

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

The best performance by a South African this weekend came from Dominique Scott-Efurd, who ran the 3000 metres against a stellar international field at the New Balance Indoor Grand Prix meeting in Boston and finished fifth with a new SA record of 8:54.06. With this performance Scott-Efurd, who recently won the Bay to Bay 15 km in Cape Town with a course record, broke her own SA record of 8:55.19, set in 2015. She has a faster time, 8:52.57, also in 2015 but achieved on an oversized (307 m) track. The race in Boston was won by Hellen Obiri (KEN) in 8:39.08, with the next three athletes all setting PBs.

Also in Boston, a foursome of US Olympians – Emma Coburn, Sydney McLaughlin, Brenda Martinez and Jenny Simpson – broke the world indoor best for the 4000 m distance medley with a time of 10:40.31, about two seconds faster than the previous best of 10:42.57 set on the same Reggie Lewis Track and Athletic Center track two years ago.

Two of South Africa's oldest marathons, the Die Burger/Rafi's Friendly City in Port Elizabeth and the Johnson Crane in Benoni, were held for the 38th and 37th time respectively this weekend. In Port Elizabeth the wins went to Mzolisi Makhanda (2:35:03) and Ntombesintu Mfunzi (3:10:04), while in Benoni veteran Johannes Kekana (2:24:32) and Enie Manzini (3:01:24) were the champions. Makhanda also won in 2015, while Mfunzi won it three times in a row from 2013 to 2015.

In Pinetown another old race, the downhill PDAC 25 km, was run for the 36th time. Jenna Challenor scored a repeat – and huge – victory in 1:30:21, more than 3 minutes faster than last year. Her time is the second fastest by a South African on all courses, behind only Colleen de Reuck's 1:27:26 in the same race in 1994. The SA record is the 1:31:15 run by Nicole Fuller in Germiston in 1995.

The time of first grandmaster Margaret Boshoe in the Garbie Springs Striders 32 km (results in last week's DRR) was 3:43:48 and not 2:43:48.

The first junior in the PWC George Claassen 10 km (results in last week's DRR), Carmen Koekemoer, does not run for Love Running, but for Wingate Road Runners. Correspondent Pieter de Jager says that this is a promising junior to watch in the future.

Our regular features Stats Time and This Month in History will be continued next week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Johnson Crane Marathon, Half Marathon & 10 km, Benoni
- * PDAC 25 km, Pinetown
- * Kloofnek Classic Half Marathon, Cape Town
- * Die Burger/Rafi's Friendly City Marathon & 10 km, Port Elizabeth
- * Wonderpark Akasia Marathon, Half Marathon & 10 km, Pretoria
- * JointEze Dan Luyt 15 km, Durbanville
- * ARWYP 15 km, Kempton Park

International highlights:

- * Osaka Women's Marathon & Osaka Half Marathon, Osaka, JPN
- * Mitja Marato Internacional Vila de Santa Pola, Santa Pola, ESP
- * Xiamen International Half Marathon, Haicang, CHN
- * XC: Cross Country Cinque Mulini, San Vittore Olona, ITA; Cross Internacional Memorial Juan Muguerza, Elgoibar, ESP; Kenya Prisons Cross-country Championships, Nairobi, KEN; Kenya Defence Forces Cross-country Championships, Thika, KEN
- * Indoor track: New Balance Indoor Grand Prix, Boston, USA; Razorback Invitational, Fayetteville, USA; New Balance Games, New York, USA

ROAD RUNNING

Johnson Crane Marathon (37th), Half Marathon & 10 km

Benoni, 29 January

(Distances: 42.195 km, 21.1 km & 10 km; loop courses at altitude. Weather: partly cloudy and hot. Finishers: marathon – 3249 [up from 2857 last year]; half marathon – 3172 [up from 2659]; 10 km – 2500.)

Note: Second category win in two days for Shadrack Hoff – he also won the Wonderpark Akasia 10 km the previous day. – Ed.

Marathon

MEN

1. Johannes Kekana (CR) 2:24:32 (1st vet)
2. Charles Tjiane (ME) 2:24:54
3. Retsepile Khotle (Vitality) 2:26:28

Veterans: 1. Johannes Kekana (CR) 2:24:32; 2. Charles Tjiane (ME) 2:24:54. **Masters:** 1. Moses Rangwaga (Scaw) 3:02:10. **G'masters:** 1. Gideon Radebe (Anglo) 3:06:21.

WOMEN

1. Enie Manzini (Ekur) 3:01:24
2. Marlize du Plessis (KPMG) 3:04:18
3. Samukeliso Moyo (ZIM) 3:05:05 (1st vet)

Veterans: 1. Samukeliso Moyo (ZIM) 3:05:05; 2. Salome Cooper (B2R) 3:06:00.

Masters: 1. Jane Mudau (Fara) 3:36:18. **G'masters:** 1. Val Watson (Runav) 3:44:49.

Half marathon

MEN

1. Lucky Mohale (Boxer) 1:05:59
2. Xolisa Tyali (Ned) 1:06:22
3. Philani Buthelezi (KPMG) 1:06:31

Veterans: 1. Zongamele Dyubeni (Rockies) 1:11:38; 2. Justin Chitake (ZIM/ME) 1:12:55.

Masters: 1. Reginald Ngobese (Ind) 1:14:36. **G'masters:** 1. André Jansen (GS) 1:31:09.

WOMEN

1. Patience Murowe (ZIM/Ned) 1:18:04
2. Rudo Mhonderwa (ZIM/ME) 1:18:10
3. Rutendo Nyahora (ZIM/Ned) 1:20:40

Veterans: 1. Tabitha Tsatsa (ZIM/ME) 1:23:51; Jenni Kruse (Sunning) 1:31:22. **Masters:** 1. Ann Thom (Jeppe) 1:54:14. **G'masters:** 1. Debbie Blake (Runav) 2:02:19.

