



2020 ASA NATIONAL SENIOR ATHLETICS RECORDS

As on 30 September 2020

(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 Simbine	Székesfehérvár, Hungary	18 July 2016
Senior Men	150m	15.08	Wind – 0.3 m/s	Anso Jobodwana	Pretoria	08 March 2018
Senior Men	200m	19.69	Wind -0.5 m/s	Clarence Munyai	Pretoria	16 March 2018
Senior Men	300m	30.81		Wayde van Niekerk	Ostrava, CHE	28 June 2017
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	13.11	Height 106.7 cm Wind + 0.3 m/s	Antonio Alkana	Praha, CZE	05 June 2017
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	8.65m	Wind - 1.3 m/s	Luvo Manyonga	Potchefstroom	22 April 2017
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
Senior Men	Hammer Throw	80.63m	Weight 7.26 kg	Chris Harmse	Durban	15 April 2005

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CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
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	10:47.08	On the track	Lebogang Shange	London, Great Britain	21 July 2018
Senior Men	5000m Race Walk	18:55.60	On the track	Lebogang Shange	Budapest, Hungary	30 June 2017
Senior Men	10000m Race Walk	39:48:00	On the track	Lebogang Shange	Wuxi, China	26 September 2017
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	1:19:18	On the road	Lebogang Shange	London, England	13 August 2017
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 Motshwaraeu 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, New York	02 November 1991 08 July 2001
Senior Men	Half Marathon	59:51	On the road	Stephen Mokoka	Buenos Aires, Argentina	25 August 2019
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	100 mile Ultra Mar.	11:56:56	On the road	Derek Kay	Durban	07 October 1972
Senior Men	24 hours continuous	258.064 km	On the road	Johan van der Merwe	Taipei	08 December 2013
Senior Men	4 x 100m Relay	37.65		Thando Dlodlo Simon Magakwe Clarence Munyai Akani Simbine	Tokyo, Japan	05 October 2019
Senior Men	4 x 200m Relay	1:20.42		NATIONAL TEAM Simon Magakwe, Chederick van Wyk Sinesipho Dambile Akani Simbine	Yokohama, Japan	12 May 2019
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 Hezekiel Sepeng Jurgens Kotze	Stuttgart, Germany	06 June 1999

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CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
				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	10.98	Wind + 1.5 m/s	Carina Horn	Doha Qatar	4 May 2018
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	49.62		Caster Semenya	Ostrava, Czech	08 September 2018
Senior Women	600m	1:21.77		Caster Semenya	Berlin, Germany	17 August 2017
Senior Women	800m	1:54.25		Caster Semenya	Paris, France	30 June 2018
Senior Women	1000m	2:30.70		Caster Semenya	Berlin, Germany	02 September 2018
Senior Women	1500m	3:59.92		Caster Semenya	Gold Coast Australia	10 April 2018
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	12.81	Height 83.8 cm Wind – 0.6 m/s	Rikenette Steenkamp	Prague, Czech	4 June 2018
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	14.03m*	Wind -1.3m/s	Zinzi Chabangu	Pretoria	07 March 2020
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	63.82 m	Weight 4 kg	Letitia Janse van Vuuren	Sasolburg	28 March 2017
Senior Women	Javelin Throw	69.35m	Weight 600 g	Sunette Viljoen	New York, USA	9 June 2012
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

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CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
Senior Women	10 km Race Walk	45:05	On the road	Susan Vermeulen	Bloemfontein	17 April 1999
Senior Women	20 km Race Walk	1:34.39	On the road	Anél Oosthuizen	Podebrady, CZE	8 April 2017
Senior Women	50km Race Walk	4:48.00	On the road	Natalie le Roux	Taicang, China	5 May 2018
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	100km Ultra Mar.	9:39:07	On the road	Marie van der Merwe	Pretoria	02 November 1984
Senior Women	100 mile Ultra Mar.	16:06:56	On the road	Yvonne Sumner	Durban	14 October 1982
Senior Women	24 hours continues	190.430	On the road	Hazel Moller	Pietermaritzburg	20 September 2014
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 Ermyntrude Vermeulen Yvonne Goosen Elize Fouche	Johannesburg	13 February 1985
Senior Women	4 X 1500m Relay	-				

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