

KZN Masters Track Records – Sprints, Middle Distance, Hurdles and Steeplechase

Last updated:

March 2021

Sprints									
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	Henry Brand	11.85			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 Pieter Koekemoer	22.6 22.69	(possibly hand time) Pretoria	2010 13/05/2016	W30	Shona Hutchinson	24.76		2005
M35	Pieter Koekemoer	22.98	Cape Town	04/05/2017	W35	Joanne Daly	27.16		2006
M40	Vic Häger Wayne Holroyd	22.8 22.82	Historic (hand) WMA Perth (electr)	October 2016	W40	Susan Cronje Anna Du Plessis	27.4		1989 1998
M45	Derek Brown Michael Schroeder	23.8 23.57	Rustenburg	March 2013	W45	Shona Hutchinson	25.41	Durban	06/03/2021
M50	David Fourie	25.21	Kings Park, Durban	15/02/2020	W50	Anna Du Plessis	27.41		2008
M55	David Fourie	25.05	Durban	20/02/2021	W55	Jeanette Carlisle	29.60	Cape Town	04/05/2017
M60	Larry Pencilliah	27.2		1999	W60	Magdalena Tomlinson	30.7		08/02/2003
M65	Kalie van Zyl	27.5			W65	Magdalena Tomlinson	31.56		2009
M70	Lucas Nel	28.04			W70	Magdalena Tomlinson	34.44	Brazil	2013
M75	Lucas Nel	28.8		1999	W75	Magdalena Tomlinson	36.15	Bloemfontein	27/04/2018
M80	Lucas Nel	32.18		2005	W80	Jean Foster	62.35		2007
M85	Lucas Nel	34.37	Sydney	Oct-10	W85	-			
M90	Lucas Nel	38.04	Porto Alegre, Brazil	Oct-13	W90	-			
M100	-				W100	-			

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	58.43	Durban	15/02/2020
M50	Michael Schroeder	56.46	Bloemfontein	17/04/2018	W50	Anna Du Plessis	63.12	Durban	Feb-07
M55	David Fourie	56.77	Durban	21/02/2021	W55	Magdalena Tomlinson	1:09.69		
M60	Larry Pencilliah	57.5			W60	Liz Alexander	1:10.26	WMA Perth	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	-			

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	2:26.6		
M40	Ben Kristy	2:05.3			W40	Anna Kruger	2:27.9		
M45	Allan Harms	2:07.7		2011	W45	Liz Alexander	2:26.55	Belville, CT	May-02
M50	Brian Faber	2:13.6		1997	W50	Liz Alexander	2:21.84	San Sebastian, Spain	Aug-05
M55	Brian Faber	2:24.3		1998	W55	Magdalena Tomlinson	2:47.5		
M60	Kalie van Zyl	2:36.1			W60	Liz Alexander	2:44.96	Perth, Australia	Oct-16
M65	Andrew Spence	2:30.7		2011	W65	Magdalena Tomlinson	3:10.6		2010
M70	Lucas Nel	2:36.7			W70	Magdalena Tomlinson	3:19.67	Durban	21/03/2014
M75	Lucas Nel	2:46.7			W75	Magdalena Tomlinson	3:35.48	Durban	24/02/2018
M80	Lucas Nel	3:11.8			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	-			

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, CT	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	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, SAMA	2011
M75	Lucas Nel	6:03.00			W75	Jean Foster	9:15.71	Belville	04/05/2002
M80	Lucas Nel	6:33.70	WMA 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	-			

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	-			

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	-			

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	Susan Cronje	13.8		
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	Michael Schroeder	56.97	Durban	Feb-07	W40	Susan Cronje	1:18.5		
M45	Michael Schroeder	1:02.53	Porte Alegre, Brazil	Oct-13	W45	Shona Hutchinson	1:05.18	Durban	06/03/2021
M50	T Dagnall-Quinn	1:17.16							
M55	Braam Van Tubbergh	1:18.8	Pretoria	15/05/2016					

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	-			