

Distance Running Results

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EDITORIAL

Riana van Niekerk ran another superb ultramarathon this weekend when she scored her sixth (and second consecutive) victory in the Old Mutual Om die Dam 50 km at Hartebeespoort Dam. Van Niekerk clocked 3:30:07, the fastest in the race since Chiyedza Chokore (ZIM) ran 3:29:54 in 2010. Van Niekerk is now equal with Helene Joubert, who also had six wins in the nineties. Her other victories were in 2002 (3:34:33), 2005 (3:37:52), 2007 (3:22:39), 2009 (3:27:30), and last year (3:35:35). Her 2007 time is still the seventh fastest ever by a South African woman on a standard course.



A smiling Riana van Niekerk at the finish line of the Old Mutual Om die Dam 50 km. She won by almost 3½ minutes. [Allie van Niekerk]

The men's race likewise saw a repeat win, by William Mokwalakwala in 2:57:59. Mokwalakwala also won in 2012. Chokore's sister Lizih finished third behind a new star on the ultramarathon scene, Emmerentia Rautenbach. Julianie Basson, now 40 and like Van Niekerk a subscriber to DRR, repeated her fourth place of 2014. Congratulations to both!

South Africa's oldest marathon (apart from the SA Championships), the Jackie Gibson race, was held for the 69th time and won by Zimbabwean Siphon Ncube in 2:38:04 and Kenyan Jennifer Koech in 3:03:23.

Another long-running marathon, the GWK Diamant Marathon, was held for the 45th time and Sihlalo Xwazi successfully defended his title in 2:33:58.

In the Eastern Cape grandmaster Margie Saunders followed the Umhlobo Wenene 10 km on Saturday with an eighth place in the Legacy Project Human Race 30 km on Sunday, running a list leader of 2:24:42. Saunders now has three list leaders.

Internationally, René Kalmer finished 14th in the Lisbon International Half Marathon in 75:17, her fastest half marathon of the year, but nevertheless a disappointment to her. She will be running the Vienna Marathon in three weeks. Double Olympic gold medallist Mo Farah (GBR) outsprinted Micah Kogo (KEN) by one second to set a British and European record of 59:32. *Race Results Weekly* reports that Farah also got a British and European record of 56:27 at 20 km. Rose Chelimo dominated the women's race, winning in a personal best of 68:22.

Dominique Scott's 200-metre splits in her brilliant new SA indoor record for 3000 m, achieved when she won the NCAA title in Fayetteville last weekend (results in last week's DRR) have been published in *eTrack Newsletter*. Quite an interesting first and second lap! Also noteworthy is that the penultimate lap was the fastest. Each 200 m: 34.96, 41.07 (1:16.03), 37.90 (1:53.93), 36.37 (2:30.30), 35.85 (3:06.15), 35.24 (3:41.39), 35.29 (4:16.68), 35.35 (4:52.03), 35.88 (5:27.91), 36.33 (6:04.24), 36.27 (6:40.51), 35.81 (7:16.32), 33.00 (7:49.32), 32.43 (8:21.75), 33.44. Last 400: 65.87; last 800: 2:14.68.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Jackie Gibson Marathon & Allan Ferguson Half Marathon, Johannesburg
- * Verulam Marathon & Half Marathon, Verulam
- * Legacy Project Human Race 30 km, Uitenhage
- * Umhlobo Wenene FM 10 km Classic, Port Elizabeth
- * Old Mutual Om die Dam 50 km, Half Marathon & 10 km, Hartebeespoort Dam
- * Tyger Run Half Marathon & 10 km, Durbanville
- * Tygerberg 30 km, Parow
- * Zululand District Ultramarathon & 10 km, Nongoma to Ulundi
- * GWK Diamant Marathon, Half Marathon & 10 km, Kimberley

International highlights:

- * Meia-Maratona Internacional de Lisboa EDP, Lisbon, POR
 - * Wehr Minerals Venloop Half Marathon, Venlo, NED
 - * The Acea Rome Marathon, Roma, ITA
 - * Oakland Running Festival, Oakland, USA
 - * Matsue Women's Half Marathon, Matsue, JPN
 - * Outdoor track: Australian Athletics Tour – Melbourne, Melbourne, AUS
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ROAD RUNNING

Jackie Gibson Marathon (69th) & Allan Ferguson Half Marathon

Johannesburg, 22 March

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 840 [significantly down from 2141 last year]; half-marathon – 1200 [down from 1670].)

Note: The number of finishers in this race has been see-sawing strangely in the last three years: in 2013 there were 792 finishers, last year 2141 and now this year 840. Siyabonga Dingile was first across the line last year, but was disqualified; this time he finished second. There were five veterans in the top ten. DRR subscriber Elaine Greenblatt was the first grandmaster in the half marathon – well done! – Ed.

Marathon

MEN

1 Siphoncube (ZIM/Maxed Elite) 2:38:04 (1st vet); 2 Siyabonga Dingile (Nedbank) 2:41:29; 3 Calvin Matekola (Ricoh) 2:43:16; 4 Siyavuya Thomas (Airports Company) 2:43:45; 5 Thabo Mashigo (Vultures) 2:44:33; 6 Thabo Nkuna (Cool Running) 2:44:51; 7

Marshall Mashaninga (Eskom) 2:48:08; 8 Simon Mphulanyane (Maxed Elite) 2:51:11; 9 George Mooi (Gallopers) 2:52:11; 10 Phehello Tsotetsi (Post Office) 2:53:02.

Veterans: 1 Siphon Ncube (Maxed Elite) 2:38:04; 2 Thabo Mashigo (Vultures) 2:44:33; 3 Simon Mphulanyane (Maxed Elite) 2:51:11; 4 George Mooi (Gallopers) 2:52:11; 5 Phehello Tsotetsi (Post Office) 2:53:02. **Masters:** 1 Ephriam Yende (Bidvest) 3:05:22; 2 Joseph Morowane (Boksburg) 3:08:12; 3 Ndabezinhle Ndlovu (Soweto Cabal) 3:13:07.

G'masters: 1 Keith Daly (Callies) 3:42:54; 2 Bonolo Mofokeng (RAC) 4:08:09.

WOMEN

1 Jennifer Koech (KEN/Nedbank) 3:03:23; 2 Gabriella Dennill (Rockies) 3:43:56; 3 Lindiwe Mthombeni (Sasol) 3:45:57; 4 Ronel Spijkerman (RRW) 3:51:17; 5 Sharon Newman (Breakthru Midrand) 3:53:00.

