



1992-2018

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MISSION

To make a contribution towards
Nation Building and Healing of
our land, South Africa, and the
Transformation of our Society,
through the Development of
Athletics, from Grassroots to the
highest levels of Excellence

To	ASA Members
From	ASA Office
Date	07 June 2018
Subject	SA National Road Running Top 10 Rankings – May 2018
No pages	4

ELECTRONIC TRANSMISSION

Dear ASA Members

Circular 55 of ASA 2018 (06/07) – SA NATIONAL ROAD RUNNING TOP 10 RANKINGS – MAY 2018

Please find attached an updated SA Top 10 Rankings of Road Races in South Africa.

ASA would like to thank Race Organizers for forwarding their Road Race Results diligently to Riel Human, the Official ASA and IAAF Statistician for races in South Africa.

ASA encourage Race Organizers to forward their results to the ASA Statistics Committee att: Riel Human, to ensure that ASA can provide an accurate reflection of the standard of Road Running in South Africa.

Athletics greetings

Richard Stander

ASA ACEO

Not signed due to electronic sending

S.A. TOP 10 ROAD PERFORMANCE LISTS 2018

As at 7 June 2018.

MEN

10 KM

IAAF world record: 26:44 - Leonard Patrick Komon (KEN), 26 Sep 2010

ASA national record: 27:38 - Stephen Mokoka, Manchester, 10 May 2015

28:40	Gladwin Sibabalwe Mzazi	28 Aug 88	2	Port Elizabeth	07 Apr
28:41	David Manja	08 Jun 91	3	Port Elizabeth	07 Apr
28:47	Joel Mmone	29 Mar 91	4	Port Elizabeth	07 Apr
28:49	Melikhaya Frans	05 Feb 92	5	Port Elizabeth	07 Apr
29:18	Lukhanyo Ngxoko	24 Sep 96	6	Port Elizabeth	07 Apr
29:36	Mariano Eesou	07 Dec 91	7	Port Elizabeth	07 Apr
29:43	Lesiba Precious Mashele	13 Oct 90	12	Paderborn	31 Mar
29:45	Nkosinanthi Madyo	20 Jan 88	8	Port Elizabeth	07 Apr
29:47	Mthobisi Baloyi	26 Feb 85	2	Sasolburg	03 Feb
29:53	Mbongeni Ngxazozo	02 Feb 80	9	Port Elizabeth	07 Apr

Juniors

31:13	Carlo Flink	15 Jun 00	1	Athlone	10 Feb
31:40	Thembeke Mendu	03 Oct 99	1	Cape Town	22 Apr
32:25	Ronaldo January	03 Sep 99	1	Tokai	03 Feb
32:30	Lithobe Menzeleleli	21 Aug 99	1	Port Elizabeth	07 Apr
32:39	Kwena Matlala	19 Dec 99	2	Port Elizabeth	07 Apr

HALF MARATHON

IAAF world record: 58:23 - Zersenay Tadese (ERI), 21 Mar 2010

ASA national record: 60:07 - Hendrick Ramaala, Kosice, 04 Sep 1997

1:01:26	Stephen Lesego Mokoka	31 Jan 85	16	Valencia	24 Mar
1:02:52	Elroy Gelant	25 Aug 86	41	Valencia	24 Mar
1:02:58	Lesiba Precious Mashele	13 Oct 90	44	Valencia	24 Mar
1:03:29	Joel Mmone	29 Mar 91	1	Gaborone	13 May
1:03:42	Melikhaya Frans	05 Feb 92	60	Valencia	24 Mar
1:04:08	David Manja	08 Jun 91	1	Cape Town	31 Mar
1:04:12	Desmond Mokgobu	23 Nov 88	2	Polokwane	19 May
1:04:21	Lucky Modike Mohale	21 Aug 85	3	Polokwane	19 May
1:04:45	Misheck Sithole		4	Gaborone	13 May
1:04:57	Mbongeni Ngxazozo	02 Feb 80	4	Polokwane	19 May

Juniors

1:08:44	Sakhile Dhladhla		1	Polokwane	19 May
1:08:57	Phenyo Chidi		2	Polokwane	19 May

MARATHON

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From the Athletics South Africa Office:
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For more information
Website: www.athletics.org.za

IAAF world record: 2:02:57 - Dennis Kimetto (KEN), 28 Sep 2014

ASA national record: 2:06:33 - Gert Thys, Tokyo, 14 Feb 1999

2:09:31	Desmond Mokgobu	23 Nov 88	1	Oita	04 Feb
2:16:57	Sibusiso Nzima	23 Nov 86	1	Gaborone	13 May
2:19:37A	Luthando Hejana	30 Jan 87	1	East London	18 Feb
2:20:16	Puleng Petrus Maeko	24 Jan 87	1	Benoni	28 Jan
2:21:58	Raphael Segodi	01 May 86	1	Centurion	01 May
2:21:58A	Lungile Gongqa	22 Feb 79	1	Simon's Town	18 Feb
2:22:37	Obed Kopong	30 Jun 88	7	Gaborone	13 May
2:23:13A	Anda Lubelwana	20 Sep 86	2	Simon's Town	18 Feb
2:24:43A	Ben Matiso		3	Simon's Town	18 Feb
2:25:00	Craig Cynkin	19 Jul 85	24	Seville	25 Feb

