

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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Publisher: Riël Hauman

EDITORIAL

Tanith Maxwell scored her second win in a row in the Tygerberg 30 km yesterday when she crushed the women's field in 2:04:24 – almost 11 minutes ahead of the second runner in this very hilly race. Maxwell clocked 2:00:10 last year when she won by just more than 7 minutes. The men's winner was Luyanda Mapoyi in 1:45:38. The race was held for the 37th time.

Two list leaders were set here: by grandmaster Mochamat Kriel (2:18:15) and by veteran Ursula Frans (2:15:18 in second).

Another weekend highlight came from veteran Shadrack Hoff, who won the Bronkhorstspuit 32 km in 1:55:30. Earlier in the week Hoff had placed second to Johannes Kekana in the Spar Lantern Irene Nite Race; they ran 31:20 and 31:59 respectively.

Because of family commitments next weekend which will involve a lot of travelling, next week's DRR will be a bit later than usual. My apologies for any inconvenience.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Tygerberg 30 km, Parow
- * Chesa Nyama Love the Run 10 km, Pretoria
- * Metlife Mall Valentines 10 km, Port Elizabeth
- * Bronkhorstspuit 32 km & 10 km, Bronkhorstspuit
- * 27 for Freedom 27 km & 10 km, Paarl
- * KFC Valentine 10 km, Randburg
- * Palms Mall 15 km & 10 km, Vanderbijlpark
- * Spar Lantern Irene Nite Race, Irene

International highlights:

- * All-Japan Corporate Team Half-Marathon Championships, Yamaguchi, JPN
 - * Mitja Marató de Barcelona, Barcelona, ESP
 - * USA Olympic Trials Marathon, Los Angeles, USA
 - * RAK Half Marathon, Ras Al Khaimah, UAE
 - * XC: Athletics Kenya Nairobi Cross Country, Nairobi, KEN
 - * Indoor track: New Balance Indoor Grand Prix, Boston, USA; Boston University David Hemery Valentine Open, Boston, USA; Tyson Invitational, Fayetteville, USA; ifam Indoor, Gent, BEL
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OBITUARY

ULTRA STAR RIANA VAN NIEKERK PASSES AWAY

By Riël Hauman

South Africa lost one of its greatest ultradistance runners when Riana van Niekerk (39) passed away on Saturday after suffering from pancreatic cancer for almost a year. Van Niekerk scored her last win in the Om die Dam 50 km on 21 March last year and was diagnosed with cancer shortly before the Comrades Marathon. The Om die Dam victory was her sixth in this race after she had also taken the title in 2002, 2005, 2007, 2009 and 2014. Her brilliant 3:22:39 in 2007 is still the seventh fastest by a South African woman on a standard course.



Riana van Niekerk wins the Pick 'n Pay Marathon in 2012.
[Allie van Niekerk]

The victory at Hartebeespoort was preceded by wins in the ACE Half Marathon (85:03) and the Bronkhorstspruit 32 km (2:18:02), while she placed fourth in the Durban City Marathon in 2:54:10, her last marathon.

Van Niekerk finished in the top ten in the Comrades four times (2004, 2006, 2008 and 2011), with a best performance in 2008 when she was sixth in 6:43:32 – the first South African behind five Russians. She finished the Comrades seven times.

Earlier that same year she had also been the first SA athlete in the Two Oceans when she crossed the line in fifth in 3:53:09. This was the fastest of her four Two Oceans runs.

Van Niekerk ran her last Comrades in 2014, finishing 16th in 7:14:52. Among her other major races that year were a fourth in the Pretoria Marathon (3:00:46), third in the Loskop 50 km (3:33:12) and third in the Legends 68 km (5:12:13). She won the Loskop race in 2010.

She won the SA Marathon in 2009, clocking 2:48:02, after she had been second the year before in a faster time (2:45:05).

In the course of her career she scored a total of eight marathon wins, and apart from Om die Dam also won the City

to City (2010) and Jackie Mekler (2008) ultras.

Van Niekerk ran her best marathon time, 2:43:00, in the 2007 SA Marathon (when she was third), and had PBs of 36:12 for 10 km, 54:26 for 15 km, and 75:48 for the half marathon. Her best time for 50 km was 3:19:06 in the aided Loskop 50 km (2010); this is the sixth fastest ever by a South African (all courses).

Van Niekerk leaves her husband, Allie.

CORRECTIONS AND ADDITONS

The initial results of the SA 10 km were published last week, but with no times for the women after the third position. The times have now been added, while some of the men's times have been corrected.

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: Motlokoa Nkhabutlane finished 14th in 30:09, but since he is a citizen of Lesotho he is not eligible for the SA Championships and has been left out here. The correct placings in the men's junior category is still uncertain, so only the first two are given here. – Ed.

MEN

1.	Elroy	GELANT	ACNW	29	29:15	R1000
2.	Stephen	MOKOKA	AGN	31	29:18	R500
3.	Mbongeni	NGXAZOZO	CGA	36	29:29	R250
4.	Lesiba	MASHELE	AGN	25	29:36	
5.	Benedict	MOENG	AGN	33	29:39	
6.	Sibusiso	NZIMA	CGA	29	29:45	
7.	Xolisa	TYALI	CGA	27	29:49	
8.	Joel	MMONE	ACNW	24	29:54	
9.	Kgosi	TSOSANE	AGN	29	29:55	
10.	Gladwin	MZAZI	CGA	27	30:02	
11.	Jeromy	ANDREAS	CGA	23	30:04	
12.	Vuyisile	TSHOBA	AGN	24	30:08	
13.	Rantso	MOKOPANE	ACNW	21	30:09	
14.	Derocious	MAKHOBALO	CGA	27	30:11	
15.	David	MANJA	ACNW	24	30:12	
16.	Thabang	MASIHLEHO	AFS	25	30:13	
17.	Phillimon	MATHIPA	CGA	23	30:15	
18.	Slindile	GUBESE	KZNA	28	30:17	
19.	Thabang	MOSIAKO	ACNW	20	30:20	
20.	Siyabonga	NKONDE	KZNA	27	30:21	
21.	Tumelo	MOTLAGALE	CGA	29	30:27	
22.	Mthobisi	BALOYI	ACNW	30	30:32	
23.	Lebohlang	MASILO	Nedbank	26	30:32	
24.	Philani	BUTHELEZI	KZNA	26	30:36	
25.	Samuel	SEGOABA	AGN	32	30:37	
26.	Bonginkosi	ZWANE	KZNA	25	30:43	
27.	Lucky	MTSHALI	CGA	31	30:43	
28.	Kabelo	MELAMU	CGA	18	30:45	
29.	Collen	MULAUDZI	AGN	24	30:45	
30.	Pule	MAEKO	CGA	29	30:53	

