



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	10 May 2019
Subject	SA Top 10 Road Ranking Lists
No pages	5

**ELECTRONIC TRANSMISSION**

**Circular 40 of ASA 2019 (05/10) – SA TOP 10 ROAD RANKING LISTS**

Dear ASA Members

Please find attached the SA Top 10 Ranking List for Road Running as on 8 May 2019.

For several months now ASA have warned Members that the SA Statistics Committee receive incomplete information from Race Organizers.

With reference to the latest Ranking List below, for example in the 10km Junior Ranking list, no less than 5 athletes that are ranked, the age group of the athlete is not listed. Effectively this means that these athletes received prize money illegally as the age of the athlete was not confirmed.

It also implies that the Race Referee, who signed off the result sheet, failed his/her duty by not disqualifying the athletes for not submitting an application which indicates his/her date of birth on entry.

It also implies that the Race Organizer allowed an ineligible athlete to run in a race, and allowed an ineligible athlete to receive prize money by processing an incomplete entry form.

Lastly, but most importantly, the athletes ranked on the SA Ranking List incorrectly, may also be listed on the IAAF World Ranking List as an ineligible athlete and in the process embarrass South Africa.

As from June 2019, athletes, who's information is incomplete, will be removed from the SA Ranking list, and will not be eligible for selection of National teams; and will not be ranked on the IAAF World Rankings.

This will have serious consequences to athletes as they will lose their income which in some cases is their livelihood.

In closure, ASA Members must hold Referees and Race Organizers accountable when statistics are incomplete. If need be, punitive measures must be implemented as a matter of priority.

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 8 May 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
29:08	Melikhaya Frans	05 Feb 92	1	Port Elizabeth	27 Apr
29:09	David Manja	08 Jun 91	2	Port Elizabeth	27 Apr
29:27A*	Mbuleli Mathanga	24 Sep 93	1	Durban	17 Mar
29:32	Thabang Mosiako	23 Feb 95	3	Port Elizabeth	27 Apr
29:43	Lusapho April	24 May 82	5	Port Elizabeth	27 Apr
29:50	Pakiso Mthembu	10 Jun 99	2	Sasolburg	02 Feb
29:51	Andile Motwana	02 Jan 97	2	Port Elizabeth	13 Apr
30:01	Sibabalwe Gladwin Mzazi	28 Aug 88	1	Goodwood	02 Mar
30:01	Lukhanyo Ngxoko	24 Sep 96	6	Port Elizabeth	27 Apr

\*) Distance doubtful.

#### Juniors

30:35	Mpumelelo Ligwa		1	Port Elizabeth	27 Apr
31:31*	Carlo Flink	15 Jun 00	1	Athlone	09 Feb
32:20	Sinawo Poti		2	Port Elizabeth	27 Apr
33:19	Phemelo Ntoe		1	Sasolburg	02 Feb
33:31	Gershon Aziza	22 Jun 00	1	Tokai	02 Feb
33:37	Khanya Yali		3	Port Elizabeth	27 Apr
33:44	Karabo Ramabele		1	Pretoria	24 Feb
33:46	Lethu Cetywayo	15 Jan 01	2	Pinelands	23 Feb
33:46	Mzwamadoda Nonjiko	27 Jun 01	3	Cape Town	07 Apr
33:56	Fernando Spando		1	Gordon's Bay	06 Apr

\*) The same time in Bellville on 6 February.

#### HALF MARATHON

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

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

1:01:57	Elroy Gelant	25 Aug 86	1	Durban	07 Apr
1:02:03	Mbuleli Mathanga	24 Sep 93	2	Durban	07 Apr
1:03:37	Stephen Lesego Mokoka	31 Jan 85	3	Cape Town	20 Apr
1:03:40	David Manja	08 Jun 91	4	Cape Town	20 Apr
1:03:55	Desmond Mokgobu	23 Nov 88	8	Madrid	07 Apr
1:04:11	Melikhaya Frans	05 Feb 92	5	Cape Town	20 Apr
1:04:13	Philani Buthelezi	07 Jul 89	6	Cape Town	20 Apr

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1:04:33	Lesiba Precious Mashele	13 Oct 90	7	Cape Town	20 Apr
1:04:46A	André Ketchem	07 Oct 83	1	Oudtshoorn	23 Feb
1:04:58A*	Sipho Mbanjwa	01 Sep 94	1	Durban	17 Mar

\*) Distance doubtful.