WOMEN

10 KM

IAAF world record: 29:43 (mx) - Joyciline Jepkosgei (KEN), 09 Sep 2017

IAAF world record: 30:29 (wo) - Asmae Leghzaoui (MAR), 08 Jun 2002

ASA national record: 31:13 - Elana Meyer, Budapest, 14 Oct 2001

33:21	Glenrose Xaba	31 Dec 94	1	Port Elizabeth	07 Apr
33:28	Kesa Molotsane	08 Jan 92	1	Bellville	02 Jun
34:09	Nolene Conrad	26 Jul 85	1	Port Elizabeth	05 May
34:23	Zintle Xiniwe	23 Oct 86	5	Port Elizabeth	05 May
34:25	Christine Kalmer	10 Feb 86	6	Port Elizabeth	05 May
34:35	Gerda Steyn	03 Mar 90	1	Dubai	26 Jan
34:39	Lebogang Phalula	09 Dec 83	7	Port Elizabeth	05 May
34:42	Irvette van Zyl	05 Jul 87	1	Pretoria	20 Jan
34:49	Cornelia Joubert	22 Jun 88	8	Port Elizabeth	05 May
34:54	Ntombesintu Mfunzi	27 Dec 81	9	Port Elizabeth	05 May

Juniors

36:04	Nicole Louw	26 Jul 01	1	Port Elizabeth	05 May
37:03	Lyndi Roelofse	30 Apr 01	2	Port Elizabeth	05 May
37:29	Leshan Curlewis		1	Pretoria	12 May

HALF MARATHON

IAAF world record: 1:04:51 (mx) - Joyciline Jepkosgei (KEN), 22 Oct 2017

IAAF world record: 1:06:11 (wo) - Netsanet Gudeta (ETH), 24 Mar 2018

ASA national record: 1:06:44 - Elana Meyer, Tokyo, 15 Jan 1999

1:11:44	Nolene Conrad	26 Jul 85	25	Valencia	24 Mar
1:16:23	Jenet Mbhele	06 Oct 94	76	Valencia	24 Mar
1:17:55	Jenna Challenor	06 Jul 81	1	Pietermaritzburg	25 Feb
1:18:23	Cornelia Joubert	22 Jun 88	91	Valencia	24 Mar
1:18:24A	Zintle Xiniwe	23 Oct 86	2	Simon's Town	18 Feb
1:18:37	Irvette van Zyl	05 Jul 87	1	Bedfordview	14 Jan
1:18:43	Mapaseka Makhanya	09 Apr 85	92	Valencia	24 Mar

1:19:12	Portia Ngwenya	02 Aug 88	3	Polokwane	19 May
1:19:16A	Hanlie Botha	01 Nov 78	1	East London	18 Feb
1:19:22	Lebogang Phalula	09 Dec 83	5	Cape Town	31 Mar

MARATHON

IAAF world record: 2:15:25 (mx) - Paula Radcliffe (GBR), 13 Apr 2003

IAAF world record: 2:17:01 (wo) - Mary Keitany (KEN), 23 Apr 2017

ASA national record: 2:26:35 - Colleen de Reuck, Berlin, 29 Sep 1996

2:38:17	Nolene Conrad	26 Jul 85	8	Vienna	22 Apr
2:50:57	Charné Bosman	06 Nov 75	1	Pretoria	17 Feb
2:52:44A	Stephanie Smith	24 Oct 85	1	East London	18 Feb
2:53:06A	Ulrica Stander	03 Oct 74	1	Simon's Town	18 Feb
2:53:12	Jenna Challenor	06 Jul 81	3	Durban	15 Apr
2:55:34A	René Kalmer	03 Nov 80	2	Simon's Town	18 Feb
2:56:02	Mari Rabie	10 Sep 86	12	London	22 Apr
2:56:04	Janie Grundling	28 Dec 79	1	Pietermaritzburg	25 Feb
2:56:11	Yolande Maclean	10 Mar 78	1	Johannesburg	11 Feb
2:56:33A	Danette Smith	13 Dec 88	3	Simon's Town	18 Feb

mx = mixed race, i.e. with men

wo = women-only race

Compiled by Riël Hauman

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Member of the Association of Road Racing Statisticians & the Association of T&F Statisticians

Member of the IAU Records Committee

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