



# SAMA RECORDS: Outdoor Stadia

MEN					
100m					
M30	<b>10.5</b>	Erich Essman	CGA		
M35	<b>10.3</b>	E. Jefferys	KZN		
M40	<b>10.7</b>	Stan Wald	CGA		
M45	<b>11.1</b>	Stan Wald	CGA		
M50	<b>11.7</b>	Stan Wald	CGA		
M55	<b>11.8</b>	T. George			
M60	12.61	Johan Myburgh	WPA	Parow, CT	09-Apr-22
M65	<b>13.1</b>	Albertus v Zyl	KZN		
M70	<b>12.9</b>	Fred Reid	CGA		
M75	14.06	Fred Reid	CGA		
M80	<b>14.3</b>	Lucas Nel	KZN	Bloemfontein	08-Nov-03
M85	16.29	Lucas Nel	KZN	Sydney, AUS	Oct-10
M90	17.76	Lucas Nel	KZN	Porto Alegre, BRA	Oct-13
M95					
M100+	30.86	Philip Rabinowitz	WPA	Cape Town	10-Jul-04
200m					
M30	<b>21.2</b>	Erich Essman	CGA		
M35	<b>21.2</b>	E. Jefferys	KZN		
M40	<b>22.0</b>	Stan Wald	CGA		
M45	<b>22.9</b>	Stan Wald	CGA		
M50	23.29	Stan Wald	CGA		
M55	24.71	Monty Hacker	CGA		
M60	<b>25.8</b>	Miloje Grujic	CGA		
M65	26.99	Monty Hacker	CGA		
M70	<b>27.5</b>	Fred Reid	CGA		
M75	<b>29.4</b>	Lucas Nel	KZN		
M80	31.82	Monty Hacker	CGA	Lyon, FRA	Aug-15
M85	34.37	Lucas Nel	KZN	Sydney, AUS	Oct-10
M90	38.04	Lucas Nel	KZN	Porto Alegre, BRA	Oct-13
M95					
M100+	1:17.59	Philip Rabinowitz	WPA	Parow, CT	17-Dec-04

WOMEN					
100m					
W30	<b>11.8</b>	Gail van Niekerk	CGA		
W35	<b>12.1</b>	V.B. Kruger	CGA	Bloemfontein	05-Nov-88
W40	11.94	Adri Schoeman	AGN	Rustenburg	24-Apr-14
W45	<b>12.5</b>	Gail van Niekerk	CGA	RAU, Johannesburg	15-Oct-94
W50	12.31	Charmain Barnard	AGN	Pilditch, Pretoria	30-Mar-19
W55	14.03	Charmain Barnard	AGN	Pilditch, Pretoria	18-Nov-23
W60	14.78	Ronel Beukes	BOL	Parow, CT	10-Feb-24
W65	14.93	Toy Ungerer	SWD	Pilditch, Pretoria	02-Apr-11
W70	15.57	Toy Ungerer	SWD	Perth, AUS	Oct-16
W75	17.19	Magdalena Tomlinson	KZN	Bloemfontein	27-Apr-18
W80	18.73	Christi du Plooy	CGA	Pilditch, Pretoria	23-Feb-13
W85	21.05	Magdaline Johnson	WPA	Green Point, CT	06-May-23
200m					
W30	<b>24.6</b>	V.B. Kruger	CGA	Germiston	
W35	<b>24.9</b>	V.B. Kruger	CGA	Secunda	31-Mar-90
W40	24.46	Adri Schoeman	AGN	Rustenburg	26-Apr-14
W45	25.41	Shona Hutchinson	KZN	Kings Park, Durban	06-Mar-21
W50	26.34	Adri Schoeman	AGN	Green Point, CT	05-May-23
W55	<b>29.3</b>	Yvonne De Wit	WPA	Pretoria	04-May-96
W60	<b>30.7</b>	Magdalena Tomlinson	KZN		08-Feb-03
W65	30.92	Toy Ungerer	SWD	Pretoria	31-Mar-12
W70	32.26	Toy Ungerer	SWD	Pilditch, Pretoria	13-May-16
W75	35.90	Isabel Hofmeyr	WPA	Durban	07-May-04
W80	41.78	Christi du Plooy	CGA	Pilditch, Pretoria	23-Feb-13
W85	51.20	Christi du Plooy	CGA	Pretoria	02-Apr-06

400m					
M30	48.53	Willem de Beer	AGN	Oudtshoorn	03-May-19
M35	<b>47.9</b>	J. Cyrus			
M40	<b>49.7</b>	Leon Hacker	CGA		
M45	51.07	Spencer Moraope	NWN	Malaga, Spain	Sep-18
M50	51.93	Moses Naidoo	KZN	Germiston	04-Mar-23
M55	<b>55.0</b>	Miloje Grujic	CGA		
		Stan Immelman	CGA	Pilditch, Pretoria	2001
M60	55.53	Miloje Grujic	CGA		
M65	59.52	Albertus v Zyl	KZN		
M70	1:04.16	Lucas Nel	KZN		
M75	1:06.88	Lucas Nel	KZN		
M80	<b>1:12.8</b>	Lucas Nel	KZN	Bloemfontein	08-Nov-03
M85	1:20.47	Lucas Nel	KZN	Sydney, AUS	Oct-10
M90	1:35.64	Lucas Nel	KZN	Porto Alegre, BRA	Oct-13

800m					
M30	<b>1:49.6</b>	Deon Brummer	AGN		
M35	<b>1:49.4</b>	Deon Brummer	AGN		
M40	<b>1:55.8</b>	S. Ditsele			
M45	1:58.10	Spencer Moraope	NWN	Bloemfontein	09-Nov-19
M50	2:01.86	Len Claassen	AGN		
M55	<b>2:03.7</b>	Stan Immelman	CGA	Port Elizabeth	01-Dec-01
M60	2:15.48	Anthony Grendon	WPA	Perth, AUS	26-Jan-23
M65	2:26.15	Len Claassen	AGN	Perth, AUS	Oct-16
M70	2:31.71	Ken Nurden	AGN	Sasolburg	25-Apr-08
M75	2:37.04	Ken Nurden	AGN	Bellville	30-Apr-10
M80	2:58.64	Ken Nurden	AGN	Port Elizabeth	15-May-15
M85	3:37.34	Lucas Nel	KZN	Sydney, AUS	Oct-10
M90	4:20.97	Lucas Nel	KZN	Porto Alegre, BRA	Oct-13

1500m					
M30	<b>3:40.2</b>	Johan Fourie			
M35	3:54.04	G. Brummer	AGN		
M40	<b>3:58.9</b>	Terence Brown	KZN		
M45	4:03.13	Terence Brown	KZN		
M50	4:18.94	Sean Rice	CGA	Pretoria	20-Feb-04
M55	<b>4:32.4</b>	Sybrandt Mostert	WPA		
M60	4:43.67	Anthony Grendon	WPA	Green Point, CT	05-May-23
M65	4:59.97	Willie Loedolff	AGN	Port Elizabeth	07-May-93
M70	5:11.59	Ken Nurden	AGN	Pretoria	25-Mar-06
M75	5:33.40	Peter Brown	SWD	Oudtshoorn	26-Apr-13
M80	6:27.52	Ken Nurden	AGN	Pretoria	18-Jul-15
M85	7:27.11	Lucas Nel	KZN	Sydney, AUS	Oct-10
M90	8:51.30	Lucas Nel	KZN	Porto Alegre, BRA	Oct-13

