

# 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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Above: The three top men in the 5000 battle it out on the famous Coetzenburg track, with Sibusiso Nzima leading Elroy Gelant and Stephen Mokoka. They finished in the reverse order. Above right: Caster Semenya within striking distance of Dominique Scott in the 1500. Semenya's powerful sprint over the last 300 m gave her victory. Right: Irvette van Zyl leads the 5000-metre field on her way to a PB and the gold medal. [Riël Hauman]

## EDITORIAL

This year's SA Track & Field Championships belonged to 2009 world 800-metre champion Caster Semenya, who made history by becoming the first SA athlete ever to win the 400 m, 800 m and 1500 m at the same national championships – and doing it all on the same day!

Semenya looked in tremendous form when she first won the 400 in a personal best of 50.74 (the third fastest time in the world this year, the fastest time by a South African since 2001, and putting her fifth on the SA all-time list) and 50 minutes later breezed through the 800 in a world-leading 1:58.45 – her fastest since finishing second in the 2012 Olympic Games and her

eighth best ever – to win by more than 7 seconds.

Another three hours later she faced Arkansas student Dominique Scott, running for Western Province, in the 1500. The Capetonian, who won the NCAA indoor 3000 m title last year and is the SA record holder for 800, 1500, one mile and 3000 indoors, is now at the start of her outdoor season. Scott, who came to the meeting especially because of Athletics South Africa's demand that athletes who want to be eligible for the Olympic team had to participate, tried bravely to get away from Semenya on the third lap and led until 300 m



from the finish. But then the powerful Semenya sped past and won easily in 4:10.91 (the second fastest time of her career). Scott was second in 4:14.23.

Since the SA Championships were first held in 1894, 24 athletes (on 29 occasions) have won two titles over 400, 800 and 1500 at the same championships, but no one has ever managed to win all three. Semenya captured the 800 and 1500 in 2011, and only six other women have done a double: Doris Morgan in 1936 and M. Labuschagne in 1938, both taking the 440 and 880 yards, Hester-Anna Coetzee in 1973 and Ilze de Kock in 1980 and 1981, both winning the 400 and 800, and Camilla Spires in 1994 and René Kalmer in 2004, both in the 800 and 1500. Only two athletes have ever done the double three times: John Victor, who won the 880 and mile three times in a row – 1911, 1912 and 1913, and Johan Fourie, who took the 800 and 1500 in three successive years – 1984, 1985 and 1986.

Semenya's times over one and two laps were both Olympic qualifiers. The third qualifier in the distance events came in the 10000 when Stephen Mokoka comfortably retained his title in 27:57.50, the world's second fastest time this year. On the first day of the meeting Mokoka also successfully defended his title over half this distance in 13:40.81. (He set a national record of 13:11.44 in the 2015 race.) He has now won the 10000 title seven times – equal to the tally of Andries Krogmann, but still two behind the nine bagged by Xolile Yawa – and has a total of 22 SA titles on all three surfaces.

Irvette van Zyl, feeling the effects of a stomach bug, won her first title in the 5000 in 16:02.63, a personal best. She will be in action in the Virgin Money London Marathon this weekend.

Just two days after winning the 5000, Van Zyl, in her final tune-up for the marathon, also comfortably won the first race in the Spar Grand Prix Series in Cape Town in 33:24. She will be joined in London by René Kalmer, who finished twelfth.

Four list leaders were set in the Spar race, and another five the day before in the WP Half-marathon Championships.

Two South African marathoners performed well in international marathons. Lebo Phalula finished sixth in the Enschede Marathon in 2:33:48 (the winner was Sarah Jebet in 2:27:59), while Benedict Moeng (2:13:17) was ninth in the Hamburg Marathon won by Tesfaye Abera in 2:06:58. Phalula's time is more than 5 minutes faster than her previous PB.

The Boston Marathon wins earlier today went to Ethiopians Lemi Berhanu Hayle in 2:12:45 and Atsede Baysa in 2:29:19.

