

## S.A. ROAD TOP-10 PERFORMANCES IN 2015

### 2015

#### **MEN**

##### **10 KM**

27:38	Stephen Lesego Mokoka	31 Jan 85	2	Manchester	10 May
28:34	William Kaptein	12 Jun 92	1	Cape Town	20 Sep
28:37	Joel Mmone	29 Mar 91	8	Taroudant	08 Mar
28:44	Gladwin Sibabalwe Mzazi	28 Aug 88	2	Durban	01 Mar
28:55	Sibusiso Nzima	23 Nov 86	3	Durban	01 Mar
29:10	Elroy Gelant	25 Aug 86	2	Cape Town	20 Sep
29:15	Lungile Gongqa	22 Feb 79	1	Kuils River	05 Sep
29:20	Abednego Mashaba	12 Jul 90	3	Cape Town	20 Sep
29:21	Xolisa Tyali	02 Dec 88	1	Port Elizabeth	11 Apr
29:34	Melikhaya Frans	(10) 05 Feb 92	2	Mossel Bay	26 Sep

##### **HALF MARATHON**

1:00:40A	Stephen Lesego Mokoka	31 Jan 85	4	South Shields	13 Sep
1:01:21A	Lusapho April	24 May 82	4	New York	03 Mar
1:02:06	Lucky Modike Mohale	21 Aug 85	1	Port Elizabeth	25 Jul
1:02:07	Mbongeni Ngxazozo	02 Feb 80	2	Port Elizabeth	25 Jul
1:02:14	Lusapho April	24 May 82	3	Port Elizabeth	25 Jul
1:02:25	Gladwin Sibabalwe Mzazi	28 Aug 88	4	Port Elizabeth	25 Jul
1:02:27	Vuyisile Tshoba	12 Feb 91	5	Port Elizabeth	25 Jul
1:02:27A	Lusapho April	24 May 82	1	East London	21 Feb
1:02:29	Xolisa Tyali	02 Dec 88	6	Port Elizabeth	25 Jul
1:02:31	Joel Mmone	(10) 29 Mar 91	1	Cape Town	11 Oct

##### **MARATHON**

2:07:40	Stephen Lesego Mokoka	31 Jan 85	2	Shanghai	08 Nov
2:11:59	Lungile Gongqa	22 Feb 79	2	Cape Town	20 Sep
2:12:29	Michael Mazibuko	04 Aug 86	3	Cape Town	20 Sep
2:15:17	Desmond Mokgobu	23 Nov 88	3	Santiago	12 Apr
2:15:38	Sibusiso Nzima	23 Nov 86	6	Cape Town	20 Sep
2:16:25A	Lusapho April	24 May 82	13	Boston	20 Apr
2:17:12	Hendrick Ramaala	02 Feb 72	10	Cape Town	20 Sep
2:17:26	Coolboy Ngamole	27 Jun 79	1	Mossel Bay	26 Sep
2:17:37	Lukas Jani	20 Apr 84	27	Dubai	23 Jan
2:17:45	Mthandazo Qhina	(10) 25 Sep 77	11	Cape Town	20 Sep

#### **WOMEN**

##### **10 KM**

32:54	Mapaseka Makhanya	09 Apr 85	1	Cape Town	29 Mar
32:57	Lebo Phalula	09 Dec 83	1	Port Elizabeth	09 May
33:20	Nolene Conrad	26 Jul 85	4	Taroudant	08 Mar
33:20	Lebogang Phalula	09 Dec 83	3	Cape Town	29 Mar
33:26	René Kalmer	03 Nov 80	4	Cape Town	29 Mar
33:58	Christine Kalmer	10 Feb 86	5	Cape Town	29 Mar
34:04	Cornelia Joubert	22 Jun 88	4	Durban	07 Jun
34:11	Zintle Xiniwe	23 Oct 86	6	Cape Town	29 Mar
34:30	Jenna Challenor	06 Jul 81	8	Cape Town	29 Mar
34:31	Lena Lotter	(10) 27 Aug 88	9	Cape Town	29 Mar

## HALF MARATHON

1:11:54	Lebo Phalula		09 Dec 83	1	Port Elizabeth	25 Jul
1:12:18	Lebogang Phalula		09 Dec 83	2	Port Elizabeth	25 Jul
1:12:37	Cornelia Joubert		22 Jun 88	3	Port Elizabeth	25 Jul
1:12:52	Nolene Conrad		26 Jul 85	4	Port Elizabeth	25 Jul
1:14:48	Irvette van Zyl		05 Jul 87	1	Benoni	25 Jan
1:15:09	Zintle Xiniwe		23 Oct 86	5	Port Elizabeth	25 Jul
1:15:11	Mapaseka Makhanya		09 Apr 85	2	Cape Town	04 Apr
1:15:17	René Kalmer		03 Nov 80	14	Lisbon	22 Mar
1:15:49	Jenna Challenor		06 Jul 81	5	Cape Town	04 Apr
1:16:54	Liziwe Mabona	(10)	21 Mar 88	6	Port Elizabeth	25 Jul

## MARATHON

2:31:02	Mapaseka Makhanya		09 Apr 85	3	Hannover	19 Apr
2:33:21	René Kalmer		03 Nov 80	6	Vienna	12 Apr
2:33:43	Christine Kalmer		10 Feb 86	10	Valencia	15 Nov
2:38:55	Lebo Phalula		09 Dec 83	5	Cape Town	20 Sep
2:39:43	Tanith Maxwell		02 Jun 76	2	Gran Canaria	25 Jan
2:42:26	Jenna Challenor		06 Jul 81	12	Prague	03 May
2:43:38	Keneilwe Sesing		15 Aug 88	6	Cape Town	20 Sep
2:44:26A	Caroline Wöstmann		18 Jan 83	18	New York	01 Nov
2:45:00	Zintle Xiniwe		23 Oct 86	7	Cape Town	20 Sep
2:46:55	Yolande Maclean	(10)	10 Mar 78	1	Benoni	25 Jan

A = aided course

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Compiled by Riël Hauman

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