

Distance Running Results

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

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EDITORIAL

The last time Stephen Mokoka lost a race for the SA 10 km title was in 2012 when – just like at this weekend's championships in Sasolburg – the winner was Elroy Gelant. Gelant and Mokoka were comfortably ahead of their rivals in the two fastest times by South Africans so far in 2016, clocking 29:14 and 29:16 respectively. In the women's race Lorraine Novela did not defend her title and the Phalula twins, who did not run last year, finished in front of the field, with Lebo winning easily in 34:09 to 34:48. They were followed by Nolene Conrad, the champion in 2014.

Unfortunately no times for women after the first three are available because of an error in the finishing chutes, and the accuracy of some of the men's times is also in doubt. DRR will publish a corrected version of the results as soon as it is available.

The 10 km race was held together with the Sasol Marathon and Half Marathon; the marathon, South Africa's second oldest, was run for the 65th time and won by Tebogo Lejaha (LES) in 2:24:33 and Yolande Maclean in 2:57:26. Both races were run on newly measured, now certified, courses (see comment with the results).

In Port Elizabeth grandmaster Margie Saunders set her second list leader in the masters category with her 64:56 in the Cassie's 15 km.

Stephen Granger's time in the 1981 Cango Marathon ("This month in history" in last week's DRR) was of course 2:32:09 and not 3:32:09.

The number of finishers in the Johnson Crane 10 km (results in last week's issue) was 2200.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Garbie Springs Striders 32 km & 15 km, Springs
- * D G Panel & Paint 32 km & 16 km Challenge, Sydenham
- * SA 10 km Championships, Sasolburg
- * Sasol Marathon & Half Marathon, Sasolburg
- * Cassie's 15 km, Port Elizabeth
- * Lion of Africa Half Marathon & 10 km, Tokai
- * Top Gear 10 km, George

International highlights:

- * Marugame Half Marathon, Marugame, JPN

- * Beppu-Oita Mainichi Marathon, Oita, JPN
 - * XC: USA Cross-country Championships, Bend, USA
 - * Indoor track: Indoor Meeting Karlsruhe, Karlsruhe, GER; Armory Track Invitational, New York, USA; TrackTown USA House of Track High Performance Meet #4, Portland, USA; Meyo Invitational, South Bend, USA; PSD Bank Meeting, Düsseldorf, GER
 - * Empire State Building Run-Up, New York, USA
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ROAD RUNNING

Garbie Springs Striders 32 km (47th) & 15 km

Springs, 7 February

(Loop courses at altitude. Finishers: 32 km – 720 [down from 900 last year]; 15 km – 710 [up from 650].)

Note: Derocious Makhobalo finished second here one day after also competing in the South African 10 km Championships. – Ed.

32 km

MEN

1 Retsepile Khotle (Benoni Harriers) 1:46:43; 2 Derocious Makhobalo (Nedbank) 1:50:36; 2 Tumelo Mahlangu (Nedbank) 1:52:30; 4 Dan Ndlovu (Cool Running) 1:54:02; 5 Emmanuel Magakwe (Olifants) 1:57:37.

Veterans: 1 Ernest Molatlhwa (SANDF) 2:19:42; 2 Wynand Strydom (Boksburg) 2:21:33; 3 Trevor Locker (Fourways) 2:30:21. **Masters:** 1 Arnold Geerds (KPMG) 2:22:08; 2 Peter Jaehne (Outeniqua Harriers) 2:23:43; 3 Philemon Mbokazi (Benoni Harriers) 2:25:16.

G'masters: 1 John Woodnutt (MCCRR) 2:28:00; 2 Norman Milne (BNAC) 2:44:54.

WOMEN

1 Tshifhiwa Malobola (Rockies) 2:20:24; 2 Salome Cooper (Born 2 Run) 2:22:15 (1st vet); 3 Andronica Mokgotla (Nedbank) 2:24:08; 4 Seipati Peo (Rockies) 2:25:25; 5 Kathryn du Buisson (Team Vitality) 2:29:52.

Veterans: 1 Salome Cooper (Born 2 Run) 2:22:15; 2 Heather Walden (Born 2 Run) 2:33:50; 3 Nomasonto Skosana (Nedbank) 2:36:54. **Masters:** 1 Chris Walter (Dainfern) 2:45:26; 2 Almarie Rothman (Kempton) 2:55:47; 3 Louise Goosen (Kempton) 2:57:10.

G'masters: 1 Makgoale Magwentshu (Ukhozi) 3:21:09; 2 Margaret Boshoe (Sunninghil) 3:49:35.

15 km

MEN

1 Kemang Khunanyane (Rockies) 49:45; 2 Kwanele Mthembu (Prestige) 50:10; 3 Mandla Nkabinde (Nkangala) 51:48.

Veterans: 1 Lawrence Chipangaan (Benoni Harriers) 55:40; 2 Khenene Semetse (Gallopers) 59:44; 3 Readman Rikhotso (SPRAC) 60:34. **Masters:** 1 Lawrence Wrench (BNAC) 72:48; 2 Jannie Buys (PPMK) 81:06; 3 Roy McGregor (Fit 200) 90:13. **G'masters:** 1 Zebulon Nxumalo (Honey Lotus) 66:19; 2 Joseph Khumalo (Boksburg) 79:21. **Juniors:** 1 Kwanele Mthembu (Prestige) 50:10.

WOMEN

1 Thuli Mbatha (Kathlehong) 68:04; 2 Alison de Bruin (Temp) 69:04; 3 Marlize Vermaak (Kempton) 69:33.

Veterans: 1 Thuli Mbatha (Kathlehong) 68:04; 2 Marlize Vermaak (Kempton) 69:33; 3 Velizwa Dunjwa (Ulinda) 72:17. **Masters:** 1 Sonja v.d. Vyfer (Team Vitality) 85:30; 2 Mary

Jones (JHAC) 92:18; 3 Christa Heiden (ACRW) 94:09. **G'masters:** 1 Sharon van Wyk (RWFL) 98:02; 2 Jenny Robertshaw (Rockies) 1:44:13.