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

Veterans: 1 Gert Thys (WPA) 31:41; 2 Johannes Kekana (CGA) 31:46; 3. Simon Mpholo (CGA) 31:46). **Masters:** 1 Nel Mtsweni (MPU) 35:41; 2 Sollie van Rooyen (BOL) 35:59; 3. Dan Mothibe (AGN) 36:15. **G'masters:** 1 Stephen Seema (CGA) 38:14; 2 Andre Jansen (CGA) 39:24; Mochamat Kriel (WPA) 40:06. **Juniors:** 1 Kabelo Melamu (CGA) 30:45; 2 Kabelo Seboko (CGA) 31:06.

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	35:50	
5.	Christine	KALMER	CGA	29	35:55	
6.	Glenrose	XABA	AMPU	21	36:00	
7.	Andrea	STEYN	AGN	32	36:06	
8.	Zintle	XINIWE	WPA	29	36:06	
9.	Keneilwe	SESING	CGA	27	36:30	
10.	Cornelia	JOUBERT	CGA	27	36:41	
11.	Murendwa	DAVHANA	AGN	22	36:53	
12.	Ashleigh	SIMONIS	WPA	18	36:55	
13.	Nicole	VAN DER MERWE	CGA	17	36:59	
14.	Jennet	DLAMINI	KZNA	21	37:00	
15.	Liziwe	MABONA	AGN	27	37:01	
16.	Ntombesintu	MFUNZI	EPA	34	37:02	
17.	Patience	KHUMALO	AGN	27	37:04	

18.	Carina	VILJOEN	CGA	18	37:10
19.	Sherilene	GELDERBLOM	ACNW	20	37:14
20.	Carlyn	FISCHER	AGN	25	37:17
21.	Janie	GRUNDLING	KZNA	36	37:31
22.	Keletso	SENOSI	AGN	14	37:33
23.	Thandi	SEHOHLE	CGA	19	37:44
24.	Farida	ZWANE	CGA	19	37:45
25.	Bulelwa	SIMAE	WPA	38	37:53
26.	Puseletso	DLADLA	KZNA	24	37:56
27.	Thembi	BALOYI	AGN	27	38:01
28.	Kataza	SHIPALANA	AGN	29	38:06
29.	Makhosi	MHLONGO	KZNA	34	38:28
30.	Liza	MARITZ	AGN	36	38:57

Veterans: 1 Ulrica Stander (WPA) 39:23; 2 Truzanne Swanepoel (AGN) 39:38; 3. Jacquie van der Waals (AGN) 39:38. **Masters:** 1 Elmarie Coetzee (WPA) 42:27; 2 Olga Howard (WPA) 45:13; 3. E. Brink (AGN) 46:10. **G'masters:** 1 Nancy Will (WPA) 44:29; 2 Sandy Fismer (KZN) 48:39; 3. Frances van Blerk (AGN) 49:16. **Juniors:** 1 Ashley Simonis (WPA) 39:20; 2 Nicole v.d. Merwe (CGA) 40:32; 3. Carina Viljoen (CGA) 37:10.

ROAD RUNNING

Tygerberg 30 km (37th)

Parow, 14 February

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

MEN

1. Luyanda Mapoyi (WR) 1:45:38
2. Mpendulo Sigwadi (Gugs) 1:46:28
3. Masande Mlonyeni (Sanlam) 1:46:48

Veterans: 1. Thembelani Zola (Gugs) 1:58:43; 2. King Ntluzi (Vodac) 1:58:54; 3. Xolile Macanda (Gugs) 2:01:08; **Masters:** 1. Monde Tutani (Gugs) 2:04:15; 2. Julian Paul (SANDF) 2:04:38; 3. Eric Coetzee (FNB) 2:07:22. **G'masters:** 1. Mochamat Kriel (Ommie) 2:18:15; 2. Gemjikile Tom (Eskom) 2:25:23; 3. Brian Merryweather (GBR/Edge) 2:58:31. **G/g'masters:** 1. Gideon Malherbe (Celtic) 2:57:53; 2. Boet van Zyl (SH) 3:07:28; 3. Kaare James (Pine) 3:38:23.

WOMEN

1. Tanith Maxwell (Boxer) 2:04:24
2. Ursula Frans (Ned) 2:15:08 (1st vet)
3. Emily Cupito (USA/AAC) 2:19:31

Veterans: 1. Ursula Frans (Ned) 2:15:08; 2. Sandra van Graan (Edge) 2:20:59; 3. Marlize Vienings (Edge) 2:26:09. **Masters:** 1. Paola Vignani (ITA/VOB) 2:27:23; 2. Olga Howard (Celtic) 2:27:33; 3. Kathy McQuaide (VOB) 2:36:28. **G'masters:** 1. Ruth Leverton (Pine) 3:05:08; 2. Lea Norton (Gugs) 3:14:04; 3. Joy Riviera (SH) 3:28:00. **G/g'masters:** 1. Marlene James (Pine) 3:30:59; 2. Avril Delapelin Dumont (WC) 3:37:51.

Chesa Nyama Love the Run 10 km

Pretoria, 14 February

(Loop course. Weather: warm, no wind.)

