

**GAUTENG NORTH PROVINCIAL MEETING RECORDS****10 000m Men (Track)****Men 30 to 34**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
M. Nomanda	Transkei	2003/05/10	28:57,28 min

**Men 35 to 39**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
S. Tavares	GN	2003/05/10	31:01,80 min

**Men 40 to 44**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
B. Merrington	GN	1989/04/01	33:00,2 min

**Men 45 to 49**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
G. Mosweu	FS	1996/05/04	32:42,72 min

**Men 50 to 54**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
E. Esterhuizen	GN	1989/04/01	36:13,7 min (h)

**Men 55 to 59**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
C. van Wyk	GN	1991/03/23	38:05,0 min

**Men 60 to 64**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
RJA Bezuidenhout	CG	1996/05/04	43:08,64 min

**Men 65 to 69**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
K. Nurden	GN	2004/04/03	41:13,53 min

**Men 70 to 74**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
K. Nurden	GN	2005/04/23	41:09,22 min

**Men 75 to 79**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
M. Coetzee	GN	2009/05/01	53:12,4 min
A. Ferguson	CG	1997/04/01	62:40,21 min