SOUTH AFRICAN RECORDS

AS AT 31 DECEMBER 2008

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

SENIOR MEN

EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
100m	10.06	Wind + 2.0 m/s	Johan Rossouw	Johannesburg	23 April 1988
200m	20.11	Wind – 0.8 m/s	Morne Nagel	Germiston	05 April 2002
400m	44.59 44.59		Arnaud Malherbe Hendrick Mokganyetsi	Roodepoort Yokohama, Japan	19 March 1999 09 September 2000
800m	1:42.69		Hezekiel Sepeng	Brussels, Belgium	03 September 1999
1000m	2:15.86		Mbulaeni Mulaudzi	Stockholm, Sweden	07 August 2007
1500m	3:33.56		Johan Landsman	Zurich, Switzerland	04 August 1993
1 mile	3:50.82		Johan Fourie	Port Elizabeth	11 March 1987
2000m	4:56.41		Johan Fourie	Stellenbosch	22 April 1985
3000m	7:41.06		Juan van Deventer	Stockholm, Sweden	21 July 2008
5000m	13:14.16		Shadrack Hoff	Gateshead, UK	02 July 1995
10000m	27:29.94		Hendrick Ramaala	Port Elizabeth	22 February 1999
1 hour	20 386m		Kevin Shaw	Bellville	02 October 1978
3000m Steeple Chase	8:19.00	Height 91.4 cm	Whaddon Niewoudt	Stellenbosch	08 May 1992
110m Hurdles	13.26	Height 106.7 cm Wind + 1.4 m/s	Shaun Bownes	Heusden, Belguim	14 July 2001
400m Hurdles	47.81	Height 91.4 cm	Llewellyn Herbert	Sydney, Australia	27 September 2000
4 x 100m Relay	38.47		**NATIONAL TEAM** Morné Nagel Corne Du Plessis Lee-Roy Newton Mathew Quinn	Edmonton, Canada	12 August 2001
4 x 200m Relay	1:22.06		**NATIONAL TEAM** Marcus La Grange Matthew Quinn Josef van der Linde Paul Gorries	Port Elizabeth	01 March 2002
4 x 400m Relay	3:00.20		**NATIONAL TEAM** Jopie van Oudtshoorn Hendrick Mokganyetsi Adriaan Botha Arnaud Malherbe	Seville, Spain	29 August 1999
4 x 800m Relay	7:04.70		**INVITATION RSA TEAM** Gideon van Oudtshoorn Hezekiel Sepeng Jurgens Kotze Johan Botha	Stuttgart, Germany	06 June 1999
4 X 1500m Relay	14:50.82		**SA INVITATION TEAM** Mathews Temane Deon Brummer Henning Gericke Johan Fourie	Port Elizabeth	15 October 1984
High Jump	2.38m		Jacques Freitag	Oudtshoorn	05 March 2005
Pole Vault	6.03m		Okkert Brits	Cologne, Germany	18 August 1995
Long Jump	8.39m	Wind + 1.7 m/s	Godfrey Mokoena	Lapinlahti, Finland	16 July 2006
Triple Jump	17.25m	Wind + 1.3 m/s	Godfrey Mokoena	Durban	16 April 2005
Shot Put	21.97m	Weight 7.26 kg	Janus Robberts	Eugene, Oregon	02 June 2001
Discus Throw	70.32m	Weight 2 kg	Frantz Kruger	Salon de Provence, France	26 May 2002
Hammer Throw	80.63m	Weight 7.26 kg	Chris Harmse	Durban	15 April 2005
Javelin Throw	88.75m	Weight 800 gm	Marius Corbett	Kuala Lumpur, Malyasia	21 September 1998
Decathlon	7721 points		Willem Coetzer	Reduit, Mauritius	05 & 06 April 2008
3000m Race Walk	11:27.2	On the track	Chris Britz	Pretoria	29 April 1989
5000m Race Walk	19:29.94	On the track	Chris Britz	Pietersburg	27 March 1997

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10 km Race Walk	40:32.78	On the track	Chris Britz	Krugersdorp	10 April 1995
20 km Race Walk	1:24.51	On the track	Stanley Valentine	Port Elizabeth	01 May 1989
20 km Race Walk	1:22.21	On the road	Chris Britz	Eisenhuttenstadt, Germany	11 May 1996
30 km Race Walk	2:14.28	On the road	Chris Britz	Victoria, Australia	25 August 1994
50 km Race Walk	4:07:30	On the road	Johan Moerdyk	Durban	14 September 1996
10 km	28:00 27:50 (Aided)	On the road On the road	Matthews Motshwaraeu Shadrack Hoff	Purchase Doha, Qatar	04 October 1980 13 December 2002
15 km	42:58 42.58	On the road On the road	Meshack Mogotsi Shadrack Hoff	Cape Town Uitca	02 November 1991 08 July 2001
Half Marathon	60:07 59:20 (Aided)	On the road On the road	Hendrick Ramaala Hendrick Ramaala	Kosize, Slovakia Lisbon, Portugal	04 October 1997 26 March 2000
Marathon	2:06:33	On the road	Gert Thys	Tokyo, Japan	14 February 1999

