



### AFMA RECORDS: Outdoor Stadia

MEN					
100m					
M35	<b>10.3</b>	E. Jefferys	RSA		
M35	10.40	Monzavous Edwards	NGA	Sapele, NGA	07-Jul-16
M40	<b>10.7</b>	Stan Wald	RSA		
M45	<b>10.9</b>	Micheal Monyei	NGA	Calabar, NGA	21-Jun-12
M50	<b>11.7</b>	Stan Wald	RSA		
M55	<b>11.8</b>	T. George	RSA		
M60	12.61	Johan Myburgh	RSA	Parow, RSA	09-Apr-22
M65	<b>13.1</b>	Albertus v Zyl	RSA		
M70	<b>12.9</b>	Fred Reid	RSA		
M75	14.06	Fred Reid	RSA		
M80	<b>14.3</b>	Lucas Nel	RSA	Bloemfontein, RSA	08-Nov-03
M85	16.29	Lucas Nel	RSA	Sydney, AUS	Oct-10
M90	17.76	Lucas Nel	RSA	Porto Alegre, BRA	Oct-13
M95					
M100+	30.86	Philip Rabinowitz	RSA	Cape Town, RSA	10-Jul-04
200m					
M35	20.98	Richard Ogunleye	NGA	Niamey, NER	2004
M40	<b>22.0</b>	Stan Wald	RSA		
M45	<b>22.9</b>	Stan Wald	RSA		
M50	23.29	Stan Wald	RSA		
M55	24.71	Monty Hacker	RSA		
M60	<b>25.8</b>	Miloje Grujic	RSA		
M65	26.99	Monty Hacker	RSA		
M70	<b>27.5</b>	Fred Reid	RSA		
M75	<b>29.4</b>	Lucas Nel	RSA		
M80	31.82	Monty Hacker	RSA	Lyon, FRA	Aug-15
M85	34.37	Lucas Nel	RSA	Sydney, AUS	Oct-10
M90	38.04	Lucas Nel	RSA	Porto Alegre, BRA	Oct-13
M95					
M100+	1:17.59	Philip Rabinowitz	RSA	Parow, RSA	17-Dec-04

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

400m					
M35	47.49	Bola Lawal	NGA	Calabar, NGA	10-Jun-12
M40	<b>49.7</b>	Leon Hacker	RSA		
M45	51.07	Spencer Moraope	RSA	Malaga, ESP	Sep-18
M50	51.93	Moses Naidoo	RSA	Germiston, RSA	04-Mar-23
M55	<b>55.0</b>	Miloje Grujic	RSA		
		Stan Immelman	RSA	Pretoria, RSA	2001
M60	52.28	Francis Kimei	KEN	Nairobi, KEN	25-Nov-21
M65	59.52	Albertus v Zyl	RSA		
M70	1:04.16	Lucas Nel	RSA		
M75	1:06.88	Lucas Nel	RSA		
M80	<b>1:12.8</b>	Lucas Nel	RSA	Bloemfontein, RSA	08-Nov-03
M85	1:20.47	Lucas Nel	RSA	Sydney, AUS	Oct-10
M90	1:35.64	Lucas Nel	RSA	Porto Alegre, BRA	Oct-13

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

1500m					
8	3:54.04	G. Brummer	RSA		
M40	3:55.71	R. Rathedi	BOT	Durban, RSA	Jul-97
M45	4:03.13	Terence Brown	RSA		
M50	4:18.94	Sean Rice	RSA	Pretoria, RSA	20-Feb-04
M55	<b>4:32.4</b>	Sybrandt Mostert	RSA		
M60	4:43.67	Anthony Grendon	RSA	Cape Town, RSA	05-May-23
M65	4:59.97	Willie Loedolff	RSA	Port Elizabeth, RSA	07-May-93
M70	5:11.59	Ken Nurden	RSA	Pretoria, RSA	25-Mar-06
M75	5:33.40	Peter Brown	RSA	Oudtshoorn, RSA	26-Apr-13
M80	6:27.52	Ken Nurden	RSA	Pretoria, RSA	18-Jul-15
M85	7:27.11	Lucas Nel	RSA	Sydney, AUS	Oct-10
M90	8:51.30	Lucas Nel	RSA	Porto Alegre, BRA	Oct-13

One mile					
M35					

3000m					
M35					

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

800m					
W35	2:07.54	Sylvia Chesebe	KEN	Pretoria, RSA	18-Nov-23
W40	<b>2:06.5</b>	Anne McKenzie	RSA	London, ENG	01-Jul-67
W45	2:17.12	Salome Vermeulen	RSA	Porto Alegre, BRA	01-Oct-13
W50	2:20.30	Marili Munnik	RSA	Cape Town, RSA	21-Apr-22
W55	2:33.64	Elaine Pretorius	RSA	Perth, AUS	Oct-16
W60	2:44.96	Liz Alexander	RSA	Perth, AUS	Oct-16
W65	3:00.56	Marietjie Ceronio	RSA	Cape Town, RSA	06-May-23
W70	3:19.67	Magdalena Tomlinson	RSA	Durban, RSA	21-Mar-14
W75	3:59.80	Isabel Hofmeyr	RSA	Carolina, PUR	04-Jul-03
W80	4:34.13	Mavis Hutchison	RSA	San Sebastian, ESP	29-Aug-05

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

One mile					
W35					

3000m					
W35					

5000m					
M35	<b>14:15.1</b>	H. LekGangane	RSA		
M40	14:52.78	Willy Kimutai	KEN	Nairobi, KEN	26-Nov-21
M45	15:01.23	Peter Bii	KEN	Malaga, ESP	10-Sep-18
M50	<b>16:01.5</b>	Sean Rice	RSA	Durban, RSA	2003
M55	16:54.76	Sybrandt Mostert	RSA		
M60	16:59.10	Desmond Zibi	RSA	Port Elizabeth, RSA	22-Feb-24
M65	<b>18:25.7</b>	Willie Loedolff	RSA	Durban, RSA	17-Apr-93
M70	19:40.94	Ken Nurden	RSA	Pretoria, RSA	25-Mar-06
M75	21:30.10	Ken Nurden	RSA	Bellville, RSA	30-Apr-10
M80	22:44.10	Ken Nurden	RSA	Pretoria, RSA	02-Apr-16
M85	33:55.00	Caspar Greef	RSA	Parow, RSA	10-Apr-21