One mile					
M30					
M35					

3000m					
M30					
M35					

400m					
W30	55.99	Shona Hutchinson	KZN	Durban	18-Feb-05
W35	<b>56.0</b>	Anne McKenzie	CGA	Mainz, DEU	20-Jul-65
W40	<b>56.3</b>	Anne McKenzie	CGA	Potchefstroom	28-Oct-67
W45	58.43	Shona Hutchinson	KZN	Kings Park, Durban	15-Feb-20
W50	1:01.14	Elaine Pretorius	AGN	Sacramento, USA	Jul-11
W55	1:04.84	Elaine Pretorius	AGN	Perth, AUS	Oct-16
W60	1:10.26	Liz Alexander	KZN	Perth, AUS	Oct-16
W65	1:12.80	Toy Ungerer	SWD	Sacramento, USA	Jul-11
W70	1:13.97	Toy Ungerer	SWD	Perth, AUS	Oct-16
W75	1:22.97	Magdalena Tomlinson	KZN	Bloemfontein	27-Apr-18
W80	1:46.33	Christi du Plooy	CGA	Pilditch, Pretoria	23-Feb-13
W85	2:15.84	Christi du Plooy	CGA	Perth, AUS	Oct-16

800m					
W30	2:09.81	Mandie Brandt	BOL	Port Elizabeth	15-May-15
W35	<b>2:08.0</b>	Anne McKenzie	CGA	Neurenberg	15-Jul-65
W40	<b>2:06.5</b>	Anne McKenzie	CGA	London, ENG	01-Jul-67
W45	2:17.12	Salome Vermeulen	AGN	Porto Alegre, BRA	01-Oct-13
W50	2:20.30	Marili Munnik	AGN	Green Point, CT	21-Apr-22
W55	2:33.64	Elaine Pretorius	AGN	Perth, AUS	Oct-16
W60	2:44.96	Liz Alexander	KZN	Perth, AUS	Oct-16
W65	3:00.56	Marietjie Ceronio	AVT	Green Point, CT	06-May-23
W70	3:19.67	Magdalena Tomlinson	KZN	Durban	21-Mar-14
W75	3:59.80	Isabel Hofmeyr	WPA	Carolina, PUR	04-Jul-03
W80	4:34.13	Mavis Hutchison		San Sebastian, ESP	29-Aug-05

1500m					
W30	4:22.09	Mandie Brandt	WPA	Nelson Mandela Bay	19-Apr-16
W35	4:29.59	Kobie Griffiths	WPA	Green Point, CT	22-Apr-22
W40	<b>4:36.0</b>	Anne McKenzie	CGA	Solingen, DEU	20-Jul-67
W45	4:47.81	Salome Vermeulen	AGN	Oudtshoorn	27-Apr-13
W50	4:48.27	Salome Vermeulen	AGN	Perth, AUS	Oct-16
W55	<b>5:31.1</b>	Anne McKenzie	CGA	Green Point, CT	10-Dec-80
W60	<b>5:40.7</b>	M. Saunders	EPA	Port Elizabeth	29-Jan-16
W65	6:02.61	Marietjie Ceronio	AVT	Green Point, CT	05-May-23
W70	<b>6:52.4</b>	Jane Geldenhuys	WPA	Durban	17-Jul-97
W75	9:15.71	Jean Foster	KZN	Bellville	04-May-02
W80	9:56.99	Jean Foster	KZN	Durban	24-Mar-06

One mile					
W30					
W35					

3000m					
W30					
W35					

5000m					
M30	14:16.25	M. Nobanda		Bellville	04-May-02
M35	<b>14:15.1</b>	H. LekGangane			
M40	<b>15:06.3</b>	B. Mather			
M45	15:19.68	Steve Hollier	CGA		
M50	<b>16:01.5</b>	Sean Rice	CGA	Kings Park, Durban	2003
M55	16:54.76	Sybrandt Mostert	WPA		
M60	16:59.10	Desmond Zibi	EPA	Westbourne Oval, PE	22-Feb-24
M65	<b>18:25.7</b>	Willie Loedolff	AGN	Durban	17-Apr-93
M70	19:40.94	Ken Nurden	AGN	Pretoria	25-Mar-06
M75	21:30.10	Ken Nurden	AGN	Bellville	30-Apr-10
M80	22:44.10	Ken Nurden	AGN	Pretoria	02-Apr-16
M85	33:55.00	Caspar Greef	WPA	Parow, CT	10-Apr-21
10 000m					
M30	28:57.28	M. Nobanda		Pretoria	10-May-03
M35	29:34.00	M. Modise		Porto Alegre, BRA	Oct-13
M40	<b>30:49.7</b>	G. Moseuw	CNW		
M45	32:24.89	Ewaldt Bonzet	WPA		
M50	<b>33:22.2</b>	Sean Rice	CGA	Kings Park, Durban	2003
M55	<b>35:12.9</b>	Pat O'Brien	WPA		
M60	<b>38:07.9</b>	Willie Loedolff	AGN	Green Point, CT	19-Mar-88
M65	39:07.98	Willie Loedolff	AGN	Port Elizabeth	07-May-93
M70	41:09.22	Ken Nurden	AGN	Pretoria	23-Apr-05
M75	45:03.00	Ken Nurden	AGN	Bellville	01-May-10
M80	51:03.88	Ken Nurden	AGN	Bloemfontein	14-Nov-15
3000m Steeplechase					
M30	08:47.64	Siboniso Soldaka	WPA	Green Point, CT	21-Jan-23
M35	<b>9:31.3</b>	M. Wells			
M40	<b>9:23.8</b>	Willie Olivier			
M45	9:49.70	Tobias Philander	WPA	Bellville	20-Feb-10
M50	10:29.10	Sean Rice	CGA	San Sebastian, ESP	03-Sep-05
M55	11:17.90	Tobias Philander	WPA	Oudtshoorn	03-May-19
2000m Steeplechase					
M60	7:19.64	Terence Brown	WPA	Bellville	Feb-15
M65	7:56.42	Warren Schmelzer	NWN	Pilditch, Pretoria	05-Apr-24
M70	8:46.93	Willie Loedolff	AGN	Pretoria	14-Mar-98
M75	9:38.31	Lucas Nel	KZN		

5000m					
W30	<b>16:26.7</b>	A. Vermeulen		Bethlehem	19-Nov-94
W35	16:12.87	Sonja Laxton	CGA		17-Oct-83
W40	17:44.18	Nicolene Hanekom	CGA	Pilditch, Pretoria	25-Mar-22
W45	18:27.36	S. Du Toit	AGN	Durban	17-Jul-97
W50	<b>18:55.9</b>	J. Hann		Port Elizabeth	07-May-93
W55	19:51.10	Jenny Allebone	KZN	Oudtshoorn	28-Apr-00
W60	19:52.44	Jenny Allebone	KZN	Durban	06-May-04
W65	22:27.31	Marietjie Ceronio	AVT	Green Point, CT	04-May-23
W70	24:15.88	Nancy Will	WPA	Parow, CT	22-Apr-23
W75	36:03.05	Jean Foster	KZN	Sasolburg	04-May-01
10 000m					
W30	<b>37:40.0</b>	C. vd Westhuizen	AVT	Secunda	22-Jan-94
W35	<b>35:07.0</b>	G. De Oliviera	KZN	Durban	17-Jul-97
W40	37:50.69	Nicolene Hanekom	CGA	Pilditch, Pretoria	07-May-22
W45	36:39.79	Sonja Laxton	CGA		
W50	39:34.50	S. Du Toit	AGN	Gateshead, GBR	01-Aug-99
W55	41:07.70	Jenny Allebone	KZN	Oudtshoorn	28-Apr-00
W60	41:34.20	Jenny Allebone	KZN	Durban	08-May-04
W65	44:50.18	L. Ruickbie	CGA	Rustenburg	26-Apr-14
W70	49:15.25	Nancy Will	WPA	Green Point, CT	05-May-23
2000m Steeplechase					
W30	7:10.00	R. Thomas	AGN	Durban	08-May-04
W35	<b>7:19.36</b>	Leilani Scheffer	AGN	Green Point, CT	06-May-23
W40	7:13.76	Leilani Scheffer	AGN	Pilditch, Pretoria	06-Apr-24
W45	7:58.23	M. Esterhuyse	WPA	Sasolburg	26-Apr-08
W50	8:08.92	Mariette Strauss	WPA	Bellville	13-Mar-14
W55	8:27.01	Mariette Strauss	WPA	Parow, CT	24-Mar-18
W60	9:12.60	Lynette Fischer	AGN	Oudtshoorn	03-May-19
W65	10:32.24	Lynette Fischer	AFS	Pilditch, Pretoria	18-Nov-23

