

CONFEDERATION AFRICAINE D'ATHLETISME

Records des championnats d'Afrique Séniors au 31-05-2019 *Seniors African championships records as at 31-05-2019*

HOMMES / MEN

Epreuves Events	Performances	Athletes	Pays Countries	Lieu Venue
100 m	9.94 (0.1)	Sean Ogunkoya	NGR	Dakar 1998
200 m	19.99 (0.9)	Frankie Frédériks	NAM	Dakar 1998
400 m	44.23	Isaac Makwala	BOT	Marrakech 2014
800 m	1 :42.84	David Rudisha	KEN	Nairobi 2010
1500 m	3 :35.71	Caleb Mwangangi	KEN	Porto Novo 2012
5000 m	13 :09.68	Simon Chemoiywo	KEN	Durban 1993
10000 m	27 :19.74	Kennet Kipkemoi	KEN	Porto Novo 2012
110 m Haies* Hurdles	13.45 (-0.8)	Antonio Alkana	RSA	Durban 2016
400 M Haies Hurdles	48.29	El Hadj Amadou Dia Ba	SEN	Le Caire 1985
3000 m ST	8 :11.03	Paul Kipsiele Koech	KEN	Maurice 2006
Hauteur / HJ	2.34	Abderrahmane Hammad	ALG	Alger 2000
	2.34	Kabelo Kosiemang	BOT	Addis A 2008
Longueur/ LJ	8.45 (-1.2)	Ruswahl SAMAAI	RSA	<u>Asaba 2018</u>
Triple Saut/ TJ	17.23 (0.5)	Andrew Owusu	GHA	Dakar 1998
Perche / PV	5.41	Cheyne Rahme	RSA	Marrakech 2014
Poids / SP	21.02	Janus Robberts	RSA	Brazza 2004
Disque / DT	63.85	Frantz Krugert	RSA	Brazza 2004

Javelot / JT	87.26	Tom Petranof	RSA	Maurice 1992
Marteau / HT	79.09	Mostafa M.Hesham	EGY	Marrakech 2014
20 km M/Walk*	1 :19.24	Samuel Gathimba	KEN	Durban 2016*
Décathlon	8311 P	Larbi Bourada	ALG	Marrakech 2014
4 x 100 m	38.75	R.Sud. Africaine	RSA	Addis A 2008
4 x 400 m	3.01.86	Kenya	KEN	Le Caire 1985

FEMMES / WOMEN

Epreuves Events	Performances	Athletes	Pays Countries	Lieu venues
100 m*	10.99 (+2.0)	Murielle Ahouré	CIV	Durban 2016
200 m	22.22 (-0.9)	Falilat Ogunkoya	NGR	Dakar 1998
400 m	49.54	Amantle Montsho	BOT	Porto Novo 2012
800 m	1 :56.36	Maria L. Mutola	MOZ	Durban 1993
1500 m	4 :01.99	Caster Semenya	RSA	Durban 2016
5000 m	15 :05.45	Sheila Chepkirui	KEN	Durban 2016
10000 m	30 :26.95	Alice Aprot	KEN	Durban 2016
100 m Haies	12.77 (-0.1)	Glory Alozie	NGR	Dakar 1998
400 m Haies	54.24	Nezha Bidouane	MAR	Dakar 1998
3000 m St-ch.	9 :27.07	Jeruto Norah	KEN	Durban 2016
Hauteur / HJ	1.95 1.95	Lucienne Nda Hestrie Cloette	CIV RSA	Maurice 1992 Tunis 2002
Longueur / LJ	6.96 (+1.7)	Blessing Okagbare	NGR	Porto Novo 2012
Triple Saut / Triple jump	14.95 (1.1)	Françoise Mbango Etone	CMR	Tunis 2002
Perche / PV	4.21	Syrine Balti	TUN	Maurice 2006
Poids / SP*	17.64	Auriol Dongmo	CMR	Durban 2016
Disque / DT	59.79	Chinwe Okoro	NGR	Marrakech 2014
Javelot / JT	65.32	Sunette Viljoen	RSA	Marrakech 2014
Marteau / HT	68.35	Amy Sène	SEN	Durban 2016
20 km Marche Walk	1 :30.43	Grace Wanjiru	KEN	Durban 2016
Heptathlon	6153 P	Uhunoma Osasuwa	NGR	Durban 2016
4 x 100 m	43.21	Nigeria	NGR	Porto Novo 2012
4 x 400 m	3 :28.49	Afrique du Sud	RSA	Durban 2016