Note: The route was about 700 m short. – Ed.

MEN

1. Kgosi Tsosane (Ned) 28:09
2. Moses Kiptoo (KEN/Ned) 28:15
3. Lucky Mohale (Boxer) 28:47

Veterans: 1. Shadrack Hoff (Boxer) 29:19; 2. Johannes Kekana (CR) 29:40; 3. Simon Mpholo (Ned) 30:10. **Masters:** 1. Dan Mothibe (Runav) 33:57; 2. Joseph Moloto (SANDF) 35:40; 3. Victor Phetoe (Irene) 37:55. **G'masters:** 1. Mike du Bruto (Irene) 38:36; 2. Don Charles (Ned) 40:15; 3. Daniel Hlongwane (41:47). **G/g'masters:** 1. Pele Tshikundamalema (Olifants) 43:43; 2. A.P. van der Merwe (Trans) 48:52; 3. Ken de Kock (LR) 55:32. **80+:** 1. Martin Coetzee (Mag) 64:46. **Juniors:** 1. Kwanele Mthembu (Ind) 29:10; 2. Ikageng Gaborekwe (KPMG) 30:20; 3. Leboho Selolo (Ind) 31:03.

WOMEN

1. Liziwe Mabona (AMPA) 34:06
2. Thembi Baloyi (TUT) 34:55
3. Nandipha Dywili (Trans) 35:10

Veterans: 1. Tabitha Tsatsa (ZIM/ME) 36:15; 2. Jacquie van der Waals (Irene) 37:20; 3. Paulina Phaho (Ind) 39:06. **Masters:** 1. Ansie Breytenbach (Irene) 41:25; 2. Connie Blom (Runav) 44:52; 3. Mercia Wilken (Akasia) 49:01. **G'masters:** 1. Frances van Blerk (Ned) 48:07; 2. Rina Pretorius (Eagles) 59:03; 3. Muriel Charles (Ned) 64:50. **G/g'masters:** 1. Bertha van der Raad (Irene) 74:10; 2. Anette van Rooyen (Trans) 86:45. **80+:** 1. Deirdre Larkin (Rand) 58:43; 2. Miemie Schoeman (Trans) 90:12. **Juniors:** 1. Simonay Weitsz (KPMG) 36:15; 2. Mabelo Molope (Ind) 45:01; 3. Steffeny Visser (Ind) 46:15.

Metlife Mall Valentines 10 km

Port Elizabeth, 13 February

(Loop course. Finishers: 527 [down from 677 last year].)

MEN

1	Melikhaya	Frans	Ikhamva AC	26	30:15
2	Adriaan	Gerwel	Temp	19	31:18
3	George	Ntshiliza	Bluewater Bay	36	31:52
4	Andre	Ketchem	Xcel AC	32	32:34
5	Eric	Sigxashe	Motherwell AC	37	33:22
6	Andile	Motwani (1 st jun)	Tinarha AC	19	34:01
7	Luyanda	Tshangana	Ikhamva AC	32	34:10
8	Lonwabo	Williams	Tinarha AC	17	34:21
9	Zolile	Mhlahlo (1 st vet)	Achilles AAA	41	34:24
10	Xolile	Ndingane	Temp	44	34:47
11	Terrance	Mjekula	Tinarha AC	43	35:05
12	Duwayne	Lucas	Aspen Pharmacar	26	35:15
13	Simon	Ngcoko	Nedbank RC	46	35:29
14	Tumelo	Mochelenyane	Nedbank RC	33	35:51
15	Lewis	Skade	Temp	37	35:59
16	Ruan	Smalberger	St Albans AC	26	37:14
17	Kenneth	Menze (1 st mast)	Bluewater Bay	54	37:24
18	Juwayne	Fletcher	Charlo AC	25	37:29
19	Khayelihle	Ncube	Nedbank RC	29	37:49

20	Msindisi	Matshobeni	NMB Municipalit	37	38:55
40-44:					
1	Zolile	Mhlahlo	Achilles AAA	41	34:24
2	Xolile	Ndingane	Temp	44	34:47
3	Terrance	Mjekula	Tinarha AC	43	35:05
45-49:					
1	Simon	Ngcoko	Nedbank RC	46	35:29
2	Cobus	Pretorius	SAPS AC EP	48	43:31
3	Duane	Lerm	Despatch AC	45	43:56
50-54:					
1	Kenneth	Menze	Bluewater Bay	54	37:24
2	Linton	Harmse	Madibaz AC	52	44:28
3	Philbert	Tyombo	PEAAC	53	45:11
55-59:					
1	Gerrie	Hermann	Kouga Multi SC	59	42:38
2	Ryan	Holder	Charlo AC	58	44:27
3	Jan	Van Eeden	Nedbank RC	57	48:12
60-64:					
1	Elvis	Galela	Madibaz AC	64	41:16
2	Donald	Mancasa	Madibaz AC	61	50:54
3	Mbulelo	Sobikwa	Madibaz AC	61	52:03
65-69:					
1	Hannes	Els	Madiba BW	66	44:07
2	Cilliers	Swart	Nedbank RC	69	48:19
3	Syd	Lippstreu	Crusaders AC	67	51:09
7-74:					
1	Tamsanqa	Jusayi	Nedbank RC	73	49:47
2	Johannes	Herbst	Muirite Strider	70	50:04
3	Ron	Clark	Bluewater Bay	73	51:53
75+:					
1	Wells	Anderson	PEAAC	83	1:08:09
2	Kai	Tarnow	Kouga Multi SC	77	1:19:57
Juniors:					
1	Andile	Motwani	Tinarha AC	19	34:01
2	Lonwabo	Williams	Tinarha AC	17	34:21
3	Wiehan	Smalberger	Temp	15	51:09
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC	34	37:12
2	Siphokazi	Nojoko	Motherwell AC	21	38:45
3	Jamie-Lee	Schlemmer	Madibaz AC	19	39:41
4	Janette	Schierz-Crusius (1 st mast)	Body Concept	55	43:31
5	Luthando	Nxanisa	Tinarha AC	23	43:54
6	Jene	Banfield (1 st vet)	RWFL EP	45	44:09
7	Terray	Newcombe	Elite AC	25	44:47
8	Theresa	Buchner	Nedbank RC	30	47:04
9	Clarissa-Mari	Rabie	Charlo AC	25	47:08
10	Hanlie	Van der Westhuizen	Despatch AC	59	47:16
11	Nikita	Drury	Temp	23	47:38
12	Toegeda	Vyver	Nedbank RC	43	48:15
13	Hayley	Mason	Temp	31	48:28
14	Elana	Loest	Temp	37	49:49
15	Buyelwa	Kobokana	Nedbank RC	50	50:07
16	Elize	Adams	Gelvan AC	41	51:18
17	Michelle	Barker	Temp	28	51:23
18	Treloar	Childs	Walmer AC	52	51:35

