

Distance Running Results

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EDITORIAL

Six list leaders were set in the Cassie's 15 km in Port Elizabeth this weekend, with the wins going to Melikhaya Frans in 45:29 and Ntombesintu Mfunzi in 56:43.

In South Africa's second oldest marathon, the 66th Sasol race in Sasolburg, Teboho Lejaha (LES) and William Mokwalakwala filled the first two places, just like last year. The women's champion is DRR subscriber Julianie Basson (3:09:51), who was also the first veteran. Another DRR subscriber, Charné Bosman, likewise a veteran, won the 10 km. Congratulations to both!

In Cape Town the WP half-marathon titles went to Lungile Gongqa in 1:06:03 and Zintle Xiniwe in 1:21:23. Despite the challenging course, six list leaders were produced here as well.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * DG Panel and Paint Challenge, Durban
- * Sasol Marathon, Half Marathon & 10 km, Sasolburg
- * Lion of Africa Half Marathon & 10 km, Tokai
- * Cassie's 15 km, Port Elizabeth
- * Schoemanshoek Half Marathon & 10 km, Oudtshoorn

International highlights:

- * Marugame Half Marathon, Marugame, JPN
- * Beppu-Oita Mainichi Marathon, Oita, JPN
- * Napoli City Half Marathon, Napoli, ITA
- * Mitja Marató de Granollers, Granollers, ESP
- * Marrakech Marathon & Half Marathon, Marrakech, MAR
- * Pune International Marathon & Half Marathon, Pune, IND
- * XC: European Champion Clubs Cup Cross-country, Albufeira, POR; USA Cross-country Championships and World Cross Selection Trials, Bend, USA; Discovery Kenya Cross-country, Eldoret, KEN
- * Indoor track: Camel City Invitational, Winston-Salem, USA; Armory Track Invitational, New York, USA; Indoor Meeting Karlsruhe, Karlsruhe, GER; PSD Bank Meeting, Dusseldorf, GER
- * Empire State Building Run-Up, New York, USA

ROAD RUNNING

DG Panel and Paint Challenge

Durban, 5 February
(Distances: 32 km & 16 km)

Note: With a few exceptions, most times in these races were given in full minutes (no seconds), so only the first three men and women are given here. The times cannot be used for statistical purposes. – Ed

32 km

MEN

1.	Mawande Hlongwe	Zakhele AC	1:53:00
2.	Sithembile Faweklo	Ind	1:55:00
3.	Thobile Mbolekn	Hollywood Beats	1:59:00

WOMEN

1.	Lisa Collett	Boxer AC	2:32:00
2.	Iris Ndlovu	NRB Harriers	2:42:00
3.	Nonsikelelo Mbambo	Natal Carbineers	2:44:00

16 km

MEN

1.	Sphamandla Mvembe	Ethekweni AC	53:31
2.	Mzlwenkosi Mjaja	Nedbank AC	54:19
3.	Zama Modiyata	Zakhele AC	55:27

WOMEN

1.	Maya Lawrie	Boxerc AC	69:29
2.	Nwabisa Mjoli	Ind	69:57
3.	Janene Carey	Boxer AC	73:13

Sasol Marathon (66th), Half Marathon & 10 km

Sasolburg, 4 February
(Distances: 42.195 km, 21.1 km & 10 km; certified loop courses; the marathon twice the half-marathon loop. Finishers: marathon – 720 [down from 940 last year]; half marathon – 670 [up from 620]; 10 km – 600 [down from 930].)

Note: The drop in finisher figures for the 10 km is due to the fact that the race doubled as the SA Championships last year. Teboho Lejaha repeated his 2016 victory in the marathon, with William Mokwalakwala (who won in 2014 and 2015) again second. – Ed.

Marathon

MEN

1 Teboho Lejaha (LES/Nedbank) 2:27:35; 2 William Mokwalakwala (MiWay) 2:29:14 (1st vet); 3 Chiyembekezo Jamali (ZIM/32Gi) 2:31:21; 4 David Ramafothle (MiWay) 2:32:59; 5 Reginald Ngobese (Rockies) 2:33:15 (1st mast); 6 William Morobe (Arcelor Mittal) 2:36:36; 7 Phumlani Mabophe (Irene) 2:42:59; 8 Godfrey Mokone (Roodepoort) 2:43:50; 9 Tlali Makhaola (Emfuleni) 2:47:43; 10 Charles Choni (32Gi) 2:50:26.

Veterans: 1 William Mokwalakwala (MiWay) 2:29:14; 2 Raphael Tladi (Ricoh) 2:53:13; 3 Tsietsi Mokoena (Nedbank) 2:54:12. **Masters:** 1 Reginald Ngobese (Rockies) 2:33:15; 2 Paulus Mofokeng (Nedbank) 3:13:57; 3 Alan Coulter (Krgersdorp) 3:19:11. **G'masters:** 1

Don Charles (Nedbank) 3:26:46; 2 Jeffrey Gcelu (UBank) 3:28:04; 3 Sonny Leopeng (RAC) 3:30:17.

WOMEN

1 Julanie Basson (Born 2 Run) 3:09:51 (1st vet); 2 Kashmiri Pharboo (Lenasia) 3:13:40; 3 Natasha Gorrie (Randburg) 3:16:47; 4 Katy van Meter (KPMG) 3:20:53; 5 Marina Scholtz (Lewensentrum) 3:24:52; 6 Caron Askew (RAC) 3:32:08; 7 Jessica Groenewald (Infinity Sport) 3:32:48; 8 Nancy Barber (Born 2 Run) 3:33:00; 9 Tracey-Lee Letcher (RRW) 3:34:06; 10 Anele Vorster (Green Mile) 3:35:08.

