

Distance Running Results

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EDITORIAL

Three South Africans finished in the top thirty in their respective races at the IAAF World Cross-country Championships in Kampala yesterday and in the team competitions the South Africans did considerably better than two years ago in China. The two best juniors, Kabelo Seboko and Simonay Weitsz, achieved the highest individual positions for South Africa: 24th and 26th respectively. Pakiso Mthembu finished 30th in the junior men's race. David Manja and Louisa Leballo were 34th and 33rd respectively in the senior events. Elroy Gelant, who was 20th in 2013, was 43rd this time.



Jacob Kiplimo wins Uganda's first ever gold medal at the World Cross-country Championships, taking the junior title by three seconds. [Roger Sedres/IAAF]

The SA senior men finished 9th (they were also 9th in 2015 and 12th in 2013), the senior women 9th (12th and 14th), the junior men 8th (12th and 14th) and the junior women also 8th (14th and 12th).

Senior champion Geoffrey Kamworor (KEN) retained his title with a comfortable victory over compatriot Leonard Barsoton. In the junior women's race Ethiopian Letensebet Gidey did likewise with an even easier win. In the junior men's race Jacob Kiplimo won Uganda's first ever gold medal at the World Championships.

Kenya and Ethiopia again dominated the meeting,

winning the gold and silver medals in all four races, with Ethiopia taking three golds. Kenya's senior women scored an unprecedented top six positions, with Irene Cheptai, Alice Aprot and Lilian Kasait Rengeruk bagging the medals. The Kenyans' score of ten points is the lowest ever.

The course for the NMBM Uitenhage Human Rights 30 km (results in DRR 17:09), where Melikhaya Frans and Mzwanele Maphekula broke the previous SA records, has been remeasured and was found to be 217 metres short. So the times in this race cannot be used for statistical purposes.

The first grandmaster woman in the Old Mutual Om die Dam Half Marathon (results in last week's DRR), Norah Doherty, whose club was indicated as RTR, actually runs for Rand Athletic Club (RAC).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Tygerberg 30 km, Parow
- * GateRite Marathon, Half Marathon & 10 km, Verulam
- * Denel Half Marathon & 10 km, Centurion
- * Tyger Run Half Marathon & 10 km, Durbanville

International highlights:

- * Wehr Venloop Half Marathon, Venlo, NED
 - * PZU Warsaw Half Marathon, Warszawa, POL
 - * Around the Bay 30 km, Hamilton, CAN
 - * Vitality Reading Half Marathon, Reading, GBR
 - * Matsue Women's Half Marathon, Matsue, JPN
 - * Skechers Performance LA Marathon, Los Angeles to Santa Monica, USA
 - * XC: IAAF World Cross-country Championships, Kampala, UGA
 - * Indoor track: Armory NYC Indoor Marathon, New York, USA
 - * Outdoor track: adidas Raleigh Relays, Raleigh, USA; Arkansas Razorback Spring Invitational, Fayetteville, USA
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ROAD RUNNING

Tygerberg 30 km (38th)

Parow, 26 March

(Certified, very hilly loop course)

Note: Farwa Mentoor also won this race in 2003 – 14 years ago! – Ed.

MEN

1. Anda Lubelwana (Hout) 1:41:05
2. Siviwe Nkombi (Ned) 1:42:02
3. Hein Camphor (Itheko) 1:42:51

Veterans: 1. Tsungai Mwanengeni (ZIM) 1:47:37; 2. Sihle Mapukata (Ned) 1:55:52; 3. Quinton Prince (Met) 1:56:47. **Masters:** 1. Monde Tutani (Gugs) 2:02:42; 2. John September (Itheko) 2:03:57; 3. Sidney Rustin (SANDF) 2:06:17. **G'masters:** 1. Kosie Botha (CS) 2:10:11; 2. Gemjikile Tom (Eskom) 2:23:20; 3. Albert Williams (Top) 2:31:55. **G/g'masters:** 1. Anthony Riddick (RWFL) 2:51:20; 2. Lawrence Ashworth (Strand) 3:02:02; 3. Gideon Malherbe (Celtic) 3:06:43.

WOMEN

1. Farwa Mentoor (Ned) 2:10:28 (1st vet)
2. Lee-Shay Willemse (Velo) 2:11:34
3. Candyce Hall (Carb) 2:11:49

Veterans: 1. Farwa Mentoor (Ned) 2:10:28; 2. Jana Trojan (CZE/VOB) 2:16:43; 3. Ursula Frans (Ned) 2:19:23. **Masters:** 1. Olga Howard (Ned) 2:27:20; 2. Cheryl Rudolph (East) 2:31:21; 3. Kathy McQuaide (VOB) 2:32:50. **G'masters:** 1. Ruth Leverton (Pine) 3:01:18; 2. Anne Williams (PnP) 3:12:50; 3. Joanne van der Valk (Celtic) 3:27:43. **G/g'masters:** 1. Marlene James (Pine) 3:34:14; 2. Avriid Delapelin Dumont (WC) 3:46:01.

GateRite Marathon (15th), Half Marathon & 10 km

Verulam, 26 March

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 819; half marathon – 610; 10 km - 289.)

Note: Just one week after winning the Stella Royal 25 km, Prodigal Khumalo also won the marathon here. Maya Lawrie, who turns 50 in September, also ran the Stella Royal race. The times for the first two women in the marathon are surely wrong: Colleen Stakes is a master and her winning time (if she indeed won the race) would be a South African record by more than 18 minutes! – Ed.

