

WPA ACTIVE RECORDS BY EVENT (as on 20 January 2022)

MEN

Year	Date	Sex	Age group	Event	Name & Surname	Club / School	Performance
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100m

2018	15-Mar	Men	Senior	100m	Roscoe Engel	TAK	10,06
2018	05-Apr	Men	U20	100m	Luke Davids	UWC	10,31
2018	05-Apr	Men	U18	100m	Luke Davids	UWC	10,31
2013	05-Apr	Boys	U16	100m	Kyle Appel	BAK	10,88

200m

2000	11-Feb	Men	Senior	200m	Marcus la Grange	BAK	20,35
1986	18-Nov	Men	U20	200m	Marcus la Grange	BAK	20,55
2015	19-Jul	Men	U18	200m	Kyle Appel	BAK	20,57
2013	09-Nov	Boys	U16	200m	Kyle Appel	BAK	21,34

400m

2002	12-Apr	Men	Senior	400m	Marcus la Grange	BAK	44,65
2017	04-Nov	Men	U20	400m	Kyle Appel	BAK	46,65
1999	06-Apr	Men	U18	400m	Mark van Soest	TAK	46,66
2016	02-Apr	Boys	U16	400m	Jayson Weber	BAK	48,64

800m

1996	12-Apr	Men	Senior	800m	Marius van Heerden	BAK	1:44.57
1993	03-May	Men	U20	800m	Marius van Heerden	TAK	1:46.38
1978	04-Dec	Men	U18	800m	John Trott	South African College School (SACS)	1:49.1
1980	07-Mar	Boys	U16	800m	Paul Eksteen	Paarl Gimnasium	1:57.1
1989	28-Oct	Boys	U16	800m	Marius van Heerden	Swartland High School	1:57.1

1500m

1993	04-Aug	Men	Senior	1500m	Johan Landsman	University of Stellenbosch	3:33.56
1982	16-Apr	Men	U20	1500m	Marius-Hugo Schlechter	Bellville Technical High School	3:46.70
1982	16-Apr	Men	U18	1500m	Marius-Hugo Schlechter	Bellville Technical High School	3:46.70
1990	05-Nov	Boys	U16	1500m	Conrad Tesnar	Paul Roos Gimnasium	4:00.5

3000m

1986	19-Mar	Men	U20	3000m	Naudé Jordaan	Paarl Boys' High School	8:11.25
2003	17-May	Men	U18	3000m	Sonqibido Nkosinoxolo	Celtic Harriers AC	8:14.86
1990	05-Nov	Boys	U16	3000m	Conrad Tesnar	Paul Roos Gimnasium	8:34.8

5000m

1978	21-Feb	Men	Senior	5000m	Ewald Bonzet	BAK	13:30.4
2004	19-Mar	Men	U20	5000m	Zolani Bhitane	Harmony AC	13:59.01

10,000m

2002	01-Mar	Men	Senior	10,000m	Ian Syster	MrPrice AC	28:24.61
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Steeple Chase

1981	25-Apr	Men	Senior	3000m Steeple Chase (91.4cm)	Johan Daffue	University of Stellenbosch	8:29.30
2003	28-Feb	Men	U20	3000m Steeple Chase (91.4cm)	Anthony Godongwana	Celtic Harriers AC	8:42.86
2020	13-Mar	Men	U18	2000m Steeple Chase (83.8cm)	Ameron Cona	Bottelary AC	6:32.10
2004	11-Mar	Boys	U16	1500m Steeple Chase (76.2cm)	Shaun Zuzani	New Balance AC	4:28.09

Short Hurdles

2017	05-Jun	Men	Senior	110m Hurdles (106.7cm)	Antonio Alkana	BAK	13,11
2021	25-Jun	Men	U20	110m Hurdles (99.1cm)	Denmar Jacobs	TAK	13.50 (+0.9)
2011	29-May	Men	U18	110m Hurdles (91.4cm)	Tiaan Smit	BAK	13,41
2016	02-Apr	Boys	U16	100m Hurdles (83.8cm)	Dalvon Blood	UCT	12,97

