



2014 SOUTH AFRICAN RECORDS

As on 31 December 2014

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

Youth Boys	100m	10.36	Wind + 0.2 m/s	Leigh Julius	Pretoria	14 April 2002
Youth Boys	200m	20.79	Wind + 0.2 m/s	Leigh Julius	Pretoria	13 April 2002
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
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

	Javelin Throw	83.16m	Weight 700 g	Morne Moolman	Lille, France	09 July 2011
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
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 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	13.24	Height 76.2 cm Wind + 1.0 m/s	Ilse Ras	Pretoria	02 April 1982
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	54.21m	Weight 4 kg	Annemie Smit	Pretoria	27 March 2009

	Hammer Throw	57.45m **	Weight 3 kg	Bianca Blom	East London	21 March 2013
Youth Girls	Javelin Throw	57.55m	Weight 600 g	Tazmin Brits	Pretoria	18 April 2008
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 Girls	3000m Race Walk	15:43.72	On the track	Karen-Marie Becker	Pretoria	26 March 1999
Youth Girls	5000m Race Walk	25:18.48 **	On the track	Bianca Esterhuizen	Polokwane	27 April 2014
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	Heptathlon	5380 points		Justine Robbeson	Bellville	26 & 27 April 2002