

S.A. TOP 10 ROAD PERFORMANCE LISTS 2017

As at 6 December 2017.

MEN

10 KM

28:18	Elroy Gelant	25 Aug 86	1	Bellville	03 Jun
28:22	Stephen Lesego Mokoka	31 Jan 85	3	Manchester	28 May
28:48	Mbongeni Ngxazoza	02 Feb 80	2	Port Elizabeth	22 Apr
28:51	Lesiba Precious Mashele	13 Oct 90	1	Cape Town	08 Oct
29:01	Gladwin Sibabalwe Mzazi	28 Aug 88	3	Port Elizabeth	22 Apr
29:01	Melikhaya Frans	05 Feb 92	4	Port Elizabeth	22 Apr
29:13	Thabang Mosiako	23 Feb 95	1	Gaborone	07 May
29:24	David Manja	08 Jun 91	4	Nelspruit	04 Nov
29:27	Ashley Smith	09 Sep 96	3	Cape Town	08 Oct
29:32	Nadeel Wildschutt	28 Nov 96	1	Cape Town	01 Mar
29:32	Joel Mmone	29 Mar 91	6	Durban	08 Oct

HALF MARATHON

1:01:21	Stephen Lesego Mokoka	31 Jan 85	1	Port Elizabeth	24 Jun
1:01:30	Elroy Gelant	25 Aug 86	2	Port Elizabeth	24 Jun
1:01:48	Lesiba Precious Mashele	13 Oct 90	6	Boulogne	19 Nov
1:01:58	Melikhaya Frans	05 Feb 92	3	Port Elizabeth	24 Jun
1:02:47	Mbongeni Ngxazoza	02 Feb 80	4	Port Elizabeth	24 Jun
1:02:56	David Manja	08 Jun 91	1	Phalaborwa	29 Jul
1:03:01	Joel Mmone	29 Mar 91	5	Port Elizabeth	24 Jun
1:03:09	Thabang Mosiako	23 Feb 95	6	Port Elizabeth	24 Jun
1:03:48	Gladwin Sibabalwe Mzazi	28 Aug 88	7	Port Elizabeth	24 Jun
1:04:05	Thabiso Benedict Moeng	25 Jan 83	8	Port Elizabeth	24 Jun

MARATHON

2:08:35	Stephen Lesego Mokoka	31 Jan 85	1	Shanghai	12 Nov
2:10:51	Desmond Mokgobu	23 Nov 88	12	Rotterdam	09 Apr
2:11:41	Lusapho April	24 May 82	5	Hannover	09 Apr
2:12:50	Elroy Gelant	25 Aug 86	5	Cape Town	17 Sep
2:13:20	Xolisa Tyali	02 Dec 88	8	Cape Town	17 Sep
2:15:41	Melikhaya Frans	05 Feb 92	10	Cape Town	17 Sep
2:18:05	Gladwin Sibabalwe Mzazi	28 Aug 88	11	Cape Town	17 Sep
2:18:24	Tebogo Mathiba		8	Dublin	29 Oct
2:18:52	Lungile Gongqa	22 Feb 79	12	Mumbai	16 Jan
2:21:02	Michael Mazibuko	04 Aug 86	14	Cape Town	17 Sep

WOMEN

10 KM

32:22	Dominique Scott-Efurd	24 Jun 92	5	Boston	25 Jun
32:57	Kesa Molotsane	08 Jan 92	2	Cape Town	02 Apr
33:05	Irvette van Zyl	05 Jul 87	3	Cape Town	02 Apr
33:36	Lebogang Phalula	09 Dec 83	4	Cape Town	02 Apr
33:43	Mapaseka Makhanya	09 Apr 85	3	Port Elizabeth	06 May
33:47	Cornelia Joubert	22 Jun 88	5	Cape Town	02 Apr
33:52	Nolene Conrad	26 Jul 85	4	Port Elizabeth	06 May

33:56	Glenrose Xaba	31 Dec 94	6	Durban	11 Jun
34:26	Jenna Challenor	06 Jul 81	10	Cape Town	02 Apr
34:43	Christine Kalmer	10 Feb 86	11	Cape Town	02 Apr

HALF MARATHON

1:12:31	Cornelia Joubert	22 Jun 88	1	Port Elizabeth	24 Jun
1:12:36	Irvette van Zyl	05 Jul 87	9	Barcelona	12 Feb
1:12:43	Mapaseka Makhanya	09 Apr 85	2	Port Elizabeth	24 Jun
1:14:25	Lebogang Phalula	09 Dec 83	3	Port Elizabeth	24 Jun
1:14:25	Nolene Conrad	26 Jul 85	2	Cape Town	15 Apr
1:15:06	Jenet Mbhele	06 Oct 94	4	Port Elizabeth	24 Jun
1:15:14	Letitia Saayman	28 Oct 92	4	Richmond USA	11 Nov
1:15:32	Zintle Xiniwe	23 Oct 86	5	Port Elizabeth	24 Jun
1:17:31	Ntombesintu Mfunzi	27 Dec 81	7	Port Elizabeth	24 Jun
1:17:40	Jenna Challenor	06 Jul 81	1	Cape Town	08 Oct

MARATHON

2:35:21	Nolene Conrad	26 Jul 85	9	Valencia	19 Nov
2:36:47	Irvette van Zyl	05 Jul 87	9	Cape Town	17 Sep
2:37:22	Gerda Steyn	03 Mar 90	12	Valencia	19 Nov
2:40:15	Mapaseka Makhanya	09 Apr 85	40	London	06 Aug
2:43:50	Lebogang Phalula	09 Dec 83	11	Cape Town	17 Sep
2:47:22	Jenna Challenor	06 Jul 81	59	London	06 Aug
2:48:13A	Ann Ashworth		1	East London	25 Feb
2:51:36	Ntombesintu Mfunzi	27 Dec 81	13	Cape Town	17 Sep
2:52:33	Melanie van Rooyen	08 Nov 77	1	Port Elizabeth	02 Dec
2:54:09	Ulrica Stander	03 Oct 74	14	Cape Town	17 Sep

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