

EASTERN PROVINCE U/20 RECORDS

Item		Record	Athlete	Venue	Date
100m	Men: U/20	10.38s	Glenn Elferink	Rustenburg	1991/10/18
100m	Women: U/20	11.50s	Heide Seyerling	Nairobi	1995/05/27
200m	Men: U/20	20.59s	Paul Gorries	Roodepoort	2000/03/13
200m	Women: U/20	23.22s	Heide Seyerling	Secunda	1994/05/07
400m	Men: U/20	46.37s	Luxolo Adams	Bloemfontein	2015/04/09
400m	Women: U/20	54.18s	Yolande Neetling	Pretoria	1998/04/04
800m	Men: U/20	1.50.4s	Lodewyk Puren	UPE	1976/04/09
800m	Women: U/20	2.09.6s	Chimene Gaybba	UPE	1981/03/14
1 500m	Men: U/20	3.42.90s	Leonardo de Villiers	Port Elizabeth	1983/10/17
1 500m	Women: U/20	4:22.8s	Karin Botes	UPE	1985/10/14
3 000m	Men: U/20	8.16.9s	Terry Thornton	UPE	1985/10/19
3 000m	Women: U/20	9:31.9s	Karin Botes	UPE	1985/10/19
5 000m	Men: U/20	13.26.88s	Terry Thornton	Stellenbosch	1986/11/08
5 000m	Women: U/20	20:40.73s	Kiara Herman	Potchefstroom	2022/04/02
10 000m	Men: U/20	30.49.20s	Lusapo April	Port Elizabeth	2001/06/13
3 000m SC	Men: U/20	9.12.1s	Whaddon Niewoudt	UPE	1989/11/11
3 000m SC	Women: U/20	12.54.23s	Carla Petzer	Pretoria	2012/04/04
100mH	Women: U/20	14.62s	Talana Gerber	Pietersburg	2000/04/15
110mH	Men: U/20	13.61s	Mondray Barnard	Paarl	2021/04/10
400mH	Men: U/20	53.00s	Marnus Kritzinger	Durban	1999/03/06
400mH	Women: U/20	58.70s	Kirsten Basson	Cape Town	2017/04/07
5 000mW	Men: U/20	23.27.0s	Org Langenhoven	UPE	1991/03/09
5 000mW	Women: U/20	27:18.8s	Nicolene Cronje	Pretoria	2000/04/07
10 000mW	Men: U/20	47.44s	Brian Emslie	UPE	1993/03/06
Long Jump	Men: U/20	7.76m	Sherlock Kriel	Cradock	1997/10/18
Long Jump	Women: U/20	6.07m	Ann Valentine	Germiston	1995/04/07
Triple Jump	Men: U/20	15.52m	Kobus Vosloo	Johannesburg	1996/03/30
Triple Jump	Women: U/20	11.99m	Ann Valentine	Germiston	1995/04/07
High Jump	Men: U/20	2.15m	Lambertus de Wilzen	UPE	1984/05/07
High Jump	Women: U/20	1.76m	Phillipa Erasmus	UPE	1995/10/14
Pole Vault	Men: U/20	4.51m	Chris Kruger	Cradock	1993/03/13
Pole Vault	Women: U/20	3.50m	Corrie Doubell	Germiston	2002/03/23
Shot Put	Men: U/20	16.27m	Francois Spamer	Paarl	2021/04/10
Shot Put	Women: U/20	13.33s	Mariska van Zyl	Durban	2001/03/02
Discus	Men: U/20	56.74m	Dawie Kok	UPE	1988/12/14
Discus	Women: U/20	49.90m	Isckhe Senekal	Botswana	2011/05/12
Hammer Throw	Men: U/20	74.08m	Jaques Koen	Port Elizabeth	2002/03/15
Hammer Throw	Women: U/20	56.45m	Marga Cumming	Germiston	2016/03/31

Javelin Throw	Men: U/20	77,98	Marius Corbett	Lisbon	1994/07/24
Javelin Throw	Women: U/20	45.80m	Noreen Nel	UPE	1983/03/21
Pentathlon	Women: U/20	3618	Charlene Victor	UPE	1979/04/07
4 x 100m Relay	Men: U/20	40.92s	Eastern Province	Pretoria	1998/04/04
4 x 100m Relay	Women: U/20	47.47s	Eastern Province	Germiston	1993/04/03
4 x 400m Relay	Men: U/20	3.17.9s	Eastern Province	UPE	1976/04/10
4 x 400m Relay	Women: U/20				