

Distance Running Results

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EDITORIAL

Stephen Mkoka retained his national 10 km title on Saturday in 29:37, the fastest time by a South African this year (until he himself ran faster in Durban the next day), and again beat Gladwin Mzazi for the gold. Whereas the gap between the twosome in Bloemfontein last year was 16 seconds, it was only 6 seconds this time. While the first ten dipped under 30 minutes in 2014, only the first four could do so in Pretoria. Mokoka's time is the slowest in the title race since Matthews Temane ran 30:00 in 1987.

The win in the women's race went to a relative newcomer to the roads, Lorraine Novela, who has had her best performances over the country: she was third in the SA Cross-country Championships last year and sixth in the SA Trials a month ago. Novela, who turns 24 on Thursday, clocked 35:35 to beat her previous best by 10 seconds short of two minutes – but her time is the slowest in the history of the race. Cornelia Joubert, SA marathon champion in 2013, was second, 15 seconds behind, with junior Nicole van der Merwe (only 16) third in 36:12.

Mokoka now has a tally of eighteen SA titles, among them five in a row in the 10000 m on the track. He is also the reigning cross-country champion. Mzazi is a former 5000-metre champion.

The first four women in the Durban City Marathon: Riana van Niekerk, Moleboheng Mafata, Thabita Tsatsa and Alemtsehay Hailu Kakissa. [Allie van Niekerk]



Shadrack Hoff, who himself can boast five crowns in the 10 km (each of which in a much faster time than Mokoka ran), retained the veterans title easily in 30:59 – also the fastest SA time for the year. In the corresponding women's category Prudence Zwane achieved the same distinction with her 37:43. Both junior winners also ran list leaders.

Sadly, the Durban City Marathon and 10 km showed precisely what is wrong and lop-sided with the standard and strategic planning of South African road running. Not only did the event clash with the national championship, with many top runners – especially women – electing rather to run in Durban for

much more money, but its incredibly high prize money was dished out (mostly to foreigners) for mediocre times of 2:15:46 and 2:50:45 (for the winners). To get R100 000 for times such as these is really laughable – not to mention R30 000 for 2:22+ and R10 000 for 3:18+! It is high time that SA race organisers – even those of smaller club events – follow the lead of many overseas events in which the amount of prize money paid out is contingent on the times achieved, either by adding time bonuses or deducting part of the money for performances slower than a predetermined time.

In the Durban 10 km Mokoka and Mzazi repeated their one-two finish of the previous day, but ran 64 sec and 59 sec faster respectively. The Phalula sisters took the first two places in the women's race in sub-34 times – more than 1½ min faster than the SA champion ran.

Four list leaders were set in the Deloitte Pretoria Marathon, run for the 42nd time.

At the SEC Indoor Championships on Lexington's oversized track Dominique Scott won the mile in 4:32.49 – just one-hundredth of a second slower than the SA best she set on the same track in January. Scott also took the 3000 m in 9:17.24.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Durban City Marathon & 10 km, Durban
- * Deloitte Pretoria Marathon, Half Marathon & 10 km, Pretoria
- * BNP Paribas Cadiz Milkwood Half Marathon & 10 km, Kommetjie
- * SA 10 km Championships, Pretoria
- * Century City 10 km Express, Goodwood
- * MKB Swartland Half Marathon & 10 km, Moorreesburg

International highlights:

- * Tachikawa Akishima Half Marathon, Tachikawa Akishima, JPN
 - * Maratonina Roma-Ostia, Roma to Ostia, ITA
 - * World's Best 10 km, San Juan, PUR
 - * The Woodlands Marathon & Half Marathon, The Woodlands, USA
 - * Indoor track: USA Indoor Championships, Boston, USA; Southeastern Conference (SEC) Indoor Championships, Lexington, USA; Atlantic Coast Conference (ACC) Indoor Championships, Blacksburg, USA; Big South Conference Indoor Championships, Winston-Salem, USA; Metz Moselle Athlétisme Meeting, Metz, FRA; Sun Belt Conference Indoor Championship, Birmingham, USA
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BACKGROUND

GREEN POINT TRACK OPENED

By Riël Hauman

I recently attended the opening of the beautiful new Green Point Stadium, which once again gives Cape Town a world-class facility for athletics after the historic stadium was dismantled a few years ago. Although it is eclipsed somewhat by the adjacent gigantic Cape Town Stadium, the graceful curve of the pavilion, sitting under the brow of Signal Hill, is impressive.

The opening was conducted by Alderman Patricia de Lille, Mayor of Cape Town. A couple of events with invited athletes were held. It is not certain when the stadium will host its first full-scale athletics meeting.

The decision by the city council of Cape Town to build this stadium should be commended, but is in stark contrast with its decision to demolish the Bellville Stadium – the biggest track facility in the northern suburbs of Cape Town and one where many major meetings have been held in the past – to make way for yet another soulless "development". This decision – probably the most arrogant, short-sighted and self-centered decision in a local sports matter for decades – will have a severe, if not tragic, effect on athletics in the northern suburbs, especially schools athletics, and shows the City Council to be totally out of touch with the needs of its tax-paying citizens.

On a brighter note, at the opening function the well-known athletics announcer Harold Berman loaned me a scrapbook which he made of press clippings of the first multiracial athletics meeting held in South Africa, in the Green Point Stadium on 26 and 27 November 1971, a meeting which he attended as timekeeper and I as spectator.

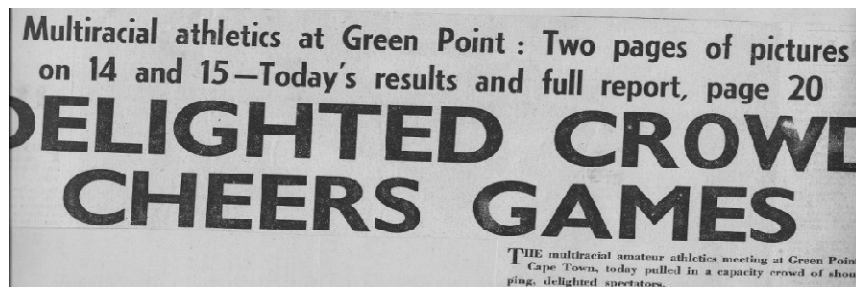
Many famous international athletes competed with a stellar contingent of South Africa's stars, both white and black. Among the overseas elite were Lasse Viren (FIN), Karel Lismont (BEL), Gaston Roelants (BEL), Andy Carter (GBR), Howard Payne (GBR), Jean-Louis Ravelomanantsoa (MAD), Carlos Lopes (POR), Heide Rosendahl (GER), Debbie Brill (CAN), Jouko Kuha (FIN), Seppo Tuominen (FIN), Kjell Isaksson (SWE) and Alan Lerwill (GBR).

