

Sub Youth Boys 14 – 15 Years U16 Revision date : 03/25/2024
 Sub Youth Girls 14 – 15 Years U16
 Youth Boys (Under 18) 16 – 17 Years U18
 Youth Girls (Under 18) 16 – 17 Years U18
 Junior Boys (Under 20) 18 – 19 Years U20
 Junior Girls (Under 20) 18 – 19 Years U20



AGE/GENDER	CAT	EVENT	RECORD				COMPETITOR	(dd/mm/yyyy)	CLUB/SCHOOL	YEAR	VENUE	(dd/mm/yyyy)	COMPETITION	PLACE
			Electronic	Manual	Wind m/s	Measurement		DATE OF BIRTH (DOB)				COMPETITION DATE		
Sub Youth Boys	BU16	100 m	10.76				M April	Outeniqua	2016					
Sub Youth Boys	BU16	200 m	22.26				Stefan VAN WYK	Outeniqua	2016		5/3/2016	ASWD Championship	Final 1	
Sub Youth Boys	BU16	400 m	48.90				Stefan VAN WYK	Outeniqua	2016					
Sub Youth Boys	BU16	800 m	2:00.30				Beyon PRINS	Langenhoven	2021	Dal Josafat ,Paarl	7/4/2021	ASA U16,U18&U20	2h 3	
Sub Youth Boys	BU16	1500 m	4:14.71				Jacobus DU PLESSIS	Outeniqua	2024	Pilditch	22/03/2024	ASA U16,U18,U20 & U23	Final 6	
Sub Youth Boys	BU16	3000 m		9:04.3			G Jones	Langenhoven	2002					
Sub Youth Boys	BU16	Hurdles 100 m	13.05		-1.0		Marco LESCH	Outeniqua	2024	Pilditch	22/03/2024	ASA U16,U18,U20 & U23	Final 4	
Sub Youth Boys	BU16	Hurdles 300 m	37.76				Ray-Jordan SCHOEMAN	Outeniqua	2024	Pilditch	22/03/2024	ASA U16,U18,U20 & U23	Final 3	
Sub Youth Boys	BU16	Hurdles 400 m	61.30				M Du Toit	Point	2002					
Sub Youth Boys	BU16	1500 m Walk (Track)		6:59.9			E Van Wyk	Van Kervel	2014					
Sub Youth Boys	BU16	3000 m Walk (Track)	15.56				J Joubert	Oakdale	1997					
Sub Youth Boys	BU16	5000 m Walk (Track)		23:50.6			E Van Wyk	Van Kervel	2014					
Sub Youth Boys	BU16	5 km Walk (Road)		24:25.0			E Van Wyk	Van Kervel	2014					
Sub Youth Boys	BU16	SC 1500 m	4:39.20				L Paulsen	Hessequa	2017					
Sub Youth Boys	BU16	SC 2000 m		6:49.0			Nico LOUW	Outeniqua	2013	Oudsthoorn	2/3/2013	ASWD Championship	Final 1	
Sub Youth Boys	BU16	High Jump				1.98	Willem VOIGT	Oakdale	2005			Interprovincial (SWD/EP)		
Sub Youth Boys	BU16	Long Jump			0.0	6.92	Jayden FOURIE	Outeniqua	2024	Pilditch	21/03/2024	ASA U16,U18,U20 & U23	Final 1	
Sub Youth Boys	BU16	Pole Vault				3.90	Neil ERASMUS	Outeniqua	2020	Dal Josafat ,Paarl	14/03/2020	WC Schools	Final 2	
Sub Youth Boys	BU16	Triple Jump			0.0	13.23	Bradley KIEWITZ	Outeniqua	2013	Dal Josafat ,Paarl	08/03/2013	WC Schools	Final 1	
Sub Youth Boys	BU16	Shot Put (4kg)				19.25	Phillip KLEINHANS	Oakdale	2018	Potchefstroom	21/03/2018	SA Schools	Final 1	
Sub Youth Boys	BU16	Hammer Throw (4kg)				58.80	R Brink	Oakdale	2001					
Sub Youth Boys	BU16	Discus Throw (1kg)				62.90	Phillip KLEINHANS	Oakdale	2018	Potchefstroom	21/03/2018	SA Schools	Final 1	
Sub Youth Boys	BU16	Javelin Throw (600g)				70.83	C Barnardo	Outeniqua	2006					
Sub Youth Boys	BU16	4 x 100m Relay	45.57				ASWD	ASWD	2023	Pietermaritzburg	25/03/2023	ASA U16,U18 & U20	Final 7	

