

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 two highlights of the weekend came in the Motherwell Freedom Run 10 km in Port Elizabeth, where Elroy Gelant set a list leader and course record of 28:50, winning a well-deserved R15 000 in the process, and in the Denel Half Marathon in Irene, where Caroline Wöstmann ran a personal best of 1:19:13 for victory – a mere week after winning the Old Mutual Two Oceans! Wöstmann won by a massive almost eleven minutes.

In the Port Elizabeth race Melikhaya Frans also dipped under 29 minutes with a PB of 28:55, while the first junior, Andile Motwani, also got a PB of 31:00. Two more list leaders were set on this fast course, by master Makaya Masumpa (34:01) and grandmaster Margie Saunders, whose 42:39 broke her own previous mark.

Two list leaders were set in the Telkom 10 km in Bellville, by grandmaster Mochamat Kriel (37:56) and great grandmaster Pixie Sparg (54:52).

The 70th Jackie Gibson Marathon, South Africa's oldest club marathon (i.e., excluding the national championships), was won by Steven Dikobo in 2:35:40 and Salome Cooper in 3:16:59.

Internationally, South African star Dominique Scott ran a personal best and early world leader of 15:25.10 for 5000 metres at the Stanford Invitational. On the road, Kenyan Viola Jepchumba set a world lead (as well as PB and course record) of 65:51 in the Sportissimo Prague Half Marathon.

The first grandmaster woman in the Om die Dam 50 km (results in DRR 16:10) was in fact Val Watson (Runavation) and not Makgoale Magwentshu. Watson ran 4:35:39.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Jackie Gibson Marathon & Allan Ferguson Half Marathon, Johannesburg
- * Motherwell Freedom Run 10 km, Port Elizabeth
- * Telkom 10 km Challenge, Bellville
- * Denel Half Marathon & 10 km, Irene

International highlights:

- * Carlsbad 5000, Carlsbad, USA
- * Vattenfall Berliner Halbmarathon, Berlin, GER
- * Schneider Electric Marathon de Paris, Paris, FRA
- * Credit Union Cherry Blossom 10-Mile, Washington, DC, USA

- * Around the Bay 30 km, Hamilton, CAN
- * Sportisimo Prague Half Marathon, Praha, CZE
- * American River 50-Mile, Sacramento, USA
- * Outdoor track: Stanford Invitational, Palo Alto, USA; Pepsi Florida Relays, Gainesville, USA



TWO OCEANS: BLUE NUMBER FOR BRIAN

It was noted in last week's *Distance Running Results* that former double champion Brian Chamberlain, now 66, finished the Old Mutual Two Oceans in 5:06:27. In fact, Chamberlain not only finished but won his Blue Number for ten finishes – 39 years after his first run! As far as is known, this is a record for the time period between the first and tenth runs. Chamberlain won the race on his first try in 1977 in a course record 3:15:22 and the next year ran one second slower to win again (as was mentioned in This Month in History in the same issue).

Other finishers this year were Shadrack Hoff, former SA record holder for 5000 m, in 4:07:58, and 2013 champion David Gatebe in 4:42:25.

Chamberlain was not the only DRR subscriber who earned his permanent

number. Mark Dowdeswell did so as well, finishing about a half hour in front of the former champion, in 4:43:45. Belated congratulations to both!

- The picture shows Chamberlain (5150) and Dowdeswell (5128) at the finish.

ROAD RUNNING

Jackie Gibson Marathon (70th) & Allan Ferguson Half Marathon (4th)

Johannesburg, 3 April

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 900 [up from 840 last year]; half-marathon – 1300 [up from 1200].)

Note: This marathon was run as the Johannesburg Marathon in 1998 and DRR does not count that as part of the series, bringing the total runnings to 70. – Ed.

Marathon

MEN

1 Steven Dikobo (Nedbank) 2:35:40; 2 Peter Muso (Colossus) 2:36:08; 3 Zwelakhe Mkokwana (SCAW) 2:41:50; 4 Danisa Moyo (Rockies) 2:43:35; 5 Sam Bolo (KPMG) 2:43:59; 6 Calvin Matekola (Ricoh) 2:46:03; 7 Madimetsa Tema (Cool Running) 2:47:26 (1st vet); 8 Reginald Ngobese (Rockies) 2:47:47; 9 Judas Ntuli (Magnolia) 2:47:59; 10 Marshall Muhaninga (Bidvest) 2:50:25.

Veterans: 1 Madimetsa Tema (Cool Running) 2:47:26; 2 Reginald Ngobese (Rockies) 2:47:47; 3 Judas Ntuli (Magnolia) 2:47:59; 4 Action Ramaboea (Ivory Park) 2:51:44; 5 Teddy Hutamo (FNB) 2:57:24. **Masters:** 1 Solomon Khumalo (Carlton) 2:50:35; 2 Graham

McCallum (Born 2 Run) 3:16:58; 3 William Matsieng (Nedbank) 3:21:38. **G'masters:** 1 Almon Zibuse (Randmark) 3:29:48; 2 Stephen Moagi (Rockies) 3:36:56.

WOMEN

1 Salome Cooper (Born 2 Run) 3:16:59 (1st vet); 2 Kashmira Parbhoo (Lenasia) 3:29:26; 3 Kate Rees (RAC) 3:35:22; 4 Nocawe Morake (Wonderpark) 3:36:55; 5 Ronel van Graan (Krugersdorp) 3:37:34; 6 Lindiwe Mthombeni (Sasol) 3:39:34; 7 Cobie Smith (Vitality) 3:39:57; 8 Nicky Webb (Randburg Harriers) 3:46:45; 9 Tania Fourie (Arcelor Mittal) 3:48:24; 10 Winnie Mbukwana (Striders) 3:49:45.

Veterans: 1 Salome Cooper (Born 2 Run) 3:16:59; 2 Kashmira Parbhoo (Lenasia) 3:29:26; 3 Nocawe Morake (Wonderpark) 3:36:55; 4 Lindiwe Mthombeni (Sasol) 3:39:34; 5 Winnie Mbukwana (Striders) 3:49:45. **Masters:** 1 Sharon Knopfmacher (Vitality) 4:04:56; 2 Rita van Wyk (Boksburg) 4:10:42; 3 Marie Bruwer (Arcelor Mittal) 4:18:40. **G'masters:** 1 Heleen Holl (Rustenburg) 4:07:16; 2 Teresa Roux (KPMG) 5:05:09.

