



## 2010 TOP TEN SOUTH AFRICAN JUNIOR BEST PERFORMANCES

Compiled by DANIE CORNELIUS

As at 29 August

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### MEN

#### 100 metres

10.41	0.0	Gideon Trotter	FS	03-03-92	1	Germiston	10-Apr
10.42	-0.3	Waide Jooste	CG	24-07-91	1	Germiston	13-Mar
10.47	0	Sean de Klerk	FS	28-01-92	3	Germiston	10-Apr
10.54	1.6	Tsepo Ghotsokoane	FS		2	Sasolburg	26-Mar
10.58	1.6	Prince Makgato	MP	07-07-92	3	Sasolburg	26-Mar
10.58	0.0	Wade van Niekerk	FS	23-03-92	4	Germiston	10-Apr
10.62	nwi	Mongezi Radebe	CG	09-01-92	1	UJ	03-Mar
10.65	-0.3	Lavine Morgan	CG	18-12-91	2	Germiston	13-Mar
10.69	-0.3	Themba Mngqibsa	CG	29-09-92	3	Germiston	13-Mar
10.69	-0.3	Jaco van Rooyen	CG		4	Germiston	13-Mar

#### 200 metres

20.87	0.9	Gideon Trotter	FS	03-03-92	1	Potchefstroom	06-Jun
20.95	0.7	Anaso Jabodwana	EC	30-07-92	1sf1	Sasolburg	27-Mar
21.00	2.0	Sean de Klerk	FS	28-01-92	1	Germiston	11-Apr
21.02	0.5	Wayde van Niekerk	FS	23-03-92	4	Moncton	23-Jul
21.34	nwi	Jacques de Swardt	GN	12-08-92	1	Rustenburg	03-Mar
21.40	-0.3	Prins Makgato	MP	07-07-92	1sf2	Germiston	11-Apr
21.43	-0.2	Jaco van Rooyen	CG	04-11-91	1	Germiston	13-Mar
21.44	0.2	Shaun van Wyk	CN	30-03-92	2	Potchefstroom	25-Mar
21.46	0.4	Waide Jooste	CG	24-07-91	8	UJ	24-Mar
21.61	-0.2	Lavine Morgan	CG		3	Germiston	13-Mar

#### 400 metres

46.08		Jacques de Swardt	GN	12-08-92	1	Germiston	10-Apr
46.82		Shaun de Jager	BOL	28-06-91	2	Germiston	10-Apr
47.32		Anrich Visser	WP	24-02-91	3	Germiston	10-Apr
47.72		Daniel Harrison	CG	21-05-92	4	Germiston	10-Apr
47.74		Travis Ismaiel	WP	02-06-92	5	Germiston	10-Apr
47.88		Pieter Marx	FS	24-10-91	3	Durban	26-Feb
48.06		Dwayne Andrews	GN	04-08-92	1	UJ	10-Feb
48.11		Lonwabo Majemern	EC	27-05-91	1	Sasolburg	27-Mar
48.12		Thabang Lebona	FS	28-04-92	1	Bloemfontein	05-Mar
48.37		Junaid Snerdon	KZN	11-12-92	2h3	Germiston	11-Apr
48.37		Phil James	MP	16-01-92	1h5	Germiston	11-Apr

#### 800 metres

1:49.57	Ratlale Mokone	FS	01-02-91	1	Potchefstroom	25-Jun
1:50.22	Rynardt van Rensburg	FS	23-03-92	1	Germiston	11-Apr
1:50.40	Steven Mhlongo	CG	04-11-91	2	Germiston	11-Apr
1:50.88	Michael du Toit	CG	09-03-91	4	Germiston	11-Apr
1:51.66	Siyabonga Derison	CG	09-04-92	1	Rustenburg	03-Mar
1:52.18	Alan Slinger	WP	05-01-91	5	Germiston	11-Apr
1:52.52	Michael van Aswegen	CG	17-02-92	6	Germiston	11-Apr
1:52.84	Mphoka Mahlope	FS	07-05-92	2	Bloemfontein	15-Feb
1:53.23	Muhijdeen Davids	WC		3	Sasolburg	27-Mar
1:53.26	Mphaka Mahlape	FS		4	Sasolburg	27-Mar

