



SOUTH AFRICAN RECORDS

AS AT 31 DECEMBER 2010

(For World Records and African Records refer to web page www.iaaf.org)

JUNIOR MEN

EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
100m	10.30	Wind + 0.2 m/s	Wilhelm van der Vyver	Pretoria	18 April 2008
200m	20.16	Wind – 0.2 m/s	Riaan Dempers	Germiston	07 April 1995
400m	45.15		Riaan Dempers	Secunda	06 May 1994
800m	1:45.46		Hezekiel Sepeng	Stuttgart, Germany	15 August 1993
1000m	2:20.21		Clyde Colenso	Sydney, Australia	17 August 1996
1500m	3:38.15		Dumisane Hlaselo	Stellenbosch	14 March 2008
1 mile	3:58.15		Jacques van Rensburg	Port Elizabeth	11 March 1987
2000m	5:07.31		Jacques van Rensburg	Bloemfontein	09 March 1987
3000m	8:00.08		Tshamano Setone	Pretoria	27 January 2006
5000m	13:26.88		Terry Thornton	Stellenbosch	08 November 1986
10000m	28:50.94		Meck Mothuli	Port Elizabeth	17 May 1993
3000m Steeple Chase	8:30.29	Height 91.4 cm	Anton Nicolaisen	Durban	07 December 1987
110m Hurdles	13.73	Height 99.1 cm Wind + 1.2 m/s	Louw Smit	Pretoria	13 April 2007
	13.82	Height 106.7 cm Wind + 1.4 m/s	Ruan de Vries	Pretoria	06 November 2004
	13.82	Height 106.7 cm Wind -0.8 m/s	Ruan de Vries	Potchefstroom	04 February 2005
400m Hurdles	48.76	Height 91.4 cm	Llewellyn Herbert	Pretoria	08 April 1996
High Jump	2.31m		Jacques Freitag	Rehlingen, Germany	04 June 2001
Pole Vault	5.50m		Cheyne Rahme	Germiston	10 April 2010
Long Jump	8.09m	Wind + 0.7 m/s	Godfrey Mokoena	Grosseto, Italy	14 July 2004
Triple Jump	16.96m	Wind + 1.7 m/s	Godfrey Mokoena	Bloemfontein	03 April 2004
Shot Put	20.50m	Weight 6 kg	Janus Robberts	Naboomspruit	18 October 1997
	20.39m	Weight 7.26 kg	Janus Robberts	Germiston	07 March 1998
Discus Throw	63.94m	Weight 1.75 kg	Victor Hogan	Pretoria	19 April 2008
	59.51m	Weight 2 kg	Hannes Hopley	Santiago, Chilli	21 October 2000
Hammer Throw	81.04m	Weight 6 kg	Werner Smit	Bellville	29 March 2003
	71.02m	Weight 7.26 kg	Werner Smit	Parow	19 February 2003
Javelin Throw	83.07m	Weight 800 gm	Robert Oosthuizen	Beijing, China	19 August 2006
Pentathlon	3203 points		Johannes Zwiegers	Germiston	06 & 07 March 1998
Decathlon	6755 points		Gert Swanepoel	Germiston	10 & 11 April 2010
4 x100m Relay	39.59		SA TEAM Johannes Mosala Roscoe Engel Patrick Vosloo Wilhelm van der Vyver	Bydgoszcz, Poland	11 July 2008
4 x 200m Relay	1:23.20		PRETORIA UNIVERSITY Nico Moller Chris Neethling Tim Borland Paul van Wyk	Pretoria	28 October 1987
4 x 400m Relay	3:04.50		SA TEAM Wouter le Roux Chris Gebhardt Leigh Juluis Louis van Zyl	Grosseto, Italy	15 Jul 2004
4 x 800m Relay	7:31.4		NORTHERN GAUTENG Willem Geyer Flippie Prinsloo Deon Bronkhorst Henning Gericke	Pretoria	12 October 1977
3000m Race Walk	12:20.56	On the track	Martinus Esterhuizen	Cape Town	19 March 2004
5000m Race Walk	21:32.4	On the track	Carl Meyer	Port Elizabeth	10 April 1976