10 000m					
M35	26:51.20	Haile Gebrselassie	ETH	Hengelo, NED	24-May-08
M40	<b>30:49.7</b>	G. Moseuw	RSA		
M45	32:24.89	Ewaldt Bonzet	RSA		
M50	32:46.13	Keneth Mburu	KEN	Pretoria, RSA	17-Nov-23
M55	<b>35:12.9</b>	Pat O'Brien	RSA		
M60	<b>38:07.9</b>	Willie Loedolff	RSA	Cape Town, RSA	19-Mar-88
M65	39:07.98	Willie Loedolff	RSA	Port Elizabeth, RSA	07-May-93
M70	41:09.22	Ken Nurden	RSA	Pretoria, RSA	23-Apr-05
M75	45:03.00	Ken Nurden	RSA	Bellville, RSA	01-May-10
M80	51:03.88	Ken Nurden	RSA	Bloemfontein, RSA	14-Nov-15

3000m Steeplechase					
M35	<b>9:31.3</b>	M. Wells	RSA		
M40	<b>9:23.8</b>	Willie Olivier	RSA		
M45	9:49.70	Tobias Philander	RSA	Bellville, RSA	20-Feb-10
M50	10:29.10	Sean Rice	RSA	San Sebastian, ESP	03-Sep-05
M55	11:17.90	Tobias Philander	RSA	Oudtshoorn, RSA	03-May-19

2000m Steeplechase					
M60	7:19.64	Terence Brown	RSA	Bellville, RSA	Feb-15
M65	7:56.42	Warren Schmelzer	RSA	Pilditch, Pretoria	05-Apr-24
M70	8:46.93	Willie Loedolff	RSA	Pretoria, RSA	14-Mar-98
M75	9:38.31	Lucas Nel	RSA		

110m Hurdles					
M35	12.67	Elijah Chesoen	KEN	Nairobi, KEN	25-Nov-21
M40	14.44	Shaune Bownes	RSA	Rustenburg, RSA	26-Apr-14
M45	14.38	Shaune Bownes	RSA	Pretoria, RSA	02-Apr-16

100m Hurdles					
M50	14.75	C. Truter	RSA		
M55	15.92	Johan Gouws	RSA	Bloemfontein, RSA	08-Nov-14
M60	17.09	Johan Gouws	RSA	Oudtshoorn, RSA	03-May-19
M65	<b>16.4</b>	Albertus v Zyl	RSA		

80m Hurdles					
M70	<b>13.2</b>	Albertus v Zyl	RSA		
M75	15.02	Albertus v Zyl	RSA		
M80	18.26	Hans Miekautsch	RSA	Pretoria, RSA	13-Nov-21
M85	24.80	Hans Miekautsch	RSA	Pretoria, RSA	16-Nov-23

5000m					
W35	14:33.84	Edith Masai	KEN	Oslo, NOR	02-Jun-06
W40	17:21.66	Joice Kirui	KEN	Malaga, ESP	10-Sep-18
W45	18:27.36	S. Du Toit	RSA	Durban, RSA	17-Jul-97
W50	<b>18:55.9</b>	J. Hann	RSA	Port Elizabeth, RSA	07-May-93
W55	19:51.10	Jenny Allebone	RSA	Oudtshoorn, RSA	28-Apr-00
W60	19:52.44	Jenny Allebone	RSA	Durban, RSA	06-May-04
W65	22:27.31	Marietjie Ceronio	RSA	Cape Town, RSA	04-May-23
W70	24:15.88	Nancy Will	RSA	Parow, RSA	22-Apr-23
W75	36:03.05	Jean Foster	RSA	Sasolburg, RSA	04-May-01

10 000m					
W35	<b>35:07.0</b>	G. De Oliviera	RSA	Durban, RSA	17-Jul-97
W40	37:50.69	Nicolene Hanekom	RSA	Pretoria, RSA	07-May-22
W45	36:39.79	Sonja Laxton	RSA		
W50	39:34.50	S. Du Toit	RSA	Gateshead, GBR	01-Aug-99
W55	41:07.70	Jenny Allebone	RSA	Oudtshoorn, RSA	28-Apr-00
W60	41:34.20	Jenny Allebone	RSA	Durban, RSA	08-May-04
W65	44:50.18	L. Ruickbie	RSA	Rustenburg, RSA	26-Apr-14
W70	49:15.25	Nancy Will	RSA	Cape Town, RSA	05-May-23

2000m Steeplechase					
W35	<b>7:19.36</b>	Leilani Scheffer	RSA	Cape Town, RSA	06-May-23
W40	7:13.76	Leilani Scheffer	RSA	Pretoria, RSA	06-Apr-24
W45	7:58.23	M. Esterhuysen	RSA	Sasolburg, RSA	26-Apr-08
W50	8:08.92	Mariette Strauss	RSA	Bellville, RSA	13-Mar-14
W55	8:27.01	Mariette Strauss	RSA	Parow, RSA	24-Mar-18
W60	9:12.60	Lynette Fischer	RSA	Oudtshoorn, RSA	03-May-19
W65	10:32.24	Lynette Fischer	RSA	Pretoria, RSA	18-Nov-23

100m Hurdles					
W35	13.35	Olutoyin Augustus	NGA	Phoenix, USA	21-May-16

80m Hurdles					
W40	11.89	Madelene v Rooyen	RSA	Pretoria, RSA	09-May-03
W45	12.05	Charmain Barnard	RSA	Pretoria, RSA	01-Apr-17
W50	12.49	Charmain Barnard	RSA	Pretoria, RSA	30-Mar-19
W55	13.87	Charmain Barnard	RSA	Pretoria, RSA	18-Nov-23
W60	14.75	Magdalena Tomlinson	RSA	Carolina, PUR	11-Jul-03
W65	15.45	Magdalena Tomlinson	RSA	Pretoria, RSA	02-May-09
W70	17.56	Stephanie Claassen	RSA	Pretoria, RSA	07-May-22
W75	20.04	Isabel Hofmeyr	RSA	Carolina, PUR	11-Jul-03

