



SOUTH AFRICAN TRANSPLANT SPORTS ASSOCIATION

RECORD PERFORMANCES BY SOUTH AFRICAN ATHLETES: 2011

Due to limited data with regard to National Games performances prior to 2004, only performances since 2004 were taken into account.

AGE GROUPS

Adults:

- 18-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70years>

Juniors:

- 5 years and <
- 6-8 years
- 9-11 years
- 12-14 years
- 15-17 years

**** = World Record by SA Athlete** **(*) = New SA mark set but not before recorded**

Take note: World times/distances can only be recognised when set at WTG events

MALES:

ITEMS	SA RECORD	ATHLETE	GAMES	WORLD RECORD
TRACK & FIELD				
100 meters				
18 - 29	11.82	Nkanyesi Biyela	Pretoria 2010	11.18
30 - 39	12.58	Morokwane Itumeleng	Pretoria 2010	11.16
40 - 49	13.44	Sakkie vd Westhuizen	Australia 2009	11.99
50 - 59	14.06	Stan Henkeman	Pretoria 2008	12.92
60 - 69				13.44
70+				17.52
200 meters				
15 - 17	30.43	Trevor Gird	Pretoria 2008	Not junior item
18 - 29	28.52	Trevor Gird	Australia 2009	23.49
30 - 39	25.67	Morokwane Itumeleng	Pretoria 2010	23.79
40 - 49	26.38	Izak vd Westhuizen	Pretoria 2010	25.25
50 - 59	29.07	Stan Henkeman	Pretoria 2010	26.70
60 - 69				29.93
70+				57.45
400 meters				
18 - 29	59.46	Nkanyesi Biyela	Pretoria 2010	52.90
30 - 39	01:04.9	Daniel Matsoso	Australia 2009	55.58
40 - 49	01:06.5	Sipho Mlamuza	Australia 2009	57.81
50 - 59				1:03.20
60 - 69				1:05.33
70+				1:51.60
800 meters				
15 - 17	03:20.90	Trevor Gird	Pretoria 2008	Not junior item
18 - 29	**02:11.44	Attie Kok	Sydney 1997	2:11.44
30 - 39	02:26.30	Daniel Matsoso	Bangkok 2007	2:13.38
40 - 49				2:15.00
50 - 59	02:53.80	Abdul H Kathrada	Canada 2005	2:13.68
60 - 69				2:43.99
1500 meters				
15 - 17	6:46.06	Trevor Gird	Pretoria 2008	Not junior item
18 - 29	6:19.3	Trevor Gird	Australia 2009	4:26.55
30 - 39	05:02.2	Daniel Matsoso	Australia 2009	4:39.56
40 - 49				4:30.40
50 - 59	05:59.24	Abdul H Kathrada	Canada 2005	4:58.15
60 - 69				5:48.38

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
5 Km – Road Race				
18 - 29	22:40.00	Nkanyesi Biyela	Pretoria 2008	14:23.48
30 - 39	19:52.38	Morokwane Itumeleng	Pretoria 2010	14:56.66
40 - 49				17:09.00
50 - 59	21:30	Abdul Kathrada	Canada 2005	19:59.00
60 - 69				23:17.00
5km Race Walk				
18 - 29	30:45.0	Nkanyesi Biyela	Sweden 2011	29:35.62
30 - 39	38:10.40	Anil Balmakund	Pretoria 2008	25:54.90
40 - 49	31:04.07	Ganasen Padayachee	CT 2004	25:29.72
50 - 59	34:13.1	Thavathasan Moodley	Australia 2009	28:40.70
60 - 69				29:39.77
Shot put				
18 - 29	9.31 m	Koenraad Pretorius	Australia 2009	11.34
30 - 39	10.77m	Stephan van den Berg	Pretoria 2010	11.77
40 - 49	9.41 m	Anton Grobler	Pretoria 2008	12.77
50 - 59	**12.59 m	D Biarne	Sydney 1997	12.59
60 - 69	11.00m	Kosie Laubscher	Sweden 2011	12.81
70+				9.67
Discus				
18 - 29				29.12
30 - 39	27.85 m	Stephan vd Berg	Pretoria 2008	31.75
40 - 49	21.80 m	Attie Kok	Pretoria 2008	34.80
50 - 59	25.01 m	Lourens Schultz	Pretoria 2008	37.55
60 - 69	**28.42m	Kosie Laubscher	Sweden 2011	28.42
70+				24.64
Javelin				
18 - 29				37.37
30 - 39	32.75 m	Stephan van den Berg	Pretoria 2010	30.69
40 - 49	25.96m	Jacques Hattingh	Pretoria 2010	42.65
50 - 59	**29.30m	Lourens Schultz	Sweden 2011	29.30
60 - 69	20.71 m	CJ Etzebeth	Australia 2009	19.63
70+				20.56
Long Jump				
18 - 29	4,80 m	Adrian Leaner	CT 2004	6.85
30 - 39	5.10 m	Morokwane Itumeleng	Australia 2009	6.95
40 - 49	4,62 m	Sipho Mlamuza	Sweden 2011	6.42
50 - 59	4.15 m	Stan Henkeman	Pretoria 2008	5.16
60 - 69				4.40
High Jump				
18 - 29				1.81
30 - 39	1.30 m	Morokwane Itumeleng	Pretoria 2008	1.66
40 - 49	1.57 m	Izak vd Westhuizen	Pretoria 2010	1.56
50 - 59				1.55
60 - 69				1.50
Ball Throw				
18 - 29	71.27 m	Nkanyesi Biyela	Australia 2009	90.18
30 - 39	79.97 m	Stephan vd Berg	CT 2006	89.43
40 - 49	55.32 m	Jaques Hattingh	Australia 2009	78.68
50 - 59	51.30 m	Gerhard van Dyk	Pretoria 2008	76.09
60 - 69				57.11
70+				36.73

