

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

A rather quiet weekend, with the main race the inaugural NMB 1 City Marathon on a point-to-point course from Uitenhage to Port Elizabeth. The wins went to Jonas Makhele by 5 seconds in 2:22:48 and Asanda Solani by 11 seconds in 3:14:30. A relay race was held in conjunction with the marathon.

Internationally, all eyes are on Eugene, where the US Olympic Trials started on Friday. The results of the first two distance finals, the 10000 metres for men and women, are included in this issue. Galen Rupp won an unprecedented eighth consecutive title, while Molly Huddle got her second.

Earlier last week two magnificent races over the same distance were held in Hengelo as the Ethiopian trials for the Olympic Games. The first three men, led by Yigrem Demelash in a world-leading (and PB) 26:51.11, clocked under 27 minutes. Almaz Ayana scored an easy win in the women's race, with her 30:07.00 also being the fastest in the world this year and a PB. Nine women went under 31 minutes!

The results of these four races are included, but with our US partner *Race Results Weekly* only being published tomorrow because of the US Independence Day celebrations today (and lots of track and road action), we will catch up with international races next week, including detailed results of the US Trials.

Reports received by DRR indicate that the Patatfees 10 km in Napier (results in last week's edition) was well short of the required distance. Most likely the half marathon was also short. These times will therefore not be used in any statistical lists.

The result of the master women in the Don Lock Memorial 8 km (results in DRR 16:23) has been amended. The winner was Bridgid Hamilton Russell (Harf) in 36:11, with Renée Scott (VOB) second in 38:52 and Roldah Orrie (Itheko) third in 39:11.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * NMB 1 City Marathon & Relay, Uitenhage to Port Elizabeth
- * Archie Gumede Memorial Half Marathon & 10 km, Durban
- * McDonalds to McDonalds 10 km, George
- * XC: WP Winter League Meeting, Bridgetown; KZN League Meeting, Pinetown

International highlights:

* Track: USA Olympic Trials, Eugene, USA; FBK Challenge, Hengelo, NED

ROAD RUNNING**NMB 1 City Marathon & Relay (1st)**

Uitenhage to Port Elizabeth, 3 July

(Distance: 42.195 km; point-to-point course. Finishers: marathon – 115.)

Marathon**MEN**

1	Jonas	Makhele	Nedbank RC AGN	34	2:22:48
2	Mthandazo	Qhina	Nedbank RC WP	38	2:22:53
3	Sityhilo	Diko	Nedbank RC WP	24	2:23:30
4	Lucas	Nonyana	Maxed Elite CGA	36	2:29:02
5	Mzwanele	Maphekula	Bluewater Bay	39	2:29:25
6	Saziphi	Blaai	Nedbank RC	35	2:31:12
7	Thandabantu	Rhafuza	Nedbank RC Bor	35	2:33:58
8	Melikhaya	Kepe	Nedbank RC	40	2:35:21
9	Simphiwe	Mfowentsizwa	Nedbank RC Bor	35	2:38:55
10	Philimon	Manyaka	Nedbank RC AGN	43	2:40:31
11	Masande	Mlonyeni	Sanlam RRC	35	2:41:24
12	Daniel	Mothibe	Run Aviation	54	2:43:27
13	Christopher	Mabengeza	Nedbank RC	50	2:45:28
14	Mzukisi	Klaas	Bluewater Bay	47	2:48:19
15	Charles	Segalo	Charlo AC	29	2:50:54
16	Malibongwe	Mbelu	RWFL EP	44	2:53:49
17	Colben	Ngcupe	Charlo AC	53	2:56:44
18	Nkosinathi	Gcakasi	Bluewater Bay	45	3:01:53
19	Khayelihle	Ncube	Nedbank RC	29	3:02:29
20	Mbuyisi	Mdoloshe	East London A C	44	3:05:42

40-44:

1	Melikhaya	Kepe	Nedbank RC	40	2:35:21
2	Philimon	Manyaka	Nedbank RC AGN	43	2:40:31
3	Malibongwe	Mbelu	RWFL EP	44	2:53:49

45-49:

1	Mzukisi	Klaas	Bluewater Bay	47	2:48:19
2	Nkosinathi	Gcakasi	Bluewater Bay	45	3:01:53
3	Morne	Van Wyk	Nedbank RC	46	3:12:32

50-54:

1	Daniel	Mothibe	Run Aviation	54	2:43:27
2	Christopher	Mabengeza	Nedbank RC	50	2:45:28
3	Colben	Ngcupe	Charlo AC	53	2:56:44

55-59:

1	Elias	Letlape	Nedbank RC AGN	57	3:15:04
2	Efese	Peter	SANDF AC EP	56	3:28:11
3	Sidwel	Roboshi	Nedbank RC	56	3:38:40

60-64:

1	Elvis	Galela	Madibaz AC	64	3:16:01
2	Sizinzo	Kama	Achilles AAA	64	3:23:17
3	Donald	Mancasa	Madibaz AC	62	4:11:17

65-69:

1	Thembisile	Ntoni	PEAAC	68	4:34:16
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70-74:

1	Tamsanqa	Jusayi	Nedbank RC	74	4:03:06
2	Herman	Dekker	SAPS AC EP	71	4:50:27

WOMEN

1	Asanda	Solani	Achilles AAA	33	3:14:30
2	Jane	Barnardo	Body Concept	41	3:14:41
3	Christine	Claasen	Achilles AAA	51	3:16:07
4	Paulina	Phaho	Rockies RR	44	3:18:39
5	Busisiwe	Matiwane	Nedbank RC WP	41	3:22:22
6	Katherine	Van der Walt	Body Concept	40	3:24:01
7	Zandile	Rubushe	Mdantsane	31	3:26:13
8	Buyelwa	Kobokana	Nedbank RC	51	3:46:14
9	Terray	Newcombe	Elite A C	25	3:47:54
10	Amanda	Prideaux	Bluewater Bay	41	3:54:54
11	Monica	Lahle	Mdantsane	39	4:12:05
12	Claire	Badenhorst	Plett AC	43	4:16:04
13	Elaine	Bosch	Elite A C	32	4:39:56
14	Yvette	Jonker	Despatch AC	44	4:40:10
15	Christine	Snyman	Despatch AC	60	4:40:11
16	Lesley Ann	Bush	Despatch AC	44	4:40:12
17	Asanda	Msaro	Ikhamva AC	30	4:40:17
18	Vuyiseka	Tyukala	Ikhamva AC	24	4:47:57
19	Carol	Booyesen	Muirite Strider	47	4:58:40
20	Fezeka	Mkhwa	SAPS AC EP	39	5:00:39

40-44:

1	Jane	Barnardo	Body Concept	41	3:14:41
2	Paulina	Phaho	Rockies RR	44	3:18:39
3	Busisiwe	Matiwane	Nedbank RC WP	41	3:22:22

45-49:

1	Carol	Booyesen	Muirite Strider	47	4:58:40
2	Melissa	Berg	Despatch AC	46	5:22:33

50-54:

1	Christine	Claasen	Achilles AAA	51	3:16:07
2	Buyelwa	Kobokana	Nedbank RC	51	3:46:14

60-64:

1	Christine	Snyman	Despatch AC	60	4:40:11
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Relay

MEN

1	Ikhamva Team A	Frans, Mabhongo, Tshangana, Nyongo	2:12:44
2	Nedbank	Prins, Makhanda, Maliza, Effenaar	2:15:27
3	Tinarha Adios	Mdlungwane, Motwana, Williams, Ngqqa	2:15:55

WOMEN

1	NMMU AC	Dempster, Schlemmer, Ncube, Sims	2:46:38
2	Nedbank	Nyanga, Saunders, Magson, Mfunzi	2:52:20
3	Motherwell AC Ladies	Nojoko, Liwani, Mayedwa, Ntliiziyo	2:56:39

Archie Gumede Memorial Half Marathon & 10 km

Durban, 26 June

(Distances: 21.1 km & 10 km; point-to-point courses)

Note: Big prize money in this half marathon, which is most certainly short. Using 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, twelve time comparisons produce a figure of -6.57 sec/km – more than the maximum allowable figure of -5 sec/km. When the most extreme negative figure for one of the twelve athletes is left out, the rest shows -4.57sec/km – barely within the allowable figure. There seems to be sufficient evidence that these times are not acceptable for statistical purposes. Quite a few of the runners are unknown to DRR (including the winner of the half marathon, who presumably is from Lesotho), and most clubs were not included with the results. – Ed.

