

Collegians Harriers

The Longest Day: Age Category Records Progression



Men

Year	Age 20 - 39
1996	Craig Dennill 106.678 kms
1997	Norrie Williamson 122.891 kms
2000	Salamo Davids 129.728 kms
2002	Matthews Nzimande 134,46 kms
2003	Obert Ngcobo 143.990 kms

Year	Age 40 - 49
1996	Paul Selby 103.347 kms
1997	John Davis 106.027 kms
1998	John Davis 119.870 kms
1999	Barry Reed 128.534 kms
2002	Wellington Phakathi 134.430 kms
2003	Wellington Phakathi 137.040 kms

Year	Age 50 - 59
1996	Peter Lampert 80.000 kms
1997	Paul Selby 110.009 kms
2009	Bongani Ndlovu 111.330 kms

Year	Age 60 +
1996	Hamish Holman 80.000 kms
1997	Hamish Holman 81.119 kms
1998	Vernon Boucher 86.340 kms
1999	Graham Ives 99.718 kms
2006	Paul Selby 106.000 kms

Women

Year	Age 20 - 39
1996	Anita Aulsebrook 81.858 kms
1997	Bev Lampert 82.174 kms
1998	Tammy Impey 107.010 kms
2000	Rauna Paulos 113.119 kms
2003	Anita Jacobs 116.900 kms

Year	Age 40 - 49
1998	Olive Anthony 100.670 kms
2001	Joy Mullin 109.680 kms
2002	Debbie de Koning 107.790 kms
2003	Khaya Mahlali 118.640 kms

Year	Age 50 - 59
1998	Janet Ter Wolbeek 80.333 kms
1999	Janet Ter Wolbeek 88.000 kms
2004	Olive Anthony 92.830 kms
2013	Lizette Botha 101,394 KMS

Year	Age 60 +
2014	Jenny Abrams 64.875 kms
2015	Jenny Abrams 71.78 kms
2017	Elsa Grundlingh 73.28 KMS