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 Youth Boys (Under 18) 16 – 17 Years U18
 Youth Girls (Under 18) 16 – 17 Years U18
 Junior Boys (Under 20) 18 – 19 Years U20
 Junior Girls (Under 20) 18 – 19 Years U20



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			Electronic	Manual	Wind m/s	Measurement		DATE OF BIRTH (DOB)				COMPETITION DATE		
Sub Youth Girls	GU16	100 m	12.24				Isabelle LE ROUX	23/01/1987	Oudtshoorn	2002				
Sub Youth Girls	GU16	200 m	24.84				Isabelle LE ROUX	23/01/1987	Oudtshoorn	2002				
Sub Youth Girls	GU16	400 m	58.33				Zane KRUGER		Curro	2018	Dal Josafat ,Paarl	10/03/2018	WC Schools	Final 1
Sub Youth Girls	GU16	800 m		2:15.9			L Collins		Outeniqua	2016				
Sub Youth Girls	GU16	1500 m	4:44.52				Stephany PETRO		Outeniqua	2017				
Sub Youth Girls	GU16	3000 m		10:42.3			M Farnham		Outeniqua	2002				
Sub Youth Girls	GU16	Hurdles 90 m	13.52				I Lategan		Oudtshoorn	2009				
Sub Youth Girls	GU16	Hurdles 100 m	14.80				F Hoffeldt		Point	2009				
Sub Youth Girls	GU16	Hurdles 300 m	44.52				Zane KRUGER		Curro	2018	Potchefstroom	21/03/2018	SA Schools	3h 1
Sub Youth Girls	GU16	Hurdles 400 m		1:29.2			C Botha		Outeniqua	2002				
Sub Youth Girls	GU16	1500 m Walk (Track)		8:26.1			E Alberts		Outeniqua Prim	2014				
Sub Youth Girls	GU16	5000 m Walk (Track)		25:50.2			Anel OOSTHUIZEN	22/04/1995	Outeniqua	2010	Oudtshoorn	06/03/2010	ASWD Championship	Final 1
Sub Youth Girls	GU16	5 km Walk (Road)		25:45.0			Anel OOSTHUIZEN	22/04/1995	Outeniqua	2010				
Sub Youth Girls	GU16	SC 1500 m	5:38.86				J Human		Outeniqua	2017				
Sub Youth Girls	GU16	High Jump				1.68	M Glennie		Wittedrift	2004				
Sub Youth Girls	GU16	Long Jump				5.63	E Lucas		George	2001				
Sub Youth Girls	GU16	Pole Vault				3.10	Tatyana VILJOEN	25/03/2010	Outeniqua	2024	Pilditch	21/03/2024	ASA U16,U18,U20 & U23	Final 3
Sub Youth Girls	GU16	Triple Jump				11.64	Inkie TULLEKEN		Outeniqua	2005				
Sub Youth Girls	GU16	Shot Put (3kg)				15.19	Lenka VILJOEN	27/07/2009	Outeniqua	2024	Pilditch	23/03/2024	ASA U16,U18,U20 & U23	Final 1
Sub Youth Girls	GU16	Shot Put (4kg)				13.07	L Kleynhans		Outeniqua	1999				
Sub Youth Girls	GU16	Hammer Throw (3kg)				47.11	Elme BOTHA		Oudtshoorn Hoërskool	2016				
Sub Youth Girls	GU16	Hammer Throw (4kg)				34.60	S Voigt		Outeniqua	2008				
Sub Youth Girls	GU16	Discus Throw (1kg)				37.32	Elme BOTHA		Oudtshoorn Hoërskool	2016				
Sub Youth Girls	GU16	Javelin Throw (500gm)				47.61	Jo-Ane VAN DYK	03/10/1997	Outeniqua	2011				
Sub Youth Girls	GU16	Javelin Throw (600gm)				45.50	Jo-Ane VAN DYK	03/10/1997	Outeniqua	2012				

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			Electronic	Manual	Wind m/s		Measurement				DATE OF BIRTH (DOB)		
Youth Boys (Under 18)	BU18	100 m	10.72		+1.9	Cohen GALLANT		York	2018	Dal Josafat ,Paarl	10/3/2018	WC Schools	1h 1
