

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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Mapaseka Makhanya, the SA 1500-metre champion, goes through the tape to win the first of this year's Spar Grand Prix 10 km races in Cape Town yesterday.

[Jasper Coetzee]

EDITORIAL

South African teams, on the whole, did slightly better at the IAAF World Cross-country Championships in Guiyang this weekend compared to two years ago in Bydgoszcz. Although no SA runner could come close to the 19th and 20th individual positions of Tumisang Monnatlala and Elroy Gelant in the junior and senior race respectively in Poland, the men's team did finish 9th – three positions better than in 2013. Of course, they were fifth in 2011. The best South African in the senior race was national champion Stephen Mokoka, who was 29th. There were three SA athletes in the top 50, with veteran Shadrack Hoff just missing out by one position.

The senior women finished 12th – two positions better than in 2013, when their 14th places was the lowest ever. Three runners did better than Lebo Phalula's 53rd of two years ago: Nolene Conrad was 36th, Phalula 46th and Annie Bothma 48th.

The junior men, led by Creel Chavalala's 43rd place, were 12th – likewise two positions better than the all-time low in Poland. The junior women were the only team who could not produce a better showing than in the previous championships – in fact, their 14th

position is a new all-time low. Whereas Glenrose Xaba finished 45th in Bydgoszcz, the best performer in China was Simonay Weitsz in 57th.

The men's title went to the very impressive Geoffrey Kamworor, who became the fourth runner – after Khalid Skah, Paul Tergat and Zersenay Tadese (see Stats Time in this issue) – to win both the world cross-country and half-marathon titles, and the third – after Kenenisa Bekele and Gebre-egziabher Gebremariam – to win both junior and senior cross-country crowns. It was only the second time in history (after 2009) that the first and second men's teams scored the same number of points and the tie-breaking rule came into effect. Six years ago Kenya and Ethiopia both scored 28 points, with the title going to

Kenya (this time Ethiopia won). Ethiopia and Kenya dominated the championships, winning all twelve individual medals on offer, plus the gold and silver team medals in all four races.

In Cape Town perfect conditions produced a magnificent Spar Grand Prix 10 km race, the first of the 2015 series. The title went to Mapaseka Makhanya in 32:54 after a tough battle with Rutendo Nyahora, who led early on, Lebogang Phalula and René Kalmer. No fewer than eleven of the top twenty ran PBs and five dipped under 34 minutes – only the fifth time that this has happened in South Africa. A further two of the top twenty – Makhanya and Christine Kalmer – each missed their respective PBs by 5 seconds. René, South Africa's number one marathoner who has won an unprecedented 27 Spar races during her career and is running the Vienna City Marathon in two weeks, clocked her fastest 10 km since May last year.



The Kalmer sisters, René and Christine, after the Spar race in Cape Town. [Jasper Coetzee]

There were two list leaders, by Makhanya and master Elmarie Coetzee (40:10). In another 10 km in Cape Town over the weekend a further three list leaders were produced, by master Eric Coetzee (33:25), grandmaster Muhammad Kriel (37:40) and junior McMarshal Hartzenberg (31:03) – the two "old men" improving on their own previous marks.

I commented last week on the wide variation in finisher figures for the Jackie Gibson Marathon over the last three years. Derrick Chamberlain told DRR that it was a pre-entry race (the half marathon as well). The organisers experienced problems with the unexpectedly huge field last year and ran out of water, medals, etc. They accepted that they would have a smaller field this year in order to let runners get used to a pre-entry event.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series 10 km, Cape Town
- * Goss & Balfe Dick King Half Marathon, Amanzimtoti
- * Telkom 10 km Challenge, Bellville
- * Denel Half Marathon & 10 km, Irene
- * Mall of the North Marathon, Half Marathon & 10 km, Polokwane
- * Pennypinchers 10 km, George
- * ?? Half Marathon, East London
- * Kempston Ladies Nite Race, East London

International highlights:

- * Carlsbad 5000, Carlsbad, USA
- * Vattenfall Berliner Halbmarathon, Berlin, GER
- * Stramilano Agonistica Internazionale, Milano, ITA
- * PZU Warsaw Half Marathon, Warszawa, POL
- * Around the Bay 30 km, Hamilton, CAN
- * Sportissimo Prague Half Marathon, Praha, CZE
- * XC: IAAF World Cross-country Championships, Guiyang, CHN
- * Outdoor track: Raleigh Relays, Raleigh, USA

ROAD RUNNING

Spar Grand Prix Series 10 km

(Women only)

Cape Town, 29 March

(Certified loop course. Weather: cool, no wind, perfect running conditions. Finishers: not available.)

Note: Second race on consecutive days here for Zintle Xiniwe, Mariëtte Strauss, Charmaine Cupido, Nancy Will, Pamela Moyikwa, Sharon Chanola and Helen du Plessis, who all also ran in the Telkom 10 km on Saturday. – Ed.

1	Mapaseka	Makhanya	Nedbank AGN	32:54	R10 000
2	Rutendo	Nyahora	ZIM/Nedbank AGN	33:03	R7500
3	Lebogang	Phalula	Transnet Engineering	33:20	R5000
4	René	Kalmer	Modern Athlete	33:26	R3000
5	Christine	Kalmer	Boxer AC	33:58	R2500
6	Zintle	Xiniwe	Ind	34:11	R2250
7	Cornelia	Joubert	Nedbank CGA	34:12*	R2000
8	Jenna	Challenor	Ind	34:30*	R1500
9	Lena	Lotter	Ind	34:31	R1250
10	Thembi	Baloyi	TUT AC AGN	35:10*	R1000
11	Glenrose	Xaba	Transnet Engineering	35:20*	
12	Ntombesintu	Mfunzi	Ind	35:29*	
13	Liziwe	Mabona	Transnet Engineering	35:34*	
14	Bulelwa	Simae	Nedbank WP	36:12*	
15	Irvette	Van Zyl	Nedbank AGN	36:28	
16	Marelise	Retief	Boxer AC	36:31	
17	Annah	Moeketsi	Transnet Engineering	36:37*	
18	Caron	Thomas	Ind	36:41*	
19	Vicky	Van der Merwe	Ind	36:43*	
20	Tanya	Scott	UCT	37:07*	

*) Personal best

(All age category prizes were the same: R1000, R750, R500.)

