Distance Running Results

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EDITORIAL

For the second year in a row the FNB Cape
Town 12 ONERUN saw Daniel Salel beaten by a
whisker, albeit a thicker whisker this time and
not by a fellow Kenyan. In a furious sprint
down central Cape Town's Bree Street to the finish
in the shadow of the sponsor's head office
yesterday, he was outkicked by one second by
South Africa's top distance runner, Stephen
Mokoka, in 33:34. Last year Emmanuel Bett's
extended time was one tenth of a second faster
than Salel's. Bett finished only sixth this time
behind three more South Africans: Elroy Gelant
(the first SA athlete in 2015), Sibusiso Nzima and
Gladwin Mzazi.

The race was again superbly organised and presented, and was blessed with perfect weather, showing the Mother City at its best.





Top left: The first three men in the FNB Cape Town 12 ONERUN – Daniel Salel, winner Stephen Mokoka and Elroy Gelant. Top right: Seven of the top ten women – (back row, from left) Lebo and Lebogang Phalula, winner Irvette van Zyl, Rutendo Nyahora; (front row) Fortunate Chidzivo, Lena Lotter, Zintle Xiniwe. Above: Four FNB Multisport athletes who excelled: Elmarie Coetzee (SA best for masters), Xiniwe (6th), Ulrica Stander (SA best for veterans) and Eric Coetzee (1st master for the second year in a row). [Jasper Coetzee]

The women's field was not as strong as in 2015 – there were no Kenyans – and Irvette van Zyl, who had suffered from a bout of flu during the week, took an easy victory over Lebo Phalula in 39:40.

Mokoka's time is a South African best, 49 seconds faster than the record of 34:23 set by Matthews Mothswarateu in the Lilac Bloomsday Run in 1988. Van Zyl ran 52 seconds slower than Colleen de Reuck's national record of 38:48 in the same Spokane race in 1996. Mokoka's mark is also the fastest ever in South Africa, beating Gelant's 34:51 in last year's race. Van Zyl fell 19 seconds short of Phalula's 39:21 in 2015 (when she was third).

After a first kilometre in 2:41, a group of fifteen men went through 3 km in 8:17, with Bett and Salel leading and Mokoka and Gelant on their heels. They passed 5 km in 13:55 and soon thereafter, as the route went through Cape Town's harbour, the two South Africans broke away, with only Salel following.

They reached 9 km in 25:11 and 10 km in 28:03 and then, as they started up the only significant uphill of the race in Loop Street soon after the 10 km mark, Gelant dropped off the pace. As they turned into Bree Street for the final downhill 800 m, Salel started sprinting first. But Mokoka clung to his shoulder and in a desperate last surge, took the lead with 30 m to go.

Mokoka missed the best time ever run, 33:31 by Joseph Kimani and Sammy Kitwara, by 3 seconds; he is now fifth on the all-time list (all courses).

"It was a hard race," Mokoka said afterwards. "Salel pushed me right to the line, but I am happy that we won the race for South Africa. Elroy and I worked together and were talking to each other the whole way." He won an additional R10 000 for running faster than Mothswarateu's time (a rather "soft" incentive considering that Motshwarateu's performance came on a record-standard course).

Many members of the media seemed to have trouble making the distinction between record-standard courses (which this one is not) and aided courses (which this one is), probably because they are not aware of the rules. They also did not point out that Mokoka's time cannot be regarded as a new SA record, and did not explain the somewhat confusing situation that the women's incentive was not for breaking the official SA record (as the men's was), but Elana Meyer's aided 38:39.

In addition to Mokoka's new mark, South African age category best times were set by Mochamat Kriel (60-69, 45:58), Jeff Smith (70+, 55:14), Samuel van der Merwe (juniors, 37:11), Ulrica Stander (40-49, 45:28), Elmarie Coetzee (50-59, 49:28), Pixie Sparg (70+, 66:25) and Ashleigh Simonis (juniors, 44:15).

The fast times in the Safari 10 km (results in DRR 16:17) were certainly eye-catching, and DRR has since been told that the route was well short, probably by about 400 m. These times are therefore not acceptable for statistical purposes.

The dates for the individual events at the USSA Championships (DRR 16:18) were not known at the time of publication. Karen Zimmerman has kindly supplied the dates: 29 April – 1500 m, steeplechase, 10000 m; 30 April – 800 m, 5000 m.

DRR noted (in DRR 16:18) that the time for Anel Vorster in the Jackie Mekler 25 km was wrong; the correct time is 2:02:34. In the Adrienne Hersch Half Marathon the club and time for Ansa Strydom (2^{nd} master) were missing; she runs for Nedbank and her time was 1:47:30.

In the results of the Slave Route Half Marathon (DRR 16:18) the third veteran was Youssef Kanouni, not Yusuf Kunene.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * FNB Cape Town 12 ONERUN, Milnerton to Cape Town
- * Love Running Half Marathon & 10 km, Pretoria
- * Zio Cash & Carry Half Marathon & 10 km , Sasolburg
- * SISSA/UCT Memorial 10 km, Cape Town
- * XC: WP League Meeting, Silwerstroom Strand; Gauteng North Meeting, Pretoria

International highlights:

- * TCS World 10 km, Bengaluru, IND
- * Gifu Seiryu Half Marathon, Gifu, JPN
- * BIG 25 Berlin, Berlin, GER
- * Bay to Breakers 12 km, San Francisco, USA
- * Lattelecom Riga Marathon & Half Marathon, Riga, LAT
- * Kazan International Marathon, Kazan, RUS
- * UAE Healthy Kidney 10 km, New York, USA
- * Track: IAAF Diamond League, Shanghai, CHN; adidas Boost Meeting, Herzogenaurach, GER; SEC Outdoor Championships, Tuscaloosa, USA; Big South Conference Outdoor Championships, Lynchburg, USA

ROAD RUNNING

FNB Cape Town 12 ONERUN (2nd)

Milnerton to Cape Town, 15 May

(Distance: 12 km; certified point-to-point course, the finish is slightly higher than the start [with a slight change from last year in the final 2 km]; the start/finish separation is 7280 m, or 60.66% of the race distance. Weather: cool initially, warmer later; perfect running conditions. Finishers: 4171 men + 4980 women = 9151 total [huge increase on last year's 6975].)

 $\underline{\text{Note}}$: An increase of 31% in the finishers; an interesting statistic is that there were more women than men. – Ed.

