



1992-2018

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#### BOARD MEMBERS

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Ms. Ntathu Gwadiso  
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Mluleki GEORGE

#### PARTNERS

IAAF  
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SA Sports Trust

#### 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	03 October 2018
Subject	ASA CIRCULAR 107 OF 2018 - Latest SAAS Top 10 Road Running Rankings
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## ELECTRONIC TRANSMISSION

### ASA CIRCULAR 107 OF 2018 Latest SAAS Top 10 Road Running Rankings

Dear Members

Please find attached the latest SAAS Top 10 Road Running Ranking Lists.

The SAAS Top 10 marathon rankings changed significantly after the performances of the athletes during the 2018 SA Marathon Championships in Cape Town as part of the Sanlam Cape Town Marathon.

With the South African National Road Running Programme now concluded, ASA is now in preparation for the 2019 athletics season.

The Preparation Squads for the 2018 IAAF World Championships will be announced soon after the ASA Council Meeting on 13 October 2018.

Athletics greetings

Richard Stander  
ASA ACEO  
Not signed due to electronic sending

# S.A. TOP 10 ROAD PERFORMANCE LISTS 2018

As at 3 October 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
29:11	Lesiba Precious Mashele	13 Oct 90	1	Cape Town	23 Sep
29:18	Lukhanyo Ngxoko	24 Sep 96	6	Port Elizabeth	07 Apr
29:26	Jeromy Andreas	28 Feb 92	2	Cape Town	23 Sep
29:36	Mariano Eesou	07 Dec 91	7	Port Elizabeth	07 Apr
29:44	Lloyd Bosman	25 Feb 88	1	George	23 Jun
29:45	Nkosinathi Madyo	20 Jan 88	8	Port Elizabeth	07 Apr
29:45	Andile Motwana	02 Jan 97	2	Uitenhage	30 Jun

### Juniors

30:27	Maxime Chaumeton	12 Jul 00	1	Cape Town	23 Sep
30:29	Realeboga Seoposengwe	26 Jun 01	2	Cape Town	23 Sep
30:45	Carlo Flink	15 Jun 00	3	Cape Town	23 Sep
31:00	Pakiso Mthembu	10 Jun 99	1	Middelburg	29 Sep
31:01	Phenyo Chidi	17 May 99	2	Middelburg	29 Sep
31:14	Tumi Lephoto	27 Feb 00	3	Middelburg	29 Sep
31:15	Wiseman Mthembu		1	Durban	01 Jul
31:24	Oliver Stewart	22 Feb 01	1	Boston	24 Jun
31:30	Itumeleng Sesiko	08 May 99	4	Cape Town	23 Sep
31:37	Thembeke Mendu	03 Oct 99	5	Cape Town	23 Sep

## 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
1:01:48	Elroy Gelant	25 Aug 86	4	Port Elizabeth	28 Jul
1:01:49	Sibabalwe Gladwin Mzazi	28 Aug 88	5	Port Elizabeth	28 Jul
1:01:50	Desmond Mokgobu	23 Nov 88	6	Port Elizabeth	28 Jul
1:01:59	Thabang Mosiako	23 Feb 95	7	Port Elizabeth	28 Jul
1:02:02	Lesiba Precious Mashele	13 Oct 90	8	Port Elizabeth	28 Jul
1:02:29	Joel Mmone	29 Mar 91	9	Port Elizabeth	28 Jul
1:02:35	Collen Mulaudzi	08 Apr 91	11	Port Elizabeth	28 Jul
1:02:35	Mbongeni Ngxazozo	02 Feb 80	12	Port Elizabeth	28 Jul
1:03:01	David Manja	08 Jun 91	13	Port Elizabeth	28 Jul

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## Juniors

1:07:15	Itumeleng Sesiko	08 May 99	1	Port Elizabeth	28 Jul
1:08:33	Thabang Shabangu	09 Nov 01	2	Port Elizabeth	28 Jul
1:08:44	Sakhile Dhladhla		1	Polokwane	19 May
1:08:57	Phenyo Chidi		2	Polokwane	19 May
1:09:05	Okuhle Twalana	09 Apr 99	3	Port Elizabeth	28 Jul
1:10:00	Kutwisiso Sidinile	17 Jan 99	4	Port Elizabeth	28 Jul
1:11:38	Themba Chauke	20 Jun 99	5	Port Elizabeth	28 Jul
1:13:00	Siphamandla Matholengwe	03 Aug 99	6	Port Elizabeth	28 Jul
1:14:20	Sello Litabe	21 Oct 99	7	Port Elizabeth	28 Jul
1:14:26	Christophai Booise		1	Wellington	01 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