Long Hurdles

1985	07-Dec	Men	Senior	400m Hurdles (91.4cm)	Kobus Burger	University of Stellenbosch	49,95
1993	30-Mar	Men	U20	400m Hurdles (91.4cm)	Eugene van der Westhuizen	Paul Roos Gimnasium	50,44
2011	12-Mar	Men	U18	400m Hurdles (83.8cm)	Tiaan Mouton	BAK	51,24
2021	08-Apr	Boys	U16	300m Hurdles (83.8cm)	Naeem Jack	Itheko	38,47

Race Walking

2015	17-Apr	Men	Senior	20km Race Walking	Pierre de Villiers	BAK	1:32:18
2004	13-Feb	Men	U20	10,000m Race Walking	Thinus Esterhuizen	BAK	44:06.36
2009	28-Mar	Men	U18	10,000m Race Walking	Armond Nel	BAK	47:14.6
2005	28-Oct	Boys	U16	5000m Race Walking	Armond Nel	BAK	26:50.7

4 x 100m Relay

2015	18-Apr	Men	Senior	4x100m Relay	WPA Senior Team	WPA	39,66
1996	29-Mar	Men	U20	4x100m Relay	WPA u20 Team	WPA	40,83

2015	09-Apr	Men	U18	4x100m Relay	WPA u18 Team	WPA	41,51
2015	09-Apr	Boys	U16	4x100m Relay	WPA u16 Team	WPA	44,43

4 x 400m Relay

1992	11-Apr	Men	Senior	4x400m Relay	WPA Senior Team	WPA	3:07.74
1999	06-Apr	Men	U20	4x400m Relay	WPA u20 Team	WPA	3:12.60
2018	07-Apr	Men	U18	4x400m Relay	WPA u18 Team	WPA	3:42.7

High Jump

1997	14-Feb	Men	Senior	High Jump	Gavin Lendis	SPAAC	2.27m
2017	04-Nov	Men	U20	High Jump	Breyton Poole	Helderberg Harriers AC	2.25m
2017	04-Nov	Men	U18	High Jump	Breyton Poole	Helderberg Harriers AC	2.25m
2015	12-Dec	Boys	U16	High Jump	Breyton Poole	Helderberg Harriers AC	2.05m

Pole Vault

1994	10-Sep	Men	Senior	Pole Vault	Okkert Brits	University of Stellenbosch	5.90m
1994	13-May	Men	U20	Pole Vault	Pieter Brits	University of Stellenbosch	5.21m
2003	28-Mar	Men	U18	Pole Vault	Brent Howell	BAK	4.70m
1991	02-Mar	Boys	U16	Pole Vault	Heinrich Lategan	Paarl Gimnasium	4.00m

Long Jump

1995	08-Apr	Men	Senior	Long Jump	Marcus la Grange	BAK	7.80m
1995	07-Apr	Men	U20	Long Jump	Marcus la Grange	BAK	7.80m
2005	26-Sep	Men	U18	Long Jump	Julian Karolus	TAK	7.57m
1992	04-Mar	Boys	U16	Long Jump	Le Roux van Aarde	Swartland High School	6.64m
2016	05-Mar	Boys	U16	Long Jump	Dalvon Blood	UCT	6.64m

Triple Jump

2012	26-Mar	Men	Senior	Triple Jump	Jason Sewenyana	TAK	16.24m
2003	07-Mar	Men	U20	Triple Jump	Simeon Mars	SPAAC	15.86m
2002	26-Apr	Men	U18	Triple Jump	Simeon Mars	SPAAC	15.51m
2013	04-Apr	Boys	U16	Triple Jump	Zinedene Meiring	SPAAC	13.45m

Shot Put

1970	26-Dec	Men	Senior	Shot Put (7.26kg)	John van Reenen	University of Stellenbosch	19.81m
2014	13-Jun	Men	U20	Shot Put (6kg)	Zane Weir	UCT	18.30m
2003	15-Mar	Men	U18	Shot Put (5kg)	JP van der Spuy	BAK	17.63m
2001	20-Mar	Boys	U16	Shot Put (4kg)	JP van der Spuy	BAK	17.85m

