

CONFEDERATION AFRICAINE D'ATHLETISME
CONFEDERATION OF AFRICAN ATHLETICS

Records d'Afrique /African records

Au 31 Décembre 2023

As at 31 December 2023

HOMMES / MEN

Epreuves Events	Perfor mance	Athlete	Pays /Co.	DOB	Lieu Venue	Date
50 m	5.61	Deji Aliu	NGR	22-11-1975	Liévin (i)	22-02-1999
60 m	6.45	Leonard Myles Mills	GHA	09-05-1973	Color. Spring (i)	20-02-1999
100 m	9.77 (+1.2)	Ferdinand Omayala	KEN	02.01.1996	Nairobi	18.09.2021
200 m	19.50 (+1.6)	Letsile TEBOGO	BOT	07-06-2003	Londres	23-07-2023
200 m Sh. T.	19.92	Frank Fredericks	NAM	02-10-1967	Liévin (i)	19-02-1995
400 m	43.03	Wayde Van Niekerk	RSA	15.07.1992	Rio De Janeiro	14.08.2016
400 m Sh. T.	45.51	Sunday Bada	NGR	22-06-1969	Paris (Bercy) (i)	09-03-1997
800 m	1 :40.91	David Rudisha	KEN	17.12.1988	Londres (OS)	09.08.2012
800 m Sh. T.	1 :43.98	Michael Saruni	KEN	18.06.1995	New York (i)	09.02.2019
1000 m	2:11.96	Noah Ngueny	KEN	02.11.1978	Rieti	05.09.1999
1000 m Sh. T.	2 :14.20	Ayanleh Souleiman	DJI	03-12-1992	Stockholm (i)	17-02-2016
1500 m	3:26.00	Hicham ElGuerrouj	MAR	14.09.1974	Roma	14.07.1998
1500 m Sh. T.	3 :31.04	Samuel Tefera	ETH	23-10-1999	Birmingham (i)	16-02-2019
Mile	3:43.13	Hicham ElGuerrouj	MAR	14.09.1974	Roma	07.07.1999
Mile Sh. T.	3 :47.01	Yomif Kejelcha	ETH	1-08-1997	Boston (i)	03-03-2019
2000 m	4:44.79	Hicham ElGuerrouj	MAR	14.09.1974	Berlin	07.09.1999
3000 m	7:20.67	Daniel Komen	KEN	17.05.1976	Rieti	01.09.1996
3000 m Sh. T.	7 :23.81	Lamecha GIRMA	ETH	26-11-2000	Liévin (FRA) (i)	15-02-2023
5000 m	12:35.36	Joshua Cheptegei	UGA	12.09.1996	Monaco	14.08.2020
5000 m Sh. T.	12 :49.60	Kenenissa Bekele	ETH	13-06-1982	Birmingham (i)	20-02-2004
10000m	26:11.00	Joshua Cheptegei	UGA	12.09.1996	Valencia (ESP)	07.10.2020
20000 m	56:26.0	Haile Guebreselasie	ETH	1973	Ostrava	27.06.2007
Heure/ Hour	21.285 km	Haile Guebreselasie	ETH	1973	Ostrava	26.06.2007
25.000 m	1.12 :25.4	Moses Ch.Mosop	KEN	7.07.1985	Eugene OR	03.06.2011
30000 m	1:26:47.4	Moses Ch.Mosop	KEN	7.07.1985	Eugene OR	03-06-2011
3000 m S/C	7 :52.11*	Lamecha GIRMA	ETH	26.11.2000	Paris (Charléty)	09.06.2023
50 m h	6.48	Shawn Bownes	RSA	24-10-1970	Liévin	25-02-2001
60 m h	7.52	Shawn Bownes	RAS	24-10-1970	Gent	23-02-2001
110 m Haies	13.11 (+1.8)	Antonio Alkana	RSA	12.04.1990	Praha	05.06.2017
400 m Haies	47.10	Samuel Matete	ZAM	27.07.68	Zurich	07.08.1991
Hauteur /HJ	2.38	Jacques Freitag	RSA	11.06.1982	Oudtshoom	05.03.2005
Perche / PV	6.03	Okkert Brits	RSA	22.08.1973	Köln	18.08.1995
Longueur/ Long Jump	8.65 (1.3)	Luvo Mayonga	RSA	08.01.1991	Portchefstroom	22.04.2017
Triple S./ Triple Jump	18.07 (i)	Hugues Fabrice Zango	BUR	25.06.1995	Aubièrre (FRA)	16-01-2021
Poids/ SP	21.97	Jannus Robbert	RSA	10.03.1979	Eugene	02.06.2001

