, 5:49.29 PB
6. Morgan Uceny, USA, 5:49.97 PB

2 miles (MR = 9:10.50, Meseret Defar, ETH, 2008):

1. Sally Kipyego, KEN, 9:21.04 PB
2. Jenny Simpson, USA, 9:26.19 PB
3. Jordan Hasay, USA, 9:36.00 PB
4. Gotytom Gebreslase, ETH, 9:49.08 PB
5. Shannon Rowbury, USA, 9:52.16 PB



An elated Mary Cain after her world junior record in Boston. [Jane Monti/Race Results Weekly]

The Armory Collegiate Invitational presented by NYRR

New York, USA, 7-8 February

WOMEN

5000:

Championship Section (07) -

- | | | |
|-----------------------|-----------------------|-------------|
| 1. Elizabeth Anderson | Vanderbilt | 16:36.11 PB |
| 2. Emily Durgin | Connecticut | 16:44.13 PB |
| 3. Andrea Harrison | BYU | 16:49.04 PB |
| ... 5. Kyla Van Graan | Coastal Carolina(RSA) | 16:53.40 PB |

Meyo Invitational (27th)

South Bend, USA, 7-8 February

MEN

800 (08):

Section 5 -

- | | | |
|-------------------|------------------------|---------|
| 1. David Mokone | Western Kentucky (RSA) | 1:50.49 |
| 2. Kevin Griffith | Purdue | 1:51.36 |
| 3. Eric Gebeke | Notre Dame | 1:51.79 |

XL Galan

Stockholm, SWE, 6 February

MEN

800:

Race A

1. Mohammed Aman, 1994, ETH, 1:45.08 WL
2. Marcin Lewandowski, 1987, POL, 1:45.56
3. Kevin López, 1990, ESP, 1:45.69

1500 (hand times):

1. Mohamed Moustouai, 1985, MAR, 3:35.0 WL
2. Ayanleh Souleiman, 1992, DJI, 3:35.2 NR
3. Bethwel Birgen, 1988, KEN, 3:35.3
4. Aman Wote, 1984, ETH, 3:36.4
5. Caleb Ndiku, 1992, KEN, 3:36.8
- ... 7. Johan Cronje, 1982, RSA, 3:38.5
8. Silas Kiplagat, 1989, KEN, 3:38.7
9. Nixon Chepseba, 1990, KEN, 3:39.7

WOMEN

1500:

1. Abeba Aregawi, 1990, SWE, 3:57.91 ER
2. Gudaf Tsegay, 1997, ETH, 4:08.47
3. Betlhem Desalegn, 1991, UAE, 4:08.79
4. Renata Plis, 1985, POL, 4:09.19
5. Danuta Urbanik, 1989, POL, 4:10.07

3000:

1. Genzebe Dibaba, 1991, ETH, 8:16.60 WR
2. Hellen Obiri, 1989, KEN, 8:29.99 NR
3. Irene Jelagat, 1988, KEN, 8:40.75
4. Viola Kibiwott, 1983, KEN, 8:43.42
5. Almaz Ayana, 1991, ETH, 8:43.47

NEWS**ASA SELECTS SIX FOR WORLD INDOORS AND HALF MARATHON**

Six athletes (including one woman) have been chosen for a "preliminary team" to the World Indoor Championships, which will take place in Sopot, Poland, from 7 to 9 March. According to a media release by Athletics South Africa, a final team will be submitted to the IAAF on 24 February.

The team is: Anaso Jobodwana*, Johan Cronje (1500), Elroy Gelant (3000), Orazio Cremona (shot put), Zarck Visser (long jump), and Carina Horn (60).

Six runners have also been selected for the World Half-marathon Championships on 29 March in Copenhagen. The six are: Lusapho April, Elroy Gelant, Stephen Mokoka, René Kalmer, Cornelia Joubert and Jenna Challenor.

*) According to the media release, Jobodwana has been selected for the 100 metres, but there is no such event at the indoor championships, only a 60 m.

OBITUARY: DAVE POWER

David William "Dave" Power (Australia) (b. 14 July 1928 in Maitland, New South Wales) died on 2 February on the Sunshine Coast in Queensland at the age of 85. One of Australia's greatest distance runners, he won Commonwealth gold at both 6 miles and marathon in 1958 and silver medals at both events in 1962 (as well as 7th at 3 miles in 1958). At the Olympic Games he was 7th at 10000 m in 1956 and then was 5th at 5000 m and won the bronze medal at 10000 m in 1960. He was Australian champion at 3 miles in 1960-2, 6 miles in 1958-60 and 1962, and cross-country in 1955-6 and 1958. He set multiple Australian records: 5000 m 13:51.8 (1960), 6 miles 27:52.8 (1960), 10000 m 28:37.64 (1960), 10 miles 50:21.2 (1956) and 1 hour 19 211 m (1956). Other PBs: 1 mile 4:00.2 (1960), 2 miles 8:37.2 (1963), 3 miles 13:24.0 (1961), marathon 2:22:15.4 (1962). He worked in the banking industry for over 30 years before moving to the Sunshine Coast where he managed a holiday motel with his wife.

STATS TIME

This week we include a list of the top ten junior men in the 10 km for 2013.