Because of the late publication of our US partner *Race Results Weekly* this week (due to the Boston Marathon), we will catch up with the main international results again next week.

Riël Hauman

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INCLUDED IN THIS ISSUE:

- \* Spar Grand Prix Series 10 km, Cape Town
  - \* Leapfrog Gordon's Bay Half Marathon & Labourwise 10 km, Gordon's Bay
  - \* Mall of the North Marathon & Half Marathon, Polokwane
  - \* XC: KZN League, Richmond
  - \* Track: SA Track & Field Championships, Stellenbosch
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## CORRECTION

The Phalula twins, Lebo and Lebogang, switched bib numbers and transponders before the World Half-marathon Championships in Cardiff (results in DRR 16:12), so their results have to be switched around. The correct placings therefore are: 41. LEBO Phalula, 1:14:21, and 76. LEOGANG Phalula, 1:23:49. The same has to be done with their splits at 5 km, 10 km, 15 km and 20 km. [Thanks to Colleen McNally, SA team manager at the race, for this information.]

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## ROAD RUNNING

### Spar Grand Prix Series 10 km

(Women only)

Cape Town, 17 April

(Certified loop course. Weather: Cool, overcast, slight breeze. Finishers: 8166.)

Note: Just the day after she had won the steeplechase at the SA Championships, Nolene Conrad was 7<sup>th</sup> here. – Ed.

1. Irvette van Zyl 33:24
2. Rutendo Nyahora (ZIM) 33:51
3. Lebogang Phalula 33:59
4. Onneile Dintwe (BOT) 34:06
5. Christine Kalmer 34:11
6. Tish Jones (GBR) 34:14
7. Nolene Conrad 34:53
8. Cornelia Joubert 34:57
9. Janie Grundling 35:13 PB
10. Fortunate Chidzivo (ZIM) 35:26
11. Keneilwe Sesing 35:34
12. René Kalmer 35:37
13. Simonay Weitsz 35:38 (1<sup>st</sup> jun)
14. Ashleigh Simonis 35:45 PB
15. Murendwa Davhana 35:58 PB
16. Thembi Baloyi 36:20
17. Liziwe Mabona 36:28
18. Ntombesintu Mfunzi 36:29
19. Nicole van der Merwe 36:31
20. Poppy Mlambo 36:46
21. Tanith Maxwell 36:50
22. Patience Khumalo 36:59
23. Anel Terblanche 37:17
24. Ulrica Stander 37:46 (1<sup>st</sup> vet)
25. Theresa Fourie 37:50
26. Thandi Sehohle 38:08
27. Yandiswa Shange 38:29
28. Ndileka Mvakwendlu 38:39
29. Tumi Matlou 38:52
30. Michelle Strydom 38:56

**Veterans:** 1. Ulrica Stander 37:46; 2. Theresa Fourie 37:50; 3. Janene Carey 39:06.

**Masters:** 1. Judy Bird 39:42; 2. Elmarie Coetzee 40:23; 3. Mariëtte Strauss 42:56.

**G'masters:** 1. Margie Saunders 42:30; 2. Nancy Will 43:54; 3. Charmaine Cupido 47:52; 4. Sonja Laxton 48:03. **Juniors:** 1. Simonay Weitsz 35:38; 2. Ashleigh Simonis 35:45; 3. Nicole van der Merwe 36:31.

## Leapfrog Gordon's Bay Half Marathon & Labourwise 10 km

(Western Province Half-marathon Championships)

Gordon's Bay, 16 April

(Distances: 21.1 km & 10 km; certified out-and-back courses. Weather: Cool early on, warm later, no wind. Finishers: half marathon – 1633 [up from 1425 last year]; 10 km – 848.)