MEN

1	Stephen MOKOKA	33:34*	R40 000 + R10 000i
2	Daniel SALEL (KEN)	33:35	R25 000
3	Elroy GELANT	33:42	R15 000
4	Sibusiso NZIMA	34:08	R10 000
5	Sibabalwe Gladwin MZAZI	34:09	R9000
6	Emmanuel BETT (KEN)	34:31	R8000
7	Timothy TOROITICH (UGA)	34:50	R7000
8	Lucky MOHALE	34:56	R6000
9	Joel MMONE	34:58	R5000
10	Mthobisi BALOYI	35:12	R4000
11	William KAPTEIN	35:52	
12	Rantso MOKOPANE	36:24	
13	Jerry MOTSAU	36:29	
14	Sibusiso MADIKIZELA	36:31	
15	Lungile GONGQA	36:32	
16	Andries PONGWANA	36:46	
17	Justin FRITZ	36:52	

18 19 20 21 22 23 24 25 26 27 28 29 30	Samuel VAN DER MERWE Vuyolwethu MADIKIZA Mluleki NOBANDA Rowhaldo RATZ Merlin KLAASTE Soboniso SOLDAKA Mcmarshal HARTZENBERG Tsungai MWANENGENI (ZIM) Collins MABU Donald MELEANE Kgosi TSOSANE Phumlani NXUSANI Lukhanyo NOBAKADA	37:11 37:30 37:43 37:52 38:00 38:11 38:17 38:33 38:37 38:47 39:13 39:15 39:28		
Veter	ans:			
1	Mluleki NOBANDA	47	37:43	R5000
	Tsungai MWANENGENI (ZIM)	42	38:33	R2500
3	Shawn ABRAHAMS	45	39:56	R1250
Maste	ers:			
	Eric COETZEE	55	43:25	R2500
2 3	Monde TUTANI	55	45:38	R1250
	Frank SMUTS	55	48:56	R650
G'mas				
	Mochamat KRIEL	62	45:58*	R1500
	Robbie LINDSAY	61	48:07	R850
3	Mark WAGENHEIM	60	52:28	R400
	nasters:		== 4.4%	
1	Jeff SMITH	75	55:14*	R1000
	Richard OSRIN	70	57:05	R500
3	Ronnie LE ROUX	71	1:00:29	
Junio		10	27.114	D2000
1	Samuel VAN DER MERWE	18	37:11*	R2000
2	Rowhaldo RATZ	18	37:52	R1100
3	McMarshal HARTZENBERG	18	38:17	R500

*) SA best time i) Incentive for running faster than Matthews Motshwarateu's SA record of 34:23.

WOMEN (Same prize money as men)

1	Irvette VAN ZYL	39:40
2	Lebo PHALULA	40:10
3	Rutendo NYAHORA (ZIM)	40:31
4	Lebogang PHALULA	41:14
5	Christine KALMER	41:32
6	Zintle XINIWE	42:10
7	Fortunate CHIDZIVO (ZIM)	43:14
8	Lena LOTTER	43:19
9	René KALMER	43:58
10	Maria SHAI	44:10
11	Ashleigh SIMONIS	44:15
12	Bulelwa SIMAE	44:33
13	Yolande MACLEAN	44:38
14	Anel TERBLANCHE	44:54
15	Nosisa MTITI	45:17
16	Ulrica STANDER	45:28
17	Kate MAPHAM	46:10
18	Candyce HALL	47:11

19 20 21 22 23 24 25 26 27 28 29 30	Belinda NOADES Jana LE ROUX Louise MULLER Lucy JAMES Nicola HOOPER Andi BALKIN Christelle HATTINGH Michelle SIKES Obertina KANYONGO (ZIM) Natalie DISS Chantel NIENABER Elmarie COETZEE	47:21 47:31 47:39 47:48 47:58 48:04 48:12 48:57 49:11 49:18 49:23 49:28	
Veter	ans:		
1	Ulrica STANDER	41	45:28*
2	Belinda NOADES	43	47:21
3	Obertina KANYONGO (ZIM)	49	49:11
Maste			
1	Elmarie COETZEE	52	49:28*
2	Mariëtte STRAUSS	53	51:27
3	Olga HOWARD	57	52:57
G'mas			
1	Nancy WILL	63	53:19
2	Charmaine CUPIDO	60	57:19
3	Helen DU PLESSIS	63	58:43
	nasters:		
1	Pixie SPARG	71	1:06:25*
2	Avril DELAPELIN DUMONT	71	1:18:15
3	Carol GAHWILER	73	1:30:22
Junio		10	44 454
1	Ashleigh SIMONIS	18	44:15*
2	Jana LE ROUX	15	47:31
3	Lauren JONATHAN	18	52:29

^{*)} SA best time

Love Running Half Marathon & 10 km

Pretoria, 14 May

(Distances: 21.1 km & 10 km. Weather: cold and wet. Finishers: half marathon – 1500; 10 km - 2100.)

Half marathon

MEN

Sikhumbuzo Seme (KPMG) 70:48; 2 Bafana Dube (Transnet) 71:13; 3 Tshepo Dikobo (Nedbank) 71:17.

Veterans: 1 Colin Witbooi (PMMC) 79:40; 2 William Phale (Wonderpark) 81:50; 3 Peter Motshoene (RWFL) 83:24. **Masters:** 1 Joseph Ndlovu (ACE) 82:29; 2 Morris Ketshe (Jonrik) 87:24; 3 Frank Mokone (Resbank) 88:36. **G'masters:** 1 Jan Lebese (PPMK) 94:56; 2 Don Charles (Nedbank) 95:30; 3 Johan Nel (Irene) 97:34.

WOMEN

1 Caroline Wöstmann (KPMG) 84:27; 2 Peret Badenhorst (ACRW) 1:41:25; 3 Cherise Sanders (Bosch) 1:43:11.

Veterans: 1 Winnie Mbukwana (Striders) 1:45:30; 2 Sharon Newman (Midrand) 1:46:54; 3 Margaret Marggraaf (Temp) 1:51:49. **Masters:** 1 Ansa Strydom (Nebank) 1:43:11; 2 Elise Uys (Magnolia) 1:47:14; 3 Lynette Fischer (Phobians) 2:01:10. **G'masters:** 1 Carole de Waal (Wingate) 2:15:42; 2 Gizelle Geyer (Phobians) 2:22:30. **Juniors:** 1 Catlyn van Dyk (RWFL) 2:19:06.

10 km

MEN

1 Leswene Africa Mailola (Nedbank) 32:55; 2 Jacob Tseko (Tuks) 34:39; 3 Aubrey Mmtong (Nedbank) 35:29.

Veterans: 1 Sipiso Mamba (Midrand) 37:45; 2 Leon Baker (Midrand) 38:56; 3 Elmon Ndlovu (PMMC) 39:18. Masters: 1 Nhlanhla Magubane (Corr Serv) 39:36; 2 Phillemon Mailola (Moretele) 40:27; 3 Colin Fisher (CSIR) 43:39. G'masters:1 Elias Raphulu (Black Diamond) 47:20; 2 Charlie Tholo (PMMC) 48:21; 3 Henning v.d. Heever (Resbank) 55:58. G/g'masters: 1 Pele Tshikundamalema (Olifantsfontein) 51:11; 2 Andries v.d. Merwe (Transnet) 58:45; 3 Lammie Fourie (Agape) 60:29. Juniors: 1 Xander v.d. Merwe (VTM) 38:14; 2 Jermaine Adams (ACE) 38:45; 3 Kule Goodman (ACE) 39:48.

WOMEN

1 Emmah Mathibela (Nedbank) 42:40; 2 Marcelle Coetzee (KPMG) 43:06; 3 Sarita Downing (Tuks) 43:15.

Veterans: 1 Lorraine Boshoff (VTM) 44:49; 2 Naretha Stockenstroom (RWFL) 49:08; 3 Comfort Selebi (Kempton) 49:19. **Masters:** 1 Ansie Breytenbach (Irene) 49:39; 2 Debbie Bredenkamp (HQH) 50:28; 3 Sonia Scheepers (Green Mile) 51:57. **G'masters:** 1 Ina Wheatley (PMMC) 65:31; 2 Rina Machado (Ndaba) 66:42; 3 Regina Hughes (Agape) 69:14. **G/g'masters:** 1 Mavis Stadler (Agape) 81:57; 2 Maria van Rooyen (PMMC) 1:44:05. **80+**: Deirdre Larkin (Randburg) 66:32. **Juniors:** 1 Carissa Schubert (Temp) 58:02.

