

					WORLD RECORD as on 27/03/2017	AFRICA RECORD as on 27/03/2017	2017 World Champs QS	SA RECORDS	SURNAME	INIT	PLACE	DATE	IMPLEMENT	SA OPEN RECORDS	SURNAME	INIT	PLACE	DATE	COUNTRY
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			00:45,76		00:45,76	Team SA		LYON	27 July 2013			Charl du Toit, Union Sekaliwe, Fanie vd Merwe, Dyan Buis				
4X100M	T35-38	OPEN	F		00:50,81	01:04,00													
4X100M	T42-47	OPEN	M		00:40,73	00:41,78		00:41,78	Team SA		LONDON	05 September 2012			Zivan Smith, Sakelo Radebe, Oscar Pistorius, Arnu Fourie				
4X100M	T42-47	OPEN	F																
4X100M	T53-54	OPEN	M																
4X100M	T53-54	OPEN	F																
4X400M	T11-13	OPEN	M																
4X400M	T11-13	OPEN	F																
4X400M	T35-38	OPEN	M																
4X400M	T35-38	OPEN	F																
4X400M	T42-47	OPEN	M																
4X400M	T42-47	OPEN	F																
4X400M	T53-54	OPEN	M		03:04,77														
4X400M	T53-54	OPEN	F		03:32,11														
100M	T11	OPEN	M	00:14,40	00:10,92	00:11,11	00:12,10	00:12,41	MAJOLA	D	BLOEMFONTEIN	01 March 1986		00:11,63	SHKONGO	Anarias	BLOEMFONTEIN	#####	Namibia
100M	T11	OPEN	F	00:16,00	00:11,91	00:12,56	00:15,00	00:15,20	VERSVELD	N	STELLENBOSCH	01 April 1988							
100M	T11	U16	M	00:18,80	00:10,92	00:11,11	00:12,10	00:14,58	MIGELS	Matthew	BLOEMFONTEIN	21 March 2016							
100M	T11	U16	F	00:20,90	00:11,91	00:12,56	00:15,00	00:13,20	MATHEBEU		STELLENBOSCH	01 April 1991							
100M	T11	U18	M	00:17,70	00:10,92	00:11,11	00:12,10	00:12,63	ABRAHMS	D S	GERMISTON	21 March 2003							
100M	T11	U18	F	00:19,70	00:11,91	00:12,56	00:15,00	00:14,84	NYANDA	Sinelethu	BLOEMFONTEIN	21 March 2016		00:14,36	ISHITILE	Lahja	PRETORIA	#####	Namibia
100M	T11	U20	M	00:17,00	00:10,92	00:11,11	00:12,10	00:13,16	PETERSEN	Mogamat Nur	BLOEMFONTEIN	22 March 2016							
100M	T11	U20	F	00:18,40	00:11,91	00:12,56	00:15,00	00:13,80	JULIES	Kamelin	PORT ELIZABETH	29 March 2010		00:13,42	ISHITILE	Lahja	BLOEMFONTEIN	22 March 2016	Namibia
100M	T12	OPEN	M	00:14,00	00:10,66	00:10,75	00:11,90	00:11,02	FELD	Rory	PRETORIA	14 March 2000							
100M	T12	OPEN	F	00:16,10	00:11,40	00:12,35	00:14,30	00:14,01	LOMAX	Carley	JOHANNESBURG	02 April 2015							
100M	T12	U16	M	00:18,30	00:10,66	00:10,75	00:11,90	00:12,53	HENDRIKS	Chane	BLOEMFONTEIN	21 March 2016							
100M	T12	U16	F	00:21,00	00:11,40	00:12,35	00:14,30	00:15,06	MAHLIALE	Winnie	PORT ELIZABETH	29 March 2010							
100M	T12	U18	M	00:17,20	00:10,66	00:10,75	00:11,90	00:12,48	XHOSENI	W	KIMBERLEY	27 March 2002							
100M	T12	U18	F	00:19,80	00:11,40	00:12,35	00:14,30	00:14,57	MPFUMALI	S	GERMISTON	21 March 2003							
100M	T12	U20	M	00:16,20	00:10,66	00:10,75	00:11,90	00:11,89	MAANS	Denzwill	COLORADO SPRING	14 July 2011		00:12,42	HEMBA	M	STELLENBOSCH	01 April 2014	Namibia
100M	T12	U20	F	00:18,50	00:11,40	00:12,35	00:14,30	00:12,80	MTUMBA	Nombuso	PORT ELIZABETH	29 March 2010							
100M	T13	OPEN	M	00:13,90	00:10,46	00:10,78	00:12,00	00:10,99	TUTU	Johnathan	LYON	24 July 2013							
100M	T13	OPEN	F	00:16,00	00:11,79	00:11,89	00:14,20	00:11,89	HAYES	Ilse	SAO PAULO	23 April 2015							
100M	T13	U16	M	00:18,10	00:10,46	00:10,78	00:12,00	00:12,30	MZINGELI	P	STELLENBOSCH	12 April 2001							
100M	T13	U16	F	00:20,90	00:11,79	00:11,89	00:14,20	00:14,15	LATIEF	M	PRETORIA	14 March 2000							
100M	T13	U18	M	00:17,00	00:10,46	00:10,78	00:12,00	00:11,71	HATTINGH	I	KIMBERLEY	16 March 1999							
100M	T13	U18	F	00:19,70	00:11,79	00:11,89	00:14,20	00:13,36	HAYES	Ilse	STELLENBOSCH	12 January 2001							
100M	T13	U20	M	00:16,00	00:10,46	00:10,78	00:12,00	00:11,72	DE BEER	Andries	GERMISTON	04 April 2007							
100M	T13	U20	F	00:16,50	00:11,79	00:11,89	00:14,20	00:12,91	PRETORIUS	Johanna	RUSTENBURG	28 March 2011							
100M	T32	OPEN	M	00:34,90	00:23,25														
100M	T32	OPEN	F	00:57,00	00:37,67														