10 km

MEN

1. Thabang Mosiako (Ned) 29:29
2. Joel Mmone (Ned) 29:58
3. Precious Mashele (Ind) 30:02

Veterans: 1. Shadrack Hoff (Boxer) 32:16; 2. Simon Mpholo (Ned) 32:24. **Masters:** 1. George Mooi (Gallop) 34:19. **G'masters:** 1. Daniel Matshwene (Ned) 46:59. **Juniors:** 1. Kabelo Seboko (Ind) 30:17; 2. Dan Malebona (Ind) 30:34; 3. Ryan Mphahlele (Ind) 30:49.

WOMEN

1. Kesa Molotsane (Ind) 35:12
2. Louisa Leballo (Ind) 35:17
3. Sherilene Gelderblom (Ind) 35:24

Veterans: 1. Marilise Vermaak (Kempton) 43:02; 2. Miriam Mooki (Ind) 46:10. **Masters:** 1. Julie Soicher (Rockies) 43:26. **G'masters:** 1. Deirdre Larkin (Randburg) 59:51. **Juniors:** 1. Lyndie Roelofse (Ind) 37:29; 2. Casey Bosman (Benoni HS) 41:23; 3. Bongeka Magubane (Ubhule) 43:49.

PDAC 25 km (36th)

Pinetown, 29 January
(Point-to-point downhill course.)

MEN

- | | | | |
|----|--------------------|-------------|---------|
| 1. | Sipho Mbanjwa | Boxer AC | 1:21:36 |
| 2. | Mziwenkosi Mjaja | Nedbank AC | 1:22:17 |
| 3. | Lindokuhle Sithole | Phantane AC | 1:22:37 |

40-49:

- | | | | |
|----|------------------|---------|---------|
| 1. | Jonathan Edwards | West AC | 1:26:38 |
|----|------------------|---------|---------|

50-59:

- | | | | |
|----|----------------|---------|---------|
| 1. | Phakhama Shezi | Nedbank | 1:39:08 |
|----|----------------|---------|---------|

60-69:

- | | | | |
|----|----------------------|---------|---------|
| 1. | Devillers Oberholzer | Toti AC | 1:54:07 |
|----|----------------------|---------|---------|

WOMEN

- | | | | |
|----|-----------------|-------------|---------|
| 1. | Jenna Challenor | KPMG | 1:30:21 |
| 2. | Shelly Young | Chiltern AC | 1:42:49 |
| 3. | Cary-Anne Smith | Nedbank AC | 1:45:51 |

40-49:

- | | | | |
|----|--------------|----------|---------|
| 1. | Shani Silver | Boxer AC | 1:48:53 |
|----|--------------|----------|---------|

50-59:

- | | | | |
|----|-----------------|------------|---------|
| 1. | Roshini Natasen | Highway AC | 2:05:56 |
|----|-----------------|------------|---------|

60-69:

- | | | | |
|----|----------------|---------|---------|
| 1. | Sheree Kirsten | West AC | 2:25:43 |
|----|----------------|---------|---------|

Kloofnek Classic Half Marathon (22nd)

Cape Town, 29 January

(Distance: 21.1 km; certified, very hilly out-and-back course. Finishers: 1707 [down from 1768 last year].)

Note: Second win and second runner-up position in three days for Nomvuyisi Seti and Candyce Hall respectively – they finished in the same order in the JointEze Dan Luyt 15 km the previous Wednesday. According to the DRR database, Neo Molema was born on 29 September 1980 and therefore is only 36 now, so he cannot compete in the veteran category. He ran as a junior up until the end of 1999, when his age was given as 19 – consistent with a year of birth of 1980. If he was born four years earlier than that (to make him a veteran now), he was 22 then and could not have competed as a junior! In the results of the SA 10 km in 1999 his age is given as 19. Also, when he was selected for the WP team for the SA 10 km Championships in 2006, he gave his ID as 800929... He won the 40-49 age category in the STBB Red Hill 36.2 km the previous weekend. – Ed.

MEN

1. Danzil Paulse (East) 1:14:39
2. Siviwe Nkombi (Itheke) 1:14:43
3. Anda Lubelwana (Hout) 1:15:25

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:21:49; 2. Neo Molema (Sanlam) 1:27:11; 3. Francis Jeke (Hout) 1:29:11. **Masters:** 1. Johnny Persents (WR) 1:27:58; 2. Zolani Ntsodo (SANDF) 1:31:20; 3. Shafiek Cassiem (Itheke) 1:37:48. **G'masters:** 1. Mochamat Kriel (Ommie) 1:30:52; 2. Thomas Moses (Worc) 1:34:59; 3. Sam Kotze (Ned) 1:47:31. **G/g'masters:** 1. Brian Key (Forest) 1:49:03; 2. Jeff Smith (Itheke) 2:02:43; 3. Gideon Malherbe (Celtic) 2:21:25. **Juniors:** 1. Bradley-Lee Daniels (Brack) 2:00:51; 2. Isma-eel Cozyn (Ommie) 2:03:46.

WOMEN

1. Nomvuyisi Seti (Itheke) 1:36:20
2. Candyce Hall (Carb) 1:39:09
3. Susan Caras (WPCC) 1:40:03

Veterans: 1. Ursula Frans (Ned) 1:42:10; 2. Marlize Vienings (Edge) 1:42:32; 3. Melany Porter (Pine) 1:47:24. **Masters:** 1. Olga Howard (Ned) 1:47:18; 2. Cheryl Rudolph (East) 1:49:50; 3. Teretha Lourens (WC) 1:56:04. **G'masters:** 1. Nancy Will (Pine) 1:51:57; 2. Charmaine Cupido (Ned) 1:57:24; 3. Helen du Plessis (Brack) 2:05:06. **G/g'masters:** 1. Marlene James (Pine) 2:31:40; 2. Marianne Nelson (Durb) 2:36:31; 3. Avril Delapelin Dumont (WC) 2:43:08.

Die Burger/Rafi's Friendly City Marathon (38th) & 10 km

Port Elizabeth, 28 January

(Distances: 42.195 km & 10 km; out-and-back courses. Finishers: marathon – 271 men + 89 women = 360 total [down from 393 last year]; 10 km – 480 [up from 441]).