Many of the officials who were involved with the meeting have passed away, but among those still active are Berman, De Villiers Lamprecht, "Mossie" Mostert and Mariana Meyer.

The amount of press coverage the historic meeting received was extraordinary, especially in contrast with the meagre attention the sport is getting nowadays. Although my scanner could not quite get in the whole width, the picture (above) shows one of the newspaper headlines ("Delighted crowd cheers Games").



Cape Town's new Green Point Track was opened recently by the mayor of the city and a few invitation events were held. [Riël Hauman]



ROAD RUNNING

Durban City Marathon & 10 km

Durban, 1 March

(Distances: 42.195 km & 10 km; loop courses. Weather: warm and very humid.)

Note: Unfortunately deeper results, and category results, were not available. – Ed.

Marathon

MEN

1. Daniel Ashenik Derese (ETH) 2:15:46 (R100 000)
2. Tsepang Ramonene (LES/Phantane) 2:16:35 (R50 000)
3. Munyaradzi Jari (ZIM/Toyota) 2:19:12 (R40 000)
4. Soothe Raletsebele (LES/Maxed Elite) 2:22:26 (R30 000)
5. Desmond Mokgobu (Boxer) 2:23:04 (R20 000)
6. Robson Chiagara (ZIM/Nedbank) 2:23:19 (R15 000)
7. Janas Makhele (Bidvest) 2:28:16 (R13 000)
8. Peter Tadziripa (ZIM/Maxed Elite) 2:24:23 (R12 000)
9. Sylvester Maindi (KEN/Maxed Elite) 2:30:22 (R11 000)
10. Michael Ngaseke (ZIM/Maxed Elite) 2:32:06 (R10 000)

WOMEN (Same prize money as men)

1. Thabita Tsatsa (ZIM/Maxed Elite) 2:50:45
 2. Moleboheng Mafata (LES/Nike) 2:53:15
 3. Alemtsehay Hailu Kakissa (ETH/Nedbank) 2:53:45
 4. Riana van Niekerk (Nedbank) 2:54:10
 5. Lizih Chokore (ZIM/Nedbank) 2:55:50
 6. Samukeliso Moyo (ZIM/Maxed Elite) 2:57:20
 7. Ntabaleng Letsela (LES/Phantane) 3:00:11
 8. Jadi Clark (Stella) 3:10:43
 9. Gillian Sieling (Nedbank) 3:18:09
 10. Simone Verster (Savages) 3:18:16
- Tanith Maxwell, DNF

10 km

MEN

1. Stephen Mokoka (Ind) 28:33 (R10 000)
2. Sibabalwe Mzazi (Transnet) 28:44 (R5000)
3. Sibusiso Nzima (Nedbank) 28:55 (R2500)
4. Xolisani Zamkele (Lusikisiki) 30:09 (R1500)
5. Anele Dlamini (Hammarisdale) 30:44 (R1000)

WOMEN (Same prize money as men)

1. Lebogang Phalula (Transnet) 33:50
2. Lebo Phalula (Boxer) 33:55
3. René Kalmer (Modern Athlete) 34:57
4. Christine Kalmer (Boxer) 35:00
5. Lineo Chaka (LES/Nedbank) 35:12

Deloitte Pretoria Marathon (42nd), Half Marathon & 10 km

Pretoria, 1 March

(Distances: 42.195 km, 21.1 km & 10 km; loop courses – the marathon twice the hilly half-marathon loop.

Note: One day after winning titles at the SA 10 km Championships, Shadrack Hoff and Reform Ndlovu ran again here – as did Derocious Makhobalo, Precious Mashele, junior Kabelo Melamu and Jacque van der Waals. – Ed.

Marathon

MEN

1 Raphael Segodi (Gauteng Striders) 2:24:33; 2 Colin Parura (ZIM/Nedbank) 2:24:55; 3 Phillip Kigen (KEN/Nedbank) 2:25:34; 4 Siyabonga Dingle (Nedbank) 2:26:51; 5 Tsotang Maine (LES/Nedbank) 2:27:42 (1st vet); 6 Pule Hlabahlaba (Temp) 2:20:13; 7 Pavlo Matlakala (Temp) 2:32:53; 8 Sipho Ncube (ZIM/Maxed Elite) 2:34:29; 9 Joseph Molaba (Nedbank) 2:35:02; 10 Joseph Manyedi (Sidebello) 2:35:38.

Veterans: 1 Tsotang Maine (LES/Nedbank) 2:27:42; 2 Sipho Ncube (ZIM/Maxed Elite) 2:34:29; 3 Joseph Molaba (Nedbank) 2:35:02. **Masters:** 1 Daniel Mothibe (Runavation) 2:56:29; 2 Elias Legodi (Moretele) 2:56:34. **G'masters:** 1 Don Charles (Nedbank) 3:20:05. **G/g'masters:** 1 Steve Koller (RAC) 4:09:01.

WOMEN

1 Yolande Maclean (Born 2 Run) 2:56:32; 2 Emmerentia Rautenbach (Nedbank) 2:58:12; 3 Lesley Train (Krugersdorp) 3:10:41 (1st vet); 4 Gloria Baeba (Transnet) 3:11:51; 5 Lindsay van Aswegen (Runavation) 3:22:12; 6 Isel Barnard Magnolia) 3:25:56; 7 Bianca van Zyl 3:27:10; 8 Kaama Chileshe (HSRC) 3:27:37; 9 Zelda Breytenbach (Irene) 3:28:28; 10 Bathabile Manyaka (Diepkloof) 3:29:49.

Veterans: 1 Lesley Train (Krugersdorp) 3:10:41; 2 Lindsay van Aswegen (Runavation) 3:22:12; 3 Zelda Breytenbach (Irene) 3:28:28. **Masters:** 1 Ansie Breytenbach (Irene) 3:30:00; 2 Sandra Steenkamp (Irene) 3:46:21. **G'masters:** 1 Petra Myburgh (Striders) 4:42:36.

Half marathon

MEN

1 Ndongeni Ngxazozo (Gauteng Striders) 66:57; 2 Sekeke Lesohe (Maxed Elite) 67:06; 3 Derocious Makhobalo (Nedbank) 67:38.

Veterans: 1 Simon Mpholo (Nedbank) 70:39; 2 Zongamele Dyubeni (Nedbank) 72:15; 3 Elias Mabane (Temp) 72:23. **Masters:** 1 Phillemon Mailola (Moretele) 84:47; 2 Victor Phetoe (Irene) 90:05. **G'masters:** 1 Rainer Ludwig (Irene) 1:53:36. **G/g'masters:** 1 S.P. Botha (Irene) 2:42:13. **Juniors:** 1 Morne Olivier (Tuks) 82:02.

