

Track records

100m - Men

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T11	Open	Majola, D	12.41	11.11	10.82	Bloemfontein	01 March 1986
	U/20	Petersen, Mogamat Nur	13.16	11.11	10.82	Bloemfontein	22 March 2016
	U/17	Keyna, Marcelino	14.51	11.11	10.82	Bloemfontein	23 March 2024
	U/14	Reotsepile, Rapolai	18.44	11.11	10.82	Port Elizabeth	30 March 2025
T12	Open	Ntutu, Ndodomzi	11.00	10.75	10.43	Gold Coast	11 April 2018
	U/20	Makalu, Masala	11.79	10.75	10.43	Bloemfontein	23 March 2024
	U/17	Ricardi, Matthee	11.98	10.75	10.43	Germiston	20 March 2022
	U/14	Masigo, Lentikile	14.79	10.75	10.43	Stellenbosch	30 March 2026
T13	Open	Ntutu, Johnathan	10.99	10.42	10.37	Lyon	24 July 2013
	U/20	Hendricks, Chane	11.36	10.42	10.37	Nottwil	03 August 2019
	U/17	Nkuna, Tebogo	12.97	10.42	10.37	Cape Town	19 March 2023
	U/14	Blessing, Kekana	15.88	10.42	10.37	Stellenbosch	30 March 2026
T33	Open	Westraadt, Ettiene	22.54	16.24	16.24	Kimberley	27 March 2002
	Open	Prinsloo, P	18.50	14.46	14.46	Pretoria	23 March 1996
	U/20	Ndlozi, S L	22.21	14.46	14.46	Germiston	04 April 2007
T35	Open	Mokgalagadi, Teboho	12.82	12.96	11.39	Beijing	08 September 2008
	U/20	Nkuna, Ishmael	14.34	12.96	11.39	Germiston	20 March 2022
	U/17	Marais, Migael	15.84	12.96	11.39	Stellenbosch	30 March 2026
	U/14	Retshepile, Thoabala	19.34	12.96	11.39	Bloemfontein	02 November 2024
T36	Open	Oleseng, Phenyo	13.98	11.99	11.72	Stellenbosch	20 March 2019
	U/20	Phangisa, Luciano	13.79	11.99	11.72	Stellenbosch	30 March 2026
	U/17	Phangisa, Luciano	15.05	11.99	11.72	Cape Town	19 March 2023
T37	Open	Du Toit, Charl	11.35	11.42	10.95	Gold Coast	10 April 2018
	U/20	Du Toit, Charl	12.35	11.42	10.95	Rustenburg	28 March 2011
	U/17	Wayiti, Tisetso	14.71	11.42	10.95	Germiston	20 March 2022
	U/14	Bonthuys, Vian	19.30	11.42	10.95	Port Elizabeth	30 March 2025
T38	Open	Buis, Dyan	11.11	11.11	10.64	London	01 September 2012
	U/20	Wallace, Rouvaun	11.72	11.11	10.64	Nottwil	03 August 2019
	U/17	Hunt, Lionel	14.07	11.11	10.64	Germiston	20 March 2022
T43	U/17	Ubane, Neo	14.61		17.53	Stellenbosch	30 March 2026
T44	Open	Mhlongo, Mpumelelo	11.00	11.00	11.00	Dubai	11 November 2019
	U/20	Swart, Ulrich	12.62	11.00	11.00	Stellenbosch	12 October 2024
	U/17	Botha, Franco	14.93	11.00	11.00	Bloemfontein	23 March 2024
T45	Open	Radebe, Samkelo	11.10	11.05	10.94	Johannesburg	21 August 2010