Zio Cash & Carry Half Marathon (2nd) & 10 km

Sasolburg, 14 May

(Distances: 21.1 km & 10 km. Weather: wet and very cold.)

Note: This 10 km has often been short in the past when analysed with the Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances. Last year the first half marathon returned a figure of -3.17 sec/km, within the allowable limit of -5 sec/km, but this year six time comparisons show a whopping -22.31 sec/km! Even if the most extreme negative figure is omitted, the other five still return a figure of -15.03 sec/km. The figure for the 10 km (seven time comparisons) is -1.6 sec/km, much the same as last year's -1.75. The half-marathon times will therefore not be used for statistical purposes. – Ed.

Half marathon

MEN

1 Tshidiso Bosiu (Rockies) 67:10; 2 William Morobe (Arcelor Mittal) 67:29; 3 Godfrey Ramokone (Eskom) 67:54.

Veterans: 1 Thabo Mashigo (Vultures) 70:58. **Masters:** 1 Ephriam Yende (Bidvest) 84:00. **G'masters:** 1 Leon Mostert (Sasol) 1:54:00. **Juniors:** 1 Thabang Kutu (Eskom) 74:00.

WOMEN

1 Lebo Mofokeng (ADT) 86:01; 2 Maryna Swanepoel (Eskom) 91:23; 3 Lindiwe Mthombeni (Sasol) 92:28 (1st vet).

Veterans: 1 Lindiwe Mthombeni (Sasol) 92:28. **Masters:** 1 Annetjie Strydom (Arcelor Mittal) 1:58:38.

10 km

MEN

1 William Mokwalakwala (Brook) 30:45; 2 Simon Sibeko (Sibanye Gold) 30:46; 3 Derocious Makhobalo (Nedbank) 30:51.

Veterans: 1 Reginald Ngobese (Rockies) 33:31. **Masters:** 1 Willem Jooste (Sasol) 40:00. **G'masters:** 1 Petrus Mohalageng (Vultures) 43:42. **Juniors:** 1 Kabelo Melamu (Randmark) 32:16.

WOMEN

1 Keneilwe Sesing (KMPG) 36:31; 2 Nicole Louw (Nedbank) 36:48 (1st jun); 2 Tebogo Masehla (Save Orion) 37:57.

Veterans: 1 Sarah Mahlangu (Ricoh) 44:45. **Masters:** 1 Erika Hamilton (Vaal) 48:35. **G'masters:** 1 Empie van Heerden (Arcelor Mittal) 77:00. **Juniors:** 1 Nicole Louw (Nedbank) 36:48.

SISSA/UCT Memorial 10 km (35th)

Cape Town, 2 May

(Certified hilly loop course. Finishers: 1405 [up from 1280 last year].)

MEN					
1	Siboniso	Soldaka	CPUT	25	31:56
2	Unathi	Nteta	Atlantic	23	32:02
3	Sibusiso	Madikizela	MSA Multisport	25	32:06
4	Nkosinathi	Madyo	Itheko	28	32:11
5	Siviwe	Nkombe	Itheko	27	32:25
6	Granwin	Katzen	Celtic Harriers	20	32:34
7	Babalo	Hambi	Itheko	22	32:49
8	Phumlani	Shabalala	Nedbank	29	33:33
9	Lukhanyo	Nobakada	VOB	19	33:34
10	Phumlani	Nxusani	Nedbank	28	33:42
WOM	1EN				
1	Ashleigh	Simonis	Carbineers	18	37:27
2	Michelle	Sikes	Temp	31	40:52
3	Ursula	Frans	Nedbank	47	41:51
4	Nicola	Wills	UCT	19	41:59
5	Funeka	Zaula	Makana AC	32	42:12
6	Ndubabalo	Dyonase	VOB	21	42:42
7	Chantel	Simpson	Nedbank	46	42:55
8	Busisiwe	Matiwane	Celtic Harriers	40	42:55
9	Maritsa	Kotze	Bellville	33	44:10
10	Tshebeletso	Taetso	Brackenfell	20	45:51

CROSS-COUNTRY

WP League Meeting (2nd) Silwerstroom Strand, 7 May

 $\underline{\text{Note}} \colon \mathsf{All} \ \mathsf{distances} \ \mathsf{are} \ \mathsf{4} \ \mathsf{km} \ \mathsf{except} \ \mathsf{where} \ \mathsf{indicated} \ \mathsf{otherwise.} \ \mathsf{-} \ \mathsf{Ed}.$

2 Anthony T 3 Vuyolwethu M 4 Warren H 5 Akhona M 6 Bulelani E 7 Gershwin W 8 Kaleb E 9 Siyabonga M	Wildschutt Fimoteus Mbukushe Hefke Makila Bhebha van Staden Beukes	Itheko UWC Gugs UWC VOB VOB Itheko UWC Gugs Easterns	36:15 37:06 37:06 37:29 38:21 38:27 38:39 39:19 39:24 39:51
2 Emiele F 3 Heinrich W 4 Raydon E 5 Akhona M 6 Bulelani E 7 Bongani k 8 Ashley 9 9 Jason M	Sotyantya Paulsen Wagner Balie Makila Bebha Krala Smith Neels	West Coast UWC KPMG Wild Runner VOB VOB Celtic Harriers UWC VOB	14:02 14:23 14:25 14:29 14:41 14:51 14:52 15:01 15:21 15:25
2 Nicholas M 3 Mogale F MASTER MEN (8 k 1 Tobias F 2 Chris M 3 Zolani M G'MASTER MEN (8 1 Les	Macanda Mpontshane Piloso km) Philander Mitchell Ntsodo 8 km) Chivell	Gugs Sanlam SANDF Itheko Celtic Harriers SANDF Fish Hoek	32:53 33:29 33:52 33:45 34:17 34:32 38:38
3 Blake V G/G'MASTER MEN 1 Richard C 2 Jeff S 3 Joseph N	Martin Wilkins I (8 km) Osrin Smith Matthews	Metropolitan Atlantic VOB Itheko Midas Spartans	43:23 43:46 41:53 43:35 55:26
2 Jason k 3 Jeandré S U.17 (6 km) 1 Carlo F 2 Justin C	Hartzenberg Koopman September Flink Claasen Britz	UWC UWC Eerste River Itheko Durbanville ATC Running	30:12 31:04 31:48 18:16 22:46 23:22

SR. 1 2 3 4 5 6 7 8 9	WOMEN (10 Leanda Anneline Candyce Hanlie Amy Elizabeth Tina-Mare Sarah Angelique	km) du Bruyn Roffey Hall Jordaan Abrahams Brink Meyer Lephuthing Rabie	FNB Carbineers UWC UWC Durbac FNB SANDF Carbineers	45:31 46:02 48:49 49:32 51:51 52:01 55:11 57:53 58:04
10	Cleo	Albertus	Carbineers	58:05
SR. 1 2 3 4 5 6 7 8 9 10	WOMEN Lee-Shay Amy Nowbabalo Tina-Mari Leanda Pamela Nocwaka Madelé Iviwe Alicia	Willemse Abrahams Dyonase Meyer du Bruyn Moyikwa Mthetho du Plessis Zangqa Hartnick	Velocity UWC VOB FNB FNB VOB Celtic Harriers Edgemead CPUT Helderberg Harr	17:47 18:22 18:31 19:08 19:09 19:34 19:41 19:49 21:05 21:31
1 2 3	ERAN WOME Busisiwe Sharon Elizabeth	Matiwane Sunderland Brink	Celtic Harriers West Coast Durbanville	18:41 19:27 19:42
1 2 3	STER WOMEN Mariëtte Olga Georgina	Strauss Howard Andraos	Tygerberg Celtic Harriers VOB	18:52 19:26 19:31
1 2 3	IASTER WOM Nancy Charmaine Judith G'MASTER WO	Will Cupido Grove	Pinelands Nedbank Tygerberg	20:33 22:14 22:41
1 2 3 U.1	Pixie Marlene Marianne 9 (6 km)	Sparg James Nelson	Celtic Harriers Pinelands RWFL	25:24 28:05 30:38
1 2	Siziphiwe Katelin	Mbatsa Muller	VOB Durbanville	30:51 40:12
U.1 1 2 3	Hayley Simone Petro	Preen Adams Moses	Hout Bay Bottelary Velocity	16:54 18:36 19:22

Gauteng North Meeting

Pretoria (TUT), 6 May

 $\underline{\text{Note}}$: This was a night event. All distances are 4 miles (6.4 km) except where indicated otherwise. – Ed.

