

# SA Rekords SA Skole 2011

## BOYS 15

100m	M Delport	NGT	10,79	2000	Durban
200m	M Oashani	WCA	22,03	28/03/2008	Rustenburg
400m	L Julius	EPR	48,79	2000	Durban
800m	T Jacobs	GAU	1:56,65	26/03/2010	Sasolburg
1500m	M Maseko	MPU	3:58,44	2000	Durban
3000m	M Maseko	MPU	8:28,99	2000	Durban
100m H (84,0cm)	F Tredoux	GAU	12,88	28/03/2008	Rustenburg
300m H (84,0cm)	J van Staden	NWP	38,44	28/03/2008	Rustenburg
5000m Walk	C Booysen	NWP	24:03,56	19/03/2005	Paarl
High Jump	H Kuhn	WCA	1,97m	01/04/2006	Sasolburg
Long Jump	S Brits	GAU	6,96m	31/03/2007	Port Elizabeth
Triple Jump	N Mbokazi	GAU	14,51m	28/03/2008	Rustenburg
Pole Vault	C Rahme	GAU	4,30m	01/04/2006	Sasolburg
Shot Put (4,0kg)	R Combrink	GAU	20,51m	26/03/2010	Sasolburg
Discus (1,0kg)	J.L. Kotze	WCA	66,29m	23/10/2009	Stellenbosch
Javelin (600g)	C Barnado	WCA	70,83m	01/04/2006	Sasolburg
Hammer (4,0kg)	J Koen	ECA	72,74m	27/03/1998	Port Elizabeth
Relay: 4X100m	Western Cape	WCA	43,44	27/03/2004	Germiston
Medley Relay: 100/200/300/400	Free State	FS	1:58,98	26/03/2010	Sasolburg

## BOYS 17

EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	R Erasmus	GAU	10,53	26/03/2010	Sasolburg
200m	L Julius	ECA	20,88	23/03/2002	Germiston
400m	L Julius	ECA	46,64	30/03/2001	Rustenburg
800m	L Hadebe	SCN	1:49,30	1997	Mabopane
1500m	D Hlaselo	FS	3:48,95	01/04/2006	Sasolburg
3000m	D Hlaselo	<b>RSA</b>	8:17,19	30/11/2005	<b>Melbourne, AUS</b>
2000m Steeple Chase	D Mouries	WCA	5:44,54	19/03/2005	Paarl
110m Hurdles (91,4cm)	S Pienaar	BOL	13,38	22/03/2002	Germiston
400m Hurdles (84,0cm)	LJ van Zyl	<b>RSA</b>	50,82	29/05/2002	<b>Caen-France</b>
10 000m Walk	R Wessels	FS	48:08,20	06/04/2009	Kings Park
High Jump	JP v/d Schyff	<b>RSA</b>	2,17m	01/07/2006	<b>Greece</b>
Long Jump	S Brits	GAU	7,74m	28/03/2008	Rustenburg

Triple Jump	A Rasmeni	ECA	15,50m	28/03/2008	Rustenburg
Pole Vault	B Howell	WCA	4,70m	28/03/2003	Port Elizabeth
Shot Put (5kg)	J P Hoffman	GAU	19,48m	19/03/2005	Paarl
Discus (1,5kg)	J du Plessis	MPU	60,60m	26/03/2010	Sasolburg
Javelin (700g)	A Rautenbach	<b>RSA</b>	79,33m	02/06/2002	<b>Caen-France</b>
Hammer (5,00kg)	S Minnie	ECA	65,19m	26/03/2010	Sasolburg
Relay: 4X100m	Boland	BOL	41,78m	31/03/2001	Rustenburg
Medley Relay: 100/200/300/400	RSA	<b>RSA</b>	1:53,91	02/06/2002	<b>Caen-France</b>

## BOYS 19

EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	M Kumbane	FS	10,44	30/03/2007	Port Elizabeth
200m	L Julius	ECA	20,88	23/03/2002	Germiston
400m	M Kritzinger	EPR	46,45	2000	Durban
800m	B Mgemane	FS	1:47,10	27/03/2004	Germiston
1500m	J van Deventer	SGT	3:47,30	31/03/2001	Rustenburg
5000m	F Sehohole	GAU	14:21,52	06/04/2009	Kings Park
3000m Steeple Chase	L Zim	FS	8:57,06	30/03/2007	Port Elizabeth
110m Hurdles (99,0cm)	G v/d Heever	GAU	14,02	30/03/2007	Port Elizabeth
400m Hurdles (91,4cm)	W le Roux	GAU	50,44	27/03/2004	Germiston
10 000m Walk	K Mkane	KZN	46:32,23	29/03/2003	Port Elizabeth
High Jump	W Voigt	WCA	2,19m	28/03/2008	Rustenburg
Long Jump	S Brits	GAU	7,74m	28/03/2008	Rustenburg
Triple Jump	A Rasmeni	ECA	15,67m	06/04/2009	Kings Park
Pole Vault	JG Blignaut	FS	4,90m	01/04/2006	Sasolburg
Shot Put (6,00kg)	JP Hoffman	GAU	19,24m	01/04/2006	Sasolburg
Discus (1,75kg)	D van Heerden	GAU	57,94m	06/04/2009	Kings Park
Javelin (800g)	N Meyer	NWP	72,36m	01/04/2006	Sasolburg
Hammer (6,00kg)	C Williams	ECA	62,56m	01/04/2006	Sasolburg
Relay: 4X100m	Western Cape	WCA	41,20	06/04/2009	Kings Park
Relay: 4X400m	Gauteng	GAU	3:11,25	01/04/2006	Sasolburg

