

## RECORD PERFORMANCES BY SOUTH AFRICAN ATHLETES: 2017

Due to limited data with regard to National Games performances prior to 2004, only performances since 2004 were taken into account.

### AGE GROUPS

#### Adults:

- 18-29 years    - 30-39 years    - 40-49 years    - 50-59 years    - 60-69 years    - 70years>

#### Juniors:

- 5 years and <    - 6-8 years    - 9-11 years    - 12-14 years    - 15-17 years

#### Setting of records:

- World records can only be recognised when set at World Transplant Games (WTG) events  
*\*\*Indicates SA athlete holding a WTG record*
- South African records can be recognised when set at:
  - World Transplant Games
  - National Transplant Games

### MALES:

ITEMS	SA RECORD	ATHLETE	GAMES	WORLD RECORD
<b>TRACK &amp; FIELD</b>				
<b>100 meters</b>				
18 - 29	11.32	Martinique du Preez	Johannesburg 2016	11.10
30 - 39	12.27	JP Rust	Johannesburg 2016	11.16
40 - 49	13.44	Sakkie vd Westhuizen	Australia 2009	11.99
50 - 59	13.52	Stan Henkeman	Malaga 2017	12.69
60 - 69				13.44
70+				16.85
<b>200 meters</b>				
15 - 17	30.43	Trevor Gird	Pretoria 2008	Not junior item
18 - 29	24.39	Martinique du Preez	Johannesburg 2016	23.49
30 - 39	25.67	Morokwane Itumeleng	Pretoria 2010	23.79
40 - 49	26.38	Izak vd Westhuizen	Pretoria 2010	25.25
50 - 59	29.07	Stan Henkeman	Pretoria 2010	25.96
60 - 69				29.93
70+				57.45
<b>400 meters</b>				
18 - 29	59.46	Nkanyesi Biyela	Pretoria 2010	52.90
30 - 39	01:04.9 01:04.1	Daniel Matsoso Mpumelezo Damane	Australia 2009 Port Elizabeth 2017	54.79
40 - 49	01:06.5	Sipho Mlamuza	Australia 2009	57.81
50 - 59	01:12.54	Donovan Wright	Malaga 2017	01:02.50
60 - 69	01:15.8	Derick Lategan	Cape Town 2014	01:05.33
70+				01:36.71
<b>800 meters</b>				
15 - 17	03:20.90	Trevor Gird	Pretoria 2008	Not junior item
18 - 29	02:11.44	Attie Kok	Sydney 1997	02:02.23
30 - 39	02:26.30	Daniel Matsoso	Bangkok 2007	02:13.38
40 - 49	02:50.11	Donovan Wright	Johannesburg 2016	02:15.00
50 - 59	02:35.30	Donovan Wright	Malaga 2017	02:13.68
60 - 69	03:03.54	Derick Lategan	South Africa 2013	02:43.99
70+				03:59.97
<b>1500 meters</b>				
15 - 17	6:46.06	Trevor Gird	Pretoria 2008	Not junior item
18 - 29	5:19.7	Herculaas Lamprecht	Cape Town 2014	04:26.55
30 - 39	04:55.40	Daniel Matsoso	South Africa 2013	04:39.56