100M	T32	U16	M	00:44,20	00:23,25														
100M	T32	U16	F	01:12,00	00:37,67														
100M	T32	U18	M	00:41,90	00:23,25														
100M	T32	U18	F	01:07,90	00:37,67														
100M	T32	U20	M	00:40,00	00:23,25														
100M	T32	U20	F	01:04,10	00:37,67														
100M	T33	OPEN	M	00:28,00	00:16,46	00:16,24	00:26,00	00:22,54	WESTRAADT	Etiene	KIMBERLEY	27 March 2002							
100M	T33	OPEN	F	00:33,30	00:19,89		00:25,00												
100M	T33	U16	M	00:34,90	00:16,46	00:16,24	00:26,00												
100M	T33	U16	F	00:42,10	00:19,89		00:25,00												
100M	T33	U18	M	00:33,10	00:16,46	00:16,24	00:26,00												
100M	T33	U18	F	00:39,90	00:19,89		00:25,00												
100M	T33	U20	M	00:31,30	00:16,46	00:16,24	00:26,00												
100M	T33	U20	F	00:37,70	00:19,89		00:25,00												
100M	T34	OPEN	M	00:24,40	00:14,95	00:14,95	00:20,00	00:18,50	PRINSLOO	P	PRETORIA	23 March 1996							
100M	T34	OPEN	F	00:29,40	00:17,31	00:20,52	00:25,00												
100M	T34	U16	M	00:30,90	00:14,95	00:14,95	00:20,00												
100M	T34	U16	F	00:37,20	00:17,31	00:20,52	00:25,00												
100M	T34	U18	M	00:29,30	00:14,95	00:14,95	00:20,00	00:21,98	NDLOZI	SL	DURBAN	15 March 2005							
100M	T34	U18	F	00:36,20	00:17,31	00:20,52	00:25,00												
100M	T34	U20	M	00:27,70	00:14,95	00:14,95	00:20,00	00:22,21	NDLOZI	S L	GERMISTON	04 April 2007							
100M	T34	U20	F	00:33,30	00:17,31	00:20,52	00:25,00												
100M	T35	OPEN	M	00:16,00	00:12,22	00:12,96	00:15,60	00:12,82	MOKGALAGADI	Teboho	BEIJING	08 September 2008							
100M	T35	OPEN	F	00:22,00	00:13,57	00:17,90	00:20,50	00:17,90	VAN ZYL	Chenele	STELLENBOSCH	01 April 2014							
100M	T35	U16	M	00:20,90	00:12,22	00:12,96	00:15,60	00:15,98	NGOMA	V T	KIMBERLEY	27 March 2002							
100M	T35	U16	F	00:27,00	00:13,57	00:17,90	00:20,50	00:18,83	SCOTT	Jodine	GERMISTON	04 April 2007							
100M	T35	U18	M	00:19,70	00:12,22	00:12,96	00:15,60	00:14,20	MBULLINGENI	N	KIMBERLEY	24 March 1998							
100M	T35	U18	F	00:25,10	00:13,57	00:17,90	00:20,50	00:17,40	DU TOIT	T	KIMBERLEY	24 March 1998							
100M	T35	U20	M	00:18,50	00:12,22	00:12,96	00:15,60	00:14,55	MARCH	Enrico	GERMISTON	04 April 2007							
100M	T35	U20	F	00:23,50	00:13,57	00:17,90	00:20,50	00:22,90	MLAMBO	Thoko	RUSTENBURG	28 March 2011							
100M	T36	OPEN	M	00:15,80	00:11,90	00:12,78	00:13,70	00:14,00	MOLAHLOE	Patrick	STELLENBOSCH	28 March 2008							
100M	T36	OPEN	F	00:19,40	00:13,80	00:16,79	00:18,00	00:18,20	WAGENER	Laetra	PRETORIA	23 March 1998							
100M	T36	U16	M	00:20,70	00:11,90	00:12,78	00:13,70	00:15,63	SEPTEMBER	Jaan-Pierre	PORT ELIZABETH	29 March 2010							
100M	T36	U16	F	00:23,50	00:13,82	00:16,79	00:18,00	00:18,42	MABASO	Honest	BLOEMFONTEIN	21 March 2016							
100M	T36	U18	M	00:19,50	00:11,90	00:12,78	00:13,70	00:14,00	MOLAHLOE	Patrick	PRETORIA	14 March 2000							
100M	T36	U18	F	00:22,80	00:13,82	00:16,79	00:18,00	00:20,22	SELOPYANE	Rachel	PORT ELIZABETH	29 March 2010							
100M	T36	U20	M	00:18,30	00:11,90	00:12,78	00:13,70	00:14,12	RATABALO	Lucky	PORT ELIZABETH	29 March 2010							
100M	T36	U20	F	00:20,80	00:13,82	00:16,79	00:18,00	00:18,42	SELOPYANE	Rachel	DURBAN	26 March 2012							
100M	T37	OPEN	M	00:15,20	00:11,42	00:11,42	00:13,10	00:11,42	DU TOIT	Chari	RIO DE JANEIRO	10 September 2016							
100M	T37	OPEN	F	00:18,10	00:13,13	00:13,88	00:16,00	00:14,84	GOUWS	Liesel	RIO DE JANEIRO	09 September 2016		00:14,62	BENSON	J	BLOEMFONTEIN	22 March 2016	Namibia
100M	T37	U16	M	00:19,90	00:11,42	00:11,42	00:13,10	00:14,51	PRINS	Enthou	STELLENBOSCH	31 March 2014							
100M	T37	U16	F	00:23,60	00:13,13	00:13,88	00:16,00	00:15,75	GOUWS	Liesel	PRETORIA	25 March 2013				</			



200M	T38	U/20	F	00:41,80	00:26,46	00:27,93	00:33,60	00:30,10	MEUER	Juanette	JOHANNESBURG	01 April 2015							