Half marathon

MEN

1 Felix Rop (KEN/Rockies) 69:43; 2 Raphael Segodi (Rockies) 70:02; 3 Retsepile Khotle (Benoni Harriers) 70:21; 4 Samuel Katuu (KEN/FFA) 70:34; 5 Tshidiso Bosiu (Rockies) 72:24.

Veterans: 1 Johannes Kekana (Cool Running) 74:05; 2 Justanus Gantsi (AMPA) 74:11; 3 Justin Chitake (Maxed Elite) 78:05; 4 Thabo Mashigo (Vultures) 78:19; 5 Ntheleng Mosime (Cool Running) 80:03. **Masters:** 1 Tidimalo Modiga (Temp) 85:05; 2 Tony Silva (BCC) 86:46; 3 Zeb Mokonolo (Nedbank) 87:45. **G'masters:** 1 Andre Jansen (GS) 94:23; 2 Don Charles (Nedbank) 1:41:01.

WOMEN

1 Mpho Mabuza (Gallopers) 85:34; 2 Andronica Mokgotla (Nedbank) 92:48; 3 Seipati Peo (Rockies) 96:45; 4 Angela Temlett (Sunninghill) 1:41:10; 5 Veliswa Dunjwa (Ulinda) 1:41:50 (1st vet).

Veterans: 1 Veliswa Dunjwa (Ulinda) 1:41:50; 2 Vanessa Bowman (Kempton) 1:42:42; 3 Sarah Mahlangu (Ricoh) 1:46:14; 4 Nomasonto Skosana (Nedbank) 1:47:33; 5 Morakane Tsepetsi (Vultures) 1:51:17. **Masters:** 1 Reinette Pretorius (Dosco) 2:02:40; 2 Denise Young (AMPA) 2:02:45; 3 Pam Dirksen (Old Mutual) 2:04:32. **G'masters:** 1 Virginia Augustine (RAC) 2:07:41; 2 Lida Icely (Old Eds) 2:09:39.

Motherwell Freedom Run 10 km

Port Elizabeth, 2 April

(Loop course. Finishers: 580 [up from 490 last year].)

MEN

1	Elroy	Gelant	Boxer Superst	29	28:50	R10000 + R5000i
2	Melikhaya	Frans	Ikhamba AC	26	28:55	PB R6000
3	Lusapho	April	Oxford Str	33	29:09	R4000
4	Sibusiso	Nzima	Nedbank CGA	29	29:13	R3000
5	Mariano	Eesou	Madibaz AC	24	29:36	R2000
6	Zolani	Ngqqaqa	Tinarha AC	27	29:57	R1500
7	Mbongeni	Ngxazozo	Gauteng Str	36	30:21	R1000
8	Amos	Nyongo	Ikhamba AC	29	30:38	R750
9	Andile	Motwani	Tinarha AC	19	31:00	PB R500
10	Lungile	Gongqa	Nedbank RC WP	37	31:17	R400

Veterans:

1	Mluleki	Nobanda	Mr Price TRA	47	31:29	R1500
2	Maxwell	Goodman	Ikhamba AC	43	31:48	R1000
3	Xolile	Ndingane	Temp	44	32:52	R700

Masters:

1	Makaya	Masumpa	Born To Run	50	34:01	R1500
2	Desmond	Zibi	Achilles AAA	52	35:36	R1000
3	Kenneth	Menze	Bluewater Bay	54	36:25	R700

G'masters:

1	Elvis	Galela	Madibaz AC	64	41:09	R1500
2	Sizinzo	Kama	Achilles AAA	64	42:20	R1000
3	Hannes	Els	Madiba BW	66	43:42	R700

G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	73	44:41	R1500
2	Johannes	Herbst	Muirite Strider	70	48:56	R1000
3	Ron	Clark	Bluewater Bay	73	50:57	R700

Juniors:

1	Andile	Motwani	Tinarha AC	19	31:00 PB	R1500
2	Sivuyile	Selani	Tinarha AC	16	32:32	R1000
3	Sinethemba	Merele	Tinarha AC	15	32:40	R700

i) Course record incentive

WOMEN (Same prize money as men)

1	Zintle	Xiniwe	FNB WP	29	34:42
2	Ntombesintu	Mfunzi	Nedbank RC	34	35:28
3	Fortunate	Chidzivo	ZIM/Nedbank RC WP	29	35:39
4	Bulelwa	Simae	Nedbank RC WP	38	36:02
5	Ndileka	Mvakwendlu	Tinarha AC	25	37:47
6	Vuyiseka	Nkumenge	Temp	20	39:42
7	Asanda	Solani	Achilles AAA	32	39:54
8	Siphokazi	Nojoko	Motherwell AC	21	40:18
9	Xoliswa	Bici	Nedrcbor	36	40:36
10	Freedah	Ncube	Madibaz AC	33	40:47

Veterans:

1	Davera	Magson	Nedbank RC	41	41:03
2	Jane	Barnardo	Body Concept	41	41:24
3	Busisiwe	Matiwane	Celtic Harriers	40	41:52

Masters:

1	Christine	Claasen	Achilles AAA	51	42:53
2	Janette	Schierz-Crusius	Body Concept	55	44:04
3	Hanlie	V.d. Westhuizen	Despatch AC	59	46:17

G'masters:

1	Margie	Saunders	Nedbank RC	62	42:39
2	Liz	Grundlingh	Muirite Strider	69	55:32
3	Nicki	Van Niekerk	Muirite Strider	62	57:17

G/g'masters:

1	Ronelle	Steyn	Nedbank RC	72	1:06:17
2	Orgia	Nell	Muirite Strider	72	1:09:59
3	Isabella	Childs	Walmer AC	74	1:10:30

Juniors:

1	Siphokazi	Liwani	Motherwell AC	18	41:32
2	Nomakhosi	Ntliziyo	Motherwell AC	17	43:26
3	Vuziwo	Dlavana	Hlazo AC	18	48:18

Telkom 10 km Challenge

Bellville, 2 April

(Certified loop course. Finishers: 1056 [down from 1272 last year]. Weather: cool, overcast, no wind – perfect conditions.)

Note: A repeat victory here for Nkosinathi Madyo and a personal best for Anel Terblanche.
– Ed.