### 1500 metres

3:50.79	Retlale Mokone	FS	01-02-91	11h2	Moncton	20-Jul
3:51.0	Vuyisile Thoba	CG		3	Germiston	13-Mar
3:52.7	Pieter Wilders	CG	13-01-93	4	Germiston	13-Mar
3:54.89	Siyabonga Derison	CG	09-04-92	3	Germiston	11-Apr
3:55.02	Bheki Nkosi	MP	26-02-91	1	Sasolburg	27-Mar
3:55.4	Z Mpiyakhe	EC		2	Sasolburg	27-Mar
3:56.46	Joel Mmone	BOL		2	Potchefstroom	06-Jun

### 3000 metres

8:38.51	Pieter Wilders	CG		1	Rustenburg	03-Mar
8:38.86	Armin Botha	CG		1	Rustenburg	03-Mar
8:50.01	Dewan Botha	CG		2	Rustenburg	03-Mar

### 5000m

14:28.11	Joel Mmone	BOL		1	Stellenbosch	19-Jun
14:54.00	Enoch Manyandi	CG		1	Germiston	13-Mar
14:54.30	John Thiye	MP		2	Germiston	13-Mar
14:57.08	Armin Botha	CG	08-09-92	1	ABSA Tuks, Pretoria	13-Mar
15:12.07	Terrance Rahlapani	CG		2	ABSA Tuks, Pretoria	13-Mar
15:12.10	Vuyisile Tshoba	CG		3	Germiston	13-Mar
15:14.66	Reuben Mangengenene	CG		3	ABSA Tuks, Pretoria	13-Mar
15:17.00	Givemore Mudsinanxama	CG		4	Germiston	13-Mar
15:26.00	Motlatsi Madiba	CG		5	Germiston	13-Mar
15:27.77	S Joyini	EC		2	Sasolburg	27-Mar

### 10000m

30:48.1	Lucky Miya	CG	26-03-91	3	Germiston	13-Feb
31:49.62	Sityhilo Diko	EC	10-09-91	1	Germiston	10-Apr
32:13.52	Johannes Molehe	FS	30-05-91	2	Germiston	10-Apr
32:40.99	Sifiso Mncango	CGA		3	Germiston	10-Apr
34:42.73	Unathi Phezolo	WP	29-01-93	4	Germiston	10-Apr
34:47.83	David Ditswan	NWN	28-05-91	5	Germiston	10-Apr
35:54.06	Abel Mphatswe	NWN	27-01-91	6	Germiston	10-Apr
35:54.78	Karabo Jacobs	VT	05-09-92	7	Germiston	10-Apr

### 3000 metres steeplechase

9:05.94	Joel Mmone	BOL		1	Stellenbosch	19-Jun
9.09.30	Lucas Bothobutle	CN	01-01-91	2	Stellenbosch	19-Jun
9.13.30	X Bongoza	EP		4	Port Elizabeth	19-Feb
9.19.90	Steven Mnlenyo	CG		1	Germiston	13-Mar

9.20.29		Sifiso Mncwango	CG		1	ABSA Tuks, Pretoria	13-Mar
9.21.40		Sphamandla Nyembe	KZN		1	Sasolburg	27-Mar
9.29.29		Ernest Nkoko	FS		2	Sasolburg	27-Mar
9.33.41		Luxolo Mdzanga	WP	31-07-92	2	Germiston	11-Mar
9.37.83		Sydwill Mdzanga	WC		3	Sasolburg	27-Mar
9.38.92		Peter Morgan	FS		4	Sasolburg	27-Mar

