

SASA - HIGH SCHOOLS TRACK & FIELD RECORDS – 2020

(Updated: 17/09/2019)

BOYS 15					
EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	D Pharo	ECA	10,57	21/03/2018	Potchefstroom
200m	J Weber	WCA	21,79	16/03/2016	Bloemfontein
400m	L Pillay	GAU	47,99	21/03/2018	Potchefstroom
800m	G Rees	GAU	1:52,66	20/03/2019	Port Elizabeth
1500m	M Maseko	MPU	3:58,44	2000	Durban
3000m	M Maseko	MPU	8:28,99	2000	Durban
100m H (84,0cm)	A Douwie	NWP	12,86	25/03/2015	Rustenburg
300m H (84,0cm)	L Maree	WCA	37,58	27/03/2014	Polokwane
1500m Steeple Chase (76,2cm)	T Matibe	FS	4:29,68	16/03/2016	Bloemfontein
5000m Walk	F Jacobs	WCA	23:55.79	25/03/2015	Rustenburg
High Jump	S Van der Walt	GAU	2,00m	25/03/2015	Rustenburg
Long Jump	S Brits	GAU	6,96m	31/03/2007	Port Elizabeth
	A Swart	WCA	6,96m	29/03/2017	Durban
Triple Jump	N Mbokazi	GAU	14,51m	28/03/2008	Rustenburg
Pole Vault	N van Hysteen	WCA	4,31m	29/03/2017	Durban
Shot Put (4,0kg)	R Combrink	GAU	20,51m	26/03/2010	Sasolburg
Discus (1,0kg)	J.L. Kotze	WCA	66,29m	23/10/2009	Stellenbosch
Javelin (600g)	T. Swanepoel	WCA	71,37m	26/03/2011	Paarl
Hammer (4,0kg)	J Koen	ECA	72.74m	27/03/1998	Port Elizabeth
Relay: 4X100m	Western Cape	WCA	42,15	29/03/2017	Durban
Medley Relay: 100-200-300-400	Western Cape	WCA	1:58,86	16/03/2016	Bloemfontein

BOYS 17					
EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	M Mohammed	GAU	10,18	21/03/2018	Potchefstroom
200m	S Dambile	GAU	20,77	20/03/2019	Port Elizabeth
400m	Z Sokwakhana	GAU	46,20	29/03/2017	Durban
800m	L Hadebe	SCN	1:49,30	1997	Mabopane
1500m	D Hlaselo	FS	3:48,95	01/04/2006	Sasolburg
3000m	D Hlaselo	RSA	8:17,19	30/11/2005	Melbourne, AUS
2000m Steeple Chase (76,2cm)	D Mouries	WCA	5:44,54	19/03/2005	Paarl
110m Hurdles (91,4cm)	S Pienaar	BOL	13,38	22/03/2002	Germiston
400m Hurdles (84,0cm)	LJ van Zyl	RSA	50,82	29/05/2002	Caen-France
10 000m Walk	P Vermaak	GAU	46:31.19	25/03/2015	Rustenburg
High Jump	B Poole	WCA	2,18m	29/03/2017	Durban
Long Jump	S Brits	GAU	7,74m	28/03/2008	Rustenburg

Triple Jump	A Rasmeni	ECA	15,50m	28/03/2008	Rustenburg
Pole Vault	K Rademeyer	WCA	5,23m	20/03/2019	Port Elizabeth
Shot Put (5kg)	K Blignaut	GAU	20,42m	16/03/2016	Bloemfontein
Discus (1,5kg)	W Visser	GAU	63,14m	25/03/2015	Rustenburg
Javelin (700g)	A Rautenbach	RSA	79,33m	02/06/2002	Caen-France
Hammer (5,00kg)	T Makhethhe	FS	72,81m	23/03/2013	East London
Relay: 4X100m	Gauteng	GAU	41,18	25/03/2015	Rustenburg
Medley Relay: 100-200-300-400	Gauteng	GAU	1:52,67	29/03/2017	Durban

