

Distance Running Results

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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EDITORIAL

SA half-marathon champion Lesiba Precious Mashele scored a rather surprising victory over five-time champion Stephen Mokoka in the weekend's SA Cross-country Trials, held on a fairly flat course in Krugersdorp. Mashele and Mokoka, the current SA cross-country champion, were well ahead of the rest of the field. The women's race went to Noleen Conrad; the second South African (behind an Algerian competitor) was Annie Bothma, who beat Lebo Phalula by 20 seconds. Current SA short-course champion Mamphielo Sibanda was fifth. The junior winners were Ikageng Gaorekwe and Nicole van der Merwe. The SA teams for the Africa Southern Region and IAAF World Championships will be selected from this meeting.

The Garbie Springs Striders 32 km, one of South Africa's oldest races shorter than a marathon, was held for the 46th time this weekend. Derocious Makhobalo and Ethiopian Alemtsehay Hailu Kakissa both scored easy victories, with the accompanying 15 km going to veterans Simon Mpholo and Thuli Mbatha.

Mpholo scored two list leaders last week, first in the ARWYP 15 km on Wednesday (49:30) and then in the PWC George Claassen Half Marathon on Saturday (73:07). The day after the latter race, he ran only one second slower (49:31) in the Springs 15 km. He therefore raced 51.1 km in less than three days!

In the Lion of Africa 10 km in Cape Town Lena Lötter, busy with a strong comeback to racing, clocked a list leader or 35:32. A total of five list leaders were set at this event, with one of them in the half marathon.

Dominique Scott's 4:32.48 at the University of Kentucky Rod McCravy Memorial Meet reported last week bettered her SA indoor record, but was run on an oversized (291 m) track. Her previous mark, 4:36.11 in Fayetteville last year, was on a track of 200 m. IAAF rules stipulate that records can only be set on tracks that do not exceed 201.2 m – this size banked track is the global standard for record-setting. (Unbanked/flat tracks are also permissible, but are harder and slower.) Banking angles vary, but the Arkansas track, where Scott is studying, is one of the most severely banked tracks in the US.

One of the best meetings of the indoor season was held on Saturday in Winston-Salem, North Carolina. *Race Results Weekly* reports that the Camel City Elite Miles was the first stop on the Bring Back the Mile Grand Prix Tour of 2015, which will feature four top mile events and showcase mile athletes. The women's race was the highlight, with two-time Olympian Shannon Rowbury winning in 4:22.66, a world leader and the world's fastest by a woman since 2000. The time makes Rowbury the fifth fastest woman ever (third American). A resurgent Morgan Uceny (4:30.90) was second. Like Rowbury, Cory Leslie set

a North Carolina state record with his 3:56.99 winning time in the men's race. Will Leer was second in 3:57.54.

Both Paul Kuria (KEN) and Zane Robertson (NZL) ran their debut half marathon in Marugame yesterday and both clocked the same time, a world-leading 59:47, but the Kenyan got the nod for first.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Garbie Springs Striders 32 km & 15 km, Springs
- * Lion of Africa Half Marathon & 10 km, Tokai
- * PWC George Claassen Half Marathon, Pretoria
- * ARWYP 15 km, Kempton Park
- * Rainbow Top Gear 10 km, George
- * Pennypinchers 10 km, East London
- * Schoemanshoek Half Marathon & 10 km, Oudtshoorn
- * XC: SA Cross-country Trials, Krugersdorp

International highlights:

- * Beppu-Oita Mainichi Marathon, Oita, JPN
 - * Marugame Half Marathon, Marugame, JPN
 - * Marrakech Marathon & Half Marathon, Marrakech, MAR
 - * XC: European Champion Clubs Cup Cross-country, Guadalajara, ESP; Kenyan Police XC Championships, Nairobi, KEN
 - * Indoor track: IAAF World Indoor Meeting, Karlsruhe, GER; Armory Track Invitational, New York, USA; Hilton Garden Invitational/Camel City Elite Races, Winston-Salem, USA; Boston University John Thomas Terrier Classic, Boston, USA; PSD Bank Meeting, Düsseldorf, GER
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NEWS

JOHNSON CRANE 10 KM IS SHORT

Distance Running Results received reports that the GPS watches of a number of runners in the Johnson Crane 10 km, which was also the CGA Championships (results in last week's issue), showed the course to be only around 9.5/9.6 km long. The times recorded were also very fast, headed by Stephen Mokoka's 28:00 and Lebo Phalula's 33:06. The Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, shows the course to be well short. The men's RTB figure (for nine time comparisons) is -8.1 sec/km and the women's (also nine performances) is a whopping -22.57 sec/km – both considerably in excess of the allowable -5 sec/km. Even when one leaves out two female times which were both more than 7 minutes faster than expected, the figure for the remaining seven is still a huge -14.64 sec/km. The times in this race can therefore not be used for statistical purposes.

ROAD RUNNING

Garbie Springs Striders 32 km (46th) & 15 km

Springs, 1 February

(Loop courses. Finishers: 32 km – 900 [down from 940 last year]; 15 km – 650 [slightly down from 670].)

32 km

MEN

1 Derocious Makhobalo (Nedbank) 1:46:20; 2 Sipho Ncube (ZIM/Maxed Elite) 1:49:34 (1st vet); 3 Tumelo Mhlangu (Nedbank) 1:49:43; 4 Mafika Ngidi (ADT) 1:57:37; 5 Michael Msini (Golden Reef) 1:58:49.

Veterans: 1 Sipho Ncube (ZIM/Maxed Elite) 1:49:34; 2 Michael Msini (Golden Reef) 1:58:49; 3 George Mooi (Gallopers) 2:01:30. **Masters:** 1 Gideon Radebe (Anglo) 2:20:35; 2 Dieter Stapel (BNAC) 2:21:04; 3 Tony Da Matta (BNAC) 2:25:21. **G'masters:** 1 John Woodnutt (Morningside) 2:26:51; 2 Norman Milne (BNAC) 2:45:06.

WOMEN

1 Alemtsehay Hailu Kakissa (ETH/Nedbank) 2:08:00; 2 Christine Kalmer (Boxer) 2:09:41; 3 Paula Quinsee (Born 2 Run) 2:17:44 (1st vet).

Veterans: 1 Paula Quinsee (Born 2 Run) 2:17:44; 2 Michelle Mee (RAC) 2:26:18; 3 Vanessa Bowman (Kempton) 2:34:27. **Masters:** 1 Charlotte Venter (BNAC) 2:48:06; 2 Ansa Strydom (Runavation) 2:49:10; 3 Rita van Wyk (Boksburg) 2:55:22. **G'masters:** 1 Patricia Shaw (BNAC) 3:13:00; 2 Elaine Greenblatt (RAC) 3:32:07.