Veterans: 1. Janene Carey (Boxer) 38:14; 2. Obertina Kanyongo (ZIM/WC) 39:44; 3. Julie Huckle (Hout) 40:55. **Masters:** 1. Elmarie Coetzee (CMC) 40:10; 2. Mariëtte Strauss (Tyger) 41:05; 3. Charmaine Cupido (Ned) 42:28. **G'masters:** 1. Nancy Will (Pine) 46:15; 2. Sonja Laxton (RAC) 49:01; 3. Helen du Plessis (Tyger) 50:27. **G/g'masters:** 1. Marlene James (Pine) 57:54; 2. Annatjie Berntzen (Tyger) 70:07. **Juniors:** 1. Pamela Moyikwa (VOB) 37:40; 2. Ashleigh Simons (Carb) 37:53 PB; 3. Sharon Chanola (Gugs) 46:27.

Goss & Balfe Dick King Half Marathon (39th)

Amanzimtoti, 29 March

(Distance: 21.1 km; loop course. Finishers: 616 [one up from 615 last year].)

MEN

1.	Michael Mzobe	Maxed Elite	69:36
2.	SpamandlACebekulu	Nongoma AC	72:56
3.	Vusi Mayandu	Maxed Elite	74:03

40-49:

1.	Bheki Makhaye	Dbn Runner	97:59
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50-59:

1.	Peter Sehloho	Boxer AC	82:40
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60+:

1.	Bill Hog	HQ	113:02
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Juniors:

1.	Fred Goodhead	SCS	87:13
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WOMEN

1.	Teneal Featherby	PDAC	91:42
2.	Zoe Papadakis	Born2Run	96:52
3.	Yolande Visser	Bluff AC	97:28

40-49:

1.	Erica Walker	Hilton Harr	101:01
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50-59:

1.	Gaye Jackson	PDAC	116:33
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60-69:

1.	Sandy Fismer	Hilton Harr	106:10
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70+:

1.	Gill Tregenna	West AC	132:30
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Juniors:

1.	Janine Parker	Kearsney St	119:36
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Telkom 10 km Challenge

Bellville, 28 March

(Certified loop course)

MEN

1.	Nkosinathi Madyo (Ned)	29:57
2.	Virgina Ngudlumana (Itheke)	30:03
3.	Unathi Nteta (AAC)	30:10

Veterans: 1. Tsungai Mwanengeni (CMC) 31:15; 2. Pieter Koopman (Itheke) 32:20; 3. Shawn Abrahams (Celtic) 32:38. **Masters:** 1. Eric Coetzee (Ind) 33:25; 2. Johnny Persents (WR) 34:48; 3. Monde Tutani (Gugs) 37:25. **G'masters:** 1. Muhammad Kriel (Ommie) 37:40; 2. Robbie Lindsay (Ned) 40:15; 3. Gemjikile Tom (Eskom) 41:15. **Juniors:** 1. McMarshall Hartzenberg (Eerste) 31:03; 2. Jeandré September (Eerste) 34:03; 3. Thembeke Mendu (Gugs) 34:35.

WOMEN

1.	Tanith Maxwell (Boxer)	35:36
2.	Zintle Xiniwe (Ind)	35:39
3.	Nomvuyisi Seti (Itheke)	37:12

Veterans: 1. Ursula Frans (Ned) 40:05; 2. Sheryl de Lange (CMC) 41:23; 3. Ronel Steenkamp (Durb) 43:43. **Masters:** 1. Mariëtte Strauss (Tyger) 41:23; 2. Charmaine Cupido (Ned) 43:35; 3. Bev Charters (VOB) 44:43. **G'masters:** 1. Nancy Will (Pine) 48:31; 2. Helen du Plessis (Tyger) 49:00; 3. Ruth Leverton (Pine) 54:35. **Juniors:** 1. Pamela Moyikwa (VOB) 38:06; 2. Siziphiwe Mbatsa (Itheke) 40:54; 3. Sharon Chanola (Gugs) 45:58.

Denel Half Marathon & 10 km

Irene, 28 March

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1501; 10 km – 1810; also more than 1000 in the 5 km)

Half marathon

MEN

1. Lucky Mtshali (Olifants) 1:11:27
2. Zuko Macala (Ned) 1:12:10
3. Welcome Lubisi (Trans) 1:13:15 (1st jun)

Veterans: 1. Enoch Skosana (Ned) 1:13:20. **Masters:** 1. André Jansen (GS) 1:33:38. **G'masters:** 1. Eric Wright (Edenvale) 1:44:47. **G/g'masters:** 1. Steve Hollier (RAC) 1:55:29. **Juniors:** 1. Welcome Lubisi (Trans) 1:13:15.

WOMEN

1. Gillian Sieling (RAC) 1:33:50
2. Ansie Breytenbach (Irene) 1:34:09 (1st mast)
3. Kalma Chileshe (HSRC) 1:36:47

Veterans: 1. Vanessa Bowman (Kempton) 1:39:39. **Masters:** 1. Ansie Breytenbach (Irene) 1:34:09. **G'masters:** 1. Rina Machado (Ndaba) 2:21:08. **Juniors:** 1. Olivia Labuschagne (Wonderboom HS) 1:51:47.

10 km

MEN

1. Tsitsetso Ramokheseng (LES/Olifants) 31:34
2. Collen Parura (ZIM/Ned) 31:39
3. Simon Mpholo (Ned) 32:42 (1st vet)

Veterans: 1. Simon Mpholo (Ned) 32:42. **Masters:** 1. Rob Hudson (Irene) 42:41. **G'masters:** 1. Francis Mukuka (ZAM/Phob) 38:31. **Juniors:** 1. Mpho Mooka (TUT) 35:57.

WOMEN

1. Vuyokazi Gebe (Trans) 39:45
2. Annerie Kruger (Mag) 40:51
3. Jacquie van der Waals (Irene) 40:42 (1st vet)

Veterans: 1. Jacquie van der Waals (Irene) 40:42. **Masters:** 1. Natalie Sanders (Four) 48:18. **G'masters:** 1. Moira Terwey (RWFL) 67:22. **G/g'masters:** 1. Annatjie Greyvenstein (Irene) 55:43. **Juniors:** 1. Heletje Botha (Eldor) 46:08.

Mall of the North Marathon, Half Marathon & 10 km (1st)

Polokwane, 28 March

(Distances: 42.195 km, 21.1 km & 10 km. The half-marathon is a one-loop course, the marathon twice the half-marathon loop and the 10 km out and back. Weather: partly cloudy, cool, but warmer later. Finishers: marathon – 291; half-marathon – 420; 10 km – 720; also 1100 in the 5 km.)