BOYS 19					
EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	W Mabena	LIMP	10,20	21/03/2018	Potchefstroom
200m	R Els	GAU	20,50	21/03/2018	Potchefstroom
400m	Z Sokwakhana	GAU	46,20	29/03/2017	Durban
800m	B Mgemane	FS	1:47,10	27/03/2004	Germiston
1500m	J van Deventer	SGT	3:47,30	31/03/2001	Rustenburg
5000m	N Namakoe	GAU	14:18,50	23/03/2013	East London
3000m Steeple Chase (91,4cm)	L Zim	FS	8:57,06	30/03/2007	Port Elizabeth
110m Hurdles (99,0cm)	M Tladi	GAU	13,49	16/03/2016	Bloemfontein
400m Hurdles (91,4cm)	Z Sokwakhana	GAU	49,36	21/03/2018	Potchefstroom
10 000m Walk	F Jacobs	WCA	46:18,66	21/03/2018	Potchefstroom
High Jump	B Poole	WCA	2,21m	21/03/2018	Potchefstroom
Long Jump	S Brits	GAU	7,74m	28/03/2008	Rustenburg
Triple Jump	A Rasmeni	ECA	15,67m	06/04/2009	Kings Park
Pole Vault	H van Wyk	WCA	5,22m	21/03/2018	Potchefstroom
Shot Put (6,00kg)	K Blignaut	GAU	20,15m	29/03/2017	Durban
Discus (1,75kg)	G. de Beer	AGN	58,52m	29/03/2012	Germiston
Javelin (800g)	E Wiese	NWP	72,50m	25/03/2015	Rustenburg
Hammer (6,00kg)	T Makhethhe	FS	70,67	27/03/2014	Polokwane
Relay: 4X100m	Gauteng	GAU	41,02	29/03/2017	Durban
Relay: 4X400m	Gauteng	GAU	3:09,79	21/03/2018	Potchefstroom

GIRLS 15					
EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	N de Bruyn	GAU	11,74	27/03/2014	Polokwane
200m	I Rossouw	NWP	24,25	1995	Kroonstad
400m	A Naude	KZN	54,73	29/03/2017	Durban
800m	L Coetzee	SGT	2:08,14	2000	Durban
1500m	P Sekgodisa	GAU	4:24,21	29/03/2017	Durban
3000m	N Potgieter	GAU	9:34,98	29/03/2017	Durban
90m Hurdles (76,2cm)	K vd Bergh	NWP	12,39	29/03/2017	Durban
300m Hurdles (76,2cm)	C Terblanche	WPR	41,36	2000	Durban
1500m Steeple Chase (76,2cm)	M Swanepoel	WCA	5:04,37	16/03/2016	Bloemfontein
5000m Walk	J Nell	NWP	24:54,14	20/03/2019	Port Elizabeth
High Jump	N Steyn	SGT	1,76m	1996	Cape Town
Long Jump	C. Johnson	WCA	5,92m	29/03/2012	Germiston
Triple Jump	S Scutte	GAU	12,13m	23/03/2013	East London
Shot Put (3kg)	M de Klerk	FS	16,03m	21/03/2018	Potchefstroom
Discus (1,0kg)	M de Klerk	FS	45,08m	21/03/2018	Potchefstroom
Javelin (500g)	J v Schalkwyk	WCA	50,63m	16/03/2016	Bloemfontein
Hammer (3,0kg)	E Pretorius	FS	58,41m	21/03/2018	Potchefstroom
Pole Vault	T Tallie	WCA	3,25m	29/03/2017	Durban
	A van Wyk	WCA	3,25m	20/03/2019	Port Elizabeth
Relay: 4X100m	Gauteng	GAU	47,50	27/03/2004	Germiston
Medley Relay: 100-200-300-400	Gauteng	GAU	02:15.41	25/03/2015	Rustenburg

GIRLS 17					
EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	N Mkenku	RSA	11,58	30/06/2006	Greece
200m	I Rossouw	NWP	24,00	1996	Cape Town
400m	C Hattingh	GAU	53,84	21/03/2018	Potchefstroom
800m	M. Stander	GAU	2:06,21	29/03/2012	Germiston
1500m	R Kalmer	RSA	4:18,05	28/06/1997	Cherbourg-FR
3000m	L Roets	MPU	9:35,02	1998	Port Elizabeth
100m Hurdles (76,2cm)	M Theron	MPU	13,38	1999	Pretoria
400m Hurdles (76,2cm)	G Morake	GAU	58,01	21/03/2018	Potchefstroom
5000m Walk	M Stafford	NWP	25:04.27	25/03/2015	Rustenburg
2000m Steeple Chase (76,2cm)	C du Preez	NWP	06:43,90	29/03/2017	Durban
High Jump	J. du Plessis	GAU	1,88m	29/03/2012	Germiston
Long Jump	J Robbeson	GAU	6,15m	23/03/2002	Germiston
Triple Jump	D Erwee	FS	12,57m	26/03/2010	Sasolburg
Pole Vault	L Viviers	WCA	3,71m	27/03/2004	Germiston

	M Loesch	WCA	3,71m	27/03/2004	Germiston
Shot Put (3kg)	D Roets	GAU	17,58m	20/03/2019	Port Elizabeth
Discus (1,0kg)	T vd Walt	FS	50,85m	29/03/2017	Durban
Javelin (500g)	J van Dyk	WCA	55,15m	23/03/2013	East London
Hammer (3,0kg)	T vd Walt	FS	62,23m	16/03/2016	Bloemfontein
Relay: 4X100m	Gauteng	GAU	46,69	25/03/2015	Rustenburg
Medley Relay: 100-200-300-400	Gauteng	GAU	02:09.25	25/03/2015	Rustenburg