400m Hurdles						
M35	52.93	Pieter Koekemoer	RSA	Malaga, ESP		Sep-18
M40	54.08	Leon Hacker	RSA			
M45	57.02	D. Burger	RSA			
M50	1:01.29	J. Swiegers	RSA	Cape Town, RSA		25-Mar-04
M55	1:02.00	David Fourie	RSA	Tampere, FIN		05-Jul-22

300m Hurdles						
M60	47.37	Len Claassen	RSA	Porto Alegre, BRA		Oct-13
M65	<b>48.0</b>	Albertus v Zyl	RSA			
M70	<b>50.4</b>	Albertus v Zyl	RSA			
M75	<b>54.7</b>	Albertus v Zyl	RSA			

4 x 100m Relays						
M35	43.71	Rega, Bwoga, Chirchir, Kosgei	KEN	Nairobi, KEN		26-Nov-21
M40	43.89	Simiyu, Oturi, Omeka, Anene	KEN	Nairobi, KEN		26-Nov-21
M45	51.07	Kooli, Murigi, Ekitala, Mbufi	KEN	Nairobi, KEN		26-Nov-21
M50						
M55	52.23	Hacker, Russell, Van der Vyver, Toll	RSA	Pilditch. Pretoria		18-Nov-23
M60	59.31	Miaka, Talam, Njoroge, Sasa	KEN	Nairobi, KEN		26-Nov-21

4 x 400m Relays						
M35	3:28.04	Anene, Cheruiyot, Nakeri, Kyevea	KEN	Nairobi, KEN		27-Nov-21
M40	3:35.53	Muneria, Omeka, Oturi, Chesaina	KEN	Nairobi, KEN		27-Nov-21
M45	4:06.93	Ekitara, Maina, Njihia, Wanjala	KEN	Nairobi, KEN		27-Nov-21

4 x 800m Relays						
M35						

3000m Race Walk						
M35						

400m Hurdles						
W35	<b>1:02.1</b>	Madelene v Rooyen	RSA	Potchefstroom, RSA		06-Oct-99
W40	<b>1:06.0</b>	Madelene v Rooyen	RSA			
W45	1:04.84	Shona Hutchinson	RSA	Tampere, FIN		05-Jul-22

300m Hurdles						
W50	48.69	A. du Plessis	RSA	Bloemfontein, RSA		27-Apr-07
W55	53.41	Madelene v Rooyen	RSA	Bloemfontein, RSA		27-Apr-18
W60	54.25	Magdalena Tomlinson	RSA	Carolina, PUR		05-Jul-03
W65	1:00.31	Magdalena Tomlinson	RSA	Bloemfontein, RSA		19-Sep-09

200m Hurdles						
W70	39.50	Magdalena Tomlinson	RSA	Porto Alegre, BRA		Oct-13
W75	40.60	Magdalena Tomlinson	RSA	Bloemfontein, RSA		27-Apr-18

4 x 100m Relays						
W35	53.40	Mulatya, Munyamasye, Chesebe, Saina	KEN	Pilditch. Pretoria		18-Nov-23
W40	52.70	Walters, Smit, Barnard, Du Toit	RSA	Pilditch. Pretoria		18-Nov-23
W45						
W50	1:11.89	Mugure, Mwendu, Wamuyu, Mulinge	KEN	Nairobi, KEN		26-Nov-21
W55						
W60	1:05.40	Odhiambo, Kola, Waithera, Kavaya	KEN	Nairobi, KEN		26-Nov-21

4 x 400m Relays						
W35	5:32.90	Jepkorir, Jepkorir, Wanjiru, Moringi	KEN	Nairobi, KEN		27-Nov-21
W40						
W45	4:31.90	Muthoka, Chepchumba, Cheptanui, Wandia	KEN	Nairobi, KEN		27-Nov-21

4 x 800m Relays						
W35						

3000m Race Walk						
W35						

5000m Race Walk					
M35	<b>20:58.9</b>	C. Britz	RSA		
M40	20:45.08	Eric Mangu Sikuku	KEN	Malaga, ESP	10-Sep-18
M45	22:10.16	Eric Sikuku	KEN	Pretoria, RSA	16-Nov-23
M50	<b>23:01.4</b>	Jurgen Spencer	RSA	Port Elizabeth, RSA	
M55	23:52.24	Jurgen Spencer	RSA		
M60	26:50.70	Jurgen Spencer	RSA		
M65	27:03.70	Jurgen Spencer	RSA	Parow, RSA	12-Nov-05
M70	27:55.30	Jurgen Spencer	RSA	Parow, RSA	12-Nov-10
M75	30:13.82	Jurgen Spencer	RSA	Parow, RSA	18-Mar-16
M80	33:50.10	George Hazle	RSA	Germiston, RSA	06-May-05
M85	35:32.65	David Morgan-Smith	RSA	Cape Town, RSA	04-May-23
M90	<b>41:51.4</b>	Ben Moodie	RSA		
M95	<b>42:58.7</b>	Philip Rabinowitz	RSA		
M100+	47:59.20	Philip Rabinowitz	RSA	Parow, RSA	13-Nov-04

High Jump					
M35	2.01	J. Greyvenstein	RSA		
M40	2.00	Phillip vd Walt	RSA	Pretoria, RSA	01-Apr-17
M45	1.93	Johann Gutsche	RSA	Pretoria, RSA	23-Feb-13
M50	1.82	Johann Gutsche	RSA	Oudtshoorn, RSA	03-May-19
M55	1.72	Johann Gutsche	RSA	Pilditch. Pretoria	18-Nov-23
M60	1.67	Neal Bredeveldt	RSA	Cape Town, RSA	29-May-21
M65	1.51	Johan Gouws	RSA	Pilditch. Pretoria	18-Nov-23
M70	1.44	Leo Benning	RSA	Carolina, PUR	04-Jul-03
M75	1.37	Hans Miekautsch	RSA	Rustenburg, RSA	26-Apr-14
M80	1.22	Hans Miekautsch	RSA	Pretoria, RSA	30-Mar-19
M85	1.13	Hans Miekautsch	RSA	Pretoria, RSA	22-Apr-23

