

# S.A. ROAD PERFORMANCE LISTS 2016

## 10 KM

### SENIOR MEN

28:21A	Stephen Lesego Mokoka	12	Cardiff	26-Mar-16
28:42	Sibusiso Nzima	2	Cape Town	18-Sep-16
28:50	Elroy Gelant	1	Port Elizabeth	02-Apr-16
28:55	Melikhaya Frans	2	Port Elizabeth	02-Apr-16
29:09	Lusapho April	3	Port Elizabeth	02-Apr-16
29:09	Gladwin Sibabalwe Mzazi	3	Cape Town	18-Sep-16
29:13	Amos Mkhusele Nyongo	2	Richards Bay	02-Oct-16
29:17	Silindile Gubese	3	Richards Bay	02-Oct-16
29:19	Lesiba Precious Mashele	4	Cape Town	18-Sep-16
29:27	Kabelo Melamu	5	Cape Town	18-Sep-16

### JUNIOR MEN

29:27	Kabelo Melamu	1	Cape Town	18-Sep-16
30:23	Samuel van der Merwe	1	Bellville	04 Dec
30:45	Adrian Wildschutt	1	Bellville	28-May-16
30:48	Ruben Dlepu	1	George	16-Jun-16
30:50	Itumeleng Sesiko	2	Cape Town	18-Sep-16
30:54	M. Mthembu	2	Sasolburg	06-Feb-16
30:59	McMarshall Hartzenberg	3	Cape Town	18-Sep-16
31:00	Dylan van der Merwe	4	Cape Town	18-Sep-16
31:01	D. Malphana	3	Sasolburg	06-Feb-16
31:06	Kabelo Seboko	4	Sasolburg	06-Feb-16

## 15 KM

### SENIOR & JUNIOR MEN

42:44	Stephen Lesego Mokoka	10	Cardiff	26-Mar-16
44:51A	Sibusiso Nzima	8	Goteborg	21-May-16
45:00	Mbongeni Ngxazoza	31	Cardiff	26-Mar-16
45:39	Jeromy Andreas	1	Eersterivier	18-Jun-16
45:53	Vuyisile Tshoba	45	Cardiff	26-Mar-16
45:54	Thabiso Benedict Moeng	2	Pretoria	20-Aug-16
46:36	Adrian Wildschutt ((jr)	1	Ravensmead	19-Mar-16
46:45	Samuel van der Merwe (jr)	2	Claremont	05-Jun-16
46:58	Kabelo Melamu (jr)	1	Germiston	10-Apr-16
48:26	Andile Motwani (jr)	2	Despatch	27-Feb-16
49:04	T. Masina (jr)	3	Germiston	10-Apr-16

## HALF MARATHON

### SENIOR MEN

1:01:26	Stephen Lesego Mokoka	1	Port Elizabeth	30-Jul-16
1:02:15	David Manja	2	Port Elizabeth	30-Jul-16
1:02:16A	Lusapho April	1	East London	27-Feb-16
1:02:23	Thabiso Benedict Moeng	5	Port Elizabeth	30-Jul-16
1:02:27	Gladwin Sibabalwe Mzazi	3	Port Elizabeth	30-Jul-16
1:02:37	Sibusiso Nzima	4	Port Elizabeth	30-Jul-16
1:02:40	Phillimon Mathiba	6	Port Elizabeth	30-Jul-16

1:03:16	Joel Mmone	7	Port Elizabeth	30-Jul-16
1:03:23	Jeffrey Gwebu	2	Polokwane	28-May-16
1:03:25	Mbongeni Ngxazoza	8	Port Elizabeth	30-Jul-16

### **JUNIOR MEN**

1:05:15	Kabelo Melamu	1	Port Elizabeth	30-Jul-16
1:08:09	Mbhasombi Gumede	1	Port Elizabeth	30-Jul-16
1:08:17	Luthando Ndonyela	2	Port Elizabeth	30-Jul-16
1:09:25	Itumeleng Sesiko	3	Port Elizabeth	30-Jul-16
1:10:02	Lukhanyo Nobakada	5	Port Elizabeth	30-Jul-16
1:10:05	Andile Motwani	4	Port Elizabeth	30-Jul-16
1:10:14	Yanga Malusi	7	Port Elizabeth	30-Jul-16
1:10:27	Lonwabo Williams	5	Port Elizabeth	30-Jul-16
1:10:39	Sivuyile Selani	6	Port Elizabeth	30-Jul-16

