



## **ENDURAMAX RUNNING CONSULTANCY**

**A Statistical co-Compilation by**

- **Richard Mayer (Secretary, South African Athletics Statisticians),**
- **Sarina Cronjé (World class 800m to 3000m runner and Chief Officer, Kovsie Sport),**
- **Riël Hauman (Member, South African Athletics Statisticians and Member, International Association of Track and Field Statisticians) and**
- **Ian Harries (BAAB Senior Coach)**

**of the Progressive South African Middle and Long Distance Running Records for the Olympic Events + the 1000m, Mile and 3000m as at 1<sup>st</sup> March 2017.**

**Progressive South African Records  
for the Middle and Long Distance Running Events :  
Event No. (One) : Men & Women's 800m**

		Men 800m (874.9 yards)		
Time	Auto	Athlete	Date	Venue

1:57.6y		J.B. Brown	1/5/1894	Johannesburg
1:58.6y		W.R. Flynn	30/5/1914	Port Elizabeth
1:58.8y		Clarence Oldfield	28/4/1914	Durban
1:55.8y		Jack Chandler	1/4/1929	Kimberley
1:54.8y		Jack Chandler	28/8/1929	Kimberley
1:53.9y		R.G. McLean	20/3/1937	Benoni
1:53.6y		I. de V. Heyns	20/4/1946	Kimberley
1:52.2y		Schalk Booysen	16/4/1949	Queenstown
1:52.2y		Paul Soine	26/12/1955	Johannesburg
1:51.8y		Piet van der Leeuw	10/3/1956	Durban
1:50.6y		Paul Soine	17/3/1956	Pretoria
1:50.5y		Gerald Evans	18/11/1958	Johannesburg
1:50.1y		Tokkie Peters	13/4/1963	Pretoria
1:48.9y		Humphrey Khosi	25/4/1964	Soweto
1:48.7y		Humphrey Khosi	9/5/1964	Pretoria
1:48.7y		Benoni Malaka	6/6/1964	Pretoria
1:48.6y		Humphrey Khosi	15/7/1967	London
1:47.6		Vaughan Jacklin	26/7/1967	Kerpen
1:46.6		Dicky Broberg	7/3/1969	Stellenbosch
1:46.1		Dicky Broberg	20/3/1970	Stellenbosch
1:45.6		Fanie van Zyl	28/3/1970	Pretoria
1:44.7		Dicky Broberg	31/3/1971	Stellenbosch
1:44.7		March Fiasconaro	27/4/1973	Johannesburg
1:45.1y		Danie Malan	25/5/1973	Los Angeles
1:44.57		Marius van Heerden	12/4/1996	Cape Town
1:43.47		Hezekiël Sepeng	13/7/1996	Durham
1:42.74		Hezekiël Sepeng	31/7/1996	Atlanta
1:42.69		Hezekiël Sepeng	3/9/1999	Brussels
		<b>y = in a race over 880yards</b>		

		<b>Women 800m (874.9 yards)</b>		
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>
2:24.8y		Anne McKenzie	10/11/1962	Potchefstroom
2:23.8y		Anne McKenzie	12/12/1962	Krugersdorp
2:19.9y		Anne McKenzie	12/1/1963	Johannesburg
2:19.8y		Anne McKenzie	6/4/1963	Johannesburg
2:16.5y		Anne McKenzie	13/4/1963	Pretoria
2:16.5y		Anne McKenzie	4/12/1963	Krugersdorp

2:15.7y		Anne McKenzie	25/1/1964	Benoni
2:14.5y		Anne McKenzie	8/2/1964	Pretoria
2:14.0y		Anne McKenzie	22/2/1964	Benoni
2:13.7y		Anne McKenzie	29/2/1964	Potchefstroom
2:12.1y		Anne McKenzie	18/3/1964	Germiston
2:11.7y		Anne McKenzie	28/3/1964	Port Elizabeth
2:11.0y		Anne McKenzie	8/5/1965	Durban
2:10.2y		Anne McKenzie	9/4/1966	Bloemfontein
2:09.4y		Anne McKenzie	3/7/1965	London
2:08.0		Anne McKenzie	17/7/1965	Nürnberg
2:07.4y		Anne McKenzie	1/7/1967	London
2:06.5		Anne McKenzie	1/7/1967	London
2:05.3		Bea Marais	19/7/1969	London
2:05.3		Bea Marais	18/3/1972	Pretoria
2:05.0		Cecile van Zyl	26/3/1973	Stellenbosch
2:05.0		Sigrid Walters	26/4/1974	Pretoria
2:02.8		Aneen de Jager	25/2/1976	Stellenbosch
2:02.7		Sarina Mostert	2/12/1977	Bloemfontein
2:02.7		Ilze de Kock	15/3/1980	Welkom
2:01.2		Ilze de Kock	26/3/1980	Stellenbosch
2:00.65		Eranee van Zyl	16/2/1983	Stellenbosch
1:59.39		Ilze de Kock	25/3/1983	Stellenbosch
1:58.86		Zelda Pretorius	4/3/1991	Port Elizabeth
1:58.85		Zelda Pretorius	1/4/1991	Pretoria
1:56.72		Caster Semenya	31/7/2009	Bambous
1:55.45		Caster Semenya	19/8/2009	Berlin
1:55.28		Caster Semenya	20/8/2016	Rio de Janeiro
1:55.16		Caster Semenya	13/8/2017	London
		<b>y = in a race over 880yards</b>		

