

# 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

Despite the continuous and irritating statements by the finish line and prizegiving announcers at yesterday's Sanlam Cape Town Marathon that the winning time was "a new South African reccoord!!!!", it was nothing of the sort. It was not even a South African open record. The reason is simple – a foreigner cannot set an SA record. And, in any case, both the SA domestic and open record is 2:06:33, run by Gert Thys in 1999. All it was is the fastest time ever in South Africa on a standard course.

It is a pity that a race of this stature, which has all the attributes of the big city marathons such as New York, London and Berlin – albeit on a smaller scale – and which was superbly organised, does not employ announcers who do their homework and can distinguish between fact and fiction/hype. They also completely overlooked the first three Western Province men across the finish line.



Ethiopia's Asefa Mengistu Negewo smashes his personal best to win the Sanlam Cape Town Marathon in 2:08:41, the fastest time yet in South Africa on a standard course. [Sanlam Cape Town Marathon]

Cape Town's weather can be rather fickle at this time of the year (visitors from other parts may say it is always fickle!), but the Mother City put its best foot forward, with not a breath of wind over the Cape Peninsula, and with a course made faster by eliminating some of the turns that slowed athletes in the past, the result was a major breakthrough for the organisers. Taking home the big prize was Ethiopian Asefa Mengistu Negewo (31), whose 2:08:41 not only broke his personal best of 2:11:16, set earlier this year at altitude in Bloemfontein, but also the 2:09:50 by David Tsebe in Port Elizabeth in 1990 as the fastest ever on a nonaided route on South African soil.

The two Kenyan runners following Negewo also ran faster than Tsebe's time: Emmanuel Keter Tirop finished just six seconds behind the winner after an exciting duel over the



A triumphant Tish Jones (GBR) on the podium after winning the Sanlam Cape Town Marathon – only her second marathon – in 2:36:13 from Megertu Geletu (left) and South Africa's Lebogang Phalula, who debuted over the distance. [Sanlam Cape Town Marathon]

winner and British citizen Tish Jones, who scored a huge PB – by almost 18 minutes! – with her 2:36:13, does call Cape Town home these days, as does Zimbabwe's sixth placer, Fortunate Chidzivo, who also clocked a PB, 2:41:54. In her only previous marathon, Jones won the Peninsula Marathon earlier this year in 2:54:04, so she remains unbeaten over the distance.

The women's veteran title went to Tanith Maxwell in 2:45:26 (a list leader and WP record) ahead of – on her 44<sup>th</sup> birthday – Zimbabwe's Thabita Tsatsa (2:48:15). In the same category for men the winner was another Zimbabwean, Cephass Pasipamire, in 2:18:34. Hendrick Ramaala, who set a national record of 2:17:12 last year, was second in 2:26:29.

The winners of the 10 km were also foreigners: Namakhoe Nkhasi (LES) beat Sibusiso Nzima, 28:28 to 28:42, while Helalia Johannes (NAM) got the better of Lebo Phalula, 32:44 to 33:25.

Riël Hauman

#### INCLUDED IN THIS ISSUE:

- \* Sanlam Cape Town Marathon & 10 km, Cape Town
- \* Sasfin Gerald Fox Memorial Half Marathon & 10 km, Johannesburg
- \* Spar Chesterville 10 km, Durban
- \* Foskor Half Marathon, Phalaborwa
- \* Andrew Greyling Half Marathon & 10 km, Pretoria

second half of the race, with Barnabas Kiptum taking third in 2:09:21. The first three men all earned a time bonus for running sub-2:10.

The fastest time ever in South Africa is still the 2:08:04 run by Zithulele Singe on a downhill course in Port Elizabeth in 1986.

Negewo's performance is the fourth fastest ever run in Africa on a standard course, behind the times by Stephen Tum (KEN), 2:06:35, and Gezahegn Girma (ETH), 2:07:41, in Marrakech in 2013, and James Mbugua (KEN), 2:08:05, on a somewhat suspect course in Mombasa in 2010. Tirop's 2:08:47 is the fifth fastest and Kiptum's 2:09:21 is the equal 12<sup>th</sup> fastest.

Desmond Mokgobu was the first South African in fifth, getting an extra R100 000 with a PB of 2:11:33. Seven foreigners finished in the top ten.

The race employed pacemakers for the first time, with Olympian Elroy Gelant and Kenya's Henry Kiplagat taking the leading group, consisting of Negewo, Tirop, Kiptum, Motlokoa Nkhabutlane (LES), Moses Kurgat (KEN) and Benedict Moeng, through halfway in 1:03:46.

Foreign visitors were even more dominant in the women's race, with Lebogang Phalula, third in her debut marathon in 2:38:00, being the lone South African in the top ten. However, race

- \* Lester Mills/Tuks 10 km, Pretoria
- \* NFB Tony Viljoen Masters Marathon, East London

#### **International highlights:**

- \* Copenhagen Half Marathon, Copenhagen, DEN
- \* CVS Health Downtown 5 km, Providence, USA
- \* Dam tot Damloop, Amsterdam to Zaandam, NED
- \* Meia Maratona SportZone, Porto & Gaia, POR
- \* Worcester City 10 km, Worcester, GBR
- \* Beijing International Marathon, Beijing, CHN
- \* Mattoni Ústí Half Marathon, Usti nad Labem, CZE
- \* Great North Run, Newcastle to South Shields, GBR
- \* Grandma's Minnesota Mile, Duluth, USA
- \* Great North CityGames, Gateshead, GBR
- \* Birell Grand Prix, Prague, CZE
- \* Palio Citta' Della Quercia, Rovereto, ITA
- \* XC: UC Riverside Invitational, Riverside, USA; Coastal Carolina Invitational, Conway, USA
- \* WMRA World Mountain Running Championships, Sapareva Banya, BUL

## **ROAD RUNNING**

### **Sanlam Cape Town Marathon & 10 km**

(IAAF Silver Label Road Race)

Cape Town, 18 September

(Distances: 42.195 km & 10 km. Marathon – NEW certified loop course, mainly flat with two uphill sections between 36 & 38.5 km and a start/finish separation of 566 m [1.3% of the race distance]. 10 km – certified, flat loop course. Finishers: Not available yet.

Weather: Cool early on, warmer later; no wind at all.)