MEN

1	Mzolisi	Makhanda	Nedbank RC	34	2:35:03
2	George	Ntshiliza	Nedbank RC	37	2:38:32
3	Charles	Segalo	Charlo AC	29	2:43:45
4	Mzwanele	Maphekula (1 st vet)	Bluewater Bay	40	2:48:04
5	Xolisa	Ndlumbini	Vukani MS Club	34	2:50:35
6	Thobile	Xata	Nedbank RC	42	2:55:08
7	Patrick	Peta	Somerset East	40	2:56:30

8	Nathi	Mda	Motherwell AC	25	2:58:04
9	Noel	Adams	Gelvan AC	44	3:00:38
10	Clinton	Barrath	Malabar	34	3:03:47
11	Melikhaya	Jacobs	Temp	38	3:04:46
12	Alfred	Qogi	Nedbank RC	43	3:05:23
13	Welcome	Loliwe (1 st mast)	Nedbank RC	52	3:05:50
14	Darrell	Wicht	Madiba BW	53	3:05:51
15	Khayelihle	Ncube	Nedbank RC	30	3:08:33
16	Jacques	Barnard	Despatch AC	40	3:09:34
17	Graham	Eshmade	Charlo AC	39	3:10:10
18	Colben	Ngcupe	Charlo AC	53	3:10:40
19	Luvuyo	Stephen	Nedbank RC	46	3:10:56
20	Thabiso	Jantjies	Nedbank RC	34	3:11:16

40-44:

1	Mzwanele	Maphekula	Bluewater Bay	40	2:48:04
2	Thobile	Xata	Nedbank RC	42	2:55:08
3	Patrick	Peta	Somerset East	40	2:56:30

45-49:

1	Luvuyo	Stephen	Nedbank RC	46	3:10:56
2	Zoysile	Maklein	Youth FC AC	45	3:13:59
3	Sandiso	Ngxishe	Temp	46	3:15:47

50-54:

1	Welcome	Loliwe	Nedbank RC	52	3:05:50
2	Darrell	Wicht	Madiba BW	53	3:05:51
3	Colben	Ngcupe	Charlo AC	53	3:10:40

55-59:

1	Stephen	McCarthy	Edgemoor Runnin	55	3:47:16
2	Schoombee	Pretorius	Madiba BW	59	3:48:26
3	Chester	Brooks	Xcel AC	58	4:01:41

60-64:

1	Richard	Foss	Albany SS	62	4:07:25
2	Hamilton	Mazomba	Nedbank RC	63	4:11:17
3	At	Schoeman	Nedbank RC	60	4:22:45

65-69:

1	Albert	Ngcanga	Xcel AC	66	3:58:35
2	Paul	Steffens	Nedbank RC	65	4:27:24
3	Thembisile	Ntoni	PEAAC	69	5:01:30

70-74:

1	Tamsanqa	Jusayi	Nedbank RC	74	4:43:18
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75-79:

1	Godfrey	Kariem	Gelvan AC	76	5:21:53
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WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	35	3:10:04
2	Davera	Magson (1 st vet)	Nedbank RC	42	3:17:58
3	Elmare	Bezuidenhout	Charlo AC	34	3:31:57
4	Jane	Barnardo	Body Concept	41	3:33:25
5	Grizelda	Pietersen	Nedbank RC	48	3:42:34
6	Ilze	Ritter	Charlo AC	28	3:49:32
7	Lizette	Sydien	Xcel AC	30	3:51:56
8	Pearl	Prinsloo	Elite AC	38	3:57:08
9	Michelle	Van Iddekinge	Elite AC	49	3:58:09
10	Lindsay	Van Niekerk	Temp	27	3:59:55
11	Talana	Vosloo	Despatch AC	35	4:02:49
12	Robyn	McQueen	Temp	23	4:04:53
13	Priscilla	Dyantyi	Nedbank RC	42	4:09:09

14	Annalise	Scholtz	Madiba BW	34	4:12:24
15	Ingrid	Eckstein	Body Concept	34	4:15:30
16	Nicola	Craig	Charlo AC	30	4:16:02
17	Ncendisa	Ndonga	Old Mutual AC	41	4:17:10
18	Lisa	Freercks	Body Concept	39	4:17:32
19	Maresa	Ah Kun	Bluewater Bay	41	4:17:50
20	Benita	Barton	Crusaders AC	46	4:17:51

40-44:

1	Davera	Magson	Nedbank RC	42	3:17:58
2	Jane	Barnardo	Body Concept	41	3:33:25
3	Priscilla	Dyanty	Nedbank RC	42	4:09:09

45-49:

1	Grizelda	Pietersen	Nedbank RC	48	3:42:34
2	Michelle	Van Iddekinge	Elite A C	49	3:58:09
3	Benita	Barton	Crusaders AC	46	4:17:51

50-54:

1	Ida	Struwig	Madibaz AC	54	4:22:44
2	Trish	Schuin	Somerset East	50	4:41:12
3	Helouise	Uys	Gonubie Harrier	52	4:41:57

55-59:

1	Denise	Ferreira	Crusaders AC	55	4:54:41
2	Noleen	Norris	Gelvan AC	59	5:28:30

60-64:

1	Christine	Snyman	Despatch AC	60	4:50:07
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10 km**MEN**

1	Lubabalo	Mdlungwane	Ikhamba AC	26	33:51
2	Brendon	Effenaar	Nedbank RC	20	34:32
3	Duwayne	Lucas	Aspen Pharmacar	27	35:31
4	Masande	Mlonyeni	Charlo AC	36	36:10
5	Mzwabantu	Dabaza	VWAC	28	37:52
6	Tumelo	Mochelenyane	Nedbank RC	34	38:39
7	Kenneth	Menze (1 st mast)	Bluewater Bay	55	39:09
8	Juan	Cordier	Kowie Striders	31	39:10
9	Mutekile	Rasmeni	Nedbank RC	52	39:29
10	Juwayne	Fletcher	Charlo AC	26	40:15
11	Vuyo	Lloyd	Bluewater Bay	39	40:33
12	Johannes	Arries (1 st vet)	Nedbank RC	43	40:47
13	Sithembiso	Yozo	Temp	52	41:15
14	Bongisizwe	Vena	Nedbank RC	27	41:27
15	Lewis	Skade	TPT AC EP	38	41:39
16	Erik	Kemp	Despatch AC	40	41:40
17	Siyabonga	Oliphant	Somerset East	25	42:17
18	Mbulelo	Kitas	Youth FC AC	47	42:19
19	Richard	Alexander	Albany SS	31	42:22
20	Ryan	Coulter	Krugersdorp A C	26	42:25

40-44:

1	Johannes	Arries	Nedbank RC	43	40:47
2	Erik	Kemp	Despatch AC	40	41:40
3	Benjamin	Miggels	Muirite Strider	41	45:40

45-49:

1	Mbulelo	Kitas	Youth FC AC	47	42:19
2	Moyisile	Wana	Temp	45	44:44
3	Christian	Du Preez	Temp	47	44:53

50-54:

1	Mutekile	Rasmeni	Nedbank RC	52	39:29
2	Sithembiso	Yozo	Temp	52	41:15
3	Linton	Harmse	Madibaz AC	53	47:09

55-59:

1	Kenneth	Menze	Bluewater Bay	55	39:09
2	Leonard	Erasmus	Gelvan AC	58	45:19
3	Lorence	Ntika	Ikhamva AC	59	46:53

60-64:

1	Jozua	Roux	Temp	61	54:34
2	Riaan	Smalberger	St Albans AC	62	58:57
3	Mike	Burger	Crusaders AC	63	59:39

65-69:

1	Hannes	Els	Madiba BW	67	49:40
2	Syd	Lippstreu	Crusaders AC	68	54:25
3	David	O'Reilly	Nedbank RC	69	58:15

70-74:

1	Cilliers	Swart	Nedbank RC	70	51:09
2	Johannes	Herbst	Muirite Strider	70	51:13
3	William	Vorster	PEAAC	70	58:11

75-79:

1	Willem	Schoeman	Muirite Strider	75	1:15:37
2	Michael	Smout	Temp	75	1:16:46

Juniors:

1	Ayabonga	Saul	Temp	14	44:06
2	Elroy	Claassen	Charlo AC	16	51:58
3	Tawfeeq	Vyver	Nedbank RC	18	52:39

WOMEN

1	Joan	Viljoen	Nedbank RC	22	45:54
2	Andiswa	Fezani	Nedbank RC	29	46:51
3	Lise	De Villiers (1 st jun)	Schools EPA	18	48:04
4	Janette	Schierz-Crusius (1 st mast)	Body Concept	56	48:23
5	Toegeda	Vyver (1 st vet)	Nedbank RC	44	49:06
6	Lily	Janse van Rensburg	Despatch AC	41	49:36
7	Ludine	Williams	St Albans AC	29	49:38
8	Amore	Strauss	Charlo AC	32	49:50
9	Elize	Adams	Gelvan AC	42	50:11
10	Maria Elizabeth	Van Zyl	Infinity AC	57	50:12
11	Julius	Finestone	Temp	39	50:57
12	Johannette	Oosthuizen	Body Concept	52	51:17
13	Lindi	Van Tonder	Charlo AC	38	51:46
14	Ceri	Tustin	Charlo AC	37	52:02
15	Lindie	Stander	Despatch AC	32	53:46
16	Catherine	Meier	Aspen Pharmacar	23	54:26
17	Zimkitha	Zimkita	Buffalo Runners	22	54:37
18	Rose-Marie	Hurford	RWFL EP	27	54:44
19	Rosemary	Joubert	32Gi AC	56	54:45
20	Hilda	Batt	Body Concept	34	54:49

40-44:

1	Toegeda	Vyver	Nedbank RC	44	49:06
2	Lily	Janse van Rensburg	Despatch AC	41	49:36
3	Elize	Adams	Gelvan AC	42	50:11

45-49:

1	Jackie	Nel	Temp	48	56:26
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2	Tilly	Crosbie	Infinity AC	48	57:47
3	Christine	De Beer	Elite A C	45	58:43
50-54:					
1	Johannette	Oosthuizen	Body Concept	52	51:17
2	Paige	Lee	32Gi AC	50	58:18
3	Magda	Grobelaar	VWAC	52	59:01
55-59:					
1	Janette	Schierz-Crusius	Body Concept	56	48:23
2	Maria Elizabeth	Van Zyl	Infinity AC	57	50:12
3	Rosemary	Joubert	32Gi AC	56	54:45
60-64:					
1	Jacomina	Linstrom	Rand Ath Club	63	57:36
2	Nicki	Van Niekerk	Muirite Strider	62	1:02:23
3	Stephanie	Hay	Infinity AC	61	1:13:57
65-69:					
1	Jeanette	Penaar	PEAAC	68	1:08:00
2	Denise	Terblanche	Infinity AC	69	1:11:41
3	Rita	Boucher	Infinity AC	66	1:16:22
70-74:					
1	Liz	Grundlingh	Muirite Strider	70	58:23
2	Angeline	Kivedo	Walmer AC	71	1:30:19
75-79:					
1	Dorothy	Hart	Nedbank RC	78	1:21:01
Juniors:					
1	Lise	De Villiers	Schools EPA	18	48:04
2	Zene	Gerber	Temp	15	58:51
3	Charis	Du Plessis	Temp	19	59:33

Wonderpark Akasia Marathon, Half Marathon & 10 km

Pretoria, 28 January

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Weather: cloudy and cool.

Finishers: marathon – 1200 [up from 1100 last year]; half marathon – 1600 [up from 1500]; 10 km – 2200 [down from 2600].)