15 km

MEN

1 Simon Mpholo (Nedbank) 49:31 (1st vet); 2 Themba Miya (Temp) 50:52; 3 Greg Barnes (Born 2 Run) 51:19.

Veterans: 1 Simon Mpholo (Nedbank) 49:31; 2 Greg Barnes (Born 2 Run) 51:19; 3 Lawrence Chipangaan (Gallopers) 52:56. **Masters:** 1 Charles Vilakazi (Kwa Thema) 65:00; 2 Liam Nulty (Temp) 72:05; 3 Donny Semple (BNAC) 99:42. **G'masters:** 1 Willie Maisela (Boksburg) 63:44; 2 Hans Sliep (Top Start) 77:30. **Juniors:** 1 Thabo Masina (Temp) 70:15.

WOMEN

1 Thuli Mbatha (Kathlehong) 65:30 (1st vet); 2 Alison de Bruin (Temp) 67:40; 3 Sarah Mahlangu (West Rand AC) 68:43.

Veterans: 1 Thuli Mbatha (Kathlehong) 65:30; 2 Sarah Mahlangu (West Rand AC) 68:43; 3 Eunice Dunjwa (Temp) 70:14. **Masters:** 1 Frith v.d. Merwe (Benoni High) 73:01; 2 Mariet Geyer (Benoni High) 73:27; 3 Erika Hamilton (Vaal) 77:35. **G'masters:** 1 Sarah Hackney (Boksburg) 94:59; 2 Alet Engelbrecht (Eskom) 1:44:58. **Juniors:** 1 Alisha Smith (SAPS) 83:43.

Lion of Africa Half Marathon & 10 km

Tokai, 31 January

(Distances: 21.1 km & 10 km; certified hilly loop courses.)

Half marathon

MEN

1. Nkosinathi Sotyantya (Itheko) 1:09:24
2. Tom Lusaseni (Itheko) 1:11:50

3. Ben Matiso (Itheko) 1:14:09

Veterans: 1. Xolile Macanda (Gugs) 1:19:16; 2. Youssef Kanouni (Central) 1:19:21; 3. Tholang Moloi (SANDF) 1:19:33. **Masters:** 1. Allan Ryninks (WR) 1:35:52; 2. Willie Coetzee (WC) 1:36:58; 3. Eric Judd (Met) 1:37:34. **G'masters:** 1. Johannes Jacobs (Celtic) 1:40:37; 2. Brian Merryweather (Edge) 1:45:46; 3. Brian Rothman (Brack) 1:52:57. **G/g'masters:** 1. Anthony Riddick (RWFL) 1:46:35; 2. Denzil Bardnell (FH) 1:58:29; 3. Yusuf Gamielien (Itheko) 2:05:51. **Juniors:** 1. Denzil Byman (Itheko) 1:18:02; 2. Mark Naidoo (Nant) 1:50:00.

WOMEN

1. Candyce Hall (Carb) 1:28:10
2. Miranda Symons (Celtic) 1:35:53
3. Emily Muller (VOB) 1:36:04

Veterans: 1. Tracy Forbes (VOB) 1:36:14; 2. Jana Trojan (CZE/VOB) 1:37:54; 3. Angelique Rabie (Pine) 1:38:19. **Masters:** 1. Paola Vignani (ITA/Ned Bol) 1:42:08; 2. Thelma Naudé (WC) 1:48:16; 3. Anne Pool (Strand) 1:50:06. **G'masters:** 1. Nancy Will (Pine) 1:45:03; 2. Helen du Plessis (Tyger) 1:56:55; 3. Ruth Leverton (Pine) 2:08:50. **G/g'masters:** 1. Avril Delapelin-Dumont (WC) 2:22:40; 2. Jean Cammidge (FH) 2:25:09; 3. Jo Goddard (FH) 2:40:12.

10 km

MEN

1. Virginia Ngudlumana (Itheko) 30:55
2. Duane Fortuin (Itheko) 30:58
3. Siboniso Soldaka (CPUT) 31:07

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 32:48; 2. Shawn Abrahams (Itheko) 33:39; 3. Graham Katzen (Celtic) 34:20. **Masters:** 1. Chris Mitchell (Celtic) 37:05; 2. Friedl van der Merwe (NBMC) 38:32; 3. Gregory Jacobs (Edge) 40:02. **G'masters:** 1. Paul San Giorgio (VOB) 45:44; 2. Michael Clarke (VOB) 46:26; 3. David Kennett (VOB) 58:26. **G/g'masters:** 1. Kaare James (Pine) 58:56; 2. Peter Chubb (VOB) 61:47; 3. Russel Hudson (RWFL) 63:36. **Juniors:** 1. Allesandro Carelse (Celtic) 34:51; 2. Nassief Stemmet (SH) 36:46; 3. Haaroen Millward (Central) 41:33.

WOMEN

1. Lena Lötter (Ind) 35:32
2. Busisiwe Gwala (VOB) 37:57 (1st jun)
3. Ashleigh Simonis (Carb) 39:17

Veterans: 1. Sheryl de Lange (NBMC) 42:42; 2. Alison Main (SH) 48:16; 3. Helga Louw (Pine) 49:52. **Masters:** 1. Viv Williams (ATC) 42:24; 2. Mariëtte Strauss (Tyger) 42:50; 3. Charmaine Cupido (Ned) 43:13. **G'masters:** 1. Collette van Eck (FH) 49:58; 2. Theresa Isaacs (VOB) 56:19; 3. Helen Sutherland-Johns (WPCC) 57:49. **G/g'masters:** 1. Marlene James (Pine) 59:11; 2. Marianne Nelson (RWFL) 64:18; 3. Cathy Taylor (RWFL) 68:26. **Juniors:** 1. Busisiwe Gwala (VOB) 37:57; 2. Ashleigh Simonis (Carb) 39:17; 3. Samantha Timmerman (WC) 72:59.

PWC George Claassen Half Marathon

Pretoria, 31 January

(Loop course)

Note: Because of marshalling errors some times in the 10 km were adjusted, so the results cannot be used. – Ed.

MEN

1 Lucky Mohale (Temp) 68:07; 2 Sikhumbuzo Seme (Transnet) 68:26; 3 Luwis Masunda (ZIM/Nedbank) 69:02.

Veterans: 1 Simon Mpholo (Nedbank) 73:07; 2 Philemon Manyaka (Nedbank) 77:15; 3 Jackson Seanego (Runavation) 78:51. **Masters:** 1 Nuno Thomaz (Runavation) 95:28; 2 Theo Bohmen (Irene) 96:52. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 87:27.

Juniors: 1 Sam Mokoena (Cool Running) 78:46.