Half marathon

MEN

1. Seutloali Khoareahlane 1:05:00 (R10 000)
2. Ayanda Mncube (Phantane) 1:05:17 (R5000)
3. Jobo Khatoane (LES) 1:05:38 (R3000)
4. Sibabalwe Mzazi 1:05:51 (R1000)
5. Silindile Gubese (Phantane) 1:06:33 (R500)
6. Siyabonga Nkonde (Boxer) 1:07:29
7. Tsepang Ramonene (LES/Phantane) 1:07:59
8. Sphamandla Nyembe (Ethekwini) 1:09:09
9. Thabang Masopha (Phantane) 1:09:17
10. Anele Dlamini (Phantane) 1:10:17

WOMEN (Same prize money as men)

1. Jenet Dlamini (Mzimkhulu Striders) 1:17:13
2. Lavinia Haitope (NAM) 1:18:31
3. Lineo Chaka (LES) 1:21:55
4. Catherine Skosana 1:22:47
5. Makhosi Mhlongo 1:22:55
6. Ntokozo Heleni 1:27:41
7. Mzoleli Gxaneni 1:29:48
8. Zama Mokoena 1:32:16
9. Zethule Ngema 1:33:09
10. Bichetseng Molefe 1:33:46

10 km

MEN

1. Tebello Ramakong 33:23 (R1000)
2. Sipho Mbanjwa 33:34 (R500)
3. Siyethemba Hadebe 33:48 (R300)
4. Siphesihle Ndaba 35:39
5. Siphesihle Langa 39:03
6. Teboho Mohale 40:15
7. Sihle Ntombela 40:41
8. Nhlakanipho Majola 40:48
9. Lodile Jonose 41:23
10. Siyabulela Ndovela 42:25

WOMEN (Same prize money as men)

1. Loveness Madziva (ZIM) 41:33
2. Puseletso Dladla 42:26
3. Slindile Chili 43:30
4. Makhosonke Khumalo 48:39
5. Babalwa Mthwethwa 58:09
6. Sindisiwe Jali 1:03:16
7. Thembisile Luthuli 1:05:39
8. Thembelaphi Mthembu 1:06:31
9. Charity Mthimkhulu 1:06:55
10. Babongile Memela 1:09:05

McDonalds to McDonalds 10 km

George, 25 June

(Finishers: 350 [up from 284 last year].)

MEN

1	Lloyd Bosman	Nedbank	28	30:57
2	Godwin Heyns	Nedbank	18	31:57
3	Donovon Jantjies	Outeniqua	19	32:24
4	Elfonzo Pieterse	Nedbank	27	32:49
5	Francois Maquassa	Nedbank	20	32:59
6	Dullan Solomons	Nedbank	17	33:24
7	Archie Boome	Knysna	20	34:14
8	Booi Salman	Oudtshoorn	42	34:38
9	Auschten October	Nedbank	18	34:57
10	Aviwe Kinana	Knysna	17	35:51

Veterans:

1	Booi Salman	Oudtshoorn		34:38
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Masters:

1	Peter Jaehne	Outeniqua		38:31
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G'masters:

1	Jan du Toit	Hartenbos Drawwers		46:19
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G/g'masters:

1	Johan Keuler	Nedbank SWD		56:50
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Juniors:

1	Godwin Heyns	Nedbank SWD		32:24
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WOMEN

1	Melissa van Rensburg	Nedbank	34	38:07
2	Macnita Samuels	Knysna	19	40:49
3	Lisl Grobler	Knysna	40	41:22
4	Lana Theunissen	Nedbank	43	41:45
5	Annatjie Botes	Nedbank	58	42:43
6	Elsire Roos	Nedbank	36	43:52
7	Charmaine Lamprecht	Nedbank	32	44:00
8	Carike Fourie	Nedbank	39	44:14
9	Mellusca Toovey	Nedbank	27	44:52
10	Annegret Pauw	Nedbank	39	45:45

Veterans:

1	Liesl Grobler	Knysna		41:22
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Masters:

1	Annatjie Botes	Nedbank SWD		42:42
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G'masters:

1	Mariette de Haan	Nedbank SWD		57:01
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Juniors:

1	Macnita Samuels	Knysna		40:49
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CROSS-COUNTRY**WP Winter League Meeting**

Bridgetown, 2 July

Note: All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN (10 km)

