



1992-2018

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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 July 2018
Subject	Latest SA Top 10 Road Running lists and Selection Criteria
No pages	11

ELECTRONIC TRANSMISSION

Dear ASA Members

Circular 68 of ASA 2018 (07/06) – LATEST SA TOP 10 ROAD RUNNING LISTS AND SELECTION CRITERIA

Please find attached:

1. Page 2 - The latest SA Top 10 Road Running Rankings up to 5 July 2018.
2. Page 5 - The updated ASA Road Running Selection criteria. Please note that the ASA Road Running Selection Criteria to represent South Africa internationally from 2019 onwards has been amended and was approved by the ASA Council on 23 June 2018.

Athletics greetings

Richard Stander
ASA ACEO
Not signed due to electronic sending

S.A. TOP 10 ROAD PERFORMANCE LISTS 2018

As at 5 July 2018.

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

28:40	Gladwin Sibabalwe Mzazi	28 Aug 88	2	Port Elizabeth	07 Apr
28:41	David Manja	08 Jun 91	3	Port Elizabeth	07 Apr
28:47	Joel Mmone	29 Mar 91	4	Port Elizabeth	07 Apr
28:49	Melikhaya Frans	05 Feb 92	5	Port Elizabeth	07 Apr
29:18	Lukhanyo Ngxoko	24 Sep 96	6	Port Elizabeth	07 Apr
29:36	Mariano Eesou	07 Dec 91	7	Port Elizabeth	07 Apr
29:43	Lesiba Precious Mashele	13 Oct 90	12	Paderborn	31 Mar
29:44	Lloyd Bosman	25 Feb 88	1	George	23 Jun
29:45	Nkosinanthi Madyo	20 Jan 88	8	Port Elizabeth	07 Apr
29:47	Mthobisi Baloyi	26 Feb 85	2	Sasolburg	03 Feb
29:47	Mbongeni Ngxazozo	02 Feb 80	3	Port Elizabeth	16 Jun

[11 athletes]

Juniors

31:11	A. Reynecke		1	Rustenburg	19 May
31:13	Carlo Flink	15 Jun 00	1	Athlone	10 Feb
31:15	Wiseman Mthembu		1	Durban	01 Jul
31:24	Oliver Stewart	22 Feb 01	1	Boston	24 Jun
31:40	Thembeke Mendu	03 Oct 99	1	Cape Town	22 Apr
31:43	O. Mogale		2	Rustenburg	19 May
32:03	O. Awageng		3	Rustenburg	19 May
32:25	Roneldo January	03 Sep 99	1	Tokai	03 Feb
32:30	Lithobe Menzeleleli	21 Aug 99	1	Port Elizabeth	07 Apr
32:35	Kutlwisiso Sidinile	17 Jan 99	1	Johannesburg	20 May

HALF MARATHON

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

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

1:01:26	Stephen Lesego Mokoka	31 Jan 85	16	Valencia	24 Mar
1:02:52	Elroy Gelant	25 Aug 86	41	Valencia	24 Mar
1:02:58	Lesiba Precious Mashele	13 Oct 90	44	Valencia	24 Mar
1:03:29	Joel Mmone	29 Mar 91	1	Gaborone	13 May
1:03:42	Melikhaya Frans	05 Feb 92	60	Valencia	24 Mar
1:04:08	David Manja	08 Jun 91	1	Cape Town	31 Mar
1:04:12	Desmond Mokgobu	23 Nov 88	2	Polokwane	19 May
1:04:41	Lucky Modike Mohale	21 Aug 85	3	Polokwane	19 May
1:04:45	Misheck Sithole		4	Gaborone	13 May
1:04:57	Mbongeni Ngxazozo	02 Feb 80	4	Polokwane	19 May

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From the Athletics South Africa Office:
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For more information
Website: www.athletics.org.za

Juniors

1:08:44	Sakhile Dhladhla		1	Polokwane	19 May
1:08:57	Phenyo Chidi		2	Polokwane	19 May

