

# Collegians Harriers Longest Day 100 Kilometre Club



## Criteria : 100 Kilometres in 12 Hours

Some runners have met the criteria on more than one occasion.

The following list represents the individuals best performance (in kilometres), in the year in which that performance was achieved and also the number of times the criteria has been met.

| Best Distance | Year | No. |
|---------------|------|-----|
|---------------|------|-----|

### WOMEN

|                     |         |      |   |
|---------------------|---------|------|---|
| Veronica Mahlali    | 118.64  | 2003 | 7 |
| Tammy Dennill       | 110.42  | 2000 | 6 |
| Elize van der Merwe | 107.18  | 2008 | 2 |
| Lizette Botha       | 101.39  | 2014 | 2 |
| Anita Jacobs        | 116.9   | 2003 | 1 |
| Rauna Paulus        | 113.199 | 2000 | 1 |
| Debby De Koning     | 109.79  | 2002 | 1 |
| Joy Mullin          | 109.68  | 2001 | 1 |
| Laurensia Lindengo  | 105.724 | 2000 | 1 |
| Julie Fourie        | 105.5   | 2011 | 1 |
| Nokukhanya Nsibande | 104.45  | 2006 | 1 |
| Sajida Abdool       | 101.85  | 2007 | 1 |
| Olive Anthony       | 100.67  | 1998 | 1 |

### MEN

|                       |         |      |    |
|-----------------------|---------|------|----|
| Wellington Phakathi   | 137.04  | 2003 | 10 |
| John Davis            | 119.866 | 1998 | 6  |
| Paul Selby            | 110.009 | 1997 | 6  |
| Jackie Dumakude       | 100.63  | 2003 | 6  |
| Mzwakhe Khanyile      | 142     | 2012 | 6  |
| Obert Ngcobo          | 143.99  | 2003 | 4  |
| Barry Reed            | 128.534 | 1999 | 4  |
| Henk Moen             | 124     | 2011 | 4  |
| Jannie Herbst         | 117.95  | 2007 | 4  |
| Bongani Ndlovu        | 113.68  | 2007 | 4  |
| Bradley Kavanagh      | 110.82  | 2014 | 4  |
| Richard Marie         | 100     | 1996 | 4  |
| Joseph Gwala          | 125.83  | 2004 | 3  |
| Nkosithandile Mvelase | 124.18  | 2012 | 3  |
| Sibonelo Mashimane    | 112     | 2014 | 3  |
| Craig Dennill         | 106.678 | 1996 | 3  |
| Steve Hobbs           | 106     | 2008 | 3  |
| Cliff Hagerman        | 103.01  | 2004 | 3  |
| Trevor Hadebe         | 100     | 1997 | 3  |
| Laurie Rautenbach     | 100     | 1997 | 3  |
| Anthony Albrightson   | 114.256 | 2015 | 3  |
| Matthew Hoeb          | 121.105 | 2000 | 2  |
| Parick Mkize          | 119.34  | 2011 | 2  |
| Bethuel Mhlongo       | 118.74  | 2002 | 2  |
| Jan Nel               | 112.69  | 2002 | 2  |
| Steve van Dyk         | 111.04  | 2001 | 2  |

