

WPA Records as at 21/09/15

Record_Type	Group	Event	Record_Holder	Club	Date	Performance
WPH	B/JUN	100	Marcus la Grange	BAK	19/04/96	10.40
WPH	B/JUN	10000	Nkosinxolo Sonqibido	Celtics	11/03/04	30:03.86
WPH	B/JUN	10000m Walk	Thinus Esterhuizen	BAK	13/02/04	44:06.36
WPH	B/JUN	110mH	Tiaan Smit	BAK	06/04/13	13.51
WPH	B/JUN	1500	Bruce-Lynn Damons	Celtics	09/04/15	3:47.38
WPH	B/JUN	200	Marcus la Grange	BAK	29/03/96	20.55
WPH	B/JUN	20km Walk	Thinus Esterhuizen	BAK	20/11/04	01:37.40
WPH	B/JUN	3000	Ewald Bonzet	Spartans	13/11/70	8:05.5
WPH	B/JUN	3000mSC	Anthony Godongwana	Celtics	28/02/03	8:42,86
WPH	B/JUN	3000m Walk	Pieter Vorster	BAK		12:20.4
WPH	B/JUN	4 x 100m	W.P.Juniors	WP	29/03/96	40.83
WPH	B/JUN	4 x 400m	W.P.Juniors	WP	06/04/99	3:12.60
WPH	B/JUN	400	Mark van Soest	TAK	06/04/99	46.66
WPH	B/JUN	400mH	Eugene vd Westhuizen	PRG	30/03/93	50.44
WPH	B/JUN	5000	Zolani Bhitane	Harmony	19/03/04	13:59.01
WPH	B/JUN	5000m Walk	Pieter Vorster	BAK	10/10/03	21:43.1
WPH	B/JUN	800	Marius v Heerden	TAK	03/05/93	1:46.38
WPH	B/JUN	DISCUS	Karl Ueckerman	BAK	23/10/93	55.08m
WPH	B/JUN	HAMMER	Werner Smit	TAK	29/03/03	81.04m
WPH	B/JUN	HIGHJUMP	Ramsay Carelse	BAK	15/07/04	2.21
WPH	B/JUN	JAVELIN	Rocco van Rooyen	TAK	14/05/11	75.72
WPH	B/JUN	LONGJUMP	Marcus la Grange	HS Pres	07/04/95	7.80m
WPH	B/JUN	POLEVAULT	Pieter Brits	US	13/05/94	5.21m
WPH	B/JUN	SHOTPUT	Zane Weir	UCT	13/06/14	18.30m*
WPH	B/JUN	TRIPLEJUMP	Simeon Mars	SPAAC	07/03/03	15.86m
WPH	B/JUN	DECATHLON	Dale Weber	SPAAC	18/01/12	6242pt
WPH	B/YOU	100	Kyle Appel	BAK	07/09/15	10.48
WPH	B/YOU	10000	Siyabonga Mkaza	VOB	11/03/04	33:06.63
WPH	B/YOU	10000m Walk	Armond Nel	BAK	27/09/07	49:26.4
WPH	B/YOU	110mH	Tiaan Smit	BAK	29/05/11	13.41
WPH	B/YOU	1500	M-H Schlechter	HTS Bell	16/04/82	3:46.70
WPH	B/YOU	200	Kyle Appel	BAK	19/07/15	20.57
WPH	B/YOU	2000mSC	Virgina Ngudlumana	NBK	05/03/05	5:47,70
WPH	B/YOU	3000	Sonqibido Nkosinoxolo	Celtics	17/05/03	8:14,86
WPH	B/YOU	3000m Walk	Stefano Kruger	CH	30/11/99	13:05.4
WPH	B/YOU	4 x 100m	W.P.Youth	WP	09/04/15	41.51
WPH	B/YOU	400	Mark van Soest	TAK	06/04/99	46.66

Record_Type	Group	Event	Record_Holder	Club	Date	Performance
WPH	B/YOU	400mH	Tiaan Mouton	BAK	12/03/11	51.24
WPH	B/YOU	5000	Anthony Godongwana	AAC	13/10/01	15:08.8