WOMEN

1 Cornelia Joubert (Nedbank) 78:59; 2 Rutendo Nyahora (ZIM/Nedbank) 80:17; 3 Riana van Niekerk (Nedbank) 85:20.

Veterans: 1 Prudence Zwane (Transnet) 90:07; 2 Zelda Breytenbach (Irene) 1:40:03; 3 Anel Vorster (Irene) 1:40:41. **Masters:** 1 Jane Mudau (Nedbank) 95:00; 2 Ansie Breytenbach (Irene) 1:43:44. **G'masters:** 1 Carol de Waal (Wingate) 2:09:07. **Juniors:** 1 Jeannie de Beer (Nedbank) 1:48:53.

ARWYP 15 km

Kempton Park, 28 January

(Loop course. Finishers: 1250 [down from 1300 last year].)

MEN

1 Lucky Mohale (Temp) 49:02; 2 Desmond Mokgobu (Boxer) 49:11; 3 Simon Mpholo (Nedbank) 49:30 (1st vet).

Veterans: 1 Simon Mpholo (Nedbank) 49:30; 2 Sipho Ncube (ZIM/Maxed Elite) 50:58.

Masters: 1 Daniel Mothibe (Runavation) 57:13; 2 Arthur Woolridge (BCC) 59:06.

G'masters: 1 Willie Maisela (Boksburg) 64:38; 2 John Woodnutt (Morningside) 65:03.

Juniors: 1 Tinus Heyns (Chappies) 74:06; 2 Nhlakanipo Zwane (Elim) 75:13.

WOMEN

1 Katy van Meter (Soul Striders) 63:21; 2 Cobie Smith (Temp) 65:38; 3 Janelle Verster (Unisa) 69:29.

Veterans: 1 Tania Blignaut (Alberton) 73:09; 2 Barbara Luckemeyer (Alberton) 73:10.

Masters: 1 Ansie Breytenbach (Irene) 69:51; 2 Rita van Wyk (Boksburg) 75:06.

G'masters: 1 Lettie Coetzee (Goudveld) 90:18; 2 Liz Shochot (Fit 2000) 1:48:29.

Juniors: 1 Sumarie Moolman (ACRW) 81:51; 2 Tayla Jacobs (Benoni High) 1:43:09.

Rainbow Top Gear 10 km

George, 28 January

(Finishers: 251 [up from 196 last year]).

Note: Only four days after winning the Schoemanshoek 10 km (results below), 17-year-old Marrida Leen ran another 10 km and won again. – Ed.

MEN

1	Lloyd Bosman	Nedbank SWD	26	30:13
2	Gershwill Jacobs	Nedbank WPA	24	30:36
3	Elfonzo Pieterse	Nedbank SWD	25	31:42
4	Julius Korkee	Nedbank SWD	30	32:42
5	John April	Temp	25	32:56
6	Godwin Heyns	Nedbank SWD	16	33:00
7	Dullan Solomons	Nedbank SWD	16	33:26
8	Archie Boome	KMC	18	34:25
9	Allentino Kleinhans	Mosselbay Harriers	16	34:53
10	Mauritz Jansen van Rensburg	Outeniqua Harriers	43	35:09

Veterans:

1	Mauritz Janse van Rensburg	Outeniqua Harriers	35:09
2	Marlon Mortlock	KMC	37:26

Masters:

1	Sydney Landsberg	Nedbank SWD	36:50
2	Corneulis Bewee	Sedgefield Striders	40:18

G'masters:

1	Manie Steenkamp	Nedbank	46:25
2	Les Stuart	KMC	49:11

Juniors:

1	Godwin Heyns	Nedbank SWD	33:00
2	Darryl Solomons	Nedbank SWD	33:26

WOMEN

1	Marrida Leen	Mosselbay Harriers	17	38:58
2	Lana Theunissen	Nedbank SWD	42	40:27
3	Lisl Grobler	KMC	38	40:41
4	Annatjie Botes	Nedbank SWD	57	42:32
5	Clarisha Pieterse	Mosselbay Harriers	16	43:44
6	Charmaine Lamprecht	Nedbank SWD	31	43:52
7	Karen le Roux	Nedbank SWD	48	44:54
8	Chine Geldenhuis	Outeniqua Harriers	16	44:57
9	Suzaan Kruger	Outeniqua Harriers	31	44:58
10	Cheryl Rudolph	Easterns Kraaifontein	53	45:29

Veterans:

1	Lana Theunissen	Nedbank SWD	40:27
2	Karin le Roux	Nedbank SWD	44:54

Masters:

1	Annatjie Botes	Nedbank SWD	42:32
2	Cheryl Rudolph	Easterns Kraaifontein	45:29

G'masters:

1	Toekie Steenkamp	Nedbank SWD	53:03
2	Lorraine Zehmke	Outeniqua Harriers	1:13:28

Juniors:

1	Marrida Leen	Mosselbaai Harriers	38:58
2	Clarisha Pieterse	Mosselbaai Harriers	43:44

Pennypinchers 10 km

East London, 24 January

(Loop course. Finishers: 695 [more than three times the 218 of last year].)

Note: This event was a marathon originally, then changed to a half marathon in 2009 and to a 20 km last year. This year the 20 km was dropped and only the 10 km held. – Ed.

MEN

1	Lupabalo	Camagu	29	NBRC	33:33
2	Zingisile	Marikeni	39	Nedbank EP	34:43
3	Sandile	Tsholoba	38	Queenstown Harriers	35:55
4	Zukile	?			36:22
5	Smakhiel	Tapa	31	All Stars	36:38
6	Edmumisa	Mtoli	22	RWFL	36:41
7	Samuel	Luqongqo		Individual	38:53
8	Doran	Fritz	41	Born2Run	38:54
9	Alex	Rossouw	21	Individual	38:55
10	Desmond	Witbooi	43	Born2Run	38:57

Veterans:

1	Doran	Fritz	Born2run	38:54
2	Desmond	Witbooi	Born2run	38:57
3	Colbert	Lolwana	Overtakers	39:00

Masters:

1	Patrick	Peters	S.A.N.D.F.	39:17
2	Themba	Mbhelwana	Oxford Striders	40:00
3	Mzoli	Mpalala	Real Gijimas	40:13

G'masters:

1	Graham	Kumm	Oxford Striders	45:36
2	Nicky	Smit	Old Boys	45:57
3	Neville	Kirsten	Born2run	50:27

Juniors:

1	Luxolo	Shuyshu	Born2run	38:57
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WOMEN

1	Janette	Schierz-Crusius	54	Body Concept	45:09
2	Zandile	Rubushe	31	Mdantsane AC	45:17
3	Kirsten	de Lange	31	Born2Run	45:20
4	Cindy	Dredge	31		46:55
5	Clare	Robb	40	Old Boys	48:07
6	Christel	Poortman	35	Old Boys	48:22
7	Kirsten	Keen	35	Individual	48:34
8	Zelda	Smit	48	Old Boys	49:26
9	Carol	Williams	47	Individual	49:55
10	Lizelle	van Zyl	45	Gonubie Harriers	50:31

Veterans:

1	Clare	Robb	Old Boys	48:07
2	Zelda	Smit	Old Boys	49:26
3	Lizelle	Van Zyl	Gonubie Harriers	50:31

Masters:

1	Janette	Schierz-Crusius	Body Concept	45:09
2	Janice	Van Wyk	Individual	50:36
3	Kim	Murgatroyd	Oxford Striders	52:04

G'masters:

1	Michelle	Whittington	Old Boys	63:21
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Juniors:

1	Deniika	Petzer	Born2run	53:28
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Schoemanshoek Half Marathon & 10 km

Oudtshoorn, 24 January

(Distances: 21.1 km & 10 km; out-and-back courses on gravel. Finishers: half marathon – 133 [up from 103 last year]; 10 km – 157 [slightly down from 162 last year].)