Veterans: 1 Sonja Aucamp (Lewensentrum) 3:56:48; 2 Winnie Mbukwana (Striders) 4:01:06; 3 Natasha Naidoo (RRW) 4:19:58. **Masters:** 1 Connie Blom (Runavation) 4:00:00; 2 Sue Robertson (RAC) 4:05:20; 3 Marina Goodson (RAC) 4:12:36. **G'masters:** 1 Bella Carmichael (RRW) 4:51:56.

Half marathon

MEN

1 Lebogang Masilo (Transnet) 70:19; 2 Paulus Radebe (Airports Company) 70:26; 3 Sam Bolo (BCC) 71:04; 4 Vincent Seng (JMPD) 72:21; 5 Jonas Makhele (Bidvest) 72:51.

Veterans: 1 Justanus Gantsi (Maxed Elite) 75:05; 2 Lucky Mabuza (Wanderers) 81:44; 3 Jabulane Nkabinde (BCC) 84:00; 4 William Maduna (Rand Water) 91:08; 5 Jaco de Jager (Magnolia) 98:00. **Masters:** 1 Tony Silva (BCC) 84:30; 2 Zeb Mokonoto (Nedbank) 85:25; 3 Sontaga Mabale (Breakthru Midrand) 95:41. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 86:42; 2 Petrus Mohalejeng (Vultures) 1:49:11.

WOMEN

1 Christine Kalmer (Boxer) 82:01; 2 Seipati Peo (Maxed Elite) 93:40; 3 Sarah Mahlangu (West Rand) 1:42:39; 4 Helena Oberholzer (Pirates) 1:44:08; 5 Angela Temlett (RRW) 1:44:29.

Veterans: 1 Sarah Mahlangu (West Rand) 1:42:39; 2 Catherine Naane (Sibanye Gold) 1:44:43; 3 Heather Kappmeier (Nedbank) 2:00:38; 4 Elsabe Aucamp (Arcelor Mittal) 2:00:42; 5 Gloria Shangwe (Ricoh) 2:05:44. **Masters:** 1 Jackie Frey (Xhosa) 1:47:36; 2 Frith v.d. Merwe (Benoni High) 1:49:41; 3 Rita Loots (RAC) 1:54:39. **G'masters:** 1 Elaine Greenblatt (RAC) 2:14:27; 2 Theresa Roux (Lewensentrum) 2:14:52.

Verulam Marathon & Half Marathon

Verulam, 22 March

(Distances: 42.195 km & 21.1 km)

Marathon

MEN

1. Arcilio Hacutor (MOZ/Eskom) 2:35:07
2. Sithembiso Masikane (Newlands) 3:40:34
3. Malusi Dlomo (Nedbank) 2:42:01

WOMEN

1. Nonsikelelo Mbambo (Natal Carbineers) 3:20:21
2. Sibongile Ziqubu (Eskom) 3:23:01
3. Lisa Collet (Nedbank) 3:35:03

Half marathon

MEN

1. Mbhusobhi Gumede (Inanda Qadi) 1:11:59
2. Mthokozisi (South Coast Striders) 1:13:07
3. Thembelani (Nedbank) 1:15:16

WOMEN

1. Thobile Khomo (Inanda Qadi) 1:44:58
2. Whitney Hurst (Faku AC) 1:48:14
3. Nomthandazo Mlotshwa (Inanda Qadi) 1:49:33

10 km

MEN

1. Sipho Mbanjwa (Phantane) 32:34
2. Sabelo Mtshali (Phoenix Villagers) 35:31
3. Kilford Shereni (Kwamashu AC) 35:26

WOMEN

1. Janene Carey (Boxer) 41:09
2. Zandile Menzi (NDW) 42:36
3. Nomcebo Mthetwa (Umhlatuze) 43:17

Legacy Project Human Race 30 km (1st)

Uitenhage, 22 March

(Undulating out-and-back course. Finishers: 157.)

Note: Two races on consecutive days for vet Jene Banfield (fifth here and fourth in the Umhlobo Wenene 10 km on Saturday; see results below), master Christine Claasen (seventh and sixth), and grandmaster Margie Saunders (eighth and seventh). – Ed.

MEN

1	George	Ntshiliza	Bluewater Bay	35	1:39:55
2	Rodney	Prins	Malabar AC	26	1:40:47
3	Andile	Motwana (1 st jun)	Tinarha AC	18	1:40:49
4	Bulelani	Niwa	PEAAC	29	1:42:10
5	Eric	Sigxashe	Motherwell AC	36	1:42:36
6	Andre	Ketchem	X-Cel AC	31	1:43:11
7	Aphlyn	Taai	Transnet Eng EP	32	1:43:14
8	Melikhaya	Kepe	Nedbank RC EP	38	1:44:52
9	Maxwell	Goodman (1 st vet)	Ikhamba AC	42	1:44:59
10	Masixole	Dlaku	PEAAC	36	1:46:31
11	Saziphi	Blaai	Temp	34	1:46:52
12	Melikhaya	Malinga	Tinarha AC	34	1:47:08
13	Xavier	Adams	Nedbank RC	19	1:47:28
14	Zolile	Mhlahlo	Achilles AAA	40	1:47:55
15	Alfred	Qogi	Nedbank RC EP	41	1:48:02
16	Mzwanele	Maphekula	Bluewater Bay	38	1:48:44
17	Zolani	Mabhongo	Motherwell AC	28	1:49:12
18	Brendon	Effenaar	Nedbank RC EP	19	1:49:16
19	Sandile	Ngunuza	Nedbank RC EP	32	1:49:32
20	Terrance	Mjekula	Charlo AC	42	1:49:44

40-44:

1	Maxwell	Goodman	Ikhamva AC	42	1:44:59
2	Zolile	Mhlahlo	Achilles AAA	40	1:47:55
3	Alfred	Qogi	Nedbank RC EP	41	1:48:02

45-49:

1	Christopher	Mabengeza	Nedbank RC EP	48	1:55:50
2	Mzukisi	Klaas	Motherwell AC	46	1:56:40
3	Mzwandile	Yokwe	Ikhamva AC	45	2:13:54

50-54:

1	Desmond	Zibi	Achilles AAA	51	1:59:11
2	Welcome	Loliwe	Tinarha AC	50	2:02:46
3	Kenneth	Menze	Bluewater Bay	53	2:04:49

55-59:

1	Disemba	Blou	Charlo AC	56	2:15:32
2	Ronald	Ndiza	Transnet Eng EP	55	2:27:10
3	Christopher	Nyodi	Bluewater Bay	56	2:27:36

60-64:

1	Sizinzo	Kama	Achilles AAA	63	2:26:40
2	Donald	Mancasa	Transnet Eng EP	61	2:50:34
3	Hubert	Nteyi	Celtic Harriers	60	2:51:37

65-69:

1	Peter	Eck	Muirite Striders	68	3:04:56
2	Thembisile	Ntoni	PEAAC	67	3:23:30
3	David	O'Reilly	Nedbank RC EP	67	3:55:06

70-74:

1	Tamsanqa	Jusayi	Nedbank RC EP	72	2:39:25
2	Godfrey	Kariem	Gelvan AC	74	3:11:42

Juniors:

1	Andile	Motwana	Tinarha AC	18	1:40:49
2	Brendon	Effenaar	Nedbank RC EP	19	1:49:16

WOMEN

1	Asanda	Solani	Born To Run AC	31	2:09:52
2	Ndileka	Mvakwendlu	Tinarha AC	24	2:14:20
3	Davera	Magson (1 st vet)	Nedbank RC EP	40	2:15:31
4	Grizelda	Pietersen	Malabar AC	46	2:18:52
5	Jene	Banfield	Run For Life EP	44	2:19:34
6	Nokholo	Hlezupondo	SANDF AC EP	36	2:20:05
7	Christine	Claasen (1 st mast)	Achilles AAA	50	2:23:37
8	Margie	Saunders (1 st g'mast)	Nedbank RC EP	61	2:24:42
9	Deliwe	Nyanga	Nedbank RC EP	25	2:27:25
10	Zandile	Rubushe	Mdantsane AC	30	2:30:32
11	Nolikhanyo	Mdwayi	Transnet Eng EP	33	2:33:46
12	Sharon	Gouws	Nedbank RC EP	44	2:34:45
13	Buyelwa	Kobokana	Nedbank RC EP	50	2:38:27
14	Monica	Lahle	Mdantsane AC	37	2:39:19
15	Priscilla	Dyantyi	Nedbank RC EP	41	2:43:02
16	Laura	Maritz	Elite AC	54	2:46:47
17	Sunelle	Horne	Bluewater Bay	41	2:48:20
18	Elsabe	Ndlumbini	Motherwell AC	31	2:48:46
19	Olwethu	Bomvana	Youth 4 Change AC	28	2:51:58
20	Michelle	Meyer	PEAAC	34	2:56:10

40-44:

1	Davera	Magson	Nedbank RC EP	40	2:15:31
2	Jene	Banfield	Run For Life EP	44	2:19:34
3	Sharon	Gouws	Nedbank RC EP	44	2:34:45

45-49:

1	Grizelda	Pietersen	Malabar AC	46	2:18:52
2	Ingrid	De Monk	Gelvan AC	48	3:21:27
3	Carol	Booyesen	Muirite Striders	46	3:32:02

50-54:

1	Christine	Claasen	Achilles AAA	50	2:23:37
2	Buyelwa	Kobokana	Nedbank RC EP	50	2:38:27
3	Laura	Maritz	Elite AC	54	2:46:47

55-59:

1	Noleen	Norris	Gelvan AC	57	3:59:24
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60-64:

1	Margie	Saunders	Nedbank RC EP	61	2:24:42
2	Nicki	Van Niekerk	Muirite Striders	61	3:35:11

65-69:

1	Liz	Grundlingh	Muirite Striders	68	3:24:27
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Umhlobo Wenene FM 10 km Classic (28th)

Port Elizabeth, 21 March

(Out-and-back course. Finishers: 933 [up from 862 last year].)

MEN

1	Melikhaya	Frans	Tinarha AC	23	31:08
2	Adriaan	Gerwel (1 st jun)	X-Cel AC	18	31:24
3	Gift	Chigomarawa	ZIM/Motherwell AC	24	31:28
4	Brendon	Effenaar	Nedbank RC EP	19	31:58
5	Anele	Maliza	Nedbank RC EP	37	32:05
6	Mzwanele	Maphekula	Bluewater Bay	38	32:05
7	Sibusiso	Thu	Transnet Eng EP	27	32:08
8	Mzolisi	Makhanda	Nedbank RC EP	32	32:11
9	Melikhaya	Kepe	Nedbank RC EP	38	32:29
10	Sinathi	Mafa	SAP MC EP	24	33:09
11	Luyanda	Tshangana	Ikhamba AC	31	33:14
12	Lubabalo	Mdlungwane	Tinarha AC	24	33:40
13	Mila	Pasiya	Nedbank RC EP	35	33:43
14	Mzamo	Fokwana	Charlo AC	37	33:52
15	Ryan	Peter	Madibaz AC	31	33:53
16	Luyolo	Dyubhele	Tinarha AC	21	34:20
17	A.N. Other		Temp	25	34:24
18	Alfred	Qogi (1 st vet)	Nedbank RC EP	41	34:27
19	Masixole	Dlaku	PEAAC	36	34:29
20	Khayaletu	Makalima	Aspen Pharmacare	31	34:41

40-44:

1	Alfred	Qogi	Nedbank RC EP	41	34:27
2	Thobile	Xata	Bluewater Bay	40	34:52
3	Lesley	Koeseba	Madibaz AC	41	36:23

45-49:

1	Jacob	Abraham	Body Concept	48	38:31
2	Alfred	Pakkies	PEAAC	46	39:01
3	Chris	Darke	Charlo AC	46	39:19

50-54:

1	Darrell	Wicht	Warriors AC	51	36:29
2	Michael	Bekapi	Ikhamba AC	53	37:43
3	Neil	De Meillon	Nedbank RC EP	51	41:10

55-59:

1	Disemba	Blou	Charlo AC	56	40:55
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2	Alan	Taylor	Achilles AAA	57	43:31
3	Christopher	Nyodi	Bluewater Bay	56	44:08
60-64:					
1	Elvis	Galela	Madibaz AC	63	41:04
2	Sizinzo	Kama	Achilles AAA	63	42:27
3	Johan	Barnard	Nedbank RC EP	60	49:24
65-69:					
1	Hannes	Els	Warriors AC	65	41:08
2	Graham	Channon	Achilles AAA	65	48:10
3	Johannes	Herbst	Muirite Striders	69	48:37
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	72	46:11
2	Ron	Clark	Bluewater Bay	72	51:01
3	Herman	Dekker	SAP MC EP	70	54:12
80+:					
1	Ernie	Verrall	Madibaz AC	80	1:03:51
Juniors:					
1	Adriaan	Gerwel	X-Cel AC	18	31:24
2	Brendon	Effenaar	Nedbank RC EP	19	31:58
3	Lindisipho	Mxhwashula	Motherwell AC	17	35:22
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC EP	33	37:02
2	Ndileka	Mvakwendlu	Tinarha AC	24	40:05
3	Nomakhosi	Ntliziyo (1 st jun)	Youth 4 Change AC	16	41:40
4	Jene	Banfield (1 st vet)	Run For Life EP	44	42:09
5	Nokholo	Hlezupondo	SANDF AC EP	36	42:38
6	Christine	Claasen (1 st mast)	Achilles AAA	50	43:13
7	Margie	Saunders (1 st g'mast)	Nedbank RC EP	61	43:14
8	Janette	Schierz-Crusius	Body Concept	54	43:28
9	Katherine	Van der Walt	Body Concept	39	43:33
10	Deliwe	Nyanga	Nedbank RC EP	25	43:39
11	Sime	Baynes	Elite AC	31	43:41
12	Claire	Van der Nest	Body Concept	34	44:27
13	Elmarie	Bezuidenhout	Charlo AC	33	44:31
14	Frances	Stone	Body Concept	42	44:41
15	Janine	Gardiner	Charlo AC	33	44:48
16	Arinda	Pritchard	Temp	36	45:40
17	Hanlie	Van der Westhuizen	Despatch AC	58	45:45
18	Lisa	Rentzke	Body Concept	31	46:22
19	Zandile	Rubushe	Mdantsane AC	30	46:26
20	Robyn	Rose	Charlo AC	27	46:31
40-44:					
1	Jene	Banfield	Run For Life EP	44	42:09
2	Frances	Stone	Body Concept	42	44:41
3	Ursula	Davidson	Body Concept	42	46:35
45-49:					
1	Joanne	Tucker	Charlo AC	47	50:59
2	Judy	Beens	Charlo AC	48	52:02
3	Gail	Klichowicz	Achilles AAA	48	52:39
50-54:					
1	Christine	Claasen	Achilles AAA	50	43:13
2	Janette	Schierz-Crusius	Body Concept	54	43:28
3	Laura	Maritz	Elite AC	54	46:54
55-59:					
1	Hanlie	Van der Westhuizen	Despatch AC	58	45:45

2	Amanda	Wolmarans	Walmer AC	56	50:25
3	Monica	Kemp	Warriors AC	58	54:11
60-64:					
1	Margie	Saunders	Nedbank RC EP	61	43:14
2	Cathy	Ives	Achilles AAA	61	57:29
3	Sharon	Brown	PEAAC	61	1:12:35
65-69:					
1	Helene	Oppel	Crusaders AC	65	1:00:11
2	Christine	Fourie	Elite AC	68	1:05:36
3	Denise	Terblanche	Walmer AC	67	1:08:04
70-74:					
1	Orgia	Nell	Muirite Striders	71	1:11:33
75-79:					
1	Dorothy	Hart	Madibaz AC	77	1:17:22
2	Aletta	Fourie	Warriors AC	76	1:30:06
Juniors:					
1	Nomakhosi	Ntliziyo	Youth 4 Change AC	16	41:40
2	Kirsten	Dods	Schools EPA	17	50:15
3	Luzanne	Bruyns	Elite AC	16	55:10

Old Mutual Om die Dam 50 km (25th), Half Marathon & 10 km

Hartebeespoort Dam, 21 March

(Distances: 50 km, 21.1 km & 10 km; hilly loop courses. Finishers: 50 km – 3300 [up from 3100 last year]; half-marathon – 1736 [up from 1192]; no figures available for 10 km.)

50 km

MEN

1. William Mokwalakwala (Brooks) 2:57:59 (R15 000)
2. Felix Mushurwa (ZIM/Ned CGA) 3:01:05 (R7500)
3. Elijah Mogoboya (Ned AGN) 3:01:40 (R5000)
4. Lyno Muchena (ZIM/Ned AGN) 3:05:48 (R2500)
5. Steven Dikobo (Ned AGN) 3:08:39 (R1000)

Veterans: 1. Pete Medupe (Ned) 3:18:24 (R2000); 2. Jameson Mabapa (Ned AGN) 3:18:48 (R1000). **Masters:** 1. Reform Ndlovu (Randburg) 3:37:22 (R1000); 2. Joseph Ndlovu (ACE) 3:38:08 (R500). **G'masters:** 1. Johan Nel (Irene) 4:19:45 (R1000); 2. Theo Swanepoel (Kempton) 4:27:02 (R500). **G/g'masters:** 1. Pele Tshikundamalema (Olifants) 4:45:10 (R1000); 2. Patrick Mafilika (Ned AGN) 5:09:18 (R500).

WOMEN (Same prize money as men)

1. Riana van Niekerk (Ned AGN) 3:30:07
2. Emmerentia Rautenbach (Ned AGN) 3:33:35
3. Lizih Chokore (ZIM/Ned AGN) 3:40:43
4. Julianie Basson (B2R) 3:41:32 (1st vet)
5. Lesley Train (Krugers) 3:43:11

Veterans: 1. Julianie Basson (B2R) 3:41:32; 2. Lesley Train (Krugers) 3:43:11. **Masters:** 1. Val Watson (Runav) 4:32:38; 2. Rita van Wyk (Boks) 4:49:33.

Half-marathon

MEN

1. Coolboy Ngamole (Ned CNW) 1:09:39 (R3000)
2. Leswene Africa Mailola (Ned AGN) 1:10:30 (R1500)
3. David Manja (Ned CNW) 1:12:42 (R1000)
4. Innocent Ndlovu (Randburg) 1:13:00 (R750)
5. Enoch Skosana (Ned AGN) 1:15:22 (R500)

Veterans: 1. Enoch Skosana (Ned AGN) 1:15:22 (R500); 2. Adam Motona (Ind) 1:16:47 (R300). **Masters:** 1. Dan Mothibe (Runav) 1:19:20 (R500); 2. Simon Ramashapa (Coro) 1:19:55 (R300). **G'masters:** 1. John Woodnutt (Morning) 1:35:41 (R500).