### Half marathon

MEN

1. Nkosinathi Madyo (Itheke) 1:06:07 (R1200)
2. Vuyolwethu Mbukushe (Gugs) 1:06:38 (R800)
3. Mthandazo Qhina (Ned) 1:08:16 (R600)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 1:11:19 (R800); 2. Thembelani Zola (Gugs) 1:12:46 (R600); 3. Pieter Koopman (Itheke) 1:14:12 (R400). **Masters:** 1. Johnny Persents (WR) 1:15:13 (R600); 2. Eric Coetzee (FNB) 1:18:42 (R400); 3. Roston Isaacs (Ned) 1:21:13 (R200). **G'masters:** 1. Mochamat Kriel (Ommie) 1:23:37 (R300); 2. Robbie Lindsay (Ned) 1:25:23 (R200); 3. Johannes Jacobs (Celtic) 1:34:03 (R100). **G/g'masters:** 1. Ronnie le Roux (Brack) 1:47:25; 2. Anthony Riddick (RWFL) 1:50:46; 3. Wally Steel (Hout) 1:58:03. **Juniors:** 1. Xolani Mase (Gugs) 1:15:00 (R400); 2. Jeandré September (Eerste) 1:20:19 (R200); 3. Yanga Keli (Sanlam) 1:20:32 (R100).

WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Ned) 1:19:26
2. Nomvuyisi Seti (Itheke) 1:24:53
3. Obertina Kanyongo (ZIM/WC) 1:28:02 (1<sup>st</sup> vet)

**Veterans:** 1. Obertina Kanyongo (ZIM/WC) 1:28:02; 2. Ursula Frans (Ned) 1:29:00; 3. Belinda Noades (Ned) 1:30:05. **Masters:** 1. Mariëtte Strauss (Tyger) 1:31:29; 2. Suzanne Marais (Strand) 1:31:33; 3. Olga Howard (Celtic) 1:39:16. **G'masters:** 1. Nancy Will (Pine) 1:33:39; 2. Charmaine Cupido (Ned) 1:45:36; 3. Helen du Plessis (Brack) 1:49:38. **G/g'masters:** 1. Veronica van Niekerk (EGA) 1:47:58; 2. Pixie Sparg (Celtic) 2:02:39 (WP champion); 3. Chippy Steel (Hout) 2:03:58 (silver medal); 4. Marlene James (Pine) 2:06:35 (bronze medal). **Juniors:** 1. Ingrid Grundling (Sanlam) 1:50:58.

### 10 km

MEN

1. Babalo Hambi (Itheke) 32:36 (R250)
2. Bulelani Bhebha (VOB) 33:49 (R200)
3. Thembeko Mendu (Gugs) 33:56 (1<sup>st</sup> jun) (R150)

(All age category prizes were the same: R200, R150, R100.)

**Veterans:** 1. Xolile Macanda (Gugs) 34:31; 2. Zain Brown (MPT) 44:12; 3. Herman Barends (MS) 45:46. **Masters:** 1. Julian Paul (SANDF) 39:27; 2. Eric Mlonjeni (Strand) 39:31; 3. Shafiek Cassiem (Itheke) 40:22. **G'masters:** 1. Richard Wilson (CC) 48:22; 2. Chris Lourens (Brack) 48:50; 3. Awie Veldsman (Held) 42:22. **Juniors:** 1. Thembeko Mendu (Gugs) 33:56; 2. Asemahle Kwatsha (Gugs) 35:00; 3. Shane Fortuin (Well) 36:13.

WOMEN (Same prize money as men)

1. Meagan Swanepoel (Maties) 40:23 (1<sup>st</sup> jun)
2. Virnita Africa (Maties) 41:41
3. Nolubabalo Dyonase (VOB) 42:07

**Veterans:** 1. Chantelle Simpson (Ned) 42:16; 2. Gail Maharaj (SANDF) 49:29; 3. Senobia Gelant (Mac) 76:23. **Masters:** 1. Paola Vignani (ITA/VOB) 45:21; 2. Levona Paul (SANDF) 50:15; 3. Carine Kruger (Held) 51:59. **G'masters:** 1. Kathy Burr (Ind) 54:15; 2. Marianne

Nelson (RWFL) 63:59; 3. Cynthia Kavanagh (Edge) 67:28. **Juniors:** 1. Meagan Swanepoel (Maties) 40:23; 2. Virnita Africa (Maties) 41:41; 3. Siziphiwe Mbatsa (VOB) 43:40.

