

# 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.
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#### WOMEN

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

#### MEN

Obert Ngcobo	143.99	2003	4
Mzwakhe Khanyile	142	2012	5
Lawrence Mghabi	141.41	2003	1
Wellington Phakathi	137.04	2003	10
Matthews Nzimande	134.46	2002	1
Salomo Davids	129.729	2000	1
Barry Reed	128.534	1999	4
Joseph Gwala	125.83	2004	3
Nkosithandile Mvelase	124.18	2012	3
Henk Moen	124	2011	4
Norrie Williamson	122.891	1997	1
Barry Trevor-Roberts	122.33	2010	1
Matthew Hoeb	121.105	2000	2
Sebelo Mnguni	120.71	2005	1
Harrison Mkhulise	120.28	2008	1
John Davis	119.866	1998	6
Parick Mkize	119.34	2011	2
Bethuel Mhlongo	118.74	2002	2
Jannie Herbst	117.95	2007	4
Derek Ferguson	117.539	1999	1
Anthony Albrightson	114.256	2015	2
Bongani Ndlovu	113.68	2007	4
Jan Nel	112.69	2002	2
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

	Best Distance	Year	No.
Steve van Dyk	111.04	2001	2
Khombokwakhe Khumalo	111	2011	1
Greg Dardagan	110.96	2016	1
JJ Janse van Rensburg	110.84	1999	2
Stefan Wilmans	110.7	2004	1
Sibonelo Mashimane	112	2014	3
Christian Makhanya	110.03	2005	1
Paul Selby	110.009	1997	6
Henk Carstens	108.78	2007	1
Emmanuel Msomi	108.33	2011	1
Isak Izaaks	108.22	2000	1
Goodman Mngomezulu	108.13	2005	1
Mike Skinner	108.045	1998	2
Lukas van der Merwe	107.57	2010	2
Kevin Humphreys	107.52	2003	1
Bradley Kavanagh	110.82	2014	4
Craig Dennill	106.678	1996	3
Steve Hobbs	106	2008	3
Terry Oldbury	105.763	1998	2
Ian Abrams	105.55	2006	2
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
George Waswa	103.77	2012	2
Maxwell Nkosi	103.34	2004	1
Dumisani Vilakazi	103.33	2003	1
Tom Jenkins	103.14	2000	1
Cliff Hagerman	103.01	2004	3
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
Fred McKenzie	106.75	2014	2
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
Jackie Dumakude	100.63	2003	6
Deon Stumke	100.17	2006	1
Richard Marie	100	1996	4
Trevor Hadebe	100	1997	3
Laurie Rautenbach	100	1997	3
Gustav Brink	100	2000	2
Bernard Louise	100	1996	2
John Barnard	100	1996	1
Danie Croeser	100	1996	1

	Best Distance	Year	No.
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