Note: An exceptionally fast time in the 10 km here by Reghen Magwai, whose personal best at the beginning of the year was 32:47 – from 2013! Phopi Netshifhefhe, first junior girl in the 10 km, is the daughter of 2007 Two Oceans winner Bethuel Netshifhefhe. – Ed.

Marathon

MEN

1. Lucas Nonyana (ME) 2:33:58

2. Rufus Photo (PRR) 2:34:11
3. Mankgabe Magebi (Maku) 2:35:37 (1st vet)

Veterans: 1. Mankgabe Magebi (Maku) 2:35:37; Jackson Seanego (Runav) 2:46:22; 3. Emmanuel Matumba (Ind) 2:52:00. **Masters:** 1. Madia Matneche (Maku) 2:59:36; 2. Recksen Nemakulu (Vhembe) 3:14:54; 3. Matthews Ramashabo (Wingate) 3:23:01. **G'masters:** 1. Stephen Seema (SAPS) 3:47:21; 2. Johannes Mosehla (Polok) 3:51:57; 3. Jannie Sacco (RWFL) 4:05:25.

WOMEN

1. Jane Mudau (PRR) 3:11:23 (1st mast)
2. Melanie Melville (Polo) 3:14:45 (1st vet)
3. Linah Mhlongo (Eskom) 3:21:41

Veterans: 1. Melanie Melville (Polo) 3:14:45; 2. Linah Mhlongo (Eskom) 3:21:41; 3. Paulina Phaho (Trans) 4:09:01. **Masters:** 1. Jane Mudau (PRR) 3:11:23.

Half marathon

MEN

1. Lameck Misiwa (TAN/Ned) 1:06:57
2. Tseiso Moeketsi (LES) 1:11:06
3. Mthobi Joala (Ind) 1:11:11

Veterans: 1. Phillimon Manyaka (Ned) 1:15:03; 2. William Matome (Eskom) 1:17:03; 3. Frans Rhmaila (Ind) 1:30:22. **Masters:** 1. Thomas Mobeni (Elim) 1:24:37; 2. Theo Sekete (SAPS) 1:29:37; 3. David Kubjana (SAPS) 1:35:02. **G'masters:** 1. Daniel Hlongwane (Ned) 1:44:50; 2. Albert Mahlahla (Tzaneen) 1:45:13; 3. Ishmail Sisha (GG) 2:16:50. **Juniors:** 1. Emmanuel Ramohlale (PRR) 1:14:19; 2. Mutshizi Muravha (Vhembe) 1:20:20.

WOMEN

1. Muraha Mollel (TAN/Ned) 1:22:14
2. Gift Ramabele (Eskom) 1:36:24
3. Nicole de Jongh (Ind) 1:44:50

Veterans: 1. Ninette Roos (Polo) 2:03:58; 2. Martie Rudder (Tzaneen) 2:07:39; 3. Monica Erasmus (Polo) 2:13:01. **Masters:** 1. Santa van Heerden (Polo) 2:06:59; 2. Amanda Kruger (Sout) 2:10:30; 3. Rosa Viljoen (RWFL) 2:15:55. **G'masters:** 1. Felicity Roberts (Polo) 2:28:12.

10 km

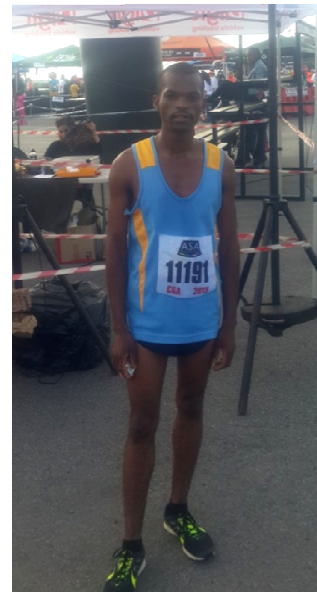
MEN

1. Reghen Magwai (Tembisa) 29:39
2. Tlou Peu (MAD) 31:01
3. Lesiba Peu (MAD) 32:18

Veterans: 1. Piet Mosebedi (Trans) 35:05; 2. Charles Selowa (Eskom) 36:46; 3. Thomas Thema (Eskom) 37:46. **Masters:** 1. Dan Mothibe (Runav) 36:02; 2. Bobby Sacco (RWL) 44:58; 3. R. Makhushu (Ind) 52:37. **G'masters:** 1. Norman Gordon (Potties) 58:24; 2. Hannes Engelbrecht (RWFL) 71:17. **Juniors:** 1. Hluvuko Msapa (Vhembe) 33:41; 2. Aluwani Tshivi (Vhembe) 35:41; 3. Rolius Mokiri (Makho) 35:48.

WOMEN

1. Azwindini Gladys Lukhwareni (Cool) 40:27



Reghen Magwai after winning the 10 km in a blistering time in Polokwane. [Pete van der Merwe]

2. Dimakatso Khambane (ACE) 42:34
3. Denga Mashava (43:37)

Veterans: 1. Anna Moponya (Ind) 47:17; 2. Kate Matome (Eskom) 68:48; 3. Mokelo Sedibane (Ind) 89:38. **Masters:** 1. Jeannie Owens (Polo) 75:56; 2. Daphne Mashlo (Ind) 78:44; 3. Ramaesele Matotoka (Ind) 81:44. **G'masters:** 1. Rose McCabe (RWFL) 72:59. **Juniors:** 1. Phopi Netshifhefhe (PRR) 56:38; 2. Lethabo Nyamande (Vhembe) 58:24; 3. Ethne Lloyd (Polo) 59:28.

Pennypinchers 10 km

George, 28 March

(Finishers: 121 [up from 102 last year].)

Note: Third win in a row for Lloyd Bosman here. – Ed.

