

SA TRACK RECORDS 2009						SA ROAD RECORDS 2009			
BEGINNERS									
Girls Under 13	200m	0m29.42	R. Nemaadza	Pilditch	2007-03-29	0m27.12	D. Williams	Hammanskraal	2008-04-05
	400m	0m57.72	D. Williams	Pilditch	2008-04-02	0m55.80	V. de Bruin	Hammanskraal	2008-04-06
Boys Under 13	200m	0m25.12	S. Elias	Pilditch	2006-06-29	0m24.07	K. Sethusha	Hammanskraal	2007-04-01
	400m	0m49.85	A. Nordien	Pilditch	2008-04-02	0m47.44	K. Sethusha	Hammanskraal	2007-04-01
Girls Under 15	200m	0m27.69	K. Mojapelo	Pilditch	2002-06-09	0m27.56	Z. green	Carousel	2005-03-27
	400m	0m53.55	A. Kelemi	Pilditch	2006-06-29	0m53.80	M. Dlamini	Carousel	2005-03-27
	800m	2m28.88	J. Visser	Pilditch	2007-03-30	2m21.24	J. Visser	Hammanskraal	2007-04-01
Boys Under 15	200m	0m24.42	C. Hudson	Pilditch	2006-06-29	0m22.73	C. Hudson	Hammanskraal	2006-07-01
	400m	0m44.35	G. Thema	Pilditch	2007-03-29	0m42.12	G. Thema	Hammanskraal	2007-04-01
	800m	1m33.35	G. Thema	Pilditch	2007-03-30	1m28.55	G. Thema	Hammanskraal	2007-04-01
Girls Over 15	200m	0m28.05	N. Hopwood	Pilditch	2006-06-29	0m25.63	N. Hopwood	Hammanskraal	2006-07-01
	400m	0m57.63	K. Legote	Pilditch	2008-04-02	0m50.88	M. Collins	Hammanskraal	2007-04-01
	800m	1m51.55	N. Foni	Pilditch	2007-03-30	1m43.16	K. Legote	Hammanskraal	2008-04-06
Boys Over 15	200m	0m23.81	L. Monaheng	Pilditch	2004-07-15	0m23.57	L. Monaheng	Carousel	2004-07-17
	400m	0m46.31	B. Sekhu	Pilditch	2007-03-29	0m43.91	B. Sekhu	Hammanskraal	2007-04-01
	800m	1m38.36	B. Sekhu	Pilditch	2007-03-30	1m33.30	B. Boer	Hammanskraal	2007-04-01
Open Boys	1 000m	2m02.22	G. Thema	Pilditch	2007-03-30	1m55.62	G. Thema	Hammanskraal	2007-04-01
AGE GROUPS - FEMALE									
Girls Under 15	500m	0m55.52	K. Coates	Pilditch	1998-07-09	0m52.96	K. Coates	Carousel	1998-07-12
	1000m	2m17.55	Z. Green	Pilditch	2008-04-03	2m16.19	Z. Green	Hammanskraal	2008-04-05
Girls Under 17	1000m	2m10.76	N. Foni	Pilditch	2008-04-03	2m08.08	N. Foni	Hammanskraal	2008-04-06
Girls Under 17	500m	1m01.16	N. Foni	Pilditch	2008-04-02	1m00.72	N. Foni	Hammanskraal	2008-04-06
	3000m	7m35.80	N. Foni	Pilditch	2008-04-02	7m31.80	N. Foni	Hammanskraal	2008-04-05
Junior Ladies	200m TT					0m21.64	T. Motemo	Hammanskraal	2008-04-05
	300m TT	0m31.79	K. Coates	Pilditch	2000-06-17	0m30.82	K. Coates	Carousel	2000-07-01
	500m	0m52.11	K. Coates	Pilditch	2000-02-18	0m51.21	K. Coates	Carousel	2000-07-02
	1000m	1m46.72	K. Coates	Pilditch	2000-02-19	1m46.78	K. Coates	Carousel	1999-07-18
	5000m	9m56.66	K. Coates	Pilditch	2001-03-25	10m19.36	K. Coates	Carousel	1999-07-17
	10000m					19m52.05	K. Coates	Centurion	1999-02-28
Senior Ladies	200m TT					0m22.39	T. Motemo	Hammanskraal	2006-07-01
	300m TT	0m32.21	E. de Vries	Pilditch	1997-08-00	0m31.07	E. de Vries	Carousel	1999-07-17
	500m	0m53.61	E. de Vries	Pilditch	1999-07-15	0m51.41	E. de Vries	Carousel	1999-07-18
	1000m	1m48.87	C. Maloney	Pilditch	2000-06-28	1m44.84	E. de Vries	Carousel	1999-07-18
	5000m	9m58.09	C. Maloney	Pilditch	2001-03-25	10m19.36	E. de Vries	Carousel	1999-07-17