Note: Unfortunately no age group results for the 10 km were available. – Ed

#### **Marathon** (gun times)

MEN

1. Asefa Mengistu Negewo (ETH) 2:08:41 PB (R265 000 + R15 000#)
2. Emmanuel Keter Tirop (KEN) 2:08:47 (R130 000 + R15 000#)
3. Barnabas Kiptum (KEN) 2:09:21 (R70 000 + R15 000#)
4. Motlokoa Nkhabutlane (LES) 2:11:02 (R35 000)
5. Desmond Mokgobu (Boxer) 2:11:33 PB (R25 000 + R100 000i)
6. Moses Kurgat (KEN) 2:13:16 (R15 000)
7. Shamil Ahmed (ETH) 2:13:42 (R14 000)
8. Benedict Moeng (Rockets) 2:13:52 (R13 000 + R50 000i)
9. Xolisa Tyali (Ned CGA) 2:14:26 (R25 000i)
10. Weldon Kirui (KEN) 2:16:35 (R12 000)
11. Tumelo Motlagale (UJ) 2:16:37 (R10 000 + R15 000i)
12. Thabang Masihleho (Ned CGA) 2:16:46 (R10 000i)
13. Alex Chesakit (UGA) 2:16:58
14. Siyabonga Nkonde (Boxer) 2:18:12
15. Millen Matende (ZIM) 2:18:23
16. Reonard Namupala (NAM) 2:18:31
17. Cephass Pasipamire (ZIM) 2:18:34
18. Lungile Gongqa (Ned) 2:20:17 (R10 000ii)
19. Mthandazo Qhina (Ned) 2:20:29 (R5000ii)
20. Siviwe Nkombi (Itheke) 2:24:10 (R2500ii)
21. Maunatlala Mailula (Ned AGN) 2:24:50
22. Teboho Letaha (LES/CR) 2:24:56
23. Jeffrey Gwebu (KPMG) 2:25:20

24. Samuel Segoaba (Trans) 2:26:23
25. Hendrick Ramaala (Ned CGA) 2:26:29
26. Jean Vilbrim (MRI) 2:26:33
27. Kgathatso Checha (CR) 2:26:52
28. Kagiso Mofokens (Carl) 2:27:36
29. Pinehas Embashu (NAM) 2:29:55
30. Sityhilo Diko (Ned) 2:30:02
- ... 48. Gert Thys (ME) 2:35:27
- DNF: Sergii Lebid (UKR)

#) Incentive for running sub-2:10

i) Incentive for the first five RSA athletes

ii) Incentive for the first three Western Province athletes

**Veterans:** 1. Pasipamire (above) 2:18:34 (R10 000); 2. Ramaala (above) 2:26:29 (R5000); 3. Embashu (above) 2:29:55 (R4000). **Masters:** 1. Daniel Mothibe (Run) 2:46:19 (R5000); 2. Kristof Ndunga (Ind) 2:47:29 (R4000); 3. Shaun Meiklejohn (Orion) 2:48:37 (R3000). **G'masters:** 1. Hennie Wentzel (Durb) 3:25:21 (R4200); 2. Mike Skevington (AAC) 3:32:52 (R2600); 3. Andrew Cockroft (Edge) 3:36:45 (R1800). **G/g'masters:** 1. Johan van Zyl (RWFL) 3:23:49 (R2500); 2. Jeff Smith (Itheko) 3:25:22 (R1500); 3. Jimmy Morris (Forest) 3:33:18 (R500).

WOMEN (Same prize money as men)

1. Tish Jones (GBR/KPMG) 2:36:13 PB
2. Megertu Geletu (ETH) 2:36:34
3. Legogang Phalula (Boxer) 2:38:00 DB (R100 000i)
4. Jane Kiptoo (KEN) 2:38:44
5. Lavinia Haitope (NAM) 2:40:50
6. Fortunate Chidzivo (ZIM/Ned) 2:41:54 PB (R10 000ii)
7. Chelitu Bogale Asefa (ETH) 2:42:25
8. Konjit Biruk (ETH) 2:44:24
9. Gezashign Gemedda (ETH) 2:44:39
10. Vicoty Chepkemoui (KEN) 2:45:02 PB
11. Tanith Maxwell (Boxer) 2:45:26 (R50 000i + R5000ii)
12. Thabita Tsatsa (ZIM/ME) 2:48:15
13. Moleboheng Mafata (LES) 2:52:29
14. Kataza Shipalana (Trans) 2:54:12 PB (R25 000i)
15. Keneilwe Sesing (KPMG) 2:54:21 (R15 000i)
16. Danette Smith (KPMG) 2:54:50 (R10 000i + R2500ii)
17. Marie Edouard Milazar (MRI) 2:55:54
18. Zintle Xiniwe (KPMG) 3:01:48
19. Abigail Solms (Orion) 3:01:51
20. Leilani Scheffer (RWFL) 3:02:47
21. Keelyn van Breda (Ind) 3:04:42
22. Lisa Collett (Boxer) 3:07:00
23. Candyce Hall (Carb) 3:09:07
24. Bulelwa Simae (Ned) 3:10:41
25. Vicky Hansen (Wand) 3:10:48
26. Phatiswa Dyalvane (Ned) 3:11:00
27. Farwa Mentoor (Ned) 3:13:03
28. Ursula Turck (Strand) 3:13:47
29. Natia van heerden (Ind) 3:14:11
30. Clare Reilly (RAC) 3:14:56

i) Incentive for the first five RSA athletes

ii) Incentive for the first three Western Province athletes

**Veterans:** 1. 1. Maxwell (above) 2:45:26; 2. Tsatsa (above) 2:48:15; 3. Milazar (above) 2:55:54. **Masters:** 1. Annatjie Botes (Ned SWD) 3:15:20; 2. Berdine Smit (Ned AGN) 3:29:19; 3. Ansie Breytenbach (Irene) 3:51:50. **G'masters:** 1. Nancy Will (Pine) 3:31:21; 2. Chloe Glover (Tvita) 3:49:40; 3. Hester Kotze (Durb) 3:51:03. **G/g'masters:** 1. Veronica van Niekerk (EGA) 4:10:26; 2. Marlene James (Pine) 5:03:57; 3. Colleen Falloon (Ind) 5:40:45.

### 10 km (gun times)

#### MEN

1. Namakoe Nkhasi (LES/Ned CGA) 28:28 (R10 000)
2. Sibusiso Nzima (Ned) 28:42 (R7500)
3. Sibabalwe Gladwin Mzazi (Ind) 29:09 (R5000)
4. Lesiba Mashele (Trans) 29:19 (R2500)
5. Kabelo Melamu (KPMG) 29:27 (R1250)
6. Tumisang Monnatlala (KPMG) 29:36
7. Reinhold Tomas (NAM) 29:38
8. Quaniet Jakoet (Central) 29:39
9. Siboniso Soldaka (CPUT) 29:39
10. Marko Bucarizza (Bedford) 29:47
11. Bonginkosi Zwane (Phant) 29:47
12. Petrus Malherbe (Maties) 29:55
13. Sibusiso Madikizela (MSA) 30:05
14. Philani Buthelezi (KPMG) 30:15
15. Anthony Timoteus (UWC) 30:20
16. Justin Fritz (Ceres) 30:21
17. Akhona Mdaka (RGA) 30:29
18. Emiele Paulsen (FNB) 30:42
19. Adam Lipschitz (MP) 30:46
20. Itumeleng Sesiko (Randmark) 30:50

#### WOMEN (Same prize money as men)

1. Helalia Johannes (NAM) 32:44
2. Lebo Phalula (Boxer) 33:25
3. Alina Armas (NAM) 34:15
4. Jenna Challenor (KPMG) 34:51
5. Nicole van der Merwe (KPMG) 35:45
6. Anel Coetzee (KPMG) 36:26 1250
7. Tanya Scott (UCT) 36:35
8. Ncumisa James (Tina) 36:52
9. Robyn Kaltenbrunn (KPMG) 37:27
10. Puseletso Dladla (Sav) 37:28
11. Ulrica Stander (KPMG) 37:41
12. Jana le Roux (Ned) 37:44
13. Ndileka Mvakwendlu (Tina) 37:55
14. Ashleigh Simonis (Carb) 38:03
15. Janene Carey (Boxer) 38:14
16. Ebeth Marais (Maties) 38:18
17. Beetrice Temane (KPMG) 38:47
18. Judy Bird (KPMG) 39:07
19. Nicola Hooper (CMC) 39:18
20. Meagan Swanepoel (Maties) 39:35

## Sasfin Gerald Fox Memorial Half Marathon & 10 km

Johannesburg, 18 September

(Distances: 21.1 km & 10 km. Weather: cold. Finishers: half marathon – 1800 [up from 1370 last year]; 10 km – 1650 [up from 1490].)