Javelin Throw

2020	23-Nov	Men	Senior	Javelin Throw (800g)	Rocco van Rooyen	BAK	87.62m
2011	14-May	Men	U20	Javelin Throw (800g)	Rocco van Rooyen	TAK	75.72m
2011	09-Jul	Men	U18	Javelin Throw (700g)	Morné Moolman	BAK	83.16m
2009	07-Mar	Boys	U16	Javelin Throw (600g)	Morné Moolman	BAK	70.41m

Discus Throw

1975	14-Mar	Men	Senior	Discus Throw (2kg)	John van Reenen	University of Stellenbosch	68.48m
1993	23-Oct	Men	U20	Discus Throw (1.75kg)	Karl Ueckermann	BAK	55.08m
1983	31-Oct	Men	U18	Discus Throw (1.5kg)	Dirk Hanekom	Strand AC	54.86m
1984	03-Mar	Boys	U16	Discus Throw (1kg)	Willie Coetzee	Paarl Boys' High School	56.00m

Hammer Throw

2003	19-Feb	Men	Senior	Hammer Throw (7.26kg)	Werner Smit	TAK	71.04m
2003	29-Mar	Men	U20	Hammer Throw (6kg)	Werner Smit	TAK	81.04m
2000	17-Nov	Men	U18	Hammer Throw (5kg)	Werner Smit	TAK	79.79m
2003	15-Mar	Boys	U16	Hammer Throw (4kg)	Heinrich Gonzales	BAK	61.04m

Multi-Events

1983	15-Apr	Men	Senior	Decathlon	Joep Loots	University of Stellenbosch	7664 points
2012	18-Jan	Men	U20	Decathlon	Dale Weber	SPAAC	6242 points
2014	12-Apr	Men	U18	Decathlon	Sherman Parrish	SPAAC	5912 points

WOMEN

100m

2003	07-Feb	Women	Senior	100m	Janice Josephs	Liberty Nike AC	11,38
1995	11-Mar	Women	U20	100m	Esmari le Roux	BAK	11,55
2016	16-Apr	Women	U20	100m	Tamzin Thomas	UWC	11,55
2013	10-Jul	Women	U18	100m	Tamzin Thomas	Western Cape Sports School (WCSS)	11,69
2012	07-Apr	Girls	U16	100m	Tamzin Thomas	Western Cape Sports School (WCSS)	11,89

200m

2004	17-Apr	Women	Senior	200m	Janice Josephs	Banks Database Management Services (BDMS)	23.15
1994	07-May	Women	U20	200m	Esmari le Roux	BAK	23,19
1999	05-Apr	Women	U18	200m	Janice Josephs	Ridgeville AC	24,25
2000	08-Apr	Girls	U16	200m	Chantelle Terblanche	BAK	24.40

400m

2012	05-Apr	Women	Senior	400m	Sonja van der Merwe	TAK	52,75
2010	11-Apr	Women	U20	400m	Sonja van der Merwe	TAK	54,06
2009	27-Mar	Women	U18	400m	Sonja van der Merwe	TAK	54.90
2007	30-Mar	Girls	U16	400m	Sonja van der Merwe	TAK	56,13

800m

1985	11-Mar	Women	Senior	800m	Tanya Peckham	University of Stellenbosch	2:02.24
1985	11-Mar	Women	U20	800m	Tanya Peckham	University of Stellenbosch	2:02.24
1985	22-Apr	Women	U18	800m	Marjorie van der Merwe	Paarl Gimnasium	2:04.63
1994	19-Mar	Girls	U16	800m	Elsire Strauss	Calvinia High School	2:14.97

