



RECORD PERFORMANCES BY SOUTH AFRICAN ATHLETES AFTER THE NATIONAL TRANSPLANT GAMES 2024

Due to limited data about National Games performances prior to 2004, only performances since 2004 were considered.

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 SASCOC affiliated Federations (contact Secretary for details)

MALES:

ITEMS	SA RECORD	ATHLETE	GAMES	WORLD RECORD
TRACK & FIELD				
100 meters				
18 - 29	11.32	Martiniq ue 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	11.49
50 - 59	12.68	Donovan Wright	Germiston CGA League 2019	12.52
60 - 69	14.40	Stan Henkeman	Port Elizabeth 2018	13.44
70 - 79				16.09
80+				21.64
200 meters				
15 - 17	30.43	Trevor Gird	Pretoria 2008	Not junior item
18 - 29	23.8	Itumeleng Phoshoane	Gqeberha 2022	23.22
30 - 39	25.67	Morokwane Itumeleng	Pretoria 2010	22.45
40 - 49	26.38	Izak vd Westhuizen	Pretoria 2010	24.45
50 – 59	28.07	Donovan Wright	Boksburg CGA A 2018	25.79
60 - 69	31.70	Stan Henkeman	Newcastle 2019	28.29
70 - 79				33.97
80+				50.20
400 meters				
18 - 29	58.5	Dean Arnolds	Gqeberha 2022	51.17
30 - 39	01:03.31	Mpumelezo Damane	Newcastle 2019	54.76
40 - 49	01:06.5	Sipho Mlamuza	Australia 2009	55.24
50 - 59	01:05.0	Donovan Wright	Boksburg CGA League 2018	01:00.24
60 - 69	01:15.8	Derick Lategan	Cape Town 2014	01:05.33
70 - 79				01:25.52
80+				02:11.40
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

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
50 - 59	02:24.00	Donovan Wright	Boksburg CGA League 2018	02:13.68
60 - 69	03:03.54	Derick Lategan	South Africa 2013	02:40.79
70 - 79				03:31.73
80+				05:43.51
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	04:37.20
40 - 49	06:10.40	Donovan Wright	Johannesburg 2016	04:30.40
50 - 59	05:07.76	Donovan Wright	Boksburg CGA A 2018	04:55.80
60 - 69				05:24.34
70 - 79				06:45.56
80+				11:51.35
5 Km – Road Race				
18 - 29	21:37.00	Herculaas Lamprecht	Cape Town 2014	NO RECORDS
30 - 39	19:11.00	Daniel Matsoso	Durban 2012	
40 - 49	20:22.00	Lungelo Maki	Cape Town 2024	
50 - 59	17:17.00	Donovan Wright	Beaufort West 2020	
60 - 69	24:58.00	Derick Lategan	South Africa 2013	
5km Race Walk				
18 - 29	30:45.00	Nkanyesi Biyela	Sweden 2011	24:41.75
30 - 39	31:05.5	Morokwane Itumeleng	Cape Town 2014	25:54.90
40 - 49	31:04.07	Ganasen Padayachee	CT 2004	23:41.80
50 - 59	34:08.4	Thavathasan Moodley	Cape Town 2014	27:29.49
60 - 69	35:01.05	Frans Maluleke	Malaga 2017	29:39.77
70 - 79				37:22.46
80+				
Relays				
4 X 100 m	00:50.11	Phoshoane,Nortjie,Arnolds,Serradinho	Perth 2023	00:45.51
4 X 400 m	04:08.20	Damane,Wright,Arnolds,Phoshoane	Newcastle 2019	03:42.40
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	12.45
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	13.00
60 - 69	9.7	Mark Agnew	Perth 2023	9.76
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				31.22
30 - 39	27.85 m	Stephan vd Berg	Pretoria 2008	36.65
40 - 49	27.17	Lynn Landman	Newcastle 2019	36.60
50 – 59 Before Implement change	33.76m	Mark Agnew	Mar del Plata 2015	43.53
50 - 59	28.03	Mark Agnew	Newcastle 2019	33.79
60 - 69	29.50m	Hermann Steyn	Mar del Plata 2015	35.50
70 - 79	20.56	Brian Lombard	Malaga 2017	29.42
80+	20.61	Johan Roos	Newcastle 2019	20.61**
Javelin				
18 - 29	37.39	Martinique du Preez	Gqeberha 2022	37.68
30 - 39	32.75 m	Stephan van den Berg	Pretoria 2010	42.05