19	Rosemary	Joubert	Crusaders AC	55	51:56
20	Ann	Van der Merwe	Temp	50	52:32
40-44:					
1	Toegeda	Vyver	Nedbank RC	43	48:15
2	Elize	Adams	Gelvan AC	41	51:18
3	Lesley Ann	Bush	Despatch AC	43	54:00
45-49:					
1	Jene	Banfield	RWFL EP	45	44:09
2	Bonita	Moore	Temp	46	52:33
3	Sharon	Rieder	Aspen Pharmacar	45	55:03
50-54:					
1	Buyelwa	Kobokana	Nedbank RC	50	50:07
2	Treloar	Childs	Walmer AC	52	51:35
3	Ann	Van Der Merwe	Temp	50	52:32
55-59:					
1	Janette	Schierz-Crusius	Body Concept	55	43:31
2	Hanlie	Van der Westhuizen	Despatch AC	59	47:16
3	Rosemary	Joubert	Crusaders AC	55	51:56
60-64:					
1	Gerrie	Dimitriou	Crusaders AC	60	1:01:46
2	Rina	Barnard	Elite AC	62	1:19:22
3	Stephanie	Hay	Walmer AC	60	1:19:46
65-69:					
1	Anelyne	Rheeder	Run 4 Christ AC	68	1:04:16
2	Christine	Fourie	Elite A C	69	1:05:11
3	Jeanette	Pienaar	PEAAC	67	1:06:31
70-74:					
1	Ronelle	Steyn	Nedbank RC	71	1:07:43
2	Vicky	Ashley	Profiles AC	70	1:11:38
3	Gaynor	Knoetze	Temp	70	1:23:52
75+:					
1	Dorothy	Hart	Madibaz AC	77	1:13:28

Bronkhorstspuit 32 km & 10 km

Bronkhorstspuit, 13 February

(Loop courses. Finishers: 32 km – 1100 [considerably down from 1700 last year]; 10 km – 600 [also considerably down from 950].)

32 km

MEN

1 Shadrack Hoff (Boxer) 1:55:30 (1st vet); 2 Malusi Dlomo (Nedbank) 1:55:39; 3 Samuel Ongaki (KEN/Nedbank) 1:56:05.

Veterans: 1 Shadrack Hoff (Boxer) 1:55:30; 2 Judas Ntuli (Magnolia) 2:02:10; 3 Mpho Ngoepe (Cool Running) 2:04:38. **Masters:** 1 Moses Letlhaku (Cool Running) 2:18:09; 2 Burger Linde (Team Vitality) 2:24:22. **G'masters:** 1 Johan Nel (Irene) 2:30:57.

G/g'masters: 1 Luuk Hepkema (Magnolia) 3:35:31.

WOMEN

1 Lesego Hlako (Zwakala) 2:23:37; 2 Tegan Edwards (Team Vitality) 2:34:13; 3 Marlize du Plessis (Runavation) 2:36:00.

Veterans: 1 Natasha Kask (Kempton) 2:36:26; 2 Lisa Alexander (HMK) 2:37:01; 3 Karen Coomber (ACRW) 2:45:50. **Masters:** 1 Lelanie van Zyl (Nedbank) 2:46:48; 2 Almarie Rothman (Kempton) 2:49:59. **G'masters:** 1 Lettie Coetzee (PPMK) 3:39:38.

10 km

MEN

1 Willem Maphanga (Temp) 32:06; 2 Lukhanyo Mabinza (Rockies) 32:39; 3 Altus Badenhorst (Born 2 Run) 32:43.

Veterans: 1 Enoch Makunyane (Ekangala) 41:00. **Masters:** 1 Nel Mtsweni (Eskom) 35:47. **G'masters:** 1 Stoney Steenkamp (Coaldust) 48:42. **G/g'masters:** 1 Harry v.d. Merwe (BHS) 50:28. **Juniors:** 1 Riaan Botes (VTM) 44:07.

WOMEN

1 Nomsa Cossa (Rockies) 42:13; 2 Ansie Breytenbach (Irene) 43:05 (1st mast); 3 Marzelle v.d. Merwe (Tuks) 43:10. **Veterans:** 1 Antoinette Hartsliet (HMK) 62:13. **Masters:** 1 Ansie Breytenbach (Irene) 43:05. **G'masters:** 1 Frances van Blerk (Nedbank) 51:05. **G/g'masters:** 1 Betha v.d. Raad (Irene) 78:59. **Juniors:** 1 Christine Popich (AS Eagles) 52:21.

27 for Freedom 27 km & 10 km

Paarl, 13 February

(Loop courses. Finishers: 27 km – 661; 10 km – 790.)