2013 10 KM: TOP 10 JUNIOR MEN

30:14	Tumisang Monatlala	1	Durban	19 May
30:36	Adam Lipschitz	2	Durban	19 May
31:08	Michael Pienaar	3	Durban	19 May
31:20	Creel Chavalala	4	Durban	19 May
31:23	Thabang Masiako	1	Burgersfort	30 Nov
31:39A	Vusumzi Zondo	1	East London	10 Nov
31:40	Masibulele Heugh	5	Durban	19 May
31:51	M. Motaung	6	Durban	19 May
31:58	Tshepo Leeto	7	Durban	19 May
32:02	Granwin Katzen	1	Pinelands	30 Oct

THIS MONTH IN HISTORY

29 years ago: 23 February 1985

Ernest Tjela is the only runner, male or female, who has won the Peninsula Marathon three times in a row. On this day he scored his first victory, running a personal best 2:15:11 to beat local favourite Ron Boreham by 2:01. Two famous names followed them: Thulani Sibisi was third and Bruce Fordyce fourth (both in 2:18:25); even further back was another Comrades champion, Piet Vorster. Adelene Joubert set a women's course record of 2:37:46. Tjela ran faster in each of the next two years – 2:13:40 and 2:11:47. The latter time is, after 27 years, still the race record. The Peninsula Marathon will be held for the 47th time this Sunday.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2014

This section lists the best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green.
– Ed.

MEN

Open

10 km	29:00	Kgosi Tsosane	Sasolburg	01 Feb
	28:34	Abel Kipsang (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	47:11	Lebogang Masilo	Kempton Park	22 Jan
	45:44	Abdelmajid El Hissouf (MAR)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	64:46	Xolisa Tyali	Benoni	26 Jan
	62:39A	Lusapho April	East London	08 Feb
	61:23	Mebrahtom Keflizighi (USA)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	82:44A	Sibonelo Duma	Pinetown	26 Jan
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:40:20	Anthony Godongwana	Camps Bay	05 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:04:32	Tsegay Mekonnen Assefa (jr) (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
100 km				
	6:13:33	Takahiro Sunada (JPN) 1998		

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	31:39	Graham Katzen	Athlone	08 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	50:34	Elias Mabane	Kempton Park	22 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	71:01	Johannes Kekana	Benoni	26 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	87:49A	Ephraim Xaba	Pinetown	26 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:53:10	Graham Katzen	Camps Bay	05 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:30:29	Elias Mabane	Johannesburg	09 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	36:01	Chris Mitchell	Athlone	08 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:47	Daniel Mothibe	Kempton Park	22 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	78:07	Dan Mothibe	Johannesburg	09 Feb

	66:42	Martin Rees (GBR) 2003		
25 km	95:40A	Shaun Meiklejohn	Pinetown	26 Jan
30 km	2:03:06	Chris Mitchell	Camps Bay	05 Jan
Marathon	2:53:44	Steve Motau	Benoni	26 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	39:17	Barry Bester	Athlone	08 Feb
15 km	62:47	Clive Owen	Constantia	11 Jan
21.1 km	89:14	Mike Hirst	Benoni	26 Jan
25 km	2:00:34A	Mbekiseni Mchunu	Pinetown	26 Jan
30 km	2:17:58	Barry Bester	Camps Bay	05 Jan
32 km				
Marathon	3:18:04	Don Charles	Sasolburg	01 Feb
100 km				

Juniors

10 km	31:26	Cheslyn Aford	Athlone	08 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	51:01	Thabang Mafa	Kempton Park	22 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:46	Tshwanelo Mojokeng	Sasolburg	01 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Open

10 km	36:00	Myrette Filmlalter	Pretoria	18 Jan
	36:00	Tanith Maxwell	Athlone	08 Feb
	32:21	Sophie Duarte (FRA)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	57:30	Ntombesintu Mfunzi	Despatch	08 Feb
	52:30	Souad Kambouchia (MAR)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	78:26	René Kalmer	Bedfordview	12 Jan
	75:50A	Hanlie Botha	East London	08 Feb
	69:58	Caroline Rotich Cheptanui (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	97:30A	Cary-Ann Smith	Pinetown	26 Jan
	79:53	Mary Keitany (KEN) 2010		
30 km	2:03:01	Thozama April	Camps Bay	05 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:46:52	Kim Laxton	Xiamen	02 Jan
	2:21:36	Mare Dibaba Hurssa (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	40:38	Sandra van Graan	Athlone	08 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	64:15	Gillian Sieling	Johannesburg	05 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	86:44	Janene Carey	Hillcrest	09 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:52:29A	Shani Silver	Pinetown	26 Jan
	82:13	Mizuki Noguchi (JPN) 2005		

30 km	2:15:53	Elmarie Coetzee	Camps Bay	05 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:59:42	Zola Pieterse	Charleston	18 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	41:17	Viv Williams	Athlone	08 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	66:26	Margie Saunders (g'mast)	Despatch	08 Feb
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:34	Judy Bird	Johannesburg	09 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:03:09A	Debby de Koning	Pinetown	26 Jan
30 km	2:33:38	Lorraine Rogers	Camps Bay	05 Jan
Marathon	3:10:46	Marie Bruwer	Sasolburg	01 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	48:16	Helen du Plessis	Athlone	08 Feb
15 km	66:26	Margie Saunders	Despatch	08 Feb
21.1 km	1:41:14	Liz Ruickbie	Benoni	26 Jan
25 km	2:11:05A	Jenny Scott	Pinetown	26 Jan
30 km	2:45:55	Veronica van Niekerk	Camps Bay	05 Jan
32 km				
Marathon	4:38:38	Ruth Leverton	Fish Hoek	18 Jan
100 km				

Juniors

10 km	37:25	Pamela Moyikwa	Athlone	08 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	69:03	Nthuseng Lolwana	Constantia	11 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	2:02:10	Chanté Venter	Bedfordview	12 Jan
	1:09:05	Delilah Asiago (KEN) 1991		

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