

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 first world record of the year fell in the Ras Al Khaimah Half Marathon on Friday, where Kenyan Peres Jepchirchir took down Florence Kiplagat's mark with her 65:06. Kiplagat clocked 65:09 in the Mitja Maratón de Barcelona almost exactly two years ago. Behind Jepchirchir Mary Keitany ran the fastest second-place time ever, 65:13, while Joyciline Jepkosgei scored the fastest ever third place, 66:08. Bedan Muchiri won in a world-leading 59:10. The first three men (four ran sub-60) and first five women recorded PBs.

The best South African performance of the weekend was a brilliant mile race at the 110th Millrose Games in New York by Dominique Scott-Efurd. Running in the famed Wanamaker Mile, Scott-Efurd finished fifth in a new SA record of 4:28.47, breaking her own record of 4:31.57 set last year. Her intermediate time at 1500 m, 4:10.90, is also a new SA record (previously her own 4:13.38).

The winner of the mile was Sifan Hassan (NED) in a world-leading and meeting record 4:19.89 (also a Dutch record); she was followed by Americans Kate Grace in 4:22.93, Shannon Rowbury in 4:23.05 and Heather Kampf in 4:28.39. Hassan, whose time at 1500 m, 4:03.05, is also a world lead, thus denied Rowbury a third straight victory.

In the 800 m Ajee' Wilson shattered the American record with her 1:58.27. Behind her, training partner Charlene Lipsey, who, like Wilson, is coached by postman Derek Thompson, became the second fastest American ever with her 1:58.64.



A happy Ajee' Wilson after her American record at the Millrose Games. [Chris Lotsbom/Race Results Weekly]

Two world-class performances were delivered by Deirdre Larkin (b. 24 Sep 31) recently. In the McCarthy Half Marathon in Pretoria on 4 February Larkin recorded 2:12:37 to smash the world single-age record for 85

years, which stood at 2:32:48 by Betty Jean McHugh (CAN), by more than 20 minutes. McHugh ran the time in 2013 and also holds the world 80-90 age record with her 2:04:19, set in 2008. Thanks to Pieter de Jager for providing the course measurement documents for the race. This past Friday Larkin also broke McHugh's 10 km record (66:49) when she ran 63:37 in the KFC Valentine 10 km in Randburg. (Results of both races in this issue.)

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Hillcrest Marathon & Half Marathon, Hillcrest
- * Pick 'n Pay Marathon & Half Marathon, Johannesburg
- * Bronkhorstspuit 32 km & 10 km, Bronkhorstspuit
- * 27 for Freedom 27 km & 10 km, Paarl
- * Top Form 10 km, Athlone
- * The Neighbourhood 10 km, Pietermaritzburg
- * KFC Valentine 10 km, Randburg
- * Palms Mall/Valentine's 15 km & 10 km, Vanderbijlpark
- * McCarthy Toyota Half Marathon, Pretoria
- * De Dekke Spar Marathon & 10 km, Hartenbos

International highlights:

- * Mitja Marató de Barcelona, Barcelona, ESP
 - * RAK Half Marathon, Ras Al Khaimah, UAE
 - * Indoor track: NYRR Millrose Games, New York, USA; Washington Husky Classic, Seattle, USA; Vanderbilt Music City Challenge, Nashville, USA; Clemson Tiger Paw Invitational, Clemson, USA; University of New Mexico Don Kirby Elite Invitational, Albuquerque, USA
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NEWS

ASA IS INVESTIGATING CORPORATE CLUBS

In a move that many followers of the sport felt was long overdue, the Board of Athletics South Africa (ASA) has appointed a three-member ad hoc committee to investigate the status and role of corporate clubs.

This subcommittee, made up of Board members James Moloji, Dorah Mngwevu and Motlatsi Keikabile, has already begun its work and will compile its final report in March. It will then be submitted to the ASA Council at the next Annual General Meeting.

The mandate of the committee will be to investigate the justification and eligibility of corporate clubs, including the following areas of concern, according to a media release from the national body:

1. Do corporate clubs adhere to the domicile rules?
2. Can corporate clubs operate across provincial borders?
3. Can corporate clubs use the same colours in more than one province?
4. Can the corporate clubs have the same name in more than one province?
5. Can the name of the corporate be used as the name of the club?
6. Do corporate clubs have an unfair advantage over community clubs?
7. If a corporate is allowed to function as a corporate club, what are the defining rules and where do such clubs register?
8. If allowed, should the registration fee of a corporate club be the same as for a community club?

"[These] are only a few of the points that the committee must deliberate on in assisting them in their work," said Aleck Skhosana, President of ASA. "We are concerned about

corporate clubs operating under the same rules and regulations as community clubs. As a Board we felt the playing fields are not level for fair competition."

ROAD RUNNING

Hillcrest Marathon (40th) & Half Marathon

Hillcrest, 12 February

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 735 men + 211 women = 946 total [down from 1175 last year]; half marathon – 1231 [up from 1062].)

Marathon

MEN

- | | | | |
|----|------------------|------------|-----------------|
| 1. | Mziwenkosi Mjaja | Nedbank AC | 2:30:58 (R2500) |
| 2. | Zakhele Mkhana | Zak AC | 2:31:38 (R1750) |
| 3. | Siphokuhle Shoba | Ixopo AC | 2:34:26 (R1000) |

(Prize money was the same for all age categories: R750, R600, R450.)

