

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

Highlights of the weekend were the world leads achieved by Ethiopians Tamirat Tola Adere and Worknesh Degefa Debele (in her debut) in the Standard Chartered Dubai Marathon – they clocked 2:04:11 (also a PB) and 2:22:36 respectively. Kenenisa Bekele failed to finish. South Africa's Gerda Steyn finished 14th in 2:57:05.

Best SA performance of the weekend came from Annie Bothma, a student at Coastal Carolina University, who scored an excellent win over 5000 m at the Virginia Tech Hokie Invitational in Blacksburg in 16:25.25.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Garbie Springs Striders 32 km & 15 km, Springs
- * Spar Kearsney Striders Half Marathon & 10 km, Botha's Hill
- * ELAC Laser 10 km Challenge, East London
- * Galaxy Bingo Two Views 10 km, Port Elizabeth
- * STBB Red Hill 36.2 km & Marathon, Fish Hoek
- * PWC George Claassen Half Marathon & 10 km, Pretoria
- * Dis-Chem Half Marathon, Bedfordview
- * Danger Point Half Marathon & 10 km, Gansbaai

International highlights:

- * Standard Chartered Dubai Marathon, Dubai, UAE
 - * Chevron Houston Marathon & Aramco Half Marathon, Houston, USA
 - * Standard Chartered Mumbai Marathon, Mumbai, IND
 - * Bermuda International Race Weekend, Hamilton, BER
 - * Ooredoo Doha Marathon Festival, Doha, QAT
 - * XC: Cross Internacional de Itálica, Seville, ESP; Antrim International Cross-country Challenge, Cafre, Antrim, GBR
 - * Indoor track: University of Kentucky Rod McCravy Memorial Meet, Lexington, USA; Gladstein Invitational, Bloomington, USA; Vanderbilt Invitational, Nashville, USA; Virginia Tech Hokie Invitational, Blacksburg, USA; University of Washington Indoor Preview, Seattle, USA; Holiday Inn Invitational, Lincoln, USA; Arkansas Invitational, Fayetteville, USA
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ROAD RUNNING

Garbie Springs Striders 32 km (48th) & 15 km

Springs, 22 January

(Loop courses. Finishers: 32 km – 750 [up from 720 last year]; 15 km – 850 [up from 710].)

Note: Although Caroline Koll was the first veteran in the 15 km, she did not receive the prize money as she did not wear the "40" age category tags as required. – Ed.

32 km

MEN

1 Vusi Malobolo (Nedbank) 1:53:16; 2 Pule Tjaoane (Unlida) 1:53:47; 3 Nkosi Skosana (Anglo) 1:54:03.

Veterans: 1 Nteleng Mosime (Cool Running) 1:58:53; 2 Thomas Mkansi (FFA) 2:06:34; 3 Darryl Laybourn (Boksburg) 2:18:24. **Masters:** 1 George Mooi (Gallopers) 2:05:37; 2 Johan van Staden (Kempton) 2:28:24; 3 Mike Forshaw (JHAC) 2:35:33. **G'masters:** 1 John Woodnutt (Morningside) 2:31:30; 2 Johnny v.d. Walt (Green Mile) 2:51:43.

WOMEN

1 Tshifhiwa Malobola (Nedbank) 2:13:34; 2 Yolande Maclean (Born 2 Run) 2:14:31; 3 Salome Cooper (Born 2 Run) 2:20:19 (1st vet).

Veterans: 1 Salome Cooper (Born 2 Run) 2:20:19; 2 Lis Fernandez (Kyalami) 2:38:06; 3 Comfort Selebi (Kempton) 2:54:41. **Masters:** 1 Chris Walter (Dainfern) 2:46:16; 2 Almarie Rothman (Kempton) 2:55:44; 3 Ansa Strydom (Nedbank) 2:56:14. **G'masters:** 1 Margaret Boshoe (Sunninghill) 2:43:28; 2 Linda Jenner (RAC) 3:59:02.

15 km

MEN

1 Thabo Masima (Nedbank) 50:51 (1st jun); 2 Lethabo Morapedi (Ulinda) 52:18; 3 Dumisani Masima (Ulinda) 52:21.

Veterans: 1 Prince Mathumbu (Corobrik) 61:03; 2 Joseph Segula (Kudumane) 62:07; 3 Fana Motha (Nedbank) 64:06. **Masters:** 1 Frans Rooibaadjie (Boksburg) 63:32; 2 Peter Jaehne (Outeniqua) 65:17; 3 Milan Daniz (Boksburg) 71:32. **G'masters:** 1 Robin Williams (Vitality) 84:06. **Juniors:** 1 Thabo Masima (Nedbank) 50:51.

WOMEN

1 Nomsa Cossa (Rockies) 66:26; 2 Caroline Koll (Boksburg) 66:37; 3 Marilise Vermaak (Kempton) 68:06.

Veterans: 1 Marilise Vermaak (Kempton) 68:06; 2 Veliswa Dunjwa (Ulinda) 68:33; 3 Kerry-Ann Scrase (Temp) 73:00. **Masters:** 1 Rita van Wyk (Boksburg) 78:59; 2 Mariet Geyer (Benoni High) 80:04; 3 Lynne Semple (BNAC) 89:17. **G'masters:** 1 Dawn Vollmer (Boksburg) 1:44:04; 2 Sarah Hackney (Boksburg) 1:45:42. **Juniors:** 1 Tylo Cumberlege (FFA) 72:12.

Spar Kearsney Striders Half Marathon & 10 km

Botha's Hill, 22 January

(Distances: 21.1 km & 10 km; loop courses)

Half marathon

MEN

1 Motlokoa Clement Nkhabutlane (LES/Orion) 1:08:39; 2 Sphamandla Nyembe (Ethekeini) 1:13:18; 3 Elmore Sibanda (ZIM/uBunye) 1:14:12.

40-49: 1 Bernard Phalatsane (ZIM/Bluff Meats) 1:20:24; 2 Bhekisisa Khumalo (Maxed Elite) 1:28:15. **50-59:** 1 Willie Majombozi (Boxer) 1:29:11; 2 Cliff Robbertze (Westville) 1:38:00. **60+:** 1 Msebenziwenkosi Mhlongo (Phantane) 1:43:58.

