



2016 ASA NATIONAL ATHLETICS RECORDS

As on 5 December 2016

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

CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
Senior Men	100m	9.89 **	Wind + 1.9 m/s	Akani Simbini	Székesfehérvár, Hungary	18 July 2016
Senior Men	200m	19.87	Wind +0.1 m/s	Anaso Jobodwana	Beijing, China	27 August 2015
Senior Men	300m	31.03		Wayde van Niekerk	Kingston, Jamaica	11 June 2016
Senior Men	400m	43.03		Wayde Van Niekerk	Rio de Janeiro, Brazil	14 August 2016
Senior Men	600m	1:15.58		Rynhardt van Rensburg	Pretoria	30 January 2015
Senior Men	800m	1:42.69		Hezekiel Sepeng	Brussels, Belgium	03 September 1999
Senior Men	1000m	2:15.86		Mbulaeni Mulaudzi	Stockholm, Sweden	07 August 2007
Senior Men	1500m	3:31.93		Johan Cronje	Riete, Italy	08 September 2013
Senior Men	1 mile	3:50.70		Johan Cronje	Eugene, America	31 May 2014
Senior Men	2000m	4:56.41		Johan Fourie	Stellenbosch	22 April 1985
Senior Men	3000m	7:41.06		Juan van Deventer	Stockholm, Sweden	21 July 2008
Senior Men	5000m	13:04.88		Elroy Galant	Hengelo, Nederland	22 May 2016
Senior Men	10000m	27:29.94		Hendrick Ramaala	Port Elizabeth	22 February 1999
Senior Men	1 hour	20 386m		Kevin Shaw	Bellville	02 October 1978
Senior Men	3000m Steeple Chase	8:11.50	Height 91.4 cm	Ruben Ramolefi	Dague, South Korea	29 August 2011
Senior Men	110m Hurdles	13.24	Height 106.7 cm Wind + 0.3 m/s	Lehann Fourie	Bruxelles, Belgium	07 September 2012
Senior Men	400m Hurdles	47.66 47.66	Height 91.4 cm	LJ van Zyl LJ van Zyl	Pretoria Ostrava, Czech Republic	25 February 2011 31 May 2011
Senior Men	High Jump	2.38m		Jacques Freitag	Oudtshoorn	05 March 2005
Senior Men	Pole Vault	6.03m		Okkert Brits	Cologne, Germany	18 August 1995
Senior Men	Long Jump	8.50m	Wind + 1.3 m/s	Godfrey Mokoena	Madrid, Spain	05 July 2009
Senior Men	Triple Jump	17.35m	Wind +0.2 m/s	Godfrey Mokoena	Marrakech	14 September 2014
Senior Men	Shot Put	21.97m	Weight 7.26 kg	Janus Robberts	Eugene, Oregon	02 June 2001
Senior Men	Discus Throw	70.32m	Weight 2 kg	Frantz Kruger	Salon de Provence, France	26 May 2002

1. Records marked in red are to be ratified by the ASA Board

CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
Senior Men	Hammer Throw	80.63m	Weight 7.26 kg	Chris Harmse	Durban	15 April 2005
Senior Men	Javelin Throw	88.75m	Weight 800 g	Marius Corbett	Kuala Lumpur, Malaysia	21 September 1998
Senior Men	Decathlon	8398 points	100m, LJ, SP (7,26kg), HJ, 400m, 110mH (1,06m), DT(2kg), PV, JT (800gm), 1500m	Willem Coertzen	Götzis, Austria	30–31 May 2015
Senior Men	3000m Race Walk	11:20.39	On the track	Lebogang Shange	Pretoria	7 March 2015
Senior Men	5000m Race Walk	18:56.84	On the track	Lebogang Shange	Durban	14 February 2015
Senior Men	20 km Race Walk	1:23:20	On the track	Lebogang Shange	Bedford, England	21 Jun 2015
Senior Men	20 km Race Walk	1:20:06 **	On the road	Lebogang Shange	Adelaide, Australia	21 February 2016
Senior Men	30 km Race Walk	2:14.28	On the road	Chris Britz	Victoria, Australia	25 August 1994
Senior Men	50 km Race Walk	3:54.11	On the road	Marc Mundell	Melbourne, Australia	12 December 2015
Senior Men	10 km	28:00 27:50 (Aided)	On the road On the road	Matthews Motshwarau Shadrack Hoff	Purchase Doha, Qatar	04 October 1980 13 December 2002
Senior Men	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
Senior Men	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
Senior Men	Marathon	2:06:33	On the road	Gert Thys	Tokyo, Japan	14 February 1999
Senior Men	100km Ultra Mar.	6:24:05	On the Road	Bongumusa Mthembu	Alcazares, Spain	27 November 2016
Senior Men	4 x 100m Relay	38.35 **		Henrico Bruintjies Simon Magakwe Ncinci Titi Akani Simbine	Glasgow, Scotland	01 August 2014
Senior Men	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
Senior Men	4 x 400m Relay	2:59.21		NATIONAL TEAM Oscar Pistorius Willie de Beer Shane Victor Ofentse Magawane	Daegue, South Korea	01 September 2011
Senior Men	4 x 800m Relay	7:04.70		INVITATION RSA TEAM Gideon van Oudtshoorn	Stuttgart, Germany	06 June 1999