### **Mall of the North Marathon & Half Marathon**

Polokwane, 9 April

(Distances: 21.1 km & 10 km)

#### **Marathon**

MEN

1. Bethuel Netshifhefhe (PRR) 2:28:53 (1<sup>st</sup> vet)
2. Thomas Munzhelele (PRR) 2:31:42
3. Ladudi Makofane (Samancor) 2:38:55

**Veterans:** 1. Bethuel Netshifhefhe (PRR) 2:28:53; 2. Leboka Noto (LES/Modikwa) 2:45:12. **Masters:** 1. Lazarus Seroka (RWFL) 2:48:23; 2. Phineas Magashule (Polok) 3:15:43.

WOMEN

1. Azwindini Gladys Lukhwareni (Ned) 3:17:14
2. Jane Mudau (PRR) 3:24:14 (1<sup>st</sup> mast)
3. Seipati Peo (Rockies) 3:26:26

**Veterans:** 1. Comfort Selibi (Ind) 3:47:18; 2. Lize Dercksen (Ind) 4:12:04. **Masters:** 1. Jane Mudau (PRR) 3:24:14; 2. Monica Roode (Tzaneen) 4:20:39.

#### **Half marathon**

MEN

1. Tlou Peu (Bedford) 1:07:09
2. Pharson Magagane (Bedford) 1:09:22
3. Tebogo Pulusa (Dwars) 1:09:41

**Veterans:** 1. Ronnie Mabotsa (Ind) 1:14:28; 2. Philimon Manyaka (Ind) 1:17:44.

**Masters:** 1. Dan Mothibe (Runav) 1:20:09; 2. Tomasi Ngoveni (Ind) 1:23:03. **Juniors:** 1. Kwande Mthembu (Ind) 1:14:22; 2. Aphiwe Phakola (Ind) 1:17:52; 3. Roleo Mokiri (Ind) 1:20:42.

WOMEN

1. Emmah Mathibela (Ned) 1:30:50
2. Paulina Phaho (Trans) 1:31:19 (1<sup>st</sup> vet)
3. Elsabe Cronje (Ind) 1:34:01

**Veterans:** 1. Paulina Phaho (Trans) 1:31:19; 2. Elsabe Cronje (Ind) 1:34:01. **Masters:** 1. Charlotte Moller (Ind) 1:53:50; 2. Managa Mathupe (Ind) 1:57:34. **Juniors:** 1. Mampumonelo Shoneiwe (Ind) 1:47:51; 2. Promise Phakola (Ind) 2:20:06.

### **CROSS-COUNTRY**

#### **KZN League (2<sup>nd</sup>)**

Richmond, 9 April

SR. MEN (10 km)

1	Anele	Dlamini	Phantane	29	35:39
2	Vukani	Ndlazi	Hammarisdale AC	24	39:11
3	Sanele	Lembede	Hammarisdale	23	49:59
4	Bilal	Dawood		35	58:03

## SR. WOMEN (10 km)

1	Makhosi	Mhlongo	Savages AC	34	42:39
2	Zandile	Menze	Nedbank AC	23	45:39
3	Sanelisiwe	Mbanjwa	Elite performance group	25	51:55
4	Tasneem	Ally		37	57:44

## SR. WOMEN (4 km)

1	Cary-Ann	Smith	Nedbank AC	36	17:45
2	Shani	Silver	Boxer AC	45	18:44
3	Lauren	Knobel	Epworth	16	19:52
4	Michelle	Sims	PDAC	49	20:04
5	Sebenzile	Dlamini	Willie Mtolo AC	37	20:35
6	Abbey	Haswell	Westville AC	15	21:57
7	Cindy	Marquiss		51	22:17