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T46	U/20	Radebe, Samkelo	11.56	11.05	10.94	Bangalore	01 November 2009
	U/17	Nkondlo, Aluncendo	14.62	11.05	10.94	Stellenbosch	30 March 2026
	U/14	Moloi, ZamaLwandle	15.60	11.05	10.94	Port Elizabeth	30 March 2025
	Open	Louw, Niel	10.80	10.69	10.29	Sydney	01 October 2000
	U/20	Smith, Zivan	11.69	10.69	10.29	Port Elizabeth	29 March 2010
	U/17	Mtembu, Thato	13.86	10.69	10.29	Port Elizabeth	24 April 2021
T47	U/14	Maje, Thabo	17.04	10.69	10.29	Cape Town	19 March 2023
	Open	Mhlalela, Collen	11.31	10.69	10.29	Stellenbosch	22 February 2025
	U/20	Harty, Collin-Lee	11.54	10.69	10.29	Bloemfontein	23 March 2024
	U/17	Harty, Collin	11.62	10.69	10.29	Germiston	20 March 2022
T51	U/14	Sarelwa, Lerato	18.30	10.69	10.29	Cape Town	19 March 2023
	Open	Du Preez, Pieter	23.26	20.96	19.13	Rustenburg	28 March 2011
T52	Open	Beack, Brandon	17.89	17.89	16.01	Arbon	01 June 2019
T53	Open	West, Peter	18.00	14.81	14.10	Stellenbosch	08 April 1992
T54	Open	Van Dyk, Ernst	15.00	14.22	13.63	Pretoria	14 March 2000
T61	U/20	Sekgobela, L L	18.81	14.22	13.63	Stellenbosch	27 March 2008
	Open	Mahlangu, Ntando	12.77	12.77	12.73	Stellenbosch	20 March 2019
	U/20	Mahlangu, Ntando	12.82	12.77	12.73	Nottwil	03 August 2019
	U/17	Ditshaba, Simphiwe	14.83	12.77	12.73	Bloemfontein	01 November 2025
T62	U/14	Twala, Thlomp	16.10	12.77	12.73	Port Elizabeth	30 March 2025
	Open	Daniels, Paul	11.23	11.23	10.54	Paris	01 September 2024
	U/20	Daniels, Paul	11.99	11.23	10.54	Germiston	20 March 2022
	U/17	Mabote, Puseletso	13.27	11.23	10.54	Port Elizabeth	24 April 2021
T63	U/14	Malatji, Miracle	16.42	11.23	10.54	Bloemfontein	23 March 2024
	Open	Mabote, Puseletso	12.03	12.03	11.95	India	05 October 2025
	U/20	Molekoa, Kgotso	13.97	12.04	11.95	Germiston	20 March 2022
	U/17	Mabote, Puseleteso	13.57	12.04	11.95	Nottwil	02 August 2019
T64	U/14	Mukansi, Junior	14.80	12.04	11.95	Port Elizabeth	30 March 2025
	Open	Fourie, Arn	10.93	10.93	10.61	Doha	29 October 2015
	U/20	Van Heerden, Jayden	12.75	10.93	10.61	Stellenbosch	30 March 2025
	U/17	Van Heerden, Jayden	12.74	10.93	10.61	Port Elizabeth	30 March 2025
	U/14	Van Heerden, Jayden	14.93	10.93	10.61	Germiston	20 March 2022

100m - Female

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T11	Open	Arendse, Chayil	14.90	12.12	11.83	Stellenbosch	22 February 2025
	U/20	Julies, Kamelin	13.80	12.12	11.83	Port Elizabeth	29 March 2010
T12	Open	Lomax, Carley	14.01	12.35	11.40	Johannesburg	02 April 2015

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T13	U/20	Mtumba, Nombuso	12.80	12.35	11.40	Port Elizabeth	29 March 2010
	Open	Hayes, Ilse	11.89	11.89	11.79	Sao Paulo	23 April 2015
	U/20	Pretorius, Johanna	12.91	11.89	11.79	Rustenburg	28 March 2011
	U/17	Malakalaka, Mabitsela	16.26	11.89	11.79	Cape Town	19 March 2023
T35	U/14	Makamu, Kabelo	15.48	11.89	11.79	Port Elizabeth	30 March 2025
	Open	Van Zyl, Chenelle	17.90	17.90	13.00	Stellenbosch	01 April 2014
	U/20	Mlambo, Thoko	22.90	17.90	13.00	Rustenburg	28 March 2011
T36	Open	Wagener, Leona	18.20	16.79	13.35	Pretoria	23 March 1996
T37	U/20	Thabede, Sinehlanhla	18.18	16.79	13.35	Port Elizabeth	30 March 2025
	U/14	Lishivha, Tshifhiwa	17.40	16.79	13.35	Stellenbosch	30 March 2026
	Open	James, Sheryl	13.53	13.53	12.27	Birmingham	02 August 2022
	U/20	Gouws, Liezel	14.99	13.53	12.27	Bloemfontein	22 March 2016
	U/17	Phetu, Imani	16.65	13.53	12.27	Germiston	20 March 2022
T38	U/14	Wiid, Willene	20.16	13.53	12.27	Cape Town	19 March 2023
	Open	Joubert, S	13.50	13.65	12.26	Worcester	27 March 1998
	U/20	Meijer, Juanelie	14.43	13.65	12.26	Bloemfontein	22 March 2016
	U/17	Kruger, Simone	16.64	13.65	12.26	Athlone	03 July 2018
T43	U/14		16.82			Port Elizabeth	30 March 2025
	Open		14.36	14.36	12.72	Nottwil	26 May 2023
T45	U/20	Haasbrook, Joelene	16.51	14.36	12.72	Stellenbosch	20 March 2019
	U/20	Motshabi, Tshegofatso	19.04		14.00	Port Elizabeth	30 March 2025
	U/17	Mokshabi, Tshegofatso	18.77		14.00	Bloemfontein	23 March 2024
T46	U/20	Liebenberg, Anrune	13.60	12.36	11.89	Rustenburg	28 March 2011
	U/17	Swart, Frane	16.98	12.36	11.89	Port Elizabeth	24 April 2021
T47	Open	Weyers, Anrune	12.36	12.36	11.89	Dubai	12 November 2019
	U/20	Marggraf, Jessica	13.54	12.36	11.89	Bloemfontein	07 November 2020
	U/17	Dhlamini, Mbali	17.03	12.36	11.89	Port Elizabeth	24 April 2021
T53	Open	Van Uys, Renise	21.33	18.51	15.25	Durban	15 March 2005
T54	Open	Mokoena, Malifetsi	20.69	15.84	15.35	Germiston	16 March 2003
	U/20	Le Grange, Line	26.21	15.84	15.35	Rustenburg	28 March 2011
T61	U/17	Mashamba, Martha	22.50		14.95	Cape Town	19 March 2023
T64	Open	Retief, Rentia	14.36		12.46	Stellenbosch	22 February 2025
	U/17	Van Den Berg, Donique	18.56		12.46	Bloemfontein	23 March 2024