Veterans: 1 Julanie Basson (Born 2 Run) 3:09:51; 2 Kashmiri Pharboo (Lenasia) 3:13:40; 3 Anele Vorster (Green Mile) 3:35:08. **Masters:** 1 Rita van Wyk (Boksburg) 3:47:30; 2 Marie Bruwer (Arcelor Mittal) 3:49:52; 3 Elsabe Aucamp (Arcelor Mittal) 3:59:58.

G'masters: 1 Judith van Dyk (Alberton) 4:41:46; 2 Sandra Meyer (Harmony Striders) 4:42:42; 3 Kim Roberts (Kudus) 4:51:41.

Half marathon

MEN

1 Pita Makhoali (Rand Water) 68:13; 2 Derocious Makhobalo (Nedbank) 69:31; 3 Kabelo Melamu (KPMG) 70:02.

Veterans: 1 Thabo Mashigo (Vultures) 76:27; 2 Kheledi Molete (MiWay) 84:13. **Masters:** 1 Ian Morshead (Boksburg) 89:42; 2 Victor Malejoane (SAPS FS) 93:12. **G'masters:** 1 André Jansen (GS) 94:31; 2 John Woodnutt (Morningside) 95:20. **G/g'masters:** 1 Koos de la Rey (Sasol) 2:00:25. **Juniors:** 1 Itumeleng Sesiko (RandMark) 72:27; 2 Andrew Xaba (Alberton) 2:31:31.

WOMEN

1 Mamarolla Tjoka (LES) 81:24; 2 Keneilwe Sesing (KPMG) 85:24; 3 Andronika Mokgotla (Nedbank) 88:01.

Veterans: 1 Salome Cooper (Born 2 Run) 88:06; 2 Amanda v.d. Westhuizen (Arcelor Mittal) 1:48:34. **Masters:** 1 Sarah Mahlangu (Ricoh) 1:42:44; 2 Catherine Naane (Sibanye Gold) 1:47:19. **G'masters:** 1 Marietjie Olen (Arcelor Mittal) 2:04:56; 2 Eliza Kempen (Arcelor Mittal) 2:09:47

10 km

MEN

1 Michael Mazibuko (Temp) 30:01; 2 Simon Sibeko (Sibanye Gold) 31:35; 3 Puseletso Mofokeng (Temp) 31:42.

Veterans: 1 Simon Mpholo (Nedbank) 32:21; 2 Jacob Mazibuko (Bidvest) 35:59. **Masters:** 1 Karl Gopper (Temp) 44:30; 2 JD Theron (Vitality) 51:43. **G'masters:** 1 Aloysius Eybers (Broerhood) 48:48; 2 Leon Mostert (Sasol) 53:54. **G/g'masters:** 1 Willie Meintjies (Secunda) 95:03. **Juniors:** 1 Gcinimuza Mokoena (Sibanye Gold) 31:50; 2 Pule Sibeko (Sibanye Gold) 32:54.

WOMEN

1 Charné Bosman (Nedbank) 37:36 (1st vet); 2 Jeanette McKenzie (Nedbank) 40:30; 3 Lindiwe Mthombeni (Sasol) 43:55.

Veterans: 1 Charné Bosman (Nedbank) 37:36; 2 Lindiwe Mthombeni (Sasol) 43:55.

Masters: 1 Erica Hamilton (Vaal) 48:49; 2 Monica Reis (Roodepoort) 51:49. **G'masters:** 1 Martie Voges (Arcelor Mittal) 64:00. **G/g'masters:** 1 Annetjie Jonk (Harmony Striders) 83:07; 2 Phyllis Maartens (Born 2 Run) 94:47. **Juniors:** 1 Meghan van Deventer (Arcelor Mittal) 46:40; 2 Xena Gouws (Roodepoort) 58:32.

Lion of Africa Half Marathon & 10 km

(Western Province Half-marathon Championships)

Tokai, 4 February

(Distances: 21.1 km & 10 km; certified hilly loop courses. Finishers: half marathon – 1911 [up from 1557 last year]; 10 km – 1755 [slightly up from 1745].)

Note: An excellent second place here for vet Tanith Maxwell, who finished just 5 seconds behind Zintle Xiniwe. The first two runners in the 10 km, Nadeel and Adrian Wildschutt, are brothers. – Ed.

Half marathon

MEN

1. Lungile Gongqa (Ned) 1:06:03
2. Sibusiso Madikizela (MSA) 1:07:16
3. Merlyn Klaaste (UWC) 1:07:42
4. Mthandazo Qhina (Ned) 1:08:49
5. Phumlani Nxusani (MSA) 1:12:03

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:13:37; 2. Vakalisa Kopolo (Ned) 1:14:17; 3. Shawn Abrahams (Celtic) 1:16:28. **Masters:** 1. Steve Motau (Ned) 1:19:44; 2. John September (Itheke) 1:20:59; 3. Johnny Persents (WR) 1:21:07. **G'masters:** 1. Mochamat Kriel (Ommie) 1:28:35; 2. Robbie Lindsay (Ned) 1:29:28; 3. Eise Geerts (Bell) 1:35:26. **G/g'masters:** 1. Jeff Smith (Itheke) 1:37:57; 2. Ronnie le Roux (Brack) 1:54:43; 3. Robert Joubert (Forest) 2:00:59. **Juniors:** 1. Lehlohonolo Lekheremane (Celtic) 1:22:29; 2. Inga Ngwenduna (Satori) 1:22:29 [correct]; 3. Michael Mackintosh (FH) 1:26:59.