**TRACK****South African Track & Field Championships (109<sup>th</sup>)**

Stellenbosch, 15 &amp; 16 April

## MEN

## 800 (16):

1. Jacob Rozani, 28, 1:46.26
2. Rynhardt van Rensburg, 24, 1:46.58
3. Motlalepula Motshosola, 26, 1:46.71
4. George Kusche, 18, 1:47.45
5. Treasure Derison, 24, 1:48.35
6. Themba Madima, 27, 1:48.38
7. Duran Faro, 22, 1:49.00
8. Thabo Mkhwanazi, 20, 1:49.51
9. Thabang Matiwane, 21, 1:49.55
10. Theodore Nothling, 23, 1:51.64
11. Hannes Naudé, 26, 1:51.86
- André Olivier, 27, DNF

## Heats (15):

## Heat 2 -

1. André Olivier 1:47.79
2. Rynhardt van Rensburg 1:47.82

## Heat 3 -

1. Motlalepula Mothosola 1:46.92

## Heat 4 -

1. Jacob Rozani 1:46.69

## 1500 (16):

1. Folavia Sehohle, 26, 3:42.41
2. Dumisane Hlaselo, 28, 3:42.54
3. Johan Cronje, 34, 3:42.58
4. Jerry Motsau, 26, 3:42.72
5. Treasure Derison, 24, 3:43.84
6. Nkosinathi Sibiya, 22, 3:43.97
7. Jeromy Andreas, 24, 3:44.81
8. Bruce-Lynn Damons, 20, 3:47.52

## Heat 2 (15):

1. Dumisane Hlaselo 3:38.09
2. Johan Cronje 3:38.45

## 3000 s/chase (16):

1. Rantso Mokopane, 22, 8:35.09
2. Tumisang Monnatlala, 21, 8:36.35
3. Tumelo Motlagale, 30, 8:39.82
4. Sibusiso Madikizela, 25, 8:52.55
5. Sibuniso Soldaka, 26, 8:55.85
6. Dikotsi Lekopa, 28, 8:59.89
7. Merlin Klaaste, 24, 8:59.91
8. Ikageng Gaorekwe, 20, 8:59.96

## 5000 (15):

1. Stephen Mokoka, 31, 13:40.81
2. Elroy Gelant, 30, 13:43.43
3. Sibusiso Nzima, 30, 13:46.73
4. Precious Mashele, 26, 14:04.40
5. Marko Bucarizza, 28, 14:10.48
6. Phillimon Mathiba, 24, 14:17.63
7. Anthony Timoteus, 21, 14:17.98
8. Xaba Mavuso, 21, 14:18.90
9. Thobile Mostio, 21, 14:19.04
10. Siyabulela Mtsha, 29, 14:20.52

## 10000 (16)

1. Stephen Mokoka, 31, 27:57.50
2. Gladwin Mzazi, 28, 28:28.68
3. Sibusiso Nzima, 30, 28:36.85
4. Precious Mashele, 26, 29:23.24
5. Collen Mulaudzi, 25, 29:26.43
6. Phillimon Mathiba, 24, 29:31.16
7. Mariano Eesou, 25, 29:31.25
8. Xolisani Zamkele, 30, 29:39.43
9. Zolani Ngqqaqa, 27, 29:53.07
10. Reghen Magwai, 25, 30:04.13
11. Siviwe Nkombi, 28, 30:26.97

## WOMEN

## 800 (16):

1. Caster Semenya, 25, 1:58.45 WL
2. Liza Kellerman, 17, 2:05.75
3. Gena Lofstrand, 21, 2:06.65
4. Mandie Brandt, 34, 2:07.16
5. Fina Dube, 21, 2:08.90
6. Simonay Weitsz, 17, 2:09.89
7. Cindy von Alefeldt, 18, 2:12.44
8. Beetrice Themane, 16, 2:15.48