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
40 - 49	31.12m	Stephan van den Berg	Cape Town 2014	42.65
50 - 59	35.01m	Lourens Schultz	Sweden 2011	35.30
60 - 69	30.67	Lourens Schultz	Johannesburg 2016	31.21
70 - 79	19.97	Brian Lombard	Johannesburg 2016	24.66
80+	22.05	Johan Roos	Newcastle 2019	22.05**
Long Jump				
18 - 29	5.47	Itumeleng Phoshoane	Gqeberha 2022	6.85
30 - 39	5.42	Mark Nortje	Malaga 2017	6.95
40 - 49	5.55	Mark Nortje	Gqeberha 2022	6.42
50 - 59	4.15 m	Stan Henkeman	Pretoria 2008	5.20
60 - 69	3.11	Frans Maluleke	Newcastle 2019	4.53
70-79				3.34
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	1.65
50 - 59	1.30	Renier Botha	Cape Town 2024	1.61
60 - 69	1.30	Marius Mathee	Newcastle 2019	1.50
70-79				1.30
Ball Throw				
18 - 29	81.77	Martinique du Preez	Gqeberha 2022	90.18
30 - 39	79.97	Stephan vd Berg	CT 2006	89.43
40 - 49	66.01	Mark Nortje	Perth 2023	80.20
50 - 59	55.07	Stan Henkeman	Mar del Plata 2015	76.09
60 - 69	46.62	Stan Henkeman	Newcastle 2019	63.70
70 - 79	25.82	Johan Roos	Port Elizabeth 2018	46.88
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	25.47
30 - 39	**26.16	Travis van Rensburg	Mar del Plata 2015	24.73
40 - 49	32:62	Harold Moore	Australia 2009	27.20
50 - 59	31.50	Harold Moore	Pretoria 2010	28.77
60 - 69	35.05	Harold Moore	Mar del Plata 2015	31.92
70-79				32.12
50 m - Backstroke				
18 - 29	32.53	Koenraad Pretorius	South Africa 2013	31.52
30 - 39	31.08	Jeandre Geldenhuys	Newcastle 2019	30.28
40 - 49	44:17	Harold Moore	CT 2004	32.68
50 - 59				35.14
60 - 69				37.98
70-79				44.82
50 m – Breaststroke				
18 - 29	40:50	Matthew Moffatt	Pretoria 2008	31.68
30 - 39	34.21	Jeandre Geldenhuys	Newcastle 2019	31.61
40 - 49	44:33	Harold Moore	CT 2004	36.02
50 - 59				37.53
60 - 69				39.86
70-79				44.08
80+				03:29.13
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				28.80
50 - 59	39:45	Harold Moore	Australia 2009	32.22
60 - 69	41.32	Harold Moore	Cape Town 2014	32.49
70-79				38.84

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
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	00:54.74
40 - 49	01:23:10	Harold Moore	CT 2004	01:00.52
50 - 59	01:19.9	Harold Moore	Australia 2009	01:05.90
60 - 69	01:20.39	Harold Moore	Mar del Plata 2015	01:15.48
70+				01:16.35
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	01:07.17
30 - 39	01:13.26	Jeandre Geldenhuys	Cape Town 2024	01:08.64
40 - 49	1:51.0	Mario Skaffer	Pretoria 2010	01:16.12
50 - 59				01:20.91
60 - 69				01:29.43
70+				01:45.40
100 m – Breaststroke				
18 - 29	1:41.65	Matthew Moffatt	South Africa 2013	01:12.25
30 - 39	01:27.82	Leendert Wijnja	Cape Town 2024	01:12.17
40 - 49				01:21.99
50 - 59				01:24.85
60 - 69				01:38.27
70+				02:05.39
200 m – Freestyle				
18 - 29				02:05.37
30 - 39				02:04.61
40 - 49	03:10.43	Harold Moore	Australia 2009	02:34.00
50 - 59	03:17.96	Harold Moore	South Africa 2013	02:36.40
60 - 69	03:07.17	Harold Moore	Mar del Plata 2015	02:48.77
70+				03:01.11
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				02:26.42
40 - 49				02:35.75
50 - 59				02:49.06
60 - 69				03:15.67
70-79				03:36.85
400 m – Freestyle				
18 - 29				04:29.55
30 - 39	05:07.58	Jeandre Geldenhuys	Cape Town 2024	04:57.72
40 - 49				05:17.05
50 - 59	06:35.5	Harold Moore	Australia 2009	05:44.20
60 - 69	06:36.60	Harold Moore	Mar del Plata 2015	06:07.85
70+				06:47.80
CYCLING	SA RECORD	ATHLETE	GAMES	WORLD RECORD NO RECORDS
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	
30 - 39	18:08.7	Hannes vd Westhuizen	Newcastle 2019	

