



VOET VAN AFRIKA RECORD HOLDERS

10KM

		<u>NAME</u>	<u>CLUB</u>	<u>YEAR</u>	<u>TIME</u>
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

<u>WOMAN</u>	<u>NAME</u>	<u>CLUB</u>	<u>YEAR</u>	<u>TIME</u>
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
<u>MEN</u>				
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

<u>WOMAN</u>	<u>NAME</u>	<u>CLUB</u>	<u>YEAR</u>	<u>TIME</u>
Senior	Jade Bucklow	Temp Licence	2022	3:23:25
Master 40+	Farwa Mentoer	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
<u>MEN</u>				
Senior	Lloyd Bosman	Nedbank SWD	2024	2:32:53
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