AGE GROUPS - MALES									
Boys Under 13	400m	0m57.61	U. Boikanyo	Pilditch	2006-05-28				
	500m	0m53.03	L. Mogotsi	Pilditch	2000-06-28	0m52.17	L. Mogotsi	Carousel	2000-07-01
	800m	1m27.51	J. Janse van Rensburg	Pilditch	1997-07-10	1m25.33	N. Greeff	Carousel	1997-06-16
	1000m	1m51.62	N. Greeff	Pilditch	1997-07-09	1m50.87	U. Boikanyo	Hammanskraal	2007-04-01
	2000m	4m06.72	U. Boikanyo	Pilditch	2007-03-29	3m54.11	U. Boikanyo	Hammanskraal	2007-04-01
Boys Under 15	500m	0m51.00	N. Greeff	Pilditch	1999-06-26	0m49.54	G. du Preez	Carousel	1997-06-16
	3000m	5m54.22	T. Bapela	Pilditch	2008-04-02				
	1000m	1m50.82	T. Bapela	Pilditch	2008-04-03	1m47.15	S. Elias	Hammanskraal	2007-04-01
Boys Under 17	500m	0m54.27	B. Lottering	Pilditch	2007-03-29	0m51.35	B. Lottering	Hammanskraal	2007-04-01
	1000m	1m54.58	B. Lottering	Pilditch	2007-03-30	1m46.46	B. Lottering	Hammanskraal	2007-04-01
Open Boys U17	3000m	5m54.40	S. Elias	Pilditch	2007-03-29	5m40.44	S. Elias	Hammanskraal	2007-04-01
Boys Over 17	500m	0m49.59	E. Mokone	Pilditch	2007-03-29	0m45.01	E. Mokone	Hammanskraal	2007-04-01
	1000m	1m46.84	P. Majolwane	Pilditch	2007-03-30	1m41.32	E. Mokone	Hammanskraal	2007-04-01
	5000m	9m47.53	M. Buthane	Pilditch	2007-03-29	9m38.99	P. Majolwane	Hammanskraal	2007-04-01
Junior Men	200m TT					0m18.76	K. Molepo	Hammanskraal	2008-04-05
	300m TT	0m28.54	T. Mitchell	Pilditch	2000-02-18	0m28.18	G. du Preez	Carousel	2001-07-15
	500m	0m47.88	N. Greeff	Pilditch	2002-07-06	0m46.35	R. Williamson	Hammanskraal	2007-04-01
	1000m	1m40.49	G. du Preez	Pilditch	1999-06-26	1m40.35	F. van Deventer	Carousel	1999-07-18
	5000m	9m23.53	G. du Preez	Pilditch	1999-06-26	8m59.31	K. Molepo	Hammanskraal	2008-04-06
	10000m	18m12.75	T. Mitchell	Pilditch	2000-02-19	20m00.91	W. Griessel	Carousel	1998-07-11
	15000m	28m22.50	J. Hudson	Pilditch	2007-03-30				
Senior Men	20000m					36m37.16	J. Hudson	Hammanskraal	2007-04-01
	200m TT					0m17.58	T. Mitchell	Hammanskraal	2007-04-01
	300m TT	0m27.69	T. Mitchell	Pilditch	2007-03-29	0m26.91	M. Louw	Carousel	1999-08-08
	500m	0m46.80	M. Louw	Pilditch	2002-07-06	0m42.14	M. Louw	Hammanskraal	2008-04-06
	1000m	1m37.04	G. du Preez	Pilditch	2000-05-20	1m36.45	M. Louw	Carousel	2000-07-01
	5000m	9m01.83	M. Louw	Pilditch	2008-04-02	8m17.82	M. Louw	Hammanskraal	2008-04-06
	10000m	17m29.60	M. Louw	Pilditch	1998-06-08	17m18.16	M. Louw	Carousel	1998-05-30
Junior Mixed Relay	3000m	5m05.94	Northern Gauteng	Pilditch	2008-04-02				
	5000m					8m01.79	Northern Gauteng	Hammanskraal	2008-04-06
Senior Mixed Relay	3000m	4m 54.80	Northern Gauteng	Pilditch	2007-03-30				
	5000m					7m35.30	Northern Gauteng	Hammanskraal	2007-04-01
RECORDS BROKEN 2009 AWAITING RATIFICATION									
Marcel Louw Senior men 1000m 1.36.82									
Karabo Molepo Junior men 1000m 1.39.23									
Beginner Sections									
Lwandile Kula O/15 Men 400m 45.93									
Lwandile Kula O/15 Men 800m 1.35.03									
Duduzile Tshabalala u/15 Girls 800m 1.49.08									