

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

Big news of the weekend was the new world indoor 5000-metre record of 14:18.86 by Genzebe Dibaba in Stockholm -- she smashed Meseret Defar's previous mark by more than five seconds. Only three outdoor marks are faster. At the same meeting Qatar's Abdulrahman Musaeb Bala in the 800 (1:45.48), the Netherlands' Sifan Hassan in the women's 1500 (4:00.46), and Germany's Homiyu Tesfaye in the men's 1500 (3:34.13) all set world leads. South Africa's André Olivier was fourth in the 800 in 1:46.04 and followed this two days later with a second place in 1:46.25 in Birmingham, where Mo Farah ran a world best for 2 miles.

Five list leaders were set in the BestMed Tuks Half Marathon and 10 km this weekend, among them by the vets Shadrack Hoff (31:28 in the 10 km) and Simon Mpholo (70:32 in the half marathon). Prudence Zwane did likewise in the half marathon with her 84:01, while in the Natal Witness Pietermaritzburg Half Marathon the next day Suzette Botha ran just 5 seconds slower.

Lusapho April won the Caltex Border Masters Half Marathon by almost 15 minutes (!) in a very fast 62:27, but the course is excessively downhill.

The first major ultra of the year, the Bagshaw Bay 50 km in Port Elizabeth, went to Melikhaya Kepe in 3:02:00 and Elmarie Bezuidenhout in 4:07:11.

The number of finishers in the takealot.com Peninsula Marathon & Half Marathon (results in last week's issue) was: marathon -- 1845 men + 732 women for a total of 2577 (up from 2148 last year); half marathon -- 1005 men + 1224 women for a total of 2229 (up from 1752).

The Metlife Mall/Die Burger Valentines 10 km on 14 February in Port Elizabeth (results in last week's issue) was the EP Championships.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Natal Witness Pietermaritzburg Marathon, Half Marathon & 10 km, Pietermaritzburg
- * Caltex Border Masters Half Marathon, East London
- * Bagshaw Bay Ultra & 10 km, Port Elizabeth
- * BestMed Tuks Half Marathon & 10 km, Pretoria

- * Koeberg 15 km, Duynefontein
- * Dis-Chem Half Marathon, Bedfordview
- * Track: WP League & Masters Meeting, Parow

International highlights:

- * Tokyo Marathon, Tokyo, JPN
- * Zürich Maratón Ciudad de Sevilla, Sevilla, ESP
- * Publix Gasparilla Distance Classic Race Weekend, Tampa, USA
- * XC: Saucony English National Cross-country Championships, London, GBR
- * Indoor track: Sainsbury's Indoor Grand Prix, Birmingham, GBR; XL Galan, Stockholm, SWE

BACKGROUND

DOMINIQUE SCOTT SCORCHES INDOOR TRACKS

Dominique Scott's exploits in the US collegiate indoor season have been documented in DRR over the last few weeks. The Capetonian, who is a student at the University of Arkansas, have set three SA records and two SA bests since the 2014 indoor season. But her personal best and meeting record of 8:52.57 for 3000 m in the Husky Classic in Seattle, reported last week, was not a South African record, as widely reported in the media. It was run on an oversized track of 307 m in circumference. Scott, who has also been excellent in cross-country, beat three major collegiate rivals - Brie Felnagle, Angela Bizzarri and Elise Cranny.

As noted in DRR 15:5, 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.

So René Kalmer's record of 9:01.41, set on a standard track in Doha, still stands.

Here is a summary of Scott's record-breaking performances during the last two seasons:

17 Jan 14	1 mile	Fayetteville	4:38.49	SA record
01 Feb 14	1 mile	Fayetteville	4:36.11	SA record
16 Jan 15	800 m	Fayetteville	2:07.53	SA record
24 Jan 15	1 mile	Lexington	4:32.48	SA best (oversized track, 291 m)
14 Feb 15	3000 m	Seattle	8:52.57	SA best (oversized track, 307 m)

ROAD RUNNING

Natal Witness Pietermaritzburg Marathon (19th), Half Marathon & 10 km

Pietermaritzburg, 22 February

(Distances: 42.195 km & 21.1 km; loop courses – the marathon twice the half-marathon loop. Finishers: marathon – 2027 [down from 2265 last year]; half-marathon – 1162 [up from 911].)

Marathon

MEN

1.	Tsepang Ramonene	LES/Phantane	2:20:28
2.	Nkosikhona Mhlakwana	DAC	2:21:10
3.	Phatlala Mohloti	Ind	2:27:07
4.	Piet Jacobs	Nedbank AC	2:27:43
5.	Basil Mazibuko	Madadeni	2:30:56

40-49:

1.	Sandile Makhaye	Phuma KZN	2:38:48
2.	Enoch Ngubane	Maxed Elite	2:44:03
3.	Petros Zweni	DCS	2:55:06

50-59:

1.	Sanele Khuzwayo	Hulamin	3:02:17
2.	Maxwell Mngwengwe	Nedbank AC	3:05:04
3.	Nicolas Dlamini	Boxer AC	3:05:28

60+:

1.	Mike Cowling	Saints	3:44:47
2.	Eugene Schmidt	Ind	3:50:32
3.	Reuben Gema	Ixopo	3:52:07

WOMEN

1.	Fikile Mbuthuma	Nedbank AC	3:00:55
2.	Danielle Adlam	Nedbank AC	3:12:36
3.	Cary-Ann Smith	Nedbank AC	3:13:25
4.	Sarah Grey	Coll Harr	3:14:39
5.	Nonsikelelo Mbambo	Natal Carb	3:15:13

40-49:

1.	Ria Monet	Orion AC	3:25:44
2.	Lisa Daniel	Maxed Elite	3:28:40
3.	Ashleigh White	DHSOB	3:29:06

50-59:

1.	Daniela Papini	Savages	3:53:35
2.	Debby de Koning	Eskom	3:58:54
3.	Khaya Mahlali	DAC	4:00:06

60+:

1.	Merry Duncan	Forest Hills	4:36:04
2.	Pam Rassmussen	QBH	4:39:53
3.	Dixie Brown	Estcourt AC	4:48:04

Half marathon

1.	Philani Buthelezi	Boxer AC	66:24
2.	Ayanda Mncabe	Phantane AC	66:47
3.	Anele Dlamini	H/dale AC	67:48

40-49:

1.	Richard Dlamini	Phuma KZN	76:05
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50-59:

1.	Anthonie van Bosch	LAC	89:50
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60+:

1.	Les Burnard	Coll Harr	108:13
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Juniors:

1.	Ndumiso Ndlovu	Eskom	77:11
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WOMEN

1.	Jenna Challenor	Boxer AC	77:40
2.	Ntebaleng Letsela	LES/Phantane	83:25
3.	Lebohlang Motsotsoana	LES	83:35

40-49:

1.	Suzette Botha	Eskom	84:06
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50-59:

1.	Mary Mvelase	Phuma KZN	105:00
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60+:

1.	Jenny Taylor	Saints	108:20
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Juniors:

1	Lebohang Motsotsoana	LES	83:35
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10 km

MEN

1.	Siyabonga Nkonde	Boxer AC	29:52
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WOMEN

1.	Nontantla Gcina	Umzimkulu	39:19
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Caltex Border Masters Half Marathon

East London, 21 February

(Distance: 21.1 km; point-to-point, excessively downhill course, dropping 147 m from start to finish. Finishers: 403 [up from 339 last year].)

Note: *Distance Running Results* reported last week on the fact that this course was 10 m short last year. The course is now the correct length, but still drops excessively from start to finish. The runners' names are in the order of surname first, followed by first name. -- Ed.

MEN

1.	April Lusapho	Oxford Striders	32	1:02:27
2.	Davies Roger	Individual	30	1:17:03
3.	Mashida Xolile	Overtakers	38	1:18:19

40-44:

1.	Fritz Doran	Born 2 Run	41	1:17:38
2.	Ntamo Vincent	All Stars	41	1:22:52
3.	Myataza Zolani	Real Gijimas	43	1:36:14

45-49:

1.	Mnyamana Max	Real Gijimas	46	1:28:14
2.	Victor Liam	Old Boys	46	1:28:41
3.	Ngini Damesi	Real Gijimas	46	1:29:31

50-54:

1.	Mpalala Mzoli	Real Gijimas	52	1:26:25
2.	Ngxeke Simon	Born 2 Run	52	1:27:48
3.	Venter Marcel	Vodacom Striders	50	1:28:37

55-59:

1.	Bhelwana Themba	Oxford Striders	58	1:30:36
2.	Mpemvushe Gladman	ELAC	56	1:44:20
3.	Bowman Dave	Oxford Striders	59	2:01:55

60-64:

1.	Elson Patrick	Gonubie Harriers	63	1:35:19
2.	Smit Nicky	Old Boys	63	1:37:05
3.	Kumm Graham	Oxford Striders	63	1:38:23

65-69:

1.	Stander Joseph	Qtn Harriers	66	1:57:42
2.	Ngqwala Singa	Real Gijimas	66	2:06:07
3.	Noot Tom	Individual	67	2:09:06

75+:

1.	Luhabe Zeb	Real Gijimas	87	03:51:07
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WOMEN

1.	Chambers Nina	Individual	41	1:35:17
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2.	Hunter Sandra	Old Boys	38	1:35:23
3.	De Lange Kirsten	Born 2 Run	31	1:37:55
40-44:				
1.	Conroy Michelle	Foundation AC	39	1:41:21
2.	Robb Clare	Old Boys	40	1:41:31
3.	Tinhof Carol	Born 2 Run	41	1:47:13
45-49:				
1.	Kelly Tammy	Oxford Striders	47	1:39:06
2.	Gee Debbie	Individual	48	1:46:22
3.	Van Zyl Lizelle	Gonubie Harriers	45	1:52:29
50-54:				
1.	Langtree Alison	Born 2 Run	51	1:44:51
2.	Eldridge Sharon	Old Boys	52	1:46:44
3.	Krause Suzette	Oxford Striders	52	1:56:45
55-59:				
1.	Peens Colleen	Born 2 Run	57	1:50:17
2.	Pitt Maureen	Oxford Striders	56	1:58:03
3.	Bester Joey	Qtn Harriers	58	2:12:56
60-64:				
1.	Bowman Gill	Oxford Striders	60	2:04:59
2.	Beyleveld Avril	Kowie Striders	63	2:05:13
3.	Whittington Michelle	Old Boys	61	2:06:01
65-69:				
1.	Attree Liz	Bufs	68	2:36:48
70-74:				
1.	Richardson Paula	Bufs	71	2:12:35

Bagshaw Bay Ultra (33rd) & 10 km

Port Elizabeth, 22 February

(Distances: 50 km & 10 km; out-and-back courses. Finishers: 50 km – 246 [up from 234 last year]; 10 km – 473 [up from 400].)

50 km

MEN

1	Melikhaya	Kepe	Nedbank RC EP	38	3:02:00
2	Masande	Mlonyeni	Nedbank RC EP	34	3:06:21
3	Eric	Sigxashe	Motherwell AC	36	3:08:07
4	Zamubuntu	Teyise	Charlo AC	38	3:18:24
5	Mzamo	Fokwana	Charlo AC	37	3:22:35
6	Thobile	Xata (1st vet)	Bluewater Bay	40	3:26:26
7	Anele	Maliza	Nedbank RC EP	37	3:31:08
8	Mzukisi	Klaas	Motherwell AC	46	3:38:45
9	Nkosinathi	Gcakasi	Bluewater Bay	44	3:45:09
10	Thembekile	Msipa	Charlo AC	40	3:51:15
11	Luyanda	Matiwana	Motherwell AC	36	3:53:49
12	Darrell	Wicht (1st mast)	Warriors AC	51	3:55:40
13	Colben	Ngcupe	Motherwell AC	51	3:55:59
14	Graham	Eshmade	Charlo AC	37	3:57:20
15	Welcome	Loliwe	Tinarha AC	50	3:57:41
16	Vusumzi	Runeli	Nedbank RC EP	42	4:02:00
17	Graham	Terblanche	Madibaz AC	50	4:02:00
18	Nelson	Vlakbok	Charlo AC	50	4:05:30
19	Samkelo	Sinyongo	Nedbank RC EP	33	4:06:29
20	Ruan	Smalberger	St Albans CS EP	25	4:06:51

