

KZN ATHLETICS : JUNIOR MEN RECORDS

Event	Record	Record Holder	Date
100m	10.50	Mphiwe Xulu	1988
200m	21.59	Alvin Samuels	2006
400m	46.55	Alvin Samuels	2006
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	2.08m	Zavion Kotze	2007
Long Jump	7.38m	Johan Groenewald	1987
Triple Jump	15.15m	Baron Schreuder	1989
Pole Vault	4.40m	Jeff Puttergill	2008
Discus (1,75kg)	50.55m	Roland Pienaar	2014
Shot Put (6kg)	17.69m	Zane Weir	2013
Hammer (6kg)	52.03m	Rudolf Roodt	2010
Javelin (800g)	64.50m	Jurgen Hols	2010
5 000m Walk			
10 000m Walk	46:52.0	Werner Appel	2005
Decathlon	5806	Duncan McGladdery	2012

KZN ATHLETICS: JUNIOR WOMEN 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	14.22m		
400mH	58.43m	Kerryn van Zyl	1999
4 x 100m	49.38m		
4 X 400m			
High Jump	1.87m	Charmaine Gale	1981
Long Jump	6.09m		
Triple Jump	11.56m		
Pole Vault	2.90m	Zanli Benade'	2006
Discus (1kg)	52.08m	Simone' Meyer	2011
Shot Put (4kg)	16.11m	Veronica Abrahamse	1997
Javelin (600g)	51.30m	Veronica Abrahamse	1997
Hammer Throw (4kg)	41.26m	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

*** Current SA Record