

# Field records

## Discus - Male

| Class | Group | Name                    | SA Rec | Africa Rec | World Record | Place        | Date             |
|-------|-------|-------------------------|--------|------------|--------------|--------------|------------------|
| F11   | Open  | Morries, L              | 30.26m | 36.80m     | 46.24m       | Pietersburg  | 01 October 1989  |
| F12   | Open  | Blom, Hermanus          | 51.16m | 51.16m     | 52.51m       | London       | 23 July 2017     |
|       | U/17  | Kaone, Mosiane          | 18.41m |            |              | Gqeberha     | 30 March 2025    |
| F13   | Open  | Blom, Hermanus          | 46.49m | 46.38m     | 53.61m       | Johannesburg | 01 April 2015    |
|       | U/17  | Otto, Conrad            | 39.77m |            |              | Stellenbosch | 31 March 2026    |
| F32   | Open  | Lubbe, Ernest           | 13.29m | 20.12m     | 24.25m       | Stellenbosch | 19 March 2019    |
| F33   | Open  | Breet, Adeo             | 14.54m | 26.0m      | 31.14m       | Stellenbosch | 01 April 2014    |
|       | U/20  | Bhengu, Aphelele        | 19.49m | 26.0m      | 31.14m       | Stellenbosch | 30 March 2026    |
|       | U/17  | Janse V Rensburg, Doran | 11.38m |            |              | Stellenbosch | 19 March 2019    |
| F34   | Open  | Vallentine, Dwayne      | 23.11m | 36.15m     | 43.29m       | Stellenbosch | 26 February 2022 |
|       | U/20  | Bhengu, Aphelele        | 19.49m | 36.15m     | 43.29m       | Stellenbosch | 30 March 2026    |
|       | U/17  | Bengu, Aphelele         | 17.69m |            |              | Bloemfontein | 24 March 2024    |
| F35   | Open  | Michaels, Fabian        | 37.96m | 33.01m     | 54.13m       | Germiston    | 05 April 2007    |
|       | U/20  | Gininda, Thokozane      | 25.66m | 33.01m     | 54.13m       | Bloemfontein | 23 March 2024    |
|       | U/17  | Ross, Ruben             | 21.82m |            |              | Gqeberha     | 25 April 2021    |
| F36   | Open  | Strydom, Duane          | 37.71m | 38.37m     | 42.96m       | Gqeberha     | 10 October 2009  |
|       | U/20  | Vuyk, Damian            | 16.82m | 38.37m     | 42.96m       | Stellenbosch | 29 March 2026    |
|       | U/17  | Mosifane, Refilwe       | 12.6m  |            |              | Stellenbosch | 19 March 2019    |
| F37   | Open  | Kruger, Gerrit          | 48.32m | 51.92m     | 59.75m       | Gqeberha     | 29 March 2010    |
|       | U/20  | Schoeman, Benno         | 28.74m | 51.92m     | 59.75m       | Gqeberha     | 01 March 2025    |
|       | U/17  | Manabela, Sibusiso      | 28.54m |            |              | Stellenbosch | 19 March 2019    |
|       | U/14  | Oosthuizen, Ruben       | 15.33m |            |              | Germiston    | 21 March 2022    |
| F38   | Open  | Hamman, Reinhardt       | 39.93m | 45.02m     | 57.14m       | Johannesburg | 01 April 2015    |
|       | U/20  | Kgomo, Lucky            | 19.77m | 45.02m     | 57.14m       | Bloemfontein | 02 April 2018    |
|       | U/17  | Snyman, Anthony         | 15.23m |            |              | Stellenbosch | 30 March 2026    |
|       | U/14  | Van Wyk, Hendrik        | 13.91m |            |              | Gqeberha     | 30 March 2025    |
| F40   | U/20  | Van Staden, Joshua      | 18.91m | 18.80m     | 27.87m       | Stellenbosch | 19 March 2019    |
|       | U/17  | Mboweni, Tumisang       | 9.89m  | 18.80m     | 27.87m       | Stellenbosch | 31 March 2026    |
| F41   | Open  | Van Staden, Joshua      | 15.87m | 31.16m     | 44.36m       | Gqerbha      | 25 April 2021    |
|       | U/20  | Van Staden, Joshua      | 17.82m | 31.16m     | 44.36m       | Nottwil      | 03 August 2019   |
| F42   | Open  | Motobela, Daniël        | 32.91m | 47.85m     | 54.14m       | Stellenbosch | 30 March 2026    |
|       | U/20  | Molobela, Daniel        | 29.13m | 47.85m     | 54.14m       | Bloemfontein | 24 March 2024    |
|       | U/17  | Molobela, Daniel        | 24.9m  |            |              | Germiston    | 20 March 2022    |
| F43   | Open  | Cumba, Mzimadoda        | 30.1m  |            | 63.70m       | Bloemfontein | 02 November 2024 |