Note: Marrida Leen finished tenth overall in the 10 km. – Ed.**Half marathon****MEN**

1	Lloyd Bosman	Nedbank SWD	26	1:09:55
2	Elfonzo Pieterse	Nedbank SWD	26	1:12:10
3	Julius Korkee	Temp	30	1:14:17
4	Nkosi Dimaza	Sedgefield Striders	27	1:15:58
5	John April	Temp	25	1:16:25
6	Auschten October	Nedbank SWD	16	1:19:00
7	Jerome Ferland	Nedbank SWD	36	1:20:25
8	Marshall Richenberg	KMC	37	1:21:13
9	Sydney Landsberg	Nedbank SWD	53	1:21:27
10	Elton Botha	KMC	21	1:22:05

Veterans:

1	Peter Jaehne	Outeniqua Harriers	1:22:18
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Masters:

1	Sydney Landsberg	Nedbank SWD	1:21:27
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G'masters:

1	Dave Edge	Sedgefield Striders	1:51:27
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Juniors:

1	Auschten October	Nedbank SWD	1:19:00
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WOMEN

1	Anel van Wyk	RWFL	35	1:29:07
2	Cecilia Nel	Hartenbos Drawwers	33	1:33:00
3	Annatjie Botes	Nedbank SWD	57	1:34:37
4	Ayanda Mpambani	Temp	27	1:37:20
5	Kirsty Weir	Nedbank SWD	36	1:37:32
6	Belinda Tull	Temp	44	1:39:07
7	Rome Phillipson-Meyer	Hartenbos Drawwers	32	1:43:37
8	Alison Giliomee-Nell	Nedbank SWD	34	1:46:44
9	Magda Lach	Hartenbos Drawwers	51	1:51:40
10	Marisa Olivier	Nedbank SWD	20	1:51:49

Veterans:

1	Belinda Tull	Temp	1:39:07
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Masters:

1	Annatjie Botes	Nedbank SWD	1:34:37
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G'masters:

1	Hanna du Toit	Sedgefield Striders	1:56:11
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10 km**MEN**

1	Dullan Solomons	Nedbank SWD	16	34:33
2	Sinesipho Didishe	KMC	23	34:51
3	Francois Maquassa	Military Sport Club	19	35:26

4	Granville Gelant	Nedbank SWD	16	35:34
5	Archie Boome	KMC	18	37:05
6	Anderson Ncube	Temp	17	37:07
7	Marlon Mortlock	KMC	40	37:58
8	Luciano van Wyk	KMC	18	38:36
9	Aubrey Brinkhuis	KMC	45	39:43
10	Ashwill Hendriks	Nedbank SWD	23	39:46

Veterans:

1	Marlon Mortlock	KMC	37:58
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Masters:

1	Cornelius Bewee	Sedgefield Striders	40:54
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G'masters:

1	Ronnie le Roux	Brackenfell	47:36
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Juniors:

1	Dullan Solomons	Nedbank SWD	34:33
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WOMEN

1	Marrida Leen	Mosselbaai Harriers	17	39:45
2	Lana Theunissen	Nedbank SWD	42	41:01
3	Brunay Solomons	Temp	20	45:29
4	Paola Vignani	Montagu AC	51	46:04
5	Lorinda J. v. Rensburg	Nedbank SWD	28	46:14
6	Macnita Samuels	KMC	17	47:05
7	Marie Wolmarans	Nedbank SWD	55	47:57
8	Ilse Oliphant	RWFL	37	50:27
9	Coreen Greeff	Nedbank SWD	53	55:41
10	Debbie Blank	Nedbank SWD	39	56:19

Veterans:

1	Lana Theunissen	Nedbank SWD	41:01
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Masters:

1	Paola Vignani	ITA/Ned Bol	46:04
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G'masters:

1	Mariet Horn	KMC	59:45
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Juniors:

1	Marrida Leen	Mosselbaai Harriers	39:45
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CROSS-COUNTRY**SA Cross-country Trials**

Krugersdorp, 31 January

Note: All races were run on a 2 km circuit. The second-placed senior woman is from Algeria. – Ed.

SR. MEN (12 km)

1	Precious	Mashele	AGN	38:04
2	Stephen	Mokoka	AGN	38:05
3	Joel	Mmone	ACNW	38:40
4	Kgosi	Tsosane	AGN	38:44
5	Shadrack	Hoff	AGN	38:46
6	Samuel	Matsepe	AFS	38:50
7	Bonginkosi	Zwane	KZNA	38:57
8	Samuel	Segoaba	AFS	39:01
9	Philani	Buthelezi	AGN/KZNA	39:24

10	Thabang	Mosiako	ACNW	39:36
11	Silindile	Gubese	KZNA	39:42
12	Prince	Jali	CGA	39:52
13	David	Manja	ANWN	39:55
14	Phillemon	Mathiba	CGA	40:05
15	Leswene	Mailola	AGN	40:11
16	Amos	Thanjekwayo	AMPU	40:17
17	Khothatso	Mokone	AFS	40:20
18	Amos	Nyongo	EPA	40:23
19	Ndlovu	John	CGA	40:28
20	Keagile	Kopong	ANWN	40:30
21	Pusuletso	Mofokeng	AVT	40:34
22	Tumisang	Monatlala	CGA	40:39
23	Clinton	Swanepoel	CGA	40:43
24	Tumelo	Motlagale	CGA	40:58
25	Henry	Makane	CGA	41:04
26	Mokofune Milton	Kekana	LIMA	41:09
27	Mariano	Eesou	EPA	41:10
28	Zolani	Ngqaqa	EPA	41:18
29	Emmanuel	Mkhabela	AFS	41:22
30	Victor	Pheeha	AGN	41:25
31	Jacob	Malefo	CGA	41:37
32	Tshepo	Motsehela	AFS	41:48
33	Chimakwana	Mailola	AGN	41:52
34	Tefu	Siphiwe	CGA	42:02
35	Phmolani	Nkosi	CGA	42:02
36	Ian	Slinger	AGN	42:03
37	Omphile	Motlagale	ACNW	42:07
38	Michael	Pienaar	CGA	42:22
39	Joseph	Manyedi	ANWN	42:38
40	John	Thipe	AMPU	42:41
41	Thabang	Nkuna	LIMA	42:42
42	Ndumiso	Sokhela	KZNA-I	42:45
43	Bafana	Dube	AGN	42:47
44	Walter	Madubung	CGA	43:10
45	Unathi	Nteta	WPA-I	43:14
46	Moses	Mahlangu	AMPU	43:15
47	Sipho Godwin	Mqati	AGN	43:22
48	Njabulo	Tshabalala	AVT/CGA	43:23
49	Tshepo	Majwafi	CGA	43:44
50	Simon	Sibisi	AMPU	44:00