40 - 49				
50 - 59	18:47.00	Byron Powel	Perth 2023	
60 - 69	20:58.8	Jan Fourie	Newcastle 2019	
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	Newcastle 2019	
		Hannes vd Westhuizen		
		Jan Fourie		
30 Km Road Race				
18-29	48:27.00	Henk Goris	Malaga 2017	
30-39	49:26.00	Henk Goris	Gqeberha 2022	
40-49	01:11.50	Zaheer Parker	Gqeberha 2022	
50-59	52:30.316	Byron Powell	Cape Town 2024	
60-69	58:47.5	Jan Fourie	Newcastle 2019	
70-79	55:39.157	Gerhard van Dyk	Cape Town 2024	

FEMALES:

TRACK & FIELD

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
100 meters				
18 - 29	13.50	Suretha Maartens	Durban 2012	13.26
30 - 39	13.97	Suretha Maartens	Malaga 2017	12.23
40 - 49	16.07	Rentia le Roux	Malaga 2017	13.68
50 - 59	16.32	Rentia le Roux	Newcastle 2019	14.00
60 - 69	20.20	Marion Oldfield	Durban 2012	17.20
70+	22.95	Marion Oldfield	Malaga 2017	20.79
200 meters				
18 - 29	28.95	Suretha Maartens	Cape Town 2014	28.18
30 - 39	30.20	Suretha Maartens	Mar del Plata 2015	24.97
40 - 49				29.80
50 - 59	36.02	Rentia le Roux	Perth 2023	28.67
60 - 69	46.84	Melda Ruiters	Cape Town 2024	34.97
70-79				48.09
400 meters				
18 - 29				01:01.83
30 - 39				01:06.52
40 - 49				01:11.32
50 - 59				01:12.16
60 - 69	01:45.20	Melda Ruiters	Cape Town 2024	01:25.13
70-79				02:03.73
800 meters				
18 - 29	4:29.1	Alice Vosloo	Australia 2009	02:28.02
30 - 39	04:59.7	Nombuyiselo Skafu	Port Elizabeth 2018	02:36.50
40 - 49				02:47.32
50 - 59				02:59.07
60 - 69	04:21.45	Susan Burri	Perth 2023	03:42.53
70-79				04:34.38

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
1500 meters				
18 - 29	06:57.0	Vivian de Klerk	Cape Town 2014	05:18.12
30 - 39	11:46.4	Nombuyiselo Skafu	Port Elizabeth 2018	05:24.40
40 - 49	07:09.6	Rentia le Roux	Cape Town 2014	05:41.46
50 - 59				06:05.69
60 - 69				08:06.15
70-79				09:29.39
5km Road Race				NO RECORDS
18-29	23:51.00	Zanelle Britz	South Africa 2013	
30-39	37:44.76	Yolandie Adendorff	Port Elizabeth 2018	
40-49	28:32.00	Chantel Memziwe	Gqeberha 2022	
50-59	28:49.00	Susan Burri	Cape Town 2014	
60-69	32:35.00	Susan Burri	Gqeberha 2022	
70+				
3km 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 Nqgabayi	Pretoria 2008	15:33.00
60 - 69				18.56.00
3km Power Walk				
15 - 17	24:44.60	Marzaan le Roux	Pretoria 2008	Not junior item
18 - 29	22:20.10	Joy Schoor	Cape Town	16:47.80
30 - 39	20:14.94	Constance Sithebe	Sweden 2011	18:36.28
40 - 49	18:35:40	Susan Hudson	Canada 2005	17:46.37
50 - 59	21:10.85	Susan Burri	Newcastle 2019	18:37.40
60 - 69	21:11.28	Susan Burri	Perth 2023	21:11.28
70-79				24:40.60
Relays				
4 X 100 m	01:09.75	Le Roux, Henry,Burri,van Niekerk	Newcastle 2019	00:55.98
4 X 400 m				05:05.70
Shot put				
18 - 29	8.85	Anchen van Dyk	Cape Town 2024	11.09
30 - 39	8.17	Yolandie Adendorff	Johannesburg 2016	10.44
40 - 49	7.14	Yvonne Mbatha	Pretoria 2010	9.51
50 - 59	9,48	Heilie Uys	Canada 2005	9.69
60 - 69	7.47	Heilie Uys	Durban 2012	7.84
70-79	6.54	Heilie Uys	Perth 2023	6.36**
80+				3.90
Discus				
18 - 29	22.39	Anchen van Dyk	Cape Town 2024	31.85
30 - 39	21.15	Vivian de Klerk	Cape Town 2024	29.72
40 - 49	20.32	Dee Tyeku	Gqeberha 2022	28.55
50 - 59	20.25	Heilie Uys	SAMA PE 2012	28.43
60 - 69	19.14	Heilie Uys	Durban 2013	19.14**
70-79	19.68	Heilie Uys	Perth 2023	12.15**
80+				9.69
Javelin				
18 - 29	22.25	Anchen van Dyk	Cape Town 2024	36.03
30 - 39	24.32	Vivian de Klerk	Mar del Plata 2015	24.65
40 - 49	17.29	Chantel Memziwe	Cape Town 2024	25.97
50 - 59	22.23	Rentia le Roux	Newcastle 2019	22.23**