D G Panel & Paint 32 km & 16 km Challenge

Sydenham, 7 February

32 km

MEN

1.	Professor Mollen	ZIM/Maxed Elite	1:35:46
2.	Mziwenkosi Mjaja	Nedbank AC	1:54:37
3.	Menzi Ngcobo	Nedbank AC	1:54:47

40-49:

1.	Oliver Brown	DHSOB	2:29:58
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50-59:

1.	Willie Majombozi	Boxer AC	2:20:06
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60+:

1,	Diphand Moodley	Kwa Dukuza	3:40:51
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WOMEN

1.	Michelle de Montille	HV	2:27:33
2.	Lisa Collett	Nedbank AC	2:27:48
3.	Wendy Morgan	West AC	2:35:10

40-49:

1.	Sarah Eksteen	West AC	2:43:42
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50-59:

1.	Khaya Mahlati	DAC	3:08:17
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60+:

1.	Blanche Moila	Savages	2:59:53
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16 km

MEN

1.	Thulani Mdletse	NRB	52:15
2.	Siyabonga Mdletse	Ethekweni AC	52:29
3.	Babalo Mtsoko	Stella AC	53:31

40-49:

1.	Bernard Phalatsane	Zakhele	54:13
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50-59:

1.	J. Jabalusi	Ind	63:52
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60+:

1.	Michael Langa	Athletic North	66:00
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WOMEN

1.	Zama Mokoena	Ind	65:48
2.	Ashleigh Hansen	Vitality	74:51
3.	Sandy de Beer	SANDF	76:21

40-49:

1.	Sandy de Beer	SANDF	76:21
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50-59:

1.	Gail Babich	Savages	85:52
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60+:

1.	Pat Fisher	Stella AC	95:03
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South African 10 km Championships

(23rd for men; 25th for women)

Sasolburg, 6 February

(Certified loop course at altitude. Finishers: 461 [considerably up from 282 last year].)

Note: In a mishap that really does not belong at a national championships race, a wrong decision by an official in the finishing chutes resulted in there being no times available at the moment for the women following the first three (except for the age category winners). The order in which they placed is correct, though, and revised results will be included in DRR as soon as they are available. In the age categories only the first two athletes have been provided, so all the medal winners are not yet known. – Ed.

MEN

1.	Elroy	GELANT	ACNW	29	29:14	R1000
2.	Stephen	MOKOKA	AGN	31	29:16	R500
3.	Mbongeni	NGXAZOZO	CGA	36	29:28	R250
4.	Lesiba	MASHELE	AGN	25	29:35	
5.	Benedict	MOENG	AGN	33	29:38	
6.	Sibusiso	NZIMA	CGA	29	29:45	
7.	Xolisa	TYALI	CGA	27	29:48	
8.	Joel	MMONE	ACNW	24	29:53	
9.	Kgosi	TSOSANE	AGN	29	29:54	
10.	Gladwin	MZAZI	CGA	27	30:02	
11.	Jeromy	ANDREAS	CGA	23	30:03	
12.	Vuyisile	TSHOBA	AGN	24	30:08	
13.	Rantso	MOKOPANE	ACNW	21	30:09	
14.	A.N. Other				30:09	
15.	Derocious	MAKHOBALO	CGA	27	30:12	
16.	David	MANJA	ACNW	24	30:12	
17.	Thabang	MASIHLEHO	AFS	25	30:14	
18.	Phillimon	MATHIPA	CGA	23	30:15	
19.	Slindile	GUBESE	KZNA	28	30:17	
20.	Thabang	MOSIAKO	ACNW	20	30:20	
21.	Nkonde	SIYABONGA	KZNA	27	30:22	
22.	Tumelo	MOTLAGALE	CGA	29	30:27	
23.	Mthobisi	BALOYI	ACNW	30	30:33	
24.	A.N. Other				30:34	
25.	Philani	BUTHELEZI	KZNA	26	30:37	
26.	Samuel	SEGOABA	AGN	32	30:38	
27.	Bonginkosi	ZWANE	KZNA	25	30:41	
28.	Lucky	MTSHALI	CGA	31	30:42	
29.	Kabelo	MELAMU	CGA	18	30:44	
30.	Collen	MULAUDZI	AGN	24	30:45	

(Prize money in all age categories was the same: R300, R200.)

Veterans: 1 Gert Thys (WPA) 31:41; 2 Johannes Kekana (CGA) 31:46. **Masters:** 1 Nel Mtsweni (MPU) 35:41; 2 Sollie van Rooyen (BOL) 35:59. **G'masters:** 1 Stephen Seema (CGA) 38:54; 2 Andre Jansen (CGA) 39:24. **Juniors:** 1 Kabelo Melamu (CGA) 31:06; 2 Kabelo Seboko (CGA) 31:38.

WOMEN (Same prize money as men)

1.	Lebo	PHALULA	CGA	32	34:09	
2.	Lebogang	PHALULA	CGA	32	34:48	
3.	Nolene	CONRAD	WPA	30	35:03	
4.	Kesa	MOLOTSANE	AFS	24		
5.	Christine	KALMER	CGA	29		

6.	Glenrose	XABA	AMPU	21
7.	Andrea	STEYN	AGN	32
8.	Zintle	XINIWE	WPA	29
9.	Keneilwe	SESING	CGA	27
10.	Cornelia	JOUBERT	CGA	27
11.	Ashleigh	SIMONIS	WPA	18
12.	Murendwa	DAVHANA	AGN	22
13.	Nicole	VAN DER MERWE	CGA	17
14.	Jennet	DLAMINI	KZNA	21
15.	Ntombesintu	MFUNZI	EPA	34
16.	Liziwe	MABONA	AGN	27
17.	Patience	KHUMALO	AGN	27
18.	Carina	VILJOEN	CGA	18
19.	Sherilene	GELDERBLOM	ACNW	20
20.	Carlyn	FISCHER	AGN	25
21.	Janie	GRUNDLING	KZNA	36
22.	Thandi	SEHOHLE	CGA	19
23.	Keletso	SENOSI	AGN	14
24.	Farida	ZWANE	CGA	19
25.	Bulelwa	SIMAE	WPA	38
26.	Puseletso	DLADLA	KZNA	24
27.	Thembi	BALOYI	AGN	27
28.	Kataza	SHIPALANA	AGN	29
29.	Makhosi	MHLONGO	KZNA	34
30.	Liza	MARITZ	AGN	36

Veterans: 1 Ulrica Stander (WPA) 39:23; 2 Truzanne Swanepoel (AGN) 39:38; **Masters:** 1 Elmarie Coetzee (WPA) 42:27; 2 Olga Howard (WPA) 45:13. **G'masters:** 1 Nancy Will (WPA) 44:29; 2 Sandy Fisher (KZN) 49:16. **Juniors:** 1 Ashley Simonis (WPA) 39:20; 2 Nicole v.d. Merwe (CGA) 40:32.

