



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	20 September 2019
Subject	SAAS Top 10 Road Running Ranking Lists – Sept 2019
No pages	5

**ELECTRONIC TRANSMISSION**

**CIRCULAR 86 OF ASA 2019 (0920)**  
**SAAS TOP 10 ROAD RUNNING RANKING LISTS – SEPT. 2019**

Dear ASA Members

Please find attached the September 2019 version of the SAAS Top 10 Ranking Lists.

Significant changes on the SAAS Marathon Top 10 Rankings took place after the 2019 ASA Marathon Championships that was held in Cape Town on Sunday 15 September 2019.

Athletics greetings

Richard Stander  
ASA ACEO  
Not signed due to electronic sending.

**Disclaimer**

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## S.A. TOP 10 ROAD PERFORMANCE LISTS 2019

As at 17 September 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

28:13	Mbuleli Mathanga	24 Sep 93	10	Prague	08 Sep
28:36	Lesiba Precious Mashele	13 Oct 90	1	Cape Town	15 Sep
28:48	Pheeha Desmond Mokgobu	23 Nov 88	3	Cape Town	15 Sep
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
29:10	Kabelo Melamu	08 Feb 97	4	Cape Town	15 Sep
29:12	Adam Lipschitz	01 Jan 94	5	Cape Town	15 Sep
29:12	Brendon Lentswe		6	Cape Town	15 Sep
29:14	Maxime Chaumeton (jun)	12 Jul 00	7	Cape Town	15 Sep

#### Juniors

29:14	Maxime Chaumeton	12 Jul 00	1	Cape Town	15 Sep
30:23	Carlo Flink	15 Jun 00	2	Cape Town	15 Sep
30:35	Mpumelelo Ligwa	29 Feb 00	1	Port Elizabeth	27 Apr
30:44	Caleb Beukes	15 Dec 00	3	Cape Town	15 Sep
30:53	Oliver Stewart	22 Feb 01	1	Bellville	01 Jun
30:57	Tumi Lephoto	27 Feb 00	4	Cape Town	15 Sep
31:18	Nicholas Seoposengwe	26 Jun 01	5	Cape Town	15 Sep
31:30	Tshepo Ntuntwana		6	Cape Town	15 Sep
31:49	Elyas Ayyoub	10 Nov 02	3	Bellville	01 Jun
31:49	Bongelani Mkhwanazi	23 Dec 00	1	Durban	16 Jun

#### HALF MARATHON

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

58:01p - Geoffrey Kamworor (KEN), 15 September 2019

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

59:50	Stephen Lesego Mokoka	31 Jan 85	4	Buenos Aires	25 Aug
1:01:00	Elroy Gelant	25 Aug 86	2	Port Elizabeth	27 Jul
1:01:18	Lesiba Precious Mashele	13 Oct 90	3	Port Elizabeth	27 Jul
1:01:22	Joel Mmone	29 Mar 91	4	Port Elizabeth	27 Jul
1:01:31	Mbuleli Mathanga	24 Sep 93	5	Port Elizabeth	27 Jul
1:01:50	Pheeha Desmond Mokgobu	23 Nov 88	6	Port Elizabeth	27 Jul
1:02:02	Collen Mulaudzi	08 Apr 91	7	Port Elizabeth	27 Jul
1:02:12	Milton Kekana	03 Oct 95	8	Port Elizabeth	27 Jul
1:02:17	Melikhaya Frans	05 Feb 92	9	Port Elizabeth	27 Jul
1:02:27	Misheck Sithole	30 Mar 91	12	Port Elizabeth	27 Jul

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## Juniors

1:08:37	Andries Sesedi	10 Apr 01	2	Port Elizabeth	27 Jul
1:10:50	Phemelo Ntoe	23 Oct 01	3	Port Elizabeth	27 Jul
1:10:52	Carlo Flink	15 Jun 00	1	Cape Town	20 Apr
1:11:20	Khanya Yali	28 Apr 01	1	Port Elizabeth	27 Jul
1:11:29	Nhlakanipho Hlatswayo		1	Pietermaritzburg	24 Feb
1:11:47	Bongelani Mkhwanazi	23 Dec 00	5	Port Elizabeth	27 Jul
1:11:54	Thabo Mohokane	20 Jun 00	2	Port Elizabeth	27 Jul
1:13:06	Siphamandla Nkosi		1	Vryheid	07 Apr
1:13:19	Amogelang Madito	04 Jun 00	7	Port Elizabeth	27 Jul

## 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
2:10:31	Elroy Gelant	25 Aug 86	4	Cape Town	15 Sep
2:10:42	Pheeha Desmond Mokgobu	23 Nov 88	9	Oita	03 Feb
2:13:41	Sibusiso Nzima	23 Nov 86	10	Cape Town	15 Sep
2:14:57	Melikhaya Frans	05 Feb 92	11	Cape Town	15 Sep
2:15:49	Collen Mulaudzi	08 Apr 91	13	Cape Town	15 Sep
2:16:37	Jeremiah Moshwetsi	26 Jun 88	14	Cape Town	15 Sep
2:17:28	Tumelo Motlagale	02 Dec 86	16	Cape Town	15 Sep
2:18:03	Philani Buthelezi	07 Jul 89	18	Cape Town	15 Sep
2:18:06	Lindikhaya Mthangayi (vet)	04 Jun 79	19	Cape Town	15 Sep