200m - Male

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T11	Open	Toto, Grossnage	28.00	20.39	22.41	Bloemfontein	02 April 2018
	U/20	Mlawu, Lwandile	26.47	20.39	22.41	Port Elizabeth	28 March 2010

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T12	U/17	Nhundu, Blessing	31.59	20.39	22.41	Bloemfontein	24 March 2024
	Open	Langenhoven, Hilton	21.94	21.77	21.55	Beijing	16 September 2008
	U/20	Maans, Denzwill	24.39	21.77	21.55	Rustenburg	29 March 2011
T13	U/17	Ricardi, Matthee	25.65	21.77	21.55	Germiston	20 March 2022
	U/14	Casamba, Samkelo	32.35	21.77	21.55	Stellenbosch	29 March 2026
	Open	Ntutu, Johnathan	22.09	21.74	21.05	Lyon	21 July 2013
	U/20	Briers-Louw, Daniel	22.99	21.74	21.05	Bloemfontein	02 April 2018
	U/17	Klaasen, Anchwin	27.45	21.74	21.05	Cape Town	20 March 2023
T33	U/14	Kgwethe, Letago	35.04	21.74	21.05	Germiston	21 March 2022
	Open	Westraadt, Ettiene	45.81	33.27	29.00	Kimberley	29 March 2002
T34	Open	Prinsloo, P	33.40	25.91	25.91	Pretoria	01 January 1991
T35	U/20	Ndlozi, S L	40.43	25.91	25.91	Germiston	04 April 2007
	Open	Mokgalagadi, Teboho	26.80	26.70	23.00	Athens	01 September 2004
	U/20	March, Enrico	29.90	26.70	23.00	Germiston	04 April 2007
T36	U/17	Marais, Migael	32.57	26.70	23.00		
	Open	Sithole, Ntando	28.73	26.01	23.80	Gqeberha	31 March 2025
	U/20	Mahlambi, Sabelo	27.22	26.01	23.80	Port Elizabeth	25 April 2021
	U/17	Phangisa, Luciano	31.98	26.01	23.80	Cape Town	20 March 2023
T37	Open	Vd Merwe, Fanie	22.99	22.99	21.91	Doha	22 October 2015
	U/20	Du Toit, Charl	25.11	22.99	21.91	Rustenburg	29 March 2011
	U/17	Nkobore, Thato	28.76	22.99	21.91	Germiston	20 March 2022
T38	Open	Buis, Dyan	22.51	22.51	21.82	London	08 September 2012
	U/20	Wallace, Rouvaun	23.64	22.51	21.82	Nottwil	01 August 2019
	U/17	Hunt, Lionel	29.02	22.51	21.82	Germiston	20 March 2022
T42	U/17	Mabote, Puseleteso	28.41		26.01	Stellenbosch	20 March 2019
T44	Open	Mphumelelo, Mhlongo	00;22.62	22.62	22.62	Paris	07 September 2024
	U/20	Schultz, Christiaan	25.24	22.81	22.62	Bloemfontein	21 March 2016
T45	Open	Radebe, Samkelo	23.12	22.82	21.91	Johannesburg	21 August 2010
	U/20	Radebe, Samkelo	23.78	22.82	21.91	Bangalore	01 November 2009
	U/17	Nkondlo, Aluncedo	30.03	22.82	21.91	Stellenbosch	29 March 2026
T46	U/14	Moloi, ZamaLwandle	33.72	22.82	21.91	Gheberha	31 March 2025
	Open	Louw, Niel	22.72	21.83	20.83	Sydney	26 October 2000
	U/20	Mchasa, Tshepo	24.17	21.83	20.83	Rustenburg	29 March 2011
	U/17	Mtembu, Thato	28.95	21.83	20.83	Port Elizabeth	25 April 2021
	U/14	Netshavhambe, Ndieni	33.00	21.83	20.83	Gqeberha	31 March 2025
T47	Open	Joubert, Tshepang	24.21	21.83	20.83	Bloemfontein	21 March 2016
	U/20	Harty, Collin-Lee	23.41	21.83	20.83	Cape Town	20 March 2023
	U/17	Harty, Collin	23.21	21.83	20.83	Germiston	21 March 2022