## Heat 1 (15):

1. Caster Semenya 2:00.46

## 1500 (16):

1. Caster Semenya, 25, 4:10.91
2. Dominique Scott, 24, 4:14.23
3. Lebogang Phalula, 33, 4:21.59

4. Simonay Weitsz, 17, 4:22.16
5. Stella Marais, 24, 4:24.48
6. Yandisa Shange, 27, 4:25.66
7. Mandie Brandt, 34, 4:25.90
8. Kesa Molotsane, 24, 4:29.52
9. Lorraine Novela, 25, 4:29.62
10. Thobile Vilakazi, 17, 4:30.21

#### 3000 s/chase (16):

1. Nolene Conrad, 31, 10:38.35
2. Thembi Baloyi, 27, 10:43.77
3. Cherise Sims, 23, 10:57.30
4. Carina Swiegers, 21, 11:05.87
5. Larra Orrock, 17, 11:05.88
6. Bathobile Mkhize, 20, 11:07.58
7. Thobile Mkhize, 20, 11:34.03

#### 5000 (15):

1. Irvette van Zyl, 29, 16:02.63
2. Kesa Molotsane, 24, 16:20.26
3. Glenrose Xaba, 22, 16:35.36
4. Jenet Dlamini, 22, 17:10.40
5. Murendwa Davhana, 22, 17:12.79
6. Nicole van der Merwe, 18, 17:19.49
7. Ntombesintu Mfunzi, 35, 17:20.73
8. Bulelwa Simae, 39, 17:24.66
9. Thobile Mkhize, 20, 17:34.58
10. Sherilene Gelderblom, 20, 17:36.65

#### 10000 (16):

1. Glenrose Xaba, 22, 34:23.56
2. Keneilwe Sesing, 28, 35:00.50
3. Jenet Dlamini, 22, 35:20.49
4. Puseletso Dladla, 25, 37:00.26
5. Lusanda Bomvana, 25, 37:13.40
6. Tanya Scott, 26, 37:15.98
7. Tumi Matou, 26, 38:08.02
8. Nomsa Cossa, 22, 39:51.36

## STATS TIME

During the past two weeks we included all-time lists of South African men and women over 20 km after Stephen Mokoka and Nolene Conrad had run the fourth fastest times over this distance in the World Half Marathon in Cardiff. Mokoka also ran the fastest SA time ever for 15 km. Here is the top ten all-time list. Secondary performances by the top three also listed.

### ALL-TIME 15 KM: TOP 10 MEN

42:44*	Stephen Lesego Mokoka	Cardiff	26 Mar 16
42:49*	Mokoka-2	Copenhagen	29 Mar 14
42:58	Shadrack Hoff	Utica	08 Jul 01
42:58	Meshack Mogotsi	Cape Town	02 Nov 91
42:59	Matthews Temane	Cape Town	02 Nov 91
43:02	Xolile Yawa	Bellville	04 Nov 89
43:02	Lawrence Peu	Cape Town	02 Nov 91



43:04	Gert Thys	Durban	23 May 92
43:06	Matthews Motshwarateu	Durban	23 May 92
43:08*	Elroy Gelant	Copenhagen	29 Mar 14
43:08*	Lusapho April	Copenhagen	29 Mar 14

\*) Times run *en route* in a longer race.

### THIS MONTH IN HISTORY

#### (Almost exactly) 119 years ago: 19 April 1897

Although the New Yorkers had beaten them by organising the first marathon in the United States the year before (just five months after the first Olympic Marathon), the Boston Athletic Association can say that their race, which started on this day in front of Metcalf's Mill in Ashland, outlasted its rival to the south. (It is held today for the 120th time.) The winner was John McDermott, who had also won the New York event, in 2:55:10 – almost seven minutes ahead of the second runner. He finished with severe blisters and promptly announced he had run his last long race. But like many runners after him, he could not keep his promise, for in the next year's Boston he was fourth in 2:54:17.4. Eighteen runners started and ten finished. The start was a rather informal affair, as Tom Derderian describes it in his classic work *Boston Marathon: The history of the world's premier running event*: "Tom Burke dug his heel into one side of the hard and narrow dirt road [and] dragged [it] to the other side of the road and stood there. Burke had no gun. At exactly 12:19 he shouted 'Go!'" (Burke received the honour of starting the race after he had won both the 100 and 400 metres at the first modern Olympic Games the previous year.)