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SENIOR WOMEN

100m	11.06	Wind + 1.0 m/s	Evette de Klerk	Germiston	20 April 1990
200m	22.06	Wind + 0.7 m/s	Evette de Klerk	Pietersburg	08 April 1989
400m	50.05		Heide Seyerling	Sydney, Australia	25 September 2000
800m	1:58.85		Zelda Pretorius	Pretoria	01 April 1991
1000m	2:37.2		Ilze de Kock (Wicksell)	Bloemfontein	07 February 1983
1500m	4:01.81		Zola Budd (Pieterse)	Port Elizabeth	21 March 1984
1 Mile	4:23.38		Zola Pieterse	Port Elizabeth	04 March 1991
2000m	5:38.07		Zola Pieterse	Cape Town	08 April 1991
3000m	8:32.00		Elana Meyer	Durban	29 April 1991
5000m	14:44.05		Elana Meyer	Hechtel, Belgium	22 July 1995
10000m	30:52.51		Elana Meyer	London, UK	10 September 1994
100m Hurdles	12.94	Height 83.8 cm Wind + 1.8 m/s	Corien Botha	Salamanca, Spain	10 July 1998
400m Hurdles	53.74	Height 76.2 cm	Myrtle Bothma	Johannesburg	18 April 1986
3000m Steeplechase	9:55.11		Tebogo Masehla	Algiers, Algeria	20 July 2007
4 x 100m Relay	43.25		**NATIONAL TEAM** Wendy Hartman Dikeledi Moropane Suzanna Holtshausen Heide Seyerling	Pietersburg	18 March 2000
4 x 200m Relay	1:32.72		**SA INVITATION TEAM** Ina van Rensburg Mari-Lise Furstenberg Evette de Klerk Maryke Doubell	Bloemfontein	09 March 1987
4 x 400m Relay	3:30.12		**NATIONAL TEAM** Surita Febbraio Adri Schoeman Heide Seyerling Estie Estie Wittstock	Brazzaville, Congo	18 July 2004
4 x 800m Relay	8:19.47		**SA INVITATION TEAM** Helga van Wermeskerke Ermyntrude Vermeulen Yvonne Goosen Elize Fouche	Johannesburg	13 February 1985
High Jump	2.06m		Hestrie Cloete	Saint Denis, France	31 August 2003
Pole Vault	4.42m		Elmarie Gerryts	Wesel, Germany	12 June 2000
Long Jump	6.93m	Wind + 1.6 m/s	Karen Mey	Bad Lengensalza, Ge	7 July 2007
Triple Jump	13.46m	Wind + 0.3 m/s	Charmain Barnard	Bloemfontein	10 April 1992
Shot Put	17.88m	Weight 4 kg	Drienkie van Wyk	Germiston	25 January 2002
Discus Throw	64.87m	Weight 1 kg	Elizna Naude	Stellenbosch	02 March 2007
Hammer Throw	59.37m	Weight 4 kg	Elmarie Knoetzen	Bloemfontein	01 February 2002
Javelin Throw	63.49m	Weight 600 gm	Justine Robbeson	Potchefstroom	16 February 2008
Heptathlon	6181 points		Janice Josephs	Melbourne, Australia	21 & 22 March 2006
3000m Race Walk	12:53.19	On the track	Nicolene Cronje	Pretoria	20 February 2004
5000m Race Walk	22:19.64	On the track	Nicolene Cronje	Durban	05 March 2004
10 km Race Walk	47:32.54	On the track	Nicolene Cronje	Pretoria	19 March 2005
10 km Race Walk	45:05	On the road	Susan Vermeulen	Bloemfontein	17 April 1999
20 km Race Walk	1:36:18	On the road	Susan Vermeulen	Mezidon,France	02 May 1999
10 km	31:13	On the road	Elana Meyer	Budapest, Hungary	14 October 2001
15 km	46:57	On the road	Elana Meyer	Cape Town	02 November 1991
Half Marathon	66:44	On the road	Elana Meyer	Tokyo, Japan	15 January 1999
Marathon	2:26:35 2:25:15 (Aided)	On the road	Collen de Reuck Elana Meyer	Berlin, Germany Boston, USA	29 September 1996 18 April 1994