

RECORD PERFORMANCES BY SOUTH AFRICAN ATHLETES: 2019

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 - 70 – 79 years
- 80+ years

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
 - Official events of SASCO affiliated Federations (contact Secretary for details)

MALES:

ITEMS	SA RECORD	ATHLETE	GAMES	WORLD RECORD
TRACK & FIELD				
100 meters				
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	12.68	Donovan Wright	Germiston CGA League 2019	12.69
60 - 69	14.40	Stan Henkeman	Port Elizabeth 2018	13.44
70+				16.85
200 meters				
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	28.07	Donovan Wright	Boksburg CGA A 2018	25.96
60 - 69	31.70	Stan Henkeman	Newcastle 2019	29.93
70+				57.45
400 meters				
18 - 29	59.46	Nkanyesi Biyela	Pretoria 2010	52.90
30 - 39	01:03.31	Mpumelezo Damane	Newcastle 2019	55.19
40 - 49	01:06.5	Sipho Mlamuza	Australia 2009	57.81
50 - 59	01:05.0	Donovan Wright	Boksburg CGA League 2018	01:02.50
60 - 69	01:15.8	Derick Lategan	Cape Town 2014	01:05.33
70+				01:36.71
800 meters				
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	02:24.00	Donovan Wright	Boksburg CGA League 2018	02:13.68
60 - 69	03:03.54	Derick Lategan	South Africa 2013	02:43.99
70+				03:59.97

1500 meters				
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	05:07.76	Donovan Wright	Boksburg CGA A 2018	04:58.15
60 - 69				05:48.38
5 Km – Road Race				
18 - 29	21:37.00	Herculaas Lamprecht	Cape Town 2014	
30 - 39	19:11.00	Daniel Matsoso	Durban 2012	
40 - 49	21:41.40	Donovan Wright	Johannesburg 2016	
50 - 59	18:45.00	Donovan Wright	Malaga 2017	
60 - 69	24:58.00	Derick Lategan	South Africa 2013	
5km Race Walk				
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	Thavathanan Moodley	Cape Town 2014	28:40.70
60 - 69	35:01.05	Frans Maluleki	Malaga 2017	29:39.77
Shot put				
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	9.83 m	Lynn Landman	Port Elizabeth 2018	12.77
50 – 59 Before implement change	**12.59 m	D Biarne	Sydney 1997	12.59
50 - 59	7.55	Mark Agnew	Newcastle 2019	12.31
60 – 69 Before implement change	11.33m	Hermann Steyn	Cape Town 2014	12.81
60 - 69	7.78	Hermann Steyn	Newcastle 2019	8.41
70 – 79 Before implement change	9.50	Brian Lombard	Malaga 2017	9.67
70 - 79	8.24	Brian Lombard	Newcastle 2019	9.71
80+	8.33	Johan Roos	Newcastle 2019	8.33
Discus				
18 - 29				29.12
30 - 39	27.85 m	Stephan vd Berg	Pretoria 2008	36.65
40 - 49	27.17	Lynn Landman	Newcastle 2019	34.80
50 – 59 Before Implement change	33.76m	Mark Agnew	Mar del Plata 2015	43.53
50 - 59	28.03	Mark Agnew	Newcastle 2019	31.38
60 - 69	**29.50m	Hermann Steyn	Mar del Plata 2015	35.50
70 - 79	20.56	Brian Lombard	Malaga 2017	25.01
80+	20.61	Johan Roos	Newcastle 2019	20.61
Javelin				
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 - 79	19.97	Brian Lombard	Johannesburg 2016	23.87
80+	22.05	Johan Roos	Newcastle 2019	22.05
Long Jump				
18 - 29	5.45	Martinique du Preez	Johannesburg 2016	6.85
30 - 39	5.42	Mark Nortje	Malaga 2017	6.95
40 - 49	5.38	Mark Nortje	Newcastle 2019	6.42
50 - 59	4.15 m	Stan Henkeman	Pretoria 2008	5.16
60 - 69	3.11	Frans Maluleke	Newcastle 2019	4.40