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
40 - 49	06:10.40	Donovan Wright	Johannesburg 2016	04:30.40
50 - 59	05:29.42	Donovan Wright	Malaga 2017	04:58.15
60 - 69				05:48.38
<b>5 Km – Road Race</b>				
18 - 29	21:37.00	Herculaas Lamprecht	Cape Town 2014	14:23.48
30 - 39	19:11.00	Daniel Matsoso	Durban 2012	14:56.66
40 - 49	21:41.40	Donovan Wright	Johannesburg 2016	16:51.00
50 - 59	18:45.00	Donovan Wright	Malaga 2017	19:16.00
60 - 69	24:58.00	Derick Lategan	South Africa 2013	23:17.00
<b>5km Race Walk</b>				
18 - 29	30:45.00	Nkanyesi Biyela	Sweden 2011	29:35.62
30 - 39	31:05.5	Morokwane Itumeleng	Cape Town 2014	25:54.90
40 - 49	31:04.07	Ganasen Padayachee	CT 2004	24:18.61
50 - 59	34:08.4	Thavathasan Moodley	Cape Town 2014	28:40.70
60 - 69	35:01.05	Frans Maluleki	Malaga 2017	29:39.77
<b>Shot put</b>				
18 - 29	9.54 m	Koenraad Pretorius	Durban 2012	11.34
30 - 39	10.77m	Stephan van den Berg	Pretoria 2010	11.94
40 - 49	9.41 m	Anton Grobler	Pretoria 2008	12.77
50 - 59	**12.59 m	D Biarne	Sydney 1997	12.59
60 - 69	11.33m	Hermann Steyn	Cape Town 2014	12.81
70+	9.50	Brian Lombard	Malaga 2017	9.67
<b>Discus</b>				
18 - 29				29.12
30 - 39	27.85 m	Stephan vd Berg	Pretoria 2008	36.65
40 - 49	21.80 m	Attie Kok	Pretoria 2008	34.80
50 - 59	33.76m	Mark Agnew	Mar del Plata 2015	43.53
60 - 69	**29.50m	Hermann Steyn	Mar del Plata 2015	29.50
70+	20.56	Brian Lombard	Malaga 2017	25.01
<b>Javelin</b>				
18 - 29	34.08	Martinique du Preez	Malaga 2017	37.37
30 - 39	32.75 m	Stephan van den Berg	Pretoria 2010	40.60
40 - 49	31.12m	Stephan van den Berg	Cape Town 2014	42.65
50 - 59	35.01m	Lourens Schultz	Sweden 2011	49.49
60 - 69	30.67	Lourens Schultz	Johannesburg 2016	25.72
70+	19.97	Brian Lombard	Johannesburg 2016	23.87
<b>Long Jump</b>				
18 - 29	5.45	Martinique du Preez	Johannesburg 2016	6.85
30 - 39	5.42	Mark Nortje	Malaga 2017	6.95
40 - 49	4,62 m	Sipho Mlamuza	Sweden 2011	6.42
50 - 59	4.15 m	Stan Henkeman	Pretoria 2008	5.16
60 - 69				4.40
<b>High Jump</b>				
18 - 29	1.5m	Johannes Lombaard	Cape Town 2014	1.81
30 - 39	1.40	Mark Nortje	Johannesburg 2016	1.66
40 - 49	1.58 m	Izak vd Westhuizen	Cape Town 2014	1.62
50 - 59				1.55
60 - 69				1.50
<b>Ball Throw</b>				
18 - 29	78.26	Martinique du Preez	Johannesburg 2016	90.18
30 - 39	79.97 m	Stephan vd Berg	CT 2006	89.43
40 - 49	65.00	Greg Govender	Malaga 2017	80.01
50 - 59	55.07	Stan Henkeman	Mar del Plata 2015	76.09
60 - 69	35.11	Brian Lombard	Durban 2012	57.11
70+				37.23