1. Records marked in red are to be ratified by the ASA Board

CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
				Hezekiel Sepeng Jurgens Kotze Johan Botha		
Senior Men	4 X 1500m Relay	14:50.82		SA INVITATION TEAM Mathews Temane Deon Brummer Henning Gericke Johan Fourie	Port Elizabeth	15 October 1984
Senior Women	100m	11.06	Wind + 1.0 m/s Wind + 1.2 m/s	Evette de Klerk Carina Horn	Germiston Madrid, Spain	20 April 1990 11 July 2015
Senior Women	200m	22.06	Wind + 0.7 m/s	Evette de Klerk	Pietersburg	08 April 1989
Senior Women	300m	38.53		Rosisang Ramonnye	Pretoria	24 January 2015
Senior Women	400m	50.05		Heide Seyerling	Sydney, Australia	25 September 2000
Senior Women	600m	1:28.05		Wenda Nel	Pretoria	30 January 2015
Senior Women	800m	1:55.28		Caster Semenya	Rio de Janeiro, Brazil	20 Aug 2016
Senior Women	1000m	2:37.2		Ilze de Kock (Wicksell)	Bloemfontein	07 February 1983
Senior Women	1500m	4:01.81		Zola Budd (Pieterse)	Port Elizabeth	21 March 1984
Senior Women	1 Mile	4:23.38		Zola Pieterse	Port Elizabeth	04 March 1991
Senior Women	2000m	5:38.07		Zola Pieterse	Cape Town	08 April 1991
Senior Women	3000m	8:32.00		Elana Meyer	Durban	29 April 1991
Senior Women	5000m	14:44.05		Elana Meyer	Hechtel, Belgium	22 July 1995
Senior Women	10000m	30:52.51		Elana Meyer	London, UK	10 September 1994
Senior Women	100m Hurdles	12.94	Height 83.8 cm Wind + 1.8 m/s	Corien Botha	Salamanca, Spain	10 July 1998
Senior Women	400m Hurdles	53.74	Height 76.2 cm	Myrtle Bothma	Johannesburg	18 April 1986
Senior Women	3000m Steeple Chase	9:54.19		Teboho Masehla	Ordegem, Belgium	04 June 2011
Senior Women	High Jump	2.06m		Hestrie Cloete	Saint Denis, France	31 August 2003
Senior Women	Pole Vault	4.42m		Elmarie Gerryts	Wesel, Germany	12 June 2000
Senior Women	Long Jump	6.93m	Wind + 1.6 m/s	Karen Mey	Bad Lengensalza, Germany	7 July 2007
Senior Women	Triple Jump	13.89m	Wind +0.6m/s	Patience Ntshingila	Potchefstroom	24 March 2012
Senior Women	Shot Put	17.88m	Weight 4 kg	Drienkie van Wyk	Germiston	25 January 2002
Senior Women	Discus Throw	64.87m	Weight 1 kg	Elizna Naude	Stellenbosch	02 March 2007
Senior Women	Hammer Throw	60.99 m	Weight 4 kg	Annemie Smith	East Lansing MI, USA	15 May 2015
Senior Women	Javelin Throw	69.35m	Weight 600 g	Sunette Viljoen	New York, USA	9 June 2012