Marathon

MEN

1.	Prodigal Khumalo	ZIM/Maxed Elite	2:31:31 (R1000)
2.	Luzuko Mdeliswa	A/Ford AC	2:33:36 (R600)
3.	Lovemore Chambata	ZIM/Maxed Elite	2:33:45 (R400)
4.	Menzi Ngcobo	KPMG	2:34:59
5.	Eric Ngubane	Nedbank AC	2:38:01

40-49:

1.	Sandile Makhaye	Phuma	2:48:03 (R350)
2.	Alastair Leslie	Stella AC	2:49:56 (R300)
3.	Sifiso Zondi	Phuma	2:54:29 (R250)

50-59:

1.	Srinivas Chetty	DAC	2:44:12 (R350)
2.	Eloi De Oliviera	Boxer AC	3:02:22
3.	Robert Ngema	Ind	3:05:04

60+:

1.	Solomon Gumbi	Kearsney St	3:24:45 (R350)
2.	Welcome Dlomo	Ind	3:28:28

WOMEN (Same prize money as men)

1.	Colleen Stakes	Est AC	2:45:13
2.	Siqabile Feni	KPMG	2:46:24
3.	Lisa Collett	Boxer AC	3:08:59
4.	Slindile Chili	Ethekweni AC	3:17:38
5.	Iria Ndlovu	NRB Harr	3:23:51

40-49:

1.	Nonsiki Mbambo	Natal Carb	3:24:24
2.	Thembisile Mvelase	Kwa Debeka	3:26:43
3.	Sarah Eksteen	West AC	3:49:02

50-59:

1.	Colleen Stakes	Est AC	2:45:13
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60+:

1.	Maureen Parry	Chiltern AC	5:02:04
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Half marathon

MEN

1.	Mlungisi Sibiya	Umkomaas AC	74:26 (R350)
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2.	Simile Nxumalo	Hollywood Bets	76:07 (R300)
3.	Lucky Madlala	QBH	76:12 (R250)

(All age group prize money was the same: R250 for 1st.)

40-49:

1.	Nkosinathi Ngcongo	Stella AC	76:24
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50-59:

1.	Garrett Robson	Sydenham AC	87:30
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60+:

1.	Danny Holton	DCS	122:22
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WOMEN (Same prize money as men)

1.	Loveness Madziva	ZIM/Nedbank AC	79:15
2.	Maya Lawrie	Boxer AC	91:39 (1 st vet)
3.	Nomthandazo Mlofshwa	Ethekweni AC	95:05

40-49:

1.	Maya Lawrie	Boxer AC	91:39
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50-59:

1.	Grace de Oliveira	Boxer AC	102:16
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60+:

1.	Isala Govender	VAC	119:38
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10 km

MEN

1.	Mbhasobhi Gumede	Hollywood Bets	32:47 (R250)
2.	Mcebisi Jali	Ind	34:12 (R220)
3.	Lindani Zondi	Amqhawwe AC	34:55 (R200)

WOMEN (Same prize money as men)

1.	Roshini Natasen	Highway AC	48:29
2.	Canen Dreyer	Ind	51:12
3.	Nondumiso Nzimande	M/Burg City	53:13

Denel Half Marathon & 10 km

Centurion, 25 March

(Distances: 21.1 km & 10 km; undulating loop courses. Weather: cool, warm later, with clear skies. Finishers: half marathon – 1454 [up from 1257 last year]; 10 km – 1890 [up from 1710]; also approx. 600 in 5 km.)

Half marathon

MEN

1.	Victor Pheeha (Mon)	1:09:37
2.	Lucky Mtshali (Ned)	1:09:43
3.	Mpho Ndlovu (Ned)	1:15:14

Veterans: 1. Alfred Matema (Irene) 1:18:27. **Masters:** 1. Sontaga Mabale (Mid) 1:32:36.

G'masters: 1. Anselin Umotek (Vital) 1:30:18. **G/g'masters:** 1. Iain McFadyen (Irene) 1:56:43. **80+:** 1. Andries van Rooyen (VTM) 2:28:55.

WOMEN

1.	Thembi Baloyi (TUT)	1:21:10
2.	Franza Landman (KPMG)	1:28:13
3.	Renata Vorster (Sunning)	1:28:22

Veterans: 1. Corné Prinsloo (NPO) 1:37:00. **Masters:** 1. Ansie Breytenbach (Irene) 1:40:29. **G'masters:** 1. Anne Swarts (Harl) 2:05:09. **G/g'masters:** 1. Debbie van Heerden (Roode) 2:23:18. **Juniors:** 1. Carissa Schubert (LR) 2:05:27.

10 km

MEN

1. Philani Buthelezi (KPMG) 32:06
2. Bafana Dube (Boot) 33:18
3. Vuyisile Tshoba (KPMG) 33:22

Veterans: 1. Timothy Ratshilayhi (Ned) 36:59. **Masters:** 1. Jerry Modiga (Ind) 39:14. **G'masters:** 1. Francis Mukuka (ZAM/Phob) 40:36. **G/g'masters:** 1. Pele Tshikunda-malema (Ned) 49:02. **80+:** Ken Nurden (Agape) 57:33. **Juniors:** 1. Paseka Mokubung (TUT) 33:42.

WOMEN

1. Anet Coetzee (KPMG) 39:12
2. Catherine Skosana (Boxer) 40:24
3. Lisa Maritz (Runav) 41:07

Veterans: 1. Marlise Vermaak (Kempton) 43:56. **Masters:** 1. Debbie Bredenkamp (Harl) 48:45. **G'masters:** 1. Jo-Anne de Klerk (RH) 59:21. **G/g'masters:** 1. Hettie Booyens (GM) 90:37. **80+:** 1. Deirdre Larkin (RH) 62:50. **Juniors:** 1. Leshan Curlewis (Waterkloof) 41:11.

Tyger Run Half Marathon & 10 km

Durbanville, 21 March

(Distances: 21.1 km & 10 km; certified hilly loop courses. Finishers: half marathon – 1610 [significantly up 1149 last year]; 10 km – 1389 [down from 1493].)