2:08:31	Stephen Lesego Mokoka	31 Jan 85	1	Cape Town	23 Sep
2:09:31	Desmond Mokgobu	23 Nov 88	1	Oita	04 Feb
2:12:53	Thabiso Benedict Moeng	25 Jan 83	6	Cape Town	23 Sep
2:16:57	Sibusiso Nzima	23 Nov 86	1	Gaborone	13 May
2:18:58	Collen Mulaudzi	08 Apr 91	15	Cape Town	23 Sep
2:19:17	Duane Fortuin	13 Jul 84	16	Cape Town	23 Sep
2:19:37A	Luthando Hejana	30 Jan 87	1	East London	18 Feb
2:20:07	Philani Buthelezi	07 Jul 89	17	Cape Town	23 Sep
2:20:16	Puleng Petrus Maeko	24 Jan 87	1	Benoni	28 Jan
2:20:32	Mthandazo Qhina	25 Sep 77	18	Cape Town	23 Sep

## 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

32:49	Irvette van Zyl	05 Jul 87	1	Cape Town	23 Sep
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
33:59	Gerda Steyn	03 Mar 90	1	Middlesbrough	02 Sep
34:14	Jenet Mbhele	06 Oct 94	2	Durban	22 Jul
34:23	Zintle Xiniwe	23 Oct 86	5	Port Elizabeth	05 May
34:25	Christine Kalmer	10 Feb 86	6	Port Elizabeth	05 May
34:37	Lebo Phalula	09 Dec 83	7	Durban	24 Jun
34:39	Lebogang Phalula	09 Dec 83	7	Port Elizabeth	05 May

### Juniors

35:21	Carmie Prinsloo	31 Jan 02	1	Cape Town	23 Sep
36:04	Nicole Louw	26 Jul 01	1	Port Elizabeth	05 May

37:03	Lyndi Roelofse	30 Apr 01	2	Port Elizabeth	05 May
37:06	Tyler Beling	24 Aug 99	1	Middelburg	29 Sep
37:24	Tayla Kavanagh	05 May 01	1	Durban	15 Jul
37:29	Leshan Curlewis	19 Sep 02	1	Pretoria	12 May
37:33	Thobile Vilakazi	20 Nov 99	1	Durban	24 Jun
37:43	Yandiswa Shange	30 Jun 00	1	Cape Town	09 Aug

## 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
1:13:07	Jenet Mbhele	06 Oct 94	6	Port Elizabeth	28 Jul
1:15:31	Lebogang Phalula	09 Dec 83	9	Port Elizabeth	28 Jul
1:15:34	Christine Kalmer	10 Feb 86	10	Port Elizabeth	28 Jul
1:15:43	Makhosazane Mhlongo	03 Jan 82	11	Port Elizabeth	28 Jul
1:16:06	Cornelia Joubert	22 Jun 88	13	Port Elizabeth	28 Jul
1:16:54	Zintle Xiniwe	23 Oct 86	15	Port Elizabeth	28 Jul
1:17:21	Hanlie Botha	01 Nov 78	16	Port Elizabeth	28 Jul
1:17:21	Portia Ngwenya	02 Aug 88	17	Port Elizabeth	28 Jul
1:17:24	Ntombesintu Mfunzi	27 Dec 81	18	Port Elizabeth	28 Jul

## Juniors

1:29:27	Jana le Roux	19 May 00	1	Port Elizabeth	28 Jul
1:33:39	Vicky Oelofse	09 Oct 00	2	Port Elizabeth	28 Jul
1:36:36	Meghan van Deventer	28 Aug 00	3	Port Elizabeth	28 Jul
1:39:09	Danieke de Kock	22 Nov 00	4	Port Elizabeth	28 Jul
1:40:46	Razaan Kamaldien	11 Jun 99	1	Cape Town	31 Mar
1:41:54	Marelize Reitz	18 Aug 99	5	Port Elizabeth	28 Jul
1:42:25	Engelinah Mphaololi	27 Jan 99	6	Port Elizabeth	28 Jul
1:48:56	Natasha Magaga	13 Jan 02	7	Port Elizabeth	28 Jul
1:49:05A	Sophia Els	13 Jun 00	1	Simon's Town	18 Feb
1:51:08	Lize-Me Otto	12 Nov 01	8	Port Elizabeth	28 Jul

## 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

2:34:39	Nolene Conrad	26 Jul 85	8	Cape Town	23 Sep
2:42:11	Christine Kalmer	10 Feb 86	14	Cape Town	23 Sep
2:44:33	Makhosazane Mhlongo	03 Jan 82	15	Cape Town	23 Sep
2:44:52	Charné Bosman	06 Nov 75	16	Cape Town	23 Sep
2:47:07	Yolande Maclean	10 Mar 78	18	Cape Town	23 Sep
2:47:56	Ntombesintu Mfunzi	27 Dec 81	19	Cape Town	23 Sep
2:49:49	Tanith Maxwell	02 Jun 76	20	Cape Town	23 Sep
2:52:44A	Stephanie Smith	24 Oct 85	1	East London	18 Feb
2:52:47	Cobie Smith	11 Jan 85	21	Cape Town	23 Sep
2:53:06A	Ulrica Stander	03 Oct 74	1	Simon's Town	18 Feb

mx = mixed race, i.e. with men  
wo = women-only race

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Compiled by Riël Hauman  
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