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
60 – 69 Before implement change	18.03	Heilie Uys	Durban 2012	18.03**
60-69				17.37
70+	14.00	Marion Oldfield	Malaga 2017	14.10
Long Jump				
18 - 29	4.67	Suretha Maartens	Cape Town 2014	4.96
30 - 39	4.52	Vivian de Klerk	Johannesburg 2016	4.60
40 - 49				4.85
50 - 59	3.21	Rentia le Roux	Perth 2023	4.85
60 - 69				3.22
70-79				1.49
High Jump				
18 - 29				1.50
30 - 39	1.20	Anel Kruger	Malaga 2017	1.36
40 - 49	1.10	Anel Kruger	Cape Town 2024	1.35
50 - 59				1.40
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	44.90
60 - 69	29.99m	Heilie Uys	South Africa 2013	35.10
70-79	21.20	Heilie Uys	Gqeberha 2022	20.69
80+				14.52
SWIMMING:	SA RECORD	ATHLETE	GAMES	WORLD RECORD
				NB 50m Pool
50 m - Freestyle				
18 - 29	34.16	Cathy de Beer	Durban 2012	30.66
30 - 39	44.18	Rene Clarke	Port Elizabeth 2018	28.88
40 - 49	33.94	Lisa Spreadborough	Mar del Plata 2015	32.07
50 - 59	33.00	Tersia Smit	Pretoria 2010	31.84
60 - 69				40.15
70 - 79				45.31
50 m - Backstroke				
18 - 29	32.5	Kristen Henry	Gqeberha 2022	37.72
30 - 39				35.41
40 - 49	40.09	Lisa Spreadborough	Malaga 2017	38.93
50 - 59	43.27	Lisa Spreadborough	Cape Town 2024	42.35
60 - 69				47.98
70 – 79				57.71
50 m – Breaststroke				
18 - 29	50.46	Kristen Henry	Gqeberha 2022	37.68
30 - 39				40.00
40 - 49	42.11	Lisa Spreadborough	Malaga 2017	42.11**
50 - 59	47.18	Lisa Spreadborough	Cape Town 2024	45.11
60 - 69				55.35
70+				01:07.80
50 m – Butterfly				
18 – 29				32.92
30 – 39				30.54
40 – 49	35.60	Lisa Spreadborough	Malaga 2017	35.60**
50 – 59				37.20
60 – 69				48.44

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
100 m – Freestyle				
18 – 29	01:23.09	Cathy de Beer	South Africa 2013	01:09.27
30 – 39				01:03.73
40 – 49	01:12.86	Lisa Spreadborough	Malaga 2017	01:11.49
50 – 59	01:27.6	Lisa Spreadborough	Gqeberha 2022	01:08.67
60 - 69				01:36.10
70 – 79				01:45.14
100 m – Backstroke				
18 - 29	1:33.00	Kristen Henry	Gqeberha 2022	01:20.44
30 - 39				01:17.53
40 - 49	01:28.34	Lisa Spreadborough	Malaga 2017	01:26.79
50 - 59	01:40.50	Lisa Spreadborough	Cape Town 2024	01:38.30
60 - 69				01:43.77
70 - 79				02:45.13
100 m - Breaststroke				
18 - 29				01:23.78
30 - 39				01:31.50
40 - 49	01:36.25	Lisa Spreadborough	Mar del Plata 2015	01:31.45
50 - 59	01:44.7	Lisa Spreadborough	Gqeberha 2022	01:44.67
60 - 69				02:05.78
70 – 79				03:06.72
200 m – Freestyle				
18 - 29	03:43.53	Cathy de Beer	Cape Town 2014	02:36.02
30 - 39				02:22.90
40 - 49				02:40.07
50 - 59				02:53.10
60 - 69				03:47.90
70 - 79				04:03.96
200 m – Ind. Medley				
18 - 29				02:47.65
30 - 39				02:44.74
40 - 49	03:24.39	Lisa Spreadborough	Mar del Plata 2015	03:04.60
50 - 59				03:28.08
60 - 69				04:21.78
400 m – Freestyle				
18 - 29				05:39.26
30 - 39				05:21.36
40 - 49				05:35.90
50 - 59				06:33.97
60 - 69				07:06.35
70 – 79				09:03.80
CYCLING	SA RECORD	ATHLETE	GAMES	WORLD RECORD
5 Km Time Trial				NO RECORDS
18 - 29				
30 - 39	07:58.00	Vivian de Klerk	Malaga 2017	
40 - 49				
50 - 59				
60 - 69				
10 Km Time Trial				
40-49	00:22.39	Alta Withers	Perth 2023	
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	