MEN

1. Nkosinathi Madyo (Itheko) 30:09 (R750)
2. Merlin Klaaste (UWC) 30:23 (R500)
3. Vuyolwethu Mbukushe (Gugs) 30:35 (R400)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 31:55 (R450); 2. Vuyani Sixaso (WR) 33:36 (R350); 3. Shawn Abrahams (Celtic) 34:05 (R250). **Masters:** 1. Johnny Persents (WR) 34:51 (R250); 2. Eric Coetzee (FNB) 35:17 (R200); 3. Monde Tutani (Gugs) 36:16 (R150). **G'masters:** 1. Mochamat Kriel (Ommie) 37:56 (R200); 2. Johannes Jacobs (Celtic) 41:06 (R175); 3. Eise Geertz (Bell) 41:54 (R150). **G/g'masters:** 1. Ronnie le Roux (Brack) 47:47; 2. Jeff Finlayson (Edge) 55:52; 3. Oloff Crous (Brack) 57:08. **Juniors:** 1. Aubrey Kotze (Eerste) 33:28 (R400); 2. Deon Hendricks (Stell) 33:41 (R300); 3. Asemahle Kwatsha (Gugs) 34:17 (R200).

WOMEN (Same prize money as men)

1. Anel Terblanche (KPMG) 36:29 PB
2. Jana le Roux (Ned Bol) 38:55 (1st jun)
3. Jessica Pollock (UCT) 38:56 38:56

Veterans: 1. Marlize Vienings (Edge) 41:57; 2. Tyshia Johannes (Gugs) 44:48; 3. Jacky Misroll (Pine) 44:56. **Masters:** 1. Mariëtte Strauss (Tyger) 42:06; 2. Olga Howard (Celtic) 43:18; 3. Bev Charters (VOB) 44:50. **G'masters:** 1. Charmaine Cupido (Ned) 48:40; 2. Helen du Plessis (Brack) 49:04; 3. Joy Riviera (SH) 54:50. **G/g'masters:** 1. Pixie Sparg (Celtic) 54:52; 2. Annatjie Berntzen (Good) 71:17; 3. Ruth Francis (IT) 72:59. **Juniors:** 1. Jana le Roux (Ned Bol) 38:55; 2. Busisiwe Gwala (VOB) 46:55; 3. Ingrid Grundling (Sanlam) 50:35.

Denel Half Marathon & 10 km

Irene, 2 April

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1257 [down from 1501 last year]; 10 km – 1710 [down from 1810].)

Half marathon

MEN

1. Bafana Dube (Trans) 1:10:30
2. Samuel Ongaki (KEN/Ned) 1:15:20
3. Jeffrey Mashau (Harl) 1:16:43

Veterans: 1. Leon Baker (Mid) 1:22:54. **Masters:** 1. Jan Lesebe (PPMK) 1:31:17. **G'masters:** 1. Elias Raphulu (BD) 1:32:11. **G/g'masters:** 1. Assie van Aswegen (Over) 2:26:40. **80+:** 1. Martin Coetzee (Mag) 2:55:13.

WOMEN

1. Caroline Wöstmann (KPMG) 1:19:13 PB
2. Jennie Jordaan (MA) 1:30:10
3. Marlize du Plessis (Runav) 1:32:52

Veterans: 1. Mitsie van der Westhuizen (Runav) 1:33:53. **Masters:** 1. Ansie Breytenbach (Irene) 1:36:39. **G'masters:** 1. Carol de Waal (Win) 2:03:23.

10 km

MEN

1. Altus Badenhorst (B2R) 33:37
2. Andrew Mogotlane (Ned) 34:11
3. Welcome Lubisi (Ned) 34:42

Veterans: 1. Enoch Skosana (Ned) 35:45. **Masters:** 1. Joseph Moloto (PMMC) 39:19. **G'masters:** 1. Rainer Ludwig (Irene) 47:26. **G/g'masters:** 1. A.P. van der Merwe (Trans) 56:14. **80+:** 1. Dion Heigers (ACRW) 1:26:30. **Juniors:** 1. Arné Verster (Tuks) 38:02.

WOMEN

1. Anet Coetzee (KPMG) 39:31
2. Emmah Mathibela (Ned) 41:30
3. Marlise Vermaak (Kempton) 41:37 (1st vet)

Veterans: 1. Marlise Vermaak (Kempton) 41:37. **Masters:** 1. Debbie Bredenkamp (Harl) 49:13. **G'masters:** 1. Rina Pretorius (ASE) 62:39. **G/g'masters:** 1. Mavis Stadler (Agape) 81:10. **80+:** 1. Deirdre Larkin (Rand) 62:58; **Juniors:** 1. Chery-Lee Schoeman (KPMG) 44:24.

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 (31st)

Carlsbad, USA, 3 April

(Distance: 5 km. New certified course for 2016; two narrow loops on Carlsbad Blvd, with finish on Carlsbad Village Drive.)

ELITE MEN

1. Joshua Cheptegei, 19, UGA 13:24 NR \$5,000
2. Wilson Too, 25, KEN 13:29 PB 3,500
3. Debeli Gezmu, 19, ETH 13:38 PB 2,000
4. Bernard Lagat, 41, Tucson, AZ 13:38 WR 6,500**
5. Hassan Mead, 26, Eugene, OR 13:39 PB 2,300*

ELITE WOMEN

1. Meseret Defar, 32, ETH 15:02 \$5,000
2. Caroline Kipkirui, 21, KEN 15:13 PB 3,500
3. Susan Kuijken, 29, NED 15:28 PB= 2,000
4. Diane Nukuri, 31, BDI 15:34 NR 1,000
5. Sarah Lahti, 21, SWE 15:52 PB 800
6. Jen Rhines, 41, Boston, MA 15:53 3,200*
7. Eilish McColgan, 25, GBR 16:01 500

*) Includes top three American bonus

**) Includes top three American time bonus and 40+ World Record bonus

Vattenfall Berliner Halbmarathon (36th)

Berlin, GER, 3 April

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

MEN (gun times)

1. Richard Mengich, KEN,	59:58 PB	€ 5000
2. Simon Tesfay, ERI	1:01:00 PB	2500
3. Emmanuel Ngatuny, KEN	1:02:07	1500
4. Arne Gabius, GER	1:02:45	1000
5. Patrick Mugur, KEN	1:03:41	800

WOMEN (gun times)

1. Elizeba Cheronno, NED	1:10:43	€ 5000
2. Susan Jeptoo, FRA	1:10:49 PB	2500
3. Agnieszka Mierzejewska, POL	1:11:41 PB	1500
4. Dorcas Nzembi, 1997, KEN	1:12:47	1000
5. Monika Stefanowicz, POL	1:12:51	700

Schneider Electric Marathon de Paris (40th)

(IAAF Gold Label Road Race)

Paris, FRA, 3 April

(Distance: 42.195 km; certified loop course)

Note: Men's winner Cybrian Kotut is a younger brother of two-time TCS New York City Marathon champion Martin Lel. – Ed.