WOMEN

1 Cary-Ann Smith (Nedbank) 1:32:13; 2 Puseletso Dladla (Hollywoodbets) 1:35:56; 3 Lindiwe Ndlovu (NRB Harriers) 1:38:57.

40-49: 1 Patricia Dammann (Team Vitality) 1:43:04; 2 Ashleigh White (DHSOB) 1:45:16. **50-59:** 1 Karen Fisher (Westville) 1:56:52; 2 Joanne Gibb (Ind) 1:57:19. **60+:** 1 Pamela Rasmussen (YWP) 2:15:34.

10 km

MEN

1 Lindokuhle Sithole (Phantane) 34:42; 2 Siyabonga Zakwe Ngiba (Ind) 36:32; 3 Bhekani Yalo (Wild Coast) 36:41.

Juniors: 1 Siyanda Mkhize (Hollywoodbets) 40:10; 2 Edmund Mthethwa (Savages) 42:50; 3 Jabulani Majombozi (Wild Coast) 44:21.

WOMEN

1 Janene Carey (Boxer) 43:55; 2 Fikile Mbuthuma (Nedbank) 44:43; 3 Asta Kraus (Hillcrest Villagers) 45:28.

Juniors: 1 Daniella Arrigo (Boxer) 45:54; 2 Nondumiso Mnzimande (Maritzburg City) 56:29.

ELAC Laser 10 km Challenge

East London, 21 January

(Finishers: 1080)

Note: The results website is quite incomplete, with many names missing and no clubs indicated. – Ed.

MEN

1. Luthando Hejena 31:29
2. A.N. Other 32:02
3. Simphiwe Majiki 33:36
4. A.N. Other 33:39
5. Zingisile Marikeni 34:22

WOMEN

1. Hanlie Botha 35:46
2. Stephanie Smith 38:14
3. Annelisa van Dyk 40:38
4. Andrea Ranger 41:09
5. Zandilereinette Rubushe 42:55

Galaxy Bingo Two Views 10 km

Port Elizabeth, 21 January

(Out-and-back course. Finishers: 500 [considerably up from 353 last year].)

MEN

1	Zolani	Ngqaqa	Tinarha AC	28	31:30
2	Mzwanele	Maphekula (1 st vet)	Bluewater Bay	40	33:02
3	Gift	Chigomarawa	Motherwell AC	29	33:09
4	Eric	Sigxashe	Motherwell AC	38	34:17
5	Xolile	Ndingane	Nedbank RC	45	34:37
6	George	Ntshiliza	Nedbank RC	37	35:10
7	Lonwabo	Williams (1 st jun)	Tinarha AC	18	35:10
8	Xolisa	Ndlumbini	Vukani MS Club	34	35:16
9	Zamubuntu	Teyise	Charlo AC	40	36:08
10	Mthobeli	Ndaleneni	Body Concept	26	37:04
11	Clinton	Barrath	Malabar	34	37:31
12	Mzwabantu	Dabaza	VWAC	28	37:36
13	Desmond	Zibi (1 st mast)	Achilles AAA	53	37:43
14	Darrell	Wicht	Madiba BW	53	37:44
15	Khayelihle	Ncube	Nedbank RC	30	37:56
16	Freddie	Jantjies	Vukani MS Club	47	38:15
17	Kenneth	Menze	Bluewater Bay	55	38:30
18	Luvuyo	Dyani	Motherwell AC	46	38:43
19	Mutekile	Rasmeni	Nedbank RC	52	38:51
20	Tumelo	Mochelenyane	Nedbank RC	34	38:59

40-44:

1	Mzwanele	Maphekula	Bluewater Bay	40	33:02
2	Zamubuntu	Teyise	Charlo AC	40	36:08
3	Michael	Prince	Nedbank RC	43	44:42

45-49:

1	Xolile	Ndingane	Nedbank RC	45	34:37
2	Freddie	Jantjies	Vukani MS Club	47	38:15
3	Luvuyo	Dyani	Motherwell AC	46	38:43

50-54:

1	Desmond	Zibi	Achilles AAA	53	37:43
2	Darrell	Wicht	Madiba BW	53	37:44
3	Mutekile	Rasmeni	Nedbank RC	52	38:51

55-59:

1	Kenneth	Menze	Bluewater Bay	55	38:30
2	Michael	Bekapi	Ikhamba AC	55	41:44
3	Leonard	Erasmus	Gelvan AC	58	44:50

60-64:

1	At	Schoeman	Nedbank RC	60	50:26
2	Mbulelo	Sobikwa	Madibaz AC	62	53:23
3	Robert	Rietmuller	PEAAC	60	54:14

65-69:

1	Thembisile	Ntoni	PEAAC	69	56:55
2	Peter	Giddy	Achilles AAA	66	57:19
3	David	O'reilly	Nedbank RC	69	58:07

70-74:

1	Tamsanqa	Jusayi	Nedbank RC	74	48:29
2	Cilliers	Swart	Nedbank RC	70	50:35
3	William	Vorster	PEAAC	70	53:01

Juniors:

1	Lonwabo	Williams	Tinarha AC	18	35:10
2	Lihle	Zatu	Temp	16	50:41
3	Tawfeeq	Vyver	Nedbank RC	18	51:18

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	35	38:05
2	Ndileka	Mvakwendlu	Tinarha AC	26	38:23
3	Siphokazi	Nojoko	Motherwell AC	22	40:40
4	Freedah	Ncube	Madibaz AC	34	42:50
5	Janette	Schierz-Crusius (1 st mast)	Body Concept	56	47:02
6	Talana	Vosloo	Despatch AC	35	47:17
7	Grizelda	Pietersen (1 st vet)	Nedbank RC	48	47:50
8	Nikita	Drury	PEAAC	24	49:00
9	Toegeda	Vyver	Nedbank RC	44	49:11
10	Terray	Newcombe	Elite AC	25	49:11
11	Michelle	Van Iddekinge	Elite AC	49	49:20
12	Ludine	Williams	St Albans AC	29	50:04
13	Amanda	Prideaux	Bluewater Bay	41	50:27
14	Lily	Janse Van Rensburg	Despatch AC	41	50:28
15	Thembela	Van Der Berg	Nedbank RC	34	50:29
16	Michelle	Barker	Temp	29	50:56
17	Suzette	Victor	Madiba BW	46	51:06
18	Lesley Ann	Bush	Despatch AC	44	51:07
19	Danel	Van Niekerk	Elite AC	32	52:08
20	Elana	Loest	Temp	38	52:11

40-44:

1	Toegeda	Vyver	Nedbank RC	44	49:11
2	Amanda	Prideaux	Bluewater Bay	41	50:27
3	Lily	Janse Van Rensburg	Despatch AC	41	50:28

45-49:

1	Grizelda	Pietersen	Nedbank RC	48	47:50
2	Michelle	Van Iddekinge	Elite AC	49	49:20
3	Suzette	Victor	Madiba BW	46	51:06

50-54:

1	Paige	Lee	32Gi AC	50	58:51
2	Phunyezwa	Ndevu	SABC Running Cl	50	59:27
3	Charlene	De Coning	Elite AC	52	1:00:05

55-59:

1	Janette	Schierz-Crusius	Body Concept	56	47:02
2	Rosemary	Joubert	32Gi AC	56	53:04
3	Ina	Meaker	Infinity AC	55	55:32

60-64:

1	Christine	Snyman	Despatch AC	60	57:08
2	Stephanie	Hay	Infinity AC	61	1:18:39
3	Hendrina	Claassen	Despatch AC	60	1:34:35

65-69:

1	Helene	Oppel	Crusaders AC	67	1:04:57
2	Jeanette	Pienaar	PEAAC	68	1:07:35
3	Glenys	Joubert	Madiba BW	65	1:08:17

70-74:

1	Liz	Grundlingh	Muirite Strider	70	57:57
2	Ronelle	Steyn	Nedbank RC	72	1:04:39
3	Christine	Fourie	Elite AC	70	1:09:03

75-79:

1	Dorothy	Hart	Nedbank RC	78	1:23:08
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Juniors:

1	Zene	Gerber	Temp	15	1:01:05
2	Savannah	Boshoff	Temp	15	1:18:49
3	Be'ata	Langson	Temp	16	1:18:58

STBB Red Hill 36.2 km (42nd) & Marathon (28th)

Fish Hoek, 21 January

(Distances: 36.2 km & 42.195 km; certified, very hilly loop courses. Finishers: 36.2 km – 1147 [up from 1047 last year]; marathon – 813 [down from 920].)

36.2 km

MEN

1. Moses Njoli (Itheke) 2:10:00
2. Siviwe Nkombi (Ind) 2:12:39
3. Vuyolwethu Mbukushe (Gugs) 2:15:17

Veterans: 1. Neo Molema (Sanlam) 2:30:40; 2. Bethuel Luphallo (Strand) 2:32:41; 3. Colin George (VOB) 2:32:53. **Masters:** 1. John September (Itheke) 2:38:25; 2. Solly van Rooyen (Worc) 2:38:41; 3. Julian Paul (SANDF) 2:38:49. **G'masters:** 1. Mochamat Kriel (Ommie) 2:49:10; 2. Thomas Moses (Worc) 2:54:52; 3. Piet Smit (Swart) 2:59:03. **G/g'masters:** 1. Jeff Smith (Itheke) 3:14:58; 2. Gavin Turner (Whalers) 4:19:14; 3. Kaare James (Pine) 4:33:41.

WOMEN

1. Danette Smith (KPMG) 2:36:27
2. Farwa Mentoor (Ned) 2:48:45 (1st vet)
3. Ursula Frans (Ned) 2:49:21

Veterans: 1. Farwa Mentoor (Ned) 2:48:45; 2. Ursula Frans (Ned) 2:49:21; 3. Ursula Turck (Strand) 2:50:03. **Masters:** 1. Marie Louw (FNB) 3:05:33; 2. Cheryl Rudolph (East) 3:08:54; 3. Kathy McQuaide (VOB) 3:16:00. **G'masters:** 1. Nancy Will (Pine) 3:09:54; 2. Annelie v.d. Linde Mader (Durb) 3:39:55; 3. Dianne Duggan (Melk) 3:57:41. **G/g'masters:** 1. Marlene James (Pine) 4:24:05; 2. Avril Delapelin Dumont (WC) 4:39:12.

Marathon

MEN

1. Lucas Raseruthe (LES/32GI) 2:34:24
2. Reuben Mhashu (Hout) 2:38:40
3. Ben Matiso (Nantes) 2:42:28

Veterans: 1. Nic de Beer (KPMG CGA) 2:49:38; 2. Peter Mavura (Itheke) 2:55:01; 3. Quinton Prince (Met) 2:57:09. **Masters:** 1. Sydney Rustin (SANDF) 3:11:27; 2. Henry Cieverts (Top) 3:16:35; 3. Memela Zibeke (Met) 3:35:54. **G'masters:** 1. Gerald Martin (Met) 3:45:57; 2. Sam Kotze (Ned) 3:48:43; 3. Andy Cockcroft (Edge) 3:48:49. **G/g'masters:** 1. Lawrence Ashworth (Strand) 4:53:48.

WOMEN

1. Adele Waldron (KPMG) 3:11:10 (1st vet)
2. Funeka Zaula (Makana) 3:14:47
3. Candyce Hall (Carb) 3:18:35

Veterans: 1. Adele Waldron (KPMG) 3:11:10; 2. Jana Trojan (CZE/VOB) 3:28:02; 3. Theresa Brand (Bell) 3:29:06. **Masters:** 1. Juliet Savini (Durb) 3:47:27; 2. Lorna Rensburg (SH) 3:59:22; 3. Malie Ayton [illegible] 4:02:31. **G'masters:** 1. Ruth Leverton (Pine) 4:46:54; 2. Jeanette van Wyk (Bell) 4:47:19; 3. Anne Williams (PnP) 4:57:49.

PWC George Claassen Half Marathon (42nd) & 10 km

Pretoria, 21 January

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1850 [down from 2000 last year]; 10 km – 2000 [considerably down from 2700]; also 700 in 5 km.)

Half marathon

MEN

1 Lebenya Nkoka (LES) 66:21; 2 Teboho Noosi (LES/Phantane) 66:43; 3 Vuyisile Tshoba (Adidas) 69:42.

Veterans: 1 Clinton Ferreira (Nedbank) 80:17; 2 Kgwathamane Malatjie (Vitality) 85:09; 3 Adolph Tjale (The Runners Store) 85:11. **Masters:** 1 Philemon Mailola (Moretele) 83:26; 2 Joseph Ndlovu (ACE) 85:18; 3 Kobus Ludick (Kyalami) 93:14. **G'masters:** 1 Johan Nel (Irene) 97:43; 2 Sonny Leopeng (RAC) 98:53; 3 Mauritz Hagg (Vitality) 1:53:07.