Note: Second race in two days for half-marathon winner Jennifer Koech – she also ran in the Foskor Half Marathon the previous day (results below), as did master Maria Vilakazi. – Ed.

### Half marathon

MEN

1 Retsepile Khotle (Benoni Harriers) 69:19; 2 Jonas Makhele (Nedbank) 70:19; 3 Thabiso Lethabane (Nedbank) 70:48.

**Veterans:** 1 Justanus Gantsi (AMPA) 75:32; 2 Handsome Siwela (Nedbank) 78:17.

**Masters:** 1 Simon Ramashapa (Corrobrick) 83:30; 2 Meshack Motla (Goldfields) 87:57.

**G'masters:** 1 John Woodnutt (Morningside) 97:10. **Juniors:** 1 Dzunani Baloyi (Nedbank) 82:13; 2 Luke Schlebusch (Nedbank) 82:43.

WOMEN

1 Jennifer Koech (KEN/Nedbank) 89:32; 2 Mia van Heerden (Temp) 91:47; 3 Andronika Mokgotla (Nedbank) 92:16.

**Veterans:** 1 Nina Power (Team Vitality) 96:15; 2 Maria Vilakazi (RWFL) 97:00. **Masters:** 1 Sharon Knopfmacher (Team Vitality) 1:50:36; 2 Laura Venter (Nedbank) 1:52:15.

**G'masters:** 1 Gerda Hunt (RAC) 2:18:47. **Juniors:** 1 Tinyiko Mdluli (Blue Sky) 1:54:27; 2 Zwivhuya Ramuthogi (Blue Sky) 2:20:45.

### 10 km

MEN

1 Kabelo Seboko (Lydiard) 31:58 (1<sup>st</sup> jun); 2 Derocious Makhobalo (Nedbank) 32:46; 3 Simon Mpholo (Nedbank) 33:21 (1<sup>st</sup> vet).

**Veterans:** 1 Simon Mpholo (Nedbank) 33:21; 2 George Mooi (Gallopers) 36:22. **Masters:**

1 Tidimalo Modiga (Temp) 36:56; 2 Sontaga Mabale (Midrand) 40:46. **G'masters:** 1 Allan Smith (Mercury) 42:42. **Juniors:** 1 Kabelo Seboko (Lydiard) 31:58; 2 Mpuru Moeketsi (Nedbank) 34:18.

WOMEN

1 Kim Norton (RAC) 40:50; 2 Ommalisa Moyo (Tembisa) 43:27; 3 Veliswa Dunjwa (Ulinda) 44:46 (1<sup>st</sup> vet).

**Veterans:** 1 Veliswa Dunjwa (Ulinda) 44:46; 2 Assalina Nyathi (Post Office) 51:16.

**Masters:** 1 Sarah Mahlangu (Ricoh) 48:59; 2 Xolisile Mwelase (Phuma) 49:16. **G'masters:**

1 Sonja Laxton (RAC) 52:26. **Juniors:** 1 Delight Ncube (Simunye Global) 45:26; 2 Khutso Moketla (Lydiard) 47:39.

## Spar Chesterville 10 km

Durban, 18 September

MEN

1. Mawande Hlongwane (Zak) 34:30

2. Nkosikhona Ntuli (Rock) 35:44

3. Lindani Nkontwana (Phant) 36:45

## WOMEN

1. Wendy Morgan (West) 47:30
2. Sarah Kruger (Ned) 48:53
3. Zukiswa Nondabula (Phuma) 54:33

**Foskor Half Marathon (23<sup>rd</sup>)**

Phalaborwa, 17 September

(Distance: 21.1 km; loop course at altitude. Weather: hot and windy. Finishers: 595.)

## MEN

1. David Manja (Ned) 1:05:08
2. Edwin Koech (KEN) 1:05:32
3. Philemon Mathiba (Ned) 1:05:39
4. Joel Mmone (Ned) 1:06:44
5. Collen Mulaudzi (TUT) 1:07:40
6. Tebogo Pilusa (Dwars) 1:09:33
7. Coolboy Ngamole (Ned) 1:09:33
8. Kgosi Tsosane (Ned) 1:10:11
9. Lesiba Peu (Bed) 1:10:21
10. Pule Maeko (Rockies) 1:11:42

**Veterans:** 1. Luwis Masunda (ZIM/Ned) 1:14:04; 2. Bethuel Netshifhefhe (PRR) 1:15:23; 3. Herbert Mokgala (CR) 1:15:40. **Masters:** 1. Lazarus Seroka (RWFL) 1:19:03; 2. Elgin Mokale (Harm) 1:20:03; 3. Net Mtshweni (Eskom) 1:20:45. **G'masters:** 1. Sonny Leopeng (RAC) 1:36:24; 2. Don Charles (Ned) 1:38:22; 3. Thomas Moagi (LT) 1:39:52. **Juniors:** 1. Olageng Gaorikwe (UJ) 1:17:50; 2. Moral Malubane (Tzan) 1:18:37; 3. Must Mashele (Phala) 1:23:01.

## WOMEN

1. Rutendo Nyahora (ZIM) 1:17:44
2. Maria Shai (Ned) 1:21:11
3. Patience Murowe (ZIM) 1:22:21
4. Liziwe Mabona (Ampa) 1:22:54
5. Tebogo Masehla (Orion) 1:28:18
6. Samukeliso Moyo (ZIM/ME) 1:28:44 (1<sup>st</sup> vet)
7. Louisa Leballo (Ned) 1:28:53
8. Jennifer Koech (KEN/Ned) 1:29:33
9. Nontokozo Dlamini (Ned) 1:30:58
10. Thembi Baloyi (TUT) 1:31:23

**Veterans:** 1. Samukeliso Moyo (ZIM/ME) 1:28:44; 2. Maria Vilakazi (RWFL) 1:32:43; 3. Linah Mhlongo (?) 1:42:21. **Masters:** 1. Jane Mudau (PRR) 1:39:14; 2. Sarah Mahlangu (Ricoh) 1:44:17; 3. Catherine Naane (SG) 1:45:19. **G'masters:** 1. Selinah Netsisaulu (RAC) 2:19:40; 2. Ithuteng Boshoe (Sunning) 2:20:05; 3. Adel Matotoka (U Limp) 2:32:15. **Juniors:** 1. Thabiso Mabasa (Tzan) 1:43:12; 2. Jesu Mahlalela (Ind) 1:56:47; 3. Ndou Khoolani (Vhembe) 2:12:30.