WOMEN

1. Zintle Xiniwe (KPMG) 1:21:23
2. Tanith Maxwell (Boxer) 1:21:28 (1st vet)
3. Danette Smith (KPMG) 1:21:47
4. Bulelwa Simae (Ned) 1:23:20
5. Obertina Kanyongo (ZIM/FNB) 1:31:42

Veterans: 1. Tanith Maxwell (Boxer) 1:21:28; 2. Obertina Kanyongo (ZIM/FNB) 1:31:42; 3. Ursula Frans (Ned) 1:33:37. **Masters:** 1. Elmarie Coetzee (FNB) 1:33:56; 2. Mariëtte Strauss (Tyger) 1:35:37; 3. Ester Brink (Carb) 1:36:00. **G'masters:** 1. Nancy Will (Pine) 1:37:38; 2. Charmaine Cupido (Ned) 1:49:24; 3. Hester Kotze (Durb) 1:51:29. **G/g'masters:** 1. Marlene James (Pine) 2:17:01; 2. Avril Delapelin Dumont (WC) 2:31:58; 3. Ruth Francis (IT) 2:45:18.

10 km

MEN

1. Nadeel Wildschutt (Itheke) 30:41
2. Adrian Wildschutt (Itheke) 31:22 (1st jun)
3. Akhona Makila (VOB) 31:36

Veterans: 1. Pieter Koopman (Itheke) 34:01; 2. Graham Katzen (Celtic) 34:14; 3. Sihle Mapukata (Ned) 34:49. **Masters:** 1. Tobias Philander (Itheke) 36:29; 2. Julian Paul (SANDF) 39:47; 3. Gregory Jacobs (Edge) 39:58. **G'masters:** 1. Terrance Mazzolini (VOB) 46:01; 2. Michael Clarke (VOB) 48:44; 3. Ebrahim Stemmet (Itheke) 49:00. **G/g'masters:** 1. Maajid Warley (SH) 55:39; 2. Dave Kennett (VOB) 57:01; 3. Yusuf Gamiendien (Itheke) 62:45. **Juniors:** 1. Adrian Wildschutt (Itheke) 31:22; 2. Carlo Flink (Itheke) 31:44; 3. Thembeko Mendu (Gugs) 32:29.

WOMEN

1. Ashleigh Simonis (Carb) 36:44

2. Sophie Cope (SH) 39:54
3. Mareli van Schalkwyk (Ind) 40:33

Veterans: 1. Marlize Vienings (Edge) 41:41; 2. Anel Wesson (FH) 42:03; 3. Coriaan de Villiers (Ned) 42:46. **Masters:** 1. Teretha Lourens (WC) 46:39; 2. Linda du Bruyn (FNB) 48:04; 3. Roldah Orrie (Itheko) 49:33. **G'masters:** 1. Helen Sutherland-Johns (VOB) 56:07; 2. Anne Williams (PnP) 56:23; 3. Juliana de Wit (Ned) 59:49. **G/g'masters:** 1. Annatjie Berntzen (Good) 70:29; 2. Carol Gahwiler (VOB) 72:24; 3. Jo Goddard (FH) 75:06. **Juniors:** 1. Ashleigh Simonis (Carb) 36:44; 2. Stella Hertantyo (Pine) 62:12; 3. Donne Hooper (ARD) 62:15.

Cassie's 15 km

Port Elizabeth, 4 February

(Out-and-back course. Finishers: 625 [up from 568 last year].)

MEN

1	Melikhaya	Frans	Ikhamba AC	26	45:29
2	Mariano	Eesou	Madibaz AC	25	46:26
3	Amos	Nyongo	Ikhamba AC	30	48:06
4	Andile	Motwani	Tinarha AC	20	48:11
5	Zolani	Mabhongo	Ikhamba AC	30	48:35
6	Andre	Ketchem	Xcel AC	33	49:12
7	Xolisani	Zamkele	Elliot Madeira	30	49:25
8	Gift	Chigomarawa	ZIM/Motherwell AC	29	49:37
9	Mzwanele	Maphekula (1 st vet)	Bluewater Bay	40	49:54
10	Mzolisi	Makhanda	Nedbank RC	34	50:04

Veterans:

1	Mzwanele	Maphekula	Bluewater Bay	40	49:54
2	Terrance	Mjekula	Tinarha AC	44	52:53
3	Zolile	Mhlahlo	Achilles AAA	42	52:55

Masters:

1	Desmond	Zibi	Achilles AAA	53	56:06
2	Christopher	Mabengeza	Nedbank RC	50	56:42
3	Darrell	Wicht	Madiba BW	53	57:33

G'masters:

1	Sizinzo	Kama	Achilles AAA	65	1:08:05
2	Albert	Ngcanga	Xcel AC	66	1:09:31
3	Roger	Trader	Achilles AAA	63	1:12:05

G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	74	1:14:28
2	Cilliers	Swart	Nedbank RC	70	1:15:37
3	Johannes	Herbst	Muirite Strider	70	1:16:34

Juniors:

1	Lonwabo	Williams	Tinarha AC	18	50:34
2	Sinethemba	Merele	Tinarha AC	16	51:22
3	Xabiso	Kobe	Tinarha AC	18	56:11

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	35	56:43
2	Ndileka	Mvakwendlu	Tinarha AC	26	58:32
3	Lusanda	Bomvana	Temp	25	59:33
4	Siphokazi	Nojoko	Motherwell AC	22	1:02:17
5	Luthando	Nxanisa	Tinarha AC	24	1:05:37
6	Christine	Claasen (1 st mast)	Achilles AAA	52	1:05:45
7	Talana	Vosloo	Despatch AC	35	1:09:18