G/g'masters: 1 Elias Raphulu (Black Diamond) 1:40:52; 2 David Ngobeni (Marley) 1:47:05; 3 Pele Tshikundamalema (Olifants) 1:51:49. **80+:** 1 Andries van Rooyen (VTM) 2:40:12.

WOMEN

1 Cornelia Joubert (Boxer) 80:33; 2 Vuyokazi Gebe (Transnet) 90:57; 3 Beryl Makokha (Nedbank) 94:28.

Veterans: 1 Julianie Basson (Born 2 Run) 95:06; 2 Maria Vilakazi (RWFL) 97:42; 3 Anel Vorster (Green Mile) 1:41:06. **Masters:** 1 Ansie Breytenbach (Irene) 1:46:23; 2 Julie Shadwell (Vitality) 1:46:50; 3 Ansa Strydom (Nedbank) 1:48:38. **G'masters:** 1 Carole de Waal (Wingate) 2:11:58; 2 Gizelle Geyer (Phobians) 2:27:46; 3 Kim Roberts (Kudus) 2:29:12.

10 km

MEN

1 Namakhoe Nkhasi (LES/Nedbank) 30:18; 2 Lucky Mohale (Boxer) 30:30; 3 Stephen Mokoka (TUT) 30:36.

Veterans: 1 Leon Baker (Midrand) 37:00; 2 Elmon Ndlovu (PMMC) 39:42; 3 Peter Motshoene (RWFL) 39:58. **Masters:** 1 Paul Mabena (Ford) 41:02; 2 Joseph Moloto (PMMC) 41:29; 3 Moses Machailo (Vitality) 42:43. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 41:54; 2 Don Charles (Nedbank) 44:38; 3 Charles Stoffberg (Green Mile) 47:22.

G/g'masters: 1 Harry v.d. Merwe (BHS) 51:17; 2 Lammie Fourie (Agape) 62:18; 3 Cyril Clausen (RRW) 72:08. **80+:** 1 Ken Nurden (Agape) 65:37. **Juniors:** 1 Daniel Lobo (Love Running) 48:04; 2 Adan Murray (Fit Pta) 52:01; 3 Pravan Dhanlall (Save Orion) 66:28.

WOMEN

1 Liziwe Mabona (AMPA) 38:22; 2 Kate Roberts (KPMG) 38:56; 3 Maryke Engelbrecht (Temp) 42:47.

Veterans: 1 Patricia Forbes (Bestmed) 49:56; 2 Tania Bignaut (Nedbank) 50:12; 3 Maria Bendana (Morningside) 50:47. **Masters:** 1 Debbie Bredenkamp (HQH) 48:45; 2 Elishewa Rossouw (Nedbank) 60:53; 3 Annetjie Bezuidenhout (VTM) 63:36. **G'masters:** 1 Francis van Blerk (Nedbank) 54:09; 2 Joey Cloete (Irene) 58:21; 3 Rita Jordaan (Irene) n/t. **80+:** 1 Deirdre Larkin (Randburg) 67:00. **Juniors:** 1 Carmen Koekemoer (Love Running) 48:05; 2 Mira Kaffka (ACRW) 51:49; 3 Sumarie Moolman (ACRW) 55:12.

Dis-Chem Half Marathon

Bedfordview, 15 January

(Distance: 21.1 km; loop course)

MEN

1. Thabang Mosiako (Ned) 1:05:53
2. Desmond Mokgobu (Boxer) 1:06:55
3. Phillimon Tebogo Mathiba (Ned) 1:08:56
4. Joel Mmone (Ned) 1:10:46
5. Frans Mola (Gold) 1:13:16

WOMEN

1. Christine Kalmer (KPMG) 1:22:50
2. Caroline Wöstmann (KPMG) 1:26:37
3. Yolande Maclean (B2R) 1:26:59
4. Marlize du Plessis (KPMG) 1:30:24
5. Bronwyn Small (Four) 1:32:56

Danger Point Half Marathon & 10 km

Gansbaai, 31 December

(Distances: 21.1 km & 10 km; loop courses, partly on gravel. Finishers: half marathon – 419; 10 km – 382.)

Note: Andrea Biffi finished sixth overall in the 10 km and Jana le Roux tenth. After running here in the morning, Candyce Hall (half marathon) and Carina Swiegers (10 km) also ran the aQuellé Runners' Memorial 8 km in the afternoon. – Ed.

Half Marathon

MEN

1	Morne	Kammies	Sanlam	1:18:30
2	Xolile	Skepe	Khayelitsha	1:19:17
3	Nicholas	Mpontshane	Sanlam	1:23:40
4	K	Leemans	Fourways	1:28:03
5	David	du Plessis	Ind	1:28:27

WOMEN

1	Candyce	Hall	Carbineers	1:33:09
2	Michelle	Dreyer	Paarl AC	1:35:24
3	Patiswa	Djalume	Ind	1:36:47
4	Vicky	Cotter	Wanderers	1:40:19
5	Ester	Brink	Carbineers	1:41:53

10 km

MEN

1	Klaas	Mouries	Robertson	35:09
2	German	Lewis	Ind	35:10
3	Justin	Brown	Benoni High	35:43
4	Siziba	Simthembile	Ind	36:27
5	Yanga	Keli	Sanlam	36:31

WOMEN

1	Andrea	Biffi	VOB	36:34
2	Jana	le Roux	Nedbank	40:24
3	Carina	Swiegers	NWU Pukke	41:59
4	Nicolene	Hanekom	Ind	43:01
5	Mariet	Harper	Ind	43:35

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

Standard Chartered Dubai Marathon (18th)

Dubai, UAE, 20 January

(Distance: 42.195 km; AIMS certified, record-standard, out-and-back course)

Note: *Race Results Weekly* reports that Kenenisa Bekele's quest for the world record fell apart right at the start when the starter's gun was fired without warning, and Bekele was pushed down to the pavement by the crowd of recreational runners behind him and trampled. He eventually regained his footing, and caught up with the lead pack. Partially the victim of overly aggressive pacemaking (28:53 at 10 km), Bekele drifted off the pace, and dropped out after the 20 km split. He could be seen stretching his calf on the race broadcast as he waited for transport back to the start/finish area. – Ed.