Youth Boys (Under 18)	BU18	200 m	21.35			Cohen GALLANT		Nedbank AC	2018	Oudsthoorn	24/02/2018	ASWD Championship	Final 1
Youth Boys (Under 18)	BU18	400 m	47.35			Jadrean PRINS	29/02/2008	Oakdale	2024	Pilditch	17/02/2024	Curro Podium Final	Final 1
Youth Boys (Under 18)	BU18	800 m	1:52.55			Elroy GELANT	25/08/1986	Outeniqua	2003	Durban	12/4/2003		Final 2
Youth Boys (Under 18)	BU18	1500 m	3:42.92			Hans VAN DER VEEN			1982	Port Elizabeth	11/12/1982		
Youth Boys (Under 18)	BU18	3000 m	8:08.57			Hans VAN DER VEEN			1983	Stellenbosch	25/4/1983		
Youth Boys (Under 18)	BU18	5000 m		16:31.8		D Danster		Môrester	2008				
Youth Boys (Under 18)	BU18	Hurdles 110 m	14.50			S Lourens		Outeniqua	2005				
Youth Boys (Under 18)	BU18	Hurdles 400 m	55.90			A Kotze		Point	2001				
Youth Boys (Under 18)	BU18	3000 m Walk (Track)		14:13.0		JC Visser		Outeniqua	2002				
Youth Boys (Under 18)	BU18	5000 m Walk (Track)		23:50.6		E Van Wyk		Van Kervel	2014				
Youth Boys (Under 18)	BU18	10000 m Walk (Track)	50:26.44			Elwiche VAN WYK		Outeniqua Harriers	2016				
Youth Boys (Under 18)	BU18	SC 1200 m		3:45.5		S Louw		Parkdene	2002				
Youth Boys (Under 18)	BU18	SC 2000 m	5:43.30			Donney DANSTER		Oudsthoorn	2009	Oudsthoorn	18/12/2009		
Youth Boys (Under 18)	BU18	High Jump				2.14 Willem VOIGT	21/02/1990	Oakdale	2007	Ostrava, CHE	14/07/2007		Final 6
Youth Boys (Under 18)	BU18	Long Jump				7.21 Luke GAUCHE		Coastline	2017				
Youth Boys (Under 18)	BU18	Pole Vault				4.02 J Coetzee			1988				
Youth Boys (Under 18)	BU18	Triple Jump			-1.5	15.21 Lorenzo GORDON		Parkdene	2012	Germiston	31/03/2012		Final 1
Youth Boys (Under 18)	BU18	Shot Put (5kg)				19.09 Zian DU PLESSIS	21/05/2007	Outeniqua	2024	Pilditch	22/03/2024	ASA U16,U18,U20 & U23	Final 1
Youth Boys (Under 18)	BU18	Hammer Throw (5kg)				63.87 C Le Roux		Oakdale	2002				
Youth Boys (Under 18)	BU18	Discus Throw (1.5kg)				61.91 CJ Stander		Oakdale	2007				
Youth Boys (Under 18)	BU18	Javelin Throw (700g)				77.54 B Crous		Oakdale	2006				
Youth Boys (Under 18)	BU18	Decathlon				4518 Henro HORN	4/6/2007		2023	Potchefstroom	30/03/2023	ASA Seniors	Final 2

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Youth Girls (Under 18)	GU18	100 m	11.89		+0.9		Isabelle LE ROUX	23/01/1987	Oudtshoorn	2004	Bloemfontein	02/04/2004		1h	3	
Youth Girls (Under 18)	GU18	200 m	23.94		+2.0		Isabelle LE ROUX	23/01/1987	Oudtshoorn	2004	Bloemfontein	03/04/2004		Final	1	
Youth Girls (Under 18)	GU18	400 m	55.36				Lorraine VAN DER SCHYFF	19/03/1986	Wittedrift	2003	Durban	13/04/2003		Final	2	
Youth Girls (Under 18)	GU18	800 m		2:14.1			Marida LEEN		George High	2014						
Youth Girls (Under 18)	GU18	1500 m	4:36.34				Marida LEEN		George High	2014	Stellenbosch	04/04/2014	ASA U15,U18&U20	Final	3	