MEN

1	Lloyd Bosman	Nedbank SWD	27	32:33
2	Elfonzo Pieterse	Nedbank SWD	26	32:47
3	Donavan Jantjies	Rainbow	38	33:05
4	Dullan Solomons	Nedbank SWD	16	33:58
5	Selwyn Losper	Mossel Bay Harriers	50	34:42
6	Siyabulela Mgweba	Nedbank SWD	29	34:50
7	Sinesipho Didishe	KMC	24	35:00
8	Melikhaya Msizi	KMC	31	35:44
9	Jan Maat	Outeniqua Harriers	36	37:10
10	Neytwin Laminie	Rainbow	16	37:15

Veterans:

1	Peter Jaehne	Outeniqua Harriers	37:44
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Masters:

1	Selwyn Losper	Mossel Bay Harriers	34:42
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G'masters:

1	Jan du Toit	Hartenbos Drawwers	46:13
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Juniors:

1	Donavan Jantjies	Rainbow	33:05
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WOMEN

1	Cecilia Nel	Hartenbos Drawwers	33	40:14
2	Elize Kloppers	Hartenbos Drawwers	45	42:30
3	Clarisha Pieterse	Mossel Bay Harriers	16	42:36
4	Charmaine Lamprecht	Nedbank SWD	31	44:30
5	Carike Jacobs	Nedbank SWD	38	44:34
6	Marina Coetzee	Pretoria Marathon Club	54	49:38
7	Lynnette Chapman	Outeniqua Harriers	40	51:17
8	Hester Willer	Outeniqua Harriers	51	52:20
9	Louise Kitson	Nedbank SWD	43	54:03
10	Chante Meyer	Nedbank SWD	21	56:36

Veterans:

1	Elize Kloppers	Hartenbos Drawwers	42:30
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Masters:

1	Marina Coetzee	Pretoria Marathon Club	49:38
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G'masters:

1	Diane Duggan	Melkbos	58:51
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Juniors:

1	Clarisha Pieterse	Mossel Bay Harriers	42:36
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?? Half Marathon

East London, 15 March

(Distance: 21.1 km. Finishers: 311.)

MEN

1. Lungile Gongqa (Ned WP), 36, 1:04:17
2. Luthando Hejana (B2R), 28, 1:11:39
3. Masixole Dlaku (Ind), 36, 1:15:45

WOMEN

1. Stephanie Smith (B2R), 29, 1:26:19
2. Asanda Solani (B2R), 31, 1:27:55
3. Natalie Ross (Rhodes), 24, 1:29:14

Kempston Ladies Nite Race

(Women only)

East London, 7 March

(Distance: 10 km. Finishers: 529.)

1. Stephanie Smith (B2R), 29, 39:00
2. Cindy Schwulst (ELAC), 23, 40:46
3. Asanda Solani (B2R), 31, 42:12

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**Carlsbad 5000** (30th)

Carlsbad, USA, 29 March

(Distance: 5 km; NEW two-loop course for elite men and women)

Note: Genzebe Dibaba finished within two seconds of Meseret Defar's Association of Road Racing Statisticians (ARRS) world record for the distance. Bernard Lagat broke the world record for masters men by a massive 15 seconds to finish third. – Ed.

ELITE MEN (gun times)

- | | | |
|---------------------------------------|-------------|--------------|
| 1. Lawi Lalang, 23, Tucson, AZ (KEN) | 13:32 | \$5000 |
| 2. Wilson Too, 24, KEN | 13:35 PB | 3500 |
| 3. Bernard Lagat, 40, Tucson, AZ | 13:40 WR40+ | 2000 + 5000a |
| 4. Sam Chelanga, 30, KEN | 13:50 | 1000 |
| 5. Joseph Kitur, 26, KEN | 13:53 | 800 |
| 6. Diego Estrada, 25, Salinas, CA | 13:56 | 700 + 3000a |
| 7. Haron Lagat, 31, Lubbock, TX (KEN) | 13:59 | 500 |
| 8. Ben St. Lawrence, 33, AUS | 14:11 | 400 |
| 9. Dan Lowry, 25, Allston, MA | 14:13 | 300 + 2500a |
| 10. Andy Vernon, 28, gBR | 14:13 | 200 |

ELITE WOMEN (gun times)

- | | | |
|----------------------------|----------|--------|
| 1. Genzebe Dibaba, 24, ETH | 14:48 PB | \$5000 |
| 2. Gelete Burka, 30, ETH | 15:13 PB | 3500 |

3. Wude Yimer, 27, ETH	15:18 PB	2000
4. Susan Kuijken, 28, NED	15:28 PB	1000
5. Betsy Saina, 26, KEN	15:31	800
6. Jessica O'Connell, 26, CAN	15:36 PB	700
7. Miyuki Uehara, 19, JPN	15:40 PB	500
8. Sarah Brown, 28, Solana Beach, CA	15:48 PB	400 + 5000a
9. Morgan Uceny, 30, Brighton, MA	15:52 PB	300 + 3000a
10. Juliet Bottorff, 24, Brighton, MA	15:59 PB	200 + 2500a
11. Werknesh Kidane, 33, ETH	16:00	
12. Deena Kastor, 42, Mammoth Lakes, CA	16:05	1000a

Brenda Martinez, 27, Big Bear, CA DNF

a) Earned USA citizen award

Vattenfall Berliner Halbmarathon (35th)

Berlin, GER, 29 March

(Distance: 21.1 km; certified one-loop course)

MEN (gun times)

1. Birhanu Legese, ETH	59:45 DB € 5000
[14:16 / 28:33 / 42:41]	
2. David Kogei, KEN	59:46 PB 2500
3. Abraham Cheroben, KEN	59:49 1500
4. Richard Mengich, KEN	59:59 PB 1000
5. Abraham Kipyatich, KEN	1:00:03 PB 800
6. Fentahun Hunegnaw, ETH	1:00:10 PB 700
7. Kenneth Kipkemoi, KEN	1:00:17 600
8. Emmanuel Oliaulo Ngatuny, KEN	1:00:58 PB 500
9. Eliud Mwangi, KEN	1:01:41 400
10. Simon Tesfaye, ERI	1:01:43 300

WOMEN (gun times)

1. Cynthia Chepchirchir Kosgei, KEN	1:10:52 PB € 5000
[16:38 / 33:42 / 50:32]	
2. Elizeba Cherono, KEN	1:10:56 2500
3. Isabellah Andersson, SWE	1:11:31 1500
4. Anita Baierl, AUT	1:13:23 PB 1000
5. Esther Hidalgo, ESP	1:14:13 700
6. Maria McCambridge, 1975, IRL	1:14:25 600
7. Frida Lunden, SWE	1:15:21 PB 500
8. Melina Tränkle, GER	1:15:34 PB 250
9. Kejeta Melat Yisak, ETH	1:16:03
10. Mayada Al Sayad, GER	1:17:14

Stramilano Agonistica Internazionale (44th)

Milano, ITA, 29 March

(Distance: 21.1 km; certified one-loop course)

MEN (gun times)

1. Thomas James Lokomwa, KEN	1:00:33 PB € 2000
2. Kennedy Kipiego, KEN	1:00:39 PB 1200
3. Yassine Rachik, MAR	1:03:11 PB 700
4. Robert Kipkoech Kirui, KEN	1:03:37 500
5. Domenico Ricatti, ITA	1:05:27 400 + 600#