## Andrew Greyling Half Marathon & 10 km

Pretoria, 17 September

(Distances: 21.1 km & 10 km. Finishers: half marathon – 1000 [up from 900 last year]; 10 km – 1650 [up from 1340].)

### Half marathon

MEN

1 Leswene Africa Mailola (Nedbank) 69:23; 2 Siyabonga Dingile (Nedbank) 74:01; 3 Andrew Mogotlane (Nedbank) 74:27.

**Veterans:** 1 Frank Ramapuputla (Beefcor) 81:35. **Masters:** 1 Elias Legodi (Ford) 85:42. **G'masters:** 1 Mike du Bruto (Irene) 95:34. **G/g'masters:** 1 Pele Tshikundamalema (Olifants) 2:04:31. **Juniors:** 1 Kyle Goodman (ACE) 85:36.

WOMEN

1 Vuyokazi Gebe (Transnet) 89:28; 2 Lisa Maritz (Irene) 91:56; 3 Marcelle Coetzee (KPMG) 92:02

**Veterans:** 1 Mitsie v.d. Westhuizen (KPMG) 94:02. **Masters:** 1 Ansa Strydom (Nedbank) 1:43:54. **G'masters:** 1 Carole de Waal (Wingate) 2:05:17. **G/g'masters:** 1 Debbie van Heerden (Roodepoort) 2:18:56. **Juniors:** 1 Sumarie Moolman (ACRW) 1:48:42.

### 10 km

MEN

1 Paulus Radebe (Tembisa) 31:58; 2 Vincent Kipchirchir (KEN/Nedbank) 32:13; 3 Asemahle Nkwali (Tembisa) 32:14.

**Veterans:** 1 Tshepo Matlhare (HQH) 38:20. **Masters:** 1 Tidimalo Modiga (Temp) 36:09. **G'masters:** 1 Leon v.d. Westhuizen (RWFL) 55:21. **G/g'masters:** 1 Danie Roux (Kempton) 65:36. **80+:** Ken Nurden (Agape) 63:00. **Juniors:** 1 Xander v.d. Merwe (VTM) 38:46.

WOMEN

1 Marelise Retief (Boxer) 37:56; 2 Stella Marias (Tuks) 41:31; 3 Historina Mokoena (Temp) 43:11.

**Veterans:** 1 Lorraine Boshoff (VTM) 45:34. **Masters:** 1 Debbie Bredenkamp (HQH) 48:01. **G'masters:** 1 Francis van Blerk (Nedbank) 50:38. **G/g'masters:** 1 Annetjie Greyvenstain (Irene) 56:25. **80+:** Deirdre Larkin (Randburg) 65:47. **Juniors:** 1 Tikara Nothnagl (VTM) 47:29.

## Lester Mills/Tuks 10 km

Pretoria, 14 September

MEN

1 Vuyisile Tshoba (TUT) 31:18; 2 Collen Mulaudzi (TUT) 31:19; 3 Reghen Magwai (Tembisa) 32:40.

**Veterans:** 1 Peter Medupe (Nedbank) 34:05. **Masters:** 1 Paul Mabena (Ford) 40:54. **G'masters:** 1 Johan Nel (Irene) 44:05. **G/g'masters:** 1 Hein Markotter (PMK) 73:45. **Juniors:** 1 Simon Bopape (Nedbank) 40:25; 2 Wez Chamberlain (Phobians) 51:20.

WOMEN

1 Vuyokazi Gebe (Transnet) 39:41; 2 Chandri van Heerden (Runavation) 41:00; 3 Beryl Makokha (Love Running) 42:02.



**Veterans:** 1 Lettie Zondo (CSIR) 47:15. **Masters:** 1 Ilse Crous (Unisa) 50:51. **G'masters:** 1 Leonie Loots (Deloitte) 62:40. **Juniors:** 1 Carissa Schubert (Love Running) 56:15.

### **NFB Tony Viljoen Masters Marathon** (39<sup>th</sup>)

East London, 3 September

(Distance: 42.195 km; point-to-point downhill course on the Macleantown Road, finishing at the Beacon Bay Country Club. Finishers: 376 [significantly up from 283 last year].)

#### MEN

1. Warren Kidgell (HV) 2:37:19
2. Xolile Mashiale (Over) 2:44:37 (1<sup>st</sup> vet)
3. Doran Fritz (Ned EC) 2:47:31
4. Mndeni Zulu (Oxford S) 2:47:45
5. Desmond Witbooi (B2R) 2:50:08

**Veterans:** 1. Xolile Mashiale (Over) 2:44:37; 2. Doran Fritz (Ned EC) 3:47:31; 3. Desmond Witbooi (B2R) 2:50:08. **Masters:** 1. Mzoli Mpalala (Gijimas) 2:51:51; 2. Nkosana Mpolweni (Gijimas) 3:14:30; 3. Leslie Cusens (Ned EC) 3:22:58. **G'masters:** 1. Charl Pienaar (Old S) 3:29:58; 2. Graham Kumm (Oxford S) 3:38:26; 3. Sama Damane (B2R) 3:46:03.

#### WOMEN

1. Andrea Ranger (Old S) 3:04:08
2. Caryn Lategan (B2R) 3:12:53
3. Lauren Ranger (B2R) 3:12:53
4. Karen Davis (B2R) 3:19:54
5. Ingrid Webber (Old S) 3:24:06

**Veterans:** 1. Tracey Kitching (RWfL) 3:35:06; 2. Denise Stuart (B Ach) 3:45:00; 3. Liz Symons (Oxford S) 3:53:40. **Masters:** 1. Sharon Eldridge (Old S) 3:57:31; 2. Maureen Muhlenberg (Gonubie) 3:58:21; 3. Rosemary Joubert (Crusaders) 3:58:57. **G'masters:** 1. Michelle Whittington (Old S) 4:26:06; 2. Beanie Beard (Old S) 5:06:03.

## **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**

### **Copenhagen Half Marathon** (2nd)

(Danish Half-marathon Championships)

(IAAF Silver Label Road Race)

Copenhagen, DEN, 18 September

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

#### MEN (gun times)

- |                              |             |  |
|------------------------------|-------------|--|
| 1. James Mwangi Wangari, KEN | 59:07 CR/PB | \$10,000 + 5,000 <sup>^</sup> + 2,000# |
| 2. Stephen Kosgei Kibet, KEN | 59:28 SB    | 6,000 + 2,000#                         |
| 3. Albert Kangogo, KEN       | 59:29 PB    | 4,000 + 2,000#                         |
| 4. Gilbert Masai, KEN        | 59:31 PB    | 3,000 + 2,000#                         |
| 5. Bedan Karoki Muchiri, KEN | 59:32 SB    | 2,000 + 2,000#                         |
| 6. Abraham Kiptum, KEN       | 59:36 PB    | 1,500 + 2,000#                         |
| 7. Edwin Kipsang Rotich, KEN | 59:54 PB    | 1,200 + 2,000#                         |
| 8. Thomas Ayeko, UGA         | 1:00:26 PB  | 1,000                                  |