SWIMMING	SA RECORD	ATHLETE	GAMES	WORLD RECORD
<b>50 m - Freestyle</b>				<b>NB: 50m Pool</b>
18 - 29	26.57	Koenraad Pretorius	South Africa 2013	25.50
30 - 39	**26.16	Travis van Rensburg	Mar del Plata 2015	26.16
40 - 49	32:62	Harold Moore	Australia 2009	29.09
50 - 59	31.50	Harold Moore	Pretoria 2010	30.71
60 - 69	35.05	Harold Moore	Mar del Plata 2015	33.73
<b>50 m - Backstroke</b>				
18 - 29	32.53	Koenraad Pretorius	South Africa 2013	31.73
30 - 39	38.90	Alan Tiffin	Australia 2009	35.29
40 - 49	44:17	Harold Moore	CT 2004	36.79
50 - 59				35.14
60 - 69				37.98
<b>50 m - Breaststroke</b>				
18 - 29	40:50	Matthew Moffatt	Pretoria 2008	34.03
30 - 39	45.55	Travis Janse v Rensburg	Johannesburg 2016	36.74
40 - 49	44:33	Harold Moore	CT 2004	36.34
50 - 59				39.00
60 - 69				42.92
<b>50 m - Butterfly</b>				
18 - 29	29.01	Koenraad Pretorius	South Africa 2013	26.96
30 - 39	**28.64	Travis van Rensburg	Mar del Plata 2015	28.64
40 - 49				33.69
50 - 59	39:45	Harold Moore	Australia 2009	33.51
60 - 69	41.32	Harold Moore	Cape Town 2014	32.49
<b>100 m - Freestyle</b>				
18 - 29	01:08.31	Travis Janse van Rensburg	Cape Town 2014	00:55.62
30 - 39	**00:59.68	Travis Janse van Rensburg	Malaga 2017	00:59.68
40 - 49	01:23:10	Harold Moore	CT 2004	01:05.42
50 - 59	01:19.9	Harold Moore	Australia 2009	01:08.67
60 - 69	**01:20.39	Harold Moore	Mar del Plata 2015	01:20.39
70+				02:05.20
<b>100 m - Backstroke</b>				
15 - 17	01:30:68	Koenraad Pretorius	CT 2006	Not a junior item
18 - 29	01:16.3	Koenraad Pretorius	Australia 2009	01:11.13
30 - 39				01:20.05
40 - 49	1:51.0	Mario Skaffer	Pretoria 2010	01:21.40
50 - 59				01:29.00
60 - 69				01:35.04
70+				02:37.70
<b>100 m - Breaststroke</b>				
18 - 29	1:41.65	Matthew Moffatt	South Africa 2013	01:15.18
30 - 39				01:15.90
40 - 49				01:26.82
50 - 59				01:28.50
60 - 69				01:41.59
70+				02:17.99
<b>200 m - Freestyle</b>				
18 - 29				02:05.37
30 - 39				02:33.57
40 - 49	03:10.43	Harold Moore	Australia 2009	02:38.90
50 - 59	03:17.96	Harold Moore	South Africa 2013	02:38.60
60 - 69	**03:07.17	Harold Moore	Mar del Plata 2015	03:07.17
70+				04:46.30

SWIMMING	SA RECORD	ATHLETE	GAMES	WORLD RECORD
<b>200 m – Ind. Medley</b>				
18 - 29	02:51.41	Koenraad Pretorius	South Africa 2013	02:19.70
30 - 39				02:52.81
40 - 49				03:01.99
50 - 59				02:54.60
60 - 69				03:34.40
<b>400 m – Freestyle</b>				
18 - 29				05:27.00
30 - 39	07:02:81	Mario Skaffer	CT 2006	05:32.96
40 - 49				05:40.83
50 - 59	06:35.5	Harold Moore	Australia 2009	05:44.20
60 - 69	**06:36.60	Harold Moore	Mar del Plata 2015	06:36.60
70+				10:44.30
CYCLING	SA RECORD	ATHLETE	GAMES	WORLD RECORD
<b>5 Km Time Trial</b>				
18 - 29	08:26.00	Henk Goris	Malaga 2017	
30 - 39				
40 - 49				
50 - 59	8:29:98	Gerhard van Dyk	Bangkok 2007	
60 - 69				
<b>20 Km Road Race</b>				
15 - 17	41:46.00	Trevor Gird	Pretoria 2008	
18 - 29	34:57.00	Henk Goris	Johannesburg 2016	
30 - 39	37:48.0	Michael Dixon	Cape Town 2014	
40 - 49	35:02.10	Pierre Potgieter	Mar del Plata 2015	
50 - 59	36:16:00	Gerhard van Dyk/Lourens Schultz	Pretoria 2008	
60 - 69	37:46.00	Gerhard van Dyk	Cape Town 2014	
<b>30 Km Road Race</b>				
18-29	48:27.00	Henk Goris	Malaga 2017	