1	Sibusiso	Madikizela	MSA Multi Sport	35:17
2	Ben	Matiso	Nantes	35:18
3	Duran	Faro	UWC	35:31
4	Jeandré	September	Eerste River	35:56
5	Sibusiso	Magwaza	UWC	35:58
6	Phumezo	Gelem	Easterns	37:38
7	Gerald	Sullivan	Sanlam	42:55
8	Wanga	Mulaudzi	SANDF	44:58
9	Ashwyn	Classens	FNB Multi-Sport	49:38
10	Jodi	Fullard	Nantes	51:39

VETERAN MEN (8 km)

1	Mogale	Piloso	SANDF	32:14
2	Randall	Joshua	Nantes	34:32
3	Craig	Manuel	SANDF	37:47

MASTER MEN (8 km)

1	Roston	Isaacs	Nedbank	32:35
2	Gerald	Sullivan	Sanlam	36:04
3	Don	Moferi	Telkom	39:41

G'MASTER MEN (8 km)

1	Johan	van Zyl	Sanlam	39:35
2	Trevor	Busby	Capricorn	41:11
3	Patrick	Adamson	Spartan Harriers	68:21

U.20 (8 km)

1	McMarshall	Hartzenberg	UWC	29:11
2	Jeandré	September	Eerste River	29:24
3	Nico	Kruger	Eerste River	30:52

U.18 (6 km)

1	Yamkela	Dyani	Easterns	22:23
2	Jeremon	Williams	Bottelary AC	23:03
3	Zachary	Manuel	Eerste River	23:31

SR. WOMEN (10 km)

1	Tanith	Maxwell	Boxer AC	39:04
2	Sinethema	Masana	SANDF	50:01
3	Zanele	Kwayimani	SANDF	61:12
4	Julie	Fritz	Easterns	64:26
5	Zelda	Cottle	Spartan Harriers	65:21

VETERAN WOMEN

1	Laura	Simonis	West Coast	19:58
2	Venita	Nel	Goodwood Harriers	24:33
3	Carol	Faro	Ind	25:07

MASTER WOMEN

1	Lollos	Rodseth	Durbanville	19:06
2	Bernice	October	Durbanville	23:31
3	Sillene	Oppel	Goodwood Harr	24:32

G'MASTER WOMEN

1	Fatima	Nieuwenhuis	Top Form	37:05
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G/G'MASTER WOMEN

1	Annatjie Berntzen	Goodwood Harriers	37:06
U.20 (6 km)			
1	Ashleigh Simonis	Carbineers	23:51
2	Meagan Stephens	Easterns	31:38
U.18			
1	Petro Moses	Velocity	17:44
2	Simone Adams	Bottelary	19:06
3	Nikita du Plessis	Eerste River	20:13

KZN League Meeting

Pinetown, 2 July

MEN (10 km)

1.	Sipho Gift Mbanjwa	Phantane AC	32:55
2.	Anele Dlamini	Phantane AC	32:55
3.	Nkosikhona Mhlakwana	Phuma	33:08

WOMEN (10 km)

1.	Puseletso Dladla	Savages AC	42:03
2.	Fikile Mbuthuma	Nedbank AC	43:08
3.	Hleziphi Ncayiyane	Nedbank AC	52:18

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.

TRACK**USA Olympic Trials**

Eugene, USA, 1-10 July

MEN**10000 (01):**

1. Galen Rupp 27:55.04 SB
2. Shadrack Kipchirchir 28:01.52
3. Leonard Korir 28:16.97
4. Scott Fauble 28:45.53
5. Chris Derrick 28:47.24

WOMEN**10000 (02):**

1. Molly Huddle 31:41.62 SB
2. Emily Infeld 31:46.09 SB
3. Marielle Hall 31:54.77
4. Kellyn Taylor 32:11.29
5. Laura Thweat 32:26.21
- ... 9. Jordan Hassay 32:43.43
10. Emily Sisson 32:54.06 SB



The three American women who will contest the 10000 m in Rio: Marielle Hall, Emily Infeld and winner Molly Huddle. [Jane Monti/Race Results Weekly]

FBK Challenge

(Ethiopian 10000-metre Olympic Trials)

Hengelo, NED, 29 June

Note: An astounding number of personal bests here (15 by the 26 runners who finished), headed by the world-leading marks of Yigrem Demelash and Almaz Ayana, with Olympic champion Tirunesh Dibaba making a solid comeback in third. Two significant nonfinishers were Kenenisa Bekele and Ibrahim Jeilan. All runners Ethiopia except where indicated otherwise. – Ed.