MEN

1. Cybrian Kotut, KEN	2:07:11 PB	€ 50,000
2. Laban Korir, KEN	2:07:29	30,000
3. Stephen Chemlany, KEN	2:07:37	20,000
4. Micah Kogo, KEN	2:08:03	10,000
5. Gebretsadik Abraha , ETH	2:08:17	8,000

WOMEN

1. Visiline Jepkesho, KEN	2:25:53	€ 25,000^
2. Gulume Chala, ETH	2:26:14	15,000^
3. Dinknesh Tefera, ETH	2:28:11	10,000^
4. Rebecca Chesire, KEN	2:31:28	5,000^
5. Yebrgual Melese, ETH	2:32:06	4,000^

^) Prize money was reduced 50% for time over 2:23:15

Credit Union Cherry Blossom 10-Mile (44th)

Washington, DC, USA, 3 April

(Distance: 10 miles; certified loop course with no start/finish separation or net elevation change)

MEN (gun times)

1. Sam Chelanga, 31, Tucson, AZ,	48:26	\$8000 + 5000a
2. Silas Kipruto, 31, Lansing, MI (KEN)	48:27	4000
3. Martin Hehir, 23, Syracuse, NY	48:29 PB	2000 + 2500a
4. Terefa Debela Delesa, 17, ETH	48:50 PB	1500
5. Philemon Cheboi, 22, Tampa, FL (KEN)	48:52	1000
... 138. Meb Keflezighi, 40, San Diego, CA	1:01:23	

WOMEN (gun times)

1. Veronicah Nyaruai Wanjiru, 26, KEN 53:12 PB \$8000
2. Buze Diriba, 22, ETH 53:20 PB 4000
3. Maegan Krifchin, 27, Washington, DC 55:01 PB 2000 + 5000a
4. Lineth Chepkurui, 28, KEN 55:27 1500
5. Sarah Kiptoo, 26, Santa Fe, NM (KEN) 55:31 1000

a)= Won USA prize money

Around the Bay 30 km (119th)

Hamilton, CAN, 3 April

MEN (extended gun times)

1. Paul Kimugul, KEN 1:35:16.2 CAD 4000
2. Daniel Kipkoech, KEN 1:37:22.8 2000
3. Trevor Zimak, CAN 1:40:06.9 1000
4. Sami Jibril, CAN 1:40:26.1 750
5. Berhanu Degefa, ETH 1:41:27.2 500

WOMEN (extended gun times)

1. Risper Gesabwa, KEN 1:47:37.7 CAD 4000
2. Krista Duchene, CAN 1:47:47.8 2000
3. Jane Murage, KEN 1:50:54.2 1000
4. Lioudmila Korchaguina (40+), CAN 1:56:28.8 750 + 500m
5. Brittany Moran, CAN 1:56:58.8 500

m) Earned masters prize money

Sportisimo Prague Half Marathon (18th)

(IAAF Gold Label Road Race)

Praha, CZE, 2 April

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

MEN (gun times)

1. Daniel Kinyua Wanjiru, KEN 59:20 PB € 5000 + 15,000i
[14:10 / 28:14 / 42:26 / 56:19]
2. Barselius Kipyego, KEN 59:30 PB 2500 + 10,000ii
3. Adugna Takele, ETH 59:40 PB 1200 + 10,000ii
4. Nobert Kipkoech Kigen, KEN 59:42 PB 1000
5. Peter Cheruiyot Kirui, KEN 59:50 600
6. Felix Kipchirchir Kandie, KEN 1:00:04 PB 300
7. Abraham Kapsis Kipyatich, KEN 1:00:16 200
8. Yohannes Ghebregergish, ERI 1:00:21 PB 100
9. Benard Kiplangat Bett, KEN 1:00:36 PB
10. Kenneth Keter, KEN 1:01:48

i) Earned time bonus for sub-59:30 winner

ii) Earned time bonus for sub-60:00 2nd or 3rd place

WOMEN (gun times)

1. Violah Jepchumba, 1990, KEN 1:05:51 PB/WL/CR € 5000 + 5000* + 25,000i
[15:05 / 30:29 / 46:21 / 62:24]
2. Worknesh Degefa, ETH 1:06:14 PB 2500 + 10,000ii
3. Gladys Jepkemoi Yator, KEN 1:08:39 PB 1200
4. Lucy Karimi, KEN 1:08:43 PB 1000

5. Isabella Ochichi, KEN	1:09:03	600
6. Risper Chebet, KEN	1:09:24 PB	300
7. Katerina Kowalska, POL	1:10:06 NR	200
8. Afera Godfay, ETH	1:10:10	100
9. Sara Moreira, POR	1:10:25	
10. Eva Vrabcova, CZE	1:11:06 PB	

*) Course record/€5000 bonus

i) Earned time bonus for sub-67:00 winner

ii) Earned time bonus for sub-67:30 2nd place

ULTRA/MOUNTAIN/TRAIL RUNNING

American River 50-Mile (37th)

Sacramento, USA, 3 April

(Distance: 50 miles; course is combination of paved bike path and trail; the last three miles climb about 300 m)

MEN (gun times)

1. Christopher Denucci, 36, Menlo Park, CA	6:00:41.0
2. Christopher Wehan, 34, Arcata, CA	6:10:13.7
3. Ian Sharman, 35, Bend, OR	6:17:04.4

WOMEN (gun times)

1. Devon Yanko, 33, San Anselmo, CA	7:10:31.5
2. Bridget Burley, 26, Napa, CA	8:06:03.9
3. Nikki Kimball, 44, Bozeman, MT	8:18:10.4

OUTDOOR TRACK

Stanford Invitational

Palo Alto, USA, 1-2 April

WOMEN

5000 (1):

Section 1 -

1. Dominique Scott	Arkansas (RSA)	15:25.10 WL/PB
2. Mary Cullen	Brooks uk (IRL)	15:26.53
3. Kim Smith	New Balance (NZL)	15:32.77

10,000 (1):

Section 1 -

1. Laura Thweatt	Boulder Track Club	31:52.94 PB/WL
2. Aliphine Tuliamuk-Bolton	Unattached (KEN)	31:54.20 PB
3. Tara Welling	Skechers- HPW	32:02.80 PB

Pepsi Florida Relays

Gainesville, USA, 31 March – 2 April

WOMEN

1500 (1):

Heat 3 -

1. Amy Shaw	SO Buffalo	4:29.24 PB
2. Ansley Bos	JR Samford	4:29.83

DRUG NEWS

COMRADES GOLD MEDALLISTS BANNED FOR TWO YEARS

Two of last year's Comrades Marathon gold medallists, Joseph Mphuthi (6th) and Sandile Ngunuza (9th) have been banned for two years for using illegal substances.

