

## SASAPD Eventlist Track Events

	CLASS	AGE	GENDER	SAQ	WORLD RECORD as on 10/03/2022	AFRICA RECORD as on 10/03/2022	SA RECORDS as on 19/03/2023	Wind	SURNAME	INIT	PLACE	DATE
4X100M	T11-13	OPEN	M		00:42.11	00:43.49	00:47.90		WP		GERMISTON	04 April 2007
4X100M	T11-13	OPEN	F		00:47.18							
4X100M	T35-38	OPEN	M		00:44.81	00:45.76	00:45.76		Team SA		LYON	27 July 2013
4X100M	T35-38	OPEN	F		00:50.81	01:04.00						
4X100M	T42-47/61-64	OPEN	M		00:40.73	00:41.78	00:41.78		Team SA		LONDON	05 September 2012
4X100M	T42-47/61-64	OPEN	F		00:56.50							
4X100M	T53-54	OPEN	M		00:49.89							
4X100M	T53-54	OPEN	F		00:57.61							
4X400M	T11-13	OPEN	M		03:27.89							
4X400M	T11-13	OPEN	F		04:02.21							
4X400M	T35-38	OPEN	M		03:38.92	03:38.92						
4X400M	T35-38	OPEN	F									
4X400M	T42-47/61-64	OPEN	M		03:27.00							
4X400M	T42-47/61-64	OPEN	F									
4X400M	T53-54	OPEN	M		03:04.77							
4X400M	T53-54	OPEN	F		03:32.11							
Universal relay	All classes	OPEN	F/M		00:45.52	00:57.00						
100M	T11	OPEN	M	00:14.40	00:10.82	00:11.11	00:12.41		MAJOLA	D	BLOEMFONTEIN	01 March 1986
100M	T11	OPEN	F	00:16.00	00:11.85	00:12.56	00:15.20		VERSVELD	N	STELLENBOSCH	01 April 1988
100M	T11	U/14	M	00:18.80	00:10.82	00:11.11	00:18.80		Record marked			
100M	T11	U/14	F	00:20.90	00:11.85	00:12.56	00:20.90		Record marked			
100M	T11	U/17	M	00:17.70	00:10.82	00:11.11	00:16.60	+0,2	MKHELE	Mpho	CAPE TOWN	19 March 2023
100M	T11	U/17	F	00:19.70	00:11.85	00:12.56	00:19.70		Record marked			
100M	T11	U/20	M	00:17.00	00:10.82	00:11.11	00:13.16		PETERSEN	Mogamat Nur	BLOEMFONTEIN	22 March 2016
100M	T11	U/20	F	00:18.40	00:11.85	00:12.56	00:13.80		JULIES	Kamelin	PORT ELIZABETH	29 March 2010
100M	T12	OPEN	M	00:14.00	00:10.43	00:10.75	00:10.80		NTUTU	Ndodomzi	GOLD COAST	11 April 2018
100M	T12	OPEN	F	00:16.10	00:11.40	00:12.35	00:14.01		LOMAX	Carley	JOHANNESBURG	02 April 2015
100M	T12	U/14	M	00:18.30	00:10.43	00:10.75	00:18.30		Record marked			
100M	T12	U/14	F	00:21.00	00:11.40	00:12.35	00:19.23		Record marked			
100M	T12	U/17	M	00:17.20	00:10.43	00:10.75	00:11.98	+1,4	RICARDI	Matthee	GERMISTON	20 March 2022
100M	T12	U/17	F	00:19.80	00:11.40	00:12.35	00:19.80		Record marked			
100M	T12	U/20	M	00:16.20	00:10.43	00:10.75	00:11.89		MAANS	Denzwill	COLORADO SPRINGS	14 July 2011
100M	T12	U/20	F	00:18.50	00:11.40	00:12.35	00:12.80		MTUMBA	Nombuso	PORT ELIZABETH	29 March 2010
100M	T13	OPEN	M	00:13.90	00:10.46	00:10.54	00:10.99		NTUTU	Johnathan	LYON	24 July 2013
100M	T13	OPEN	F	00:16.00	00:11.79	00:11.89	00:11.89		HAYES	Ilse	SAO PAULO	23 April 2015
100M	T13	U/14	M	00:18.10	00:10.46	00:10.54	00:16.66	+0,6	KGWETHE	Letago	GERMISTON	20 March 2022
100M	T13	U/14	F	00:20.90	00:11.79	00:11.89	00:20.90		Record marked			
100M	T13	U/17	M	00:17.00	00:10.46	00:10.54	00:12.97	-1,2	NKUNA	Tebogo	CAPE TOWN	19 March 2023
100M	T13	U/17	F	00:19.70	00:11.79	00:11.89	00:16.26	+0,3	MALAKALAKA	Mabitsela	CAPE TOWN	19 March 2023

100M	T13	U/20	M	00:16.00	00:10.46	00:10.54	00:11.36		HENDRICKS	Chane	NOTTWIL	03 August 2019
100M	T13	U/20	F	00:18.50	00:11.79	00:11.89	00:12.91		PRETORIUS	Johanna	RUSTENBURG	28 March 2011
100M	T32	OPEN	M	00:34.90	00:23.25		00:34.90		Record marked			
100M	T32	OPEN	F	00:57.00	00:37.67		00:57.00		Record marked			
100M	T32	U/14	M	00:44.20	00:23.25		00:44.20		Record marked			
100M	T32	U/14	F	01:12.00	00:37.67		01:12.00		Record marked			
100M	T32	U/17	M	00:41.90	00:23.25		00:41.90		Record marked			
100M	T32	U/17	F	01:07.90	00:37.67		01:07.90		Record marked			
100M	T32	U/20	M	00:40.00	00:23.25		00:40.00		Record marked			
100M	T32	U/20	F	01:04.10	00:37.67		01:04.10		Record marked			
100M	T33	OPEN	M	00:28.00	00:16.24	00:16.24	00:22.54		WESTRAADT	Ettiene	KIMBERLEY	27 March 2002
100M	T33	OPEN	F	00:33.30	00:19.89		00:33.30		Record marked			
100M	T33	U/14	M	00:34.90	00:16.24	00:16.24	00:34.90		Record marked			
100M	T33	U/14	F	00:42.10	00:19.89		00:42.10		Record marked			
100M	T33	U/17	M	00:33.10	00:16.24	00:16.24	00:33.10		Record marked			
100M	T33	U/17	F	00:39.90	00:19.89		00:39.90		Record marked			
100M	T33	U/20	M	00:31.30	00:16.24	00:16.24	00:31.30		Record marked			
100M	T33	U/20	F	00:37.70	00:19.89		00:37.70		Record marked			
100M	T34	OPEN	M	00:24.40	00:14.46	00:14.46	00:18.50		PRINSLOO	P	PRETORIA	23 March 1996
100M	T34	OPEN	F	00:29.40	00:16.39	00:20.52	00:29.40		Record marked			
100M	T34	U/14	M	00:30.90	00:14.46	00:14.46	00:30.90		Record marked			
100M	T34	U/14	F	00:37.20	00:16.39	00:20.52	00:37.20		Record marked			
100M	T34	U/17	M	00:29.30	00:14.46	00:14.46	00:29.30		Record marked			
100M	T34	U/17	F	00:35.20	00:16.39	00:20.52	00:35.20		Record marked			
100M	T34	U/20	M	00:27.70	00:14.46	00:14.46	00:22.21		NDLOZI	S L	GERMISTON	04 April 2007
100M	T34	U/20	F	00:33.30	00:16.39	00:20.52	00:33.30		Record marked			
100M	T35	OPEN	M	00:16.00	00:11.39	00:12.96	00:12.82		MOKGALAGADI	Teboho	BEIJING	08 September 2008
100M	T35	OPEN	F	00:22.00	00:13.00	00:17.90	00:17.90		VAN ZYL	Chenelle	STELLENBOSCH	01 April 2014
100M	T35	U/14	M	00:20.90	00:11.39	00:12.96	00:20.90		Record marked			
100M	T35	U/14	F	00:27.00	00:13.00	00:17.90	00:27.00		Record marked			
100M	T35	U/17	M	00:19.70	00:11.39	00:12.96	00:19.70		Record marked			
100M	T35	U/17	F	00:25.10	00:13.00	00:17.90	00:25.10		Record marked			
100M	T35	U/20	M	00:18.50	00:11.39	00:12.96	00:14.34	-0,2	NKUNA	Ishmael	GERMISTON	20 March 2022
100M	T35	U/20	F	00:23.50	00:13.00	00:17.90	00:22.90		MLAMBO	Thoko	RUSTENBURG	28 March 2011
100M	T36	OPEN	M	00:15.80	00:11.72	00:12.78	00:13.98		OLESING	Phenyo	STELLENBOSCH	20 March 2019
100M	T36	OPEN	F	00:19.40	00:13.61	00:16.79	00:18.20		WAGENER	Leona	PRETORIA	23 March 1996
100M	T36	U/14	M	00:20.70	00:11.72	00:12.78	00:20.70		Record marked			
100M	T36	U/14	F	00:23.50	00:13.61	00:16.79	00:23.50		Record marked			
100M	T36	U/17	M	00:19.50	00:11.72	00:12.78	00:15.05	-0,7	PHANGISA	Luciano	CAPE TOWN	19 March 2023
100M	T36	U/17	F	00:22.80	00:13.61	00:16.79	00:22.80		Record marked			
100M	T36	U/20	M	00:18.30	00:11.72	00:12.78	00:14.12		RATABALO	Lucky	PORT ELIZABETH	29 March 2010
100M	T36	U/20	F	00:20.80	00:13.61	00:16.79	00:18.42		SELOPYANE	Rachel	DURBAN	26 March 2012
100M	T37	OPEN	M	00:15.20	00:10.95	00:11.42	00:11.35		DU TOIT	Charl	GOLD COAST	10 April 2018
100M	T37	OPEN	F	00:18.10	00:13.10	00:13.58	00:13.55		JAMES	Sheryl	BLOEMFONTEIN	07 November 2020

