

Overkruin Female Club Records

Junior

10km	A Ubbink	Transwerk	5 Augustus 2000	0:43:33
15km	Cazandra Fourie	Marcel Van't Slot	15 Augustus 2009	1:33:07
21,1km	Cindi Hanekom	Longtom	31 Maart 2012	2:15:52
32km				
42,2km				
50km				
56km				
Comrades				

Senior

10km	Anna Haw	Solomon Mahlangu	14 April 2012	0:39:15
15km	Anna Haw	Great Run	24 Maart 2012	1:03:35
21,1km	Anna Haw	Mazda	19 Mei 2012	1:28:25
32km	Simone Faasen	Bronkhorstspuit	12 Februarie 2011	2:38:48
42,2km	Andriël Rossouw	Elandsvallei	14 April 2012	3:19:31
50km	Andriël De Lange	Loskop	12 April 2014	4:13:39
56km	Stephanie Marais	Two Oceans	26 Maart 2016	4:54:43
Comrades	Stephanie Marais	Comrades	29 Mei 2016	8:50:44

40 - 49

10km	Yvette van Schalkwyk	George Claassen	26 Januarie 2013	0:45:22
15km	Ansa Strydom	Great Run	10 Desember 2011	1:13:40
21,1km	Ansa Strydom	Mazda	6 April 2013	1:39:36
32km	Ansa Strydom	Colgate	5 Mei 2013	2:44:21
42,2km	Ansa Strydom	Elandsvallei	13 April 2013	3:24:43
50km	Ansa Strydom	Loskop	20 April 2013	4:23:19
56km	Ansa Strydom	Two Oceans	7 April 2012	4:56:44
Comrades	Ansa Strydom	Comrades	3 Junie 2012	8:48:56

50 - 59

10km	Ansa Strydom	Mamelodi	15 Junie 2013	0:46:06
15km	Ansa Strydom	Marcel Van't Slot	17 Augustus 2013	1:14:36
21,1km	Ansa Strydom	Zwartkop Road Race	27 Julie 2013	1:43:27
32km	Lorraine Otto	RAC Tough One	24 November 2013	2:50:36
42,2km	Ansa Strydom	Kaapsehoop	2 November 2013	3:28:42
50km	Ansa Strydom	City to City	29 September 2013	4:43:11
56km				
Comrades	Ansa Strydom	Comrades	2 Junie 2013	9:17:20

60 +

10km	Elza Deidericks	Ford	7 April 2018	0:58:26
15km	Marietjie vd Westhuizen	Phobians	18 Augustus 2018	1:36:15
21,1km	Lorraine Otto	McCarthy Toyota	3 Februarie 2007	2:17:37

32km	Lorraine Otto	Bronkhorstspruit	17 Februarie 2007	3:42:53
42,2km	Lorraine Otto	Akasia 3 in 1	24 Maart 2007	5:10:00
50km	Lorraine Otto	Om die Dam	17 Maart 2007	6:07:55
56km				
Comrades				