## FEMALES:

### TRACK & FIELD

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
<b>100 meters</b>				
18 - 29	13.50	Suretha Maartens	Durban 2012	13.61
30 - 39	13.97	Suretha Maartens	Malaga 2017	13.72
40 - 49	16.07	Rentia le Roux	Malaga 2017	14.21
50 - 59	17.24	Nombeko Rwaxa	Pretoria 2008	14.42
60 - 69	20.20	Marion Oldfield	Durban 2012	17.20
70+	**22.95	Marion Oldfield	Malaga 2017	22.95
<b>200 meters</b>				
18 - 29	28.95	Suretha Maartens	Cape Town 2014	28.63
30 - 39	30.20	Suretha Maartens	Mar del Plata 2015	27.06
40 - 49				29.80
50 - 59	54.80	Nombeko Rwaxa	Durban 2012	28.73
60 - 69				37.44

<b>400 meters</b>				
18 - 29				01:09.50
30 - 39				01:08.31
40 - 49				01:11.64
50 - 59				01:21.65
60 - 69				01:31.86
<b>ITEM</b>	<b>SA RECORD</b>	<b>ATHLETE</b>	<b>GAMES</b>	<b>WORLD RECORD</b>
<b>800 meters</b>				
18 - 29	4:29.1	Alice Vosloo	Australia 2009	02:42.02
30 - 39				02:39.10
40 - 49				02:54.39
50 - 59				03:37.57
60 - 69				03:59.13
<b>1500 meters</b>				
18 - 29	06:57.0	Vivian de Klerk	Cape Town 2014	05:44.68
30 - 39				05:36.41
40 - 49	07:09.6	Rentia le Roux	Cape Town 2014	06:04.68
50 - 59				07:01.45
60 - 69				08:06.15
<b>5000m Road Race</b>				<b>Not official</b>
18-29	23:51.00	Zanelle Britz	South Africa 2013	21:19.00
30-39				22:59.00
40-49	32:45.00	Robyn Emslie	Cape Town 2014	23:05.00
50-59	28:49.00	Susan Burri	Cape Town 2014	26:08.00
60-69				31:21.00
70+				47:34.00
<b>3000 m – Road Race</b>				
18 - 29				14:43.00
30 - 39	19.43	Constance Sithebe	Sweden 2011	12:56.00
40 - 49	15:11	Susan Hudson	Canada 2005	16:33.00
50 - 59	26:41.65	Hazel Nqgabayi	Pretoria 2008	15:33.00
60 - 69				18.56.00
<b>3km Race Walk</b>				
15 - 17	24:44.60	Marzaan le Roux	Pretoria 2008	Not junior item
18 - 29	24:44.59	Melanie Gird	Pretoria 2008	16:47.80
30 - 39	20:14.94	Constance Sithebe	Sweden 2011	18:36.28
40 - 49	18:35:40	Susan Hudson	Canada 2005	18:07.60
50 - 59	21:49.80	Tersia Smit	Durban 2012	18:37.40
60 - 69	22:15.94	Sannie Liebenberg	South Africa 2013	21:21.70
<b>Shot put</b>				
18 - 29	6.80m	Yolandie Adendorf	Mar del Plata 2015	11.09
30 - 39	8.17	Yolandie Adendorff	Johannesburg 2016	10.44
40 - 49	7.14 m	Yvonne Mbatha	Pretoria 2010	9.51
50 - 59	9,48 m	Heilie Uys	Canada 2005	9.69
60 - 69	7.47m	Heilie Uys	Durban 2012	7.84
70+				6.14
<b>Discus</b>				
18 - 29	18.50	Yolandie Adendorf	Mar del Plata 2015	31.85
30 - 39	15.05	Constance Sithebe	Cape Town 2014	29.72
40 - 49	15.36 m	Yvonne Mbatha	Pretoria 2010	28.55
50 - 59	20.25 m	Heilie Uys	SAMA PE 2012	28.43
60 - 69	**19.14m	Heilie Uys	Durban 2013	19.14