Half marathon

MEN

1. Siviwe Nkombi (Ned) 1:10:32
2. Hein Camphor (Itheke) 1:11:56
3. Nkosiyethu Sotyantya (Itheke) 1:13:21

Veterans: 1. Vakalisa Kopolo (Ned) 1:15:21; 2. Shawn Abrahams (Kuils) 1:20:28; 3. Xolile Macanda (Gugs) 1:21:23. **Masters:** 1. Johnny Persents (WR) 1:24:33; 2. John September (Itheke) 1:26:40; 3. Lorenzo Lucas (Ned) 1:36:54. **G'masters:** 1. Mochamat Kriel (Ommie) 1:38:15; 2. Hannes van Wyk (Outen) 1:51:05; 3. Brian Merryweather (GBR/Edge) 1:56:24. **G/g'masters:** 1. Jeff Smith (Itheke) 1:46:22; 2. Hennie Westraadt (CMC) 2:28:15; 3. Lionel Hill (Ceres) 2:31:25. **Juniors:** 1. Bradley-Lee Daniels (Brack) 1:49:47; 2. Ashton Coert (Bell) 1:49:48.

WOMEN

1. Zintle Xiniwe (KPMG) 1:24:45
2. Bulelwa Simae (Ned) 1:25:20
3. Ursula Frans (Ned) 1:35:49 (1st vet)

Veterans: 1. Ursula Frans (Ned) 1:35:49; 2. Busisiwe Matiwane (Ned) 1:41:53; 3. Jacky Misroll (Pine) 1:42:40. **Masters:** 1. Annalita Goosen (CMC) 1:48:43; 2. Cailey Bredenkamp (Paarl) 1:52:45; 3. Gail Maharaj (SANDF) 1:57:02. **G'masters:** 1. Nancy Will (Pine) 1:44:05; 2. Hester Kotze (Durb) 1:55:40; 3. Christine Hibberd (FH) 2:04:08. **G/g'masters:** 1. Thea Kruger (Whalers) 2:21:06; 2. Marianne Nelson (RWFL) 2:53:11; 3. Marie Hill (Ceres) 3:08:33. **Juniors:** 1. Celine Moses (Orange) 1:50:56.

10 km

MEN

1. Siboniso Soldaka (CPUT) 31:47
2. Angelo Booysen (CS) 32:11
3. Vuyolwethu Mbukushe (Gugs) 32:31

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 33:16; 2. Christo van Rooyen (Ned) 36:13; 3. Andrew Cooper (Ned) 39:57. **Masters:** 1. Steve Motau (Itheko) 37:43; 2. Martin Bonn (Atlantis) 45:41; 3. Zaldeus Steenkamp (Held) 47:02. **G'masters:** 1. Robbie Lindsay (Ned) 43:18; 2. Neville Frieslich (FH) 48:33; 3. Jose de Nobrega (Bell) 56:57. **G/g'masters:** 1. Ronnie le Roux (Brack) 53:56; 2. Oloff Crous (Brack) 58:38; 3. Maajid Warley (SH) 59:39. **Juniors:** 1. Thembeke Mendu (Gugs) 34:04; 2. Connor Middlemost (Brack) 47:32; 3. Miguel Cooper (Ned) 61:23.

WOMEN

1. Lena Lotter (Ned) 35:43
2. Nomvuyisi Seti (Itheko) 37:49
3. Tanith Maxwell (Boxer) 37:58 (1st vet)

Veterans: 1. Tanith Maxwell (Boxer) 37:58; 2. Obertina Kanyongo (ZIM/Ned) 43:23; 3. Desiré Rex (Atlantis) 53:34. **Masters:** 1. Ester Brink (Carb) 42:57; 2. Mariëtte Strauss (Tyger) 43:55; 3. Olga Howard (Ned) 44:44. **G'masters:** 1. Charmaine Cupido (Ned) 50:06; 2. Judith Grove (Tyger) 50:49; 3. Helen du Plessis (Brack) 52:56. **G/g'masters:** 1. Marlene James (Pine) 62:00; 2. Gail Buhrmann (Durb) 71:40; 3. Annatjie Berntzen (Good) 84:39. **Juniors:** 1. Alexandra Hoffman (Strand) 49:41; 2. Heike Thumser (Kuils) 51:48; 3. Kyla Clark (Stell) 79:57.

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**Wehr Venloop Half Marathon** (11th)

Venlo, NED, 26 March
(Distance: 21.1 km)

MEN (gun times)

1. Meshack Koech, KEN 1:00:19 PB
2. Jorum Lumbasi Okombo, KEN 1:00:20 PB
3. Albert Kangogo, KEN 1:00:21
4. Kenneth Kipkemoi, KEN 1:00:24
5. Noah Kigen, KEN 1:00:25 PB
6. Cornelius Kangogo, KEN 1:01:05 PB
7. William Kibor, KEN 1:01:19
8. Kalipus Lomwai, KEN 1:01:33 PB
9. Demeke Kasaw, ETH 1:01:43 PB
10. Erick Koskei, KEN 1:03:25

WOMEN (gun times)

1. Naom Jebet, KEN 1:10:03 PB
2. Maryanne Wanjiru, KEN 1:10:20
3. Marion Limo, KEN 1:10:47 PB
4. Susan Krumins, NED 1:10:52 DB
5. Antonina Kwambai, KEN 1:12:41

PZU Warsaw Half Marathon (12th)

Warszawa, POL, 26 March

(Distance: 21.1 km; loop course)

MEN (gun times)

1. John Kipsang Lotiang, KEN 1:01:12
2. Masresha Biseteng, ETH 1:01:41 PB
3. Mesfin Alemu Hunegnaw, ETH 1:01:42
4. Hillary Kiptum Maiyo Kimayo, KEN 1:01:44
5. Justus Kipkogei Kangogo, KEN 1:02:16

WOMEN (gun times)

1. Ayantu Gemechu Abdi, ETH 1:10:26 PB
2. Peninah Arusei, KEN 1:11:31
3. Christine Moraa Oigo, KEN 1:11:50 PB
4. Hellen Nzemi Musyoka, KEN 1:13:04
5. Asmerawork Bekele Wolkeba, ETH 1:13:19

Around the Bay 30 km (120th)