27 km

MEN

1. Siviwe Nkombi (Itheke) 1:32:52
2. Danzil Pause (East) 1:34:05
3. Disqualified (Itheke)
4. Tsungai Mwanengeni (ZIM/Gugs) 1:37:37 (1st vet)
5. Ncedo Makunga (Ned) 1:40:29

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:37:37; Andile Mlandu (IT) 1:49:57; 3. Albertus Philander (Velo) 1:54:14. **Masters:** 1. Abraham Fielies (Worc) 1:50:17; 2. Lorenzo Lucas (Ned) 1:58:26; 3. Thomas Moses (Worc) 2:03:26. **G'masters:** 1. Johannes Jacobs (Celtic) 2:05:09; 2. Piet Smit (Swart) 2:07:18; 3. Jeff Smith (Itheke) 2:07:25.

WOMEN

1. Candyce Hal (Carb) 2:01:49
2. Ursula Turck (Strand) 2:04:08 (1st vet)
3. Obertina Kanyongo (ZIM/WC) 2:05:55
4. Angelique Rabie (Carb) 2:07:41
5. Elizabeth Brink (Durb) 2:07:58

Veterans: 1. Ursula Turck (Strand) 2:04:08; 2. Obertina Kanyongo (ZIM/WC) 2:05:55; 3. Angelique Rabie (Carb) 2:07:40. **Masters:** 1. Suzane Marais (Strand) 2:10:21; 2. Cheryl Rudolph (East) 2:18:40; 3. Roldah Orrie (Itheke) 2:30:54. **G'masters:** 1. Styntjie Prins (Paarl) 2:25:22; 2. Sandra Eardley (VOB) 2:58:27; 3. Jeanette van Wyk (Bell) 2:59:58.

10 km

MEN

1. Justin Fritz (Adidas) 30:36
2. Nadeel Wildschutt (Itheke) 30:54
3. Lukhanyo Nobakada (VOB) 32:12
4. Angelo Booyesen (CS) 32:23
5. Carlo Flink (Itheke) 32:34

Veterans: 1. Pieter Koopman (Itheko) 34:15; 2. Thembelani Zola (Gugs) 34:55; 3. Isaac Opperman (CS) 34:57. **Juniors:** 1. Lukhanyo Nobakada (VOB) 32:12; 2. Carlo Flink (Itheko) 32:34; 3. Deonlee Hendricks (Ind) 34:38.

WOMEN

1. Zintle Xiniwe (FNB) 37:00
 2. Fortunate Chidzivo (ZIM/Ned) 37:07
 3. Nomvuyisi Seti (Itheko) 40:23
 4. Lee-Shay Willemse (Velo) 42:59
 5. Mariëtte Strauss (Tyger) 43:33 (1st mast)

Veterans: 1. Norooi Sikunana (Ned) 48:41; 2. Zethena October (Ravens) 48:46; 3. Maryann Baron (Ned) 54:54. **Juniors:** 1. [Illegible] Joubert (Swart) 48:57; 2. Razaan Kamaldien (MSA) 49:09; 3. Menushea Sampson (Well) 72:22.

KFC Valentine 10 km

Randburg, 12 February
 (Loop course)

MEN

1 Lebo Masilo (Nedbank) 31:38; 2 Jacob Malefo (UJ) 31:47; 3 Juan van Deventer (Nedbank) 32:29.

Veterans: 1 Simon Mpholo (Nedbank) 32:59; 2 Zongamele Dyubeni (Rockies) 33:47; 3 Philemon Manyaka (Nedbank) 36:06. **Masters:** 1 Daniel Mothibe (Runavation) 37:23; 2 Reform Ndlovu (Randburg) 37:43; 3 Peter Jaehne (Outeniqua) 40:19. **G'masters:** 1 Stephen Seema (SAPS) 40:13; 2 John Woodnutt (Morningside) 44:24. **G/g'masters:** 1 Pele Tshidukudamalema (Olifantsfontein) 48:19. **Juniors:** 1 Honest Mathe (Olifantsfontein) 37:10; 2 Scelo Mashaba (Nedbank) 41:12; 3 Darren Horwitz (FFA) 44:38.

WOMEN

1 Mapaseka Makhanya (Nedbank) 37:51; 2 Kim Norton (RAC) 40:11; 3 Paula Quinsee (Born 2 Run) 41:12 (1st vet).

Veterans: 1 Paula Quinsee (Born 2 Run) 41:12; 2 Maria Vilakazi (RWFL) 42:17; 3 Nomasolto Skosana (Nedbank) 46:02. **Masters:** 1 Catherine Naane (Sibanye Gold) 48:20; 2 René Strydom (Randburg) 49:27; 3 Monica Reis (Roodepoort) 52:30. **G'masters:** 1 Sonja Laxton (RAC) 51:56; 2 Joan de Klerk (RAC) 61:06. **G/g'masters:** 1 Deirdre Larkin (Randburg) 63:16. **Juniors:** 1 Done Grové (Nedbank) 46:09; 2 Jessica Peo (FFA) 48:55; 3 Sadie Singh (RAC) 54:20.

Palms Mall 15 km & 10 km

Vanderbijlpark, 10 February
 (Finishers: 15 km – 140; 10 km – 280.)

15 km

MEN

1 William Mokwalakwala (Brooks) 48:26; 2 Zithulele Ntanzu (Nedbank) 50:10; 3 Sampie Mokgotla (Nedbank) 50:27.

Veterans: 1 Siphon Mkwane (Vultures) 55:30. **Masters:** 1 Paulus Mofokeng (Nedbank) 66:28. **G'masters:** 1 Anton Groenewald (Arcelor Mittal) 78:48.

WOMEN

1 Lebo Mofokeng (ADT) 61:49; 2 Tania Fourie (Arcelor Mittal) 62:30; 3 Lindiwe Mthombeni (Sasol) 77:57 (1st vet).

Veterans: 1 Lindiwe Mthombeni (Sasol) 77:57. **Masters:** 1 Annetjie Strydom (Arcelor Mittal) 90:46. **G'masters:** 1 Elize Kempen (Arcelor Mittal) 89:24.

10 km

MEN

1 Tebogo Rapapali (VUT) 33:32; 2 David Motsoeneng (Arcelor Mittal) 40:12; 3 Linna Tau (Vultures) 41:18 (1st vet).

Veterans: 1 Linna Tau (Vultures) 41:18. **Masters:** 1 Sefako Moeletsi (SANDF) 42:10. **G'masters:** 1 Leon Mostert (Sasol) 49:46.