40-44:

1	Thobile	Xata	Bluewater Bay	40	3:26:26
2	Nkosinathi	Gcakasi	Bluewater Bay	44	3:45:09
3	Thembekile	Msipa	Charlo AC	40	3:51:15

45-49:

1	Mzukisi	Klaas	Motherwell AC	46	3:38:45
2	Chris	Darke	Charlo AC	46	4:07:11
3	Vernon	Newfeldt	Gelvan AC	48	4:22:21

50-54:

1	Darrell	Wicht	Warriors AC	51	3:55:40
2	Colben	Ngcupe	Motherwell AC	51	3:55:59
3	Welcome	Loliwe	Tinarha AC	50	3:57:41

55-59:

1	Disemba	Blou	Charlo AC	56	4:27:35
2	Leonard	Erasmus	Gelvan AC	57	4:39:24
3	Clifford	Hicken	Nedbank RC EP	57	4:51:57

60-64:

1	Sizinzo	Kama	Achilles AAA	63	4:30:21
2	Sticks	Stiglingh	Kowie Striders	60	4:44:16
3	Jerrit	Rudman	Kouga Multi SC	60	4:48:47

65-69:

1	Thomas	Groener	PEAAC	67	5:26:09
2	William	Vorster	PEAAC	68	5:43:10
3	Ben	Bouwer	Hartenbos	69	6:21:33

70-74:

1	Godfrey	Kariem	Gelvan AC	74	6:06:07
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WOMEN

1	Elmarie	Bezuidenhout	Charlo AC	33	4:07:11
2	Christine	Claasen (1st mast)	Achilles AAA	50	4:12:24
3	Asanda	Solani	Born To Run AC	31	4:21:31
4	Katherine	Van der Walt	Body Concept	39	4:24:20
5	Janine	Gardiner	Charlo AC	33	4:25:48
6	Lisa	Rentzke	Body Concept	31	4:37:18
7	Christine	Wienand	Nedbank RC EP	35	4:37:19
8	Nokholo	Hlezupondo	SANDF AC EP	36	4:39:34
9	Camarin	Van Eyk	Nedbank RC EP	32	4:39:50
10	Frances	Stone (1st vet)	Body Concept	42	4:41:57
11	Elizma	Horne	Temp	36	4:51:39
12	Buyelwa	Kobokana	Nedbank RC EP	49	4:52:59
13	Elmien	Nel	Nedbank RC SWD	43	4:53:52
14	Wilandi	Esterhuysen	Run For Life EP	36	4:58:39
15	Michelle	Galloway	Madibaz AC	27	4:59:39
16	Lynette	Marais	Temp	28	4:59:40
17	Robyn	Rose	Charlo AC	27	5:04:18
18	Amanda	Shaw	Body Concept	50	5:12:27
19	Laura	Maritz	Elite AC	54	5:16:15
20	Sunelle	Horne	Bluewater Bay	40	5:16:41

40-44:

1	Frances	Stone	Body Concept	42	4:41:57
2	Elmien	Nel	Nedbank RC SWD	43	4:53:52
3	Sunelle	Horne	Bluewater Bay	40	5:16:41

45-49:

1	Buyelwa	Kobokana	Nedbank RC EP	49	4:52:59
2	Sharon	Jessop	Warriors AC	45	5:18:13
3	Joanne	Tucker	Charlo AC	47	5:30:14

50-54:

1	Christine	Claasen	Achilles AAA	50	4:12:24
2	Amanda	Shaw	Body Concept	50	5:12:27
3	Laura	Maritz	Elite AC	54	5:16:15

55-59:

1	Suzanne	Lavis	PEAAC	56	5:34:07
2	Lynette	Crause	Walmer AC	55	5:58:40
3	Janette	Van der Kolf	Coega AC	55	6:03:32

10 km**MEN**

1	Mariano	Eesou	Madibaz AC	23	30:40
2	Melikhaya	Frans	Tinarha AC	23	30:53
3	Mzwanele	Maphekula	Bluewater Bay	38	32:45
4	Sibusiso	Thu	Transnet Eng EP	27	33:43
5	Aphlyn	Taai	Transnet Eng EP	32	33:44
6	Zolani	Mabhongo	Temp	28	33:46
7	Zolile	Mhlahlo (1st vet)	Achilles AAA	40	34:04
8	Sipho	November	Graaff-Reinet R C	34	34:06
9	Brendon	Effenaar (1st jun)	Nedbank RC EP	18	34:47
10	Terrance	Mjekula	Charlo AC	42	35:11
11	Khayaletu	Makalima	Aspen Pharmacare	31	35:18
12	Saziso	Pangindawo	Aspen Pharmacare	32	35:51
13	Lufeze	Xinwa	Transnet Eng EP	28	36:32
14	Daryl	North	Achilles AAA	37	36:56
15	Bulelini	Niwa	PEAAC	31	37:51
16	Michael	Bekapi (1st mast)	Ikhamva AC	53	37:52
17	Jacques	Barnard	Despatch AC	38	37:55
18	Xolisa	Ndlumbini	Temp	32	39:15
19	Bongani	Bashe	Madibaz AC	33	39:24
20	Noel	Adams	Temp	42	39:52

40-44:

1	Zolile	Mhlahlo	Achilles AAA	40	34:04
2	Terrance	Mjekula	Charlo AC	42	35:11
3	Noel	Adams	Temp	42	39:52

45-49:

1	Shane	Saunders	PEAAC	47	49:26
2	Noel	Van Willing	Despatch AC	48	50:30
3	Leon	Groenewald	Warriors AC	48	51:00

50-54:

1	Michael	Bekapi	Ikhamva AC	53	37:52
2	Frank	Piron	Charlo AC	51	42:23
3	Stephen	Phillipson	Muirite Striders	51	45:54

55-59:

1	Gerrie	Hermann	Kouga Multi S C	58	42:51
2	Jan	Van Eeden	Nedbank RC EP	56	46:47
3	Joseph	Bain	St Albans CS EP	55	48:21

60-64:

1	Bruce	McEwan	Achilles AAA	61	46:03
2	John	Kotze	Achilles AAA	63	53:38
3	Peter	Bashela	Gelvan AC	62	54:18

65-69:

1	Hannes	Els	Warriors AC	65	43:22
2	Graham	Channon	Achilles AAA	65	46:34
3	Percy	Dalton	Achilles AAA	66	50:24

70-74:

1	Ron	Clark	Bluewater Bay	72	52:32
2	Brian	Smith	PEAAC	71	1:10:55
3	Gerald	Bouwer	Achilles AAA	71	1:11:11

Juniors:

1	Brendon	Effenaar	Nedbank RC EP	18	34:47
2	Jean	Botha	Temp	18	45:49
3	Fabio	Nobrega	Temp	19	54:45

WOMEN

1	Siphokazi	Nojoko	Motherwell AC	20	39:59
2	Janette	Schierz-Crusius (1st mast)	Body Concept	54	44:06
3	Deliwe	Nyanga	Nedbank RC EP	25	45:01
4	Terray	Newcombe	Elite AC	24	45:58
5	Catherine	Curtain (1st vet)	Muirite Striders	44	47:20
6	Nolikhanyo	Mdwayi	Transnet Eng EP	33	49:03
7	Tania	Jordaan	Charlo AC	38	49:49
8	Treloar	Childs	Walmer AC	51	50:11
9	Nikki	Strooh	Walmer AC	38	50:13
10	Eddelene	Bouwer	PEAAC	35	50:46
11	Olwethu	Bomvana	Youth 4 Change AC	28	51:37
12	Elize	Adams	Gelvan AC	40	51:41
13	Lundi	Payne	Temp	31	51:50
14	Nomfundo	Hlela	Charlo AC	32	51:56
15	Lize-Mari	Jacobs	Temp	25	51:59
16	Nikita	Bentley	PEAAC	22	52:03
17	Paulette	McEwan	Achilles AAA	49	52:31
18	Lindi	Van Tonder	Charlo AC	36	52:31
19	Elna	Jonck	St Albans CS EP	39	53:03
20	Jeanette	Oberem	Temp	26	53:24

40-44:

1	Catherine	Curtain	Muirite Striders	44	47:20
2	Elize	Adams	Gelvan AC	40	51:41
3	Toegeda	Vyver	Nedbank RC EP	42	53:41

45-49:

1	Paulette	McEwan	Achilles AAA	49	52:31
2	Judy	Beens	Charlo AC	48	54:03
3	Geraldine	Colvin	Charlo AC	46	54:07

50-54:

1	Janette	Schierz-Crusius	Body Concept	54	44:06
2	Treloar	Childs	Walmer AC	51	50:11
3	Rosemary	Joubert	Crusaders AC	54	54:28

55-59:

1	Christine	Snyman	Despatch AC	58	58:29
2	Theresa	Lillis	Achilles AAA	58	59:41
3	Liz	Austin	Achilles AAA	56	1:00:38

60-64:

1	Cathy	Ives	Achilles AAA	61	1:01:00
2	Nicki	Van Niekerk	Muirite Striders	60	1:01:54
3	Sharon	Brown	PEAAC	61	1:16:01

65-69:

1	Liz	Grundlingh	Muirite Striders	68	55:46
2	Christine	Fourie	Elite AC	68	1:03:54
3	Jeanette	Pienaar	PEAAC	66	1:08:27
1	Orgia	Nell	Muirite Striders	71	1:10:37

70-74:

1	Dorothy	Hart	Madibaz AC	77	1:18:47
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Juniors:

1	Luzanne	Bruyns	Elite AC	16	57:32
2	Phumelela	Kula	Madibaz AC	19	58:12
3	Danielle	Harkin	Madibaz AC	19	1:08:48

BestMed Tuks Half Marathon & 10 km

Pretoria, 21 February

(Distances: 21.1 km & 10 km; loop courses – the half marathon undulating and the 10 km fast and flat. Finishers: half marathon – 2400 [considerably up from 1900 last year]; 10 km – 3700 [up from 3150].)

Half marathon**MEN**

1 Lameck Misiwa (TAN/Nedbank) 67:36; 2 Lucas Jani (Transnet) 67:41; 3 Vuyisile Tshaba (Transnet) 67:50.

Veterans: 1 Simon Mpholo (Nedbank) 70:32; 2 Peter Tadziripa (ZIM/Maxed Elite) 73:51; 3 Peter Medupe (Nedbank) 75:35. **Masters:** 1 Dan Mothibe (Runavation) 78:54; 2 Johannes Ramaphakela (Tshwane AC) 84:09; 3 Victor Phetoe (Irene) 86:09. **G'masters:** 1 Petrus Rashikekana (Magnolia) 1:40:40. **G/g'masters:** 1 Bert v.d. Raad (ACRW) 2:08:49. **80+:** Martin Coetzee (Magnolia) 2:31:41. **Juniors:** 1 Sam Mokoena (Cool Running) 75:48.

WOMEN

1 René Kalmer (Modern Athlete) 78:08; 2 Kataza Shipalawa (Transnet) 79:11; 3 Prudence Zwane (Transnet) 84:01 (1st vet).

Veterans: 1 Prudence Zwane (Transnet) 84:01; 2 Lindsey van Aswegen (Runavation) 95:11; 3 Sarah Mahlangu (West Rand) 97:06. **Masters:** 1 Debbie Bredenkamp (HQB) 1:42:00; 2 Ansa Strydom (Runavation) 1:47:06; 3 Julie Shadwell (Phobians) 1:53:54. **G'masters:** 1 Joan de Klerk (RAC) 2:06:05. **G/g'masters:** 1 Mavis Stadler (Agape) 2:29:02. **Juniors:** 1 Georgia Janisch (Magnolia) 1:44:52.