Hamilton, CAN, 26 March

MEN (extended gun times)

1. Panuel Mkungo, KEN 1:34:51.9 PB CAD 4000
2. Daniel Kipkoech, KEN 1:38:52.1 PB 2000
3. Evans Maiko, KEN 1:41:03.4 1000
4. Daniel Wendimo, ETH 1:41:27.1 750
5. Berhanu Degefa, ETH 1:42:24.7 500

WOMEN (extended gun times)

1. Dayna Pidhoresky, CAN 1:47:27.0 PB CAD 4000
2. Jane Murage, KEN 1:53:52.5 2000
3. Neasa Coll, CAN 1:54:54.0 PB 1000
4. Lioudmila Kortchaguina (45+), CAN 1:55:33.2 750 + 500
5. Megan Kuikman, CAN 1:55:55.0 PB 500

Vitality Reading Half Marathon (35th)

Reading, GBR, 19 March

(Distance: 21.1 km with start/finish separation of about 2 km)

MEN

1. Andy Vernon, AFD 1:03:08 GBP 1000 + 3000
2. Chris Thompson, AFD 1:03:39 500 + 2000
3. Dewi Griffiths, SWANSEA 1:03:54 300 + 1500

WOMEN

1. Charlotte Purdue, AFD 1:12:15 GBP 1000 + 3000
2. Gemma Steel, CHARNWOOD 1:13:37 500 + 2000
3. Katrina Wootton, COVENTRY 1:14:18 300 + 1500

Matsue Women's Half Marathon (37th)
 (20th University Women Half-marathon Championships)
 Matsue, JPN, 19 March
 (Distance: 21.1 km)

(gun times)

1. Grace Kimanzi (KEN) 1:10:09 PB
 [16:49 / 33:25 / 49:49 / 1:06:41]
2. Saki Fukui 1:11:12 PB
 [17:05 / 33:54 / 50:40 / 1:07:34]
3. Kanade Furuya 1:11:17
4. Kasumi Yamaguchi 1:11:33
5. Maki Izumida 1:11:36
6. Yomogi Akasaka 1:11:42
7. Honoka Tanaike 1:12:20
8. Yuki Munehisa 1:12:25
9. Momoe Nobuoka 1:12:28
10. Mizuki Tanimoto 1:12:31

Skechers Performance LA Marathon (32nd)

Los Angeles to Santa Monica, USA, 19 March
 (Distance: 42.195 km; certified point-to-point course with 2.89 m/km drop and 59.4% start/finish separation.)

ELITE MEN (gun times)

- | | | |
|-----------------------|---------|----------|
| 1. Elisha Barno, KEN | 2:11:52 | \$23,000 |
| 2. Daniel Limo, KEN | 2:12:16 | 11,250 |
| 3. Willy Koitile, KEN | 2:12:47 | 9,000 |

ELITE WOMEN (gun times)

- | | | |
|-----------------------------|---------|----------|
| 1. Hellen Jepkurgat, KEN | 2:34:23 | \$23,000 |
| 2. Jane Kibii, KEN | 2:36:14 | 11,250 |
| 3. Angie Rocío Orjuela, COL | 2:36:20 | 9,000 |

CROSS-COUNTRY

IAAF World Cross-country Championships (42nd)

Kololo Independence Grounds, Kampala, UGA, 26 March
 (Course: 2 km grass and dirt loop; mostly flat, but with one deep pit, and several small, but steep, hills; footing was mostly dry; Kampala is at 1190 m altitude)

SR. MEN 9858 m – 5 laps (33 m start + 4 full laps / 2000 + lap to finish / 1825 m)

Teams (score 4 athletes):

- | | | | |
|---------|------------------------|--------|------------|
| 1. ETH | 21 points (3+4+6+8) | Gold | USD 20,000 |
| 2. KEN | 22 points (1+2+7+12) | Silver | 16,000 |
| 3. UGA | 72 points (9+16+17+30) | Bronze | 12,000 |
| 4. ERI | 75 | | 10,000 |
| 5. USA | 78 | | 8,000 |
| 6. BDI | 120 | | 4,000 |
| 7. TAN | 146 | | |
| 8. AUS | 154 | | |
| 9. RSA | 160 | | |
| 10. RWA | 219 | | |

Individual finishers:

1. Geoffrey KAMWOROR, KEN, 22 Nov 92	28:24	Gold	USD 30,000
2. Leonard BARSOTON, KEN, 21 Oct 94	28:36	Silver	15,000
3. Abadi HADIS, ETH, 6 Nov 97	28:43	Bronze	10,000
4. Jemal YIMER, ETH, 11 Sep 96	28:46		7,000
5. Aron KIFLE, ERI, 20 Feb 98	28:49		5,000
6. Muktar EDRIS, ETH, 14 Jan 94	28:56		3,000
7. Vincent Kipsang RONO, KEN, 22 Dec 90	29:00		
8. Ibrahim JEILAN, ETH, 12 Jun 89	29:07		
9. Timothy TOROITICH, UGA, 10 Oct 91	29:10		
10. Bonsa DIDA, ETH, 21 Jan 95	29:10		
11. Sam CHELANGA, USA, 23 Feb 85	29:12		
12. Leonard Patrick KOMON, KEN, 10 Jan 88	29:16		
13. Patrick TIERNAN, AUS, 11 Sep 94	29:17		
14. Onesphore NZIKWINKUNDA, BDI, 8 Jul 97	29:21		
15. Nicholas Mboroto KOSIMBEI, KEN, 1 Oct 96	29:23		
16. Abdallah Kibet MANDE, UGA, 10 May 95	29:25		
17. Stephen KIPROTICH, UGA, 27 Feb 89	29:27		
18. Getaneh MOLLA, ETH, 10 Jan 94	29:34		
19. Afewerki BERHANE, ERI, 6 May 96	29:35		
20. Leonard KORIR, USA, 10 Dec 86	29:36		
21. Shadrack KIPCHIRCHIR, USA, 22 Feb 89	29:44		
22. Gabriel Gerald GEAY, TAN, 10 Sep 96	29:47		
23. Goitom KIFLE, ERI, 3 Dec 93	29:56		
24. Aweke AYALEW, BRN, 23 Feb 93	30:01		
25. Jean-Marie Vianney NIYOMUKIZA, BDI 10 Dec 98	30:01		
26. Stanley KEBENEI, USA, 6 Nov 89	30:03		
27. Birhanu BALEW, BRN, 27 Feb 96	30:04		
28. Mogos SHUMAY, ERI, 1 Jan 97	30:06		
29. Leonard LANGAT, KEN, 2 Aug 96	30:07		
30. Joshua CHEPTEGEI, UGA, 12 Sep 96	30:08		
31. Phillip KIPYEKO, UGA, 1 Jan 95	30:11		
32. Samsom GEBREYOHANNES, ERI, 7 Feb 92	30:12		
33. Hassan CHANI, BRN, 5 May 88	30:13		
34. David MANJA, RSA, 8 Jun 91	30:16		
35. Berhane AMANUEL, ERI, 27 Jan 96	30:19		
36. Scott FAUBLE, USA, 5 Nov 91	30:20		
37. Joel MMONE, RSA, 29 Mar 91	30:28		
38. John Bazili BAYNIT, TAN, 26 Sep 93	30:28		
39. Rodrigue KWIZERA, BDI, 10 Dec 99	30:28		
40. Jack RAYNER, AUS, 19 Dec 95	30:30		
41. Emmanuel Giniki GISAMODA, TAN, 18 May 88	30:31		
42. Léonce NDAYIKUNDA, BDI, 12 Aug 93	30:37		
43. Elroy GELANT, RSA, 25 Aug 86	30:45		
44. Rabah ABOUD, ALG, 81	30:48		
45. Josephat Joshua GISEMO, TAN, 13 Apr 92	30:48		
46. Thabang MOSIAKO, RSA, 23 Feb 95	30:49		
47. Fabiano JOSEPH, TAN, 24 Dec 85	30:53		
48. James SUGIRA, RWA, 2 Feb 97	30:54		
49. Sam MCENTEE, AUS, 3 Feb 92	30:59		
50. Sergio SÁNCHEZ, ESP, 1 Oct 82	31:00		
... 56. Lesiba MASHELE, RSA, 13 Oct 90	31:17		

U20 MEN 7858 m – 4 laps (33 m start + 3 full laps / 2000 + lap to finish / 1825 m)

Teams (score four athletes):

1. ETH 17 points (2+4+5+6) Gold
2. KEN 28 points (3+7+8+10) Silver

3. ERI 55 points (9+11+16+19) Bronze
4. UGA 56
5. MAR 113
6. TAN 137
7. JPN 157
8. RSA 178
9. USA 189
10. GBR 219

Individual finishers:

1. Jacob KIPLIMO, UGA, 14 Nov 00 22:40 Gold
2. Amdework WALELEGN, ETH, 11 Mar 99 22:43 Silver
3. Richard Yator KIMUNYAN, KEN, 4 Jun 98 22:52 Bronze
4. Betesfa GETAHUN, ETH, 25 Sep 98 22:58
5. Selemon BAREGA, ETH, 20 Jan 00 23:03
6. Tefera MOSISA, ETH, 10 Mar 99 23:04
7. Amos KIRUI, KEN, 9 Feb 98 23:04
8. Edwin Kiplangat BETT, KEN, 26 Apr 00 23:10
9. Yemane HAILESELASSIE, ERI, 21 Feb 98 23:18
10. Wesley LEDAMA, KEN, 2 Jul 99 23:25
11. Filmon ANDE, ERI, 10 Feb 98 23:28
12. Bayelign TESHAGER, ETH, 9 Feb 00 23:35
13. Solomon BERIHU, ETH, 2 Oct 99 23:38
14. Ronald Kiprotich KIRUI, KEN, 6 Dec 98 24:00
15. Kevin KIBET, UGA, 10 Nov 98 24:02
16. Abraha KOKOB, ERI, 13 Mar 99 24:06
17. Meshack Munguti NZULA, KEN, 30 Sep 00 24:26
18. Victor KIPLANGAT, UGA, 10 Nov 99 24:29
19. Mehari TSEGAY, ERI, 12 Feb 99 24:30
20. Hicham AKANKAM, MAR, 4 Apr 98 24:35
21. Robel SIBHATU, ERI, 21 Oct 99 24:36
22. Mathew Job CHEKURUI, UGA, 15 Oct 01 24:37
23. Titus Given KWEMOI, UGA, 8 May 00 24:50
24. Kabelo SEBOKO, RSA, 1 Jan 98 24:54
25. Anouar OUZINE, MAR, 19 Mar 99 24:59
26. Francis DAMIANO, TAN, 1 Jun 00 25:03
27. Kazuya NISHIYAMA, JPN, 5 Nov 98 25:15
28. Mouhcine OUTALHA, MAR, 15 Dec 98 25:19
29. Daniel DO NASCIMENTO, BRA, 28 Jul 98 25:21
30. Pakiso MTHEMBU, RSA, 10 Jun 99 25:25
- ... 57. Tumi LEPHOTHU, RSA, 27 Feb 00 26:28
- ... 67. Ryan MPAHLELE, RSA, 20 Jun 98 26:57
- ... 76. Dais MALEBANA, RSA, 11 Feb 99 27:20

SR. WOMEN 9858 m – 5 laps (33 m start + 4 full laps / 2000 + lap to finish / 1825 m)

Teams (score four athletes):

1. KEN 10 points (1+2+3+4) Gold USD 20,000
2. ETH 45 points (8+10+13+14) Silver 16,000
3. BRN 58 points (7+9+11+31) Bronze 12,000
4. UGA 65 10,000
5. USA 119 8,000
6. TAN 128 4,000
7. ESP 140
8. PER 176
9. RSA 197
10. JPN 197

