



SOUTH AFRICAN SENIOR RECORDS

SA - SA Senior

As at 18-Feb-08

*** - Awaiting ratification

MEN

100 METRES

SA 10.06 2.0 Johan Rossouw Johannesburg 23-Apr 1988

200 METRES

SA 20.11 -0.8 Morne Nagel Germiston 05-Apr 2002

400 METRES

SA 44.59 Arnaud Malherbe Roodepoort 19-Mar 1999
 44.59 Hendrik Mokganyetsi Yokohama 09-Sep 2000

800 METRES

SA 1:42.69 Hezekiel Sepeng Brussels 03-Sep 1999

1000 METRES

SA 2.16.0 Danie Malan Munchen 24-Jun 1973

1500 METRES

SA 3:33.56 Johan Landsman Zurich 04-Aug 1993

3000 METRES

SA 7.44.0 Johan Fourie Stellenbosch 07-Jan 1985

5000 METRES

SA 13:14.16 Shadrack Hoff Gateshead 02-Jul 1995

10000 METRES

SA 27:29.94 Hendrick Ramaala Port Elizabeth 22-Feb 1999

3000 METRES STEEPLECHASE

SA 8:19.00 Whaddon Niewoudt Stellenbosch 08-May 1992

110 METRES HURDLES

A, SA 13.26 1.4 Shaun Bownes Heusden 14-Jul 2001
1.067m

400 METRES HURDLES

SA 47.81 Llewellyn Herbert Sydney 27-Sep 2000

4 x 100 METRES RELAY

SA 38.47 SA National team Edmonton 12-Aug 2001

Morne Nagel, Corne du Plessis, Lee-Roy Newton, Mathew Quinn

4 x 400 METRES RELAY

SA 3:00.20 S A National Team Seville 29-Aug 1999

Jopie van Oudtshoorn, Hendrik Mokganyetsi, Adriaan Botha, Arnaud Malherbe

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

WY 1:50.46 Poland Debrecen 15-Jul 2001

HIGH JUMP

SA 2.38 Jacques Freitag Oudtshoorn 05-Mar 2003

POLE VAULT

SA 6.03 Okkert Brits RSA Cologne 18-Aug 1995

LONG JUMP

SA 8.39 1.7 Godfrey Mokoena Lapinlahti 16-Jul 2006

TRIPLE JUMP

SA 17.25 1.3 Godfrey Mokoena Durban 16-Apr 2005

SHOT PUT

SA 21.97 **7.26kg** Janus Robberts Eugene 02-Jun 2001

DISCUS

SA 70.32 **2kg** Frantz Kruger Salon de Provence 26-May 2002

HAMMER THROW

SA 80.21 **7.26kg** Chris Harmse Potchefstroom 20-Apr 2004

JAVELIN

SA 88.75 **800gm** Marius Corbett Kuala Lumpur 21-Sep 1998

DECATHLON

SA 7 625 Danie van Wyk Pretoria 12/13 Apr 1994

W A L K I N G

20kmW ((ROAD))

SA	1h 22:21		Chris Britz	Eissenhutzenstadt	11-May	1996
W A L K I N G			((T R A C K))			
3000m Track						
SA	11:27.2		Chris Britz	Pretoria	29-Apr	1989
5000m Track						
SA	19:29.94		Chris Britz	Pietersburg	27-Mar	1997
10000m Track						
SA	40:32.78		Chris Britz	Krugersdorp	10-Apr	1995
20000m Track						
SA	1:24:51		Stanley Valentine	Port Elizabeth	01-May	1989

W O M E N

100 METRES						
SA	11.06	1.0	Evette de Klerk	Germiston	20-Apr	1990
200 METRES						
SA	22.06	0.7	Evette de Klerk	Pietersburg	08-Apr	1989
400 METRES						
SA	50.05		Heide Seyerling	Sydney	25-Sep	2000
800 METRES						
SA	1:58.85		Zelda Pretorius	Pretoria	01-Apr	1991
1000 METRES						
SA	2.37.2		Ilze de Kock-Wicksell	Bloemfontein	07-Feb	1983
1500 METRES						
SA	4:01.81		Zola Budd	Port Elizabeth	21-Mar	1984
1 MILE						
SA	4:23.38		Zola Budd	Port Elizabeth	04-Mar	1991
2000 METRES						
SA	5:38.07		Zola Budd	Cape Town	08-Apr	1991
3000 METRES						
SA	8:32.00		Elana Meyer	Durban	29-Apr	2001
5000 METRES						
SA	14:44.05		Elana Meyer	Hechtel	22-Jul	1995
10 000 METRES						
SA	30:52.51		Elana Meyer	London	10-Sep	1994
3000 METRES STEEPLECHASE						
SA	09:57.17		Tebogo Masehla	Stellenbosch	02-Mar	2007
100 METRES HURDLES (84cm)						
SA	12.94	1.8	Corien Botha	Salamanca	10-Jul	1998
400 METRES HURDLES						
SA	53.74		Myrtle Bothma	Johannesburg	18-Apr	1986
4 x 100 METRES						
SA	43.25		South African Team	Pietersburg	18-Mar	2000
			Wendy Hartman, Dikeledi Moropane, Susanna Holtshausen, Heide Seyerling			
4 x 400 METRES						
SA	3:30.12		South Africa	Brazzaville	18-Jul	2004
			Surita Febbraio, Adri Schoeman, Heide Seyerling, Estie Wittstock			
HIGH JUMP						
SA	2.06		Hestrie Cloete	Saint-Denis	31-Aug	2003
POLE VAULT						
A, SA	4.42		Elmarie Gerrits	Wesel, GER	12-Jun	2000
LONG JUMP						
SA	6.93	1.2	Karen Mey	Langersalsa	07-Jul	2007
TRIPLE JUMP						
SA	13.46	0.3	Charmain Barnard	Bloemfontein	10-Apr	1992
SHOT PUT						
SA	17.88		Drienkie van Wyk	Germiston	25-Jan	2002
DISCUS						
SA	64.87		Elizna Naude	Stellenbosch	02-Mar	2007
HAMMER						
SA	59.37		Elmarie Knoetzen	Bloemfontein	01-Feb	2002
JAVELIN (with new javelin)						
SA	62.80		Justine Robbeson	Kuortane	24-Jun	2006
***	63.49		Justine Robbeson	Potchefstroom	16-Feb	2008
HEPTATHLON						
SA	6181		Janice Josephs	Melbourne	22/23 Mar	2006
SA/23	5796		Annie Kloppers-Le Roux	Germiston	11/12 Apr	1986

W A L K I N G**10km Walk (Road)**

SA	45.05	Susan Vermeulen	Bloemfontein	17-Apr	1999
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20km Walk (Road)

SA	1h 36:18	Susan Vermeulen	Mezidon-Canon	02-May	1999
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50km Walk (Road)

SA	5h42.30	Trudi Carstens	George	07-Jul	2007
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W A L K I N G**((R O A D))****3000mW**

SA	12:53.19	Nicolene Cronje	Pretoria	20-Feb	2004
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5000mW

SA	22:19.64	Nicolene Cronje	Durban	05-Mar	2004
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10000mW

A, SA	47:32.54	Nicolene Cronje	Pretoria	19-Mar	2005
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((T R A C K))