Youth Girls (Under 18)	GU18	3000 m		10:17.3			C Deysel		PW Botha	2000						
Youth Girls (Under 18)	GU18	Hurdles 100 m	14.66				Andree ROUX		Outeniqua	2016						
Youth Girls (Under 18)	GU18	Hurdles 400 m	63.68				Andree ROUX		Outeniqua	2015	Oudtshoorn	7/3/2015	ASWD Championship	Final	1	
Youth Girls (Under 18)	GU18	3000 m Walk (Track)		19:45.0			S Fourie		Uniondale	2002						
Youth Girls (Under 18)	GU18	5000 m Walk (Track)		25:19.8			Anel OOSTHUIZEN	22/04/1995	Outeniqua Harriers	2012						
Youth Girls (Under 18)	GU18	SC 2000 m	7:59.56				Bianca LA GRANGE		Nedbank AC	2015	Coetzenburg	13/03/2015	WC Schools	Final	2	
Youth Girls (Under 18)	GU18	High Jump		1.79			Carla DU PLESSIS	01/05/2002	Glenwood House	2019	Oudtshoorn	26/10/2019	ASWD Talent ID	Final	1	
Youth Girls (Under 18)	GU18	Long Jump		5.84			Birdie CARSTENS	13/05/1992	Outeniqua	2009						
Youth Girls (Under 18)	GU18	Pole Vault		3.80			Mire REINSTORF	05/06/2002	Coastline AC	2019	Germiston	29/04/2019	ASA Seniors	Final	1	
Youth Girls (Under 18)	GU18	Triple Jump		11.77	-1.1		Inkie TULLEKEN	11/02/1990	Outeniqua	2006	Sasolburg	01/04/2006		Final	2	
Youth Girls (Under 18)	GU18	Shot Put (3kg)		17.75			Meike STRYDOM	25/08/2000	Coastline AC	2017	Bredasdorp	21/10/2017	Bredasdorp Top Ten	Final	1	
Youth Girls (Under 18)	GU18	Shot Put (4kg)		12.05			Johlene BOOYSEN		Lang Gim	2008						
Youth Girls (Under 18)	GU18	Hammer Throw (3kg)		54.32			Mieke COETZEE	14/05/2007	Outeniqua	2024	Pilditch	22/03/2024	ASA U16,U18,U20 & U23	Final	2	
Youth Girls (Under 18)	GU18	Hammer Throw (4kg)		54.21			Annie SMITH	24/03/1992	George Region	2009	TUKS, Pretoria	27/03/2009	Absa Prestige	Final	1	
Youth Girls (Under 18)	GU18	Discus Throw (1kg)		42.76			Zandra WEYERS		Point	2014	Stellenbosch	04/04/2014	ASA U15,U18&U20	Final	3	
Youth Girls (Under 18)	GU18	Javelin Throw (500gm)		55.15			Jo-Ane VAN DYK	03/10/1997	Outeniqua	2013	East London	21/03/2013	SA Schools	Final	1	
Youth Girls (Under 18)	GU18	Javelin Throw (600gm)		45.78			J Steenkamp		Langenhoven	2000						
Youth Girls (Under 18)	GU18	Heptathlon		3985			Anica OPPERMAN		Coastline AC	2017	Potchefstroom	21/04/2017	ASA Seniors	Final	6	
Youth Girls (Under 18)	GU18	4 x 100m Relay	52.76				ASWD		ASWD	2016	Germiston	01/04/2016		Final	9	

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			Electronic	Manual	Wind m/s	Measurement		DATE OF BIRTH (DOB)				COMPETITION DATE			
Junior Boys (Under 20)	BU20	100 m	10.54				Cohen GALLANT		2020	Dal Josafat ,Paarl	14/03/2020	WC Schools	Final	1	
Junior Boys (Under 20)	BU20	200 m	21.35				Cohen GALLANT		2018	Oudsthoorn	24/02/2018	ASWD Championship	Final	1	
Junior Boys (Under 20)	BU20	400 m	48.01				T Erasmus		2002	Outeniqua					
Junior Boys (Under 20)	BU20	800 m	1:52.55				Eiroy GELANT	25/08/1986	2003	Durban	12/04/2003		Final	2	
