

S.A. TOP 10 ROAD PERFORMANCE LISTS 2017

As at 5 September 2017.

MEN

10 KM

28:18	Elroy Gelant	25 Aug 86	1	Bellville	03 Jun
28:22	Stephen Lesego Mokoka	31 Jan 85	3	Manchester	28 May
28:48	Mbongeni Ngxazozo	02 Feb 80	2	Port Elizabeth	22 Apr
29:01	Gladwin Sibabalwe Mzazi	28 Aug 88	3	Port Elizabeth	22 Apr
29:01	Melikhaya Frans	05 Feb 92	4	Port Elizabeth	22 Apr
29:13	Thabang Mosiako	23 Feb 95	1	Gaborone	07 May
29:32	Nadeel Wildschutt	28 Nov 96	1	Cape Town	01 Mar
29:53	Siboniso Soldaka	01 Jan 90	2	Cape Town	01 Mar
29:56	Angelo Booysen	01 Oct 91	1	Wellington	01 May
29:58	Joel Mmone	29 Mar 91	2	Benoni	29 Jan

HALF MARATHON

1:01:21	Stephen Lesego Mokoka	31 Jan 85	1	Port Elizabeth	24 Jun
1:01:30	Elroy Gelant	25 Aug 86	2	Port Elizabeth	24 Jun
1:01:56	Lesiba Precious Mashele	13 Oct 90	3	Port Elizabeth	24 Jun
1:01:58	Melikhaya Frans	05 Feb 92	3	Port Elizabeth	24 Jun
1:02:47	Mbongeni Ngxazozo	02 Feb 80	4	Port Elizabeth	24 Jun
1:02:56	David Manja	08 Jun 91	1	Phalaborwa	29 Jul
1:03:01	Joel Mmone	29 Mar 91	5	Port Elizabeth	24 Jun
1:03:09	Thabang Mosiako	23 Feb 95	6	Port Elizabeth	24 Jun
1:03:48	Gladwin Sibabalwe Mzazi	28 Aug 88	7	Port Elizabeth	24 Jun
1:04:05	Thabiso Benedict Moeng	25 Jan 83	8	Port Elizabeth	24 Jun

MARATHON

2:10:51	Desmond Mokgobu	23 Nov 88	12	Rotterdam	09 Apr
2:11:41	Lusapho April	24 May 82	5	Hannover	09 Apr
2:16:53	Stephen Lesego Mokoka	31 Jan 85	34	Tokyo	26 Feb
2:18:52	Lungile Gongqa	22 Feb 79	12	Mumbai	16 Jan
2:21:15	Lutendo Mapoto	02 Nov 88	1	Polokwane	29 Apr
2:21:26	Sphamandla Nyembe	06 Apr 90	1	The Woodlands	04 Mrt
2:21:38	Pule Maeko	24 Jan 87	2	Polokwane	29 Apr
2:22:23	Anele Dlamini	28 Dec 86	1	Durban	09 Apr
2:22:53A	Ntsindiso Mphakathi	12 Mar 90	2	Umzimkulu	05 Mrt
2:23:00	Duane Fortuin	13 Jul 84	2	Durban	09 Apr

WOMEN

10 KM

32:22	Dominique Scott	24 Jun 92	5	Boston	25 Jun
32:57	Kesa Molotsane	08 Jan 92	2	Cape Town	02 Apr
33:05	Irvette van Zyl	05 Jul 87	3	Cape Town	02 Apr
33:36	Lebogang Phalula	09 Dec 83	4	Cape Town	02 Apr
33:43	Mapaseka Makhanya	09 Apr 85	3	Port Elizabeth	06 May
33:47	Cornelia Joubert	22 Jun 88	5	Cape Town	02 Apr
33:52	Nolene Conrad	26 Jul 85	4	Port Elizabeth	06 May
33:56	Glenrose Xaba	31 Dec 94	6	Durban	11 Jun

34:26	Jenna Challenor	06 Jul 81	10	Cape Town	02 Apr
34:43	Christine Kalmer	10 Feb 86	11	Cape Town	02 Apr

HALF MARATHON

1:12:31	Cornelia Joubert	22 Jun 88	1	Port Elizabeth	24 Jun
1:12:36	Irvette van Zyl	05 Jul 87	9	Barcelona	12 Feb
1:12:43	Mapaseka Makhanya	09 Apr 85	2	Port Elizabeth	24 Jun
1:14:25	Lebogang Phalula	09 Dec 83	3	Port Elizabeth	24 Jun
1:14:25	Nolene Conrad	26 Jul 85	2	Cape Town	15 Apr
1:15:06	Jenet Dlamini	06 Oct 94	4	Port Elizabeth	24 Jun
1:15:32	Zintle Xiniwe	23 Oct 86	5	Port Elizabeth	24 Jun
1:17:31	Ntombesintu Mfunzi	27 Dec 81	7	Port Elizabeth	24 Jun
1:18:02	Dominique Scott	24 Jun 92	1	Springdale	08 Apr
1:18:36	Christine Kalmer	10 Feb 86	8	Port Elizabeth	24 Jun

MARATHON

2:40:15	Mapaseka Makhanya	09 Apr 85	40	London	06 Aug
2:47:22	Jenna Challenor	06 Jul 81	59	London	06 Aug
2:48:13A	Ann Ashworth		1	East London	25 Feb
2:54:59	Danette Smith	13 Dec 88	1	Durban	09 Apr
2:57:05	Gerda Steyn	03 Mar 90	14	Dubai	20 Jan
2:57:07A	Stephanie Smith	24 Oct 85	2	East London	25 Feb
2:58:35	Eunice Phindile Nhlapo	06 Oct 78	2	Durban	09 Apr
2:58:45A	Ulrica Stander	03 Oct 74	1	Simon's Town	19 Feb
3:01:12	Leilani Scheffer	23 May 83	3	Durban	09 Apr
3:01:23	Janie Grundling	28 Dec 79	2	Pietermaritzburg	26 Feb

 Compiled by Riël Hauman

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