

## KZN ATHLETICS : MENS RECORDS

Event	Record	Record Holder	Date
100m	10.08**	Mathew Quinn	1999
200m	20.62	Morne Nagel	2004
400m	45:63	Zakithi Nene	2018
800m	01:45.7	Luckey Hadebe	1999
1 500m	03:40:45	Nkosinathi Sibiya	2018
5 000m	13:51.5	Zithulele Sinqe	1988
10 000m	28:40.7	Siyabonga Nkonde	2008
3 000m Steeple Chase	08:43.0	Johan Muller	1980
110m H	13.63	Ralf Schroeder	1988
400mH	49.04	Pieter Koekemoer	2007
4 x 100m	40.12	KZNA Team	2003
4 X 400m	3:05,25	KZNA Team	2007
High Jump	2.22m	Flippie van Vuuren	1993
Long Jump	7.68m	Vic Hager	1973
Triple Jump	16.06m	Jason Kidza-Sewanyane	2007
Pole Vault	4.90m	Jeff Puttergill	2009
Discus	56.96m	George Tossel	1989
Shot Put	20.20m	Jan Pienaar	1992
Hammer	65.24m	George Tossel	1989
Javelin	65.94m	Quinton Hall	1987
3 000m Walk	12:54,93	Marius Appel	2005
5 000m Walk	22:14,17	Marius Appel	2005
10 000m Walk	47:50,90	Werner Appel	2005
20 km Walk	1.32:24.0	Clive Khumalo	1989
50 km Walk	4:47:41,00	Nhlanhla Khanyile	2009
Decathlon	6951	Richard John	1985

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## KZN ATHLETICS WOMENS RECORDS

Event	Record	Record Holder	Date
100m	11.31	Heide Seyerling \ Cassidy Williamson	2000/2018
200m	22.87	Heide Seyerling	2000
400m	50.05 ***	Heide Seyerling (Australia)	2000
800m	2:01,73	Gena Lofstrand	2017
1 000m	2:51,03	Natanya Luther (USA)	2010
1 500m	04:04.7	Gwen Griffiths	1983
1 Mile	4:52.94	Natanya Luther (Indoors USA)	2010
3 000m	08:42.1	Gwen Griffiths	1983
5 000m	15:08.0	Gwen Griffiths	1995
10 000m	31:56.0	Colleen De Reuck	1996
110m H	13.71	Chareen Shillaw	1986
400mH	56.95	Kerryn Van Zyl	2001
4 x 100m	47.12	KZNA Team	2006
4 X 400m	03:44.1	KZNA Team	2000
High Jump	1.93m	Charmaine Gale	1981
Pole Vault	3.40m	Dominique Mann	2014
Long Jump	6.17m	Lottie Schmidt	1968
Triple Jump	12.75m	Cornelia Ebersohn	1999
Discus	52,08	Simone' Meyer	2011
Shot Put	16.53m	Veronica Abrahamse	1999
Hammer Throw	41.26	Bianca Conradie	2014
Javelin	52.72	Veronica Abrahamse	1999
5 000m Walk	25:05.8	Susan Bingham	1991
10 000m Walk	51:48.0	Debbie Beckley	1995
20 km Walk	1:54:00,00	Leoni van Schalkwyk	2006
Hepthathlon	4101	Nicoene van der Merwe	2013
50 km walk		Natalie Leroux	

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## KZN ATHLETICS : JUNIOR MENS RECORDS

Event	Record	Record Holder	Date
100m	10,50	Mphiwe Xulu	1988
200m	21.28	Zakithi Nene	2017
400m	46.11	Sonwabiso Sikhosana	2014
800m	1:48,80	Victor Ngubane	1989
1 500m	3:48,10	Victor Ngubane	1989
3 000m	8:31,10	Siyabonga Nkonde	2004
5 000m	14:47,00	Senzo Nkosi	2009
10 000m	31:15,92	Senzo Nkosi	2009
3 000m Steeple Chase	9:21,40	Sphamandla Nyembe	2010
110m H	14.32	Sphesihle Simelane	2008
400mH	51.97	Thabiso Kekana	2009
4 x 100m	41.33	KZNA Team	2003
4 X 400m	3:15,10	KZNA Team	2003
High Jump	2.08	Zavion Kotze	2007
Long Jump	7.38	Johan Groenewald	1987
Triple Jump	15.15	Baron Schreuder	1989
Pole Vault	4,40	Jeff Puttergill	2008
Discus (1,75kg)	49,01	Roland Pienaar	2014
Shot Put (6kg)	17.69	Zane Weir	2013
Hammer	52.03	Rudolf Roodt	2010
Javelin	64,50	Jurgen Hols	2010
5 000m Walk			
10 000m Walk	46:52.0	Werner Appel	2005
Decathlon	5806	Duncan McGladdery	2012

## KZN ATHLETICS: JUNIOR WOMENS RECORDS

Event	Record	Record Holder	Date
100m	11.83	Susan Payne	1985
200m	23.22	Justine Palframan	2010
400m	51.87 ***	Justine Palframan	2009
800m	2:04,59	Gena Lofstrand	2013
1 000m	2:51,03	Natanya Luther (USA)	2010
1 500m	4:20,90	Natanya Luther	2009
1 Mile	4:52,94	Natanya Luther (Indoors USA)	2010
3 000m	10:11,70	Phuseletso Dladla	2009
5 000m	18:05,19	Phuseletso Dladla	2010
3 000m Steeple Chase			
110m H	14.22		
400mH	58.43	Kerryn van Zyl	1999
4 x 100m	49.38		
4 X 400m			
High Jump	1.87	Charmaine Gale	1981
Long Jump	6.09		
Triple Jump	11.56		
Pole Vault	2.90	Zanli Benade'	2006
Discus	52,08	Simone' Meyer	2011
Shot Put	16.11	Veronica Abrahamse	1997
Javelin	51,30	Veronica Abrahamse	1997
Hammer Throw	41.26	Bianca Conradie	2014
5 000m Walk	26:52,94	Siziwe Mangele	2003
10km Walk	58:06,03	Taryn Mundell	2003
Heptathlon	4101	Nicolene van der Merwe	2013

