



1992-2019

CONTACT DETAILS

t: +27 (0) 11 880 5800
f: (+27) 11 442 3091
@: ceo@athleticssa.net
www.athletics.org.za

POSTAL ADDRESS

P O Box 2712
Houghton Estate
2041

STREET ADDRESS

Athletics House
No. 3, 11th Avenue
Houghton Estate
Johannesburg 2198

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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	15 August 2019
Subject	SAAS Top 10 Road Running Ranking Lists – July 2019
No pages	5

ELECTRONIC TRANSMISSION

Circular 77 of ASA 2019 (08/15) SAAS TOP 10 ROAD RUNNING RANKING LISTS – JULY 2019

Dear ASA Members

Please find attached the July 2019 version of the SAAS Top 10 Ranking Lists.

Significant changes on the SAAS Half Marathon Top 10 Rankings took place after the 2019 ASA Half Marathon Championships that was held in Port Elizabeth on 27 July 2019.

With the 2019 ASA Marathon Championships scheduled for 15 September 2019 in Cape Town more changes are expected on the SAAS Top 10 Marathon Ranking List.

Athletics greetings

Richard Stander

ASA ACEO

Not signed due to electronic sending.

Disclaimer

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S.A. TOP 10 ROAD PERFORMANCE LISTS 2019

As at 13 July 2019.

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

28:55	Collen Mulaudzi	08 Apr 91	10	Taroudant	03 Mar
29:08	Melikhaya Frans	05 Feb 92	1	Port Elizabeth	27 Apr
29:09	David Manja	08 Jun 91	2	Port Elizabeth	27 Apr
29:13	Lesiba Precious Mashele	13 Oct 90	1	Port Elizabeth	15 Jun
29:27A*	Mbuleli Mathanga	24 Sep 93	1	Durban	17 Mar
29:32	Thabang Mosiako	23 Feb 95	3	Port Elizabeth	27 Apr
29:33	Rowhaldo Ratz	20 Mar 98	1	Bellville	01 Jun
29:40	Anele Dlamini	28 Dec 86	1	Durban	16 Jun
29:40	Sibabalwe Gladwin Mzazi	28 Aug 88	3	Port Elizabeth	15 Jun
29:41	Zuko Kupiso	23 Dec 95	4	Port Elizabeth	15 Jun

*) Distance doubtful.

Juniors

30:35	Mpumelelo Ligwa	29 Feb 00	1	Port Elizabeth	27 Apr
30:53	Oliver Stewart	22 Feb 01	1	Bellville	01 Jun
31:08	Carlo Flink	15 Jun 00	2	Bellville	01 Jun
31:16	Ben de la Porte		1	Durban	08 Jun
31:49	Elyas Ayyoub	10 Nov 02	3	Bellville	01 Jun
31:49	Bongelani Mkhwanazi	23 Dec 00	1	Durban	16 Jun
31:51	Kabelo Hlahane		2	Durban	08 Jun
31:51	Tumi Lephoto	27 Feb 00	1	Pretoria	22 Jun
32:04	Nicholas Scoposengwe	26 Jun 01	1	Centurion	01 May
32:12	Koos Molutsi		3	Durban	08 Jun

HALF MARATHON

IAAF world record: 58:18 - Abraham Kiptum (KEN), 28 October 2018

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

1:00:56	Stephen Lesego Mokoka	31 Jan 85	1	Port Elizabeth	27 Jul
1:01:00	Elroy Gelant	25 Aug 86	2	Port Elizabeth	27 Jul
1:01:18	Lesiba Precious Mashele	13 Oct 90	3	Port Elizabeth	27 Jul
1:01:22	Joel Mmone	29 Mar 91	4	Port Elizabeth	27 Jul
1:01:31	Mbuleli Mathanga	24 Sep 93	5	Port Elizabeth	27 Jul
1:01:50	Pheeha Desmond Mokgobu	23 Nov 88	6	Port Elizabeth	27 Jul
1:02:02	Collen Mulaudzi	08 Apr 91	7	Port Elizabeth	27 Jul

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1:02:12	Milton Kekana	03 Oct 95	8	Port Elizabeth	27 Jul
1:02:17	Melikhaya Frans	05 Feb 92	9	Port Elizabeth	27 Jul
1:02:27	Misheck Sithole	30 Mar 91	12	Port Elizabeth	27 Jul

Juniors

1:08:37	Andries Sesedi	10 Apr 01	2	Port Elizabeth	27 Jul
1:10:49	Ben de la Porte		1	Durban	07 Apr
1:10:50	Phemelo Ntoe	23 Oct 01	3	Port Elizabeth	27 Jul
1:10:52	Carlo Flink	15 Jun 00	1	Cape Town	20 Apr
1:11:20	Khanya Yali	28 Apr 01	1	Port Elizabeth	27 Jul
1:11:29	Nhlakanipho Hlatswayo		1	Pietermaritzburg	24 Feb
1:11:47	Bongelani Mkhwanazi	23 Dec 00	5	Port Elizabeth	27 Jul
1:11:54	Thabo Mohokane	20 Jun 00	2	Port Elizabeth	27 Jul
1:13:06	Siphamandla Nkosi		1	Vryheid	07 Apr
1:13:19	Amogelang Madito	04 Jun 00	7	Port Elizabeth	27 Jul

