

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

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

MEN

Ian	Abrams	105.55	2006	2
Anthony	Albrightson	114.256	2015	3
John	Barnard	100	1996	1
Bryan	Botha	102.73	2009	1
Gustav	Brink	100	2000	2
Sabelo	Buqa	107.58	2017	1
Henk	Carstens	108.78	2007	1
Paddy	Collins	101.69	2010	1
Danie	Croeser	100	1996	1
Errol	Cunnama	100	2000	1
Greg	Dardagan	110.96	2016	1
Keith	Dauth	101.678	1996	1
Salomo	Davids	129.729	2000	1
John	Davis	119.866	1998	6
Jakes	De Beer-Kotze	112.27	1997	1
Craig	Dennill	106.678	1996	3
Jackie	Dumakude	100.63	2003	6
Derek	Ferguson	117.539	1999	1
Johannes	Gawaxamab	100	2000	1
Rob	Geers	102.674	1997	1
Steven	Gosman	106.795	2019	1
Gerald	Gouvea	100	1997	1
Joseph	Gwala	125.83	2004	3
Trevor	Hadebe	100	1997	3
Sipho	Hadebe	100	1999	1
Cliff	Hagerman	103.01	2004	3
Jannie	Herbst	117.95	2007	4

		Best Distance	Year	No.
Petros	Hlongwane	117.293	2022	2
Steve	Hobbs	106	2008	3
Matthew	Hoeb	121.105	2000	2
Lance	Hudson	100	1998	1
Kevin	Humphreys	107.52	2003	1
Isak	Izaaks	108.22	2000	1
Jackie	Jackpersadh	101.87	2003	1
JJ	Janse van Rensburg	110.84	1999	2
Tom	Jenkins	103.14	2000	1
Bradley	Kavanagh	110.82	2014	4
Mzwakhe	Khanyile	142	2012	7
Khombokwakhe	Khumalo	111	2011	1
Darryl	King	101.435	2000	1
Chris	Koch	101	2010	1
Stanley	Kuzwayo	100	1997	1
Paul	Lancaster	100	1999	1
Bernard	Louise	100	1996	2
Edmund	Luiz	104.46	2012	1
Joe	Maartens	101.369	1999	1
Christian	Makhanya	110.03	2005	1
Richard	Marie	100	1996	4
Gary	Marquis-Jones	102.04	2012	1
Sibonelo	Mashimane	112	2014	4
Caiphaz	Mavundla	100	1996	1
David	Mbethe	100	2000	1
Fred	McKenzie	106.75	2014	2
Ernest	Mcwabe	100	1997	1
Voice	Mgenge	100	1996	1
Lawrence	Mghabi	141.41	2003	1
Bethuel	Mhlongo	118.74	2002	2
Dave	Mkhize	104.32	2005	1
Harrison	Mkhulise	120.28	2008	1
Parick	Mkize	119.34	2011	2
Goodman	Mngomezulu	108.13	2005	1
Welcome	Mngqosini	100	1996	1
Sebelo	Mnguni	120.71	2005	1
Henk	Moen	124	2011	4
Emmanuel	Msomi	108.33	2011	1
Nkosithandile	Mvelase	124.18	2012	3
Ramurthi	Naidoo	102.48	2006	1
Bonginkosi	Ncube	112.28	2003	1
Mdu	Ndimande	100.22	2017	1
Bongani	Ndlovu	113.68	2007	4
Ephraim	Ndlovu	100.93	2002	1
Siabonga	Ndlovu	126.739	2022	1
Jan	Nel	112.69	2002	2
Obert	Ngcobo	143.99	2003	4
Maxwell	Nkosi	103.34	2004	1
Thokozani	Ntuli	112.55	2004	1
Alson	Nzama	103.517	2022	2
Matthews	Nzimande	134.46	2002	1
Terry	Oldbury	105.763	1998	2
Gerald	Pavel	102.91	2017	1
Wellington	Phakathi	137.04	2003	10
Laurie	Rautenbach	100	1997	3
Barry	Reed	128.534	1999	4
Russell	Sclanders	100.66	2006	1

		Best Distance	Year	No.
Paul	Selby	110.009	1997	6
Nick	Sissing	102.13	2003	1
Mike	Skinner	108.045	1998	2
Frans	Spring	100	1998	1
Reiner	Stucky	100.94	2003	1
Deon	Stumke	100.17	2006	1
Joe	Sullivan	100	1999	1
David	Taylor	100	2001	1
Andries	Thirion	100.68	2000	1
Kristian	Tierney	112	2011	1
Barry	Trevor-Roberts	122.33	2010	1
Donald	Underwood	100	1996	1
Lukas	van der Merwe	107.57	2010	2
Steve	van Dyk	111.04	2001	2
Cyril	van Whye	105.09	2007	1
Dumisani	Vilakazi	103.33	2003	1
George	Waswa	103.77	2012	2
Dean	Wight	102	2012	1
Norrie	Williamson	122.891	1997	1
Les	Willows	100.66	2009	1
Stefan	Wilmans	110.7	2004	1
Jacob	Zitha	104.12	2012	1
Mdumiseni	Zondi	122.49	2017	2
Philemon	Zuma	102	2011	1