WOMEN (Same prize money as men)

1. Catherine Skosana 1:25:30
2. Andronica Mokgotla 1:31:45
3. Toni Bennetts 1:32:56
4. Elizabeth Dhliwyao 1:33:36
5. Ansie Breytenbach 1:36:40

Veterans: 1. Jill Oliphant (RAC) 1:43:09; 2. Cornia Broere (Tuks) 1:44:13. **Masters:** 1. Ansie Breytenbach (Irene) 1:36:40; 2. Linda van den Gryp (Krugers) 1:44:56. **G'masters:** 1. Elsa Meyer (Irene) 2:16:57. **G/g'masters:** 1. Annatjie Greyvenstein (Irene) 2:01:15.

10 km

MEN

1. Moeketsi Tseiso (Ind) 31:13 (R2000)
2. Shadrack Hoff (NB) 31:20 (1st vet) (R1000)
3. Pule Maeko (FFA) 31:47 (R500)

Veterans: 1. Shadrack Hoff (NB) 31:20 (R500); 2. Simon Mpholo (Ned) 33:23 (R300). **Masters:** 1. Jerry Rankapule (Gallop) 42:12 (R500); 2. Enoch Cilo (Assegaai) 49:13 (R300). **G'masters:** 1. Francis Makuka (ZAM/Phob) 42:55 (R500). **G/g'masters:** 1. Andries van der Merwe (Trans) 62:34 (R500). **Juniors:** 1. Sam Mokoena (Cool) 35:25 (R500).

WOMEN (Same prize money as men)

1. Portia Ngwenya (Trans) 38:10
2. Azwindini Gladys Lukhwareni (Cool) 40:19
3. Catherine Malungane (Trans) 40:41

Veterans: 1. Sarah Mahlangu (WRAC) 44:04; 2. Mirrian Mooki (Trans) 45:07. **Masters:** 1. Elsabe Brink (Runav) 46:36; 2. Monica Reis (Roode) 50:37. **G'masters:** 1. Harshada Fakir (Verulam) 87:58. **G/g'masters:** 1. Deirdre Larkin (Randburg) 65:41. **Juniors:** 1. Chanal de Wet (RWFL) 42:17.

Tyger Run Half Marathon & 10 km

Durbanville, 21 March

(Distances: 21.1 km & 10 km; certified hilly loop courses. Finishers: half marathon – 1527 [down from 1587 last year]; 10 km – 1162 [considerably down from 1910].)

Note: This is one of those events where runners did not get value for their money, with a marshalling error affecting the distance run. Since it is uncertain which runners ran what distance and the referees allocated alternate finishing positions, the results are essentially meaningless. Only the top three in the 10 km, which was most affected by the error, are given, and no category results. In the half marathon some well-known runners like Brian Merryweather (Edgemead) and Kaare James (Pinelands), who finished in the top three in their age category, are not included in the category awards lists. – Ed.

Half marathon

MEN

- | | | | | |
|---|------------|-----------|--------|---------|
| 1 | Lungile | GONGQA | Ned | 1:07:49 |
| 2 | Nkosinathi | SOTYANTYA | Itheko | 1:13:11 |
| 3 | Wanda | RORO | Itheko | 1:13:43 |

4	Luyanda	MAPOYI	Wild	1:13:56
5	Ben	MATISO	Itheke	1:15:36
6	Siyabonga	MADALA	Gugs	1:15:44
7	Babalo	HAMBI	Itheke	1:18:02
8	Ryan	WINTER	Pine	1:18:45
9	Jeremy	KADRIATA	Bracken	1:19:59
10	Rasta	?	Gugs	1:20:20

Veterans:

1	Rasta	?	Gugs	1:20:20
2	Nkanyiso	KHUMALO	Acsa	1:20:51
3	Petrus	OLYN	East	1:25:22

Masters:

1	Vladmir	KOTOV	Century	1:23:41
2	Henry	CIEVERTS	Tform	1:29:48
3	Allan	RYNINKS	Wild	1:31:55

G'masters:

1	Muhammad	KRIEL	Odraai	1:27:51
2	Ashaan	DAVIDS	Odraai	1:47:58
3	Willie	VAN WYK	Bracken	1:49:57

G/g'masters:

1	Robert	JOUBERT	Temp	2:10:24
2	Oloff	CROUS	Bracken	2:20:18
3	Richard	BADRIECK	Strand	2:25:14

Juniors:

1	Denzil	BYMAN	Itheke	1:29:14
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WOMEN

1	Bulelwa	SIMAE	Ned	1:25:05
2	Fortunate	CHIDZIVO	ZIM/Celtic	1:27:44
3	Candyce	HALL	Carbineers	1:31:18
4	Adele	WALDRON	Wcoast	1:32:45
5	Charisse	RAS	Bell	1:34:25
6	Ghameeda	JACOBS	CMS	1:35:18
7	Nicola	HOOPER	CMS	1:37:33
8	Maritsa	KOTZE	Bell	1:38:04
9	Jade	GROBLER	Stellen	1:38:39
10	Jonette	DE SOUSA	Temp	1:39:09

Veterans:

1	Adele	WALDRON	Wcoast	1:32:45
2	Angelique	RABIE	Carbineers	1:40:14
3	Liesl	THOMAS	Temp	1:40:47

Masters:

1	Cheryl	RUDOLPH	East	1:42:05
2	Jenni	HORN	VOB	1:51:04
3	Maretha	DE KOCK	Bell	1:52:27

G'masters:

1	Nancy	WILL	Pine	1:43:03
2	Styntjie	PRINS	Paarl	1:47:42
3	Ruth	LEVERTON	Pine	2:11:23

G/g'masters:

1	Marlene	JAMES	Pine	2:18:32
2	Wilbe	FOURIE	Strand	2:24:56
3	Avril	DELAPELIN DUMONT	Wcoast	2:27:02

Juniors:

1	Mishkah	MOHAMED	Central	2:40:11
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10 km

MEN

1	Unathi	NTETA	AC 24	36:17
2	Mthandazo	QHINA	Ned	36:30
3	Tsungai	MWANENGENI	ZIM/CMS	37:27

WOMEN

1	Nomvuyisi	SETI	Itheko	40:05
2	Pamela	MOYIKWA	VOB	40:07
3	Busisiwe	GWALA	VOB	40:07

Tygerberg 30 km (36th)

Parow, 15 March

(Certified, very hilly loop course. Weather: Cool and overcast.)