40-49:

- | | | | |
|----|-------------------|------------|---------|
| 1. | Nhlanhla Khanyile | SANDF | 2:43:05 |
| 2. | Maxwell Ngwazi | Nedbank AC | 2:46:16 |
| 3. | Jabulani Mabaso | Mandeni AC | 2:48:34 |

50-59:

- | | | | |
|----|------------------|-----------|---------|
| 1. | Willie Majombozi | Boxer AC | 3:05:03 |
| 2. | Bheki Bhengu | Boxer AC | 3:06:08 |
| 3. | Cosmos Langa | Corr Serv | 3:16:15 |

60+

- | | | | |
|----|---------------------|-----------|---------|
| 1. | Sifiso Mfayela | Stella AC | 3:28:08 |
| 2. | Laurie Raubenheimer | HH | 3:34:06 |
| 3. | Dev Oberholzer | Toti AC | 3:53:03 |

WOMEN (Same prize money as men)

- | | | | |
|----|--------------------|----------|---------|
| 1. | Melanie van Rooyen | RBAC | 3:07:27 |
| 2. | Lisa Collett | Boxer AC | 3:10:08 |
| 3. | Nanadi Zoloums | Team V | 3:15:18 |

40-49:

- | | | | |
|----|------------------|------------|---------|
| 1. | Sarah Eksteen | West AC | 3:45:13 |
| 2. | Sibongile Ziqubu | Ngwenya AC | 3:47:07 |
| 3. | Angela Hulett | Nedbank AC | 4:04:07 |

50-59:

- | | | | |
|----|-------------------|---------------|---------|
| 1. | Lianne Rey | RAC | 3:44:51 |
| 2. | Mary Mvelase | Phuma | 4:09:46 |
| 3. | Glenda Badenhorst | Umhlathuze AC | 4:13:34 |

60+:

- | | | | |
|----|---------------|-------------|---------|
| 1. | Maureen Parry | Chiltern AC | 4:59:16 |
| 2. | Dixie Brown | Estcourt AC | 5:23:12 |

Half marathon

MEN

- | | | | |
|----|--------------------|--------------|-----------------|
| 1 | Vumani Mlaba | Ethekweni AC | 1:09:59 (R1000) |
| 2 | Professor Mollen | ZIM/HBAC | 1:11:17 (R750) |
| 3. | Lindokuhle Sithole | Phantane AC | 1:11:40 (R500) |

(Prize money was the same for all age categories: R600, R400.)

40-49:

- | | | | |
|----|------------------|---------|---------|
| 1. | Jonathan Edwards | West AC | 1:15:39 |
|----|------------------|---------|---------|

50-59:

1. Phakama Shezi Nedbank AC 1:26:20

60+:

1. Nicolas Dlamini Boxer AC 1:38:19

WOMEN

1. Maya Lawrie Boxer AC 1:29:09

2. Janene Carey Boxer AC 1:33:53

3. Xoli Madida Natal Carb 1:34:18

40-49:

1. Maya Lawrie Boxer AC 1:29:09

50-59:

1. Gail Babich Savages AC 1:46:25

60+:

1. Jenny Taylor Saints 2:01:13

Pick 'n Pay Marathon (33rd) & Half Marathon

Johannesburg, 12 February

(Distances: 42.195 km & 21.1 km; loop courses. Finishers: marathon – 1803 men + 552 women = 2355 total [down from 2604 last year]; half marathon – 2657 [up from 2513].)

Marathon**MEN**

1. Zongamele Dyubeni (RRR) 2:28:26

2. Puleng Petrus Maeko (RRR) 2:28:39

3. Jonas Makhele (Ned) 2:30:40

WOMEN

1. Yolande Maclean (B2R) 3:01:30

2. Mary Khourie (KPMG) 3:05:09

3. Danka Erasmus (KPMG) 3:09:27

... 8. Julianie Basson (B2R) 3:23:07 (1st vet)

Half marathon**MEN**

1. Pule Paul Tjaoana (Ulinda) 1:11:56

2. Sifiso Sibandze (Golden) 1:15:18

3. Vusi Nkosi (Anglo) 1:20:06

WOMEN

1. Mnganisani Emmah Mathibela (Ned) 1:29:53

2. Ricci-Lee Brookstone (Ind) 1:32:16

3. Eunice Veliswa Dunjwa (Kwa-Thema) 1:34:33

Bronkhorstspuit 32 km & 10 km

Bronkhorstspuit, 11 February

(Loop courses. Finishers: 32 km – 1350 [up from 1100 last year]; 10 km – 1000 [considerably up from 600].)

32 km**MEN**

1 Stephen Mokoka (Boxer) 1:49:04; 2 Moses Kurgat (KEN/Nedbank) 1:49:25; 3 Nkosi Skosana (Anglo) 1:52:56; 4 Vincent Kipchirchir (KEN/Nedbank) 1:55:16; 5 Altus Badenhorst (Born 2 Run) 1:58:11.

Veterans: 1 Shadrack Hoff (Boxer) 1:58:31; 2 Ruben Setumu (Nedbank) 2:03:01; 3 Clinton Ferreira (Nedbank) 2:03:26. **Masters:** 1 Joseph Ndlovu (ACE) 2:10:06; 2 Nhlanhla Magubane (CS) 2:12:07. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 2:22:28. **G/g'masters:** 1 David Ngobeni (Marley) 3:01:54.