MARATHON

IAAF world record: 2:02:57 - Dennis Kimetto (KEN), 28 Sep 2014

ASA national record: 2:06:33 - Gert Thys, Tokyo, 14 Feb 1999

2:09:31	Desmond Mokgobu	23 Nov 88	1	Oita	04 Feb
2:16:57	Sibusiso Nzima	23 Nov 86	1	Gaborone	13 May
2:19:37A	Luthando Hejana	30 Jan 87	1	East London	18 Feb
2:20:16	Puleng Petrus Maeko	24 Jan 87	1	Benoni	28 Jan
2:21:58	Raphael Segodi	01 May 86	1	Centurion	01 May
2:21:58A	Lungile Gongqa	22 Feb 79	1	Simon's Town	18 Feb
2:22:37	Obed Kopong	30 Jun 88	7	Gaborone	13 May
2:23:13A	Anda Lubelwana	20 Sep 86	2	Simon's Town	18 Feb
2:24:43A	Ben Matiso		3	Simon's Town	18 Feb
2:25:00	Craig Cynkin	19 Jul 85	24	Seville	25 Feb

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

33:21	Glenrose Xaba	31 Dec 94	1	Port Elizabeth	07 Apr
33:28	Kesa Molotsane	08 Jan 92	1	Bellville	02 Jun
33:43	Nolene Conrad	26 Jul 85	3	Durban	24 Jun
34:23	Zintle Xiniwe	23 Oct 86	5	Port Elizabeth	05 May
34:25	Christine Kalmer	10 Feb 86	6	Port Elizabeth	05 May
34:35	Gerda Steyn	03 Mar 90	1	Dubai	26 Jan
34:37	Lebo Phalula	09 Dec 83	7	Durban	24 Jun
34:39	Lebogang Phalula	09 Dec 83	7	Port Elizabeth	05 May
34:42	Irvette van Zyl	05 Jul 87	1	Pretoria	20 Jan
34:49	Cornelia Joubert	22 Jun 88	8	Port Elizabeth	05 May

Juniors

36:04	Nicole Louw	26 Jul 01	1	Port Elizabeth	05 May
37:03	Lyndi Roelofse	30 Apr 01	2	Port Elizabeth	05 May
37:29	Leshan Curlewis		1	Pretoria	12 May
37:33	Thobile Vilakazi		1	Durban	24 Jun

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

1:11:44	Nolene Conrad	26 Jul 85	25	Valencia	24 Mar
1:16:23	Jenet Mbhele	06 Oct 94	76	Valencia	24 Mar
1:17:55	Jenna Challenor	06 Jul 81	1	Pietermaritzburg	25 Feb
1:18:23	Cornelia Joubert	22 Jun 88	91	Valencia	24 Mar
1:18:24A	Zintle Xiniwe	23 Oct 86	2	Simon's Town	18 Feb
1:18:37	Irvette van Zyl	05 Jul 87	1	Bedfordview	14 Jan
1:18:43	Mapaseka Makhanya	09 Apr 85	92	Valencia	24 Mar
1:19:12	Portia Ngwenya	02 Aug 88	3	Polokwane	19 May
1:19:16A	Hanlie Botha	01 Nov 78	1	East London	18 Feb
1:19:22	Lebogang Phalula	09 Dec 83	5	Cape Town	31 Mar

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

2:38:17	Nolene Conrad	26 Jul 85	8	Vienna	22 Apr
2:50:57	Charné Bosman	06 Nov 75	1	Pretoria	17 Feb
2:52:44A	Stephanie Smith	24 Oct 85	1	East London	18 Feb
2:53:06A	Ulrica Stander	03 Oct 74	1	Simon's Town	18 Feb
2:53:12	Jenna Challenor	06 Jul 81	3	Durban	15 Apr
2:55:34A	René Kalmer	03 Nov 80	2	Simon's Town	18 Feb
2:56:02	Mari Rabie	10 Sep 86	12	London	22 Apr
2:56:04	Janie Grundling	28 Dec 79	1	Pietermaritzburg	25 Feb
2:56:11	Yolande Maclean	10 Mar 78	1	Johannesburg	11 Feb
2:56:33A	Danette Smith	13 Dec 88	3	Simon's Town	18 Feb

mx = mixed race, i.e. with men

wo = women-only race

Compiled by Riël Hauman

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2019 - 2020 ASA TEAM SELECTION CRITERIA – ROAD RACES
TO BE UPDATED ANNUALLY AFTER THE INTERNATIONAL SEASON CONCLUDED