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T51	U/14	Sarelwa, Lerato	36.09	21.83	20.83	Cape Town	20 March 2023
	Open	Du Preez, Pieter	42.94	39.42	35.74	Paris	17 July 2023
	T52	Open	Beack, Brandon	32.98	27.57	Arbon	02 June 2019
	T53	Open	Klaasen, Eugene	31.86	25.04	Johannesburg	01 April 2015
T54	Open	Van Dyk, Ernst	27.00	24.35	23.97	Pretoria	15 March 2000
T61	U/20	Sekgobela, Lucky	35.09	24.35	23.97	Port Elizabeth	07 April 2009
	Open	Mahlangu, Ntando	22.94	23.03	23.03	Port Elizabeth	25 April 2021
	U/20	Mahlangu, Ntando	23.03	23.03	23.03	Nottwil	01 August 2019
	U/17	Ditshaba, Simphiwe	29.54	23.03	23.03	Stellenbosch	29 March 2026
T62	U/14	Twala, Thlombo	31.46	23.03	23.03	Gqeberha	31 March 2025
	Open	Du Plessis, Daniel	22.51	23.11	20.69	Bloemfontein	07 November 2020
	U/20		24.50	23.11	20.69	Stellenbosch	19 March 2019
	U/17		26.88	23.11	20.69	Port Elizabeth	25 April 2021
T63	Open	Mabote, Puseletso	25.12	25.12	25.12	Bloemfontein	24 March 2024
	U/20	Molekoa, Kgotso	28.19	26.36	25.12	Germiston	20 March 2022
	U/17	Mabote, Puseletso	26.36	26.36	25.12	Nottwil	01 August 2019
T64	Open	Fourie, Arnu	22.26	22.26	21.27	Paris	31 May 2017
	U/20	Van Heerden, Jayden	26.25	22.26	21.27	Bloemfontein	01 November 2025
	U/17	Van Heerden, Jayden	26.13	22.26	21.27	Gqeberha	31 March 2025
	U/14	Van Heerden, Jayden	31.71	22.26	21.27	Germiston	21 March 2022

200m - Female

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T11	U/20	Arendse, Jeanne-Chayil	31.21	24.82	24.36	Gqeberha	31 March 2025
	U/17	Moagi, Mary	36.22	24.82	24.36	Gqeberha	31 March 2025
T12	Open	Lomax, Carley	29.21	25.72	23.02	Johannesburg	31 March 2015
	U/20	Wessels, Avril	32.51	25.72	23.02	Bloemfontein	02 April 2018
	U/17	Masakona, Wamashudu	32.55	25.72	23.02	Bloemfontein	24 March 2024
T13	Open	Hayes, Ilse	24.70	24.70	24.24	Sao Paulo	24 April 2015
	U/20	Pretorius, Johanna	27.00	24.70	24.24	Rustenburg	29 March 2011
	U/17	Gertenbach, Aimee	27.79	24.70	24.24	Stellenbosch	29 March 2026
	U/14	Matlamela, Precious	35.05	24.70	24.24	Stellenbosch	29 March 2026
T32	Open	Symons, J	1:22.57		1:22.57	Durban	25 March 1993
T36	Open	Msibi, N	42.50	35.65	27.47	Durban	15 March 2005
	U/20	Thabede, Sinehlanhla	39.28	35.65	27.47	Gqeberha	31 March 2025
	U/17	Letimela, Gomolemo	41.73	35.65	27.47	Bloemfontein	24 March 2024
	U/14	Lshivha, Tshihiwa	44.67	35.65	27.47	Stellenbosch	29 March 2026
T37	Open	James, Sheryl	27.57	27.57	25.75	Tokyo	27 August 2021

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T38	U/20	Gouws, Liezel	30.50	27.57	25.75	Port Elizabeth	03 April 2017
	U/17	Van Deventer, Sihana	38.53	27.57	25.75	Bloemfontein	24 March 2024
	Open	Meijer, Juanelie	30.04	27.93	25.78	Sharjah	05 December 2011
	U/20	Meijer, Juanelie	30.10	27.93	25.78	Johannesburg	01 April 2015
T44	U/17	Van Deventer, Sihana	43.82	27.93	25.78	Cape Town	14 October 2023
	Open	Abrahams, Tezna	27.41	30.41	26.15	Cape Town	20 March 2023
T45	U/20	Motshabi, Tshegofatso	41.08		28.58	Gqeberha	31 March 2025
T46	U/17	Motshabi, Tsegofatso	39.96		28.58	Bloemfontein	24 March 2024
	U/20	Kleynhans, Jana	29.61	25.01	24.45	Port Elizabeth	25 April 2021
T47	U/17	Swart, Frane	35.82	25.01	24.45	Port Elizabeth	25 April 2021
	Open	Weyers, Anrune	25.01	25.01	24.45	Dubai	13 November 2019
	U/20	Liebenberg, Anrune	27.14	25.01	24.45	Rustenburg	29 March 2011
	U/17	Dhlamini, Mbali	37.03	25.01	24.45	Port Elizabeth	25 April 2021
T51	Open	Swanepoel, Kat	50.25	1:03.76	44.17	Bloemfontein	05 November 2016
T53	Open	Van Uys, Renise	38.83	33.55	27.47	Durban	17 March 2005
	Open	Mokoena, Malifetsi	39.70	28.51	27.52	Germiston	16 March 2003
T61	U/20	Ntombela, B P	44.49	28.51	27.52	Germiston	04 April 2007
	U/20	Mashamba, Nacundi	49.44		36.10	Bloemfontein	24 March 2024
T63	U/14	Mukanzi, Junior	42.20	40.26	29.87	Gqeberha	31 March 2025
T64	Open	Retief, Rentia	29.22		25.29	Stellenbosch	22 February 2025
	U/20	Macdonald, Kim			25.29	Port Elizabeth	25 April 2021
	U/17	Van Den Berg, Donique	42.62		25.29	Gqeberha	31 March 2025