WPH	B/YOU	5000m Walk	Armond Nel	BAK	26/10/07	22:39.4
WPH	B/YOU	800	John Trott	SACS	04/12/78	1:49.1
WPH	B/YOU	DISCUS	Dirk Hanekom	Strand	31/10/83	54.86m
WPH	B/YOU	HAMMER	Werner Smit	TAK	17/03/01	79.79m
WPH	B/YOU	HIGHJUMP	Ramsay Carelse	BAK	30/11/02	2.15m
WPH	B/YOU	JAVELIN	Morne Moolman	BAK	09/07/11	83.16m
WPH	B/YOU	LONGJUMP	Julian Karolus	TAK	26/09/05	7.57m
WPH	B/YOU	POLEVAULT	Brent Howell	BAK	28/03/03	4.70m
WPH	B/YOU	SHOTPUT	JP van der Spuy	BAK	15/03/03	17.63m
WPH	B/YOU	TRIPLEJUMP	Simeon Mars	Lib Nike	26/04/02	15.51m
WPH	B/YOU	OCTATHLON	Dale Weber	SPAAC	04/10/11	5453pt
WPH	B/You	DECATHLON	Sherman Parrish	SPAAC	12/04/14	5912pt
WPH	BU/16	100	Kyle Appel	BAK	05/04/13	10.88
WPH	BU/16	100mH	Tiaan Smit	BAK	06/11/10	13.06
WPH	BU/16	110mH	James Jagers	TAK	12/03/04	13.50
WPH	BU/16	1500	Conrad Tesnar	PRG	05/11/90	4:00,5(h
WPH	BU/16	1500mSC	Shaun Zuzani	NBK	11/03/04	4:28.09
WPH	BU/16	200	Kyle Appel	BAK	09/11/13	21.34
WPH	BU/16	2000mSC	Fundo Ngqenekana	Gugs	06/03/10	6:37.10
WPH	BU/16	3000	Conrad Tesnar	PRG	05/11/90	8:34,8(h
WPH	BU/16	300mH	Liam Pietersen	SPAAC	09/04/15	39.22
WPH	BU/16	3000m Walk	Armond Nel	BAK	28/10/05	14:45.1
WPH	BU/16	4 x 100m	WPA U/16	WPA	09/04/15	44.43
WPH	BU/16	1000m Medley	WPA U/16	WPA	09/04/15	2:01.09
WPH	BU/16	400	Mark van Soest	Utopians	01/11/97	49,0(h)
WPH	BU/16	5000 Walk	Armond Nel	BAK	28/10/05	26:50.7
WPH	BU/16	800	Marius van Heerden	Swart	28/10/89	1:57,1(h
WPH	BU/16	800	Paul Eksteen	Gim	07/03/80	1:57,1
WPH	BU/16	DISCUS	Willie Coetzee	HJS	03/03/84	56.00m
WPH	BU/16	HAMMER	Heinrich Gonzales	BAK	15/03/03	61.04m
WPH	BU/16	HAMMER THR	Werner Smit	TAK	06/02/99	62,35
WPH	BU/16	HIGHJUMP	Breyton Poole	Hell.H	09/04/15	1.97m
WPH	BU/16	JAVELIN	Morne Moolman	DFM	07/03/09	70.41
WPH	BU/16	LONGJUMP	Le Roux van Aarde	Swart	04/03/92	6,64
WPH	BU/16	POLEVAULT	Heinrich Lategan	Gim	02/03/91	4,00
WPH	BU/16	SHOTPUT	JP van der Spuy	BAK	20/03/01	17.85m
WPH	BU/16	TRIPLEJUMP	Karl-Otto Matthee	TNLK	05/04/14	13.05
WPH	BU/16	OCTATHLON	Sherman Parrish	SPAAC	26/10/12	4609pt
WPH	BU/16	PENTATHLON	Liam Pietersen	SPAAC	09/04/15	3008

Record_Type	Group	Event	Record_Holder	Club	Date	Performance
WPH	G/JUN	100	Esmari le Roux	BAK	22/03/95	11.55
WPH	G/JUN	10000	Felicity Witbooi	HSA	10/02/01	43:25.7
WPH	G/JUN	10,000m Walk	Natalie Fourie	BAK	10/03/01	55:20.3
