

W.P. ROAD RECORDS

The current Western Province road records (as at 20 January 2015) are as follows (veteran and older age categories are 40-49, 50-59, 60-69 and 70+ for both men and women):

Senior men

10 km:	28:24	Lindikaya Mthangayi	Stellenbosch	290809
	28:22p (Open)	Sibabalwe Gladwin Mzazi	Cape Town	121014
	28:16a	Ian Syster	Atlanta	040702
15 km:	43:09	Thabang Baholo	Cape Town	021191
21.1 km:	61:32	Lindikaya Mthangayi	Port Elizabeth	040709
42.2 km:	2:07:06	Ian Syster	London	140402

Senior women

10 km:	31:47	Elana van Zyl (Meyer)	Durban	220789
15 km:	48:11	Elana Meyer	Tampa	260294
21.1 km:	68:36	Elana Meyer	Oslo	240994
	67:22a	Elana Meyer	Tokyo	240193
42.2 km:	2:39:32	Jean Rayner	Durban	200791
	2:25:15a	Elana Meyer	Boston	180494

Veteran men

10 km:	30:33	Gert Thys	Durban	190513
	30:31p	Gert Thys	Goodwood	010314
	28:56 (Open)	Luketz Swartbooi	Stellenbosch	211006
15 km:	47:20	Wilfred Manuel	Ravensmead	240802
	44:41 (Open)	Luketz Swartbooi	Ravensmead	290706
21.1 km:	66:55	Gert Thys	Constantia	260812
	63:37 (Open)	Luketz Swartbooi	Durban	010707
42.2 km:	2:21:37	Brian Mather	Faure	111080

Veteran women

10 km:	36:34	Michelle Bartman	Bellville	040611
15 km:	56:03	Margaret Curran	Ravensmead	260800
21.1 km:	81:10	Michelle Bartman	Port Elizabeth	240710
42.2 km:	2:54:42	Nancy Will	Port Elizabeth	110395
	2:52:04a	Joanna Thomas	Oudtshoorn	270210
	2:50:09 (Open)	Maya Lawrie	Cape Town	250911

Master men

10 km:	31:47	Vladimir Kotov	Goodwood	200310
15 km:	48:59	Vladimir Kotov	Constantia	130310
21.1 km:	69:38	Vladimir Kotov	Port Elizabeth	240710
42.2 km:	2:30:24	Vladimir Kotov	George	130211

Master women

10 km:	38:59	Jean Hann	Ottery	140893
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15 km:	59:42	Nancy Will	Eerste River	050703
21.1 km:	85:50	Nancy Will	Faure	010603
42.2 km:	3:04:04**	Fran Pocock	Pinelands	050300

Grandmaster men

10 km:	36:07	Albertus Bock	Cape Town	161105
15 km:	56:06	Albertus Bock	Milnerton	261105
21.1 km:	79:21	Gert Meyer	Durbanville	260699
42.2 km:	3:03:08	Brian Key	Pinelands	040301
	2:57:49a	Brian Key	Simon's Town	020901

Grandmaster women

10 km:	46:13	Marietha Herbert	Bellville	140407
	45:48^	Marietha Herbert	Cape Town	280407
	45:00p	Nancy Will	Bellville	310514
	43:41p	Nancy Will	Stellenbosch	090814
	43:24p	Nancy Will	Edgemead	291114
	41:20** (Open)	Sonja Laxton	Bellville	050409
15 km:	71:20	Pixie Sparg	Constantia	120305
	68:05p	Nancy Will	Eersterivier	210614
21.1 km:	1:41:15	Hester Kotze	Tokai	070209
	1:32:52p	Nancy Will	Atlantis	230814
	1:37:20 (Open)	Veronica van Niekerk	Cape Town	020907
42.2 km:	3:48:14	Hester Kotze	Stellenbosch	191111
	3:21:21p	Nancy Will	Cape Town	210914
	3:26:13a	Hester Kotze	Oudtshoorn	280209
	3:30:14 (Open)	Veronica van Niekerk	Cape Town	260910