MEN

1. Yigrem Demelash 26:51.11 WL/PB
2. Tamirat Tola 26:57.45
3. Abadi Hadis 26:57.88 PB
4. Belay Tilahun 27:11.83 PB
5. Adugna Takele 27:20.65 SB
6. Leul Gebrselassie 27:26.69
7. Abayneh Ayele 27:35.83 PB
8. Tebalu Zawude 27:37.25
9. Azmeraw Mengistu 27:40.76 SB
10. Guye Adola 27:55.05
11. Yetwale Kende 27:58.22 PB
12. Bonsa Dida 28:13.84 PB
13. Mohamed Ziani (MAR) 28:14.01 PB
- Kenenisa Bekele DNF
- Ibrahim Jeilan DNF
- Imane Merga DNF

WOMEN

1. Almaz Ayana 30:07.00 WL/PB
2. Gelete Burka 30:28.47 PB
3. Tirunesh Dibaba 30:28.53 SB
4. Netsanet Gudeta 30:36.75 PB
5. Genet Ayalew 30:37.38
6. Senbere Teferi 30:40.59 PB
7. Belaynesh Oljira 30:50.25 SB
8. Yeshaneh Ababel 30:54.12 SB
9. Tadelech Bekele 30:54.61 PB
10. Goytatom Gebrselassie 31:14.52 PB
11. Sule Utura 32:08.02 SB
12. Elizeba Cherono (NED) 32:15.53 PB
13. Nazret Weldu (ERI) 32:58.28 NR/PB
- Meserech Melkamu DNF

NEWS

STEPANOVA GETS GREEN LIGHT TO COMPETE AS NEUTRAL ATHLETE

The IAAF Doping Review Board has decided its first case of an athlete seeking exceptional eligibility to compete in international competition as a neutral athlete under Competition Rule 22.1A, according to the IAAF website.

The Doping Review Board, which is composed of Robert Hersh (chair), Sylvia Barlag and Antti Pihlakoski, has unanimously accepted the application of Russian drugs whistle-blower Yuliya Stepanova under Competition Rule 22.1A(c) as someone having made a truly exceptional contribution to the protection and promotion of clean athletes, fair play and the

integrity and authenticity of the sport. Ms Stepanova is now eligible to compete in international competitions as an independent neutral athlete.

Ms Stepanova's participation as a neutral athlete in international competition is still subject to acceptance by the organiser of the competition in question, in accordance with the rules of that competition. The IAAF has immediately informed European Athletics of Ms Stepanova's eligibility given that the European Athletics Championships will take place in Amsterdam this week (6-10 July). Other international events organisers will receive similar notification of Ms Stepanova's eligibility.

The IAAF has already received more than 80 applications from Russian athletes seeking exceptional eligibility to compete in an individual capacity under a separate provision in Competition Rule 22.1A(b), namely, on the basis that they are not tainted by RUSAF's failure to put in place adequate anti-doping systems because they have been subject to other, fully adequate systems outside of the country for a sufficiently long period to provide a substantial assurance of integrity. The form of these further applications is being checked against the guidelines issued by the IAAF last week and, if they are in the correct form, they too will be referred to the Doping Review Board for a decision on exceptional eligibility.

BACKGROUND

This article by Sieg Lindstrom appeared in the August edition of *Track & Field News*.

SCORE TWO FOR THE DOMINATOR

Busy, busy, busy. That about covers Dominique Scott's senior year at Arkansas, capped by an NCAA 10 km/5km double that had the stadium buzzing with references to the South African star as "The Dominator."