4. PREAMBLE

- 4.2. This Selection Criteria is subject to the ASA Selection Policy as published on the ASA website www.athletics.org.za.
- 4.3. The sole purpose of this document is to provide ASA with an objective and transparent process to select teams that will represent South Africa in Athletics internationally.
- 4.4. To ensure further transparency during the selection process, an appeal process is also implemented. Please refer to the appeal clauses in this document.
- 4.5. Any ASA licensed athlete whom has been ranked in the Top 5 in South Africa in their respective events (see website www.athletics.org.za/statistics), and/or are selected to represent their province at the ASA National Championships, should obtain a passport.
- 4.6. Any ASA licensed athlete who participated at an ASA National Championships, in doing so, makes themselves available for selection for ASA teams representing South Africa.
- 4.7. Any athlete who has been selected to represent South Africa at any championships has the obligation to avail themselves for such selection.
- 4.8. Withdrawals will only be considered for medical/injury or family compassionate reasons. Proof might be requested by the ASA office.
- 4.9. Any athlete who has the potential to proceed to the top 10 at a championship should exploit that potential to the fullest.
- 4.10. Any athlete who qualifies to be in the top 10 of his/her event(s) should proceed to represent South Africa, thereby exploiting to the fullest the possibility of winning medals.
- 4.11. Any athlete who won a medal at any championships should respect the medal ceremony. During the medal ceremony, the athlete should be dressed in the team clothing; conduct them in a dignified manner; and wear the medal with dignity.

5. ELIGIBILITY

To be considered for selection in any ASA team, athletes must fulfil the following criteria:

- 5.2. Be a South African citizen (SA ID-document/number)
- 5.3. Be in possession of a valid SA passport with an expiry date not less than 6 months after returning from the specific championships

- 5.4. Be a member of a South African club, affiliated to ASA, and registered on the ASA registration system
- 5.5. Be in good standing with ASA, the Provincial Federation and the club he/she is affiliated to.
- 5.6. Athletes will be selected in accordance to the age restrictions to the relevant international championships
- 5.7. The relevant ASA Championships will serve as trials for the selection of ASA teams to international championships. At the ASA Championships athletes must compete in all the events in which they would like to be selected.**
- 5.8. The ASA Championships will be compulsory for all athletes who would like to be selected in any ASA team for international championships, and athletes who miss the ASA Championships will not be considered for selection. Exceptions will only be made for medical/injury or family compassionate reasons, communicated to the ASA office prior to the start of the SA Championships. These exceptions will be considered at the sole discretion of the Executive Board of ASA.
- 5.9. Athletes do not need to reach any qualifying standard at the SA Championships. Qualifying standards can be reached at any IAAF Label (Gold; Silver; Bronze) event or ASA approved meeting, conforming to the IAAF and ASA rules and regulations.

6. TECHNICAL STANDARDS

6.2. GENERAL

- 6.2.5. Performances must be achieved at competitions sanctioned by the IAAF, CAA, CAASR or ASA.
- 6.2.6. For ASA events only performances achieved at meetings listed on the approved ASA National and Provincial fixtures list will be accepted.

6.3. ROAD RUNNING CERTIFIED ROUTES

- 6.3.5. Marathon and Half Marathon Routes must be on the IAAF list of approved routes, measured by IAAF/AIMS A or B qualified route measurers.
- 6.3.6. Only performances on standard road running courses will be considered for selection purposes. Performances on aided and unrecognized road running courses will not be considered for selection purposes

7. PROCESS OF SELECTION OF ROAD RUNNING TEAMS

7.2. SQUAD

- 7.2.5. The Cross Country Squads and Half-Marathon Squads will also be considered for the Track and Field Squads in preparation for the IAAF World Championships.
- 7.2.6. For each team a squad of athletes may be announced even before the ASA Championships. Athletes that already achieved the qualifying standard and some athletes very close of qualification may be listed in the squad.