Junior Boys (Under 20)	BU20	800 m		1:51.0			Lloyd BOSMAN	25/02/1988	2007	Potchefstroom	10/02/2007		Final	2	
Junior Boys (Under 20)	BU20	1500 m	3:42.92				Hans VAN DER VEEN		1982	Port Elizabeth	11/12/1982				
Junior Boys (Under 20)	BU20	3000 m	8:08.57				Hans VAN DER VEEN		1983	Stellenbosch	25/4/1983				
Junior Boys (Under 20)	BU20	5000 m		14:34.5			Ruben DLEPU		2016	Langenhoven Gim					
Junior Boys (Under 20)	BU20	10000 m	33:26.44				B Carelse		2016	Nedbank AC					
Junior Boys (Under 20)	BU20	Hurdles 110 m	15.00				R Burger		2009	Outeniqua					
Junior Boys (Under 20)	BU20	Hurdles 400 m	54.86				Duraan JANSEN VAN RENSBURG		2024	Oakdale					
Junior Boys (Under 20)	BU20	5000 m Walk (Track)		23:50.6			E Van Wyk		2014	Van Kervel					
Junior Boys (Under 20)	BU20	10 km Walk (Road)	46:49.00				Antonio FARMER	21/12/2000	2018	Nedbank AC	05/05/2018		Final	42	
Junior Boys (Under 20)	BU20	10000 m Walk (Track)	48:10.54				Antonio FARMER	21/12/2000	2018	Nedbank AC	06/04/2018	ASA U18 & U20	Final	2	
Junior Boys (Under 20)	BU20	SC 1200 m		3:40.6			C May		2002	Hillcrest					
Junior Boys (Under 20)	BU20	SC 3000 m		9:40.9			C May		2003	Hillcrest					
Junior Boys (Under 20)	BU20	High Jump				2.19	W Voigt		2008	Oakdale					
Junior Boys (Under 20)	BU20	Long Jump				7.21	Luke GAUCHE		2017	Coastline					
Junior Boys (Under 20)	BU20	Pole Vault				4.70	Neil ERASMUS	18/02/2005	2023	Outeniqua	25/03/2023	ASA U16,U18 & U20	Final	2	
Junior Boys (Under 20)	BU20	Triple Jump			-1.5	15.21	Lorenzo GORDON		2012	Parkdene	31/03/2012		Final	1	
Junior Boys (Under 20)	BU20	Shot Put (6kg)				19.50	Jacobus VAN RENSBURG	5/08/2005	2024	Pilditch	22/03/2024	ASA U16,U18,U20 & U23	Final	1	
Junior Boys (Under 20)	BU20	Hammer Throw (6kg)				62.57	Hanno DU PLESSIS	22/03/2000	2018	Coastline AC					
Junior Boys (Under 20)	BU20	Discus Throw (1.75kg)				55.54	Righardt STANDER		2022	Oakdale					
Junior Boys (Under 20)	BU20	Javelin Throw (800g)				74.43	Raldu POTGIETER	03/04/1986	2003	Oakdale					
Junior Boys (Under 20)	BU20	4 x 100m Relay	42.29				Raymondre,Slabbert,Campher,Abels		2023	ASWD	25/03/2023	ASA U16,U18 & U20	Final	9	
Junior Boys (Under 20)	BU20	1,2,3,4 Swedish Relay	1:56.55				Oakdale		2024	Oakdale	17/02/2024	Curro Podium Final	Final	3	

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Junior Girls (Under 20)	GU20	100 m	11.70				Isabelle LE ROUX	23/01/1987	Oudtshoorn	2005				
Junior Girls (Under 20)	GU20	200 m	23.94		+2.0		Isabelle LE ROUX	23/01/1987	Oudtshoorn	2004	Bloemfontein	03/04/2004	Final	1
Junior Girls (Under 20)	GU20	400 m	55.36				Lorraine VAN DER SCHYFF	19/03/1986	Wittedrift	2003	Durban	13/04/2003	Final	2
Junior Girls (Under 20)	GU20	800 m		2:14.1			Marida LEEN		George High	2014				
Junior Girls (Under 20)	GU20	1500 m	4:36.34				Marida LEEN		George High	2014	Stellenbosch	04/04/2014	ASA U18 & U20	Final 3
