

VOET VAN AFRIKA RECORD HOLDERS

10km

		Name	Club	Year	Time
JUNIOR	Woman	Zintle Xiniwe	AAC	2002	0:37:04
	Man	Dicardo Jacobs	Boland	2006	0:30:26
SENIOR	Woman	Sivuyile Sibango	Bredasdorp	2017	0:36:55
	Man	Tsungai Mwanengeni	Mr Price	2007	0:30:43

21km

	Name	Club	Year	Time
WOMAN				
Senior	Marion Leiberich	Langa	2018	1:31:32
Master 40+	Busisiwe Matiwane	Nedbank	2017	1:45:33
Master 50+	Obertina Kanyongo	Nedbank WP	2019	1:42:57
Master 60+	Helen du Plessis	Brackenfell	2016	1:45:28
MEN				
Senior	Nkosinathi Madyo	AAC	2019	1:14:36
Master 40+	Mthandazo Qhina	Nedbank WP	2019	1:15:09
Master 50+	Enock Gijimani	Pinelands	2018	1:28:07
Master 60+	Frank Gillion	Whalers	2019	1:51:57

42km

	Name	Club	Year	Time
WOMAN				
Senior	Jade Bucklow	Temp	2022	3:23:25
Master 40+	Farwa Mentoor	Nedbank	2016	3:35:24
Master 50+	Cailey Bredenkamp	Paarl	2019	4:06:17
Master 60+	Tes Lundie	Assegaai (Piet Retief)	2019	4:29:19
MEN				
Senior	Bernard Tarisai Rukadza	Gugs RCS	2019	2:38:25
Master 40+	Mthandazo Qhina	Nedbank WP	2022	2:46:42
Master 50+	Geddes Gallant	SANDF	2017	3:29:40
Master 60+	Louis Claassen	Arcelor Mittal	2016	3:23:54

Trail Run

Dit sal nie werk om 'n rekord op te stel en boek daarvan te hou in die wedloop nie, die afstand verander.