8	Terray	Newcombe	Elite AC	25	1:10:04
9	Hanlie	V.d. Westhuizen (1 st g'mast)	Despatch AC	60	1:11:22
10	Lindie	Steyn	32Gi AC	29	1:11:55

Veterans:

1	Michelle	Van Iddekinge	Elite A C	49	1:13:50
2	Elize	Adams	Gelvan AC	42	1:16:18
3	Lily	Janse van Rensburg	Despatch AC	41	1:16:48

Masters:

1	Christine	Claasen	Achilles AAA	52	1:05:45
2	Janette	Schierz-Crusius	Body Concept	56	1:14:34
3	Agnes	Nieburg	Profiles AC	50	1:17:42

G'masters:

1	Hanlie	Van Der Westhuizen	Despatch AC	60	1:11:22
2	Christine	Snyman	Despatch AC	60	1:24:06
3	Cathy	Ives	Achilles AAA	63	1:27:34

G/g'masters:

1	Liz	Grundlingh	Muirite Strider	70	1:28:32
2	Ronelle	Steyn	Nedbank RC	72	1:38:35
3	Christine	Fourie	Elite AC	70	1:44:55

Juniors:

1	Nomakhosi	Ntliziyo	Motherwell AC	18	1:17:57
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Schoemanshoek Half Marathon & 10 km

Oudtshoorn, 21 January

(Distances: 21.1 km & 10 km; out-and-back courses on gravel. Finishers: half marathon – 100 [down from 115 last year]; 10 km – 117 [the same as last year].)

Note: Anel van Wyk finished seventh overall in the half marathon (and master Annetjie Botes 11th), and Staphany Pedro tenth in the 10 km. – Ed.

Half marathon**MEN**

1	John April	Nedbank	27	1:11:09
2	Godwin Heyns	Nedbank	18	1:17:05
3	Auchten October	Nedbank	18	1:19:45
4	Melikhaya Msizi	Knysna	33	1:21:39
5	Jacques Mouton	Outeniqua	38	1:25:51
6	Peter Jaehne	Outeniqua	51	1:27:30
7	Marlon Mortlock	Knysna	42	1:28:58
8	Alvaro de Nobrega	Oudtshoorn	31	1:29:46
9	Eddie Mouton	Nedbank	42	1:32:57
10	Roelf Jonck	Nedbank	43	1:36:07

WOMEN

1	Anel van Wyk	Nedbank	37	1:28:58
2	Annetjie Botes	Nedbank	59	1:35:36
3	Elmari du Plessis	Hartenbos	31	1:49:35
4	Debbie Marais	Temp	39	1:49:49
5	Linelle Whitehead	Langeberg	36	1:51:11
6	Paola Vignani	VOB	53	1:53:56
7	Ilse-Ann Oliphant	Nedbank	39	1:55:02
8	Zani Smith	Temp	33	1:55:47
9	Lindre Fouchee	Temp	36	1:55:49
10	Louisa-Ann Ungerer	Temp	33	1:55:49

10 km

MEN

1	Dullan Solomons	Nedbank	18	33:55
2	Elfonzo Pieterse	Nedbank	28	34:42
3	Anderson Ncube	Nedbank	20	34:57
4	Wouter Franzenburg	Nedbank	39	35:27
5	Booi Salman	Nedbank	43	35:34
6	Ross Welsh	Nedbank	18	37:04
7	Andrea Biffi	VOB	23	37:39
8	Aviwe Kinana	Knysna	17	38:41
9	Jan Isaacs	Rainbow	31	39:33
10	Robert Welsh	Nedbank	44	40:04

WOMEN

1	Staphany Petro	Nedbank	14	39:55
2	Brittney-Ann Meyer	Nedbank	16	47:15
3	Ronelle Engelbrecht	Nedbank	32	48:07
4	Sumien Hugo	Temp	19	52:20
5	Jasna Welsh	Nedbank	44	53:26
6	Michelle du Plessis	Outeniqua	45	54:53
7	Zelna Hugo	Temp	15	55:18
8	Ankia Wepener	Nedbank	36	57:36
9	Monicke van Kleef	Nedbank	25	57:58
10	Lehanie Scholtz	Knysna	29	58:05

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**Marugame Half Marathon (71st)**

Marugame, JPN, 5 February

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

MEN

1.	Callum Hawkins, GBR	1:00:00 NR/WL
	[14:21 / 28:28 / 42:37 / 56:55]	
2.	Atsedu Tsegay, ETH	1:00:58
3.	Joel Mwaura, KEN	1:00:59 PB
4.	Abraham Kipyatich, KEN	1:01:00
5.	Daichi Kamino, JPN	1:01:04 PB
6.	Suguru Osako, JPN	1:01:13 PB
7.	Yuta Shitara, JPN	1:01:19 PB
8.	Kenneth Kipkemoi, KEN	1:01:27
9.	Kazuki Tamura, JPN	1:01:56 PB
10.	Jonathan Ndiku, KEN	1:02:07 DB

WOMEN

1.	Eunice Kirwa, BRN	1:08:07
2.	Amy Cragg, USA	1:08:27 PB
3.	Riko Matsuzaki, JPN	1:11:04 DB
4.	Miho Shimizu, JPN	1:11:07
5.	Chikako Mori, JPN	1:11:40 DB
6.	Eri Hayakawa, JPN	1:11:43