High Jump				
18 - 29	1.5m	Johannes Lombaard	Cape Town 2014	1.81
30 - 39	1.45m	Mark Nortje	Newcastle 2019	1.66
40 - 49	1.58 m	Izak vd Westhuizen	Cape Town 2014	1.62
50 - 59				1.55
60 - 69	1.30	Marius Mathee	Newcastle 2019	1.50
Ball Throw				
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	46.62	Stan Henkeman	Newcastle 2019	57.11
70 - 79	25.82	Johan Roos	Port Elizabeth 2018	37.23
80+	31.90	Johan Roos	Newcastle 2019	31.90
SWIMMING	SA RECORD	ATHLETE	GAMES	WORLD RECORD
50 m - Freestyle				NB: 50m Pool
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
50 m - Backstroke				
18 - 29	32.53	Koenraad Pretorius	South Africa 2013	31.73
30 - 39	31.08	Jeandre Geldenhuys	Newcastle 2019	31.08
40 - 49	44:17	Harold Moore	CT 2004	36.79
50 - 59				35.14
60 - 69				37.98
50 m - Breaststroke				
18 - 29	40:50	Matthew Moffatt	Pretoria 2008	34.03
30 - 39	34.21	Jeandre Geldenhuys	Newcastle 2019	34.21
40 - 49	44:33	Harold Moore	CT 2004	36.34
50 - 59				39.00
60 - 69				42.92
50 m - Butterfly				
18 - 29	29.01	Koenraad Pretorius	South Africa 2013	26.96
30 - 39	27.04	Jeandre Geldenhuys	Newcastle 2019	26.12
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
100 m - Freestyle				
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
100 m - Backstroke				
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

100 m – Breaststroke				
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
200 m – Freestyle				
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
200 m – Ind. Medley				
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
400 m – Freestyle				
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
5 Km Time Trial				
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				
10 Km Time Trial				
18 - 29	17:57.9	Henk Goris	Newcastle 2019	16:52.6
30 - 39	18:08.7	Hannes vd Westhuizen	Newcastle 2019	17:10.0
40 - 49				16:34.2
50 - 59	19:59.3	Michael Bradfield	Newcastle 2019	17:10.3
60 - 69	20:58.8	Jan Fourie	Newcastle 2019	18:07.4
20 Km Road Race				
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	
20 Km Team Time Trial-M-18+				
18+	42:54.253	Henk Goris Hannes vd Westhuizen Jan Fourie	Newcastle 2019	34:23.314

30 Km Road Race				
18-29	48:27.00	Henk Goris	Malaga 2017	48:03.00
30-39	52:13.5	Hannes vd Westhuizen	Newcastle 2019	43:18.00
40-49				46:22.30
50-59	59:30.1	Michael Bradfield	Newcastle 2019	45:25.00
60-69	58:47.5	Jan Fourie	Newcastle 2019	53:34.00

FEMALES:

TRACK & FIELD

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
100 meters				
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	16.32	Rentia le Roux	Newcastle 2019	14.42
60 - 69	20.20	Marion Oldfield	Durban 2012	17.20
70+	**22.95	Marion Oldfield	Malaga 2017	22.95
200 meters				
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
400 meters				
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
ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
800 meters				
18 - 29	4:29.1	Alice Vosloo	Australia 2009	02:42.02
30 - 39	04:59.7	Nombuyiselo Skafu	Port Elizabeth 2018	02:39.10
40 - 49				02:54.39
50 - 59				03:37.57
60 - 69				03:59.13
1500 meters				
18 - 29	06:57.0	Vivian de Klerk	Cape Town 2014	05:44.68
30 - 39	11:46.4	Nombuyiselo Skafu	Port Elizabeth 2018	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
5000m Road Race				Not official
18-29	23:51.00	Zanelle Britz	South Africa 2013	21:19.00
30-39	37:44.76	Yolandie Adendorff	Port Elizabeth 2018	22:59.00
40-49	32:45.00	Robyn Emslie	Cape Town 2014	23:05.00
50-59	21:49.00	Susan Burri	Cape Town 2014	26:08.00
60-69				31:21.00
70+				47:34.00

3000 m – Road Race				
18 - 29				14:43.00
30 - 39	19:43.0	Constance Sithebe	Sweden 2011	12:56.00
40 - 49	15:11.0	Susan Hudson	Canada 2005	16:33.00
50 - 59	26:41.65	Hazel Nggabayi	Pretoria 2008	15:33.00
60 - 69				18.56.00
3km Race Walk				
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	21:10.85	Susan Burri	Newcastle 2019	18:37.40
60 - 69	22:15.94	Sannie Liebenberg	South Africa 2013	21:21.70
Shot put				
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
Discus				
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
Javelin				
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	**22.23	Rentia le Roux	Newcastle 2019	22.23
60 - 69	**20.20	Heilie Uys	Durban 2012	20.20
70+	**14.00	Marion Oldfield	Malaga 2017	14.10
ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
Long Jump				
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	3.04	Rentia le Roux	Newcastle 2019	4.85
60 - 69				
High Jump				
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
Ball Throw				
18 - 29	39.45	Vivian de Klerk	Cape Town 2014	62.10
30 - 39	43.4m	Constance Sithebe	Pretoria 2010	51.99
40 - 49	37.99m	Conny Sithebe	Newcastle 2019	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