Disque/ DT	70.32	Frantz Kruger	RSA	22.05.1975	Salon De Provence	26.05.2002
Marteau/ Hammer T	81.27	Mostafa Hesham EL Gamal	EGY	1.01.1988	Al-Qâhirah	21.03.2014
Javelot/ JT	<u>92.72</u>	Juluis YEGO	KEN	04.01.1989	Beijing	26.08.2015
Decathlon	8521	Larbi BOURADA	ALG	10-05-1988	Rio De Janeiro	18.08.2016
Heptathlon Sh. Track	5911	Larbi BOURADA	ALG	10-05-1988	Paris (Bercy)	28-02-2010
4 x 100 m	37.65	ThandoDlodlo-Simon Magakwe-Clarence Munyai-Akani Simbine	RSA	-----	Doha (K.I.S)	04.10.2019
4 x 200 m	1:20.42	Simon Magakwe-Chedrick Van Wyk-SinesiphoDambile-Akani Simbine	RSA	-----	yokohama	12-05-2019
4 x 400 m	2:57.27	Isaac Makwala-Baboloki Thebe-Zibane Ngozi-Bayapo Ndori	BOT		StadeOl. Tokyo	07-08-2021
4x400m Sh. T.	3 :07.95	Equipe Nigeria	NGR	-----	Sopot (i)	08.03.2014
4 x 800 m	7:02.43	Mutai-Yiampoy-Kombich-Bungei	KEN	-----	Bruxelles	23.08.2006
Distance medley relay	9:15.56	<u>Elkanah Angwenyi(1200)</u> <u>Thomas Musembi(400m)</u> <u>Alfred Kirwa Yego(800m)</u> <u>Alex Kipchirchir(1600 m)</u>	KEN	-----	Philadelphia (USA)	29-04-2006
4 x 1500 m	14:22.22	Collin Cheboi-Silas Kiplagat-James Magut-Asbel Kiprop	KEN	-----	Nassau	25.05.2014
5 Km	12 :49	Berihu AREGAWI	ETH	28-02-2001	Barcelone	31-12-2021
10 Km	26:24	Rhonex Kipruto	KEN	12.10.1999	Valencia	12.01.2020
15 Km	41:13	Leonard Patrick Komon	KEN	10.01.1988	Nijmegen	21.11.2010
20 Km	55.21	Zersenay Tadesse	ERI	08.02.1982	Lisbon	21.03.2010
Semi/half marathon	57.31	Jacob Kiplimo	UGA	14.11.2000	Lisboa	21.11.2021
30 Km	1.27:13	-Eliud Kipchoge -Stanley Kipleting Biwott	KEN KEN	05.11.1984 21.04.1986	Londres Londres	24.04.2016 24.04.2016
Marathon	2.00:35	Kelvin KIPTUM	KEN	02.12.1999	Chicago	08.10.2023
50 Km	02.42.07	Ketema Bekele Negasa	ETH	07.10.1986	Port Elizabeth (RSA)	23.05.2021
100 Km	06.24.06	Bongmusa Mthembu	RSA	27.06.1983	Los Alcazares	27.11.2016
Road relay R. sur route	1. 57.06	Ndambiri/Mwangi/Nyerre/ Kariuki	KEN	-----	Chiba	03.11.2005
5.000 M/walk Sh. Track	19:39.92	Hédi Terraoui	TUN	10.11.0989	Liévin (i)	18.02.2018
10.000 m Marche/walk	38:24.31	Hatem Ghoula	TUN	07.06.1973	Tunis	30.05.1998
20.000 m Marche/walk	1.22:51.84	Hatem Ghoula	TUN	07.06.1973	Leutkirch	08.09.1994
30.000 m	2.19 :21.4	Hatem Ghoula	TUN	7.06.1973	Reims	12.03.2011

