



1992-2018

CONTACT DETAILS

t: +27 (0) 11 880 5800
f: (+27) 11 442 3091
@: ceo@athleticssa.net
www.athletics.org.za

POSTAL ADDRESS

P O Box 2712
Houghton Estate
2041

STREET ADDRESS

Athletics House
No. 3, 11th Avenue
Houghton Estate
Johannesburg 2198

BOARD MEMBERS

PRES: Mr. Aleck Skhosana
VICE-PRES: Dr Harold Adams
T+F: Mr. Pieter Lourens
RR: Mr. James Molo
CC: Mr. Jakes Jacobs
Ath : Ms. Dorah Mngwevu
ADD: Ms. Motlatsi Keikabile
Ms. Shireen Noble
Ms. Esther Malema
Ms. Ntathu Gwadiso
E.O. Mr. Jazz Mnyengeza
Mr. William Mokatsanyane

HONORARY MEMBERS

Mervyn KING
Mluleki GEORGE

PARTNERS

IAAF
CAA
SASCOC
SRSA
NLC
ASA Provinces
ASA Associates
Old Mutual
SABC
Adidas
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	08 November 2018
Subject	ASA National Top 10 Ranking lists as on 4 November 2018
No pages	7

ELECTRONIC TRANSMISSION

**ASA CIRCULAR 122 OF 2018
ASA National Top 10 Ranking lists as on 4 November 2018**

Dear ASA Members

Please find attached the ASA National Top 10 Ranking lists as on 4 November 2018.

The ranking lists include the performances of Gerda Steyn in New York, and Irvette van Zyl in Soweto.

Please note that the performance of Irvette van Zyl places her 2nd on the ASA Top 10 ranking list, but this performance was achieved at altitude.

Athletics greetings

Richard Stander
ASA ACEO
Not signed due to electronic sending

S.A. TOP 10 ROAD PERFORMANCE LISTS 2018

As at 7 November 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

28:18	Stephen Lesego Mokoka	31 Jan 85	6	Durban	14 Oct
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
28:46	Ryan Mphahlele	20 Jun 98	8	Durban	14 Oct
28:47	Joel Mmone	29 Mar 91	4	Port Elizabeth	07 Apr
28:49	Melikhaya Frans	05 Feb 92	5	Port Elizabeth	07 Apr
29:01	Elroy Gelant	25 Aug 86	9	Durban	14 Oct
29:11	Lesiba Precious Mashele	13 Oct 90	1	Cape Town	23 Sep
29:15	Jeromy Andreas	28 Feb 92	12	Durban	14 Oct
29:18	Lukhanyo Ngxoko	24 Sep 96	6	Port Elizabeth	07 Apr
29:18	Kabelo Seboko	01 Jan 98	13	Durban	14 Oct

[11 athletes]

Juniors

30:02	Dais Malebana	11 Feb 99	1	Durban	14 Oct
30:08	Phenyo Chidi	17 May 99	2	Durban	14 Oct
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
30:53	Wiseman Mthembu	14 Nov 99	3	Durban	14 Oct
31:00	Pakiso Mthembu	10 Jun 99	1	Middelburg	29 Sep
31:14	Tumi Lephoto	27 Feb 00	3	Middelburg	29 Sep
31:24	Oliver Stewart	22 Feb 01	1	Boston	24 Jun
31:30	Itumeleng Sesiko	08 May 99	4	Cape Town	23 Sep

HALF MARATHON

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

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

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
1:02:58	David Manja	08 Jun 91	1	Cape Town	14 Oct

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	17 May 99	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
1:10:43	Thembeke Mendu	03 Oct 99	1	Cape Town	14 Oct
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

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

2:08:31	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
2:13:33	David Manja	08 Jun 91	2	Dublin	28 Oct
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

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

32:06	Irvette van Zyl	05 Jul 87	3	Durban	14 Oct
33:14	Glenrose Xaba	31 Dec 94	4	Durban	14 Oct
33:28	Kesa Molotsane	08 Jan 92	1	Bellville	02 Jun
33:36	Gerda Steyn	03 Mar 90	5	Durban	14 Oct
33:43	Nolene Conrad	26 Jul 85	3	Durban	24 Jun
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
36:49	Tayla Kavanagh	05 May 01	1	Durban	14 Oct
37:03	Lyndi Roelofse	30 Apr 01	2	Port Elizabeth	05 May
37:06	Tyler Beling	24 Aug 99	1	Middelburg	29 Sep
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
1:15:46	Annie Bothma	26 Dec 95	2	Cape Town	14 Oct
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

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

2:31:04	Gerda Steyn	03 Mar 90	13	New York	04 Nov
2:33:43A	Irvette van Zyl	05 Jul 87	1	Soweto	04 Nov
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
2:47:17A	Ann Ashworth	06 Apr 84	1	Nelspruit	03 Nov
2:47:54A	Yolande Maclean	10 Mar 78	2	Nelspruit	03 Nov
2:47:56	Ntombesintu Mfunzi	27 Dec 81	19	Cape Town	23 Sep

mx = mixed race, i.e. with men

wo = women-only race

Compiled by Riël 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

Phone: (021) 948-0293

Mobile: 082 922-8538

E-mail: rielh@mweb.co.za