Junior Girls (Under 20)	GU20	3000 m		10:17.3			C Deysel		PW Botha	2000				
Junior Girls (Under 20)	GU20	5000 m	19:18.02				Stephany PETRO			2019	Dal Josafat ,Paarl	09/03/2019	WC Schools	Final 1
Junior Girls (Under 20)	GU20	3000 m Walk (Track)		19:45.0			S Fourie		Uniondale	2002				
Junior Girls (Under 20)	GU20	5000 m Walk (Track)		25:19.8			Anel OOSTHUIZEN	22/04/1995	Outeniqua Harriers	2012				
Junior Girls (Under 20)	GU20	10 km Walk (Road)		50:26.0			Anel OOSTHUIZEN	22/04/1995	Outeniqua Harriers	2013				
Junior Girls (Under 20)	GU20	10000 m Walk (Track)	50:04.61				Anel OOSTHUIZEN	22/04/1995	Outeniqua Harriers	2013	Oudtshoorn	2/3/2013	ASWD Championship	Final 1
Junior Girls (Under 20)	GU20	20 km Walk (Road)	1:44:42				Anel OOSTHUIZEN	22/04/1995	Outeniqua	2013				
Junior Girls (Under 20)	GU20	SC 3000 m	13:56.95				April DEVENICIA			2019	Oudtshoorn	23/02/2019	ASWD Championship	Final 1
Junior Girls (Under 20)	GU20	Hurdles 100 m	15.16		+1.8		Andree ROUX		Outeniqua	2017	Durban	29/03/2017	SA Schools	3h 1
Junior Girls (Under 20)	GU20	Hurdles 400 m	66.42				C Langenhoven		Swellendam	2005				
Junior Girls (Under 20)	GU20	High Jump		1.79			Carla DU PLESSIS	01/05/2002	Glenwood House	2019	Oudtshoorn	26/10/2019	ASWD Talent ID	Final 1
Junior Girls (Under 20)	GU20	Long Jump			-0.1	5.81	Birdie CARSTENS	13/05/1992	Outeniqua	2010	Germiston	10/04/2010	ASA U18&U20	Final 5
Junior Girls (Under 20)	GU20	Pole Vault				3.80	Mire REINSTORF	05/06/2002	Coastline AC	2019	Germiston	29/04/2019	ASA Seniors	Final 1
Junior Girls (Under 20)	GU20	Triple Jump			-1.1	11.77	Inkie TULLEKEN	11/02/1990	Outeniqua	2006	Sasoiburg	01/04/2006	Final	2
Junior Girls (Under 20)	GU20	Shot Put (4kg)				16.32	Meike STRYDOM	25/08/2000	Coastline AC	2018	Potchefstroom	21/03/2018	SA Schools	Final 1
Junior Girls (Under 20)	GU20	Hammer Throw (4kg)				57.13	Annemie SMITH	24/03/1992	Outeniqua	2010	Sasoiburg	26/03/2010	Final	1
Junior Girls (Under 20)	GU20	Discus Throw (1kg)				44.24	Meike STRYDOM	25/08/2000	Coastline AC	2018	Potchefstroom	21/03/2018	SA Schools	Final 1
Junior Girls (Under 20)	GU20	Javelin Throw (600g)				50.52	Jo-Ane VAN DYK	03/10/1997	Outeniqua	2015	Brazzaville, CGO	15/09/2015	Final	3
Junior Girls (Under 20)	GU20	Heptathlon				3429	Annica OPPERMAN	23/09/2000	Coastline AC	2018	TUKS, Pretoria	16/03/2018	ASA Seniors	Final 4
Junior Girls (Under 20)	GU20	4 x 100m Relay	52.20				Young,Hyde,Snyders,Beukes		ASWD	2023	Pietermaritzburg	25/03/2023	ASA U16,U18 & U20	Final 8
Mixed (Under 20)	Mixed	4 x 400m Relay	3:43.24				Pawson,Young,Sampson,Botes		ASWD	2023	Pietermaritzburg	24/03/2023	ASA U16,U18 & U20	Final 4

Sub Youth Boys 14 – 15 Years U16 Revision date : 03/25/2024
 Sub Youth Girls 14 – 15 Years U16
 Youth Boys (Under 18) 16 – 17 Years U18