- | | |
|---------------------------|------------|
| 7. Eloise Wellings, AUS | 1:12:30 |
| 8. Moeno Nakamura, JPN | 1:13:35 |
| 9. Ami Utsunomiya, JPN | 1:13:39 PB |
| 10. Miharū Shimokado, JPN | 1:13:41 |

Beppu-Oita Mainichi Marathon (66th)

Oita, JPN, 5 February

(Distance: 42.195 km; out-and-back course)

MEN (gun times)

- | | |
|----------------------------|------------|
| 1. Kentaro Nakamoto, JPN | 2:09:32 |
| 2. Dereje Debele Tulu, ETH | 2:10:23 |
| 3. Ryo Kiname, JPN | 2:10:30 PB |
| 4. Minato Oishi, JPN | 2:10:39 PB |
| 5. Taiga Ito, JPN | 2:10:52 PB |

WOMEN (gun times)

- | | |
|--------------------------|---------|
| 1. Haruka Yamaguchi, JPN | 2:40:31 |
|--------------------------|---------|

Napoli City Half Marathon (4th)

Napoli, ITA, 5 February

(Distance: 21.1 km [IAAF/AIMS certified]; mostly flat out-and-back course)

MEN (gun times)

- | | | |
|--------------------------------|---------------|-------|
| 1. Philip Kibunbei Tarbei, KEN | 1:01:21 PB/CR | € 400 |
| 2. Eliud Mwangi Macharia, KEN | 1:01:21 | 200 |
| 3. Paul Kariuki Mwangi, KEN | 1:05:37 | 150 |
| 4. Bernard DeMatteis, ITA | 1:07:36 | 125 |
| 5. Roman Prodius, MDA | 1:08:03 | 100 |

WOMEN (gun times)

- | | | |
|-------------------------------|------------|-------|
| 1. Eva Vrabcova Nyvltova, CZE | 1:11:54 CR | € 400 |
| 2. Laila Soufyane, ITA | 1:14:11 | 200 |
| 3. Deborah Toniolo (40+), ITA | 1:16:59 | 150 |

Mitja Marató de Granollers (31st)

(Spanish Half-marathon Championships)

Granollers, ESP, 5 February

(Distance: 21.1 km; out-and-back course)

MEN (gun times)

- | | |
|----------------------------|------------------|
| 1. Mathew Kisorio, KEN | 1:01:30 |
| 2. Evans Korir, KEN | 1:02:07 |
| 3. Simon Cheprot, KEN | 1:02:10 |
| 4. Javier Guerra Polo, ESP | 1:02:14 (1st NC) |
| 5. Mark Korir, KEN | 1:02:55 |

WOMEN (gun times)

- | | |
|-------------------------------|------------------|
| 1. Irene Pelayo Gonzalez, ESP | 1:12:11 (1st NC) |
| 2. Gemma Steel, GBR | 1:12:47 |
| 3. Elena Loyo Menoyo, ESP | 1:13:31 |

Marrakech Marathon (28th) & Half Marathon

Marrakech, MAR, 29 January

(Distances: 42.195 km [AIMS certified according to the race website] and 21.1 km)

Note: Ken Young of *The Analytical Distance Runner* had the following comment on these races: "The RTB [Race Time Bias] for [the half marathon] is -8.4 sec/km based on four time comparisons. This significantly exceeds the -5 sec/km threshold for rejection. Performances from this race are excluded from ARRS records/rankings lists. The marathon is certified by AIMS and the times are well within the expected range." – Ed.

Marathon (gun times)

MEN

1. Adhana Gebretsadik, ETH, 2:08:55
2. Hicham Laquouahi, MAR, 2:10:24 PB
3. Salah Eddine Bounasr, MAR, 2:10:25 PB
4. Eliud Kiprop Tarus, KEN, 2:11:12
5. Rono Kibet Kinnet, KEN, 2:11:26 PB

WOMEN

1. Ashu Kasim Rabo, ETH, 2:30:18
2. Beatrice Jeplagat Cherop, KEN, 2:31:07 PB
3. Alice Kibore Jepkemboi, KEN, 2:32:28 PB
4. Sanaa Achahbar, MAR, 2:32:36 PB
5. Sanaa Lmansouri, MAR, 2:39:09 PB

Half Marathon (gun times)

MEN

1. Mohammed Ziani, MAR, 1:00:28 PB
2. Abdenasar Fathi, MAR, 1:01:37 PB
3. Mohamed Reda El Aaraby, MAR, 1:01:45 PB
4. Taher Belkorchi, MAR, 1:02:22 PB
5. Hicham Amghar, MAR, 1:02:41

WOMEN

1. Hayat Allaoui, MAR, 1:14:36 PB
2. Fatiha Asmid, MAR, 1:14:51 PB
3. Hajiba Lhassnaoui, MAR, 1:14:59
4. Hanane Bajjaoui, MAR, 1:16:19
5. Hajar Haddioui, MAR, 1:17:14

Pune International Marathon (31st) & Half Marathon

Pune, IND, 29 January

(Distances: 42.195 km & 21.1 km)

Note: There were no female competitors in the marathon. Commenting on these two races, Ken Young wrote in *The Analytical Distance Runner*: "These races had so many things wrong it is difficult to know where to begin. For example, in the marathon, 15 men went thru the 5 km split under 13 minutes! Both races had numerous examples of gun times that were faster than the corresponding net times (impossible if the timing system is working properly). In the half marathon, of the 13 men and 4 women under the ARRS [Association of Road Racing Statisticians] qualifying standards (1:06:10 and 1:17:20 respectively), only one was in the ARRS database. The RTB [Race Time Bias] value based on that one runner is -28.8 sec/km. Based on this, it is estimated that the course was more than 2 km short. Similarly, in the marathon there were several "unknowns" under the ARRS standard and, of the runners who were in the ARRS database, none had enough recent (past two years) performances to calculate an expected time for the statistical analysis. Several runners had

big PR's. As one example, Tilahun Wendwesen Damte ran 2:12:57 this year and also ran this same race in 2015 with a 2:17:37 and the year before that (2014), he ran 2:19:03. The conclusion is that both the marathon and half marathon courses were short. There are two ways a race director can get fast times in their race. One is to bring in fast runners. The other is to shorten the course. Runners beware. Performances from these races are excluded from ARRS records/rankings lists." – Ed.