Individual finishers:

1. Irene Chepet CHEPTAI, KEN, 4 Feb 92	31:57	Gold	USD 30,000
2. Alice Aprot NAWOWUNA, KEN, 2 Jan 94	32:01	Silver	15,000
3. Lilian Kasait RENGERUK, KEN, 3 May 97	32:11	Bronze	10,000
4. Hyvin Kiyeng JEPKEMOI, KEN, 13 Jan 92	32:32		7,000
5. Agnes Jebet TIROP, KEN, 23 Oct 95	32:32		5,000
6. Faith Chepngetich KIPYEGON, KEN, 10 Jan 94	32:49		3,000
7. Ruth JEBET, BRN, 17 Nov 96	32:49		
8. Belaynesh OLJIRA, ETH, 26 Jun 90	32:53		
9. Rose CHELIMO, BRN, 12 Jul 89	33:01		
10. Senbere TEFERI, ETH, 3 May 95	33:12		
11. Eunice Chebichii CHUMBA, BRN, 23 May 93	33:26		
12. Mercyline CHELANGAT, UGA, 17 Dec 97	33:29		
13. Gebeyanesh AYELE, ETH, 1 May 95	33:30		
14. Sentayehu LEWETEGN, ETH, 9 May 96	33:33		
15. Aliphine TULIAMUK, USA, 5 Apr 89	33:43		
16. Failuna Abdi MATANGA, TAN, 28 Oct 92	33:48		
17. Rachael Zena CHEBET, UGA, 5 Nov 96	33:58		
18. Stella CHESANG, UGA, 1 Dec 96	34:27		
19. Cavaline NAHIMANA, BDI, 14 Jan 97	34:35		
20. Trihas GEBRE, ESP, 29 Apr 90	34:37		
21. Doreen CHEMUTAI, UGA, 23 Oct 96	34:41		
22. Stephanie BRUCE, USA, 14 Jan 84	34:42		
23. Natosha ROGERS, USA, 7 May 91	34:47		
24. Yuka HORI, JPN, 13 Jun 96	34:54		
25. Doreen CHESANG, UGA, 16 Oct 90	34:54		
26. Zerfie LIMENEH, ETH, 10 Feb 97	34:59		
27. Azucena DÍAZ, ESP, 19 Dec 82	35:06		
28. Magdalena SHAURI, TAN, 25 Feb 96	35:13		
29. Emily CHEBET, UGA, 12 Dec 87	35:17		
30. Sarah PAGANO, USA, 23 Jul 91	35:18		
31. Anna KELLY, AUS, 16 Apr 94	35:20		
32. Desi MOKONIN, BRN, 12 Jul 97	35:21		
33. Louisa LEBALLO, RSA, 4 Dec 77	35:22		
34. Gladys TEJEDA, PER, 30 Sep 85	35:24		
35. Nazret WELDU, ERI, 1 Jan 90	35:34		
36. Kesaoleboga MOLOTSANE, RSA, 8 Jan 92	35:47		
37. Jovana DE LA CRUZ, PER, 12 Jul 92	35:48		
38. Angelina Daniel TSERE, TAN, 23 Aug 99	35:49		
39. Louise SMALL, GBR, 27 Mar 92	35:51		
40. Mao ICHIYAMA, JPN, 29 May 97	35:52		
41. Sasha GOLLISH, CAN, 27 Dec 81	35:56		
42. Ana LOZANO, ESP, 22 Feb 91	36:03		
43. Rebecca MURRAY, GBR, 26 Sep 94	36:04		
44. Kenza DAHMANI TIFAH, ALG, 18 Nov 80	36:10		
45. Simret WELDEGHABR, ERI, 2 May 97	36:10		
46. Carmen TOAQUIZA, ECU, 5 Oct 95	36:11		
47. Victoria COATES, CAN, 20 Aug 91	36:11		
48. Elaine BALOURIS, USA, 17 Dec 91	36:26		
49. Soledad TORRE, PER, 4 May 92	36:30		
50. Maylelina Issa MBUA, TAN, 19 Apr 93	36:31		
... 63. Glenrose XABA, RSA, 31 Dec 94	37:16		
... 69. Sherilene GELDERBLUM, RSA, 3 Jan 96	37:35		
... 73. Rudo MHONDERWA, ZIM, 9 Sep 95	37:57		
Andrea STEYN, RSA, 30 Dec 83	DNF		

U20 WOMEN 5858 m – 3 laps (33 m start + 2 full laps / 2000 + lap to finish / 1825 m)

Teams (score four athletes):

1. ETH 19 points (1+2+6+10) Gold
2. KEN 20 points (3+4+5+8) Silver
3. UGA 63 points (7+14+18+24) Bronze
4. JPN 73
5. ERI 134
6. CAN 137
7. BDI 161
8. RSA 181
9. GBR 191
10. MAR 202

Individual finishers:

1. Letesenbet GIDEY, ETH, 20 Mar 98 18:34 Gold
2. Hawi FEYSA, ETH, 1 Feb 99 18:57 Silver
3. Celliphine Chepteek CHESPOL, KEN, 23 Mar 99 19:02 Bronze
4. Sheila CHELANGAT, KEN, 11 Apr 98 19:12
5. Hellen Ekalale LOBUN, KEN, 18 Mar 99 19:16
6. Fotyen TESFAY, ETH, 17 Feb 98 19:24
7. Peruth CHEMUTAI, UGA, 10 Jul 99 19:29
8. Joyline CHEROTICH, KEN, 22 Mar 98 19:31
9. Emmaculate CHEPKIRUI, KEN, 3 Aug 00 19:31
10. Zeineba YIMER, ETH, 17 Jun 98 19:32
11. Sandrafelis Chebet TUEI, KEN, 20 Jan 98 19:59
12. Biri ABERA, ETH, 29 Apr 00 20:00
13. Wede KEFALE, ETH, 2 Mar 00 20:04
14. Sarah CHELANGAT, UGA, 5 Jun 01 20:13
15. Tomomi Musembi TAKAMATSU, JPN, 23 Feb 00 20:24
16. Elvanie NIMBONA, BDI, 15 Mar 98 20:25
17. Yuka SARUMIDA, JPN, 18 Feb 99 20:28
18. Adha MUNGULEYA, UGA, 25 May 99 20:33
19. Hayaka SUZUKI, JPN, 7 Feb 00 20:40
20. Francine NIYOMUKUNZI, BDI, 1 Aug 99 20:44
21. Kidanu TESHOME, ERI, 3 Jun 98 20:48
22. Rika KASEDA, JPN, 2 Mar 99 20:51
23. Hannah BENNISON, CAN, 29 Aug 99 20:54
24. Janat CHEMUSTO, UGA, 5 Jul 98 20:54
25. Esther Yeko CHEKWEMOI, UGA, 11 May 01 20:55
26. Simonay WEITSZ, RSA, 26 Apr 99 20:56
27. Semira MEBRAHTU, ERI, 18 Aug 99 20:59
28. Dolshi TESFU, ERI, 17 Jun 99 21:02
29. Scarlet CHEMOS, UGA, 11 Feb 00 21:03
30. Brogan MACDOUGALL, CAN, 15 Nov 00 21:08
- ... 39. Lyndi ROELOFSE, RSA, 30 Apr 01 21:42
- ... 53. Nicole LOUW, RSA, 26 Jul 01 22:15
- ... 63. Chery-Lee SCHOEMAN, RSA, 28 Apr 99 22:24
- ... 80. Nicole VAN DER MERWE, RSA, 28 Oct 98 23:25

INDOOR TRACK

Armory NYC Indoor Marathon (2nd)

Presented By New York Road Runners

Armory Track & Field Center, New York, USA, 25 March

(Distance: 42.195 km on 200 m banked Mondo track [211 laps])

Note: *Race Results Weekly* reports that for the second year in a row this event delivered Association of Road Racing Statisticians (ARRS) world records for both men and women. On the men's side, Chris Zablocki clocked 2:21:48, just under the standard set by Malcolm Richards at this event in 2016. On the women's side, 43-year-old Finn Laura Manninen ran 2:42:30 to handily break Allie Kieffer's time from this event last year. Second-place finisher Kate Pallardy set a USA national record --Ed.

MEN

1. Christopher Zablocki, 28, Essex, CT 2:21:48 WR* \$1000 + \$5000*
2. Anthony Migliozi, 24, N. Canton, OH 2:23:26 500
3. Michael Wardian, 42, Arlington, VA 2:29:47 250
- Matt Gillette, 25, Chambersburg, PA DNF

*) ARRS world record/\$5000 bonus; previous 2:21:56, Malcolm Richards, Armory NYC Indoor Marathon, 09-Apr-2016

WOMEN

1. Laura Manninen, 43, Espoo, FIN 2:42:30 WR* \$1000 + \$5000*
2. Kate Pallardy, 31, New York, NY 2:44:11 NR** 500

*) ARRS world record/\$5000 bonus; previous 2:44:44, Allie Kieffer, Armory NYC Indoor Marathon, 09-Apr-2016

***) ARRS national record; previous 2:44:44, Allie Kieffer, Armory NYC Indoor Marathon, 09-Apr-2016

OUTDOOR TRACK

adidas Raleigh Relays

Raleigh, USA, 24-25 March

WOMEN

1500 (24):

Section 8 -

1. Helen SCHLACHTENHAUFEN, SR, Dartmouth, 4:18.25 PB
2. Sarah BERGER, JR, Walsh, 4:19.79 PB
3. Hannah SEGRAVE, SR, Milligan (GBR), 4:21.80 PB
- ... 9. Aynslee VAN GRAAN, JR, Coastal Carolina (RSA), 4:26.14

5000 (24):

Section 5 -

1. Allie BUCHALSKI, JR, Furman, 15:35.55 WL/PB
2. Erin TESCHUK, Furman Elite (CAN), 15:50.61
3. Elly HENES, FR, NC State, 16:01.73 WJL/PB
- ... 14. Kyla VAN GRAAN, SR, Coastal Carolina (RSA), 16:34.85 PB

Arkansas Razorback Spring Invitational

Fayetteville, USA, 24-25 March

MEN

1500 (25):

Seeded -

1. Mark MIDDLETON, JR, Tulsa, 3:52.81
2. Heinrich VAN NIEKERK, SO, Oklahoma State (RSA), 3:54.12 PB
3. Joshua YEAGER, SO, Drake, 3:54.57 PB

WOMEN

800 (25):

Seeded -

1. Abbie HETHERINGTON, JR, Oklahoma State (GBR), 2:07.42
2. Alena BROOKS, Trinidad and Tobago, 2:07.62
3. Ariane BALLNER, FR, Oklahoma State (GER), 2:10.16

Unseeded -

1. Carina VILJOEN, FR, Arkansas (RSA), 2:10.58 PB
2. Krista STEELE, SO, South Dakota St., 2:13.15 PB
3. Danielle COLEMAN, JR, Oklahoma State, 2:15.09 PB

STATS TIME

This week we include an all-time list of the top ten SA women over 50 km. Only three of the times were run on standard courses, so the list is extended with the next five fastest women on standard courses. Frith van der Merwe's South African and world record of 3:08:39 is second on the all-time performances list; she also owns the third fastest time, 3:16:57.