Pole Vault					
M35	4.30	Pieter Brits	RSA	Rustenburg, RSA	26-Apr-14
M40	4.20	Louis Nienaber	RSA	Pretoria, RSA	22-Feb-03
M45	3.85	S.A. Herbst	RSA		
M50	3.90	Grant Murdoch	RSA	Durban, RSA	Jul-97
M55	3.15	Thomas Endrody	RSA	Pretoria, RSA	28-Feb-15
M60	3.03	C. Colyn	RSA		
M65	2.80	A.S. Du Plessis	RSA		
M70	2.80	J-M. De Senneville	RSA	Mauritius	29-Jan-22
M75	2.70	J-M. De Senneville	RSA	Réduit, MUS	31-Mar-23
M80	1.79	Hans Miekautsch	RSA	Bloemfontein, RSA	04-Aug-18

5000m Race Walk					
W35	<b>25:10.2</b>	D. Beckley	RSA	Durban, RSA	08-Apr-95
W40	<b>23:44.1</b>	Barbara Nell	RSA	Port Elizabeth, RSA	28-May-99
W45	24:14.80	Barbara Nell	RSA	Oudtshoorn, RSA	28-Apr-00
W50	25:05.10	Barbara Nell	RSA	Port Elizabeth, RSA	28-Apr-06
W55	26:19.66	Barbara Nell	RSA	Durban, RSA	29-Apr-11
W60	27:32.00	Barbara Nell	RSA	Perth, AUS	Oct-16
W65	29:28.70	Elsa Meyer	RSA	Oudtshoorn, RSA	26-Apr-13
W70	30:13.08	Edna Brand	RSA	Cape Town, RSA	28-May-22
W75	32:36.62	Annetjie Greyvenstein	RSA	Pretoria, RSA	12-Jun-21
W80	37:32.17	Hildegard Vey	RSA	Cape Town, RSA	28-May-22
W85	43:07.14	Peggy Reid	RSA	Cape Town, RSA	04-May-23

High Jump					
W35	1.82	Dinah Heymans	RSA	Nairobi, KEN	26-Apr-02
W40	1.70	Dinah Heymans	RSA	Pretoria, RSA	02-Feb-07
W45	1.64	Dinah Heymans	RSA	Pretoria, RSA	19-May-12
W50	1.53	Dinah Heymans	RSA	Pretoria, RSA	01-Apr-17
W55	1.49	Dinah Heymans	RSA	Pretoria, RSA	18-Nov-23
W60	1.42	Theresa Schmelzer	RSA	Thessaloniki, GRE	25-Sep-22
W65	1.19	Aletta Kruger	RSA		
		Margaret Jonkers	RSA	Parow, RSA	19-Mar-16
W70	1.08	Aletta Kruger	RSA	Pretoria, RSA	10-May-03
W75	1.07	Isabel Hofmeyr	RSA	Parow, RSA	19-Mar-05

Pole Vault					
W35	3.50	Soandri Meyer	RSA	Pretoria, RSA	18-Nov-23
W40	3.30	Ida-Marie Strydom	RSA	Germiston, RSA	13-Apr-19
W45	3.35	Ida-Marie Strydom	RSA	Pretoria, RSA	07-May-22
W50	2.90	Dorita Du Toit	RSA	Pretoria, RSA	07-May-22
W55	2.20	Petra Pietersen	RSA		
W60	2.21	Petra Pietersen	RSA	Pretoria, RSA	23-Apr-05
W65	1.78	Petra Pietersen	RSA	Bellville, RSA	20-Feb-10

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

Triple Jump					
M35	16.47	Tosin Oke	NGA	Rio de Janeiro, BRA	Aug-16
M40	15.99	Samuel Okantey	GHA	Lafayette, USA	01-May-15
M45	12.73	W. Olivier	RSA	Pretoria, RSA	13-May-16
M50	12.80	Vincent McBride	RSA	Porto Alegre, BRA	Oct-13
M55	11.65	Vincent McBride	RSA	Oudtshoorn, RSA	27-Oct-18
M60	10.55	Ron Cross	RSA		
M65	9.72	Andy Heine	RSA		
M70	9.69	Dave Ludeke	RSA	Pretoria, RSA	22-Apr-23
M75	7.83	Albertus v Zyl	RSA		
M80	6.78	Hans Miekautsch	RSA	Germiston, RSA	16-Apr-22
M85	7.02	Hans Miekautsch	RSA	Sasolburg	28-Oct-23

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

Long Jump					
W35	6.58	Maryna v Niekerk	RSA		
W40	5.73	Charmain Barnard	RSA	Pretoria, RSA	31-Mar-12
W45	5.55	Regina Mulatya	KEN	Pretoria, RSA	17-Nov-23
W50	4.69	Hella Kuppe	NAM	Windhoek, NAM	01-Jun-91
W55	4.43	Hella Kuppe	NAM	Windhoek, NAM	
W60	4.34	Hella Kuppe	NAM	Pretoria, RSA	01-Oct-01
W65	4.14	Toy Ungerer	RSA	Oudtshoorn, RSA	27-Apr-13
W70	3.46	Stephanie Claassen	RSA	Pretoria, RSA	13-Nov-21
W75	2.52	Isabel Hofmeyr	RSA	Germiston, RSA	07-May-05
W80	2.11	E. Paveley	RSA		

Triple Jump					
W35	12.15	Maryna v Niekerk	RSA		
W40	12.18	Jenny Kingwill	RSA		
W45	11.58	Regina Mulatya	KEN	Pretoria, RSA	18-Nov-23
W50	9.87	Hella Kuppe	NAM	Windhoek, NAM	01-Jun-91
W55	9.57	Hella Kuppe	NAM	Windhoek, NAM	1995
W60	8.58	Hella Kuppe	NAM	Windhoek, NAM	2001
W65	7.64	Christi du Plooy	RSA		
W70	6.85	Sheila Campbell	RSA		