**Progressive South African Records  
for the Middle and Long Distance Running Events :  
Event No. (Two) : Men & Women's 1000m**

<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>
2:16.0		Danie Malan	24/6/1973	Munich
2:15.86		Mbulaeni Mulaudzi	7/8/2007	Stockholm

<b>Women 1000m (1093.6 yards)</b>				
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>
2:48.9		Beverley Malan	6/3/1974	Port Elizabeth
2:44.5		Aneen de Jager	21/2/1976	Cape Town
2:42.3		Sarina Mostert - Cronje	19/2/1979	Bloemfontein
2:41.2		Ilze de Kock-Wicksell	27/1/82	Sasolburg
2:37.2		Ilze de Kock-Wicksell	7/2/1983	Bloemfontein
		<b>*Record ratified?</b>		

**Progressive South African Records  
for the Middle and Long Distance Running Events :  
Event No. (Three) : Men & Women's 1500m**

<b>Men 1500m (1640.42 yards)</b>				
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>
3:59.5		James Staines	4/12/1948	Pretoria
3:51.2		Harold Clark	30/4/1960	Cape Town
3:50.8		de Villiers Lamprecht	12/11/1965	Stellenbosch
3:45.8		Willie Olivier	26/1/1966	Paarl
3:45.8		Fanie van Zijl	17/11/1967	Port Elizabeth
3:43.3		Fanie van Zijl	20/12/1967	Port Elizabeth
3:42.9		De Villiers Lamprecht	22/3/1968	Stellenbosch
3:41.1		Fanie van Zijl	4/7/1969	Zurich
3:41.0		Danie Malan	8/3/1971	Stellenbosch
3:40.8		De Villiers Lamprecht	13/11/1970	Stellenbosch
3:40.0		Fanie van Zijl	14/2/1972	Bellville
3:37.9		Fanie van Zijl	11/3/1972	Potchefstroom
3:37.2		Fanie van Zijl	13/4/1974	Port Elizabeth
3:37.2		Danie Malan	25/3/1975	Port Elizabeth
3:36.8		Danie Malan	25/2/1976	Stellenbosch
3:36.0		DanieMalan	9/7/1976	Zurich
3:35.2		Johan Fourie	25/3/1983	Stellenbosch
3:34.5		Johan Fourie	22/2/1984	Stellenbosch
3:34.3		Johan Fourie	21/3/1984	Port Elizabeth

3:34.1		Johan Fourie	11/3/1987	Port Elizabeth
3:33.87		Johan Fourie	10/4/1987	Stellenbosch
3:33.56		Johan Landsman	4/8/1993	Zurich
3:33.46		Johan Cronje	10/5/2013	Doha
3:31.93		Johan Cronje	8/9/2013	Rieti

		<b>Women 1500m (1640.42 yards)</b>		
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>
4:48.0		Anne McKenzie	9/7/1965	Solingen
4:36.0		Anne McKenzie	20/7/1967	Solingen
4:32.7		Bea Botha	13/11/1970	Potchefstroom
4:32.0		Bea Botha	13/2/1971	Pretoria
4:29.8		Sonja van Zyl	10/4/1971	Pretoria
2:26.9		Sonja van Zyl	8/5/1971	Cape Town
4:25.4		Sonja van Zyl	3/4/1972	Cape Town
4:24.0		Beverley Malan	4/12/1972	Stellenbosch
4:23.4		Sonja van Zyl	9/3/1973	Port Elizabeth
4:22.4		Cecile van Zyl	21/3/1973	Durban
4:19.6		Sonja van Zyl	26/3/1973	Stellenbosch
4:16.6		Sonja van Zyl	13/4/1974	Port Elizabeth
4:13.1		Sonja van Zyl	23/4/1974	Port Elizabeth
4:12.9		Sarina Cronjé-Mostert	12/3/1979	Port Elizabeth
4:09.0		Sarina Cronjé-Mostert	12/11/1980	Bloemfontein
4:08.6		Sarina Cronjé-Mostert	5/12/1980	Durban
4:06.87		Zola Budd-Pieterse	25/10/1983	Bloemfontein
4:05.81		Zola Budd-Pieterse	20/2/1984	Bloemfontein
4:01.81		Zola Budd-Pieterse	21/3/1984	Port Elizabeth