400m - Male

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T11	Open	Ntsane, P	55.40	50.03	49.82		01 March 1985
	U/20	Moeketsi, Andrew	57.84	50.03	49.82	Stellenbosch	21 March 2019
T12	Open	Langenhoven, Hilton	49.04	47.59	47.47	London	06 September 2012
	U/20	Makatu, Masala	55.26	47.59	47.47	Bloemfontein	25 March 2024
	U/17	Chipere, Tadiwanasi	1:10.31	47.59	47.47	Cape Town	14 October 2023
T13	Open	Liebenberg, R	51.07	46.70	46.70	Sydney	26 October 2000
	U/20	Briers-Louw, Daniel	53.09	46.70	46.70	Bloemfontein	01 April 2017
	U/17	Mogane, Pontso	1:10.40	46.70	46.70	Stellenbosch	21 March 2019
T33	Open	Westraadt, Ettienne	1:32.00	1:21.33	57.05	Kimberley	29 March 2002
T34	Open	Prinsloo, P	1:07.97	49.08	48.06	Pretoria	23 March 1996
T35	Open	Mokgalagadi, Teboho	1:04.16	1:00.55	56.61	Durban	15 March 2005
	U/20	March, Enrico	1:12.01	1:00.55	56.61	Germiston	04 April 2007
	U/17	Marais, Migeal	1:11.77	1:00.55	56.61	Stellenbosch	31 March 2026

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T36	Open	Wyngaardt, Larry	1:05.08	53.91	51.54	Port Elizabeth	29 March 2010
	U/20	Phangisa, Luciano	1:10.22	53.91	51.54	Bloemfontein	02 November 2024
T37	Open	Du Toit, Charl	51.00	50.50	49.34	London	23 July 2017
	U/20	Du Toit, Charl	54.55	50.50	49.34	Rustenburg	30 March 2011
	U/17	Tyaliti, Sikanyiso	1:15.98	50.50	49.34	Stellenbosch	21 March 2019
T38	Open	Buis, Dyan	49.46	49.33	48.49	Rio De Janeiro	17 September 2016
	U/20	Wallace, Rouvaun	55.94	49.33	48.49	Port Elizabeth	26 April 2021
	U/17	Hunt, Lionel	1:08.48	49.33	48.49	Germiston	22 March 2022
T43	U/17	Ubane, Neo	1:14.62		1:22.08	Stellenbosch	31 March 2026
T44	Open	Schultz, Christiaan	57.33	53.39	52.81	Bloemfontein	06 May 2016
	U/20	Schultz, Christiaan	56.11	53.39	52.81	Johannesburg	02 April 2015
	U/17	Schultz, Christiaan	58.83	53.39	52.81	Stellenbosch	02 April 2014
T45	U/20	Moholwe, Boitumelo	1:08.53		49.21	Stellenbosch	21 March 2019
	U/17	Zwane, Kabelo	1:01.93		49.21	Bloemfontein	01 April 2018
T46	Open	Mahlalela, Collen	49.39	46.65	46.65	Gqeberha	01 April 2025
	U/20	Mchasa, Tshepo	52.00	46.65	46.65	Rustenburg	30 March 2011
	U/17	Joubert, Peet	55.24	46.65	46.65	Stellenbosch	28 March 2008
T47	Open	Mahlalela, Collen	48.66	46.65	46.65	Kobe	22 May 2024
	U/20	Harty, Collin-Lee	53.16	46.65	46.65	Cape Town	21 March 2023
	U/17	Kotze, Ewan	1:06.27	46.65	46.65	Nottwil	04 August 2019
T51	Open	Du Preez, Pieter	1:22.67	1:19.30	1:15.23	Arbon	27 May 2023
T52	Open	Beack, Brandon	1:07.12	1:01.93	50.71	Arbon	18 May 2023
T53	Open	Klaasen, Eugene	58.44	51.89	46.11	Johannesburg	02 April 2015
	U/17	Klaasen, Eugene	1:03.44	51.89	46.11	Pretoria	16 March 2000
T54	Open	Van Dyk, Ernst	47.05	43.46	43.46	Jona	25 August 2001
	U/17	Coetzee, Christo	58.91	43.46	43.46	Stellenbosch	13 April 2001
T61	Open	Mahlangu, Ntando	48.31	48.31	48.31	Leverkusen	21 June 2019
	U/20	Mahlangu, Ntando	48.98	48.31	48.31	Nottwil	04 August 2019
T62	Open	Mofokeng, Tebogo	50.09	50.09	45.78	Tokyo	03 September 2021
	U/20	Mofokeng, Tebogo	57.28	50.09	45.78	Nottwil	03 August 2019
T63	Open	Mabote, Puseletso	1:00.74	1:04.65	1:02.50	Stellenbosch	31 March 2026
T64	U/20	Stander, Garrick	1:09.42	1:00.13	49.66	Bloemfontein	01 April 2018
	U/17	Van Heerden, Jayden	1:21.60	1:00.13	49.66	Cape Town	21 March 2023