100M	T37	U/14	M	00:19.90	00:10.95	00:11.42	00:19.90		Record marked			
100M	T37	U/14	F	00:23.60	00:13.10	00:13.58	00:20.16	+1,8	WIID	Willene	CAPE TOWN	19 March 2023
100M	T37	U/17	M	00:18.70	00:10.95	00:11.42	00:14.71	-0,3	WAYITI	Tisetso	GERMISTON	20 March 2022
100M	T37	U/17	F	00:22.30	00:13.10	00:13.58	00:16.65	+1,3	PHETU	Imani	GERMISTON	20 March 2022
100M	T37	U/20	M	00:17.50	00:10.95	00:11.42	00:12.35		DU TOIT	Charl	RUSTENBURG	28 March 2011
100M	T37	U/20	F	00:20.90	00:13.10	00:13.58	00:14.99		GOUWS	Liezel	BLOEMFONTEIN	22 March 2016
100M	T38	OPEN	M	00:14.30	00:10.74	00:11.11	00:11.11		BUIS	Dyan	LONDON	01 September 2012
100M	T38	OPEN	F	00:17.50	00:12.38	00:13.65	00:13.50		JOUBERT	S	WORCESTER	27 March 1998
100M	T38	U/14	M	00:18.70	00:10.74	00:11.11	00:18.70		Record marked			
100M	T38	U/14	F	00:22.90	00:12.38	00:13.65	00:22.90		Record marked			
100M	T38	U/17	M	00:17.60	00:10.74	00:11.11	00:14.07	-0,3	HUNT	Lionel	GERMISTON	20 March 2022
100M	T38	U/17	F	00:21.50	00:12.38	00:13.65	00:16.64		KRUGER	Simone	ATHLONE	03 July 2018
100M	T38	U/20	M	00:17.60	00:10.74	00:11.11	00:11.72		WALLACE	Rouvaun	NOTTWIL	03 August 2019
100M	T38	U/20	F	00:21.50	00:12.38	00:13.65	00:14.43		MEIJER	Juanelie	BLOEMFONTEIN	22 March 2016
100M	T42	OPEN	M	00:15.80	00:12.04		00:15.80		Record marked			
100M	T42	OPEN	F	00:21.30	00:14.72	00:19.49	00:21.30		Record marked			
100M	T42	U/14	M	00:20.70	00:12.04		00:20.70		Record marked			
100M	T42	U/14	F	00:27.80	00:14.72	00:19.49	00:27.80		Record marked			
100M	T42	U/17	M	00:19.50	00:12.04		00:19.50		Record marked			
100M	T42	U/17	F	00:26.20	00:14.72	00:19.49	00:26.20		Record marked			
100M	T42	U/20	M	00:18.30	00:12.04		00:18.30		Record marked			
100M	T42	U/20	F	00:24.50	00:14.72	00:19.49	00:24.50		Record marked			
100M	T43	OPEN	M	00:14.20			00:14.20		Record marked			
100M	T43	OPEN	F	00:17.80			00:17.80		Record marked			
100M	T43	U/14	M	00:20.80			00:20.80		Record marked			
100M	T43	U/14	F	00:23.30			00:23.30		Record marked			
100M	T43	U/17	M	00:19.70			00:19.70		Record marked			
100M	T43	U/17	F	00:21.90			00:21.90		Record marked			
100M	T43	U/20	M	00:16.40			00:16.40		Record marked			
100M	T43	U/20	F	00:21.00			00:21.00		Record marked			
100M	T44	OPEN	M	00:14.20	00:11.00	00:11.00	00:11.00		MHLONGO	Mpumelelo	DUBAI	11 November 2019
100M	T44	OPEN	F	00:16.90	00:12.72	00:14.90	00:14.90		FELIX	Charne	PARIS	29 August 2019
100M	T44	U/14	M	00:19.00	00:11.00	00:11.00	00:19.00		Record marked			
100M	T44	U/14	F	00:22.10	00:12.72	00:14.90	00:22.10		Record marked			
100M	T44	U/17	M	00:17.50	00:11.00	00:11.00	00:17.50		Record marked			
100M	T44	U/17	F	00:20.80	00:12.72	00:14.90	00:20.80		Record marked			
100M	T44	U/20	M	00:16.40	00:11.00	00:11.00	00:13.59		SCHULTZ	Christiaan	JOHANNESBURG	02 April 2015
100M	T44	U/20	F	00:19.50	00:12.72	00:14.90	00:16.51		HAASBROOK	Joelene	STELLENBOSCH	20 March 2019
100M	T45	OPEN	M	00:14.40	00:10.94	00:11.05	00:11.10		RADEBE	Samkelo	JOHANNESBURG	21 August 2010
100M	T45	OPEN	F	00:18.20	00:14.00		00:18.20		Record marked			
100M	T45	U/14	M	00:18.80	00:10.94	00:11.05	00:18.80		Record marked			
100M	T45	U/14	F	00:23.80	00:14.00		00:23.80		Record marked			
100M	T45	U/17	M	00:17.70	00:10.94	00:11.05	00:17.70		Record marked			
100M	T45	U/17	F	00:22.40	00:14.00		00:22.40		Record marked			

100M	T45	U/20	M	00:17.00	00:10.94	00:11.05	00:11.56		RADEBE	Samkelo	BANGALORE	01 November 2009
100M	T45	U/20	F	00:21.00	00:14.00		00:21.00		Record marked			
100M	T46	OPEN	M	00:14.00	00:10.42	00:10.72	00:10.80		LOUW	Niel	SYDNEY	01 October 2000
100M	T46	OPEN	F	00:15.70	00:11.89	00:12.36	00:15.70		Record marked			
100M	T46	U/14	M	00:18.30	00:10.42	00:10.72	00:17.04	+0,4	MAJE	Thabo	CAPE TOWN	19 March 2023
100M	T46	U/14	F	00:20.50	00:11.89	00:12.36	00:20.50		Record marked			
100M	T46	U/17	M	00:17.20	00:10.42	00:10.72	00:13.86		MTEMBU	Thato	PORT ELIZABETH	24 April 2021
100M	T46	U/17	F	00:19.30	00:11.89	00:12.36	00:16.98		SWART	Frane	PORT ELIZABETH	24 April 2021
100M	T46	U/20	M	00:16.10	00:10.42	00:10.72	00:11.69		SMITH	Zivan	PORT ELIZABETH	29 March 2010
100M	T46	U/20	F	00:18.10	00:11.89	00:12.36	00:13.60		LIEBENBERG	Anrune	RUSTENBURG	28 March 2011
100M	T47	OPEN	M	00:14.00	00:10.42	00:10.72	00:11.71		VAN GRAAN	Wynaand	TUNIS	28 June 2019
100M	T47	OPEN	F	00:15.70	00:11.89	00:12.36	00:12.36		WEYERS	Anrune	DUBAI	12 November 2019
100M	T47	U/14	M	00:18.30	00:10.42	00:10.72	00:18.30	+0,4	SARELWA	Lerato	CAPE TOWN	19 March 2023
100M	T47	U/14	F	00:20.50	00:11.89	00:12.36	00:16.85		Record marked			
100M	T47	U/17	M	00:17.20	00:10.42	00:10.72	00:11.62	-0,4	HARTY	Collin	GERMISTON	20 March 2022
100M	T47	U/17	F	00:19.30	00:11.89	00:12.36	00:17.03		DHLAMINI	Mbali	PORT ELIZABETH	24 April 2021
100M	T47	U/20	M	00:16.10	00:10.42	00:10.72	00:11.69	-1,8	HARTY	Collin-Lee	CAPE TOWN	19 March 2023
100M	T47	U/20	F	00:18.10	00:11.89	00:12.36	00:13.54		MARGGRAF	Jessica	BLOEMFONTEIN	07 November 2020
100M	T51	OPEN	M	00:33.80	00:19.71	00:20.96	00:23.26		DU PREEZ	Pieter	RUSTENBURG	28 March 2011
100M	T51	OPEN	F	00:48.20	00:24.69	01:02.00	00:48.20		Record marked			
100M	T51	U/14	M	00:42.80	00:19.71	00:20.96	00:42.80		Record marked			
100M	T51	U/14	F	01:01.00	00:24.69	01:02.00	01:01.00		Record marked			
100M	T51	U/17	M	00:40.50	00:19.71	00:20.96	00:40.50		Record marked			
100M	T51	U/17	F	00:57.80	00:24.69	01:02.00	00:57.80		Record marked			
100M	T51	U/20	M	00:38.30	00:19.71	00:20.96	00:38.30		Record marked			
100M	T51	U/20	F	00:54.60	00:24.69	01:02.00	00:54.60		Record marked			
100M	T52	OPEN	M	00:25.60	00:16.41	00:17.89	00:17.89		BEACK	Brandon	ARBON	01 June 2019
100M	T52	OPEN	F	00:30.00	00:18.67		00:30.00		Record marked			
100M	T52	U/14	M	00:32.40	00:16.41	00:17.89	00:32.40		Record marked			
100M	T52	U/14	F	00:38.00	00:18.67		00:38.00		Record marked			
100M	T52	U/17	M	00:30.70	00:16.41	00:17.89	00:30.70		Record marked			
100M	T52	U/17	F	00:36.00	00:18.67		00:36.00		Record marked			
100M	T52	U/20	M	00:29.00	00:16.41	00:17.89	00:29.00		Record marked			
100M	T52	U/20	F	00:34.00	00:18.67		00:34.00		Record marked			
100M	T53	OPEN	M	00:22.10	00:14.10	00:15.72	00:18.00		WEST	Peter	STELLENBOSCH	08 April 1992
100M	T53	OPEN	F	00:24.40	00:16.19	00:18.51	00:21.33		VAN UYS	Renise	DURBAN	15 March 2005
100M	T53	U/14	M	00:28.00	00:14.10	00:15.72	00:28.00		Record marked			
100M	T53	U/14	F	00:30.90	00:16.19	00:18.51	00:30.90		Record marked			
100M	T53	U/17	M	00:26.50	00:14.10	00:15.72	00:26.50		Record marked			
100M	T53	U/17	F	00:29.20	00:16.19	00:18.51	00:29.20		Record marked			
100M	T53	U/20	M	00:25.00	00:14.10	00:15.72	00:25.00		Record marked			
100M	T53	U/20	F	00:27.60	00:16.19	00:18.51	00:27.60		Record marked			
100M	T54	OPEN	M	00:20.70	00:13.63	00:14.22	00:15.00		VAN DYK	Ernst	PRETORIA	14 March 2000
100M	T54	OPEN	F	00:23.90	00:15.35	00:16.48	00:20.69		MOKOENA MALIFETS	E	GERMISTON	16 March 2003

100M	T54	U/14	M	00:26.20	00:13.63	00:14.22	00:26.20		Record marked			
100M	T54	U/14	F	00:30.30	00:15.35	00:16.48	00:30.30		Record marked			
100M	T54	U/17	M	00:24.80	00:13.63	00:14.22	00:24.80		Record marked			
100M	T54	U/17	F	00:26.70	00:15.35	00:16.48	00:26.70		Record marked			
100M	T54	U/20	M	00:23.40	00:13.63	00:14.22	00:18.81		SEKGOBELA	L L	STELLENBOSCH	27 March 2008
100M	T54	U/20	F	00:27.10	00:15.35	00:16.48	00:26.21		LE GRANGE	Line	RUSTENBURG	28 March 2011
100M	T61	OPEN	M	00:15.80	00:12.73	00:12.77	00:12.77		MAHLANGU	Ntando	STELLENBOSCH	20 March 2019
100M	T61	OPEN	F	00:21.30	00:14.95		00:21.30		Record marked			
100M	T61	U/14	M	00:20.70	00:12.73	00:12.77	00:20.70		Record marked			
100M	T61	U/14	F	00:27.80	00:14.95		00:27.80		Record marked			
100M	T61	U/17	M	00:19.50	00:12.73	00:12.77	00:19.50		Record marked			
100M	T61	U/17	F	00:26.20	00:14.95		00:22.50	-0,1	MASHAMBA	Martha	CAPE TOWN	19 March 2023
100M	T61	U/20	M	00:18.30	00:12.73	00:12.77	00:12.82		MAHLANGU	Ntando	NOTTWIL	03 August 2019
100M	T61	U/20	F	00:24.50	00:14.95		00:24.50		Record marked			
100M	T62	OPEN	M	00:14.20	00:10.54	00:11.40	00:11.40		MOFOKENG	Tebogo	TOKYO	29 August 2021
100M	T62	OPEN	F	00:16.90	00:12.64		00:16.90		Record marked			
100M	T62	U/14	M	00:19.00	00:10.54	00:11.40	00:19.00		Record marked			
100M	T62	U/14	F	00:22.10	00:12.64		00:22.10		Record marked			
100M	T62	U/17	M	00:17.50	00:10.54	00:11.40	00:13.27		MABOTE	Puseletso	PORT ELIZABETH	24 April 2021
100M	T62	U/17	F	00:20.80	00:12.64		00:20.80		Record marked			
100M	T62	U/20	M	00:16.40	00:10.54	00:11.40	00:11.99	+1,6	DANIELS	Paul	GERMISTON	20 March 2022
100M	T62	U/20	F	00:19.50	00:12.64		00:19.50		Record marked			
100M	T63	OPEN	M	00:15.80	00:11.95	00:12.64	00:12.64		MABOTE	Puseletso	TOKYO	30 August 2021
100M	T63	OPEN	F	00:21.30	00:14.11	00:19.79	00:21.30		Record marked			
100M	T63	U/14	M	00:20.70	00:11.95	00:12.64	00:20.70		Record marked			
100M	T63	U/14	F	00:27.80	00:14.11	00:19.79	00:27.80		Record marked			
100M	T63	U/17	M	00:19.50	00:11.95	00:12.64	00:13.57		MABOTE	Puseleteso	NOTTWIL	02 August 2019
100M	T63	U/17	F	00:26.20	00:14.11	00:19.79	00:26.20		Record marked			
100M	T63	U/20	M	00:18.30	00:11.95	00:12.64	00:13.97	+1,6	MOLEKOA	Kgotso	GERMISTON	20 March 2022
100M	T63	U/20	F	00:24.50	00:14.11	00:19.79	00:24.50		Record marked			
100M	T64	OPEN	M	00:14.20	00:10.61	00:10.93	00:10.93		FOURIE	Arnu	DOHA	29 October 2015
100M	T64	OPEN	F	00:16.90	00:12.66		00:16.90		Record marked			
100M	T64	U/14	M	00:19.00	00:10.61	00:10.93	00:14.93	+0,6	VAN HEERDEN	Jayden	GERMISTON	20 March 2022
100M	T64	U/14	F	00:22.10	00:12.66		00:22.10		Record marked			
100M	T64	U/17	M	00:17.50	00:10.61	00:10.93	00:13.62	-0,3	VAN HEERDEN	Jayden	CAPE TOWN	19 March 2023
100M	T64	U/17	F	00:20.80	00:12.66		00:20.80		Record marked			
100M	T64	U/20	M	00:16.40	00:10.61	00:10.93	00:15.92	+1,6	THOMAS	Pierre	GERMISTON	20 March 2022
100M	T64	U/20	F	00:19.50	00:12.66		00:19.50		Record marked			
200M	T11	OPEN	M	00:29.30	00:22.41	00:20.39	00:28.00		TOTO	Grossnage	BLOEMFONTEIN	02 April 2018
200M	T11	OPEN	F	00:32.50	00:24.39	00:25.37	00:32.50		Record marked			
200M	T11	U/14	M	00:38.30	00:22.41	00:20.39	00:38.30		Record marked			
200M	T11	U/14	F	00:42.50	00:24.39	00:25.37	00:42.50		Record marked			
200M	T11	U/17	M	00:36.00	00:22.41	00:20.39	00:36.00		Record marked			
200M	T11	U/17	F	00:40.00	00:24.39	00:25.37	00:40.00		Record marked			