Sasol Marathon (65th) & Half Marathon

Sasolburg, 6 February

(Distances: 42.195 km & 21.1 km. NEW certified loop courses; the marathon twice the half-marathon loop. Finishers: marathon – 940 [up from 760 last year]; half marathon – 620 [up from 500]; also 930 in the 10 km, which served as the SA Championships.)

Note: These courses have often been found to be short by DRR in the past, with the result that the times were not used for statistical purposes. The courses for the half marathon and marathon (the latter twice the half-marathon loop) have now been remeasured by Pieter de Jager and are certified, so as long as the courses are used as they were measured, the times are acceptable. – Ed.

Marathon

MEN

1 Tebogo Lejaha (LES/Cool Running) 2:24:33 (R2500); 2 William Mokwalakwala (Brooks) 2:29:43 (R1500); 3 Lebohang Mahloane (LES/Nedbank) 2:30:13 (R800); 4 David Ramafothole (Brooks) 2:30:21 (R500); 5 Peter Muthubi (Maxed Elite) 2:31:52 (R250).

(All age category prizes were the same: R750, R400, R200.)

Veterans: 1 Abel Leeuw (Sasol) 2:59:19; 2 Tumelo Mothupi (Corr Serv) 3:10:40; 3 Raymond Mokoena (Nedbank) 3:10:47. **Masters:** 1 Marius Carstens (Alberton) 3:12:39; 2 Allan Coulter (Krugersdorp) 3:19:02; 3 Jeffrey Gcelu (UBank) 3:19:53. **G'masters:** 1 M Mwaba (Setsing) 3:41:02; 2 Hans-Peter Stebler (RAC) 4:22:15; 3 Dawid Jordaan (Nedbank) 4:28:15.

WOMEN (Same prize money as men)

1 Yolande Maclean (Born 2 Run) 2:57:26; 2 Katy van Meter (Soul Striders) 3:04:40; 3 Marlize du Plessis (Runavation) 3:10:28; 4 Sharon Chinokuya (ZIM) 3:15:55; 5 Jeannie Jordaan (Modern Athlete) 3:16:17.

Veterans: 1 Vanessa Bowman (Kempton) 3:19:39; 2 Theresa Loots (Runavation) 3:30:55; 3 Robetha Storbeck (Klerksdorp) 3:37:07. **Masters:** 1 Mari Bruwer (Arcelor Mittal) 3:29:12; 2 Catherine Naane (Sibanye Gold) 3:38:10; 3 Sue Harrisburg (RAC) 3:44:23. **G'masters:** Lettie Coetzee (SANDF) 4:33:14; 2 Sandra Meyer (Harmony Striders) 4:42:06; 3 Elize Kempon (Arcelor Mittal) 4:50:22.

Half marathon

MEN

1 Thabo Molefe (Motebang Village) 66:57 (R1200); 2 Pule Hlabahlaba (Mangaung) 67:03 (R750); 3 Renier Grobler (Nedbank) 70:28 (R500).

(All age category prizes were the same: R500, R300.)

Veterans: 1 Majake Hlabahlaba (Sibanye Gold) 70:37; 2 Phehello Tsoetsi (Post Office) 79:10. **Masters:** 1 Paulo Makhoahle (LDF) 84:46; 2 Pule Leepo (Harmony Striders) 84:50. **G'masters:** 1 Ernest Tjela (Emfuleni) 89:20; 2 Wilson Netsisaula (RAC) 1:43:09.

WOMEN (Same prize money as men)

1 Elmarie Goodchild (Pentagon Pistols) 87:02; 2 Helen Ibbotson (GBR/Born 2 Run) 91:45 (1st vet); 3 Lebo Mofokeng (ADT) 93:00.

Veterans: 1 Helen Ibbotson (GBR/Born 2 Run) 91:45; 2 Paulina Phaho (Temp) 96:16. **Masters:** 1 Helen Holl (Rustenburg) 1:47:16; 2 Rosemary v Wyk (Brotherhood) 1:58:17. **G'masters:** 1 Empie van Heerden (Arcelor Mittal) 2:35:36; 2 Spookie Germishuizen (Roodepoort) 2:38:38.

Cassie's 15 km

Port Elizabeth, 6 February

(Out-and-back course. Finishers: 568 [slightly down from 583 last year].)

Note: Although not quite as fast as last year, when she set a new SA record here, grandmaster Margie Saunders had an excellent run, beating all die veterans and masters and finishing fifth overall. – Ed.

MEN

1	George	Ntshiliza	Bluewater Bay	36	48:04
2	Anele	Maliza	Nedbank RC	38	48:11
3	Mzwanele	Maphekula	Bluewater Bay	39	48:46
4	Luthando	Hejana	Born 2 Run	29	49:13
5	Andile	Motwani (1 st jun)	Tinarha AC	19	49:44
6	Mzolisi	Makhanda	Nedbank RC	33	50:00
7	Andre	Ketchem	Xcel AC	32	50:10
8	Melikhaya	Kepe	Nedbank RC	39	50:56
9	Rodney	Prins	Nedbank RC	27	51:26
10	Ricardo	Plaatjies	Xcel AC	33	51:50
11	Brendon	Effenaar	Nedbank RC	19	51:59
12	Zolile	Mhlahlo (1 st vet)	Achilles AAA	41	52:12
13	Aphlyn	Taai	Charlo AC	33	52:22
14	Duwayne	Lucas	Aspen Pharmacar	26	52:33
15	Terrance	Mjekula	Tinarha AC	43	53:18
16	Saziphi	Blaai	Nedbank RC	35	53:49
17	Zamubuntu	Teyise	Charlo AC	39	54:06