The Comrades Marathon Association (CMA) has announced that "other forms of cheating, including supplying false information or not running the full race distance, will in future be dealt with in a similar fashion by the KZNA Disciplinary Committee".

DRR reported in July last year that Mphuthi ran the Comrades despite being provisionally suspended after having tested positive for the anabolic steroid Nandrolone at the Loskop 50 km in 2014 (he finished second). Ngunuza's sample at the Comrades showed the presence of the banned stimulants Oxilofrine and Methylhexanamine.

The revised result of the 2015 Comrades now is: 1. Gift Kelehe 5:38:36; 2. Mohammed Temam Hussein (ETH) 5:46:14; 3. Hatiwande Nyamande 5:48:19; 4. Lebohang Monyele (LES) 5:52:32; 5. Teboho Sello (LES) 5:54:03; 6. Claude Moshiywa 5:55:17; 7. Stephen Muzhingi (ZIM) 5:56:36; 8. Thuso Mosiea 5:59:08; 9. Vasiliy Larkin (RUS) 6:00:56; 10. Ben Matiso 6:01:24.

The suspension of the two runners comes in the wake of a powerful warning to potential cheats recently issued by CMA General Manager Chris Fisher. Fisher issued a cautionary notice to all runners, saying that the issue of alleged cheating will be vigorously addressed.

According to a CMA media release, the provincial athletics body has agreed to partner with the CMA "to put an end to the unsportsmanlike conduct". The two organisations are collaborating and will make use of additional technologies to highlight irregularities in future Comrades Marathons.

Fisher said that race officials, marshals, volunteers and nearly twenty thousand runners will all be encouraged to be on the lookout to expose any cheats at this year's Comrades Marathon on Sunday, 29 May.

The CMA has further advised that it, together with KZNA, reserves the right to request that the South African Institute for Drug-Free Sport implements blood tests as opposed to urine tests, where deemed necessary.

THE CHEATS ARE LOSING THEIR MEDALS

The decision last week by the Court of Arbitration for Sport to uphold an appeal by the IAAF and extend the periods during which six leading Russian athletes who were suspended for biological passport abnormalities will have their performances annulled focuses attention on just how many Olympic and World Championship medals have been reallocated in recent years, reports *Athletics International*. It is appalling that so many athletes of the highest calibre have resorted to cheating (with no fewer than 14 Russians forfeiting medals and probably more to come); the one consolation is that at least athletics, unlike so many other sports, is tackling the drugs problem, banning offenders and publicly withdrawing medals won unfairly.

Below is a list of medals redistributed since the 2000 Olympics, compiled by Mel Watman in association with Mark Butler. Spare a thought for those athletes who might now be recognised as a champion or medallist for the first time but were cheated out of the once in a lifetime thrill of being acclaimed on the rostrum. However, looking at the names who now feature in the top three it is disappointing to see how many of them had either served or went on to warrant doping bans themselves. With samples from the 2008 and 2012 Olympics currently being reanalysed, using more sophisticated equipment than previously, this list will surely be added to. Slowly but surely the cheats are being exposed.

The CAS ruling means that Yuliya Zaripova, retrospectively banned from 20 July 2011 to 25 July 2013, loses her 2011 World and 2012 Olympic steeplechase titles. The other five

athletes involved are all walkers. Sergey Kiryapkin loses all performances between 20 August 2009 and 15 October 2012 and so will be stripped of the 2009 World and 2012 Olympic 50 km titles; Sergey Bakulin (25 February 2011 to 24 December 2012) forfeits the 2011 World 50 km gold medal; Valeriy Borchin (14 August 2009 to 15 October 2012) loses his World 20 km titles from 2009 and 2011; Vladimir Kanaykin (25 February 2011 to 17 December 2012) will have to return his silver medal from the 2011 World 20 km, and has been banned for eight years from 17 December 2012 instead of the life ban ordered by RUSADA; and Olga Kaniskina (15 August 2009 to 15 October 2012) can say goodbye to her 2009 and 2011 World 20 km titles and her 2012 Olympic silver medal.

2000 Olympics (Sydney)

4x400: Original result: 1, USA 2:56.35 (Antonio Pettigrew's results annulled); 2, Nigeria 2:58.68; 3, Jamaica 2:58.78

Revised result: 1, Nigeria; 2, Jamaica; 3, The Bahamas 2:59.23

W 100: Original: 1, *Marion Jones* USA 10.75; 2, Katerina Thánou GRE 11.12; 3, Tayna Lawrence JAM 11.18

Revised: [IOC has not designated a gold medallist because of Thánou's doping history] 1, not allocated; 2=, Thánou & Lawrence; 3, Merlene Ottey JAM 11.19

W 200: Original: 1, *Jones* 21.84; 2, Pauline Davis BAH 22.27; 3, Susanthika Jayasinghe SRI 22.28

Revised: 1, Davis; 2, Jayasinghe; 3, Beverly McDonald JAM 22.35

W LJ: Original: 1, Heike Drechsler GER 6.99; 2, Fiona May ITA 6.92; 3, *Jones* 6.92

Revised: 1, Drechsler; 2, May; 3, Tatyana Kotova RUS 6.83

2001 World Champs (Edmonton)

100: Original: 1, Maurice Greene USA 9.82; 2, *Tim Montgomery* USA 9.85; 3, Bernard Williams USA 9.94

Revised: 1, Greene; 2, Williams; 3, Ato Boldon TTO 9.98

5000: Original: 1, Richard Limo KEN 13:00.77; 2, *Ali Saida-Sief* ALG 13:02.16; 3, Million Wolde ETH 13:03.47;

Revised: 1, Limo; 2, Wolde; 3, John Kibowen KEN 13:05.20

4x100: Original: 1, USA 37.96 (Montgomery's results annulled); 2, **South Africa** 38.47; 3, Trinidad & Tobago 38.58

Revised: 1, **South Africa**; 2, Trinidad & Tobago; 3, Australia 38.83

[The four SA athletes were Morné Nagel, Crné du Plessis, Lee-Roy Newton and Matthew Quinn.]