1500m

1992	21-Mar	Women	Senior	1500m	Elana Meyer (neé van Zyl)	University of Stellenbosch	4:02.15
1985	27-Feb	Women	U20	1500m	Tanya Peckham	University of Stellenbosch	4:10.6
1982	23-Feb	Women	U18	1500m	Elana van Zyl	Robertson High School	4:18.1
1994	23-Mar	Girls	U16	1500m	Daniel Victor	University of Stellenbosch	4:36.58

3000m

1985	08-Apr	Women	U20	3000m	Elana van Zyl	University of Stellenbosch	8:58.73
1983	22-Feb	Women	U18	3000m	Elana van Zyl	Robertson High School	9:09.3
2001	07-Apr	Girls	U16	3000m	Zintle Xiniwe	Atlantic AC	9:37.81

5000m

1993	10-Jul	Women	Senior	5000m	Elana Meyer (neé van Zyl)	University of Stellenbosch	14:44.15
1984	07-Mar	Women	U20	5000m	Elana van Zyl	Robertson High School	16:02.55

10,000m

1994	10-Sep	Women	Senior	10,000m	Elana Meyer (neé van Zyl)	University of Stellenbosch	30:52.51
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Steeple Chase

2005	16-Apr	Women	Senior	3000m Steeple Chase (76.2cm)	Nolene Conrad	Liberty Nike AC	10:20.72
2006	17-Feb	Women	U20	3000m Steeple Chase (76.2cm)	Destiny Tieties	Adidas AC	10:46.09
2020	13-Mar	Women	U18	2000m Steeple Chase (76.2cm)	Nadine Visser	BAK	7:17.34
2020	13-Mar	Girls	U16	1500m Steeple Chase (76.2cm)	Anika Visser	BAK	5:42.72

Short Hurdles

1997	04-Apr	Women	Senior	100m Hurdles (83.8cm)	Arnéll Jacobs	BAK	13,47
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1997	04-Apr	Women	U20	100m Hurdles (83.8cm)	Arnéll Jacobs	BAK	13,47
2000	07-Apr	Women	U18	100m Hurdles (76.2cm)	Chantelle Terblanche	BAK	13,65
2021	09-Apr	Girls	U16	90m Hurdles (76.2cm)	Lana Oberholzer	BAK	13.09 (0.0)

Long Hurdles

2019	27-Apr	Women	Senior	400m Hurdles (76.2cm)	Rogail Joseph	UWC	56,36
2019	27-Apr	Women	U20	400m Hurdles (76.2cm)	Rogail Joseph	UWC	56,36
2002	23-Mar	Women	U18	400m Hurdles (76.2cm)	Chantelle Terblanche	BAK	58,77
2000	18-Mar	Girls	U16	300m Hurdles (76.2cm)	Chantelle Terblanche	BAK	41,36

Race Walking

2003	21-Mar	Women	Senior	20km Race Walking	Natalie Fourie	BAK	1:42:20.0
2003	15-Mar	Women	U20	10,000m Race Walking	Ruzanne Harris	BAK	55:06.50
2004	15-Oct	Women	U18	5000m Race Walking	Anandi Coetzee	BAK	28:27,7
2004	15-Oct	Girls	U16	5000m Race Walking	Anandi Coetzee	BAK	28:27,7

4 x 100m Relay

1997	09-Mar	Women	Senior	4x100m Relay	WP Senior Team	WPA	45,76
1993	24-Apr	Women	U20	4x100m Relay	WPA u20 Team	WPA	46.50
1993	02-Apr	Women	U18	4x100m Relay	WPA u18 Team	WPA	47,35
1999	06-Feb	Girls	U16	4x100m Relay	BAK	BAK	50,41

4 x 400m Relay

1975	07-Sep	Women	Senior	4x400m Relay	WPA Senior Team	WPA	3:38.5
2015	09-Apr	Women	U20	4x400m Relay	WPA u20 Team	WPA	3:56.36
2018	07-Apr	Women	U18	4x400m Relay	WPA u18 Team	WPA	4:13.9