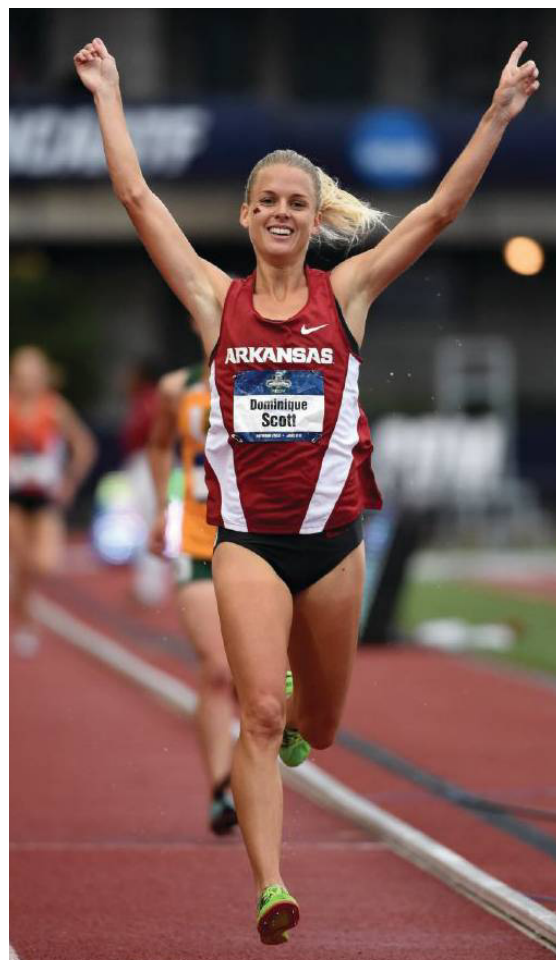
Scott didn't mind the nickname at all. Celebrating with her family after the meet, she beamed, "Oh, I loved it."

What a year for Scott—and one she hopes will see fulfilled in Rio her "dream ever since I have been a little girl" to be an Olympian. Third at the NCAA Cross, Scott flew home to Cape Town in December to marry Razorback beau Cameron Erfurd. Not long behind that came Scott's Indoor 3000 win, essential to Arkansas's team title.

Sandwiched between an outdoor collegiate leader 5 km (15:25.10) on 1 April and a CL 10 km (31:56.84) on 1 May, Scott flew again to South Africa and raced to 2nd (4:14.23) behind Caster Semenya in the 1500 at her country's nationals. "I really didn't want to go home just because it was in the middle of my season but Coach Harter and I decided that it was necessary to be selected for the Rio team and I didn't want to jeopardize that," she explains.

The journey home "definitely took a little bit of training out, unfortunately set me back a week or so," Scott says, "but we knew I only needed to be ready the first weekend of June so we still had a long time to get ready."

As for her two-win NCAA, "Honestly, it was more about the team," she says. "I just wanted to have fun, that was the goal... It was obviously bittersweet having this be my last



collegiate meet. It's been an amazing 5 years, but to be able to contribute 20 points to a team title is just a dream come true."

Now it's on to post-collegiate competition. Scott hopes to race the 10000 m in Rio. "The 10 km would be great," she says. "Straight final and I think I could hang with the Americans. Maybe not the Kenyans and Ethiopians. You never know what might happen."

STATS TIME

This week we include a list of the top ten SA men in the half 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. Secondary performances by the top three are also listed.

2016 HALF MARATHON: TOP 10 MEN

1:01:27	Stephen Lesego Mokoka	10	Cardiff	26 Mar
1:02:16A	Lusapho April	1	East London	27 Feb
1:02:28A	April-2	6	New York	20 Mar
1:03:21	Sibusiso Nzima	1	Polokwane	28 May
1:03:23	Jeffrey Gwebu	2	Polokwane	28 May
1:03:39	Elroy Gelant	2	Cape Town	26 Mar
1:03:42	David Manja	3	Cape Town	26 Mar
1:03:55	Joel Mmone	4	Cape Town	26 Mar
1:04:51	Mbongeni Ngxazoza	37	Cardiff	26 Mar
1:04:57	Xolisa Tyali	5	Cape Town	26 Mar
1:05:10	Thabang Mosiako	6	Cape Town	26 Mar

THIS MONTH IN HISTORY

56 years ago: 11 July 1960

Marthinus Wiid scored the first of his two successive victories in one of South Africa's oldest marathons, the Golden Reef Marathon, running 2:31:44.5. It was the fifth edition of the race, run from Brakpan to Johannesburg (later the course was changed to be run in the opposite direction, and in 1994 to a two-lap route in Benoni). Fourth in this race in 2:50:15.4 was Leonard Praamsma, who the previous year had won the SA mile title. The race has had many different names over the years, usually connected to the sponsor of that particular year. This year, when it was run for the 60th time, it changed its name once again, to Benoni Northerns Marathon. It is also significant as the race, in 1980, in which Sonja Laxton ran her debut marathon, clocking an African record of 2:46:33 (but then it was held in September).