WPH	G/JUN	100mH	Arnell Jacobs	BAK	04/04/97	13.47
WPH	G/JUN	10km Walk	Ruzanne Harris	BAK	15/03/03	55:06.50
WPH	G/JUN	1500	Tanya Peckham	US	27/02/85	4:10,6
WPH	G/JUN	200	Esmari le Roux	BAK	07/05/94	23.19
WPH	G/JUN	2000mSC	Destiny Tieties	Adidas	08/03/08	7:16.59
WPH	G/JUN	3000	Elana van Zyl	US	08/04/85	8:58.73
WPH	G/JUN	3000mSC	Destiny Tieties	Adidas	17/02/06	10:46.09
WPH	G/JUN	3000m Walk	Natalie Fourie	BAK	22/03/01	15:28.0
WPH	G/JUN	4 x 100m	W.P.Juniors	WP	24/04/93	46.50
WPH	G/JUN	400	Sonja van der Merwe	TAK	11/04/10	54.06
WPH	G/JUN	400mH	Adri van der Merwe	BAK	09/04/94	58.30
WPH	G/JUN	5000	Elana van Zyl	Rob	07/03/84	16:02,55
WPH	G/JUN	5000 Walk	Natalie Fourie	BAK	01/12/01	25:33.1
WPH	G/JUN	800	Tanya Peckham	US	11/03/85	2:02,24
WPH	G/JUN	DISCUS	Theresa van Vuuren	WOK	29/11/80	49.78m
WPH	G/JUN	HAMMER	Elmarie Knoetzen	BAK	08/11/97	48.08m
WPH	G/JUN	HIGHJUMP	Elmarie Gerrys	H/s Bell	07/04/90	1.85m
WPH	G/JUN	HIGHJUMP	Heidi de Kock	Pinel	02/12/77	1.85m
WPH	G/JUN	JAVELIN	Tarryn Bright	BAK	02/02/02	51.47
WPH	G/JUN	LONGJUMP	Luzaan du Preez	TAK	21/04/90	6.54m
WPH	G/JUN	POLEVAULT	Annelie van Wyk	BAK	01/02/02	4.05m
WPH	G/JUN	SHOTPUT	Maranelle du Toit	BAK	07/03/97	16.47m
WPH	G/JUN	TRIPLEJUMP	Valentina da Rocha	SPAAC	11/04/10	12.77
WPH	G/JUN	HEPTATHLON	Janice Josephs	Ridgevl	14/04/00	5466pt
WPH	G/YOU	100	Tamzin Thomas	WCSS	10/07/13	11.69
WPH	G/YOU	100mH	Chantelle Terblanche	BAK	07/04/00	13.65
WPH	G/You	10,000m Walk	Ruzanne Harris	BAK	02/11/02	57:11.6
WPH	G/YOU	1500	Elana van Zyl	Robertso	23/02/82	4:18.1
WPH	G/YOU	200	Janice Josephs	Ridgevl	05/04/99	24.25
WPH	G/YOU	3000	Elana van Zyl	Robertso	22/02/83	9:09.3
WPH	G/YOU	3000m Walk	Ruzanne Harris	BAK	27/04/02	15:53.3
WPH	G/YOU	400	Sonja van der Merwe	TAK	27/03/09	54.90
WPH	G/YOU	400mH	Chantelle Terblanche	BAK	23/03/02	58.77
WPH	G/YOU	5000	Matshidiso Thelenjame	Blue Dow	17/02/01	17:51.69
WPH	G/YOU	5000 Walk	Anandi Coetzee	BAK	15/10/04	28:27.7
WPH	G/YOU	800	Marjorie v/d Merwe	Gim	22/04/85	2:04.63
WPH	G/YOU	DISCUS	Theresa J v Vuuren	Paarl	07/10/78	47.16
WPH	G/YOU	HAMMER	Elizka van der Merwe	BAK	14/03/04	42.44m

Record_Type	Group	Event	Record_Holder	Club	Date	Performance
WPH	G/YOU	HIGHJUMP	Heidi de Kock	Pineland	08/03/76	1.82