### SOUTH AFRICAN ROAD 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)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		19 Mar
	46:36	Adrian Wildschutt (jun)	Ravensmead	
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		26 Mar
	61:27	Stephen Mokoka	Cardiff	
	60:37	Lelisa Desisa Benti (ETH)		
25 km	58:23	Zersenay Tadese (ERI) 2010		06 Mar
	89:04	Sipho Ngxongo	Durban	
	81:12a	Siyabonga Nkonde	Pinetown	
30 km	71:18**	Dennis Kipruto Kimetto (KEN) 2012		05 Mar
	1:36:30	Melikhaya Frans	Uitenhage	
Marathon	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		10 Apr
	2:11:27	Lusapho April	Hannover	
	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	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	75:13	Johnny Persents	Gordon's Bay	16 Apr
	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	83:37	Mochamat Kriel	Gordon's Bay	16 Apr
	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
	94:01	Doug Winn (USA) 2010		
30 km	2:18:15	Mochamat Kriel	Parow	14 Feb
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:14:57	Robbie Lindsay	East London	20 Feb
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				

#### Great grandmasters (70+)

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

25 km	82:23	Ed Whitlock (CAN) 2001		
30 km	99:59	Clive Davies (USA) 1985		
	2:22:55	Jeff Smith	Camps Bay	10 Jan
Marathon	2:00:56	Ed Whitlock (CAN) 2001		
	3:29:46a	Jeff Smith	Simon's Town	21 Feb
100 km	2:54:49	Ed Whitlock (CAN) 2004		
<b>Juniors</b>				
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	74:22	Kwande Mthembu	Polokwane	09 Apr
	59:16	Samuel Wanjiru (KEN) 2005		
<b>WOMEN</b>				
<u>Open</u>				
10 km	33:24	Irvette van Zyl	Cape Town	17 Apr
	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		
<u>Veterans (40+)</u>				
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	85:39	Suzette Botha	Pietermaritzburg	28 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:57:50	Ashleigh White	Durban	06 Mar
	1:45:58a	Suzette Botha	Pinetown	31 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:14:22	Davera Magson	Uitenhage	05 Mar

Marathon	1:51:37	Mieke Pullen (NED) 2001		
	2:48:52	Charné Bosman	Benoni	31 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	39:42	Judy Bird	Cape Town	17 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:56	Margie Saunders (g'mast)	Port Elizabeth	06 Feb
	54:33	Shirley Matson (USA) 1991		
21.1 km	91:29	Mariëtte Strauss	Gordon's Bay	16 Apr
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:23:01	Karen Conway	Durban	06 Mar
	2:13:42a	Roshnee Natasen	Pinetown	31 Jan
30 km	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
Marathon	3:14:18	Jane Mudau	East London	20 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:30	Margie Saunders	Cape Town	17 Apr
	38:56	Lidia Zentner (GER) 2015		
15 km	64:56	Margie Saunders	Port Elizabeth	06 Feb
	61:25	Kathryn Martin (USA) 2011		
21.1 km	93:39	Nancy Will	Gordon's Bay	16 Apr
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:37:27	Pamela Rasmussen	Durban	06 Mar
	2:22:39a	Jenny Scott	Pinetown	31 Jan
	1:58:24	Gloria Brown (USA) 1994		
30 km	2:20:20	Margie Saunders	Uitenhage	05 Mar
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:30:14	Nancy Will	East London	20 Feb
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	54:52	Pixie Sparg	Bellville	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:23	Pixie Sparg	Ravensmead	19 Mar
	72:52	Jo Klein (NED) 2004		
21.1 km	1:47:58	Veronica van Niekerk	Gordon's Bay	16 Apr
	97:38	Lavinia Petrie (AUS) 2014		
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:02	Veronica van Niekerk	Camps Bay	10 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	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	35:38	Simonay Weitsz	Cape Town	17 Apr
	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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