9. Geoffrey Yegon, KEN 1:00:26
10. Alex Oloitiptip Korio, KEN 1:00:33 SB
11. Abraham Cheroben, BRN 1:01:00 NR
12. Japhet Korir, KEN 1:01:00 PB
13. Fikadu Haftu Tsadik, ETH 1:01:02 PB
14. Mathew Kipkoech Kisorio, KEN 1:01:41
15. Kenneth Kipkemoi, KEN 1:01:45

^) Earned event record bonus

#) Earned sub-60 bonus

#### WOMEN (gun times)

1. Hiwot Gebrekidan Gebremariam, ETH 1:08:00 ER/PB \$10,000 + 5,000^
2. Eunice Chebichii Chumba, BRN 1:08:04 NR/PB 6,000
3. Veronicah Nyaruai Wanjiru, KEN 1:08:06 PB 4,000
4. Gladys Chesir, KEN 1:08:20 3,000
5. Bornes Kitur, KEN 1:10:00 PB 2,000
6. Gutena Imana, ETH 1:10:23 SB 1,500
7. Dibabe Kuma, ETH 1:10:47 PB 1,200
8. Tsehay Desalegn Adhana, ETH 1:11:17 SB 1,000
9. Polline Wanjiku, KEN 1:11:31
10. Desi Jisa Mokonin, BRN 1:11:40 PB
11. Helen Bekele Tola, ETH 1:12:12 SB
12. Etalemahu Zeleke Habtewold, ETH 1:12:36 SB
13. Sylvia Kiberenge, KEN 1:12:51 PB
14. Louise Langelund Batting, DEN 1:15:18 PB (1st in National Championships)
15. Louise Wiker, SWE 1:15:26 PB

^) Earned event record bonus

#### **CVS Health Downtown 5 km** (27th)

(U.S. 5 km Championships for men and women)

Providence, USA, 18 September

(Certified loop course)

#### MEN (gun times)

1. Ryan HILL, 26, PORTLAND, OR 13:57 PB \$7000
2. Shadrack KIPCHIRCHIR, 27, BEAVERTON, OR 13:58 PB 4000
3. Sam CHELANGA, 31, TUCSON, AZ 13:58 3000
4. Kirubel ERASSA, 23, GRAYSON, GA 14:00 PB 1500
5. Leonard KORIR, 29, COLORADO SPRINGS, CO 14:02 1000

#### WOMEN (gun times)

1. Aliphine TULIAMUK, 27, ALBUQUERQUE, NM 15:22 PB \$7000
2. Emily SISSON, 24, PROVIDENCE, RI 15:42 PB 4000
3. Jordan HASAY, 24, BEAVERTON, OR 15:48 3000
4. Sarah PAGANO, 25, BRIGHTON, MA 15:55 1500
5. Maddie VAN BEEK, 25, FARGO, ND 16:06 1000
- ... 10. Kim SMITH, 34, PROVIDENCE, RI (NZL) 16:16
11. Jen RHINES, 42, BOSTON, MA 16:29 150

**Dam tot Damloop** (32nd)

Amsterdam to Zaandam, NED, 18 September

(Distance: 10 miles; point-to-point course with no elevation change)

MEN (gun times)

1. Edwin Kiprof Kiptoo, KEN 45:25
2. Joshua Chetegei, UGA 45:38
3. Abrar Osman, ERI 46:12

WOMEN (gun times)

1. Alice Aprot Nawowuna, KEN 51:59
2. Tejitu Daba, ETH 52:34
3. Lucy Karimi, Bih 53:03
4. Meselech Melkamu, ETH 53:12

**Meia Maratona SportZone** (10th)

Porto &amp; Gaia, POR, 18 September

(Distance: 21.1 km)

MEN (gun times)

1. Daniel Rotich, KEN 1:00:59 € 1000
2. Pius Maiyo Kirop, KEN 1:01:54 600
3. Sammy Kurui, KEN 1:01:55 500
4. Emmanuel Bor, KEN 1:02:15 400
5. Moses Kipkosgei Bowen, KEN 1:02:53 300

WOMEN (gun times)

1. Nao Isaka, JPN 1:12:12 PB € 1000
2. Martha Akeno, KEN 1:13:16 600
3. Filomena Costa, POR 1:13:27 500 + 500^
4. Ayumi Kubo, JPN 1:15:01 400
5. Emma Quaglia, ITA 1:15:36 300

^) Earned Portuguese citizen bonus

**Worcester City 10 km**

Worcester, GBR, 18 September

MEN (gun times)

1. Graham Rush, Cheltenham Harriers 30:23 £300
2. John Parker, Cheltenham Harriers (40+) 33:27 200 + 50m
3. Tom Stock, University of Warwick 34:08 100

m) Earned masters prize money

WOMEN (gun times)

1. Kate Hulls, Bristol and West AC 33:44 £300
2. Jenny Meadows, Wigan & District Harriers 36:37 200
3. Zoe Wassell, Stroud & District AC 36:45 100

**Beijing International Marathon (36th)**

(IAAF Gold Label Road Race)

Beijing, CHN, 17 September

(Distance: 42.195 km; new course from Tian'anmen Square to National Stadium [Bird's Nest])

## MEN

- |                        |         |                         |
|------------------------|---------|-------------------------|
| 1. Mekuant Ayenew, ETH | 2:11:09 | USD 20,000 <sup>^</sup> |
| 2. Feyera Gemedo, ETH  | 2:11:30 | 10,000 <sup>^</sup>     |
| 3. Mesfin Teshome, ETH | 2:11:56 | 6,000 <sup>^</sup>      |

<sup>^</sup>) Prize money reduced for slow times

## WOMEN

- |                          |         |            |
|--------------------------|---------|------------|
| 1. Meseret Mengistu, ETH | 2:25:56 | USD 40,000 |
| 2. Melkam Gizaw, ETH     | 2:26:10 | 15,000     |
| 3. Jo Un-Ok, PRK         | 2:33:38 | 6,000      |

**Mattoni Ústí Half Marathon (6th)**

(IAAF Gold Label Road Race/RunCzech Series)

Usti nad Labem, CZE, 17 September

(Distance: 21.1 km; certified loop course)