<b>110m Hurdles</b>					
M30	<b>13.7</b>	Wessel Bosman	AGN		
M35	13.57	Shaune Bownes	CNW		
M40	14.44	Shaune Bownes	AGN	Rustenburg	26-Apr-14
M45	14.38	Shaune Bownes	AGN	Pretoria	02-Apr-16
<b>100m Hurdles</b>					
M50	14.75	C. Truter	WPA		
M55	15.92	Johan Gouws	AGN	Bloemfontein	08-Nov-14
M60	17.09	Johan Gouws	AGN	Oudtshoorn	03-May-19
M65	<b>16.4</b>	Albertus v Zyl	KZN		
<b>80m Hurdles</b>					
M70	<b>13.2</b>	Albertus v Zyl	KZN		
M75	15.02	Albertus v Zyl	KZN		
M80	18.26	Hans Miekautsch	CGA	Pilditch, Pretoria	13-Nov-21
M85	24.80	Hans Miekautsch	<b>RSA</b>	Pilditch, Pretoria	16-Nov-23
<b>400m Hurdles</b>					
M30	53.46	Pieter Koekemoer	KZN	Pilditch, Pretoria	13-May-16
M35	52.93	Pieter Koekemoer	KZN	Malaga, ESP	Sep-18
M40	54.08	Leon Hacker	CGA		
M45	57.02	D. Burger	WPA		
M50	1:01.29	J. Swiegers		Green Point, CT	25-Mar-04
M55	1:02.00	David Fourie	KZN	Tampere, FIN	05-Jul-22
<b>300m Hurdles</b>					
M60	47.37	Len Claassen	AGN	Porto Alegre, BRA	Oct-13
M65	<b>48.0</b>	Albertus v Zyl	KZN		
M70	<b>50.4</b>	Albertus v Zyl	KZN		
M75	<b>54.7</b>	Albertus v Zyl	KZN		
<b>4 x 100m Relays</b>					
M30					
M35					
M40					
M45					
M50					
M55	52.23	Hacker, Russell, Van der Vyver, Toll	RSA	Pilditch. Pretoria	18-Nov-23
<b>4 x 400m Relays</b>					
M30					
M35					

<b>100m Hurdles</b>					
W30	<b>14.6</b>	Maryna v Niekerk	CGA	Pretoria	23-Feb-85
W35	<b>14.7</b>	Madelene v Rooyen	AGN		
<b>80m Hurdles</b>					
W40	11.89	Madelene v Rooyen	AGN	Pilditch, Pretoria	09-May-03
W45	12.05	Charmain Barnard	AGN	Pilditch, Pretoria	01-Apr-17
W50	12.49	Charmain Barnard	AGN	Pilditch, Pretoria	30-Mar-19
W55	13.87	Charmain Barnard	AGN	Pilditch, Pretoria	18-Nov-23
W60	14.75	Magdalena Tomlinson	KZN	Carolina, PUR	11-Jul-03
W65	15.45	Magdalena Tomlinson	KZN	Pretoria	02-May-09
W70	17.56	Stephanie Claassen	AGN	Pilditch, Pretoria	07-May-22
W75	20.04	Isabel Hofmeyr	WPA	Carolina, PUR	11-Jul-03
<b>400m Hurdles</b>					
W30	58.79	Shona Hutchinson	KZN	Port Elizabeth	11-Feb-06
W35	<b>1:02.1</b>	Madelene v Rooyen	CGA	Potchefstroom	06-Oct-99
W40	<b>1:06.0</b>	Madelene v Rooyen	CGA		
W45	1:04.84	Shona Hutchinson	KZN	Tampere, FIN	05-Jul-22
<b>300m Hurdles</b>					
W50	48.69	A. du Plessis		Bloemfontein	27-Apr-07
W55	53.41	Madelene v Rooyen	AGN	Bloemfontein	27-Apr-18
W60	54.25	Magdalena Tomlinson	KZN	Carolina, PUR	05-Jul-03
W65	1:00.31	Magdalena Tomlinson	KZN	Bloemfontein	19-Sep-09
<b>200m Hurdles</b>					
W70	39.50	Magdalena Tomlinson	KZN	Porto Alegre, BRA	Oct-13
W75	40.60	Magdalena Tomlinson	KZN	Bloemfontein	27-Apr-18
<b>4 x 100m Relays</b>					
W30					
W35					
W40	52.70	Walters, Smit, Barnard, Du Toit	RSA	Pilditch. Pretoria	18-Nov-23
W45					
W50					
W55					
<b>4 x 400m Relays</b>					
W30					
W35					

4 x 800m Relays					
M30					
M35					
3000m Race Walk					
M30					
M35					
5000m Race Walk					
M30	<b>20:19.0</b>	S. Valentine			
M35	<b>20:58.9</b>	C. Britz	AGN		
M40	21:51.58	Izak Nel	BOL	Green Point, CT	12-Feb-05
M45	<b>22:54.8</b>	M. Whitmore			
M50	<b>23:01.4</b>	Jurgen Spencer	WPA	Port Elizabeth	
M55	23:52.24	Jurgen Spencer	WPA		
M60	26:50.70	Jurgen Spencer	WPA		
M65	27:03.70	Jurgen Spencer	WPA	Parow, CT	12-Nov-05
M70	27:55.30	Jurgen Spencer	WPA	Parow, CT	12-Nov-10
M75	30:13.82	Jurgen Spencer	WPA	Parow, CT	18-Mar-16
M80	33:50.10	George Hazle	CGA	Germiston	06-May-05
M85	35:32.65	David Morgan-Smith	SWD	Green Point, CT	04-May-23
M90	<b>41:51.4</b>	Ben Moodie	SWD		
M95	<b>42:58.7</b>	Philip Rabinowitz	WPA		
M100+	47:59.20	Philip Rabinowitz	WPA	Parow, CT	13-Nov-04
High Jump					
M30	2.07	Christo Vrey	CGA		
M35	2.01	J. Greyvenstein			
M40	2.00	Phillip vd Walt	AGN	Pilditch, Pretoria	01-Apr-17
M45	1.93	Johann Gutsche	CNW	Pretoria	23-Feb-13
M50	1.82	Johann Gutsche	CNW	Oudtshoorn	03-May-19
M55	1.72	Johann Gutsche	CNW	Pilditch, Pretoria	18-Nov-23
M60	1.67	Neal Bredeveldt	WPA	Green Point, CT	29-May-21
M65	1.51	Johan Gouws	AGN	Pilditch, Pretoria	18-Nov-23
M70	1.44	Leo Benning	WPA	Carolina, PUR	04-Jul-03
M75	1.37	Hans Miekautsch	CGA	Rustenburg	26-Apr-14
M80	1.22	Hans Miekautsch	CGA	Pilditch, Pretoria	30-Mar-19
M85	1.13	Hans Miekautsch	CGA	Pilditch, Pretoria	22-Apr-23
Pole Vault					
M30	4.45	C. Preston			
M35	4.30	Pieter Brits	AGN	Rustenburg	26-Apr-14
M40	4.20	Louis Nienaber		Pretoria	22-Feb-03
M45	3.85	S.A. Herbst	WPA		
M50	3.90	Grant Murdoch	WPA	Durban	Jul-97
M55	3.15	Thomas Endrody	CGA	Tuks, Pretoria	28-Feb-15
M60	3.03	C. Colyn			
M65	2.80	A.S. Du Plessis			
M70	2.80	J-M De Senneville	CGA	Mauritius	29-Jan-22
M75	2.70	J.M. De Senneville	CGA	Réduit, MUS	31-Mar-23
M80	1.79	Hans Miekautsch	CGA	Bloemfontein	04-Aug-18