| Class | Group | Name                    | SA Rec | Africa Rec | World Record | Place        | Date            |
|-------|-------|-------------------------|--------|------------|--------------|--------------|-----------------|
| F44   | U/20  | Dramat, Bilaal          | 25.16m |            | 63.70m       | Bloemfontein | 01 April 2018   |
|       | U/17  | Ntlanti, Yamkela        | 16.43m |            |              | Germiston    | 20 March 2022   |
|       | U/14  | Warden, Brendan         | 11.09m |            |              | Stellenbosch | 31 March 2026   |
|       | Open  | Erasmus, Stiaan         | 35.39m | 47.17m     | 64.26m       | Gqerbha      | 31 March 2025   |
|       | U/20  | Erasmus, Stiaan         | 31.86m | 47.17m     | 64.26m       | Bloemfontein | 24 March 2024   |
|       | U/17  | Botha, Franco           | 23.11m |            |              | Bloemfontein | 23 March 2024   |
| F45   | U/14  | Botha, Franco           | 20.15m |            |              | Cape Town    | 19 March 2023   |
|       | Open  | Mncube, Gift            | 18.2m  |            | 12.48m       | Cape Town    | 20 March 2023   |
| F46   | Open  | Noemdo, Kerwin          | 43.82m | 47.77m     | 52.64m       | Stellenbosch | 20 March 2019   |
|       | U/20  | Graaff, Arno            | 36.52m | 47.77m     | 52.64m       | Stellenbosch | 29 March 2026   |
|       | U/17  | Netshivhambe, Ndieni    | 16.85m |            |              | Stellenbosch | 31 March 2026   |
| F51   | Open  | Barkley, J              | 5.36m  | 13.17m     | 13.4m        | Pretoria     | 23 March 1996   |
| F52   | Open  | Pieters, Jakkie         | 12.08m | 12.08m     | 27.06m       | Durban       | 24 March 2004   |
| F53   | Open  | Kock, F                 | 15.48m | 25.96m     | 26.62m       | Germiston    | 19 March 1997   |
|       | U/14  | Mphulenyane, Mpho       | 8.72m  |            |              | Bloemfontein | 24 March 2024   |
|       | Open  | Labuschagne, Leon       | 27.84m | 23.08m     | 33.68m       | Pretoria     | 23 March 1996   |
| F54   | U/20  | Ward, Glen              | 15.89m | 23.08m     | 33.68m       | Gqeberha     | 29 March 2010   |
|       | U/17  | Banele, Vezi            | 16.22m |            |              | Stellenbosch | 31 March 2026   |
|       | U/14  | Banele, Vezi            | 10.34m |            |              | Cape Town    | 19 March 2023   |
|       | Open  | Ferreira, W             | 22.08m | 31.15m     | 39.84m       | Durban       | 22 March 1993   |
|       | U/20  | Myburgh, Stephen        | 18.96m | 31.15m     | 39.84m       | Durban       | 27 March 2012   |
| F55   | U/17  | Xundu, Khanya           | 13.79m |            |              | Stellenbosch | 19 March 2019   |
|       | U/14  | Petersen, Cory          | 8.6m   |            |              | Cape Town    | 14 October 2023 |
|       | Open  | Humpries, Steyn         | 36.22m | 41.51m     | 47.37m       | Pretoria     | 22 March 1996   |
|       | U/20  | Ndebele, Max            | 20.49m | 41.51m     | 47.37m       | Stellenbosch | 29 March 2008   |
|       | U/17  | Malao, Katlego          | 20.38m |            |              | Stellenbosch | 19 March 2019   |
|       | U/14  | Collet, Maximus         | 9.94m  |            |              | Cape Town    | 19 March 2023   |
| F56   | Open  | Strydom, Nicholas       | 36.2m  | 46.63m     | 48.55m       | Germiston    | 27 April 2019   |
|       | U/20  | Tefu, Warren            | 25.49m | 46.63m     | 48.55m       | Bloemfontein | 22 March 2016   |
|       | U/17  | Letsoalo, Kgotso        | 15.54m | 46.63m     | 48.55m       | Stellenbosch | 19 March 2019   |
| F61   | U/17  | Nemutandani, Vhutuhawhe | 18.53m |            |              | Gqeberha     | 30 March 2025   |
|       | U/14  | Nemutandani, Vhuthuhawe | 10.48m |            |              | Cape Town    | 19 March 2023   |
| F62   | Open  | Bomvana, Xolani         | 22.53m |            | 29.86m       | Stellenbosch | 30 March 2026   |
|       | Open  | Pillay, Tyron           | 31.65m | 31.65m     | 46.91m       | Germiston    | 21 March 2022   |
|       | U/20  | Coimbra, Teagon         | 26.63m | 31.65m     | 46.91m       | Stellenbosch | 29 March 2026   |
| F64   | U/17  | Burgers, Emile          | 30.70m |            |              | Stellenbosch | 19 March 2019   |
|       | Open  | Simon, Lean             | 46.39m | 46.39m     | 65.86m       | Glasgow      | 28 July 2014    |
|       | U/20  | Viljoen, Luca           | 28.81m | 46.39m     | 65.86m       | Gqerbha      | 31 March 2025   |
|       |       |                         |        |            |              |              |                 |

| Class | Group | Name           | SA Rec | Africa Rec | World Record | Place   | Date           |
|-------|-------|----------------|--------|------------|--------------|---------|----------------|
|       | U/17  | Burgers, Emile | 32.91m |            |              | Nottwil | 01 August 2019 |

## Discus - Female

| Class | Group | Name                  | SA Rec | Africa Rec | World Record | Place        | Date             |
|-------|-------|-----------------------|--------|------------|--------------|--------------|------------------|
| F11   | Open  | Kannenbergh, J        | 24.48m |            | 40.83m       |              | 01 March 1983    |
|       | U/17  | Molebogeng, Sebothe   | 14.42m |            | 40.42m       | Gqeberha     | 30 March 2025    |
| F13   | Open  | Wait, B               | 31.08m |            | 44.67m       | Bloemfontein | 01 March 1986    |
|       | U/20  | Mentor, Carmen        | 20.12m |            | 44.67m       | Rustenburg   | 30 March 2011    |
| F33   | Open  | Coetzer, Jeanell      | 7.86m  | 16.06m     | 20.7m        | Bloemfontein | 03 November 2018 |
|       | U/20  | Matjopje, Katlego     | 11.79m | 16.06m     | 20.7m        | Gqeberha     | 30 March 2025    |
|       | U/17  | Makhamba, Zintle      | 6.0m   |            |              | Gqeberha     | 31 March 2025    |
| F34   | Open  | Mandean, Jane         | 13.50m | 19.21m     | 22.21m       | Cape Town    | 12 November 2016 |
|       | U/20  | Langa, Ayanbulela     | 13.93m | 19.21m     | 22.21m       | Bloemfontein | 23 March 2024    |
|       | U/17  | Makhoba, Ulwazi       | 11.85m |            |              | Gqeberha     | 30 March 2025    |
| F35   | Open  | V Zyl, Chenelle       | 27.39m | 27.39m     | 31.92m       | Pretoria     | 05 May 2012      |
|       | U/20  | Van Der Walt, Emeline | 15.52m | 27.39m     | 31.92m       | Stellenbosch | 28 March 2008    |
|       | U/17  | Banyatsang, Khumo     | 13.80m |            |              | Stellenbosch | 19 March 2019    |
| F36   | U/20  | Carinus, Madri        | 13.39m | 17.78m     | 28.01m       | Gqeberha     | 07 April 2009    |
|       | U/17  | Maree, Line           | 12.14m |            |              | Bloemfontein | 01 November 2025 |
|       | U/14  | Maree, Line           | 9.63m  |            |              | Gqeberha     | 30 March 2025    |
| F37   | Open  | Van Der Watt, M       | 23.90m | 28.97m     | 38.73m       | Durban       | 01 March 1988    |
|       | U/20  | Greyling, Deyanne     | 17.98m | 28.97m     | 38.73m       | Germiston    | 04 April 2007    |
|       | U/17  | Wiid, Willene         | 21.52m |            |              | Stellenbosch | 30 March 2026    |
|       | U/14  | Wiid, Willene         | 15.41m |            |              | Cape Town    | 20 March 2023    |
| F38   | Open  | Kruger, Simone        | 38.82m | 38.82m     | 38.82m       | Kobe         | 25 May 2024      |
|       | U/20  | Everson, Melisca      | 20.67m | 38.82m     | 38.82m       | Gqerbha      | 31 March 2025    |
|       | U/17  | Kruger, Simone        | 38.63m |            |              | Nottwil      | 04 August 2019   |
|       | U/14  | Payne, Kaylyn         | 15.72m |            |              | Cape Town    | 20 March 2023    |
| F40   | U/20  | Holtzhausen, Cherel   | 13.39m | 22.96m     | 25.19m       | Bloemfontein | 06 November 2021 |
| F41   | U/20  | Xaba, Gaba            | 11.60m | 37.91m     | 37.91m       | Stellenbosch | 02 April 2014    |
| F43   | U/20  | Mthethewa, Zanele     | 13.69m |            | 28.92m       | Durban       | 28 March 2012    |
| F44   | Open  | Van Der Merwe, Yane   | 34.06m | 33.3m      | 44.73m       | Gqeberha     | 30 March 2025    |
|       | U/20  | Hoffman, Mandilene    | 31.66m | 31.66m     | 44.73m       | Germiston    | 21 March 2022    |
|       | U/17  | Hoffman, Mandilene    | 29.42m | 33.3m      |              | Stellenbosch | 21 March 2019    |
| F46   | Open  | Le Roux, Juane        | 34.01m | 34.01m     | 42.12m       | Bloemfontein | 24 March 2024    |
|       | U/20  | Le Roux, Juane        | 34.52m | 34.01m     | 42.12m       | Gqeberha     | 31 March 2025    |
|       | U/17  | Le Roux, Juane        | 28.57m | 34.01m     | 42.12m       | Germiston    | 21 March 2022    |
| F51   | Open  | Mc Currach, S         | 6.18m  | 6.68m      | 14.87m       | Durban       | 22 March 1993    |