SR. MEN

1 Esau Radebe Maokeng Golden 18:31

 Michael Vuyisile Samuel Musa Joel Koos Martin Hoshane Koketso 	Pienaar Tshoba Segoaba Swakaxa Modiba Baloyi Nkoe Vuma Maphothuma	Tuks Individual Transnet Rockies TUT Prestige TUT Suthier Modiba	18:32 18:58 19:02 19:18 19:25 19:35 19:40 19:51 20:13
MEN 40 1 Llewlyn 2 Joseph 3 Chris MEN 45	Curlewis Skosana Dorfling	Tuks Ikhonjane Momentum	22:47 24:35 24:39
1 Johan 2 Ramoroa 3 Koos MEN 50	Buys Molose Aphane	Tuks Erwat PMMC	23:15 23:53 23:55
1 Moses 2 Richard 3 Rob MEN 55	Letlhaku Sinden Hudson	Cool Running VTM Irene	22:58 24:29 25:01
1 Colin2 Gert3 Piet	McGeer Steyn Lotter	Team Vitality GNMA ACRW	24:59 25:19 25:36
MEN 60 (3 miles/ 1 Don 2 Wessel 3 Johann	Charles Van Wyk Van Zyl	Nedbank AEL AC Running Inn	19:43 24:11 24:49
MEN 65 (3 miles/ 1 Andre 2 Gawie MEN 70 (3 miles/	Smith Pretorius 4.8 km)	PMK AS Eagles	24:00 26:08
1 Harry2 Anton3 AssieMEN 75 3 miles/4	Van der Merwe Harrop-Allin Van Aswegen I.8 km)	BHS ACRW Overkruin	21:33 24:40 26:11
	Van der Merwe Van Aswegen	Transnet Overkruin ACRW	25:47 30:21 31:07
MEN 23 1 Paseka 2 Kleinboy 3 Arend	Mokubung Matsemela Stoffberg	TUT FPN Tuks	19:56 19:57 19:58
JR. MEN 1 Gongezo 2 Matthew	Njubane Greer	Prestige Suthies	19:29 19:37
3 Romano BOYS 17 1 Obakeng 2 Jason 3 Rievan	Slinger Sethole Windvogel Lombard	Eldoraigne Monaco HS Centurion HS Centurion	19:47 19:25 19:52 19:53
SR. WOMEN 1 Andrea	Steyn	The Bicycle Company	21:19

2 3 4	Nthabiseng Erikah Marietjie	Tshehla Skosana McDermott	Monaco Ikhonjane Love Running	24:33 26:26 26:54
5	Elsmarie	King	Resbank	26:57
SR. \	WOMEN (2 m	iiles/3.2 km)		
1	Nerissa	Van der Walt	Runavation	10:53
2	Anet	Coetzee	KPMG	11:05
3	Nokuthula	Makoane	TUT	11:20
4	Kamogelo		PMMC	12:21
5	Suane	Cillie	Tuks	12:24
6	Shona	Van der Merwe	Zwartkop	13:25
7	Marlize	Odendaal	Runavation	13:45
8		Van Der Kooy	Individual	14:34
9 10	Yvette Jean-Marie	Jansen v. Nieuwenhuizen	TUT Individual	16:41 17:45
10	Jean-Marie	Du Piessis	muividuai	17.45
	1EN 40 (2 mi		EDM	11.50
1	Sanet	Delport	FPN	11:53
2	Alicia Elouise	Heyns Dirkse van Schalkwyk	GNMA	13:01 13:26
	1EN 45 (2 mi		Agape	13.20
1	Nesta	Le Roux	Individual	13:38
2	Letmari	Dreeckmeier	AS Eagles	14:22
3	Concelia	Maluleka	Atteridgeville J. Diggers	14:43
	1EN 50 (2 mi			
1	Lelanie	Cornelius	Nedbank	13:14
2	Lettie	Saayman	Nedbank	13:26
3	Thea	Van der Merwe	Irene	15:02
1	1EN 55 (2 mi Ilze	Crous	Unisa	14:07
2	Adri	Van Dyk	Danie Malan	15:52
3	Linah	Mahlangu	Ikhonjane	18:20
	1EN 60 (2 mi		imongane	10.20
1	Frances	Van Blerk	Nedbank	13:46
2	Corrie	Kleingeld	BHC	17:13
3	Rina	Pretorius	AS Eagles	17:39
WOM	1EN 65 (2 mi	les/3.2 km)		
	Ella		PMK	18:33
WOM	1EN 70 (2 mi			
1	Arina	Van Aswegen	Individual	32:44
	1EN 75 (2 mi			22.24
1		Van Rooyen	Transnet	22:21
	1EN 90 (2 mi		Individual	22.44
1		Van Aswegen	Individual	32:44
1	1EN 23 (2 mi Michelle	Redelinghuys	Tuks	11:15
2	Monique	Geel	AHMP	11:35
3	Alicia	Labuschagne	Montana	11:38
	VOMEN	_		
1	Prudence	Sekgodiso	Tuks Sport	21:18
2	Lize	Botha	Runavation	22:44
3	Carla	Venter	Zwartkop	23:27
	S 17 (2 mile	-	T. I. C. I	10.50
1	Gizelde	Strauss	Tuks Sport	10:53
2	Fortune	Mobtosa	Tuks Sport	11:41
3	Zanrie	Kotze	Zwartkop	11:53

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

TCS World 10 km (9th)

Bengaluru, IND, 15 May (Certified course)

MEN (qun times)

- 1. Mosinet Geremew, ETH 28:36 USD 23,000
- 2. John Langat, KEN 28:37 17,000
- 3. Bonsa Dida, ETH 28:42 10,000

WOMEN (gun times)

- 1. Peres Jepchirchir, KEN 32:15 USD 23,000
- 2. Helah Kiprop, KEN 32:28 17,000
- 3. Wude Ayalew Yimer, ETH 32:33 10,000

Gifu Seiryu Half Marathon (6th)

(IAAF Silver Label Road Race)

Gifu, JPN, 15 May (Distance: 21.1 km)

MEN

- 1. Patrick Muendo Mwaka, KEN 1:01:51 PB
- [14:28 / 29:10 / 43:57 / 58:41]
- 2. Paul Kuira, KEN 1:01:54
- 3. Martin Mathathi, KEN 1:02:12