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
	27:42	Bitan Karoki Muchiri (KEN)		

	27:42	Leonard Barsoton Kiplimo (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:39	Jeromy Andreas	Eersterivier	18 Jun
	44:04	Bethwell Birgen Chemwono (KEN)		
	41:13	Leonard Patrick Komon (KEN) 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 (BRA)		
	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
30 km	1:36:30	Melikhaya Frans	Uitenhage	05 Mar
	1:30:45	Keita Shitara (JPN)		
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
Marathon	2:11:27	Lusapho April	Hannover	10 Apr
	2:03:05	Eliud Kipchoge (KEN)		
	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	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) 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	53:57	Eric Coetzee	Eersterivier	18 Jun
	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	1:37:22	Joseph Ndlovu	Pretoria	07 May
30 km	1:57:58	Welcome Loliwe	Uitenhage	05 Mar
Marathon	2:47:07	Dan Mothibe	East London	20 Feb
	2:43:27a	Dan Mothibe	Port Elizabeth	03 Jul
	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

21.1 km	54:32	Cees Stolwijk (NED) 2013		
	83:37	Mochamat Kriel	Gordon's Bay	16 Apr
25 km	71:31	Martin Rees (GBR) 2013		
	1:49:33	Jan Lebesse	Pretoria	07 May
30 km	94:01	Doug Winn (USA) 2010		
	2:18:15	Mochamat Kriel	Parow	14 Feb
Marathon	1:57:07	Ed Whitlock (CAN) 1994		
	3:14:57	Robbie Lindsay	East London	20 Feb
100 km	2:36:30	Yoshihisa Hosaka (JPN) 2009		

Great grandmasters (70+)

10 km	43:16	Andrew Spence	Sasolburg	06 Feb
	43:16	Jeff Smith	Goodwood	12 Mar
15 km	37:33	Ed Whitlock (CAN) 2004		
	66:12	Jeff Smith	Ravensmead	19 Mar
21.1 km	58:19	Ed Whitlock (CAN) 2001		
	96:48	Jeff Smith	Tokai	06 Feb
25 km	82:23	Ed Whitlock (CAN) 2001		
	3:03:13	Assie van Aswegen	Pretoria	07 May
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		

Juniors

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	71:13	Andile Motwani	Port Alfred	30 Apr
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Open

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) 2002		
15 km	54:24	Zintle Xiniwe	Constantia	05 Mar
	49:36	Maryanne Wangari Wanjiru (KEN)		
	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
21.1 km	72:08	Irvette van Zyl	Benoni	31 Jan
	65:51	Viola Chepchumba (KEN)		
	65:09m	Florence Kiplagat (KEN) 2015		
	66:25w	Lornah Kiplagat (NED) 2007		
25 km	1:47:01	Caroline Wöstmann	Pretoria	07 May
	1:33:24a	Jenna Challenor	Pinetown	31 Jan
	1:27:47	Amy Cragg & Shalane Flanagan (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		

Marathon	1:39:11w	Mary Keitany (KEN) 2011		
	2:32:20	Irvette van Blerk	London	24 Apr
	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	35:39	Tanith Maxwell	Durban	05 Jun
	32:14	Priscilla Welch (GBR) 1985		
15 km	54:40	Tanith Maxwell	Eersterivier	18 Jun
	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
	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		
<u>Masters (50+)</u>				
10 km	39:42	Judy Bird	Cape Town	17 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	62:15	Elmarie Coetzee	Eersterivier	18 Jun
	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)	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	92:42	Margie Saunders	Port Elizabeth	11 Jun
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:37:27	Pamela Rasmussen	Durban	06 Mar
	2:22:39a	Jenny Scott	Pinetown	31 Jan
30 km	1:58:24	Gloria Brown (USA) 1994		
	2:20:20	Margie Saunders	Uitenhage	05 Mar
Marathon	2:17:11	Barbara Miller (USA) 1999		
	3:30:14	Nancy Will	East London	20 Feb
100 km	3:01:30	Bernadine Portenski (NZL) 2010		
<u>Great grandmasters (70+)</u>				
10 km	54:52	Pixie Sparg	Bellville	02 Apr

15 km	44:09	Lavinia Petrie (AUS) 2014		
	82:28	Pixie Sparg	Eersterivier	18 Jun
	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	58:03	Ashleigh Simonis	Eersterivier	18 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:28:26	Siphokazi Liwani	Port Elizabeth	11 Jun
	1:09:05	Delilah Asiago (KEN) 1991		

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