## MEN (gun times)

- |                                  |             |   |
|----------------------------------|-------------|---|
| 1. Barselius KIPYEGO, KEN        | 59:15 PB/CR | € 2500 + 5000i + 1000* + 500 <sup>^</sup> |
| 2. Adugna TAKELE, ETH            | 1:01:31     | 1200                                      |
| 3. Abraham Kapsis KIPYATICH, KEN | 1:01:40     | 1000                                      |
| 4. Peter KWEMOI, KEN             | 1:01:45     | 600                                       |
| 5. Wilson CHERUIYOT, KEN         | 1:01:55     | 500                                       |

i) Earned time bonus for sub-1:00:00

\*) Course record bonus

<sup>^</sup>) Earned leader's bonus at 18 km

## WOMEN (gun times)

- |                              |                         |                                   |
|------------------------------|-------------------------|-----------------------------------|
| 1. Peres JEPCHIRCHIR, KEN    | 1:07:24                 | € 2500 + 5000i + 500 <sup>^</sup> |
|                              | [15:53 / 31:36 / 47:38] |                                   |
| 2. Lucy CHERUIYOT, 1997, KEN | 1:08:17 PB              | 1200 + 2000ii                     |
| 3. Afera GODFAY, ETH         | 1:08:32                 | 1000 + 1000ii                     |
| 4. Ashete BEKERE, ETH        | 1:11:52                 | 600                               |
| 5. Aberu MEKURIA, ETH        | 1:13:12                 | 500                               |

i) Earned time bonus for sub-1:08:00

ii) Earned time bonus for sub-1:09:00

<sup>^</sup>) Earned leader's bonus at 18 km**Great North Run (36th)**

Newcastle to South Shields, GBR, 11 September

(Distance: 21.1 km; certified, point-to-point course with elevation loss of 30.5 m and a start/finish separation of more than 75%; elite women run separate race with 25-minute headstart)

## MEN (gun times)

- |                           |         |
|---------------------------|---------|
| 1. Mo Farah, GBR          | 1:00:04 |
| 2. Dathan Ritzenhein, USA | 1:00:12 |

3. Emmanuel Bett, KEN	1:01:22
4. Bashir Abdi, BEL	1:02:03 PB
5. Duncan Maiyo, KEN	1:02:06 PB
6. Abdi Abdirahman, USA	1:02:46
7. Chris Thompson, GBR	1:03:35
8. Ben Connor, GBR	1:04:13 PB
9. Scott Overall, GBR	1:04:39
10. Mikael Ekvall, SWE	1:04:52

WOMEN (gun times)

1. Vivian Cheruiyot, KEN	1:07:54 DB
2. Priscah Jeptoo, KEN	1:07:55
3. Tirunesh Dibaba, ETH	1:08:04
4. Joyce Chepkirui, KEN	1:09:57
5. Eloise Wellings, AUS	1:11:27
6. Charlotte Purdue, GBR	1:12:13
7. Cassie Fien, AUS	1:13:05
8. Gemma Steel, GBR	1:13:23
9. Lily Partridge, GBR	1:13:45
10. Freya Ross, GBR	1:15:22

**Grandma's Minnesota Mile** (10th)

(4th stop of 6-race Bring Back the Mile Tour)

Duluth, USA, 11 September

(Distance: 1 mile; point-to-point course with 0.6m/km elevation loss)

MEN (gun times)

1. Chris O'Hare, 25, Boston, MA (GBR)	4:01.6	\$3000
2. Ford Palmer, 25, Palermo, NJ	4:02.0	2000
3. Riley Masters, 26, Seattle, WA	4:02.5	1500

WOMEN (gun times)

1. Emily Lipari, 23, Brighton, MA	4:36.9	\$3000
2. Heather Kampf, 29, Minneapolis, MN	4:37.0	2000
3. Christy Cazzola, 31, Marietta, GA	4:39.9	1500
4. Lauren Johnson, 29, Eugene, OR	4:40.1	1000
5. Morgan Uceny, 31, Newton, MA	4:40.3	800

**Great North CityGames**

Gateshead, GBR, 10 September

Note: In this street meeting, held one day ahead of the Great North Run, athletes ran on both the road and on a special, 180 m long, straight Mondo track calibrated to IAAF-record specifications. The track is raised about 50 cm above the roadway on heavy stage flooring, and is extremely stable. For the races which begin on the road, but end on the track, athletes had to run up a short ramp at the end of the track. – Ed.

MEN

500 (350 m on the road then 150 m on the track):

1. David RUDISHA, KEN	57.69	WB USD 4000
2. Mark ENGLISH, IRL	57.91	2000
3. Martyn ROONEY	59.02	1000
4. Sebastian RODGER	59.18	750
5. Jack GREEN	59.30	500

Mile (U-shaped course from Newcastle to Gateshead):

- |                             |         |          |
|-----------------------------|---------|----------|
| 1. Jake WIGHTMAN            | 4:05.70 | USD 4000 |
| 2. Marcin LEWANDOWSKI, POL  | 4:05.98 | 2000     |
| 3. Ryan GREGSON, AUS        | 4:06.21 | 1000     |
| 4. Tom LANCASHIRE           | 4:07.15 | 750      |
| 5. Adam CLARKE              | 4:07.49 | 500      |
| 6. Charlie GRICE            | 4:08.23 | 300      |
| 7. Bernard LAGAT (40+), USA | 4:08.70 |          |

WOMEN

500 (350 m on the road then 150 m on the track):

- |                          |         |          |
|--------------------------|---------|----------|
| 1. Lynsey SHARP          | 1:06.62 | USD 4000 |
| 2. Shelayna OSKAN-CLARKE | 1:06.89 | 2000     |
| 3. Anyika ONUORA         | 1:07.04 | 1000     |
| 4. Adelle TRACEY         | 1:07.45 | 750      |
| 5. Laviai NIELSEN        | 1:07.53 | 500      |

Mile (U-shaped course from Newcastle to Gateshead):

- |                      |         |          |
|----------------------|---------|----------|
| 1. Laura MUIR        | 4:33.99 | USD 4000 |
| 2. Alison LEONARD    | 4:34.42 | 2000     |
| 3. Katie MACKEY, USA | 4:35.96 | 1000     |
| 4. Laura WEIGHTMAN   | 4:36.74 | 750      |
| 5. Eilish MCCOLGAN   | 4:36.94 | 500      |
| 6. Steph TWELL       | 4:37.86 | 300      |

### **Birell Grand Prix (21st)**

(IAAF Gold Label Road Race)

Prague, CZE, 10 September (evening race)

(Distance: 10 km [certified loop course])

MEN (gun times)

- |                                |       |           |
|--------------------------------|-------|-----------|
| 1. Abraham KIPYATICH, KEN      | 27:40 | PB € 2000 |
| 2. Daniel Kinyua WANJIRU, KEN  | 27:43 | PB 1200   |
| 3. Emmanuel KIPSANG, KEN       | 27:47 | PB 1000   |
| 4. Kenneth KETER, KEN          | 27:50 | PB 600    |
| 5. Mathew Kipkorir KIMELI, KEN | 27:53 | PB 400    |

WOMEN (gun times)

- |                             |                 |                              |
|-----------------------------|-----------------|------------------------------|
| 1. Violah JEPCHUMBA, KEN    | 30:24           | AR/CR € 2000 + 2000* + 2000i |
|                             | [14:46 / 15:38] |                              |
| 2. Joyciline JEPKOSGEI, KEN | 31:08           | PB 1200                      |
| 3. Afera GODFAY, ETH        | 31:49           | PB 1000                      |
| 4. Gladys CHERONO, KEN      | 31:58           | 600                          |
| 5. Lucy CHERUIYOT, KEN      | 32:59           | PB 400                       |

\*) Course record incentive

i) Received time bonus for sub-31:30 winner

### **Palio Citta' Della Quercia (52nd)**

Rovereto, ITA, 6 September

WOMEN

Mile:

- |                              |         |       |
|------------------------------|---------|-------|
| 1. Genzebe DIBABA, 1991, ETH | 4:14.30 | NR/WL |
| 2. Sifan HASSAN, 1993, NED   | 4:25.50 |       |

3. Alexa EFRAIMSON, 1997, USA, 4:27.39 WJL/PB
4. Federica DEL BUONO, 1994, ITA, 4:28.13 PB
5. Violah LAGAT, 1989, KEN, 4:28.82 PB

## CROSS-COUNTRY

### UC Riverside Invitational

Riverside, USA, 17 September

#### WOMEN (6 km)

1. Peyton Bilo, Cal Poly 20:05.4
2. Valerie Reina, Arkansas 20:27.3
3. Abby Gray, Arkansas 20:27.4
4. Carina Viljoen, Arkansas (RSA) 20:30.6

### Coastal Carolina Invitational

Conway, USA, 9 September

Note: Former Western Province star Annie Bothma, now a freshman at Coastal Carolina University, came a mere 0.05 of a second shy of the school record here, leading three straight South Africans across the line. Bothma will surely be a threat on the NCAA scene this year. – Ed.