WOMEN

1 Annerie Kruger (Magnolia) 84:56; 2 Catherine Skosana (Nedbank) 88:15; 3 Paulina Phaho (Transnet) 91:48 (1st vet).

Veterans: 1 Paulina Phaho (Transnet) 91:48; 2 Naretha Stockenstrom (RWFL) 1:44:29; 3 Merriam Mooki (Transnet) 1:44:38. **Masters:** 1 Elsabe Brink (New Balance) 1:45:00; 2 Ansa Strydom (Runavation) 1:45:55. **G'masters:** 1 Joan de Klerk (RAC) 2:07:01. **G/g'masters:** 1 Deirdre Larkin (Randburg) 2:32:10. **Juniors:** 1 Jeannie de Beer (Nedbank) 1:42:02.

10 km**MEN**

1 Precious Mashele (Transnet) 29:52; 2 Samuel Segoaba (Transnet) 29:56; 3 Jeffrey Gwebu (Nedbank) 30:20.

Veterans: 1 Shadrack Hoff (Samancor) 31:47; 2 Daniel Gwangwa (Global) 37:40; 3 Matthews Seomane (Eskom) 38:21. **Masters:** 1 Reform Ndlovu (Randburg) 35:33; 2 Linda Maphanga (Anglo) 36:47. **G'masters:** 1 Johannes Setshedi (Runavation) 44:34. **G/g'masters:** 1 Jan Molefe (RAC) 61:25. **Juniors:** 1 Kabelo Melamu (Randmark) 32:02.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 35:22; 2 Kataza Shipalana (Transnet) 35:36; 3 Keneilwe Sasing (RandMark) 35:43.

Veterans: 1 Prudence Zwane (Transnet) 37:10; 2 Jacquie v.d. Waals (Irene) 40:15; 3 Linah Mhlono (Eskom) 44:01.

Masters: 1 Susan Maree (Irene) 51:32; 2 Ronel Fourie (Irene) 57:34. **G'masters:** 1 Lynn de Bruin (Irene) 54:45. **G/g'masters:** 1 Bertha v.d. Raad (Irene) 75:31. **Juniors:** 1 Robyn Kaltebrunn (Benoni High) 41:46.

BNP Paribas Cadiz Milkwood Half Marathon & 10 km

Kommetjie, 1 March

(Distances: 21.1 km & 10 km; certified point-to-point course for the half marathon & a loop for the 10 km, both hilly.)

Half marathon**MEN**

1. Bernard Rukadza (ZIM/Gugs) 1:10:17
2. Phumlani Nxusani (Ned) 1:11:13
3. Sityhilo Diko (Ned) 1:12:13

Veterans: 1. Tsungai Mwanengeni (ZIM/CMC) 1:15:36; 2. Roger Dickson (VOB) 1:18:56; 3. Rupert Becker (FH) 1:23:23. **Masters:** 1. Gregory Jacobs (Edge) 1:29:47; 2. Shafiek Cassiem (Itheke) 1:31:24; 3. Neil Herman (Ind) 1:33:47. **G'masters:** 1. Ian Marais (Durb) 1:48:19; 2. Schalk Hoon (Klerks) 1:55:02; 3. Greg de Bruyn (SS) 2:01:26. **G/g'masters:** 1. Ian Goddard (FH) 2:28:08; 2. Jack Cammidge (FH) 2:39:09; 3. Brian Aver (RWFL) 2:45:29. **Juniors:** 1. Mathius Makumba (Hout) 1:35:42.

WOMEN

1. Rebecca Maier (Ind) 1:28:49
2. Kaithlin Walther (Ind) 1:36:30
3. Caitlin Lewis (ATC) 1:38:17 (1st vet)

Veterans: 1. Caitlin Lewis (ATC) 1:38:17; 2. Veresa Domingo (VOB) 1:40:10; 3. Liesl Thomas (Ind) 1:41:35. **Masters:** 1. Debbie Lombard (VOB) 1:52:13; 2. Maxine Reilly (Ind) 1:53:19; 3. Elschen Beyers (Durb) 1:53:59. **G'masters:** 1. Ruth Leverton (Pine) 2:06:08; 2. Dianne Duggan (Melkbos) 2:19:42; 3. Carol-Ann Aver (RWFL) 2:45:28. **G/g'masters:** 1. Jean Cammidge (FH) 2:24:27; 2. Jo Goddard (FH) 2:42:49.

10 km**MEN**

1. Julian Magnin (Ind) 34:41
2. Xolile Macanda (Gugs) 36:46 (1st vet)
3. Morne Kammies (Sanlam) 36:54

Veterans: 1. Xolile Macanda (Gugs) 36:46; 2. Ian McLean (FH) 58:11; 3. Francois Brandt (FH) 73:54. **Masters:** 1. Aubrey Isaacs (Gugs) 43:45; 2. Colin Adam (FH) 44:02; 3. Trevor Ward (Telkom) 44:55. **G'masters:** 1. Paul San Giorgio (VOB) 49:27; 2. Neville Frieslich (FH) 52:11; 3. Jeremy van Zyl (VOB) 72:14. **G/g'masters:** 1. John van Rooyen (ARD) 1:54:00. **Juniors:** 1. Euan McLean (FH) 66:58.

WOMEN

1. Julie Huckle (Hout) 43:20 (1st vet)
2. Anel Wesson (FH) 44:13
3. Mariëtte Strauss (Tyger) 44:28 (1st mast)

Veterans: 1. Julie Huckle (Hout) 43:20; 2. Helga Louw (Pine) 51:44; 3. Marcy Loubser (FH) 58:37. **Masters:** 1. Mariëtte Strauss (Tyger) 44:28; 2. Charmaine Cupido (Ned) 49:16; 3. Hillary Rhoda (Edge) 57:33. **G'masters:** 1. Collette van Eck (FH) 54:29; 2. Helen du Plessis (Tyger) 54:57; 3. Theresa Isaacs (VOB) 59:19. **G/g'masters:** 1. Marlene James (Pine) 65:24. **Juniors:** 1. Mia Doyle (Ind) 51:53.

SA 10 km Championships (22nd for men; 24th for women)

Pretoria, 28 February

(Certified near-loop course. Finishers: 282 [down from 429 last year].)