Hammer Throw					
W35	49.80	Tanya Pubalakan	RSA	Pretoria, RSA	06-May-22
W40	45.47	Rebecca Kerubo	KEN	Pretoria, RSA	17-Nov-23
W45	39.38	H. Du Plessis	RSA		
W50	49.23	Heleen Knobel	RSA	Lyon, FRA	Aug-15
W55	44.96	Heleen Knobel	RSA	Pretoria, RSA	11-Nov-21
W60	34.19	Jackie Smit	RSA	Parow, RSA	23-Mar-24
W65	30.10	A. Olivier	RSA	Port Elizabeth, RSA	29-Apr-06
W70	25.76	Lena Grobler	RSA		
W75	30.52	Penny England	RSA	Pretoria, RSA	13-May-16
W80	25.55	Penelope England	RSA	Pretoria, RSA	17-Nov-23

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

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

Javelin Throw					
M35	66.04	J. van Wyk	RSA	Pretoria, RSA	03-Apr-04
M40	65.54	T. Liebenberg	RSA	Johannesburg, RSA	1998
M45	62.63	Gawie Louw	RSA	Germiston, RSA	07-May-05
M50	67.87	Wilhelm Pauer	RSA	Malaga, ESP	Sep-18
M55	64.25	Wilhelm Pauer	RSA	Cape Town, RSA	06-May-23
M60	54.84	P. Mulaudzi	RSA	Sasolburg, RSA	04-May-01
M65	45.90	Stephen Kichenbrand	RSA	Pretoria, RSA	22-Apr-23
M70	42.35	Dave Ludeke	RSA	Pretoria, RSA	06-May-22
M75	36.09	Borg Stannius	RSA	Port Elizabeth, RSA	28-Apr-06
M80	31.49	Borg Stannius	RSA	Sasolburg, RSA	25-Apr-08
M85	25.32	Borg Stannius	RSA	Denmark	05-Jun-13
M90	21.81	Borg Stannius	RSA	Canterbury, NZL	02-Mar-19

Shot Put					
W35	14.32	Uju Anoliefo	NGA	Lagos, NGA	04-May-15
W40	13.25	E. Anjala	KEN		
W45	11.80	Marie-Louise Uys	RSA		
W50	13.24	Charmain Barnard	RSA	Pretoria, RSA	30-Mar-19
W55	11.57	Charmain Barnard	RSA	Pretoria, RSA	18-Nov-23
W60	11.74	M. van As	RSA		
W65	10.63	M. van As	RSA		
W70	8.51	Helena Fourie	RSA	Germiston, RSA	13-Apr-19
W75	8.86	Ena Fourie	RSA	Pretoria, RSA	18-Nov-23
W80	7.11	Penny England	RSA	Pretoria, RSA	05-May-22
W85	6.08	Aletta Kruger	RSA	Bloemfontein, RSA	04-Aug-18

Discus Throw					
W35	55.01	E. Naude	RSA	Rustenburg, RSA	25-Apr-14
W40	43.48	R. Boshoff	RSA		
W45	38.97	Heleen Knobel	RSA	Porto Alegre, BRA	Oct-13
W50	39.71	Antonette Jordaan	RSA	Pretoria, RSA	19-Nov-22
W55	33.29	Heleen Knobel	RSA	Cape Town, RSA	11-Dec-21
W60	28.78	J. Rzepecka	RSA	Germiston, RSA	12-Mar-05
W65	24.84	M. van As	RSA		
W70	23.26	Lena Grobler	RSA		
W75	21.23	Penny England	RSA	Pretoria, RSA	13-May-16
W80	17.45	Penny England	RSA	Pretoria, RSA	05-May-22
W85	10.65	Mavis Hutchison	RSA	Porto Alegre, BRA	Oct-13

Javelin Throw					
W35	46.93	Linda van Vreden	RSA	Germiston, RSA	04-Mar-23
W40	41.20	Y. Beytell	RSA	Pretoria, RSA	13-Feb-16
W45	37.80	J.C. Moolman	RSA	Bellville, RSA	15-Mar-14
W50	34.44	Heleen Knobel	RSA	Malaga, ESP	Sep-18
W55	29.76	Judy Flynn	RSA	Germiston, RSA	16-Apr-22
W60	26.93	Aletta Pietersen	RSA	Parow, RSA	10-Apr-21
W65	22.20	Mercia Ferreira	RSA	Port Elizabeth, RSA	15-May-15
W70	19.77	Mercia Ferreira	RSA	Oudtshoorn, RSA	03-May-19
W75	18.85	Hella Kuppe	NAM	Windhoek, NAM	24-Oct-15
W80	13.89	Penny England	RSA	Pretoria, RSA	05-May-22
W85	11.33	Mavis Hutchison	RSA	Sasolburg, RSA	16-Jan-10

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

Decathlon					
M35	5575	A. vd Burgh	RSA		
M40	6080	Rory McWade	ZIM	San Sebastian, ESP	Aug-05
M45	6154	J. Jacobs	RSA		
M50	6817	Johan Allers	RSA	Bellville, RSA	05-May-02
M55	6387	N. Hough	RSA	Carolina, PUR	04-Jul-03
M60	6524	Ron Cross	RSA		
M65	6580	Andy Heine	RSA		
M70	8098	Albertus v Zyl	RSA		
M75	6304	Hans Miekautsch	RSA	Oudtshoorn, RSA	27-Apr-13
M80	5133	Hans Miekautsch	RSA	Bloemfontein, RSA	27-Apr-18