200M	T11	U/20	M	00:33.80	00:22.41	00:20.39	00:26.47		MLAWU	Lwandile	PORT ELIZABETH	28 March 2010
200M	T11	U/20	F	00:37.50	00:24.39	00:25.37	00:33.00		MOTAUNG	Ntshidiseng	DURBAN	27 March 2012
200M	T12	OPEN	M	00:28.30	00:21.55	00:21.77	00:21.94		LANGENHOVEN	Hilton	BEIJING	16 September 2008
200M	T12	OPEN	F	00:32.30	00:23.02	00:25.72	00:29.21		LOMAX	Carley	JOHANNESBURG	31 March 2015
200M	T12	U/14	M	00:37.10	00:21.55	00:21.77	00:37.10		Record marked			
200M	T12	U/14	F	00:42.30	00:23.02	00:25.72	00:42.30		Record marked			
200M	T12	U/17	M	00:34.90	00:21.55	00:21.77	00:25.65	-2,8	RICARDI	Mathee	GERMISTON	20 March 2022
200M	T12	U/17	F	00:39.80	00:23.02	00:25.72	00:39.80		Record marked			
200M	T12	U/20	M	00:32.70	00:21.55	00:21.77	00:24.39		MAANS	Denzwill	RUSTENBURG	29 March 2011
200M	T12	U/20	F	00:37.30	00:23.02	00:25.72	00:32.51		WESSELS	Avril	BLOEMFONTEIN	02 April 2018
200M	T13	OPEN	M	00:27.90	00:21.05	00:21.74	00:22.09		NTUTU	Johnathan	LYON	21 July 2013
200M	T13	OPEN	F	00:31.80	00:24.24	00:24.70	00:24.70		HAYES	Ilse	SAO PAULO	24 April 2015
200M	T13	U/14	M	00:36.50	00:21.05	00:21.74	00:35.04	-1,0	KGWETHE	Letago	GERMISTON	21 March 2022
200M	T13	U/14	F	00:42.00	00:24.24	00:24.70	00:42.00		Record marked			
200M	T13	U/17	M	00:34.30	00:21.05	00:21.74	00:27.45	-0,9	KLAASEN	Anchwin	CAPE TOWN	20 March 2023
200M	T13	U/17	F	00:39.20	00:24.24	00:24.70	00:39.20		Record marked			
200M	T13	U/20	M	00:32.20	00:21.05	00:21.74	00:22.99		BRIERS-LOUW	Daniel	BLOEMFONTEIN	02 April 2018
200M	T13	U/20	F	00:36.70	00:24.24	00:24.70	00:26.66		PRETORIUS	Johanna	RUSTENBURG	29 March 2011
200M	T32	OPEN	M	01:10.30	00:46.81		01:10.30		Record marked			
200M	T32	OPEN	F	02:03.90	01:22.57		01:22.57		SYMONS	J	DURBAN	25 March 1993
200M	T32	U/14	M	01:29.00	00:46.81		01:29.00		Record marked			
200M	T32	U/14	F	02:36.90	01:22.57		02:36.90		Record marked			
200M	T32	U/17	M	01:24.30	00:46.81		01:24.30		Record marked			
200M	T32	U/17	F	02:28.70	01:22.57		02:28.70		Record marked			
200M	T32	U/20	M	01:19.60	00:46.81		01:19.60		Record marked			
200M	T32	U/20	F	02:20.40	01:22.57		02:20.40		Record marked			
200M	T33	OPEN	M	00:50.60	00:29.00	00:33.27	00:45.81		WESTRAADT	Ettiene	KIMBERLEY	29 March 2002
200M	T33	OPEN	F	00:57.60	00:35.04		00:57.60		Record marked			
200M	T33	U/14	M	01:04.10	00:29.00	00:33.27	01:04.10		Record marked			
200M	T33	U/14	F	01:13.00	00:35.04		01:13.00		Record marked			
200M	T33	U/17	M	01:00.80	00:29.00	00:33.27	01:00.80		Record marked			
200M	T33	U/17	F	01:09.10	00:35.04		01:09.10		Record marked			
200M	T33	U/20	M	00:57.40	00:29.00	00:33.27	00:57.40		Record marked			
200M	T33	U/20	F	01:05.30	00:35.04		01:05.30		Record marked			
200M	T34	OPEN	M	00:43.30	00:25.91	00:25.91	00:33.40		PRINSLOO	P	PRETORIA	01 January 1991
200M	T34	OPEN	F	00:50.90	00:29.27	00:36.81	00:50.90		Record marked			
200M	T34	U/14	M	00:54.80	00:25.91	00:25.91	00:54.80		Record marked			
200M	T34	U/14	F	01:04.40	00:29.27	00:36.81	01:04.40		Record marked			
200M	T34	U/17	M	00:51.90	00:25.91	00:25.91	00:51.90		Record marked			
200M	T34	U/17	F	01:01.00	00:29.27	00:36.81	01:01.00		Record marked			
200M	T34	U/20	M	00:49.00	00:25.91	00:25.91	00:40.43		NDLOZI	S L	GERMISTON	04 April 2007
200M	T34	U/20	F	00:57.60	00:29.27	00:36.81	00:57.60		Record marked			
200M	T35	OPEN	M	00:34.70	00:23.00	00:26.70	00:26.80		MOKGALAGADI	Teboho	ATHENS	01 September 2004
200M	T35	OPEN	F	00:47.60	00:27.17	00:42.64	00:47.60		Record marked			



200M	T43	U/20	M		00:39.51								
200M	T43	U/20	F										
200M	T44	OPEN	M	00:29.50	00:22.81	00:22.81	00:22.81		MPHUMELELO	Mhlongo	TOKYO		04 September 2021
200M	T44	OPEN	F	00:35.30	00:26.15	00:30.41	00:27.41	-1,1	ABRAHAMS	Tezna	CAPE TOWN		20 March 2023
200M	T44	U/14	M	00:38.50	00:22.81	00:22.81	00:38.50			Record marked			
200M	T44	U/14	F	00:46.10	00:26.15	00:30.41	00:46.10			Record marked			
200M	T44	U/17	M	00:36.20	00:22.81	00:22.81	00:36.20			Record marked			
200M	T44	U/17	F	00:43.40	00:26.15	00:30.41	00:43.40			Record marked			
200M	T44	U/20	M	00:34.00	00:22.81	00:22.81	00:25.24		SCHULTZ	Christiaan	BLOEMFONTEIN		21 March 2016
200M	T44	U/20	F	00:40.70	00:26.15	00:30.41	00:40.70			Record marked			
200M	T45	OPEN	M	00:29.70	00:21.91	00:22.82	00:23.12		RADEBE	Samkelo	JOHANNESBURG		21 August 2010
200M	T45	OPEN	F	00:42.90	00:28.58		00:42.90			Record marked			
200M	T45	U/14	M	00:38.80	00:21.91	00:22.82	00:38.80			Record marked			
200M	T45	U/14	F	00:56.10	00:28.58		00:56.10			Record marked			
200M	T45	U/17	M	00:37.00	00:21.91	00:22.82	00:37.00			Record marked			
200M	T45	U/17	F	00:52.80	00:28.58		00:52.80			Record marked			
200M	T45	U/20	M	00:34.30	00:21.91	00:22.82	00:23.78		RADEBE	Samkelo	BANGALORE		01 November 2009
200M	T45	U/20	F	00:49.50	00:28.58		00:49.50			Record marked			
200M	T46	OPEN	M	00:28.30	00:21.17	00:21.83	00:22.72		LOUW	Niel	SYDNEY		26 October 2000
200M	T46	OPEN	F	00:32.20	00:24.45	00:25.01	00:32.20			Record marked			
200M	T46	U/14	M	00:37.00	00:21.17	00:21.83	00:37.00	-1,0	MAJE	Thabo	CAPE TOWN		20 March 2023
200M	T46	U/14	F	00:42.10	00:24.45	00:25.01	00:42.10			Record marked			
200M	T46	U/17	M	00:34.80	00:21.17	00:21.83	00:28.95		MTEMBU	Thato	PORT ELIZABETH		25 April 2021
200M	T46	U/17	F	00:40.00	00:24.45	00:25.01	00:35.82		SWART	Frane	PORT ELIZABETH		25 April 2021
200M	T46	U/20	M	00:32.70	00:21.17	00:21.83	00:24.17		MCHASA	Tshepo	RUSTENBURG		29 March 2011
200M	T46	U/20	F	00:37.10	00:24.45	00:25.01	00:29.61		KLEYNHANS	Jana	PORT ELIZABETH		25 April 2021
200M	T47	OPEN	M	00:28.30	00:21.17	00:21.83	00:24.21		JOUBERT	Tshepang	BLOEMFONTEIN		21 March 2016
200M	T47	OPEN	F	00:32.20	00:24.45	00:25.01	00:25.01		WEYERS	Anrune	DUBAI		13 November 2019
200M	T47	U/14	M	00:37.00	00:21.17	00:21.83	00:36.09	-1,0	SARELWA	Lerato	CAPE TOWN		20 March 2023
200M	T47	U/14	F	00:42.10	00:24.45	00:25.01	00:42.10			Record marked			
200M	T47	U/17	M	00:34.80	00:21.17	00:21.83	00:23.21	-0,1	HARTY	Collin	GERMISTON		21 March 2022
200M	T47	U/17	F	00:40.00	00:24.45	00:25.01	00:37.03		DHLAMINI	Mbali	PORT ELIZABETH		25 April 2021
200M	T47	U/20	M	00:32.70	00:21.17	00:21.83	00:23.41	+0,3	HARTY	Collin-lee	CAPE TOWN		20 March 2023
200M	T47	U/20	F	00:37.10	00:24.45	00:25.01	00:27.14		LIEBENBERG	Anrune	RUSTENBURG		29 March 2011
200M	T51	OPEN	M	01:04.00	00:36.35	00:40.04	00:43.51		DU PREEZ	Pieter	ARBON		05 June 2015
200M	T51	OPEN	F	01:29.70	00:44.17	01:03.76	00:50.25		SWANEPOEL	Kat	BLOEMFONTEIN		05 November 2016
200M	T51	U/14	M	01:15.50	00:36.35	00:40.04	01:15.50			Record marked			
200M	T51	U/14	F	01:46.50	00:44.17	01:03.76	01:46.50			Record marked			
200M	T51	U/17	M	01:11.50	00:36.35	00:40.04	01:11.50			Record marked			
200M	T51	U/17	F	01:40.90	00:44.17	01:03.76	01:40.90			Record marked			
200M	T51	U/20	M	01:07.50	00:36.35	00:40.04	01:07.50			Record marked			
200M	T51	U/20	F	01:35.30	00:44.17	01:03.76	01:35.30			Record marked			
200M	T52	OPEN	M	00:46.00	00:30.02	00:32.98	00:32.98		BEACK	Brandon	ARBON		02 June 2019
200M	T52	OPEN	F	00:53.90	00:33.19		00:53.90			Record marked			