1. Records marked in red are to be ratified by the ASA Board

CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
Senior Women	Heptathlon	6181 points	100mH (84 cm), HJ, SP (4kg), 200m; LJ, JT (600gm), 800m	Janice Josephs	Melbourne, Australia	21 & 22 March 2006
Senior Women	3000m Race Walk	12:53.19	On the track	Nicolene Cronje	Pretoria	20 February 2004
Senior Women	5000m Race Walk	22:19.64	On the track	Nicolene Cronje	Durban	05 March 2004
Senior Women	10000m Race Walk	47:32.54	On the track	Nicolene Cronje	Pretoria	19 March 2005
Senior Women	10 km Race Walk	45:05	On the road	Susan Vermeulen	Bloemfontein	17 April 1999
Senior Women	20 km Race Walk	1:34.49	On the road	Anél Oosthuizen	Podébrady, CZE	9 April 2016
Senior Women	50km Race Walk	5 :17 :55	On the road	Sandra Steenkamp	Cape Town	08 October 2011
Senior Women	10 km	31:13	On the road	Elana Meyer	Budapest, Hungary	14 October 2001
Senior Women	15 km	46:57	On the road	Elana Meyer	Cape Town	02 November 1991
Senior Women	Half Marathon	66:44	On the road	Elana Meyer	Tokyo, Japan	15 January 1999
Senior Women	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
Senior Women	4 x 100m Relay	43.25		NATIONAL TEAM Wendy Hartman Dikeledi Moropane Suzanna Holtshausen Heide Seyerling	Pietersburg	18 March 2000
Senior Women	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
Senior Women	4 x 400m Relay	3:28.49		NATIONAL TEAM Jeanelle Griesel, Wenda Nel, Justne Palframan, Caster Semenya	Durban	26 June 2016
Senior Women	4 x 800m Relay	8:19.47		SA INVITATION TEAM Helga van Wermeskerken Ermyntrode Vermeulen Yvonne Goosen Elize Fouche	Johannesburg	13 February 1985
Senior Women	4 X 1500m Relay	-				
Junior Men	100m	10.19	Wind + 1.3 m/s	Akani Simbani	Lusaka, Zambia	11 December 2012
Junior Men	200m	20.16	Wind – 0.2 m/s	Riaan Dempers	Germiston	07 April 1995