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	
40-49	63:00.00	Alta Withers	Gqeberha 2022	
Archery				
18 - 29				
30 - 39				
40 - 49	217	Alta Withers	Cape Town 2024	
50 - 59				
60 - 69	35	Nadeema Madatt	Cape Town 2024	

JUNIOR RECORDS BOYS

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
25 Meters				
0 - 5				7.70
50 Meters				
6-8	8.40	Joshua Laurenz	Durban 2012	9.19
9-11	8.70	Luke Dawson	Durban 2012	8.25
100 Meters				
12-14	14.37	Jacques Boshoff	Malaga 2017	13.26
15-17	12.34	Edward Ormond	Pretoria 2008	12.48
200 Meters				
12 - 14				29.62
15-17	26.20	Johannes Lombaard	South Africa 2013	25.15
Ball throw				
5 and under				9.83
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	1.74
9-11	3.02m	Kyle Southworth	Cape Town 2014	3.45
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	10.73
Swimming	SA RECORD	ATHLETE	GAMES	WORLD RECORD
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	27.77
100m Freestyle				
12-14	01:42.13	Jacques Boshoff	Johannesburg 2016	01:17.77
ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
15-17	01:18.40	Johan de Jager	Port Elizabeth 2018	01:02.79
200 Freestyle				
12-14	03:35.45	Johan de Jager	Johannesburg 2016	2:40.76
15-17				2:19.56
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	33.55
100m Backstroke				
12-14				01:35.26
15-17				01:24.56
25 Breaststroke				
6-8	34.30	Robert Laubscher	Pretoria 2010	28.19
9-11	31.86	Kyle Southworth	Cape Town 2014	25.38
50m Breaststroke				
12-14				40.32
15-17	51.22	Johan de Jager	Port Elizabeth 2018	37.72
100m Breaststroke				
12-14				02:00.66
15-17				01:29.90
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	42.94
15-17	42.97	Johan de Jager	Port Elizabeth 2018	30.35
Cycling 5km Time Trial				
9-11	**14:34	Robert Laubscher	Durban 2013	14.34

GIRLS

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
25 Meters				
5 and under				9.16
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	13.65
15-17	13.63	Kristen Henry	Johannesburg 2016	13.82

200 Meters				
12-14				34.15
15-17				29.42
ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
Ball Throw				
5 and under				2.94
6-8				16.38
9-11				36.28
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	2.50
9-11	1.19	Thato Makhubedu	Pretoria 2010	3.43
12-14	3.6	Kristen Henry	Cape Town 2014	3.74
15-17	4.10	Kristen Henry	Malaga 2017	4.10**
Shot Put				
15-17	5.43	Kuhlula Shilubane	South Africa 2013	7.21
SWIMMING	SA RECORD	ATHLETE	GAMES	WORLD RECORD
25m Freestyle				
6-8				47.06
9-11				17.02
50m Freestyle				
9-11				41.19
12-14	49.53	Kristen Henry	Cape Town 2014	34.00
15-17	33.64	Kristen Henry	Malaga 2017	32.42
100 Freestyle				
12-14				01:17.89
15-17				01:11.96
200 Freestyle				
12-14				02:30.68
15-17				02:43.49
25 Back stroke				
9-11				22.56
50m Backstroke				
6-8				1:30.33
9-11				50.56
12-14	43.32	Kristen Henry	Mar del Plata 2015	41.47
15-17	39.16	Kristen Henry	Malaga 2017	39.16**
100m Backstroke				
12-14				01:33.49
15-17				01:27.73
25 Breaststroke				
9-11				26.19
50m Breaststroke				
9-11				01:09.00
12-14				00:43.58

15-17	47.60	Kristen Henry	Newcastle 2018	00:40.36
100m Breaststroke				
12-14				01:48.39
15-17				01:56.52
ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
25 Butterfly				
9-11				00:20.35
50m Butterfly				
12-14				38.33
15-17	38.79	Kristen Henry	Newcastle 2019	34.50

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