SWIMMING:	SA RECORD	ATHLETE	GAMES	WORLD RECORD
				NB 50m Pool
50 m - Freestyle				
18 - 29	34.16	Cathy de Beer	Durban 2012	31.70
30 - 39	44.18	Rene Clarke	Port Elizabeth 2018	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
50 m - Backstroke				
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
50 m – Breaststroke				
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
50 m – Butterfly				
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
100 m – Freestyle				
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
SWIMMING:	SA RECORD	ATHLETE	GAMES	WORLD RECORD
100 m – Backstroke				
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
100 m - Breaststroke				
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
200 m – Freestyle				
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

200 m – Ind. Medley				
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
400 m – Freestyle				
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
CYCLING	SA RECORD	ATHLETE	GAMES	WORLD RECORD
5 Km Time Trial				
18 - 29				
30 - 39	07:58.00	Vivian de Klerk	Malaga 2017	08:56.44
40 - 49				
50 - 59				
60 - 69				
20 Km Road Race				
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				
30 Km Road Race				
18-29				
30-39	55:12.00	Vivian de Klerk	Malaga 2017	

JUNIOR RECORDS BOYS

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
50 Meters				
6-8	8.40	Joshua Laurenz	Durban 2012	9.19
9-11	8.70	Luke Dawson	Durban 2012	8.42
100 Meters				
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
200 Meters				
15-17	26.20	Johannes Lombaard	South Africa 2013	
Ball throw				
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	75.44	Jacques Boshoff	Newcastle 2019	77.14
High Jump				
15-17	**1.55	Johannes Lombaard	South Africa 2013	1.55

Long jump				
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
Shot Put				
15-17	**12.03	Koenraad Pretorius	Pretoria 2008	12.03
Swimming				
25m Freestyle				
6-8	26.37	Robert Laubscher	Pretoria 2010	20.78
9-11	**18.16	Robert Laubscher	South Africa 2013	18.16
50m Freestyle				
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
100m Freestyle				
12-14	01:42.13	Jacques Boshoff	Johannesburg 2016	
15-17	01:18.40	Johan de Jager	Port Elizabeth 2018	
200 Freestyle				
12-14	03:35.45	Johan de Jager	Johannesburg 2016	2:40.76
15-17				2:35.66
25 Back stroke				
6-8	33.20	Robert Laubscher	Pretoria 2010	23.69
9-11	24.83	Robert Laubscher	South Africa 2013	22.69
50m Backstroke				
12-14				39.19
15-17	**34.33	Koenraad Pretorius	Bangkok 2007	34.33
25 Breaststroke				
6-8	34.30	Robert Laubscher	Pretoria 2010	28.19
9-11	31.86	Kyle Southworth	Cape Town 2014	28.36
50m Breaststroke				
12-14				41.05
15-17	51.22	Johan de Jager	Port Elizabeth 2018	40.48
25 Butterfly				
6-8	33.11	Robert Laubscher	Pretoria 2010	26.09
9-11	**18.16	Robert Laubscher	South Africa 2013	18.16
50m Butterfly				
12-14	01:01.25	Kyle Southworth	Port Elizabeth 2018	53.72
15-17	42.97	Johan de Jager	Port Elizabeth 2018	37.20
Cycling 5km Time Trial				
9-11	**14:34	Robert Laubscher	Durban 2013	14.34

GIRLS

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
50 Meters				
6-8	11.91	Pamela Mavundza	Pretoria 2010	9.92
9-11	10.77	Thato Makhubedu	Pretoria 2010	8.60

100 Meters				
12-14	14.52	Kirsten Henry	Mar del Plata 2015	14.31
15-17	13.63	Kristen Henry	Johannesburg 2016	14.14
Ball Throw				
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
High Jump				
15-17				1.27
Long Jump				
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
Shot Put				
15-17	5.43	Kuhlula Shilubane	South Africa 2013	6.20
Swimming				
25m Freestyle				
6-8				
9-11				20.24
50m Freestyle				
12-14	49.53	Kristen Henry	Cape Town 2014	36.89
15-17	**33.64	Kristen Henry	Malaga 2017	33.64
100 Freestyle				
15-17				01:12.06
200 Freestyle				
12-14				3:00.66
15-17				3:20.42
25 Back stroke				
6-8				
9-11				23.01
50m Backstroke				
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
25 Breaststroke				
6-8				
9-11				27.57
50m Breaststroke				
12-14				48.70
15-17	47.60	Kristen Henry	Newcastle 2018	40.36
ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
25 Butterfly				
6-8				
9-11				

50m Butterfly				
12-14				38.79
15-17	38.79	Kristen Henry	Newcastle 2019	36.03

UPDATED: August 2019 – Post World Transplant Games 2019