WOMEN (gun times) -

- 1. Eunice Kirwa, BRN 1:08:55 CR*
- [15:49 / 32:03 / 48:10 / 65:18]
- 2. Betelham Moges, ETH 1:11:09
- 3. Rebecca Chesir, KEN 1:11:09
- 4. Visiline Jepkesho, KEN 1:11:33
- 5. Veronicah Wanjiru, KEN 1:11:59

BIG 25 Berlin (36th)

Berlin, GER, 15 May

(Distance: 25 km; flat course)

MEN (gun times)

- 1. Benard Kiplangat Bett, KEN 1:15:51 € 1500
- 2. Patrick Mugur Ereng, KEN 1:16:18 750
- 3. Gudeta Biratu, ETH 1:18:10 ---^
- 4. Mathew Kosgei, GER 1:19:00 ---^
- 5. Dickson Kurui, KEN 1:19:07 ---^
- ^) Minimum time to receive prize money was 1:18:00

WOMEN (gun times)

1. Viola Jelagat, KEN
2. Helen Bekele Tola, ETH
3. Urge Diro Soboka, ETH
4. Mayada Al-Sayad, PLE
5. Sintayehu Kibebo, ETH
1:26:00 € 1500
1:28:32 750
1:30:53 ---^

^) Minimum time to receive prize money was 1:30:00

Bay to Breakers 12 km (105th)

San Francisco, USA, 15 May

(Certified point-to-point course with minimal elevation loss [0.1m/km])

MEN (gun times)

- 1. Isaac Mukundi, Grand Prairie, TX (KEN) 35:23 \$3000
- 2. Tsegay Tuemay Weldlibanos, Tampa, FL (ETH) 35:24 2500
- 3. Abraham Habte Ghebrezghiabher, Tampa, FL (ETH) 35:25 2250
- 4. Mogos Shumay Solomon, Tampa, FL (ETH) 35:26 2000
- 5. Philemon Cheboi, Tampa, FL (KEN) 35:27 1750

WOMEN (gun times)

······································		
1. Caroline Chepkoech, KEN	40:36 \$3	000
2. Jane Kibii, Auburn, CA (KEN)	40:47 2	500
3. Susan Jerotich, Chapel Hill, NC (KEN)	41:14	2250
4. Sarah Kiptoo, Santa Fe, NM (KEN)	41:28	2000
5. Hellen Jemutai, Chapel Hill, NC (KEN)	41:39	1750

Lattelecom Riga Marathon (26th) & Half Marathon

Riga, LAT, 15 May

(Distances: 42.295 km [3 x 14.1 km loop] and 21.1 km [1 x 14.1 km loop + 2 x 7 km loop])

 $\underline{\text{Note}}$: Women's marathon champion Shitaye Gemechu served a two-year doping ban for EPO. – Ed.

Marathon

MEN

1. Dominic Kangor Kimwetich, 1989, KEN 2:11:45 CR 2. Kaleab Selomon Ghilagabr, 1983, ERI 2:12:22

3. Charles Wachira Maina, 1982, KEN 2:13:55

WOMEN

Shitaye Gemechu Debellu, 1980, ETH 2:38:41
 Divina Jepkogei, 1984, KEN 2:40:02

3. Mulunesh Zwedu Asefa, 1994, ETH 2:44:08

Half marathon

MEN

1. Ibrahim Mukunga Wachira, 1989, KEN 1:05:26 2. Daviti Kharazishvili, 1992, GEO 1:05:39 3. Erik Tramstad, 1984, NOR 1:07:47

WOMEN

1. Jelena Prokopcuka, 1976, LAT 1:16:07

2. Rasa Drazdauskaite, 1981, LTU 1:16:22 3. Ilona Marhele, 1986, LAT 1:16:38

Kazan International Marathon

Kazan, RUS, 15 May (Distance: 42.195 km)

MEN

1. Andrey Safronov (16.12.85) 2:18:27 2. Dmitriy Safronov (09.10.81) 2:21:54 3. Rinat Kashapov (04.05.83) 2:25:56

WOMEN

Tatyana Aryasova (02.04.79)
 Irina Yumanova (09.04.90)
 2:33:37
 2:36:13

3. Olesya Nurgalyeva (07.01.76) 2:39:51

UAE Healthy Kidney 10 km (12th)

Central Park, New York, USA, 14 May

(Certified one-loop course with 4.1 m elevation GAIN and 3.7% start/finish separation)

MEN (gun times)

1. Lucas Rotich, 26, KEN 28:29 \$25,000 [14:01 / 22:44]
2. Wilson Chebet, 30, KEN 28:37 10,000 [14:00 / 22:45]
3. Teshome Mekonen, 20, ETH 28:47 5,000 [14:00 / 22:44]
4. Zane Robertson, 26, NZL 29:02 3,000
5. Ashalew Neguse Meketa, 28, ETH 29:47 2,000

WOMEN (gun times)

1. Cynthia Limo, 26, KEN	31:39	\$25,000
[16:02 / 25:34]		
2. Mary Wacera, 27, KEN	31:51	10,000
[16:03 / 25:34]		
3. Edna Kiplagat, 36, KEN	31:58	5,000
[16:03 / 25:34]		
4. Diane Nukuri, 31, BDI	32:23	3,000
5. Buze Diriba, 22, ETH	33:15	2,000

OUTDOOR TRACK

IAAF Diamond League - Shanghai

(2nd stop of 2016 IAAF Diamond League) Shanghai, CHN, 14 May

MEN

800 (DL):

- 1. Ferguson Cheruiyot Rotich, KEN, 1:45.68
- 2. Robert Kiptoo Biwott, KEN, 1:45.84
- 3. Alfred Kipketer, KEN, 1:45.93
- 4. Thijmen Kupers, NED, 1:46.23
- 5. David Rudisha, KEN, 1:46.24

- 6. Antoine Gakeme, BDI, 1:46.35
- 7. Rynardt van Rensburg, RSA, 1:46.69
- 8. Erik Sowinski, USA, 1:47.22
- 9. Michael Rimmer, GBR, 1:47.44
- 10. Nick Symmonds, USA, 1:48.39
- 11. Job Koech Kinyor, KEN, 1:48.85 Bram Som, NED, DNF

5000 (DL):

- 1. Muktar Edris, ETH, 12:59.96 WL
- 2. Joshua Cheptegei, UGA, 13:00.60 PB
- 3. Thomas Longosiwa, KEN, 13:01.69
- 4. Abadi Embaye (1999), ETH, 13:02.49 WJL/WYL/PB
- 5. Yomif Kejelcha, ETH, 13:03.29
- 6. Hagos Gebrhiwet, ETH, 13:04.12
- 7. Albert Rop, BRN, 13:04.87
- 8. Imane Merga, ETH, 13:06.25
- 9. Edwin Soi, KEN, 13:07.68
- 10. Yenew Alamirew, ETH, 13:08.70
- 11. Aweke Ayalew, BRN, 13:18.15
- 12. Yasin Haji, ETH, 13:19.50
- 13. Birhanu Legese, ETH, 13:31.67
- 14. Bujie Duo, CHN, 14:20.80 Augustine Choge, KEN, DNF Geoffrey Rono, KEN, DNF John Kibet Koech, BRN, DNF

WOMEN

1500 (DL):