Marche/walk						
50.000 m Marche/walk	4.21 :44.5	Abdel wahab Ferguène	ALG	18.11.1958	Toulouse	25.03.1984
20 Km Marche/walk	1h 18 :23	Samuel Gathimba	KEN	26-10-1987	Nairobi	18.06.2021
35Km Marche/walk	2.31:15	Wayne Snyman	RSA	8-03-1985	Eugene (OR)	24-07-2022
50 Km Marche/walk	2.40:13	Stephane mokoka	RSA	31.01.1985	Gqeberha	06-03-2022

Legend: Wo = Women Only race/ Mx = mixed race / (i) = indoor / Sh. T = short track (piste courte)

FEMMES / WOMEN

Epreuves Events	Perf	Athlètes	Pays C.	DOB	Lieu Venue	Date
50 m	6.04	Chioma Ajunwa	NGR	25-12-1970	Liévin (i)	22-02-1998
60 m	6.97	Murielle Ahouré	CIV	23-08-1987	Birmingham (i)	02.03. 2018
100 m	10.72 (+0.4)	Marie José TA Lou	CIV	18.11.1988	Monaco	10.08. 2022
200 m	21.78 (+0.6)	Christine Mboma	NAM	22-05-2003	Zurich	09-09-2021
200 m Sh. T.	22.11	Ofli FAVOUR	NGR	31-12-2002	Albuquerque NM (USA) (i)	<u>10-03-2023</u>
400 m	49.10	Falilat Ogunkoya	NGR	12.05.1968	Atlanta	29.07.1996
400 m Sh. T.	50.73	Christy Opara	NGR	20-05-1972	Stuttgart (i)	01-02-1998
800 m	1 :54.01	Pamela Jelimo	KEN	05.12.1989	Zurich	29.08.2008
800 m Sh. T.	1 :57.06	Maria Mutola	MOZ	27-10-1972	Liévin (i)	21.02.1999
1000 m	2.29.15	Faith Kipyegon	KEN	10.01.1994	Monaco	14-08-2020
1000 m Sh. T.	2 :30.94	Maria Mutola	MOZ	27-10-1972	Stockholm (i)	25-02-1999
1500 m	3.49.11	Faith KIPYEGON	KEN	10-01-1994	Stadio L. Firenze (ITA)	<u>02-06-2023</u>
1500 m Sh. T.	3 :53.09	Gudaf Tsegay	ETH	23-06-97	Lievin (FRA) (i)	09-02-2021
Mile	4:07.64	Faith KIPYEGON	KEN	10-01-1994	Monaco	<u>21-07-2023</u>
Mile Sh. T.	4 :13.31	Genzebe Dibaba	ETH	8-02-1991	Stockholm (i)	17-02-2016
2000 m	5:21.56	Francine Niyonsaba	BDI	05.05.1993	Zaghreb	14.09.2021
2000 m Sh. T.	5 :23.75	Genzebe Dibaba	ETH	8-02-1991	Sabadell (pc (i) Catalunya)	07.02.2017
3000 m	8:16.60	Genzebe Dibaba	ETH	8.02.1991	Stockholm (i)	06.02.2014
3000 m Sh. T.	8 :16.60	Genzebe Dibaba	ETH	8-02-1991	Stockholm (i)	06-02-2014
5000 m	14 :00.21	Gudaf TSGAY	ETH	23-01-1997	Eugene OR	<u>17-09-2023</u>
5000 m Sh. T.	14 :18.86	Genzebe Dibaba	ETH	8-02-1991	Stockholm (i)	19-02-2015
10000 m	29.01.03	Letesenbeth Gidey	ETH	20.03.1998	Hengelo	08.06.2021
Heure/ Hour	18.517 km	Dire Tune	ETH	19.06.1985	Ostrava	12.06.2008
20000 m	1h05 :26.6	Tegla Leroupe	KEN	09.04.1973	Mengers-Kirchen	21.09.2002
25000 m	1h27 :05.9	Tegla Leroupe	KEN	09.04.1973	Menger Kirchen	01.08.2002
30000 m	1.45 :50.0	Tecla Leroupe	KEN	09.04.1973	Warstein	06.06.2003
3000 m ST/C	8 :44.32	Beatrice Chepkoech	KEN	06-07-1991	Monaco	20.07.2018