MEN

1.	Stephen	MOKOKA	AGN	30	29:37	R3000
2.	Gladwin	MZAZI	AGN	26	29:43	R2000
3.	Mthobisi	BALOYI	ACNW	30	29:50	R1500
4.	Precious	MASHELE	AGN	24	29:50	R1000
5.	Derocious	MAHOBALO	CGA	26	30:12	R500
6.	Samuel	MATSEPE	AFS	26	30:13	
7.	Phillamon	MATHIBA	CGA	22	30:20	
8.	Tumelo	MOTLAGALE	CGA	28	30:25	
9.	Kgosi	TSOSANE	AGN	28	30:26	
10.	Philani	BUTHELEZI	KZNA	25	30:28	
11.	Mokone	KHOTATSO	AFS	26	30:34	
12.	Prince	JALI	CGA	24	30:42	
13.	Zolani	NGQAQA	EPA	26	30:46	
14.	Jonas	SOKE	AFS	26	30:48	
15.	Tumisang	MONATLALA	CGA	20	30:51	
16.	Shadrack	HOFF	AGN	41	30:59	
17.	Silindile	GUBESE	KZNA	27	30:59	
18.	Lucas	JANI	AGN	30	31:04	
19.	Nkosinathi	MADYO	WPA	27	31:05	
20.	Creel	CHAVALLALA	CGA	18	31:06	
21.	Melikhaya	FRANS	EPA	25	31:15	
22.	Motsamai	MOTONE	AGN	34	31:17	
23.	Virgina	NGUDLUMANA	WPA	25	31:18	
24.	Mariano	EESOU	EPA	23	31:20	
25.	Puseletso	MOFOKENG	AVT	21	31:23	
26.	Clinton	SWANEPOEL	CGA	25	31:25	
27.	Bafana	DUBE	AGN	24	31:25	
28.	Kabelo	MELAMU	CGA	18	31:26	
29.	Siyabonga	MABENA	CGA	18	31:28	
30.	Simon	MOKONYAMA	AGN	22	31:29	
31.	Ayanda	NCUBE	KZNA	22	31:31	
32.	Bonginkosi	ZWANE	KZNA	23	31:34	
33.	Amos	THANJEKWAYO	AMPU	26	31:36	
34.	Lukhanyo	NOBAKADA	WPA	18	31:41	

35.	Willem	NDZHUKULA	AGN	28	31:43
36.	Philani	MKHWANAZI	AMPU	34	31:43
37.	Nthuthuko	MASEKO	AMPU	37	31:44
38.	Simon	MPHOLO	CGA	40	31:49
39.	Ikageng	GAOREKWE	CGA	17	31:58
40.	Abednigo	MASHABA	AMPU	24	31:59
41.	Steve	NGQOLA	AGN	27	32:00
42.	Vuyisile	TSHOBA	AGN	24	32:01
43.	Amos	NYONGO	EPA	28	32:02
44.	Quliso	XOLISA	AFS	23	32:03
45.	Victor	PHEEHA	AGN	23	32:13
46.	Sprinkaan	SIMONS	AFS	24	32:14
47.	Angelo	BOOYSEN	BOLA	23	32:15
48.	Anele	SONQIBIDO	AGN	29	32:19
49.	Moses	MAHLANGU	AMPU	24	32:26
50.	Akhona	MAKILA	WPA	23	32:26

(All age group prize money, except for juniors, was the same for 10-year categories: R1000, R500, R250. In all age categories the first three in the younger five-year group won the prizes – except for the men 70-79 and the women 40-49.)

40-44:

1.	Shadrack	HOFF	AGN	41	30:59
2.	Simon	MPHOLO	CGA	40	31:49
3.	Justanus	GANTSI	CGA	41	32:51

45-49:

1.	Richard	DLAMINI	KZNA	45	35:08
2.	Isaac	OPPERMAN	BOLA	48	35:36
3.	Tsietsi	MOKOENA	AVT	45	35:51

50-54:

1.	Reform	NDLOVU	CGA	52	35:14
2.	Moses	LETLHAKU	AGN	50	37:11
3.	Ephraim	YENDE	CGA	51	37:53

55-59:

1.	Madumetja	SEKHWELA	AGN	55	42:19
2.	Johann	CLOETE	AGN	55	43:23
3.	Leon	PAGE	AGN	56	44:03

60-64:

1.	Eric	QUIBELL	KZNA	64	39:16
2.	Mohammad	KRIEL	WPA	61	39:47
3.	Lawrie	RAUBENHEIMER	KZNA	61	41:53

65-69:

1.	Mike	DU BRUTO	AGN	66	42:13
2.	Sarel	HIETBRINK	AGN	67	50:06
3.	Pieter	ROSSOUW	AGN	66	53:54

70-74:

1.	Tamsanqa	JUSAYI	EPA	72	46:09	R1000
2.	Roger	BAILEY	KZNA	74	53:10	R250
3.	Jurgen	LINKE	AGN	71	57:55	

75-79:

1.	Brian	KEY	WPA	76	46:15	R500
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80+:

1.	Ken	NURDEN	AGN	80	53:56	
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Juniors:

1.	Creel	CHAVALALA	CGA	18	31:06	R1000
2.	Kabelo	MELAMU	CGA	18	31:26	R900
3.	Siyabonga	MABENA	CGA	18	31:28	R800

WOMEN (Same prize money as men)

1.	Lorraine	NOVELA	CGA	23	35:35
2.	Cornelia	JOUBERT	CGA	26	35:50
3.	Nicole	VAN DER MERWE	CGA	16	36:12
4.	Bulelwa	SIMAE	WPA	37	36:31
5.	Keneilwe	SESING	CGA	26	36:36
6.	Ntombesintu	MFUNZI	EPA	33	36:41
7.	Simonay	WEITSZ	CGA	15	36:56
8.	Thembi	BALOYI	AGN	26	37:12
9.	Nokuthula	MOKOANA	AGN	21	37:14
10.	Marelise	RETIEF	AGN	29	37:16
11.	Kataza	SIPHALANA	AGN	28	37:38
12.	Prudence	ZWANE	AGN	40	37:43
13.	Marli	VAN STADEN	AGN	21	37:44
14.	Michelle	STRYDOM	CGA	20	38:12
15.	Pamela	MOYIKWA	WPA	18	38:20
16.	Silindile	CHILI	KZNA	20	38:27
17.	Nerissa	VAN DER WALT	AGN	26	38:29
18.	Carina	VILJOEN	CGA	17	38:39
19.	Sherilene	GELDERBLOM	ACNW	19	38:57
20.	Andronica	MOKGOTLA	CGA	25	39:10
21.	Marrida	LEEN	ASWD	17	39:14
22.	Tholoana	PEU	AGN	18	39:29
23.	Patience	KHUMALO	AGN	26	39:37
24.	Keshohetswe	LECHABEO	CGA	33	39:39
25.	Maryna	SWANEPOEL	AFS	28	39:43
26.	Zinhle	SINQE	AGN	24	39:46
27.	Puseletso	DIETA	CGA	17	39:47
28.	Nomusa	XABA	KZNA	18	39:53
29.	Jacqueline	VAN DER WAALS	AGN	40	39:54
30.	Ashleigh	SIMONIS	WPA	17	39:57
31.	Nandipha	DYWILI	AGN	23	40:38
32.	Busisiwe	GWALA	WPA	18	40:52
33.	Wilna	EYBERS	WPA	45	40:56
34.	Danielle	LUYT	ACNW	19	40:56
35.	Melanie	JENNETT	CGA	42	41:04
36.	Mitsie	VAN DER WESTHUIZEN	AGN	40	41:28
37.	Nomcebo	MTHETHWA	KZNA	32	41:35
38.	Lana	THEUNISSEN	ASWD	42	41:43
39.	Elmarie	COETZEE	WPA	50	42:01
40.	Thuli	MBATHA	CGA	41	42:05
41.	Catherine	MALUNGANE	AGN	33	42:10
42.	Nomasonto	SKOSANA	CGA	44	42:13
43.	Ronel	THOMAS	AGN	43	42:20
44.	Ansie	BREYTENBACH	AGN	51	42:28
45.	Thitshaamba	RAVHANDALALA	AGN	25	42:45
46.	Mamosuwe	LEPHAILA	AFS	15	43:19
47.	Thenjiwe	GUMEDE	KZNA	17	43:30
48.	Deborah	BREDENKAMP	AGN	53	43:37
49.	Elsabe	BRINK	AGN	52	43:43
50.	Sheryl	DE LANGE	WPA	46	44:05

