

## VAALTECH ATHLETICS CLUB

Track and Field records for the Vaal University of Technology (formerly the Vaal Triangle Technology) in Vanderbijlpark created during the period from 1<sup>st</sup> October 1988 to the 1<sup>st</sup> March 2004.

### Men

Event	Performance	Athlete	Year	Venue
100m	10.46	S Powell	1994	Secunda
200m	20.81	J van Oudtshoorn	1999	Bloemfontein
400m	45.68	J van Oudtshoorn	1999	Bloemfontein
110mH(Jnr)	14.11	G Odendaal	1991	Germiston
110mH	14.5	M Smith	1994	Durban
400mH	53.38	C Labuschagne	1995	Sasolburg
4x100mR	41.60	VaalTech	1993	Bloemfontein
4x400mR	3:14.62	VaalTech (Kalaku, Mulaudzi, Jantjies & Matalane)	2002	Durban
800m	1:42.89	M Mulaudzi	2003	Brussels, Belgium
1000m	2:18.45	M Mulaudzi	2003	Roodepoort
1500m	3:39.70	M Mulaudzi	2002	Cape Town
2000m(O)	5:11.3	A Gabonewe	1998	Roodepoort
3000m	8:27.94	C van der Walt	1995	Germiston
3000m(O)	7:55.83	J Morapedi	1999	Belville
2000mSC(O)	5:54.76	D Nkoane	2000	Potchefstroom
2000mSC	5:58.25	P Masisi	2000	Potchefstroom
3000mSC	9:01.34	P Masisi	2000	Stellenbosch
3000mSC(O)	8:35.67	S Mayisela	2000	Stellenbosch
5000m	14:18.22	E Skosana	1998	Bloemfontein
5000m(O)	13:36.12	J Morapedi	1995	Durban
10 000m	28:55.68	E Skosana	1998	Stellenbosch
10 000m (O)	28:39.47	G Mofokeng	2001	Durban
3000mW	12:47.0	I Collins	1999	Krugersdorp
5000mW	23:22.0	I Collins	1999	Secunda
10 000mW	45:47.02	D Marais	1999	Potchefstroom
20 000mW	1:34:53.3	I Collins	2002	Cape Town
Discus	58:53	C Harmse	2000	Pietersburg
Shot Put (J)	16:84	T Schutte	1994	Bloemfontein
Shot Put	15:66	T Schutte	1995	Sasolburg
Javelin	71:20	J van Wyk	1990	Johannesburg
Hammer	80:19	C Harmse	2002	Pretoria

Long Jump	7:28	D Cupido	2001	Potchefstroom
Triple Jump	14:92	W Coetzee	1992	Germiston
High Jump	2:10	H Hattingh	1996	Johannesburg
High Jump	2:02	H Lessing	1997	Vanderbijlpark
Pole Vault	3:85	M Erasmus	1992	Johannesburg
<b>Road Running</b>				
5kms	14:05	S Moleko	1998	Heidelberg
8kms(O)	23:16	R Mavuso	1997	Vosloorus
10kms	30:13	P Masisi	2000	Sasolburg
10kms(O)	28:19	J Morapedi	1998	Uruguay, South America
15kms	45:42	S Moleko	1998	Stellenbosch
15kms(O)	44:35	G Mofokeng	2000	Paris, France
½ - Marathon	64:02	E Skosana	1998	Marita, Spain
½ - Marathon (O)	61:42	G Mofokeng	2000	Durban
32kms(O)	1:45:28.0	J Mphuthi	2002	Warden
Marathon	2:22:01	C van der Walt	2000	Waterval Boven
Marathon	2:14:39	G Mofokeng	2002	Cape Town
50kms	3:12:30	C van der Walt	1999	Hartebeespoort
Comrades(Up)	6:18:23	C van der Walt	2000	Pietermaritzburg
Comrades(Down)	5:56:19	C van der Walt	2001	Durban

## Women

Event	Performance	Athlete	Year	Venue
100m	11.82	S Stevens	1990	Krugersdorp
200m	24.1	R du Preez	1988	Pretoria
400m	55.68	S Stevens	1990	Krugersdorp
100mH	14.15	L Venter	1996	Bloemfontein
400mH	66.70	A du Plessis	1990	Johannesburg
4x100mR	49.7	VaalTech	1989	Pretoria
800m	2:10.30	L Haarhoff	1993	Potchefstroom
1500m	3:34.8	S van der Merwe	2000	Potchefstroom
3000m	10:19.65	M Mokoena	1993	Bloemfontein
5000m	17:03.33	M Mokoena	1998	Stellenbosch
Discus	43:04	S Venter	1994	Germiston
Discus(J/O)	51:92	C van Rooyen	1993	Krugersdorp
Shot Put	15:23	B Steenberg	1995	Cradock
Javelin	39:26	S Venter	1992	Pretoria
Hammer(O)	47:95	Y Boshoff	2001	Pretoria

Hammer	31:70	B Steenberg	1997	Pretoria
Long Jump	5:15	N Mpho	1996	Sasolburg
Triple Jump	10:98	M Lombard	1999	Krugersdorp
High Jump	1:67	E Angelbauer	1990	Johannesburg
<b>Road Running</b>				
10kms	37:39	M Mokoena	1996	Groenpunt
15kms	55:37	M Mokoena	1998	Stellenbosch
½ - Marathon	85:53	N Glaus	1996	Vanderbijlpark

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