WOMEN (gun times)

1. Rebecca Kangogo Chesire, KEN	1:08:21 PB/CR*	€ 2000 + 750i
2. Angela Jemesunde Tanui, KEN	1:09:14 PB	1200
3. Lucy Wanbui Murigi, KEN	1:11:19	700
4. Hellen Jepkurgat, KEN	1:11:24 PB	500
5. Martha Akeno, KEN	1:13:11	400

#) Earned Italian citizen prize money

i) Earned time bonus for sub-69:00

PZU Warsaw Half Marathon (10th)

Warszawa, POL, 29 March

(Distance: 21.1 km; loop course)

MEN (gun times)

1. Kiprop LIMO (KEN)	1:00:52
2. John LOITANG (KEN)	1:01:17
3. Boniface KOIGIN (KEN)	1:02:10
4. Victor KIPCHIRCHIR (KEN)	1:02:35
5. Abraham YANO (KEN)	1:02:43

WOMEN

1. Amane BERISO (ETH)	1:10:54
2. Katarzyna KOWALSKA (POL)	1:12:10
3. Dominika NOWAKOWSKA (POL)	1:12:37 PB
4. Diana LOBACEVSKE (LTU)	1:12:45 PB
5. Svitlana STANKO (UKR)	1:14:17

Around the Bay 30 km (118th)

Hamilton, CAN, 29 March

MEN (extended gun times)

1. Paul Kimugul, Toronto, CAN (KEN)	1:33:48.0	CAD 4000
2. Daniel Kipkoech, KEN	1:34:33.4	2000
3. Berhanu Degefa, ETH	1:35:04.9	1000
4. Sami Jibril, CAN	1:35:47.6	750
5. Kip Kangogo, KEN	1:36:02.3	500

WOMEN

1. Dayna Pidhoresky, Vancouver, BC	1:50:47.0	CAD 4000
2. Lioudmila Kortchaguina (40+), CAN	1:53:40.9	2000 + 500
3. Kate Gustafson, CAN	1:56:47.6	1000
4. Sarah Nagy (40+), CAN	1:57:18.6	750 + 300
5. Nicole Stevenson (40+), CAN	1:57:47.6	500 + 100

m) Earned masters prize money

Sportisimo Prague Half Marathon (17th)

(IAAF Gold Label Road Race)

Praha, CZE, 28 March

(Distance: 21.1 km; multi-loop course with no start/finish separation, AIMS/IAAF certified)

MEN (gun times)

1. Daniel Kinyua Wanjiru, KEN 59:51 PB € 4000 + 10,000i
[13:58 / 28:11 / 42:47 / 56:45]
2. Wilfred Kipkosgei Murgor, KEN 59:57 PB 2000 + 10,000i
3. Leonard Patrick Komon, KEN 59:57 1000 + 10,000i
4. Nicholas Kipchirchir Bor, KEN 1:00:09 PB 800
5. Adugna Takele, ETH 1:00:26 PB 600
6. Amanuel Mesel, ERI 1:00:26 PB 300
7. Teshome Mekonen, ETH 1:00:27 PB 200
8. Geoffrey Ronoh, KEN 1:00:28 100
9. Felix Kipchirchir Kandie, KEN 1:00:42 PB
10. Benard Kiplagat Bett, KEN 1:00:43 PB
11. Peter Cheruiyot Kirui, KEN 1:01:17
12. Samson Gebreyohannes, ERI 1:01:20
13. Berhane Tsegay, ERI 1:01:21 PB
14. Josphat Kiprop Kiptis, KEN 1:01:23 PB
15. Joel Kipkoech Kimutai, KEN 1:01:51

i) Earned time incentive for sub-60:00 (limited to top-3 only)

WOMEN (gun times)

1. Worknesh Degefa, ETH 1:07:14 PB € 4000 + 15,000i
[15:59 / 31:57 / 48:11 / 1:03:50]
2. Yebrgual Melese, ETH 1:08:21 PB 2000
3. Diane Nukuri, BDI 1:09:33 1000
4. Viola Jelagat, KEN 1:09:42 PB 800
5. Afera Godfay, ETH 1:09:51 PB 600
6. Lucy Kabuu, KEN 1:10:25 300
7. Lisa Nemec, CRO 1:10:39 200
8. Lineth Chepkurui, KEN 1:12:08 100
9. Janet Jelagat Rono, KEN 1:12:43
10. Mame Feyisa, ETH 1:12:56
11. Tarah Korir, CAN 1:13:39
12. Anezka Drahotova, CZE 1:15:15

i) Earned time incentive for sub-67:30 (limited to top-2 finishers only)

CROSS-COUNTRY

IAAF World Cross-country Championships (41st)

Guiyang, CHN, 28 March

(Course: 2 km loop at horse racing track; mostly grass with firm footing. All distances approximate)

SR. MEN (12 km):

Teams:

1. Ethiopia, 20 points Gold \$20,000
2. Kenya, 20 Silver 16,000
3. Bahrain, 54 Bronze 12,000
4. Eritrea, 91 10,000
5. Uganda, 92 8,000

6. Tanzania, 130 4,000
7. United States, 131
8. Rwanda, 153
9. South Africa, 162
10. Algeria, 189

Individual finishers:

1. Geoffrey Kipsang Kamworor, KEN 34:52 Gold \$30,000
2. Bedan Karoki Muchiri, KEN 35:00 Silver 15,000
3. Muktar Edris, ETH 35:06 Bronze 10,000
4. Hagos Gebrhiwet, ETH 35:15 7,000
5. Leonard Barsoton, KEN 35:24 5,000
6. Tamirat Tola, ETH 35:33 3,000
7. Atsedu Tsegay, ETH 35:47
8. Moses Kibet, UGA 35:53
9. Ismail Juma, TAN 35:55
10. Aweke Ayalew, BRN 35:56
11. Albert Kibichii Rop, BRN 35:59
12. Phillip Kiprono Langat, KEN 36:05
13. Abrar Osman, ERI 36:13
14. Bensa Dida, ETH 36:17
15. El Hassan Elabbassi, BRN 36:22
16. Moses Letoyie, KEN 36:23
17. Teklemariam Medhin, ERI 36:24
18. Isaac Korir, BRN 36:27
19. Zelalem Bacha, BRN 36:30
20. Hassan Chani, BRN 36:35
21. Joseph Kiprono Kiptum, KEN 36:37
22. Polat Kemboi Arikan, TUR 36:40
23. Goitom Kifle, ERI 36:44
24. Chris Derrick, USA 36:45
25. Phillip Kipyeko, UGA 36:50
26. Tesfaye Abera, ETH 36:59
27. Timothy Toroitich, UGA 37:02
28. Brett Robinson, AUS 37:11
29. Stephen Mokoka, RSA 37:14
30. Pontien Ntawuyirushintge, RWA 37:16
31. Rabah Aboud, ALG 37:20
32. Geoffrey Kusuro, UGA 37:20
33. Fabiano Nelson Sulle, TAN 37:26
34. Ryan Vail, USA 37:27
35. Félicien Muhitira, RWA 37:28
36. Patrick Smyth, USA 37:31
37. Bobby Curtis, USA 37:32
38. Tsegay Tuemay, ERI 37:32
39. Lesiba Mashele, RSA 37:36
40. Joseph Panga, TAN 37:43
41. Hizqel Tewelde, ERI 37:44
42. Jean Marie Uwajeneza, RWA 37:47
43. Gladwin Mzazi, RSA 37:50
44. Mounir Miout, ALG 37:51
45. Yerson Orellana, PER 37:52
46. Eric Sebahire, RWA 37:53
47. Rabeh Khaouas, ALG 38:00
48. Alphonse Felix Simbu, TAN 38:07
49. Liam Adams, AUS 38:08
50. Kelly Wiebe, CAN 38:14

