

KZN Masters Track Records - Hurdles

Last updated:

Feb-24

110mH				
Age Group	Athlete	Performance	Venue	Date
M30	-			
M35	-			
M40	C Le Roux	17.32		
M45	Gerhard Theron	20.05		2011

100mH									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M50	Gerhard Theron	18.36		2012	W30	Chareen Shillaw	16.22		2002
M55	Braam Van Tubbergh	20.79	Pretoria	2016	W35	Chareen Shillaw	15.54		2003-2004
M60	Kalie van Zyl	16.3			-				
M65	Kalie van Zyl	16.4			-				

80mH									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M70	Kalie van Zyl	13.2			W40	Susan Cronje	12.6		
M75	Kalie van Zyl	15.02			W45	Shona Hutchinson	13.37	Pilditch, AFMA	16/11/2023
M80	-				W50	Anna Du Plessis	13.84		2008
M85					W55	Magdalena Tomlinson	14.7		1999
M90					W60	Magdalena Tomlinson	14.75	Carolina	11/07/2003
-					W65	Magdalena Tomlinson	15.45	Pretoria	02/05/2009
-					W70	-			
-					W75	-			

400mH									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M30	Pieter Koekemoer	53.46	Pretoria	13/05/2016	W30	Shona Hutchinson	58.79	Port Elizabeth	11/02/2006
M35	Pieter Koekemoer	52.93	Malaga, Spain	Sep-18	W35	Chareen Shillaw	1:07.74		2004
M40	Pieter Koekemoer	55.25	Pilditch, AFMA	17/11/2023	W40	Susan Cronje	1:18.5		
M45	Michael Schroeder	1:02.53	Porte Alegre, Brazil	Oct-13	W45	Shona Hutchinson	1:04.84	Tampere, Finland	05/07/2022
M50	T Dagnall-Quinn	1:17.16							
M55	David Fourie	1:02.00	Tampere, Finland	05/07/2022					

300mH									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M60	Dennis Varty	51.05	Port Elizabeth	15/05/2015	W50	Anna du Plessis	48.69	Bloemfontein	27/04/2007
M65	Kalie van Zyl	48.0			W55	Magdalena Tomlinson	55.60		1999
M70	Kalie van Zyl	50.4			W60	Magdalena Tomlinson	54.25	Carolina	05/07/2003
M75	Kalie van Zyl	54.7			W65	Magdalena Tomlinson	1:00.31	Bloemfontein	19/09/2009

200mH									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M80	-				W70	Magdalena Tomlinson	39.50	Porto Alegre	Oct-13
M85	-				W75	Magdalena Tomlinson	40.60	Bloemfontein	27/04/2018
M90	-				W80	-			
M100	-				W85	-			
					W90	-			

3000m steeplechase				
Age Group	Athlete	Performance	Venue	Date
M30	-			
M35	Bheki Ngubane	10:40.31		
M40	Trevor Smith	10:29.1		
M45	Trevor Smith	10:59.2		
M50	Trevor Smith	12:04.7		
M55	Trevor Smith	13:19.2		

2000m steeplechase									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M60	Trevor Smith	9:48.2			W30	-			
M65	Kalie van Zyl	10:06.4		1988	W35	-			
M70	-				W40	-			
M75	Lucas Nel	9:38.31		2003	W45	-			
M80	-				W50	Magdalena Tomlinson	9:25.0		
M85	-				W55	Magdalena Tomlinson	9:17.0		
M90	-				W60	Magdalena Tomlinson	10:00.84		2003
M100	-				W65	Alett Ten Tusscher	11:58.0		
					W70	-			
					W75	-			