10 km**MEN**

1 Sikhubuzo Seme (Transnet) 30:33; 2 Kgosi Tsosane (Nedbank) 30:46; 3 Shadrack Hoff (Samancor) 31:28 (1st vet).

Veterans: 1 Shadrack Hoff (Samancor) 31:28; 2 Siphon Ncube (ZIM/Maxed Elite) 32:09; 3 Elias Mabane (Temp) 33:10. **Masters:** 1 Nel Mtsweni (Gauteng Striders) 38:25; 2 Paul Mabena (Ford) 39:26; 3 Sontaga Mabale (Midrand) 41:33. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 37:44. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 50:45. **80+:** Ken Nurden (Agape) 62:13. **Juniors:** 1 Thato Rampa (Gauteng Striders) 34:06.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 35:34; 2 Caroline Wostmann (Nedbank) 36:20; 3 Portia Ngwenya (Transnet) 38:14.

Veterans: 1 Jacquie v.d. Waals (Irene) 40:15; 2 Ronel Thomas (Boxer) 41:32; 3 Mitsie v.d. Westhuizen (Runavation) 41:51. **Masters:** 1 Ansie Breytenbach (Irene) 43:17; 2 Elsabe Brink (Runavation) 45:34; 3 Ina Lagerwall (Magnolia) 49:48. **G'masters:** 1 Olga Smit (Affies) 66:32. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 53:56. **80+:** Deirdre Larkin (Randburg Harriers) 63:53.

Koeberg 15 km (21st)

Duynefontein, 21 February

(Certified loop course, partly on gravel through nature reserve.)

Note: A repeat win here for Wanda Roro. -- Ed.

MEN

1. Wanda Roro (Itheko) 50:37
2. Damian Will (Pine) 54:40
3. Tholang Moloi (SANDF) 54:59 (1st vet)

Veterans: 1. Tholang Moloi (SANDF) 54:59; 2. Mogale Piloso (SANDF) 58:39; 3. Gavin McCarthy (Ind) 60:28. **Masters:** 1. Monde Tutani (Gugs) 58:52; 2. Roston Isaacs (Ind) 60:11; 3. Ludwig Lillie (Durb) 62:54. **G'masters:** 1. Dicky Cloete (SANDF) 70:42; 2. Brian Merryweather (Edge) 73:59; 3. Kevin Kohler (Edge) 77:30. **G/g'masters:** 1. Peter Donald (WC) 77:10; 2. Kaare James (Pine) 95:10; 3. Caspar Greeff (AAC) 99:59. **Juniors:** 1. Mark Naidoo (Nantes) 67:06; 2. Tristan Florence (Nantes) 67:27; 3. Ryan Leedenberg (VOB) 80:34.

WOMEN

1. Candyce Hall (Carb) 61:21
2. Busisiwe Matiwane (Celtic) 63:44
3. Lee-Shay Willemse (Velo) 64:33

Veterans: 1. Obertina Kanyongo (ZIM/WC) 65:39; 2. Sheryl de Lange (CMC) 67:07; 3. Angelique Rabie (Carb) 68:31. **Masters:** 1. Mariëtte Strauss (Tyger) 67:36; 2. Elschen Beyers (Durb) 78:11; 3. Cailey Bredenkamp (Paarl) 79:49. **G'masters:** 1. Ruth Leverton (Pine) 87:34; 2. Dianne Duggan (Melkbos) 95:39; 3. Lynda Fillmore (Edge) 97:03. **G/g'masters:** 1. Marlene James (Pine) 92:58; 2. Gail Buhrmann (Durb) 95:49; 3. Marianne Nelson (RWFL) 1:43:41. **Juniors:** 1. Razaan Kamaldien (ARD) 78:51; 2. Eden Tobias (Edge) 90:55.

Better late than never:

Dis-Chem Half Marathon

Bedfordview, 11 January

(Distance: 21.1 km & 5 km; loop courses)

Note: René Kalmer successfully defended her title with an easy win. - Ed.

MEN

1. Lucky Mohale (Ind) 1:07:40
2. David Manja (Ned) 1:07:53
3. Kgosi Tsosane (Ned) 1:08:06
4. Leswene Africa Mailola (Ned) 1:09:56
5. Mbongeleni Sipho Mtshali (Olifants) 1:10:51
6. Eliya Tshepiso Mogoboya (Ned) 1:12:42
7. Sibabalwe Gladwin Mzazi (Trans) 1:13:02
8. Gladstone Giba (Toy) 1:13:18
9. Tumelo Mahlangu (Ned) 1:13:43
10. Ludwick Mamabolo (Ned) 1:13:44
11. Samuel Mashishi (ADT) 1:14:29
12. Lukas Jani (Ind) 1:14:33
13. Mapepane Mahlangu (Gallop) 1:14:52
14. Claude Moshiywa (Ned) 1:15:53
15. Thabo Nkuna (Bonitas) 1:16:10

WOMEN

1. René Kalmer (MA) 1:18:38
2. Yolande Maclean (Ind) 1:21:26
3. Christine Kalmer (Boxer) 1:23:23
4. Charné Bosman (Ned) 1:24:27
5. Mpho Mabuza (Gallop) 1:27:29

TRACK

WP League & Masters Meeting

Parow, 14 February

MEN

800:

1	DAMONS, Bruce-Lynn	CELT	1:56.49
2	STEVENS, Darren	SPAC	1:56.85
3	VOLSTRUIS, Warren	UWC	1:57.94
4	STEVENSON, Dylon	UCT	1:59.30
5	CLASSENS, Ashwyn	BELL	1:59.99
6	BEUKES, Kaleb	UWC	2:01.77
7	BALIE, Jermaine	UWC	2:05.33
8	BAARTMAN, Juwayden	TEMP	2:06.17
9	ROOS, Mihan	KNYS	2:06.31
10	HEYMAN, Justin	BELL	2:10.09

1500:

Race 1 -

1	FORTUIN, Vincent	UWC	4:09.97
2	ATSON, Dylon	UWC	4:13.95
3	KOTZE, Aubrey	EERS	4:21.78
4	PONCO, Laban	NEDB	4:33.35

Race 2 -

1	NGUDLUMANA, Virginia	ITHE	4:03.02
2	SOLDAKA, Siboniso	CPUT	4:04.37
3	NOBAKADA, Lukhanyo	VOB	4:11.20
4	RABIE, Kurt	UWC	4:13.33
5	NDLOVU, Buphelele	UWC	4:19.29
6	SLINGERS, Fabian	UWC	4:33.22
7	BALIE, Raydon	WILD	4:37.45
8	McCARTHY, Gavin	TEMP	4:43.73
9	FRANS, Marchellino		4:45.16
10	DE KLERK, Ashley	EERS	4:55.60