### 110 metres hurdles (99.5cm)

13.84	-1.6	Kobus Moolman	GN	08-01-91	1	Germiston	10-Apr
13.90	0.2	Werner Pretorius	GN	26-01-92	1	Potchefstroom	25-Jun
13.99	-1.6	Jaco Fourie	GN	09-05-91	3	Germiston	10-Apr
14.01	0.2	Drikus Viljoen	BO	19-04-91	3	Potchefstroom	25-Jun
14.03	1.1	Roann Grobler	CNW	26-11-92	1	Sasolburg	26-Mar
14.06	-1.6	Tshepo Lefete	FS	02-02-92	3	Germiston	10-Apr
14.13	1.1	Emmanuel Paggis	FS	06-08-92	3	Sasolburg	26-Mar
14.13	0.3	Albert Smit	BO	20-01-92	1h1	Sasolburg	26-Mar
14.21	1.6	Layne Scheffers	WP	16-03-92	6	Germiston	10-Apr
14.34	0.3	Hannes Greyling	CN	18-02-92	2	Bloemfontein	15-Feb

### NWI

13.87		Werner Pretorius	GN	26-01-92	1	Krugersdorp	12-Jun
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### 400 metres hurdles

51.94		Shaun van Wyk	CN	30-03-92	1	Germiston	11-Apr
52.06		Pieter Marx	FS	24-01-91	1	Potchefstroom	25-Jun
52.29		Le Roux Hamman	NW	06-10-92	1	Sasolburg	27-Mar
52.90		S Burger	BOL		1	Bloemfontein	15-Feb
52.96		Francois Retief	BOL	30-01-91	3	Germiston	11-Apr
53.06		Christo Hattingh	VT		1	, Pretoria-Tuks, Pretoria	13-Mar
53.13		Jurie Moolman	GN	08-01-91	4	Germiston	11-Apr
53.26		Leroy Bitterhout	WC	16-11-92	3	Sasolburg	27-Mar
53.36		Phillip Booysen	GN	11-07-92	4	Sasolburg	27-Mar
53.38		Jaco de Klerk	GN		1	UJ	19-Feb

### High jump

2.09		Rikus Kok	MP	01-05-92	1	Sasolburg	26-Mar
2.08		Andre Smit	CG	11-05-92	1	UJ	10-Feb
2.06		Robert Hill	CG	15-01-91	1	ABSA Tuks, Pretoria	13-Mar
2.05		Van Wyk Brand	CG	16-07-92	1	Johannesburg	05-Feb
2.05		Keagan Fourie	SW	07-09-91	1	Stellenbosch	20-Feb
2.05		Wayde van Niekerk	FS		q	Sasolburg	26-Mar
2.04		Jan Steyler	FS	09-08-92	3	Sasolburg	26-Mar
2.03		Shawn Mnisi	GN		2	ABSA Tuks, Pretoria	13-Mar
2.00		Shane Blows	BOL	19-01-92	1	Paarl	26-Feb
2.00		Gareth Bredenhann	FS		2	Bloemfontein	05-Mar
2.00		Keagan Fourie	SW	07-09-91	1	Oudtshoorn	06-Mar
2.00		Luvo Nkewu	WC		q	Sasolburg	26-Mar
2.00		Rikus Kok	MP	01-05-92	q	Sasolburg	26-Mar

### Pole vault

5.50		Cheyne Rahme	CG	23--01-91	1	Germiston	10-Apr
5.20		Ruan van Wyk	WP	04-12-91	2	Germiston	10-Apr
4.60		Christian Norman	BO	16-05-91	3	Germiston	10-Apr



55.49	Charl Grobler	FS	23-05-92	1	Germiston	11-Apr
51.85	Gerhardt de Beer	GN		1	Rustenburg	03-Mar
51.67	Bryn Kemp	CG	18-01-91	2	Germiston	13-Mar
50.55	Ruan Lourens	NWN	27-04-91	1	Rustenburg	03-Mar
48.58	Seth Townsend	CG		2	Rustenburg	03-Mar
48.09	Charles Burger	FS	21-05-92	2	Sasolburg	27-Mar
47.90	Johny Botha	CG	23-05-92	2	Krugersdorp	12-Jun
45.42	Paul vd Berg	VT	15-10-92	1	ABSA Tuks, Pretoria	13-Mar
45.14	Donovan Stebbing	MP	02-02-92	4	Sasolburg	27-Mar