200M	T42	OPEN	M	00:33,50	00:23,03	00:23,77	00:34,00	00:23,77	MAHLANGU	Ntando	RIO DE JANEIRO	11 September 2016							
200M	T42	OPEN	F	00:47,50	00:31,73														
200M	T42	U/16	M	00:43,80	00:23,03	00:23,77	00:34,00	00:26,03	MAHLANGU	Ntando	STADSKANAAL	07 July 2015							
200M	T42	U/16	F	01:02,10	00:31,73														
200M	T42	U/18	M	00:41,20	00:23,03	00:23,77	00:34,00	00:32,71	DE KOKER	John-Fred	DURBAN	16 March 2005							
200M	T42	U/18	F	00:58,40	00:31,73														
200M	T42	U/20	M	00:36,70	00:23,03	00:23,77	00:34,00	00:30,46	DE KOKER	John-Fred	GERMISTON	04 April 2007							
200M	T42	U/20	F	00:54,80	00:31,73														
200M	T43	OPEN	M	00:28,10	00:18,10	00:21,30		00:21,30	PISTORIUS	Oscar	LONDON	01 September 2012							
200M	T43	OPEN	F	00:37,10	00:25,64														
200M	T43	U/16	M	00:36,70	00:20,66	00:21,30		00:24,50											
200M	T43	U/16	F	00:48,50	00:25,64														
200M	T43	U/18	M	00:34,60	00:20,66	00:21,30		00:24,50											
200M	T43	U/18	F	00:45,70	00:25,64														
200M	T43	U/20	M	00:32,40	00:20,66	00:21,30		00:24,50											
200M	T43	U/20	F	00:42,80	00:25,64														
200M	T44	OPEN	M	00:29,50	00:21,27	00:22,45	00:26,00	00:22,45	FOURIE	Arnu	NOTTWIL	27 May 2016							
200M	T44	OPEN	F	00:35,30	00:26,64	00:30,41	00:33,00	00:30,41	MARAIS	Sarisa	BEIJING	09 September 2008							
200M	T44	U/16	M	00:35,50	00:21,27	00:22,45	00:26,00	00:31,59	MINDAWEINI	Owethu	PORT ELIZABETH	07 April 2009		00:26,64	BENSUSAN	Imgard	JOHANNESBURG	31 March 2015	Germany
200M	T44	U/16	F	00:46,10	00:26,64	00:30,41	00:33,00												
200M	T44	U/18	M	00:36,20	00:21,27	00:22,45	00:26,00	00:26,47	SCHULTZ	Christiaan	STELLENBOSCH	01 April 2014							
200M	T44	U/18	F	00:43,40	00:26,64	00:30,41	00:33,00	00:34,67	MOKNE	Masego	KIMBERLEY	29 March 2002							
200M	T44	U/20	M	00:34,00	00:21,27	00:22,45	00:26,00	00:25,24	SCHULTZ	Christiaan	BLOEMFONTEIN	21 March 2016							
200M	T44	U/20	F	00:40,70	00:26,64	00:30,41	00:33,00												
200M	T45	OPEN	M	00:29,70	00:21,91	00:22,82	00:24,00	00:23,12	RADEBE	Samkelo	JOHANNESBURG	21 August 2010							
200M	T45	OPEN	F	00:42,80	00:28,58			00:29,00											
200M	T45	U/16	M	00:36,80	00:21,91	00:22,82	00:24,00	00:30,30	MOFOKENG	Thapelo	RUSTENBURG	29 March 2011							
200M	T45	U/16	F	00:56,10	00:28,58			00:29,00											
200M	T45	U/18	M	00:37,00	00:21,91	00:22,82	00:24,00	00:25,72	RADEBE	Samkelo	DURBAN	16 March 2005							
200M	T45	U/18	F	00:52,80	00:28,58			00:34,41	SNYDERS	M	STELLENBOSCH	12 April 2001							
200M	T45	U/20	M	00:34,30	00:21,91	00:22,82	00:24,00	00:23,78	RADEBE	Samkelo	BANGALORE	01 November 2009							
200M	T45	U/20	F	00:49,50	00:28,58			00:29,00											
200M	T46	OPEN	M	00:28,30	00:21,49	00:21,83	00:24,00	00:22,72	LOUW	Niel	SYDNEY	26 October 2000		00:22,65	NDIMULUNDE	Elias	JOHANNESBURG	01 April 2015	
200M	T46	OPEN	F	00:32,20	00:24,45	00:25,55	00:29,00												
200M	T46	U/16	M	00:37,00	00:21,49	00:21,83	00:24,00	00:26,51	MULLER	I J	GERMISTON	04 April 2007							
200M	T46	U/16	F	00:42,10	00:24,45	00:25,55	00:29,00	00:34,35	MANGWANE	L	KIMBERLEY	29 March 2002							
200M	T46	U/18	M	00:34,80	00:21,49	00:21,83	00:24,00	00:23,65	SMITH	Zivan	BANGALORE	01 November 2009							
200M	T46	U/18	F	00:40,00	00:24,45	00:25,55	00:29,00												
200M	T46	U/20	M	00:32,70	00:21,49	00:21,83	00:24,00	00:24,17	MCHASA	Tshepo	RUSTENBURG	29 March 2011							
200M	T46	U/20	F	00:37,10	00:24,45	00:25,55	00:29,00												
200M	T47	OPEN	M	00:26,30	00:21,49	00:21,83	00:24,00	00:24,21	JOUBERT	Tshepang	BLOEMFONTEIN	21 March 2016							
200M	T47	OPEN	F	00:32,20	00:24,45	00:25,55	00:29,00	00:25,55	LIEBENBERG	Annune	LONDON	01 September 2012							
200M	T47	U/16	M	00:37,00	00:21,49	00:21,83	00:24,00												
200M	T47	U/16	F	00:42,10	00:24,45	00:25,55	00:29,00	00:32,07	VENTER	Emmerentia	BLOEMFONTEIN	31 October 2015							