- 1. Faith Kipyegon, KEN, 3:56.82 NR/WL/PB
- 2. Hellen Obiri, KEN, 3:59.34
- 3. Dawit Seyaum, ETH, 3:59.87
- 4. Besu Sado, ETH, 4:00.08 PB
- 5. Gudaf Tsegay (1997), ETH, 4:02.73 WJL/PB
- 6. Jenny Simpson, USA, 4:04.56
- 7. Sofia Ennaoui, POL, 4:05.10
- 8. Nancy Chepkwemoi, KEN, 4:05.22
- 9. Violah Lagat, KEN, 4:06.77
- 10. Jing Zhao, CHN, 4:09.28 PB
- 11. Zoe Buckman, AUS, 4:10.28
- 12. Zheng Xiaogian, CHN, 4:10.32 PB
- 13. Lauren Johnson, USA, 4:12.43
- 14. Ingvill Måkestad Bovim, NOR, 4:14.12 Tamara Tverdostup, UKR, DNF

3000 s/chase (DL):

- 1. Hyvin Kiyeng Jepkemoi, KEN, 9:07.42 WL/PB
- 2. Ruth Jebet, BRN, 9:15.98 PB/AR
- 3. Sofia Assefa, ETH, 9:21.07
- 4. Virginia Nyambura Nganga, KEN, 9:21.15
- 5. Purity Cherotich Kirui, KEN, 9:22.47
- 6. Lydia Chebet Rotich, KEN, 9:23.49
- 7. Celliphine Chepteek Chespol (1999), KEN, 9:24.73 WJL/WYL/PB
- 8. Sudha Singh, IND, 9:26.55 NR
- 9. Zhang Xinyan, CHN, 9:29.52
- Peruth Chemutai, UGA, 9:31.34
- 11. Rosefline Chepngetich, KEN, 9:35.22

- 12. Lidya Chepkurui, KEN, 9:36.47
- 13. Lalita Babar, IND, 9:43.30
- 14. Birtukan Fente, ETH, 10:04.42 Madeline Hills, AUS, DNF Hiwot Ayalew, ETH, DNF Caroline Chepkurui Tuigong, KEN, DNF

adidas Boost Meeting (1st)

Herzogenaurach, GER, 13-14 May MEN

800 (14):

Race A:

- 1. TARBEI Willy Kiplimo 8103 KEN 4 1:44.84
- 2. KITILIT Jonathan 8101 KEN 3 1:45.87
- 3. KIPKOECH Nicholas Kiplangat KEN 22 OCT 1992 2 1:46.83

Race B:

- 1. KIPTONUI Cornelius 12 KEN 2000 4 1:48.04
- 2. HUBER Benedikt 8114 LG TELIS FINANZ Regensburg GER 5 1:48.35
- 3. SMAILI Mostafa 8110 MAR 3 1:48.94
- ... 6. UYS Henco 8113 RSA 6 1:51.10
- 7. CONRADIE Pieter 8121 RSA 6 1:54.99

SEC Outdoor Championships

(Southeastern Conference Outdoor Championships) Tuscaloosa, USA, 12-14 May

WOMEN

1500:

Final (14):

- 1. Marta Freitas, SR Miss State (POR), 4:24.00
- 2. Dominique Scott, SR Arkansas (RSA), 4:25.15
- 3. Karissa Schweizer, SO Missouri, 4:29.08

Heat 2 -

1. Dominique Scott, SR - Arkansas (RSA), 4:18.28 Q

5000 (14):

- 1. Dominique Scott, SR Arkansas (RSA), 16:10.62
- 2. Chelsea Blaase, JR Tennessee, 16:16.97
- 3. Karissa Schweizer, SO Missouri, 16:17.82

Big South Conference Outdoor Championships

Lynchburg, USA, 10-12 May

WOMEN

800:

Final (12):

1. Ansley Gebben SR Liberty 2:08.41 PB
2. Delaney McDowell FR Liberty 2:08.94
3. Roshae Jackson FR Campbell (CAN) 2:09.99 PB

Heat 2 -

1. Ansley Gebben SR Liberty 2:11.43Q

2. Aynslee Van Graan SO Coastal (RSA) 2:11.51Q PB

1500:

Final (12):

1. Cozette Collin JR High Point 4:27.23 PB
2. Aynslee Van Graan SO Coastal (RSA) 4:27.96
3. Joan Maritim SO Campbell (KEN) 4:28.08 PB

Heat 2 -

1. Natalia Ocasio JR High Point 4:45.77Q
2. Alexis Taylor SO Liberty 4:46.02Q
3. Victoria Burdette SO Winthrop 4:47.35Q
4. Aynslee Van Graan SO Coastal (RSA) 4:48.90Q

5000 (12):

1. Joan Maritim SO Campbell (KEN) 17:13.07 2. Aynslee Van Graan SO Coastal (RSA) 17:41.07 PB

3. Cozette Collin JR High Point 18:05.26

NEWS

SPAR GRAND PRIX STANDINGS

The points table after the first two Spar Grand Prix races is:

OPEN

1	Irvette van Zyl	Nedbank	40
2	Lebogang Phalula	Boxer	37
3=	Christine Kalmer	KPMG	29
3=	Nolene Conrad	KPMG	29
5	Cornelia Joubert	Boxer	27
6	Janie Grundling	Boxer	21
7	Keneilwe Sesing	KPMG	20
8	Lebo Phalula	Boxer	18
9	René Kalmer	Modern Athlete	16
10	Simonay Weitsz	KPMG	14
11	Mapaseka Makhanya	Olifantsfontein	12
12	Ntombi Mfunzi	Nedbank	11
13	Ashleigh Simonis	Carbineers	7
14	Murendwa Davhana	TUT	6
15=	Thembi Baloyi	TUT	5
15=	Poppy Mlambo	Boxer	5
15=	Bulelwa Simae	Nedbank	5
18=	Liziwe Mabona	TUT	4
18=	Nicole van der Merwe	KPMG	4
20	Anel Terblanche	KPMG	3

Veterans:

Ma	sters:		4-
Ma	store		
3	Janene Carey	Boxer	8
2	Theresa Fourie	Temp	9
1	Ulrica Stander	FNB Multisport	10

1 Judy Bird Midrand 15 2= Elmarie Coetzee FNB Multisport 4 2= Christine Claasen Achilles 4

G'masters:

1	Margie Saunders	Nedbank	15	
2	Nancy Will	Pinelands	9	
3	Sonja Laxton	RAC	5	
Jun	iors:			
1	Simonay Weitsz	KPMG	20	
2=	Ashleigh Simonis	Carbineers	17	
2=	Nicole van der Merwe	KPMG	17	

BACKGROUND

MANAGER DEWALD STEYN ALLEGES FRAUDULENT RESULTS AT PYONGYANG MARATHON

Eleven times over a 12-year period, weel-known South African athletes manager Dewald Steyn brought elite runners to the Mangyongdae Prize Pyongyang Marathon North Korea in April. By his own reckoning, he supplied 60% of the foreign athletes for this event over that time, reports David Monti for *Race Results Weekly*.

But now Steyn doesn't think he'll do business with the race again after alleging that two North Korean runners, Ra Hyon-ho and Ri Kwang-bom, cut the course in order to obtain Olympic Games qualifying times. In the official results they finished fourth and fifth in 2:15:45 and 2:16:25, respectively, comfortably under the required 2:19:00 minimum mandated by the IAAF. The race was held on 10 April.

"This year I again managed a team of athletes from Africa with my son as co-manager," Steyn wrote in an e-mail to *Race Results Weekly*. "I was stationed at the 30 km refreshment station while my son was stationed at the 35 km refreshment point."