50 m Haies	6.76	Glory Alozie	NGR	30-12-1977	Liévin (i)	25-02-2001
60 m Haies	7.82	Glory Alozie	NGR	30-12-1977	Madrid (i)	16-02-1999
100 m Haies Hurdles	12.12 (+0.9)	Tobi Amusan	NGR	23.04.1997	Eugene (OR)	24-07-2022
400 m Haies Hurdles	52.90	Nezha Bidouane	MAR	1969	Sevilla	25.08.1999
Hauteur/ HJ	2.06	Hestrie Cloete	RSA	6.08.1978	Paris Saint D.	31.08.2003
Perche / PV	4.42	Elmarie Guerryts	RSA	25.08.1972	Wesel	12.06.2000
Longueur/ Long Jump	7.17 m	Ese BRUME	NGR	20-01-96	Chula Vista CA (USA)	20-05-2021
Triple Saut Triple Jump	15.39 (0.5)	Françoise Mb. Etonne	CMR	14.04.1976	Beijing	17.08..2008
Poids/ SP	18.43	Vivian Chukwuemeka	NGR	04.03.1975	Walnut	19-04-2003
Marteau/ Hammer	75.49 m	Annette Echikunwoke	NGR	29-07-96	R.P.Drachman s. T. AZ (USA)	22-05-2021
Disque / DiscusT	64.96	Chioma ONYEKWERE	NGR	28-06-1994	Ramonia ok (USA)	<u>15.04.2023</u>
Javelot / JavelinT	69.35	Sunette Viljoen	RSA	06.10.1983	New York City	09.06.2012
Heptathlon	6423p	Margaret Simpson	GHA	31.12.1981	Gotzis	25.05.2005
Pentathlon Sh. Track	4558	Eunice Barber	SLE	17-11-1974	Paris Bercy (i)	07-03-1997
4 x 100 m	41.90	M.Ahoure – Marie José TA LOU Jessica GBAI – M. KONE	CIV	-----	Budapest	<u>25.08.2023</u>
4 x 200 m	1 :30.52	Okagbare-regina G-Duncan D-Christy Udo	NGR	-----	NASSAU	02.05.2015
4 x 400 m	3 :21.04	Afolabi- Yusuf-Cha.Opara- Ogunkoya	NGR	-----	Atlanta	03.08.1996
4 x 400 m Sh. Track	3 :29.67	Team Nigéria	NGR	-----	Sopot /POL	08-03-2014
4 x 800 m	8 :04.28	JanethJepkosgei Agatha Jeruto Sylvia Chematui <u>Eunice J. Sum</u>	KEN	-----	NASSAU	24-05-2014
Distance medley relay	10:43.35	<u>SelahJepletingBusienei (1200 m)</u> <u>Joy Sakari(400 m)</u> <u>SylviaChematuiChesebe (800 m)</u> <u>Virginia N. Nganga(1600m)</u>	KEN	-----	NASSAU	02-05-2015
4 x 1500 m	16:33.58	Mercy Cheronno-Faith Kipyegon-Irene Jelagat-Helene Obiri	KEN	-----	NASSAU	24-05-2014
Mile Road Wo	4 :20.98	Diribe WELTEJI	ETH	13.05.2002	RIGA	<u>01-10-2023</u>
5 Km (wo)	14.13	Beatrice CHEBET	KEN	05.03.2000	Barcelone	<u>31-12-2023</u>
5 Km (Mx)	14.19	Ejgayehu Taye	ETH	1.02.2000	Barcelona	31-12-2021