| Class | Group | Name                   | SA Rec | Africa Rec | World Record | Place              | Date             |
|-------|-------|------------------------|--------|------------|--------------|--------------------|------------------|
| F52   | Open  | Johnson, Rushda        | 7.94m  | 8.35m      | 18.25m       | Durban             | 28 March 2012    |
|       | U/20  | Madulwane, Mpho        | 5.74m  | 8.35m      | 18.25m       | Stellenbosch       | 19 March 2019    |
| F53   | Open  | Johnson, Rushda        | 8.60m  | 11.67m     | 18.45m       | Stellenbosch       | 27 March 2008    |
|       | U/17  | Radebe, Nthando        | 5.63m  |            |              | Gqeberha           | 30 March 2025    |
| F54   | Open  | Madeira, A             | 15.53m | 19.27m     | 20.4m        | Durban             | 24 March 2004    |
|       | U/20  | Mahlatshana, Sinesipho | 10.12m | 19.27m     | 20.4m        | Germiston          | 21 March 2022    |
|       | U/17  | Matlatshana, Sinesipho | 9.06m  |            |              | Stellenbosch       | 19 March 2019    |
| F55   | Open  | Motaung, Elizabeth     | 14.30m | 23.42m     | 27.8m        | Durban             | 24 March 2004    |
|       | U/17  | Raoof, Azizat          | 10.71m |            |              | Stellenbosch       | 19 March 2019    |
| F56   | Open  | Vorster, L             | 13.4m  | 26.93m     | 26.93m       | Stellenbosch       | 27 March 2008    |
|       | U/20  | Yonke, Nokuthula       | 14.39m | 26.93m     | 26.93m       | Gqeberha           | 24 April 2021    |
|       | U/17  | Ndlondlo, Nandi        | 10.85m |            |              | Stellenbosch       | 19 March 2019    |
| F57   | Open  | Hoffman, Mandilene     | 26.0m  | 35.76m     | 35.76m       | Bloemfontein       | 23 March 2024    |
|       | U/20  | Hoffman, Mandilene     | 22.48m | 35.76m     | 35.76m       | Vila Real De Santo | 27 November 2022 |
|       | U/17  | Themba, Mariam         | 18.53m |            |              | Stellenbosch       | 19 March 2019    |
|       | U/14  | Motloun, Thato         | 11.34m |            |              | Stellenbosch       | 31 March 2026    |
| F63   | Open  | Schoeman, Cecilia      | 11.73m | 25.43m     | 33.19m       | Stellenbosch       | 20 March 2019    |
|       | U/20  | Tau, Agnes             | 13.36m | 25.43m     | 33.19m       | Bloemfontein       | 07 November 2020 |
|       | U/17  | Kekana, Lesego         | 11.50m | 25.43m     | 33.19m       | Stellenbosch       | 19 March 2019    |
| F64   | Open  | Combrink, Maria        | 27.09m | 27.09m     | 39.26m       | Stellenbosch       | 20 March 2019    |

## Javelin - Male

| Class | Group | Name                    | SA Rec | Africa Rec | World Record | Place        | Date              |
|-------|-------|-------------------------|--------|------------|--------------|--------------|-------------------|
| F11   | Open  | Hlongwane, Newton       | 27.46m | 32.7m      | 53.99m       | Bloemfontein | 23 March 2024     |
| F12   | Open  | Langenhoven, Hilton     | 53.09m | 54.3m      | 64.89m       | Lille        | 20 July 2002      |
|       | U/20  | Nemagovhani, Terrence   | 29.08m | 54.3m      | 64.89m       | Johannesburg | 01 April 2015     |
| F13   | Open  | Chadwind, James         | 51.74m | 57.64m     | 74.49m       | Lille        | 01 July 2002      |
|       | U/20  | Klopper, Pj             | 30.18m | 57.64m     | 74.49m       | Gqeberha     | 31 March 2025     |
|       | U/17  | Otto, Conrad            | 28.55m |            |              | Stellenbosch | 30 March 2026     |
| F33   | Open  | Swart, Blackie          | 11.88m | 21.64m     | 27.07m       | Stellenbosch | 31 March 2014     |
|       | U/20  | Janse V Rensburg, Doran | 12.50m | 21.64m     | 27.07m       | Stellenbosch | 21 March 2019     |
| F34   | Open  | Langa, Ayanda           | 20.50m | 34.26m     | 41.16m       | Gqeberha     | 31 March 2025     |
|       | U/20  | Ncane, Karabo           | 14.09m | 34.26m     | 41.16m       | Bloemfontein | 23 March 2024     |
|       | U/17  | Bengu, Aphelele         | 14.28m |            |              | Bloemfontein | 23 March 2024     |
|       | U/14  | Ndlovu, Siphamandla     | 8.97m  |            |              | Bloemfontein | 23 March 2024     |
| F35   | Open  | Michaels, Fabian        | 42.22m | 42.22m     | 56.07m       | Athens       | 25 September 2004 |
|       | U/20  | Mc Corn, Peter          | 24.36m | 42.22m     | 56.07m       | Stellenbosch | 31 March 2014     |
| F36   | Open  | Newman, Nicholas        | 42.48m | 42.48m     | 45.18m       | Beijing      | 08 September 2008 |