WOMEN

1 Michelle Spies (Temp) 46:54; 2 Florence Molawa (Arcelor Mittal) 47:08 (1st vet); 3 Tshiano Motaung (VUT) 47:37.

Veterans: 1 Florence Molawa (Arcelor Mittal) 47:08. **Masters:** 1 Sharon Zeelie (Vaal) 56:37. **G'masters:** 1 Neline Coetzee (Arcelor Mittal) 56:18.

Spar Lantern Irene Nite Race (20th)

Irene, 10 February

(Distance: 10 km; out-and-back course.)

MEN

1. Kgosi Tsosane (Ned) 30:15; 2. Lukas Jani (Ind) 30:20; 3. Phillimon Mathiba (Ned) 30:59.

Veterans: 1. Johannes Kekana (CR) 31:20; 2. Shadrack Hoff (Boxer) 31:59. **Masters:** 1. Joseph Moloto (SANDF) 39:24. **G'masters:** 1. Loy Snyman (Phob) 46:20. **G/g'masters:** 1. Pele Tshikundamalema (Ind) 46:08. **80+:** 1. Martin Coetzee (Mag) 78:00. **Juniors:** 1. Yasheen Bahwanipersad (Runav) 38:23.

WOMEN

1. Rutendo Nyahora (ZIM/Ned) 35:20; 2. Liziwe Mabona (TUT) 36:48; 3. Thembi Baloyi (TUT) 39:26.

Veterans: 1. Vanessa Bowman (Kempton) 44:37; 2. Patricia Forbes (RI) 46:20. **Masters:** 1. Ansa Strydom (Ned) 49:20. **G'masters:** 1. Lettie Coetzee (PPMK) 59:01 **G/g'masters:** 1. Lettie Booysen (SB) 90:37. **80+:** 1. Deirdre Larkin (RAC) 62:40. **Juniors:** 1. Stephnie Visser (Ind) 48:30.

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

All-Japan Corporate Team Half-Marathon Championships (44th)

Yamaguchi, JPN, 14 February
(Distance: 21.1 km)

MEN (gun times)

1. Charles Ndirangu (KEN & JFE Steel) 1:01:00
2. Johana Maina (KEN & Fujitsu) 1:01:19
3. Joseph Kamathi (KEN & TOyota) 1:01:35
4. Ezekiel Chebotibin (KEN & Toho Refine) 1:01:42
5. Macharia Ndirungu (KEN & Aichi Steel) 1:01:42
6. Shogo Nakamura 1:01:53

WOMEN

1. Miho Shimizu 1:09:41
2. Felista Wanjugu (KEN & Universal Ent) 1:10:02
3. Hisami Ishii 1:10:25
4. Mizuki Matsuda 1:10:25
5. Reia Iwade 1:10:53

Mitja Marató de Barcelona (26th)

Barcelona, ESP, 14 February
(Distance: 21.1 km; two-loop course [two different loops]; negligible start/finish separation)

MEN (gun times)

1. Vincent Kipruto, KEN, 1:02:54
2. Danielle Meucci, ITA, 1:02:55
3. Abdi Fufa, ETH, 1:02:57
4. Samwel Kibiwot, KEN, 1:03:01
5. Josphat Kiprono Menjo, KEN, 1:03:48

WOMEN (gun times)

1. Florence Kiplagat, KEN, 1:09:19
2. Isabellah Andersson, SWE, 1:10:50
3. Jessica Augusto, POR, 1:10:58
4. Anja Schneider, GER, 1:11:17
5. Franziska Reng, GER, 1:12:33

USA Olympic Trials Marathon (13th men's & 9th women's)

(Also USA Marathon Championships)

Los Angeles, USA, 13 February

(Distance: 42.195 km; certified course; one 2.2-mile loop plus four 6-mile loops)

MEN (gun times)

1. Galen Rupp, Portland, OR 2:11:12 DB \$80,000
[1:06:31 / 1:04:41]
2. Meb Keflezighi, 40, San Diego, CA 2:12:20 NR 40+ 65,000

[1:06:32 / 1:05:48]		
3. Jared Ward, Provo, UT	2:13:00	55,000
[1:06:31 / 1:06:29]		
4. Luke Puskedra, Eugene, OR	2:14:12	25,000
5. Tyler Pennel, Blowing Rock, NC	2:14:57	20,000

WOMEN (gun times)

1. Amy Cragg, Portland, OR	2:28:20	\$80,000
[1:14:29 / 1:13:51]		
2. Desiree Linden, Washington Twp, MI	2:28:54	65,000
[1:15:04 / 1:13:50]		
3. Shalane Flanagan, Portland, OR	2:29:19	55,000
[1:14:30 / 1:14:49]		
4. Kara Goucher, Boulder, CO	2:30:24	25,000
[1:15:08 / 1:15:16]		
5. Janet Bawcom, Flagstaff, AZ	2:31:14	20,000

DNF: Sara Hall (last split 1:39:05 at 17 miles; was 1:15:12 at halfway); scratched: Camille Herron, Deena Kastor

RAK Half Marathon (10th)

Ras Al Khaimah, UAE, 12 February

(Distance: 21.1 km; IAAF certified loop course)

MEN (gun times)

1. Birhanu Legese, ETH	1:00:40	AED 37,500* (=USD 10,210)
2. Stanley Biwott, KEN	1:00:40	26,250*
3. Nguse Amlosom, ERI	1:00:41	18,750*
4. Abraham Cheroben, KEN	1:00:41	13,500*
5. Edwin Kipyego, KEN	1:00:45	11,250*
6. Simon Cheprot, KEN	1:00:46	10,000
7. Edwin Kiptoo, KEN	1:01:00	7,500
8. Cosmas Birech, KEN	1:01:49	5,500
9. Emmanuel Bett, KEN	1:01:55	3,500
10. Leonard Komon, KEN	1:02:12	2,000
11. Wilson Kipsang, KEN	1:02:16	