51. Shadrack Hoff, RSA 38:24
 ... 61. Kgosi Tsosane, RSA 38:36
 ... 75. Selby Bonginkosi Zwane, RSA 39:23

SR. WOMEN (8 km):

Teams:

- | | | |
|------------------------|--------|----------|
| 1. Ethiopia, 17 points | Gold | \$20,000 |
| 2. Kenya, 19 | Silver | 16,000 |
| 3. Uganda, 101 | Bronze | 12,000 |
| 4. China, 122 | | 10,000 |
| 5. USA, 128 | | 8,000 |
| 6. Algeria, 139 | | 4,000 |
| 7. Spain, 139 | | |
| 8. Peru, 156 | | |
| 9. Japan, 159 | | |
| 10. Canada, 171 | | |
| 11. Australia, 187 | | |
| 12. South Africa, 192 | | |

Individual finishers:

- | | | | |
|---|-------|--------|----------|
| 1. Agnes Jebet TIROP, 1995, KEN | 26:01 | Gold | \$30,000 |
| 2. Senbere TEFERI, 1995, ETH | 26:06 | Silver | 15,000 |
| 3. Netsanet GUDETA, 1991, ETH | 26:11 | Bronze | 10,000 |
| 4. Alemitu HEROYE, 1995, ETH | 26:14 | | 7,000 |
| 5. Stacy Chepkemboi NDIWA, 1992, KEN | 26:16 | | 5,000 |
| 6. Emily Chebet MUGE, 1986, KEN | 26:18 | | 3,000 |
| 7. Irene Chepet CHEPTAI, 1992, KEN | 26:26 | | |
| 8. Mamitu DASKA, 1983, ETH | 26:29 | | |
| 9. Belaynesh OLJIRA, 1990, ETH | 26:29 | | |
| 10. Genet YALEW, 1992, ETH | 27:00 | | |
| 11. Nazret WELDU, 1990, ERI | 27:19 | | |
| 12. Janet KISA, 1992, KEN | 27:22 | | |
| 13. Margaret Chelimo KIPKEMBOI, 1993, KEN | 27:32 | | |
| 14. Juliet CHEKWEL, 1990, UGA | 27:40 | | |
| 15. Tirhas GEBRE, 1990, ESP | 27:50 | | |
| 16. DING Changqin, 1991, CHN | 27:52 | | |
| 17. ZHANG Xinyan, 1994, CHN | 28:02 | | |
| 18. Gemma STEEL, 1985, GBR | 28:14 | | |
| 19. Rhona AUCKLAND, 1993, GBR | 28:17 | | |
| 20. Sara HALL, 1983, USA | 28:19 | | |
| 21. Gladys TEJEDA, 1985, PER | 28:22 | | |
| 22. WU Xufeng, 1993, CHN | 28:24 | | |
| 23. Miho SHIMIZU, 1990, JPN | 28:26 | | |
| 24. Nyakisi ADERO, 1986, UGA | 28:31 | | |
| 25. Rachel HANNAH, 1986, CAN | 28:34 | | |
| 26. Amina BETTICHE, 1987, ALG | 28:40 | | |
| 27. Natasha WODAK, 1981, CAN | 28:43 | | |
| 28. Nawal YAH, 1991, ALG | 28:44 | | |
| 29. Laura THWEATT, 1988, USA | 28:49 | | |
| 30. Patricia CHEPKWEMOI, 1994, UGA | 28:51 | | |
| 31. Wilma ARIZAPANA, 1982, PER | 28:52 | | |
| 32. Olivia Mugove CHITATE, 1987, ZIM | 28:53 | | |
| 33. Emily CHEBET, 1987, UGA | 28:55 | | |
| 34. Mattie SUVER, 1987, USA | 29:00 | | |
| 35. Sara Sig MØLLER, 1983, DEN | 29:03 | | |
| 36. Nolene CONRAD, 1985, RSA | 29:05 | | |
| 37. Diana MARTÍN, 1981, ESP | 29:06 | | |

38. Iris FUENTES-PILA, 1980, ESP	29:09
39. Mai SHOJI, 1993, JPN	29:09
40. Victoria MITCHELL, 1982, AUS	29:11
41. Barkahoum DRICI, 1989, ALG	29:14
42. Courtney POWELL, 1995, AUS	29:15
43. Erika IKEDA, 1991, JPN	29:17
44. Souad AÏT SALEM, 1979, ALG	29:18
45. Brianna FELNAGLE, 1986, USA	29:19
46. Dina Lebo PHALULA, 1983, RSA	29:26
47. Karina VILLASANA, 1988, PER	29:29
48. Annie BOTHMA, 1995, RSA	29:29
49. Jacqueline MARTÍN, 1974, ESP	29:30
50. Gemma MAINI, 1996, AUS,	29:37
51. Jen RHINES, 1974, USA	29:39
... 62. Lorraine NOVELA, 1991, RSA	30:00
... 65. Mamphielo SIBANDA, 1993, RSA	30:18
... 69. Keneilwe SESING, 1988, RSA	30:32

JR. MEN (8 km):

Teams:

1. Kenya, 19 points Gold
2. Ethiopia, 33 Silver
3. Eritrea, 52 Bronze
4. Bahrain, 70
5. Uganda, 76
6. United States, 132
7. Morocco, 139
8. Italy, 176
9. Japan, 200
10. China, 209
11. Sudan, 215
12. South Africa, 236