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

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

Weight Throw					
W35	15.91	Tanya Pubalakan	RSA	Pretoria, RSA	07-May-22
W40	15.24	Rebecca Kerubo	KEN	Pretoria, RSA	18-Nov-23
W45	14.04	Heleen Knobel	RSA	Pretoria, RSA	25-Apr-14
W50	15.60	Heleen Knobel	RSA	Lyon, FRA	Aug-15
W55	14.50	Heleen Knobel	RSA	Parow, RSA	10-Apr-21
W60	14.48	Jackie Smit	RSA	Parow, RSA	10-Feb-24
W65	12.23	Zelda Erasmus	RSA	Oudtshoorn, RSA	03-May-19
W70	10.97	Susanna du Bruyn	RSA	Oudtshoorn, RSA	03-May-19
W75	12.50	Penny England	RSA	Germiston, RSA	08-Apr-17
W80	10.75	Penny England	RSA	Pretoria, RSA	05-May-22
W85	6.29	Aletta Kruger	RSA	Bloemfontein, RSA	27-Apr-18

Heptathlon					
W35	4218	Biancá Rê	RSA	Cape Town, RSA	05-May-23
W40	4516	Mercia Ferreira	RSA	Port Elizabeth, RSA	07-May-93
W45	4930	Stefanie v Rooyen	RSA		
W50	5142	Hella Kuppe	NAM	Turku, FIN	1991
W55	5281	Hella Kuppe	NAM	Buffalo, USA	Jul-95
W60	5205	Magdalena Tomlinson	RSA	Carolina, PUR	04-Jul-03
W65	4977	Stephanie Claassen	RSA	Malaga, ESP	Sep-18
W70	5447	Stephanie Claassen	RSA	Pretoria, RSA	13-Nov-21
W75	5333	Isabel Hofmeyr	RSA	Carolina, PUR	04-Jul-03

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

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



**AFMA RECORDS: Outdoor Non Stadia**

<b>MEN</b>					
<b>10km Road Race</b>					
M35	33:10	Karel Burger	RSA	Torun, POL	30-Mar-19
M40	30:43	Samuel Ndereba	KEN	Malaga, ESP	2018
M45	29:28	Keneth Mburu	KEN	Torun, POL	2023
M50	35:48.0	William Bett	KEN	Nairobi, KEN	27-Nov-21
M55	42:11	Percy Kelly	RSA	Pretoria, RSA	18-Nov-23
M60	50:48	Sydney Gregan	RSA	Pretoria, RSA	18-Nov-23
M65	46:06.0	Joseph Kirwa	KEN	Nairobi, KEN	27-Nov-21
M70	44:39.0	Peter Lelei	KEN	Nairobi, KEN	27-Nov-21
<b>Half Marathon (21km)</b>					
M35	1:09:50	Josiah Cheruiyot	KEN	Nairobi, KEN	27-Nov-21
M40	1:09:30	Willy Kimutai	KEN	Nairobi, KEN	27-Nov-21
M45	1:05:20	Kennedy Mungura	KEN	Nairobi, KEN	27-Nov-21
M50	1:25:45	Philimon Manyaka	RSA	Pretoria, RSA	18-Nov-23
M55	1:23:30	Charles Ndirangu	KEN	Nairobi, KEN	27-Nov-21
M60	1:49:27	Elias Letlape	RSA	Pretoria, RSA	18-Nov-23
<b>Marathon</b>					
M35	2:01:09	Eliud Kipchoge	KEN	Berlin, GER	25-Sep-22
M40	2:04:19	Kenenisa Bekele	ETH	Valencia, ESP	03-Dec-23
M45					
M50	2:19:29	Titus Mamabolo	RSA	Durban, RSA	20-Jul-91
M55					
M60					
<b>10km Road Race Walk</b>					
M35	54:31.4	John Lenamao	KEN	Nairobi, KEN	26-Nov-21
M40	43:18	Eric Maugo Sikuku	KEN	Malaga, ESP	12-Sep-18
M45	45:54.7	Erick Shikuku	KEN	Nairobi, KEN	26-Nov-21
M50	49:08	Carl Meyer	RSA	Riccione, ITA	Sep-07
M55	53:19	Kevin Phillips	RSA	Irene, RSA	13-Jul-19
M60	56:01	Carl Meyer	RSA	George, RSA	21-Oct-17
M65	57:04	Jurgen Spencer	RSA	Youngsfield, RSA	30-Apr-10
M70	58:40	Jurgen Spencer	RSA	Youngsfield, RSA	18-Mar-11
M75	1:03:45	Jurgen Spencer	RSA	Youngsfield, RSA	25-Jun-16
M80	1:09:03	Stuart Halsall	RSA	Youngsfield, RSA	20-Feb-10

<b>WOMEN</b>					
<b>10km Road Race</b>					
W35	33:40	Innes Chenonge	KEN	Malaga, ESP	2018
W40					
W45	45:11	Corne Prinsloo	RSA	Pretoria, RSA	18-Nov-23
W50	45:16	Ronel Thomas	RSA	Pretoria, RSA	18-Nov-23
W55					
W60	49:57	Salina Chelimo	KEN	Nairobi, KEN	27-Nov-21
W65	59:41	Martie Boesenberg	RSA	Pretoria, RSA	18-Nov-23
W70	1:13:50	Elaine Greenblatt	RSA	Pretoria, RSA	18-Nov-23
<b>Half Marathon (21km)</b>					
W35	1:26:12	Ines Chenonge	KEN	Nairobi, KEN	27-Nov-21
W40	1:28:13	Julia Njagi	KEN	Nairobi, KEN	27-Nov-21
W45	1:29:14	Anastasia Ndereba	KEN	Nairobi, KEN	27-Nov-21
W50	1:30:35	Sheila Mbaku	KEN	Nairobi, KEN	27-Nov-21
W55	1:48:28	Elmarie Pretorius	RSA	Pretoria, RSA	18-Nov-23
W60	2:10:30	Caroline Nduta	KEN	Nairobi, KEN	27-Nov-21
W65	3:11:08	Christa Mouton	RSA	Pretoria, RSA	18-Nov-23
<b>Marathon</b>					
W35					
W40					
W45					
W50					
W55					
W60					
W65					
<b>10km Road Race Walk</b>					
W35	54:36	Ronel Viljoen	RSA	Pretoria, RSA	26-May-18
W40	47:53.50	Barbara Nell	RSA	Port Elizabeth, RSA	29-May-99
W45	50:30	Barbara Nell	RSA	Youngsfield, RSA	04-May-02
W50	52:26	Lesley v Buuren	RSA	Oudtshoorn, RSA	27-Apr-13
W55	54:12	Lesley v Buuren	RSA	Youngsfield, RSA	06-May-17
W60	56:56	Lyndsay Hatz	RSA	Port Elizabeth, RSA	29-May-99
W65	59:07	Elsa Meyer	RSA	Oudtshoorn, RSA	27-Apr-13
W70	1:02:22	Elsa Meyer	RSA	Perth, AUS	Oct-16
W75	1:06:13	Elsa Meyer	RSA	Pretoria, RSA	07-May-22
W80	1:15:40	Anne Centner	RSA	Irene, Pretoria	10-Feb-24
W85					
W90	1:35:28	Cecily Rootenberg	RSA	Youngsfield, RSA	08-Oct-16