*) Prize money reduced 25% for times slower than 60:00 for top-5 men

WOMEN (gun times)

1. Cynthia Limo, KEN	1:06:04	PB/WL AED 50,000 (=USD 13,613)
2. Gladys Cheronu, KEN	1:06:07	PB 35,000
3. Genet Yalew, ETH	1:06:26	PB 25,000
4. Peres Jepchirchir, KEN	1:06:39	PB 18,000
5. Gladys Chesir, KEN	1:06:57	PB 15,000
6. Jemima Sumgong, KEN	1:06:58	PB 10,000
7. Worknesh Degefa, ETH	1:07:32	7,500
8. Priscah Jeptoo, KEN	1:08:04	5,500
9. Rose Chelimo, KEN	1:08:08	PB 3,500
10. Gulume Tollesa Chala, ETH	1:08:40	2,000
11. Tadelech Bekele, ETH	1:09:08	
12. Wude Ayalew, ETH	1:12:20	
13. Doris Changeywo, KEN	1:12:25	
14. Anne-Mari Hyrylainen, FIN	1:12:27	PB
15. Margaret Njuguna, KEN	1:17:57	

CROSS-COUNTRY

Athletics Kenya Nairobi Cross Country

(IAAF Permit Meeting & Kenyan Championships)

Nairobi, KEN, 13 February

(Distances: See below)

SR. MEN (10 km):

1. Geoffrey KAMWOROR (KEN) 1992 28:20
2. Bedan KAROKI (KEN) 1990 28:24
3. Leonard BARSOTON (KEN) 1994 28:26
4. Charles YOSEI (KEN) 1996 28:28
5. Philip LANGAT (KEN) 1990 28:29
6. James GITAHI (KEN) 1993 28:36
7. Geoffrey KOECH (KEN) 1993 28:40
8. Cleophas NGETICH (KEN) 1989 28:46
9. Philemon RONO (KEN) 1991 28:50
10. Stephen ARITA (KEN) 1988 28:55

SR. WOMEN (10 km):

1. Alice APROT (KEN) 1994 31:13
2. Beatrice MUTAI (KEN) 1987 32:28
3. Sheila CHEPKIRUI (KEN) 1990 32:34
4. Daisy CHEPKEMEI (KEN) 1996 32:42
5. Janet KISA (KEN) 1992 32:48
6. Hyvin KIYENG (KEN) 1992 32:51
7. Pauline KORIKWIANG (KEN) 1988 32:52
8. Nancy NZISA (KEN) 1995 32:57
9. Pauline KAVEKE (KEN) 1994 32:58
10. Monica NGIGE (KEN) 33:01

JR. MEN (8 km):

1. Nixon KIPLAGAT (KEN) 1998 22:46
2. Andrew LOROT (KEN) 1997 22:47
3. Isaac KIPSANG (KEN) 22:49
4. Willy KWEMOI (KEN) 1997 22:55
5. Amos KIRUI (KEN) 1998 23:01

JR. WOMEN (6 km):

1. Sandra CHEBET (KEN) 1998 18:48
2. Miriam CHEROP (KEN) 1999 19:12
3. Lucy CHERUIYOT (KEN) 1997 19:13
4. Gloria KITE (KEN) 19:17
5. Winfredah MBITHE (KEN) 1997 19:23

INDOOR TRACK

New Balance Indoor Grand Prix (21st)

(Second stop of IAAF Indoor Tour)

Boston, USA, 14 February

(200 m banked synthetic track)

MEN

1000:

1. Andrew Wheating, USA 2:18.68 PB

2. Duane Solomon, USA 2:19.10 PB
3. Christian Soratos, USA 2:20.68 PB
4. Patrick Peterson, USA 2:21.56 PB
5. Harun Abda, USA 2:22.55

Mile:

1. Nick Willis , NZL 3:53.27 WL
2. Bethwell Birgen, KEN 3:55.41 PB
3. Vincent Kibet, KEN 3:58.10 PB

WOMEN

1500:

1. Dawit Seyaum, ETH 4:01.86 WL/PB
2. Brenda Martinez, USA 4:04.58 PB
3. Kate Grace, USA 4:06.75 PB
4. Melissa Duncan, AUS 4:06.93 AR/PB
5. Viola Lagat, KEN 4:11.08 PB
- ... 7. Alexa Efraimson, USA 4:12.06 PB
8. Morgan Uceny, USA 4:15.88

3000:

1. Meseret Defar, ETH 8:30.83 WL
2. Abbey D'Agostino, USA 8:56.77
3. Laura Thweatt, USA 8:57.11 PB
4. Nicole Sifuentes, CAN 8:57.17
5. Heidi See, AUS 8:57.66

Boston University David Hemery Valentine Open

Boston, USA, 12-13 February
(200 m banked synthetic track)

WOMEN

800 (12):

Section 1 -

- | | | |
|--------------------|------------|----------------|
| 1. Lynsey Sharp | Nike (GBR) | 2:00.30 MR/PB* |
| 2. Anima Banks | Duke | 2:03.41 PB |
| 3. Annette Melcher | Usaf Wcap | 2:03.98 PB |

5000 (12):

Section 1 -

- | | | |
|---------------------|-------------|-------------|
| 1. Christina Melian | Stony Brook | 15:48.77 PB |
| 2. Catarina Rocha | Providence | 16:03.44 PB |
| 3. Lauren Mullins | Providence | 16:16.77 |

Section 2 -

- | | | |
|-------------------------|----------------------|-----------------|
| 1. Shona McCulloch | Ottawa (CAN) | 16:38.32 WYL/PB |
| 2. Elizabeth Eickelberg | Runner's Edge | 16:40.23 PB |
| 3. Elizabeth McDonald | Yale | 16:49.67 |
| 4. Emma Spencer | Baa | 17:00.43 PB |
| 5. Catie Byrd | Queens (N.C.) | 17:05.10 PB |
| 6. Erin Dromgoole | Battle Road TC | 17:07.02 PB |
| 7. Erin Artz | St. Norbert | 17:07.38 PB |
| 8. Nokuthula Dlamini | Monroe College (RSA) | 17:09.05 PB |

