

**EP RECORDS AS AT 2016/11/07****MEN 100KM**

<b>CATEGORY</b>	<b>NAME</b>	<b>TIME</b>	<b>EVENT</b>	<b>YEAR</b>	<b>CITY</b>
<b>SENIOR MEN</b>	Michael Mpotoane	7.26.00	IAU 100Km WC	26.08.2001	Cleder, France
<b>MEN 40 - 49</b>	Christopher Mabengeza	7.09.49	Bay to Bay	22.09.2007	Port Elizabeth
<b>MEN 50 - 59</b>	Zinakile Soyamba	8.38.47	Bay to Bay	22.09.2007	Port Elizabeth