#### MEN (5 km)

1. Michael Lantz, JR Citadel, 15:46.84; 2. Hutson Baumann, SO Coastal Carolina, 15:54.44; 3. Jason Weitzel, SO Concord, 16:04.83.

#### WOMEN (5 km)

1. Annie Bothma, FR Coastal Carolina (RSA), 17:00.97; 2. Aynslee van Graan, JR Coastal Carolina (RSA), 17:39.03; 3. Kyla van Graan, SR Coastal Carolina (RSA), 18:55.46.



Annie Bothma in her first race for Coastal Carolina University. [Photograph supplied]

## ULTRA/MOUNTAIN/TRAIL RUNNING

### WMRA World Mountain Running Championships (32nd)

Sapareva Banya, BUL, 11 September

SR. MEN (12.5 km with 1390 m gain then 20 m loss):

TEAMS - 1. USA, 32 points; 2. ITA, 33; 3. MEX, 69; 4. GER, 83; 5. GBR, 89.

Individual finishers:

1. Joseph Gray, 1984, USA 1:02:13 Gold
2. Israel Morales, 1980, MEX 1:03:52 Silver
3. Ahmet Arslan, 1986, TUR 1:04:49 Bronze
4. Hayden Hawks, 1991, Usa 1:05:03
5. Filex Chemonges, 1995, UGA 1:05:07

SR. WOMEN (7.3 km with 700 m gain and 20 m loss):

TEAM: 1. ITA, 17 points; 2. CZE, 32; 3. USA, 36; 4. GBR, 37; 5. FRA, 49.

## Individual finishers:

1. Andra Mayr, 1979, AUT 39:04 Gold
2. Valentina Belotti, 1980, ITA 40:47 Silver
3. Christel Dewalle, 1983, FRA 41:05 Bronze
4. Sona Vinencakova, 1994, SVK 41:17
5. Petra Novakova, 1993, CZE 42:28

## JR. MEN (7.3 km with 700 m gain and 20 m loss):

TEAMS: 1. UGA, 6 points (perfect score); 2. ITA, 41; 3. FRA, 49; 4. USA, 49; 5. MEX, 64.

## Individual finishers:

1. Joel Ayeko, 1998, UGA 33:53 Gold
2. Victor Kiplangat, 1999, UGA 35:39 Silver
3. Albert Chemutai, 1999, UGA 35:50 Bronze

## JR. WOMEN (3.5 km with 500 m elevation gain):

Teams: 1. CZE, 19 points; 2. GER, 25; 3. ITA, 33; 4. GBR, 50; 5. ROU, 68.

## Individual finishers:

1. Sarah Kistner, 1997, GER 22:48 Gold
2. Michala Stranska, 1997, CZE 22:31 Silver
3. Bronwen Jenkinson, 1997, GBR 23:56 Bronze

**NEWS****COMRADES WILL FINISH ON RACECOURSE NEXT YEAR**

For the first time in 16 years, participants in next year's Comrades Marathon will finish their "up" run at the Scottsville Racecourse.

The Comrades Marathon Association has announced that the 130-year-old racecourse will serve as the finish venue for the 92<sup>nd</sup> edition of The Ultimate Human Race. The landmark location served as the finish venue of both the 1998 and 2000 editions of the Comrades Marathon.

It is worth noting that the 2000 Comrades Marathon netted the highest number of participants at 24 500 in what has been the biggest Comrades event to date.

CMA Race Director Rowyn James says, "We are working closely with the owners of the Scottsville Racecourse, Gold Circle, to ensure that the facilities and other arrangements are in keeping with Comrades Marathon standards and to meet the needs of both our runners and spectators on race day, 4 June 2017."

The entry barometer currently stands at nearly 5500. The three-month long entry process will close on 30 November 2016 or as soon as the entry cap of 20 000 has been reached. Prospective entrants are encouraged to get their entries in early to avoid disappointment.

**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. Five of the times were run in yesterday's Sanlam Cape Town Marathon.

**2016 MARATHON: TOP 10 MEN**

2:11:27	Lusapho April	1	Hannover	10 Apr
2:11:33	Desmond Mokgobu	5	Cape Town	18 Sep



2:11:43	Sibusiso Nzima	4	Seville	21 Feb
2:13:17	Thabiso Benedict Moeng	9	Hamburg	17 Apr
2:14:26	Xolisa Tyali	9	Cape Town	18 Sep
2:16:37	Tumelo Motlagale	11	Cape Town	18 Sep
2:16:46	Thabang Masihleho	12	Cape Town	18 Sep
2:17:15	Lungile Gongqa	14	Mumbai	17 Jan
2:18:12	Siyabonga Nkonde	14	Cape Town	18 Sep
2:21:32	Lucas Jani	1	East London	20 Feb

### THIS MONTH IN HISTORY

#### 30 years ago: 10 September 1986

Saïd Aouita (MAR) was probably not superstitious, for his winning time in the IAAF Mobil Grand Prix Final in Rome was 13:13.13 for 5000 metres after he had followed the pace until the last 300 m and then kicked away from his rivals to win over Stefano Mei (ITA) and also take the overall Grand Prix. Mei was second in 13:14.29 and the former South African Sydney Maree (USA) third in 13:14.62. Olga Bondarenko (RUS) won the women's race in 15:16.84. A month earlier Aouita, the reigning Olympic champion and world record holder with 13:00.40, had come within a whisker of his global mark with 13:00.86 and he was the only runner in the world that year who could run faster than 13:10.