WOMEN

1 Beryl Makokha (Nedbank) 2:23:40; 2 Katy van Meter (KPMG) 2:25:10; 3 Marcelle Coetzee (KPMG) 2:25:23; 4 Teresa Louw (Medihelp) 2:27:25; 5 Corne Prinsloo (NPO) 2:34:08 (1st vet).

Veterans: 1 Corne Prinsloo (NPO) 2:34:08; 2 Allison Glass (Affies) 2:37:39; 3 Anel Vorster (Green Mile) 2:37:40. **Masters:** 1 Ansie Breytenbach (Irene) 2:47:43; 2 Julie Shadwell (Vitality) 2:49:02. **G'masters:** 1 Vollie Spies (Tuks) 3:21:53

10 km

MEN

1 Bafana Dube (Boot Camp) 32:11; 2 Richard Mavuso (CS) 32:15; 3 Sandile Skosana (Temp) 33:26.

Veterans: 1 Piet Mosibedi (Mthombo) 35:03. **Masters:** 1 Jerry Xaba (SCAW) 42:04. **G'masters:** 1 Peter Moabelo (ACE) 49:14. **G/g'masters:** 1 Harry v.d. Merwe (BHS) 50:13. **80+:** 1 Ken Nurden (Agape) 56:48. **Juniors:** 1 Jermaine Adams (ACE) 37:05.

WOMEN

1 Vuyokazi Gebe (CSIR) 40:47; 2 Carmen Koekemoer (Wingate) 42:11 (1st jun); 3 Lorraine Boshoff (VTM) 42:36 (1st vet).

Veterans: 1 Lorraine Boshoff (VTM) 42:36. **Masters:** 1 Sonia Scheepers (Green Mile) 48:35. **G'masters:** 1 Francis van Blerk (Nedbank) 53:09. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 57:49. **Juniors:** 1 Carmen Koekemoer (Wingate) 42:11.

27 for Freedom 27 km & 10 km

Paarl, 11 February

(Distances: 27 km & 10 km; loop courses. Finishers: 27 km – 699 [slightly up from 661 last year]; 10 km – 791 [one more than last year].)

Note: Unfortunately no clubs were indicated in the open categories of the longer race, and for the women in the 10 km. – Ed.

27 km

MEN

1. Etienne Plaatjies 1:31:32
2. Siviwe Nkombi 1:34:25
3. Hein Camphor 1:34:51
4. John April 1:35:16
5. Tsungai Mwanengeni (ZIM) 1:38:13

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:38:13; 2. Vuyani Sixaso (Gugs) 1:39:38; 3. Neo Molema (Ned WP) 1:46:58. **Masters:** 1. Isaac Opperman (Draken) 1:46:10; 2. Johannes Molepo (CS CGA) 1:58:16; 3. Lorenzo Lucas (Ned WP) 2:07:16. **G'masters:** 1. Thomas Moses (Worc) 2:00:03; Mochamat Kriel (Ommie) 2:08:03; 3. Johannes Jacobs (Celtic) 2:15:36.

WOMEN

1. Bulelwa Simae 1:55:58

2. Candyce Hall 2:00:21
3. Laura Peddle 2:08:53
4. Busisiwe Matiwane 2:10:39 (1st vet)
5. Nicola Hooper 2:13:42

Veterans: 1. Busisiwe Matiwane (Ned WP) 2:10:39; 2. Tracy Forbes (VOB) 2:17:41; 3. Jana Trojan (CZE/VOB) 2:20:07. **Masters:** 1. Cheryl Rudolph (East) 2:20:16; 2. Kathleen McQuaide (Ind) 2:32:18; 3. Roldah Orrie (Itheke) 2:34:06. **G'masters:** 1. Sandra Eardley (VOB) 2:56:34; 2. Jeanette van Wyk (BAK) 3:00:25; 3. Thea Kruger (Whalers) 3:18:37.

10 km

MEN

1. Nkosinathi Madyo (Itheke) 31:51
2. Akhona Mdaka (EGA) 32:06
3. Simthembile Swarts (Ind) 32:32
4. Nkosinathi Sontana (Itheke) 33:24
5. Vakalisa Kopolo (Ned WP) 33:38 (1st vet)

Veterans: 1. Vakalisa Kopolo (Ned WP) 33:38; 2. Thembelani Zola (Ned WP) 33:55; 3. Julie Welkom (Swart) 36:53. **Masters:** 1. Steve Motau (Ned WP) 40:04; 2. Martin Bonn (Atlantis) 46:59; 3. Reginald Crowster (Tyger) 47:29. **G'masters:** 1. Colin Williams (Well) 45:01; 2. Koos Smit (Lange) 45:35; 3. Cornelius de Wee (Tyger) 48:30. **Juniors:** 1. Michael Koopman (Well) 50:00.

WOMEN

1. Vuyiseka Nkumenge 37:19
2. Lee-Shay Willemse 40:57
3. Ivy Gongqa 42:59
4. Mariëtte Strauss 43:04 (1st mast)
5. Palesa Dolo 45:35

Veterans: 1. Marinda Pheiffer (Worc) 57:54; 2. Elsabe Moyo (Gugs) 60:47; 3. Joyceann Pretorius (Ind) 61:07. **Masters:** 1. Mariëtte Strauss (Tyger) 43:04; 2. Rentha Geldenhuys (CMC) 56:17; 3. Eunile Mbuyane (CSM) 59:09. **G'masters:** 1. Styntjie Prins (Paarl) 52:03; 2. Freidel Plant (Ind) 59:26; 3. Sarah Herdien (Velo) 60:50. **Juniors:** 1. Anri Joubert (Swart) 50:29; 2. René Joubert (Ind) 54:46.