18	Tumelo	Mochelenyane	Nedbank RC	33	54:19
19	Keegan	Cooke	Charlo AC	19	54:43
20	Jarryd	Cooke	Charlo AC	22	55:12
40-44:					
1	Zolile	Mhlahlo	Achilles AAA	41	52:12
2	Terrance	Mjekula	Tinarha AC	43	53:18
3	Thobile	Xata	Bluewater Bay	41	56:57
45-49:					
1	Luvuyo	Dyani	Motherwell AC	45	58:07
2	Mzukisi	Klaas	Bluewater Bay	47	58:51
3	Chris	Darke	Charlo AC	47	59:20
50-54:					
1	Welcome	Loliwe	Nedbank RC	51	55:46
2	Kenneth	Menze	Bluewater Bay	54	55:52
3	Andre	Dalton	Nedbank RC	54	1:00:49
55-59:					
1	Gerrie	Hermann	Kouga Multi SC	59	1:05:37
2	Christopher	Nyodi	Bluewater Bay	57	1:09:38
3	Daniel	Ferreira	Elite AC	57	1:12:09
60-64:					
1	Elvis	Galela	Madibaz AC	64	1:02:42
2	Roger	Trader	Achilles AAA	62	1:08:54
3	Bruce	McEwan	Achilles AAA	62	1:09:00
65-69:					
1	Lochi	Lochner	Temp	68	1:13:48
2	Percy	Dalton	Achilles AAA	67	1:15:59
3	Albert	Ngcanga	Xcel AC	65	1:16:19
70-74:					
1	Eckart	Schumann	Body Concept	70	1:19:35
2	Ron	Clark	Bluewater Bay	73	1:19:59
3	Willem	Schoeman	Muirite Strider	74	1:47:28
75+:					
1	Godfrey	Kariem	Gelvan AC	75	1:28:10
2	Ernie	Verrall	Madibaz AC	81	1:48:06
Juniors:					
1	Andile	Motwani	Tinarha AC	19	49:44
2	Keegan	Cooke	Charlo AC	19	54:43
3	Nico	Jordaan	Elite AC	18	1:06:13
WOMEN					
1	Siphokazi	Nojoko	Motherwell AC	21	1:00:23
2	Ndileka	Mvakwendlu	Tinarha AC	25	1:01:05
3	Sibusiso	Thu	Temp	27	1:01:06
4	Nokholo	Hlezupondo	SANDF AC EP	36	1:03:16
5	Margie	Saunders (1 st g'mast)	Nedbank RC	62	1:04:56
6	Janette	Schierz-Crusius (1 st mast)	Body Concept	55	1:06:25
7	Terray	Newcombe	Elite AC	24	1:07:38
8	Camarin	Van Eyk	Nedbank RC	33	1:08:12
9	Nomakhosi	Ntliziyo (1 st jun)	Motherwell AC	17	1:09:03
10	Amore	Strauss	Charlo AC	31	1:09:09
11	Talana	Vosloo	Nedbank RC	34	1:10:53
12	Rochelle	Fowlds	Achilles AAA	36	1:11:16
13	Hanlie	Van der Westhuizen	Despatch AC	59	1:11:18
14	Sunelle	Horne (1 st vet)	Bluewater Bay	41	1:11:24
15	Cathy	Curtain	Muirite Strider	45	1:13:25
16	Yandiswa	Mqoqi	Vukani MS Club	38	1:13:50

17	Theresa	Buchner	Nedbank RC	30	1:14:49
18	Clarissa-Mari	Rabie	Charlo AC	25	1:15:20
19	Andiswa	Fezani	Nedbank RC	28	1:15:36
20	Janine	Gardiner	Charlo AC	34	1:15:52

40-44:

1	Sunelle	Horne	Bluewater Bay	41	1:11:24
2	Elize	Adams	Gelvan AC	41	1:18:14
3	Lesley Ann	Bush	Despatch AC	43	1:21:11

45-49:

1	Cathy	Curtain	Muirite Strider	45	1:13:25
2	Anita	Boehmke	Achilles AAA	45	1:16:25
3	Gail	Klichowicz	Achilles AAA	49	1:20:14

50-54:

1	Desiree	Titus	Gelvan AC	50	1:19:30
2	Alison	Langtree	Born 2 Run	52	1:21:54
3	Charmaine	Button	Madibaz AC	52	1:22:40

55-59:

1	Janette	Schierz-Crusius	Body Concept	55	1:06:25
2	Hanlie	Van Der Westhuizen	Despatch AC	59	1:11:18
3	Laura	Maritz	Elite AC	55	1:19:50

60-64:

1	Margie	Saunders	Nedbank RC	62	1:04:56
2	Jacomina	Linstrom	Rand Ath Club	62	1:23:27
3	Cathy	Ives	Achilles AAA	62	1:28:09

65-69:

1	Liz	Grundlingh	Muirite Strider	69	1:26:28
2	Helene	Oppel	Crusaders AC	66	1:34:40
3	Jeanette	Pienaar	PEAAC	67	1:40:18

70-74:

1	Ronelle	Steyn	Nedbank RC	71	1:47:55
2	Orgia	Nell	Muirite Strider	72	1:50:36
3	Angeline	Kivedo	Walmer AC	70	2:12:53

75+:

1	Dorothy	Hart	Madibaz AC	77	1:58:09
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Juniors:

1	Nomakhosi	Ntliziyo	Motherwell AC	17	1:09:03
2	Lise	De Villiers	Temp	17	1:16:48
3	Tamsin	Prins	Temp	17	1:32:13

Lion of Africa Half Marathon & 10 km

Tokai, 6 February

(Distances: 21.1 km & 10 km; certified hilly loop courses. Finishers: half marathon – 1557 [slightly down from 1587 last year]; 10 km – 1745 [up from 1187].)

Note: Charmaine Cupido won her new age category (grandmaster) very comfortably in the 10 km. – Ed.