Marathon (gun times)

MEN

1. Hosea Kiprotich Rutto, KEN 2:12:17 PB
2. Urgesa Kedir Figa, ETH 2:12:20 PB
3. Simon Kiprugut Kirui, KEN 2:12:22 PB
4. William Kiprono Yegon, KEN 2:12:28
5. Webwesen Tilahun Damte, ETH 2:12:57 PB

Half Marathon (gun times)

MEN

1. Chuko Kuma Terecha, ETH 1:02:40
2. Abdata Ebisa Dinsisisa, ETH 1:02:54
3. Hika Wakshume Bulcha, ETH 1:02:55
4. Hosea Nialel Anesomu, KEN 1:03:08
5. Keneni Ifa Balda, ETH 1:03:16

WOMEN

1. Gladys Jepkechei Tarus, KEN 1:12:36
2. Meseret Gezahegn Merine, ETH 1:13:29
3. Bontu Fita Megersa, ETH 1:16:17
4. Meseret Abera, ETH 1:17:17
5. Brtukan Adeba, ETH 1:18:26

CROSS-COUNTRY

European Champion Clubs Cup Cross-country (54th)

Albufeira, POR, 5 February

MEN (9.7km):

Teams: 1. Istanbul BBSK - TUR 37; 2. Sporting Clube de Portugal - POR 45; 3. Atletismo Bikila - ESP 76 ...

1. Yemaneberhan CRIPPA, Fiamme Oro Padova Club - ITA 30:04
2. Rabah ABOUD, Sporting Clube de Portugal - POR 30:13
3. Ayad LAMDASSEM, Atletismo Bikila - ESP 30:32
4. Ramazan ÖZDEMİR, Istanbul BBSK - TUR 30:34
5. Matthias KYBURZ, LG Basel Regio - SUI 30:34

WOMEN (6.1km):

Teams: 1. Üsküdar Belediye SK - TUR 26; 2. Bilbao Atletismo - ESP 36; 3. Aldershot, Farnham and District AC - GBR 43 ...

1. Irene CHEPTAI, Üsküdar Belediye SK - TUR 20:18
2. Trihas GEBRE, Bilbao Atletismo - ESP 20:40
3. Esmâ AYDEMİR, Bursa Büyükşehir belediye SK - TUR 20:43
4. Steph TWELL, Aldershot, Farnham and District AC - GBR 20:54
5. Özlem KAYA, Üsküdar Belediye SK - TUR 20:56
- ... 11. Asli ÇAKIR ALPTEKİN, Üsküdar Belediye SK - TUR 21:24

USA Cross-country Championships and World Cross Selection Trials

Bend, USA, 4 February

OPEN MEN (10 km):

Prize money: \$4000-2500-1500-1000-850-750-650-550-400-300

1. Leonard Korir, 30, U.S. Army, 30:12
2. Stanley Kebenei, 27, Nike, 30:15
3. Shadrack Kipchirchir, 27, U.S. Army, 30:19
4. Sam Chelanga, 31, Nike, 30:23
5. Chris Derrick, 26, Bowerman Track Club A, 30:28

JR. MEN (8 km):

1. Paul Roberts, 19, 26:05
2. Isaac Harding, 19, 26:09
3. Hamza Ali, 18, 26:15
4. Gavin Parpart, 18, 26:17
5. Aidan Reed, 19, 26:20

OPEN WOMEN (10 km):

Prize money: \$4000-2500-1500-1000-850-750-650-550-400-300

1. Aliphine Tuliamuk, 27, New Balance, 34:24
2. Laura Thweatt, 28, Saucony/Boulder Track Club, 35:12
3. Kellyn Taylor, 30, HOKA ONE ONE NAZ Elite, 35:37
4. Courtney Frerichs, 24, Bowerman Track Club A, 35:40
5. Sarah Pagano, 25, BAA HP, 35:44

JR. WOMEN (6 km):

1. Michelle Magnani, 18, 22:37
2. Aubrey Roberts, 19, 22:42
3. Alicia Monson, 18, 22:48
4. Logan Morris, 18, 23:11
5. Megan Murray, 18, 23:17

Discovery Kenya Cross-country (26th)

Eldoret, KEN, 29 January

MEN (10 km):

1. Bedan KAROKI (KEN) 1990 29:54
2. Alex KIBET (KEN) 1990 30:05
3. Geoffrey KIPYEGO (KEN) 1987 30:07
4. Bernard KIPKEMOI (KEN) 1994 30:09
5. Timothy RONO (KEN) 30:10

WOMEN (8 km):

1. Irene CHEPTAI (KEN) 1992 26:29
2. Lilian KASAIT (KEN) 1997 26:34
3. Eunice CHUMBA (BRN) 1993 27:13
4. Lucy CHERUIYOT (KEN) 1997 27:18
5. Gladys CHESIRE (KEN) 1993 27:24

