

2014 SA ROAD TOP 10 PERFORMANCES

MEN

10 km

28:22	Gladwin Mzazi	28 Aug 88	Cape Town	12 Oct
28:28	Lucky Mohale	21 Aug 85	Mamelodi	12 Apr
28:44	Stephen Mokoka	31 Jan 85	Cape Town	21 Sep
28:51	Elroy Gelant	25 Aug 86	Cape Town	21 Sep
29:00	Kgosi Tsosane	15 Apr 86	Sasolburg	01 Feb
29:05	William Kaptein	12 Jun 92	Cape Town	21 Sep
29:06	Lungile Gongqa	22 Feb 79	Cape Town	05 Mar
29:10	Joel Mmone	29 Mar 91	Cape Town	21 Sep
29:11	Lucas Jani	20 Apr 84	Mamelodi	12 Apr
29:18	Anthony Godongwana	24 Sep 84	Port Elizabeth	26 Apr

Veterans

30:31	Gert Thys	12 Nov 71	Goodwood	01 Mar
31:01	Shadrack Hoff	19 May 73	Mamelodi	12 Apr
31:39	Graham Katzen	06 Jun 70	Athlone	08 Feb
31:41	Enoch Skosana	20 Feb 74	Mamelodi	12 Apr
31:41	Zongamele Dyubeni	20 Jun 73	Johannesburg	03 Aug
31:42	Maxwell Goodman	18 Dec 72	Uitenhage	23 Aug
32:14	Johannes Kekana	25 Apr 72	Randburg	29 Jun
32:21	Lindile Tokota	24 Nov 67	George	06 Sep
32:25	Pieter Koopman	12 Oct 74	Cape Town	12 Oct
32:28	Simon Mpholo	17 Aug 74	Johannesburg	31 Aug

Juniors

29:54	Thabang Mosiako	23 Feb 95	Bloemfontein	22 Feb
30:38	Tumisang Monnatlala	31 Jan 95	Bloemfontein	22 Feb
30:45	Brendon Leniswe	14 Mar 96	Bloemfontein	22 Feb
30:46	Anthony Timoteus	27 May 95	Pinelands	29 Oct
31:00	Ashley Smith	09 Sep 96	Cape Town	21 Sep
31:13	Ndumiso Sokhela		Pietermaritzburg	16 Nov
31:17	Creel Chavalala	05 Nov 96	Bloemfontein	22 Feb
31:26	Samuel van der Merwe	06 Apr 98	Cape Town	12 Oct
31:26	Cheslin Aford	08 Aug 95	Athlone	08 Feb

31:27	Bruce-Lynn Damons	20 Jun 96	Cape Town	21 Sep
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15 km

44:29	Lusapho April	24 May 82	Port Elizabeth	01 Mar
44:38	Gladwin Mzazi	28 Aug 88	Pretoria	16 Aug
44:41	Kgosi Tsosane	15 Apr 86	Pretoria	16 Aug
44:54	Desmond Mokgobu	23 Nov 88	Pretoria	16 Aug
45:25	Lucky Mohale	21 Aug 85	Pretoria	16 Aug
45:34	Lesiba Precious Mashele	13 Oct 90	Pretoria	16 Aug
45:57	Sibusiso Madikizela	13 Jun 91	Ravensmead	26 Apr
45:59	Unathi Nteta	29 Jan 93	Constantia	08 Mar
46:19	Siyabonga Makhaluza	24 Jun 87	Constantia	08 Mar
46:29	Zolani Ngqaqa	03 Jan 89	Port Elizabeth	01 Mar

Veterans

46:51	Johannes Kekana	25 Apr 72	Pretoria	16 Aug
48:32	Gert Thys	12 Nov 71	Pretoria	16 Aug
48:56	Maxwell Goodman	18 Dec 72	Port Elizabeth	30 Aug
49:22	Graham Katzen	06 Jun 70	Ravensmead	26 Apr
50:12	Xolile Macanda	10 May 72	Eersterivier	21 Jun
50:19	Elias Mabane	03 Mar 69	Pretoria	16 Aug
50:21	Greg Barnes	25 Nov 68	Pretoria	16 Aug
50:38	Shadrack Hoff	19 May 73	Brits	04 Oct
51:13	Shawn Abrahams	04 Jul 70	Table View	13 Dec
51:14	Lawrence Chipangaan	27 Aug 68	Strandfontein	06 Dec