| Class | Group | Name                  | SA Rec | Africa Rec | World Record | Place         | Date             |
|-------|-------|-----------------------|--------|------------|--------------|---------------|------------------|
| F37   | U/20  | Kubheka, Sicelo       | 27.18m | 42.48m     | 45.18m       | Rustenburg    | 29 March 2011    |
|       | Open  | Jonker, J             | 43.26m | 48.35m     | 57.81m       | Pretoria      | 01 March 1996    |
|       | U/20  | Slammat, Lucian       | 30.86m | 48.35m     | 57.81m       | Stellenbosch  | 19 March 2019    |
|       | U/17  | Rhode, Chad           | 23.08m |            |              | Stellenbosch  | 19 March 2019    |
| F38   | U/14  | Gouws, Brandan        | 14.69m |            |              | Cape Town     | 20 March 2023    |
|       | Open  | Hamman, Reinhardt     | 54.63m | 54.63m     | 63.81m       | Dubai         | 09 November 2019 |
|       | U/20  | Felix, Sadah          | 38.66m | 54.63m     | 63.81m       | Nottwil       | 02 August 2019   |
|       | U/17  | Snyman, Anthony       | 17.12m |            |              | Stellenbosch  | 31 March 2026    |
| F40   | U/14  | Van Wyk, Hendrik      | 16.45m |            |              | Gqeberha      | 30 March 2025    |
|       | U/20  | Mphutlane, Thato      | 18.10m | 33.4m      | 39.08m       | Johannesburg  | 01 April 2015    |
|       | Open  | Van Staden, Joshau    | 24.31m | 37.69m     | 48.94m       | Pretoria      | 17 April 2021    |
|       | U/20  | Van Staden, Joshua    | 23.96m | 37.69m     | 48.94m       | Nottwil       | 02 August 2019   |
| F42   | Open  | Molobela, Daniel      | 31.41m | 48.12m     | 59.19m       | Stellenbosch  | 29 March 2026    |
|       | U/20  | Fourie, Lohan         | 34.57m | 48.12m     | 59.19m       | Durban        | 26 March 2012    |
|       | U/17  | Molobela, Daniel      | 23.80m |            |              | Germiston     | 21 March 2022    |
| F43   | Open  | Camba, Mzimadoda      | 36.92m |            | 62.09m       | Stellenbosch  | 24 February 2024 |
|       | U/20  | Dramat, Bilaal        | 26.31m |            | 62.09m       | Bloemfontein  | 02 April 2018    |
|       | U/17  | Ntlanti, Yamkela      | 19.3m  |            |              | Germiston     | 21 March 2022    |
| F44   | U/14  | Warden, Brendan       | 10.03m |            |              | Stellenbosch  | 31 March 2026    |
|       | Open  | Jones, Rob            | 41.18m | 62.5m      | 67.03m       | Germiston     | 20 March 2022    |
|       | U/20  | Motsikoe, Katlego     | 24.36m | 62.5m      | 67.03m       | Stellenbosch  | 30 March 2026    |
|       | U/17  | Mabena, Siphesihle    | 24.28m |            |              | Gqeberha      | 30 March 2025    |
| F46   | U/14  | Mabena, Siphesihle    | 15.67m |            |              | Cape Town     | 20 March 2023    |
|       | Open  | Van Staden, Jan       | 52.94m | 52.94m     | 68.6m        | Potchefstroom | 21 April 2017    |
|       | U/20  | Graaff, Arno          | 42.38m | 52.94m     | 68.6m        | Stellenbosch  | 30 March 2026    |
|       | U/17  | Kotze, Ewan           | 37.36m |            |              | Nottwil       | 02 August 2019   |
| F52   | U/14  | Ntetshavhambe, Ndieni | 22.07m |            |              | Gqeberha      | 30 March 2025    |
|       | Open  | Degenaar, Luan        | 14.86m |            | 20.99m       | Pretoria      | 01 March 2000    |
|       | F53   | Kock, F               | 12.10m | 16.52m     | 24.3m        | Worcester     | 28 March 1998    |
| F54   | U/14  | Mphulenyane, Mpho     | 4.98m  |            |              | Bloemfontein  | 23 March 2024    |
|       | Open  | Du Preez, I           | 18.58m | 22.94m     | 33.29m       | Kimberley     | 27 March 2002    |
|       | U/20  | Jansen, Zander        | 13.73m | 22.94m     | 33.29m       | Bloemfontein  | 06 November 2021 |
| F55   | U/17  | Vezi, Banele          | 15.39m |            |              | Stellenbosch  | 29 March 2026    |
|       | Open  | Nasakona, Vhumbani    | 21.0m  | 30.92m     | 35.3m        | Bloemfontein  | 23 March 2024    |
|       | U/20  | Xundu, Khanya         | 17.66m | 30.92m     | 35.3m        | Germiston     | 21 March 2022    |
| F56   | U/17  | Xundu, Khanya         | 16.90m |            |              | Stellenbosch  | 20 March 2019    |
|       | Open  | Humpries, Steyn       | 28.60m | 34.31m     | 42.74m       | Pretoria      | 22 March 1996    |
|       | U/20  | Joubert, Steven       | 18.80m | 34.31m     | 42.74m       | Gqeberha      | 01 April 2025    |

| Class | Group | Name                   | SA Rec | Africa Rec | World Record | Place        | Date           |
|-------|-------|------------------------|--------|------------|--------------|--------------|----------------|
| F57   | U/17  | Malao, Katlego         | 17.13m |            |              | Stellenbosch | 20 March 2019  |
|       | Open  | Du Plessis, Christiaan | 34.66m | 47.39m     | 51.42m       | Johannesburg | 01 April 2015  |
|       | U/20  | Biyela, Bongumenzi     | 23.79m | 45.07m     | 51.42m       | Gqeberha     | 01 April 2025  |
|       | U/17  | Dlamini, Simphiwe      | 14.96m |            |              | Bloemfontein | 23 March 2024  |
| F61   | U/14  | Malandzela, Oratile    | 12.78m |            |              | Stellenbosch | 29 March 2026  |
|       | U/17  | Nemutanda, Vhuthuhwe   | 23.77m |            |              | Gqeberha     | 30 March 2025  |
|       | U/14  | Nemutanda, Vhuthuhwe   | 14.37m |            |              | Cape Town    | 20 March 2023  |
| F62   | Open  | Bomvana, Xolani        | 23.84m |            | 31.21m       | Cape Town    | 19 March 2023  |
| F63   | Open  | Butler, Anthony        | 29.30m |            | 59.77m       | Cape Town    | 19 March 2023  |
|       | U/20  | Coimbra, Teagon        | 31.49m |            | 59.77m       | Gqeberha     | 01 April 2025  |
|       | U/17  | Coimbra, Teagon        | 33.50m |            |              | Bloemfontein | 23 March 2024  |
| F64   | Open  | Burgers, Emile         | 55.62m | 56.24m     | 73.29m       | Pretoria     | 20 May 2023    |
|       | U/20  | Burgers, Emile         | 42.43m | 56.24m     | 73.29m       | Athlone      | 04 July 2018   |
|       | U/17  | Burgers, Emile         | 48.35m |            |              | Nottwil      | 02 August 2019 |