ALL-TIME 50 KM: TOP 10 WOMEN

3:04:30A	Frith van der Merwe	1	Pretoria	05 Aug 89
3:17:31A	Paulina Phaho	1	Loskop Dam	24 Apr 04
3:19:06A	Riana van Niekerk	1	Loskop Dam	17 Apr 10
3:19:43A	Yolande Maclean	2	Loskop Dam	24 Apr 04
3:21:01	Monica Drögemöller	1	Cape Town	02 Apr 88
3:22:50	Helene Joubert	2	Hartbeespoort	26 Mar 94
3:22:53	Lizanne Holmes	2	Cape Town	29 Mar 97
3:23:17A	Azwindini Gladys Lukhwareni	1	Johannesburg	07 Sep 03
3:24:34A	Annette Falkson	1	Verwoerdburg	03 Aug 91
3:26:24A	Madeleen Otto	1	Verwoerdburg	06 Aug 94
3:26:29	Sarah-Jane Kumalo	1	Hartbeespoort	20 Mar 04
3:27:27	Laura Xaba	1	Pretoria	01 Aug 92
3:28:08	Lyn Lombaard	1	Pretoria	08 Aug 87
3:29:48	Grace de Oliveira	5	Cape Town	29 Mar 97
3:32:42	Denise Dippenaar	2	Hartbeespoort	25 Mar 95

THIS MONTH IN HISTORY

9 years ago: 30 March 2008

An interesting feature of the Jackie Gibson Marathon, which was first held in 1946 (when Wally Hayward won), is how many men have won the race two years in a row. There are some great names among them: Bill Keith (the only athlete to finish first three times in

succession), Mercer Davies, Jackie Mekler, Dave Levick, Koos Sutherland, Derick Marcisz and Johnny Halberstadt. On this day it was the last time it has happened, when Michael Msini got his second win in 2:33:34. The women's race went to Lesley Train, who ten weeks later would score her first top-ten finish in the Comrades.

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		25 Feb
	65:22A	Lukhanyo Ngxoko	East London	
	65:53	Thabang Mosiako	Bedfordview	
	59:10	Bedan Karoki (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		29 Jan
	81:36A	Sipho Mbanjwa	Pinetown	
30 km	71:18	Dennis Kipruto Kimetto (KEN)		04 Mar
	90:54	Melikhaya Frans	Uitenhage	
	90:54	Melikhaya Frans (RSA)		
	87:13**	Eliud Kipchoge (KEN) 2016		
Marathon	87:13**	Stanley Biwott (KEN) 2016		26 Feb
	2:16:53	Stephen Mokoka	Tokyo	
	2:03:58	Wilson Kipsang (KEN)		
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	31:54	Gert Thys	Goodwood	04 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	48:58	Johannes Kekana	Leondale	19 Mar
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:25	William Mokwalakwala	Pretoria	18 Feb
	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	1:38:16	Mzwanele Maphekula	Uitenhage	04 Mar
	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 Ngobese	Benoni	29 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	97:58A	Basie Bonaparte	Somerset East	18 Mar
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	38:05	Mochamat Kriel	Pinelands	25 Feb
	32:48	Martin Rees (GBR) 2013		
15 km	60:24	Mochamat Kriel	Ravensmead	18 Mar
	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	2:10:11	Kosie Botha	Parow	26 Mar
	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	42:35	Pele Tshikundamalema	Pretoria	18 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	64:04	Jeff Smith	Constantia	11 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	97:19	Elias Raphulu	Pretoria	18 Feb
	82:23	Ed Whitlock (CAN) 2001		
25 km	4:37:56A	Jean Neppen	Somerset East	18 Mar
	99:59	Clive Davies (USA) 1985		
30 km	2:46:08	Tamsanqa Jusayi	Uitenhage	04 Mar
	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				

Juniors

10 km	30:17	Kabelo Seboko	Benoni	29 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:41	Thembeke Mendu	Constantia	11 Mar
	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	34:53	Lena Lötter	Pinelands	25 Feb
	32:01	Eilish McColgan (GBR)		
	30:21 Mx	Paula Radcliffe (GBR) 2003		

15 km	30:29 Wo	Asmae Legzaoui (MAR) 2002		
	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	72:36	Irvette van Zyl	Barcelona	12 Feb
	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
	1:40:31	Jenna Challenor	Durban	19 Mar
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:54:43	Ntombesintu Mfunzi	Uitenhage	04 Mar
	1:54:43	Ntombesintu Mfunzi (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	2:48:13A	Ann Ashworth	East London	25 Feb
	2:57:05	Gerda Steyn	Dubai	20 Jan
	2:21:17	Eunice Kirwa (BRN)		
	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	36:43	Tanith Maxwell	Cape Town	01 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	56:45	Tanith Maxwell	Ravensmead	18 Mar
	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
	1:49:48	Maya Lawrie	Durban	19 Mar
	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	2:58:45A	Ulrica Stander	Simon's Town	19 Feb
	3:06:00	Salome Cooper	Benoni	29 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	41:32	Mariëtte Strauss	Pinelands	25 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:28	Elmarie Coetzee	Constantia	11 Mar
	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
	2:13:40	Roshini Natasen	Durban	19 Mar
30 km	2:16:59	Christine Claasen	Uitenhage	04 Mar
Marathon	3:29:00A	Marie Louw	Simon's Town	19 Feb

	3:30:56	Jane Mudau	Pretoria	26 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	43:14	Nancy Will	Athlone	11 Feb
	38:56	Lidia Zentner (GER) 2015		
15 km	67:27	Nancy Will	Constantia	11 Mar
	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
	2:27:24	Pamela Rasmussen	Durban	19 Mar
	1:58:24	Gloria Brown (USA) 1994		
30 km	2:25:27	Margie Saunders	Uitenhage	04 Mar
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:40:03A	Nancy Will	Simon's Town	19 Feb
	3:44:49	Val Watson	Benoni	29 Jan
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	57:17	Marlene James	Cape Town	01 Mar
	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	2:12:17A	Marlene James	Simon's Town	19 Feb
	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				
<u>Juniors</u>				
10 km	36:44	Ashleigh Simonis	Tokai	04 Feb
	31:42	Zola Pieterse (RSA) 1984		
15 km	66:42	Celine Moses	Ravensmead	18 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:43:36	Nompumelela Shongwe	Pretoria	26 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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