5000:

1	SOTYANTYA, Nkosinathi	ITHE	15:52.94
2	TIMOTEUS, Anthony	UWC	16:05.34
3	SMITH, Ashley	CELT	17:02.95
4	KLAASTE, Merlin	UWC	17:22.11
5	BALIE, Raydon	WILD	17:26.66
6	BOTHMA, Terrance	EDGE	17:41.00
7	SWANEPOEL, Willem	TEMP	18:03.01
8	SWART, Dries	CMSC	18:19.5
9	YOKWANA, Buhle	VOB	18:34.87
10	PONCO, Laban	NEDB	18:43.2

WOMEN

800:

1	VAN DEVENTER, Icarien	TNLK	2:26.50
2	KAPP, Simone	BELL	2:27.41
3	UPTON, Kyra	MILN	2:34.11
4	COETZEE, Elmarie	CMSC	2:37.04
5	JOHANNES, Chante	UWC	2:45.77
6	DE VILLIERS, Nicola	BELL	2:57.50

1500:

Race 1 -

1	DU BRUYN, Leanda	CPUT	4:41.15
2	ROFFEY, Anneline	CMSC	4:44.32
3	TERBLANCHE, Anel	CMSC	4:49.91
4	GWALA, Busisiwe	VOB	5:07.79
5	NGCANTSI, Nomaxesibe	VOB	5:49.13

Race 2 -

1	SIMAE, Bulelwa	NEDB	4:45.45
2	ABRAHAMS, Amy	UWC	5:31.79
3	LEUNG, Charmaine	MILN	5:38.77
4	DE VILLIERS, Nicola	BELL	6:31.3

5000:

1	SIMAE, Bulelwa	NEDB	17:19.32
2	MOYIKWA, Pamela	VOB	17:53.78
3	DU BRUYN, Leanda	CPUT	17:56.38
4	ROFFEY, Anneline	CMSC	18:05.95
5	SCOTT, Tanya	UCT	18:07.60
6	MARAIS, Ebeth	MATI	18:19.76
7	VAN GRAAN, Sandra	EDGE	19:42.16
8	COETZEE, Elmarie	CMSC	19:55.07

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**Tokyo Marathon** (36th/9th as a mixed gender race)

(World Marathon Majors/IAAF Gold Label Event)

Tokyo, JPN, 22 February

(Distance: 42.195 km; point-to-point course with approximately 30 m of elevation loss)

MEN (gun times)

1.	Endeshaw Negesse, ETH	2:06:00	JPY 8,000,000 (=USD 67,114)
	[1:03:08 / 1:02:52]		
2.	Stephen Kiprotich, UGA	2:06:33 NR	4,000,000
3.	Dickson Chumba, KEN	2:06:34	2,000,000
4.	Shumi Dechasa, BRN	2:07:20	1,000,000
5.	Peter Some, KEN	2:07:22	750,000
6.	Markos Geneti, ETH	2:07:25	500,000
7.	Masato Imai, JPN	2:07:39 PB	400,000
8.	Tesegay Kebede, ETH	2:07:58	300,000
	[1:03:08 / 1:04:50]		

9. Hiroaki Sano, JPN	2:09:12 PB	200,000
10. Benjamin Ngandu, KEN	2:09:18 PB	100,000
Tariku Bekele, ETH	DNF (25 km 1:16:48)	

WOMEN (gun times)

1. Birhane Dibaba, ETH	2:23:15	JPY 8,000,000 (=USD 67,114)
[1:11:41 / 1:11:34]		
2. Helah Kiprop, KEN	2:24:03 PB	4,000,000
3. Tiki Gelana, ETH	2:24:26	2,000,000
4. Selly Kaptich Chepyego, KEN	2:26:43 DB	1,000,000
5. Flomena Cheyech Daniel, KEN	2:26:54	750,000
6. Yeshi Esayias, ETH	2:30:15	500,000
7. Madoka Ogi, JPN	2:30:25	400,000
8. Albina Mayorova, RUS	2:34:21	300,000
9. Yukari Abe, JPN	2:34:43	200,000
10. Yumiko Kinoshita, JPN	2:35:49 PB	100,000

Zürich Maratón Ciudad de Sevilla (31st)

Sevilla, ESP, 22 February

(Distance: 42.195 km)

MEN (gun times)

1. Lawrence Cherono, KEN	2:09:39 PB
2. Jafred Chirchir Kipchumba, KEN	2:10:26
3. Bernard Kipkorir Talam, KEN	2:11:33
4. Wenedem Sigat Gereme, ETH	2:15:26
5. Patrick Korir, KEN	2:16:06

WOMEN (gun times) -

1. Filomena Costa, POR	2:28:00 PB
2. Abebech Tsegaye Bekele, ETH	2:33:49
3. Mercy Jelimo Too, KEN	2:34:52
4. Rosa Alva Chacha, ECU	2:35:29 PB
5. Marily Dos Santos, 1978, BRA	2:37:25
... 10. Joasia Zakrzewski, 1976, GBR	2:40:59

Publix Gasparilla Distance Classic Race Weekend (38th)

Tampa, USA, 22 February

(Distance: 21.1 km)

MEN (gun times)

1. Dathan Ritzenhein, 32	1:03:17	\$8000
2. Abdi Abdirahman, 36	1:03:55	3500
3. Brett Gotcher, 30	1:03:56	2000
4. Fernando Cabada, 32	1:03:59	1000
5. Ian Burrell, 30	1:04:55	500

WOMEN (gun times)

1. Jen Rhines, 40	1:12:35	\$8000
2. Neely Spence Gracey, 24	1:12:39 PB	3500
3. Heather Lieberg, 35	1:13:10 PB	2000
4. Clara Santucci, 27	1:14:10	1000
5. Wendy Thomas, 36	1:14:28	500

CROSS-COUNTRY

Saucony English National Cross-country Championships

London, GBR, 21 February

SR. MEN (12 km)