### Hammer

59.06	Thehan van Niekerk	NW	04-01-91	1	Germiston	10-Apr
57.87	Renaldo Frechou	BO	04-03-92	1	Stellenbosch	19-Jun
57.16	Tertius Bruwer	BO	23-04-92	1	Sasolburg	27-Mar
54.16	Donovan Stebbing	MP	02-02-92	3	Sasolburg	27-Mar
53.46	Lodewalt Venter	EC	22-07-91	4	Germiston	10-Apr
53.33	Francois Minnaar	CN	12-12-92	4	Sasolburg	27-Mar
51.62	Rudolf Roodt	KZN	04-06-91	6	Germiston	10-Apr
51.43	Tiaan Naude	WP	23-04-92	5	Sasolburg	27-Mar
49.68	Gerhard Lotz	EP	04-02-92	6	Sasolburg	27-Mar
48.44	M Strydom	EC		7	Sasolburg	27-Mar

### Javelin

75.28	Dean Goosen	VT	01-01-92	1	Potchefstroom	19-May
74.13	Rocco van Rooyen	WP	23-12-92	6	Moncton	23-Jul
66.83	Cameron Wright	WP		2	Sasolburg	27-Mar
66.57	Jeandre Slabbert	WP	29-03-95	2	Stellenbosch	16-Jun
65.29	Malan Snyman	GN		1	ABSA Tuks, Pretoria	23-Jan
64.50	Jurgen Hols	KZN	26-11-91	3	Germiston	11-Apr
63.17	Niel Zimmerman	CNW	28-11-91	5	Germiston	11-Apr
63.04	Charl Willemse	FS	04-02-91	1	Bloemfontein	15-Feb
62.78	Corne Bernado	CNW		3	Stellenbosch	16-Jun
62.03	Tony Jantjies	GN		1	UJ, Johannesburg	19-Feb

### Decathlon

7380	Gert Swanepoel	CNW	20-03-91	1	Potchefstroom	25/26-Jun
5091	Awie Vermeulen	VT	05-05-92	2	Germiston	10/11-Apr
4441	Carl Stols	VT	21-05-92	3	Germiston	10/11-Apr

### 5000 metres walk

25:22.05	Envor Rhodas	WP	111292	3	Bellville	13-Feb
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### 10000 metre walk

48:27.05	Ruan Wessels	FS	28-12-91	1	Germiston	11-Apr
49:41.96	Jeandre Botes	NW	24-01-92	2	Germiston	11-Apr
50:48.50	Mfana Mbatha	CG	16-04-92	3	Germiston	11-Apr
50:51.64	Reginald Hufkie	EP	28-04-92	4	Germiston	11-Apr
51:08.75	Jaques Faure	GN	15-12-91	5	Germiston	11-Apr
51:42.03	Enrico Walters	NW		2	Sasolburg	27-Mar
52:15.85	Mthembi Chauke	FS		3	Sasolburg	27-Mar

### WOMEN

**100 metres**

11.60	-1.1	Jade Thiele	CG	10-10-92	1	Germiston	13-Mar
11.75	-1.1	Alyssa Conley	CG	27-04-91	2	Germiston	13-Mar
11.84	0.3	Melissa Hewitt	BO	20-05-91	1	Germiston	10-Apr
11.85	0.3	Bevin Smith	CG	13-07-91	2	Germiston	10-Apr
11.90	1.9	Arlene Gowar	GN	26-08-91	4	Durban	21-Mar
12.04	nwi	Sanmarie Malan	CG	16-01-92	1	ABSA Tuks, Pretoria	13-Mar
12.06	nwi	Elzette Buys	GN	22-11-92	1h2	ABSA Tuks, Pretoria	13-Mar
12.09	nwi	Michelle Bahlman	CG		3	ABSA Tuks, Pretoria	13-Mar
12.09	1.3	Katelyn Palframan	KZ		1	Sasolburg	26-Mar
12.13	nwi	Rikenette Steenjamp	GN	16-10-92	1	UJ	10-Feb
12.15	1.3	Rijane Swart	NW		2	Sasolburg	26-Mar
12.17	0.5	Zanri van der Merwe	GN	14-05-93	3	Germiston	06-Apr

