



2020 ASA NATIONAL U/20 (JUNIOR) ATHLETICS RECORDS

As on September 2020

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

CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
Junior Men	100m	10.06*	Wind + 0.8 m/s	Phatutshedzo Maswanganyi	Pretoria	14 March 2020
Junior Men	200m	20.10	Wind +1.7 m/s	Clarence Munyai	Pretoria	04 March 2017
Junior Men	300m	31.61		Clarence Munyai	Ostrava, CZE	20 June 2017
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 Hlaselo	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	13.49	Height 99.1 cm Wind 1.3 m/s	Tladi Mpho	Bloemfontein	17 March 2016
Junior Men	400m Hurdles	48.73	Height 91.4 cm	Sokwakhana Zazini	Napoli, Italy	11 July 2019
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
Junior Men	Shot Put	22.07m	Weight 6 kg	Kayle Blignaut	Tampere, Finland	10 July 2018
Junior Men	Discus Throw	59.51m	Weight 2 kg	Hannes Hopley	Santiago, Chilli	21 October 2000

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CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
	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 Zwiegers	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	44:37.00	On the road	Francois Jacobs	Taicang, China	5 May 2018
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	39.33		SA TEAM Silisapho Dingiswayo Thando Dlodlo Tsebo Matsoso Retsiditswe Mlenga	Boksburg	28 April 2018
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 Gebbardt 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	Pretoria	12 October 1977

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CATEGORY	EVENT	RECORD	TECHNICAL	NAMES	VENUE	DATE
				Henning Gericke		
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 Biedt	Bydgoszcz, Poland	23 July 2016
Junior Women	400m Hurdles	55.05	Height 76.2 cm	Zeney Van Der Walt	Pretoria	15 March 2018
Junior Women	4 x 100m Relay	45.07		NORTHERN TRANSVAAL Ilze Ras Maralize Furstenberg Edith Otterman Evette de Klerk	Pretoria	31 March 1984
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	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	13.13m*	Wind + 0.7 m/s	Nolwazi Mashaba	Secunda	07 March 2020
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	59.07m	Weight 4 kg	Marinda Greyling	Potchefstroom	21 October 2016
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

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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

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