1. Charlie Hulson, Sale Harriers Manchester 39:12
2. Andrew Heyes, Hallamshire Harriers Sheffield 39:31
3. Nicholas Swinburn, Morpeth Harriers 39:39
4. Daniel Garbutt, Durham City Harriers & AC 39:46
5. Ben Tickner, Brighton Phoenix 39:51

SR. WOMEN (8 km)

1. Lilly Partridge, Aldershot Farnham & District 30:07
2. Louise Small, Aldershot Farnham & District 30:55
3. Sarah Astin, Manx Harriers 31:14
4. Georgie Bruinvels, Aldershot Farnham & District 31:20
5. Juliet Potter, Charnwood AC 31:21

INDOOR TRACK

Sainsbury's Indoor Grand Prix

Birmingham, GBR, 21 February

Note: Mo Farah ended his 7-week training stint in Ethiopia by running a world best 8:03.40 for two miles here, surpassing Kenenisa Bekele's mark from 2008. "It feels amazing to break the world record," Farah was quoted by British Athletics. "I belong on the track so it's nice to be back. It's different training for a world record than training for the championships – I wanted to see what I could do as we'd targeted the world record." Behind him, 40 year-old Bernard Lagat clocked a 40+ world best of 8:17.05, and bettered his own 3000 masters record of 7:41.3 en route. -- Ed.

MEN

800:

1. Jeremiah Kipkorir Mutai, KEN, 1:45.93 PB
2. André Olivier, RSA, 1:46.25
3. Timothy Kitum, KEN, 1:46.69
4. Andreas Almgren, SWE, 1:46.88
5. Erik Sowinski, USA, 1:46.92

1500:

1. Vincent Kibet, KEN, 3:34.91 PB
2. Bethwell Birgen, KEN, 3:34.91
3. Hillary Cheruiyot Ngetich, KEN, 3:35.26 PB
4. Ben Blankenship, USA, 3:35.28 PB
4. Nixon Chepseba, KEN, 3:35.28
- ... 10. Matthew Centrowitz, USA, 3:40.80

2 miles:

1. Mo Farah, GBR, 8:03.40 WB
[4:03.9 / 3:59.5]
2. Paul Kipsiele Koech, KEN, 8:13.46
3. Bernard Lagat, 1972, USA, 8:17.05 WB M40
4. Suguru Osako, JPN, 8:25.76
5. Tom Farrell, GBR, 8:26.01 PB

3000 en route (hand times):

1. Mo Farah, GBR 7:33.1 NR
2. Bernard Lagat, 1972, USA 7:41.3 WB M40
3. Paul Kipsiele Koech, KEN 7:41.7
4. Suguru Osako, JPN, 7:50.7
5. Philip Hurst, GBR, 7:51.1

WOMEN

800:

1. Jenny Meadows, GBR, 2:01.25
2. Charlene Lipsey, USA, 2:02.61
3. Stina Troest, DEN, 2:02.93
4. Shelayna Oskan-Clarke, GBR, 2:02.96
5. Aníta Hinriksdóttir (1996), ISL, 2:03.09

Mile:

1. Axumawit Embaye, ETH, 4:23.50 PB
2. Shannon Rowbury, USA, 4:24.12
3. Gudaf Tsegay, 1997, ETH, 4:26.84 PB
4. Treniere Moser, USA, 4:29.18
5. Aisha Praught, USA, 4:32.86 PB
- Hannah England, GBR, DNF
- Jordan Hasay, USA, DNF

1500 en route (hand times):

1. Axumawit Embaye, ETH, 4:07.2
2. Shannon Rowbury, USA, 4:07.7
3. Gudaf Tsegay, ETH, 4:08.9
4. Treniere Moser, USA, 4:11.1
5. Sofie van Accom, BEL, 4:14.8

3000:

1. Habiba Ghribi, TUN, 8:46.61 PB
2. Senbere Teferi, ETH, 8:46.84 PB
3. Jordan Hasay, USA, 8:50.21 PB
4. Maureen Koster, NED, 8:51.10 PB
5. Gotytom Gebreslase, ETH, 8:53.97
- ... 7. Stephanie Twell, GBR, 9:03.55
8. Jessica Judd, GBR, 9:08.13

XL Galan

Stockholm, SWE, 19 February

MEN

800:

Race A:

1. Abdulrahman Musaeb Bala, 1989 QAT, 1:45.48 WL NR
2. Adam Kszczot, 1989, POL, 1:45.77
3. Marcin Lewandowski, 1987, POL, 1:45.78
4. André Olivier, 1989, RSA, 1:46.04
5. Timothy Kitum, 1993, KEN, 1:46.55

1500:

1. Homiyu Tesfaye, 1993, GER, 3:34.13 WL NR
2. Bethwel Birgen, 1988, KEN, 3:34.62
3. Collins Cheboi, 1987, KEN, 3:35.90

4. Silas Kiplagat, 1989, KEN, 3:38.15
5. Vincent Kibet, 1991, KEN, 3:39.18

WOMEN

1500:

1. Sifan Hassan, 1993, NED, 4:00.46 WL/NR
2. Bethlem Desalegn, 1991, UAE, 4:05.61 NR
3. Meraf Bahta, 1989, SWE, 4:06.42
4. Angelika Cichocka, 1988, POL, 4:06.44
5. Gudaf Tsegay, 1997, ETH, 4:07.69

5000:

1. Genzebe Dibaba, 1991, ETH, 14:18.86 WR
2. Birtukan Fente, 1989, ETH, 15:22.56
3. Birtukan Adamu, 1992, ETH, 15:34.15
4. Alia Saeed Mohamed, 1991, UAE, 15:34.70
5. Dagmawit Kidane, 1996, ETH, 15:35.71

STATS TIME

This week we include a list of the top ten SA veteran women in the half marathon for 2014. Secondary performances by the top three are also listed. Janene Carey is the only one with three times on the list.