Juniors

49:38	Granwin Katzen	10 May 95	Ravensmead	26 Apr
49:42	Cheslin Aford	08 Aug 95	Ravensmead	26 Apr
50:32	Siyabonga Kahla	16 Dec 95	Port Elizabeth	18 Oct
51:01	Thabang Mafa		Kempton Park	22 Jan
51:03	Heinrich Wagner	22 Apr 96	Strandfontein	06 Dec
51:48	Vuyolwethu Peta		Constantia	08 Mar
52:02	Lungile Mdaka	26 May 95	Eersterivier	21 Jun
52:16	Denzil Byman	14 Jul 96	Eersterivier	21 Jun
52:36A	Xavier Adams		Somerset East	22 Mar
52:45	Wayne Blom	27 Aug 96	Ravensmead	26 Apr

Half marathon (21.1 km)

1:00:47	Stephen Mokoka	31 Jan 85	Copenhagen	29 Mar
1:01:10	Elroy Gelant	25 Aug 86	Copenhagen	29 Mar
1:01:16	Lusapho April	24 May 82	Copenhagen	29 Mar
1:01:55	Gladwin Mzazi	28 Aug 88	Prague	05 Apr
1:03:20	William Kaptein	12 Jun 92	Cape Town	12 Oct
1:03:33	Lucky Mohale	21 Aug 85	Burgersfort	06 Dec
1:03:40	David Manja	08 Jun 91	Cape Town	12 Oct
1:03:41	Joel Mmone	29 Mar 91	Burgersfort	06 Dec
1:03:46	Tebogo Pulusa		Burgersfort	06 Dec
1:04:06	Vuyisile Tshoba	12 Feb 91	Burgersfort	06 Dec

Veterans

1:07:23	Johannes Kekana	25 Apr 72	Burgersfort	06 Dec
1:07:40	Gert Thys	12 Nov 71	Wellington	01 May
1:07:48A	Mluleki Nobanda	15 Nov 68	East London	01 Mar
1:08:17	Zongamele Dyubeni	20 Jun 73	East London	05 Oct
1:08:22	Shadrack Hoff	19 May 73	Burgersfort	06 Dec
1:09:40	Edwin Lesudi		Polokwane	17 May
1:10:00	Enoch Skosana	20 Feb 74	Pretoria	15 Nov
1:10:18	Maxwell Goodman	18 Dec 72	East London	05 Oct
1:10:43	Elias Mabane	03 Mar 69	Pretoria	08 Mar
1:10:49	Graham Katzen	06 Jun 70	Bellville	21 Mar

Juniors

1:05:36	Thabang Mosiako	23 Feb 95	Burgersfort	06 Dec
1:10:59	Kabelo Melamu	08 Feb 97	Port Elizabeth	15 Nov
1:11:58	Sello Mokoena		Port Elizabeth	15 Nov
1:12:48	Aphelele Fanekho	28 Aug 96	Port Elizabeth	15 Nov
1:13:02	Andile Motwani	02 Jan 97	Port Elizabeth	15 Nov
1:14:00	Emmanuel Rabholale		Burgersfort	06 Dec
1:14:04	Njabulo Tshabalala	16 Jan 95	Pretoria	15 Nov
1:14:12	Granwin Katzen	10 May 95	Cape Town	12 Oct
1:14:24	Siyabonga Kahla	16 Dec 95	Port Elizabeth	15 Nov
1:15:42	Lungile Mdaka	26 May 95	Atlantis	23 Aug

Marathon (42.195 km)

2:08:43	Stephen Mokoka	31 Jan 85	Shanghai	02 Nov
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2:10:21	Benedict Moeng	25 Jan 83	Xiamen	02 Jan
2:14:59A	Lusapho April	24 May 82	Boston	21 Apr
2:16:03A	Xolisa Tyali	02 Dec 88	Johannesburg	07 Sep
2:16:14	Desmond Mokgobu	23 Nov 88	Cape Town	21 Sep
2:17:43	Gladwin Mzazi	28 Aug 88	Fukuoka	07 Dec
2:17:58	Africa Mailola	27 Jul 85	Cape Town	21 Sep
2:19:00	Mthandazo Qhina	25 Sep 77	Mossel Bay	27 Sep
2:19:55	Tshidiso Bosiu	27 Nov 82	Vereeniging	02 Mar
2:20:24	Lucas Jani	20 Apr 84	Cape Town	21 Sep

