

**KZN Masters Track Records - Walk**

Last updated:

Feb-24

5000m walk (Track)									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M30	-				W30	N Roux	26:29.79	Chatsworth, Durban	20/03/2016
M35	-				W35	L Hunt	30:15.2		
M40	Olivier Mundell	22:46.0	Durban, SA champs	1997	W40	Yvonne Irmscher	28:46.1		2006
M45	Mike Whitmore	22:54.0			W45	Patsy Clemmens	27:48.2		
M50	Alan Wilson	27:49.2		2006	W50	Yvonne Irmscher	28:15.26	Port Elizabeth	15/05/2015
M55	David Flood	26:53.6		2006	W55	Yvonne Irmscher	29:54.6	Bloemfontein	27/04/2018
M60	Bill Pellew	27:19.3	Cape Town, SA Champs	2010	W60	Ingrid Bolt	30:22.4		2006
M65	David Flood	29:47.8	Kings Park	21/03/2014	W65	Ingrid Bolt	31:52.5	Durban	2010
M70	Norman Goodes	32:06.0		2004	W70	Rita Cooper	34:20.0		2003
M75	Zach Prinsloo	32:05.7		2004	W75	-			
M80	Raymond Goatley	36:51.89	Durban	24/03/2017	W80	Gill Tregenna	37:59.26	Pilditch, AFMA	17/11/2023
M85	Zacharias Prinsloo	41:13.9		21/03/2014	W85	-			
M90	-				W90	-			
M100	-				W100	-			

10000m walk (Road)									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M30	-				W30	-			
M35	-				W35	Caryn Loudon	1:05:54		2005
M40	-				W40	Ann McKenzie	1:01:23		2009
M45	-				W45	Yvonne Irmscher	57:41	Durban	2011
M50	Alan Wilson	1:05:59		2011	W50	Yvonne Irmscher	57:50		
M55	Alan Wilson	1:04:02		2012	W55	Pam von Aulock	58:07		
M60	David Flood	1:00:21		2012	W60	Susan Smith	1:04.3	Cape Town	04/05/2017
M65	Dave Flood	1:01:55		21/03/2015	W65	Ingrid Bolt	1:06:10		
M70	Les Williams	1:07.11	Pretoria, AFMA	18/11/2023	W70	Pamela Osborne	1:08:09	Durban	2011
M75	Raymond Goatley	1:15.27		2012	W75	J Courau	1:19:24		
M80	Zacharias Prinsloo	1:17:37	Durban	2011	W80	Gill Tregenna	1:16.13	Pretoria, AFMA	18/11/2023
M85	Zacharias Prinsloo	1:23:58		22/03/2015	W85	-			
M90	-				W90	-			
M100	-				W100	-			

20km road walk									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M30	-				W30	Natalie Le Roux	1:43:59.0	Cape Town	06/05/2017
M35	-				W35	-			
M40	Olivier Mundell	1:38:26		1997	W40	Ann McKenzie	2:04:02		2009
M45	Mike Whitmore	1:42:54			W45	Sharon Fuchs	1:59:20	Kings Park	22/03/2014
M50	Alan Wilson	2:07:33		2004	W50	Yvonne Irmscher	2:03:38	Kings Park	22/03/2014
M55	David Flood	1:55:50		2005	W55	-			
M60	David Flood	1:59:39		2011	W60	-			
M65	C Ferreira	2:06:45		2004	W65	-			
M70	Billy Mattig	2:16:13			W70	-			
M75	Zach Prinsloo	2:20:04		2005	W75	-			
M80	Joe Rogers	3:13.07			W80	-			
M85	-				W85	-			
M90	-				W90	-			
M100	-				W100	-			

30km road walk									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M30	-				W30	-			
M35	-				W35	-			
M40	-				W40	-			
M45	Mike Whitmore	2:32:03			W45	-			
M50	-				W50	Yvonne Irmscher	3:07:47		
M55	-				W55	-			
M60	-				W60	-			
M65	-				W65	-			
M70	-				W70	-			
M75	Joe Rogers	4:07:07			W75	-			
M80	-				W80	-			

50km road walk									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M30	-				W30	-			
M35	-				W35	Natalie Le Roux	4:54:33	George	23/10/2017
M40	-				W40	-			
M45	-				W45	-			
M50	-				W50	Yvonne Irmscher	5:26:28		
M55	-				W55	-			
M60	-				W60	-			