Half marathon**MEN**

1	Vuyolwethu	Mbukushe	Gugs	1:08:34
2	Mthandazo	Qhina	Ned	1:09:50
3	Phumlani	Nxusani	Ned	1:10:43
4	Sityhilo	Diko	Ned	1:11:03
5	Babalo	Hambi	Itheko	1:14:36
6	Nkosinathi	Sotyantya	Itheko	1:15:04

7	Vakalisa	Kopolo	Ned	1:15:35
8	Reuben	Mhashu	Hout	1:16:04
9	Vuyani	Sixaso	Wild	1:16:15
10	Neo	Molema	Sanlam	1:19:45

Veterans:

1	Vuyani	Sixaso	Wild	1:16:15
2	Quinton	Prince	Metlife	1:20:44
3	Nic	De Beer	KPMG	1:23:30

Masters:

1	Leonard	Kali	Gugs	1:29:24
2	Frank	Gillion	Whalers	1:31:15
68	Lorenzo-Terence	Lucas	Ned	1:32:33

G'masters:

1	Jimmy	Morris	Forest	1:34:37
2	Johannes	Jacobs	Celtic	1:40:35
3	Bernard	Hayes	Fhoek	1:42:30

G/g'masters:

1	Jeff	Smith	Itheko	1:36:48
2	Wally	Steel	Hout	2:07:51
3	Yusuf	Gamiel dien	Itheko	2:17:16

Juniors:

1	Lehlohonolo	Lekheremane	Celtic	1:21:04
2	Yanga	Keli	Sanlam	1:21:40
3	Michael	Mackintosh	Fhoek	1:40:22

WOMEN

1	Tish	Jones	GBR	1:22:43
2	Candyce	Hall	Carbineers	1:31:22
3	Obertina	Kanyongo	ZIM/Wcoast	1:32:15
4	Ursula	Frans	Ned	1:33:43
5	Christine	De Kock	Durbac	1:35:15
6	Linda	Kinloch-Smith	CMC	1:36:13
7	Angelique	Rabie	Carbineers	1:36:52
8	Jana	Trojan	CZE/VOB	1:36:54
9	Elisabetta	Walters	VOB	1:37:43
10	Caitlin	Lewis	Temp	1:39:21

Veterans:

1	Obertina	Kanyongo	ZIM/Wcoast	1:32:15
2	Ursula	Frans	Ned	1:33:43
3	Marlize	Vienings	Edge	3:29:13

Masters:

1	Paola	Vignani	ITA/VOB	1:42:09
2	Georgina	Andraos	VOB	1:42:56
3	Roldah	Orrie	Itheko	1:52:14

G'masters:

1	Helen	Du Plessis	Bracken	1:54:02
2	Louisa	Van der Westhuizen	Stellen	1:57:13
3	Ruth	Leverton	Pine	2:04:56

G/g'masters:

1	Pixie	Sparg	Celtic	2:13:13
2	Chippy	Steel	Hout	2:16:02
3	Wilbe	Fourie	Strand	2:28:55

10 km**MEN**

1	Nadeel	Wildschutt	Itheko	30:40
2	Duane	Fortuin	Itheko	31:03
3	Anda	Lubelwana	Hout	31:17
4	Granwin	Katzen	Celtic	31:43
5	Carlo	Flink	Itheko	31:57
6	Masande	Mlonyeni	Sanlam	32:30
7	Barry-John	Pienaar	Sanlam	32:33
8	Roneldo	January	Celtic	33:49
9	Graham	Katzen	Celtic	33:51
10	Morne	Kammies	Sanlam	34:08

Veterans:

1	Graham	Katzen	Celtic	33:51
2	Adam	Clark	Stellen	36:45
3	Pieter	Koopman	Itheko	37:19

Masters:

1	Tobias	Philander	Itheko	35:47
2	Chris	Mitchell	Celtic	37:49
3	Gregory	Jacobs	Edge	39:06

G'masters:

1	Leslie	Chivell	Fhoek	41:10
2	Gemjikile	Tom	Eskom	44:23
3	Albert	Williams	Tform	45:19

G/g'masters:

1	Ronnie	Le Roux	Bracken	47:20
2	Claude	Brooks	Midas	57:33
3	Brian	Alexander	VOB	1:06:53

Juniors:

1	Carlo	Flink	Itheko	31:57
2	Roneldo	January	Celtic	33:49
3	Ntembeko	Mendu	Gugs	34:28

WOMEN

1	Natalie	Ross	Carbineers	39:36
2	Pamela	Moyikwa	VOB	41:29
3	Vivienne	Williams	ATC	42:26
4	Sophie	Cope	Spartan	42:29
5	Mariëtte	Strauss	Tyger	42:48
6	Coriaan	De Villiers	Ned	42:54
7	Phatiswa	Dyalvane	Ned	43:07
8	Daneil	Feldmann	UCT	43:44
9	Chantel	Simpson	Ned	44:09
10	Elizabeth	Mabee	SANDF	45:02

Veterans:

1	Coriaan	De Villiers	Ned	42:54
2	Chantel	Simpson	Ned	44:09
3	Tania	Kapp	CMC	50:30

Masters:

1	Vivienne	Williams	ATC	42:26
2	Mariëtte	Strauss	Tyger	42:48
3	Beverley	Charters	VOB	45:54

G'masters:

1	Charmaine	Cupido	Ned	49:49
2	Helen	Sutherland-Johns	WPCC	54:44

3	Joy	Riviera	Spartan	55:36
G/g'masters:				
1	Marlene	James	Pine	59:48
2	Carol	Gahwiller	VOB	1:09:51
3	Annatjie	Berntzen	Good	1:12:47
Juniors:				
1	Sophie	Cope	Spartan	42:29
2	Razaan	Kamaldien	MSA	47:23
3	Heike	Laishley	Century	1:10:07

Top Gear 10 km

(SWD Championships)

George, 29 January

(Finishers: 243)

Note: Melissa van Rensburg finished 12th overall. – Ed.