400m - Female

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T11	Open	Coetzee, Louzanne	1:06.97	56.20	56.00	Cape Town	21 March 2023
	U/20	Arendse, Jeanne-Chayil	1:12.50	56.20	56.00	Gqeberha	01 April 2025

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T12	Open	Van Yi, S	1:09.33	53.89	51.77	Germiston	04 April 2007
	U/20	Motaung, Ntshidiseng	1:16.60	53.89	51.77	Durban	28 March 2012
T13	Open	Hayes, Ilse	56.20	55.50	53.55	Bloemfontein	23 March 2016
	U/20	Gertenbach, Aimee	1:00.52	55.50	54.46	Stellenbosch	12 October 2024
	U/17	Burger, Catrien	1:06.95	55.50	54.46	Stellenbosch	12 October 2024
T35	Open	Steinberg, Franciske	2:00.23	2:00.23	1:14.69	Durban	17 March 2005
T36	Open	Machaba, Constace	2:02.48	2:02.48	1:06.96	Durban	24 March 2004
T37	Open	James, Sheryl	1:03.38	1:03.38	1:00.29	Paris	10 July 2023
	U/20	Gouws, Liezel	1:08.32	1:03.38	1:00.29	Bloemfontein	23 March 2016
	U/17	Sadien, Gasina	1:42.92	1:03.38	1:00.29	Stellenbosch	21 March 2019
T38	Open	Nicolaisen, Arina	1:08.19	1:03.96	58.67	Stellenbosch	31 March 2026
	U/20	Nicolaisen, Arina	1:11.74	1:03.96	58.67	Bloemfontein	01 April 2018
T46	U/20	Kleynhans, Jana	1:10.70	55.60	55.60	Port Elizabeth	26 April 2021
T47	Open	Weyers, Anrune	55.60	55.60	55.60	Huizingin	24 August 2019
	U/20	Liebenberg, Anrune	1:00.15	55.60	55.60	Rustenburg	30 March 2011
	U/17	Liebenberg, Anrune	59.44	55.60	55.60	Port Elizabeth	29 March 2010
T51	Open	Swanepoel, Kat	1:45.38		1:36.44	Bloemfontein	05 November 2016
T53	Open	Van Uys, Renise	1:22.12	1:02.85	49.43	Durban	17 March 2005
	U/17	Van Uys, Renise	1:25.04	1:02.85	49.43	Kimberley	25 March 1998
T64	Open	Retief, Rentia	1:05.66		59.27	Gqeberha	01 April 2025

800m - Male

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T11	Open	Breitenbach, Danie	2:05.04	2:00.08	1:58.47	Stellenbosch	19 March 2019
	U/20	Breitenbach, Danie	2:23.58	2:00.08	1:58.47	Pretoria	25 March 2013
	U/17	Breitenbach, Danie	2:30.81	2:00.08	1:58.47	Rustenburg	29 March 2011
T12	Open	Du Toit, S	2:08.90	1:52.13	1:50.02		01 March 1987
	U/20	Phahlamohlaka, Mathale	2:04.80	1:52.13	1:50.02	Durban	27 March 2012
	U/17	Minnaar, Dewald	2:59.50	1:52.13	1:50.02	Port Elizabeth	29 March 2010
T13	Open	Ehlers, Darren	2:05.43	1:50.70	1:50.70	Durban	27 March 2012
	U/20	Mostert, Nielbert	2:16.31	1:50.70	1:50.70	Port Elizabeth	25 April 2021
	U/17	Mofokeng, Gerry	2:15.00	1:50.70	1:50.70	Germiston	21 March 2003
T34	Open	Bothma, G	2:26.17	1:36.63	1:35.59	Pretoria	23 March 1996
T35	U/20	Sosibo, S	2:30.94		2:29.47	Germiston	04 April 2007
	U/17	Vukapi, O	2:16.07		2:29.47	Germiston	21 March 2003
	U/14	Marais, Migael	2:55.41		2:29.47	Gqeberha	31 March 2025
T36	Open	Mosala, Moses	2:33.69	2:13.90	2:02.39	Johannesburg	02 April 2015
	U/20	Sosibo, S	2:30.94	2:13.90	2:02.39	Germiston	04 April 2007