GIRLS 19					
EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	N Mkenku	RSA	11,58	30/06/2006	Greece
200m	C Mosime	GAU	23,93	21/03/2018	Potchefstroom
400m	J. Palframan	KZN	53,51	29/03/2012	Germiston
800m	G Lofstrand	KZN	2:06,29	23/03/2013	East London
1500m	R Kalmer	RSA	4:18,05	1997	Cherbourg-FR
3000m	R Kalmer	SGT	9:32,70	1996	Cape Town
5000m	B Makhatisi	FS	17:02,52	27/03/2014	Polokwane
2000m Steeple Chase (76,2cm)	T Bell	GAU	6:48,96	23/03/2013	East London
3000m Steeple Chase (76,2)	C du Preez	NWP	10:38,06	20/03/2019	Port Elizabeth
100m Hurdles (84,0cm)	M Balsamo	BOL	13,81	22/03/2002	Germiston
400m Hurdles (76,2cm)	R Joseph	WPR	58,49	21/03/2018	Potchefstroom
10 000m Walk	C Swart	FS	51:30,10	06/04/2009	Kings Park
High Jump	M Pretorius	GAU	1,89m	31/03/2007	Port Elizabeth
Long Jump	J Robbeson	GAU	6,15m	23/03/2002	Germiston
	C. Coetzee	GAU	6,15m	31/03/2007	Port Elizabeth
Triple Jump	B Erwee	FS	12,80m	28/03/2008	Rustenburg
Pole Vault	A van Wyk	WPR	3,85m	31/03/2001	Rustenburg
Shot Put (4,0kg)	M Strydom	WCA	16,32m	21/03/2018	Potchefstroom
Discus (1,0kg)	I. Senekal	ECA	49,80m	29/03/2012	Germiston
Javelin (600g)	T Britz	NWP	55,38m	28/03/2008	Rustenburg
Hammer (4,0kg)	T van der Walt	FS	57,83m	21/03/2018	Potchefstroom
Relay: 4X100m	South Gauteng	SGT	46,70	2000	Durban
Relay: 4X400m	Gauteng	GAU	3:23,42	31/03/2007	Port Elizabeth

RECORDS: L.S.E.N. (MID & DEAF) SA SCHOOLS T & F 2020
(M.I.D. = Mentally Intellectually Disabled)

Updated: 17 September 2019

EVENT	NAME	PROV	VENUE	RECORD	DATE
GIRLS 13					
100m	BJ Nunes	MPU	Potchefstroom	14,45	24/03/2017
200m	D Tsebe	LIMP	Germiston	30,63	15/03/2019
1500m	I Yanxa	ECA	Paarl	5:54.68	16/03/2018
High Jump	E Hendriks	FS	Germiston	1,25m	15/03/2019
	T Selemantsela	GAUT	Germiston	1,25m	15/03/2019
Long Jump	E Hendriks	FS	Germiston	3,92m	15/03/2019
Shot Put (3kg)	S Ndlovu	MPU	Germiston	6,64m	15/03/2019
Relay: 4X100m					
GIRLS 14					
100m				12,60	
200m	Mareike Wolhuter	Western Cape	Sasolburg	26,16	28/03/2008
800m	Jermilah Mccloen	Gauteng	Rustenburg	2:43,88	25/03/2015
1500m				4:51,50	
Long Jump	Antoinette Kruger	Mpumalanga	East London	4,73m	29/03/2012
High Jump				1,46m	
Shotput				10,09m	
Discus				22,72m	
Javelin	Mahlatse Ndhlove	Gauteng	Germiston	26,33m	29/03/2012
GIRLS 15					
100m				12,80	
200m				25,50	
400m				58,74	
800m	Letlhogonolo Maduma	North West	Germiston	2:26,37	29/03/2012
1500m				4:51,30	
Long Jump				4,84m	
High Jump				1,58m	
Shotput	Dinahlee Kotze	Gauteng	Germiston	11,35m	29/03/2012
Discus				29,43m	
Javelin				32,34m	
GIRLS 16					
100m				12,70	
200m				25,80	
400m				58,90	
800m				2:19,60	
1500m				4:51,30	
Long Jump				4,99m	
High Jump				1,60m	
Shotput	Marthie Allers	Gauteng	Rustenburg	10.11m	25/03/2015
Discus	D. Meiring	Eastern Cape	Sasolburg	29,75m	28/03/2008
Javelin				34,18m	
GIRLS 17					
100m				12,7	
200m	Mareike Wolhuter	Western Cape	Paarl	26,46	26/03/2011