4 x 800m Relays					
W30					
W35					
3000m Race Walk					
W30					
W35					
5000m Race Walk					
W30	26:29.79	N. Roux	KZN	Durban	20-Mar-16
W35	<b>25:10.2</b>	D. Beckley		Durban	08-Apr-95
W40	<b>23:44.1</b>	Barbara Nell	CGA	Port Elizabeth	28-May-99
W45	24:14.80	Barbara Nell	CGA	Oudtshoorn	28-Apr-00
W50	25:05.10	Barbara Nell	CGA	Port Elizabeth	28-Apr-06
W55	26:19.66	Barbara Nell	CGA	Durban	29-Apr-11
W60	27:32.00	Barbara Nell	CGA	Perth, AUS	Oct-16
W65	29:28.70	Elsa Meyer	AGN	Oudtshoorn	26-Apr-13
W70	30:13.08	Edna Brand	WPA	Green Point , CT	28-May-22
W75	32:36.62	Annetjie Greyvenstein	AGN	Tuks, Pretoria	12-Jun-21
W80	37:32.17	Hildegard Vey	WPA	Green Point , CT	28-May-22
W85	43:07.14	Peggy Reid	WPA	Green Point , CT	04-May-23
High Jump					
W30	1.75	Dinah Heymans	AFS	Bloemfontein	02-Feb-01
W35	1.82	Dinah Heymans	AFS	Nairobi, KEN	26-Apr-02
W40	1.70	Dinah Heymans	AFS	Pretoria	03-Feb-07
W45	1.64	Dinah Heymans	AFS	Pilditch, Pretoria	19-May-12
W50	1.53	Dinah Heymans	AFS	Pilditch, Pretoria	01-Apr-17
W55	1.49	Dinah Heymans	AGN	Pilditch, Pretoria	18-Nov-23
W60	1.42	Theresa Schmelzer	ANW	Thessaloniki, GRE	25-Sep-22
W65	1.19	Aletta Kruger	AFS		
		Margaret Jonkers	WPA	Parow, CT	19-Mar-16
W70	1.08	Aletta Kruger	AFS	Pretoria	10-May-03
W75	1.07	Isabel Hofmeyr	WPA	Parow, CT	19-Mar-05
Pole Vault					
W30	3.45	Soandri Meyer	AGN	Tuks, Pretoria	27-Mar-21
W35	3.50	Soandri Meyer	AGN	Pilditch, Pretoria	18-Nov-23
W40	3.30	Ida-Marie Strydom	AGN	Germiston	13-Apr-19
W45	3.35	Ida-Marie Strydom	AGN	Pilditch, Pretoria	07-May-22
W50	2.90	Dorita Du Toit	CNW	Pilditch, Pretoria	07-May-22
W55	2.20	Petra Pietersen	AGN		
W60	2.21	Petra Pietersen	AGN	Pretoria	23-Apr-05
W65	1.78	Petra Pietersen	AGN	Bellville	20-Feb-10

Long Jump					
M30	7.64	Angus Pohl	AGN		
M35	7.22	Vic Häger	KZN		
M40	7.14	Vic Häger	KZN		
M45	6.51	Martin McClintock	AGN	Pilditch, Pretoria	06-Apr-24
M50	6.18	J. van Rooyen			
M55	5.70	S. Hough A. Redelinhhuys			
M60	5.33	Ron Cross	WPA		
M65	4.97	Albertus v Zyl	KZN		
M70	4.66	Albertus v Zyl	KZN		
M75	4.34	Hans Miekautsch	AGN	Oudtshoorn	26-Apr-13
M80	3.49	Ron Cross	WPA	Lyon, FRA	Aug-15
M85	3.04	Hans Miekautsch	CGA	Germiston	04-Mar-23

Triple Jump					
M30	13.94	A. Labuschagne			
M35	13.69	Jason Sewanyana	WPA	Green Point, CT	11-Dec-21
M40	14.40	G. Swakala			
M45	12.73	W. Olivier	AVT	Pilditch, Pretoria	13-May-16
M50	12.80	Vincent McBride	WPA	Porto Alegre, BRA	Oct-13
M55	11.65	Vincent McBride	WPA	Oudtshoorn	27-Oct-18
M60	10.55	Ron Cross	WPA		
M65	9.72	Andy Heine	CGA		
M70	9.69	Dave Ludeke	AGN	Pilditch, Pretoria	22-Apr-23
M75	7.83	Albertus v Zyl	KZN		
M80	6.78	Hans Miekautsch	CGA	Germiston	16-Apr-22
M85	7.02	Hans Miekautsch	CGA	Sasolburg	28-Oct-23

Hammer Throw					
M30	74.15	Chris Harmse	AFS	Sasolburg	25-Apr-08
M35	76.39	Chris Harmse	AFS	Pilditch, Pretoria	18-May-12
M40	73.90	Chris Harmse	AFS	Marrakesh, MAR	13-Aug-15
M45	71.70	Chris Harmse	AFS	Germiston	26-Apr-19
M50	59.80	Charlie Koen	EPA	Pretoria	25-Mar-06
M55	52.97	Jan Roodt	KZN		
M60	53.64	Jan Roodt	KZN	Sasolburg	25-Apr-08
M65	49.41	Andrzej Rzepecki	CGA	Pilditch, Pretoria	2001
M70	49.42	Andrzej Rzepecki	AGN	Pretoria	14-Mar-09
M75	46.68	Andrzej Rzepecki	AGN	Germiston	14-Apr-12
M80	44.09	Andrzej Rzepecki	KZN	Bloemfontein	27-Apr-18
M85	31.71	Borg Stannius	WPA	Porto Alegre, BRA	Oct-13
M90	24.41	Borg Stannius	WPA	Parow, CT	08-Dec-18

Long Jump					
W30	6.59	Karin Mey	AGN	Bloemfontein	27-Apr-18
W35	6.58	Maryna v Niekerk	CGA		
W40	5.73	Charmain Barnard	AGN	Pretoria	31-Mar-12
W45	5.47	Charmain Barnard	AGN	Pretoria	04-Apr-15
W50	4.56	Petra Pietersen	AGN		
W55	4.37	A. Steenkamp	SWD	Oudtshoorn	16-Oct-10
W60	4.22	Toy Ungerer	SWD	Bellville	01-May-10
W65	4.14	Toy Ungerer	SWD	Oudtshoorn	27-Apr-13
W70	3.46	Stephanie Claassen	AGN	Pilditch, Pretoria	13-Nov-21
W75	2.52	Isabel Hofmeyr	WPA	Germiston	07-May-05
W80	2.11	E. Paveley	CGA		