 Youth Girls (Under 18) 16 – 17 Years U18
 Junior Boys (Under 20) 18 – 19 Years U20
 Junior Girls (Under 20) 18 – 19 Years U20



AGE/GENDER	CAT	EVENT	RECORD				COMPETITOR	(dd/mm/yyyy)	CLUB/SCHOOL	YEAR	VENUE	(dd/mm/yyyy)	COMPETITION	Final	PLACE
			Electronic	Manual	Wind m/s	Measurement		DATE OF BIRTH (DOB)				COMPETITION DATE			
Senior Men	Men	100 m	10.54				Cohen GALLANT		York	2020	Dal Josafat ,Paarl	14/03/2020	WC Schools	Final	1
Senior Men	Men	200 m	21.35				Cohen GALLANT		Nedbank AC	2018	Oudsthoorn	24/02/2018	ASWD Championship	Final	1
Senior Men	Men	400 m	48.01				T Erasmus		Outeniqua	2002					
Senior Men	Men	800 m	1:52.55				Eiroy GELANT	25/08/1986	Outeniqua	2003	Durban	12/04/2003		Final	2
Senior Men	Men	1500 m	3:42.92				Hans VAN DER VEEN			1982	Port Elizabeth	11/12/1982			
Senior Men	Men	3000 m	8:08.57				Hans VAN DER VEEN			1983	Stellenbosch	25/4/1983			
Senior Men	Men	5000 m		14:12.1			Selwyn MATTHEWS	21/08/1998	Nedbank AC	2023	Oudsthoorn	18/02/2023	ASWD Championship	Final	1
Senior Men	Men	10000 m	33:26.44				B Carelse		Nedbank AC	2016					
Senior Men	Men	Hurdles 110 m													
Senior Men	Men	3000 m Walk (Track)		14:13.0			JC Visser		Outeniqua	2002					
Senior Men	Men	10000 m Walk (Track)	48:10.54				Antonio FARMER	21/12/2000	Nedbank AC	2018	Dal Josafat ,Paarl	06/04/2018	ASA U18 & U20	Final	2
Senior Men	Men	10 km Walk (Road)	46:49.00				Antonio FARMER	21/12/2000	Nedbank AC	2018	Taicang ,CHN	05/05/2018		Final	42
Senior Men	Men	20 km Walk (Road)													
Senior Men	Men	SC 3000 m		9:40.9			C May		Hillcrest	2003					
Senior Men	Men	Hurdles 400 m	55.60				G van Huyssteen		Knysna	2008					
Senior Men	Men	High Jump			2.19		W Voigt		Oakdale	2008					
Senior Men	Men	Long Jump				7.21	Luke GAUCHE		Coastline	2017					
Senior Men	Men	Pole Vault				4.70	Neil ERASMUS	18/02/2005	Outeniqua	2023	Pietermaritzburg	25/03/2023	ASA U16,U18 & U20	Final	2
Senior Men	Men	Triple Jump			-1.5	15.21	Lorenzo GORDON		Parkdene	2012	Germiston	31/03/2012		Final	1
Senior Men	Men	Shot Put													
Senior Men	Men	Hammer Throw				43.81	Deacan COOPER		Nedbank AC	2023	Oudsthoorn	4/11/2023	ASWD Talent ID	Final	1
Senior Men	Men	Discus Throw													
Senior Men	Men	Javelin Throw				74.43	Raldu POTGIETER	03/04/1986	Oakdale	2003					
Senior Men	Men	Decathlon				4720	Mihan ROOS			2015	Coetzenburg	17/04/2015	ASA Seniors	Final	7
Senior Men	Men	4 x 100m Relay	42.29				Raymondre,Slabbert,Campher,Abels		ASWD	2023	Pietermaritzburg	25/03/2023	ASA U16,U18 & U20	Final	9
Senior Men	Men	1,2,3,4 Swedish Relay	1:56.55				Oakdale		Oakdale	2024	Pilditch	17/02/2024	Curro Podium Final	Final	3

Sub Youth Boys 14 – 15 Years U16 Revision date : 03/25/2024
 Sub Youth Girls 14 – 15 Years U16
 Youth Boys (Under 18) 16 – 17 Years U18
 Youth Girls (Under 18) 16 – 17 Years U18