**200 metres**

23.93	2.0	Bevin Smith	CG	13-07-91	1	Germiston	11-Apr
24.02	2.0	Melissa Hewitt	BO	20-05-91	2	Germiston	11-Apr
24.18	2.0	Rikenette Steenjamp	GN	16-10-92	3	Germiston	11-Apr
24.24	2.0	Arlene Gowar	GN	26-08-91	4	Germiston	11-Apr
24.30	0.8	Sonja van der Merwe	WP	19-05-92	4	Durban	21-Mar
24.43	1.1	Alyssa Conley	CG	27-04-91	1	Germiston	13-Mar
24.76	1.7	Lynnette Morgan	WP	19-11-91	3sf1	Germiston	11-Apr
24.85	0.3	Bevin Smith	WP	13-07-91	1	Bellville	23-Jan
24.92	-0.3	Elzette Buys	GN	22-11-92	1	Sasolburg	27-Mar
24.93	1.5	Zoe Engler	KZN	06-01-92	3sf2	Germiston	11-Apr

**400 metres**

54.05		Sonja van der Merwe	WP	19-05-92	4	Durban	21-Mar
55.72		Zoe Engler	KZ	01-06-92	2	Germiston	10-Apr
56.10		Lea Steyn	EP	23-05-92	3	Germiston	10-Apr
56.16		Janine Pieters	NW	26-02-91	4	Germiston	10-Apr
56.53		Anuschka Nice	GN	26-08-91	5	Germiston	10-Apr
56.70		Chanelle Fourie	CG	25-05-92	1	Rustenburg	03-Mar
57.48		Antoinette Gouws	FS	22-05-92	3	Sasolburg	26-Mar
58.33		Tessa Huystek	MP		2	Rustenburg	03-Mar
58.70		J Bezuidenhout	NW		3h2	Sasolburg	26-Mar
58.96		Monique Scheepers	LIM		4	Sasolburg	26-Mar

**800 metres**

2:06.92		Anuschka Nice	GN	260891	3	Durban	21-Mar
2:08.62		Annica Coetzee	EP	10-02-92	1	Germiston	11-Apr
2:12.67		Janke Erasmus	NW		1	Sasolburg	27-Mar
2:13.86		Natanya Luther	KZ	25-01-91	2	Fayetteville	12-Feb
2:14.22		Heleen Malan	WC	04-12-92	Q	Sasolburg	27-Mar
2:14.46		Danel Prinsloo	FS	27-03-92	2	Sasolburg	27-Mar
2:14.65		Anrune Liebenberg	GAU		3	Sasolburg	27-Mar
2:15.65		Sylvia Tsetlanyane	CG	20-04-93	1	Rustenburg	03-Mar
2:15.78		Stella Marais	GN		2	Rustenburg	03-Mar

**1000 metres**

2:51.03	Ind	Natanya Luther	KZ	250191	4	New York	05-Feb
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**1500 metres**

4:33.40	Anuschka Nice	GN	26-08-91	1	, Pretoria-Tuks, Pretoria	06-Feb
4:33.77	Danel Prinsloo	FS	27-03-92	1	Sasolburg	27-Mar
4:34.10	Dominique Scott	WP	23-04-93	2	Sasolburg	27-Mar
4:40.55	Baby Mokone	FS	20-02-93	3	Sasolburg	27-Mar
4:42.71	Anneke Geldenhuys	CG	03-04-93	4	Sasolburg	27-Mar
4:45.52	Gerdi Wolmarans	GN	28-06-92	5	Sasolburg	27-Mar
4:46.62	Juan-Marie Cooper	CG		2	Rustenburg	03-Mar
4:49.8	Anelda Pypers	CG	15-04-91	1	Germiston	13-Mar
4:51.74	Keketso Thailane	VT		3	, Pretoria-Tuks, Pretoria	13-Mar
4:53.75	Ashley Schnetler	CG	02-06-91	5	Germiston	11-Apr