4x400: Original: 1, USA 2:57.54 (Antonio Pettigrew's results annulled); 2, The Bahamas 2:58.19; 3, Jamaica 2:58.39

Revised: 1, The Bahamas; 2, Jamaica; 3, Poland 2:59.71

W 100: Original: 1, Zhanna Pintusevich-Block UKR 10.82; 2, *Jones* 10.85; 3, Thánou 10.91
Revised: 1, Pintusevich-Block; 2, Thánou; 3, Chandra Sturup BAH 11.02

W 200: Original: 1, *Jones* 22.39; 2, Debbie Ferguson BAH 22.52; 3, *Kelli White* USA 22.56
Revised: 1, Ferguson; 2, LaTasha Jenkins USA 22.85; 3, Cydonie Mothersill CAY 22.88

W DT: Original: 1, *Natalya Sadova* RUS 68.57; 2, Ellina Zvereva BLR 67.10; 3, Nicoleta Grasu ROU 66.42

Revised: 1, Zvereva; 2, Grasu; 3, Anastasia Kelesídou GRE 65.50

W 4x100: Original: 1, USA 41.71 (Jones' and White's results annulled); 2, Germany 42.32; 3, France 42.39

Revised: 1, Germany; 2, France; 3, Jamaica 42.40

2003 World Champs (Paris)

400: Original: 1, *Jerome Young* USA 44.50; 2, Tyree Washington USA 44.77; 3, Marc Raquil FRA 44.79

Revised: 1, Washington; 2, Raquil; 3, Michael Blackwood JAM 44.80

4x100: Original: 1, USA 38.06; 2, *Gt Britain & NI* 38.08 (Dwain Chambers' results annulled); 3, Brazil 38.26

Revised: 1, USA; 2, Brazil; 3, Netherlands 38.87

4x400: Original: 1, USA 2:58.88 (Young's and Calvin Harrison's results annulled); 2, France 2:58.96; 3, Jamaica 2:59.60

Revised: 1, France; 2, Jamaica; 3, The Bahamas 3:00.53

W 100: Original: 1, *Kelli White* USA 10.85; 2, Torri Edwards USA 10.93; 3, *Block* 10.99

Revised: 1, Edwards; 2, Sturup 11.02; 3, Thánou 11.03

W 200: Original: 1, *White* 22.05; 2, Anastasiya Kapachinskaya RUS 22.38; 3, Edwards 22.47

Revised: 1, Kapachinskaya; 2, Edwards; 3, Muriel Hurtis FRA 22.59

2004 Olympics (Athens)

SP: Original: 1, *Yuriy Bilonog* UKR 21.16; 2, Adam Nelson USA 21.16; 3, Joachim Olsen DEN 21.07

Revised: 1, Nelson; 2, Olsen; 3, Manuel Martínez ESP 20.84

DT: Original: 1, *Róbert Fazekas* HUN 70.93; 2, Virgilijus Alekna LTU 69.89; 3, Zoltán Kövágó HUN 67.04

Revised: 1, Alekna; 2, Kövágó; 3, Aleksander Tammert EST 66.66

HT: Original: 1, *Adrian Annus* HUN 83.19; 2, Koji Murofushi JPN 82.91; 3, *Ivan Tikhon* BLR 79.81

Revised: 1, Murofushi; 2, Esref Apak TUR 79.51; 3, Vadim Devyatovskiy BLR 78.82 (subject to ongoing disciplinary inquiry; note: medal stripped from Tikhon but not re-allocated by IOC)

W SP: Original: 1, *Irina Korzhanenko* RUS 21.06; 2, Yumileidi Cumbá CUB 19.59; 3, Nadine Kleinert GER 19.55; 4, *Svetlana Krivelyova* RUS 19.49

Revised: 1, Cumbá; 2, Kleinert; 3, Nadezhda Ostapchuk BLR 19.01 (note: Krivelyova awarded bronze after Korzhanenko disqualified but then stripped from her)

W DT: Original: 1, Sadova 67.02; 2, Kelesídou 66.68; 3, *Irina Yatchenko* BLR 66.17

Revised: 1, Sadova; 2, Kelesídou; 3, Véra Cechlová CZE 66.08

2005 World Champs (Helsinki)

HT: Original: 1, *Tikhon* 83.89; 2, Devyatovskiy 82.60; 3, Szymon Ziółkowski POL 79.35

Revised: 1, Devyatovskiy (subject to ongoing disciplinary inquiry); 2, Ziółkowski; 3, Markus Esser GER 79.16

W 800: Original: 1, Zulia Calatayud CUB 1:58.82; 2, Hasna Benhassi MAR 1:59.42; 3, *Tatyana Andrianova* RUS 1:59.60

Revised: 1, Calatayud; 2, Benhassi; 3, Maria Mutola MOZ 1:59.71

W LJ: Original: 1, Tianna Madison USA 6.89; 2, *Kotova* 6.79; 3, Eunice Barber FRA 6.76w

Revised: 1, Madison; 2, Barber; 3, Yargelis Savigne CUB 6.69

W SP: Original: 1, *Ostapchuk* 20.51; 2, Olga Ryabinkina RUS 19.64; 3, Valerie Vili (Adams) NZL 19.62

Revised: 1, Ryabinkina; 2, Vili (Adams); 3, Kleinert 19.07

W HT: Original: 1, *Olga Kuzenkova* RUS 75.10; 2, Yipsi Moreno CUB 73.08; 3, Tatyana Lysenko RUS 72.46

Revised: 1, Moreno; 2, Lysenko; 3, Manuela Montebrun FRA 71.41

2007 World Champs (Osaka)

SP: Original: 1, Reese Hoffa USA 22.04; 2, Nelson 21.61; 3, *Andrey Mikhnevich* BLR 21.27

Revised: 1, Hoffa; 2, Nelson; 3, Rutger Smith NED 21.13

W 1500: Original: 1, Maryam Jamal BRN 3:58.75; 2, *Yelena Soboleva* RUS 3:58.99; 3, Iryna Lishchynska UKR 4:00.69

Revised: 1, Jamal; 2, Lishchynska; 3, Daniela Yordanova BUL 4:00.82

W DT: Original: 1, Franka Dietzsch GER 66.61; 2, *Darya Pishchalnikova* RUS 65.78; 3, Yarelys Barrios CUB 63.90

Revised: 1, Dietzsch; 2, Barrios; 3, Grasu 63.40

2008 Olympics (Beijing)

1500: Original: 1, *Rashid Ramzi* BRN 3:32.94; 2, Asbel Kiprop KEN 3:33.11; 3, Nick Willis NZL 3:34.16

Revised: 1, Kiprop; 2, Willis; 3, Mehdi Baala FRA 3:34.21

SP: Original: 1, Tadeusz Majewski POL 21.51; 2, Christian Cantwell USA 21.09; 3, *Mikhnevich* 21.05