MEN (gun times)

1. Tamirat Tola Adere, ETH	2:04:11 PB/WL/CR	USD 200,000
	[1:01:34 / 1:02:37]	
2. Mule Wasihun Lakew, ETH	2:06:46	80,000
3. Sisay Lemma Kasaye, ETH	2:08:04	40,000
4. Sisay Jigsa, ETH	2:08:09	20,000
5. Mark Pkorir Lokwanamoi, KEN	2:08:39 PB	13,000
6. Mekuant Ayenew, ETH	2:09:23 PB	12,000
7. Azmeraw Bekele Molalign, ETH	2:10:22	11,500
8. Chele Dechasa Beyene, ETH	2:10:24	11,000
9. Limenih Getachew Yizengaw, ETH	2:11:16	10,500
10. Tsegaye Mekonnen Asefa, ETH	2:11:54	10,000
Kenenisa Bekele, ETH	DNF (last split 59:23 at 20 km)	

WOMEN (gun times)

1. Worknesh Degefa Debele, ETH	2:22:36 DB/WL	USD 200,000
	[1:11:06 / 1:11:30]	
2. Shure Demise Ware, ETH	2:22:57	80,000
3. Yebgual Melese Arage, ETH	2:23:13 PB	40,000
4. Tadelech Bekele Alemu, ETH	2:24:04	20,000
5. Hirut Tibebu Damte, ETH	2:25:12 PB	13,000
6. Roza Dereje Bekele, ETH	2:26:58	12,000
7. Shuko Genemo Wote, ETH	2:28:16	11,500
8. Tigist Teshome Ayanu, ETH	2:30:09 PB	11,000
9. Megertu Ifa Geletu, ETH	2:30:45	10,500
10. Anne-Mari Hyrylainen, 1978, FIN	2:32:19 PB	10,000
... 14. Gerda Steyn, RSA	2:57:05	

Chevron Houston Marathon (45th) & Aramco Half Marathon (16th)

(IAAF Silver and Bronze Label Road Races)

Houston, USA, 15 January

(Distances: 42.195 km & 21.1 km; USATF certified, loop courses with no net elevation change)

Note: Jordan Hasay made an impressive half-marathon debut here, clocking 1:08:40 on a record-standard course. That mark, good for fourth place, made Hasay, 25, the sixth-fastest American of all time. – Ed.

Marathon (Silver Label/gun times):

MEN

1. Dominic Ondoro, 28, KEN 2:12:05 \$45,000
[1:05:44 / 1:06:21]
2. Yitayal Atanfu Zerihun, 23, ETH 2:12:33 20,000
3. Abayneh Ayele Woldegiorgis, 29, ETH 2:12:44 10,000

WOMEN

1. Meskerem Assefa Wondimagegn, 31, ETH 2:30:18 \$45,000
[1:14:16 / 1:16:02]
2. Biruktayit Degefa, 26, ETH 2:30:44 20,000
3. Becky Wade, 27, USA/TX 2:35:57 10,000

Half marathon (Bronze Label/gun times):

MEN

1. Leonard Korir, 30, USA/CO 1:01:14
\$20,000 + 1,000i
[14:18 / 28:51 / 43:48 DB / 58:14 PB]
2. Feyisa Lilesa Gemechu, 26, ETH 1:01:14
10,000 + 1,000i
3. Hiskel Tewelde Ghebru, 30, ETH 1:01:17
5,000 + 1,000i
4. Fikadu Tsadik, 22, ETH 1:01:17 PB
3,000 + 1,000i
5. Yigrem Demelash Endale, 22, ETH
1:01:59 2,000
- ... 10. Daniel Salel Loyioyio, 26, KEN
1:03:12

WOMEN

1. Veronicah Nyaruai Wanjiru, 27, KEN
1:07:58 \$20,000 + 10,000i
[15:52 / 31:42 / 47:45 / 64:19]
2. Dera Dida Yami, 20, ETH 1:08:06
10,000 + 10,000i
3. Mary Wacera, 28, KEN 1:08:38 5,000 + 10,000i
4. Jordan Hasay, 25, USA/OR 1:08:40 DB 3,000 + 10,000i
[16:06 / 32:20 / 48:46 DB / 65:09 DB]



A happy Jordan Hassay after her debut half marathon in Houston. [Race Results Weekly]

i) Earned time incentive bonus

Standard Chartered Mumbai Marathon (14th)

Mumbai, IND, 15 January

(Distance: 42.195 km)

MEN (gun times)

- | | | |
|-----------------------------|---------|------------|
| 1. Alphonse Simbu, TAN | 2:09:32 | USD 42,000 |
| [1:04:49 / 1:04:43] | | |
| 2. Joshua Kipkorir, KEN | 2:09:50 | 23,000 |
| 3. Eliud Barngetuny, KEN | 2:10:39 | 17,000 |
| 4. Jacob Chesari, KEN | 2:11:36 | 12,000 |
| 5. Bonsa Dida, ETH | 2:11:55 | 8,000 |
| ... 12. Lungile Gongqa, RSA | 2:18:52 | |

WOMEN (gun times)

- | | | |
|----------------------|---------|------------|
| 1. Bornes Kitur, KEN | 2:29:02 | USD 42,000 |
| [1:14:03 / 1:14:59] | | |
| 2. Chaltu Tafa, ETH | 2:33:03 | 23,000 |
| 3. Tigist Girma, ETH | 2:33:19 | 17,000 |

Bermuda International Race Weekend

Hamilton, BER, 13-15 January

(Distances: Mile, 10 km, 21.1 km and 42.195 km)

Note: Ethiopia's Diriba Degefa Yigezu won the mile on Friday, the 10 km on Saturday and the half marathon on Sunday, and Gemma Steel won the 10 km and the half marathon. – Ed.