Individual finishers:

1. Yasin Haji, ETH 23:42 Gold
2. Geoffrey Kipkirui Korir, KEN 23:47 Silver
3. Alfred Ngeno, KEN 23:54 Bronze
4. Dominic Kiptarus, KEN 24:00
5. Evans Rutto Chematot, BRN 24:03
6. Abraham Habte, ERI 24:04
7. Yihunilign Adane, ETH 24:05
8. Abe Gashahun, ETH 24:08
9. Fred Musobo, UGA 24:10
10. Rodgers Chumo, KEN 24:11
11. Joshua Kiprui Cheptegei, UGA 24:11
12. Moses Koech, KEN 24:11
13. Afewerki Berhane, ERI 24:22
14. Mogos Shumay, ERI 24:23
15. Abdi Ali Gelchu, BRN 24:29
16. John Langat, KEN 24:29
17. Haymanot Alewe, ETH 24:37
18. Soufiane Elbakkali, MAR 24:46
19. Aron Kifle, ERI 24:52
20. Yemaneberhan Crippa, ITA 24:52
21. Yohans Mekasha, ETH 24:53
22. Derara Hurisa, BRN 24:55
23. Yemane Haileselassie, ERI 25:08

24. Adane Weletaw, ETH	25:18
25. Justyn Knight, CAN	25:22
26. Robert Chemonges, UGA	25:25
27. John Dressel, USA	25:25
28. Abdi Ibrahim Abdo, BRN	25:27
29. Conner Mantz, USA	25:28
30. Mande Bushendich, UGA	25:31
... 43. Creel Chavalala, RSA	26:03
... 58. Kabelo Melamu, RSA	26:30
... 65. Siyabonga Mabena, RSA	26:41
... 70. William Potgieter, RSA	26:52
... 97. Rowhaldo Ratz, RSA	27:48

JR. WOMEN (4 km):

Teams:

1. Ethiopia, 11 points Gold
2. Kenya, 33 Silver
3. Bahrain, 52 Bronze
4. Uganda, 65
5. Japan, 98
6. China, 136
7. Eritrea, 138
8. USA, 177
9. Peru, 212
10. Morocco, 229
11. France, 229
12. Australia, 232
13. Canada, 247
14. South Africa, 279

Individual finishers:

1. Letesenbet GIDEY, 1998, ETH 19:48 Gold
2. Dera DIDA, 1996, ETH 19:49 Silver
3. Etagegn WOLDU, 1996, ETH 19:53 Bronze
4. Daisy JEPKEMEI, 1996, KEN 19:59
5. Mihret TEFERA, 1997, ETH 20:02
6. Dagmawit KIBRU, ETH 20:07
7. Gladys Jeptekeny KIPKOECH, 1996, KEN 20:13
8. Desi MOKONIN, 1997, BRN 20:17
9. Ruth JEBET, 1996, BRN 20:20
10. Winfred Nzisa MBITHE, 1997, KEN 20:31
11. Stella CHESANG, 1996, UGA 20:37
12. Roseflina CHEPNGETICH, 1997, KEN 20:38
13. Winnie Jebichii KOIMA, 1996, KEN 20:52
14. Zerfe LEMENEH, 1997, ETH 20:53
15. Fatuma Jawaro CHEBSI, 1998, BRN 20:54
16. Azusa SUMI, 1996, JPN 20:55
17. Rachael Zena CHEBET, 1996, UGA 21:01
18. Janat CHEMUSTO, 1998, UGA 21:10
19. Doreen CHEMUTAI, 1996, UGA 21:18
20. Bontu REBITU, 1997, BRN 21:22
21. Nana KURAOKA, 1997, JPN 21:24
22. Joyline CHEROTICH, 1998, KEN 21:25
23. Hibret DEBESAY, 1997, ERI 21:26
24. Elvanie NIMBONA, 1998, BDI 21:27
25. ZHANG Deshun, 1996, CHN 21:31
26. Mercyline CHELANGAT, 1997, UGA 21:43

27. Kaitlyn BENNER, 1996, USA	21:45
28. Dalila Abdulkadir GOSA, 1998, BRN	21:48
29. Wakana KABASAWA, 1999, JPN	21:48
30. Maria LARSEN, 1996, DEN	21:49
... 57. Simonay WEITSZ, 1999, RSA	22:55
... 65. Nicole VAN DER MERWE, 1998, RSA	23:05
... 76. Carina VILJOEN, 1997, RSA	23:28
... 81. Jeanette BOKADIE, 1996, RSA	23:55
... 89. Hanli ETSEBETH, 1997, RSA	24:29
... 91. Sherilene GELDERBLOM, 1996, RSA	24:44

OUTDOOR TRACK

Raleigh Relays

Raleigh, USA, 27-28 March

WOMEN

1500:

Heat 8 -

1. Annie LeHardy, SR, North Carolina, 4:21.88
2. Haley Meier, SO, Duke, 4:23.83
3. Kenyetta Iyevbele, SR, NC State, 4:24.30
- ... 6. Aynslee van Graan, FR, Coastal Carolina (RSA), 4:26.58 PB

5000 (27):

Heat 5 -

1. Wesley Frazier, Unat-NCS, 15:45.31 FR/MR/PB*
2. Samantha George, SO, NC State, 15:51.74 PB
3. Erika Kemp, SO, NC State, 15:57.84 PB

10000 (27):

Heat 1 -

1. Melanie Brender, SR, Michigan State, 33:53.49 PB
2. Alexis Wiersma, SO, Michigan State, 34:00.23 PB
3. Jordann McDermitt, FR, Eastern Michigan, 34:15.99 PB
4. Tristin Van Ord, SO, Appalachian State, 34:23.08 PB
5. Letitia Saayman, SR, Coastal Carolina (RSA), 34:33.85 PB

NEWS

WORLD MARATHON MAJORS PLAN INCREASED TESTING

Abbott World Marathon Majors (AWMM) is working in partnership with the IAAF to finance increased out-of-competition drug testing for elite athletes participating in AWMM events, reports *Athletics International*. This is the largest anti-doping effort to date by a private athletics organisation and will begin this summer. Elite athletes who meet the criteria below will be included in the AWMM elite athlete testing pool and subject to additional testing. This increased testing, coordinated by the IAAF, will be an addition to and not replace current national and international agency and individual AWMM in- and out-of-competition testing programmes.