Note: Wanda Roro repeated his win of 2013, while Tanith Maxwell, preparing for her first ultramarathon over Easter, clocked the second fastest winning time since 1992. – Ed.

MEN

1. Wanda Roro (Itheko) 1:42:20
2. Dcardo Jakobs (Ned) 1:42:37
3. Peter Tsawayo (ZIM/Gugs) 1:43:04

Veterans: 1. Nicholas Mpontshane (WR) 1:57:36; 2. Dion Middelkoop (VOB) 2:00:30; 3. Andile Mlandu (IT) 2:02:50. **Masters:** 1. Eric Coetzee (Ind) 1:51:00; 2. Johnny Persents (WR) 1:56:49; 3. Eric Mlonyeni (Strand) 2:09:10. **G'masters:** 1. Muhammad Kriel (Ommie) 2:19:16; 2. Albert Williams (Top) 2:25:40; 3. Jeff Smith (Itheko) 2:29:34.

WOMEN

1. Tanith Maxwell (Boxer) 2:00:10
2. Fortunate Chidzivo (ZIM/Celtic) 2:07:29
3. Ursula Frans (Ned) 2:14:47 (1st vet)

Veterans: 1. Ursula Frans (Ned) 2:14:47; 2. Marjorie Prins (Bell) 2:20:31; 3 Janet Adam (Harf) 2:20:38. **Masters:** 1. Olga Howard (Celtic) 2:30:20; 2. Cheryl Rudolph (East) 2:34:18; 3. Elizabeth Bax (Pine) 2:36:09. **G'masters:** 1. Styntjie Prins (Paarl) 2:36:19; 2. Veronica van Niekerk (EGA) 2:43:20; 3. Annelie van der Linde (Durb) 2:47:13.

Zululand District Ultramarathon & 10 km

Nongoma to Ulundi, 15 March

(Distances: 56 km & 10 km; ultramarathon a point-to-point course; 10 km out and back)

56 km

MEN

1	Vusi Malobola	Cool Run	3:33:13
2	Bongmusa Mthembu	Faku Chiefs	3:34:02
3	Mncedisi Mkhize	Maxed Elite	3:34:30
4	Siphiwe Ndlela	Nedbank	3:35:55
5	Thuso Mosiba	Maxed Elite	3:37:05
6	Hatiwande Nyamande	ZIM/X Callibre	3:39:03
7	Prodigal Khumalo	ZIM/Maxed Elite	3:43:31
8	Sechaba Bohosi	LES/Gauteng	3:45:32
9	Siya Mqambeli	X Callibre	3:45:45
10	Delani Mkhize	Nedbank	3:45:53

Veterans:

1	Sipho Ncube	ZIM/Mr Price Maxed	3:52:57
2	Petros Sosibo	Nedbank	3:55:01
3	Justice Nkosi	Phuma	3:55:22

Masters:

1	Sipho Majombozi	Boxer	4:33:31
2	Sipho Mhlanga	NRB Harriers	4:55:34
3	Willie Shabalala	Umhlathuze	5:04:07

G'masters:

1	Michael Langa	Athletic	5:17:42
2	Chris van der Westhuizen	Umhlathuze	6:14:21

WOMEN

1	Samukeliso Moyo	ZIM/Maxed Elite	4:34:34
2	Fikile Mbuthuma	Nedbank	4:39:17
3	Seipati Peo	Maxed Elite	4:52:19
4	Winile Mnisi	SWZ/Nedbank	4:58:27
5	Masego Baeba	Transnet	4:59:27
6	Tawapo Biri	ZIM/Nedbank	5:05:25
7	A.N. Other		
8	Lepheana Mahlonolo	Nedbank	5:06:37
9	Nonsikelelo Mbambo	Natal Carbineers	5:12:14
10	Precious Duma	Maxed Elite	5:12:45

Veterans:

1	Samukeliso Moyo	ZIM/Maxed Elite	4:34:34
2	Josephine Bentele	Umhlathuze	5:31:05
3	Priscilla Dlamini	SWZ/Durban City	5:38:25

Masters:

1	Eunice Ntuli	NRB Harriers	6:29:24
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10 km**MEN**

1	Siyabonga Nkonde	Boxer	30:37
2	Givemore Mudzinganyama	ZIM/Cool Running	30:54
3	Motlokoa Nkhabutlane	LES/Oliphant	30:56
4	Thobani Chagwe	Maxed Elite	31:04
5	Philani Buthelezi	Boxer	31:11
6	Ayanda Mncube	Phantane	31:18
7	Tamo Thali	Oliphant	31:20
8	Nkosinathi Zwane	U.S.D.F	31:25
9	Elmore Sibanda	ZIM/Ubunye	31:28
10	Sipho Mbanjwa	Phantane	31:42

Veterans:

1	Justanus Gantsi	Mr Price	33:15
2	Mxolisi Dlodlu	Leapard	37:30
3	Richard Nhlabathi	Assegal	38:20

Masters:

1	Maxiwell Mngwengwe	Nedbank	42:43
2	Eward Ndlangamandla	Leapard	1:00:04

Juniors:

1	Mduduzi Hlatshwayo	U.S.D.F.	33:48
2	Sibusiso Hlophe	Dumbe	34:10
3	Mncwango Thabani	Mtubatuba	34:22

WOMEN

1	Makatsi Mokulubete	LES/Phantane	35:46
2	Rutendo Nyahora	ZIM/Nedbank	36:07
3	Lineo Chaka	LES/Nedbank	37:38
4	Sharon Tavengwa	ZIM/Maxed Elite	40:00
5	Makhosi Mhlongo	Savages	40:48
6	Andronica Mokgotla	Nedbank	41:29
7	Slindile Chili	Chesterville	41:47
8	Nomcebo Mthethwa	Umhlathuze	43:27
9	Happiness Memela	Nedbank	45:46
10	Thenjiwe Gumede	Inanda Qadi	47:02

Veterans:

1	Sarah Mahlangu	Westrand A.C.	47:20
2	Hleziphi Ncayiyana	Nedbank	53:19
3	Linda Cele	Nedbank	54:16

Masters:

1	Cynthia Zondi	Verulam A.C.	1:14:53
2	Lungile Zondo	Eskom	1:16:42
3	Anne Horsfield	Riverside Harriers	1:33:46

G'masters:

1	Maggie Marshall	Riverside Harriers	1:22:53
2	Ntombi Mesengene	Imambe	1:26:15

Juniors:

1	Thenjiwe Gumede	Inanda Qadi	47:02
2	Thobile Nkomo	Inanda Qadi	50:56
3	Slindokuhle Gwala	Inanda Qadi	54:45

GWK Diamant Marathon (45th), Half Marathon & 10 km

Kimberley, 14 March

(Distances: 42.195 km, 21.1 km & 10 km; marathon – flat loop course with out-and-back section; half marathon & 10 km – flat out-and-back courses. Finishers: marathon – 106 [one up from last year]; half marathon – 99 [considerably up from 57]; 10 km – 101 [up from 89]; also 43 in the 5 km.)