Revised: 1, Majewski; 2, Cantwell; 3, Dylan Armstrong CAN 21.04

W Hep: Original: 1, Nataliya Dobrynska UKR 6733; 2, *Lyudmila Blonska* UKR 6700; 3,

Hyleas Fountain USA 6619

Revised: 1, Dobrynska; 2, Fountain; 3, Tatyana Chernova RUS 6591

2009 World Champs (Berlin)

20kW: Original: 1, *Valeriy Borchin* RUS 1:18:41; 2, Wang Hao CHN 1:19:06; 3, Eder Sánchez MEX 1:19:22

Revised: 1, Wang Hao; 2, Sánchez; 3, Giorgio Rubino ITA 1:19:50

50kW: Original: 1, *Sergey Kirdyapkin* RUS 3:38:35; 2, Trond Nymark NOR 3:41:16; 3, Jesús Angel Garcia ESP 3:41:37

Revised: 1, Nymark; 2, García; 3, Grzegorz Sudol POL 3:42:34

W 3000SC: Original: 1, *Marta Domínguez* ESP 9:07.32; 2, Yuliya Zarudneva RUS 9:08.39; 3, Milcah Chemos KEN 9:08.57

Revised: 1, Zarudneva (later Zaripova); 2, Chemos; 3, Gulnara Galkina RUS 9:11.09

W 20kW: Original: 1, *Olga Kaniskina* RUS 1:28:09; 2, Olive Loughnane IRL 1:28:58; 3, Liu Hong CHN 1:29:10

Revised: 1, Loughnane; 2, Liu Hong; 3, Anisya Kirdyapkina RUS 1:30:09

2011 World Champs (Daegu)

SP: Original: 1, David Storl GER 21.78; 2, Armstrong 21.64; 3, *Mikhnevich* 21.40

Revised: 1, Storl; 2, Armstrong; 3, Cantwell 21.36

20kW: Original: 1, *Borchin* 1:19:56; 2, *Vladimir Kanaykin* RUS 1:20:27; 3, Luis Fernando López COL 1:20:38

Revised: 1, López; 3, Wang Zhen CHN 1:20:54; 3, 3, Ruslan Dmytrenko UKR 1:21:31

50kW: Original: 1, *Sergey Bakulin* RUS 3:41:24; 2, Denis Nizhegorodov RUS 3:42:45; 3, Jared Tallent AUS 3:43:36

Revised: 1, Nizhegorodov; 2, Tallent; 3, Si Tianfeng CHN 3:44:40

W 3000SC: Original: 1, *Zaripova* 9:07.03; 2, Habiba Ghribi TUN 9:11.97; 3, Chemos 9:17.16

Revised: 1, Ghribi; 2, Chemos; 3, Mercy Njoroge KEN 9:17.88

W 20kW: Original: 1, *Kaniskina* 1:29:42; 2, Liu Hong 1:30:00; 3, Kirdyapkina 1:30:13

Revised: 1, Liu Hong; 2, Kirdyapkina; 3, Elisa Rigaudó ITA 1:30:44

2012 Olympics (London)

50kW: Original: 1, *Kirdyapkin* 3:35:59; 2, Tallent 3:36:53; 3, Si Tianfeng 3:37:16

Revised: 1, Tallent; 2, Si Tianfeng; 3, Robert Heffernan IRL 3:37:54

4x100: Original: 1, Jamaica 36.84; 2, USA 37.04 (Tyson Gay's results annulled); 3, Trinidad & Tobago 38.12

Revised: 1, Jamaica; 2, Trinidad & T; 3, France 38.16

W 1500: Original: 1, *Asli Cakir* TUR 4:10.23; 2, Gamze Bulut TUR 4:10.40; 3, Jamal 4:10.74

Revised: 1, Bulut; 2, Jamal; 3, Tatyana Tomashova RUS 4:10.90

W 3000SC: Original: 1, *Zaripova* 9:06.72; 2, Ghribi 9:08.37; 3, Sofia Asefa ETH 9:09.84

Revised: 1, Ghribi; 2, Asefa; 3, Chemos 9:09.88

W SP: Original: 1, *Ostapchuk* 21.36; 2, Valerie Adams NZL 20.70; 3, Yevgeniya Kolodko RUS 20.48

Revised: 1, Adams; 2, Kolodko; 3, Gong Lijiao CHN 20.22

W DT: Original: 1, Sandra Perkovic CRO 69.11; 2, *Pishchalnikova* 67.56; 3, Li Yanfeng CHN 67.22

Revised: 1, Perkovic; 2, Li Yanfeng; 3, Barrios 66.38

W 20kW: Original: 1, Yelena Lashmanova RUS 1:25:02; 2, *Kaniskina* 1:25:09; 3, Qieyang Shenjie CHN 1:25:16

Revised: 1, Lashmanova; 2, Qieyang Shenjie; 3, Liu Hong CHN 1:26:00

Several more medal changes can be anticipated this year, including the possibility that Tatyana Chernova's heptathlon victory at the 2011 World Championships will be annulled with the gold medal going instead to Jessica Ennis-Hill.

STATS TIME

As reported last week, Stephen Mokoka ran a South African best time of 42:44 for 15 km on his way to tenth position in the World Half Marathon in Cardiff. His split at 20 km, 58:05, was not as fast as the 57:42 he clocked in the previous World Half Marathon (the fastest ever by a South African), but still the fourth fastest ever. Here are the top ten on the all-time list, with secondary performances by the top three also listed.

ALL-TIME 20 KM: TOP 10 MEN

57:42	Stephen Mokoka	Copenhagen	29 Mar 14
57:46	Hendrik Ramaala	Paris	18 Oct 98
57:58	Ramaala-2	Alphen-aan-den-Rhijn	12 Mar 00
58:05	Mokoka-2	Cardiff	26 Mar 16
58:07	Elroy Gelant	Copenhagen	29 Mar 14
58:07	Lusapho April	Copenhagen	29 Mar 14
58:33	Shadrack Hoff	Alphen-aan-den-Rhijn	09 Mar 03
58:41	Jacques van Rensburg	Paris	17 Oct 93
59:53A	Motsamai Motone	Pretoria	25 Sep 06
60:02	Zingisile Marikeni	East London	11 Jan 14
60:06	Norman Dlomo	East London	02 Jul 06
60:25	Enos Matalane	Debrecen	08 Oct 06

THIS MONTH IN HISTORY

21 years ago: 28 & 29 April 1995

Hendrick Ramaala's magnificent half marathons and marathons make one forget what a superb track runner he was earlier in his career. His SA record for 10000 metres (27:29.94) has been standing since 1999, but he made his mark as long ago as 1995 when he won both the 5000 m and 10000 m at the SA Championships held in Durban. On the first day, 28 April, he took the 10000 rather easily in 28:41.81, but the next day was pushed to the wire by Makhosonke Fika, winning by only six hundreds of a second in 13:35.15. Fika's 13:35.21 was a personal best. Less than three weeks later Ramaala won his first big road race, the RAC 10 km in Johannesburg.