Veterans

2:21:16	Charles Tjiane	20 Jul 74	Cape Town	21 Sep
2:22:28A	Elias Mabane	03 Mar 69	Nelspruit	01 Nov
2:25:39	Sandile Makhaya	14 Jan 74	Pietermaritzburg	23 Feb
2:25:40	Johannes Kekana	25 Apr 72	Soweto	02 Nov
2:27:22	Zongamele Dyubeni	20 Jun 73	Pretoria	18 Oct
2:27:45	Kanie Simons	02 Aug 73	Mafikeng	15 Feb
2:29:47	Nicholas Masombuka	12 Jun 70	Pretoria	23 Feb
2:30:15	Solomon Tema		Cape Town	21 Sep
2:30:22	Gert Thys	12 Nov 71	Cape Town	21 Sep
2:31:14A	Enoch Skosana	20 Feb 74	Johannesburg	07 Sep

WOMEN

10 km

32:27	Dinah Lebo Phalula	12 Sep 83	Port Elizabeth	03 May
33:06	Lebogang Phalula	12 Sep 83	Durban	24 Aug
33:23	René Kalmer	03 Nov 80	Port Elizabeth	03 May
33:27	Mapaseka Makhanya	09 Apr 85	Port Elizabeth	03 May
33:28	Nolene Conrad	26 Jul 85	Cape Town	06 Apr
33:32	Irvette van Zyl	05 Jul 87	Pretoria	30 Aug
34:20	Christine Kalmer	10 Feb 86	Bloemfontein	22 Feb
34:20	Zintle Xiniwe	23 Oct 86	Port Elizabeth	26 Apr
34:40	Jenna Challenor	06 Jul 81	Cape Town	06 Apr
34:57	Ntombesintu Mfunzi	27 Dec 81	Port Elizabeth	26 Apr

Veterans

37:24	Paulina Phaho	01 Dec 71	Pretoria	31 May
38:07	Theresa Fourie	10 Nov 72	Cape Town	21 Sep
38:21	Ulrica Stander	03 Oct 74	Cape Town	18 Dec
38:25	Ronel Thomas	19 Jan 72	Cape Town	06 Apr
38:30	Janene Carey	30 Jan 72	Cape Town	06 Apr
38:36	Suzette Botha	09 Feb 72	Pietermaritzburg	22 Jun
39:23	Sandra van Graan	17 Dec 67	Bellville	31 May
39:32	Lana Theunissen	25 Jul 72	Great Brak River	12 Apr
39:46	Linley Holmes	27 Sep 70	Bloemfontein	22 Feb
39:56	Ursula Frans	20 Jan 69	Cape Town	12 Oct

Juniors

35:06	Pamela Moyikwa	10 Apr 96	Bellville	31 May
35:27	Nicole van der Merwe	28 Oct 98	Durban	24 Aug
35:46	Simonay Weitsz	26 Apr 99	Port Elizabeth	03 May
35:57	Annie Bothma	26 Dec 95	Port Elizabeth	03 May
37:23	Ebeth Marais	07 Sep 95	Bellville	12 Apr
37:46	Busisiwe Gwala	10 Feb 97	Tokai	10 Dec
38:03	Marrida Leen	19 Aug 97	George	17 Jul
38:44	Jamie-Lee Schlemmer	04 May 96	Port Elizabeth	12 Apr
39:05	Nontlanta Gcina		Durban	20 Jul
39:14	Nomcebo Mtshali		Durban	24 Aug

15 km

53:54	Kim Laxton	24 Jul 82	Germiston	06 Apr
54:48	Annie Bothma	26 Dec 95	Ravensmead	26 Apr
55:15	Bulelwa Simae	10 Apr 77	Table View	13 Dec
55:37	Zintle Xiniwe	23 Oct 86	Eersterivier	21 Jun
55:37	Yolande Maclean	10 Mar 78	Benoni	05 Nov
55:39	Louisa Leballo	04 Dec 77	Pretoria	16 Aug
56:24	Ntombesintu Mfunzi	27 Dec 81	Port Elizabeth	01 Mar
56:42	Tanya Scott	27 Feb 90	Constantia	08 Mar
56:52	Nomvuyisi Seti	01 Dec 81	Eersterivier	21 Jun
57:38	Ulrica Stander	03 Oct 74	Constantia	08 Mar

Veterans

59:38	Sandra van Graan	17 Dec 67	Table View	13 Dec
1:00:59	Elmarie Coetzee	19 Mar 64	Eersterivier	21 Jun
1:02:14	Ursula Frans	20 Jan 69	Eersterivier	21 Jun

1:02:16	Judy Bird	22 Jun 61	Constantia	08 Mar
1:02:36	Ursula Turck	27 Apr 72	Brackenfell	19 Jul
1:02:57	Janene Carey	30 Jan 72	Queensburgh	23 Nov
1:03:06	Mariëtte Strauss	15 Jun 62	Eersterivier	21 Jun
1:03:12	Sheryl de Lange	04 Jun 68	Eersterivier	21 Jun
1:03:41	Lorraine Barry		Boksburg	16 Nov
1:03:45	Celeste Swart	12 Feb 69	Port Elizabeth	01 Mar

