

GAUTENG NORTH PROVINCIAL MEETING RECORDS**5 000m Men****Men 30 to 34**

Name	Prov	Date	Record
M. Nomanda	Transkei	2003/05/10	14:41,33 min

Men 35 to 39

Name	Prov	Date	Record
H. Lekhanyane	GN	1993/03/27	14:15,1 min

Men 40 to 44

Name	Prov	Date	Record
G. Mosweu	MPU	1989/05/06	15:14,7 min

Men 45 to 49

Name	Prov	Date	Record
G. Mosweu	FS	1996/05/04	15:56,10 min

Men 50 to 54

Name	Prov	Date	Record
L. Kgonyana	CG	1981/05/09	16:10,2 min

Men 55 to 59

Name	Prov	Date	Record
S. Mostert	WP	1996/05/04	17:36,40 min

Men 60 to 64

Name	Prov	Date	Record
W. Loedolff	GN	1989/04/01	19:06,1 min

Men 65 to 69

Name	Prov	Date	Record
W. Loedolff	GN	1995/04/01	20:27,7 min

Men 70 to 74

Name	Prov	Date	Record
K. Nurden	GN	2006/03/25	19:40,94

Men 75 to 79

Name	Prov	Date	Record
C. Pace	CG	1993/03/27	24:54,4 min

Men 80 to 84

Name	Prov	Date	Record
H. Botha	OP	2009/05/01	35:08,6 min