1. Records marked in red are to be ratified by the ASA Board

CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
Junior Men	400m	45.15		Riaan Dempers	Secunda	06 May 1994
Junior Men	800m	1:45.46		Hezekiel Sepeng	Stuttgart, Germany	15 August 1993
Junior Men	1000m	2:20.21		Clyde Colenso	Sydney, Australia	17 August 1996
Junior Men	1500m	3:38.15		Dumisane Hlasele	Stellenbosch	14 March 2008
Junior Men	1 mile	3:58.15		Jacques van Rensburg	Port Elizabeth	11 March 1987
Junior Men	2000m	5:07.31		Jacques van Rensburg	Bloemfontein	09 March 1987
Junior Men	3000m	8:00.08		Tshamano Setone	Pretoria	27 January 2006
Junior Men	5000m	13:26.88		Terry Thornton	Stellenbosch	08 November 1986
Junior Men	10000m	28:50.94		Meck Mothuli	Port Elizabeth	17 May 1993
Junior Men	3000m Steeple Chase	8:30.29	Height 91.4 cm	Anton Nicolaisen	Durban	07 December 1987
Junior Men	110m Hurdles	13.82	Height 106.7 cm Wind + 1.4 m/s	Ruan de Vries	Pretoria	06 November 2004
Junior Men	110m Hurdles	13.51	Height 99.1 cm Wind 0.0 m/s	Tiaan Smit	Pretoria	04 April 2013
Junior Men	400m Hurdles	48.76	Height 91.4 cm	Llewellyn Herbert	Pretoria	08 April 1996
Junior Men	High Jump	2.31m		Jacques Freitag	Rehlingen, Germany	04 June 2001
Junior Men	Pole Vault	5.50m		Cheyne Rahme	Germiston	10 April 2010
Junior Men	Long Jump	8.19m	Wind + 1.5 m/s	Luvo Manyonga	Bottrop, Germany	10 July 2010
Junior Men	Triple Jump	16.96m	Wind + 1.7 m/s	Godfrey Mokoena	Bloemfontein	03 April 2004
Junior Men	Shot Put	20.39m	Weight 7.26 kg	Janus Robberts	Germiston	07 March 1998
	Shot Put	20.50m	Weight 6 kg	Janus Robberts	Naboomspruit	18 October 1997
Junior Men	Discus Throw	59.51m	Weight 2 kg	Hannes Hopley	Santiago, Chilli	21 October 2000
	Discus Throw	63.94m	Weight 1.75 kg	Victor Hogan	Pretoria	19 April 2008
Junior Men	Hammer Throw	71.02m	Weight 7.26 kg	Werner Smit	Parow	19 February 2003
	Hammer Throw	81.04m	Weight 6 kg	Werner Smit	Bellville	29 March 2003
Junior Men	Javelin Throw	83.07m	Weight 800 g	Robert Oosthuizen	Beijing, China	19 August 2006
Junior Men	Pentathlon	3203 points		Johannes Zwieggers	Germiston	06 & 07 March 1998
Junior Men	Decathlon	7689 points	100m, LJ, SP (6kg), HJ, 400m, 110mH (99.0m), DT(1,75kg), PV, JT (800gm), 1500m	Frederiech Pretorius	Eugene, America	23 & 24 July 2014
Junior Men	3000m Race Walk	12:20.56	On the track	Martinus Esterhuizen	Cape Town	19 March 2004
Junior Men	5000m Race Walk	21:32.4	On the track	Carl Meyer	Port Elizabeth	10 April 1976
Junior Men	10000m Race Walk	44:23.12	On the track	Andre de Wet	Cape Town	04 April 1992
Junior Men	10 km Race Walk	44:53	On the road	Marthinus Esterhuizen	Oudtshoorn	17 July 2004

1. Records marked in red are to be ratified by the ASA Board

CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
Junior Men	20 km Race Walk	1:32:52	On the road	Werner Appel	Port Elizabeth	11 February 2006
Junior Men	10km	28:40	On the road	Tshamano Setone	Durban	23 October 2005
Junior Men	15km	43:32	On the road	Gert Thys	Bellville	03 November 1990
Junior Men	Half Marathon	1:01:24	On the road	Meck Mothuli	Durban	13 August 1995
Junior Men	4 x100m Relay	39.59		SA TEAM Johannes Mosala Roscoe Engel Patrick Vosloo Wilhelm van der Vyver	Bydgoszcz. Poland	11 July 2008
Junior Men	4 x 200m Relay	1:23.20		PRETORIA UNIVERSITY Nico Moller Chris Neethling Tim Borland Paul van Wyk	Pretoria	28 October 1987
Junior Men	4 x 400m Relay	3:04.50		SA TEAM Wouter le Roux Chris Gebhardt Leigh Juluis Louis van Zyl	Grosseto, Italy	15 July 2004
Junior Men	4 x 800m Relay	7:31.4		NORTHERN GAUTENG Willem Geyer Flippie Prinsloo Deon Bronkhorst Henning Gericke	Pretoria	12 October 1977
Junior Women	100m	11.25	Wind + 1.2 m/s	Marcel Winkler	Pretoria	29 April 1989
Junior Women	200m	22.76	Wind 0.0 m/s	Evette de Klerk	Sasolburg	21 April 1984
Junior Women	400m	51.87		Justine Palframan	Barcelona, Spain	13 July 2012
Junior Women	800m	1:55.46		Caster Semenya	Berlin, Germany	19 August 2009
Junior Women	1500m	4:01.81		Zola Budd	Port Elizabeth	21 March 1984
Junior Women	2000m	5:53.25		Marjorie van der Merwe	Stellenbosch	08 November 1986
Junior Women	3000m	8:37.5		Zola Budd	Stellenbosch	29 February 1984
Junior Women	5000m	15:01.83		Zola Budd	Stellenbosch	05 January 1984
Junior Women	2000m Steeple Chase	6:48.96	Height 76.2 cm	Tiffani Bell	East London	21 March 2013
Junior Women	3000m Steeple Chase	10:35.17	Height 76.2 cm	Masello Moekoa	Durban	17 April 2004
Junior Women	100m Hurdles	13.35	Height 83.8 cm Wind + 0.9 m/s	Tylon Bieldt	Bydgoszcz, Poland	23 July 2016
Junior Women	400m Hurdles	55.74	Height 76.2 cm	Myrtle Simpson	Bloemfontein	16 April 1983