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T37	Open	Du Toit, Charl	2:03.89	2:01.45	1:57.17	Lyon	21 July 2013
	U/20	Du Toit, Charl	2:08.20	2:01.45	1:57.17	Durban	27 March 2012
	U/17	Coetzee, Jade	2:58.94	2:01.45	1:57.17	Gqeberha	31 March 2025
T38	Open	Pringle, Malcolm	1:58.87	1:58.87	1:55.75	Athens	01 September 2004
	U/20	Espag, Enzo	2:15.68	1:58.87	1:55.75	Stellenbosch	29 March 2026
	U/17	Martin, A	2:24.70	1:58.87	1:55.75	Pretoria	14 March 2000
T44	Open	Lesenyeho, Julius	2:30.86	2:32.43	2:02.65	Stellenbosch	28 March 2008
T45	U/20	Sikwane, Letlogonolo	2:59.38		1:59.30	Pretoria	25 March 2013
	U/17	Boysen, P	2:43.19		1:59.30	Germiston	16 March 2003
T46	Open	Ndlovu, Lungiselelo	2:02.39	1:52.33	1:51.82	Germiston	20 March 2022
	U/20	Joubert, Peet	2:03.22	1:52.33	1:51.82	Rustenburg	29 March 2011
	U/17	Joubert, Peet	2:08.02	1:52.33	1:51.82	Stellenbosch	28 March 2008
T51	Open	Du Preez, Pieter	2:51.03	2:51.03	2:30.98	Arbon	05 June 2015
T53	Open	Bosch, Tiaan	1:59.09	1:42.50	1:31.69	Arbon	28 May 2017
	U/17	Klaasen, E	2:15.30	1:42.50	1:31.69	Kimberley	17 March 1999
T54	Open	Van Dyk, Ernst	1:32.17	1:31.24	1:27.76	Jona	25 August 2001
	U/17	Coetzee, Christo	2:46.00	1:31.24	1:27.76	Stellenbosch	12 April 2001
T61	Open	Mahlangu, Ntando	1:44.99	1:49.30	1:49.30	Pretoria	17 April 2021
T64	Open	Cloete, Celvino	2:45.83	02:45.83	2:17.22	Stellenbosch	19 March 2019

800m - Female

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T11	Open	Coetzee, Louzanne	2:25.87	2:25.87	2:17.66	Berlin	30 June 2018
T12	U/17	Venter, C	2:55.93	2:24.22	2:04.96	Pretoria	14 March 2000
T13	Open	Erasmus, S	2:37.40	2:03.21	2:03.18	Stellenbosch	01 April 1991
	U/17	Burger, Catrien	2:42.00	2:03.21	2:03.18	Stellenbosch	12 October 2024
T35	U/17	Venter, C	2:55.93		3:13.47	Pretoria	14 March 2000
T36	U/20	Masha, M T	4:22.12		3:06.22	Germiston	04 April 2007
T37	Open	Gouws, Liezel	2:41.71	2:41.71	2:41.71	Bloemfontein	01 April 2018
	U/20	Gouws, Liezel	2:40.29	2:41.71	2:41.71	Port Elizabeth	03 April 2017
	U/17	Jones, Norejaan	3:27.77	2:41.71	2:41.71	Stellenbosch	19 March 2019
T38	Open	Nicolaisen, Arina	2:35.83	2:35.83	2:35.83	Nottwil	04 August 2019
	U/20	Nicolaisen, Arina	2:35.83	2:35.83	2:35.83	Nottwil	04 August 2019
	U/17	Nicolaisen, Arina	2:48.56	2:35.83	2:35.83	Port Elizabeth	03 April 2017
T43	Open	Blignaut, Lenelle	4:49.68			Gqeberha	31 March 2025
T51	Open	Swanepoel, Kat	3:31.69		3:15.64	Bloemfontein	05 November 2016

1500m - Male

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T11	Open	Breitenbach, Danie	4:25.59	03:58.37	3:55.82	Stellenbosch	20 March 2019
	U/20	Breitenbach, Danie	5:05.64	03:58.37	3:55.82	Pretoria	26 March 2013
	U/17	Breitenbach, Danie	5:40.90	03:58.37	3:55.82	Rustenburg	30 March 2011
T12	Open	Hafenanye, Abraham	4:42.70	3:41.67	3:41.34	Port Elizabeth	03 April 2017
	U/20	Phahlamohlaka, Mathale	4:18.58	3:41.67	3:41.34	Durban	26 March 2012
	U/17	Vukapi, O	4:37.73	3:41.67	3:41.34	Durban	15 March 2005
T13	Open	Jansen, W	4:26.90	3:47.16	3:46.20		01 March 1987
	U/20	Mostert, Nielbert	4:54.84	3:47.16	3:46.20	Port Elizabeth	26 April 2021
	U/17	Jordaan, C	5:10.00	3:47.16	3:46.20	Kimberley	25 March 1998
T34	Open	Bothma, G	5:03.80	2:57.13	2:57.13	Worcester	27 March 1998
T35	Open	Marais, Migael	5:57.59		4:52.33	Stellenbosch	46109
T36	Open	Louw, M	5:32.83	5:56.61	4:32.89	Worcester	27 March 1998
	U/20	Raga, S N	6:13.00	5:56.61	4:32.89	Germiston	04 April 2007
	U/14	Marais, Migael	6:18.41	5:56.61	4:32.89	Port Elizabeth	30 March 2025
T37	Open	Britz, Barend	4:37.31	3:58.31	3:58.31	Port Elizabeth	26 April 2021
	U/20	Brits, Barend	5:00.98	3:58.31	3:58.31	Stellenbosch	01 April 2014
	U/17	Rank, Darren	4:55.12	3:58.31	3:58.31	Stellenbosch	20 March 2019
T38	Open	Pringle, Malcolm	4:23.17	4:00.94	3:47.89	Kimberley	29 March 2002
	U/20	Espag, Enzo	4:49.00	4:00.94	3:47.89	Stellenbosch	30 March 2026
	U/17	Espag, Enzo	5:11.91	4:00.94	3:47.89	Dubai	12 February 2025
T44	Open	Lesenyeho, Julius	5:30.62	5:30.62	4:24.67	Johannesburg	01 April 2015
T46/47	Open	Ndlovu, Lungiselelo	4:24.10	3:50.15	3:46.51	Germiston	
T46	U/20	Adam, S	5:15.11	3:50.15	3:46.51	Germiston	04 April 2007
	U/17	Joubert, Peet	4:38.00	3:50.15	3:46.51	Port Elizabeth	07 April 2009
T51	Open	Du Preez, Pieter	5:20.64	5:20.64	4:53.50	Arbon	20 May 2023
T52	Open	Beack, Brandon	4:26.41		3:09.11	Nottwil	27 May 2023
T53/54	Open	Van Dyk, Ernst	2:58.37	2:54.18	2:43.37	Atlanta	02 July 2003
T53/54	U/17	Coetzee, Christo	3:50.64	2:54.18	2:43.37	Stellenbosch	12 April 2001