- 7.2.7. The purpose of the selected squad is to assist the ASA office with the team preparation and monitoring process.
- 7.2.8. Athletes in the squad will not necessarily form part of the preliminary team to be selected, even if they have achieved a qualifying performance.
- 7.2.9. Where squads are announced, and any athlete is not listed in the squad, he/she will have the right to appeal in writing for reconsideration of the decision of the selectors.
- 7.2.10. All appeals must be forwarded to the ASA office within 48 hours of the announcement of the squad and must include the following:
 - 7.2.10.1. Name of the athlete
 - 7.2.10.2. ID-number
 - 7.2.10.3. Name of the club and province where the athlete is registered
 - 7.2.10.4. ASA license number of the athlete
 - 7.2.10.5. Event to be considered
 - 7.2.10.6. Performance
 - 7.2.10.7. Date of Meeting
 - 7.2.10.8. Venue of Meeting
 - 7.2.10.9. Please note that no other information will be considered
- 7.2.11. After the closing date of appeals, no performance achieved before the announcement of the squad will be considered
- 7.2.12. Any qualifying performance achieved after the finalization of the squad might be included in the Preliminary Team.

7.3. PRELIMINARY TEAM

- 7.3.5. The Preliminary Team will normally be announced within one week after the ASA Championships.
- 7.3.6. Athletes will only be selected in the Preliminary Team if they achieved the ASA Qualifying standard, provided they are eligible for selection (see eligibility clause above).
- 7.3.7. The qualifying standard was achieved during the qualification period at an eligible meeting.
- 7.3.8. Any athlete not in the announced Preliminary Team, have the right to appeal in writing for reconsideration of the decision of the selectors.
- 7.3.9. All appeals must be forwarded to the ASA office within 48 hours after the announcement of the Preliminary Team and must include the following:
 - 7.3.9.1. Name of the athlete
 - 7.3.9.2. ID-number
 - 7.3.9.3. Name of the club and province where the athlete is registered
 - 7.3.9.4. ASA license number of the athlete
 - 7.3.9.5. Any information that the athlete considers relevant for reconsideration by the selectors of their decision
- 4.3.7. Please note that the appeal must be against the non-selection of the athlete and NOT against the selection criteria, qualifying standards or selection process.

4.4. FINAL TEAM

- 4.4.7. All qualified athletes will be considered in the selection of the Final Team.
- 4.4.8. The total number of athletes selected may be limited by:
 - 4.4.8.1. The regulations set by the LOC of the International championships,
 - 4.4.8.2. Logistical reasons
 - 4.4.8.3. Budgetary constraints
- 4.4.9. The following factors, as well as any other factors that may be deemed relevant by the selectors, will be considered in selecting athletes where more than the maximum number of athletes allowed have qualified:
 - 4.4.9.1. Current form
 - 4.4.9.2. Future individual medal potential at major competitions
 - 4.4.9.3. Head-to heads
 - 4.4.9.4. Previous major competition history
 - 4.4.9.5. Injury status
 - 4.4.9.6. Position at the ASA Championships
- 4.4.10. Any athlete not in the announced Final Team, have the right to appeal in writing for reconsideration of the decision of the selectors.
- 4.4.11. All appeals must be forwarded to the ASA office within 48 hours after the announcement of the Final Team and must include the following:
 - 4.4.11.1. Name of the athlete
 - 4.4.11.2. ID-number
 - 4.4.11.3. Name of the club and province where the athlete is registered
 - 4.4.11.4. ASA license number of the athlete
 - 4.4.11.5. Any information that the athlete considers relevant for reconsideration by the selectors of their decision

5. GENERAL CRITERIA FOR TEAMS

5.4. JUNIOR AND YOUTH ATHLETES IN SENIOR TEAMS

- 5.4.11. For marathon and ultra-marathons must be 20 years or older in the year of competition. No youth and/or junior athletes will be considered to represent South Africa in marathon and ultra-marathons
- 5.4.12. Athletes aged 18 or 19 years in the year of competition may compete in distances up to a Half-marathon (21.1km) in the senior or junior category
- 5.4.13. Athletes aged 16 or 17 years in the year of competition may compete in distances up to 10km in the youth, junior or senior categories.