**Progressive South African Records  
for the Middle and Long Distance Running Events :  
Event No. (Four) : Men & Women's Mile**

		<b>Men Mile (1760 yards)</b>		
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>

4:34.4		Charles Hefferon	2/1/1905	Cape Town
4:31.8		Charles Hefferon	12/4/1909	Johannesburg
4:30.2		J C Brink	8/9/1923	Durban
4:28.0		E B Palm	21/4/1924	Durban
4:24.8		E B Palm	5/10/1925	Pietermaritzburg
4:22.6		Danie Jacobs	4/9/1929	Pretoria
4:21.2		Harold Thompson	7/5/1932	Stellenbosch
4:19.6		Clerke Scholtz	13/4/1936	Port Elizabeth
4:18.5		Klasie Wessels	8/5/1937	Pretoria
4:16.0		Klasie Wessels	13/11/1937	Port Elizabeth
4:14.3		Athol Jennings	29/3/1952	Cape Town
4:11.7		Athol Jennings	8/5/1954	Cape Town
4:05.4		Harold Clark	17/5/1958	Durban
4:04.9		Harold Clark	26/12/1958	Paarl
3:59.7		de Villiers Lamprecht	13/11/1964	Stellenbosch
3:59.3		Fanie van Zijl	20/12/1967	Port Elizabeth
3:58.6		De Villiers Lamprecht	22/3/1968	Stellenbosch
3:57.7		De Villiers Lamprecht	13/11/1970	Stellenbosch
3:56.4		Fanie van Zijl	20/3/1972	Stellenbosch
3:56.0		Fanie van Zijl	27/5/1972	Modesto
3:54.6		Danie Malan	26/2/1975	Stellenbosch
3:53.7		Sydney Maree	7/5/1979	Stellenbosch
3:53.29		Johan Fourie	11/12/1982	Port Elizabeth
3:52.31		Johan Fourie	25/3/1983	Stellenbosch
3:51.23		Johan Fourie	7/3/1984	Port Elizabeth
3:50.82		Johan Fourie	11/3/1987	Port Elizabeth
3:50.70		Johan Cronje	31/5/2014	Eugene

**Progressive South African Records  
for the Middle and Long Distance Running Events :  
Event No. (Four) : Men & Women's Mile**

		<b>Women Mile (1760 yards)</b>		
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>
4:57.2		Anne McKenzie	18/7/1967	Dublin
4:52.1		Sonja van Zyl – Laxton	17/2/1973	Johannesburg
4:52.1		Sonja van Zyl – Laxton	7/7/1973	Victoria, KAN
4:41.6		Sonja van Zyl – Laxton	13/11/76	Stellenbosch
4:41.0		Aneen de Jager	12/11/77	Stellenbosch
4:34.0		Sonja van Zyl – Laxton	18/2/80	Stellenbosch

4:28.4		Sarina Cronje-Mostert	15/11/80	Stellenbosch
4:27.18		Tanya Peckham-Malherbe	7/3/89	Port Elizabeth
4:23.38		Zola Budd	4/3/1991	Port Elizabeth

**Progressive South African Records  
for the Middle and Long Distance Running Events :  
Event No. (Five) : Men & Women's 3000m**

+++		<b>Men 3000m (3281 yards approx)</b>		
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>
7:41.06		Juan van Deventer	31/7/2008	Stockholm

		<b>Women 3000m (3281 yards approx)</b>		
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>
9:56.6		Sonja van Zyl	8/11/72	Johannesburg
9:53.0		Sonja van Zyl	10/1/73	Pretoria
9:43.5		Sonja van Zyl	20/2/73	Port Elizabeth
9:28.0		Sonja van Zyl	10/3/73	Port Elizabeth
9:15.6		Sonja van Zyl	18/2/74	Port Elizabeth
9:09.9		Sonja van Zyl	24/4/78	Stellenbosch
9:06.5		Sonja van Zyl	15/2/79	Stellenbosch
8:59.4		Sarina Mostert	7/5/79	Stellenbosch
8:57.7		Sarina Cronje-Mostert	14/2/80	Stellenbosch
8:49.3		Sarina Cronje-Mostert	17/2/81	Stellenbosch
8:46.41		Zola Budd-Pieterse	22/2/83	Stellenbosch
8:39.00		Zola Budd-Pieterse	4/4/83	Durban
8:37.5		Zola Budd-Pieterse	29/2/84	Stellenbosch
8:32.00		Elana Meyer	29/4/91	Durban

