

# GETFIT AC

## TOP 10 RECORD TIMES



### Comrades Ultra Marathon – GETFIT AC Top Ten Men

1	Jericho Khathi	Comrades 86.83km	09.06.19	07:11:35
2	Sthembiso Mthembu	Comrades 86.83km	09.06.19	07:17:17
3	Sphamandla Mngoma	Comrades 90.184 km	10.06.18	07:25:38
4	Innocent Ngubane	Comrades 89.9 km	04.06.17	07:29:16
5	Sonnyboy Nkabini	Comrades 90.184 km	10.06.18	07:29:23
6	Sphamandla Mngoma	Comrades 86.83km	09.06.19	07:34:06
7	Evidence Mwando	Comrades 90.184 km	10.06.18	07:47:32
8	Innocent Ngubane	Comrades 90.184 km	10.06.18	07:51:06
9	James Codner	Comrades 89.13 km	29.05.16	07:52:30
10	Evidence Mwando	Comrades 87.7 km	31.05.15	08:11:06

### Comrades Ultra Marathon – GETFIT AC Top Ten Ladies

1	Claire Imrie	Comrades 90.184 km	10.06.18	09:20:34
2	Samantha Gould	Comrades 90.184 km	10.06.18	09:53:02
3	Kayley Daly	Comrades 90.184 km	10.06.18	09:58:50
4	Aimee Clayton	Comrades 90.184 km	10.06.18	10:23:46
5	Monique vd Busken	Comrades 90.184 km	10.06.18	10:25:19
6	Wendy Becket	Comrades 89.9 km	04.06.17	10:26:00
7	Jacqueline Sutherland	Comrades 86.83km	09.06.19	10:26:36
8	Samantha Gould	Comrades 86.83km	09.06.19	10:26:37
9	Kirsten McDonald	Comrades 90.184 km	10.06.18	10:32:34
10	Khanyi Duze	Comrades 86.83km	09.06.19	10:32:41

### 42.2 km – GETFIT AC Top Ten Men

1	Mitch Dufourq	Kaapsehoop 3-in-1	02.11.19	02:46:40
2	Evidence Mwando	Deloitte Challenge	01.05.16	02:47:20
3	Jericho Khathi	Gaterite Challenge	01.05.19	02:49:35
4	Jericho Khathi	Hillcrest Marathon	09.02.20	02:50:14
5	Sphesihle Gwala	Capital City Marathon	23.02.20	02:50:43
6	Sphamandla Mngoma	Hillcrest Marathon	09.02.20	02:53:24
7	Sonnyboy Nkabini	Deloitte Challenge	15.03.20	02:54:16
8	Sphamandla Mngoma	Deloitte Challenge	18.03.18	02:54:23
9	Jericho Khathi	Soweto Marathon	03.11.19	02:55:15
10	Sonnyboy Nkabini	Maritzburg Marathon	24.02.19	02:55:35

### 42.2 km – GETFIT AC Top Ten Ladies

1	Alison Uys	Kaapsehoop 3-in-1	02.11.19	03:21:37
2	Claire Imrie	Deloitte Challenge	15.03.20	03:22:39
3	Claire Imrie	Capital City Marathon	23.02.20	03:23:18
4	Claire Imrie	Durban City Marathon	15.04.18	03:26:49
5	Alison Uys	Deloitte Challenge	15.03.20	03:31:18
6	Claire Imrie	Maritzburg Marathon	25.02.18	03:39:01
7	Taryn Davel	Maritzburg Marathon	21.02.15	03:39:11
8	Cheryl Aitken	Deloitte Marathon	17.03.19	03:44:25
9	Khanyi Duze	Durban City Marathon	07.04.19	03:48:14
10	Alison Schnell	Maritzburg Marathon	24.02.19	03:51:03

### 21.1 km – GETFIT AC Top Ten Men

1	Mitch Dufourq	SAPS Challenge	14.09.19	01:17:28
2	Evidence Mwando	Harry Gwala Marathon	20.08.17	01:18:24
3	Evidence Mwando	Durban City Marathon	08.05.16	01:18:43
4	Mitch Dufourq	Maritzburg Marathon	24.02.19	01:19:52
5	Mitch Dufourq	Deloitte Challenge	07.05.17	01:19:54
6	Sonnyboy Nkabini	Kearsney Striders	21.01.18	01:24:18
7	Mitch Dufourq	Maritzburg Marathon	25.02.18	01:24:58
8	Evidence Mwando	Hillcrest Marathon	11.02.18	01:25:15
9	Mitch Dufourq	Hillcrest Marathon	11.02.18	01:25:23
10	Evidence Mwando	Savages Supa Mama	14.08.16	01:25:26

### 21.1 km – GETFIT AC Top Ten Ladies

1	Robyn Greyling	Durban Runner	02.08.15	01:32:15
2	Robyn Greyling	Capital City Marathon	23.02.20	01:32:26
3	Robyn Greyling	Durban City Marathon	07.04.19	01:32:39
4	Robyn Greyling	Ice Promotion 21km	12.05.19	01:33:50
5	Robyn Greyling	Deloitte Challenge	01.05.15	01:34:12
6	Robyn Greyling	Bluff Marathon	17.11.19	01:34:28
7	Robyn Greyling	Hillcrest Marathon	09.02.20	01:34:55
8	Robyn Greyling	Checkout Challenge	06.05.18	01:35:02
9	Alison Uys	SAPS Challenge	14.09.19	01:35:17
10	Robyn Greyling	Maritzburg Marathon	26.02.17	01:35:53

### 10 km – GETFIT AC Top Ten Men

1	Mitch Dufourq	Waterfall Run	21.09.19	00:34:15
2	Mitch Dufourq	Forest Hills 10	14.07.19	00:34:41
3	Mitch Dufourq	Peace in Africa	25.05.19	00:34:50
4	Sthembiso Mthembu	Waterfall Run	23.09.18	00:35:22
5	Mitch Dufourq	1860 IcePro	19.11.17	00:35:23
6	Mitch Dufourq	Forest Hills 10	09.07.17	00:35:30
7	Mitch Dufourq	Checkout Challenge	06.05.18	00:35:36
8	Mitch Dufourq	FNB 10k	09.09.17	00:35:43
9	Evidence Mwando	Maritzburg Marathon	26.02.17	00:35:48
10	Mitch Dufourq	Durban Runner	05.08.18	00:35:53

### 10 km – GETFIT AC Top Ten Ladies

1	Robyn Greyling	SAPS Challenge	14.09.19	00:42:00
2	Alison Uys	FNB 10k	13.10.19	00:42:41
3	Robyn Greyling	Forest Hills 10	14.07.19	00:43:10
4	Robyn Greyling	Waterfall Run	23.09.18	00:43:18
5	Robyn Greyling	Forest Hills 10	12.07.15	00:43:43
6	Robyn Greyling	Forest Hills 10	10.07.16	00:44:16
7	Robyn Greyling	Forest Hills 10	15.07.18	00:44:29
8	Robyn Greyling	SAPS Challenge	13.09.15	00:44:40
9	Robyn Greyling	Stella Royal	06.03.16	00:45:01
10	Robyn Greyling	Forest Hills 10	09.07.17	00:45:05