 Junior Boys (Under 20) 18 – 19 Years U20
 Junior Girls (Under 20) 18 – 19 Years U20



AGE/GENDER	CAT	EVENT	RECORD				COMPETITOR	(dd/mm/yyyy)		YEAR	VENUE	(dd/mm/yyyy)		PLACE
			Electronic	Manual	Wind m/s	Measurement		DATE OF BIRTH (DOB)	CLUB/SCHOOL			COMPETITION DATE	COMPETITION	
Senior Women	Women	100 m	11.70				Isabelle LE ROUX	23/01/1987	Oudtshoorn	2005				
Senior Women	Women	200 m	23.94		+2.0		Isabelle LE ROUX	23/01/1987	Oudtshoorn	2004	Bloemfontein	03/04/2004	Final 1	
Senior Women	Women	400 m	55.36				Lorraine VAN DER SCHYFF	19/03/1986	Wittedrift	2003	Durban	13/04/2003	Final 2	
Senior Women	Women	800 m		2:14.1			Marida LEEN		George High	2014				
Senior Women	Women	1500 m	4:36.34				Marida LEEN		George High	2014	Stellenbosch	04/04/2014	ASA U15,U18&U20 Final 3	
Senior Women	Women	3000 m		10:17.3			C Deysel		PW Botha	2000				
Senior Women	Women	5000 m	19:18.02				Stephany PETRO			2019	Dal Josafat ,Paarl	09/03/2019	WC Schools Final 1	
Senior Women	Women	3000 m Walk (Track)		19:45.0			S Fourie		Uniondale	2002				
Senior Women	Women	10000 m Walk (Track)	50:04.61				Anel OOSTHUIZEN	22/04/1995	Outeniqua Harriers	2013	Oudtshoorn	2/3/2013	ASWD Talent ID Final 1	
Senior Women	Women	10 km Walk (Road)		50:26.0			Anel OOSTHUIZEN	22/04/1995	Outeniqua Harriers	2013				
Senior Women	Women	20 km Walk (Road)	1:39:09				Anel OOSTHUIZEN	22/04/1995		2018	Taicang, CHN	06/05/2018	Final 68	
Senior Women	Women	SC 3000 m	13:56.95				April DEVENICIA			2019	Oudtshoorn	23/02/2019	ASWD Championship Final 1	
Senior Women	Women	Hurdles 100 m	15.16		+1.8		Andree ROUX		Outeniqua	2017	Durban	29/03/2017	SA Schools 3h 1	
Senior Women	Women	Hurdles 400 m	66.42				C Langenhoven		Swellendam	2005				
Senior Women	Women	High Jump				1.79	Carla DU PLESSIS	01/05/2002	Glenwood House	2019	Oudtshoorn	26/10/2019	ASWD Talent ID Final 1	
Senior Women	Women	Long Jump			-0.1	5.81	Birdie CARSTENS	13/05/1992	Outeniqua	2010	Germiston	10/04/2010	ASA U18&U20 Final 5	
Senior Women	Women	Pole Vault				3.80	Mire REINSTORF	05/06/2002	Coastline AC	2019	Germiston	29/04/2019	ASA Seniors Final 1	
Senior Women	Women	Triple Jump			-1.1	11.77	Inkie TULLEKEN	11/02/1990	Outeniqua	2006	Sasolburg	01/04/2006	Final 2	
Senior Women	Women	Shot Put				16.32	Meike STRYDOM	25/08/2000	Coastline AC	2018	Potchefstroom	21/03/2018	SA Schools Final 1	
Senior Women	Women	Hammer Throw				57.13	Annemie SMITH	24/03/1992	Outeniqua	2010	Sasolburg	26/03/2010	Final 1	
Senior Women	Women	Discus Throw				44.24	Meike STRYDOM	25/08/2000	Coastline	2018	Potchefstroom	21/03/2018	SA Schools Final 1	
Senior Women	Women	Javelin Throw				50.52	Jo-Ane VAN DYK	03/10/1997	Outeniqua	2015	Brazzaville, CGO	15/09/2015	Final 3	
Senior Women	Women	Heptathlon				3446	Rachelle GIETZEN	20/05/1992	NBRC	2019	Germiston	29/04/2019	ASA Seniors Final 6	