Triple Jump					
W30	11.58	Corne Gomes	WPA		
W35	12.15	Maryna v Niekerk	CGA		
W40	12.18	Jenny Kingwill	BOR		
W45	11.28	Charmain Barnard	AGN	Pretoria	04-Apr-15
W50	9.09	Helene Willemse	SWD	Perth, AUS	Oct-16
W55	8.56	A. Steenkamp	SWD	Durban	29-Apr-11
W60	7.67	Christi du Plooy	CGA		
W65	7.64	Christi du Plooy	CGA		
W70	6.85	Sheila Campbell	BOR		

Hammer Throw					
W30	55.73	Tanya Pubalakan	AGN	Germiston	07-Apr-18
W35	49.80	Tanya Pubalakan	AGN	Pilditch, Pretoria	06-May-22
W40	44.52	Tanya Pubalakan	AGN	Pilditch, Pretoria	06-Apr-24
W45	39.38	H. Du Plessis			
W50	49.23	Heleen Knobel	SWD	Lyon, FRA	Aug-15
W55	44.96	Heleen Knobel	SWD	Pilditch, Pretoria	11-Nov-21
W60	34.19	Jackie Smit	BOL	Parow, CT	23-Mar-24
W65	30.10	A. Olivier		Port Elizabeth	29-Apr-06
W70	25.76	Lena Grobler	AGN		
W75	30.52	Penny England	AVT	Pretoria	13-May-16
W80	25.55	Penelope England	AVT	Pilditch, Pretoria	17-Nov-23



Shot Put					
M30	16.28	C. Scheepers			
M35	16.56	J. Booysen Jr.			
M40	18.52	Burger Lambrechts	AGN	Pilditch, Pretoria	03-Feb-18
M45	<b>15.76</b>	<b>J.J. van Zyl</b>			
M50	17.09	Burton Haupt	AGN	Tuks, Pretoria	11-Jun-16
M55	15.84	Burton Haupt	AGN	Perth, AUS	Oct-16
M60	15.60	Burton Haupt	AGN	Secunda MPU	22-Nov-22
M65	12.80	Andrzej Rzepecki	CGA	Bellville	04-May-02
M70	13.78	Dereck Sterley	AGN	Pilditch, Pretoria	30-Mar-19
M75	12.53	E. Skea	AGN	Germiston	14-Apr-12
M80	12.84	Borg Stannius	WPA	Bellville	23-Feb-08
M85	10.80	Borg Stannius	WPA	Holstebro, DNK	05-Jun-13
M90	8.94	Borg Stannius	WPA	Green Point, CT	13-Apr-19
M95	3.48	Philip Rabinowitz	WPA	Oudtshoorn	Apr-00

Discus Throw					
M30	48.50	P. Goosen			
M35	54.46	G. Geldenhuys	AFS	Oudtshoorn	24-Oct-09
M40	51.04	J.J. van Zyl	EPA		
M45	49.13	J.J. van Zyl	EPA		
M50	52.06	J.J. van Zyl	EPA	Port Elizabeth	18-Mar-09
M55	53.79	Burton Haupt	AGN	Perth, AUS	Oct-16
M60	54.97	Burton Haupt	AGN	Pilditch, Pretoria	25-Mar-22
M65	42.91	Abraham Coetzee	WPA		
M70	41.12	Dereck Sterley	AGN	Germiston	13-Apr-19
M75	34.05	Borg Stannius	WPA	Parow, CT	11-Mar-06
M80	31.75	Borg Stannius	WPA	Bellville	13-Mar-10
M85	25.47	Borg Stannius	WPA	Bellville	14-Mar-14
M90	20.67	Borg Stannius	WPA	Parow, CT	14-Apr-18

Javelin Throw					
M30	67.76	Frans Human	AFS	Bloemfontein	12-Nov-11
M35	66.04	J. van Wyk		Pretoria	03-Apr-04
M40	65.54	T. Liebenberg	CNW	Johannesburg	1998
M45	62.63	Gawie Louw	AGN	Germiston	07-May-05
M50	67.87	Wilhelm Pauer	CGA	Malaga, ESP	Sep-18
M55	64.25	Wilhelm Pauer	CGA	Green Point, CT	06-May-23
M60	54.84	P. Mulaudzi		Sasolburg	04-May-01
M65	45.90	Stephen Kichenbrand	AGN	Pilditch, Pretoria	22-Apr-23
M70	42.35	Dave Ludeke	AGN	Pilditch, Pretoria	06-May-22
M75	36.09	Borg Stannius	WPA	Port Elizabeth	28-Apr-06
M80	31.49	Borg Stannius	WPA	Sasolburg	25-Apr-08
M85	25.32	Borg Stannius	WPA	Denmark	05-Jun-13
M90	21.81	Borg Stannius	WPA	Canterbury, NZL	02-Mar-19

Shot Put					
W30	13.86	Tanya Pubalakan	AGN	Pilditch, Pretoria	24-Mar-18
W35	13.25	Tanya Pubalakan	AGN	Pilditch, Pretoria	21-Apr-23
W40	12.35	Tanya Pubalakan	AGN	Pilditch, Pretoria	05-Apr-24
W45	11.80	Marie-Louise Uys	SWD		
W50	13.24	Charmain Barnard	AGN	Pilditch, Pretoria	30-Mar-19
W55	11.57	Charmain Barnard	AGN	Pilditch, Pretoria	18-Nov-23
W60	11.74	M. van As			
W65	10.63	M. van As			
W70	8.51	Helena Fourie	AGN	Germiston	13-Apr-19
W75	8.86	Ena Fourie	AGN	Pilditch, Pretoria	18-Nov-23
W80	7.11	Penny England	KZN	Pilditch, Pretoria	05-May-22
W85	6.08	Aletta Kruger	AFS	Bloemfontein	04-Aug-18

Discus Throw					
W30	53.73	E. Naude	AGN	Oudtshoorn	27-Apr-13
W35	55.01	E. Naude	AFS	Rustenburg	25-Apr-14
W40	43.48	R. Boshoff	EPA		
W45	38.97	Heleen Knobel	SWD	Porto Alegre, BRA	Oct-13
W50	39.71	Antonette Jordaan	AGN	Denel, Pretora	19-Nov-22
W55	33.29	Heleen Knobel	SWD	Green Point, CT	11-Dec-21
W60	28.78	J. Rzepecka	CGA	Germiston	12-Mar-05
W65	24.84	M. van As			
W70	23.26	Lena Grobler	AGN		
W75	21.23	Penny England	AVT	Pilditch, Pretoria	13-May-16
W80	17.45	Penny England	KZN	Pilditch, Pretoria	05-May-22
W85	10.65	Mavis Hutchison	WPA	Porto Alegre, BRA	Oct-13