MARATHON

IAAF world record: 2:01:39 - Eliud Kipchoge (KEN), 16 September 2018

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

2:07:58	Stephen Lesego Mokoka	31 Jan 85	3	Otsu	10 Mar
2:10:42	Pheeha Desmond Mokgobu	23 Nov 88	9	Oita	03 Feb
2:21:10	Sibusiso Nzima	23 Nov 86	1	Durban	07 Apr
2:21:28	Tsepo Mathibele		2	Durban	07 Apr
2:22:28A	Luthando Hejana	30 Jan 87	1	East London	10 Mar
2:22:36	Mholi Jali	28 Dec 93	3	Durban	07 Apr
2:23:17	Lungile Gongqa (vet)	22 Feb 79	1	Langebaan	23 Mar
2:23:42	Talimo Monesa		1	Sasolburg	02 Feb
2:23:42	Sithembele Fanekho	21 May 91	4	Durban	07 Apr
2:23:47	Joseph Manyedi	24 Nov 82	1	Benoni	27 Jan

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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

32:57	Irvette van Zyl	05 Jul 86	3	Durban	23 Jun
33:08	Kesa Molotsane	08 Jan 92	3	Port Elizabeth	04 May
33:22	Glenrose Xaba	31 Dec 94	4	Durban	23 Jun
33:30	Jenet Mbhele	06 Oct 94	5	Durban	23 Jun
34:05	Gerda Steyn	03 Mar 90	1	Dubai	25 Jan
34:10	Lebo Phalula	09 Dec 83	1	Port Elizabeth	15 Jun
34:35	Zintle Xiniwe	23 Oct 86	2	Bellville	01 Jun
34:40	Annie Bothma	26 Dec 95	12	Port Elizabeth	04 May
34:55	Jenna Challenor	06 Jul 81	3	Durban	07 Apr
34:56	Lebogang Phalula	09 Dec 83	2	Port Elizabeth	09 Aug

Juniors

35:39	Tayla Kavanagh	05 May 01	1	Durban	14 Jul
36:04	Carmie Prinsloo	31 Jan 02	1	Pretoria	27 Jul
37:18	Beatrice Themane	03 Feb 00	1	Bellville	01 Jun
38:07	Vicky Oelofse	09 Oct 00	2	Port Elizabeth	04 May
38:23	Simangaliso Madlala	15 Oct 03	1	Durban	08 Jun
38:25	Andiswe Xulu	08 Sep 03	2	Durban	08 Jun
38:35	Jana le Roux	19 May 00	2	Bellville	01 Jun
38:37	Sisanda Sikhakhane	22 Jun 05	3	Durban	08 Jun
38:58	Chanté Dixon	05 Mar 02	1	Cape Town	26 May
39:13	Virgill-Lee Africa		3	Bellville	01 Jun

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

1:11:09	Glenrose Xaba	31 Dec 94	1	Port Elizabeth	27 Jul
1:11:54	Gerda Steyn	03 Mar 90	4	Port Elizabeth	27 Jul
1:11:55	Jenet Mbhele	06 Oct 94	2	Port Elizabeth	27 Jul
1:14:51	Irvette van Zyl	05 Jul 86	1	Bedfordview	13 Jan
1:15:33	Lebo Phalula	09 Dec 83	3	Port Elizabeth	27 Jul
1:17:03	Lebogang Phalula	09 Dec 83	4	Port Elizabeth	27 Jul
1:17:27	Makhosi Mhlongo	03 Jan 82	5	Port Elizabeth	27 Jul
1:17:28	Nwabisa Mjoli	24 Feb 92	6	Port Elizabeth	27 Jul
1:17:31	Kesa Molotsane	08 Jan 92	1	Gordon's Bay	06 Apr
1:18:15	Zintle Xiniwe	23 Oct 86	2	Gordon's Bay	06 Apr

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Juniors

1:27:55	Nontobeko Ntuli	08 Apr 01	2	Port Elizabeth	27 Jul
1:32:25	M'zhane Loubser-Kuhn	17 Mar 00	1	Port Elizabeth	27 Jul
1:32:26	Zhandre Loubser-Kuhn	17 Mar 00	2	Port Elizabeth	27 Jul
1:38:55	Anja Webber	08 Jun 01	3	Port Elizabeth	27 Jul
1:40:10	Glenda Ramashio		1	Phalaborwa	27 Jul
1:42:14	Phakoe Tsofelo		1	Frankfort	06 Apr
1:42:39	Lisha Prinsloo	30 Jun 00	3	Cape Town	20 Apr
1:43:02A	Michelle van Heerden	15 Nov 01	1	Wilderness	04 May
1:43:30	Amely Chauke		2	Phalaborwa	27 Jul
1:46:39	Naftileen Grobler	13 Mar 01	2	Pretoria	06 Jul

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

2:36:21	Nolene Conrad	26 Jul 85	16	Osaka	27 Jan
2:40:51	Christine Kalmer	10 Feb 86	43	Nagoya	10 Mar
2:43:59A	Ann Ashworth	06 Apr 84	1	East London	10 Mar
2:44:27	Irvette van Zyl	05 Jul 86	1	Pretoria	24 Feb
2:44:52	Charné Bosman (vet)	06 Nov 75	1	Benoni	27 Jan
2:46:05A	Jenna Challenor	06 Jul 81	1	Simon's Town	17 Feb
2:48:20	Cornelia Joubert	22 Jun 88	1	Johannesburg	10 Feb
2:48:52	Mari Rabie	10 Sep 86	28	London	28 Apr
2:48:53	Ntombesintu Mfunzi	27 Dec 81	13	Hannover	07 Apr
2:52:01A	Stephanie Smith	24 Oct 85	2	East London	10 Mar

A = aided course

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

Phone: (021) 948-0293

Mobile: 082 922-8538

E-mail: rielh@mweb.co.za

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