200M	T52	U/14	M	00:57.70	00:30.02	00:32.98	00:57.70		Record marked			
200M	T52	U/14	F	01:08.30	00:33.19		01:08.30		Record marked			
200M	T52	U/17	M	00:54.70	00:30.02	00:32.98	00:54.70		Record marked			
200M	T52	U/17	F	01:04.70	00:33.19		01:04.70		Record marked			
200M	T52	U/20	M	00:51.60	00:30.02	00:32.98	00:51.60		Record marked			
200M	T52	U/20	F	01:01.10	00:33.19		01:01.10		Record marked			
200M	T53	OPEN	M	00:38.90	00:25.04	00:27.91	00:31.86		KLAASEN	Eugene	JOHANNESBURG	01 April 2015
200M	T53	OPEN	F	00:43.80	00:28.61	00:33.55	00:38.83		VAN UYS	Renise	DURBAN	17 March 2005
200M	T53	U/14	M	00:49.30	00:25.27	00:27.91	00:49.30		Record marked			
200M	T53	U/14	F	00:55.50	00:28.61	00:33.55	00:55.50		Record marked			
200M	T53	U/17	M	00:46.70	00:25.27	00:27.91	00:46.70		Record marked			
200M	T53	U/17	F	00:53.00	00:28.61	00:33.55	00:53.00		Record marked			
200M	T53	U/20	M	00:44.10	00:25.27	00:27.91	00:44.10		Record marked			
200M	T53	U/20	F	00:49.60	00:28.61	00:33.55	00:49.60		Record marked			
200M	T54	OPEN	M	00:36.30	00:24.18	00:24.35	00:27.00		VAN DYK	Ernst	PRETORIA	15 March 2000
200M	T54	OPEN	F	00:41.30	00:27.52	00:29.75	00:39.70		MOKOENA MALIFETS	E	GERMISTON	16 March 2003
200M	T54	U/14	M	00:46.00	00:24.18	00:24.35	00:46.00		Record marked			
200M	T54	U/14	F	00:52.30	00:27.52	00:29.75	00:52.30		Record marked			
200M	T54	U/17	M	00:43.60	00:24.18	00:24.35	00:43.60		Record marked			
200M	T54	U/17	F	00:49.60	00:27.52	00:29.75	00:49.60		Record marked			
200M	T54	U/20	M	00:41.20	00:24.18	00:24.35	00:35.09		SEKGOBELA	Lucky	PORT ELIZABETH	07 April 2009
200M	T54	U/20	F	00:46.80	00:27.52	00:29.75	00:44.49		NTOMBELA	B P	GERMISTON	04 April 2007
200M	T61	OPEN	M	00:33.50	00:23.03	00:23.03	00:22.94		MAHLANGU	Ntando	PORT ELIZABETH	25 April 2021
200M	T61	OPEN	F	00:47.50	00:39.26		00:47.50		Record marked			
200M	T61	U/14	M	00:43.80	00:23.03	00:23.03	00:43.80		Record marked			
200M	T61	U/14	F	01:02.10	00:39.26		01:02.10		Record marked			
200M	T61	U/17	M	00:41.20	00:23.03	00:23.03	00:38.03	-0.6	MOLOKOMETSA	Kitso	CAPE TOWN	20 March 2023
200M	T61	U/17	F	00:58.40	00:39.26		00:58.40		Record marked			
200M	T61	U/20	M	00:38.70	00:23.03	00:23.03	00:23.03		MAHLANGU	Ntando	NOTTWIL	01 August 2019
200M	T61	U/20	F	00:54.80	00:39.26		00:54.80		Record marked			
200M	T62	OPEN	M	00:29.50	00:21.04	00:24.50	00:22.51		DU PLESSIS	Daniel	BLOEMFONTEIN	07 November 2020
200M	T62	OPEN	F	00:35.30	00:28.30		00:35.30		Record marked			
200M	T62	U/14	M	00:38.50	00:21.04	00:24.50	00:38.50		Record marked			
200M	T62	U/14	F	00:46.10	00:28.30		00:46.10		Record marked			
200M	T62	U/17	M	00:36.20	00:21.04	00:24.50	00:26.88		MABOTE	Puseletso	PORT ELIZABETH	25 April 2021
200M	T62	U/17	F	00:43.40	00:28.30		00:43.40		Record marked			
200M	T62	U/20	M	00:34.00	00:21.04	00:24.50	00:24.50		DANIELS	Paul	STELLENBOSCH	19 March 2019
200M	T62	U/20	F	00:40.70	00:28.30		00:40.70		Record marked			
200M	T63	OPEN	M	00:33.50	00:26.36	00:26.36	00:25.99		MABOTE	Puseletso	CAPE TOWN	20 March 2023
200M	T63	OPEN	F	00:47.50	00:31.73	00:40.26	00:47.50		Record marked			
200M	T63	U/14	M	00:43.80	00:26.36	00:26.36	00:43.80		Record marked			
200M	T63	U/14	F	01:02.10	00:31.73	00:40.26	01:02.10		Record marked			
200M	T63	U/17	M	00:41.20	00:26.36	00:26.36	00:26.36		MABOTE	Puseletso	NOTTWIL	01 August 2019
200M	T63	U/17	F	00:58.40	00:31.73	00:40.26	00:58.40		Record marked			

200M	T63	U/20	M	00:38.70	00:26.36	00:26.36	00:28.19		MOLEKOA	Kgotso	GERMISTON	20 March 2022
200M	T63	U/20	F	00:54.80	00:31.73	00:40.26	00:54.80		Record marked			
200M	T64	OPEN	M	00:29.50	00:21.27	00:22.26	00:22.26		FOUIRIE	Arnu	PARIS	31 May 2017
200M	T64	OPEN	F	00:35.30	00:26.12		00:35.30		Record marked			
200M	T64	U/14	M	00:38.50	00:21.27	00:22.26	00:31.71	-1,0	VAN HEERDEN	Jayden	GERMISTON	21 March 2022
200M	T64	U/14	F	00:46.10	00:26.12		00:46.10		Record marked			
200M	T64	U/17	M	00:36.20	00:21.27	00:22.26	00:28.08	-0,6	VAN HEERDEN	Jayden	CAPE TOWN	20 March 2023
200M	T64	U/17	F	00:43.40	00:26.12		00:43.40		Record marked			
200M	T64	U/20	M	00:34.00	00:21.27	00:22.26	00:29.95		BURGERS	Emile	SHARJAH	14 February 2019
200M	T64	U/20	F	00:40.70	00:26.12		00:40.26		MACDONALD	Kim	PORT ELIZABETH	25 April 2021
400M	T11	OPEN	M	01:05.10	00:49.82	00:50.03	00:55.40		NTSANE	P		01 March 1985
400M	T11	OPEN	F	01:13.00	00:56.00	00:58.97	01:06.97		COETZEE	Louzanne	CAPE TOWN	21 March 2023
400M	T11	U/14	M	01:25.10	00:49.82	00:50.03	01:25.10		Record marked			
400M	T11	U/14	F	01:35.50	00:56.14	00:58.97	01:35.50		Record marked			
400M	T11	U/17	M	01:20.10	00:49.82	00:50.03	01:20.10		Record marked			
400M	T11	U/17	F	01:29.90	00:56.14	00:58.97	01:29.90		Record marked			
400M	T11	U/20	M	01:15.10	00:49.82	00:50.03	00:57.84		MOEKETSI	Andrew	STELLENBOSCH	21 March 2019
400M	T11	U/20	F	01:24.30	00:56.14	00:58.97	01:24.30		Record marked			
400M	T12	OPEN	M	01:03.30	00:47.59	00:47.59	00:49.04		LANGENHOVEN	Hilton	LONDON	06 September 2012
400M	T12	OPEN	F	01:09.80	00:51.77	00:53.89	01:09.33		VAN YL	S	GERMISTON	04 April 2007
400M	T12	U/14	M	01:22.70	00:47.59	00:47.59	01:22.70		Record marked			
400M	T12	U/14	F	01:31.30	00:51.77	00:53.89	01:31.30		Record marked			
400M	T12	U/17	M	01:17.80	00:47.59	00:47.59	01:17.80		Record marked			
400M	T12	U/17	F	01:25.90	00:51.77	00:53.89	01:25.90		Record marked			
400M	T12	U/20	M	01:13.00	00:47.59	00:47.59	00:55.48		MINNAAR	Dewaldt	COLORADO SPRINGS	14 July 2011
400M	T12	U/20	F	01:20.60	00:51.77	00:53.89	01:16.60		MOTAUNG	Ntshidiseng	DURBAN	28 March 2012
400M	T13	OPEN	M	01:02.30	00:46.70	00:46.70	00:51.07		LIEBENBERG	R	SYDNEY	26 October 2000
400M	T13	OPEN	F	01:10.80	00:54.46	00:55.50	00:56.20		HAYES	Ilse	BLOEMFONTEIN	23 March 2016
400M	T13	U/14	M	01:21.40	00:46.70	00:46.70	01:21.40		Record marked			
400M	T13	U/14	F	01:32.60	00:54.46	00:55.50	01:32.60		Record marked			
400M	T13	U/17	M	01:16.70	00:46.70	00:46.70	01:10.40		MOGANE	Pontso	STELLENBOSCH	21 March 2019
400M	T13	U/17	F	01:27.20	00:54.46	00:55.50	01:27.20		Record marked			
400M	T13	U/20	M	01:11.90	00:46.70	00:46.70	00:53.09		BRIERS-LOUW	Daniel	BLOEMFONTEIN	01 April 2017
400M	T13	U/20	F	01:21.70	00:54.46	00:55.50	01:21.70		Record marked			
400M	T32	OPEN	M	02:16.30	01:30.82		02:16.30		Record marked			
400M	T32	OPEN	F	04:14.10	02:49.35		04:14.10		Record marked			
400M	T33	OPEN	M	01:35.70	00:57.95	01:21.33	01:32.00		WESTRAADT	Ettienne	KIMBERLEY	29 March 2002
400M	T33	OPEN	F	01:54.00	01:10.15		01:54.00		Record marked			
400M	T33	U/14	M	02:01.20	00:57.95	01:21.33	02:01.20		Record marked			
400M	T33	U/14	F	02:24.40	01:10.15		02:24.40		Record marked			
400M	T33	U/17	M	01:54.80	00:57.95	01:21.33	01:54.80		Record marked			
400M	T33	U/17	F	02:16.80	01:10.15		02:16.80		Record marked			
400M	T33	U/20	M	01:48.50	00:57.95	01:21.33	01:48.50		Record marked			
400M	T33	U/20	F	02:09.20	01:10.15		02:09.20		Record marked			