**KZN ATHLETICS : YOUTH MENS RECORDS**

Event	Record	Record Holder	Date
100m	10.59	Quinton Dormehl	2006
200m	21.06	Quinton Dormehl	2006
400m	48.18	Sonwabiso Skhosana	2011
800m	1:53,07	Xolani Mabhida	2007
1 000m			
1 500m	3:53,90	Khanye Tebogo	2009
3 000m	8:31,55	Senzo Nkozi	2007
2 000m Steeple Chase	05:21,02	Banele Poswa	2014
110m H	14.19	Philani Nkosi	2006
400mH	52.14	Philani Nkosi	2006
4 x 100m	42.84	KZNA Team	2004
1 000m Medley	1:58,25	KZNA Team	2005
High Jump	2.05	Dawid Greeff	2006
Long Jump	712	Edwin Muller	1987
Triple Jump	14.77	Mnqobi Mkize	2007
Pole Vault	3,20	Seun Maduna	2014
Discus	48.54	Anool Pienaar	2009
Shot Put	18.93	Zane Weir	2012
Hammer	49.12	Robert Schreun	2009
Javelin	64.74	LeRoux Lombard	2011
5 km Walk			
10km Walk	49:11,01	Manqoba Kubheka	2009
Octathlon	5343	Duncan McGladdery	2011

## KZN ATHLETICS: YOUTH WOMENS RECORDS

Event	Record	Record Holder	Date
100m	11.83	Justine Palframan	2009
200m	23.58	Justine Palframan	2010
400m	52.88 ***	Justine Palframan	2010
800m	2:08,88	Gena Lofstrand	2012
1 000m	2:58,81	Gena Lofstrand	2012
1 500m	4:30,50	Natanya Luther	2008
3 000m	10:08,19	Mbali Mokoena	2010
2 000m Steeple Chase	07:23.1	Caley Ellero	2014
100m H	14.49	Bea-Marie Schutte	2011
400mH	1:09.86	Kerryn van Zyl	1997
4 x 100m	47.38	KZNA Team	2009
1 000m Medley	2:27,23	KZNA Team	2004
High Jump	1.83	Charmaine Gale	1980
Long Jump	5.63	Nadine Thurtell	2004
Triple Jump	11.46	Lunette van der Merwe	2005
Pole Vault	2.90	Zanli Benade'	2006
Discus	50.15	Simone' Meyer	2009
Shot Put	13.69	Bianca Conradie	2012
Hammer Throw	42.66	Bianca Conradie	2012
Javelin	45.06	Kate Gordon	2004
5km Walk	26:52,94	Siziwe Mangele	2003
Heptathlon	4101	Nicolene van der Merwe	2013

## KZN ATHLETICS : SUB-YOUTH BOYS RECORDS

Event	Record	Record Holder	Date
100m	10,86	Quintin Hitge	2008
200m	22,41	Keaton Seetal	2013
400m	49,78	Zakhithi Nene	2013
800m	2:00,66	MG Willemse	2008
1 500m	4:05,80	Monwabisi Cele	2008
3 000m	8:56,90	Senzo Nkosi	2005
1 500m Steeple Chase	4:27,60	Sphamandla Nyembe	2007
100m H	14,10	Pierre Marais	2008
300mH	41,48	Jacques Viviers	2013
4 x 100m			
1 000m Medley			
High Jump	1,90	Anthony Canham / Ntandazo Msh	2008 & 10
Long Jump	6,79	Pieter Nortje	2004
Triple Jump	13,30	Luyanda Mngadi	2013
Pole Vault	3,20	Brendan Skinner	2014
Discus	54,04	Aaron Lombard	2016
Shot Put	17,61	Aaron Lombard	2016
Hammer	42,09	Robert Schreun	2007
Javelin	67,35	Jeandre' Bekker	2012
5 km Walk	25:55,50	Siza Dzanibe	2008
Pentathlon		Seun Maduna	2013
Heptathlon		Seun Maduna	2013

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## KZN ATHLETICS: SUB-YOUTH GIRLS RECORDS

Event	Record	Record Holder	Date
100m	12,49	Shanice Marnce/Cassidy Williams	2009/13
200m	24,17	Justine Palframan	2008
400m	55,25	Justine Palframan	2008
800m	02:12:14	Lee-Anne Blake	2015
1 500m	4:31,10	Nomvula Dlamini	2006
3 000m	10:20,09	Chenelle de Lange	2007
90m H	13,70	Yolandi van der Merwe	2007
300mH	47,25	Bea-Marie Schutte	2010
4 x 100m			
1 000m Medley			
High Jump	1,65	Brittany Uys	2010
Long Jump	5,13	Yolandi van der Merwe	2007
Triple Jump	10,09	Niamh Delaney	2014
Discus	49,37	Simone' Meyer	2008
Shot Put	12,28	Simone' Meyer	2008
Hammer Throw	28,66	Chene' van Wyk	2013
Javelin	32,42	Li-Andri Helleweege	2007
5km Walk	27:52,34	Margie Conradie	2007
Pentathlon			2013

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