Javelin Throw					
W30	50.17	Linda van Vreden	CGA	Pilditch, Pretoria	30-Mar-19
W35	46.93	Linda van Vreden	CGA	Germiston	04-Mar-23
W40	41.20	Y. Beytell	AGN	Pretoria	13-Feb-16
W45	37.80	J.C. Moolman	WPA	Bellville	15-Mar-14
W50	34.44	Heleen Knobel	SWD	Malaga, ESP	Sep-18
W55	29.76	Judy Flynn	AGN	Germiston	16-Apr-22
W60	26.93	Aletta Pietersen	SAPS	Parow, CT	10-Apr-21
W65	22.20	Mercia Ferreira	RSA	Port Elizabeth	15-May-15
W70	19.77	Mercia Ferreira	CGA	Oudtshoorn	03-May-19
W75	16.83	Penny England	AVT	Pilditch, Pretoria	13-May-16
W80	13.89	Penny England	KZN	Pilditch, Pretoria	05-May-22
W85	11.33	Mavis Hutchison	AFS	Sasolburg	16-Jan-10

Weight Throw					
M30	12.48	M. Ueckermann		Port Elizabeth	29-Apr-06
M35	16.78	Martin Venter	AGN	Rustenburg	20-Feb-10
M40	21.66	Chris Harmse	AFS	Pilditch, Pretoria	01-Apr-17
M45	17.17	Martin Venter	AGN	Pilditch, Pretoria	13-May-16
M50	20.36	V. Meiring	AGN	Port Elizabeth	15-May-15
M55	18.90	Burton Haupt	AGN	Perth, AUS	Oct-16
M60	20.15	Nick Aggouras	AGN	Bloemfontein	11-Nov-17
M65	18.75	Andrzej Rzepecki	CGA	Bloemfontein	20-Nov-04
M70	20.71	Andrzej Rzepecki	CGA	Riccione, ITA	Sep-07
M75	19.53	Andrzej Rzepecki	KZN	Germiston	13-Apr-13
M80	19.32	Andrzej Rzepecki	KZN	Green Point, CT	04-May-17
M85	14.50	Borg Stannius	WPA	Parow, CT	06-Dec-14
M90	10.32	Borg Stannius	WPA	Parow, CT	08-Dec-18

Decathlon					
M30	5226	W. Bezuidenhout			
M35	5575	A. vd Burgh			
M40	5897	P. Williams			
M45	6154	J. Jacobs			
M50	6817	Johan Allers	WPA	Bellville	05-May-02
M55	6387	N. Hough		Carolina, PUR	04-Jul-03
M60	6524	Ron Cross	WPA		
M65	6580	Andy Heine	CGA		
M70	8098	Albertus v Zyl	KZN		
M75	6304	Hans Miekautsch	CGA	Oudtshoorn	27-Apr-13
M80	5133	Hans Miekautsch	CGA	Bloemfontein	27-Apr-18

Throws Pentathlon					
M30	2721	C. Scheepers		Bellville	04-May-02
M35	3498	Martin Venter	AGN	Lathi, FIN	06-Aug-09
M40	4699	Chris Harmse	AFS	Port Elizabeth	15-May-15
M45	3801	Martin Venter	AGN	Bloemfontein	27-Apr-18
M50	4125	Burton Haupt	AGN	Pretoria	26-Apr-14
M55	4608	Burton Haupt	AGN	Perth, AUS	05-Nov-16
M60	4327	Burton Haupt	AGN	Pilditch, Pretoria	05-May-22
M65	3930	Stephen Kichenbrand	AGN	Denel Sports Ground, PTA	17-Feb-24
M70	3996	Andrzej Rzepecki	CGA	Riccione, ITA	14-Sep-07
M75	4178	Borg Stannius	WPA	Parow, CT	26-Feb-05
M80	4078	Borg Stannius	WPA	Bellville	13-Feb-10
M85	3864	Borg Stannius	WPA	Parow, CT	05-Dec-14
M90	3438	Borg Stannius	WPA	Oudtshoorn	03-May-19

Outdoor Pentathlon (Long Jump, Javelin Throw, 200m, Discus Throw, 1500m)					
M30					
M35					

Weight Throw					
W30	17.03	Karin Snyman	AGN	Germiston	07-Apr-18
W35	15.91	Tanya Pubalakan	AGN	Pilditch, Pretoria	07-May-22
W40	13.95	Tanya Pubalakan	AGN	Pilditch, Pretoria	06-Apr-24
W45	14.04	Heleen Knobel	SWD	Pretoria	25-Apr-14
W50	15.60	Heleen Knobel	SWD	Lyon, FRA	Aug-15
W55	14.50	Heleen Knobel	SWD	Parow, CT	10-Apr-21
W60	14.48	Jackie Smit	BOL	Parow, CT	10-Feb-24
W65	12.23	Zelda Erasmus	WPA	Oudtshoorn	03-May-19
W70	10.97	Susanna du Bruyn	KZN	Oudtshoorn	03-May-19
W75	12.50	Penny England	AVT	Germiston	08-Apr-17
W80	10.75	Penny England	KZN	Pilditch, Pretoria	05-May-22
W85	6.29	Aletta Kruger	AFS	Bloemfontein	27-Apr-18

Heptathlon					
W30	3501	Shona vd Merwe	AGN	Bloemfontein	27-Apr-18
W35	4218	Biancá Rê	AGN	Green Point, CT	05-May-23
W40	4516	Mercia Ferreira	CGA	Port Elizabeth	07-May-93
W45	4930	Stefanie v Rooyen	AGN		
W50	4670	Michelle Staal	CGA	Pretoria, RSA	18-Nov-23
W55	4381	Stephanie Claassen	AGN	Bellville	01-May-10
W60	5205	Magdalena Tomlinson	KZN	Carolina, PUR	04-Jul-03
W65	4977	Stephanie Claassen	AGN	Malaga, ESP	Sep-18
W70	5447	Stephanie Claassen	AGN	Pilditch, Pretoria	13-Nov-21
W75	5333	Isabel Hofmeyr	WPA	Carolina, PUR	04-Jul-03

Throws Pentathlon					
W30	3098	Tanya Pubalakan	AGN	Pretoria	13-May-16
W35	3418	Ursula Killian	CGA	Pilditch, Pretoria	05-Apr-24
W40	2751	Janita Eva	AGN	Oudtshoorn	26-Apr-13
W45	3488	Heleen Knobel	SWD	Rustenburg	26-Apr-14
W50	3740	Heleen Knobel	SWD	Bloemfontein	27-Apr-18
W55	3854	Heleen Knobel	SWD	Pilditch, Pretoria	17-Nov-21
W60	3118	Hester Schoonwinkel	WPA	Bellville	30-Apr-10
W65	3175	A. Olivier		Port Elizabeth	28-Apr-06
W70	3284	Mercia Ferreira	CGA	Pilditch, Pretoria	30-Mar-19
W75	3381	Penny England	AVT	Pretoria	13-May-16
W80	3321	Penny England	KZN	Pilditch, Pretoria	05-May-22

Outdoor Pentathlon (Short Hurdles, High Jump, Shot Put, Long Jump, 800m)					
W30					
W35					