400M	T42	U/17	M									
400M	T42	U/17	F									
400M	T42	U/20	M									
400M	T42	U/20	F									
400M	T43	OPEN	M	02:00.00	01:32.90		02:00.00		Record marked			
400M	T43	OPEN	F	01:37.50			01:37.50		Record marked			
400M	T43	U/14	M		01:32.90							
400M	T43	U/14	F									
400M	T43	U/17	M		01:32.90							
400M	T43	U/17	F									
400M	T43	U/20	M		01:32.90							
400M	T43	U/20	F									
400M	T44	OPEN	M	01:06.30	00:53.00	00:53.39	00:57.33	SCHULTZ	Christiaan	BLOEMFONTEIN		06 May 2016
400M	T44	OPEN	F	01:21.20	01:00.07		01:21.20		Record marked			
400M	T44	U/14	M	01:26.70	00:53.00	00:53.39	01:26.70		Record marked			
400M	T44	U/14	F	01:46.20	01:00.07		01:46.20		Record marked			
400M	T44	U/17	M	01:21.60	00:53.00	00:53.39	00:58.83	SCHULTZ	Christiaan	STELLENBOSCH		02 April 2014
400M	T44	U/17	F	01:39.90	01:00.07		01:39.90		Record marked			
400M	T44	U/20	M	01:16.50	00:53.00	00:53.39	00:56.11	SCHULTZ	Christiaan	JOHANNESBURG		02 April 2015
400M	T44	U/20	F	01:33.70	01:00.07		01:33.70		Record marked			
400M	T45	OPEN	M	01:04.50	00:49.21		01:04.50		Record marked			
400M	T45	OPEN	F	01:36.10	01:07.19		01:36.10		Record marked			
400M	T45	U/14	M	01:24.30	00:49.21		01:24.30		Record marked			
400M	T45	U/14	F	02:05.70	01:07.19		02:05.70		Record marked			
400M	T45	U/17	M	01:19.40	00:49.21		01:01.93	ZWANE	Kabelo	BLOEMFONTEIN		01 April 2018
400M	T45	U/17	F	01:58.30	01:07.19		01:58.30		Record marked			
400M	T45	U/20	M	01:14.40	00:49.21		01:08.53	MOHOLWE	Boitumelo	STELLENBOSCH		21 March 2019
400M	T45	U/20	F	01:50.90	01:07.19		01:50.90		Record marked			
400M	T46	OPEN	M	01:02.00	00:47.38	00:47.38	00:50.37	BHEBE	Tshupo	PRETORIA		05 May 2012
400M	T46	OPEN	F	01:12.80	00:55.60	00:55.60	01:12.80		Record marked			
400M	T46	U/14	M	01:21.07	00:47.38	00:47.38	01:21.07		Record marked			
400M	T46	U/14	F	01:35.20	00:55.60	00:55.60	01:35.20		Record marked			
400M	T46	U/17	M	01:16.30	00:47.38	00:47.38	00:55.24	JOUBERT	Peet	STELLENBOSCH		28 March 2008
400M	T46	U/17	F	01:29.60	00:55.60	00:55.60	01:29.60		Record marked			
400M	T46	U/20	M	01:11.60	00:47.38	00:47.38	00:52.00	MCHASA	Tshupo	RUSTENBURG		30 March 2011
400M	T46	U/20	F	01:24.00	00:55.60	00:55.60	01:10.70	KLEYNHANS	Jana	PORT ELIZABETH		26 April 2021
400M	T47	OPEN	M	01:02.00	00:47.38	00:47.38	00:57.22	BHEBE	Tshupo	JOHANNESBURG		02 April 2015
400M	T47	OPEN	F	01:12.80	00:55.60	00:55.60	00:55.60	WEYERS	Anrune	HUIZINGIN		24 August 2019
400M	T47	U/14	M	01:21.07	00:47.38	00:47.38	01:21.07		Record marked			
400M	T47	U/14	F	01:35.20	00:55.60	00:55.60	01:35.20		Record marked			
400M	T47	U/17	M	01:16.30	00:47.38	00:47.38	01:06.27	KOTZE	Ewan	NOTTWIL		04 August 2019
400M	T47	U/17	F	01:29.60	00:55.60	00:55.60	00:59.44	LIEBENBERG	Anrune	PORT ELIZABETH		29 March 2010
400M	T47	U/20	M	01:11.60	00:47.38	00:47.38	00:53.16	HARTY	Collin-lee	CAPE TOWN		21 March 2023
400M	T47	U/20	F	01:24.00	00:55.60	00:55.60	01:00.15	LIEBENBERG	Anrune	RUSTENBURG		30 March 2011

400M	T51	OPEN	M	02:13.60	01:15.23	01:19.30	01:24.07		DU PREEZ	Pieter	ARBON	04 June 2015
400M	T51	OPEN	F	02:53.90	01:36.44		01:45.38		SWANEPOEL	Kat	BLOEMFONTEIN	05 November 2016
400M	T51	U/14	M	02:29.30	01:15.23	01:19.30	02:29.30		Record marked			
400M	T51	U/14	F	03:26.50	01:36.44		03:26.50		Record marked			
400M	T51	U/17	M	02:21.50	01:15.23	01:19.30	02:21.50		Record marked			
400M	T51	U/17	F	03:15.70	01:36.44		03:15.70		Record marked			
400M	T51	U/20	M	02:13.60	01:15.23	01:19.30	02:13.60		Record marked			
400M	T51	U/20	F	03:04.80	01:36.44		03:04.80		Record marked			
400M	T52	OPEN	M	01:27.90	00:55.13	01:01.93	01:07.68		BEACK	Brandon	NOTTWIL	26 May 2019
400M	T52	OPEN	F	01:43.20	01:04.87		01:43.20		Record marked			
400M	T52	U/14	M	01:51.30	00:55.13	01:01.93	01:51.30		Record marked			
400M	T52	U/14	F	02:10.70	01:04.87		02:10.70		Record marked			
400M	T52	U/17	M	01:45.40	00:55.13	01:01.93	01:45.40		Record marked			
400M	T52	U/17	F	02:03.73	01:04.87		02:03.73		Record marked			
400M	T52	U/20	M	01:39.60	00:55.13	01:01.93	01:39.60		Record marked			
400M	T52	U/20	F	01:56.90	01:04.87		01:56.90		Record marked			
400M	T53	OPEN	M	01:11.50	00:46.61	00:51.57	00:58.44		KLAASEN	Eugene	JOHANNESBURG	02 April 2015
400M	T53	OPEN	F	01:22.40	00:53.32	01:02.85	01:22.12		VAN UYS	Renise	DURBAN	17 March 2005
400M	T53	U/14	M	01:30.60	00:46.61	00:51.57	01:30.60		Record marked			
400M	T53	U/14	F	01:44.30	00:53.32	01:02.85	01:44.30		Record marked			
400M	T53	U/17	M	01:25.90	00:46.61	00:51.57	01:03.44		KLAASEN	Eugene	PRETORIA	16 March 2000
400M	T53	U/17	F	01:38.80	00:53.32	01:02.85	01:25.04		VAN UYS	Renise	KIMBERLEY	25 March 1998
400M	T53	U/20	M	01:21.10	00:46.61	00:51.57	01:21.10		Record marked			
400M	T53	U/20	F	01:33.30	00:53.32	01:02.85	01:33.30		Record marked			
400M	T54	OPEN	M	01:07.70	00:43.46	00:43.46	00:47.05		VAN DYK	Ernst	JONA	25 August 2001
400M	T54	OPEN	F	01:17.90	00:51.90	00:55.99	01:17.90		Record marked			
400M	T54	U/14	M	01:25.70	00:43.46	00:43.46	01:25.70		Record marked			
400M	T54	U/14	F	01:38.70	00:51.90	00:55.99	01:38.70		Record marked			
400M	T54	U/17	M	01:21.20	00:43.46	00:43.46	00:58.91		COETZEE	Christo	STELLENBOSCH	13 April 2001
400M	T54	U/17	F	01:22.50	00:51.90	00:55.99	01:22.50		Record marked			
400M	T54	U/20	M	01:16.70	00:43.46	00:43.46	01:16.70		Record marked			
400M	T54	U/20	F	01:28.30	00:51.90	00:55.99	01:28.30		Record marked			
400M	T61	OPEN	M		00:48.31	00:48.31	00:48.31		MAHLANGU	Ntando	LEVERKUSEN	21 June 2019
400M	T61	OPEN	F									
400M	T61	U/14	M		00:48.31	00:48.31						
400M	T61	U/14	F									
400M	T61	U/17	M		00:48.31	00:48.31						
400M	T61	U/17	F									
400M	T61	U/20	M		00:48.31	00:48.31	00:48.98		MAHLANGU	Ntando	NOTTWIL	04 August 2019
400M	T61	U/20	F									
400M	T62	OPEN	M	01:06.30	00:45.78	00:50.09	00:50.09		MOFOKENG	Tebogo	TOKYO	03 September 2021
400M	T62	OPEN	F	01:21.20			01:21.20		Record marked			
400M	T62	U/14	M	01:26.70	00:45.78	00:50.09	01:26.70		Record marked			
400M	T62	U/14	F	01:46.20			01:46.20		Record marked			