Tyson Invitational

Fayetteville, USA, 12-13 February

WOMEN

800 (12):

Invitational Section -

1. Chrishuna Williams, Unattached, 2:04.51
2. Katie Willard, JR, Texas A&M, 2:07.15
3. Dominique Scott, Unattached (RSA), 2:08.34

ifam Indoor

Gent, BEL, 13 February

MEN

800:

Top Sections:

Race A:

1. Mostafa SMAILI, MCO, 1:46.50
2. Thijmen KUPERS, NED, 1:46.57
3. Daniel ANDUJAR, ESP, 1:48.53
4. Andre OLIVIER, RSA, 1:48.81

WOMEN

800:

Race 2:

1. Reeve WALCOTT-NOLAN, GBR, 2:07.06
2. Suzanne VOORRIPS, NED, 2:07.51
3. Laura VALDES TAMAYO, ESP, 2:07.69
- ... 5. Mandie BRANDT, RSA, 2:10.16

STATS TIME

This week we list the fastest ten veteran men in the marathon for 2015. Secondary performances by the top three are also listed. Hendrick Ramaala's new SA record heads the list, but Charles Tjiane has three times.

2015 MARATHON: TOP 10 VETERAN MEN

2:17:12	Hendrick Ramaala	1	Cape Town	20 Sep
2:22:00	Shadrack Hoff	2	Cape Town	20 Sep
2:24:58	Charles Tjiane	1	Benoni	25 Jan
2:26:37	Tjiane-2	1	Pretoria	17 Oct
2:28:03	Tjiane-3	1	Mossel Bay	26 Sep
2:29:40	Claude Moshiywa	2	Mossel Bay	26 Sep
2:31:30A	Reginald Ngobese	1	Nelspruit	07 Nov
2:31:55	Nikky Masombuko	1	Pretoria	24 Jan
2:34:17	Matthews Nkoana	3	Centurion	01 Mei
2:34:34A	Greg Barnes	2	Nelspruit	07 Nov
2:34:48	Peter Medupe	3	Kaapstad	20 Sep
2:35:02	Joseph Molaba	3	Pretoria	01 Mrt

THIS MONTH IN HISTORY**30 years ago: 8 February 1986**

Ingrid Kristiansen (NOR) smashed the women's field in the ninth Gasparilla Distance Classic 15 km in Florida, winning in 48:00 – just nine seconds short of Grete Waitz's world record for the distance. Lisa Ondieki (AUS) was second in 49:18 and Lynn Nelson (USA) third in 49:34. Waitz had scored her fourth and fifth wins in the previous two years and would win again in 1987. At the time Kristiansen held the world record for the marathon at 2:21:06. John Treacy, who was second in the 1984 Olympic Marathon, won the men's race by 13 seconds in 42:59

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.

MENOpen

10 km	29:14	Elroy Gelant	Sasolburg	06 Feb
	28:41	Samir Jouaher (MAR)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		16 Jan
	47:04	Amos Nyongo	Port Elizabeth	
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		23 Jan
	66:21	Vusi Tshoba	Pretoria	
25 km	60:37	Lelisa Desisa Benti (ETH)		31 Jan
	58:23	Zersenay Tadese (ERI) 2010		
30 km	81:12a	Siyabonga Nkonde	Pinetown	10 Jan
	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
Marathon	1:42:14	Sibusiso Madikizela	Camps Bay	17 Jan
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
100 km	2:17:15	Lungile Gongqa	Mumbai	17 Jan
	2:04:24	Tesfaye Abera Dibaba (ETH)		
100 km	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		17 Jan
	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		
<u>Masters (50+)</u>				
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	2:18:15	Mochamat Kriel	Parow	14 Feb
	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		

WOMENOpen

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		
	66:25w	Lornah Kiplagat (NED) 2007		
25 km	93:24a	Jenna Challenor	Pinetown	31 Jan
	79:53m	Mary Keitany (KEN) 2010		
	82:47w	Paula Radcliffe (GBR) 2005		
30 km	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
	1:38:49m	Mizuki Noguchi (JPN) 2005		
	1:39:11w	Mary Keitany (KEN) 2011		
Marathon	2:48:52	Charné Bosman (vet)	Benoni	31 Jan
	2:19:41	Tirfe Beyene Tsegay (ETH)		
	2:15:25m	Paula Radcliffe (GBR) 2003		
	2:17:42w	Paula Radcliffe (GBR) 2005		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:15	Charné Bosman	Pretoria	23 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:28	Charné Bosman	Jeffreys Bay	02 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	85:43	Paula Quinsee	Benoni	31 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km	1:45:58a	Suzette Botha	Pinetown	31 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:15:18	Ursula Frans	Parow	14 Feb
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:48:52	Charné Bosman	Benoni	31 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	42:26	Viv Williams	Tokai	06 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:56	Margie Saunders (g'mast)	Port Elizabeth	06 Feb
	54:33	Shirley Matsons (USA) 1991		
21.1 km	95:50	Margie Saunders (g'mast)	Port Elizabeth	23 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
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	Mari Bruwer	Sasolburg	06 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

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				
30 km	2:18:20 2:50:02 2:47:08	Gerry Davidson (USA) 1991 Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	10 Jan
Marathon				
100 km	3:35:29	Helga Miketta (GER) 2013		

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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The advertisement features a silhouette of a runner on a paved path at sunset. The background shows a coastline with mountains and the ocean. The text is overlaid on white rectangular boxes. Logos for FNB, KFM, and PUMA are displayed in the bottom center, with social media handles for Facebook, Twitter, and Instagram below them. The Cape Town 12 One Run logo is in the top left corner.