Juniors

54:48	Annie Bothma	26 Dec 95	Ravensmead	26 Apr
58:13	Ebeth Marais	07 Sep 95	Table View	13 Dec
58:30	Pamela Moyikwa	10 Apr 96	Eersterivier	21 Jun
59:23	Busisiwe Gwala	10 Feb 97	Table View	13 Dec
1:01:29	Robyn Kaltenbrunn		Benoni	05 Nov

Half marathon (21.1 km)

1:11:53	René Kalmer	03 Nov 80	Copenhagen	29 Mar
1:12:50	Irvette van Zyl	05 Jul 87	Johannesburg	07 Jun
1:12:53	Dinah Lebo Phalula	12 Sep 83	Johannesburg	07 Jun
1:14:20	Jenna Challenor	06 Jul 81	Copenhagen	29 Mar
1:14:43	Mapaseka Makhanya	09 Apr 85	Port Elizabeth	15 Nov
1:15:04A	Lebogang Phalula	12 Sep 83	Johannesburg	07 Sep
1:16:32	Cornelia Joubert	22 Jun 88	Boksburg	13 Apr
1:16:44	Christine Kalmer	10 Feb 86	Cape Town	19 Apr
1:16:47	Mpho Mabuza	03 Nov 79	Swakopmund	04 Oct
1:16:51	Zintle Xiniwe	23 Oct 86	Wellington	01 May

Veterans

1:23:10	Suzette Botha	09 Feb 72	Mt Edgecombe	25 May
1:23:12	Ulrica Stander	03 Oct 74	Stellenbosch	15 Nov
1:25:37	Janene Carey	30 Jan 72	Mt Edgecombe	25 May
1:26:39	Ronel Thomas	19 Jan 72	Cape Town	19 Apr
1:26:57	Gillian Sieling	17 Apr 69	Benoni	26 Jan
1:26:57	Ursula Frans	20 Jan 69	Atlantis	23 Aug
1:27:25	Jane Mudau	28 Jan 63	Port Elizabeth	15 Nov
1:27:54	Judy Bird	22 Jun 61	Pretoria	15 Nov
1:28:09	Lana Theunissen	25 Jul 72	George	07 Jun
1:29:08	Sheryl de Lange	04 Jun 68	Atlantis	23 Aug

Juniors

1:19:09	Annie Bothma	26 Dec 95	Bloubergstrand	08 Nov
1:27:44	Cherelee Gelderblom	03 Jan 96	Pretoria	15 Nov
1:29:27	Busisiwe Gwala	10 Feb 97	Bloubergstrand	08 Nov

Marathon (42.195 km)

2:29:27	René Kalmer	03 Nov 80	Berlin	28 Aug
2:36:36A	Mapaseka Makhanya	09 Apr 85	Johannesburg	07 Sep
2:41:44	Jenna Challenor	06 Jul 81	Mossel Bay	27 Sep
2:41:49	Zintle Xiniwe	23 Oct 86	Cape Town	21 Sep
2:42:45	Paulina Njeya	04 Sept 77	Alger	
2:43:34A	Tanith Maxwell	02 Jun 76	Brighton	06 Apr
2:44:57	Caroline Wostmann	18 Jan 83	Port Elizabeth	06 Dec
2:46:51	Paulina Njeya	04 Sep 77	Cape Town	21 Sep
2:46:52	Kim Laxton	24 Jul 82	Xiamen	02 Jan
2:47:15A	Irvette van Zyl	05 Jul 87	Howick	31 Aug

Veterans

2:59:42	Zola Pieterse	26 May 66	Charleston	18 Jan
3:02:27	Gillian Sieling	17 Apr 69	Johannesburg	09 Feb
3:04:42	Shani Silver	25 Jun 70	Cape Town	21 Sep
3:05:01	Ursula Turck	27 Apr 72	Cape Town	21 Sep
3:05:20	Michelle Mee	05 Apr 72	Secunda	08 Mar
3:06:36	Ursula Frans	20 Jan 69	Cape Town	21 Sep
3:06:53A	Adele Waldron	25 Jan 74	Witsand	22 Nov
3:08:39	Lesley Train	30 Mar 74	Centurion	01 May
3:09:05	Mari Bruwer	26 Mar 63	Vereeniging	02 Mar
3:11:10	Tracy Forbes	22 Oct 72	Cape Town	21 Sep