400M	T62	U/17	M	01:21.60	00:45.78	00:50.09	01:21.60		Record marked			
400M	T62	U/17	F	01:39.90			01:39.90		Record marked			
400M	T62	U/20	M	01:16.50	00:45.78	00:50.09	00:57.28		MOFOKENG	Tebogo	NOTTWIL	03 August 2019
400M	T62	U/20	F	01:33.70								
400M	T63	OPEN	M		01:02.50	01:04.65	01:01.85		MABOTE	Puseletso	CAPE TOWN	21 March 2023
400M	T63	OPEN	F		01:24.12							
400M	T63	U/14	M		01:02.50	01:04.65						
400M	T63	U/14	F		01:24.12							
400M	T63	U/17	M		01:02.50	01:04.65						
400M	T63	U/17	F		01:24.12							
400M	T63	U/20	M		01:02.50	01:04.65						
400M	T63	U/20	F		01:24.12							
400M	T64	OPEN	M	01:06.30	00:49.66	01:00.13	01:06.30		Record marked			
400M	T64	OPEN	F	01:21.20	00:59.27		01:21.20		Record marked			
400M	T64	U/14	M	01:26.70	00:49.66	01:00.13	01:26.70		Record marked			
400M	T64	U/14	F	01:46.20	00:59.27		01:46.20		Record marked			
400M	T64	U/17	M	01:21.60	00:49.66	01:00.13	01:21.60	01:03.70	VAN HEERDEN	Jayden	CAPE TOWN	21 March 2023
400M	T64	U/17	F	01:39.90	00:59.27		01:39.90		Record marked			
400M	T64	U/20	M	01:16.50	00:49.66	01:00.13	01:09.42		STANDER	Garrick	BLOEMFONTEIN	01 April 2018
400M	T64	U/20	F	01:33.70	00:59.27		01:33.70		Record marked			
800M	T11	OPEN	M	02:36.00	01:58.47	02:00.08	02:05.04		BREITENBACH	Danie	STELLENBOSCH	19 March 2019
800M	T11	OPEN	F	02:59.00	02:17.66	02:25.87	02:25.87		COETZEE	Louzanne	BERLIN	30 June 2018
800M	T11	U/14	M	03:24.00	01:58.47	02:00.08	03:24.00		Record marked			
800M	T11	U/14	F	03:54.10	02:17.66	02:25.87	03:54.10					
800M	T11	U/17	M	03:12.00	01:58.47	02:00.08	02:30.81		BREITENBACH	Danie	RUSTENBURG	29 March 2011
800M	T11	U/17	F	03:40.30	02:17.66	02:25.87	03:40.30					
800M	T11	U/20	M	03:00.00	01:58.47	02:00.08	02:23.58		BREITENBACH	Danie	PRETORIA	25 March 2013
800M	T11	U/20	F	03:26.50	02:17.66	02:25.87	03:26.50					
800M	T12	OPEN	M	02:25.80	01:50.02	01:52.13	02:08.90		DU TOIT	S		01 March 1987
800M	T12	OPEN	F	02:42.50	02:04.96	02:24.22	02:42.50					
800M	T12	U/14	M	03:10.70	01:50.02	01:52.13	03:10.70		Record marked			
800M	T12	U/14	F	03:32.50	02:04.96	02:24.22	03:32.50		Record marked			
800M	T12	U/17	M	02:59.50	01:50.02	01:52.13	02:59.50		MINNAAR	Dewald	PORT ELIZABETH	29 March 2010
800M	T12	U/17	F	03:20.00	02:04.96	02:24.22	02:55.93		VENTER	C	PRETORIA	14 March 2000
800M	T12	U/20	M	02:48.20	01:50.02	01:52.13	02:04.80		PHAHLAMOHLAKA	Mathale	DURBAN	27 March 2012
800M	T12	U/20	F	03:07.50	02:04.96	02:24.22	03:07.50					
800M	T13	OPEN	M	02:26.30	01:50.70	01:50.70	02:05.43		EHLERS	Darren	DURBAN	27 March 2012
800M	T13	OPEN	F	02:40.20	02:03.18	02:03.21	02:37.40		ERASMUS	S	STELLENBOSCH	01 April 1991
800M	T13	U/14	M	03:11.30	01:50.70	01:50.70	03:11.30		Record marked			
800M	T13	U/14	F	03:29.50	02:03.18	02:03.21	03:29.50		Record marked			
800M	T13	U/17	M	03:00.00	01:50.70	01:50.70	02:15.00		MOFOKENG	Gerry	GERMISTON	21 March 2003
800M	T13	U/17	F	03:17.10	02:03.18	02:03.21	02:54.80		KEW	N	KIMBERLEY	16 March 1999
800M	T13	U/20	M	02:48.80	01:50.70	01:50.70	02:16.31		MOSTERT	Nielbert	PORT ELIZABETH	25 April 2021
800M	T13	U/20	F	03:04.80	02:03.18	02:03.21	03:04.80		Record marked			

800M	T33	OPEN	M	03:21.80	01:52.52		03:21.80		Record marked			
800M	T33	OPEN	F	03:52.60	02:22.85		03:52.60		Record marked			
800M	T34	OPEN	M	02:46.00	01:36.78	01:36.78	02:26.17		BOTHMA	G	PRETORIA	23 March 1996
800M	T34	OPEN	F	03:25.50	01:48.87		03:25.50		Record marked			
800M	T34	U/14	M	03:30.20	01:36.78	01:36.78	03:30.20		Record marked			
800M	T34	U/14	F	04:20.30	01:48.87		04:20.30		Record marked			
800M	T34	U/17	M	03:19.10	01:36.78	01:36.78	03:19.10		Record marked			
800M	T34	U/17	F	04:06.60	01:48.87		04:06.60		Record marked			
800M	T34	U/20	M	03:08.10	01:36.78	01:36.78	03:08.10		Record marked			
800M	T34	U/20	F	03:52.90	01:48.87		03:52.90		Record marked			
800M	T35	OPEN	M	03:13.40	02:29.47		03:13.40		Record marked			
800M	T35	OPEN	F		03:13.47							
800M	T35	U/14	M	04:14.10	02:29.47		04:14.10		Record marked			
800M	T35	U/14	F		03:13.47							
800M	T35	U/17	M	03:59.20	02:29.47		02:16.07		VUKAPI	O	GERMISTON	21 March 2003
800M	T35	U/17	F		03:13.47		02:55.93		VENTER	C	PRETORIA	14 March 2000
800M	T35	U/20	M	03:44.30	02:29.47		02:30.94		SOSIBO	S	GERMISTON	04 April 2007
800M	T35	U/20	F		03:13.47							
800M	T36	OPEN	M	02:47.50	02:02.39	02:13.90	02:33.69		MOSALA	Moses	JOHANNESBURG	02 April 2015
800M	T36	OPEN	F	04:12.20	03:06.22		04:12.20		Record marked			
800M	T36	U/14	M	03:39.10	02:02.39	02:13.90	02:23.10		Record marked			
800M	T36	U/14	F	05:29.80	03:06.22		02:53.70		Record marked			
800M	T36	U/17	M	03:26.20	02:02.39	02:13.90	02:16.07		Record marked			
800M	T36	U/17	F	05:10.40	03:06.22		02:55.93		Record marked			
800M	T36	U/20	M	03:13.24	02:02.39	02:13.90	02:30.94		SOSIBO	S	GERMISTON	04 April 2007
800M	T36	U/20	F	04:51.00	03:06.22		04:22.12		MASHA	M T	GERMISTON	04 April 2007
800M	T37	OPEN	M	02:35.30	01:57.17	02:01.45	02:03.89		DU TOIT	Charl	LYON	21 July 2013
800M	T37	OPEN	F	03:36.80	02:41.71	02:41.71	02:41.71		GOUWS	Liezel	BLOEMFONTEIN	01 April 2018
800M	T37	U/14	M	03:23.00	01:57.17	02:01.45	03:23.00		Record marked			
800M	T37	U/14	F	04:43.50	02:41.71	02:41.71	04:43.50		Record marked			
800M	T37	U/17	M	03:11.10	01:57.17	02:01.45	03:09.00		RANK	Darren	STELLENBOSCH	19 March 2019
800M	T37	U/17	F	04:26.90	02:41.71	02:41.71	03:27.77		JONES	Norejaan	STELLENBOSCH	19 March 2019
800M	T37	U/20	M	02:59.10	01:57.17	02:01.45	02:08.20		DU TOIT	Charl	DURBAN	27 March 2012
800M	T37	U/20	F	04:10.20	02:41.71	02:41.71	02:40.29		GOUWS	Liezel	PORT ELIZABETH	03 April 2017
800M	T38	OPEN	M	02:34.60	01:57.78	01:58.87	01:58.87		PRINGLE	Malcolm	ATHENS	01 September 2004
800M	T38	OPEN	F	03:22.70	02:35.83	02:35.83	02:35.83		NICOLAISEN	Arina	NOTTWIL	04 August 2019
800M	T38	U/14	M	03:22.10	01:57.78	01:58.87	03:22.10		Record marked			
800M	T38	U/14	F	04:25.10	02:35.83	02:35.83	04:25.10		Record marked			
800M	T38	U/17	M	03:10.20	01:57.78	01:58.87	02:24.70		MARTIN	A	PRETORIA	14 March 2000
800M	T38	U/17	F	04:09.50	02:35.83	02:35.83	02:48.56		NICOLAISEN	Arina	PORT ELIZABETH	03 April 2017
800M	T38	U/20	M	02:58.40	01:57.78	01:58.87	02:58.40		Record marked			
800M	T38	U/20	F	03:53.90	02:35.83	02:35.83	02:35.83		NICOLAISEN	Arina	NOTTWIL	04 August 2019
800M	T42	OPEN	M									
800M	T43	OPEN	M		04:52.67							

800M	T43	OPEN	F									
800M	T44	OPEN	M	02:45.40	02:02.65	02:32.43	02:30.86		LESENYEHO	Julius	STELLENBOSCH	28 March 2008
800M	T44	OPEN	F	03:25.90			03:25.90		Record marked			
800M	T44	U/14	M	03:36.30	02:02.65	02:32.43	03:36.30		Record marked			
800M	T44	U/14	F	04:29.20			04:29.20		Record marked			
800M	T44	U/17	M	03:23.50	02:02.65	02:32.43	03:23.50		Record marked			
800M	T44	U/17	F	04:13.40			04:13.40		Record marked			
800M	T44	U/20	M	03:10.80	02:02.65	02:32.43	03:10.80		Record marked			
800M	T44	U/20	F	03:57.50			03:57.50		Record marked			
800M	T45	OPEN	M	02:39.00	01:59.30		02:39.00		Record marked			
800M	T45	OPEN	F									
800M	T45	U/14	M	03:27.90	01:59.30		03:27.90		Record marked			
800M	T45	U/14	F									
800M	T45	U/17	M	03:15.60	01:59.30		02:43.19		BOYSEN	P	GERMISTON	16 March 2003
800M	T45	U/17	F									
800M	T45	U/20	M	03:03.40	01:59.30		02:59.38		SIKWANE	Letlogonolo	PRETORIA	25 March 2013
800M	T45	U/20	F									
800M	T46	OPEN	M	02:26.10	01:51.82	01:52.33	02:02.39		NDLOVU	Lungiselelo	GERMISTON	20 March 2022
800M	T46	OPEN	F	02:52.20	02:12.42		02:52.20		Record marked			
800M	T46	U/14	M	03:11.10	01:51.82	01:52.33	03:11.10		Record marked			
800M	T46	U/14	F	03:45.20	02:12.42		03:45.20		Record marked			
800M	T46	U/17	M	02:59.80	01:51.82	01:52.33	02:08.02		JOUBERT	Peet	STELLENBOSCH	28 March 2008
800M	T46	U/17	F	03:31.90	02:12.42		03:31.90		Record marked			
800M	T46	U/20	M	02:48.60	01:51.82	01:52.33	02:03.22		JOUBERT	Peet	RUSTENBURG	29 March 2011
800M	T46	U/20	F	03:18.70	02:12.42		03:18.70		Record marked			
800M	T51	OPEN	M	04:00.30	02:30.98	02:51.03	02:51.03		DU PREEZ	Pieter	ARBON	05 June 2015
800M	T51	OPEN	F	06:18.00	03:15.64		03:31.69		SWANEPOEL	Kat	BLOEMFONTEIN	05 November 2016
800M	T51	U/14	M	05:04.30	02:30.98	02:51.03	05:04.30		Record marked			
800M	T51	U/14	F	07:58.80	03:15.64		07:58.80		Record marked			
800M	T51	U/17	M	04:48.30	02:30.98	02:51.03	04:48.30		Record marked			
800M	T51	U/17	F	07:33.60	03:15.64		07:33.60		Record marked			
800M	T51	U/20	M	04:32.30	02:30.98	02:51.03	04:32.30		Record marked			
800M	T51	U/20	F	07:08.40	03:15.64		07:08.40		Record marked			
800M	T52	OPEN	M	02:48.50	01:51.57	01:58.68	02:48.50		Record marked			
800M	T52	OPEN	F	03:25.10	02:06.76		03:25.10		Record marked			
800M	T52	U/14	M	03:33.40	01:51.57	01:58.68	03:33.40		Record marked			
800M	T52	U/14	F	04:19.80	02:06.76		04:19.80		Record marked			
800M	T52	U/17	M	03:22.20	01:51.57	01:58.68	03:22.20		Record marked			
800M	T52	U/17	F	04:06.10	02:06.76		04:06.10		Record marked			
800M	T52	U/20	M	03:11.00	01:51.57	01:58.68	03:11.00		Record marked			
800M	T52	U/20	F	03:52.50	02:06.76		03:52.50		Record marked			
800M	T53	OPEN	M	02:24.50	01:31.69	01:44.68	01:59.09		BOSCH	Tiaan	ARBON	28 May 2017
800M	T53	OPEN	F	02:44.80	01:45.53	02:13.00	02:44.80		Record marked			
800M	T53	U/14	M	03:03.00	01:31.69	01:44.68	03:03.00		Record marked			