40-44:

1.	Prudence	ZWANE	AGN	40	37:43	R1000
2.	Jacqueline	VAN DER WAALS	AGN	40	39:54	R500
3.	Melanie	JENNETT	CGA	42	41:04	

45-49:

1.	Wilna	EYBERS	WPA	45	40:56	R250
2.	Sheryl	DE LANGE	WPA	46	44:05	
3.	Paulina	MOKOENA	AVT	46	44:55	

50-54:

1.	Elmarie	COETZEE	WPA	50	42:01	
2.	Ansie	BREYTENBACH	AGN	51	42:28	
3.	Deborah	BREDENKAMP	AGN	53	43:37	

55-59:

1.	Olga	HOWARD	WPA	56	45:22	
2.	Mariet	GEYER	CGA	55	47:29	
3.	Erica	HAMILTON	AVT	56	47:47	

60-64:

1.	Nancy	WILL	WPA	62	44:51	
2.	Sandy	FISMER	KZNA	61	50:39	
3.	Helen	DU PLESSIS	WPA	62	51:09	

70-74:

1.	Gill	TREGENNA	KZNA	73	58:43	
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Juniors:

1.	Nicole	VAN DER MERWE	CGA	16	36:12	
2.	Simonay	WEITSZ	CGA	15	36:56	
3.	Pamela	MOYIKWA	WPA	18	38:20	

Century City 10 km Express

Goodwood, 28 February

(Certified loop course. Weather: Cool at start, warmer later, light breeze. Finishers: 2453
[a huge 27% up from 1927 last year].)

MEN

1 Sibusiso Madikizela (Itheko) 31:13; 2 Anthony Timotheus (UWC) 31:14; 3 Lungile Gongqa (Nedbank) 31:15.

Veterans: 1 Tsungai Mwanengeni (ZIM/CMC) 32:26; 2 Pieter Koopman (Itheko) 33:29; 3 Shawn Abrahams (Celtics) 33:47; **Masters:** 1 Eric Coetzee (Temp) 34:00; 2 Johnny Persents (Wild Runner) 34:24; 3 Vladimir Kotov (BLR/Century City) 34:26; **G'masters:** 1 Awie Veldsman (Helderberg) 40:40; 2 Albert Williams (Topform) 43:55; 3 Johan van Zyl (Sanlam) 47:43; **G/g'masters:** 1 Joseph Matthews (Midas Spartans) 49:51; 2 Manfred Geutner (Celtics) 53:52; 3 Yusuf Gamielien (Itheko) n/t. **Juniors:** 1 Lwando Makasi (Temp) 34:07; Vuyolwethu Peta (Gugs) 34:27; 3 Angelo Matthys (ARD) 36:26.

WOMEN

1 Zintle Xiniwe (Temp) 34:15; 2 Nolene Conrad (Boxer) 34:41; 3 Lena Lotter (Temp) 35:05.

Veterans: 1 Sandra van Graan (Edgemead) 39:27; 2 Suzanne Marais (Strand) 42:37; 3 Ronel Steenkamp (Durbac) 43:21; **Masters:** 1 Mariëtte Strauss (Tygerberg) 41:55; 2 Charmaine Cupido (Nedbank) 43:21; 3 Theresa Lourens (West Coast) 45:59; **G'masters:** 1 Lyn Wood (Edgemead) 58:25; 2 Rosalie Richfield (UCT) 59:42; 3 Lynda Fillmore (Edgemead) 1:03:05; **G/g'masters:** 1 Marlene James (Pinelands) 58:24; **Juniors:** 1 Sharon Chawola (Gugs) 44:35; 2 Londeka Miya (Gugs) 54:53; 3 Katharina Gensicke (Pinelands) 1:02:48.

MKB Swartland Half Marathon & 10 km

Moorreesburg, 28 February

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 242; 10 km – 268.)

Half marathon

MEN

1	Nkosinathi Sotyantya	Itheko	1:10:39
2	Luyanda Qolo	EGA	1:12:47
3	Akhona Mdaka	EGA	1:13:26

Veterans:

1	Graham Katzen	Celtic Harriers	1:18:48
2	Tholang Moloi	SANDB	1:21:54
3	Julie Welkom	Swartland	1:24:15

Masters:

1	Leon Williams	Swartland	1:30:30
2	Piet Smit	Swartland	1:36:01
3	John Small	Wellington	1:36:51

G'masters:

1	Schalk Hoon	Klerksdorp	1:47:28
2	Kosie Koopman	Worcester	1:48:16
3	Brian Rothman	Brackenfell	1:53:14

WOMEN

1	Ursula Frans	Nedbank	1:31:53
2	Elizabeth de Gouveia	Durbanville	1:39:45
3	Patricia van Wyk	Durbanville	1:47:09

Veterans:

1	Ursula Frans (1 st vet)	Nedbank	1:31:53
2	Elizabeth de Gouveia	Durbanville	1:39:45
3	Patricia van Wyk	Durbanville	1:47:09

Masters:

1	Cailey Bredenkamp	Paarl	1:52:55
2	Helane Smit	Arcelor Mittal	1:55:14
3	Elmarie Coetzee	Swartland	2:03:53

G'masters:

1	Styntjie Prins	Paarl	1:47:17
2	Adri Visser	Swartland	1:58:47
3	Sarie Erasmus	Swartland	2:39:04

10 km

MEN

1	William Kaptein	Maties	31:33
2	Johannes Jansen	Robertson	32:16
3	Justin Fritz	Ceres	32:37

Veterans:

1	David Pietersen	Dwarsrivier	36:04
2	Jafta Nehro	Swartland	38:23
3	Owen Smith	Wellington	40:38

Masters:

1	Sollie van Rooyen	Worcester	37:06
2	Thomas Moses	Worcester	41:49
3	Andries Swarts	Ceres	42:33

G'masters:

1	Ronnie le Roux	Brackenfell	48:58
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2	Loutjie Swarts	Swartland	51:40
3	Rudiwaan Salie	Central Athletics	51:45

Juniors:

1	Nadeel Wildschutt	Ceres	33:41
2	Adrian Wildschutt	Ceres	34:52
3	Michael Prins	Robertson	34:15

WOMEN

1	Lee-Shay Willemse	Velocity	43:23
2	Mbatsa Siziphiwe (1 st jun)	Temp	43:50
3	Paola Vignani (1 st mast)	ITA/Montagu	46:32

Veterans:

1	Soreen Gouws	Swartland	53:03
2	Sharon Davids	Worcester	59:26
3	Theresa Swart	Swartland	59:27

Masters:

1	Pauoa Vignani	ITA/Montagu	46:32
2	Mareen van der Merwe	Ceres	59:42
3	Denise Marais	Brackenfell	66:42

G'masters:

1	Magriet Hanekom	Ceres	53:00
2	Gerda van der Merwe	Ceres	58:33
3	Anet Verster	Ceres	65:49

Juniors:

1	Mbatsa Siziphiwe	Temp	43:50
2	Azel Boois	Salkorlane	48:38
3	Catherine Murray	Salkorlane	56:17

INTERNATIONAL

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

ROAD RUNNING**Tachikawa Akishima Half Marathon**

(18th National University Half-marathon Championships)

Tachikawa Akishima, JPN, 1 March

(Distance: 21.1 km)

Note: Astounding depth at this university championship half marathon – the first 25 runners, and 28 of the first 30, set personal bests and 57 (yes, 57!) ran under 64 minutes.
– Ed.

MEN (gun times)

1.	Tadashi Isshiki	1:02:11
2.	Naoki Kudo	1:02:12 PB
3.	Yuta Takahashi	1:02:13 PB
	[the younger one]	
4.	Ryo Shirayoshi	1:02:16 PB
5.	Naoto Uchida	1:02:20 PB
6.	Kenya Sonota	1:02:20 PB
7.	Shota Baba	1:02:21 PB
8.	Kazuki Tamura	1:02:22 PB
9.	Yuta Shimoda	1:02:22 PB

10. Satoshi Kikuchi 1:02:23 PB

Maratonina Roma-Ostia (41st)

Roma to Ostia, ITA, 1 March

(Distance: 21.1 km; point-to-point course with 20 m elevation loss)

MEN (gun times)

1. Robert Chemosin, KEN	59:37 PB/WL
2. Simon Cheprot, KEN	59:39
3. Geoffrey Kusuro, UGA	59:43 PB
4. Leonard Kipkoech Langat, KEN	1:00:06
5. John Kiprotich, KEN	1:00:13
6. Eric Ndiema, KEN	1:00:45 PB
7. William Kibor, KEN	1:00:55
8. Peter Kwemai Ndorobo, KEN	1:01:38 PB
9. Ahmed El Mazoury, ITA	1:02:39 PB
10. Abdi Hageeye, NED	1:02:40 PB

WOMEN

1. Amane Beriso, ETH	1:08:43 PB
2. Emily Chemutai Ngetich, KEN	1:09:13 PB
3. Sharon Cherop, KEN	1:09:13
4. Peninah Arusei, KEN	1:09:20
5. Sylvia Kibet, KEN	1:09:32 PB
6. Askale Alemayehu, ETH	1:10:01 PB
7. Hirut Alemayehu, ETH	1:10:15 PB
8. Fatna Maraoui, ITA	1:12:15
9. Krisztina Papp, HUN	1:12:37
10. Laila Soufyane, ITA	1:12:43 PB

World's Best 10 km (18th)

San Juan, PUR, 1 March

(Certified out and back course)

MEN (gun times)

1. Sammy Kitwara, 28, KEN	28:51	\$15,000
2. John Mwangangi, KEN	28:52	7,500
3. Stephen Sambu, 26, KEN	28:56	6,000
4. Julius Kogo, 29, KEN	28:56	5,000
5. Moses Kipsiro, 28, UGA	29:06	3,500

WOMEN (gun times)

1. Belaynesh Oljira, 24, ETH	31:57	\$15,000
2. Cynthia Jerotich Limo, 25, KEN	31:58	7,500
3. Betsy Saina, 26, KEN	32:07	6,000
4. Sentayehu Ejigu, ETH	32:26	5,000
5. Gemma Steel, 29, GBR	32:52	3,500

The Woodlands Marathon & Half Marathon

The Woodlands, USA, 28 February

(Distances: 42.195 km [two-loop course with no start/finish separation]; and 21.1 km [one-loop course with no start/finish separation].)

Marathon (extended gun times):

MEN

1. Philip Lagat, 31, KEN 2:19:21.0 \$5000
2. David Tuwei, 36, KEN 2:19:28.5 2000
3. Benjamin Zywicki, 26 2:20:33.3 750
- ... 6. Sipho Ngxongo, 31, RSA 2:30:42.9

WOMEN

1. Frehiwot Goshu, 24, ETH 2:43:54.6 \$5000
2. Lyubov Denisova, 43, RUS 2:46:48.1 2000
3. Bridget Oldenburg, 34 3:12:58.7 750

Half marathon (extended gun times):

MEN

1. Julius Lagat, 34, KEN 1:06:14.1 \$1000
2. Austin Bussing, 24 1:07:27.1
3. Henry Lelei, 26, KEN 1:07:41.8
- ... 5. Siphamandla Nyembe, 24, RSA 1:09:07.2

WOMEN

1. Samantha Draney, 26 1:17:01.4 \$1000
2. Ashley Skinner, 30 1:25:25.6
3. Stephanie Shasteen, 28 1:29:02.1

INDOOR TRACK

USA Indoor Championships

Boston, USA, 27 February - 1 March

MEN

600 (01):

1. Casimir Loxsom, Brooks 1:15.33 AR/CR \$5000 (1st national title)
2. Mark Wieczorek, Brooks 1:16.07 PB 3000
3. Je'veon Hutchison, Unattached 1:16.32 PB 1250

1000 (01):

1. Robby Andrews, adidas 2:21.91 CR \$5000 (1st national title)
2. Kyle Merber, Hoka One One 2:22.39 3000
3. Michael Rutt, Hoka One One/NJ-N Y 2:22.44 1250

Mile (01):