5.5. ATHLETES YOUNGER THAN 16

- 5.5.11. No athlete younger than 16 years of age in the year of competition may be selected to represent South Africa.

- 5.6. For all Senior Teams the standard for the Selection Criteria for the 2020 Olympic Games will be the norm.

- 5.7. In the period leading up to 2020 (2017-2019) the A-Standard will be used to select teams to the IAAF World Championships, CAA African Championships and CAA SR Championships.
- 5.8. To create capacity, the B-Standard of the Selection Criteria will be used for the CAA African Championships and CAA SR Championships. In applying the B-Standard of the Selection Criteria, the ASA Selection Policy will be used as departure point
- 5.9. A maximum of 3 athletes may be selected in any individual event
- 5.10. In team competitions all team members must qualify at least on the B-standard
- 5.11. In team competitions at least 1-2 participating reserves will be selected. The reserves must also qualify at least on the B-standard.
- 5.12. Please note that all events might not be on the programme of the relevant championships and athletes will only be selected if the event is on the programme

6. EVENT SPECIFIC CRITERIA FOR SENIOR TEAMS

Athletes can qualify in one of 4 ways:

- 6.4. **AUTOMATIC** - Automatically by achieving the IAAF Gold Label Status within the qualification period.
- 6.5. **POSITION** - Based on the finishing position at designated competitions in IAAF Silver Label Status within the qualification period.
- 6.6. **INVITED** – Athletes invited by the IAAF
- 6.7. **DISCRETION** – **On the discretion of the ASA Board, and** based on the finishing position at designated competitions in on the IAAF Bronze Label Status within the qualification period.

7. QUALIFICATION PERIODS FOR TEAMS

- 7.4. The qualifying periods to select South African teams to represent South Africa will be aligned with the IAAF Qualifying periods, and may be up to two years prior to the event the team is selected for. The qualifying periods will be adjusted in accordance with changes in the relevant IAAF entry/qualifying standards
- 7.5. The standards to select both men and women will be on equal levels
- 7.6. The IAAF Gold, Silver and Bronze Label System will be used as criteria to identify individuals and teams to represent South Africa internationally.
- 7.7. Athletes performing on the IAAF Gold level Status will obtain automatic selection to any team representing ASA
- 7.8. The IAAF Silver level Status will be the primary criteria to select teams to represent South Africa and will be called the “A” Standard
- 7.9. The IAAF Bronze Status will be the secondary criteria to select teams to represent South Africa and will be called the “B” Standard.

- 7.10. The "B" Standard will only be used at the discretion of the ASA Board to address demographic imbalances e.g. to add more women were not enough women qualified for a team; to allow younger/upcoming talented athletes in a team to develop future medal contenders, etc.
- 7.11. In accordance with the IAAF Label System Multi-disciplined distances/times will be used e.g. in accordance with the IAAF Label System, half-marathon times can be used to selected marathon athletes; 10km times can be used to select half marathon athletes, etc.
- 7.12. As example, in 2018 the Gold Label standards, and therefore automatic qualifiers for ASA teams were:**

