



1992-2019

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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	05 February 2019
Subject	2019 SAAS Top 10 Road Running Ranking Lists
No pages	7

ELECTRONIC TRANSMISSION

**ASA CIRCULAR 19 OF 2019
2019 SAAS TOP 10 ROAD RUNNING RANKING LISTS**

Dear ASA Members

Please find attached the 2019 SAAS Top 10 Road Running Ranking lists for up to 31 January 2019.

ASA Members are kindly requested to remind Race Organizers to forward the results of 10km, half-marathon and marathon race results to **Riël Hauman at E-mail: rielh@mweb.co.za** asap.

ASA Members are reminded that performances of athletes running in South African Road Races needs to be ranked on the ASA Top 10 ranking list, as these Ranking Lists are also used by the IAAF and IAU to rank athletes according the IAAF Label System.

The IAAF Label System is used by Race Organizers of IAAF accredited Races to invite athletes to their races.

It is also important to note the SAAS Top 10 Ranking Lists are used by ASA to select athletes to represent South Africa.

Failing to submit results to SAAS can result in a South African Athlete not been ranked, and denied an opportunity to be invited to the top Road Running Races in the world. It may also result in the athletes not been considered to represent South Africa internationally.

Your co-operation regarding the above will be highly appreciated.

Athletics greetings

Richard Stander
ASA ACEO
Not signed due to electronic sending

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S.A. TOP 10 ROAD PERFORMANCE LISTS 2019

As at 5 February 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

29:34	Thabang Mosiako	23 Feb 95	1	Sasolburg	02 Feb
29:50	Mthembu Pakiso		2	Sasolburg	02 Feb
30:06	Puseletso Mofokeng	03 Mar 93	3	Sasolburg	02 Feb
30:28	Vuyolwethu Mbukushe	20 Feb 91	1	Tokai	02 Feb
30:49	André Afrika	16 Apr 94	1	Brackenfell	30 Jan
30:54	Lloyd Bosman	25 Feb 88	1	George	25 Jan
30:56	Danzil Paulse	17 Aug 93	2	Brackenfell	30 Jan
31:04	Philani Buthelezi	07 Jul 89	1	Benoni	27 Jan
31:13	Derocious Makhobalo	16 Jun 88	2	Benoni	27 Jan
31:21	Leswene Africa Mailola	27 Jul 85	3	Benoni	27 Jan

Juniors

32:33	Carlo Flink	15 Jun 00	1	Brackenfell	30 Jan
33:19	Phemelo Ntoe		1	Sasolburg	02 Feb
33:31	Gershon Aziza	22 Jun 00	1	Tokai	02 Feb
33:58	Edward Jack	06 Aug 02	2	Brackenfell	30 Jan
34:51	Ayabulela Bodlo	13 Nov 00	2	Tokai	02 Feb
34:53	Shema Fiacre		3	Tokai	02 Feb
34:59	Karabo Ramabele		1	Pretoria	12 Jan
35:26	Luvuyo Mneni		2	Sasolburg	02 Feb
35:44	Adiel Fortuin		3	Brackenfell	30 Jan
36:02	Wian van Niekerk		1	Pretoria	19 Jan

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HALF MARATHON

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

58:18p - Abraham Kiptum (KEN), 28 October 2018

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

1:07:05	Samuel Matsepe	28 Sep 88	1	Sasolburg	02 Feb
1:07:50	Nkosinathi Madyo	20 Jan 88	1	Tokai	02 Feb
1:08:34	Victor Pheeha	15 Jan 91	3	Sasolburg	02 Feb
1:08:44	Philani Buthelezi	07 Jul 89	1	Bedfordview	13 Jan
1:09:15	Modike Lucky Mohale	21 Aug 85	1	Benoni	27 Jan
1:09:15	Mthandazo Qhina (vet)	25 Sep 77	3	Tokai	02 Feb
1:10:06	Thabiso Benedict Moeng	25 Jan 83	3	Bedfordview	13 Jan
1:10:21	Phillimon Tebogo Mathiba	09 May 92	4	Bedfordview	13 Jan
1:10:25	Juan van Deventer	26 Mar 83	5	Bedfordview	13 Jan
1:10:25	Richard Motsamai Mavuso (vet)	30 Mar 78		Sasolburg	02 Feb

Juniors

1:26:32	Jabulani Majombozi		1	Botha's Hill	20 Jan
1:37:28	Jordan van der Westhuizen		1	Pretoria	26 Jan

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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