Note: Pieter de Jager, who ran the 10 km, reports that it was about 1100 metres short because of a marshalling error early in the race. The first three athletes are shown here with no times, as indicated in the results received. The other two races (marathon and half marathon) were run on the correct routes. – Ed.

Marathon

MEN

1 Steven Dikobo (Temp) 2:35:01; 2 Raphael Ndlovu (Nedbank) 2:39:20; 3 Thulani Duma (Nedbank) 2:39:46; 4 Pelly Lamola (Polokwane) 2:41:00; 5 Denus Nchabeleng (Vodacom) 2:43:33; 6 Philimon Manyaka (Nedbank) 2:45:08 (1st vet); 7 Greg Barnes (Born 2 Run) 2:45:11; 8 Thompson Magagane (Nedbank) 2:46:01; 9 Ntheleng Mosime (Cool Running) 2:49:02; 10 Ignicious Mushi (PMK) 2:49:44.

Veterans: 1 Philimon Manyaka (Nedbank) 2:45:08; 2 Greg Barnes (Born 2 Run) 2:45:11; 3 Ntheleng Mosime (Cool Running) 2:49:02. **Masters:** 1 Joseph Ndlovu (ACE) 2:58:37; 2 Elias Legodi (Ford) 3:08:16. **G'masters:** 1 Sam Ndala (Nedbank) 3:30:26; 2 Daniel Hlongwane (Nedbank) 3:47:56. **G/gmasters:** 1 David Ngobeni (Marley) 3:57:21.

WOMEN

1 Ann Ashworth (Born 2 Run) 3:06:05; 2 Franza Landman (Irene) 3:12:00; 3 Danka Erasmus (KPMG) 3:12:21; 4 Mitsie v.d. Westhuizen (KPMG) 3:24:25 (1st vet); 5 Theresa Louw (Temp) 3:29:29; 6 Lindsay van Aswegen (Kempton) 3:34:00; 7 Corne Prinsloo (NPO) 3:35:12; 8 Motene Matshediso (Johnson Matthey) 3:35:49; 9 Anita du Plessis (Vitality) 3:35:53; 10 Anel Vorster (Green Mile) 3:36:04.

Veterans: 1 Mitsie v.d. Westhuizen (KPMG) 3:24:25; 2 Lindsay van Aswegen (Kempton) 3:34:00; 3 Corne Prinsloo (NPO) 3:35:12. **Masters:** 1 Elize Uys (Magnolia) 4:24:01; 2 Sarie Coetzee (Potties) 4:27:31. **G'masters:** 1 Ansie v.d. Heever (ACRW) 4:43:15.

Half marathon

MEN

1 Bafana Dube (Boot Camp) 71:36; 2 Musa Nkosi (Born 2 Run) 71:38; 3 Collen Mailola (Nedbank) 72:52.

Veterans: 1 Nicky Masumbuka (Nedbank) 75:18; 2 Simon Tjantjies (Live Athletics) 81:29; 3 Kgwamane Malatjie (Vitality) 84:36. **Masters:** 1 Nhlanhla Magubane (Corr Serv) 86:27; 2 Johannes Molepo (Corr Serv) 89:51. **G'masters:** 1 John Woodnutt (Morningside) 97:02; 2 Trevor Parry (HMK) 1:50:21. **G/gmasters:** 1 Elias Raphulu (Black Diamond) 1:41:16. **80+:** 1 Ken Nurden (Agape) 2:20:09. **Juniors:** 1 Alfred Mashiane (RWFL) 96:06; 2 Themba Chauke (Marula) 2:21:03.

WOMEN

1 Liziwe Mabona (AMPA) 89:31; 2 Leilani Scheffer (RWFL) 89:35; 3 Vuyokazi Gebe (Transnet) 89:40.

Veterans: 1 Maria Bendana (Morningside) 1:46:05; 2 Jill Oliphant (RAC) 1:46:30; 3 Maretha Stockenstrom (RWFL) 1:49:18. **Masters:** 1 Ansie Breytenbach (Irene) 1:44:29; 2 Julie Shadwell 1:49:33. **G'masters:** 1 Carole de Waal (Wingate) 2:14:39; 2 Leonie Loots (Deloitte) 2:27:05. **Juniors:** 1 Nompumelelo Shongwe (Eskom) 2:21:57; 2 Glory Mabudafhasi (Morula) 2:50:20.

10 km

MEN

1 Reghen Magwai (B2R) n/t; 2 Juan van Deventer (Ind) n/t; 3 Charles Soza (ZIM/Ned) n/t.

Veterans: 1 Shadrack Hoff (Boxer) 30:48; 2 Leon Baker (Midrand) 31:55; 3 Colin Witbooi (PPMC) 32:41. **Masters:** 1 Tidimalo Modiga (Ind) 33:18; 2 Joseph Moloto (SANDF) 35:05. **G'masters:** 1 Francis Mukuka (ZAM/Phobians) 36:05; 2 Mike du Bruto (Irene) 39:50. **Juniors:** 1 Bopape Lesetja (Ned) 35:39; 2 Piletjie Mmotlana (Baviaans) 44:05; 3 Aaron Murray (Phobians) 45:13.

WOMEN

1 Madri Wiid (Tuks) 35:10; 2 Lisa Maritz (Runav) 36:15; 3 Ronel Thomas (Boxer) 37:24 (1st vet).

Veterans: 1 Ronel Thomas (Boxer) 37:24; 2. Mirriam Mooki (Ind) 41:34; 3 Hester van Vuuren (Harl) 50:14. **Masters:** 1 Anne Morgan (ACRW) 52:22; 2 Elesheva Rossouw (Ned) 52:52. **G'masters:** 1 Joey Cloete (Irene) 50:34; 2 Lina Pretorius (PPMC) 58:27. **80+:** 1 Deirdre Larkin (Randburg) 54:54. **Juniors:** 1 Steffeny Visser (Ind) 39:31; 2 Boipelo Sebothoma (PMC) 67:36; 3 Tiniyo Sibiyi (Morula) 70:44.