SWIMMING	SA RECORD	ATHLETE	GAMES	WORLD RECORD
50 m - Freestyle				NB: 50m Pool
18 - 29	27:37	Koenraad Pretorius	Australia 2009	26.31
30 - 39				28.17
40 - 49	32:62	Harold Moore	Australia 2009	29.59
50 - 59	31.50	Harold Moore	Pretoria 2010	30.71
60 - 69				35.54
50 m - Backstroke				
18 - 29	33:85	Koenraad Pretorius	Australia 2009	33.28
30 - 39	38.9	Alan Tiffin	Australia 2009	35.29
40 - 49	44:17	Harold Moore	CT 2004	36.79
50 - 59				35.14
60 - 69				37.98
50 m – Breaststroke				
18 - 29	40:50	Matthew Moffatt	Pretoria 2008	34.03
30 - 39	54:29	Alan Tiffin	Australia 2009	36.74
40 - 49	44:33	Harold Moore	CT 2004	36.34
50 - 59				39.00
60 - 69				42.92
50 m – Butterfly				
18 - 29	35.10	Koenraad Pretorius	Pretoria 2010	30.40
30 - 39				30.85
40 - 49				33.69
50 - 59	39:45	Harold Moore	Australia 2009	33.51
60 - 69				32.49
100 m – Freestyle				
18 - 29				1:00.00
30 - 39	01:29.8	Alan Tiffin	Australia 2009	1:05.04
40 - 49	01:23:10	Harold Moore	CT 2004	1:05.42
50 - 59	01:19.9	Harold Moore	Australia 2009	1:08.67
60 - 69				1:23.10
70+				2:05.20
100 m – Backstroke				
15 - 17	01:30:68	Koenraad Pretorius	CT 2006	Not a junior item
18 - 29	01:16.3	Koenraad Pretorius	Australia 2009	1:11.13
30 - 39				1:20.05
40 - 49	1:51.0	Mario Skaffer	Pretoria 2010	1:21.40
50 - 59				1:29.00
60 - 69				1:35.04
70+				2:37.70
100 m – Breaststroke				
18 - 29	1:41.90	Matthew Moffatt	Pretoria 2008	1:15.18
30 - 39				1:15.90
40 - 49				1:26.82
50 - 59				1:28.50
60 - 69				1:41.59
70+				3:02.70
200 m – Freestyle				
18 - 29				2:27.81
30 - 39				2:33.57
40 - 49	03:10.434	Harold Moore	Australia 2009	2:38.90
50 - 59				2:38.60
60 - 69				3:17.50
70+				4:46.30

SWIMMING	SA RECORD	ATHLETE	GAMES	WORLD RECORD
200 m – Ind. Medley				
18 - 29				2:45.39
30 - 39				2:52.81
40 - 49				3:01.99
50 - 59				2:54.60
60 - 69				4:01.40
400 m – Freestyle				
18 - 29				5:27.00
30 - 39	07:02:81	Mario Skaffer	CT 2006	5:32.96
40 - 49				5:40.83
50 - 59	06:35.5	Harold Moore	Australia 2009	5:44.20
60 - 69				7:10.08
70+				10:44.30
CYCLING	SA RECORD	ATHLETE	GAMES	WORLD RECORD
5 Km Time Trial				
18 - 29				
30 - 39				
40 - 49				
50 - 59	8:29:98	Gerhard van Dyk	Bangkok 2007	
60 - 69				
20 Km Road Race				
15 - 17	41:46.00	Trevor Gird	Pretoria 2008	
18 - 29				
30 - 39	40:23:04	Christeon Cloete	CT 2006	
40 - 49	39:14.00	Henri van Aswegen	Pretoria 2008	
50 - 59	36:16:00	Gerhard van Dyk/Lourens Schultz	Pretoria 2008	
60 - 69				

