

EASTERN PROVINCE ROAD RUNNING RECORDS AS AT 05/10/2026

CATEGORY	DIST	NAME	TIME	EVENT	YEAR	CITY
SENIOR MEN	10	Thabang Mosiako	0.27.45	Urban International	2023	France
SENIOR MEN	15	Abner Chipu	0.43.10	Boilermaker	1999	PE
SENIOR MEN	21.1	Thabang Mosiako	0.59.52	WA RR Championships	2023	Latvia
SENIOR MEN	42.2	Melikhaya Frans	2.09.24	World Championships	2022	Oregon
SENIOR MEN	50	Melikhaya Frans	2.48.55	NMBM Gqeberha	2025	PE
SENIOR MEN	100	Michael Mpotoane	6.24.00	France	2001	France
JUNIOR MEN	10	Terry Thornton	0.28.42	Goodyear	1986	PE
JUNIOR MEN	15	Terry Thornton	0.44.34	Diary Power	1985	PE
JUNIOR MEN	21.1	Terry Thornton	1.03.02	Ohlssons Lager SA	1986	Durban
JUNIOR MEN	42.2	Ruan Smalberger	3.13.25	Aspen	2007	PE
MEN 40 - 49	10	David Chawane	0.29.33	SA Champs	1999	PE
MEN 40 - 49	15	Ezael Tlhobo	0.47.05	Willard Batt	2004	PE
MEN 40 - 49	21.1	Dawid Chawane	1.05.39	Vodacom	2000	PE
MEN 40 - 49	42.2	Ezael Tlhobo	2.18.39	Parmalat	2004	PE
MEN 40 - 49	50	Michael Scout	2.57.00		2004	PE
MEN 40 - 49	100	Christopher Mabengeza	7.09.49	BTB	2007	PE
MEN 50 - 59	10	Desmond Zibi	0.32.37	NMBM Motherwell	2023	PE
MEN 50 - 59	15	Desmond Zibi	0.50.54	NMBM Gelvandale	2022	PE
MEN 50 - 59	21.1	Desmond Zibi	1.11.29	NMBM SA	2023	PE
MEN 50 - 59	42.2	Desmond Zibi	2.40.00	Cape Town	2018	PE
MEN 50 - 59	50	Desmond Zibi	3.08.45	Runified	2023	PE
MEN 50 - 59	100	Zinakile Soyamba	8.38.47	BTB	2007	PE
MEN 60 - 69	10	Desmond Zibi	0.33.30	Local Choice Pharmacy	2025	PE
MEN 60 - 69	15	Desmond Zibi	0.54.14	Forest Run	2025	PE
MEN 60 - 69	21.1	Desmond Zibi	1.16.01	NMBM Kariega	2025	Despatch
MEN 60 - 69	42.2	Desmond Zibi	2.55.41	NMBM 1 City Marathon	2025	PE
MEN 60 - 69	50	Desmond Zibi	3.25.39	NMBM Gqeberha	2025	PE
MEN 70 - 79	10	Tamsanqa Jusayi	0.40.43	Motherwell	2012	PE
MEN 70 - 79	15	Tamsanqa Jusayi	1.06.10	Sportsmans	2014	PE
MEN 70 - 79	21.1	Tamsanqa Jusayi	1.34.07	Heartbreak Hill	2012	PE
MEN 70 - 79	42.2	Tamsanqa Jusayi	3.36.32	PetroSA	2012	Mosselbay
MEN 70 - 79	50	Tamsanqa Jusayi	4.41.46	Bruintjieshoogte	2012	Pearson
MEN 80+	10	Henry Botha	1.03.36	Tops Men	2007	PE
MEN 80+	15	Wells Anderson	1.43.19	Gelvandale	2014	PE
MEN 80+	21.1	Ernie Verrall	2.25.14	NMBC Lotto	2014	PE
MEN 80+	42.2					
MEN 80+	50	Herman Dekker	6.28.54	NMBM Gqeberha	2025	PE

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CATEGORY	DIST	NAME	TIME	EVENT	YEAR	CITY
SENIOR LADIES	10	Treloar Childs	0.34.34	Goodyear	1990	PE
SENIOR LADIES	15	Colleen Lindeque	0.51.02	SA Champs	1984	CTown
SENIOR LADIES	21.1	Colleen Lindeque	1.13.55		1985	CTown
SENIOR LADIES	42.2	Jean Rayner	2.47.04	Ohllsons SA	1993	CTown
SENIOR LADIES	50	Kelly van Vliet	3.25.54	Nedbank Runified	2021	PE
SENIOR LADIES	100	Davera Magson	8.28.26	BTB	2007	PE
JUNIOR LADIES	10	Ncumisa James	0.37.50	Diva Run	2016	PE
JUNIOR LADIES	15	Kerry Ann Marais	1.02.18	MarinaSalt	2003	PE
JUNIOR LADIES	21.1	Siphokazi Liwani	1.28.26	Panamor Gel	2016	PE
LADIES 40 - 49	10	Treloar Childs	0.36.21	NPA	2004	PE
LADIES 40 - 49	15	Refeloe Solomons	0.58.08	Galaxy Bingo Corkwood	2025	Kariega
LADIES 40 - 49	21.1	Amanda Boshoff	1.21.13	Mr Price	1996	PE
LADIES 40 - 49	42.2	Juriane Lane	2.56.52	Ohllsons SA	1995	PE
LADIES 40 - 49	50	Christelle de Jager	3.50.40	FNB Bay	2003	PE
LADIES 40 - 49	100	Jacky Kobokana	10.27.47		2006	PE
LADIES 50 - 59	10	Margie Saunders	0.39.56	Algoa	2003	PE
LADIES 50 - 59	15	Margie Saunders	1.04.27	Willard Batt	2007	PE
LADIES 50 - 59	21.1	Michelle Howes	1.29.11	Nelson Mandela Bay	2026	PE
LADIES 50 - 59	42.2	Margie Saunders	3.14.39	Nashua	2004	PE
LADIES 50 - 59	50	Margie Saunders	4.07.31	Harmony Bay	2004	PE
LADIES 50 - 59	100	Theresa Lillis	11.57.56	BTB	2008	PE
LADIES 60 - 69	10	Margie Saunders	0.41.31	Motherwell	2015	PE
LADIES 60 - 69	15	Margie Saunders	1.04.01	Cassies	2015	PE
LADIES 60 - 69	21.1	Margie Saunders	1.30.53	Hydrassist	2014	PE
LADIES 60 - 69	42.2	Margie Saunders	3.15.48	Aspen	2014	PE
LADIES 60 - 69	50	Hanlie vd Westhuizen	5.00.46	Amobia Bay	2019	PE
LADIES 60 - 69	100	Marlene Wiese	11.41.18	BTB	2008	PE
LADIES 70 - 79	10	Margie Saunders	0.44.24	Spar Womens	2026	CTown
LADIES 70 - 79	15	Margie Saunders	1.08.49	Forest Run	2025	PE
LADIES 70 - 79	21.1	Margie Saunders	1.36.55	Volkswagen Heath Care	2026	Kariega
LADIES 70 - 79	42.2	Margie Saunders	3.31.48	NMBM 1 City	2025	PE
LADIES 80+	10	Dorothy Hart	1.20.09	NMBM 1 City	2020	PE
LADIES 80+	15	Jane Geldenhuys	2.25.46	Despatch	2009	PE
LADIES 80+	21.1					
LADIES 80+	42.2					