



S A J U N I O R R E C O R D S

SAJ - SA Juniors (u20 or 19-year-olds)

As at 18-Feb-08

*** - Awaiting ratification

M E N

100 METRES

SAJ 10.32 0.2 Leigh Julius Bloemfontein 02-Apr 2004

200 METRES

SAJ 20.16 -0.2 Riaan Dempers Germiston 07-Apr 1995

400 METRES

SAJ 45.15 Riaan Dempers Secunda 06-May 1994

800 METRES

SAJ 1:45.46 Hezekiel Sepeng Stuttgart 15-Aug 1993

1000 METRES

SAJ 2:20.21 Clyde Colenso Sydney 17-Aug 1996

1500 METRES

SAJ 3:40.29 Johan Cronje Cuxhaven 21-Jul 2001

3000 METRES

SAJ 8:00.08 Tshamano Setone Pretoria 27-Jan 2006

5000 METRES

SAJ 13:26.88 Terry Thornton Stellenbosch 08-Nov 1986

10000 METRES

SAJ 28:50.94 Meck Mothuli Port Elizabeth 17-May 1993

3000 METRES STEEPLECHASE

SAJ 8:30.29 Anton Nicolaisen Durban 07-Dec 1987

110 METRES HURDLES

SAJ 13.82 1.4 Ruan de Vries Pretoria 06-Nov 2004

SAJ 13.82 -0.8 Ruan de Vries Potchefstroom 04-Feb 2005

0.995m (new height as from Jan 2006)

SAJ 13.73 1.2 Louw Smit Pretoria 13-Apr 2007

400 METRES HURDLES

SAJ 48.76 Llewellyn Herbert Pretoria 08-Apr 1996

4 x 100 METRES RELAY

SAJ 40.26 Transvaal Bloemfontein 08-Apr 1994
Ettienne Roux, Dirk de Lange, Stefan Nel, Rudolph Louw

4 x 400 METRES RELAY

SAJ 3:04.50 South Africa Grosseto 18-Jul 2004
Wouter le Roux, Chris Gebhardt, Leigh Julius, LJ van Zyl

1000m Relay (100, 200, 300, 400m)

WY 1:50.46 Poland Debrecen 15-Jul 2001

HIGH JUMP

SAJ 2.31 Jacques Freitag Rehlingen 04-Jun 2001

POLE VAULT

SAJ 5.46 Okkert Brits RSA Paarl 26-Dec 1992

LONG JUMP

SAJ 8.09 0.7 Godfrey Mokoena Grosseto 14-Jul 2003

TRIPLE JUMP

SAJ 16.96 1.7 Godfrey Mokoena Bloemfontein 03-Apr 2004

SHOT PUT

SAJ 20.39 **7.26kg** Janus Robberts Germiston 07-Mar 1998

SAJ 20.50 **6kg** Janus Robberts Naboomspruit 18-Oct 1997

DISCUS

SAJ 59.51 **2kg** Hannes Hopley Santiago-de-Chile 21-Oct 2000

SAJ 63.46 **1.75kg** Frits Potgieter Krugersdorp 01-Oct 1993

HAMMER THROW

SAJ 71.02 **7.26kg** Werner Smit Parow 19-Feb 2003

SAJ 81.04 **6kg** Werner Smit Bellville 29-Mar 2003

SAJ 81.04 **800gm** Werner Smit Bellville 29-Mar 2003

JAVELIN

SAJ 83.07 Robert Oosthuizen Beijing 19-Aug 2006

Juniors (Under 20)			700gm				
SAJ	6	355		Tinus de Bruin	Rades, TUN	1/2 Sep	2005
W A L K I N G			((R O A D))				
10km							
SAJ	44:53			Thinus Esterhuizen	Oudtshoorn	17-Jul	2004
20kmW							
SAJ	1:32:52			Werner Appel	Port Elizabeth	11-Feb	2006
W A L K I N G			((T R A C K))				
3000m Track							
SAJ	12:31.9			Clive Kumalo	Durban	24-Oct	1987
5000m Track							
SAJ	21:32.4			Carl Meyer	Port Elizabeth	10-Apr	1976
10000m Track							
SAJ	44:23.12			Andre de Wet	Kaapstad	04-Apr	1992
20000m Track							
SAJ	1:34.59			Werner Appel	Potchefstroom	28-Jan	2006
W O M E N							
100 METRES							
SAJ	11.25			Marcel Winkler	Pretoria	29-Apr	1989
200 METRES							
SAJ	22.76			Evette de Klerk	Sasolburg	21-Apr	1984
400 METRES							
SAJ	51.89			Myrtle Bothma/Simpson	Bloemfontein	15-Apr	1983
800 METRES							
SAJ	2:00.9			Zola Budd	Kroonstad	16-Mar	1984
1500 METRES							
SAJ	4:01.81			Zola Budd	Port Elizabeth	21-Mar	1984
2000 METRES							
SAJ	5:53.25			Marjorie van der Merwe	Stellenbosch	08-Nov	1986
3000 METRES							
SAJ	8:37.5			Zola Budd	Stellenbosch	29 Feb	1984
5000 METRES							
SAJ	15:01.83			Zola Budd	Stellenbosch	05-Jan	1984
3000 METRES STEEPLECHASE							
SAJ	10:35.17			Masello Moekoa	Durban	17-Apr	2004
100 METRES HURDLES (84cm)							
SAJ	13.47	1.7		Arnell Jacobs	Bloemfontein	04-Apr	1997
400 METRES HURDLES							
SAJ	55.74			Myrtle Bothma	Bloemfontein	16-Apr	1983
4 x 100 METRES							
SAJ	45.07			Northern Transvaal	Pretoria	31-Mar	1984
				Ilse Ras, Mari-Lise Furstenberg, Edith Otterman, Evette de Klerk			
4 x 400 METRES							
SAJ	3:37.93			SA National Junior Team	Lisbon	14-Jul	1994
				Yolandi Venter, Mari-L Henning, Adri van der Merwe, Ronelle Ullrich			
HIGH JUMP							
SAJ	1.96			Charmaine Gale	Bloemfontein	04-Apr	1981
POLE VAULT							
SAJ	4.05			Annelie van Wyk	Bloemfontein	01-Feb	2002
LONG JUMP							
SAJ	6.54	1.8		Luzaan du Preez	Germiston	21-Apr	1990
TRIPLE JUMP							
SAJ	12.75	-3.2		Karen Pretorius	Pretoria	20-Apr	2001
SHOT PUT							
SAJ	16.95			Simoné du Toit	Beijing	15-Aug	2006
DISCUS							
SAJ	53.07			Simoné du Toit	Roodepoort	08-Feb	2006
HAMMER							
SAJ	49.09			Karin le Roux	Bellville	14-Nov	2006
***	50.30			Marizette Badenhorst	Potchefstroom	01-Feb	2008
JAVELIN (with new javelin)							
SAJ	58.33			Sunette Viljoen	Potchefstroom	06-Dec	2002
HEPTATHLON							
SAJ	5868			Justine Robbeson	Grosseto	16/17 Jul	2004
W A L K I N G			((R O A D))				
10km Walk (Road)							
SAJ	50:36			Lee-Anne Watts	Port Elizabeth	27-Apr	2001

5000mW
SAJ
10000mW
SAJ

23:37.01
50:03.34

Nicolene Cronje
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Germiston 05-Apr 2002
Kingston 18-Jul 2002