Note: A repeat win for Sihlalo Xwazi here. – Ed.

Marathon**MEN**

1	Sihlalo	Xwazi	40	Khotso	2:33:58
2	Tebogo	Moipolai	38	SANDF	2:50:25
3	Petrus	Mabogala	27	Christiana	2:53:29
4	Isaac	Selebogo	43	SANDF	2:58:45
5	Kgoro	?	47	SANDF	3:01:22

WOMEN

1	Berdine	Smit	50	Nedbank AGN	3:32:29
2	Lulu	Mxekezo	48	VKRR	3:59:33
3	Fairoos	Kana	44	VKRR	4:10:01
4	Johnene	Ralph	45	VKRR	4:10:05
5	Surien	Van Litsenborgh	36	VKRR	4:14:03

Half marathon**MEN**

1	Petrus	Motsumi	34	Nedbank	1:11:44
2	Tumelo	Baale	23	SANDF	1:15:03

3	David	Putsoenjane	28	Ind	1:17:24
4	Jacob	Danster	32	SANDF	1:20:41
5	Morapedi	Thole	40	Kalagadi	1:26:58

WOMEN

1	Kehilwe	Mothibe	21	Khotso	1:47:34
2	Ilze	Van der Schyff	28	VKRR	1:54:51
3	Liezelle	Ferreira	33	Finlime Harriers	2:02:43
4	Mariska	Kotze	32	Finlime Harriers	2:02:43
5	Thania	Rost	40	VKRR	2:05:56

10 km

MEN

1	Andries	Pongwana	27	VKRR	34:07
2	Moreki	Letlhogonolo	18	VKRR	35:49
3	Tshepo	Moalalh	18	Douglas	37:23

WOMEN

1	Sani	Coetzee	29	Ind	51:07
2	Charlize	Zara	17	Transnet	51:15
3	Le-Ann	?	31	Ind	53:57

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**Meia-Maratona Internacional de Lisboa EDP (25th)**

(IAAF Gold Label Road Race)

Lisbon, POR, 22 March

(Distance: 21.1 km; flat and IAAF-certified and prevalidated by Hugh Jones, including the 15 km and 20 km marks [record-standard course])

MEN (10h30 start/gun times)

1.	Mo Farah, GBR	59:32 NR/AR
2.	Micah Kogo, KEN	59:33
3.	Stephen Kosgei Kibet, KEN	59:58
4.	Idemo Guye Adola, ETH	1:00:45
5.	Edwin Kipyego, KEN	1:01:48
6.	Kevin Kochei, KEN	1:01:56 PB
7.	Sahlesilassie Nigussie, ETH	1:02:10
8.	Aschealew Nigusse Meketa, ETH	1:02:16
9.	Silas Kipruto, KEN	1:03:19
10.	Ezekiel Chepkorom, UGA	1:03:30

ELITE WOMEN (10h15 start/gun times)

1.	Rose Chelimo, KEN	1:08:22 PB
2.	Sara Moreira, POR	1:09:18 PB
3.	Prisca Jeptoo, KEN	1:09:21
4.	Purity Cherotich Rionoripo, KEN	1:10:24 PB
5.	Ana Dulce Félix, POR	1:10:27
6.	Doris Changeiywo, KEN	1:11:54
7.	Koren Jelila Yal, ETH	1:11:55
8.	Workenesh Edesa, ETH	1:12:00

9. Pauline Wanjiku, KEN 1:12:09
 10. Jane Jepkosgei Kiptoo, KEN 1:12:55
 ... 14. René Kalmer, RSA 1:15:17

Wehr Minerals Venloop Half Marathon (9th)

Venlo, NED, 22 March

(Distance: 21.1 km)

MEN (gun times)

1. Alfars Lagat, KEN 1:00:33 PB/CR*
 2. Ezraah Sang, KEN 1:00:36 PB
 3. Nguse Amlosom, ERI 1:01:18
 4. Justus Kiptoo Kanda, KEN 1:01:18 PB
 5. Benard Kitus, KEN 1:01:26 PB
 6. Khalid Choukoud, NED 1:02:31
 7. Sondre Nordstad Moen, NOR 1:02:32 PB
 8. Hirpha Temesgen, ETH 1:03:28
 9. Philipp Pflieger, GER 1:03:51 PB
 10. Gert-Jan Wassink, NED 1:04:04 PB

WOMEN (gun times)

1. Jane Moraa, KEN 1:10:41
 2. Nedi Bekele, ETH 1:12:29
 3. Mary Njoki Wanjiku, KEN 1:14:14
 4. Jessica Oosterloo, NED 1:16:28 PB
 5. Inge de Jong, NED 1:17:07

The Acea Rome Marathon (21st)

(IAAF Gold Label Road Race)

Roma, ITA, 22 March

(Distance: 42.195 km; AIMS-certified loop course)

MEN (gun times)

1. Abebe Negewo Degefa, ETH 2:12:23 EUR 5000
 2. Birhanu Addis Achame, ETH 2:12:32 3000
 3. Jamel Chatbi, ITA 2:14:04 2000 + 1500#

WOMEN (gun times)

1. Meseret Tolwalk, ETH 2:30:25 EUR 5000
 2. Alem Fikre Kifle, ETH 2:31:01 3000
 3. Deborah Toniolo, ITA 2:36:30 2000 + 1500#

#) Earned Italian citizen bonus

Oakland Running Festival (6th)

Oakland, USA, 22 March

(Distance: 42.195 km)

Note: US ultramarathon star Devon Yanko, who is coming to run the Old Mutual Two Oceans over Easter, scored a win here. – Ed.