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

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

8km Cross Country					
M35					
M40					
M45	28:53	Roger Bejjani	LIB	Sindelfingen, GER	13-Mar-04
M50					
M55					
M60					
M65					

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

4km Cross Country					
M75					
M80	1:01:45	Francois Génadry	LIB	Sindelfingen, GER	13-Mar-04

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

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

8km Cross Country					
W35					
W40					
W45					
W50					
W55					
W60					
W65					

6km Cross Country					
W70					

4km Cross Country					
W35	15:26	Mercy Kiptoo	KEN	Pretoria, RSA	18-Nov-23
W40	17:10	Calinka Kotze	RSA	Pretoria, RSA	18-Nov-23
W45	16:40	Leandri Claassen	RSA	Pretoria, RSA	18-Nov-23
W50	23:00	Louise Britz	RSA	Pretoria, RSA	18-Nov-23
W55	19:31	Priscilla Biwott	KEN	Pretoria, RSA	18-Nov-23
W60	21:59	Mariet Geyer	RSA	Pretoria, RSA	18-Nov-23
W65	20:32	Catharina Scheffer	RSA	Pretoria, RSA	18-Nov-23
W70	25:41	Veronica von Gordon	RSA	Pretoria, RSA	18-Nov-23
W75	48:20	Elize Grobelaar	RSA	Pretoria, RSA	18-Nov-23

**AFMA RECORDS: Indoor Stadia**

<b>MEN</b>					
<b>60m</b>					
M35	7.64	Jean M Mouanda	CGO	Linz, AUT	20-Mar-06
M40	8.15	David Blaauw	RSA	Budapest, HUN	30-Mar-14
M45	7.45	Gavin Maxwell	RSA	Clermont-Ferrand, FRA	22-Mar-08
M50	7.53	Ian Hacker	RSA	Torun, POL	30-Mar-19
M55					
M60					
M65					
M70	9.50	Robert Xavier	RSA	Torun, POL	01-Apr-23
M75					
M80					
<b>200m</b>					
M35	24.38	Rachid Arnouss	MAR	Linz, AUT	20-Mar-06
M40	25.43	Stoffel Erasmus	RSA	Budapest, HUN	30-Mar-14
M45					
M50	24.20	Moses Naidoo	RSA	Torun, POL	01-Apr-23
M55					
M60					
M65					
M70	29.55	Monty Hacker	RSA	Linz, AUT	20-Mar-06
<b>400m</b>					
M35	50.82	Rachid Arnouss	MAR	Linz, AUT	20-Mar-06
M40	55.50	Stoffel Erasmus	RSA	Budapest, HUN	30-Mar-14
M45					
M50	53.31	Moses Naidoo	RSA	Torun, POL	01-Apr-23
M55					
M60					
M65	1:02.62	Len Claassen	RSA	Daegu, KOR	25-Mar-17
<b>800m</b>					
M35					
M40	2:01.58	Aissa Hecini	ALG	Sindelfingen, GER	11-Mar-04
M45	2:13.01	Willie Bronkhorst	RSA	Budapest, HUN	30-Mar-14
M50	2:25.06	Adam Simcock	RSA	Daegu, KOR	25-Mar-17
M55					
M60	2:34.23	Len Claassen	RSA	Budapest, HUN	30-Mar-14
M65	2:27.82	Warren Schmelzer	RSA	Torun, POL	01-Apr-23
<b>1500m</b>					
M35					
M40					
M45	4:35.11	Willie Bronkhorst	RSA	Budapest, HUN	30-Mar-14
M50	5:14.94	Adam Simcock	RSA	Daegu, KOR	25-Mar-17
M55					
M60					
M65	5:24.04	Warren Schmelzer	RSA	Torun, POL	24-Feb-24
M70	12:42.26	Patrick Kennedy	RSA	Budapest, HUN	30-Mar-14
<b>One mile</b>					
M35					

<b>WOMEN</b>					
<b>60m</b>					
W35	8.00	Winnie de Winnaar	RSA	Sindelfingen, GER	12-Mar-04
W40					
W45					
W50	8.51	Anna du Plessis	RSA	Clermont-Ferrand, FRA	22-Mar-08
W55					
W60	9.64	Theresa Schmelzer	RSA	Torun, POL	01-Apr-23
W65					
W70					
W75					
W80	13.60	Veronica Welgemoed	RSA	Budapest, HUN	30-Mar-14
<b>200m</b>					
W35	26.43	Winnie de Winnaar	RSA	Sindelfingen, GER	11-Mar-04
W40					
W45					
W50	28.19	Anna du Plessis	RSA	Clermont-Ferrand, FRA	22-Mar-08
W55					
W60					
W65					
W70					
<b>400m</b>					
W35	63.80	Mariette Botha	RSA	Torun, POL	30-Mar-19
W40					
W45					
W50					
W55					
W60					
W65					
<b>800m</b>					
W35	3:00.81	Angelique Rall	NAM	Sindelfingen, GER	10-Mar-04
W40					
W45	3:09.45	Dalila Ghouti	ALG	Linz, AUT	20-Mar-06
W50					
W55					
W60					
W65					
<b>1500m</b>					
W35					
W40					
W45	6:10.04	Dalila Ghouti	ALG	Linz, AUT	20-Mar-06
W50					
W55					
W60					
W65					
W70					
<b>One mile</b>					
W35					