1. Records marked in red are to be ratified by the ASA Board

CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
Junior Women	High Jump	1.96m		Charmaine Gale	Bloemfontein	04 April 1981
Junior Women	Pole Vault	4.05m		Annelie van Wyk	Bloemfontein	01 February 2002
Junior Women	Long Jump	6.54m	Wind + 1.8 m/s	Luzaan du Preez	Germiston	21 April 1990
Junior Women	Triple Jump	13.12m	Wind 0.0 m/s	Zinzi Chabangu	Polokwane	27 April 2014
Junior Women	Shot Put	16.95m	Weight 4 kg	Simone du Toit	Beijing, China	15 August 2006
Junior Women	Discus Throw	53.07m	Weight 1 kg	Simone du Toit	Roodepoort	08 February 2006
Junior Women	Hammer Throw	57.13m	Weight 4 kg	Annemie Smit	Sasolburg	26 March 2010
Junior Women	Javelin Throw	58.33m	Weight 600 g	Sunette Viljoen	Potchefstroom	06 December 2002
Junior Women	Pentathlon	4033 points		Elmarie Gerryts	Kimberley	14 April 1990
Junior Women	Heptathlon	5868 points	100mH (84 cm), HJ, SP (4kg), 200m; LJ, JT (600gm), 800m	Justine Robbeson	Grosseto, Italy	16 & 17 July 2004
Junior Women	5000m Race Walk	23:37.01	On the track	Nicolene Cronje	Germiston	05 April 2002
Junior Women	10000m Race Walk	48:30.68	On the track	Anel Oosthuizen	Stellenbosch	03 April 2014
Junior Women	10 km Race Walk	48:59.00	On the road	Anel Oosthuizen	Taicang, China	04 May 2014
Junior Women	10km	32:20	On the road	Zola Budd	Bloemfontein	06 August 1983
Junior Women	15km	51:06	On the road	Irvette van Blerk	Nijmegen, The Netherlands	17 November 2002
Junior Women	Half Marathon	1:15:30	On the road	Gwen van Rensburg	East London	21 July 1984
Youth Boys	100m	10.20	Wind + 1.5 m/s	Tiotliso Leotlela	Samoa	07 September 2015
Youth Boys	200m	20.57	Wind - 0.4 m/s	Kyle Appel	Cali, Columbia	19 July 2015
Youth Boys	400m	45.15		Riaan Dempers	Secunda	06 May 1994
Youth Boys	800m	1:47.67		Mandla Nkosi	Pretoria	29 January 1999
Youth Boys	1500m	3:42.92		Hans van der Veen	Port Elizabeth	11 December 1982
Youth Boys	1 mile	4:07.20		Marius-Hugo Schlechter	Cape Town	17 March 1982
Youth Boys	2000m	5:18.10		Hansie van der Mescht	Port Elizabeth	21 November 1987
Youth Boys	3000m	8:08.57		Hans van der Veen	Stellenbosch	25 April 1983
Youth Boys	110m Hurdles	13.89	Height 98.1 cm Wind + 0.1 m/s	Ruaan Vorster	Germiston	06 April 1999
	110m Hurdles	13.35	Height 91.4 cm Wind + 0.2 m/s	Marthinus van der Vyver	Debrechen, Hungary	14 July 2001
Youth Boys	300m Hurdles	35.72	Height 83.8 cm	Cornelius du Rand	Bloemfontein	01 April 1989
	300m Hurdles	37.10	Height 91.4 cm	Ockert Cilliers	Pretoria	04 April 1998
Youth Boys	400m Hurdles	49.86	Height 83.8 cm	Marnus Kritzinger	Bydgoszcz, Poland	18 July 1999
	400m Hurdles	48.89	Height 91.4 cm	Louis van Zyl	Kingston, Jamaica	17 July 2002
Youth Boys	1500m Steeple Chase	4:08.1	Height 76.2 cm	Francois Strydom	Port Elizabeth	30 October 1993
Youth Boys	2000m Steeple Chase	5:43.30	Height 76.2 cm	Donney Danster	Oudtshoorn	18 December 2009