Front Street Mile (13/extended gun times):

INVITATIONAL MEN

1. Diriba Degefa Yigezu, ETH, 4:08.78
2. Ford Palmer, USA, 4:10.81
3. Travis Mahoney, USA, 4:11.80

INVITATIONAL WOMEN

1. Christy Cazola, USA, 4:49.81
2. Dana Mecke, USA, 4:51.16
3. Rolanda Bell, PAN, 4:56.62

10 km (14/extended gun times):

MEN

1. Diriba Degefa Yigezu, ETH, 30:04.7
2. Scott Overall, GBR, 30:18.5
3. Alexander Teuten, GBR, 30:24.0

WOMEN

1. Gemma Steel, GBR, 33:57.0
2. Jenny Spink, CAN, 34:33.3
3. Rebecca Moore, GBR, 35:41.5

Half marathon (15/gun times):

MEN

1. Diriba Degefa Yigezu, ETH, 1:05:55
2. Scott Overall, GBR, 1:07:05
3. Alexander Teuten, GBR, 1:07:58

WOMEN

1. Gemma Steel, GBR, 1:14:27
2. Rebecca Moore, GBR, 1:18:03
3. Lauren Murray, USA, 1:28:16
4. Joan Samuelson, USA, 1:30:29

Ooredoo Doha Marathon Festival

Doha, QAT, 13 January

(Distances: 42.195 km [out and back course], 21.1 km & 10 km)

Marathon (gun times):

MEN

1. Henry Kiplagat, KEN, 2:16:11
2. Benard Kipsang Chumba, KEN, 2:16:12
3. Henry Kipsang, KEN, 2:17:37

WOMEN

1. Georgina Rono, KEN, 2:38:14
2. Vicoty Chepkemai, KEN, 2:38:24
3. Sally jemutai Kimaiyo, KEN, 2:47:09

Half marathon (gun times):

MEN

1. Alex Kibet, KEN, 1:01:58
2. Benard Korir, KEN, 1:01:59
3. Aziz Lahbabi, MAR, 1:03:55

WOMEN

1. Violah Jepchumba, KEN, 1:11:43
2. Faith Chepkoech, KEN, 1:11:53
3. Daisy Chepngeno Langat, KEN, 1:11:57

10 km (gun times):

MEN

1. Alsadik Mikhou, BRN, 28:05
2. Edwin Rotich, KEN, 28:09
3. Elnathan Kipkemboi Rotich, KEN, 29:20

WOMEN

1. Eilish McColgan, GBR, 32:01 PB
2. Isora Sosa Caballero, ESP, 42:32

CROSS-COUNTRY**Cross Internacional de Itálica** (35th)

Seville, ESP, 15 January

INTERNATIONAL MEN (11075 m):

1. Aweke AYALEW, 1993, BRN, 31:36
2. Teklemariam MEDHIN, 1989, ERI, 31:42
3. Tafese SEBOKA, 1993, ETH, 31:44
4. El Hassan ELABBASSI, 1984, BRN, 31:49
5. Leonard Patrick KOMON, 1988, KEN, 31:53

INTERNATIONAL WOMEN (8265 m):

1. Senbere TEFERI, 1995, ETH, 25:52
2. Ruth JEBET, 1996, BRN, 26:05
3. Ines MONTEIRO, 1980, POR, 27:29
4. Ana LOZANO DEL CAMPO, 1991, ESP, 27:38
5. Trihas GEBRE, 1990, ESP, 27:43

Antrim International Cross Country Challenge
(IAAF Cross Country Permit Meet)
Cafre, Antrim, GBR, 14 January

SR. MEN (9 km):

- | | |
|---------------------------|-------|
| 1. Conseslus Kipruto, KEN | 24:36 |
| 2. Abraham Cheroben, BRN | 24:37 |
| 3. Andy Vernon, GBR | 24:56 |
| 4. Hassan Chahdi | 25:20 |
| 5. Jonathan Taylor, ENG | 25:27 |

SR. WOMEN (5.6 km):

- | | |
|-------------------------------------|-------|
| 1. Caroline Chepkoech Kipkirui, KEN | 18:53 |
| 2. Goytom Gebreslase, ETH | 19:35 |
| 3. Birtukan Adamu, ETH | 19:38 |
| 4. Fionnuala McCormack, IRL | 19:39 |
| 5. Pippa Woolven, ENG | 19:50 |

INDOOR TRACK**University of Kentucky Rod McCravy Memorial Meet**

Lexington, USA, 20-21 January
(291 m oversized track)

800 (21):

Heat 1 -

- | | |
|--------------------------------------|------------|
| 1. Isaiah Harris, Penn State [SO] | 1:46.65 |
| 2. Strymar Livingston, Kansas [SR] | 1:47.95 PB |
| 3. Myles Marshall, Harvard [SO] | 1:48.17 PB |
| 4. Mpho Makofane, Clemson [JR] (RSA) | 1:48.53 PB |

Gladstein Invitational

Bloomington, USA, 20-21 January
(200 m banked synthetic track)

MEN

800:

Unseeded Sections (Combined) -

- | | | |
|--------------------|----------------------|------------|
| 1. Alec Hartman | Bradley University | 1:52.45 PB |
| 2. Nolan Daniels | Xavier (Ohio) | 1:52.79 PB |
| 3. Heinrich Herbst | Arkansas State (RSA) | 1:52.95 PB |

Vanderbilt Invitational

Nashville, USA, 20-21 January

MEN

3000 (21):

Section 1 -

1. CHRISTIAN BOWLES, SO GA. TECH, 8:17.62 PB
2. KATLEHO DYUYI, SR SO. ALABAMA (RSA), 8:18.36 PB
3. TANNER HINKLE, JR FURMAN, 8:20.00

Section 2 -

1. WARNO POTGEITER, FR SO. ALABAMA (RSA), 8:28.42 PB
2. TANNER SHAW, JR GA. TECH, 8:29.43 PB
3. NATHAN RIECH, SR SO. ALABAMA, 8:31.92 PB

WOMEN

Mile (21):

Section 1 -

1. CLAIRE GREEN, JR ARIZONA, 4:40.78 PB
2. EMMA GARNER, JR SAMFORD, 4:51.15
3. GABRIELLE JENNINGS, FR FURMAN, 4:51.92
4. MEGAN MALASARTE, ATL T.C., 4:52.39
5. CARINA VILJOEN, FR ARKANSAS (RSA), 4:54.83

3000 (21):

Section 1 -

1. ALLIE BUCHALSKI, JR FURMAN, 9:13.39 PB
2. KARISA NELSON, JR SAMFORD, 9:15.34 PB
3. TAYLOR WERNER, FR ARKANSAS, 9:16.52 PB
- ... 14. LAURA LABUSCHAIGNE, JR SO. ALABAMA (RSA), 9:56.30 PB

Virginia Tech Hokie Invitational

Blacksburg, USA, 19-21 January

(200 m banked synthetic track)

5000 (21):

1. Annie BOTHMA, FR, Coastal Carolina (RSA), 16:25.25 PB
2. Victoria HUTCHENS, SR, ETSU, 18:12.50
3. Delaney SAVEDGE, FR, VCU, 18:25.36

University of Washington Indoor Preview

Seattle, USA, 14 January

(Oversized 307 m unbanked track)