# SAMA RECORDS: Outdoor Non Stadia

MEN					
10km Road Race					
M30					
M35	33:10	Karel Burger		Torun, POL	30-Mar-19
M40	44:55	Daryl Mulder	RSA	Pretoria	18-Nov-23
M45					
M50					
M55	42:11	Percy Kelly	WPA	Pretoria	18-Nov-23
M60	50:48	Sydney Gregan	AGN	Pretoria	18-Nov-23
M65					
M70					
Half Marathon (21km)					
M30					
M35	1:11:47	Karel Burger		Torun, POL	30-Mar-19
M40					
M45					
M50	1:25:45	Philimon Manyaka	AGN	Pretoria	18-Nov-23
M55					
M60	1:49:27	Elias Letlape	AGN	Pretoria	18-Nov-23
M65					
Marathon					
M30					
M35					
M40					
M45					
M50	2:19:29	Titus Mamabolo	RSA	Durban, RSA	20-Jul-91
10km Road Race Walk					
M30					
M35					
M40	48:45	Ross McDonald	WPA	Youngsfield	15-Mar-14
M45	51:26	H. Swanepoel		Sacramento	Jul-11
M50	49:08	Carl Meyer	CGA	Riccione, ITA	Sep-07
M55	53:19	Kevin Phillips	CGA	Irene GP racewalking	13-Jul-19
M60	56:01	Carl Meyer	CGA	George	21-Oct-17
M65	57:04	Jurgen Spencer	WPA	Youngsfield	30-Apr-10
M70	58:40	Jurgen Spencer	WPA	Youngsfield	18-Mar-11
M75	1:03:45	Jurgen Spencer	WPA	Youngsfield	25-Jun-16
M80	1:09:03	Stuart Halsall	WPA	Youngsfield	20-Feb-10
M85					
M90					

WOMEN					
10km Road Race					
W30					
W35	43:19	Chrizzell Robberts	RSA	Pretoria	18-Nov-23
W40					
W45	45:11	Corne Prinsloo	AGN	Pretoria	18-Nov-23
W50	45:16	Ronel Thomas	AGN	Pretoria	18-Nov-23
W55					
W60					
W65	59:41	Martie Boesenberg	AGN	Pretoria	18-Nov-23
W70	1:13:50	Elaine Greenblatt	CGA	Pretoria	18-Nov-23
Half Marathon (21km)					
W30					
W35					
W40					
W45					
W50	1:35:30	Frances van Blerk		Clermont-Ferrand, FRA	22-Mar-08
W55	1:48:28	Elmarie Pretorius	NWN	Pretoria	18-Nov-23
W60					
W65	3:11:08	Christa Mouton	AGN	Pretoria	18-Nov-23
Marathon					
W30					
W35					
W40					
W45					
W50					
10km Road Race Walk					
W30	56:23	Gwen Smeeton	WPA	Sasolburg	04-May-01
W35	54:36	Ronel Viljoen	AGN	Pretoria	26-May-18
W40	47:53.50	Barbara Nell	CGA	Port Elizabeth	29-May-99
W45	50:30	Barbara Nell	CGA	Youngsfield	04-May-02
W50	52:26	Lesley v Buuren	CGA	Oudtshoorn	27-Apr-13
W55	54:12	Lesley v Buuren	CGA	Youngsfield	06-May-17
W60	56:56	Lyndsay Hatz	WPA	Port Elizabeth	29-May-99
W65	59:07	Elsa Meyer	AGN	Oudtshoorn	27-Apr-13
W70	1:02:22	Elsa Meyer	AGN	Perth, AUS	Oct-16
W75	1:06:13	Elsa Meyer	AGN	Pilditch, Pretoria	07-May-22
W80	1:15:40	Anne Centner	CGA	Irene, Pretoria	10-Feb-24
W85					
W90	1:35:28	Cecily Rootenberg	CGA	Youngsfield	08-Oct-16

20km Road Race Walk					
M30	1:36:33	Ross McDonald		Bellville	24-Feb-07
M35	1:38:24	Izak Nel	BOL	Youngsfield	04-May-02
M40	1:35:34	Izak Nel	BOL	Youngsfield	14-Jan-06
M45	1:34:35	Lebeauf von Benecke	CGA	Oudtshoorn	23-Oct-10
M50	1:41:20	Jurgen Spencer	WPA		
M55	1:44:16	Kevin Phillips	CGA	Youngsfield	07-Sep-19
M60	1:55:42	Jurgen Spencer	WPA	Oudtshoorn	16-Jul-05
M65	1:58:18	Jurgen Spencer	WPA	Youngsfield	26-Nov-05
M70	2:03:04	Jurgen Spencer	WPA	Durban	30-Apr-11
M75	2:08:49	Jurgen Spencer	WPA	Youngsfield	10-Oct-15
M80	2:24:43	S. Halsall	WPA	Youngsfield	07-Aug-10
M85	2:45:20	Ben Moodie	SWD		
M90	2:57:25	Ben Moodie	SWD		
M95	2:48:19	Philip Rabinowitz	WPA	Port Elizabeth	29-May-99

50km Road Race Walk					
M30					
M35					
M40					
M45					
M50					
M55					
M60					
M65					

8km Cross Country					
M30					
M35					
M40					
M45					
M50					
M55					
M60					
M65					

6km Cross Country					
M60	28:32	Elias Letlape		Pilditch. Pretoria	18-Nov-23
M65	29:04	Eugene Martins		Pilditch. Pretoria	18-Nov-23
M70					

4km Cross Country					
M75					

20km Road Race Walk					
W30	1:43:59	Natalie Le Roux	KZN	Youngsfield	06-May-17
W35	2:01:07	Gwen Smeeton	WPA		
W40	1:43:32	Barbara Nell	CGA		12-May-98
W45	1:46:19	Barbara Nell	CGA		02-Jun-02
W50	1:45:57	Lesley v Buuren	CGA	Stellenbosch	11-Apr-13
W55	1:54:31	Brenda Nooy	CGA	Youngsfield	19-Mar-11
W60	2:00:27	Lesley v Buuren	CGA	Boksburg Stadium	07-Jan-23
W65	2:03:18	Elsa Meyer	AGN	Youngsfield	12-Oct-13
W70	2:07:57	Elsa Meyer	AGN	Youngsfield	08-Oct-16
W75	2:19:11	Elsa Meyer	AGN	Pilditch, Pretoria	18-Nov-23

50km Road Race Walk					
W30					
W35	4:54:33	Natalie Le Roux	KZN	George	23-Oct-17
W40					
W45					
W50	5:19:37	S. Steenkamp	AGN	Oudtshoorn	26-Oct-10
W55					
W60					
W65	6:22:02	Frieda Blignaut	WPA	Green Point, CT	27-Oct-18

8km Cross Country					
W30					
W35					
W40					
W45					
W50					
W55					
W60					
W65					

6km Cross Country					
W70					

4km Cross Country					
W30					
W35					
W40	17:10	Calinka Kotze		Pilditch. Pretoria	18-Nov-23
W45	16:40	Leandri Claassen		Pilditch. Pretoria	18-Nov-23
W50	23:00	Louise Britz		Pilditch. Pretoria	18-Nov-23
W55	24:40	Laura Venter		Pilditch. Pretoria	18-Nov-23
W60	21:59	Mariet Geyer		Pilditch. Pretoria	18-Nov-23
W65	20:32	Catharina Scheffer		Pilditch. Pretoria	18-Nov-23
W70	25:41	Veronica von Gordon		Pilditch. Pretoria	18-Nov-23
W75	48:20	Elize Grobbelaar		Pilditch. Pretoria	18-Nov-23