SOUTH AFRICAN RECORDS

AS AT 31 DECEMBER 2010

(For World Records and African Records refer to web page www.iaaf.org)

EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
10 km Race Walk	44:23.12	On the track	Andre de Wet	Cape Town	04 April 1992
10 km Race Walk	44:53	On the road	Marthinus Esterhuizen	Oudtshoorn	17 July 2004
20 km Race Walk	1:32:52	On the road	Werner Appel	Port Elizabeth	11 February 2006
10km	28:40	On the road	Tshamano Setone	Durban	23 October 2005
15km	43:32	On the road	Gert Thys	Bellville	03 November 1990
Half Marathon	61:24	On the road	Meck Mothuli	Durban	13 August 1995



SOUTH AFRICAN RECORDS

AS AT 31 DECEMBER 2010

(For World Records and African Records refer to web page www.iaaf.org)

JUNIOR WOMEN

EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
100m	11.25	Wind + 1.2 m/s	Marcel Winkler	Pretoria	29 April 1989
200m	22.76	Wind 0.0 m/s	Evette de Klerk	Sasolburg	21 April 1984
400m	51.89		Myrtle Simpson	Bloemfontein	15 April 1983
800m	1:55.45		Caster Semenya	Berlin, Germany	19 August 2009
1500m	4:01.81		Zola Budd	Port Elizabeth	21 March 1984
2000m	5:53.25		Marjorie van der Merwe	Stellenbosch	08 November 1986
3000m	8:37.5		Zola Budd	Stellenbosch	29 February 1984
5000m	15:01.83		Zola Budd	Stellenbosch	05 January 1984
2000m Steeple Chase	6:50.57	Height 76.2 cm	Andrea Horak	Bellville	27 April 2002
3000m Steeple Chase	10:35.17	Height 76.2 cm	Masello Moekoa	Durban	17 April 2004
100m Hurdles	13.47	Height 83.8 cm Wind + 1.7 m/s	Arnell Jacobs	Bloemfontein	04 April 1997
400m Hurdles	55.74	Height 76.2 cm	Myrtle Simpson	Bloemfontein	16 April 1983
4 x 100m Relay	45.07		NORTHERN TRANSVAAL Ilze Ras Maralize Furstenberg Edith Otterman Evette de Klerk	Pretoria	31 March 1984
4 x 400m Relay	3:37.93		SA NATIONAL TEAM Yolande Venter Mari-Louise Henning Adri van der Merwe Ronelle Ullrich	Lisbon, Portugal	14 July 1994
High Jump	1.96m		Charmaine Gale	Bloemfontein	04 April 1981
Pole Vault	4.05m		Annelie van Wyk	Bloemfontein	01 February 2002
Long Jump	6.54m	Wind + 1.8 m/s	Luzaan du Preez	Germiston	21 April 1990
Triple Jump	12.80m	Wind - 0.7 m/s	Bianca Erwee	Rustenburg	27 March 2008
Shot Put	16.95m	Weight 4 kg	Simone du Toit	Beijing, China	15 August 2006
Discus Throw	53.07m	Weight 1 kg	Simone du Toit	Roodepoort	08 February 2006
Hammer Throw	57.13m	Weight 4 kg	Annemie Smit	Sasolburg	26 March 2010
Javelin Throw	58.33m	Weight 600 gm	Sunette Viljoen	Potchefstroom	06 December 2002
Pentathlon	4033 points		Elmarie Gerryts	Kimberley	14 April 1990
Heptathlon	5868 points		Justine Robbeson	Grosseto, Italy	16 & 17 July 2004
5000m Race Walk	23:37.01	On the track	Nicolene Cronje	Germiston	05 April 2002
10 km Race Walk	50:03.34	On the track	Nicolene Cronje	Kingston, Jamaica	18 July 2002
10 km Race Walk	50:36	On the road	Lee-Ann Watts	Port Elizabeth	27 April 2001
10km	32:20	On the road	Zola Budd	Bloemfontein	06 August 1983
15km	51:06	On the road	Irvette van Blerk	Nijmegen, The Netherlands	17 November 2002
Half Marathon	75:30	On the road	Gwen van Rensburg	East London	21 July 1984