1. Matthew Centrowitz, Nike Oregon Prj 4:01.40 \$5000 (1st national indoor title)
2. Ben Blankenship, Nike OTC Elite 4:02.14 3000
3. Pat Casey, Nike OTC Elite 4:02.85 1250
- ... 6. Leonel Manzano, Hoka One One 4:04.25
- ... 8. Lopez Lomong, Nike/Bowerman TC 4:04.51

Two-Mile (28):

1. Ryan Hill, Nike Bowerman TC 8:26.72 PB/CR \$5000 (1st national title)
 2. Ben Blankenship, Nike OTC Elite 8:27.31 3000
- [last 200 26.17]

3. Evan Jager, Nike Bowerman TC 8:27.44 1250
 ... 5. Chris Derrick, Nike Bowerman TC 8:32.51 PB
 ... 8. German Fernandez, Nike Bowerman TC 8:37.15 PB

WOMEN

600 (01):

1. Alysia Montano, Asics/NYAC 1:26.59 CR \$5000 (1st national indoor title)
 2. Phoebe Wright, Nike 1:28.00 3000
 3. Megan Malasarte, Brooks 1:28.98 1250
 ... 6. Ajee' Wilson, adidas 1:39.39 (fell)

1000 (01):

1. Lauren Wallace, Oiselle/SRA Elite 2:40.42 PB/CR \$5000 (1st national title)
 2. Treniere Moser, Nike Oregon Project 2:40.62 3000 (2:40.611)
 3. Stephanie Brown, Nike 2:40.62 1250 (2:40.619)
 ... 5. Alexa Efraimson, 1997, Nike 2:41.23 PB

Mile (28):

1. Shannon Rowbury, Nike Oregon Project 4:34.40 \$5000
 2. Katie Mackey, Brooks 4:34.83 PB 3000
 3. Rachel Schneider, Unattached 4:35.85 1250
 4. Jordan Hasay, Nike Oregon Project 4:36.48 750
 ... 7. Morgan Uceny, adidas 4:38.13

Two-Mile (01):

1. Shannon Rowbury, Nike Oregon Proj 9:43.94 PB \$5000
 2. Jordan Hasay, Nike Oregon Proj 9:44.69 3000
 3. Brie Felnagle, adidas 9:47.73 PB 1250

Southeastern Conference (SEC) Indoor Championships

Lexington, USA, 27-28 February
 (291 m oversized track)

WOMEN

Mile:

Final (28):

1. Dominique Scott, SR - Arkansas (RSA) 4:32.49
 2. Rhianwedd Price, SO - Miss State (GBR) 4:32.74 PB
 3. Diane Robison, SR - Arkansas 4:38.99 PB

Heat 2 -

1. Diane Robison, SR - Arkansas 4:46.64Q
 2. Dominique Scott, SR - Arkansas (RSA) 4:47.41Q

3000 (27):

Heat 1 -

1. Teylar Adelsberger, SO - Missouri 9:56.17 PB
 2. Rebecca Chandler, SR - Vanderbilt 10:02.37
 3. Morgan Green, FR - Georgia 10:02.88 PB

Heat 2 -

1. Dominique Scott, SR - Arkansas (RSA) 9:17.24
 2. Diane Robison, SR - Arkansas 9:21.13
 3. Chelsea Blaase, SO - Tennessee 9:26.06

Atlantic Coast Conference (ACC) Indoor Championships

Blacksburg, USA, 26-28 February

(200 m Banked Synthetic track)

WOMEN

Distance Medley Relay (26):

Heat 2 -

1. Florida State 11:09.82
Georgia Peel (GBR), Helene Swanepoel (RSA), Sydnee Over, Colleen Quigley
2. Clemson 11:14.43
3. NC State 11:15.62

Big South Conference Indoor Championships

Winston-Salem, USA, 26-27 February

(200 m Unbanked Synthetic Track)

WOMEN

800 (27):

1. Teresa Williamson JR Radford 2:14.66
2. Katie Hickey SR Radford 2:14.98
3. Aynslee Van Graan SO Coastal Carolina (RSA) 2:16.30

Heat 2 -

1. Teresa Williamson JR Radford 2:16.07Q
2. Aynslee Van Graan SO Coastal Carolina (RSA) 2:16.16Q

Mile (27):

Heat 2 -

1. Aynslee Van Graan SO Coastal Carolina (RSA) 4:52.58
2. Teresa Williamson JR Radford 4:55.18
3. Ednah Kurgat FR Liberty (KEN) 4:55.67
4. Kyla Van Graan JR Coastal Carolina (RSA) 5:01.78

3000 (26):

1. Ednah Kurgat FR Liberty (KEN) 9:52.57
2. Letitia Saayman SR Coastal Carolina (RSA) 9:52.68
3. Jacy Christiansen SR Liberty 9:55.01
4. Kyla Van Graan JR Coastal Carolina (RSA) 9:57.28

5000 (27):

1. Letitia Saayman SR Coastal Carolina (RSA) 16:52.74 MR
2. Leah Anne Wirfel JR High Point 17:25.44
3. Tristan Langley SR Winthrop 17:58.12

Metz Moselle Athleror Meeting

Metz, FRA, 25 February

MEN

1000:

1. Andre Olivier, RSA 2:19.24 PB
2. Jakub Holusa, CZE 2:19.45 NR/PB
3. Vincent Kibet, KEN 2:19.93 PB

3000:

1. Bernard Lagat, USA (40+) 7:37.92 WL/MWR

2. Paul Kipsiele Koech, KEN 7:39.68
3. Nixon Chepseba, KEN 7:42.65

Sun Belt Conference Indoor Championship

Birmingham, USA, 23-24 February

WOMEN

Mile (24):

Section 3 -

- | | | |
|---------------------------|--------------------------|---------|
| 1. Emma Dahl | SR U A L R (SWE) | 4:57.00 |
| 2. Hannah Nilsson | SR Texas-Arlington (SWE) | 4:57.06 |
| 3. Ashly Wright | SR Texas-Arlington | 4:57.40 |
| ... 6. Laura Labuschaigne | FR South Alabama (RSA) | 4:59.16 |

3000 (23):

Section 2 -

- | | | |
|----------------------------|------------------------|------------|
| 1. Emma Dahl | SR U A L R (SWE) | 9:41.76 PB |
| 2. Tristin Van Ord | SO Appalachian State | 9:45.08 PB |
| 3. Rexi Parcells | SR Arkansas State | 9:50.17 PB |
| ... 10. Laura Labuschaigne | FR South Alabama (RSA) | 10:10.55 |

NEWS

NEW SCORING SYSTEM FOR WORLD MARATHON MAJORS

Beginning with the Tokyo Marathon, which was run on 22 February, the Abbott World Marathon Majors will switch from a two-year scoring system to a one-year rotating scoring system. Under the new plan, athletes will begin and end an annual series at the same race in two consecutive years. The athletes with the most points, based on his or her best two efforts, will win the grand prize of USD 500 000 which will now be paid in USD 100 000 installments over five years, not in one lump sum, reports *Race Results Weekly*.