WPH	G/YOU	JAVELIN	Anneke Germishuys	TNLK	19/07/15	53.10m
WPH	G/YOU	LONGJUMP	Luzaan du Preez	TAK	16/04/88	6.20
WPH	G/YOU	POLEVAULT	Annelie van Wyk	Bak	10/03/01	3.95
WPH	G/YOU	SHOTPUT	Maranelle du Toit	BAK	16/09/95	14.55m
WPH	G/YOU	TRIPLEJUMP	Valentina da Rocha	SPAAC	11/04/10	12.77
WPH	G/YOU	HEPTATHLON	Carla Johnson	SPAAC	06/04/14	5105pt
WPH	GU/16	100	Tamzin Thomas	WCSS	07/04/12	11.89
WPH	GU/16	1500	Daniel Victor	US	23/03/94	4:36,58(
WPH	GU/16	200	Chantelle Terblanche	BAK	08/04/00	24.40
WPH	GU/16	3000	Zintle Xiniwe	Atlantic	07/04/01	9:37.81
WPH	GU/16	3000m Walk	Anandi Coetzee	BAK	19/10/04	16:04.9
WPH	GU/16	300mH	Chantelle Terblanche	BAK	18/03/00	41.36
WPH	GU/16	4 x 100m	Hug	Hugenote	20/03/82	50,2(h)
WPH	GU/16	4 x 100m R	TVBAK	TVBAK	06021999	50,41
WPH	GU/16	400	Sonja van der Merwe	TAK	30/03/07	56.13
WPH	GU/16	5000 Walk	Anandi Coetzee	BAK	15/10/04	28:27.7
WPH	GU/16	800	Elsire Strauss	Cal	19/03/94	2:14,97(
WPH	GU/16	80MH	Arnell Jacobs	TVBAK	26111994	11,3(h)
WPH	GU/16	90mH	Darnelle Lewies	BAK	08/03/14	13.57
WPH	GU/16	DISCUS	Maranelle du Toit	Bell	30101993	40,20
WPH	GU/16	HAMMER	Karen le Roux	BAK	23/02/02	29.18m
WPH	GU/16	HIGHJUMP	Gayle Koch	HStell	03/03/90	1,73
WPH	GU/16	JAVELIN	Michelle Erasmus	TVBAK	06/03/96	43,40
WPH	GU/16	LONGJUMP	Carla Johnson	SPAAC	29/03/12	5.83m
WPH	GU/16	POLEVAULT	Sylma Jordaan	TAK	05/12/00	3.75m
WPH	GU/16	SHOTPUT	Tarryn Bright	TVBAK	05/11/98	12,27
WPH	GU/16	TRIPLEJUMP	Valentina De Rocha	SPAAC	07/03/08	10.71m
WPH	GU/16	HEPTATHLON	Carla Johnson	SPAAC	26/10/12	4481pt
WPH	GU/16	PENTATHLON	Carla Stevens	SPAAC	12/04/15	2382pt
WPH	MEN	100	Roscoe Engel	TAK	23/05/15	10.12
WPH	MEN	10000	Ian Syster	MrPrice	01/03/02	28:24.61
WPH	MEN	10000m Walk	Thinus Esterhuizen	BAK	17/07/04	44:53.00
WPH	MEN	110mH	Antonio Alkana	BAK	15/09/15	13.32
WPH	MEN	1500	Johan Landsman	US	04/08/93	3:33.56
WPH	MEN	200	Marcus la Grange	TVBAK	11022000	20.35
WPH	MEN	20km Walk	Gideon Cillie	BAK	04/09/04	1:33:33
WPH	MEN	3000	Julian Marsay	US	15021997	7:48.7
WPH	MEN	3000m Walk	Gideon Cillie	BAK	12/11/04	12:14.32
WPH	MEN	3000mSC	Johan Daffue	US	25/04/81	8:29.30
WPH	MEN	30km Walk	Andrew Fraser	VOB	21/08/99	2:24.47

Record_Type	Group	Event	Record_Holder	Club	Date	Performance
WPH	MEN	4 x 100m	WP	WP	18/04/15	39.66
WPH	MEN	4 x 400m	WP	WP	11041992	3:07.74