10 Km (wo)	30.01	Agnes Jebet Tirop	KEN	23.10.95	Herzogenaurach (GER)	12-09-2021
10 Km (Mx)	29.14	Yalemzerf Yehualaw	ETH	30.08.99	Castello (ESP)	27-02-2022
15 Km	44.20	Letesenbet Gidey	ETH	20.03.98	Nijmegen (NED)	17-11-2019
20 Km	1h 01 :25	Joyciline Jepkosgei	KEN	08.12.93	Praha	01-04-2017
Semi/half marathon (wo)	1h 05 :16	Peres Jepchirchir	KEN	27.09.93	Gdynia (POL)	17.10.2020
Semi/half marathon (Mx)	1h 02 :52	Letesenbet Gidey	ETH	20.03.98	Valencia	24.10.2021
25 Km	1h19 :53	Mary Jepkosgei Keitany	KEN	18.01.82	Berlin	09.05.2010
30 Km	1h 36 : 05	Mary Jepkosgei Keitany	ETH	18.01.82	Londres	23.04.2017
Marathon	2.11 :53	Tigist ASSEFA	ETH	3-12-1996	Berlin	<u>24-09-2023</u>
50 Km Wo	3h 00 :30	Emane SEIFU	ETH		Cqeberha (RSA)	<u>26.02.2023</u>
100 Km	7h 31 :47	Helene Joubert	RSA	1960	Winschoten	16.09.1995
Relais sur route Road relay	2h 13 :35	Ongeri-Kimwei-Chepyego-Wanjiku-Wangui	KEN	-----	Chiba	23.11.2006
3000 m M./Walk.Sh.T	14 :13.46	Tahani Ghazal	TUN	1993	Lyon	03-02-2018
5000 m Marche/W	20 :50.03	Chahinez Nasri	TUN	3-06-96	Radés (TUN)	23-03-2021
10,000 m Marche/W	43 :50.86	Emilie Wamusyi NGII	KEN	13-08-86	Birmingham	06.08.2022
20,000 m Marche/W	1h36 :18.3	Nicole Cronje	RSA	16.06.1983	Durban	17.04.2004
10 Km Marche/W	45 :05.4	Susan Vermeulen	RSA	1973	Bloemfontein	17.04.1999
20 Km Marche/W	1h 30 :40	Grace Wanjiru	KEN	01.01.79	Nairobi	6.06.2018
35 Km Marche/W	3h 40 :04	Esther Sandra Steenkamp	RSA		Cape Town (RSA)	15-01-2022
50 Km Marche/W	4h 48 :00	Nathalie Le Roux	RSA	10-06-82	Taicang	05-05-2018

Legend: Wo = Women Only race/ Mx = mixed race / (i) = indoor / Sh. T = short track (piste courte)

EPREUVE MIXTE / MIXED EVENT

Epreuves Events	Perf	Athlètes	Pays C.	DOB	Lieu Venue	Date
4 x 400 m	3:13.60	Ifeani Emm. OJELI Imaobong NSE UKO Samson Ogh. NATHANIEL Patience O. GERGES	NGR	Stade Ol. Tokyo	30-07-2021