MEN

3000:

Section 3 -

- | | | |
|-----------------------|---------------------|------------|
| 1. Matthew Centrowitz | Nike Oregon Project | 7:49.89 MR |
| 2. Troy Fraley | Gonzaga | 8:00.54 |
| 3. Craig Lutz | Hoka Naz Elite | 8:01.19 |

WOMEN

3000:

Section 3 -

- | | | |
|---------------|-----------------|---------------|
| 1. Kate Grace | NorCal Distance | 8:47.26 FR/MR |
|---------------|-----------------|---------------|

- | | | |
|------------------|------------------------|---------|
| 2. Sifan Hassan | Nike Oregon Proj (NED) | 8:50.36 |
| 3. Brie Felnagle | adidas | 8:52.35 |

Holiday Inn Invitational

Lincoln, USA, 13-14 January
(200 m banked synthetic track)

MEN

600:

1. Andrew Neal, Nebraska, 1:18.61
2. Jake Bender, Nebraska, 1:18.73
3. CJ Muller, Concordia (Neb.), 1:20.53
- ... 6. Heinrich van Niekerk, Oklahoma State (RSA), 1:21.82

5000:

1. Brandon Phipps, NW Missouri, 14:49.04
2. Thobile Mosito, Cloud County CC (RSA), 15:03.03
3. Jason Fambrough, Umkc, 15:04.29
4. Moses Dirane, Cloud County CC (RSA), 15:05.20

Arkansas Invitational

Fayetteville, USA, 13 January
(200 m banked track)

women

1000:

1. Carina Viljoen, FR Arkansas (RSA), 2:54.99
2. Sabrina Monsees, SO Tulsa, 2:55.99
3. Jasmine Torres, JR Texas Tech, 3:01.41

NEWS

BEKELE HEADS GREAT LONDON MARATHON FIELD

Ethiopian legend Kenenisa Bekele tops the list of world-class contenders announced for the men's elite race at the 2017 Virgin Money London Marathon on 23 April, reports *Athletics International*. Already a triple Olympic champion and double world record holder on the track, Bekele became the world's second fastest ever marathon runner when he won the Berlin Marathon in 2:03:03 last September. It broke Haile Gebrselassie's Ethiopian record, sending a powerful message to the selectors who had left him out of the team for Rio.

Bekele made his London Marathon debut last April when he ran an impressive race to finish third behind Kenyan's Eliud Kipchoge and Stanley Biwott despite not being fully fit. Now regarded as one of the true marathon elites, he will have Kipchoge's course record of 2:03:05 in his sights this year, and perhaps even Dennis Kimetto's world record of 2:02:57. "London is the greatest marathon in the world and I would love to win there," said Bekele. "The field is always the best and victory means so much. After finishing third last year, I know what I need to do to win."

Biwott, who won the 2015 New York City Marathon, is likely to be Bekele's main rival as he leads the Kenyan challenge and will hope to mark his 31st birthday, which falls just two days before the race, with his first London Marathon victory. He finished runner-up in 2014, fourth in 2015 and second again last year in a PB of 2:03:51. Such is the quality of the line-up, however, the leading pair are just two of seven men who have run marathons in under 2:05:30, as the field contains two world champions (Abel Kirui 2011 & 2013,

Ghirmay Ghebreslassie 2015), three of the top five finishers from Rio, and the winners of the Abbott World Marathon Majors races in Tokyo, Berlin, Chicago and New York in 2016.

Elite men's field with PBs includes: Kenenisa Bekele ETH 2:03:03, Stanley Biwott KEN 2:03:51, Tesfaye Abera ETH 2:04:24, Feyisa Lilesa ETH 2:04:52, Abel Kirui KEN 2:05:04, Daniel Wanjiru KEN 2:05:21, Tilahun Regassa ETH 2:05:27, Abraham Tadesse SUI 2:06:40, Ghirmay Ghebreslassie ERI 2:07:46, Amanuel Mesel ERI 2:08:17, Asefa Mengistu ETH 2:08:41, Oleksandr Sitkovskiy UKR 2:09:11. Other runners include 38-year-old Bob Tahri FRA (2:16:28; former European steeplechase record holder with 8:01.18 in 2009) and marathon debutant Bidan Karoki Muchiri KEN (26:52.36 10000 m in 2014 & 59:14 half marathon in 2015).

STATS TIME

This week we include a list of the world's top ten men in the marathon for 2016. Significantly, eight of the top ten times came in three races – Berlin, London and Dubai. Not surprisingly, all ten athletes are from either Ethiopia or Kenya, each with five.

2016 MARATHON: WORLD TOP 10 MEN

2:03:03	Kenenisa Bekele ETH	1	Berlin	25 Sep
2:03:05	Eliud Kipchoge KEN	1	London	24 Apr
2:03:13	Wilson Kipsang KEN	2	Berlin	25 Sep
2:03:51	Stanley Biwott KEN	2	London	24 Apr
2:04:24	Tesfaye Abera ETH	1	Dubai	22 Jan
2:04:33	Lemi Berhanu ETH	2	Dubai	22 Jan
2:04:46	Tsegaye Mekonnen ETH	3	Dubai	22 Jan
2:05:13	Wilson Loyanai KEN	1	Seoul	20 Mar
2:05:16	Sisay Lemma ETH	4	Dubai	22 Jan
2:05:21	Daniel Wanjiru KEN	1	Amsterdam	16 Oct

THIS MONTH IN HISTORY

18 years ago (exactly): 23 January 1999

The Red Hill Marathon in the Cape Peninsula is one of the toughest marathons around, and many a runner has come to grief on the hill for which it is named. On this day Donovan Wright and Karen Bradford won the tenth edition of the race, which was added to the older 36.2 km race in 1984 (the shorter event started in 1975), in 2:31:58 and 3:10:29 respectively. Both scored huge victories – Wright by exactly 14 minutes and Bradford by one second more than 11 minutes. It was Bradford's fourth win and she would go on to be the champion four more times for an unprecedented eight wins. The woman who was second, Farwa Mentoor, would win twelve years later. The races were held for the 42nd and 28th time this past weekend.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2017

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 30:30 Lucky Mohale Pretoria 21 Jan