MEN

1	Donavan Jantjies	Outeniqua Harriers	17	32:24
2	Godwin Heyns	Nedbank	17	32:48
3	John April	Nedbank	26	33:16
4	Elfonzo Pieterse	Nedbank	27	34:14
5	Julius Korkee	Nedbank	31	34:52
6	Gurome Gelderbloem	Mossel Bay Harriers	40	35:07
7	Selwyn Losper	Mossel Bay Harriers	51	35:09
8	Melikhaya Msizi	KMC	32	35:45
9	Aviwe Kinana	KMC	16	36:22
10	Mauritz Jansen van Rensburg	Outeniqua Harriers	44	37:43

Veterans:

1	Gurome Gelderbloem	Mosselbaai Harriers	35:07
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Masters:

1	Selwyn Losper	Mosselbaai Harriers	35:09
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G'masters:

1	Jan du Toit	Hartenbos Drawwers	47:15
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G/g'masters:

1	Leslie Stuart	Knysna Marathon Club	52:22
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Juniors:

1	Godwin Heyns	Nedbank SWD	32:48
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WOMEN

1	Melissa van Rensburg	Nedbank	33	37:54
2	Cecilia Nel	Nedbank	34	39:57
3	Anastasia Plaatjies	Outeniqua Harriers	19	40:34
4	Lana Theunissen	Nedbank	40	41:01
5	Lisl Grobler	KMC	39	42:26
6	Brittney-Ann Meyer	Outeniqua Harriers	15	43:38
7	Annatjie Botes	Nedbank	58	43:39
8	Charmaine Lamprecht	Nedbank	32	44:02
9	Clarisha Pieterse	Mossel Bay Harriers	17	44:53
10	Chine Geldenhuis	Outeniqua Harriers	17	45:32

Veterans:

1	Lana Theunissen	Nedbank SWD	41:01
---	-----------------	-------------	-------

Masters:

1	Annatjie Botes	Nedbank SWD	43:39
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G'masters:

1	Mariette de Haan	Nedbank SWD	54:42
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Juniors:

1	Brittney-Ann Meyer	Outeniqua Harriers	43:38
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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**Marugame Half Marathon (70th)**

Marugame, JPN, 7 February

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

MEN (gun times)

1. Goitom Kifle, 1993, ERI 1:00:49
[14:27 / 28:50 / 43:05 / 57:36]
2. Dominic Nyairo, 1997, KEN 1:00:50 PB
3. Keijiro Mogi, 1995, JPN 1:00:54 PB
4. Fabiano Sulle, TAN 1:01:19
5. Keisuke Nakatani, 1995, JPN 1:01:21 PB
6. Naoki Kudo, 1995, JPN 1:01:25 PB
7. Shubo Dairokuno, JPN 1:01:32
8. Taku Fujimoto, JPN 1:01:51
9. Keita Shitara, JPN 1:01:54
10. Kaoru Hirose, JPN 1:01:58

WOMEN (gun times)

1. Eunice Kirwa, BRN 1:08:06
[15:45 / 31:51 / 48:09 / 1:04:33]
2. Diane Nukuri, BDI 1:09:23
3. Eloise Wellings, AUS 1:09:29
4. Yuka Ando, JPN 1:10:10
5. Rei Ohara, JPN 1:10:42
6. Kotomi Takayama, JPN 1:11:14
7. Akane Sekino, JPN 1:11:17
8. Moeno Nakamura, JPN 1:11:33
9. Yomogi Akasaka, JPN 1:11:41
10. Mami Onuki, JPN 1:12:03

Beppu-Oita Mainichi Marathon (65th)

Oita, JPN, 7 February

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

MEN (gun times)

1. Melaku Abera, ETH 2:09:27 DB
[1:04:22 / 1:05:05]
2. Anthony Maritim, KEN 2:11:17
3. Shume Hailu, ETH 2:11:41

WOMEN (gun times)

1. Hiroko Yoshitomi, JPN 2:45:07

CROSS-COUNTRY**USA Cross-country Championships**

Bend, USA, 6 February

MEN (10 km)

- | | | |
|--|-------|--------|
| 1. Craig Lutz, 23, HOKA ONE ONE NAZ Elite | 31:40 | \$4000 |
| 2. Aaron Dinzeo, 24 | 31:47 | 2500 |
| 3. Tabor Stevens, 24, ASICS | 31:57 | 1500 |
| 4. Donald Cowart, 30, Saucony/Crazy Running | 31:58 | 1250 |
| 5. Max King, 35, Central Oregon Running Klub | 32:05 | 1000 |

WOMEN (10 km)

- | | | |
|---|-------|--------|
| 1. Mattie Suver, 28, ASICS | 36:38 | \$4000 |
| 2. Amy Van Alstine, 28, HOKA ONE ONE NAZ Elite | 36:45 | 2500 |
| 3. Cally Macumber, 25, Hansons-Brooks Dist Proj | 36:55 | 1500 |
| 4. Allison Grace Morgan, 33, Brooks | 37:01 | 1250 |
| 5. Megan Rolland, 27, Oiselle | 37:19 | 1000 |

JUNIOR MEN (8 km)

- | | |
|---------------------------------|-------|
| 1. Thomas Pollard, 18, Iowa St. | 26:11 |
| 2. Miler Haller, 18 | 26:16 |
| 3. Benjamin Butler, 18 | 26:27 |

JUNIOR WOMEN (6 km)

- | | |
|---|-------|
| 1. Melissa Berry, 15 | 23:55 |
| 2. Courtney Lewis, 18, Wings of America | 23:55 |
| 3. Katharine Scoville, 15 | 23:59 |

INDOOR TRACK**Indoor Meeting Karlsruhe**

(IAAF World Indoor Tour)

Karlsruhe, GER, 6 February

MEN**800:**

- | |
|---|
| 1. Adam KSZCZOT, POL, 1:45.96 |
| 2. Pierre-Ambroise BOSSE, FRA, 1:46.25 PB |
| 3. Nicholas Kiplangat KIPKOECH, KEN, 1:47.16 PB |

3000:

- | |
|----------------------------------|
| 1. Augustine CHOGE, KEN, 7:43.22 |
| 2. Yomif KEJELCHA, ETH, 7:43.45 |
| 3. Bethwel BIRGEN, KEN, 7:43.49 |
| 4. Caleb NDIKU, KEN, 7:44.09 |