200M	T47	U/18	M	00:34,80	00:21,49	00:21,83	00:24,00	00:29,50	BOLTMAN	Benadie	BLOEMFONTEIN	22 March 2016							
200M	T47	U/18	F	00:40,00	00:24,45	00:25,55	00:29,00	00:27,06	LIEBENBERG	Annune	PORT ELIZABETH	28 March 2010							
200M	T47	U/20	M	00:32,70	00:21,49	00:21,83	00:24,00												
200M	T47	U/20	F	00:37,10	00:24,45	00:25,55	00:29,00	00:27,14	LIEBENBERG	Annune	RUSTENBURG	29 March 2011							
200M	T51	OPEN	M	01:04,00	00:37,47	00:43,30		00:43,51	DU PREEZ	Pieter	ARBON	05 June 2015							
200M	T51	OPEN	F	01:28,70	00:44,17			00:50,25	SWANEPOEL	Kat	BLOEMFONTEIN	05 November 2016							
200M	T51	U/16	M	01:15,50	00:37,47	00:43,30													
200M	T51	U/16	F	01:46,50	00:44,17														
200M	T51	U/18	M	01:11,50	00:37,47	00:43,30													
200M	T51	U/18	F	01:40,90	00:44,17														
200M	T51	U/20	M	01:07,50	00:37,47	00:43,30													
200M	T51	U/20	F	01:35,30	00:44,17														
200M	T52	OPEN	M	00:46,00	00:30,02		00:35,29												
200M	T52	OPEN	F	00:53,90	00:33,19														
200M	T52	U/16	M	00:57,70	00:30,02		00:35,29												
200M	T52	U/16	F	01:06,30	00:33,19														
200M	T52	U/18	M	00:54,70	00:30,02		00:35,29												
200M	T52	U/18	F	01:04,70	00:33,19														
200M	T52	U/20	M	00:51,60	00:30,02		00:35,29												
200M	T52	U/20	F	01:01,10	00:33,19														
200M	T53	OPEN	M	00:38,90	00:25,27	00:27,91	00:30,40	00:31,86	KLAASEN	Eugene	JOHANNESBURG	01 April 2015							
200M	T53	OPEN	F	00:43,80	00:28,93	00:33,55	00:37,00	00:38,83	VAN UYS	Renise	DURBAN	17 March 2005							
200M	T53	U/16	M	00:49,30	00:25,27	00:27,91	00:30,40	00:34,92	KLAASEN	E	GERMISTON	19 March 1997							
200M	T53	U/16	F	00:55,50	00:28,93	00:33,55	00:37,00	00:47,00	VAN UYS	Renise	PORT ELIZABETH	27 March 1996							
200M	T53	U/18	M	00:46,70	00:25,27	00:27,91	00:30,40	00:32,80	KLAASEN	E	PRETORIA	15 March 2000							
200M	T53	U/18	F	00:53,00	00:28,93	00:33,55	00:37,00	00:40,20	VAN UYS	Renise	KIMBERLEY	23 March 1996							
200M	T53	U/20	M	00:44,10	00:25,27	00:27,91	00:30,40												
200M	T53	U/20	F	00:49,60	00:28,93	00:33,55	00:37,00												
200M	T54	OPEN	M	00:36,30	00:24,18	00:25,59	00:27,00	00:27,00	VAN DYK	Ernest	PRETORIA	15 March 2000							
200M	T54	OPEN	F	00:41,30	00:27,52	00:29,75	00:34,00	00:39,70	MOKOENA MALFETSI E	S	GERMISTON	16 March 2003							
200M	T54	U/16	M	00:46,00	00:24,18	00:25,59	00:27,00	00:40,50	COETZEE	Christo	KIMBERLEY	24 March 1998							
200M	T54	U/16	F	00:52,30	00:27,52	00:29,75	00:34,00												
200M	T54	U/18	M	00:43,60	00:24,18	00:25,59	00:27,00	00:30,78	COETZEE	Christo	STELLENBOSCH	13 April 2001							
200M	T54	U/18	F	00:49,60	00:27,52	00:29,75	00:34,00	00:49,00	HLATSHWAYO	O	KIMBERLEY	24 March 1998							
200M	T54	U/20	M	00:41,20	00:24,18	00:25,59	00:27,00	00:35,09	SEKGOBELA	Lucky	PORT ELIZABETH	07 April 2009							
200M	T54	U/20	F	00:46,80	00:27,52	00:29,75	00:34,00	00:44,49	NTOMBELA	B P	GERMISTON	04 April 2007							
400M	T11	OPEN	M	01:05,10	00:49,82	00:50,03	00:57,00	00:55,40	NTSANE	P		01 March 1985		00:53,62	SHIKONGO	Anarias	BLOEMFONTEIN	*****	Namibia
400M	T11	OPEN	F	01:13,00	00:56,14	00:58,97	01:15,00												
400M	T11	U/16	M	01:25,10	00:49,82	00:50,03	00:57,00	01:03,84	VUKAPI	O	STELLENBOSCH	13 April 2001							
400M	T11	U/16	F	01:35,50	00:56,14	00:58,97	01:15,00												
400M	T11	U/18	M	01:20,10	00:49,82	00:50,03	00:57,00	00:58,07	XHOSENI	W	STELLENBOSCH	13 April 2001							
400M	T11	U/18	F	01:29,90	00:56,14	00:58,97	01:15,00	01:23,24	DABAZA	L	GERMISTON	21 March 2003		0					

400M	T35	U/20	M	01:36,30	00:56,61	01:00,55		01:12,01	MARCH	Enrico	GERMISTON	04 April 2007									
400M	T35	U/20	F	02:28,00	01:14,69	02:00,23															
400M	T36	OPEN	M	01:10,40	00:53,31	00:59,26	01:10,00	01:05,08	WYNGAARDT	Larry	PORT ELIZABETH	29 March 2010									
400M	T36	OPEN	F	01:27,10	01:06,96	02:02,48		02:02,48	MACHABA	Constance	DURBAN	24 March 2004									