	27:52	Nicholas Kosimbei (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	46:27A	Mariano Eesou	Camps Bay	08 Jan
	47:36	Melikhaya Frans	Jeffreys Bay	07 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	65:53	Thabang Mosiako	Bedfordview	15 Jan
	58:23	Zersenay Tadese (ERI) 2010		
25 km				
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	96:10	Lusapho April	Camps Bay	08 Jan
	96:10	Lusapho April (RSA)		
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:38:40	Reuben Mhashu	Fish Hoek	21 Jan
	2:04:11	Tamirat Tola Adere (ETH)		
	2:02:57	Dennis 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	33:02	Mzwanele Maphekula	Port Elizabeth	21 Jan
	28:51	Paulo Catarino (POR) 2003		
15 km	50:08	Mzwanele Maphekula	Port Elizabeth	14 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	78:02	Greg Barnes	Eersterust	14 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km				
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:45:54	Gert Thys	Camps Bay	08 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:49:38	Nic de Beer	Fish Hoek	21 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	37:43	Desmond Zibi	Port Elizabeth	21 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	56:47	Desmond Zibi	Port Elizabeth	14 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	83:26	Phillemon Mailoha	Pretoria	21 Jan
	66:42	Martin Rees (GBR) 2003		
25 km				
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	3:11:27	Sydney Rustin	Fish Hoek	21 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	44:38	Don Charles	Pretoria	21 Jan
	32:48	Martin Rees (GBR) 2013		
15 km	61:16A	Mochamat Kriel	Camps Bay	08 Jan
	62:09	Mochamat Kriel	Constantia	14 Jan

21.1 km	54:32 97:43 71:31	Cees Stolwijk (NED) 2013 Johan Nel Martin Rees (GBR) 2013	Pretoria	21 Jan
25 km				
30 km	94:01 2:17:54 1:57:07	Doug Winn (USA) 2010 Louis Claassen Ed Whitlock (CAN) 1994	Camps Bay	08 Jan
Marathon	3:45:57 2:36:30	Gerald Martin Yoshihisa Hosaka (JPN) 2009	Fish Hoek	21 Jan
100 km				
<u>Great grandmasters (70+)</u>				
10 km	47:31 37:33	Elias Raphulu Ed Whitlock (CAN) 2004	Eersterust	14 Jan
15 km	73:45 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Constantia	14 Jan
21.1 km	1:40:52 82:23	Elias Raphulu Ed Whitlock (CAN) 2001	Pretoria	21 Jan
25 km				
30 km	99:59 2:59:59 2:00:56	Clive Davies (USA) 1985 Gideon Malherbe Ed Whitlock (CAN) 2001	Camps Bay	08 Jan
Marathon	4:53:48 2:54:49	Lawrence Ashworth Ed Whitlock (CAN) 2004	Fish Hoek	21 Jan
100 km				
<u>Juniors</u>				
10 km	35:10 27:52	Lonwabo Williams Richard Chelimo (KEN) 1990	Port Elizabeth	21 Jan
15 km	50:51 42:25	Thabo Masima Moses Mosop (KEN) 2004	Springs	22 Jan
21.1 km	93:41 59:16	Germaine Adams Samuel Wanjiru (KEN) 2005	Eersterust	14 Jan
WOMEN				
<u>Open</u>				
10 km	35:46 32:01 30:21 Mx 30:29 Wo	Hanlie Botha Eilish McColgan (GBR) Paula Radcliffe (GBR) 2003 Asmae Legzaoui (MAR) 2002	East London	21 Jan
15 km	53:59A 58:03 49:09	Dominique Scott Zintle Xiniwe Ruth Chepngetich (KEN)	Camps Bay Constantia	08 Jan 14 Jan
21.1 km	46:14** Mx 46:59** Wo 80:33 70:20 65:09 Mx 66:25 Wo	Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007 Cornelia Joubert Veronicah Maina (KEN) Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007	Pretoria	21 Jan
25 km				
30 km	79:53 Mx 82:47 Wo 1:59:01 1:59:01 1:38:49 Mx 1:38:42p Mx	Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005 Danette Smith Danette Smith (RSA) Mizuki Noguchi (JPN) 2005 Aberu Kebede (ETH) 2016	Camps Bay	08 Jan

Marathon	1:39:11	Wo Mary Keitany (KEN) 2011		
	2:57:05	Gerda Steyn	Dubai	20 Jan
	2:22:36	Worknesh Degefa Debele (ETH)		
	2:15:25	Mx Paula Radcliffe (GBR) 2003		
100 km	2:17:42	Wo Paula Radcliffe (GBR) 2005		
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	43:55	Janene Carey	Botha's Hill	22 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	64:24	Davera Magson	Port Elizabeth	14 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	95:06	Julanie Basson	Pretoria	21 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:02:35	Ulrica Stander	Camps Bay	08 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	3:11:10	Adele Waldron	Fish Hoek	21 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	47:02	Janette Schierz-Crusius	Port Elizabeth	21 Jan
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	66:40	Christine Claasen	Port Elizabeth	14 Jan
	54:33	Shirley Matson (USA) 1991		
21.1 km	1:43:21	Ansie Breytenbach	Eersterust	14 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km				
30 km	2:28:30	Ester Brink	Camps Bay	08 Jan
Marathon	3:47:27	Juliette Savini	Fish Hoek	21 Jan
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	54:09	Francis van Blerk	Pretoria	21 Jan
	38:56	Lidia Zentner (GER) 2015		
15 km	68:15	Margie Saunders	Port Elizabeth	14 Jan
	61:25	Kathryn Martin (USA) 2011		
21.1 km	2:11:58	Carole de Waal	Pretoria	21 Jan
	84:56	Bernadine Portenski (NZL) 2010		
25 km	1:58:24	Gloria Brown (USA) 1994		
30 km	2:32:53	Nancy Will	Camps Bay	08 Jan
	2:17:11	Barbara Miller (USA) 1999		
Marathon	4:46:54	Ruth Leverton	Fish Hoek	21 Jan
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	57:57	Liz Grundlingh	Port Elizabeth	21 Jan
	44:09	Lavinia Petrie (AUS) 2014		
15 km	88:39	Liz Grundlingh	Port Elizabeth	14 Jan
	72:52	Jo Klein (NED) 2004		

21.1 km	97:38	Lavinia Petrie (AUS) 2014		
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37	Veronica van Niekerk	Camps Bay	08 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	45:37	Carnie Prinsloo	Eersterust	14 Jan
	31:42	Zola Pieterse (RSA) 1984		
15 km	70:51	Siphokazi Liwani	Port Elizabeth	14 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:09:05	Delilah Asiago (KEN) 1991		

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