## Javelin - Female

| Class | Group | Name                  | SA Rec | Africa Rec | World Record | Place         | Date              |
|-------|-------|-----------------------|--------|------------|--------------|---------------|-------------------|
| F11   | U/20  | Dwayise, Nandipha     | 16.26m |            | 38.62m       | Johannesburg  | 01 April 2015     |
| F12   | U/20  | Mtumba, Nombuso       | 15.48m | 35.03m     | 46m          | Gqeberha      | 29 March 2010     |
|       | U/14  | Magasule, Keneilwe    | 7.15m  |            |              | Bloemfontein  | 23 March 2024     |
| F13   | Open  | Mentor, Carmen        | 26.08m | 31.68m     | 44.58m       | Christchurch  | 24 January 2011   |
|       | U/20  | Mentor, Carmen        | 22.55m | 31.68m     | 44.58m       | Rustenburg    | 29 March 2011     |
| F33   | U/20  | Macala, Anathi        | 7.60m  | 15.98m     | 16.99m       | Stellenbosch  | 30 March 2026     |
| F34   | Open  | Nhlapho, Zandile      | 13.86m | 17.41m     | 22.55m       | Potchefstroom | 22 April 2017     |
|       | U/20  | Langa, Ayanbulela     | 11.19m | 17.41m     | 22.55m       | Bloemfontein  | 23 March 2024     |
|       | U/17  | Langa, Phila          | 10.85m |            |              | Stellenbosch  | 30 March 2026     |
|       | U/14  | Langa, Phila          | 8.25m  |            |              | Gqeberha      | 30 March 2025     |
| F35   | Open  | Mashinini, Beverley   | 21.94m | 21.94m     | 28.44m       | Athens        | 21 September 2004 |
|       | U/20  | Khumalo, Thamdokuhle  | 15.39m | 21.94m     | 28.44m       | Gqeberha      | 07 April 2009     |
|       | U/17  | Sepuru, Lehlogonolo   | 17.4m  |            |              | Stellenbosch  | 20 March 2019     |
| F36   | U/20  | Carinus, Madri        | 11.56m | 16.04m     | 29.55m       | Gqeberha      | 07 April 2009     |
| F37   | Open  | Latto, P              | 23.25m | 36.37m     | 37.86m       | Kimberley     | 27 March 2002     |
|       | U/20  | Volkwyn, Alvine       | 17.54m | 36.37m     | 37.86m       | Bloemfontein  | 02 April 2018     |
|       | U/17  | Van Deventer, Sihana  | 20.88m |            |              | Mosselbay     | 31 August 2024    |
|       | U/14  | Wiid, Willene         | 13.34m |            |              | Cape Town     | 20 March 2023     |
| F38   | Open  | Marwanqana, Siphokazi | 23.01m | 21.07m     | 32.87m       | Kimberley     | 27 March 2002     |
|       | U/20  | Haywood, Andrea       | 21.83m | 21.07m     | 32.87m       | Gqeberha      | 25 April 2021     |
|       | U/17  | Van Deventer, Sihana  | 14.42m |            |              | Cape Town     | 14 October 2023   |

| Class | Group | Name                   | SA Rec | Africa Rec | World Record | Place        | Date             |
|-------|-------|------------------------|--------|------------|--------------|--------------|------------------|
| F40   | U/14  | Payne, Kaylyn          | 10.14m |            |              | Cape Town    | 20 March 2023    |
|       | U/20  | Holtzhausen, Cherel    | 9.94m  | 18.89m     | 23.37m       | Gqeberha     | 25 April 2021    |
|       | U/17  | Holtzhausen, Cherel    | 8.78m  | 15.42m     | 23.37m       | Bloemfontein | 03 November 2018 |
| F41   | Open  | Xaba, Gaba             | 14.24m | 28.7m      | 28.7m        | Johannesburg | 01 April 2015    |
|       | U/20  | Xaba, Gaba             | 14.33m | 28.7m      | 28.7m        | Stellenbosch | 01 April 2014    |
| F42   | Open  | Grootboom, Nolubabalo  | 17.9m  | 16.35m     | 31.51m       | Gqeberha     | 29 March 2010    |
| F43   | Open  | Fox, Katinka           | 23.9m  | 23.9m      | 27.97m       | Germiston    | 20 March 2022    |
|       | U/20  | Fox, Katinka           | 22.12m | 23.9m      | 27.97m       | Stellenbosch | 20 March 2019    |
| F44   | Open  | Mokhine, Masego        | 31.62m | 29.31m     | 43.12m       | Bangalore    | 01 November 2009 |
|       | U/20  | Van Der Merwe, Yane    | 27.92m | 29.31m     | 43.12m       | Nottwil      | 02 August 2019   |
|       | U/17  | Hoffman, Mandilene     | 15.39m |            |              | Stellenbosch | 20 March 2019    |
| F46   | Open  | Le Roux, Juane         | 33.82m | 33.79m     | 45.73m       | Stellenbosch | 24 February 2024 |
|       | U/20  | Le Roux, Juane         | 34.72m | 33.79m     | 45.73m       | Bloemfontein | 24 March 2024    |
|       | U/17  | Le Roux, Juane         | 26.60m |            |              | Germiston    | 21 March 2022    |
| F53   | U/17  | Radebe, Ntando         | 6.54m  |            |              | Stellenbosch | 30 March 2026    |
| F54   | Open  | Situ, Zanele           | 18.0m  | 20.25m     | 21.12m       | Berlin       | 01 June 2017     |
|       | U/20  | Mahlatshana, Sinesipho | 9.49m  | 20.25m     | 21.12m       | Germiston    | 21 March 2022    |
| F55   | Open  | Mokoena, E             | 12.50m | 16.46m     | 27.07m       | Germiston    | 21 March 2003    |
|       | U/20  | La Grange, Line        | 9.29m  | 16.46m     | 27.07m       | Rustenburg   | 30 March 2011    |
|       | U/17  | Raoof, Azizat          | 7.86m  |            |              | Stellenbosch | 20 March 2019    |
| F56   | Open  | Mokoena, Malifetsi     | 14.05m | 21m        | 24.8m        | Durban       | 24 March 2004    |
|       | U/20  | Kodisang, Maria        | 11.71m | 21m        | 24.8m        | Rustenburg   | 30 March 2011    |
|       | U/17  | Madiloyi, Inam         | 9.91m  |            |              | Cape Town    | 19 March 2023    |
| F57   | Open  | Yonke, Nokuthula       | 12.81m | 25.95m     | 25.95m       | Stellenbosch | 26 February 2022 |
|       | U/20  | Yonke, Nonkuthula      | 11.61m | 25.95m     | 25.95m       | Stellenbosch | 20 March 2019    |
|       | U/17  | Kotu, Michelle         | 12.26m |            |              | Bloemfontein | 23 March 2024    |
| F63   | U/14  | Kotu, Michelle         | 5.80m  |            |              | Germiston    | 21 March 2022    |
|       | U/17  | Croucamp, Megan        | 15.74m |            |              | Stellenbosch | 20 March 2019    |