800M	T53	U/14	F	03:28.70	01:45.53	02:13.00	03:28.70		Record marked			
800M	T53	U/17	M	02:53.40	01:31.69	01:44.68	02:15.30		KLAASEN	E	KIMBERLEY	17 March 1999
800M	T53	U/17	F	03:17.70	01:45.53	02:13.00	03:17.70		Record marked			
800M	T53	U/20	M	02:43.80	01:31.69	01:44.68	02:43.80		Record marked			
800M	T53	U/20	F	03:06.70	01:45.53	02:13.00	03:06.70		Record marked			
800M	T54	OPEN	M	02:18.30	01:29.54	01:31.24	01:32.17		VAN DYK	Ernst	JONA	25 August 2001
800M	T54	OPEN	F	02:37.80	01:41.47	01:52.27	02:37.80		Record marked			
800M	T54	U/14	M	02:55.20	01:29.54	01:31.24	02:55.20		Record marked			
800M	T54	U/14	F	03:19.90	01:41.47	01:52.27	03:19.90		Record marked			
800M	T54	U/17	M	02:46.00	01:29.54	01:31.24	02:46.00		COETZEE	Christo	STELLENBOSCH	12 April 2001
800M	T54	U/17	F	03:09.40	01:41.47	01:52.27	03:09.40		Record marked			
800M	T54	U/20	M	02:36.70	01:29.54	01:31.24	02:36.70		Record marked			
800M	T54	U/20	F	02:58.90	01:41.47	01:52.27	02:58.90		Record marked			
800M	T61	OPEN	M		01:49.30	01:49.30	01:44.99		MAHLANGU	Ntando	PRETORIA	17 April 2021
800M	T61	OPEN	F									
800M	T62	OPEN	M		02:18.21							
800M	T62	OPEN	F		02:57.81							
800M	T63	OPEN	M		03:35.28							
800M	T63	OPEN	F									
800M	T64	OPEN	M		02:35.26	02:45.83	02:45.83		CLOETE	Celvino	STELLENBOSCH	19 March 2019
800M	T64	OPEN	F		02:22.28							
1500M	T11	OPEN	M	05:18.70	03:57.60	03:58,37	04:25.59		BREITENBACH	Danie	STELLENBOSCH	20 March 2019
1500M	T11	OPEN	F	06:22.00	04:37.40	04:40.96	04:40.96		COETZEE	Louzanne	TOKYO	30 August 2021
1500M	T11	U/14	M	06:56.70	03:57.60	03:58,37	06:56.70		Record marked			
1500M	T11	U/14	F	08:19.50	04:37.40	04:40.96	08:19.50		Record marked			
1500M	T11	U/17	M	06:32.20	03:57.60	03:58,37	05:40.90		BREITENBACH	Danie	RUSTENBURG	30 March 2011
1500M	T11	U/17	F	07:50.10	04:37.40	04:40.96	07:50.10		Record marked			
1500M	T11	U/20	M	06:07.70	03:57.60	03:58,37	05:05.64		BREITENBACH	Danie	PRETORIA	26 March 2013
1500M	T11	U/20	F	07:20.70	04:37.40	04:40.96	07:20.70		Record marked			
1500M	T12	OPEN	M	04:59.30	03:41.34	03:48.31	04:42.70		HAFENANYE	Abraham	PORT ELIZABETH	03 April 2017
1500M	T12	OPEN	F	05:37.00	04:19.20	04:30.52	05:05.20		TYESI	T	PORT ELIZABETH	01 March 1990
1500M	T12	U/14	M	06:31.40	03:41.34	03:48.31	06:31.40		Record marked			
1500M	T12	U/14	F	07:20.70	04:19.20	04:30.52	07:20.70		Record marked			
1500M	T12	U/17	M	06:08.30	03:41.34	03:48.31	04:37.73		VUKAPI	O	DURBAN	15 March 2005
1500M	T12	U/17	F	06:54.80	04:19.20	04:30.52	06:02.20		DE BEER	G J	KIMBERLEY	15 March 2000
1500M	T12	U/20	M	05:45.30	03:41.34	03:48.31	04:18.58		PHAHLAMOHLAKA	Mathale	DURBAN	26 March 2012
1500M	T12	U/20	F	06:28.80	04:19.20	04:30.52	06:28.80		Record marked			
1500M	T13	OPEN	M	05:01.40	03:48.29	03:48.29	04:26.90		JANSEN	W		01 March 1987
1500M	T13	OPEN	F	05:18.90	04:05.27	04:14.00	05:18.90		Record marked			
1500M	T13	U/14	M	06:34.10	03:48.29	03:48.29	06:34.10		Record marked			
1500M	T13	U/14	F	06:57.00	04:05.27	04:14.00	05:37.91		NEL	J		01 September 1985
1500M	T13	U/17	M	06:11.00	03:48.29	03:48.29	05:10.00		JORDAAN	C	KIMBERLEY	25 March 1998
1500M	T13	U/17	F	06:32.50	04:05.27	04:14.00	06:32.50		Record marked			
1500M	T13	U/20	M	05:47.80	03:48.29	03:48.29	04:54.84		MOSTERT	Nielbert	PORT ELIZABETH	26 April 2021

1500M	T13	U/20	F	06:08.00	04:05.27	04:14.00	06:08.00		Record marked			
1500M	T33	OPEN	M	06:32.10	04:21.39		06:32.10		Record marked			
1500M	T33	OPEN	F	07:37.60	04:55.85		07:37.60		Record marked			
1500M	T34	OPEN	M	05:23.40	03:09.93	03:09.93	05:03.80		BOTHMA	G	WORCESTER	27 March 1998
1500M	T34	OPEN	F	06:24.50	03:50.22		06:24.50		Record marked			
1500M	T34	U/14	M	06:49.60	03:09.93	03:09.93	06:49.60		Record marked			
1500M	T34	U/14	F	08:07.00	03:50.22		08:07.00		Record marked			
1500M	T34	U/17	M	06:28.00	03:09.93	03:09.93	06:28.00		Record marked			
1500M	T34	U/17	F	07:41.40	03:50.22		07:41.40		Record marked			
1500M	T34	U/20	M	06:06.50	03:09.93	03:09.93	06:06.50		Record marked			
1500M	T34	U/20	F	07:15.80	03:50.22		07:15.80		Record marked			
1500M	T35	OPEN	M	06:28.30	04:58.65		06:28.30		Record marked			
1500M	T35	OPEN	F		07:44.06							
1500M	T36	OPEN	M	06:01.10	04:32.89	05:56.61	05:32.83		LOUW	M	WORCESTER	27 March 1998
1500M	T36	OPEN	F	08:22.20	06:26.30		08:22.20		Record marked			
1500M	T36	U/14	M	07:52.20	04:32.89	05:56.61	07:52.20		Record marked			
1500M	T36	U/14	F	10:56.80	06:26.30		10:56.80		Record marked			
1500M	T36	U/17	M	07:24.40	04:32.89	05:56.61	07:24.40		Record marked			
1500M	T36	U/17	F	10:18.10	06:26.30		10:18.10		Record marked			
1500M	T36	U/20	M	06:56.70	04:32.89	05:56.61	06:13.00		RAGA	S N	GERMISTON	04 April 2007
1500M	T36	U/20	F	09:39.50	06:26.30		09:39.50		Record marked			
1500M	T37	OPEN	M	05:33.10	03:59.54	04:13.18	04:37.31		BRITZ	Barend	PORT ELIZABETH	26 April 2021
1500M	T37	OPEN	F	07:22.20	05:40.12		07:22.20		Record marked			
1500M	T37	U/14	M	07:15.60	03:59.54	04:13.18	07:15.60		Record marked			
1500M	T37	U/14	F	09:38.20	05:40.12		09:38.20		Record marked			
1500M	T37	U/17	M	06:49.90	03:59.54	04:13.18	04:55.12		RANK	Darren	STELLENBOSCH	20 March 2019
1500M	T37	U/17	F	09:04.20	05:40.12		07:25.37		JONES	Norejaan	STELLENBOSCH	20 April 2019
1500M	T37	U/20	M	06:24.30	03:59.54	04:13.18	05:00.98		BRITS	Barend	STELLENBOSCH	01 April 2014
1500M	T37	U/20	F	08:30.20	05:40.12		08:30.20		Record marked			
1500M	T38	OPEN	M	05:24.40	03:47.89	04:03.07	04:23.17		PRINGLE	Malcolm	KIMBERLEY	29 March 2002
1500M	T38	OPEN	F	07:07.10	05:28.51		06:18.76		NICOLAISEN	Arina	PORT ELIZABETH	26 April 2021
1500M	T38	U/14	M	07:04.20	03:47.89	04:03.07	07:04.20		Record marked			
1500M	T38	U/14	F	09:18.50	05:28.51		09:18.50		Record marked			
1500M	T38	U/17	M	06:39.20	03:47.89	04:03.07	06:39.20		Record marked			
1500M	T38	U/17	F	08:45.70	05:28.51		05:40.90		NICOLAISEN	Arina	PORT ELIZABETH	03 April 2017
1500M	T38	U/20	M	06:14.30	03:47.89	04:03.07	05:02.20		MAREE	Willem	PORT ELIZABETH	28 March 2010
1500M	T38	U/20	F	08:12.80	05:28.51		05:29.52		NICOLAISEN	Arina	BLOEMFONTEIN	02 April 2018
1500M	T44	OPEN	M	06:20.00	04:24.67	05:30.62	05:30.59		LESENYEHO	Julius	PRETORIA	26 March 2013
1500M	T44	OPEN	F									
1500M	T45	OPEN	M	05:22.80	04:08.26	04:30.43	05:22.80		Record marked			
1500M	T45	OPEN	F									
1500M	T46	OPEN	M	05:20.00	03:46.51	03:50.15	04:24.10		NDLOVU	Lungiselelo	GERMISTON	
1500M	T46	OPEN	F	06:17.10	04:50.08		06:17.10		Record marked			
1500M	T46	U/14	M	06:35.30	03:46.51	03:50.15	06:35.30		Record marked			