2014 HALF MARATHON: TOP 10 VETERAN WOMEN

1:23:10	Suzette Botha	Mt Edgecombe	25 May
1:23:12	Ulrica Stander	Stellenbosch	15 Nov
1:24:15	Botha-2	Pietermaritzburg	23 Feb
1:25:37	Janene Carey	Mt Edgecombe	25 May
1:26:37	Stander-2	Hermanus	04 Oct
1:26:39	Ronel Thomas	Cape Town	19 Apr
1:26:40	Carey-2	Cape Town	19 Apr
1:26:44	Carey-3	Hillcrest	09 Feb
1:26:57	Gillian Sieling	Benoni	26 Jan
1:26:57	Ursula Frans	Atlantis	23 Aug
1:27:25	Jane Mudau	Port Elizabeth	15 Nov
1:27:54	Judy Bird	Pretoria	15 Nov
1:28:09	Lana Theunissen	George	07 Jun
1:29:08	Sheryl de Lange	Atlantis	23 Aug

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 (exactly): 23 February 1974

Ewald Bonzet's versatility – he achieved a sub-3:58 mile and a sub-2:13 marathon – is matched by few athletes in the world. He ran one of the best races of his long career on this day in Port Elizabeth when he smashed Johnny Halberstadt's SA 5000-metre record by almost 13 sec with a time of 13:31.2. This placed him 25th on the world list that year. Five days earlier he had also set a national 3000-metre record (7:53.2); in March he established a record for the steeplechase (8:37.6) and in May for the 10000 metres (28:16.2). In April, on the same track in Port Elizabeth, he won the SA 10000-metre title.

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	29:52	Siyabonga Nkonde	Pietermaritzburg	22 Feb
	29:44A	Lesiba Precious Mashele	Paulpietersburg	15 Feb
	28:59	Rui-Pedro Silva (POR)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	45:20	David Ngakane	Vanderbijlpark	11 Feb
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	64:46	Desmond Mokgobu	Benoni	25 Jan
	62:27A	Lusapho April	East London	21 Feb
	60:05	Mosinet Geremew (ETH)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	80:54A	Sipho Mbanjuli	Pinetown	25 Jan
30 km	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:37:54	Duane Fortuin	Camps Bay	04 Jan
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:17:37	Lukas Jani	Dubai	23 Jan
	2:06:19	Moses Mosop Cheruiyot (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
100 km	2:03:23p	Wilson Kipsang (KEN) 2013		
	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	31:28	Shadrack Hoff	Pretoria	21 Feb
	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	70:32	Simon Mpholo	Pretoria	21 Feb
	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	34:32	Eric Coetzee	Athlone	07 Feb
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15 km	30:35	Tecwyn Davies (GBR) 1988			
	54:13	Desmond Zibi	Port Elizabeth		17 Jan
21.1 km	47:52	Titus Mamabolo (RSA) 1991			
	78:37	Daniel Mothibe	Benoni		25 Jan
25 km	66:42	Martin Rees (GBR) 2003			
	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
	2:51:30A	Johnny Persents	Simon's Town		15 Feb
	2:19:29	Titus Mamabolo (RSA) 1991			
100 km					
<u>Grandmasters (60+)</u>					
10 km	38:17	Muhammad Kriel	Athlone		07 Feb
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	3:22:09	Michael Langa	Hillcrest		08 Feb
100 km					
<u>Juniors</u>					
10 km	31:14	Lukhanyo Nobakada	Paarl		07 Feb
	27:52	Richard Chelimo (KEN) 1990			
15 km	52:39	Lukhanyo Nobakada	Constantia		10 Jan
	42:25	Moses Mosop (KEN) 2004			
21.1 km	75:48	Sam Mokoena	Pretoria		21 Feb
	72:22A	Mduduzi Hlatshwayo	Paulpietersburg		15 Feb
	59:16	Samuel Wanjiru (KEN) 2005			
WOMEN					
<u>Open</u>					
10 km	34:34	Mapaseka Makhanya	Irene		11 Feb
	34:03A	Lebo Phalula	Paulpietersburg		15 Feb
	31:25	Ana-Dulce Felix (POR)			
	30:21	Paula Radcliffe (GBR) 2003			
15 km	55:53	Annie Bothma	Durbanville		21 Jan
	46:14	Floence Kiplagat (KEN)			
	46:28	Tirunesh Dibaba (ETH) 2009			
	46:14p	Florence Kiplagat (KEN) 2015			
21.1 km	74:48	Irvette van Zyl	Benoni		25 Jan
	65:09	Florence Kiplagat (KEN)			
	65:12	Florence Kiplagat (KEN) 2014			
	65:09p	Florence Kiplagat (KEN) 2015			
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			
<u>Veterans (40+)</u>					
10 km	38:51	Prudence Zwane	Irene		11 Feb

15 km	32:14	Priscilla Welch (GBR) 1985		
	61:36	Ulrica Stander	Durbanville	21 Jan
	60:02A	Ulrica Stander	Camps Bay	04 Jan
21.1 km	49:35	Priscilla Welch (GBR) 1985		
	84:01	Prudence Zwane	Pretoria	21 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:42:12A	Suzette Botha	Pinetown	25 Jan
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	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
	3:02:08A	Jacqui Bakkes	Simon's Town	15 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	40:39	Elmarie Coetzee	Athlone	07 Feb
15 km	34:44	Tatyana Pozdniakova (UKR) 2005		
	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
	3:30:47A	Nancy Will (g'mast)	Simon's Town	15 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:44	Margie Saunders	Port Elizabeth	14 Feb
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
	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				
<u>Juniors</u>				
10 km	37:13	Busisiwe Gwala	Athlone	07 Feb
15 km	31:42	Zola Pieterse (RSA) 1984		
	61:52	Pamelia Moyikwa	Constantia	10 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:44:52	Georgia Janisch	Pretoria	21 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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FNB **KFM** **PUMA**

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A promotional banner for the Cape Town 12 OneRun event. The background is a photograph of a runner on a paved path at sunset, with the ocean and mountains in the distance. On the left side of the banner is a circular logo for the event. In the center, there are three white boxes containing the text 'ENTRIES NOW OPEN', 'GET YOUR RUN ON NOW', and the website 'www.thecapetown12.com'. At the bottom of the banner are the logos for FNB, KFM, and PUMA, along with social media handles for Facebook ('Cape Town 12'), Twitter ('@ctown12'), and Instagram ('#ct12run').