

**KZN Masters Track Records - Middle Distance**

Last updated: Feb-24

800m									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M30	Simphiwe Zulu	1:57.32		2012	W30	Nomcebo Mthethwa	2:33.0	Cape Town	04/05/2017
M35	Simphiwe Zulu	1:57.98	Port Elizabeth	15/05/2015	W35	Anne Weeden	<b>2:26.6</b>		
M40	Ben Kristy	<b>2:05.3</b>			W40	Anna Kruger	<b>2:27.9</b>		
M45	Allan Harms	<b>2:07.7</b>		2011	W45	Liz Alexander	2:26.55	Belville, Cape Town	May-02
M50	Brian Faber	<b>2:13.6</b>		1997	W50	Liz Alexander	2:21.84	San Sebastian, Spain	Aug-05
M55	Brian Faber	<b>2:24.3</b>		1998	W55	Magdalena Tomlinson	<b>2:47.5</b>		
M60	Kalie van Zyl	<b>2:36.1</b>			W60	Liz Alexander	2:44.96	Perth, Australia	Oct-16
M65	Andrew Spence	<b>2:30.7</b>		2011	W65	Magdalena Tomlinson	<b>3:10.6</b>		2010
M70	Lucas Nel	<b>2:36.7</b>			W70	Magdalena Tomlinson	3:19.67	Durban	21/03/2014
M75	Lucas Nel	<b>2:46.7</b>			W75	Magdalena Tomlinson	3:35.48	Durban	24/02/2018
M80	Lucas Nel	<b>3:11.8</b>			W80	Mavis Hutchinson	4:34.13	San Sebastian	29/08/2005
M85	Lucas Nel	3:37.34	Sydney	Oct-10	W85	-			
M90	Lucas Nel	4:20.97	Porto Alegre, Brazil	Oct-13	W90	-			
M100	-				W100	-			

1500m									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M30	Simphiwe Zulu	4:04.80		2012	W30	Nomcebo Mthethwa	5:15.1	Cape Town	04/05/2017
M35	Simphiwe Zulu	4:03.65	Port Elizabeth	16/05/2015	W35	Zoe Buchan	4:47.3		1997
M40	Perry Leary	4:07.20		1981	W40	Anna Kruger	5:01.4		
M45	Allan Harms	4:30.70	Durban	2011	W45	Liz Alexander	5:12.13	Belville, Cape Town	May-02
M50	Willie Mavuma	4:35.00		1997	W50	Liz Alexander	5:23.71	Durban	03/11/2006
M55	Percy Reid	4:44.70		1976	W55	Jenny Allebone	5:51.6		2000
M60	Lucas Nel	5:21.30			W60	Jenny Allebone	5:49.3	SA champs	2004
M65	Andrew Spence	5:09.30	KZN champs, Durban	2011	W65	Rachel Rossouw	7:11.4		2009
M70	Andrew Spence	5:35.64	Chatsworth	21/03/2016	W70	Pamela Osborn	8:04.7	Durban, SA champs	2011
M75	Lucas Nel	6:03.00			W75	Jean Foster	9:15.71	Belville	04/05/2002
M80	Lucas Nel	6:33.70	World Champs Spain	2005	W80	Jean Foster	9:56.99	Durban	24/03/2006
M85	-				W85	-			
M90	Lucas Nel	8:51.27	Porto Alegre, Brazil	2013	W90	-			
M100	-				W100	-			

5000m									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M30	-				W30	Nomcebo Mthethwa	20:19.1	Pretoria	2016
M35	Wellington Shibe	18:07.6	Port Elizabeth	15/05/2015	W35	Zoe Buchan	18:43.8		1997
M40	Perry Leary	15:11.0		1981	W40	Blanche Moila	18:40.1		1997
M45	Eric Quibell	16:11.8		1997	W45	Anne Weeden	18:46.3		1997
M50	Des Rowntree	16:14.8		1997	W50	Anne Weeden	18:51.0		2000
M55	Willie Mavuma	17:07.6		1997	W55	Jenny Allebone	19:51.10	Oudtshoorn	28/04/2000
M60	Keith Jolly	17:59.1		1997	W60	Jenny Allebone	19:52.44	Durban	06/05/2004
M65	Andrew Spence	19:16.4	Durban, SA champs	2011	W65	Rachel Rossouw	24:07.0		2009
M70	Arthur Zimmerman	20:41.96	Port Elizabeth	15/05/2015	W70	Jean Foster	30:43.7		1997
M75	Lucas Nel	22:52.0		2002	W75	Jean Foster	36:03.5	Sasolburg	04/05/2001
M80	Lucas Nel	24:55.21			W80	-			
M85	-				W85	-			
M90	-				W90	-			
M100	-				W100	-			

10000m									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M30	-				W30	Nomcebo Mthethwa	40:36.0	Cape Town	04/05/2017
M35	Bheki Ngubane	32:49.5		2012	W35	Grace De Oliveira	35:07.0	Durban	17/07/1997
M40	Perry Leary	31:41.5			W40	Anne Weeden	38:25.9		
M45	Andrew Daly	36:09.9	Port Elizabeth	2006	W45	Pauline Beaton	41:42.0		
M50	Willie Mavuma	33:31.8			W50	Liz Sweiden	45:52.0		2004
M55	Willie Mavuma	35:10.6			W55	Jenny Allebone	41:07.7	Oudtshoorn	28/04/2000
M60	Terrence Powell	41:45.5			W60	Jenny Allebone	41:34.2	Durban	08/05/2004
M65	Arthur Zimmerman	39:57.7		2007	W65	Gill Tregenna	55:30.11		2011
M70	Arthur Zimmerman	49:28.0	Port Elizabeth	16/05/2015	W70	-			
M75	J Oosthuizen	52:20.0			W75	-			
M80	-				W80	-			
M85	-				W85	-			
M90	-				W90	-			
M100	-				W100	-			