JointEze Dan Luyt 15 km (44th)

Durbanville, 25 January

(Certified loop course, hilly, partly on gravel around horseracing track. Finishers: 1116 [up from 821 last year].)

MEN

1. Nadeel Wildschutt (Itheke) 49:39
2. Vuyolwethu Mbukushe (Gugs) 50:02
3. Carlo Flink (Itheke) 50:12 (1st jun)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 53:52; 2. Thembelani Zola (Ned) 57:05; 3. Sihle Mapukata (Ned) 58:11. **Masters:** 1. Steve Motau (Ned) 59:46; 2. Zolani Ntsodo (SANDF) 61:06; 3. Julian Paul (SANDF) 62:42. **G'masters:** 1. Robbie Lindsay (Ned) 66:24; 2. Eise Geerts (Bell) 68:40; 3. Gemjikile Tom (Eskom) 69:43. **G/g'masters:** 1. Jeff Smith (Itheke) 74:16; 2. Ronnie le Roux (Brack) 87:46. **Juniors:** 1. Carlo Flink (Itheke) 50:12; 2. Adriaan Wildschutt (Itheke) 51:12; 3. Thembeko Mendu (Gugs) 54:46.

WOMEN

1. Nomvuyisi Seti (Itheke) 62:51
2. Candyce Hall (Carb) 64:47
3. Nicola Hooper (Carb) 67:13

Veterans: 1. Elizabeth Brink (Durb) 68:56; 2. Marieke Coetzer (Durb) 72:22; 3. Karen Wentzel (Durb) 73:41. **Masters:** 1. Ester Brink (Carb) 68:40; 2. Mariëtte Strauss (Tyger) 69:45; 3. Annalita Goosen (CMC) 75:45. **G'masters:** 1. Nancy Will (Pine) 76:01; 2. Styntjie Prins (Paarl) 80:36; 3. Helen du Plessis (Brack) 84:21. **G/g'masters:** 1. Marlene James (Pine) 1:44:25; 2. Gail Buhrmann (Durb) 1:45:39. **Juniors:** 1. Razaan Kamaldien (Carb) 74:56; 2 Kirsten Roodman (VOB) 75:42.

ARWYP 15 km

Kempton Park, 25 January

(Finishers: 1070 [down from 1200 last year].)

MEN

- 1 Victor Pheeha (Monaco) 49:03; 2 Piet Sebalo (Gallopers) 50:02; 3 Karabo Nkachela (Cool Running) 51:13.

Veterans: 1 Andries Masoeu (Paradise) 51:33; 2 Action Ramaboea (Ivory Park) 53:03. **Masters:** 1 Arthur Wooldridge (Vitality) 59:59; 2 Ian Morshead (Boksburg) 61:59. **G'masters:** 1 Andre Jansen (GS) 65:48; 2 Don Charles (Nedbank) 69:43. **Juniors:** 1 Bongani Nyanguru (Tembisa) 62:89.

WOMEN

- 1 Enie Manzini (City of Ekurhuleni) 61:39; 2 Katy van Meter (KPMG) 62:15; 3 Cobie Smith (Vitality) 63:55.

Veterans: 1 Busisiwe Pakati (SCAW) 78:41; 2 Antoinette Hartsliet (HMK) 94:54. **Masters:** 1 Rita van Wyk (Boksburg) 78:09; 2 Hannelie Dunn (Boksburg) 83:00. **G'masters:** 1 Avril Coats (RWFL) 1:49:08; 2 Carol Nepgen (Kowie Striders) 2:01:28. **Juniors:** 1 Emma Wooldridge (Temp) 86:54; 2 Loren Reynolds (Boksburg) 90:46.

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

Osaka Women's Marathon (36th) & Osaka Half Marathon

(IAAF Silver Label Road Race)

Osaka, JPN, 29 January

(Distances: 42.195 km; certified out-and-back course; and 21.1 km)

Marathon

WOMEN

1. Risa Shigetomo, JPN 2:24:22
[1:12:10 / 1:12:12]
2. Misato Horie, JPN 2:25:44 PB
3. Hanae Tanaka, JPN 2:26:19 PB
4. Serena Burla, USA 2:26:53 PB
5. Shitaye Eshete Habtegebrel, BRN 2:28:36
6. Risa Tanaka, 1979, JPN 2:28:44 PB
7. Iwona Lewandowska, POL 2:29:37
8. Muluhabt Tsega, ETH 2:30:38
9. Asami Furuse, JPN 2:30:44 PB
10. Misaki Kato, JPN 2:31:28
[1:11:46 / 1:19:42]

Half marathon (gun times)

MEN

1. Shunsaku Shibata, 1:03:05 PB/CR
2. Akifumi Ueki, 1:03:10 PB
3. Koki Tanaka, 1:03:17 PB
4. Masamichi Yasuda, 1:03:20
5. Yuichi Okutani, 1:03:21

WOMEN

1. Rei Ohara, 1:10:02
2. Rika Toguchi, 1:10:54 PB
3. Asami Kato, 1:11:39
4. Honoka Tanaike, 1:12:53
5. Rena Tabuchi, 1:13:04

Mitja Marato Internacional Vila de Santa Pola (28th)

(IAAF Bronze Label Road Race)

Santa Pola (Alicante), ESP, 22 January

(Distance: 21.1 km)

MEN (gun times)

1. Peter Cheruiyot KIRUI, 1988, KEN 1:00:56 € 1200
[14:31 / 28:38 / 43:05]
2. Daniel Munidi MUTETI, 1994, KEN 1:02:29 800
3. John Lotiang KIPSANG, 1991, KEN 1:02:58 600

WOMEN (gun times)

1. Antonina KWAMBAI, 1992, KEN 1:09:49 € 1200
2. Buzunesh GUDETA, 1997, ETH 1:11:31 800

3. Lily PARTRIDGE, 1991, GBR 1:12:12 600

Xiamen (Haicang) International Half Marathon

Haicang, CHN, 10 December
(Distance: 21.1 km)