- 7.12.11. Marathon: 2:09:30 for men and 2:28:00 for women
- 7.12.12. Half Marathon: 61:00 for men and 70:45 for women
- 7.12.13. 10KM Road Race: 28:00 for men and 32:00 for women
- 7.12.14. 10,000m: 27:45.00 for men and 31:45.00 for women
- 7.12.15. 5KM Road Race: 13:30 for men and 15:00 for women
- 7.12.16. Top 25 finishers in the marathon at the Rio 2016 Olympic Games
- 7.12.17. Top 25 finishers in the marathon at the IAAF World Championships London 2017
- 7.12.18. Top 10 finishers in the 10,000m at the IAAF World Championships London 2017
- 7.12.19. Top 10 finishers in the 5,000m at the IAAF World Championships London 2017
- 7.12.20. Top 25 finishers at the IAAF World Half Marathon Championships Cardiff 2016
- 7.12.21. Top 25 finishers at the IAAF World Half Marathon Championships Valencia 2018
- 7.12.22. Top 25 finishers in the senior races at the IAAF World Cross Country Championships Kampala 2017
- 7.12.23. Winners of any IAAF Gold or Silver Label road race on or after 01.01.2016
- 7.12.24. Top 3 finishers at any marathon and half marathon valid as Area Championships held on or after 01.01.2016
- 7.12.25. Winners of any IAAF Cross Country Permit race on the 2017/2018 calendar
- 7.12.26. NB: The above performances will be adjusted in line with IAAF adjustments

7.13. As example, in 2018 the Silver Label standards were:

- 7.13.11. Marathon: 2:11:45 for men and 2:32:00 for women
- 7.13.12. Half Marathon: 62:00 for men and 72:00 for women
- 7.13.13. 10KM Road Race: 29:00 for men and 33:00 for women
- 7.13.14. 10,000m: 28:30 for men and 32:30 for women
- 7.13.15. 5KM Road Race: 13:45 for men and 15:30 for women
- 7.13.16. Winners of any IAAF Bronze Label road race on or after 01.01.2016
- 7.13.17. NB: The above performances will be adjusted in line with IAAF adjustments

7.14. As example, in 2018 the Bronze Label standards were:

- 7.14.11. Marathon: 2:13:45 for men and 2:36:30 for women
- 7.14.12. Half Marathon: 63:30 for men and 74:00 for women
- 7.14.13. 10KM Road Race: 30:00 for men and 35:30 for women
- 7.14.14. 10,000m: 29:30 for men and 34:45 for women
- 7.14.15. 5KM Road Race: 14:00 for men and 15:45 for women

8. OLYMPIC GAMES - TOKYO, JAPAN – 24 JULY 2020 – 9 AUGUST 2020

- 8.4. The Final Team will be selected and announced by SASCOC according to SASCOC selection principles
- 8.5. A maximum of 3 athletes will be selected for any individual event
- 8.6. The qualifying period for marathon will be from 1 January of the preceding year up to 3 weeks prior to the start of the relevant championships.
- 8.7. The following will be the minimum qualification standards for the Olympic Games:

MINIMUM CRITERIA TO SELECT THE TEAM TO THE 2020 OLYMPIC GAMES

2020 OLYMPIC GAMES		
TOKYO, JAPAN – 24 JULY 2020 – 9 AUGUST 2020		
Men	Event	Women
IAAF/SASCOC Standard		IAAF/SASCOC Standard
	Marathon	

- 8.8. All athletes that achieved the qualifying standard, or are very close to achieving the qualifying standard, will be included in the Squad after the 2019 IAAF World Championships. Appeals for inclusion in the squad must be lodged within 48 hours after the Squad was announced.
- 8.9. Participation in events as prescribed by ASA in the period leading up to the Olympic Games will be a prerequisite for selection in the Preliminary Team
- 8.10. The Preliminary Marathon Team may be announced even before the 2020 ASA Senior T&F Championships. Appeals for inclusion in the Preliminary Team must be lodged within 48 hours after the Preliminary Team was announced.
- 8.11. Depending on invitations, participation in least two of the scheduled IAAF/ASA Label Competitions in the marathon or half-marathon, during the qualifying period, will be a prerequisite for selection
- 8.12. Selection in the Preliminary Team does not guarantee selection in the Final Team
- 8.13. The Final Team, as selected by ASA, will be forwarded to SASCOC for approval
- 8.14. SASCOC will announce the Final Team on a date still to be confirmed