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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

32:57	Irvette van Zyl	05 Jul 86	3	Durban	23 Jun
33:05	Gerda Steyn	03 Mar 90	1	Middlesbrough	01 Sep
33:08	Kesa Molotsane	08 Jan 92	3	Port Elizabeth	04 May
33:22	Glenrose Xaba	31 Dec 94	4	Durban	23 Jun
33:30	Jenet Mbhele	06 Oct 94	5	Durban	23 Jun
34:10	Lebo Phalula	09 Dec 83	1	Port Elizabeth	15 Jun
34:31	Carmie Prinsloo (jun)	31 Jan 02	4	Cape Town	15 Sep
34:35	Zintle Xiniwe	23 Oct 86	2	Bellville	01 Jun
34:40	Annie Bothma	26 Dec 95	12	Port Elizabeth	04 May
34:49	Tayla Kavanagh (jun)	05 May 01	5	Cape Town	15 Sep

### Juniors

34:31	Carmie Prinsloo	31 Jan 02	1	Cape Town	15 Sep
34:49	Tayla Kavanagh	05 May 01	2	Cape Town	15 Sep
36:21	Beatrice Themane	03 Feb 00	3	Cape Town	15 Sep
38:07	Vicky Oelofse	09 Oct 00	2	Port Elizabeth	04 May
38:23	Simangaliso Madlala	15 Oct 03	1	Durban	08 Jun
38:23	Nicole Louw	26 Jul 01	4	Cape Town	15 Sep
38:25	Andiswe Xulu	08 Sep 03	2	Durban	08 Jun
38:35	Jana le Roux	19 May 00	2	Bellville	01 Jun
38:37	Sisanda Sikhakhane	22 Jun 05	3	Durban	08 Jun
38:58	Chanté Dixon	05 Mar 02	1	Cape Town	26 May

### 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

1:09:46	Glenrose Xaba	31 Dec 94	5	Buenos Aires	25 Aug
1:11:54	Gerda Steyn	03 Mar 90	4	Port Elizabeth	27 Jul
1:11:55	Jenet Mbhele	06 Oct 94	2	Port Elizabeth	27 Jul
1:14:51	Irvette van Zyl	05 Jul 86	1	Bedfordview	13 Jan
1:15:33	Lebo Phalula	09 Dec 83	3	Port Elizabeth	27 Jul
1:17:03	Lebogang Phalula	09 Dec 83	4	Port Elizabeth	27 Jul
1:17:27	Makhosi Mhlongo	03 Jan 82	5	Port Elizabeth	27 Jul
1:17:28	Nwabisa Mjoli	24 Feb 92	6	Port Elizabeth	27 Jul
1:17:31	Kesa Molotsane	08 Jan 92	1	Gordon's Bay	06 Apr
1:18:15	Zintle Xiniwe	23 Oct 86	2	Gordon's Bay	06 Apr

### Juniors

1:27:55	Nontobeko Ntuli	08 Apr 01	2	Port Elizabeth	27 Jul
1:32:25	M'zhane Loubser-Kuhn	17 Mar 00	1	Port Elizabeth	27 Jul

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1:32:26	Zhandre Loubser-Kuhn	17 Mar 00	2	Port Elizabeth	27 Jul
1:38:55	Anja Webber	08 Jun 01	3	Port Elizabeth	27 Jul
1:40:10	Glenda Ramashio		1	Phalaborwa	27 Jul
1:42:14	Phakoe Tsofelo		1	Frankfort	06 Apr
1:42:39	Lisha Prinsloo	30 Jun 00	3	Cape Town	20 Apr
1:43:02A	Michelle van Heerden	15 Nov 01	1	Wilderness	04 May
1:43:30	Amely Chauke		2	Phalaborwa	27 Jul
1:46:39	Naftileen Grobler	13 Mar 01	2	Pretoria	06 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

2:36:21	Nolene Conrad	26 Jul 85	16	Osaka	27 Jan
2:40:51	Christine Kalmer	10 Feb 86	43	Nagoya	10 Mar
2:41:44	Annie Bothma	26 Dec 95	11	Cape Town	15 Sep
2:43:21	Cornelia Joubert	22 Jun 88	12	Cape Town	15 Sep
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
2:48:52	Mari Rabie	10 Sep 86	28	London	28 Apr
2:48:53	Ntombesintu Mfunzi	27 Dec 81	13	Hannover	07 Apr

A = aided course

mx = mixed race, i.e. with men

wo = women-only race

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Compiled by Riel Hauman

Publisher: *Distance Running Results*

Member of the Association of Road Racing Statisticians & the Association of T&F Statisticians

Member of the IAU Records Committee

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