### 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	<b>28:42</b>	<b>Sibusiso Nzima</b>	<b>Cape Town</b>	<b>18 Sep</b>
	27:40	Abraham Kipyatich Kapsis (KEN)		
	<b>26:44</b>	<b>Leonard Patrick Komon (KEN) 2010</b>		
15 km	45:39	Jeromy Andreas	Eersterivier	18 Jun
	41:41	Bitan Karoki Muchiri (KEN)		
	<b>41:13</b>	<b>Leonard Patrick Komon (KEN) 2010</b>		
21.1 km	61:26	Stephen Mokoka	Port Elizabeth	30 Jul
	59:10	Geoffrey Kipsang Kamworor (KEN)		
	<b>58:23</b>	<b>Zersenay Tadese (ERI) 2010</b>		
25 km	83:28	Tumelo Mahlangu	Pretoria	07 May
	81:12a	Siyabonga Nkonde	Pinetown	31 Jan
	75:32	Christopher Landry (USA)		
	<b>71:18**</b>	<b>Dennis Kipruto Kimetto (KEN) 2012</b>		
30 km	1:36:30	Melikhaya Frans	Uitenhage	05 Mar
	1:30:45	Keita Shitara (JPN)		
	<b>87:37**</b>	<b>Emmanuel Kipchirchir Mutai (KEN) 2014</b>		
Marathon	2:11:27	Lusapho April	Hannover	10 Apr
	2:03:05	Eliud Kipchoge (KEN)		
	<b>2:02:57</b>	<b>Dennis Kipruto Kimetto (KEN) 2014</b>		
100 km	<b>6:13:33</b>	<b>Takahiro Sunada (JPN) 1998</b>		

\*\* ) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	30:57 28:51	Gert Thys Paulo Catarino (POR) 2003	Goodwood	12 Mar
15 km	49:35 44:14	Shadrack Hoff Pierre Levisse (FRA) 1992	Pretoria	20 Aug
21.1 km	67:17 62:28	Shadrack Hoff John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996	Port Elizabeth	30 Jul
25 km	1:28:49 76:49	Shadrack Hoff Martin Mondragon (MEX) 1994	Pretoria	07 May
30 km	1:45:23 1:35:28	Maxwell Goodman Geraldo Antonio da Silva (BRA) 2002	Uitenhage	05 Mar
Marathon	2:23:46 2:08:46	Charles Tjiane Andres Espinosa (MEX) 2003	Benoni	31 Jan
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:01 30:35	Makaya Masumpa Tecwyn Davies (GBR) 1988	Port Elizabeth	02 Apr
15 km	53:57 47:52	Eric Coetzee Titus Mamabolo (RSA) 1991	Eersterivier	18 Jun
21.1 km	75:10 66:42	Nel Mtsweni Martin Rees (GBR) 2003	Port Elizabeth	30 Jul
25 km	1:37:22	Joseph Ndlovu	Pretoria	07 May
30 km	1:57:58	Welcome Loliwe	Uitenhage	05 Mar
Marathon	2:46:19 2:43:27a 2:19:29	Dan Mothibe Dan Mothibe Titus Mamabolo (RSA) 1991	Cape Town Port Elizabeth	18 Sep 03 Jul
100 km				

Grandmasters (60+)

10 km	37:56 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Bellville	02 Apr
15 km	58:27 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Ravensmead	19 Mar
21.1 km	83:37 71:31	Mochamat Kriel Martin Rees (GBR) 2013	Gordon's Bay	16 Apr
25 km	1:49:33 94:01	Jan Lebesse Doug Winn (USA) 2010	Pretoria	07 May
30 km	2:12:25 1:57:07	Mochamat Kriel Ed Whitlock (CAN) 1994	Simon's Town	14 Aug
Marathon	3:14:57 2:36:30	Robbie Lindsay Yoshihisa Hosaka (JPN) 2009	East London	20 Feb
100 km				

Great grandmasters (70+)

10 km	43:16 43:16 37:33	Andrew Spence Jeff Smith Ed Whitlock (CAN) 2004	Sasolburg Goodwood	06 Feb 12 Mar
15 km	66:12 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Ravensmead	19 Mar
21.1 km	95:28 82:23	Jeff Smith Ed Whitlock (CAN) 2001	Port Elizabeth	30 Jul
25 km	3:03:13 99:59	Assie van Aswegen Clive Davies (USA) 1985	Pretoria	07 May
30 km	2:22:55	Jeff Smith	Camps Bay	10 Jan

Marathon	2:00:56 3:23:49 2:54:49	Ed Whitlock (CAN) 2001 Johan van Zyl Ed Whitlock (CAN) 2004	Cape Town	18 Sep
100 km				
<u>Juniors</u>				
10 km	30:34 27:52	Kabelo Melamu Richard Chelimo (KEN) 1990	Benoni	31 Jan
15 km	46:36 42:25	Adrian Wildschutt Moses Mosop (KEN) 2004	Ravensmead	19 Mar
21.1 km	65:15 59:16	Kabelo Melamu Samuel Wanjiru (KEN) 2005	Port Elizabeth	30 Jul
<b>WOMEN</b>				
<u>Open</u>				
10 km	33:02 30:52 30:21m 30:29w	Irvette van Zyl Shalane Flanagan (USA) Paula Radcliffe (GBR) 2003 Asmae Leghzaoui (MAR) 2002	Durban	17 July
15 km	54:24 48:14	Zintle Xiniwe Peres Chepchirchir (KEN) Cynthia Cherotich Limo (KEN) Netsanet Gudeta Kebede (ETH) Genet Ayalew Kassahun (ETH)	Constantia	05 Mar
21.1 km	46:14m 46:59w 71:00 65:51 65:09m 66:25w	Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007 Irvette van Zyl Viola Chepchumba (KEN) Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007	Port Elizabeth	30 Jul
25 km	1:47:01 1:33:24a 1:25:36 79:53m 82:47w	Caroline Wöstmann Jenna Challenor Alphine Tuliamuk (USA) Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005	Pretoria Pinetown	07 May 31 Jan
30 km	1:59:58 1:43:55 1:38:49m 1:39:11w	Tanith Maxwell Miharu Shimokado (JPN) Mizuki Noguchi (JPN) 2005 Mary Keitany (KEN) 2011	Camps Bay	10 Jan
Marathon	2:32:20 2:19:41 2:15:25m 2:17:42w	Irvette van Blerk Tirfe Beyene Tsegay (ETH) Paula Radcliffe (GBR) 2003 Paula Radcliffe (GBR) 2005	London	24 Apr
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	35:39 32:14	Tanith Maxwell Priscilla Welch (GBR) 1985	Durban	05 Jun
15 km	54:40 49:35	Tanith Maxwell Priscilla Welch (GBR) 1985	Eersterivier	18 Jun
21.1 km	78:09 69:56	Tanith Maxwell Irina Permitina (RUS) 2009	Port Elizabeth	30 Jul
25 km	1:57:50 1:45:58a 82:13	Ashleigh White Suzette Botha Mizuki Noguchi (JPN) 2005	Durban Pinetown	06 Mar 31 Jan
30 km	2:00:38	Tanith Maxwell	Simon's Town	14 Aug

Marathon	1:51:37	Mieke Pullen (NED) 2001		
	2:45:26	Tanith Maxwell	Cape Town	18 Sep
	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	89:22	Elmarie Coetzee	Port Elizabeth	30 Jul
	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	42:12	Margie Saunders	Port Elizabeth	20 Aug
	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
	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	54:14	Pixie Sparg	Grassy Park	04 Sep
	44:09	Lavinia Petrie (AUS) 2014		
15 km	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	4:10:26	Veronica van Niekerk	Cape Town	18 Sep
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	35:25	Simonay Weitsz	Port Elizabeth	09 Aug
	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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