MEN

1. Joshua Kipkorir, KEN	1:00:24	RMB 30,000 (=USD 4362)
2. Miliyon Yehwalaeshet Zewdie, ETH	1:02:01	12,000
3. Evans Nyakama Mayaka, KEN	1:02:27	11,000
4. Lucky Mohale, RSA	1:03:10	9,000
5. Yonas Yacob Tsige, ERI	1:03:11	8,000

WOMEN

1. Sarah Chepchirchir, KEN	1:07:52	CR RMB 30,000 (=USD 4362)
2. Diana Chemtai Kipyokei, KEN	1:08:38	14,000
3. Tigist Abayechew Jabore, ETH	1:09:18	13,000
4. Nazret Weldu Gebrehiwet, ERI	1:12:23	9,000
5. Etaferahu Wodaj Temesgen, ETH	1:14:00	8,000

CROSS-COUNTRY

Cross Country Cinque Mulini (85th)

San Vittore Olona, ITA, 22 January

MEN (12 km)

1. Selemon BAREGA, ETH	33:43
2. Soufiane EL BAKKALI, MAR	33:56
3. Fred MUSOBO, UGA	33:57
4. Yemaneberhan CRIPPA, ITA	34:42
5. Victor KIPLANGAT, UGA	34:45

WOMEN (6.45km) -

1. Beyenu DEFEGA, ETH	18:23
2. Kalkidan FENTIE, ETH	18:27
3. Febitu BONTU EDAO, BRN	18:48
4. Elena ROMAGNOLO, ITA	19:05
5. Valeria ROFFINO, ITA	19:13

Cross Internacional Memorial Juan Muguerza (74th)

Elgoibar, ESP, 22 January

SR. MEN (10796 m):

1. Joshua Cheptegei, UGA, 1996,	31:50
2. Aweke Ayalew, BRN, 1993,	32:16
3. Conseslus Kipruto, KEN, 1994,	32:27
4. Teklemariam Medhin, ERI, 1989,	32:29
5. Javier Guerra Polo, C.A. Adidas, 1983,	32:32

SR. WOMEN (6624 m):

1. Senbere Teferi, ETH, 1995,	25:10
2. Ruth Jebet, BRN, 1996,	25:21
3. Trihas Gebre Aunoon, Bilbao Atletismo, 1990,	26:00
4. Ancuta Bobocel, ROM, 1987,	26:09

5. Jessica Martin, AA Palamos (GBR), 1992, 26:13

Kenya Prisons Cross-country Championships

Nairobi, KEN, 21 January

(Distances: 10 km for both men and women)

MEN

1. Bernard MUIA (KEN) 1995 29:32
2. Justus KANGOGO (KEN) 1995 29:35
3. Cornelius KANGOGO (KEN) 1993 29:43
4. Mangata NDIWA (KEN) 1987 29:46
5. Cosmas BIRECH (KEN) 1992 29:53

WOMEN

1. Alice Aprot NAWOWUNA (KEN) 1994 32:50
2. Pauline KAVEKE (KEN) 1994 33:22
3. Nancy NZISA (KEN) 1995 33:39
4. Diana CHEMTAI (KEN) 34:17
5. Pamela CHEROTICH (KEN) 1986 34:22

Kenya Defence Forces Cross-country Championships

Thika, KEN, 20 January

(Distances: 10 km for both men and women)

MEN

1. Emmanuel KIPSANG (KEN) 1991 29:20
2. Frankline KEITANY (KEN) 1992 29:20
3. Hillary KERING (KEN) 1987 29:47
4. Reuben LIMAA (KEN) 1987 29:49
5. Mark KIPTOO (KEN) 1976 29:51

WOMEN -

1. Hellen OBIRI (KEN) 1989 32:49
2. Jemima SUMGONG (KEN) 1984 33:17
3. Joyciline JEPKSOGEI (KEN) 1993 33:29
4. Sheila CHEPKIRUI (KEN) 1990 33:48
5. Gladys CHERONO (KEN) 1983 34:02

INDOOR TRACK

New Balance Indoor Grand Prix (22nd)

(First Stop of IAAF Indoor Tour)

Boston, USA, 28 January

(200 m banked synthetic track)

MEN

600:

1. Donavan Brazier, USA, 1:16.57 PB
2. Renny Quow, TTO, 1:17.50
3. Michael Stigler, USA, 1:18.38 PB

Mile:

1. Matthew Centrowitz, USA, 3:55.78 WL
2. Vincent Kibet, KEN, 3:56.09 PB

3. Jake Wightman, GBR, 3:57.24 PB

3000:

1. Paul Chelimo, USA, 7:42.39 WL
2. Andrew Butchart, GBR, 7:42.97 PB
3. Hagos Gebrhiwet, ETH, 7:43.04
4. Eric Jenkins, USA, 7:44.26
5. Lawi Lalang, KEN, 7:45.81 (pacer, but finished)
6. Dejen Gebremeskel, ETH, 7:46.06

WOMEN

800:

1. Charlene Lipsey, USA, 2:02.01 WL/PB
2. Habitam Alemu, ETH, 2:02.38
3. Lynsey Sharp, GBR, 2:02.88
- ... 5. Marina Arsamasova, BLR, 2:04.85

3000:

1. Hellen Obiri, KEN, 8:39.08 WL
2. Sifan Hassan, NED, 8:40.99 PB
3. Shannon Rowbury, USA, 8:41.94 PB
4. Nicole Sifuentes, CAN, 8:53.55 PB
5. Dominique Scott-Efurd, RSA, 8:54.06 NR

DMR

1. USA, 10:40.31 WB
(Emma Coburn, 3:18.40; Sydley McLaughlin, 52.32; Brenda Martinez, 2:01.94; Jenny Simpson 4:27.66)
2. New Balance Europe, 10:49.39
(Lisanne De Witte, NED, 3:18.77; Esther Guerrero, ESP, 52.43; Ana Silvander, SWE, 2:04.29; Sarah McDonald, 4:33.91)
3. New Balance Boston, 10:55.93
(Katrina Coogan, 3:25.40; Olicia Williams, 54.10; Megan Krumpoch, 2:04.60; Cory McGee, 4:31.85)

