



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	06 March 2019
Subject	SA Top 10 Road Running Rankings February 2019
No pages	5

ELECTRONIC TRANSMISSION

Circular 25 of ASA 2019 (03/06) – SA TOP 10 ROAD RUNNING RANKINGS FEBRUARY 2019

Dear ASA Members

Please find attached the SA Top 10 Road Running Rankings up to February 2019.

Members are kindly requested to note that a number of athletes listed on the ASA Ranking list do not reflect their date of birth.

As a result, the age category of the athletes, as listed on the SA Ranking Lists, is questionable.

Members are kindly requested to provide the date of birth of the athletes whom have no age group reflected next to their name.

Please forward the age confirmation of the mentioned athletes to:

Attention: Riël Hauman
E-mail: rielh@mweb.co.za

Your assistance regarding the above will be highly appreciated.

Let us all contribute to fair play in athletics.

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 6 March 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
29:34	Thabang Mosiako	23 Feb 95	1	Sasolburg	02 Feb
29:50	Mthembu Pakiso	10 Jun 99	2	Sasolburg	02 Feb
29:52	Mbuleli Mathanga		1	Estcourt	16 Feb
30:01	Sibabalwe Gladwin Mzazi	28 Aug 88	1	Goodwood	02 Mar
30:05	Vuyolwethu Mbukushe	20 Feb 91	2	Goodwood	02 Mar
30:06	Puseletso Mofokeng	03 Mar 93	3	Sasolburg	02 Feb
30:14	Mbongeni Ngxazozo	02 Feb 80	3	Goodwood	02 Mar
30:15	Lukhanyo Nobakada	14 Jan 97	1	Pinelands	23 Feb
30:42	Sibusiso Kubheka		2	Estcourt	16 Feb

Juniors

31:31*	Carlo Flink	15 Jun 00	1	Athlone	09 Feb
33:19	Phemelo Ntoe		1	Sasolburg	02 Feb
33:31	Gershon Aziza	22 Jun 00	1	Tokai	02 Feb
33:44	Karabo Ramabele		1	Pretoria	24 Feb
33:46	Lethu Cetywayo		2	Pinelands	23 Feb
34:20	Johannes Molepolle		1	Pretoria	26 Jan
34:27	Mzwamadoda Nonjiko		2	Bellville	06 Feb
34:27	Dylan Stassen		2	Pretoria	26 Jan
34:51	Ayabulela Bodlo	13 Nov 00	2	Tokai	02 Feb
34:53	Shema Fiacre		3	Tokai	02 Feb

*)The same time in Bellville on 6 February.

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

1:04:07	Letsekang Sekonyela		1	Estcourt	16 Feb
1:04:46A	André Ketchem	07 Oct 83	1	Oudtshoorn	23 Feb
1:05:22A	Lloyd Bosman	25 Feb 88	2	Oudtshoorn	23 Feb
1:06:04	Philani Buthelezi	07 Jul 89	1	Pretoria	24 Feb
1:06:58	Sibabalwe Gladwin Mzazi	28 Aug 88	2	Pretoria	24 Feb
1:07:05	Samuel Matsepe	28 Sep 88	1	Sasolburg	02 Feb

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1:07:06	Mariano Eesou	07 Dec 91	1	Port Elizabeth	09 Feb
1:07:12	Ndumiso Sokhela		1	Pietermaritzburg	24 Feb
1:07:24A	Sibusiso Madikizela	13 Jun 91	1	Simon's Town	17 Feb
1:07:24A	Thabiso Benedict Moeng	25 Jan 83	2	Simon's Town	17 Feb

Juniors

1:11:29	Nhlakanipho Hlatswayo		1	Pietermaritzburg	24 Feb
1:25:38A	Caleb Gibson	10 Apr 00	1	Simon's Town	17 Feb
1:26:32	Jabulani Majombozi		1	Botha's Hill	20 Jan
1:32:40A	Abdul Mu-izz Fredricks		1	Oudtshoorn	23 Feb
1:37:28	Jordan van der Westhuizen		1	Pretoria	26 Jan

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
2:25:09	Leswene Africa Mailola	27 Jul 85	1	Johannesburg	10 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
2:27:01A	Lindikhaya Mthangayi	04 Jun 79	1	Simon's Town	17 Feb

[11 athletes]

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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
35:46*	Zintle Xiniwe	23 Oct 86	1	Athlone	09 Feb
35:50	Kyla van Graan	14 Oct 94	3	Goodwood	02 Mar
36:04	Lebogang Phalula-Luthuli	09 Dec 83	1	Sasolburg	02 Feb
36:19	Nomvuyisi Seti	01 Dec 81	4	Goodwood	02 Mar
36:29	Carmie Prinsloo (jun)	31 Jan 02	1	Pretoria	26 Jan
36:39	Lebo Phalula	09 Dec 83	2	Pretoria	24 Feb
36:54	Cornelia Joubert	22 Jun 88	1	Benoni	27 Jan
37:03	Maleneo Mahloko		1	Estcourt	16 Feb
37:15	Aynslee van Graan	15 Dec 95	2	Pretoria	16 Feb

*) The same time in Goodwood on 2 March.

Juniors

36:29	Carmie Prinsloo	31 Jan 02	1	Pretoria	26 Jan
38:58	Tayla Kavanagh	05 May 01	1	Pietermaritzburg	24 Feb
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
41:27	Tara Schwulst		1	East London	02 Mar
42:37	Mira Kaffka		1	Bronkhorstspuit	09 Feb

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

1:12:35	Gerda Steyn	03 Mar 90	9	Ras Al Khaimah	08 Feb
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
1:19:05	Makhosi Mhlongo	03 Jan 82	1	Pietermaritzburg	24 Feb
1:20:56	Janie Grundling	28 Dec 79	1	Hillcrest	10 Feb
1:21:29	Charné Bosman (vet)	06 Nov 75	2	Bedfordview	13 Jan
1:22:08	Ntokozo Mkhize		3	Pietermaritzburg	24 Feb
1:23:04	Yolande Maclean (vet)	10 Mar 78	4	Bedfordview	13 Jan
1:23:23	Rone Reynecke	26 Feb 86	1	Klerksdorp	09 Feb
1:23:30	Glenrose Xaba	31 Dec 94	1	Pretoria	16 Feb

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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
1:50:47A	Laila Abouzaid	06 Sep 02	2	Simon's Town	17 Feb
1:54:29A	Ela Meiring	29 Jan 03	3	Simon's Town	17 Feb
1:59:36	Kayla Hinchcliffe		1	Pietermaritzburg	24 Feb
2:13:33A	Chrisli Zaayman		1	Oudtshoorn	23 Feb
2:22:23	Carissa Schubert		1	Pretoria	19 Jan

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
2:44:27	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
2:54:55A	Kerry-Ann Marshall	11 Feb 84	3	Simon's Town	17 Feb
2:55:24A	Mia Morrison	02 Feb 89	4	Simon's Town	17 Feb
2:55:36	Leilani Scheffer	23 May 83	1	Pretoria	26 Jan
2:55:41A	Janie Grundling	28 Dec 79	5	Simon's Town	17 Feb
2:56:05	Carla Molinaro	27 Jul 84	2	Benoni	27 Jan

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

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