<b>Javelin</b>				
18 - 29	18.42	Vivian de Klerk	Cape Town 2014	36.03
30 - 39	**24.32	Vivian de Klerk	Mar del Plata 2015	21.86
40 - 49	16.13	Rentia le Roux	Malaga 2017	20.92
50 - 59	16.44 m	Heilie Uys	Australia 2009	23.51
60 - 69	**20.20	Heilie Uys	Durban 2012	20.20
70+	**14.00	Marion Oldfield	Malaga 2017	14.00
<b>ITEM</b>	<b>SA RECORD</b>	<b>ATHLETE</b>	<b>GAMES</b>	<b>WORLD RECORD</b>
<b>Long Jump</b>				
18 - 29	4.67	Suretha Maartens	Cape Town 2014	4.92
30 - 39	4.52	Vivian de Klerk	Johannesburg 2016	4.60
40 - 49				4.85
50 - 59				4.85
60 - 69				
<b>High Jump</b>				
18 - 29				1.50
30 - 39	1.20	Anel van Niekerk	Malaga 2017	1.35
40 - 49				1.35
50 - 59				1.10
60 - 69				0.95
<b>Ball Throw</b>				
18 - 29	39.45	Vivian de Klerk	Cape Town 2014	62.10
30 - 39	43.4m	Constance Sithebe	Pretoria 2010	51.99
40 - 49	35.40m	Rentia le Roux	Malaga 2017	50.29
50 - 59	36.13m	Heilie Uys	Sweden 2011	37.44
60 - 69	**29.99m	Heilie Uys	South Africa 2013	29.99
70+	**20.69	Marion Oldfield	Malaga 2017	20.69
<b>SWIMMING:</b>	<b>SA RECORD</b>	<b>ATHLETE</b>	<b>GAMES</b>	<b>WORLD RECORD</b>
				<b>NB 50m Pool</b>
<b>50 m - Freestyle</b>				
18 - 29	34.16	Cathy de Beer	Durban 2012	31.70
30 - 39	46.31	Lynn-Marie Moller	Cape Town 2014	31.88
40 - 49	33.94	Lisa du Plessis	Mar del Plata 2015	32.07
50 - 59	33.00	Tersia Smit	Pretoria 2010	35.47
60 - 69				43.26
<b>50 m - Backstroke</b>				
18 - 29				37.72
30 - 39				42.84
40 - 49	**40.09	Lisa du Plessis	Malaga 2017	40.09
50 - 59	**47.14	Tersia Smit	South Africa 2013	47.14
60 - 69				54.31
<b>50 m - Breaststroke</b>				
18 - 29				39.30
30 - 39				43.27
40 - 49	**42.11	Lisa du Plessis	Malaga 2017	42.11
50 - 59	51.39	Tersia Smit	South Africa 2013	49.60
60 - 69				59.19
70+				01:27.00
<b>50 m - Butterfly</b>				
18 - 29				33.65
30 - 39				33.90
40 - 49	**35.60	Lisa du Plessis	Malaga 2017	35.60
50 - 59				39.24