The new one-year series will only begin and end with one of the six commercial marathons which comprise the core of the series -- Tokyo, Boston, London, Berlin, Chicago or New York -- and not the IAAF World Championships or Olympic Games which are also scoring races.

Athletes finishing in the top-5 of each race will score points as follows: 25-16-9-4-1. Under the previous scheme, athletes would score 25-15-10-5-1. The new point system should reduce the number of potential ties.

The first one-year series is called Abbott World Marathon Majors IX. The standings based on the Tokyo Marathon are:

MEN

- | | |
|---------------------------|-----------|
| 1. Endeshaw Negesse, ETH | 25 points |
| 2. Stephen Kiprotich, UGA | 16 |
| 3. Dickson Chumba, KEN | 9 |
| 4. Shumi Dechasa, BRN | 4 |
| 5. Peter Some, KEN | 1 |

WOMEN

- | | |
|--------------------------------|-----------|
| 1. Birhane Dibaba, ETH | 25 points |
| 2. Helah Kiprop, KEN | 16 |
| 3. Tiki Gelana, ETH | 9 |
| 4. Selly Kaptich Chepyego, KEN | 4 |
| 5. Flomena Cheyech Daniel, KEN | 1 |

The next race in the current series will be the Boston Marathon on 20 April.

STATS TIME

This week we include a list of the top ten SA veteran men over 15 km for 2014.

2014 15 KM: TOP 10 VETERAN MEN

46:51	Malesela Johannes Kekana	Pretoria	16 Aug
48:32	Gert Thys	Pretoria	16 Aug
48:56	Maxwell Goodman	Port Elizabeth	30 Aug
49:22	Graham Katzen	Ravensmead	26 Apr
50:12	Xolile Macanda	Eersterivier	21 Jun
50:19	Elias Mabane	Pretoria	16 Aug
50:21	Greg Barnes	Pretoria	16 Aug
50:38	Shadrack Hoff	Brits	04 Oct
51:13	Shawn Abrahams	Table View	13 Dec
51:14	Lawrence Chipangaan	Strandfontein	06 Dec

THIS MONTH IN HISTORY

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

36 years ago: 3 March 1979

The Congo Marathon is one of South Africa's oldest and was held for the 39th time this past weekend. The first five races were all run in the first weekend of March. The fourth race produced a new course record by almost eighteen minutes when one of the Donald brothers from Stellenbosch, John, ran a superb 2:17:35 to beat brother Stephen by five seconds short of six minutes. John's record stood for 19 years, when Donovan Wright broke it by ten seconds; they remain the only sub-2:20 winners in the history of the race. (Two other brothers, Pierre and Riël Hauman, finished 12th and 13th.)

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	28:33	Stephen Mokoka	Durban	01 Mar
	28:05	Julius Kiprotich Kogo (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:20	David Ngakane	Vanderbijlpark	11 Feb
	45:18a	Tyler McCandless (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	64:46	Desmond Mokgobu	Benoni	25 Jan
	62:27A	Lusapho April	East London	21 Feb
	59:47	Paul Kuira Mutero (KEN)		
	59:47	Zane Robertson (NZL)		

25 km	58:23 80:54A	Zersenay Tadese (ERI) 2010 Sipho Mbanjuli	Pinetown	25 Jan
30 km	71:50 71:18p 1:37:54 1:31:27	Sammy Kosgei (KEN) 2010 Dennis Kipruto Kimetto (KEN) Duane Fortuin Shin Kimura (JPN)	Camps Bay	04 Jan
Marathon	87:49** 2:17:37 2:05:28 2:03:38 2:03:23p	Haile Gebrselassie (ETH) 2009 Lukas Jani Lemi Berhanu Hayle (ETH) Patrick Makau (KEN) 2011 Wilson Kipsang (KEN) 2013	Dubai	23 Jan
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	30:59 28:51	Shadrack Hoff Paulo Catarino (POR) 2003	Pretoria	28 Feb
15 km	49:30 44:14	Simon Mpholo Pierre Levisse (FRA) 1992	Kempton Park	28 Jan
21.1 km	70:32 62:28	Simon Mpholo John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996	Pretoria	21 Feb
25 km	96:50A 76:49	Samson Mnyango Martin Mondragon (MEX) 1994	Pinetown	25 Jan
30 km	1:52:57 1:35:28	Xolile Macanda Geraldo Antonio da Silva (BRA) 2002	Camps Bay	04 Jan
Marathon	2:24:58 2:08:46	Charles Tjiane Andres Espinosa (MEX) 2003	Benoni	25 Jan
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:00 30:35	Eric Coetzee Tecwyn Davies (GBR) 1988	Goodwood	28 Feb
15 km	54:13 47:52	Desmond Zibi Titus Mamabolo (RSA) 1991	Port Elizabeth	17 Jan
21.1 km	78:37 66:42	Daniel Mothibe Martin Rees (GBR) 2003	Benoni	25 Jan
25 km	1:44:28A	Nicolas Dlamini	Pinetown	25 Jan
30 km	1:53:00	Eric Coetzee	Camps Bay	04 Jan
Marathon	2:56:29 2:51:30A 2:19:29	Dan Mothibe Johnny Persents Titus Mamabolo (RSA) 1991	Pretoria Simon's Town	01 Mar 15 Feb
100 km				

Grandmasters (60+)

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	3:20:05	Don Charles	Pretoria	01 Mar
100 km				

Juniors

10 km	31:06	Creel Chavalala	Pretoria	28 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		

WOMENOpen

10 km	33:50	Lebogang Phalula	Durban	01 Mar
	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
	1:45:00	Saori Noda (JPN)		
	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	37:43	Prudence Zwane	Pretoria	28 Feb
	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	84:01	Prudence Zwane	Pretoria	21 Feb
	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
	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		

Masters (50+)

10 km	40:39	Elmarie Coetzee	Athlone	07 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	65:39	Margie Saunders (60+)	Port Elizabeth	17 Jan

21.1 km	54:33	Shirley Matson (USA) 1991		
	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	3:30:00	Ansie Breytenbach	Pretoria	01 Mar
	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	4:42:36	Petra Myburgh	Pretoria	01 Mar
	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				
<u>Juniors</u>				
10 km	36:12	Nicole van der Merwe	Pretoria	28 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	61:52	Pamelia Moyikwa	Constantia	10 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:44:52	Georgia Janisch	Pretoria	21 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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A promotional banner for the Cape Town 12 One Run. The background is a scenic view of a coastline at sunset, with a runner silhouetted against the bright sky. The banner includes the event logo, a call to action, the website, and logos of sponsors FNB, KFM, and Puma, along with social media handles.

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