

Bennie Roux

Ultra Runner



Proud owner of the title:

Inaugural winner and pioneer of the Munga 400km nonstop trail



The 400km route from Lakenvlei Forest Lodge in Mpumalanga, South Africa will have 5 race villages where runners will get support from the organisers in the form of food, a bed to sleep (if the choose) and a shower. Runners choose where and how long they want to stop. There are 10 water points along the route. The cut-off time is 120 hours. The race finishes in the Blyderiver Canyon - the 3rd largest canyon in the world.

<https://www.facebook.com/TheMungaTrail/>

<https://www.strava.com/activities/958939649>





THE ULTIMATE HUMAN RACE

Comrades Marathon 89km

Year	Direction	Time	Medal	Status	Rank O/A / Sex / Cat	Age	Club
2017	Up	07:59:13	Bill Rowan	Finished		39	Nedbank
2016	Down	06:53:13	Silver	Finished		38	Nedbank
2015	Up	07:05:35	Silver	Finished		37	Irene Road Running Club
2014	Down	07:25:30	Silver	Finished		36	Irene Road Running Club
2013	Up	07:24:12	Silver	Finished	257 / 247 / 149	35	Irene Road Running Club
2012	Down	07:26:15	Silver	Finished	569 / 550 / 310	34	Irene Road Running Club
2011	Up	08:52:47	Bill Rowan	Finished	1898 / 1773 / 859	33	Irene Road Running Club
2010	Down	09:39:07	Bronze	Finished	4030 / 3562 / 1495	32	Irene Road Running Club
2004	Up	08:43:48	Bill Rowan	Finished	1797 / 1702 / 1084	26	Irene Road Running Club
2003	Down	09:42:33	Bronze	Finished	4498 / 4053 / 181	25	Run Walk for Life GN
2000	Up	10:21:27	Bronze	Finished	8530 / 7624 /	22	Run Walk for Life GN

Club achievements: (Irene Running Club)

	2011
Senior Athlete of the year	
	2012
Mens Athlete of the year	
Senior Athlete of the year	
First member to finish Comrades	
2 nd Club Champ on 42km	
2 nd Club Champ on 21km	
Club Champ on 10km	
Overall Athlete of the year (Handicap system)	
Most Improved Athlete of the year	
	2013
Club Champ on 10km	
	2014
Club Champ on 10km	
Most Super league points	
	2015
Club Champ on 21km	
First member to finish Comrades	

Personal Bests:

5km - 16:51	
10km - 35:16	Spirit of Flight 2014
21km - 78:47	Wally Hayward 2015
42km - 2H50	Johnson Crane 2015
56km - 3H56	Two Oceans 2015 (Silver)
88km - 6H53	Comrades 2016 (Silver)

Sub 3 Hour Road Marathons:

Johnson Crane	2015	2:51
Two Oceans 42k mark	2015	2:58
Two Oceans 42k mark	2016	2:56
Kaapse Hoop	2017	2:51
Akasia	2016	2:58
Akasia	2017	2:59
Secunda 3in1	2019	2:56

Races:

2019

^{1st} Overall Munga 400km

2018

- 1st Overall Munga 400km
- 1st Overall Red barn Trail Marathon
- 2nd Overall Fish River Canyon Ultra
- 1st Overall Wolkberg 2 day stage trail
- 1st Overall Kalahari Augrabies Extreme Marathon 250km

2017

- 1st Overall Karkloof 100 Mile Trail
- 1st Overall Munga 400km

2016

- 1st Overall Paper bark Night trail 10km
- 3rd Senior SA Ultra Trail Champs 4th Overall
- 1st Overall Addo 100 Mile Trail
- 2nd Overall Hobbit Stage Trail
- 3rd Overall Kruger2Canyon Stage Trail (TV Coverage)

2015

- 2nd Overall NavWorld Night trail 10km
- 1st Overall Paper bark Night trail 10km
- 5th Overall at Skyrun 100km
- 4th Overall Cape Town Ultra Trail 100km
- 1st Overall Wolkberg 2day stage trail race 2015
- 1st Over the moon Trail 10km 2015
- 1st Overall Turbovite Jumpcity 2015 – JHB CBD

2014

- 1st Warrior Extreme 24Hour 2014
- 2nd Overall Brauhaus 45km Trail
- Top 10 in the Otter 42km Trail
- 1st Overall Namaqua Quest 4day 120km trail race
- 1st Overall Highveld Summer Trail 10km
- 1st Overall ASG Night Run
- 1st Overall S.W.A.T Obstacle Race
- 1st Overall Wolkberg 2day stage trail race
- 1st Overall Everest Challenge – 200 sets of Westcliff stairs – 100km 10 000m elevation gain - 27 Hours

2013

- 1st Overall S.W.A.T Obstacle Race
- 1st Overall Turbovite Jumpcity – Goldreef City
- 1st Overall Turbovite Jumpcity – JHB CBD
- 1st Team Momentum Du-Athlons (Multiple event winners in TEAM cat) (TV Coverage)

1st Overall ASG Night Run

2012

2nd Overall Hadedda Stage trail – Parys

1st Overall Mpambanyoni 18km Trail – Scottburgh

1st Mixed team Energizer Night Race (TV Coverage)

1st Overall Gerber Mudrun 13km Trail

1st Overall Skyrun 65km

1st Overall at the Gauteng Winter Trail Series

2011

2nd Overall at Dawn to Dusk 2011 doing 109km in 12 Hours on a circuit.

1st Overall Reitz Mielie Mile

1st Overall Hedianga Beast of the East 10km trail (TV Coverage)

Most of these results could be confirmed on www.racetime.co.za

Goals for 2015:

10km	-sub 34	
21km	-sub 77	Done 78
42km	-sub 2H40	
Comrades	-sub 6H30	
Silver Two Oceans	-sub 4H00	Done 3H56

Goals for 2016:

10km	-sub 34	
21km	-sub 76	
42km	-sub 2H40	
Comrades	-sub 6H30	
Addo 160km trail	WIN	Done

Goals for 2017:

Karkloof 100 mile	WIN	Done
Munga 400km trail	WIN	Done

Goals for 2018:

Fish river Trail	WIN	
Karkloof 100 mile	WIN	

Munga 400km trail WIN Done

Goals for 2019:

Fish river Trail WIN
MacMac 100 mile WIN
Munga 400km trail WIN Done

Current sponsors:

Altra <https://www.altrafootwearsa.com/>

-Shoes and kit

Julbo <http://www.julbo.com/>

-Superior Eyewear

Ultimate direction <https://www.ultimatedirection.co.za/>

-Hydration Packs

Tailwind nutrition <http://tailwindnutrition.co.za/>

-Nutrition

Cryo Recovery <http://cryorecovery.co.za/>

Body20 <http://www.body20.co.za/>

Links:

<https://www.facebook.com/bennie.roux> 3,362 Followers

<https://twitter.com/> @bennieroux 1,092 Followers

<http://www.strava.com/athletes/3453596> 1,140 Followers

<https://www.instagram.com/rouxbennie/?hl=en> 1,135 Followers

<http://www.navworld.co.za/2015/04/bennie-roux-joins-team-navworld/>