400M	T36	U/16	M	01:32,10	00:53,31	00:59,26	01:10,00	01:23,50	MCHOISE	Moses	PORT ELIZABETH	07 April 2009									
400M	T36	U/16	F	01:53,90	01:06,96	02:02,48															
400M	T36	U/18	M	01:26,70	00:53,31	00:59,26	01:10,00	01:18,29	MTHANTHI	Tebogo	STELLENBOSCH	02 April 2014									
400M	T36	U/18	F	01:47,20	01:06,96	02:02,48															
400M	T36	U/20	M	01:21,20	00:53,31	00:59,26	01:10,00	01:16,74	DHLADHLA	Dumisani	STELLENBOSCH	02 April 2014									
400M	T36	U/20	F	01:40,50	01:06,96	02:02,48															
400M	T37	OPEN	M	01:06,60	00:50,52	00:51,12	01:03,00	00:51,13	DU TOIT	Charl	RIO DE JANEIRO	16 September 2016									
400M	T37	OPEN	F	01:34,30	01:00,53	01:03,71	01:20,00	01:06,32	VOGEL	Dominique	DURBAN	24 March 2004									
400M	T37	U/16	M	01:29,60	00:50,52	00:51,12	01:03,00	01:22,59	DALLE AVE	Andrea	DURBAN	17 March 2005									
400M	T37	U/16	F	01:50,20	01:00,53	01:03,71	01:20,00	01:13,22	GOUWS	Liesel	PRETORIA	27 March 2005									
400M	T37	U/18	M	01:24,30	00:50,52	00:51,12	01:03,00	01:02,66	PARKER	Tariq	STELLENBOSCH	29 March 2008									
400M	T37	U/18	F	01:43,70	01:00,53	01:03,71	01:20,00	01:05,95	GOUWS	Liesel	JOHANNESBURG	02 April 2015									
400M	T37	U/20	M	01:19,10	00:50,52	00:51,12	01:03,00	00:54,55	DU TOIT	Charl	RUSTENBURG	30 March 2011									
400M	T37	U/20	F	01:37,20	01:00,53	01:03,71	01:20,00	01:06,32	GOUWS	Liesel	BLOEMFONTEIN	23 March 2016									
400M	T38	OPEN	M	01:05,40	00:49,33	00:49,33	01:00,00	00:49,46	BUS	Dyan	RIO DE JANEIRO	17 September 2016									
400M	T38	OPEN	F	01:24,40	01:00,71	01:04,40	01:19,00														
400M	T38	U/16	M	01:25,60	00:49,33	00:49,33	01:00,00	01:03,20	MULLER	I J	GERMISTON	04 April 2007									
400M	T38	U/16	F	01:50,40	01:00,71	01:04,40	01:19,00	01:11,18	MEUER	Joanelie	DURBAN	28 March 2012									
400M	T38	U/18	M	01:20,50	00:49,33	00:49,33	01:00,00	01:00,05	MARTIN	A	PRETORIA	16 March 2000									
400M	T38	U/18	F	01:43,90	01:00,71	01:04,40	01:19,00	01:19,40	HATINI	N	KIMBERLEY	17 March 1999									
400M	T38	U/20	M	01:15,50	00:49,33	00:49,33	01:00,00	01:00,97	RAGA	S N	GERMISTON	04 April 2007									
400M	T38	U/20	F	01:37,40	01:00,71	01:04,40	01:19,00	01:25,82	MCLEFE	Kgagkgamato	STELLENBOSCH	02 April 2014									
400M	T42	OPEN	M	01:26,20	00:52,61			00:52,61	MAHLANGU	Ntando	PRAGUE	02 July 2016									
400M	T42	OPEN	F	02:12,50	01:34,62																
400M	T42	U/16	M		00:52,61			00:56,09	MAHLANGU	Ntando	STADSKANAAL	06 July 2015									
400M	T42	U/16	F		01:34,62																
400M	T42	U/18	M		00:52,61																
400M	T42	U/18	F		01:34,62																
400M	T42	U/20	M		00:52,61																
400M	T42	U/20	F		01:34,62																
400M	T43	OPEN	M	01:06,50	00:45,39	00:45,39	00:56,80	00:45,39	PISTORIUS	Oscar	DAEGU	28 August 2011									
400M	T43	OPEN	F	01:37,50	01:00,78		01:30,00														
400M	T43	U/16	M		00:45,39	00:45,39	00:56,80														
400M	T43	U/16	F		01:00,78		01:30,00														
400M	T43	U/18	M		00:45,39	00:45,39	00:56,80														
400M	T43	U/18	F		01:00,78		01:30,00														
400M	T43	U/20	M		00:45,39	00:45,39	00:56,80														
400M	T43	U/20	F		01:00,78		01:30,00														
400M	T44	OPEN	M	01:06,30	00:49,66	01:00,13	01:01,00	00:57,33	SCHULTZ	Christiaan	BLOEMFONTEIN	06 May 2016									
400M	T44	OPEN	F	01:21,20	00:49,66	00:59,27	01:30,00														
400M	T44	U/16	M	01:26,70	00:49,66	01:00,13	01:01,00							01:01,0	BENSUSAN	Imgard	JOHANNESBURG	02 April 2015	Germany		
400M	T44	U/16	F	01:46,20	00:59,27		01:30,00														
400M	T44	U/18	M	01:21,60	00:49,66	01:00,13	01:01,00	00:58,83	SCHULTZ	Christiaan	STELLENBOSCH	02 April 2014									
400M	T44	U/18	F	01:39,90	00:59,27		01:30,00														
400M	T44	U/20	M	01:16,50	00:49,66	01:00,13	01:01,00	00:56,11	SCHULTZ	Christiaan	JOHANNESBURG	02 April 2015									