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	28:50	Elroy Gelant	Port Elizabeth	02 Apr
	28:41	Samir Jouaher (MAR)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	46:36	Adrian Wildschutt (jun)	Ravensmead	19 Mar
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	66:21	Vusi Tshoba	Pretoria	23 Jan
	62:16a	Lusapho April	East London	27 Feb
	60:37	Lelisa Desisa Benti (ETH)		

25 km	58:23	Zersenay Tadese (ERI) 2010		
	89:04	Sipho Ngxongo	Durban	06 Mar
	81:12a	Siyabonga Nkonde	Pinetown	31 Jan
30 km	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
	1:36:30	Melikhaya Frans	Uitenhage	05 Mar
Marathon	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
	2:11:43	Sibusiso Nzima	Sevilla	21 Feb
	2:04:24	Tesfaye Abera Dibaba (ETH)		
100 km	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		
	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	30:57	Gert Thys	Goodwood	12 Mar
	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	70:04	Simon Mpholo	Pretoria	20 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	1:45:23	Maxwell Goodman	Uitenhage	05 Mar
	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	34:01	Makaya Masumpa	Port Elizabeth	02 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:10	Johnny Persents	Ravensmead	19 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	81:51	Iain Morshead	Cape Town	26 Mar
	66:42	Martin Rees (GBR) 2003		
25 km	1:43:21	Eloi de Oliveira	Durban	06 Mar
30 km	1:57:58	Welcome Loliwe	Uitenhage	05 Mar
Marathon	2:47:07	Dan Mothibe	East London	20 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	37:56	Mochamat Kriel	Bellville	02 Apr
	32:48	Martin Rees (GBR) 2013		
15 km	58:27	Mochamat Kriel	Ravensmead	19 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	88:45	Mochamat Kriel	Durbanville	27 Feb
	71:31	Martin Rees (GBR) 2013		
25 km	2:10:28	Vernon Anley	Durban	06 Mar
	2:06:04a	Boysie van Staden	Pinetown	31 Jan
30 km	94:01	Doug Winn (USA) 2010		
	2:18:15	Mochamat Kriel	Parow	14 Feb
	1:57:07	Ed Whitlock (CAN) 1994		

Marathon	3:14:57	Robbie Lindsay	East London	20 Feb
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	43:16	Andrew Spence	Sasolburg	06 Feb
	43:16	Jeff Smith	Goodwood	12 Mar
	37:33	Ed Whitlock (CAN) 2004		
15 km	66:12	Jeff Smith	Ravensmead	19 Mar
	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	3:29:46a	Jeff Smith	Simon's Town	21 Feb
	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	46:36	Adrian Wildschutt	Ravensmead	19 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	79:25	Kabelo Melamu	Johannesburg	21 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	54:24	Zintle Xiniwe	Constantia	05 Mar
	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
	66:04	Cynthia Limo (KEN)		
	65:09m	Florence Kiplagat (KEN) 2015		
	66:25w	Lornah Kiplagat (NED) 2007		
25 km	1:54:55	Sarah Wilson	Durban	06 Mar
	1:33:24a	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	2:37:12	Jenna Challenor	Nagoya	13 Mar
	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 32:14	Charné Bosman Priscilla Welch (GBR) 1985	Pretoria	23 Jan
15 km	57:28 49:35	Charné Bosman Priscilla Welch (GBR) 1985	Jeffreys Bay	02 Jan
21.1 km	85:39 69:56	Suzette Botha Irina Permitina (RUS) 2009	Pietermaritzburg	28 Feb
25 km	1:57:50 1:45:58a	Ashleigh White Suzette Botha	Durban Pinetown	06 Mar 31 Jan
30 km	82:13 2:14:22	Mizuki Noguchi (JPN) 2005 Davera Magson	Uitenhage	05 Mar
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		

Masters (50+)

10 km	41:34 34:44	Elmarie Coetzee Tatyana Pozdniakova (UKR) 2005	Stellenbosch	17 Feb
15 km	64:56 54:33	Margie Saunders (g'mast) Shirley Matson (USA) 1991	Port Elizabeth	06 Feb
21.1 km	93:33 76:07	Elmarie Coetzee Tatyana Pozdniakova (UKR) 2006	Cape Town	26 Mar
25 km	2:23:01 2:13:42a	Karen Conway Roshnee Natasen	Durban Pinetown	06 Mar 31 Jan
30 km	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
Marathon	3:14:18 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	East London	20 Feb
100 km				

Grandmasters (60+)

10 km	42:39 38:56	Margie Saunders Lidia Zentner (GER) 2015	Port Elizabeth	02 Apr
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	2:37:27 2:22:39a	Pamela Rasmussen Jenny Scott	Durban Pinetown	06 Mar 31 Jan
30 km	1:58:24 2:20:20	Gloria Brown (USA) 1994 Margie Saunders	Uitenhage	05 Mar
Marathon	2:17:11 3:30:14	Barbara Miller (USA) 1999 Nancy Will	East London	20 Feb
100 km	3:01:30	Bernadine Portenski (NZL) 2010		

Great grandmasters (70+)

10 km	54:52 44:09	Pixie Sparg Lavinia Petrie (AUS) 2014	Bellville	02 Apr
15 km	85:23 72:52	Pixie Sparg Jo Klein (NED) 2004	Ravensmead	19 Mar
21.1 km	1:54:16 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Cape Town	26 Mar
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:02	Veronica van Niekerk	Camps Bay	10 Jan

Marathon	2:47:08	Myra Rhodes (USA) 2002		
	4:11:27a	Veronica van Niekerk	Simon's Town	21 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	36:49	Ashleigh Simonis	Brackenfell	27 Jan
	31:42	Zola Pieterse (RSA) 1984		
15 km	65:47	Sisiphiwe Mbatsa	Ravensmead	19 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:31:25	Robyn Kaltenbrunn	Cape Town	26 Mar
	1:09:05	Delilah Asiago (KEN) 1991		

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