## Shot put - Male

| Class | Group | Name                | SA Rec | Africa Rec | World Record | Place            | Date            |
|-------|-------|---------------------|--------|------------|--------------|------------------|-----------------|
| F11   | Open  | Morries, L          | 10.98m | 11.3m      | 15.26m       | Pietersburg      | 01 October 1989 |
|       | U/20  | Breitenbach, Danie  | 6.89m  |            |              | Durban           | 26 March 2012   |
| F12   | Open  | Blom, Hermanus      | 15.15m | 13.16m     | 17.04m       | Pretoria         | 15 June 2024    |
|       | U/20  | Minnaar, Dewaldt    | 12.55m |            |              | Colorado Springs | 14 July 2011    |
|       | U/17  | Chipere, Tadiwanasi | 7.26m  |            |              | Cape Town        | 14 October 2023 |
| F13   | Open  | Blom, Hermanus      | 13.34m | 13.2m      | 16.46m       | Johannesburg     | 01 April 2015   |
|       | U/20  | Grant, Wesley       | 14.51m |            |              | Johannesburg     | 01 April 2015   |

| Class | Group | Name                    | SA Rec | Africa Rec | World Record | Place                       | Date             |
|-------|-------|-------------------------|--------|------------|--------------|-----------------------------|------------------|
| F32   | U/17  | Otto, Conrad            | 11.41m |            |              | Stellenbosch                | 30 March 2026    |
|       | U/14  | Makamu, Kabelo          | 4.89m  |            |              | Gqerbha                     | 31 March 2025    |
|       | Open  | Lubbe, Ernest           | 7.49m  | 12.11m     | 13.01m       | Bloemfontein                | 03 November 2018 |
|       | Open  | Breet, Adeo             | 6.57m  | 12.03m     | 12.77m       | Gqeberha                    | 03 April 2017    |
| F34   | U/20  | Janse V Rensburg, Doran | 6.21m  | 12.03m     | 12.77m       | Nottwil                     | 03 August 2019   |
|       | Open  | Vallentine, Dwayne      | 9.25m  | 11.7m      | 12.25m       | Stellenbosch                | 18 October 2025  |
|       | U/20  | Galant, Riaan           | 6.11m  | 11.7m      | 12.25m       | Cape Town                   | 20 March 2023    |
|       | U/17  | Malakapatu, David       | 6.78m  |            |              | Gqeberha                    | 30 March 2025    |
| F35   | Open  | Michaels, Fabian        | 11.43m | 11.4m      | 17.32m       | Stellenbosch                | 27 March 2008    |
|       | U/20  | Valentine, Dwayne       | 8.19m  | 11.4m      | 17.32m       | Durban                      | 26 March 2012    |
|       | U/17  | Abrahams, Ghaazim       | 6.08m  |            |              | Stellenbosch                | 30 March 2026    |
|       | U/14  | Ndlovu, Siphamandla     | 3.93m  |            |              | Bloemfontein                | 23 March 2024    |
| F36   | Open  | Strydom, Duane          | 10.87m | 16.86m     | 17.18m       | Bloemfontein                | 03 April 2006    |
|       | U/20  | Mahlambi, Sabelo        | 8.99m  | 16.86m     | 17.18m       | Gqeberha                    | 24 April 2021    |
|       | U/17  | Dzamara, Craig          | 5.47m  |            |              | Stellenbosch                | 30 March 2026    |
|       | Open  | Kruger, Gerrit          | 13.51m | 15.59m     | 17.52m       | Stellenbosch                | 16 April 2016    |
| F37   | U/20  | Manabela, Sibusiso      | 9.28m  | 15.59m     | 17.52m       | Gqeberha                    | 24 April 2021    |
|       | U/17  | Manabela, Sibusiso      | 8.95m  |            |              | Stellenbosch                | 19 March 2019    |
|       | U/14  | Oosthuizen, Ruben       | 5.33m  |            |              | Germiston                   | 21 March 2022    |
|       | Open  | Hamman, Reinhardt       | 13.77m | 15.58m     | 18.26m       | Sao Paulo                   | 23 April 2015    |
| F38   | U/20  | Letheko, Tumelo         | 9.56m  | 15.58m     | 18.26m       | Gqeberha                    | 29 March 2010    |
|       | U/17  | Sithole, Ntando         | 6.61m  |            |              | Stellenbosch                | 20 March 2019    |
|       | U/14  | Van Wyk, Hendrik        | 5.97m  |            |              | Gqeberha                    | 31 March 2025    |
|       | Open  | Mphutlane, Thato        | 6.12m  | 9.99m      | 11.6m        | Bloemfontein/Port Elizabeth | 02 April 2017    |
| F40   | U/20  | Mphutlane, Thato        | 5.75m  | 9.99m      | 11.6m        | Johannesburg                | 31 March 2015    |
|       | U/17  | Ramolahloane, Kabelo    | 5.97m  |            |              | Stellenbosch                | 20 March 2019    |
|       | Open  | Van Staden, Joshua      | 7.68m  | 10.74m     | 15.07m       | Germiston                   | 21 March 2022    |
|       | Open  | Molobela, Daniël        | 9.11m  | 12.58m     | 17.52m       | Stellenbosch                | 28 March 2026    |
| F41   | U/20  | Molobela, Daniel        | 8.78m  | 12.58m     | 17.52m       | Bloemfontein                | 24 March 2024    |
|       | U/17  | Molobela, Daniel        | 7.82m  |            |              | Germiston                   | 20 March 2022    |
|       | Open  | Camba, Mziwadoda        | 9.95m  |            | 19.08m       | Bloemfontein                | 02 November 2024 |
|       | U/20  | Dramat, Bilaal          | 8.92m  |            | 19.08m       | Bloemfontein                | 31 March 2018    |
| F43   | U/17  | Ntlanti, Yamkela        | 5.81m  |            |              | Germiston                   | 20 March 2022    |
|       | U/14  | Warden, Brandon         | 4.61m  |            |              | Stellenbosch                | 31 March 2026    |
|       | Open  | Erasmus, Stiaan         | 11.75m | 15.65m     | 15.73m       | Gqeberha                    | 31 March 2025    |
|       | U/20  | Erasmus, Stiaan         | 12.74m | 15.65m     | 15.73m       | Bloemfontein                | 24 March 2024    |
| F44   | U/17  | Motsikoe, Katlego       | 7.13m  |            |              | Cape Town                   | 20 March 2023    |
|       | U/14  | Mabena, Siphesihle      | 4.81m  |            |              | Cape Town                   | 20 March 2023    |

