

## S.A. ROAD TOP-10 PERFORMANCES IN 2013

### 2013

#### **MEN**

##### **10 KM**

28:12	Stephen Lesego Mokoka	31 Jan 85	4	Manchester	26 May
28:39	Lungisa Mdedelwa	15 Sep 84	2	Hammarisdale	28 Jul
28:45A	Mariano Eesou	07 Dec 91	1	East London	10 Nov
28:49	Lusapho April	24 May 82	1	Mdantsane	01 Sep
28:53	Sithembele Fanekho	21 May 91	3	Hammarisdale	28 Jul
29:03	Jeromy Andreas	28 Feb 92	1	Durban	19 May
29:03	Lindikhaya Mthangayi	04 Jun 79	2	Mdantsane	01 Sep
29:09	Lungile Gongqa	22 Feb 79	3	Mdantsane	01 Sep
29:15	Lloyd Bosman	25 Feb 88	2	Durban	19 May
29:16	Kgosi Samuel Tsosane	(10) 15 Apr 86	1	Pretoria	16 Feb

##### **HALF MARATHON**

1:01:12	Gladwin Sibabalwe Mzazi	28 Aug 88	7	New Delhi	15 Dec
1:02:45	Stephen Lesego Mokoka	31 Jan 85	1	East London	21 Sep
1:03:07	Lusapho April	24 May 82	2	East London	21 Sep
1:03:26	Benedict Moeng	25 Jan 83	1	Burgersfort	30 Nov
1:03:32	Sibusiso Nzima	23 Nov 86	2	Burgersfort	30 Nov
1:03:34	Elroy Gelant	25 Aug 86	3	East London	21 Sep
1:03:43	Joel Mmone	29 Mar 91	3	Cape Town	30 Mar
1:03:50	David Manja	08 Jun 91	3	Burgersfort	30 Nov
1:03:55	Xolisa Tyali	02 Dec 88	4	Burgersfort	30 Nov
1:03:11A	Lloyd Bosman	(10) 25 Feb 88	1	Knysna	06 Jul

##### **MARATHON**

2:08:32	Lusapho April	24 May 82	1	Hannover	05 May
2:09:29	Stephen Lesego Mokoka	31 Jan 85	1	Shanghai	01 Dec
2:13:42	Sibusiso Nzima	23 Nov 86	6	Hamburg	21 Apr
2:15:58	Lucky Modike Mohale	21 Aug 85	3	Sydney	22 Sep
2:16:33A	Benedict Moeng	25 Jan 83	2	Johannesburg	08 Sep
2:16:36	David Ngakane	12 Mar 80	3	Omsk	22 Sep
2:17:06A	Michael Mazibuko	04 Aug 86	3	Johannesburg	08 Sep
2:18:05	Tshidiso Bosiu	27 Nov 82	1	Pretoria	19 Oct
2:18:18A	Samuel Seun Moleshioa	27 Apr 86	1	Nelspruit	02 Nov
2:19:07	Phumlani Nxusani	(10) 25 Sep 87	2	Cape Town	22 Sep

#### **WOMEN**

##### **10 KM**

32:49	Mapaseka Makhanya	09 Apr 85	1	Durban	23 Jun
33:36	Lebo Phalula	12 Sep 83	2	Port Elizabeth	04 May
33:36	René Kalmer	03 Nov 80	1	Stellenbosch	09 Aug
33:41	Zintle Xiniwe	23 Oct 86	3	Cape Town	17 Mar
33:55	Christine Kalmer	10 Feb 86	2	Durban	19 May
33:59	Irvette van Zyl	05 Jul 87	5	Cape Town	17 Mar
34:03	Nolene Conrad	26 Jul 85	6	Cape Town	17 Mar
34:20	Charné Bosman	06 Nov 75	1	Pretoria	21 Mar
34:20A	Hanlie Botha	01 Nov 78	1	East London	10 Nov
34:23	Cornelia Joubert	(10) 22 Jun 88	4	Port Elizabeth	04 May

## HALF MARATHON

1:14:25	Irvette van Zyl		05 Jul 87	10	Lisbon	24 Mar
1:14:43A	René Kalmer		03 Nov 80	1	Johannesburg	08 Sep
1:14:59	Charné Bosman		06 Nov 75	2	Pretoria	02 Feb
1:15:46	Cornelia Joubert		22 Jun 88	2	East London	21 Sep
1:16:31	Jenna Challenor		06 Jul 81	3	East London	21 Sep
1:16:48A	Tanith Maxwell		02 Jun 76	12	San Diego	02 Jun
1:17:04	Christine Kalmer		10 Feb 86	5	Cape Town	30 Mar
1:17:08A	Hanlie Botha		01 Nov 78	1	East London	09 Feb
1:17:39	Myrette Filmalter		10 Jan 81	4	East London	21 Sep
1:18:03	Portia Ngwenya	(10)	02 Aug 88	1	Durban	27 Apr

## MARATHON

2:31:26	Irvette van Zyl		05 Jul 87	10	London	21 Apr
2:32:39	René Kalmer		03 Nov 80	6	Yokohama	17 Nov
2:37:06A	Mapaseka Makhanya		09 Apr 85	1	Johannesburg	08 Sep
2:39:37	Cornelia Joubert		22 Jun 88	1	Mon Choisy	23 Jun
2:43:23	Kim Laxton		24 Jul 82	2	Cape Town	22 Sep
2:44:40	Melanie van Rooyen		08 Nov 77	1	Port Elizabeth	07 Dec
2:48:21	Charné Bosman		06 Nov 75	1	Johannesburg	10 Feb
2:48:22	Mpho Mabuza		03 Nov 79	3	Mon Choisy	23 Jun
2:49:22	Carey-Ann Smith		30 Nov 79	3	Cape Town	22 Sep
2:49:38	Suzette Botha	(10)	09 Feb 72	4	Oudtshoorn	03 Feb

A = aided course

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Compiled by Riël Hauman

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