### **MARATHON**

#### **SENIOR MEN**

2:10:18	Stephen Lesego Mokoka	1	Shanghai	30-Oct-16
2:11:27	Lusapho April	1	Hannover	10-Apr-16
2:11:33	Desmond Mokgobu	5	Cape Town	18-Sep-16
2:11:43	Sibusiso Nzima	4	Seville	21-Feb-16
2:13:17	Thabiso Benedict Moeng	9	Hamburg	17-Apr-16
2:14:26	Xolisa Tyali	9	Cape Town	18-Sep-16
2:16:37	Tumelo Motlagale	11	Cape Town	18-Sep-16
2:16:46	Thabang Masihlelo	12	Cape Town	18-Sep-16
2:17:15	Lungile Gongqa	14	Mumbai	17-Jan-16
2:18:12	Siyabonga Nkonde	14	Cape Town	18-Sep-16

### **10 KM**

#### **SENIOR WOMEN**

33:02	Irvette van Zyl	1	Durban	17-Jul-16
33:05	Lebogang Phalula	2	Durban	17-Jul-16
33:18	Lebo Phalula	3	Durban	17-Jul-16
33:59A	Nolene Conrad	31	Cardiff	26-Mar-16
34:11	Christine Kalmer	5	Cape Town	17-Apr-16
34:24A	Cornelia Joubert	42	Cardiff	26-Mar-16
34:42	Zintle Xiniwe	1	Port Elizabeth	02-Apr-16
34:50	Glenrose Xaba	5	Durban	05-Jun-16
34:51	Jenna Challenor	4	Cape Town	18-Sep-16
34:57	Jenet Dlamini	1	Richards Bay	02-Oct-16

#### **JUNIOR WOMEN**

35:25	Simonay Weitsz	1	Port Elizabeth	09-Aug-16
35:45	Ashleigh Simonis	2	Cape Town	17-Apr-16
35:45	Nicole van der Merwe	1	Cape Town	18-Sep-16
36:43	Ncumisa James	2	Port Elizabeth	09-Aug-16
37:10	Carina Viljoen	3	Sasolburg	06-Feb-16
37:27	Robyn Kaltenbrunn	3	Cape Town	18-Sep-16
37:33	Keletso Senosi	4	Sasolburg	06-Feb-16
37:44	Jana le Roux	4	Cape Town	18-Sep-16
37:51	Yandiswa Shange	2	Durban	05-Jun-16
39:58	Siziphiwe Mbatsa	1	Bridgetown	27 Apr

## 15 KM

### SENIOR & JUNIOR WOMEN

51:27	Nolene Conrad	34	Cardiff	26-Mar-16
51:59	Cornelia Joubert	42	Cardiff	26-Mar-16
52:04	Lebo Phalula	43	Cardiff	26-Mar-16
54:24	Zintle Xiniwe	1	Constantia	05-Mar-16
54:40	Tanith Maxwell	1	Eersterivier	18-Jun-16
57:08	Lebogang Phalula	76	Cardiff	26-Mar-16
57:28	Charné Bosman	1	Jeffreys Bay	02-Jan-16
57:34	Hanlie Botha	1	East London	07-May-16
58:03	Ashleigh Simonis (jr)	4	Eersterivier	18-Jun-16
58:14	Ntombesintu Mfunzi	2	Jeffreys Bay	02-Jan-16

## HALF MARATHON

### SENIOR WOMEN

1:11:00	Irvette van Zyl	1	Port Elizabeth	30-Jul-16
1:11:35	Lebogang Phalula	2	Port Elizabeth	30-Jul-16
1:13:45	Nolene Conrad	37	Cardiff	26-Mar-16
1:14:06	Mapaseka Makhanya	3	Port Elizabeth	30-Jul-16
1:14:21	Lebo Phalula	41	Cardiff	26-Mar-16
1:14:23	Cornelia Joubert	42	Cardiff	26-Mar-16
1:15:44	Jenet Dlamini	4	Port Elizabeth	30-Jul-16
1:16:25	Jenna Challenor	1	Cape Town	16-Oct-16
1:16:38	Zintle Xiniwe	5	Port Elizabeth	30-Jul-16
1:17:21	Liziwe Mabona	7	Port Elizabeth	30-Jul-16

## MARATHON

### SENIOR WOMEN

2:32:20	Irvette van Zyl	15	London	24-Apr-16
2:33:48	Lebo Phalula	6	Enschede	17-Apr-16
2:37:12	Jenna Challenor	32	Nagoya	13-Mar-16
2:38:00	Lebogang Phalula	3	Cape Town	18-Sep-16
2:39:44	René Kalmer	19	London	24-Apr-16
2:45:26	Tanith Maxwell	11	Cape Town	18-Sep-16
2:47:21	Patience Khumalo	1	East London	20-Feb-16
2:48:24	Christine Kalmer	96	Rio de Janeiro	14-Aug-16
2:48:52	Charné Bosman	1	Benoni	31-Jan-16
2:51:31	Gerda Steyn	13	Dublin	30-Oct-16

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Compiled by Riël Hauman

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