

**GAUTENG NORTH PROVINCIAL MEETING RECORDS****3 000m Men****Men 30 to 34**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
C. van Reenen	GN	2010/10/02	11:48,18 min

**Men 35 to 39**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
G. Muldner	GN	1981/08/08	8:56,74 min

**Men 40 to 44**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
R. Northove	GN	1982/08/07	9:54,74 min

**Men 45 to 49**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
D. De Villiers	GN	2011/04/02	10:19,9 min
S. Tavares	GN	2009/03/14	10:28,18 min

**Men 50 to 54**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
C. Tsoiso	NWN	2010/10/02	10:40,74 min
L. le Grange	AVT	2009/03/14	13:43,72 min

**Men 55 to 59**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
J. van Deventer	?	1981/08/08	12:09,45 min

**Men 60 to 64**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>

**Men 65 to 69**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
A. Wurster	GN	2007/03/31	14:36,22 min

**Men 70 to 74**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
K. Nurden	GN	2007/03/31	12:10,80 min

**Men 75 to 79**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
M. Coetzee	GN	2011/04/02	16:45,9 min
M. Coetzee	GN	2010/10/02	17:12,95 min