**3000m**

10:04.50	Bianca van Niekerk	GAU		1	Sasolburg	27-Mar
10:11.15	Juan-Marie Cooper	CG		1	Rustenburg	03-Mar
10:17.70	Dominique Scott	WP	23-04-93	1	Sasolburg	26-Mar
10:21.85	Anneke Geldenhuys	CG		2	Sasolburg	26-Mar
10:32.29	Baby Mokone	FS	20-02-93	1	Bloemfontein	05-Mar
10:41.94	Keketso Thailane	VT		1	3SA Tuks, Pretoria-Tuks	13-Mar
10:42.84	Angelique Faasen	GN	09-04-91	2	Germiston	10-Apr
10:45.34	Larissa Breedt	NW		3	Rustenburg	03-Mar
10:57.16	Happiness Mkhize	KZ	151292	1	3SA Tuks, Pretoria-Tuks	23-Jan
10:58.75	Danel Prinsloo	FS	270392	1	Bloemfontein	13-Feb

**3000 metres steeplechase**

10:52.64	Ashley Schnetler	CG	02-06-91	6	Durban	21-Mar
11:26.15	Angelique Fassen	GN	09-04-91	2	Germiston	11-Apr
11:43.32	Asiphe Skabanjana	WP		3	Germiston	11-Apr
12:37.80	Beva Swartz	BOL		1	Paarl	26-Feb
12:58.60	Helene Malan	BOL		2	Paarl	26-Feb
13:31.60	E Havenga	FS		1	Bloemfontein	13-Feb
13:35.71	J Rantsho	FS		2	Bloemfontein	13-Feb

**5000 metres**

17:53.90	Letitia Saayman	GN		1	Germiston	10-Apr
17:57.16	Nandipha Dywili	GN	20-08-91	2	Germiston	10-Apr
18:05.19	Puseletso Dladla	KZN	25-09-91	3	Germiston	10-Apr
18:22.53	Juan-Marie Cooper	CG		4	Germiston	10-Apr
19:11.68	Ellen Mynhardt	GN	08-01-92	5	Germiston	10-Apr
19:46.88	Anneke Geldenhuys	CG	01-04-92	6	Germiston	10-Apr

**100 metres hurdles**

13.61	0.2	Rikenette Steenkamp	GN	161092	1	UJ, Johannesburg	24-Mar
14.13	-1.3	Jean-Marie Senekal	BOL		2	Germiston	10-Apr
14.31	-0.4	Chane Burgers	CG	21-01-92	3	Sasolburg	26-Mar
14.50	-1.3	Ansulet Potgieter	FS	270491	4	Germiston	10-Apr
14.73	nwi	Ane Killian	VT		3	ABSA Tuks, Pretoria	13-Mar
14.87	-0.4	Mihandra Dorfling	FS	15-06-92	4	Sasolburg	26-Mar
14.95	1.7	Marion-Ann Duvenhage	NW	22-01-92	4h1	Sasolburg	26-Mar

**400 metres hurdles**

59.19	Jean-Marie Senekal	BOL	11-12-92	1	Germiston	11-Apr
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60.50	Marion-Ann Duvenhage	NW	22-01-92	2	Sasolburg	27-Mar
60.52	Tessa Huystek	MP	27-03-92	3	Sasolburg	27-Mar
61.04	Megan Goddard	BO	26-03-91	3	Germiston	11-Apr
62.13	Lariska Botha	FS	09-07-93	1	Bloemfontein	15-Feb
63.07	Ulrike Rautenbach	NW	02-04-92	5	Germiston	11-Apr
63.58	Tania Ras	GN	02-11-92	1	UJ	19-Feb
63.94	Alix Moreillon	WP		4h1	Germiston	11-Apr
64.01	Karissa Nel	EC		3h1	Sasolburg	27-Mar
64.03	Ane Killian	VT		4h2	Sasolburg	27-Mar