60 – 69				58.27
<b>100 m – Freestyle</b>				
18 – 29	01:23.09	Cathy de Beer	South Africa 2013	01:11.04
30 – 39				01:08.78
40 – 49	**01:12.86	Lisa du Plessis	Malaga 2017	01:12.86
50 – 59	01:31.42	Tersia Smit	South Africa 2013	01:08.67
60 - 69				01:42.90
<b>SWIMMING:</b>	<b>SA RECORD</b>	<b>ATHLETE</b>	<b>GAMES</b>	<b>WORLD RECORD</b>
<b>100 m – Backstroke</b>				
18 - 29				01:31.04
30 - 39				01:40.56
40 - 49	**01:28.34	Lisa du Plessis	Malaga 2017	01:28.34
50 - 59	01:54.37	Tersia Smit	Tshwane Ch 2013	01:38.30
60 - 69				01:57.50
<b>100 m - Breaststroke</b>				
18 - 29				01:31.60
30 - 39				01:38.60
40 - 49	**01:36.25	Lisa du Plessis	Mar del Plata 2015	01:36.25
50 - 59	02:00.50	Tersia Smit	Tshwane Ch 2013	01:48.88
60 - 69				02:07.80
<b>200 m – Freestyle</b>				
18 - 29	03:43.53	Cathy de Beer	Cape Town 2014	02:43.89
30 - 39				02:40.88
40 - 49				03:05.80
50 - 59				02:53.10
60 - 69				03:47.90
<b>200 m – Ind. Medley</b>				
18 - 29				02:56.81
30 - 39				02:56.48
40 - 49	**03:24.39	Lisa du Plessis	Mar del Plata 2015	03:24.39
50 - 59				03:29.30
60 - 69				04:41.91
<b>400 m – Freestyle</b>				
18 - 29				05:40.63
30 - 39				05:46.43
40 - 49				06:32.36
50 - 59				07:49.10
60 - 69				08:27.86
<b>CYCLING</b>	<b>SA RECORD</b>	<b>ATHLETE</b>	<b>GAMES</b>	<b>WORLD RECORD</b>
<b>5 Km Time Trial</b>				
18 - 29				
30 - 39	07:58.00	Vivian de Klerk	Malaga 2017	08:56.44
40 - 49				
50 - 59				
60 - 69				
<b>20 Km Road Race</b>				
18 - 29	54:38.00	Vivian de Klerk	Cape Town 2014	
30 - 39	37:47.86	Vivian de Klerk	Mar del Plata 2015	37:46.75
40 - 49				
50 - 59	58.25	Tersia Smit	Pretoria 2010	
60 - 69				
<b>30 Km Road Race</b>				
18-29				

30-39	55:12.00	Vivian de Klerk	Malaga 2017	

## JUNIOR RECORDS BOYS

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
<b>50 Meters</b>				
6-8	8.40	Joshua Laurenz	Durban 2012	9.19
9-11	8.70	Luke Dawson	Durban 2012	8.42
<b>100 Meters</b>				
12-14	14.37	Jacques Boshoff	Malaga 2017	13.26
15-17	12.34	Edward Ormond	Pretoria 2008	12.49
ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
<b>200 Meters</b>				
15-17	26.20	Johannes Lombaard	South Africa 2013	
<b>Ball throw</b>				
6-8	22.88	Johan de Jager	Pretoria 2010	22.28
9-11	30.37	Jacques Boshoff	South Africa 2013	49.79
12-14	58.00	Jacques Boshoff	Malaga 2017	69.07
15-17	67.50	Koenraad Pretorius	Pretoria 2008	77.14
<b>High Jump</b>				
15-17	**1.55	Johannes Lombaard	South Africa 2013	1.55
<b>Long jump</b>				
6-8	2.37m	Kyle Southworth	Durban 2012	?
9-11	3.02m	Kyle Southworth	Cape Town 2014	3.20 3.34
12-14	4.26	Jacques Boshoff	Johannesburg 2016	4.55
15-17	**5.31	Philimon Mogotsi	South Africa 2013	5.31
<b>Shot Put</b>				
15-17	**12.03	Koenraad Pretorius	Pretoria 2008	12.03
<b>Swimming</b>				
<b>25m Freestyle</b>				
6-8	26.37	Robert Laubscher	Pretoria 2010	20.78
9-11	**18.16	Robert Laubscher	South Africa 2013	18.16
<b>50m Freestyle</b>				
9-11	**40.28	Robert Laubscher	South Africa 2013	40.28
12-14	39.28	Johan de Jager	Johannesburg 2016	30.38
15-17	**28.82	Koenraad Pretorius	Bangkok 2007	28.82
<b>100m Freestyle</b>				
12-14	01:42.13	Jacques Boshoff	Johannesburg 2016	
<b>200 Freestyle</b>				
12-14	03:35.45	Johan de Jager	Johannesburg 2016	2:40.76
15-17				2:35.66
<b>25 Back stroke</b>				
6-8	33.20	Robert Laubscher	Pretoria 2010	23.69
9-11	24.83	Robert Laubscher	South Africa 2013	22.69
<b>50m Backstroke</b>				