1500m - Female

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T11	Open	Coetzee, Louzanne	4:35.49	4:27.68	4:27.68	Paris	02 September 2024
T12	Open	Tyesi, T	5:05.20	4:22.15	4:19.20	Port Elizabeth	01 March 1990
	U/17	De Beer, G J	6:02.20	4:22.15	4:19.20	Kimberley	15 March 2000
T13	Open	Burger, Catrien	4:59.60	4:14.00	4:05.27	Stellenbosch	24 February 2024
	U/20	Burger, Catrien	5:49.37	4:14.00	4:05.27	Stellenbosch	30 March 2026
	U/17	Burger, Catrien	5:03.09	4:14.00	4:05.27	Stellenbosch	12 October 2024
	U/14	Nel, J	5:37.91	4:14.00	4:05.27		01 September 1985

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T37	U/20	Viljoen, Joalet	7:49.68		5:40.12	Bloemfontein	24 March 2024
	U/17	Jones, Norejaan	7:25.37		5:40.12	Stellenbosch	20 April 2019
T38	Open	Nicolaisen, Arina	6:18.76		5:28.51	Port Elizabeth	26 April 2021
	U/20	Nicolaisen, Arina	5:29.52		5:28.51	Bloemfontein	02 April 2018
	U/17	Nicolaisen, Arina	5:40.90		5:28.51	Port Elizabeth	03 April 2017

5000m - Male

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T11	Open	Nehro, Jan	16:08.99	15:11.07	14:48.85	Christchurch	26 January 2011
T13	Open	Mostert, Nielbert	18:44.90	14:20.69	14:20.69	Bloemfontein	04 November 2023
T35	U/14	Marais, Migael	24:56.35			Gqeberha	01 April 2025
T36	Open	Johnson, Ezzard	19:52.49		18:23.52	Rustenburg	29 March 2011
T37	Open	Britz, Barend	17:15.80	17:04.98	15:39.08	Port Elizabeth	24 April 2021
T38	Open	Pringle, Malcolm	18:42.90	15:57.25	14:47.56	Port Elizabeth	28 March 2010
	U/20	Espag, Enzo	19:13.40	15:57.25	14:47.56	Stellenbosch	31 March 2026
	U/17	Espag, Enzo	20:36.22	15:57.25	14:47.56	Gqeberha	01 April 2025
T46	Open	Mosebi, J	16:14.37	14:20.88	13:52.05	Bloemfontein	03 April 2006
	U/20	Adam, S	19:05.23	14:20.88	13:52.05	Germiston	04 April 2007
T51	Open	Du Preez, Pieter	17:50.06	17:50.06	16:46.95	Arbon	25 May 2017
T53-54	Open	Schabort, Krige	9:58.63	9:58.63	9:13.81	Atlanta	7 Mei 2004
T64	Open	Samuals, David	20:49.42			Stellenbosch	31 March 2026

5000m - Female

Class	Group	Name	SA Rec	Africa Rec	World Record	Place	Date
T11	Open	Coetzee, Louzanne	18:00.34	17:17.32	17:17.32	Berlin	01 July 2018
T13	Open	Spies, Michelle	18:57.10		15:07.19	Gqeberha	01 April 2025
		Male					
T51	Open	Du Preez, Pieter	35:50.96	35:50.96	35:25.30	Arbon	05 June 2015
T53-54	Open	Schabort, Krige	19:58.10		19:45.05	Atlanta	07 May 2004
		Female					
T11	Open	Coetzee, Louzanne	37:07.12	31:37.25	31:37.25	Pretoria	23 March 2018
		Male					
T11-13	Open	Wp	47.90	43.49	42.11	Germiston	04 April 2007
T35-38	Open	Team Sa	45.76	45.76	44.81	Lyon	27 July 2013
T42-47/61-64	Open	Team Sa	41.78	41.78	40.52	London	05 September 2012