400m	Mareike Wolhuter	Western Cape	Paarl	57,55	26/03/2011
800m				2:15,90	
1500m				4:37,40	
Long Jump				5,17m	
High Jump				1,59m	
Shotput	Dinalee Kotze	Gauteng	Polokwane	12,57m	27/03/2014
Discus				28,61m	
Javelin				36,40m	
Relay 4x100	Western Cape	Western Cape	Potchefstroom	00:52,77	21/03/2018

EVENT	NAME	PROV	VENUE	RECORD	DATE
GIRLS 19					
100m				12,35	
200m				23,76	
400m				58,70	
800m				2:17,45	
1500m				4:51,75	
Long Jump				5,21m	
High Jump				1,56m	
Shotput				11,11m	
Discus				29,01m	
Javelin				33,46m	
Relay 4x100	GAUTENG	Gauteng	Polokwane	00:54,08	27/03/2014
1000 Medley	WESTERN CAPE	Western Cape	Rustenburg	2:30,79	25/03/2015
BOYS 13					
100m	J-Leigh Carls	FS	Paarl	12,73	16/03/2018
200m	W Cloete	GAUT	Germiston	26,51	15/03/2019
1500m	G Valtyn	ECA	Paarl	5:13,91	16/03/2018
High Jump	M Hadebe	MPU	Potchefstroom	1,55m	24/03/2017
Long Jump	O Lecoko	FS	Potchefstroom	5,10m	24/03/2017
Shot Put (4kg)	R Rasodi	GAUT	Germiston	8,95m	15/03/2019
Relay: 4X100m					
BOYS 14					
100m	Nkosi Siyabonga	Gauteng	Sasolburg	11,74	05/03/2010
200m	M. Marias	Western Cape	Sasolburg	24,20	28/03/2008
800m	Karabo Mowa	Limpopo	Rustenburg	2:18,27	25/03/2015
1500m				4:09,96	
Long Jump				5,88m	
High Jump	Sam Klaas	Gauteng	Sasolburg	1,69m	06/03/2010
Shotput				14,38m	
Discus	Arther Haanford	Gauteng	East London	37,09m	23/03/2013
Javelin				41,08m	
BOYS 15					
100m				11,42	
200m				21,80	
400m	Thabiso Mokoena Matlatse Ledwaba	Free State Limpopo	Rustenburg Potchefstroom	53,75 53,75	25/03/2015 21/03/2018
800m				1:59,00	
1500m				4:06,10	
Long Jump	Matthew Alexander	Western Cape	Paarl	6,10m	26/03/2011

High Jump				1,83m	
Shotput				14,59m	
Discus	Bertus v Rooyen	Gauteng	Polokwane	44,13m	
Javelin				48,78m	
BOYS 16					
100m				11,10	
200m				22,60	
400m				51,20	
800m				2:00,83	
1500m				4:09,20	
3000m	Bongani Mtungwa	Gauteng	Paarl	8:15,72	26/03/2011
Long Jump	Matthew Alexander	Western Cape	Germiston	6,68m	29/03/2012
High Jump				1,87m	
Shotput				13,29m	
Discus				40,52m	
Javelin	Arno van Eeden	Western Cape	Rustenburg	51,97m	25/03/2015

EVENT	NAME	PROV	VENUE	RECORD	DATE
BOYS 17					
100m				11,06	
200m				22,20	
400m	H Dingile	Gauteng	Port Elizabeth	49,62	23/03.2019
800m	H Dingile	Gauteng	Port Elizabeth	1:54,25	23/03.2019
1500m				4:05,70	
3000m	E Jack	Western Cape	Port Elizabeth	8:55,30	23/03/2019
Long Jump				7,02m	
High Jump	Derrick Kgwedi	Mpumalanga	Sasolburg	1,98m	26/03/2010
Shotput	R Pienaar	Gauteng	Port Elizabeth	14,32m	23/03/2019
Discus	Robert v Heerden	Gauteng	Germiston	39,83m	29/03/2012
Javelin				56,86m	
Relay 4x100m	WESTERN CAPE	Western Cape	Potchefstroom	00:44,09	21/03/2018
BOYS 19					
100m				10,75	
200m				21,78	
400m				49,40	
800m				1:56,30	
1500m				4:00,07	
5000m				15:34,60	
Long Jump	Pule Sibiya	Mpumalanga	Germiston	7,10m	26/03/2012
High Jump	Kgwedi Derrick	Mpumalanga	Paarl	2,03m	26/03/2011
Shotput	W. Hugo	Gauteng	Sasolburg	15,64m	28/03/2008
Discus				41,02m	
Javelin	Jean Pierre du Toit	Mpumalanga	Rustenburg	56,11m	25/03/2015
Relay 4x100m	WESTERN CAPE	Western Cape	Polokwane	00:43,24	26/03/2014
1000m Medley	GAUTENG	Gauteng	Potchefstroom	2:00,46	21/03/2018