WPH	MEN	400	Marcus la Grange	BAK	12/04/02	44.65
WPH	MEN	400mH	Kobus Burger	US	07/12/85	49.95
WPH	MEN	5000	Ewald Bonzet	TVBAK	21/02/78	13:30.4
WPH	MEN	5000m Walk	Gideon Cillie	BAK	12/11/05	21:20.2
WPH	MEN	50km Walk	Martin Bester	DEFWP	26/04/69	4:32.00
WPH	MEN	800	Marius Van Heerden	TVBAK	12/04/96	1:44.57
WPH	MEN	DISCUS	John Van Reenen	US	14/03/75	68.48
WPH	MEN	HAMMER	Werner Smit	TAK	19/02/03	71.04
WPH	MEN	HIGHJUMP	Gavin Lendis	SPAAC	14/02/97	2.27
WPH	MEN	JAVELIN	Rocco van Rooyen	BAK	23/05/15	85.39m
WPH	MEN	LONGJUMP	Marcus La Grange	TVBAK	08/04/95	7.80
WPH	MEN	POLEVAULT	Okkert Brits	US	10/09/94	5.90
WPH	MEN	SHOTPUT	John Van Reenen	US	26/12/70	19.81
WPH	MEN	TRIPLEJUMP	Eugene Venter	US	24/04/93	16.16
WPH	MEN	DECATHLON	Joep Loots	US	15/04/83	7664pt
WPH	WOMEN	100	Janice Josephs	Lib.Nike	07/02/03	11.38
WPH	WOMEN	10000	Elana Meyer	US	10/09/94	30:52.51
WPH	WOMEN	100mH	Arnell Jacobs	TVBAK	04041997	13.47
WPH	WOMEN	10000m Walk	Natalie Fourie	BAK	27/11/03	49:41.1
WPH	WOMEN	10km Walk	Estlé Viljoen	SH	31082002	49:06.0
WPH	WOMEN	1500	Elana Meyer	US	21/03/92	4:02.15
WPH	WOMEN	200	Janice Josephs	BDMS	17/04/04	23.15
WPH	WOMEN	20km Walk	Natalie Fourie	BAK	21/03/03	1:42:20.
WPH	WOMEN	3000	Elana Meyer	US	10071993	8:32.81
WPH	WOMEN	3000m Walk	Natalie Fourie	BAK	29/03/03	13:18.40
WPH	WOMEN	3000mSC	Nolene Conrad	Lib.Nike	16/04/05	10:20.72
WPH	WOMEN	4 x 100m	WP	WP	09031997	45.76
WPH	WOMEN	4 x 400m	WP	WP	07091975	3:38.5
WPH	WOMEN	400	Sonja v.d.Merwe	TAK	05/04/12	52.75
WPH	WOMEN	400mH	Adri Vlok	BAK	19031999	57.46
WPH	WOMEN	5000	Elana Meyer	US	10/07/93	14:44.15
WPH	WOMEN	5000m Walk	Natalie Fourie	BAK	28/02/03	23:34.5
WPH	WOMEN	800	Tanya Peckham	US	11031985	2:02.24
WPH	WOMEN	DISCUS	Lize-marie Coetzer	US	10/11/84	51.72
WPH	WOMEN	HAMMER	Elmarie Knoetzen	TVBAK	01/02/02	59.37
WPH	WOMEN	HIGHJUMP	Desiree Du Plessis	TVBAK	29/03/93	1.87
WPH	WOMEN	JAVELIN	Michelle Bradbury	US	13/04/93	51.74
WPH	WOMEN	LONGJUMP	Luzaan Du Preez	TAK	21/04/90	6.54
WPH	WOMEN	POLEVAULT	Annelie Van Wyk	TAK	02/02/02	4.05

Record_Type	Group	Event	Record_Holder	Club	Date	Performance
WPH	WOMEN	SHOTPUT	Maranelle Du Toit	TVBAK	08/03/02	17.08
WPH	WOMEN	TRIPLEJUMP	Ramona Gabriels	Ridgevil	14/04/00	12.58
WPH	WOMEN	HEPTATHLON	Janice Josephs	SPAAC	16/04/04	6127