Razorback Invitational

Fayetteville, USA, 27-28 January
(200 m banked synthetic track)

WOMEN

800 (28):

Invitational Section -

1. Jazmine FRAY, SO, Texas A&M, 2:04.76 PB
2. Ruby STAUBER, FR, LSU, 2:05.00
3. Katie WILLARD, SR, Texas A&M, 2:05.04 PB

Open Sections -

Heat 2 -

1. Maddie MCHUGH, SO, Ole Miss, 2:09.25 PB
2. Brittany PARKER, FR, Texas A&M, 2:10.89 PB
3. Kailee SAWYER, SO, Arkansas (CAN), 2:11.18
- ... 6. Carina VILJOEN, FR, Arkansas (RSA), 2:13.29 PB

New Balance Games (22nd)

New York, USA, 21 January
(200 m banked Mondo track)

MEN

Invitational Mile:

1. Drew Hunter	Adidas	3:58.92
2. Julian Oakley	New Zealand	3:59.04
3. DJ Principe	Providence RI	4:00.97 PB

WOMEN

600 Invitational:

1. Ajee' Wilson	Adidas	1:25.23 PB/MR
2. Meg Manley	CPTC NB	1:29.95 PB
3. Rachel Aubry	Speed River (CAN)	1:30.35

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.

MENOpen

10 km	29:29	Thabang Mosiako	Benoni	29 Jan
	27:52	Nicholas Kosimbei (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	46:27A	Mariano Eesou	Camps Bay	08 Jan
	47:36	Melikhaya Frans	Jeffreys Bay	07 Jan
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	65:53	Thabang Mosiako	Bedfordview	15 Jan
25 km	58:23	Zersenay Tadese (ERI) 2010		
	81:36A	Sipho Mbanjwa	Pinetown	29 Jan
	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	2:18:52	Lungile Gongqa	Mumbai	15 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	32:16	Shadrack Hoff	Benoni	29 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	71:38	Zongamele Dyubeni	Benoni	29 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:38A	Jonathan Edwards	Pinetown	29 Jan
	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	2:24:32	Johannes Kekana	Benoni	29 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	34:19	George Mooi	Benoni	29 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	74:36	Reginald Ngobene	Benoni	29 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	99:08A	Phakhama Shezi	Pinetown	29 Jan
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:58:37	Joseph Ndlovu	Pretoria	28 Jan
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
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
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	90:52	Mochamat Kriel	Cape Town	29 Jan
	71:31	Martin Rees (GBR) 2013		
25 km	1:54:07A	Devilliers Oberholzer	Pinetown	29 Jan
	94:01	Doug Winn (USA) 2010		
30 km	2:17:54	Louis Claassen	Camps Bay	08 Jan
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:06:21	Gideon Radebe	Benoni	29 Jan
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	47:31	Elias Raphulu	Eersterust	14 Jan
	37:33	Ed Whitlock (CAN) 2004		
15 km	73:45	Jeff Smith	Constantia	14 Jan
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	1:40:52	Elias Raphulu	Pretoria	21 Jan
	82:23	Ed Whitlock (CAN) 2001		
25 km				
	99:59	Clive Davies (USA) 1985		
30 km	2:59:59	Gideon Malherbe	Camps Bay	08 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:57:21	David Ngobeni	Pretoria	28 Jan
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				
<u>Juniors</u>				
10 km	30:17	Kabelo Seboko	Benoni	29 Jan

15 km	27:52	Richard Chelimo (KEN) 1990		
	50:12	Carlo Flink	Durbanville	25 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	93:41	Germaine Adams	Eersterust	14 Jan
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	35:12	Kesa Molotsane	Benoni	29 Jan
	32:01	Eilish McColgan (GBR)		
	30:21 Mx	Paula Radcliffe (GBR) 2003		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	53:59A	Dominique Scott	Camps Bay	08 Jan
	58:03	Zintle Xiniwe	Constantia	14 Jan
	49:09	Ruth Chepngetich (KEN)		
	46:14** Mx	Florence Kiplagat (KEN) 2015		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	80:33	Cornelia Joubert	Pretoria	21 Jan
	70:20	Veronicah Maina (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	90:21A	Jenna Challenor	Pinetown	29 Jan
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:59:01	Danette Smith	Camps Bay	08 Jan
	1:59:01	Danette Smith (RSA)		
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:39:11 Wo	Mary Keitany (KEN) 2011		
Marathon	2:57:05	Gerda Steyn	Dubai	20 Jan
	2:22:36	Worknesh Degefa Debele (ETH)		
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:42 Wo	Paula Radcliffe (GBR) 2005		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	43:02	Marilise Vermaak	Benoni	29 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	91:22	Jenni Kruse	Benoni	29 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km	1:48:53A	Shani Silver	Pinetown	29 Jan
	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	3:06:00	Salome Cooper	Benoni	29 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	43:26	Julie Soicher	Benoni	29 Jan
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	66:40	Christine Claasen	Port Elizabeth	14 Jan

21.1 km	54:33	Shirley Matson (USA) 1991		
	1:43:21	Ansie Breytenbach	Eersterust	14 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:05:56A	Roshini Natasen	Pinetown	29 Jan
30 km	2:28:30	Ester Brink	Camps Bay	08 Jan
Marathon	3:36:18	Jane Mudau	Benoni	29 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	1:51:57	Nancy Will	Cape Town	29 Jan
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:25:43A	Sheree Kirsten	Pinetown	29 Jan
	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	3:44:49	Val Watson	Benoni	29 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	2:31:40	Marlene James	Cape Town	29 Jan
	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	37:29	Lyndie Roelofse	Benoni	29 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	2:21:57	Nompumelelo Shongwe	Pretoria	28 Jan
	1:09:05	Delilah Asiago (KEN) 1991		

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