

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

Name	Prov	Date	Record

Women 35 to 39

Name	Prov	Date	Record
J. de Bos	FS	1989/05/06	10:19,9 min

Women 40 to 44

Name	Prov	Date	Record
A. Griesel	NW	1989/05/06	11:09,4 min

Women 45 to 49

Name	Prov	Date	Record
M. Montgomery	GN	2009/03/14	11:44,36 min
Z. Brand	SWD	1989/05/06	12:53,0 min

Women 50 to 54

Name	Prov	Date	Record

Women 55 to 59

Name	Prov	Date	Record
F. van Blerk	GN	2010/10/02	13:00,65 min
N. du Plessis	CG	1982/10/30	14:31, 2 min

Women 60 to 64

Name	Prov	Date	Record
J. Geldenhuys	WP	1989/05/06	13:54,8 min