MEN gun times)

1. Jesse Cherry, 28, Oakland, CA 2:25:14 CR \$500
 2. Ivan Medina, 29, Hayward, CA 2:30:07 400

3. Ryan Neely, 25, Walnut Creek, CA 2:30:12 300

WOMEN (gun times)

1. Devon Yanko, 32, San Anselmo, CA 2:56:02 \$500

Matsue Women's Half Marathon (35th)

(18th University Women Half-marathon Championships)

Matsue, JPN, 15 March

(Distance: 21.1 km)

WOMEN (gun times)

1. Asami Kato, 1:10:36
2. Kotomi Takayama, 1:10:47
3. Ai Inoue, 1:11:02
4. Ayumi Uehara, 1:11:19
5. Nanako Kanno, 1:11:24
6. Maki Izumida, 1:11:26
7. Yukiko Okuno, 1:11:28
8. Mami Onuki, 1:11:37
9. Sakurako Fukuuchi, 1:11:44
10. Miharuru Shimokado, 1:12:09

OUTDOOR TRACK

Australian Athletics Tour - Melbourne

Melbourne, AUS, 21 March

MEN

800:

1. David Rudisha, KEN, 1:44.94 WL
2. Jeff Riseley, AUS, 1:45.29
3. Alex Rowe, AUS, 1:47.11

WOMEN

1500:

1. Zoe Buckman, AUS, 4:12.57
2. Angela Petty, NZL, 4:12.59 PB
3. Susan Kuijken, NED, 4:13.04

3000 s/chase:

1. Madeleine Heiner, AUS, 9:31.03 WL/PB
2. Magdalene Masai, KEN, 9:38.17 PB
3. Victoria Mitchell, AUS, 9:39.78

STATS TIME

This week we include a list of the top ten SA veteran men in the marathon for 2014. Secondary performances by the top three are also listed. Two athletes – list leaders Charles Tjiane and Elias Mabane – each have three performances on the list.

2014 MARATHON: TOP 10 VETERAN MEN

2:21:16	Charles Tjiane	Cape Town	21 Sep
2:22:28A	Elias Mabane	Nelspruit	01 Nov

2:23:10A	Tjiane-2	Johannesburg	07 Sep
2:25:39	Sandile Makhaya	Pietermaritzburg	23 Feb
2:25:40	Malesela Johannes Kekana	Soweto	02 Nov
2:26:27	Mabane-2	Lephalale	02 Aug
2:27:08	Tjiane-3	Soweto	02 Nov
2:27:12	Mabane-3	Edenvale	09 Mar
2:27:22	Zongamele Dyubeni	Pretoria	18 Oct
2:27:45	Kanie Simons	Mafikeng	15 Feb
2:29:47	Nicholas Masombuka	Pretoria	23 Feb
2:30:15	Solomon Tema	Cape Town	21 Sep
2:30:22	Gert Thys	Cape Town	21 Sep
2:31:14A	Enoch Skosana	Johannesburg	07 Sep

THIS MONTH IN HISTORY

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

55 years ago: 6 March 1960

South Africa's oldest marathon when it was so sadly discontinued after the 2001 running, the Durban AC (DAC) Marathon – originally called the Siedle Shield Marathon – was usually held in the latter part of the year. But in 1960, it's 27th running, it was held on 6 March. The winner was Nick Raubenheimer in a quick 2:40:22, until then the fourth fastest ever in the race. Raubenheimer had also won the marathon in 1958. Just eleven weeks later Raubenheimer would finish fourth in the Comrades behind the man with the fastest time in the DAC Marathon, Jackie Mekler, whose 5:56:32 was the first sub-6 hour time in the ultramarathon.

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)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		28 Feb
	44:12	Lusapho April	Port Elizabeth	
	45:18A	Tyler McCandless (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		25 Jan
	64:46	Desmond Mokgobu	Benoni	
	61:21A	Lusapho April	New York	
	59:20	Stanley Biwott (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		08 Mar
	82:32	Nkosihona Mhlakwana	Durban	
	80:54A	Sipho Mbanjuli	Pinetown	
30 km	71:50	Sammy Kosgei (KEN) 2010		04 Jan
	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:37:54	Duane Fortuin	Camps Bay	

	1:31:27	Shin Kimura (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:17:37	Lukas Jani	Dubai	23 Jan
	2:05:28	Lemi Berhanu Hayle (ETH)		
	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	30:59	Shadrack Hoff	Pretoria	28 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	1:48:16	Deon Janneher	Durban	08 Mar
	1:36:50A	Samson Mnyango	Pinetown	25 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:59	Maxwell Goodman	Uitenhage	22 Mar
	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	34:00	Eric Coetzee	Goodwood	28 Feb
	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	1:43:01	Peter Sehloho	Durban	08 Mar
30 km	1:51:00	Eric Coetzee	Parow	15 Mar
Marathon	2:48:48	Shaun Meiklejohn	Durban	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:17	Muhammad Kriel	Athlone	07 Feb
15 km	60:04	Muhammad Kriel	Ravensmead	14 Mar
21.1 km	94:47	John Woodnutt	Pretoria	24 Jan
25 km	2:13:26	Mbekiseni Mchunu	Durban	08 Mar
	2:04:18A	Boysie van Staden	Pinetown	25 Jan
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon	3:18:02	Michael Langa	Durban	01 Mar
100 km				

Juniors

10 km	31:06	Creel Chavalala	Pretoria	28 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:11	Andile Motwana	Despatch	07 Mar
	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	55:00	Ebeth Marais	Ravensmead	14 Mar
	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	1:36:08	Jenna Challenor	Durban	08 Mar
	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	2:39:43	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	60:15	Sandra van Graan	Ravensmead	14 Mar
	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	1:56:26	Ashleigh White	Durban	08 Mar
	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	61:03	Elmarie Coetzee	Ravensmead	14 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	90:40	Jane Mudau	Benoni	25 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:15:05	Debby de Koning	Durban	08 Mar

30 km	2:06:53A	Maria Wareing	Pinetown	25 Jan
	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	64:01	Margie Saunders	Port Elizabeth	28 Feb
21.1 km	1:44:11	Nancy Will	Cape Town	25 Jan
25 km	2:44:20	Maureen Parry	Durban	08 Mar
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:58:19	Wendy Fitzmaurice	Durban	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	58:26	Pamelia Moyikwa	Ravensmead	14 Mar
	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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