1. Records marked in red are to be ratified by the ASA Board

CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
Youth Boys	High Jump	2.25m		Jacques Freitag	Pretoria	01 July 1999
Youth Boys	Pole Vault	5.20m		Cheyne Rahme	Pretoria	19 April 2008
Youth Boys	Long Jump	7.82m	Wind + 0.0 m/s	Godfrey Mokoena	Pretoria	15 June 2002
Youth Boys	Triple Jump	16.03m	Wind + 0.7 m/s	Godfrey Mokoena	Pretoria	14 September 2002
Youth Boys	Shot Put	17.19m	Weight 6 kg	Wessel Lemmer	Pretoria	07 April 2000
	Shot Put	21.15m	Weight 5 kg	Janus Robberts	Naboomspruit	19 October 1996
Youth Boys	Discus Throw	53.34m	Weight 1.75 kg	Hannes Hopley	Shanghai, China	17 October 1998
	Discus Throw	67.44m	Weight 1.5 kg	Gerhard de Beer	Douglas, Isle of Man	10 September 2011
Youth Boys	Hammer Throw	81.04m	Weight 6 kg	Werner Smit	Belville	29 March 2003
	Hammer Throw	79.79m	Weight 5 kg	Werner Smit	Belville	15 March 2001
Youth Boys	Javelin Throw	71.79m	Weight 800 g	Hardus Pienaar	Moscow, Russia	17 July 1998
Youth Boys	Javelin Throw	83.86m	Weight 700 g	Brendon Skinner	Mokgopong	14 October 2016
Youth Boys	5000m Race Walk	22:38.30	On the track	Jacques Lubbe	Potchefstroom	04 February 1995
Youth Boys	10000m Race Walk	46:14.72	On the track	Jacobus van Dyk	Bellville	27 April 2002
Youth Boys	10 km Race Walk	47:48	On the road	Stefano Kruger	Cape Town	09 October 1999
Youth Boys	10 km Race Walk	45:54.00	On the road	Pierre Vermaak	Taicang, China	03 May 2014
Youth Boys	Octathlon	6230 points		Fredriech Pretorius	Nelson Mandela Bay	13 & 14 April 2012
Youth Boys	Decathlon	6002 points	100m, LJ, SP (5kg), HJ, 400m, 110mH (91.4m), DT(1,50kg), PV, JT (700gm) 1500m	Everhardus Loubser	Stellenbosch	17/18 April 2015
Youth Boys	4 x 100m Relay	41.00		NATIONAL TEAM Bradley Britz Pieter Conradie Constant Pretorius Andries van der Merwe	Douglas, Isle of Man	11 September 2011
Youth Boys	4 x 400m Relay	3:14.19		SA SCHOOLS TEAM Mark van Soest Jaco Burgers Daniel Mahlangu Mandla Nkosi	Shanghai, China	17 October 1998
Youth Boys	1000m Medley Relay	1:51.35		NATIONAL TEAM Samuel Brits Marthinus van der Vyver Leigh Julius Louis van Zyl	Debrecen, Hungary	15 July 2001