WOMEN

- | |
|---|
| 1. Axumawit EMBAYE, ETH, 4:08.22 WL |
| 2. Konstanze KLOSTERHALFEN, 1997, GER, 4:08.38 PB |
| 3. Ciara MAGEEAN, IRL, 4:08.66 PB |
| 4. Gesa-Felicitas KRAUSE, GER, 4:08.91 PB |
| 5. Selina BÜCHEL, SUI, 4:08.95 |
| ... 9. Mary CAIN, 1996, USA, 4:20.73 |

Armory Track Invitational (2nd)

New York, USA, 5-6 February
(200 m banked Mondo track)

WOMEN

800 Invitational (06):

1. Ajee Wilson, Adidas, 2:02.15
2. Laura Roesler, Nike, 2:02.18
3. Lynsey Sharp, Nike (GBR), 2:02.25
4. Natoya Goule, Adidas (JAM), 2:04.21
5. Morgan Uceny, Adidas, 2:04.77

TrackTown USA House of Track High Performance Meet #4

Portland, USA, 6 February
(200 m banked synthetic track)

MEN

3000:

HP Section -

1. Matthew Centrowitz, Nike Oregon Project 7:40.74 PB
2. Hassan Mead, Nike OTC Elite 7:40.95 PB
3. Tom Farrell, Nike OTC Elite (GBR) 7:42.47 PB

Meyo Invitational (29th)

South Bend, USA, 5-6 February
(oversized 352 y unbanked track)

WOMEN

3000 (6):

Heat 3 -

- | | | |
|-----------------|--------------------|------------|
| 1. Molly Seidel | Notre Dame | 8:57.13 PB |
| 2. Erin Finn | Michigan | 9:01.25 PB |
| 3. Sarah Boyle | Saucony Hurricanes | 9:04.38 PB |

PSD Bank Meeting (11th)

Düsseldorf, GER, 3 February
(200 m banked four-lane track)

MEN

1500:

Race A:

1. Elijah MANANGOI, KEN, 1993, 3:39.77 WL
2. Bethwel BIRGEN, KEN, 1988, 3:39.89
3. Jakub HOLUSA, CZE, 1988, 3:40.94

3000:

1. Augustine CHOGE, KEN, 1987, 7:39.23 WL
2. Caleb NDIKU, KEN, 1992 2-1 7:39.82
3. Yenew ALAMIREW, ETH, 1990, 7:40.24

ULTRA/MOUNTAIN/TRAIL RUNNING

Empire State Building Run-Up Presented by Marmot (39th)

New York, USA, 3 February

(Distance: About 320 m up 1576 steps)

Note: Australia's Suzy Walsham earned her 7th title here, winning by a minute and 17 seconds. – Ed.

MEN

1. Darren Wilson, 41, Torrensvikke, AUS 10:36
2. Emanuele Manzi, 38, Crema, ITA 11:10
3. Sproule Love, 44, New York, NY 11:16

WOMEN

1. Suzy Walsham, 42, Singapore (AUS) 12:19
2. Stephanie Hucko, 44, Charlotte, NC 13:36
3. Allison McCann, 26, Brooklyn, NY 13:39

STATS TIME

This week we list the fastest ten veteran men in the half marathon for 2015. Secondary performances by the top three are also listed. Shadrack Hoff's new SA record heads the list.

2015 HALF MARATHON: TOP 10 VETERAN MEN

1:04:35	Shadrack Hoff	1	Port Elizabeth	25 Jul
1:05:28	Gert Thys	2	Port Elizabeth	25 Jul
1:06:50	Thys-2	1	Cape Town	11 Oct
1:06:55	Hoff-2	1	Mamelodi	25 Apr
1:06:55	Zongamele Dyubeni	3	Port Elizabeth	25 Jul
1:06:58	Hendrick Ramaala	4	Port Elizabeth	25 Jul
1:08:15A	Herbert Mokgala	1	Nelspruit	07 Nov
1:09:16	Simon Mpholo	5	Port Elizabeth	25 Jul
1:09:34	Maxwell Goodman	6	Port Elizabeth	25 Jul
1:09:39	Malesela Johannes Kekana	1	Polokwane	16 May
1:09:46	Hoff-3	1	Pretoria	27 Apr
1:10:02	Charles Tjiane	1	Burgersfort	05 Dec
1:10:08	Enoch Skosana	1	Pretoria	11 Apr

THIS MONTH IN HISTORY

42 years ago: 23 February 1974

Ewald Bonzet's versatility – he achieved a sub-3:58 mile and a sub-2:13 marathon – is matched by few athletes in the world. He ran one of the best races of his long career on this day in Port Elizabeth when he smashed Johnny Halberstadt's SA 5000-metre record with a time of 13:31.2. This placed him 25th on the world list that year. Five days earlier he had also set a national 3000-metre record (7:53.2); in March he established a record for the steeplechase (8:37.6) and in May for the 10000 metres (28:16.2). Bonzet, now 64, suffers from cancer, but still trains regularly and ran the Runners' Memorial Race on New Year's Eve with his son.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2016

This is the first compilation of list leaders for 2016. This section lists the best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green. – Ed.

MEN

Open

10 km	29:14	Elry Gelant	Sasolburg	06 Feb
	28:41	Samir Jouaher (MAR)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	47:04	Amos Nyongo	Port Elizabeth	16 Jan
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	66:21	Vusi Tshoba	Pretoria	23 Jan
	60:37	Lelisa Desisa Benti (ETH)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	81:12a	Siyabonga Nkonde	Pinetown	31 Jan
30 km	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
	1:42:14	Sibusiso Madikizela	Camps Bay	10 Jan
Marathon	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
	2:17:15	Lungile Gongqa	Mumbai	17 Jan
	2:04:24	Tesfaye Abera Dibaba (ETH)		
	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		
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	31:19	Shadrack Hoff	Benoni	31 Jan
	28:51	Paulo Catarino (POR) 2003		
15 km	49:49	Johannes Kekana	Kempton Park	27 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:37	Majake Hlabahlaba	Sasolburg	06 Feb
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:45:30a	Oliver Brown	Pinetown	31 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:53:58	Thembelani Zola	Camps Bay	10 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:23:46	Charles Tjiane	Benoni	31 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	35:09	Selwyn Losper	George	29 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:46	Welcome Loliwe	Port Elizabeth	06 Feb
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	82:25	Solomon Khumalo	Benoni	31 Jan
	66:42	Martin Rees (GBR) 2003		