## GIRLS 15

EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	M Swiegers	BOL	11,99	1997	Mabopane
	D Dawson	SGT	11,99	1997	Mabopane
200m	I Rossouw	NWP	24,25	1995	Kroonstad
400m	C Potgieter	GAU	55,89	26/03/2010	Sasolburg
800m	L Coetzee	SGT	2:08,14	2000	Durban
1500m	L Coetzee	SGT	4:24,45	2000	Durban
90m Hurdles (76,2cm)	M van Driel	GAU	12,84	28/03/2003	Port Elizabeth
300m Hurdles (76,2cm)	C Terblanche	WPR	41,36	2000	Durban
5000m Walk	A Oosthuizen	WCA	26:13,40	06/04/2009	Kings Park

High Jump	N Steyn	SGT	1,76m	1996	Cape Town
Long Jump	M Brits	GAU	5,90m	28/03/2008	Rustenburg
Triple Jump	M Bahlmann	GAU	11,23	31/03/2007	Port Elizabeth
Shot Put (4kg)	S du Toit	SGT	14,10m	29/03/2003	Port Elizabeth
Discus (1,0kg)	S Botha	GAU	42,05m	30/03/2007	Port Elizabeth
Javelin (600g)	Y Coetzee	NWP	45,14m	29/03/2003	Port Elizabeth
Pole Vault	M Venter	WCA	3,11m	27/03/2004	Germiston
Relay: 4X100m	Gauteng	GAU	47,50	27/03/2004	Germiston
Medley Relay: 100/200/300/400	Gauteng	GAU	2:15,51	26/03/2010	Sasolburg

<b>GIRLS 17</b>					
<b>EVENT</b>	<b>NAME</b>	<b>PROV</b>	<b>RECORD</b>	<b>DATE</b>	<b>VENUE</b>
100m	N Mkenku	<b>RSA</b>	11,58	30/06/2006	<b>Greece</b>
200m	I Rossouw	NWP	24,00	1996	Cape Town
400m	I Neuhoff	GAU	54,17	26/03/2010	Sasolburg
800m	L Coetzee	<b>RSA</b>	2:07,91	01/06/2002	<b>Caen-France</b>
1500m	R Kalmer	<b>RSA</b>	4:18,05	1997	<b>Cherbourg-FR</b>
3000m	L Roets	MPU	9:35,02	1998	Port Elizabeth
100m Hurdles (76,2cm)	M Theron	MPU	13,38	1999	Pretoria
400m Hurdles (76,2cm)	C Terblanche	WPR	58,77	23/03/2002	Germiston
5000m Walk	C Swart	FS	26:00,35	28/03/2008	Rustenburg
High Jump	N Steyn	SGT	1,85m	1997	Mabopane
	A Smit	<b>RSA</b>	1,85m	30/05/2002	<b>Caen-France</b>
Long Jump	J Robbeson	GAU	6,15m	23/03/2002	Germiston
Triple Jump	D Erwee	FS	12,57m	26/03/2010	Sasolburg
Pole Vault	L Viviers	WCA	3,71m	27/03/2004	Germiston
	M Loesch	WCA	3,71m	27/03/2004	Germiston
Shot Put (4kg)	V Abrahamse	NKN	15,88m	1996	Cape Town
Discus (1,0kg)	S Meyer	KZN	47,53m	06/04/2009	Kings Park
Javelin (600g)	T Britz	NWP	55,38m	28/03/2008	Rustenburg
Hammer (4,0kg)	A Louw	ECA	48,53m	28/03/2008	Rustenburg
Relay: 4X100m	South Gauteng	SGT	46,70	2000	Durban
Medley Relay: 100/200/300/400	RSA	<b>RSA</b>	2:11,07	01/06/2002	<b>Caen-France</b>

<b>GIRLS 19</b>					
<b>EVENT</b>	<b>NAME</b>	<b>PROV</b>	<b>RECORD</b>	<b>DATE</b>	<b>VENUE</b>
100m	N Mkenku	<b>RSA</b>	11,58	30/06/2006	<b>Greece</b>
200m	I Rossouw	NWP	24,00	1996	Cape Town
400m	I Neuhoff	GAU	54,17	26/03/2010	Sasolburg
800m	L Coetzee	<b>RSA</b>	2:07,91	01/06/2002	<b>Caen-France</b>

1500m	R Kalmer	<b>RSA</b>	4:18,05	1997	<b>Cherbourg-FR</b>
3000m	R Kalmer	SGT	9:32,70	1996	Cape Town
100m Hurdles (84,0cm)	M Balsamo	BOL	13,81	22/03/2002	Germiston
400m Hurdles (76,2cm)	C Terblanche	WPR	58,77	23/03/2002	Germiston
10 000m Walk	C Swart	FS	51:30,10	06/04/2009	Kings Park
High Jump	M Pretorius	GAU	1,89m	31/03/2007	Port Elizabeth
Long Jump	J Robbeson	GAU	6,15m	23/03/2002	Germiston
	C. Coetzee	GAU	6,15m	31/03/2007	Port Elizabeth
Triple Jump	B Erwee	FS	12,80m	28/03/2008	Rustenburg
Pole Vault	A van Wyk	WPR	3,85m	31/03/2001	Rustenburg
Shot Put (4,0kg)	S du Toit	GAU	16,17m	01/04/2006	Sasolburg
Discus (1,0kg)	M Venter	MPU	47,36m	28/03/2003	Port Elizabeth
Javelin (600g)	T Britz	NWP	55,38m	28/03/2008	Rustenburg
Hammer (4,0kg)	A Smith	SWD	55,31m	06/03/2010	Oudtshoorn
Relay: 4X100m	South Gauteng	SGT	46,70	2000	Durban
Relay: 4X400m	Gauteng	GAU	3:23,42	31/03/2007	Port Elizabeth