JR. MEN (8 km)

1	Ikageng	Gaorekwe	CGA	25:54
2	Rowhaldo	Ratz	WPA	26:01
3	Creel	Chavalala	CGA	26:10
4	Kabelo	Melamu	CGA	26:17
5	Siyabonga	Mabena	CGA	26:25
6	Warno	Potgieter	CGA	26:26
7	Kamegolo	Masemola	LIMA	26:46
8	Xolisa	Madi	AFS	26:53
9	Lukhanyo	Nobakada	WPA	27:01
10	Kabelo	Seboko	CGA	27:13
11	Romana	Slinger	AGN	27:26
12	Songezo	Njubane	AGN	27:29
13	Ontiretse	Motlagale	ACNW	27:35
14	Thapelo	Modula	AFS	27:39

15	Tumi	Lephoto	CGA	27:43
16	Isaac	Lesia	CGA	27:48
17	Kgomotso	Mosiane	ACNW	27:54
18	James	Majenge	CGA	27:58
19	Mahlatse	Makoasha	CGA	28:05
20	Dylan	Van der Merwe	CGA	28:06
21	Bafana	Mahloana	AGN	28:08
22	Lucas	Ndiko		28:12
23	Ryn	Mphahlela	CGA	28:12
24	Thato	Pule	CGA	28:28
25	Thamsanqa	Khonco	CGA	28:28
26	Kwanele	Mthembu	AGN	28:29
27	Aubrey	Sithole	CGA	28:43
28	Renaldo	Slinger	AGN	28:43
29	Fukama	Ramakovobo	AGN	28:43
30	Vuni	Madonsela	AGN	28:58

SR. WOMEN (8 km)

1	Noleen	Conrad	CGA	28:57
2	Amina	Bettiche	ALG	29:09
3	Annie	Bothma	WPA	29:28
4	Lebo	Phalula	CGA	29:48
5	Mamphielo	Sibanda	CGA	30:29
6	Lorraine	Novela	CGA	30:34
7	Keneilwe	Sesing	CGA	30:49
8	Tebogo	Masehla	CGA	31:10
9	Bulelwa	Simae	WPA	31:24
10	Thembi	Baloyi	AGN	31:38
11	Glenrose	Xaba	AMPU	31:47
12	Michelle	Strydom	CGA	31:51
13	Mpho	Mabuza	CGA	32:06
14	Annah	Moeketsi	AFS	32:08
15	Zandile	Hadebe	CGA	32:09
16	Nandipha	Dywili	AGN	32:19
17	Makhosi	Mhlongo	KZNA	32:22
18	Poppy	Mlambo	CGA	32:33
19	Portia	Ngwenya	AGN	32:39
20	Bernadene	McLoud	ACNW	32:43
21	Maria	Makgoshing	CGA	32:49
22	Puseletso	Dladla	AGN	32:50
23	Carlyn	Fischer	AGN	32:51
24	Leanda	Du Bruyn	WPA	32:55
25	Puleng	Khumalo	AGN	33:19
26	Keshoketswe	Lechaba	CGA	33:20
27	Happines	Mkhize	AGN	33:28
28	Vuyokazi	Gebe	AGN	33:39
29	Thato	Mahafola	CGA	33:43
30	Andronica	Mokgotla	CGA	34:25

JR. WOMEN (6 km)

1	Nicole	Van der Merwe	CGA	22:54
2	Hanli	Etsebeth	CGA	23:09
3	Simonay	Weitsz	CGA	23:16
4	Jeanette	Bokundie	CGA	23:33
5	Sherlilene	Gelderblom	ACNW	23:46
6	Tshegofatso	Setlhakgoe	AGN	23:58
7	Lizerie	Ferreira	CGA	24:14

8	Carina	Viljoen	CGA	24:24
9	Thandi	Sehohle	CGA	24:29
10	Nokuthula	Dlamini	CGA	24:34
11	Simone	Verwey	ACNW	24:39
12	Lize	Botha	AGN	24:47
13	Liza	Kellerman	CGA	24:51
14	Pamela	Moyikwa	WPA	24:54
15	Robyn	Kaltenbrunn	CGA	25:00
16	Thulisile	Amon	AGN	25:10
17	Marne	Menz	AFS	25:11
18	Megan	Odendaal	AGN	25:17
19	Sister	Gamede	AGN	25:19
20	Thobile	Amon	AGN	25:22
21	Carla	Venter	AGN	25:27
22	Tholoana	Peu	AGN	25:36
23	Heletje	Botha	AGN	25:38
24	Megan	Capper	AGN	25:56
25	Lethabo	Seema	AGN	26:04
26	Gabisile	Sitoe	CGA	26:08
27	Dimpho	Diale	AGN	26:14
28	Bongeka	Magubane		26:23
29	Puseletso	Dieta	CGA	26:25
30	Zelma	Botha	AGN	26:32

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

Beppu-Oita Mainichi Marathon (64th)

Oita, JPN, 1 February

(Distance: 42.195 km; out-and-back course)

MEN (gun times)

1. Tewelde Estifanos Hidru, ERI 2:10:18 PB
[1:04:07 / 1:06:11]
2. Hiroki Kadota, JPN 2:10:46 PB
[1:04:08 / 1:06:38]
3. Hiroyuki Yamamoto, JPN 2:11:48 PB
4. Abraham Kiplimo, UGA 2:12:23
5. Satoshi Yoshii, JPN 2:12:48

WOMEN (gun times)

1. Chiyuki Mochizuki, JPN 2:41:28

Marugame Half Marathon (69th)

Marugame, JPN, 1 February

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

MEN (gun times)

1. Paul Kuria, KEN 59:47 DB/WL
[14:14 / 28:10 / 42:18 / 56:40]
2. Zane Robertson, NZL 59:47 DB

[14:13 / 28:10 / 42:17 / 56:40]