Top Form 10 km

Athlone, 11 February

(Certified out-and-back course with a loop on the outgoing leg. Finishers: 2040 [down from 2299 last year].)

MEN

1. Akhona Makila (VB) 31:17
2. Emiel Paulse (FNB) 31:46
3. McMarshall Hartzenberg (UWC) 31:53

Veterans: 1. Shawn Abrahams (Ind) 33:37; 2. Graham Katzen (Celtic) 34:30; 3. Roger Dickson (VOB) 35:13. **Masters:** 1. John September (Itheke) 36:17; 2. Zolani Ntsodo (SANDF) 37:43; 3. Monde Tutani (Gugs) 38:55. **G'masters:** 1. Goodman Mpukane (Gugs) 42:29; 2. Kevin Kohler (Edge) 47:29; 3. Sam Kotze (Ned) 48:53. **G/g'masters:** 1. Jeff Smith (Itheke) 44:45; 2. Joseph Matthews (MS) 52:28; 3. Ronnie le Roux (Brack) 52:30. **Juniors:** 1. Rowhaldo Ratz (UWC) 32:22; 2. Lethu Cetwayo (VOB) 35:24; 3. Stephen Millard (Strand) 35:28.

WOMEN

1. Jessica Pollock (UCT) 40:17
2. Madelé du Plessis (Edge) 41:24
3. Ursula Frans (Ned) 42:27 (1st vet)

Veterans: 1. Ursula Frans (Ned) 42:27; 2. Elizabeth Brink (Durb) 42:39; 3. Jacky Misroll (Pine) 45:02. **Masters:** 1. Olga Howard (Ned) 43:51; 2. Beverley Charters (VOB) 46:45; 3. Linda du Bruyn (Tyger) 48:38. **G'masters:** 1. Nancy Will (Pine) 43:14; 2. Charmaine Cupido (Ned) 48:35; 3. Helen du Plessis (Brack) 51:07. **G/g'masters:** 1. Marlene James (Pine) 58:02; 2. Jo Goddard (FH) 71:26; 3. Ruth Francis (IT) 75:09. **Juniors:** 1. Siziphiwe Mbatsa (VOB) 43:37; 2. Razaan Kamaldien (Carb) 43:55; 3. Chantel Watt (Held) 47:48.

The Neighbourhood 10 km

Pietermaritzburg, 11 February

MEN

- | | | | |
|----|------------------|------------|-------|
| 1. | Mdu Zondi | Save Orion | 36:17 |
| 2. | Phumlani Dlamini | Eskom AC | 36:40 |
| 3. | Ntokozo Nchunu | SAPS | 42:19 |

WOMEN

- | | | | |
|----|-----------------|------------|-------|
| 1. | Xoli Madida | Natal Carb | 43:11 |
| 2. | Hlobie Madida | New Harr | 45:12 |
| 3. | Maritza Erasmus | Natal Carb | 48:18 |

KFC Valentine 10 km

Randburg, 10 February

(Loop course)

Note: A new world single-age record for 85 years by Deirdre Larkin, who clocked 63:37. – Ed.

MEN

- 1 Ncedo Jambo (Ubuhle) 32:34; 2 Simon Mpholo (Nedbank) 32:52 (1st vet); 3 Thabo Makua (Tembisa) 33:22.

Veterans: 1 Simon Mpholo (Nedbank) 32:52; 2 Phillip Phawago (Nedbank) 34:27; 3 Modise Mokaoa (Kagiso Striders) 35:08. **Masters:** 1 Tidimalo Modiga (Temp) 36:50; 2 George Mooi (Gallopers) 37:26; 3 Stewart McColl (Turn 2 God) 37:50. **G'masters:** 1 John Edwards (Randburg) 47:04; 2 Kanya Mothshewene (Nedbank) 47:30. **G/g'masters:** 1 Pele Tshikundamalema (Temp) 48:05. **Juniors:** 1 Thamsanga Khonco (UJ) 33:42; 2 Sicelo Mashaba (Nedbank) 37:22; 3 Christopher Conroy (UJ) 39:20.

WOMEN

- 1 Mamarolla Tjoka (LES) 37:06; 2 Andronika Mokgotla (Nedbank) 39:51; 3 Kim Norton (RAC) 40:10.

Veterans: 1 Maria Vilakazi (RWFL) 42:32; 2 Nomasonto Skosana (Nedbank) 44:46; 3 Jill Oliphant (RAC) 46:25. **Masters:** 1 Sarah Mahlangu (Ricoh) 47:46; 2 Jeanette Jordan (Vitality) 52:16; 3 Judy Pace (RAC) 53:43. **G'masters:** 1 Sonja Laxton (RAC) 54:44; 2 Anne Bellomusto (Morningside) 56:36. **G/g'masters:** 1 Deirdre Larkin (Randburg) 63:37 (world single-age best for 85 years).

Palms Mall/Valentine's 15 km & 10 km

Vanderbijlpark, 8 February

(Finishers: 15 km – 170 [up from 140 last year]; 10 km – 290 [slightly up from 280].)