25 km	1:48:38a	Andy Daly	Pinetown	31 Jan
30 km	1:59:47	Eric Coetzee	Camps Bay	10 Jan
Marathon	2:58:32	Jan Fick	Port Elizabeth	30 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	39:19	André Jansen	Benoni	31 Jan
	32:48	Martin Rees (GBR) 2013		
15 km	62:42	Elvis Galela	Port Elizabeth	06 Feb
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	89:20	Ernest Tjela	Sasolburg	06 Feb
	71:31	Martin Rees (GBR) 2013		
25 km	2:06:04a	Boysie van Staden	Pinetown	31 Jan
	94:01	Doug Winn (USA) 2010		
30 km	2:21:37	Garry Wilford	Camps Bay	10 Jan
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:17:33	Elvis Galela	Port Elizabeth	30 Jan
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	47:20	Ronnie le Roux	Tokai	06 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	69:48	Jeff Smith	Constantia	16 Jan
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	96:48	Jeff Smith	Tokai	06 Feb
	82:23	Ed Whitlock (CAN) 2001		
25 km	99:59	Clive Davies (USA) 1985		
30 km	2:22:55	Jeff Smith	Camps Bay	10 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	4:44:13	Koos Fourie	Pretoria	30 Jan
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				
<u>Juniors</u>				
10 km	30:34	Kabelo Melamu	Benoni	31 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:44	Andile Motwani	Port Elizabeth	06 Feb
	42:25	Moses Mosop (KEN) 2004		
21.1 km	81:04	Lehlohonolo Lekheremane	Tokai	06 Feb
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	33:30	Irvette van Zyl	Pretoria	23 Jan
	32:11	Diane Nukuri (BDI)		
	30:21m	Paula Radcliffe (GBR) 2003		
	30:29w	Asmae Leghzaoui (MAR) 2002		
15 km	57:28	Charné Bosman (vet)	Jeffreys Bay	02 Jan
	53:32	Julia Viellehner (GER)		
	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
21.1 km	72:08	Irvette van Zyl	Benoni	31 Jan
	66:29	Mary Wacera Ngugi (KEN)		
	65:09m	Florence Kiplagat (KEN) 2015		

25 km	66:25w 93:24a 79:53m 82:47w	Lornah Kiplagat (NED) 2007 Jenna Challenor Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005	Pinetown	31 Jan
30 km	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
Marathon	1:38:49m 1:39:11w 2:48:52 2:19:41	Mizuki Noguchi (JPN) 2005 Mary Keitany (KEN) 2011 Charné Bosman (vet) Tirfe Beyene Tsegay (ETH)	Benoni	31 Jan
100 km	2:15:25m 2:17:42w 6:33:11	Paula Radcliffe (GBR) 2003 Paula Radcliffe (GBR) 2005 Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:15	Charné Bosman	Pretoria	23 Jan
15 km	32:14 57:28	Priscilla Welch (GBR) 1985 Charné Bosman	Jeffreys Bay	02 Jan
21.1 km	49:35 85:43	Priscilla Welch (GBR) 1985 Paula Quinsee	Benoni	31 Jan
25 km	69:56 1:45:58a	Irina Permitina (RUS) 2009 Suzette Botha	Pinetown	31 Jan
30 km	82:13 2:17:14	Mizuki Noguchi (JPN) 2005 Ursula Frans	Camps Bay	10 Jan
Marathon	1:51:37 2:48:52	Mieke Pullen (NED) 2001 Charné Bosman	Benoni	31 Jan
100 km	2:26:51 7:00:27	Priscilla Welch (GBR) 1987 Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	42:26 34:44	Viv Williams Tatyana Pozdniakova (UKR) 2005	Tokai	06 Feb
15 km	64:56 54:33	Margie Saunders (g'mast) Shirley Matson (USA) 1991	Port Elizabeth	06 Feb
21.1 km	95:50 76:07	Margie Saunders (g'mast) Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	23 Jan
25 km	2:13:42a	Roshnee Natasen	Pinetown	31 Jan
30 km	2:20:31	Ester Brink	Camps Bay	10 Jan
Marathon	3:29:12 2:31:05	Mari Bruwer Tatyana Pozdniakova (UKR) 2005	Sasolburg	06 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	49:13 38:56	Sonja Laxton Lidia Zentner (GER) 2015	Benoni	31 Jan
15 km	64:56 61:25	Margie Saunders (g'mast) Kathryn Martin (USA) 2011	Port Elizabeth	06 Feb
21.1 km	95:50 84:56	Margie Saunders Bernadine Portenski (NZL) 2010	Port Elizabeth	23 Jan
25 km	2:22:39a 1:58:24	Jenny Scott Gloria Brown (USA) 1994	Pinetown	31 Jan
30 km	2:23:30 2:17:11	Nancy Will Barbara Miller (USA) 1999	Camps Bay	10 Jan
Marathon	3:47:44 3:01:30	Val Watson Bernadine Portenski (NZL) 2010	Benoni	31 Jan

100 km

Great grandmasters (70+)

10 km	54:57 44:09	Annetjie Greyvenstein Lavinia Petrie (AUS) 2014	Pretoria	30 Jan
15 km	1:29:24 72:52	Margie Plantema Jo Klein (NED) 2004	Constantia	16 Jan
21.1 km	2:13:13 97:38	Pixie Sparg Lavinia Petrie (AUS) 2014	Tokai	06 Feb
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:02 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	10 Jan
Marathon				
	3:35:29	Helga Miketta (GER) 2013		
100 km				

Juniors

10 km	36:54 31:42	Ashleigh Simonis Zola Pieterse (RSA) 1984	New York	09 Jan
15 km	69:03 49:40	Nomakhozi Ntliziyo Ines Chenonge (KEN) 2001	Port Elizabeth	06 Feb
21.1 km	1:43:42 1:09:05	Nompumlelo Shongwe Delilah Asiago (KEN) 1991	Pretoria	16 Jan

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