3 000m						
M35						
M40						
M45						
M50	9:25.95	Sean Rice	RSA	Sindelfingen, GER	10-Mar-04	
M55						
M60	13:09.54	Alwin F. Wurster	RSA	Sindelfingen, GER	11-Mar-04	

60m Hurdles						
M35	9.43	Martin Plews	RSA	Clermont-Ferrand, FRA	22-Mar-08	
M40	8.08	Shaun Bownes	RSA	Budapest, HUN	30-Mar-14	
M45	9.75	Scott Russell	RSA	Daegu, KOR	25-Mar-17	
M50	9.19	Scott Russell	RSA	Torun, POL	29-Mar-19	
M55						
M60						
M65	10.68	Hans Miekautsch	RSA	Sindelfingen, GER	13-Mar-04	

4 x 200m Relays						
M35						

4 x 400m Relays						
M35						

4 x 800m Relays						
M35						

3000m Race Walk						
M35						
M40						
M45						
M50	13:51:34	Carl Meyer	RSA	Clermont-Ferrand, FRA	22-Mar-08	
M55						
M60						
M65						
M70						

High Jump						
M35	1.69	Martin Plews	RSA	Clermont-Ferrand, FRA	22-Mar-08	
M40						
M45						
M50						
M55						
M60						
M65	1.42	Hans Miekautsch	RSA	Sindelfingen, GER	13-Mar-04	

Pole Vault						
M35						
M40						

3 000m						
W35						
W40						
W45						
W50	11:49.32	Frances van Blerk	RSA	Clermont-Ferrand, FRA	22-Mar-08	
W55						
W60						

60m Hurdles						
W35	9.44	Winnie de Winnaar	RSA	Sindelfingen, GER	13-Mar-04	
W40						
W45	9.73	Esca C. Taljaard	RSA	Sindelfingen, GER	13-Mar-04	
W50	10.34	Anna du Plessis	RSA	Clermont-Ferrand, FRA	22-Mar-08	
W55						
W60						
W65						

4 x 200m Relays						
W35						

4 x 400m Relays						
W35						

4 x 800m Relays						
W35						

3000m Race Walk						
W35						
W40						
W45	15:57.06	Ada Booyens	RSA	Kamloops, CAN	07-Mar-10	
W50	18:35.64	Celeste Scheepers	RSA	Budapest, HUN	30-Mar-14	
W55	18:07.98	Magaretha M. Knoetze	RSA	Budapest, HUN	30-Mar-14	
W60	18:15.23	Magaretha M. Knoetze	RSA	Daegu, KOR	25-Mar-17	
W65						
W70	18:27.99	Edna Brand	RSA	Torun, POL	01-Apr-23	

High Jump						
W35	1.70	Mariette Botha	RSA	Torun, POL	30-Mar-19	
W40						
W45	1.65	Dinah Heymans	RSA	Jyvaskyla, FIN	08-Apr-12	
W50						
W55						
W60	1.43	Theresa Schmelzer	RSA	Torun, POL	04-Mar-23	

Pole Vault						
W35						
W40	3.10	Ida-Marie Strydom	RSA	Torun, POL	30-Mar-19	

Long Jump					
M35	5.35	Martin Plews	RSA	Clermont-Ferrand, FRA	22-Mar-08
M40					
M45	5.72	Moses Naidoo	RSA	Torun, POL	30-Mar-19
M50	5.54	Vincent W. McBride	RSA	Budapest, HUN	30-Mar-14
M55					
M60					
M65	4.17	Hans Miekautsch	RSA	Sindelfingen, GER	11-Mar-04
M70	3.74	Robert Xavier	RSA	Torun, POL	01-Apr-23

Triple Jump					
M35					

Shot Put					
M35	13.61	Martin Plews	RSA	Clermont-Ferrand, FRA	22-Mar-08
M40	15.06	Johan Labuschagne	RSA	Budapest, HUN	30-Mar-14
M45	11.32	Hannes Nel	RSA	Linz, AUT	20-Mar-06
M50	13.67	Willem Krog	RSA	Budapest, HUN	30-Mar-14
M55					
M60					
M65	7.89	Hans Miekautsch	RSA	Sindelfingen, GER	11-Mar-04

Weight Throw					
M35					
M40	13.40	Braam Botes	RSA	Linz, AUT	20-Mar-06
M45	14.40	Tone van Rensburg	RSA	Kamloops, CAN	07-Mar-10
M50	18.11	Basie Koen	RSA	Linz, AUT	20-Mar-06
M55	17.22	Basie Koen	RSA	Clermont-Ferrand, FRA	22-Mar-08
M60	18.74	Jan Roodt	RSA	Clermont-Ferrand, FRA	22-Mar-08

Indoor Pentathlon					
M35	2810	Martin Plews	RSA	Clermont-Ferrand, FRA	22-Mar-08
M40					
M45					
M50					
M55					
M60					
M65	3751	Hans Miekautsch	RSA	Sindelfingen, GER	11-Mar-04

Long Jump					
W35	4.75	Angelique Rall	NAM	Sindelfingen, GER	10-Mar-04
W40					
W45					
W50	3.46	Carlene Strampe	RSA	Torun, POL	30-Mar-19
W55					
W60					
W65					
W70					

Triple Jump					
W35	10.61	Angelique Rall	NAM	Sindelfingen, GER	12-Mar-04

Shot Put					
W35	9.20	Angelique Rall	NAM	Sindelfingen, GER	10-Mar-04
W40					
W45	10.66	Antonette Jordaan	RSA	Torun, POL	30-Mar-19
W50	11.88	Antonette Jordaan	RSA	Torun, POL	01-Apr-23
W55					
W60					
W65					

Weight Throw					
W35					
W40					
W45	12.34	Antonette Jordaan	RSA	Torun, POL	30-Mar-19
W50	13.50	Antonette Jordaan	RSA	Torun, POL	01-Apr-23
W55					
W60					

Indoor Pentathlon					
W35					
W40					
W45					
W50					
W55					
W60					
W65					