- | | |
|---------------------------|------------|
| 3. Bernard Koech, KEN | 1:00:09 |
| 4. Benjamin Ngandu, KEN | 1:00:20 PB |
| 5. Juan Luis Barrios, MEX | 1:00:46 PB |
| 6. Jacob Wanjuki, KEN | 1:00:48 |
| 7. Masato Kikuchi, JPN | 1:00:57 PB |
| 8. Keita Shitara, JPN | 1:01:20 PB |
| 9. Daichi Kamino, JPN | 1:01:21 |
| 10. Ken Yokote, JPN | 1:01:37 |

WOMEN (gun times)

- | | |
|-------------------------|------------|
| 1. Eloise Wellings, AUS | 1:10:41 DB |
| 2. Mao Kiyota, JPN | 1:10:59 |
| 3. Yuko Mizuguchi, JPN | 1:11:03 |
| 4. Eri Makikawa, JPN | 1:11:04 |
| 5. Misato Horie, JPN | 1:11:06 |
| 6. Kaho Tanaka, JPN | 1:11:12 |
| 7. Hanae Tanaka, JPN | 1:11:24 |
| 8. Eri Hayakawa, JPN | 1:13:07 |
| 9. Kikuyo Tsuzaki, JPN | 1:13:16 |
| 10. Mei Matsuyama, JPN | 1:13:21 |

Marrakech Marathon (26th) & Half Marathon

Marrakech, MAR, 25 January

(Distances: 42.195 km [AIMS certified according to the race website] and 21.1 km)

Marathon (gun times)

MEN

1. Workneh Tiruneh TESFA, ETH, 2:08:51
2. Samuel Theuri MZANIKI, KEN, 2:08:56
3. Oleksandr SITKOVSKIY, UKR, 2:09:11

WOMEN

1. Worknesh EDESA, ETH, 2:31:06
2. Valary AIYABEI, KEN, 2:31:57
3. Saeda Kedir ADILO, ETH, 2:32:13

Half marathon (gun times)

MEN

1. Salmouni ANNAS, MAR, 1:03:01
2. Zakaria BOUDAD, MAR, 1:03:04
3. Youssef NASSERE, MAR, 1:03:07

WOMEN

1. Rkia EL MOUKIM, MAR, 1:10:48
2. Polline WANJIKU, KEN, 1:12:13
3. Aicha BANI, MAR, 1:14:44

CROSS-COUNTRY

European Champion Clubs Cup Cross-country (52nd)

Guadalajara, ESP, 1 February

SR. MEN (10 km):

Teams: 1. J*COE Guadalajara (ESP), 51 points; 2. Istanbul BBSK (TUR), 55; 3. Alès Cévennes Athlétisme (FRA), 57.

Individuals:

1. Othmane EL GOUMRI, 1992, Alès Cévennes Athlétisme, FRA, 31:09
2. Jesper VAN DER WIELEN, 1991, AV Cifla, NED, 31:20
3. Iván FERNÁNDEZ, 1988, Atletismo Bikila, ESP, 31:25
4. Mohamed MARHUM, 1987, J*COE Guadalajara, ESP, 31:38
5. Alemayehu BEZABEH, 1986, Atletismo Bikila, ESP, 31:41

SR. WOMEN (6 km):

Teams: 1. Uskudar Belediye (TUR), 27 points; 2. Bilbao Atletismo (ESP), 38; 3. Aldershot, Farnham and District AC (GBR), 55.

Individuals:

1. Irene CHEPTAI, 1992, Uskudar Belediye, TUR, 20:43
2. Özlem KAYA, 1990, Uskudar Belediye, TUR, 20:46
3. Lily PARTRIDGE, 1991, Aldershot, Farnham and District AC, GBR, 20:54
4. Steph TWELL, 1989, Aldershot, Farnham and District AC, GBR, 21:12
5. Lidia RODRÍGUEZ, 1986, Bilbao Atletismo, ESP, 21:18
- ... 8. Sara MOREIRA, 1985, Sporting Clube de Portugal, POR, 21:32

Kenyan Police XC Championships

Nairobi, KEN, 24 January

SR. MEN (approx. 12 km)

- | | |
|----------------------------|-------|
| 1. Geoffrey KAMWOROR, 1992 | 37:23 |
| 2. Mathew KISORIO, 1989 | 37:34 |
| 3. Moses MUKONO, 1995 | 37:39 |
| 4. Augustine CHOGE, 1987 | 37:52 |
| 5. Joseph KITUR, 1988 | 38:00 |

SR. WOMEN (approx. 8 km)

- | | |
|---------------------------|-------|
| 1. Stacey NDIWA, 1991 | 28:31 |
| 2. Janet KISA, 1992 | 28:33 |
| 3. Vivian CHERUIYOT, 1983 | 28:37 |
| 4. Hyvin KIYENG, 1992 | 28:37 |
| 5. Irene JELAGAT, 1988 | 28:41 |
| 6. Edna KIPLAGAT, 1979 | 28:45 |

INDOOR TRACK

IAAF World Indoor Meeting

(IAAF Permit Meeting)

Karlsruhe, GER, 31 January

MEN

1500:

1. Ilham Tanui Özbilen, TUR, 3:38.05

2. Nixon Chepseba, KEN, 3:38.12
3. Marcin Lewandowski, POL, 3:38.68
4. Yoann Kowal, FRA, 3:39.22
5. Hillary Cheruiyot Ngetich, KEN, 3:40.53

3000:

1. Paul Kipsiele Koech, KEN, 7:45.41
2. Richard Ringer, GER, 7:46.18 PB
3. Egor Nikolaev, RUS, 7:48.36
4. Florian Orth, GER, 7:49.48 PB
5. Johan Cronje, RSA, 7:52.33 PB

WOMEN

1500:

1. Sifan Hassan, NED, 4:02.57 WL
2. Axumawit Embaye, ETH, 4:02.92 PB
3. Angelika Cichocka, POL, 4:11.96
4. Anna Shchagina, RUS, 4:12.27
5. Renata Plis, POL, 4:12.28

3000:

1. Elena Korobkina, RUS, 8:47.61 PB
2. Laura Muir, GBR, 8:49.73 PB
3. Sofia Ennaoui, POL, 8:53.22 PB
4. Giulia Viola, ITA, 8:56.71 PB
5. Maren Kock, GER, 8:57.87 PB

Armory Track Invitational (1st)

New York, USA, 30-31 January

MEN

500 (30):

- | | | |
|--------------------|------------------|-------------|
| 1. Brandon McBride | Miss State (CAN) | 1:01.40 PB= |
| 2. Odou Hazel | ASA (TTO) | 1:02.45 PB |
| 3. Scottie Hearn | Miss State | 1:02.49 |

Mile (31):

Invitational Race -

- | | | |
|-----------------|---------------|------------|
| 1. Cam Levins | Nike OP (CAN) | 3:54.74 PB |
| 2. Chris O'Hare | adidas (GBR) | 3:57.26 |
| 3. Thomas Awad | Penn | 4:00.20 |