Great grandmaster men

10 km:	44:37	Brian Key	Tokai	040212
15 km:	66:02	Brian Key	Constantia	100312
21.1 km:	1:36:04	Brian Key	Cape Town	120611
42.2 km:	3:19:24	Brian Key	Cape Town	230912

Great grandmaster women

10 km:	59:37	Marlene James	Goodwood	010314
	57:26p	Marlene James	Stellenbosch	090814
	57:17p	Marlene James	Grassy Park	140914
	54:20p	Pixie Sparg	Strand	051114
15 km:	89:30	Marlene James	Eersterivier	210614
21.1 km:	2:12:38	Marlene James	Gordon's Bay	050414
	2:09:11p	Marlene James	Atlantis	230814
	2:04:01p	Pixie Sparg	Cape Town	021114

42.2 km:	5:46:37	Annatjie Berntzen	Cape Town	220913
	4:46:18p	Avril Delapelin Dumont	Cape Town	210914

Junior boys

10 km:	30:00	Nkosinoxolo Sonqibido	Bellville	160405
	29:42 [^]	Nkosinoxolo Sonqibido	Bellville	250404
	29:29 (Open)	Nkosinoxolo Sonqibido	Pinelands	230203
15 km:	45:11	Zolani Bhitane	Meadowridge	191002
21.1 km:	66:17	Anthony Godongwana	Faure	010603
42.2 km:	2:24:13	Gerhard Dekkers	Stellenbosch	160967

Junior girls

10 km:	33:51	Lena Lötter	Durban	231005
	33:12 (Open)	Irvette van Blerk	Newlands	050904
15 km:	53:18	Elana van Zyl (Meyer)	Cape Town	241184
21.1 km:	79:35	Lena Lötter	Durbanville	210506
	79:09p	Annie Bothma	Blouberg Strand	081114

a = aided course (not eligible for record consideration, but regarded as WP best time)

p = pending

[^] = course uncertifiable; time recognised as WP best

** = Also the SA record

Other distances

30 km

MEN

Senior:	1:32:43**	Neo Molema	Cape Town	120102
Veteran:	1:38:59**	Gert Thys	Parow	250312
Master:	1:46:47**	Vladimir Kotov	Parow	030411
G'master:	2:05:38	Brian Key	Cape Town	120102
G/g'master:	2:16:40	Brian Key	Cape Town	110109
Junior:	1:41:57**	Vuyani Sixaso	Cape Town	110103

WOMEN

Senior:	1:53:01**	Monica Drögemöller	Cape Town	170187
Veteran:	2:02:48**	Nancy Will	Cape Town	140195
Master:	2:12:15	Fran Pocock	Parow	260300
G'master:	2:27:34	Hester Kotze	Cape Town	110109
	2:27:24p	Nancy Will	Cape Town	040115
	2:26:42 (Open)	Veronica van Niekerk	Parow	220309
G/g'master:	3:24:52p	Avril Delapelin Dumont	Cape Town	040115
	3:12:58 (Open)	Willemien Smuts	Cape Town	050114
Junior:	2:48:36	Shayne Damonse	Parow	260306

50 km

MEN

Senior:	2:48:39	Gert Thys	Cape Town	070412
Veteran:	2:48:39**	Gert Thys	Cape Town	070412
Master:	3:37:13a	Martin Arendse	Kleinmond	040503

G'master:	4:17:49a	Len Keating	Gordon's Bay	060501
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WOMEN

Senior:	3:21:01	Monica Drögemöller	Cape Town	020488
Veteran:	3:37:30**	Jean Rayner	Cape Town	290397
Master:	4:03:32a	Nancy Will	Gordon's Bay	230405

100 km

MEN

Senior:	6:46:10	Donovan Wright	Winschoten	090900
Veteran:	7:26:10	Zamani Spayer	Cape Town	021099
Master:	11:13:29	Frans Weekers	Cape Town	290901

WOMEN

Senior:	7:44:38	Charlotte Noble	Winschoten	130997
Veteran:	9:36:37	Irma Zöllner	Cape Town	021099
Master:	13:07:49	Anna van Zyl	Cape Town	021099

**) Also the SA record.

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