1. Records marked in red are to be ratified by the ASA Board

CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
Junior Women	4 x 100m Relay	45.07		NORTHERN TRANSVAAL Ilze Ras Maralize Furstenberg Edith Otterman Evette de Klerk	Pretoria	31 March 1984
Junior Girls	4 x 200m Relay	-				
Junior Women	4 x 400m Relay	3:37.93		SA NATIONAL TEAM Yolande Venter Mari-Louise Henning Adri van der Merwe Ronelle Ullrich	Lisbon, Portugal	14 July 1994
Junior Women	4 x 800m Relay	-				
Youth Girls	100m	11.54	Wind m/s	Mari-Lise Furstenburg	Pretoria	05 November 1983
Youth Girls	200m	23.30	Wind + 2.0 m/s	Evette de Klerk	Pretoria	02 April 1982
Youth Girls	400m	52.88		Justine Palframan	Manzini, Swaziland	17 December 2010
Youth Girls	800m	2:02.57		Monique Stander	Pretoria	20 April 2012
Youth Girls	1000m	2:52.65		Thato Makafola	Singapore	23 August 2010
Youth Girls	1500m	4:06.87		Zola Budd	Bloemfontein	28 October 1983
Youth Girls	3000m	8:39.00		Zola Budd	Durban	02 April 1983
Youth Girls	100m Hurdles	13.18	Height 76.2 cm Wind + 1.6 m/s	Taylon Bieldt	Samoa	09 September 2015
Youth Girls	300m Hurdles	41.14	Height 76.2 cm	Vanessa Becker	Johannesburg	23 March 1996
Youth Girls	400m Hurdles	57.91	Height 76.2 cm	Gezelle Magerman	Nanjing, China	25 August 2014
Youth Girls	2000m Sc	6:48.96	Height 76.2 cm	Tiffani Bell	East London	21 March 2012
Youth Girls	High Jump	1.96m		Charmaine Gale	Bloemfontein	04 April 1981
Youth Girls	Pole Vault	3.95m		Annelie van Wyk	Belville	10 March 2001
Youth Girls	Long Jump	6.37m	Wind – 2.2 m/s	Delia Visser	Pretoria	08 April 2000
Youth Girls	Triple Jump	12.77m	Wind + 1.2 m/s	Valentina Da Rocha	Germiston	11 April 2010
Youth Girls	Shot Put	16.33m	Weight 4 kg	Simone Du Toit	Marrakech, Morocco	16 July 2005
	Shot Put	17.52m	Weight 3 kg	Lezaan Jordaan	Germiston	30 April 2012
Youth Girls	Discus Throw	52.10m	Weight 1 kg	Simone Du Toit	Marrakech, Morocco	14 July 2005
Youth Girls	Hammer Throw	57.45m	Weight 4 kg	Bianca Blom	East London	21 March 2013
Youth Girls	Hammer Throw	61.18 **	Weight 3 kg	Tharina van der Walt	Germiston	31 March 2016
Youth Girls	Javelin Throw	57.55m	Weight 600 g	Tazmin Brits	Pretoria	18 April 2008
Youth Girls	3000m Race Walk	15:43.72	On the track	Karen-Marie Becker	Pretoria	26 March 1999

1. Records marked in red are to be ratified by the ASA Board

CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
Youth Girls	5000m Race Walk	25:17.69 **	On the Track	Mizaan Viljoen	Germiston	31 March 2016
Youth Girls	5000m Race Walk	25:50.2	On the track	Anel Oosthuizen	Oudtshoorn	06 March 2010
Youth Girls	10000m Race Walk	56:22.67	On the track	Liza Jacobs	Bellville	27 April 2002
Youth Girls	Pentathlon	3382 points		Wanda Veruschka	Pretoria	08 April 2000
Youth Girls	4x100m Relay	45.62		Northern Transvaal Edith Otterman Mari-Lize Furstenberg Karen Kruger Karen Engelbrecht	Pretoria	03 April 1982
Youth Girls	4x400m Relay	3:47.20		Central GautengTeam Jackie Kolesky Amanda Kotze Lizelle Pretorius Zanelle Grobler	Pretoria	08 April 2000
Youth Girls	1000m Medley Relay	2:10.48		NATIONAL TEAM Liezl Hechter Philippa van der Merwe Stephanie Wicksell Izelle Neuhoff	Lille, France	09 July 2011
Youth Boys/Girls	4 x 400m mixed gender relay	3:23.60	2 x Male; 2 x Female No specific running order	André Marich Renate van Tonder Taylon Bieldt Kyle Appel	Cali, Columbia	19 July 2015

1. Records marked in red are to be ratified by the ASA Board