**Progressive South African Records  
for the Middle and Long Distance Running Events :  
Event No. (Six) : Men & Women's 3000m Steeplechase**

<b>Men 3000m Steeplechase (3281 yards approx)</b>				
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>
9:27.4		Brooke Bussell	26/2/55	Paarl
9:25.5		Cyril Bentall	4/12/61	Benoni
9:18.4		Willie Olivier	26/12/63	Paarl
9:06.6		Giulio Nardini	28/3/64	Port Elizabeth
8:57.2		Giulio Nardini	18/12/65	Port Elizabeth
8:54.0		Frans le Grange	20/10/71	Pretoria
8:48.4		Frans le Grange	27/11/71	Cape Town
8:45.5		Frans le Grange	18/12/71	Port Elizabeth
8:37.6		Ewald Bonzet	29/3/74	Port Elizabeth
8:31.6		Ewald Bonzet	29/3/75	Cape Town
8:29.8		Julian Marsay	29/3/76	Cape Town
8:22.6		Julian Marsay	13/7/78	Lausanne
8:21.72		Nollie Meintjies	25/4/83	Stellenbosch
8:19.00		Whaddon Niewoudt	8/5/92	Stellenbosch
8:11.50		Ruben Ramolefi	29/8/2011	Daegu

<b>+++ Women 3000m Steeplechase (3281 yards approx)</b>				
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>
10:41.52		Minette Jacobs	15/4/2000	Pietersburg
10:13.79		Simone Faasen	10/3/2001	Pretoria
10:06.05		Tebogo Masehla	17/8/2005	Izmir
10:05.30		Nolene Conrad	11/2/2006	Port Elizabeth
10:01.14		Tebogo Masehla	17/2/2006	Bellville
9:55.11		Tebogo Masehla	20/7/2007	Algiers
9:54.19		Tebogo Masehla	10/4/2011	Oordegem



**Progressive South African Records  
for the Middle and Long Distance Running Events :  
Event No. (Seven) : Men & Women's 5000m**

<b>Men 5000m (3 miles 188 yards)</b>				
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>
15:10.7		Harold Parkin	19/1/1949	Paarl
14:52.4		Willie Olivier	30/4/1960	Cape Town
14:07.0		Div Lamprecht	22/10/1965	Stellenbosch
14:00.2		Louis van Wijck	14/7/1966	Koblenz
13:53.4		De Villiers Lamprecht	3/3/1967	Stellenbosch
13:48.4		Fanie van Zyl	1/4/1972	Cape Town
13:44.0		Johnny Halberstadt	24/6/1972	Gesham
13:31.2		Ewald Bonzet	23/2/1974	Port Elizabeth
13:30.4		Ewald Bonzet	21/2/1978	Stellenbosch
13:29.6		Mathews Motshwarateu	14/4/1978	Stellenbosch
13:27.1		Sydney Maree	20/5/1979	Philadelphia
13:20.63		Sydney Maree	2/6/1979	Champaign
13:19.84		Shadrack Hoff	11/2/1995	Stellenbosch
13:14.16		Shadrack Hoff	2/7/1995	Gateshead
13:04.88		Elroy Gelant	22/5/2016	Hengelo

<b>Women 5000m (3 miles 188 yards)</b>				
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>
15:01.83		Zola Budd-Pieterse	5/1/83	Stellenbosch
14:49.35		Elana Meyer	8/4/91	Cape Town
14:44.15		Elana Meyer	6/3/92	Bellville
14:44.05		Elana Meyer	22/7/95	Hechtel

**Progressive South African Records  
for the Middle and Long Distance Running Events :  
Event No. (Eight) : Men & Women's 10 000m**

<b>Mens 10 000m (6 miles 376 yards)</b>				
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>
30:18.0		Sonny van Antwerp	4/12/63	Krugersdorp
30:14.4		Div Lamprecht	2/12/61 ?	Krugersdorp
29:28.6		Louis van Wijck	21/7/66	Kassel
29:19.2		Andries Krogman	19/4/71	Port Elizabeth
28:51.6		Ewald Bonzet	22/11/71	Cape Town
28:27.2		Andries Krogman	11/8/73	Arnhem
28:16.2		Ewald Bonzet	23/5/74	Hanover
27:48.2		Mathews Motshwarateu	7/5/79	Stellenbosch
27:44.65		Xoliwe Yawa	11/3/87	Port Elizabeth
27:39.65		Xoliwe Yawa	12/12/87	Port Elizabeth
27:36.30		Hendrik Ramaala	31/5/97	Hengelo
27:30.57		Hendrik Ramaala	11/7/98	Villen d'Ascq
27:29.94		Hendrik Ramaala	22/2/99	Port Elizabeth

