

# SOUTH AFRICAN RECORDS

AS AT 31 DECEMBER 2009

(For World Records and African Records refer to web page [www.iaaf.org](http://www.iaaf.org))

## YOUTH BOYS

EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
100m	10.36	Wind + 0.2 m/s	Leigh Julius	Pretoria	14 April 2002
200m	20.79	Wind + 0.2 m/s	Leigh Julius	Pretoria	13 April 2002
400m	45.15		Riaan Dempers	Secunda	06 May 1994
800m	1:47.67		Mandla Nkosi	Pretoria	29 January 1999
1500m	3:42.92		Hans van der Veen	Port Elizabeth	11 December 1982
1 mile	4:07.20		Marius-Hugo Schlechter	Cape Town	17 March 1982
2000m	5:18.10		Hansie van der Mescht	Port Elizabeth	21 November 1987
3000m	8:08.57		Hans van der Veen	Stellenbosch	25 April 1983
110m Hurdles	13.35	Height 91.4 cm Wind + 0.2 m/s	Marthinus van der Vyver	Debrechen, Hungary	14 July 2001
	13.89	Height 98.1 cm Wind + 0.1 m/s	Ruaan Vorster	Germiston	06 April 1999
300m Hurdles	35.72	Height 83.8 cm	Cornelius du Rand	Bloemfontein	01 April 1989
	37.10	Height 91.4 cm	Ockert Cilliers	Pretoria	04 April 1998
400m Hurdles	49.86	Height 83.8 cm	Marnus Kritzinger	Bydgoszcz, Poland	18 July 1999
	48.89	Height 91.4 cm	Louis van Zyl	Kingston, Jamaica	17 July 2002
1500m Steeple Chase	4:08.1	Height 76.2 cm	Francois Strydom	Port Elizabeth	30 October 1993
<b>2000m Steeple Chase</b>	<b>5:43.30</b>	<b>Height 76.2 cm</b>	<b>Donney Danster</b>	<b>Oudtshoorn</b>	<b>18 December 2009</b>
High Jump	2.25m		Jacques Freitag	Pretoria	01 July 1999
Pole Vault	5.20m		Cheyne Rahme	Pretoria	19 April 2008
	5.20m		Cheyne Rahme	Pune, India	15 October 2008
Long Jump	7.82m	Wind + 0.0 m/s	Godfrey Mokoena	Pretoria	15 June 2002
Triple Jump	16.03m	Wind + 0.7 m/s	Godfrey Mokoena	Pretoria	14 September 2002
Shot Put	21.15m	Weight 5 kg	Janus Robberts	Naboomspruit	19 October 1996
	17.19m	Weight 6 kg	Wessel Lemmer	Pretoria	07 April 2000
Discus Throw	63.46m	Weight 1.5 kg	Frits Potgieter	Silverton	18 October 1991
	53.34m	Weight 1.75 kg	Hannes Hopley	Shanghai, China	17 October 1998
Hammer Throw	79.79m	Weight 5 kg	Werner Smit	Belville	15 March 2001
	81.04m	Weight 6 kg	Werner Smit	Belville	29 March 2003
Javelin Throw	81.07m	Weight 700 gm	Robert Oosthuizen	Sherbrooke, Canada	11 July 2003
	71.79m	Weight 800 gm	Hardus Pienaar	Moscow, Russia	17 July 1998
4 x 100m Relay	41.55		<b>TRANSVAAL</b> Jannie Viljoen Ockert Coetzee Werner van Aswegen Stanley Mogorosi	Bloemfontein	05 April 1986
4 x 400m Relay	3:14.19		<b>SA SCHOOLS TEAM</b> Mark van Soest Jaco Burgers Daniel Mahlangu Mandla Nkosi	Shanghai, China	17 October 1998
1000m Medley Relay	1:51.35		<b>NATIONAL TEAM</b> Samuel Brits Marthinus van der Vyver Leigh Julius Louis van Zyl	Debrecen, Hungary	15 July 2001
5000m Race Walk	22:38.30	On the track	Jacques Lubbe	Potchefstroom	04 February 1995
10 km Race Walk	46:14.72	On the track	Jacobus van Dyk	Bellville	27 April 2002
10 km Race Walk	47:48	On the road	Stefano Kruger	Cape Town	09 October 1999
Octathlon	5633 points		Gert Swanepoel	Pretoria	18 & 19 April 2008
Heptathlon	4280 points		Hennie Kotze	Pretoria	08 April 2000

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## YOUTH GIRLS

EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
100m	11.54	Wind m/s	Mari-lise Furstenburg	Pretoria	05 November 1983
200m	23.30	Wind + 2.0 m/s	Evette de Klerk	Pretoria	02 April 1982
400m	53.20		Yolandi Venter	Bloemfontein	08 April 1994
800m	2:02.71		Corne Viljoen	Bloemfontein	09 March 1987
1500m	4:06.87		Zola Budd	Bloemfontein	28 October 1983
3000m	8:39.00		Zola Budd	Durban	02 April 1983
100m Hurdles	13.24	Height 76.2 cm Wind + 1.0 m/s	Ilse Ras	Pretoria	02 April 1982
400m Hurdles	58.77	Height 76.2 cm	Chantelle Terbanche	Germiston	23 March 2002
300m Hurdles	41.14	Height 76.2 cm	Vanessa Becker	Johannesburg	23 March 1996
High Jump	1.96m		Charmaine Gale	Bloemfontein	04 April 1981
Pole Vault	3.95m		Annelie van Wyk	Belville	10 March 2001
Long Jump	6.37m	Wind – 2.2 m/s	Delia Visser	Pretoria	08 April 2000
Triple Jump	12.54m	Wind + 1.0 m/s	Mariana Banting	Bloemfontein	14 March 1998
Shot Put	16.33m	Weight 4 kg	Simone Du Toit	Marrakech, Morocco	16 July 2005
Discus Throw	52.10m	Weight 1 kg	Simone Du Toit	Marrakech, Morocco	14 July 2005
Hammer Throw	54.21m	Weight 4 kg	Annemie Smit	Pretoria	27 March 2009
Javelin Throw	57.55m	Weight 600 gm	Tazmin Brits	Pretoria	18 April 2008
4x100m Relay	45.62		<b>Northern Transvaal</b> Edith. Otterman Mari-Lize Furstenberg Karen Kruger Karen Engelbrecht	Pretoria	03 April 1982
4x400m Relay	3:47.20		<b>Central Gauteng Team</b> Jackie Kolesky Amanda Kotze Lizelle Pretorius Zanelle Grobler	Pretoria	08 April 2000
1000m Medley Relay	2:11.07		<b>SA Schools Team</b> Cindy Stewart Justine Robbeson Chantelle Terblanche Tihanna Vorster	Caen, France	02 June 2002
3000m Race Walk	15:43.72	On the track	Karen-Marie Becker	Pretoria	26 March 1999
5000m Race Walk	26:10.31	On the track	Corli Swart	Rustenburg	28 March 2008
10 km Race Walk	56:22.67	On the track	Liza Jacobs	Bellville	27 April 2002
Pentathlon	3382 points		Wanda Veruschka	Pretoria	08 April 2000
Heptathlon	5380 points		Justine Robbeson	Bellville	26 & 27 April 2002