

KZN Masters Track Records - Sprints

Last updated:

Sep-24

100m									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M30	Wayne Holroyd	11.34		2006	W30				
M35	Wayne Holroyd	11.30	Port Elizabeth	16/05/2015	W35	Chareen Shillaw	12.9		2004
M40	Gavin Maxwell	10.94	Durban	Feb-07	W40	Anna Du Plessis	13.17		2002
M45	Gavin Maxwell	11.38	Riccione, Italy	Sep-07	W45	Shona Hutchinson	12.72	Durban	06/03/2021
M50	Moses Naidoo	11.79	Pilditch, AFMA	18/11/2023	W50	Anna Du Plessis	12.99	Durban	Feb-07
M55	Derek Brown	12.1		1999	W55	Jeanette Carlisle	14.59	Cape Town	18/05/2017
M60	Larry Pencilliah	12.43			W60	Magdalena Tomlinson	15.1		2006
M65	Kalie van Zyl	13.1			W65	Magdalena Tomlinson	15.98		2009
M70	Lucas Nel	13.85			W70	Magdalena Tomlinson	18.23		18/05/2017
M75	Lucas Nel	13.87		1999	W75	Magdalena Tomlinson	17.19	Bloemfontein	27/04/2018
M80	Lucas Nel	14.3	Bloemfontein	08/11/2003	W80	Jean Foster	34.7		2009
M85	Lucas Nel	16.29	Sydney	Oct-10	W85				
M90	Lucas Nel	17.76	Porto Alegre, Brazil	Oct-13	W90				
M100	-				W100				

200m									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M30	Wayne Holroyd	22.6	(possibly hand time)	2010	W30	Shona Hutchinson	24.76		2005
M35	Pieter Koekemoer	22.69	Pretoria	13/05/2016	W35	Joanne Daly	27.16		2006
M40	Pieter Koekemoer	22.98	Cape Town	04/05/2017	W40	Susan Conje			1989
M45	Vic Häger	22.8	Historic (hand)		W45	Anna Du Plessis	27.4		1998
M50	Wayne Holroyd	22.82	WMA Perth (electr)	October 2016	W50	Shona Hutchinson	25.41	Durban	06/03/2021
M55	Derek Brown	23.8			W55	Shona Hutchinson	26.60	Gothenburg, Sweden	20/08/2024
M60	Michael Schroeder	23.57	Rustenburg	March 2013	W60	Jeanette Carlisle	29.60	Cape Town	04/05/2017
M65	Moses Naidoo	23.67	Potchefstroom, SAMA	03/05/2024	W65	Magdalena Tomlinson	30.7		08/02/2003
M70	David Fourie	25.05	Durban	20/02/2021	W70	Magdalena Tomlinson	31.56		2009
M75	Larry Pencilliah	27.2		1999	W75	Magdalena Tomlinson	34.44	Brazil	2013
M80	Kalie van Zyl	27.5			W80	Magdalena Tomlinson	36.15	Bloemfontein	27/04/2018
M85	Lucas Nel	28.04		1999	W85	Jean Foster	62.35		2007
M90	Lucas Nel	32.18		2005	W90	-			
M95	Lucas Nel	34.37	Sydney	Oct-10	W100	-			
M100	Lucas Nel	38.04	Porto Alegre, Brazil	Oct-13					
M100	-								

400m									
Age Group	Athlete	Performance	Venue	Date	Age Group	Athlete	Performance	Venue	Date
M30	Pieter Koekemoer	51.10	Pretoria	13/05/2016	W30	Shona Hutchinson	55.99	Durban	18/02/2005
M35	Richard Ingram	50.12	WMA Perth, Australia	Oct-16	W35	Joanne Jacovides (Daly)	1:01.14		
M40	Wayne Holroyd	50.96	WMA Perth, Australia	Oct-16	W40	Susan Cronje	1:01.2		
M45	Michael Schroeder	52.83	Rustenburg	Mar-13	W45	Shona Hutchinson	58.11	Durban	28/03/2020
M50	Moses Naidoo	51.45	Potchefstroom, SAMA	02/05/2024	W50	Anna Du Plessis	63.12	Durban	Feb-07
M55	David Fourie	55.94	Cape Town	04/05/2023	W55	Magdalena Tomlinson	1:09.69		
M60	Larry Pencilliah	57.5			W60	Liz Alexander	1:10.26	Perth, Australia	Oct-16
M65	Kalie van Zyl	59.52			W65	Magdalena Tomlinson	1:14.25		2008
M70	Lucas Nel	1:04.16			W70	Sadie van Dyk	2:10.0		2002
M75	Lucas Nel	1:06.88		1999	W75	Magdalena Tomlinson	1:22.97	Bloemfontein	27/04/2018
M80	Lucas Nel	1:05.29	Spain - world champs	2005	W80	-			
M85	Lucas Nel	1:20.47	Sydney	Oct-10	W85	-			
M90	Lucas Nel	1:35.64	Porto Alegre, Brazil	Oct-13	W90	-			
M100	-				W100	-			