The course-cutting took place after the 35 km point, Steyn said, after a pack of four runners -- Ketema Bekele Negassa of Ethiopia, Morris Murethi Mwange of Kenya, Pak Cholgwang of of North Korea, and Kelvin Pangiso of Zimbabwe -- passed his son. At the 30 km point, Steyn observed another athlete, Cephas Pasipamire of Zimbabwe, another 15 meters behind, and about 50 meters further back was Matthews Mutanya of Zambia. The two North Koreans, Ra and Ri, came past next another 100 m back, running with Namibia's Simon Chipangana.

"At 35 kilometers the lead group was still the same, but Pasipamire (had) joined them," Steyn wrote. "The rest was still the same and my son reported that my Africa team had six athletes in the top ten."

However, at the finish line, after Pak, Negassa and Mwange had finished one-two-three, Ra and Ri came past the post next in fourth and fifth, despite having never passed either Pangiso or Pasipamire, according to what the athletes told Steyn. He was outraged, and protested.

"When we complained we were told that they have an electronic chip system that they can investigate," Steyn continued. "It took more than three weeks to produce these results, while they just ignored all correspondence to them. It however seems like the chip system failed and they also did not report results further than number seven. Cephas Pasipamire and Kelvin Pangiso, who finished more than 50 m apart, were given the same time of 2:17:00."

Steyn also alleged that a marshaling error cost Negassa the victory. He had been leading the race by a big margin right before the finish, but followed the wrong vehicle when it turned into the stadium.

"Another problem in the race was that except for the time car that appeared into the stadium about 50 m in front of the leading athlete, another car with officials drove directly in front of the leading athlete and turned left into the stadium," Steyn wrote. "With no marshall present to direct the athlete, he followed the car. This athlete, Ketema Bekele Negassa, was leading by about 30 m, but when people started shouting and he looked back, he saw Pak Chol-gwang of the DPRK running the opposite direction and leaving him behind to win the race."

While Steyn admitted that trying to protect the earnings of his athletes was a concern, he was more worried about the lack of fair play. Cheating, he said, can't be overlooked.

"These people saw me as their friend having been responsible for 60 to 80 percent of their foreign athletes over a 12-year period, but this is totally unacceptable while they refuse to communicate with me. They will most probably not ask me to bring athletes again if I reveal this, but to me this is as bad as taking drugs - refusing to accept that their athletes did not run the full race but thereby qualifying for the Olympics."

In his newsletter *The Analytical Distance Runner* Ken Young wrote the following in reaction to Steyn's observations:

Hyon-Ho Ra: This runner has been credited with finishes at Pyongyang for the three preceding years with times of 2:16:04 (2nd) in 2015, 2:20:15 (12th) in 2014, and 2:18:57 (12th) in 2013. He ran 2:19:18 at the 2015 Beijing Marathon. It does not appear that this runner is capable of a marathon in the 2:16 range, i.e., his 2015 time is also suspect. His 2013 and 2014 times are probably more indicative of his capabilities. Both his 2016 and 2015 marks are now indicated as "dg" in the ARRS database.

Kwang-Bom Lee: This runner was not in the ARRS database so it would be rather unusual for him to jump from unknown to a 2:16 marathon, although not impossible. This performance is a "dq" as well.

These runners are now known cheats and any performances by them should be regarded with suspicion.

STATS TIME

This week we include a list of the top ten SA men in the marathon for 2016. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2016 MARATHON: TOP 10 MEN

2:11:27	Lusapho April	1	Hannover	10 Apr
2:11:43	Sibusiso Nzima	4	Seville	21 Feb
2:13:17	Tgabiso Benedicth Moeng	9	Hamburg	17 Apr
2:17:15	Lungile Gongqa	14	Mumbai	17 Jan
2:17:27	Xolisa Tyali	5	Brighton	17 Apr
2:21:32	Lucas Jani	1	East London	20 Feb
2:23:00	Tshidiso Bosiu	1	Centurion	02 May
2:23:12	Ntsindiso Mphakathi	3	East London	20 Feb
2:25:12	Siyabonga Nkonde	4	East London	20 Feb
2:25:12	Siviwe Nkombi	1	Langebaan	23 Apr

THIS MONTH IN HISTORY

58 years ago tomorrow: 17 May 1958

In the metric world the 1500 metres has diminished the popularity of the mile, but ever since the days of Roger Bannister the race of four laps around the track (or, these days, more or less four laps) has remained an event with special allure. Bannister's first dream mile was set in May, and an interesting aspect of the mile in South African is that seven of the 27 official SA records have been run in the fifth month (including the current one). On this day one of the most outstanding achievements in South African miling came when Harold Clark ran 4:05.4 in Durban to break Athol Jennings's previous record by 6.3 sec – the biggest margin with which a national record has ever been bettered. The year 1958 was a spectacular one in SA miling: Before 1958 only two South Africans, Jennings and Michael Hodgson, had beaten 4:10, and only once each, but during 1958 Clark and Hodgson ran a total of 19 such times between them and ended the year with personal

bests of 4:04.5 for both. Neither of these times, which Hodgson ran in Bakersfield and Clark in Kimberley, was ratified as a record, but Clark's 4:04.9 at the famous Boxing Day Meeting in Paarl was. This mark stood until 13 November 1964, when De Villiers Lamprecht ran South Africa's first sub-4 minute mile.

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					
<u>Open</u>					
10 km	28:50	Elroy Gelant	Port Elizabeth	02 Apr	
	27:42	Bitan Karoki Muchiri (KEN)			
	27:42	Leonard Barsoton Kiplimo (
	26:44	Leonard Patrick Komon (KE			
15 km	46:36	Adrian Wildschutt (jun)		19 Mar	
	44:04	Bethwell Birgen Chemwond	•		
	41:13	Leonard Patrick Komon (KE	EN) 2010		
21.1 km	61:27	Stephen Mokoka	Cardiff	26 Mar	
	59:10	Geoffrey Kipsang Kamworor (KEN)			
	58:23	Zersenay Tadese (ERI) 2010			
25 km	83:28	Tumelo Mahlangu	Pretoria	07 May	
	81:12a	Siyabonga Nkonde	Pinetown	31 Jan	
	75:36	Wellington Bezerra da Silva	a (BRA)		
	71:18**	Dennis Kipruto Kimetto (KI	EN) 2012		
30 km	1:36:30	Melikhaya Frans	Uitenhage	05 Mar	
	1:30:45	Keita Shitara (JPN)			
	87:37**	Emmanuel Kipchirchir Muta	ai (KEN) 2014		
Marathon	2:11:27	Lusapho April	Hannover	10 Apr	
	2:03:05	Eliud Kipchoge (KEN)			
	2:02:57	Dennis Kipruto Kimetto (KI	EN) 2014		
100 km		•	-		
	6:13:33	Takahiro Sunada (JPN) 199	98		
	87:37** 2:11:27 2:03:05 2:02:57	Emmanuel Kipchirchir Muta Lusapho April Eliud Kipchoge (KEN) Dennis Kipruto Kimetto (KE	Hannover EN) 2014	10 Apr	

^{**)} 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	69:14	Gert Thys	Wellington	02 May
	62:28	John Campbell (NZL) 1990	& Nelson Chirchir (KEN) 1996
25 km	1:28:49	Shadrack Hoff	Pretoria	07 May
	76:49	Martin Mondragon (MEX) 1	994	
30 km	1:45:23	Maxwell Goodman	Uitenhage	05 Mar
	1:35:28	Geraldo Antonio da Silva (I	3RA) 2002	
Marathon	2:23:46	Charles Tjiane	Benoni	31 Jan
	2:08:46	Andres Espinosa (MEX) 200	03	
100 km				
	6:18:24	Mario Ardemagni (ITA) 200)4	