JR. MEN (8 km):

1. Richard KIMUNYAN (KEN) 1998 23:54
2. Josphat KIPCHIRCHIR (KEN) 1997 24:02
3. Antony SAITA (KEN) 24:14

JR. WOMEN (6 km):

1. Sandra CHEBET (KEN) 1998 20:42
2. Jebet NGETICH (KEN) 21:10
3. Emily CHEBET (KEN) 1998 21:19

INDOOR TRACK**Camel City Invitational** (5th)

Winston-Salem, USA, 3-4 February
(200 m flat track)

WOMEN

800 (04):

1. Melissa BISHOP, CAN, Nike 2:02.49 USD 4000
2. Hanna GREEN, Virginia Tech 2:03.31
3. Ce'Aira BROWN, Hoka NJNY TC 2:05.54 2000

Unseeded 3000 (03):

1. Mikayla RICHARDSON, Virginia Tech 9:42.74
2. Letitia SAAYMAN, Unattached (RSA) 9:44.96
3. Caroline SANG, Unattached 9:45.64

Armory Track Invitational (3rd)

New York, USA, 3-4 February
(200 m banked Mondo track)

MEN

Mile Invitational (04):

1. Andrew Butchart, New Balance (GBR), 3:54.23 WL/MR/PB (#2 Scottish all-time)
2. Ford Palmer, HOKA NJ/NY TC, 3:58.78
3. Chris Hatler, U Penn, 4:00.50 PB

3000 Invitational (04):

1. Morgan Pearson, 361 USA, 7:49.46 PB
2. Morgan McDonald, Wisconsin (AUS), 7:51.19 PB
3. Drew Hunter, adidas, 1997, 7:51.90 PB

WOMEN

600 Invitational (04):

1. Ajee' Wilson, adidas, 1:24.48 WL/PB/MR #4 all-time
2. Cecilia Barowski, HOKA NJ/NY TC, 1:26.74 PB
3. Samantha Watson, 1999, Henrietta, NY, 1:27.13 WJL/PB/HSR
4. Lynsey Sharp, GBR, 1:27.16 PB
5. Meg Manley, Central Park TC, 1:27.97 PB

3000 Invitational (04):

1. Heather Kampf, Asics, 8:51.27 MR/PB
2. Emily Lipari, BAA, 8:57.24 PB
3. Claire Green, Arizona, 9:07.21 PB
4. Emma Bates, BAA, 9:08.78 PB
5. Rolanda Bell, Central Park TC New Balance (PAN), 9:09.10 NR

Indoor Meeting Karlsruhe

(IAAF World Indoor Tour)
 Karlsruhe, GER, 4 February

MEN

800:

1. Erik Sowinski, USA 1:46.80 PB
2. Kevin Lopez, ESP 1:47.04 SB
3. Guy Learmonth, GBR 1:47.04 PB
4. Andreas Bube, DEN 1:47.19 PB
5. Christoph Kessler, GER 1:47.81 PB

1500:

1. Silas Kiplagat, KEN 3:38.51 SB
2. Elijah Manangoi, KEN 3:38.53
3. Vincent Kibet, KEN 3:38.71 SB
4. Bethwel Birgen, KEN 3:38.73
5. David Torrence, PER 3:39.79 PB

WOMEN

800:

1. Joanna Jozwik, POL 2:01.26
2. Selina Büchel, SUI 2:01.57 SB
3. Maryna Arzamasova, BLR 2:01.98 SB
4. Noélie Yarigo, BEN 2:03.92 SB
5. Christina Hering, GER 2:04.00

3000:

1. Laura Muir, GBR 8:26.41 AR/WL
 2. Hellen Obiri, KEN 8:29.46 NR
 3. Axumawit Embaye, ETH 8:49.52 PB
 4. Sofia Ennaoui, POL 8:51.50 SB
 5. Claudia Bobocea, ROU 8:51.58 PB
- DNF - Jenny Meadows, GBR

PSD Bank Meeting (12th)

(IAAF World Indoor Tour)
 Dusseldorf, GER, 1 February

MEN

800:

1. Adam Kszczot, POL 1:46.17 WL
2. Nicholas Kipkoech, KEN 1:46.89 PB
3. Erik Sowinski, USA 1:46.96 SB
4. Amel Tuka, BIH 1:47.75 NR
5. Jan Kubista, CZE 1:47.89

1500:

1. Elijah Manangoi, KEN 3:37.62 PB, WL
2. Bethwel Birgen, KEN 3:37.81 SB
3. Silas Kiplagat, KEN 3:40.74 SB
4. Homiyu Tesfaye, GER 3:40.97 SB
5. Filip Sasinek, CZE 3:41.88 SB

3000:

1. Hillary Ngetich, KEN 7:44.73 PB

2. Dawit Wolde, ETH 7:47.66 SB
3. Soufiane El Bakkali, MAR 7:51.54 PB
4. Richard Ringer, GER 7:53.56 SB
5. Benjamin Kovacs, HUN 8:07.95 PB

WOMEN

800:

1. Joanna Jozwik, POL 2:00.91 WL
2. Selina Büchel, SUI 2:02.52 SB
3. Aníta Hinriksdottir, ISL 2:02.64 SB
4. Maryna Arzamasova, BLR 2:03.10 SB
5. Christina Hering, GER 2:03.48 SB

ULTRA/MOUNTAIN/TRAIL RUNNING

Empire State Building Run-Up Presented by Marmot (40th)

New York, USA, 1 February

(Distance: About 320 m up 1576 steps)

Note: Australia's Suzy Walsham earned her 8th title here, a record. Last year's men's champion, Darren Wilson, finished second. – Ed.