12-14				39.19
15-17	**34.33	Koenraad Pretorius	Bangkok 2007	34.33
<b>25 Breaststroke</b>				
6-8	34.30	Robert Laubscher	Pretoria 2010	28.19
9-11	31.86	Kyle Southworth	Cape Town 2014	28.36
<b>50m Breaststroke</b>				
12-14				41.05
15-17				40.48
<b>25 Butterfly</b>				
6-8	33.11	Robert Laubscher	Pretoria 2010	26.09
9-11	**18.16	Robert Laubscher	South Africa 2013	18.16
<b>50m Butterfly</b>				
12-14				53.72
15-17				37.20
<b>Cycling 5km Time Trial</b>				
9-11	**14:34	Robert Laubscher	Durban 2013	14.34

## GIRLS

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
<b>50 Meters</b>				
6-8	11.91	Pamela Mavundza	Pretoria 2010	9.92
9-11	10.77	Thato Makhubedu	Pretoria 2010	8.60
<b>100 Meters</b>				
12-14	14.52	Kirsten Henry	Mar del Plata 2015	14.31
15-17	13.63	Kristen Henry	Johannesburg 2016	14.14
<b>Ball Throw</b>				
6-8				12.58
9-11				21.63
12-14	22.29	Kristen Henry	Mar del Plata 2015	39.88
15-17	35.41	Philile Sithole	Bangkok 2007	48.15
<b>High Jump</b>				
15-17				1.27
<b>Long Jump</b>				
6-8	1.79	Livia Wagner	Durban 2012	1.83
9-11	1.19	Thato Makhubedu	Pretoria 2010	2.87
12-14	3.6	Kristen Henry	Cape Town 2014	3.47
15-17	**4.10	Kristen Henry	Malaga 2017	4.10
<b>Shot Put</b>				
15-17	5.43	Kuhlula Shilubane	South Africa 2013	6.20
<b>Swimming</b>				
<b>25m Freestyle</b>				
6-8				
9-11				20.24
<b>50m Freestyle</b>				
12-14	49.53	Kristen Henry	Cape Town 2014	36.89
15-17	**33.64	Kristen Henry	Malaga 2017	33.64

<b>100 Freestyle</b>				
15-17				01:12.06
<b>200 Freestyle</b>				
12-14				3:00.66
15-17				3:20.42
<b>25 Back stroke</b>				
6-8				
9-11				23.01
<b>50m Backstroke</b>				
6-8				1:30.33
9-11				52.32
12-14	**43.32	Kristen Henry	Mar del Plata 2015	43.32
15-17	**39.16	Kristen Henry	Malaga 2017	39.16
<b>25 Breaststroke</b>				
6-8				
9-11				27.57
<b>50m Breaststroke</b>				
12-14				48.70
15-17				40.36
<b>ITEM</b>	<b>SA RECORD</b>	<b>ATHLETE</b>	<b>GAMES</b>	<b>WORLD RECORD</b>
<b>25 Butterfly</b>				
6-8				
9-11				
<b>50m Butterfly</b>				
12-14				38.79
15-17	39.91	Kristen Henry	Malaga 2017	36.03

**UPDATED: July 2017 – Post World Transplant Games 2017**