|                       | Best Distance | Year | No. |
|-----------------------|---------------|------|-----|
| JJ Janse van Rensburg | 110.84        | 1999 | 2   |
| Mike Skinner          | 108.045       | 1998 | 2   |
| Lukas van der Merwe   | 107.57        | 2010 | 2   |
| Terry Oldbury         | 105.763       | 1998 | 2   |
| Ian Abrams            | 105.55        | 2006 | 2   |
| George Waswa          | 103.77        | 2012 | 2   |
| Fred McKenzie         | 106.75        | 2014 | 2   |
| Gustav Brink          | 100           | 2000 | 2   |
| Bernard Louise        | 100           | 1996 | 2   |
| Lawrence Mghabi       | 141.41        | 2003 | 1   |
| Matthews Nzimande     | 134.46        | 2002 | 1   |
| Salomo Davids         | 129.729       | 2000 | 1   |
| Norrie Williamson     | 122.891       | 1997 | 1   |
| Barry Trevor-Roberts  | 122.33        | 2010 | 1   |
| Sebelo Mnguni         | 120.71        | 2005 | 1   |
| Harrison Mkhulise     | 120.28        | 2008 | 1   |
| Derek Ferguson        | 117.539       | 1999 | 1   |
| Thokozani Ntuli       | 112.55        | 2004 | 1   |
| Bonginkosi Ncube      | 112.28        | 2003 | 1   |
| Jakes De Beer-Kotze   | 112.27        | 1997 | 1   |
| Kristian Tierney      | 112           | 2011 | 1   |
| Khombokwakhe Khumalo  | 111           | 2011 | 1   |
| Greg Dardagan         | 110.96        | 2016 | 1   |
| Stefan Wilmans        | 110.7         | 2004 | 1   |
| Christian Makhanya    | 110.03        | 2005 | 1   |
| Henk Carstens         | 108.78        | 2007 | 1   |
| Emmanuel Msomi        | 108.33        | 2011 | 1   |
| Isak Izaaks           | 108.22        | 2000 | 1   |
| Goodman Mngomezulu    | 108.13        | 2005 | 1   |
| Kevin Humphreys       | 107.52        | 2003 | 1   |
| Cyril van Whye        | 105.09        | 2007 | 1   |
| Edmund Luiz           | 104.46        | 2012 | 1   |
| Dave Mkhize           | 104.32        | 2005 | 1   |
| Jacob Zitha           | 104.12        | 2012 | 1   |
| Maxwell Nkosi         | 103.34        | 2004 | 1   |
| Dumisani Vilakazi     | 103.33        | 2003 | 1   |
| Tom Jenkins           | 103.14        | 2000 | 1   |
| Bryan Botha           | 102.73        | 2009 | 1   |
| Rob Geers             | 102.674       | 1997 | 1   |
| Ramurthi Naidoo       | 102.48        | 2006 | 1   |
| Nick Sissing          | 102.13        | 2003 | 1   |
| Gary Marquis-Jones    | 102.04        | 2012 | 1   |
| Philemon Zuma         | 102           | 2011 | 1   |
| Dean Wight            | 102           | 2012 | 1   |
| Jackie Jackpersadh    | 101.87        | 2003 | 1   |
| Paddy Collins         | 101.69        | 2010 | 1   |
| Keith Dauth           | 101.678       | 1996 | 1   |
| Darryl King           | 101.435       | 2000 | 1   |
| Joe Maartens          | 101.369       | 1999 | 1   |
| Chris Koch            | 101           | 2010 | 1   |
| Reiner Stucky         | 100.94        | 2003 | 1   |
| Ephraim Ndlovu        | 100.93        | 2002 | 1   |
| Andries Thirion       | 100.68        | 2000 | 1   |
| Russell Sclanders     | 100.66        | 2006 | 1   |
| Les Willows           | 100.66        | 2009 | 1   |
| Deon Stumke           | 100.17        | 2006 | 1   |
| John Barnard          | 100           | 1996 | 1   |

|                    | Best<br>Distance | Year | No. |
|--------------------|------------------|------|-----|
| Danie Croeser      | 100              | 1996 | 1   |
| Errol Cunnama      | 100              | 2000 | 1   |
| Johannes Gawaxamab | 100              | 2000 | 1   |
| Gerald Gouvea      | 100              | 1997 | 1   |
| Sipho Hadebe       | 100              | 1999 | 1   |
| Lance Hudson       | 100              | 1998 | 1   |
| Stanley Kuzwayo    | 100              | 1997 | 1   |
| Paul Lancaster     | 100              | 1999 | 1   |
| Caiphas Mavundla   | 100              | 1996 | 1   |
| David Mbethe       | 100              | 2000 | 1   |
| Voice Mgenge       | 100              | 1996 | 1   |
| Ernest Mcwabe      | 100              | 1997 | 1   |
| Welcome Mngqosini  | 100              | 1996 | 1   |
| Frans Spring       | 100              | 1998 | 1   |
| Joe Sullivan       | 100              | 1999 | 1   |
| David Taylor       | 100              | 2001 | 1   |
| Donald Underwood   | 100              | 1996 | 1   |
| Mdu Ndimande       | 100.22           | 2017 | 1   |
| Gerald Pavel       | 102.91           | 2017 | 1   |
| Sabelo Buqa        | 107.58           | 2017 | 1   |
| Mdu Zondi          | 122.49           | 2017 | 1   |