### Juniors

1:10:52	Carlo Flink	15 Jun 00	1	Cape Town	20 Apr
1:11:29	Nhlakanipho Hlatswayo		1	Pietermaritzburg	24 Feb
1:13:06	Siphamandla Nkosi		1	Vryheid	07 Apr
1:13:38A	Tshiamo Malibe		1	Nquthu	14 Apr
1:14:11	Johannes Motaung		1	Frankfort	06 Apr
1:17:28	Gershon Aziza	22 Jun 00	1	Wellington	01 May
1:19:11	Jason Esplin		2	Wellington	01 May
1:19:37	Phillemon Achuse		2	Frankfort	06 Apr
1:20:37	Fernando Spondo		2	Cape Town	20 Apr
1:23:56	Johannes Molepolle		1	Centurion	01 May

### 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

2:07:58	Stephen Lesego Mokoka	31 Jan 85	3	Otsu	10 Mar
2:10:42	Desmond Mokgobu	23 Nov 88	9	Oita	03 Feb
2:21:10	Sibusiso Nzima	23 Nov 86	1	Durban	07 Apr
2:22:28A	Luthando Hejana	30 Jan 87	1	East London	10 Mar
2:22:36	Mholi Jali	28 Dec 93	3	Durban	07 Apr
2:23:20	Lungile Gongqa (vet)	22 Feb 79	1	Langebaan	23 Mar
2:23:42	Talimo Monesa		1	Sasolburg	02 Feb
2:23:42	Sithembele Fanekho	21 May 91	4	Durban	07 Apr
2:23:47	Joseph Manyedi		1	Benoni	27 Jan
2:24:05	Thabo Motaung		2	Sasolburg	02 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

33:08	Kesa Molotsane	08 Jan 92	3	Port Elizabeth	04 May
33:38	Ivette van Zyl	05 Jul 86	5	Port Elizabeth	04 May
33:45	Jenet Mbhele	06 Oct 94	7	Port Elizabeth	04 May
34:05	Gerda Steyn	03 Mar 90	1	Dubai	25 Jan
34:08	Glenrose Xaba	31 Dec 94	9	Port Elizabeth	04 May
34:27	Lebo Phalula	09 Dec 83	2	Port Elizabeth	27 Apr
34:40	Annie Bothma	26 Dec 95	12	Port Elizabeth	04 May
34:55	Jenna Challenor	06 Jul 81	3	Durban	07 Apr
34:58	Anna Bungu	13 May 96	14	Port Elizabeth	04 May

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35:24	Athandiwe Vusani		4	Durban	07 Apr
35:24	Lebogang Phalula-Luthuli	09 Dec 83	15	Port Elizabeth	04 May

[11 athletes]

### Juniors

36:29	Carmie Prinsloo	31 Jan 02	1	Pretoria	26 Jan
37:30	Tayla Kavanagh	05 May 01	1	Durban	07 Apr
38:07	Vicky Oelofse		2	Port Elizabeth	04 May
40:50	Jana le Roux	19 May 00	1	Tokai	02 Feb
41:11	Stefany Petro	20 Mar 02	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

### 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
1:17:31	Kesa Molotsane	08 Jan 92	1	Gordon's Bay	06 Apr
1:18:14	Zintle Xiniwe	23 Oct 86	2	Gordon's Bay	06 Apr
1:18:20	Lebo Phalula	09 Dec 83	6	Cape Town	20 Apr
1:18:50	Christine Kalmer	10 Feb 86	1	Benoni	27 Jan
1:19:05	Makhosi Mhlongo	03 Jan 82	1	Pietermaritzburg	24 Feb
1:20:00A	Jenet Mbhele	06 Oct 94	1	Nquthu	14 Apr
1:20:20	Hanlie Botha (vet)	01 Nov 78	10	Cape Town	20 Apr
1:20:28	Tyler Beling	24 Aug 99	1	Gordon's Bay	06 Apr

### Juniors

1:34:46	Zhandre Loubser-Kuhn	17 Mar 00	1	Cape Town	20 Apr
1:34:46	Mzhane Loubser-Kuhn	17 Mar 00	2	Cape Town	20 Apr
1:42:14	Phakoe Tsofelo		1	Frankfort	06 Apr
1:42:39	Lisha Prinsloo		3	Cape Town	20 Apr
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
2:06:20	Clarice van Zyl		2	Centurion	01 May
2:06:28	Chrisli Zaayman		1	Wellington	01 May
2:08:47	Jessica de Villiers		3	Centurion	01 May

### 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

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2:36:21	Nolene Conrad	26 Jul 85	16	Osaka	27 Jan
2:40:51	Christine Kalmer	10 Feb 86	43	Nagoya	10 Mar
2:43:59A	Ann Ashworth	06 Apr 84	1	East London	10 Mar
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
2:48:52	Mari Rabie	10 Sep 86	28	London	28 Apr
2:48:53	Ntombesintu Mfunzi	27 Dec 81	13	Hannover	07 Apr
2:52:01A	Stephanie Smith	24 Oct 85	2	East London	10 Mar

A = aided course

mx = mixed race, i.e. with men

wo = women-only race

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Compiled by Riël Hauman

Publisher: *Distance Running Results*

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