### High jump

1.70	Chaney Lindner	CG	12-09-92	1	Johannesburg	10-Feb
1.70	June Roelofse	GN	190392	2	Pretoria	13-Feb
1.70	Remina Stephan	BO	310592	1	Paarl	27-Feb
1.70	Bronwyn Campbell	WC	12-11-91	2	Germiston	11-Apr
1.66	Jana de Villiers	FS		1	Bloemfontein	15-Feb
1.65	Tarryn Vollenhoven	WP	250592	1	Parow	09-Jan
1.64	Elmarie Kriel	GN		2	Bloemfontein	15-Feb
1.62	Tania Gilfillan	LIM		q	Sasolburg	26-Mar
1.62	Palesa Motsoari	FS		q	Sasolburg	26-Mar

### Pole vault

3.40	Jeannie van Dyk	EP	22-09-92	1	Sasolburg	26-Mar
3.00	Danielle Labuschagne	GN		2	Germiston	10-Apr
2.50	Colette Schwim	FS	02-01-92	2	Sasolburg	26-Mar

### Long jump

6.17	0.1	Lynique Prinsloo	GN	30-03-91	4	Durban	30-Mar
6.03	1.5	Samantha Pretorius	WP	03-02-92	1	Germiston	10-Apr
5.93	0.3	Chane Burgers	CG	02-10-92	2	Germiston	10-Apr
5.91	0.2	Monja Goosen	GN	02-10-91	3	Germiston	10-Apr
5.81	-0.1	Birdie Carstens	SW	13-05-92	5	Germiston	10-Apr
5.76	-0.3	Bianca Jacobs	GN	12-03-92	7	Germiston	10-Apr
5.74	0.6	Kelly Kingwell	CG	22-01-91	1	Germiston	13-Mar
5.68	nwi	Corani Jankowitz	CG		1	Rustenburg	03-Mar
5.63	nwi	Michelle Bahlman	CG		2	ABSA Tuks, Pretoria	13-Mar

### Triple jump

12.40	1.2	Luchelle Prinsloo	NW	18-07-92	2	Germiston	11-Apr
12.16	0.6	Kelly Kingwell	CG	220191	4	UJ	24-Mar
11.27	1.2	Nicole Dirk	WC	28-10-92	4	Sasolburg	27-Mar
11.24	nwi	Angelique Pepler	CG		1	ABSA Tuks, Pretoria	13-Mar
11.13	nwi	A Barnard	EC		3	Sasolburg	27-Mar
11.03	nwi	Christel Stiglingh	GN	02-09-92	5	Sasolburg	27-Mar
10.81	nwi	Nomfundo Mabuza	MP		6	Sasolburg	27-Mar
10.77	nwi	Nyembo Maskini	WC		7	Sasolburg	27-Mar

### Wind

12.43	3.9	Kelly Kingwell	CG	220191	1	Germiston	11-Apr
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### Shot

13.81		Sonia Smuts	CG	05-10-91	2	Durban	20-Mar
13.02		Alanah Crafford	NWN	19-07-91	2	Germiston	11-Apr
12.79		Lizell Lee	MP	02-04-92	3	Germiston	11-Apr



12.71	Carien Dreyer	GN		1	Sasolburg	26-Mar
12.45	Johleen Booysen	SWD	15-10-92	1	Oudtshoorn	06-Mar
12.30	Yolandi-Mari Bothma	CG	03-03-92	1	, Pretoria-Tuks, Pretoria	13-Mar
12.28	Joane Breenkamp	FS	12-12-92	1	Bloemfontein	05-Mar
11.87	N Potgieter	NW		5	Sasolburg	26-Mar
11.69	Yolanie Uys	FS	06-11-92	2	Bloemfontein	05-Mar
11.33	Eunice Olevano	NC		8	Sasolburg	26-Mar