400M	T44	U/20	F	01:33,70	00:59,27		01:30,00														
400M	T45	OPEN	M	01:04,50	00:49,21		00:54,00														
400M	T45	OPEN	F	01:36,10	01:13,92		01:15,00														
400M	T45	U/16	M	01:24,30	00:49,21		00:54,00	01:15,84	BOYSEN	P	STELLENBOSCH	13 April 2001									
400M	T45	U/16	F	02:05,70	01:13,92		01:15,00														
400M	T45	U/18	M	01:19,40	00:49,21		00:54,00	01:04,42	RADEBE	Samkelo	BLOEMFONTEIN	03 April 2006									
400M	T45	U/18	F	01:58,30	01:13,92		01:15,00														
400M	T45	U/20	M	01:14,40	00:49,21		00:54,00														
400M	T45	U/20	F	01:30,80	01:13,92		01:15,00														
400M	T46	OPEN	M	01:02,00	00:47,69	00:49,59	00:54,00	00:50,37	BHEBE	Tshepo	PRETORIA	05 May 2012				00:50,1	NOMULUNDE	E	PRETORIA	27 March 2013	Namibia
400M	T46	OPEN	F	01:12,80	00:55,72	00:55,99	01:15,00														
400M	T46	U/16	M	01:21,07	00:47,69	00:49,59	00:54,00	00:58,58	JOUBERT	Piet	GERMISTON	04 April 2007									
400M	T46	U/16	F	01:36,20	00:55,72	00:55,99	01:15,00	01:19,72	MANGIWANE	L	KIMBERLEY	29 March 2002									
400M	T46	U/18	M	01:16,30	00:47,69	00:49,59	00:54,00	00:55,24	JOUBERT	Piet	STELLENBOSCH	28 March 2008									
400M	T46	U/18	F	01:29,60	00:55,72	00:55,99	01:15,00														
400M	T46	U/20	M	01:11,60	00:47,69	00:49,59	00:54,00	00:52,00	MCHASA	Tshepo	RUSTENBURG	30 March 2011									
400M	T46	U/20	F	01:24,00	00:55,72	00:55,99	01:15,00														
400M	T47	OPEN	M	01:02,00	00:47,69	00:49,59	00:54,00	00:57,22	BHEBE	Tshepo	JOHANNESBURG	02 April 2015									
400M	T47	OPEN	F	01:12,80	00:55,72	00:55,99	01:15,00	00:56,65	LIEBENBERG	Annure	LONDON/DOHA	9-08 / 26 October 2015									
400M	T47	U/16	M	01:21,07	00:47,69	00:49,59	00:54,00														
400M	T47	U/16	F	01:35,20	00:55,72	00:55,99	01:15,00														
400M	T47	U/18	M	01:16,30	00:47,69	00:49,59	00:54,00														
400M	T47	U/18	F	01:29,60	00:55,72	00:55,99	01:15,00	00:59,44	LIEBENBERG	Annure	PORT ELIZABETH	29 March 2010									
400M	T47	U/20	M	01:11,60	00:47,69	00:49,59	00:54,00														
400M	T47	U/20	F	01:24,00	00:55,72	00:55,99	01:15,00	01:00,15	LIEBENBERG	Annure	RUSTENBURG	30 March 2011									
400M	T51	OPEN	M	02:13,60	01:18,09	01:20,03	01:50,00	01:24,07	DU PREEZ	Pieter	ARBON	04 June 2015									
400M	T51	OPEN	F	02:53,90	01:36,44		01:30,00	01:45,38	SWANEPOEL	Kat	BLOEMFONTEIN	05 November 2016									
400M	T51	U/16	M	02:29,30	01:18,09	01:20,03	01:50,00														
400M	T51	U/16	F	03:26,50	01:36,44		01:30,00														
400M	T51	U/18	M	02:21,50	01:18,09	01:20,03	01:50,00														
400M	T51	U/18	F	03:15,70	01:36,44		01:30,00														
400M	T51	U/20	M	02:13,60	01:18,09	01:20,03	01:50,00														
400M	T51	U/20	F	03:04,80	01:36,44		01:30,00														
400M	T52	OPEN	M	01:27,90	00:55,19	01:01,93	01:10,00														
400M	T52	OPEN	F	01:43,20	01:04,87		01:30,00														
400M	T52	U/16	M	01:51,30	00:55,19	01:01,93	01:10,00														
400M	T52	U/16	F	02:10,70	01:04,87																

800M	T13	U/20	F	03:04.80	02:03.18	02:03.21							
800M	T33	OPEN	M	03:21.80	01:52.52		02:10.00						
800M	T33	OPEN	F	03:52.60	02:22.85		02:50.00						
800M	T34	OPEN	M	02:46.00	01:40.21	01:40.21	02:10.00	02:26.17	BOTHMA	G	PRETORIA	23 March 1996	
800M	T34	OPEN	F	03:25.50	01:56.89		02:50.00						
800M	T34	U/16	M	03:30.20	01:40.21	01:40.21	02:10.00						
800M	T34	U/16	F	04:20.30	01:56.89		02:50.00						
800M	T34	U/18	M	03:19.10	01:40.21	01:40.21	02:10.00						
800M	T34	U/18	F	04:56.60	01:56.89		02:50.00						
800M	T34	U/20	M	03:38.10	01:40.21		02:10.00						
800M	T34	U/20	F	03:52.90	01:56.89		02:50.00						
800M	T35	OPEN	M	03:13.40	02:29.47								
800M	T35	OPEN	F		03:56.28								
800M	T35	U/16	M	04:14.10	02:29.47			02:23.10	SNYDERS	C		01 April 1984	
800M	T35	U/16	F		03:56.28			02:53.70	VENTER	C	KIMBERLEY	16 March 1999	