Masters (50+)				
10 km	34:01 30:35	Makaya Masumpa Tecwyn Davies (GBR) 1988	Port Elizabeth	02 Apr
15 km	54:10 47:52	Johnny Persents Titus Mamabolo (RSA) 199	Ravensmead	19 Mar
21.1 km	75:13 66:42	Johnny Persents Martin Rees (GBR) 2003	Gordon's Bay	16 Apr
25 km	1:37:22	Joseph Ndlovu	Pretoria	07 May
30 km	1:57:58	Welcome Loliwe	Uitenhage	05 Mar
Marathon	2:47:07 2:19:29	Dan Mothibe Titus Mamabolo (RSA) 199	East London 1	20 Feb
100 km		, ,		
Grandmasters				
10 km	37:56 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Bellville	02 Apr
15 km	58:27	Mochamat Kriel	Ravensmead	19 Mar
21.1 km	54:32 83:37	Cees Stolwijk (NED) 2013 Mochamat Kriel	Gordon's Bay	16 Apr
25 km	71:31 1:49:33	Martin Rees (GBR) 2013 Jan Lebese	Pretoria	07 May
	94:01	Doug Winn (USA) 2010		,
30 km	2:18:15 1:57:07	Mochamat Kriel Ed Whitlock (CAN) 1994	Parow	14 Feb
Marathon	3:14:57	Robbie Lindsay	East London	20 Feb
100 km	2:36:30	Yoshihisa Hosaka (JPN) 200	09	
Great grandma	asters (70+))		
10 km	43:16	Andrew Spence	Sasolburg	06 Feb
	43:16	Jeff Smith	Goodwood	12 Mar
451	37:33	Ed Whitlock (CAN) 2004		40.14
15 km	66:12 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Ravensmead	19 Mar
21.1 km	96:48	Jeff Smith	Tokai	06 Feb
ZIII KIII	82:23	Ed Whitlock (CAN) 2001	TORGI	00165
25 km	3:03:13 99:59	Assie van Aswegen	Pretoria	07 May
30 km	2:22:55	Clive Davies (USA) 1985 Jeff Smith	Camps Bay	10 Jan
		Ed Whitlock (CAN) 2001	a 	0.4 = 1
Marathon	3:29:46a 2:54:49		Simon's Town	21 Feb
100 km				
<u>Juniors</u>				
10 km	30:34 27:52	Kabelo Melamu Richard Chelimo (KEN) 199	Benoni 00	31 Jan
15 km	46:36	Adrian Wildschutt	Ravensmead	19 Mar
21.1 km	42:25 71:13	Moses Mosop (KEN) 2004 Andile Motwani	Port Alfred	30 Apr
	59:16	Samuel Wanjiru (KEN) 200		r
WOMEN				
<u>Open</u>				
10 km	33:24	Irvette van Zyl	Cape Town	17 Apr
	31:06	Edith Chelimo (KEN)		

	30:21m	Paula Radcliffe (GBR) 2003		
	30:29w	Asmae Leghzaoui (MAR) 20		
15 km	54:24	Zintle Xiniwe	Constantia	05 Mar
	49:36	Maryanne Wangari Wanjiru		
	46:14m	Florence Kiplagat (KEN) 20		
	46:59w	Lornah Kiplagat (NED) 200		
21.1 km	72:08	Irvette van Zyl	Benoni	31 Jan
	65:51	Viola Chepchumba (KEN)		
	65:09m	Florence Kiplagat (KEN) 20	15	
	66:25w	Lornah Kiplagat (NED) 200	7	
25 km	1:47:01	Caroline Wöstmann	Pretoria	07 May
	1:33:24a	Jenna Challenor	Pinetown	31 Jan
	1:27:47	Amy Cragg & Shalane Flan	agan (USA)	
	79:53m	Mary Keitany (KEN) 2010		
	82:47w	Paula Radcliffe (GBR) 2005		
30 km	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
	1:43:55	Miharu Shimokado (JPN)		
	1:38:49m	Mizuki Noguchi (JPN) 2005		
	1:39:11w	Mary Keitany (KEN) 2011		
Marathon	2:32:20	Irvette van Blerk	London	24 Apr
	2:19:41	Tirfe Beyene Tsegay (ETH)		
	2:15:25m			
400 1	2:17:42w	Paula Radcliffe (GBR) 2005		
100 km	6 22 44	T 41 (3DN) 2000		
	6:33:11	Tomoe Abe (JPN) 2000		
\/ata===== (40 +	`			
Veterans (40+ 10 km	-	Charné Bosman	Pretoria	23 Jan
10 KIII	37:15 32:14		Precoria	23 Jaii
15 km	57:28	Priscilla Welch (GBR) 1985 Charné Bosman	Jeffreys Bay	02 Jan
13 KIII	49:35	Priscilla Welch (GBR) 1985	Jenreys Day	UZ Jaii
21.1 km	85:39	Suzette Botha	Pietermaritzburg	28 Feb
ZI.I KIII	69:56	Irina Permitina (RUS) 2009	_	20160
25 km	1:57:50	Ashleigh White	Durban	06 Mar
25 Km	1:45:58a	Suzette Botha	Pinetown	31 Jan
	82:13	Mizuki Noguchi (JPN) 2005		JI Juli
30 km	2:14:22	Davera Magson	Uitenhage	05 Mar
	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	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	2:00:27	Ansa Strydom	Pretoria	07 May
	2:13:42a	Roshnee Natasen	Pinetown	31 Jan
30 km	2:20:20	Margie Saunders (g'mast)		05 Mar
Marathon	3:14:18	Jane Mudau	East London	20 Feb
1001	2:31:05	Tatyana Pozdniakova (UKR) 2005	
100 km				

Grandmasters	(60+)			
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
24.4	61:25	Kathryn Martin (USA) 2011		46.4
21.1 km	93:39	Nancy Will	Gordon's Bay	16 Apr
2E lem	84:56	Bernadine Portenski (NZL)		OG Man
25 km	2:37:27 2:22:39a	Pamela Rasmussen Jenny Scott	Durban Pinetown	06 Mar 31 Jan
	1:58:24	Gloria Brown (USA) 1994	FILLECOWII	21 1011
30 km	2:20:20	Margie Saunders	Uitenhage	05 Mar
50 Km	2:17:11	Barbara Miller (USA) 1999	Oftermage	05 Hai
Marathon	3:30:14	Nancy Will	East London	20 Feb
	3:01:30	Bernadine Portenski (NZL)		
100 km		,		
Great grandm	<u>asters</u> (70+)		
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
25.1	97:38	Lavinia Petrie (AUS) 2014		
25 km	2.10.20	Commit Davidson (UCA) 100	4	
20 June	2:18:20	Gerry Davidson (USA) 199		10 7
30 km	2:50:02 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	10 Jan
Marathon	4:11:27a	Veronica van Niekerk	Simon's Town	21 Feb
Marathon	3:35:29	Helga Miketta (GER) 2013	Simon's Town	21 1 60
100 km	3.33.23	rieiga riiketta (GER) 2013		
200 1				
<u>Juniors</u>				
10 km	35:38	Simonay Weitsz	Cape Town	17 Apr
	31:42	Zola Pieterse (RSA) 1984	·	•
15 km	60:51	Robyn Kaltenbrun	Boksburg	01 May
	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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