| Class | Group | Name                  | SA Rec | Africa Rec | World Record | Place                   | Date                        |
|-------|-------|-----------------------|--------|------------|--------------|-------------------------|-----------------------------|
| F45   | Open  | Mncube, Gift          | 7.44m  |            | 7.73m        | Cape Town               | 20 March 2023               |
|       | U/20  | Odendaal, Nabeel      | 7.67m  |            | 7.73m        | Gqeberha                | 02 April 2017               |
| F46   | Open  | Noemdo, Kerwin        | 16.13m | 16.13m     | 16.8m        | Vila Real De Santo      | 26 November 2022            |
|       | U/20  | Graaff, Arno          | 12.01m | 16.13m     | 16.8m        | Stellenbosch            | 30 March 2026               |
|       | U/17  | Pretorius, Christiaan | 8.53m  |            |              | Gqeberha                | 31 March 2025               |
| F52   | Open  | Pieters, Jakkie       | 6.57m  | 5.22m      | 11.74m       | Gqeberha                | 03 April 1995               |
|       | Open  | Beack, Brandon        | 6.05m  | 9.22m      | 9.66m        | Bloemfontein            | 06 May 2016                 |
|       | U/17  | Radebe, Nthando       | 3.6m   |            |              | Gqeberha                |                             |
|       | U/14  | Banele, Vezi          | 3.47m  |            |              | Cape Town               | 20 March 2023               |
| F54   | Open  | Labuschagne, Leon     | 9.15m  | 8.01m      | 12.06m       | Stellenbosch            | 08 April 1992               |
|       | U/20  | Jansen, Zander        | 4.98m  | 8.01m      | 12.06m       | Bloemfontein            | 06 November 2021            |
|       | U/17  | Vesi, Banele          | 7.07m  |            |              | Stellenbosch            | 30 March 2026               |
| F55   | Open  | Graham, Johan         | 7.92m  | 11.46m     | 12.68m       | Rustenburg/Bloemfontein | 29 Maart 2011/ 2 April 2018 |
|       | U/20  | Myburgh, Stephen      | 6.46m  | 11.46m     | 12.68m       | Durban                  | 28 March 2012               |
|       | U/17  | Xundu, Khanya         | 7.12m  |            |              | Stellenbosch            | 20 March 2019               |
|       | U/14  | Petersen, Cory        | 4.12m  |            |              | Cape Town               | 14 October 2023             |
| F56   | Open  | Humpries, Steyn       | 11.24m | 10.93m     | 13.49m       | Pretoria                | 23 March 1996               |
|       | U/20  | Joubert, Steven       | 7.99m  | 10.93m     | 13.49m       | Gqeberha                | 31 March 2025               |
|       | U/17  | Collet, Maximus       | 7.83m  |            |              | Stellenbosch            | 30 March 2026               |
|       | U/14  | Collet, Maximus       | 5.88m  |            |              | Cape Town               | 20 March 2023               |
| F57   | Open  | Strydom, Nicolas      | 11.82m | 13.3m      | 16.01m       | Stellenbosch            | 28 March 2026               |
|       | U/20  | Tefo, Warren          | 7.44m  | 13.3m      | 16.01m       | Johannesburg            | 31 March 2015               |
|       | U/17  | Tshibidi, Abraham     | 7.97m  |            |              | Stellenbosch            | 30 March 2026               |
|       | U/14  | Malandzela, Oratile   | 5.67m  |            |              | Stellenbosch            | 30 March 2026               |
| F63   | Open  | Pillay, Tyrone        | 13.36m | 13.36m     | 15.1m        | Dubai                   | 10 November 2019            |
|       | U/20  | Coimbra, Teagon       | 9.75m  | 13.36m     | 15.1m        | Stellenbosch            | 30 March 2026               |
|       | U/17  | Coimbra, Teagon       | 9.36m  |            |              | Bloemfontein            | 24 March 2024               |
| F64   | Open  | Joubert, Jean         | 12.31m | 12.26m     | 18.38m       | Cape Town               | 20 March 2023               |
|       | U/20  | Klopper, Kristiaan    | 9.19m  | 12.26m     | 18.38m       | Germiston               | 20 March 2022               |
|       | U/17  | Burgers, Emile        | 8.82m  |            |              | Nottwil                 | 01 August 2019              |

## Shot put - Female

| Class | Group | Name                | SA Rec | Africa Rec | World Record | Place        | Date          |
|-------|-------|---------------------|--------|------------|--------------|--------------|---------------|
| F11   | U/20  | Julies, Kamelin     | 5.63m  | 8.05m      | 17.32m       | Gqeberha     | 29 March 2010 |
|       | U/17  | Sebothe, Molebogeng | 5.30m  |            |              | Gqeberha     | 30 March 2025 |
| F12   | Open  | Mtumba, Nombuso     | 7.12m  | 9.54m      | 15.05m       | Johannesburg | 01 April 2015 |
|       | U/20  | Mtumba, Nombuso     | 7.13m  | 9.54m      | 15.05m       | Gqeberha     | 29 March 2010 |
|       | U/17  | Anesipho, Koyana    | 5.85m  |            |              | Stellenbosch | 19 March 2019 |