15 km

MEN

1 Jeffrey Gwebu (KPMG) 47:47; 2 David Ngakane (Rockies) 48:12; 3 Pita Makhoali (Rand Water) 48:25.

Veterans: 1 Meshack Mazibuko (Corr Serv) 61:38. **Masters:** 1 Reginald Ngobese (Rockies) 52:48. **G'masters:** 1 Petrus Mohalajeng (Vultures) 70:45.

WOMEN

1 Lebo Mofokeng (Arcelor Mittal) 63:45; 2 Seipati Peo (Rockies) 70:46; 3 Lindiwe Mthombeni (Sasol) 71:34 (1st vet).

Veterans: 1 Lindiwe Mthombeni (Sasol) 71:34. **Masters:** 1 Elsabe Aucamp (Arcelor Mittal) 81:13. **G'masters:** 1 Elise Kempen (Arcelor Mittal) 93:10.

10 km

MEN

1 Mongezi Nesile (Sasol) 31:53; 2 William Mokwalakwa (MiWay) 32:38; 3 Kagiso Mofokeng (Carletonville) 32:42.

Veterans: 1 William Mokwalakwa (MiWay) 32:38. **Masters:** 1 Sefako Moeletsi (SANDF) 44:33. **G'masters:** 1 Leon Mostert (Sasol) 50:49.

WOMEN

1 Michelle Spies (Vaal) 46:01; 2 Meghan van Deventer (Arcelor Mittal) 46:40; 23 Phina Tsepetsi (Rand Water) 47:03.

Veterans: 1 Pauline Mokoena (Nedbank) 48:11. **Masters:** 1 Catherine Naane (Sibanye Gold) 48:04. **G'masters:** 1 Empie van Heerden (Arcelor Mittal) 73:42.

McCarthy Toyota Half Marathon

Pretoria, 4 February

(Distance: 21.1 km; certified loop course. Finishers: 1299.)

Note: Another new world single-age record for 85 years by Deirdre Larkin, who clocked an outstanding 2:12:36. – Ed.

MEN

1. Vuyisile Tshoba, 25, 1:09:30
2. Altus Badenhorst, 27, 1:09:58
3. Lucky Miya, 35, 1:10:15
4. Musa Swakaxa, 25, 1:10:55
5. Richard Mavuso, 38, 1:11:44

WOMEN

1. Rutendo Nyahora (ZIM), 23, 1:20:47
2. Liziwe Mabona, 23, 1:23:36
3. Caroline Wöstmann, 33, 1:27:22
4. C. Smith, 32, 1:30:53
5. Zintle Sinqe, 25, 1:31:50

80-90: 1. Deirdre Larkin (b. 24 Sep 31) 2:12:36, world single-age best for 85 years.

De Dekke Spar Marathon & 10 km

Hartenbos, 4 February

(Distances: 42.195 km & 10 km. Finishers: marathon – 51 men + 25 women = 76 total; 10 km – 206.)

Note: Anel van Wyk and master Annatjie Botes finished 8th and 9th respectively in the marathon, clocking the same time. – Ed.

Marathon

MEN

1	Lindile Tokota	Nedbank	49	2:49:48
2	Sinesipho Didishie	Knysna MC	25	2:51:48
3	Melikhaya Msizi	Knysna MC	33	3:01:10
4	Mnvumezeli Nangli	Plett AC	45	3:03:37
5	Andrea Biffi	K-Way VOB	23	3:15:14
6	Jan Isaks	Rainbow AC	31	3:25:02
7	Theunis Botha	Outeniqua Harriers	29	3:30:19
8	Mario Meyer	Hartenbos Drawwers	38	3:36:49
9	Theo Otto	Hartenbos Drawwers	37	3:37:54
10	Mario Rossouw	Nedbank	40	3:39:15

Veterans:

1	Lindile Tokota	Nedbank RC	2:49:48
2	Mnvumezeli Nangli	Plett AC	3:03:37

Masters:

1	Johnny Dlamini	PetroSA	4:07:03
2	Samuel Windvogel	Outeniqua Harriers	4:12:17

G'masters:

1	Willie Coetzer	West Coast	4:02:21
2	Natale Roelofse	Worcester AC	4:12:32

G/g'masters:

1	Ben Bouwer	Hartenbos Drawwers	5:12:30
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WOMEN

1	Anel van Wyk	Nedbank	37	3:36:48
2	Annatjie Botes	Nedbank	59	3:36:48
3	Rome Phillipson-Meyer	Hartenbos Drawwers	34	3:49:22
4	Nerida Lubbe	Hartenbos Drawwers	41	3:55:35
5	Prissie Muller	Hartenbos Drawwers	40	3:56:16
6	Cliona McGinn	Nedbank	34	4:07:15
7	Jane Vincent	Outeniqua Harriers	43	4:08:43
8	Liezel Leonard	Outeniqua Harriers	41	4:09:31
9	Tania Erasmus	Nedbank	41	4:09:31
10	Maria Silverman	Cape Multisport WP	48	4:12:30

Veterans:

1	Nerida Lubbe	Hartenbos Drawwers	3:55:35
2	Jane Vincent	Outeniqua Harriers	4:08:43

Masters:

1	Annatjie Botes	Nedbank RC	3:36:48
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G'masters:

1	Mariette de Haan	Nedbank RC	4:53:13
2	Adèle Ungerer	Hartenbos Drawwers	5:03:05

10 km**MEN**

1	John April	Nedbank	27	32:37
2	Dullan Solomons	Nedbank	18	33:13
3	Godwin Heyns	Nedbank	18	34:41
4	Anderson Ncube	Nedbank	20	35:13
5	Julius Korkee	Nedbank	32	36:19

Veterans:

1	Mauritz Janse v Rensburg	Outeniqua Harriers	37:28
2	Marshall Richtenburg	Knysna MC	38:50

Masters:

1	Selwyn Losper	Mosselbay Harriers	37:16
2	Anton Chevalier	Nedbank	41:17

G'masters:

1	Hannes van Wyk	Vitality	46:44
2	Koos Smit	Langeberg AC	47:13

G/g'masters:

1	Johan Keuler	Nedbank	1:01:59
2	Kobus Hattingh	Outeniqua Harriers	1:10:48

Juniors:

1	Dullan Solomons	Nedbank	33:13
2	Godwin Heyns	Nedbank	34:38

WOMEN

1	Mziwamdoda Petros	Knysna MC	30	40:46
2	Ronelle Engelbrecht	Nedbank	32	47:16
3	Vicki van der Walt	Outeniqua Harriers	45	47:59
4	Annakie Pretorius	Hartenbos Drawwers	38	48:26
5	Elmari du Plessis	Hartenbos Drawwers	31	48:48

Veterans:

1	Vicky van der Walt	Outeniqua Harriers	47:59
2	Elzet Oosthuizen	Hartenbos Drawwers	49:19

Masters:

1	Paola Vignani	ITA/VOB	50:51
2	Marlene Roux	Cape Multisport Eden	1:22:00

G'masters:

1	Mariet Horn	Knysna MC	1:02:21
2	Saundria Visser	Nedbank	1:05:56

G/g'masters:

1	Annamarie van Eck	Nedbank	1:13:14
2	Ria Bouwer	Hartenbos Drawwers	1:16:23

Juniors:

1	Christie Smit	Hartenbos Drawwers	53:02
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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

Mitja Marató de Barcelona (27th)

Barcelona, ESP, 12 February

(Distance: 21.1 km; two-loop course [two different loops]; negligible start/finish separation)

MEN (gun times)

1. Leonard Kipkoech Langat, KEN 1:00:52
2. Meshak Koech, KEN 1:00:54
3. Joel Kimurer, KEN 1:00:59
4. Abel Kirui, KEN 1:01:30
5. Miliyon Yehwalaeshet Zewdie, ETH 1:04:31

WOMEN (gun times)

1. Florence Kiplagat, KEN 1:08:15
2. Dibaba Kuma, ETH 1:09:49
3. Jessica Augusto, POR 1:10:36
4. Sara Hall, USA 1:11:19
5. Fionnuala McCormack, IRL 1:11:35
- ... 9. Irvette Van Zyl, **RSA** 1:12:36

RAK Half Marathon (11th)

Ras Al Khaimah, UAE, 10 February

(Distance: 21.1 km; IAAF certified loop course)

MEN (gun times)

1. Bedan Karoki, KEN 59:10 AED 50,000 (=USD 13,613)
[14:02 / 27:52 / 42:05 / 56:10]
2. Yigrem Demelash, ETH 59:19 35,000
[14:04 / 27:53 / 42:06 / 56:12]
3. Augustine Choge, KEN 59:26 25,000
[14:02 / 27:52 / 42:05 / 56:38]
4. Solomon Yego, KEN 59:50 18,000
[14:02 / 27:52 / 42:05 / 56:38]
5. Nguse Amlosom, ERI 1:00:04 11,250^
[14:02 / 28:04 / 42:32 / 57:04]
6. Edwin Kipyego, KEN 1:00:05 10,000
7. Shadrack Kimining, KEN 1:00:07 7,500
8. Kenneth Keter, KEN 1:01:05 5,500
9. Gabriel Geay, TAN 1:01:13 3,500
10. Adugna Takele, ETH 1:01:14 2,000
11. Geoffrey Yegon, KEN 1:01:47
12. Daniel Wanjiru, KEN 1:02:16
13. Al Mahjoub Dazza, MAR 1:02:17
14. Haile Kindiya, ETH 1:02:22
15. Sondre Moen, NOR 1:02:25

^) Prize money reduced 25% for slower than 60:00 and finishing in the top-5.

WOMEN (gun times)

1. Peres Jepchirchir, KEN	1:05:06 WR AED 50,000 + 18,000# + 365,000* (=USD 117,887)	
	[15:40 / 31:07 / 46:32 / 61:40 WR**]	
2. Mary Keitany, KEN	1:05:13	35,000
	[15:40 / 31:07 / 46:30 / 61:52]	
3. Joyciline Jepkosgei, KEN	1:06:08	25,000
	[15:40 / 31:08 / 46:31 / 62:36]	
4. Jemima Sumgong, KEN	1:06:43	18,000
	[15:40 / 31:17 / 47:07 / 63:09]	
5. Tirunesh Dibaba, ETH	1:06:50	15,000
	[15:40 / 31:17 / 47:07 / 63:25]	
6. Helah Kiprop, KEN	1:07:48	10,000
7. Rose Chelimo, BRN	1:08:37	7,500
8. Veronicah Nyaruai, KEN	1:09:33	5,500
9. Anne-Mari Hyrylainen, FIN	1:12:39	3,500
10. Etagegn Woldu, ETH	1:14:46	2,000