2 Miles (31):

- | | | |
|--------------------|--------------------|------------|
| 1. Cam Levins | Nike OP (CAN) | 8:15.38 |
| 2. Suguru Osako | Nissin Foods (JPN) | 8:16.47 PB |
| 3. Ben Blankenship | Nike OTC | 8:16.53 |
| 4. Galen Rupp | Nike OP | 8:17.24 |

Distance Medley Relay:

International Race (31) -

- | | |
|--|------------|
| 1. United States of America 'A' | 9:19.93 WR |
| Matthew Centrowitz (2:49.468), Mike Berry (46.391), Erik Sowinski (1:47.594), Patrick Casey (3:56.471) | |

- | | |
|-----------------|---------|
| 2. Ireland 'A' | 9:25.37 |
| 3. NJ-NY TC 'A' | 9:27.16 |
| 4. Kenya 'A' | 9:27.21 |

WOMEN

800 (31):

Invitational Section -

1. Ajee' Wilson (1994)	adidas	2:01.63
2. Treniere Moser	Nike OP	2:01.79 PB
3. Charlene Lipsey	adidas	2:02.20 PB
4. Stephanie Charnigo	NJ-NY TC	2:02.66
5. Mary Cain (1996)	Nike OP	2:02.75 PB

2 Miles (31):

1. Jordan Hasay	Nike OP	9:38.28
2. Nicole Tully*	HOKA/NYAC	9:39.38 PB
3. Buze Diriba	adidas (ETH)	9:39.46 PB

Hilton Garden Invitational/Camel City Elite Races (3rd)

(Opening Event of 2015 Bring Back the Mile Tour)

Winston-Salem, USA, 30-31 January

MEN

Mile (31):

Invitational:

1. Cory Leslie	Nike/Furman Elite	3:56.99	FR \$5000
2. Will Leer	Nike	3:57.54	2000
3. Matthew Elliott	Brooks/In The Arena	3:57.76	1000
4. Leo Manzano	Hoka One One	3:57.79	500
5. Riley Masters	Brooks Beasts	3:58.91	

WOMEN

800 Invitational (31):

1. Jenna Westaway	Brooks Running C	2:04.94
2. Phoebe Wright	Nike	2:05.06
3. Latavia Thomas	Njny TC	2:05.51

Mile (31):

Invitational:

1. Shannon Rowbury	Nike Oregon Project	4:22.66	WL/PB/FR \$5000
2. Morgan Uceny	Adidas	4:30.90	2000
3. Heather Kampf	Asics/Team Usa MN	4:31.24	1000
4. Stephanie Garcia	New Balance/Furm	4:33.23	PB 500
5. Heidi See	Furman Elite	4:34.69	PB
6. Ryen Frazier (1997)	Ravenscroft	4:41.56	PB
7. Ellie Staker	Embry-Riddle	4:44.37	PB

3000 (30):

Race 1:

1. Kimberly Ruck	Unattached	9:35.00
2. Letitia Saayman	Coastal Carolina (RSA)	9:45.75
3. Samantha Jones	Wake Forest	9:47.04

Boston University John Thomas Terrier Classic

Boston, USA, 30-31 January

WOMEN

Mile (30):

Section 1 -

1. Heather Wilson	New Jersey-N	4:34.95
2. Rosie Clarke	Iona (GBR)	4:35.01 PB
3. Emily Lipari	Baa	4:43.96
4. Emily Ritter	Rider	4:44.33 PB
5. Anna Willard	Nike	4:45.33

PSD Bank Meeting (10th)

Düsseldorf, GER, 29 January

MEN

800:

Race B:

1. Adam KSZCZOT, 1989, POL, 1:46.48 WL
2. Marcin LEWANDOWSKI, 1987, POL, 1:46.74
3. Jozef REPCIK, 1986, SVK, 1:47.87
4. Robin SCHEMBERA, 1988, TSV Bayer 04 Leverkusen, 1:48.22 SB
5. Thijmen KUPERS, 1991, NED, 1:50.04
Bram SOM, 1980, NED, DNF (pace)

Race A:

1. Jeremiah MUTAI, 1992, KEN, 1:48.18
2. Kevin LOPEZ, 1990, ESP, 1:48.72 SB
3. Andrew OSAGIE, 1988, GBR, 1:49.21

1500:

1. Bethwel BIRGEN, 1988, KEN, 3:40.58
2. Homiyu TESFAYE, 1993, LG Eintracht Frankfurt, 3:41.08
3. Collins CHEBOI, 1987, KEN, 3:41.30
4. Ilham Tanui ÖZBILEN, 1990, TUR, 3:42.17
5. Aman WOTE, 1984, ETH, 3:42.51

3000:

1. Nixon CHEPSEBA, 1990, KEN, 7:44.72 WL
2. Paul Kipsiele KOECH, 1981, KEN, 7:45.79
3. Othmane EL GOUMRI, 1992, MAR, 7:47.77
4. Richard RINGER, 1989, VfB LC Friedrichshafen, 7:51.17 PB
5. Johan CRONJE, 1982, RSA, 7:59.69

5000:

1. Arne GABIUS, 1981, LT Haspa Marathon Hamburg/Nike, 13:27.53 WL/NR
2. Aweke AYALEW, 1993, BRN, 13:30.79
3. Victor CHUMO, 1989, KEN, 13:41.05

WOMEN

800:

1. Selina BÜCHEL, 1991, SUI, 2:01.87
 2. Joanna JOZWIK, 1991, POL, 2:02.19 PB
 3. Angelika CICHOCKA, 1988, POL, 2:03.02
-

NEWS

R150 000 FOR FIRST IN SPAR GRAND PRIX SERIES

Spar will no longer award a car to the overall winner of the Spar Grand Prix Series, but the first prize of R150 000 is more than the purchase price of such a vehicle. The prize money has been increased for all the positions down to fifteenth in the competition, eg. from R30 000 to R50 000 for second, and from R17 500 to R30 000 for third.

As usual, there will be target times for each of the races and performances faster than these times will result in bonus points.

The five races are: Cape Town, 29 March; Port Elizabeth, 9 May; Durban, 7 June; Pretoria, 29 August; Johannesburg, 11 October.

JEPTOO RECEIVES TWO-YEAR BAN

Disgraced marathon runner Rita Jeptoo of Kenya has received a two-year doping ban from Athletics Kenya, reports *Race Results Weekly*. The 33-year-old athlete, who was the first woman across the finish lines at both the Boston and Chicago marathons in 2014, was found guilty of doping with EPO last September in an out-of-competition test. A test of her "B" sample earlier this year confirmed the initial positive result.