<b>Womens 10 000m (6 miles 376 yards)</b>				
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>
32:28.9		Elana Meyer	5/10/89	Stellenbosch
32:13.13		Elana Meyer	19/4/91	Pretoria
31:33.46		Elana Meyer	23/12/91	Cape Town
31:11.75		Elana Meyer	7/8/92	Barcelona
30:52.51		Elana Meyer	10/9/94	London

**Progressive South African Records  
for the Middle and Long Distance Running Events :  
Event No. (Nine) : Men & Women's Marathon**

<b>Men Marathon (42.195m or 26 miles 385 yards)</b>				
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>
2:56:06		Charles Hefferson	24/7/08	Shepherd's Bush
2:42:58.2		K K McArthur	5/11/10	Cape Town
2:41:35		M J Steytler	13/5/28	Durban
<b>2:38:32</b>		<b>Johannes Coleman</b>	<b>16/11/35</b>	<b>Durban</b>
2:31:57.4		Johannes Coleman	11/4/36	Port Elizabeth
2:30:45		H A 'Jack' Gibson	27/3/37	Bloemfontein
<b>2:25:31.8</b>		<b>Jan Barnard</b>	<b>31/5/54</b>	<b>Port Elizabeth</b>
2:21:37.2		Jan Barnard	6/10/56	Port Elizabeth
2:20:42.5		De Villiers Lamprecht	24/9/66	Stellenbosch
2:20:21		Willie Olivier	31/5/68	Cape Town
<b>2:19:02.2</b>		<b>Ferdie le Grange</b>	<b>6/3/71</b>	<b>Durbanville</b>
2:17:51.4		Ferdie le Grange	8/5/71	Durbanville
2:16:19		Ferdie le Grange	4/6/72	Manchester
2:15:34.2		Ferdie le Grange	11/6/72	Brussels
2:13:58		Ferdie le Grange	3/6/73	Manchester
2:12:47		Ferdie le Grange	23/4/74	Port Elizabeth
2:12:19		John Halberstadt	9/9/79	Durban
2:12:10		Geoff Bacon	6/9/80	Port Elizabeth
2:12:10		Bernard Rose	5/3/83	Cape Town
2:11:42		Johan Dreyer	2/7/83	Kuils River
2:09:41		Ernest Seleke	31/3/84	Port Elizabeth
2:08:58		Mark Plaatjes	4/5/85	Port Elizabeth
2:08:04		Xithulele Sinqe	3/5/86	Port Elizabeth
2:07:28		Josiah Thukwane	7/12/97	Fukuoka
2:06:33		Gert Thys	14/2/99	Tokyo

<b>Women Marathon (42.195m or 26 miles 385 yards)</b>				
<b>Time</b>	<b>Auto</b>	<b>Athlete</b>	<b>Date</b>	<b>Venue</b>

3:10:10		Suzanne Gaylard	14/9/74	Stellenbosch
3:05:02		Suzanne Gaylard	26/10/74	King William's Town
3:01:32		Clare Taylor	3/2/79	Johannesburg
2:57:26		Clare Taylor	24/3/79	East London
2:56:28		Clare Taylor	15/9/79	Stellenbosch
2:51:55		Clare Taylor	8/3/80	Cape Town
2:46:33		Sonja Laxton	1/9/80	Johannesburg
2:44:28		Judy Ryan	13/9/80	Stellenbosch
2:43:49		Sonja Laxton	26/10/80	New York
2:43:16		Isavel Roche-Kelly	12/9/81	Faure
2:42:27		Isavel Roche-Kelly	21/11/81	Stellenbosch
2:36:44		Sonja Laxton	30/6/84	Kuils River
2:35:45		Adelene Joubert	4/5/85	Port Elizabeth
2:35:44		Sonja Laxton	13/9/86	Stellenbosch
2:33:39		Annette Falkson	30/4/88	Cape Town
2:30:35		Frith van der Merwe	25/2/89	Port Elizabeth
2:27:36		Frith van der Merwe	24/2/90	Port Elizabeth
2:25:15		Elana Meyer	18/4/94	Boston

NB : I strongly suspect that a number of important individual stats are missing simply because they are difficult to find. I would be greatly indebted to anyone who can fill those gaps for me or point me in the right direction.

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