MEN

1. Piotr Lobodzinski, POL, 10:31
2. Darren Wilson, AUS, 10:43
3. Shaun Stephens-Whale, CAN, 11:04

WOMEN

1. Suzanne Walsham, AUS, 12:11
2. Cindy Harris, USA, 13:15
3. Meg Santanna, USA, 13:51

STATS TIME

As reported last week, Jenna Challenor ran the second fastest 25 km ever by a South African in the PDAC 25 km, albeit on a downhill course. Here is a list of the all-time top ten women over this distance, on all courses, followed by the next five fastest on standard courses. The SA record is the 1:31:15 run by Nicole Fuller in Germiston in 1995, the third time on the list.

ALL-TIME 25 KM: TOP 10 WOMEN

1:27:26A	Colleen de Reuck	Pinetown	30 Jan 94
1:30:21A	Jenna Challenor	Pinetown	29 Jan 17
1:31:15	Nicole Fuller	Germiston	11 Jan 95
1:32:18	Tanith Maxwell	Berlyn	05 May 13
1:32:53A	Helen Lucre	Pinetown	25 Jan 87
1:33:12A	Cary-Ann Cave	Pinetown	27 Jan 08
1:33:23	Debbie van Rensburg	Durban	05 Feb 89
1:33:57	Blanche Moila	Hillcrest	26 Jul 81
1:34:11	Louisa Leballo	Pretoria	07 May 11
1:34:57A	Suzette Botha	Pinetown	29 Jan 12
1:35:08	Zelda Gresse	Germiston	19 Jan 83
1:35:17	René Kalmer	Johannesburg	23 Jan 11

1:36:01	Sonja Laxton	Germiston	16 Jan 85
1:36:06	Ann Blunden	Secunda	13 Apr 85
1:36:33	Annette Falkson	Secunda	11 Apr 87

THIS MONTH IN HISTORY

67 years ago: 11 February 1950

"Rain pelted down on the runners for most of the race", as one report on the marathon at the British Empire Games in Auckland, New Zealand, read. The favourite, England's Jack Holden, was in the lead from early on, but he was followed closely by South Africa's Sidney Luyt. Luyt had earned his place in the race by an almost 5-minute victory over the redoubtable Johannes Coleman in the 1949 SA Championships, and by victory in the trial race in Paarl in November. But there was no stopping Holden, who a few months later would win his fourth consecutive British AAA Marathon and exactly a month after that also the European title. Holden won in 2:32:57, with Luyt taking the silver medal in 2:37:02.2. Far back in twelfth was a runner who would become a household name in distance training some years later: Arthur Lydiard.

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	29:29	Thabang Mosiako	Benoni	29 Jan
	27:52	Nicholas Kosimbei (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		04 Feb
	45:29	Melikhaya Frans	Port Elizabeth	
	43:40	Yigrem Demelash Endale (ETH)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		15 Jan
	65:53	Thabang Mosiako	Bedfordview	
	60:56	Peter Kirui Cheruiyot (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		29 Jan
	81:36A	Sipho Mbanjwa	Pinetown	
30 km	71:18	Dennis Kipruto Kimetto (KEN)		08 Jan
	96:10	Lusapho April	Camps Bay	
	96:10	Lusapho April (RSA)		
	87:13**	Eliud Kipchoge (KEN) 2016		
Marathon	87:13**	Stanley Biwott (KEN) 2016		15 Jan
	2:18:52	Lungile Gongqa	Mumbai	
	2:04:11	Tamirat Tola Adere (ETH)		
100 km	2:02:57	Dennis Kimetto (KEN) 2014		
	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	49:54	Mzwanele Maphekula	Port Elizabeth	04 Feb
	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		

Masters (50+)

10 km	34:19	George Mooi	Benoni	29 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	56:06	Desmond Zibi	Port Elizabeth	04 Feb
	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	2:33:15	Reginald Ngobese	Sasolburg	04 Feb
	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
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	88:35	Mochamat Kriel	Tokai	04 Feb
	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				

Great grandmasters (70+)

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	97:57	Jeff Smith	Tokai	04 Feb
	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

100 km	2:54:49	Ed Whitlock (CAN) 2004		
<u>Juniors</u>				
10 km	30:17	Kabelo Seboko	Benoni	29 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:12	Carlo Flink	Durbanville	25 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	72:27	Itumeleng Sesiko	Sasolburg	04 Feb
	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
	56:43	Ntombesintu Mfunzi	Port Elizabeth	04 Feb
	47:45	Veronica Nyaruai Wanjiru (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
	67:58	Veronica Nyaruai Wanjiru (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	37:36	Charné Bosman	Sasolburg	04 Feb
	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	81:28	Tanith Maxwell	Tokai	04 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	65:45	Christine Claasen	Port Elizabeth	04 Feb
	54:33	Shirley Matson (USA) 1991		
21.1 km	93:56	Elmarie Coetzee	Tokai	04 Feb
	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				

Grandmasters (60+)

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	97:38	Nancy Will	Tokai	04 Feb
	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				

Great grandmasters (70+)

10 km	57:57	Liz Grundlingh	Port Elizabeth	21 Jan
	44:09	Lavinia Petrie (AUS) 2014		
15 km	88:32	Liz Grundlingh	Port Elizabeth	04 Feb
	72:52	Jo Klein (NED) 2004		
21.1 km	2:17:01	Marlene James	Tokai	04 Feb
	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				

Juniors

10 km	36:44	Ashleigh Simonis	Tokai	04 Feb
	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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