800M	T35	U/18	M	03:59.20	02:29.47			02:16.07	VUKAPI	O	GERMISTON	21 March 2003	
800M	T35	U/18	F		03:56.28			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		03:56.28								
800M	T36	OPEN	M	02:47.50	02:02.39	02:13.90	02:40.00	02:33.69	MOSALA	Moses	JOHANNESBURG	02 April 2015	
800M	T36	OPEN	F	04:12.20	03:14.00								
800M	T36	U/16	M	03:39.10	02:02.39	02:13.90	02:40.00	02:23.10	SNYDERS	C		April 1984	
800M	T36	U/16	F	05:29.80	03:14.00			02:53.70	VENTER	C	KIMBERLEY	16 March 1999	
800M	T36	U/18	M	03:26.20	02:02.39	02:13.90	02:40.00	02:16.07	VUKAPI	O	GERMISTON	21 March 2003	
800M	T36	U/18	F	05:10.40	03:14.00			02:55.93	VENTER	C	PRETORIA	14 March 2000	
800M	T36	U/20	M	03:13.24	02:02.39	02:13.90	02:40.00	02:30.94	SOSIBO	S	GERMISTON	04 April 2007	
800M	T36	U/20	F	04:51.00	03:14.00			04:22.12	MASHA	M T	GERMISTON	04 April 2007	
800M	T37	OPEN	M	02:36.30	01:57.17	02:01.45	02:25.00	02:03.89	DU TOIT	Charl	LYON	21 July 2013	
800M	T37	OPEN	F	03:36.80	02:42.39	02:42.39							
800M	T37	U/16	M	03:23.00	01:57.17	02:01.45	02:25.00	02:53.61	GENIS	J	DURBAN	15 March 2005	
800M	T37	U/16	F	04:43.50	02:42.39	02:42.39		02:53.68	GOUWS	Liesel	PRETORIA	25 March 2013	
800M	T37	U/18	M	03:11.10	01:57.17	02:01.45	02:25.00	02:08.79	VILAKAZI	Thabo	PORT ELIZABETH	29 March 2010	
800M	T37	U/18	F	04:28.90	02:42.39	02:42.39		02:42.39	GOUWS	Liesel	JOHANNESBURG	01 April 2015	
800M	T37	U/20	M	02:59.10	01:57.17	02:01.45	02:25.00	02:08.20	DU TOIT	Charl	DURBAN	27 March 2012	
800M	T37	U/20	F	04:10.20	02:42.39	02:42.39							
800M	T38	OPEN	M	02:34.60	01:58.67	01:58.67	02:25.00	01:58.67	PRINGLE	Malcolm	ATHENS	01 September 2004	
800M	T38	OPEN	F	03:22.70	02:35.90								
800M	T38	U/16	M	03:22.10	01:58.67	01:58.67	02:25.00						
800M	T38	U/16	F	04:25.10	02:35.90								
800M	T38	U/18	M	03:10.20	01:58.67	01:58.67	02:25.00	02:24.70	MARTIN	A	PRETORIA	14 March 2000	
800M	T38	U/18	F	04:59.50	02:35.90			03:26.51	VENTER	C	STELLENBOSCH	28 March 2008	
800M	T38	U/20	M	02:58.40	01:58.67	01:58.67	02:25.00						
800M	T38	U/20	F	03:53.90	02:35.90								
800M	T44	OPEN	M	02:45.40	02:03.16	02:03.16	02:32.43	02:30.86	LESENYEHO	Julius	STELLENBOSCH	28 March 2008	
800M	T44	OPEN	F	03:35.90	02:22.28								
800M	T44	U/16	M	03:36.30	02:03.16	02:03.16	02:32.43						
800M	T44	U/16	F	04:29.20	02:22.28								
800M	T44	U/18	M	03:23.50	02:03.16	02:03.16	02:32.43						
800M	T44	U/18	F	04:13.40	02:22.28								
800M	T44	U/20	M	03:10.80	02:03.16	02:03.16	02:32.43						
800M	T44	U/20	F	03:57.50	02:22.28								
800M	T45	OPEN	M	02:39.00	01:59.30								
800M	T45	OPEN	F										
800M	T45	U/16	M	03:27.90	01:59.30			02:50.46	THYS	Isaac	KIMBERLEY	28 March 2002	
800M	T45	U/16	F										
800M	T45	U/18	M	03:15.60	01:59.30			02:43.19	BOYSEN	P	GERMISTON	16 March 2003	
800M	T45	U/18	F										
800M	T45	U/20	M	03:03.40	01:59.30			02:59.38	SIKWANE	Letlhogonolo	PRETORIA	25 March 2013	
800M	T45	U/20	F										
800M	T46	OPEN	M	02:36.10	01:51.82	01:52.33		02:13.47	MOSEBI	J	BLOEMFONTEIN	03 April 2006	
800M	T46	OPEN	F	02:52.20	02:12.42								
800M	T46	U/16	M	03:11.10	01:51.82	01:52.33		02:23.17	JOUBERT	Peet	GERMISTON	04 April 2007	
800M	T46	U/16	F	03:45.20	02:12.42								
800M	T46	U/18	M	02:59.80	01:51.82	01:52.33		02:08.02	JOUBERT	Peet	STELLENBOSCH	28 March 2008	
800M	T46	U/18	F	03:31.90	02:12.42								
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								
800M	T51	OPEN	M	04:00.30	02:40.15	02:51.03		02:51.03	DU PREEZ	Pieter	ARBON	05 June 2015	
800M	T51	OPEN	F	06:18.00	03:59.03			03:31.69	SWANEPOEL	Kat	BLOEMFONTEIN	05 November 2016	
800M	T51	U/16	M	05:04.30	02:40.15	02:51.03							
800M	T51	U/16	F	07:58.80	03:59.03								
800M	T51	U/18	M	04:48.30	02:40.15	02:51.03							
800M	T51	U/18	F	07:33.60	03:59.03								
800M	T51	U/20	M	04:32.20	02:40.15	02:51.03							
800M	T51	U/20	F	07:06.40	03:59.03								
800M	T52	OPEN	M	02:48.50	01:51.64	01:58.68	01:55.00						