*) AED 365,000 bonus for WR

***) IAAF world record

#) Also course record AED 18,000 bonus

INDOOR TRACK**NYRR Millrose Games (110th)**

New York, USA, 11 February

(200 m banked Mondo track)

MEN

1000:

1. Brannon Kidder, Brooks Beasts TC, 2:19.92 WL
2. Casimir Loxsom, Brooks Beasts TC, 2:21.06 PB
3. David Torrence, HOKA ONE ONE (PER), 2:21.43
4. Donovan Brazier, Nike, 2:21.79 PB
5. Andrew Osagie, Nike Oregon Track Club Elite (GBR), 2:22.06

NYRR Wanamaker Mile:

1. Eric Jenkins, Nike Oregon Project, 3:53.23 PB/WL
2. Clayton Murphy, Nike, 3:54.31 PB
3. Kyle Merber, HOKA NJNYTC, 3:54.67 PB
4. Charles Philibert-Thiboutot, Asics (CAN), 3:55.33 PB
5. Colby Alexander, HOKA NJNYTC, 3:55.99 PB
6. Johnny Gregorek, Asics, 3:56.00 PB
7. Drew Hunter, adidas, 3:56.80 PB
8. Robby Andrews, adidas, 3:57.04
9. Cory Leslie, Nike, 3:57.86
10. Izaic Yorks, Brooks Beasts TC, 4:01.64

Paavo Nurmi 2-Mile:

1. Ben True, Saucony, 8:11.33 PB/MR*
2. Ryan Hill, Nike Bowerman TC, 8:11.56 PB
3. Andrew Butchart, New Balance (GBR), 8:12.63 PB
4. Mo Ahmed, Nike Bowerman TC (CAN), 8:13.16 PB/NR
5. Lawi Lalang, Nike (KEN), 8:18.70 PB
- ... 7. Matthew Centrowitz, Nike Oregon Project, 8:21.07 PB

WOMEN

800:

1. Ajee Wilson, adidas, 1:58.27 WL/AR*/PB/MR**
2. Charlene Lipsey, adidas, 1:58.64 PB
3. Lynsey Sharp, Unattached (GBR), 2:01.14
4. Justine Fedronic, Nike (FRA), 2:01.36 PB
5. Cecilia Barowski, HOKA NJNY TC, 2:01.52 PB

NYRR Wanamaker Mile:

1. Sifan Hassan, Nike Oregon Project (NED), 4:19.89 PB/MR/NR/WL/FR
2. Kate Grace, Nike, 4:22.93 PB
3. Shannon Rowbury, Nike Oregon Project, 4:23.05
4. Heather Kampf, Asics, 4:28.39
5. Dominique Scott-Efurd, adidas (RSA), 4:28.47 PB/NR
6. Kaela Edwards, Oklahoma State, 4:28.75 PB/NCAA leader
7. Nicole Sifuentes, Saucony (CAN), 4:29.27
8. Elinor Purrier, New Hampshire, 4:29.44 PB
9. Alexa Efraimson, Nike, 4:29.54

1500 en route times (FAT):

1. Sifan Hassan, Nike Oregon Project (NED), 4:03.05
2. Shannon Rowbury, Nike Oregon Project, 4:04.56 PB
3. Kate Grace, Nike, 4:04.86 PB
4. Nicole Sifuentes, Saucony (CAN), 4:10.35
5. Dominique Scott-Efurd, adidas (RSA), 4:10.90 PB/NR

Washington Husky Classic

Seattle, USA, 10-11 February

(Oversized 307 m unbanked synthetic track)

MEN

800 (11):

Section 2 -

- | | | |
|-------------------------|----------------------|------------|
| 1. David Ribich | Western Oregon | 1:50.49 PB |
| 2. Josh Dempsey | Western Oregon | 1:50.70 PB |
| 3. Heinrich Van Niekerk | Oklahoma State (RSA) | 1:53.21 PB |

Mile (11):

Section 6 -

- | | | |
|--------------------|----------------|------------|
| 1. Lopez Lomong | Nike Btc | 3:56.55 |
| 2. Evan Jager | Nike Btc | 3:56.55 |
| 3. Joshua Thompson | Oklahoma State | 3:56.89 PB |
| 4. Matthew Maton | Oregon | 3:58.34 PB |

WOMEN

Mile (11):

Section 3 -

- | | | |
|--------------------|-------------------|------------|
| 1. Sharlie Dimick | Southern Utah | 4:46.96 PB |
| 2. Emily Scharmann | Ucla | 4:48.06 PB |
| 3. Roisin Flanagan | Adams State (GBR) | 4:49.11 PB |
| 4. Carina Viljoen | Arkansas (RSA) | 4:49.50 PB |

Vanderbilt Music City Challenge

Nashville, USA, 10-11 February

WOMEN

Mile (11):

1. Rhianwedd Price, JR, Miss State (GBR), 4:39.57
2. Ffion Price, SR, Miss State (GBR), 4:43.75
3. Yolanda Ngarambe, Atlanta Trac (SWE), 4:44.85 PB
- ... 10. Laura Labuschaigne, JR, South Alabam (RSA), 4:50.90 PB

Clemson Tiger Paw Invitational

Clemson, USA, 10-11 February

MEN

800 (11):