**FEMALES:
TRACK & FIELD**

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
100 meters				
18 - 29				13.70
30 - 39				13.74
40 - 49				14.48
50 - 59	17.24	Nombeko Rwaxa	Pretoria 2008	14.42
60 - 69				17.20
200 meters				
18 - 29	40.83	Alice Vosloo	Pretoria 2008	28.63
30 - 39				29.54
40 - 49				31.65
50 - 59	57.46	Nombeko Rwaxa	Australia 2009	28.73
60 - 69				37.44
400 meters				
18 - 29				1:09.50
30 - 39				1:08.31
40 - 49				1:11.64
50 - 59				1:28.84
60 - 69				1:47.16
800 meters				
18 - 29	4:29.1	Alice Vosloo	Australia 2009	2:42.02
30 - 39				2:39.10
40 - 49				3:18.20
50 - 59				3:37.57
60 - 69				3:59.13

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
1500 meters				
18 - 29				5:44.68
30 - 39				5:37.86
40 - 49				6:33.25
50 - 59				7:14.52
60 - 69				8:34.36
3000 m – Road Race				
18 - 29				14:43.00
30 - 39	19.43	Constance Sithebe	Sweden 2011	12:56.00
40 - 49	15:11	Susan Hudson	Canada 2005	16:33.00
50 - 59	26:41.65	Hazel Nqgabayi	Pretoria 2008	15:33.00
60 - 69				18.56.00
3km Race Walk				
15 - 17	24:44.60	Marzaan le Roux	Pretoria 2008	Not junior item
18 - 29	24:44.59	Melanie Gird	Pretoria 2008	16:47.80
30 - 39	20:14.94	Constance Sithebe	Sweden 2011	18:36.28
40 - 49	18:35:40	Susan Hudson	Canada 2005	18:07.60
50 - 59	23:04.10	Nombeko Rwaxa	Pretoria 2008	18:37.40
60 - 69	23:01.5	Sannie Liebenberg	Australia 2009	21:21.70
Shot put				
18 - 29	5.08m	Alice Vogt	Pretoria 2010	10.63
30 - 39				10.44
40 - 49	7.14 m	Yvonne Mbatha	Pretoria 2010	9.51
50 - 59	9,48 m	Heilie Uys	Canada 2005	9.69
60 - 69				7.84
70+				6.14
Discus				
18 - 29				16.58
30 - 39				29.72
40 - 49	15.36 m	Yvonne Mbatha	Pretoria 2010	28.55
50 - 59	19.93 m	Heilie Uys	Pretoria 2008	28.43
60 - 69				16.38
Javelin				
18 - 29				16.49
30 - 39				20.67
40 - 49				19.54
50 - 59	16.44 m	Heilie Uys	Australia 2009	23.51
60 - 69				14.65
Long Jump				
18 - 29	3.04	Alice Vogt	Pretoria 2010	4.92
30 - 39				4.44
40 - 49				4.85
50 - 59				4.85
60 - 69				
High Jump				
18 - 29				1.50
30 - 39				1.31
40 - 49				1.35
50 - 59				1.10
60 - 69				0.95

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
Ball Throw				
18 - 29				62.10
30 - 39	43.4	Constance Sithebe	Pretoria 2010	51.99
40 - 49	29.93 m	Yvonne Mbatha	Australia 2009	50.29
50 - 59	36.13	Heilie Uys	Sweden 2011	37.44
60 - 69				29.26
70+				19.55
SWIMMING:	SA RECORD	ATHLETE	GAMES	WORLD RECORD
				NB 50m Pool
50 m - Freestyle				
18 - 29				31.70
30 - 39				31.88
40 - 49				33.11
50 - 59	33.00	Tersia Smit	Pretoria 2010	35.47
60 - 69				43.59
50 m - Backstroke				
18 - 29				37.72
30 - 39				42.84
40 - 49				44.09
50 - 59	01:00:32	Margaret Rosenberg	CT 2006	48.91
60 - 69				54.51
50 m – Breaststroke				
18 - 29				39.30
30 - 39				43.27
40 - 49				44.65
50 - 59	56:23	Margaret Rosenberg	Canada 2005	49.60
60 - 69				59.19
70+				1:27.00
50 m – Butterfly				
18 - 29				33.65
30 - 39				33.90
40 - 49				36.25
50 - 59				39.24
60 - 69				1:09.40
100 m – Freestyle				
18 - 29				1:11.04
30 - 39				1:08.78
40 - 49				1:16.30
50 - 59				1:08.67
60 - 69				1:42.90
100 m – Backstroke				
18 - 29				1:31.04
30 - 39				1:40.56
40 - 49				1:40.93
50 - 59				1:38.30
60 - 69				2:00.14
100 m - Breaststroke				
18 - 29				1:31.60
30 - 39				1:38.60
40 - 49				1:45.39
50 - 59	02:02:61	Margaret Rosenberg	Canada 2005	1:51.97
60 - 69				2:07.80