2:10:42	Desmond Mokgobu	23 Nov 88	9	Oita	03 Feb
2:23:42	Talimo Monesa		1	Sasolburg	02 Feb
2:23:47	Joseph Manyedi		1	Benoni	27 Jan
2:24:05	Thabo Motaung		2	Sasolburg	02 Feb
2:24:25	Godfrey Ramokone	12 May 85	3	Sasolburg	02 Feb
2:24:40	Samuel Moreng		4	Sasolburg	02 Feb
2:26:02	Joseph Mphuthi (vet)	04 Oct 76	5	Sasolburg	02 Feb
2:26:33	Juan van Deventer	26 Mar 83	3	Benoni	27 Jan
2:27:01	Obed Kopong	30 Jun 88	4	Benoni	27 Jan
2:29:19	Thulane Magagula (vet)	30 Oct 76	5	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

34:05	Gerda Steyn	03 Mar 90	1	Dubai	25 Jan
36:04	Lebogang Phalula-Luthuli	09 Dec 83	1	Sasolburg	02 Feb
36:29	Carmie Prinsloo (jun)	31 Jan 02	1	Pretoria	26 Jan
36:47	Lebo Phalula	09 Dec 83	2	Sasolburg	02 Feb
36:54	Cornelia Joubert	22 Jun 88	1	Benoni	27 Jan
37:33	Nicole van der Merwe	28 Oct 98	2	Benoni	27 Jan
37:53	Pamela Moyikwa	10 Apr 96	2	Tokai	02 Feb
38:03	Bulelwa Simae (vet)	10 Apr 77	3	Tokai	02 Feb
38:33	Chante Dixon		4	Benoni	27 Jan
38:36	Charné Bosman (vet)	06 Nov 75	1	Pretoria	19 Jan

Juniors

40:50	Jana le Roux	19 May 00	1	Tokai	02 Feb
41:11	Stefany Pedro		1	George	25 Jan
41:16	Danita Dinwoodie		2	Pretoria	26 Jan
41:19	Nadia Potgieter		1	Pretoria	19 Jan
41:24	Madona Namthanazo		1	Sasolburg	02 Feb
41:26	Karabo Motsoeneng		2	Sasolburg	02 Feb
41:51	Tayla Kavanagh	05 May 01	1	Botha's Hill	20 Jan
45:46	Amahle Dintsi		2	Tokai	02 Feb
45:47	Emihle Ntuthu		3	Tokai	02 Feb
47:19	Kaylee Jordaan		1	Pretoria	26 Jan

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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

1:14:51	Irvette van Zyl	05 Jul 86	1	Bedfordview	13 Jan
1:18:50	Christine Kalmer	10 Feb 86	1	Benoni	27 Jan
1:21:29	Charné Bosman (vet)	06 Nov 75	2	Bedfordview	13 Jan
1:23:04	Yolande Maclean (vet)	10 Mar 78	4	Bedfordview	13 Jan
1:25:06	Lizzy Babile Ramadimetja		2	Benoni	27 Jan
1:25:07	Nomvuyisi Seti	01 Dec 81	1	Tokai	02 Feb
1:25:42	Kelly Nel	09 Aug 93	2	Tokai	02 Feb
1:26:00	Alexa Townsend		3	Tokai	02 Feb
1:26:12	Leilani Scheffer	23 May 83	5	Bedfordview	13 Jan
1:26:28	Andronica Mokgotla	25 May 89	1	Sasolburg	02 Feb

Juniors

1:38:14	Zhandre Loubser-Kuhn		1	Pretoria	26 Jan
1:41:44	Mzhane Loubser-Kuhn		2	Pretoria	26 Jan
1:45:36	Lisha Prinsloo		3	Pretoria	26 Jan
2:22:23	Carissa Schubert		1	Pretoria	19 Jan

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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
2:44:52	Charné Bosman (vet)	06 Nov 75	1	Benoni	27 Jan
2:55:36	Leilani Scheffer	23 May 83	1	Pretoria	26 Jan
2:56:05	Carla Molinaro	27 Jul 84	2	Benoni	27 Jan
2:58:00	Deanne Horn		3	Benoni	27 Jan
2:59:21	Kate Roberts		1	Dubai	25 Jan
3:00:18	Renata Vosloo		1	Sasolburg	02 Feb
3:00:36	Enie Manzini		4	Benoni	27 Jan
3:00:46	Ann Ashworth	06 Apr 84	2	Sasolburg	02 Feb
3:01:24	Kataza Shipalana	19 Apr 86	5	Benoni	27 Jan

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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