The following elite athletes will be included in the 2015 AWMM testing pool: (1) All athletes who have earned WMM points in 2012-15. (2) All athletes entered into a 2015 AWMM race who are not included in (1) and who have run 2:27 or better (female) or 2:11 or better (male) in any marathon during 2012-14. If these athletes do not score AWMM points, he/she will be dropped from the pool after the event. (3) All athletes making their

marathon debut and entered into a 2015 AWMM race who have run a half marathon in 1:09 or better (female) or 60 minutes or better (male). (4) In line with the IAAF anti-doping regulations, any other athlete deemed fit for inclusion – at the combined discretion and decision of the AWMM and the IAAF.

All aspects of the testing programme will be co-ordinated by the IAAF medical and anti-doping department, ensuring that collective resources are maximised and all athletes are subjected to an equally rigorous, bespoke testing programme. The testing pool will be approximately 150 athletes, and all athletes must participate in the testing in order to be eligible to receive any AWMM prize money.

"The race directors of the AWMM are determined to eradicate cheating in our events," said Nick Bitel, AWMM general counsel. "We believe that this new testing pool initiative, set up in conjunction with the IAAF, is a major step forward in achieving our aim."

Seb Coe, bidding to succeed Lamine Diack as IAAF President later this year, believes the IAAF should introduce its own independent drug-testing unit. "The great advantage of independent testing is that it will remove potential conflicts," he said last week. "It takes the pressure off individual federations.

Cheats beware! The IOC is to retest stored doping samples from the Beijing Olympics of 2008, using new methods that are more sensitive in detecting the use of EPO and steroids.

STATS TIME

DOUBLE CHAMPIONS: WORLD CROSS-COUNTRY & TRACK/ROAD

The IAAF World Cross-country Championships were held in Guiyang this past weekend (results elsewhere in this issue). Only eight men and eleven women have ever won the cross-country title and world or Olympic titles. They are:

	XC titles	WC titles	Event
MEN			
Geoffrey Kamworor (KEN)	2015	2014	Half marathon
Kenenisa Bekele (ETH)	2002-2006, 2008 (6) 2002-2006 (short) (5)	2003-2009 (4) 2009	10000 m 5000 m
Zersenay Tadese (ERI)	2007	2007-2009 (3)	Half marathon
Benjamin Limo (KEN)	1999 (short)	2005	5000 m
Paul Tergat (KEN)	1995-1999 (5)	1999	Half marathon
Khalid Skah (MAR)	1990, 1991	1994	Half marathon
WOMEN			
Vivian Cheruiyot (KEN)	2011	2011	5000 & 10000 m
Florence Kiplagat (KEN)	2009	2010	Half marathon
Lornah Kiplagat (KEN)	2007	2006, 2007	Half marathon
Tirunesh Dibaba (ETH)	2005, 2006, 2008	2005	5000 & 10000 m
	2005 (short)		
Paula Radcliffe (GBR)	2001, 2002	2005	Marathon
Sonia O'Sullivan (IRL)	1998, 1998 (short)	1995	5000 m
Gete Wami (ETH)	1996, 1999	1999	10000 m
	2001 (short)		
Ingrid Kristiansen (NOR)	1988	1987	10000 m
Grete Waitz (NOR)	1978-1981, 1983 (5)	1983	Marathon

	XC titles	Olympic titles	Event
MEN			
Kenenisa Bekele	See above	2004, 2008 2008	10000 m 5000 m
Khalid Skah	See above	1992	10000 m
John Ngugi (KEN)	1986-1989, 1992 (5)	1988	5000 m
Carlos Lopes (POR)	1976, 1984, 1985	1984	Marathon
WOMEN			
Tirunesh Dibaba	See above	2008	5000 & 10000 m
Derartu Tulu (ETH)	1995, 1997, 2000	1992, 2000	10000 m
Maricica Puica (ROM)	1982, 1984	1984	3000 m

THIS MONTH IN HISTORY

44 years ago tomorrow: 31 March 1971

Fast 800-metre races in March are rare, anywhere in the world. Since the beginning of the 20th Century it has happened only three times that the year's world-leading performance was produced in the third month – and the last occasion when this came about was in South Africa. Fittingly, it was on the Coetzenburg track, scene of so many wonderful events during the golden days of SA athletics when people streamed in their thousands into stadiums to watch well-organised, exciting meetings that were broadcast live over the radio and received wide publicity in the press – so different from the ailing sport of today. Two of the biggest stars of the era battled it out over two laps on this night, with Dicky Broberg setting a magnificent new national record of 1:44.7, beating Danie Malan by four-tenths of a second – and short of the world record shared by Peter Snell and Ralph Doubell by the same margin. During the whole year no other runner in the world could surpass these two times, and Malan ended 1971 with three of the five fastest global times (he also clocked 1:45.3 and 1:45.6), while Broberg added performances of 1:45.9 and 1:46.0 to give the SA pair six of the ten quickest times of 1971 – a feat never equalled again. Broberg's record stood for 23 years, although Malan's 1:45.1 for 880 yards in Los Angeles in 1973 was intrinsically better at 1:44.4 for the metric distance.

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	44:12	Lusapho April	Port Elizabeth	28 Feb
	45:18A	Tyler McCandless (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	64:17	Lungile Gongqa	East London	15 Mar
	61:21A	Lusapho April	New York	15 Mar
	59:20	Stanley Biwott (KEN)		

25 km	58:23	Zersenay Tadese (ERI) 2010		
	82:32	Nkosihona Mhlakwana	Durban	08 Mar
	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
	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	33:25	Eric Coetzee	Bellville	28 Mar
	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	37:40	Muhammad Kriel	Bellville	28 Mar
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	31:03	McMarshal Hartzenberg Bellville	28 Mar
	27:52	Richard Chelimo (KEN) 1990	
15 km	48:11	Andile Motwana Despatch	07 Mar
	42:25	Moses Mosop (KEN) 2004	
21.1 km	74:19	Emmanuel Ramohlale Polokwane	28 Mar
	72:22A	Mduduzi Hlatshwayo Paulpietersburg	15 Feb
	59:16	Samuel Wanjiru (KEN) 2005	

WOMENOpen

10 km	32:54	Mapaseka Makhanya Cape Town	29 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	40:10	Elmarie Coetzee	Cape Town	29 Mar
	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
	2:06:53A	Maria Wareing	Pinetown	25 Jan
30 km	2:23:26	Olga Howard	Camps Bay	04 Jan
Marathon	3:11:23	Jane Mudau	Polokwane	28 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

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				

Juniors

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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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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