

**GAUTENG NORTH PROVINCIAL MEETING RECORDS****5 000m Walk Men (Track)****Men 30 to 34**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
S. Valentine	CG	1989/04/01	20:19,0 min

**Men 35 to 39**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
S. Valentine	CG	1997/04/05	21:20,24 min

**Men 40 to 44**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
I. Nel	WP	2003/05/10	23:26,63 min

**Men 45 to 49**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
J. Spencer	SWD	1990/03/31	24:23,7 min

**Men 50 to 54**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
J. Spencer	GN	1991/03/23	22:27,9 min

**Men 55 to 59**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
J. Spencer	GN	1996/05/04	24:42,55 min

**Men 60 to 64**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
J. Spencer	WP	2003/05/10	27:27,24 min

**Men 65 to 69**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
J. Spencer	WP	2009/05/01	28:07,3 min
IB Hertz	CG	?	28:09,0 min

**Men 70 to 74**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
H. Mallet Veal	CG	2000/03/18	31:38,0 min

**Men 75 to 79**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
Z. Prinsloo	KZN	2005/04/23	32:35,66 min

**Men 80 to 84**

<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
Z. Prinsloo	KZN	2009/05/01	36:10,2 min
G. Hazle	CG	2005/04/23	37:20,96 min

<b>Men 85 to 89</b>			
<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
C. Brand	CG	2006/03/25	40:26,81 min
<b>Men 90 to 94</b>			
<b>Name</b>	<b>Prov</b>	<b>Date</b>	<b>Record</b>
C. Brand	CG	2004/04/03	47:43,90 min