| Class | Group | Name                | SA Rec | Africa Rec | World Record | Place        | Date             |
|-------|-------|---------------------|--------|------------|--------------|--------------|------------------|
| F13   | Open  | Wait, B             | 9.51m  | 9.61m      | 13.05m       | Bloemfontein | 01 March 1986    |
|       | U/20  | Mentor, Carmen      | 8.96m  | 9.61m      | 13.05m       | Rustenburg   | 29 March 2011    |
| F32   | Open  | Britnell, Kendra    | 3.20m  | 6.95m      | 8m           | Gqeberha     | 31 March 2025    |
|       | U/20  | Britnell, Kendra    | 3.23m  | 6.95m      | 8m           | Stellenbosch | 12 October 2024  |
|       | U/17  | Ajam, Tauhirah      | 2.75m  |            |              | Gqeberha     | 31 March 2025    |
| F33   | Open  | Coetzer, Jeanell    | 3.36m  | 7.41m      | 8.23m        | Bloemfontein | 03 November 2018 |
|       | U/20  | Macala, Anathi      | 4.70m  | 7.41m      | 8.23m        | Stellenbosch | 29 March 2026    |
|       | U/17  | Makhamba, Zintle    | 2.94m  |            |              | Bloemfontein | 02 November 2024 |
| F34   | Open  | Nhlapho, Zandile    | 6.27m  | 8.33m      | 9.25m        | Johannesburg | 02 April 2015    |
|       | U/20  | Langa, Ayanbulela   | 5.13m  | 8.33m      | 9.25m        | Stellenbosch | 24 February 2024 |
|       | U/17  | Langa, Ayanbulela   | 5.10m  |            |              | Gqeberha     | 24 April 2021    |
|       | U/14  | Langa, Phila        | 3.86m  |            |              | Gqeberha     | 31 March 2025    |
| F35   | Open  | V Zyl, Chenelle     | 9.18m  | 9.18m      | 13.91m       | Pretoria     | 04 May 2012      |
|       | U/20  | Vd Walt, Emeline    | 6.27m  | 9.18m      | 13.91m       | Gqeberha     | 07 April 2009    |
|       | U/17  | Sepuru, Lehlogonolo | 5.58m  |            |              | Stellenbosch | 19 March 2019    |
| F36   | Open  | Mokhosoa, Dineo     | 7.94m  | 6.58m      | 11.79m       | Gqeberha     | 02 April 2017    |
|       | U/20  | Mokhosoa, Dineo     | 5.82m  | 6.58m      | 11.79m       | Durban       | 26 March 2012    |
|       | U/17  | Maree, Line         | 5.77m  |            |              | Stellenbosch | 30 March 2026    |
|       | U/14  | Maree, Line         | 5.43m  |            |              | Bloemfontein | 02 November 2024 |
| F37   | Open  | Bosker, Christelle  | 8.55m  | 8.79m      | 15.5m        | Sydney       | 23 October 2000  |
|       | U/20  | Greyling, Deyenne   | 7.18m  | 8.79m      | 15.5m        | Germiston    | 05 April 2007    |
|       | U/17  | Wiid, Wilene        | 8.55m  |            |              | Stellenbosch | 30 March 2026    |
|       | U/14  | Wagenaar, Delinda   | 5.71m  |            |              | Gqeberha     | 30 March 2025    |
| F38   | Open  | Kruger, Simone      | 12.38m | 12.14m     | 12.58m       | Stellenbosch | 28 March 2026    |
|       | U/20  | Haywood, Andrea     | 7.57m  | 12.14m     | 12.58m       | Gqeberha     | 25 April 2021    |
|       | U/17  | Kruger, Simone      | 12.52m |            |              | Nottwil      | 03 August 2019   |
|       | U/14  | Rademeyer, Nu-Ha    | 5.71m  |            |              | Stellenbosch | 31 March 2026    |
| F40   | U/20  | Mgebisa, Ayanda     | 4.40m  | 9.08m      | 9.25m        | Rustenburg   | 29 March 2011    |
|       | U/17  | Holtzhausen, Cherel | 3.46m  |            |              | Bloemfontein | 03 November 2018 |
| F41   | Open  | Xaba, Gaba          | 5.10m  | 10.55m     | 10.55m       | Johannesburg | 01 April 2015    |
|       | U/20  | Xaba, Gaba          | 5.32m  | 10.55m     | 10.55m       | Stellenbosch | 01 April 2014    |
| F42   | Open  | Mapayini, Louisa    | 6.50m  | 11.64m     | 11.64m       | Stellenbosch | 30 March 2026    |
|       | U/17  | Croucamp, Megan     | 7.03m  |            |              | Stellenbosch | 19 March 2019    |
|       | U/14  | Nzulwana, Muihle    | 5.06m  |            |              | Stellenbosch | 12 October 2024  |
| F43   | Open  | Fox, Katinka        | 7.59m  | 7.83m      | 8.74m        | Germiston    | 21 March 2022    |
|       | U/20  | Fox, Katinka        | 8.35m  | 7.83m      | 8.74m        | Stellenbosch | 20 March 2019    |
|       | U/17  | Adonis, Sinothando  | 3.14m  |            |              | Stellenbosch | 19 March 2019    |
|       | U/14  | Nzulwana, Mhile     | 4.94m  |            |              | Gqeberha     | 30 March 2025    |

| Class | Group | Name                   | SA Rec | Africa Rec | World Record | Place              | Date             |
|-------|-------|------------------------|--------|------------|--------------|--------------------|------------------|
| F44   | Open  | Van Der Merwe, Yane    | 9.45m  | 9.68m      | 13.14m       | Gqeberha           | 31 March 2025    |
|       | U/20  | Du Toit, Hemarisha     | 8.63m  | 9.68m      | 13.14m       | Gqeberha           | 25 April 2021    |
|       | U/17  | Hoffmann, Mandilene    | 9.68m  |            |              | Athlone            | 04 July 2018     |
| F46   | Open  | Le Roux, Juane         | 10.47m | 11.01m     | 14.06m       | Paris              | 14 July 2023     |
|       | U/20  | Le Roux, Juane         | 9.92m  | 11.01m     | 14.06m       | Gqeberha           | 30 March 2025    |
|       | U/17  | Le Roux, Juane         | 9.96m  |            |              | Germiston          | 21 March 2022    |
| F52   | Open  | Somtswayi, N           | 2.80m  | 2.95m      | 8.77m        | Stellenbosch       | 11 April 2001    |
|       | U/20  | Mdulwane, Mpho         | 3.03m  | 2.95m      | 8.77m        | Bloemfontein       | 02 April 2018    |
| F53   | Open  | Zide, S                | 2.71m  | 3.86m      | 7.82m        | Durban             | 24 March 2004    |
|       | U/17  | Radebe, Nthando        | 4.19m  |            |              | Stellenbosch       | 30 March 2026    |
| F54   | Open  | Etsebeth, T            | 5.87m  | 7.11m      | 8.33m        | Stellenbosch       | 03 April 1995    |
|       | U/20  | Mahlatshan, Sinesipho  | 4.21m  | 7.11m      | 8.33m        | Cape Town          | 19 March 2023    |
|       | U/17  | Matlatshane, Sinesipho | 4.35m  |            |              | Stellenbosch       | 19 March 2019    |
| F55   | Open  | Motaung, E             | 5.82m  | 7.37m      | 9.06m        | Durban             | 24 March 2004    |
|       | U/20  | Theron, Amore          | 4.55m  | 7.37m      | 9.06m        | Bloemfontein       | 21 March 2016    |
|       | U/17  | Petersen, Cory         | 4.92m  |            |              | Gqeberha           | 01 April 2025    |
| F56   | Open  | Vorster, L             | 6.38m  | 9.95m      | 9.95m        | Stellenbosch       | 28 March 2008    |
|       | U/20  | Monaheng, Ikanyeng     | 5.67m  | 9.95m      | 9.95m        | Stellenbosch       | 29 March 2026    |
| F57   | Open  | Hoffmann, Mandilene    | 8.41m  | 11.62m     | 11.56m       | Pretoria           | 15 June 2024     |
|       | U/20  | Hoffmann, Mandilene    | 7.80m  | 11.62m     | 11.56m       | Vila Real De Santo | 20 November 2022 |
|       | U/17  | Kotu, Michelle         | 6.65m  |            |              | Gqeberha           | 31 March 2025    |
|       | U/14  | Motloung, Thato        | 5.02m  |            |              | Stellenbosch       | 30 March 2026    |
| F63   | Open  | Croucamp, Megan        | 7.03m  | 8.06m      | 10.64m       | Stellenbosch       | 19 March 2019    |
|       | U/20  | Tau, Agnes             | 5.42m  | 8.06m      | 10.64m       | Bloemfontein       | 06 November 2021 |
| F64   | Open  | Combrink, Maria        | 11.15m | 11.15m     | 11.15m       | Gqeberha           | 25 April 2021    |
|       | U/20  | Macdonald, Kim         | 4.71m  | 11.15m     | 11.15m       | Stellenbosch       | 20 March 2019    |
|       | U/17  | Van Den Berg, Donique  | 4.48m  |            |              | Gqeberha           | 30 March 2025    |

## Club Throw - Male

| Class | Group | Name          | SA Rec | Africa Rec | World Record | Place        | Date             |
|-------|-------|---------------|--------|------------|--------------|--------------|------------------|
| F32   | Open  | Lubbe, Ernest | 25.72m | 41.64m     | 46.6m        | Bloemfontein | 06 November 2021 |