800M	T52	OPEN	F	03:25.10	02:06.76		02:30.00						
800M	T52	U/16	M	03:33.40	01:51.64	01:58.68	01:55.00						
800M	T52	U/16	F	04:19.80	02:06.76		02:30.00						
800M	T52	U/18	M	03:22.20	01:51.64	01:58.68	01:55.00						
800M	T52	U/18	F	04:06.10	02:06.76		02:30.00						
800M	T52	U/20	M	03:11.00	01:51.64	01:58.68	01:55.00						
800M	T52	U/20	F	03:52.50	02:06.76		02:30.00						
800M	T53	OPEN	M	02:24.50	01:34.43	01:44.68	01:55.00	02:01.77	BOSCH	Tiaan	STOKE MANDEVL	08 May 2016	
800M	T53	OPEN	F	02:44.80	01:47.48	02:13.00	02:30.00						
800M	T53	U/16	M	03:03.00	01:34.43	01:44.68	01:55.00	02:39.20	KLAASEN	E	GERMISTON	19 March 1997	
800M	T53	U/16	F	03:28.70	01:47.48	02:13.00	02:30.00						
800M	T53	U/18	M	02:53.40	01:34.43	01:44.68	01:55.00	02:15.30	KLAASEN	E	KIMBERLEY	17 March 1999	
800M	T53	U/18	F	03:17.70	01:47.48	02:13.00	02:30.00						
800M	T53	U/20	M	02:43.80	01:34.43	01:44.68	01:55.00						
800M	T53	U/20	F	03:36.70	01:47.48	02:13.00	02:30.00						
800M	T54	OPEN	M	02:18.30	01:31.12	01:32.17	01:38.00	01:32.17	VAN DYK	Ernst	JONA	25 August 2001	
800M	T54	OPEN	F	02:37.80	01:42.72	01:56.17	02:10.00						
800M	T54	U/16	M	02:56.20	01:31.12	01:32.17	01:38.00						
800M	T54	U/16	F	03:19.80	01:42.72	01:56.17	02:10.00						
800M	T54	U/18	M	02:46.00	01:31.12	01:32.17	01:38.00	02:05.74	COETZEE	Christo	STELLENBOSCH	12 April 2001	
800M	T54	U/18	F	03:09.40	01:42.72	01:56.17	02:10.00						
800M	T54	U/20	M	02:36.70	01:31.12	01:32.17	01:38.00						
800M	T54	U/20	F	02:58.90	01:42.72	01:56.17	02:10.00						
1500M	T11	OPEN	M	05:18.70	03:58.37	03:58.37	04:32.00	04:31.87	BREITENBACH	Danie	BLOEMFONTEIN	21 March 2016	
1500M	T11	OPEN	F	06:22.00	04:38.92	04:42.12	06:20.00	05:13.28	COETZEE	Louzanne	BLOEMFONTEIN	11 March 2017	
1500M	T11	U/16	M	06:56.70	03:58.37	03:58.37	04:32.00	05:06.56	BREITENBACH	Danie	PORT ELIZABETH	28 March 2010	
1500M	T11	U/16	F	08:19.50	04:38.92	04:42.12	06:20.00						
1500M	T11	U/18	M	06:32.20	03:58.37	03:58.37	04:32.00	05:40.90	BREITENBACH	Danie	RUSTENBURG	30 March 2011	
1500M	T11	U/18	F	07:50.10	04:38.92	04:42.12	06:20.00						
1500M	T11	U/20	M	06:07.70	03:58.37	03:58.37	04:32.00	05:05.64	BREITENBACH	Danie	PRETORIA	26 March 2013	
1500M	T11	U/20	F	07:20.70	04:38.92	04:42.12	06:20.00						
1500M	T12	OPEN	M	04:59.30	03:48.31	03:48.31	04:12.00	04:40.02	MADILAKHE	Sidniele	PORT ELIZABETH	28 March 2010	
1500M	T12	OPEN	F	05:37.00	04:19.20	04:30.52	05:35.00	05:05.20	TYESI	T	PORT ELIZABETH	01 March 1990	
1500M	T12	U/16	M	06:31.4									

[illegible]

5000M	T53-54	OPEN	F	17:31,40	11:04,54	11:56,13	14:00,00					
5000M	T53-54	U/16	M	18:50,20	09:53,05	09:58,63	10:50,00					
5000M	T53-54	U/16	F	22:11,70	11:04,54	11:56,13	14:00,00					
5000M	T53-54	U/18	M	17:50,70	09:53,05	09:58,63	10:50,00					
5000M	T53-54	U/18	F	21:01,60	11:04,54	11:56,13	14:00,00					
5000M	T53-54	U/20	M	16:51,20	09:53,05	09:58,63	10:50,00					
5000M	T53-54	U/20	F	19:51,50	11:04,54	11:56,13	14:00,00					
10000M	T11	OPEN	M	41:06,50	31:37,25	31:37,25						
10000M	T12	OPEN	M	41:59,90	29:38,85	29:38,85						
10000M	T13	OPEN	M	41:12,50	31:41,85	32:40,00						
10000M	T37	OPEN	M	49:40,90	38:12,96							
10000M	T46	OPEN	M	39:20,00	30:15,35							
10000M	T51	OPEN	M	54:44,00	35:50,96	35:50,96		35:50,96	DU PREEZ	Pieter	ARBON	05 June 2015
10000M	T52	OPEN	M	38:58,70	25:59,13							
10000M	T52	U/16	M	49:22,40	25:59,13							
10000M	T52	U/18	M	46:46,50	25:59,13							
10000M	T52	U/20	M	44:10,60	25:59,13							
10000M	T53-54	OPEN	M	29:57,20	19:50,64			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							
10000M	T53-54	U/16	M	37:56,40	19:50,64							
10000M	T53-54	U/16	F	46:17,20	24:21,64							
10000M	T53-54	U/18	M	35:56,60	19:50,64							
10000M	T53-54	U/18	F	43:51,00	24:21,64							
10000M	T53-54	U/20	M	33:56,80	19:50,64							
10000M	T53-54	U/20	F	41:24,80	24:21,64							