1500M	T46	U/14	F	08:13.20	04:50.08		08:13.20		Record marked			
1500M	T46	U/17	M	06:12.00	03:46.51	03:50.15	04:38.00		JOUBERT	Peet	PORT ELIZABETH	07 April 2009
1500M	T46	U/17	F	07:44.20	04:50.08		07:44.20		Record marked			
1500M	T46	U/20	M	05:48.80	03:46.51	03:50.15	05:15.11		ADAM	S	GERMISTON	04 April 2007
1500M	T46	U/20	F	07:15.20	04:50.08		07:15.20		Record marked			
1500M	T51	OPEN	M	07:32.30	04:53.50	05:27.76	05:27.76		DU PREEZ	Pieter	ARBON	04 June 2015
1500M	T51	OPEN	F	11:59.70	06:25.19		11:59.70		Record marked			
1500M	T51	U/14	M	09:32.90	04:53.50	05:27.76	09:32.90		Record marked			
1500M	T51	U/14	F	15:11.70	06:25.19		15:11.70		Record marked			
1500M	T51	U/17	M	09:02.70	04:53.50	05:27.76	09:02.70		Record marked			
1500M	T51	U/17	F	14:23.70	06:25.19		14:23.70		Record marked			
1500M	T51	U/20	M	08:32.60	04:53.50	05:27.76	08:32.60		Record marked			
1500M	T51	U/20	F	13:35.70	06:25.19		13:35.70		Record marked			
1500M	T52	OPEN	M	05:24.10	03:25.08		05:24.10		Record marked			
1500M	T52	OPEN	F	06:38.30	04:24.47		06:38.30		Record marked			
1500M	T52	U/14	M	06:50.50	03:25.08		06:50.50		Record marked			
1500M	T52	U/14	F	08:24.50	04:24.47		08:24.50		Record marked			
1500M	T52	U/17	M	06:28.90	03:25.08		06:28.90		Record marked			
1500M	T52	U/17	F	07:57.90	04:24.47		07:57.90		Record marked			
1500M	T52	U/20	M	06:07.30	03:25.08		06:07.30		Record marked			
1500M	T52	U/20	F	07:31.40	04:24.47		07:31.40		Record marked			
1500M	T53/54	OPEN	M	04:23.60	02:49.55	02:54.18	02:58.37		VAN DYK	Ernst	ATLANTA	02 July 2003
1500M	T53/54	OPEN	F	05:06.40	03:12.35	03:29.66	05:06.40		Record marked			
1500M	T53/54	U/14	M	05:33.90	02:49.55	02:54.18	05:33.90		Record marked			
1500M	T53/54	U/14	F	06:28.10	03:12.35	03:29.66	06:28.10		Record marked			
1500M	T53/54	U/17	M	05:16.30	02:49.55	02:54.18	03:50.64		COETZEE	Christo	STELLENBOSCH	12 April 2001
1500M	T53/54	U/17	F	06:07.70	03:12.35	03:29.66	06:07.70		Record marked			
1500M	T53/54	U/20	M	04:58.80	02:49.55	02:54.18	04:58.80		Record marked			
1500M	T53/54	U/20	F	05:47.20	03:12.35	03:29.66	05:47.20		Record marked			
1500M	T61	OPEN	M									
1500M	T61	OPEN	F									
1500M	T62	OPEN	M									
1500M	T62	OPEN	F									
1500M	T63	OPEN	M		05:33.85							
1500M	T63	OPEN	F									
1500M	T64	OPEN	M		04:33.46							
1500M	T64	OPEN	F		04:58.68							
5000M	T11	OPEN	M	19:44.40	14:55.39	15:11.07	16:08.99		NEHRO	Jan	CHRISTCHURCH	26 January 2011
5000M	T11	OPEN	F	26:07.60	17:17.32	17:17.32	18:00.34		COETZEE	Louzanne	BERLIN	01 July 2018
5000M	T11	U/14	M	25:48.90	14:55.39	15:11.07	25:48.90		Record marked			
5000M	T11	U/14	F	34:09.90	17:17.32	17:17.32	34:09.90		Record marked			
5000M	T11	U/17	M	24:17.80	14:55.39	15:11.07	24:17.80		Record marked			
5000M	T11	U/17	F	32:09.30	17:17.32	17:17.32	32:09.30		Record marked			
5000M	T11	U/20	M	22:46.70	14:55.39	15:11.07	22:46.70		Record marked			

5000M	T11	U/20	F	30:08.71	17:17.32	17:17.32	30:08.71		Record marked			
5000M	T12	OPEN	M	18:43.30	13:53.76	13:53.76	18:43.30		Record marked			
5000M	T12	OPEN	F	23:11.60	17:50.45		23:11.60		Record marked			
5000M	T12	U/14	M	24:28.90	13:53.76	13:53.76	24:28.90		Record marked			
5000M	T12	U/14	F	30:19.80	17:50.45		30:19.80		Record marked			
5000M	T12	U/17	M	23:02.50	13:53.76	13:53.76	23:02.50		Record marked			
5000M	T12	U/17	F	28:32.80	17:50.45		28:32.80		Record marked			
5000M	T12	U/20	M	21:36.10	13:53.76	13:53.76	21:36.10		Record marked			
5000M	T12	U/20	F	26:45.70	17:50.45		26:45.70		Record marked			
5000M	T13	OPEN	M	19:11.80	14:20.69	14:20.69	19:11.80		Record marked			
5000M	T13	OPEN	F	19:39.40	15:07.19		19:39.40		Record marked			
5000M	T13	U/14	M	25:06.20	14:20.69	14:20.69	25:06.20		Record marked			
5000M	T13	U/14	F	25:42.20	15:07.19		25:42.20		Record marked			
5000M	T13	U/17	M	23:37.60	14:20.69	14:20.69	23:37.60		Record marked			
5000M	T13	U/17	F	24:11.50	15:07.19		24:11.50		Record marked			
5000M	T13	U/20	M	22:09.00	14:20.69	14:20.69	22:09.00		Record marked			
5000M	T13	U/20	F	22:40.80	15:07.19		22:40.80		Record marked			
5000M	T34	OPEN	M	18:50.60	12:02.00	10:04.67	18:50.60		Record marked			
5000M	T34	OPEN	F		13:25.50							
5000M	T35	OPEN	M	23:01.20	17:42.42		23:01.20		Record marked			
5000M	T35	OPEN	F									
5000M	T36	OPEN	M	23:54.60	18:23.52		19:52.49	JOHNSON	Ezzard	RUSTENBURG		29 March 2011
5000M	T36	OPEN	F									
5000M	T36	U/14	M	31:16.00	18:23.52		31:16.00		Record marked			
5000M	T36	U/17	M	29:25.70	18:23.52		29:25.70		Record marked			
5000M	T36	U/20	M	27:35.30	18:23.52		27:35.30		Record marked			
5000M	T37	OPEN	M	21:32.70	15:54.50	17:04.98	17:15.80	BRITZ	Barend	PORT ELIZABETH		24 April 2021
5000M	T37	OPEN	F									
5000M	T37	U/14	M	28:10.50	15:54.50	17:04.98	28:10.50		Record marked			
5000M	T37	U/17	M	26:31.00	15:54.50	17:04.98	26:31.00		Record marked			
5000M	T37	U/20	M	24:51.60	15:54.50	17:04.98	24:51.60		Record marked			
5000M	T38	OPEN	M	20:44.50	15:00.42	15:57.25	18:42.90	PRINGLE	Malcolm	PORT ELIZABETH		28 March 2010
5000M	T38	OPEN	F									
5000M	T38	U/14	M	27:07.40	15:00.42	15:57.25	27:07.40		Record marked			
5000M	T38	U/17	M	25:31.60	15:00.42	15:57.25	25:31.60		Record marked			
5000M	T38	U/20	M	23:55.90	15:00.42	15:57.25	20:04.47	MAREE	Willem	PORT ELIZABETH		28 March 2010
5000M	T44	OPEN	M		19:51.50							
5000M	T45	OPEN	M	20:19.20	15:37.84		20:19.20		Record marked			
5000M	T45	OPEN	F									
5000M	T46	OPEN	M	20:20.00	13:52.05	14:20.88	16:14.37	MOSEBI	J	BLOEMFONTEIN		03 April 2006
5000M	T46	OPEN	F									
5000M	T46	U/14	M	24:23.50	13:52.05	14:20.88	24:23.50		Record marked			
5000M	T46	U/17	M	22:57.50	13:52.05	14:20.88	22:57.50		Record marked			
5000M	T46	U/20	M	21:31.40	13:52.05	14:20.88	19:05.23	ADAM	S	GERMISTON		04 April 2007

5000M	T51	OPEN	M	25:10.50	16:46.95	17:50.06	17:50.06		DU PREEZ	Pieter	ARBON	25 May 2017
5000M	T51	OPEN	F									
5000M	T51	U/14	M	31:53.20	16:46.95	17:50.06	31:53.20		Record marked			
5000M	T51	U/17	M	30:12.60	16:46.95	17:50.06	30:12.60		Record marked			
5000M	T51	U/20	M	28:31.90	16:46.95	17:50.06	28:31.90		Record marked			
5000M	T52	OPEN	M	18:55.70	12:27.54	15:47.01	18:55.70		Record marked			
5000M	T52	OPEN	F	23:31.10	14:47.55		23:31.10		Record marked			
5000M	T52	U/14	M	23:58.50	12:27.54	15:47.01	23:58.50		Record marked			
5000M	T52	U/14	F	29:47.40	14:47.55		29:47.40		Record marked			
5000M	T52	U/17	M	22:42.80	12:27.54	15:47.01	22:42.80		Record marked			
5000M	T52	U/17	F	28:13.40	14:47.55		28:13.40		Record marked			
5000M	T52	U/20	M	21:27.10	12:27.54	15:47.01	21:27.10		Record marked			
5000M	T52	U/20	F	26:39.30	14:47.55		26:39.30		Record marked			
5000M	T53-54	OPEN	M	14:52.30	09:42.83	09:58.63	09:58.63		SCHABORT	Krige	ATLANTA	7 Mei 2004
5000M	T53-54	OPEN	F	17:31.40	10:51.17	11:56.13	17:31.40		Record marked			
5000M	T53-54	U/14	M	18:50.20	09:42.83	09:58.63	18:50.20		Record marked			
5000M	T53-54	U/14	F	22:11.70	10:51.17	11:56.13	22:11.70		Record marked			
5000M	T53-54	U/17	M	17:50.70	09:42.83	09:58.63	17:50.70		Record marked			
5000M	T53-54	U/17	F	21:01.60	10:51.17	11:56.13	21:01.60		Record marked			
5000M	T53-54	U/20	M	16:51.20	09:42.83	09:58.63	16:51.20		Record marked			
5000M	T53-54	U/20	F	19:51.50	10:51.17	11:56.13	19:51.50		Record marked			
5000M	T61	OPEN	M									
5000M	T62	OPEN	M									
5000M	T63	OPEN	M									
5000M	T64	OPEN	M									
5000M	T64	OPEN	F		18:43.36							
10000M	T11	OPEN	M	41:06.50	31:37.25	31:37.25	37:07.12		COETZEE	Louzanne	PRETORIA	23 March 2018
10000M	T12	OPEN	M	41:09.90	29:38.85	29:38.85	41:09.90		Record marked			
10000M	T13	OPEN	M	41:12.50	31:41.85	32:40.00	41:12.50		Record marked			
10000M	T37	OPEN	M	49:40.90	32:49.50		49:40.90		Record marked			
10000M	T44	OPEN	M		1:04:21.86							
10000M	T46	OPEN	M	39:20.00	30:15.35		39:20.00		Record marked			
10000M	T51	OPEN	M	54:44.00	35:25.30	35:50.96	35:50.96		DU PREEZ	Pieter	ARBON	05 June 2015
10000M	T52	OPEN	M	38:58.70	25:59.13		38:58.70		Record marked			
10000M	T52	U/14	M	49:22.40	25:59.13		49:22.40		Record marked			
10000M	T52	U/17	M	46:46.50	25:59.13		46:46.50		Record marked			
10000M	T52	U/20	M	44:10.60	25:59.13		44:10.60		Record marked			
10000M	T53-54	OPEN	M	29:57.20	19:45.05		19:58.10		SCHABORT	Krige	ATLANTA	07 May 2004
10000M	T12	OPEN	F		46:00.59							
10000M	T53-54	OPEN	F	36:32.50	24:21.64		36:32.50		Record marked			
10000M	T53-54	U/14	M	37:56.40	19:45.05		37:56.40		Record marked			
10000M	T53-54	U/14	F	46:17.20	24:21.64		46:17.20		Record marked			
10000M	T53-54	U/17	M	35:56.60	19:45.05		35:56.60		Record marked			
10000M	T53-54	U/17	F	43:51.00	24:21.64		43:51.00		Record marked			

10000M	T53-54	U/20	M	33:56.80	19:45.05		33:56.80		Record marked		
10000M	T53-54	U/20	F	41:24.80	24:21.64		41:24.80		Record marked		