High Jump

1993	29-Mar	Women	Senior	High Jump	Desiré du Plessis	BAK	1.87m
1977	02-Dec	Women	U20	High Jump	Heidi de Kock	Pinelands AC	1.85m
1988	05-Mar	Women	U20	High Jump	Elmarie Gerryts	Bellville High School	1.85m
1976	08-Mar	Women	U18	High Jump	Heidi de Kock	Pinelands AC	1.82m
1988	05-Mar	Girls	U16	High Jump	Elmarie Gerryts	TAK	1.81m

Pole Vault

2002	02-Feb	Women	Senior	Pole Vault	Annelie van Wyk	TAK	4.05m
2002	01-Feb	Women	U20	Pole Vault	Annelie van Wyk	TAK	4.05m
1999	06-Mar	Women	U18	Pole Vault	Annelie van Wyk	TAK	3.95m
2000	05-Dec	Girls	U16	Pole Vault	Sylma Jordaan	TAK	3.75m

Long Jump

1990	21-Apr	Women	Senior	Long Jump	Luzaan du Preez	TAK	6.54m
1990	21-Apr	Women	U20	Long Jump	Luzaan du Preez	TAK	6.54m
1988	16-Apr	Women	U18	Long Jump	Luzaan du Preez	TAK	6.20m
2012	29-Mar	Girls	U16	Long Jump	Carla Johnson	SPAAC	5.83m

Triple Jump

2000	14-Apr	Women	Senior	Triple Jump	Ramona Gabriels	Ridgeville AC	12.58m
2010	11-Apr	Women	U20	Triple Jump	Valentina da Rocha	SPAAC	12.77m
2010	11-Apr	Women	U18	Triple Jump	Valentina da Rocha	SPAAC	12.77m
2021	10-Apr	Girls	U16	Triple Jump	Demi Katz	REDDAM HS	10.96m (+1.4)

Shot Put

2002	08-Mar	Women	Senior	Shot Put (4kg)	Maranelle du Toit	BAK	17.08m
1997	07-Mar	Women	U20	Shot Put (4kg)	Maranelle du Toit	BAK	16.47m
2018	13-Jan	Women	U18	Shot Put (3kg)	Kayla Smit	BAK	13.18m
2021	09-Apr	Girls	U16	Shot Put (3kg)	Chloë Serrotti	TAK	13.19m

Javelin Throw

1993	13-Apr	Women	Senior	Javelin Throw (600g)	Michelle Bradbury	BAK	51.74m
2002	02-Feb	Women	U20	Javelin Throw (600g)	Tarryn Bright	BAK	51.47m
2015	19-Jul	Women	U18	Javelin Throw (500g)	Anneke Germishuys	TAK	53.10m
2020	13-Mar	Girls	U16	Javelin Throw (500g)	Kayla Reyneke	BAK	43.86m

Discus Throw

1984	10-Nov	Women	Senior	Discus Throw (1kg)	Lize-Marie Coetzer	University of Stellenbosch	51.72m
1980	29-Nov	Women	U20	Discus Throw (1kg)	Theresa Janse van Vuuren	Wellington Onderwys Kollege	49.78m
1978	07-Oct	Women	U18	Discus Throw (1kg)	Theresa Janse van Vuuren	Paarl AC	47.16m
1993	30-Oct	Girls	U16	Discus Throw (1kg)	Maranelle du Toit	BAK	40.20m

Hammer Throw

2002	01-Feb	Women	Senior	Hammer Throw (4kg)	Elmarie Knoetzen	BAK	59,37
2019	25-Apr	Women	U20	Hammer Throw (4kg)	Kayla Smit	BAK	51.57m
2018	28-Apr	Women	U18	Hammer Throw (3kg)	Kayla Smit	BAK	58.30m
2016	05-Mar	Girls	U16	Hammer Throw (3kg)	Kayla Smit	BAK	49.72m

Multi-Events

2006	22-Mar	Women	Senior	Heptathlon	Janice Josephs	Ridgeville AC	6181 points
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2000	14-Apr	Women	U20	Heptathlon	Janice Josephs	Ridgeville AC	5466 points
2014	06-Apr	Women	U18	Heptathlon	Carla Johnson	SPAAC	5105 points