SWIMMING:	SA RECORD	ATHLETE	GAMES	WORLD RECORD
200 m – Freestyle				
18 - 29				2:43.89
30 - 39				2:59.00
40 - 49				3:05.80
50 - 59				2:53.10
60 - 69				4:06.00
200 m – Ind. Medley				
18 - 29				3:06.90
30 - 39				2:56.48
40 - 49				3:39.61
50 - 59				3:29.30
60 - 69				5:34.40
400 m – Freestyle				
18 - 29				5:52.12
30 - 39				6:26.20
40 - 49				6:32.36
50 - 59				7:49.10
60 - 69				11:00.40
CYCLING	SA RECORD	ATHLETE	GAMES	WORLD RECORD
5 Km Time Trial				
18 - 29				
30 - 39				
40 - 49				
50 - 59				
60 - 69				
20 Km Road Race				
18 - 29	(*) 55:57.00	Melanie Gird	Pretoria 2008	
30 - 39	1:10.20	Lynn Marie Möller	Pretoria 2010	
40 - 49				
50 - 59	58.25	Tersia Smit	Pretoria 2010	
60 - 69				

JUNIOR RECORDS

BOYS

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
50 Meters				
6-8	8.50	Johan de Jager	Pretoria 2010	9.19
9-11		(No times in Sweden)		8.83
100 Meters				
12-14				13.26
15-17	12.34	Edward Ormond	Pretoria 2008	12.49
Ball throw				
6-8	22.88	Johan de Jager	Pretoria 2010	22.28
9-11	26.20	Johan de Jager	Sweden 2011	37.52
12-14				69.07
15-17	67.50	Koenraad Pretorius	Pretoria 2008	64.95
High Jump				
15-17				1.25
Long jump				
6-8	2.27m	Johan de Jager	Pretoria 2010	

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
9-11	2.63	Johan de Jager	Sweden 2011	3.10
12-14				4.55
15-17	4.86	Koenraad Pretorius	Cape Town 2006	5.30
Shot Put				
15-17	12.03	Koenraad Pretorius	Pretoria 2008	9.49
Swimming				
25m Freestyle				
6-8	26.37	Robert Laubscher	Pretoria 2010	20.78
9-11				18.50
50m Freestyle				
12-14				30.38
15-17	**28.82	Koenraad Pretorius	Bangkok 2007	28.82
200 Freestyle				
12-14				2:40.76
15-17				2:35.66
25 Back stroke				
6-8	33.20	Robert Laubscher	Pretoria 2010	23.69
9-11				22.69
50m Backstroke				
12-14				39.19
15-17	**34.33	Koenraad Pretorius	Bangkok 2007	34.33
25 Breaststroke				
6-8	34.30	Robert Laubscher	Pretoria 2010	28.19
9-11				28.36
50m Breaststroke				
12-14				41.05
15-17				41.19
25 Butterfly				
6-8	33.11	Robert Laubscher	Pretoria 2010	26.09
50m Butterfly				
12-14				53.72
15-17				37.20

GIRLS

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
50 Meters				
6-8	11.91	Pamela Mavundza	Pretoria 2010	9.92
9-11	10.77	Thato Makhubedu	Pretoria 2010	8.60
100 Meters				
12-14				14.31
15-17	16.86	Philile Sithole	Cape Town 2006	14.14
Ball Throw				
6-8				12.58
9-11				21.63
12-14				39.88
15-17	35.41	Philile Sithole	Bangkok 2007	48.15

ITEM	SA RECORD	ATHLETE	GAMES	WORLD RECORD
High Jump				
15-17				1.27
Long Jump				
6-8	0.74	Pamela Mavundza	Pretoria 2010	1.83
9-11	1.19	Thato Makhubedu	Pretoria 2010	2.87
12-14				3.23
15-17	3.39	Philile Sithole	Cape Town 2006	3.88
Shot Put				
15-17				6.20
Swimming				
25m Freestyle				
6-8				
9-11				20.24
50m Freestyle				
12-14				36.89
15-17				36.86
200 Freestyle				
12-14				3:00.66
15-17				3:20.42
25 Back stroke				
6-8				
9-11				23.01
50m Backstroke				
6-8				1:30.33
9-11				52.32
12-14				44.73
15-17				45.90
25 Breaststroke				
6-8				
9-11				27.57
50m Breaststroke				
12-14				48.70
15-17				52.24
25 Butterfly				
6-8				
50m Butterfly				
12-14				38.79
15-17				

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