# SAMA RECORDS: Indoor Stadia

MEN					
60m					
M35					
M40	8.15	David Blaauw		Budapest, HUN	30-Mar-14
M45	7.45	Gavin Maxwell		Clermont-Ferrand, FRA	22-Mar-08
M50	7.53	Ian Hacker		Torun, POL	30-Mar-19
M55					
M60					
M65					
M70	9.50	Robert Xavier		Torun, POL	01-Apr-23
M75					
M80					
200m					
M35					
M40	25.43	Stoffel Erasmus		Budapest, HUN	30-Mar-14
M45					
M50	24.20	Moses Naidoo	KZN	Torun, POL	01-Apr-23
M55					
M60					
M65					
M70	29.55	Monty Hacker	CGA	Linz, AUT	20-Mar-06
400m					
M35					
M40	55.50	Stoffel Erasmus		Budapest, HUN	30-Mar-14
M45					
M50	53.31	Moses Naidoo	KZN	Torun, POL	01-Apr-23
M55					
M60					
M65	1:02.62	Len Claassen	AGN	Daegu, KOR	25-Mar-17
800m					
M35					
M40					
M45	2:13.01	Willie Bronkhorst		Budapest, HUN	30-Mar-14
M50	2:25.06	Adam Simcock		Daegu, KOR	25-Mar-17
M55					
M60	2:34.23	Len Claassen	AGN	Budapest, HUN	30-Mar-14
M65	2:27.82	Warren Schmelzer		Torun, POL	01-Apr-23
1500m					
M35					
M40					
M45	4:35.11	Willie Bronkhorst		Budapest, HUN	30-Mar-14
M50	5:14.94	Adam Simcock		Daegu, KOR	25-Mar-17
M55					
M60					
M65	5:24.04	Warren Schmelzer		Torun, POL	24-Feb-24
M70	12:42.26	Patrick Kennedy		Budapest, HUN	30-Mar-14
One mile					
M35					

WOMEN					
60m					
W35	8.00	Winnie de Winnaar		Sindelfingen, GER	12-Mar-04
W40					
W45					
W50	8.51	Anna du Plessis		Clermont-Ferrand, FRA	22-Mar-08
W55					
W60	9.64	Theresa Schmelzer	ANW	Torun, POL	01-Apr-23
W65					
W70					
W75					
W80	13.60	Veronica Welgemoed		Budapest, HUN	30-Mar-14
200m					
W35	26.43	Winnie de Winnaar		Sindelfingen, GER	11-Mar-04
W40					
W45					
W50	28.19	Anna du Plessis		Clermont-Ferrand, FRA	22-Mar-08
400m					
W35	63.80	Mariette Botha		Torun, POL	30-Mar-19
800m					
W35					
1500m					
W35					
One mile					
W35					

<b>3 000m</b>					
M35					
M40					
M45					
M50	9:25.95	Sean Rice		Sindelfingen, GER	10-Mar-04
M55					
M60	13:09.54	Alwin F. Wurster		Sindelfingen, GER	11-Mar-04
<b>60m Hurdles</b>					
M35	9.43	Martin Plews		Clermont-Ferrand, FRA	22-Mar-08
M40	8.08	Shaun Bownes	AGN	Budapest, HUN	30-Mar-14
M45	9.75	Scott Russell		Daegu, KOR	25-Mar-17
M50	9.19	Scott Russell	WPA	Torun, POL	29-Mar-19
M55					
M60					
M65	10.68	Hans Miekautsch	CGA	Sindelfingen, GER	13-Mar-04
<b>4 x 200m Relays</b>					
M35					
<b>4 x 400m Relays</b>					
M35					
<b>4 x 800m Relays</b>					
M35					
<b>3000m Race Walk</b>					
M35					
M40					
M45					
M50	13:51:34	Carl Meyer		Clermont-Ferrand, FRA	22-Mar-08
M55					
M60					
M65					
M70					
<b>High Jump</b>					
M35	1.69	Martin Plews		Clermont-Ferrand, FRA	22-Mar-08
M40					
M45					
M50					
M55					
M60					
M65	1.42	Hans Miekautsch	CGA	Sindelfingen, GER	13-Mar-04
<b>Pole Vault</b>					
M35					
M40					

<b>3 000m</b>					
W35					
W40					
W45					
W50	11:49.32	Frances van Blerk		Clermont-Ferrand, FRA	22-Mar-08
<b>60m Hurdles</b>					
W35	9.44	Winnie de Winnaar		Sindelfingen, GER	13-Mar-04
W40					
W45	9.73	Esca C. Taljaard		Sindelfingen, GER	13-Mar-04
W50	10.34	Anna du Plessis		Clermont-Ferrand, FRA	22-Mar-08
<b>4 x 200m Relays</b>					
W35					
<b>4 x 400m Relays</b>					
W35					
<b>4 x 800m Relays</b>					
W35					
<b>3000m Race Walk</b>					
W35					
W40					
W45	15:57.06	Ada Booyens		Kamloops, CAN	07-Mar-10
W50	18:35.64	Celeste Scheepers		Budapest, HUN	30-Mar-14
W55	18:07.98	Magaretha M. Knoetze		Budapest, HUN	30-Mar-14
W60	18:15.23	Magaretha M. Knoetze		Daegu, KOR	25-Mar-17
W65					
W70	18:27.99	Edna Brand	WPA	Torun, POL	01-Apr-23
<b>High Jump</b>					
W35	1.70	Mariette Botha		Torun, POL	30-Mar-19
W40					
W45	1.65	Dinah Heymans	AFS	Jyvaskyla, FIN	08-Apr-12
W50					
W55					
W60	1.43	Theresa Schmelzer	ANW	Torun, POL	04-Mar-23
<b>Pole Vault</b>					
W35					
W40	3.10	Ida-Marie Strydom	AGN	Torun, POL	30-Mar-19

<b>Long Jump</b>					
M35	5.35	Martin Plews		Clermont-Ferrand, FRA	22-Mar-08
M40					
M45	5.72	Moses Naidoo		Torun, POL	30-Mar-19
M50	5.54	Vincent W. McBride		Budapest, HUN	30-Mar-14
M55					
M60					
M65	4.17	Hans Miekautsch	CGA	Sindelfingen, GER	11-Mar-04
M70	3.74	Robert Xavier		Torun, POL	01-Apr-23
<b>Triple Jump</b>					
M35					
<b>Shot Put</b>					
M35	13.61	Martin Plews		Clermont-Ferrand, FRA	22-Mar-08
M40	15.06	Johan Labuschagne		Budapest, HUN	30-Mar-14
M45	11.32	Hannes Nel		Linz, AUT	20-Mar-06
M50	13.67	Willem Krog		Budapest, HUN	30-Mar-14
M55					
M60					
M65	7.89	Hans Miekautsch	CGA	Sindelfingen, GER	11-Mar-04
<b>Weight Throw</b>					
M35					
M40	13.40	Braam Botes		Linz, AUT	20-Mar-06
M45	14.40	Tone van Rensburg		Kamloops, CAN	07-Mar-10
M50	18.11	Basie Koen		Linz, AUT	20-Mar-06
M55	17.22	Basie Koen		Clermont-Ferrand, FRA	22-Mar-08
M60	18.74	Jan Roodt		Clermont-Ferrand, FRA	22-Mar-08
<b>Indoor Pentathlon</b>					
M35	2810	Martin Plews		Clermont-Ferrand, FRA	22-Mar-08
M40					
M45					
M50					
M55					
M60					
M65	3751	Hans Miekautsch	CGA	Sindelfingen, GER	11-Mar-04

<b>Long Jump</b>					
W35					
W40					
W45					
W50	3.46	Carlene Strampe		Torun, POL	30-Mar-19
<b>Triple Jump</b>					
W35					
<b>Shot Put</b>					
W35					
W40					
W45	10.66	Antonette Jordaan		Torun, POL	30-Mar-19
W50	11.88	Antonette Jordaan		Torun, POL	01-Apr-23
<b>Weight Throw</b>					
W35					
W40					
W45	12.34	Antonette Jordaan		Torun, POL	30-Mar-19
W50	13.50	Antonette Jordaan		Torun, POL	01-Apr-23
<b>Indoor Pentathlon</b>					
W35					