Heat 1 -

- | | | |
|--------------------|------------------|----------------|
| 1. Devin Dixon | FR Texas A&M | 1:47.85 PB |
| 2. John Lewis | SO Clemson | 1:48.41 PB |
| 3. Terrell Jackson | FR Clemson | 1:48.50 WJL/PB |
| 4. Mpho Makofane | JR Clemson (RSA) | 1:48.84 |

University of New Mexico Don Kirby Elite InvitationalAlbuquerque, USA, 10-11 February
(200 m synthetic banked track)

MEN

800 (11):

Section 1 -

- | | | |
|--------------------|----------------------|------------|
| 1. Gavin Sleeter | New Mexico | 1:51.09 PB |
| 2. Kristian Hansen | New Mexico (DEN) | 1:51.35 PB |
| 3. Ricky Faure | Wyoming | 1:51.52 |
| 4. Clay Lambourne | Utah State | 1:52.36 |
| 5. Heinrich Herbst | Arkansas State (RSA) | 1:53.33 |

STATS TIME

Last week we included a list of the all-time top ten women over 25 km; here is a list of the top ten men on all courses, followed by the next two fastest on standard courses. The SA record is at the top of the list, 75:02 by Lusapho April in 2010.

ALL-TIME 25 KM: TOP 10 MEN

75:02	Lusapho April	Berlin	09 May 10
75:31	Mark Plaatjes	Grand Rapids	11 May 91
75:42	Kenny Jacobs	Secunda	13 Apr 85
75:43	Jacob Mokoena	Secunda	13 Apr 85
76:03	Charles Vilakazi	Secunda	13 Apr 85
76:29	Thompson Magawana	Secunda	13 Apr 85
76:30	Ewald Bonzet	Germiston	13 Jan 82
76:33	Willie Deysel	Port Elizabeth	26 Apr 97
76:58A	Moses Lepheana	Pinetown	24 Jan 10
77:14A	Sandile Lembethe	Pinetown	29 Jan 06
77:34	Johan Dreyer	Evander	07 May 83

77:35 David Tsebe Germiston 17 Jan 90

THIS MONTH IN HISTORY**27 years ago: 24 February 1990**

No South African man has ever set a national marathon record in February, but Frith van der Merwe has the distinction of having done so twice (although she wasn't the first to do so – that honour belongs to Clare Taylor, who ran her 3:01:32 in 1979). The second of Van der Merwe's records came on this day in the SA Championships in Port Elizabeth, when she clocked an amazing 2:27:36 – also a continental record and the fourth fastest in the world that year. The brilliant Van der Merwe outclassed her competition, winning by more than 13 minutes to break her own record, set in February the year before on the same course, by one second short of three minutes.

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.

MENOpen

10 km	29:29	Thabang Mosiako	Benoni	29 Jan
	27:52	Nicholas Kosimbei (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:29	Melikhaya Frans	Port Elizabeth	04 Feb
	43:40	Yigrem Demelash Endale (ETH)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	65:53	Thabang Mosiako	Bedfordview	15 Jan
	60:56	Peter Kirui Cheruiyot (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	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	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	52:48	Reginald Ngobese	Vanderbijlpark	08 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
	65:06	Peres Jepchirchir (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
	65:06p Mx	Peres Jepchirchir (KEN) 2017		
	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		
<u>Veterans (40+)</u>				
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	43:04 34:44	Mariëtte Strauss Tatyana Pozdniakova (UKR) 2005	Paarl	11 Feb
15 km	65:45 54:33	Christine Claasen Shirley Matson (USA) 1991	Port Elizabeth	04 Feb
21.1 km	93:56 76:07	Elmarie Coetzee Tatyana Pozdniakova (UKR) 2006	Tokai	04 Feb
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 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	Benoni	29 Jan
100 km				

Grandmasters (60+)

10 km	52:03 38:56	Styntjie Prins Lidia Zentner (GER) 2015	Paarl	11 Feb
15 km	68:15 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	14 Jan
21.1 km	97:38 84:56	Nancy Will Bernadine Portenski (NZL) 2010	Tokai	04 Feb
25 km	2:25:43A 1:58:24	Sheree Kirsten Gloria Brown (USA) 1994	Pinetown	29 Jan
30 km	2:32:53 2:17:11	Nancy Will Barbara Miller (USA) 1999	Camps Bay	08 Jan
Marathon	3:44:49 3:01:30	Val Watson Bernadine Portenski (NZL) 2010	Benoni	29 Jan
100 km				

Great grandmasters (70+)

10 km	57:49 44:09	Annetjie Greyvenstein Lavinia Petrie (AUS) 2014	Bronkhorstspuit	11 Feb
15 km	88:32 72:52	Liz Grundlingh Jo Klein (NED) 2004	Port Elizabeth	04 Feb
21.1 km	2:17:01 97:38	Marlene James Lavinia Petrie (AUS) 2014	Tokai	04 Feb
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	08 Jan
Marathon	3:35:29	Helga Miketta (GER) 2013		
100 km				

Juniors

10 km	36:44 31:42	Ashleigh Simonis Zola Pieterse (RSA) 1984	Tokai	04 Feb
15 km	70:51 49:40	Siphokazi Liwani Ines Chenonge (KEN) 2001	Port Elizabeth	14 Jan
21.1 km	2:21:57 1:09:05	Nompumelelo Shongwe Delilah Asiago (KEN) 1991	Pretoria	28 Jan

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