### Discus

44.27	Lindie Liebenberg	Bor	220291	4	Durban	21-Mar
43.95	Carien Dreyer	GN		1	Germiston	11-Apr
43.78	Suriette Botha	GN	180292	1	, Pretoria-Tuks, Pretoria	23-Jan
43.16	Yolanie Uys	FS	061192	1	Bloemfontein	05-Mar
42.74	Elisma Haarhoff	NWN	21-07-92	2	Sasolburg	27-Mar
39.35	Eunice Olevano	NC		4	Sasolburg	27-Mar
38.75	Sonia Smuts	CG	05-10-91	1	Potchefstroom	25-Jun
38.30	Joane Breenkamp	FS		1	Bloemfontein	15-Feb
36.75	Este van Staden	GW	15-02-91	2	Bloemfontein	13-Feb
36.53	Tshegofatso Sono	GN	24-11-91	6	Germiston	11-Apr

### Hammer

57.13	Annemie Smith	SW	24-03-92	1	Sasolburg	26-Mar
50.27	Magdaleen Louw	EP	040292	2	Sasolburg	26-Mar
45.88	Simone Viviers	EP	110692	3	Germiston	11-Apr
45.71	Nadia Botha	FS	070891	4	Germiston	11-Apr
45.46	Angelina Rodrigues de Franca	VT	190491	5	Germiston	11-Apr
45.25	Ronique Wepener	EP	03-02-92	3	Sasolburg	26-Mar
41.67	Anke Uys	BO	11-09-92	1	Paarl	26-Feb
40.60	Anneke Louw	EP	110391	4	Port Elizabeth	13-Feb
38.90	Jorinda Coetzee	WP	06-04-92	6	Sasolburg	26-Mar
36.25	M Botha	NW		7	Sasolburg	26-Mar

### Javelin

56.18	Tazmin Brits	CN	08-01-91	2	Durban	21-Mar
52.13	Gezelle Bernard	CN	15-09-91	3	UJ	24-Mar
48.88	Liezel de Swardt	NW	09-03-92	1	Sasolburg	26-Mar
46.10	Shadine vd Merwe	CG		3	Germiston	10-Apr
45.58	Anje Classens	VT		1	SA Tuks, Pretoria-Tuks)	13-Mar
44.85	Allanah Crafford	NW	19-07-91	5	Germiston	10-Apr
43.90	Aletta Claassens	VT	21-05-92	2	Sasolburg	26-Mar
43.22	Mari-Lena Joubert	BOL		3	Sasolburg	26-Mar
42.86	Carien Dreyer	GN	11-01-92	2	SA Tuks, Pretoria-Tuks)	13-Mar
39.83	Li-Andri Helleweege	KZN		8	Germiston	10-Apr

### Heptathlon

4283	Marionette vd Merwe	FS		1	Germiston	10/11-Apr
4018	Angelique Pepler	GN	18-10-91	2	Germiston	10/11-Apr
3807	Zante Campher	CNW	10-01-92	3	Germiston	10/11-Apr
3701	Shari Wilke	GN	20-07-92	4	Germiston	10/11-Apr
3275	Lee-Anne Lamprecht	CG		5	Germiston	10/11-Apr

### 5000 metres walk

24:14.57	Corli Swart	CN	050391	2	Potchefstroom	10-Feb
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**10000 metres walk**

51:40.20	Corli Swart	CN	050391	1	Germiston	10-Apr
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54:56.45	Inge Kotze	BOL	21-11-92	2	Germiston	10-Apr
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56:22.81	J de Klerk	BOR	20-03-92	3	Germiston	10-Apr
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58:48.88	Larisha Erasmus	CNW	18-01-92	4	Germiston	10-Apr
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59:08.03	Melissa de Jager	CNW	28-05-92	5	Germiston	10-Apr
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