Her two-year ban began on 30 October 2014, and all of her results from 25 September 2014 (the date of the test) were annulled, including her Bank of America Chicago Marathon victory where she seemingly had clinched the overall 2013/2014 Abbott World Marathon Majors points title.

Jeptoo still has the right to appeal her conviction with the Court for Arbitration in Sport (CAS).

ZARIPOVA BANNED FOR DOPING

Last week, the Russian Anti-Doping Agency (RUSADA) announced that steeplechaser Yulia Zaripova had been handed a doping suspension, reports *Race Results Weekly*. Separately, the IAAF confirmed the suspension, reporting that her conviction was based on "irregularities in her Athlete Biological Passport."

Zaripova, who won the world title in Daegu in 2011 and the Olympic title in London in 2012, was handed a two-year, six month ban for "use of prohibited substance and (or) a prohibited method" beginning 25 July 2013. In addition, her results were annulled for the time periods 20 June 2011 through 20 August 2011 and 3 July 2012 to 3 September 2012. As such, Zaripova will be stripped of her Olympic title, but gets to keep her world title. Tunisia's Habiba Ghribi would become Olympic Champion.

Zaripova, 28, did not compete in 2014.

STATS TIME

This week we include a list of the top ten SA veteran women in the 10 km for 2014.

2014 10 KM: TOP 10 VETERAN WOMEN

37:24	Paulina Phaho	Pretoria	31 May
38:07	Theresa Fourie	Cape Town	21 Sep
38:21	Ulrica Stander	Cape Town	18 Dec
38:25	Ronel Thomas	Cape Town	06 Apr
38:30	Janene Carey	Cape Town	06 Apr
38:36	Suzette Botha	Pietermaritzburg	22 Jun
39:23	Sandra van Graan	Bellville	31 May

39:32	Lana Theunissen	Great Brak River	12 Apr
39:46	Linley Holmes	Bloemfontein	22 Feb
39:51	Jacque van der Waals	George	13 Dec

THIS MONTH IN HISTORY

This weekly column highlights a special race or event from the past that happened in the current month.

41 years ago: 17 February 1974

The results of the fifth Springs Striders 32 km proclaimed: "655 runners can't be wrong!" Heading the field on this day was Andrew Greyling with a route record of 1:47:58 to beat some famous names: Doug Schaefer, Dave Hensman, Geoff Tribe, Brian Chamberlain and Ron Brimelow. Down in 52nd place was Denis Morrison, who had won the race the previous three years and would win again in 1975. But Morrison was looking to greater things: five months later he captured the SA Marathon in Stilfontein. The Springs Striders race is one of South Africa's oldest – it was held for the 46th time this weekend.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2015

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	30:13	Lloyd Bosman	George	28 Jan
	28:59	Rui-Pedro Silva (POR)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	47:04	Melikhaya Frans	Port Elizabeth	17 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	64:46	Desmond Mokgobu	Benoni	25 Jan
	60:15	Vincent Yator Kipsegechi (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	80:54A	Sipho Mbanjuli	Pinetown	25 Jan
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:37:54	Duane Fortuin	Camps Bay	04 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:17:37	Lukas Jani	Dubai	23 Jan
	2:06:19	Moses Mosop Cheruiyot (KEN)		
	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	33:39	Shawn Abrahams	Tokai	31 Jan
	28:51	Paulo Catarino (POR) 2003		
15 km	49:30	Simon Mpholo	Kempton Park	28 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	73:07	Simon Mpholo	Pretoria	31 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	96:50A	Samson Mnyango	Pinetown	25 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:52:57	Xolile Macanda	Camps Bay	04 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:24:58	Charles Tjiane	Benoni	25 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	36:50	Sydney Landsberg	George	28 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:13	Desmond Zibi	Port Elizabeth	17 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	78:37	Daniel Mothibe	Benoni	25 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	1:44:28A	Nicolas Dlamini	Pinetown	25 Jan
30 km	1:53:00	Eric Coetzee	Camps Bay	04 Jan
Marathon	2:57:26	David Gamede	Benoni	25 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	43:18	Mike du Bruto	Pretoria	17 Jan
15 km	63:01	Muhammad Kriel	Constantia	10 Jan
21.1 km	94:47	John Woodnutt	Pretoria	24 Jan
25 km	2:04:18A	Boysie van Staden	Pinetown	25 Jan
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon	3:22:18	Les Iving	Benoni	25 Jan
100 km				

Juniors

10 km	33:00	Godwin Heyns	George	28 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	52:39	Lukhanyo Nobakada	Constantia	10 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	78:02	Denzil Byman	Tokai	31 Jan
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	35:32	Lena Lötter	Tokai	31 Jan
	31:25	Ana-Dulce Felix (POR)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:53	Annie Bothma	Durbanville	21 Jan
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	74:48	Irvette van Zyl	Benoni	25 Jan
	69:44	Kimberly Conley (USA)		
	65:50	Mary Keitany (KEN) 2011		

25 km	1:42:12A	Suzette Botha (vet)	Pinetown	25 Jan
	79:53	Mary Keitany (KEN) 2010		
30 km	1:56:32	Tanith Maxwell	Camps Bay	04 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:39:45	Tanith Maxwell	Gran Canaria	25 Jan
	2:19:52	Mare Dibaba Hurssa (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	40:27	Lana Theunissen	George	28 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	61:36	Ulrica Stander	Durbanville	21 Jan
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	87:46	Gillian Sieling	Benoni	25 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km	1:42:12A	Suzette Botha	Pinetown	25 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:11:00	Adele Waldron	Camps Bay	04 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	3:06:35	Julanie Basson	Benoni	25 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	41:58	Jane Mudau	Pretoria	24 Jan
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	65:39	Margie Saunders (60+)	Port Elizabeth	17 Jan
	54:33	Shirley Matson (USA) 1991		
21.1 km	90:40	Jane Mudau	Benoni	25 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:06:53A	Maria Wareing	Pinetown	25 Jan
30 km	2:23:26	Olga Howard	Camps Bay	04 Jan
Marathon	3:39:17	Cheryl Rudolph	Fish Hoek	17 Jan
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	49:58	Collette van Eck	Tokai	31 Jan
15 km	65:39	Margie Saunders	Port Elizabeth	17 Jan
21.1 km	1:44:11	Nancy Will	Cape Town	25 Jan
25 km	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:27:24	Nancy Will	Camps Bay	04 Jan
Marathon	4:50:22	Jeanette van Wyk	Fish Hoek	17 Jan
100 km				

Juniors

10 km	37:57	Busisiwe Gwala	Tokai	31 Jan
	31:42	Zola Pieterse (RSA) 1984		
15 km	61:52	Pamelia Moyikwa	Constantia	10 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:45:00	Jeannie de Beer	Pretoria	24 Jan
	1:09:05	Delilah Asiago (KEN) 1991		

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