



## 2011 SOUTH AFRICAN JUNIOR BEST PERFORMANCES

(Born 1992/93)

Compiled by DANIE CORNELIUS Assisted by NEIL CORNELIUS

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As at 31 July

### MEN

#### 100 metres

10.36	1.6	Gideon Trotter	FS	03-03-92	1h4	Gemiston	02-Apr
10.45	0.1	Wayde van Niekerk	FS	23-03-92	1	Bloemfontein	18-Mar
10.54	0.5	Emile Erasmus	GN	23-04-92	1h1	Gemiston	02-Apr
10.57	1.1	Akani Simbine	CG	21-09-93	1h3	Gemiston	02-Apr
10.65	0.5	Thami Sibaya	LIM		2h1	Gemiston	02-Apr
10.71	0.4	Ncincilili Titi	EC	15-12-93	2h1	Gemiston	02-Apr
10.73	0.1	Sean de Klerk	FS	28-01-92	2	Bloemfontein	18-Mar
10.75	-1.5	Siphelo Ngqubaza	FS	04-02-93	1	Paarl	24-Mar
10.76	0.5	Dean Macminn	KZ		3h1	Gemiston	03-Apr
10.77	0.4	Prince Makgato	CG	07-07-92	3h2	Gemiston	02-Apr

#### NWI

10.70	nwi	Elandre Kotzee	GAU		1	Germiston	12-Mar
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#### 200 metres

20.57	1.4	Wade van Niekerk	FS	23-03-92	1	Durban	10-Apr
20.83	1.0	Gideon Trotter	FS	03-03-92	1sf1	Gemiston	03-Apr
20.89	0.8	Siphelo Ngqubaza	FS	04-02-93	2	Gemiston	03-Apr
21.07	-3.1	Ncincilili Titi	EC	15-12-93	1h1	Paarl	24-Mar
21.27	0.3	Akani Simbine	CG	21-09-93	1h5	Gemiston	02-Apr
21.28	0.1	Sean de Klerk	FS	28-01-92	1	Bloemfontein	18-Mar
21.49	-2.4	Thami Sibayo	LIM		2h2	Paarl	24-Mar
21.49	0.3	Emile Erasmus	GN	03-04-92	1h3	Gemiston	02-Apr
21.58	0.3	Prince Makgato	CG	07-02-92	1h1	Gemiston	02-Apr
21.63	-2.4	Jacques Harris	GAU		3	Paarl	24-Mar

#### NWI

21.59	nwi	Ruaan Greyling	GN	28-07-93	1	Germiston	01-Mar
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#### 400 metres

46.14		Jacques de Swardt	GN	27-12-30	3h3	Germiston	26-Mar
46.95		Ruaan Greyling	GN	28-07-93	1	ABSA TUKS Pretoria	16-Feb
47.60		Jannie Briers-Louw	BO		1	Gemiston	03-Apr
48.02		Fernando Ledimo	FS	30-01-93	2	Gemiston	03-Apr
48.25		Daniel Harrison	CG	21-05-92	3	Gemiston	03-Apr
48.33		Francois Coetzee	MPU		2	Germiston	01-Mar
48.45		Tshepo Mooki	GN		2	Germiston	12-Mar
48.50		Phil James	MP		4	Germiston	03-Apr
48.51		Bronique Karolus	WP		1h2	Bellville	16-Apr

48.52	Tiisetso Nolan	FS		1	Bloemfontein	18-Mar
<b>800 metres</b>						
1:48.87	Rynhardt van Rensburg	FS	23-03-92	4h3	Durban	09-Apr
1:51.63	Siyabonga Derison	FS	09-04-92	1	Bloemfontein	18-Mar
1:52.45	Scelo Zuma	KZ	30-09-92	1	Durban	05-Jan
1:52.64	P. Wilders	GN		1	ABSA Tuks Pretoria	04-Feb
1:52.69	Del-Marco Matthee	GN		2	ABSA Tuks	29-Jan
1:52.69	Emile Pieterse	WC	01-02-93	2	Paarl	24-Mar
1:52.75	Jan Briers-Louw	BO	29-09-93	2	ABSA Tuks Pretoria	04-Feb
1:52.87	Thapelo Madiba	CG		2	Gemiston	03-Apr
1:53.17	Avron van Rooyen	BO		3	Paarl	05-Mar
<b>1500 metres</b>						
3:52.59	Siyabonga Derison	FS	09-04-92	1	Paarl	24-Mar
3:52.66	Zweli Nzima	GAU	10-06-93	2	Paarl	24-Mar
3:54.21	Armin Botha	CG	08-09-92	15	Stellenbosch	29-Apr
3:54.65	Sonny Boy Mkhwanazi	KZN		3	Paarl	24-Mar
3:56.52	Lunga Mthembu	KZN		4	Paarl	24-Mar
3:57.31	Mauritz Tuit	GAU		5	Paarl	24-Mar
3:57.50	B Mhlabe	CGA		1	Germiston	05-Mar
3:57.84	Nande Qamgwana	WP		1	Paarl	12-Mar
3:58.06	Jacob Malefo	LIM		2h1	Paarl	24-Mar
3:58.71	Arno Smit	BO		1	Paarl	05-Mar
<b>3000 metres</b>						
8:53.60	Taphelo Madiba	GAU		1	Germiston	01-Mar
9:09.00	Johnathan Bredenkamp	GN		1	Germiston	01-Mar
9:15.30	Hans Gildenhuys	GAU		2	Germiston	01-Mar
9:23.30	Vusi Nkosi	GN		1	HS Menlopark	05-Feb
9:30.20	Johardt van Heerden	GN		2	HS Menlopark	05-Feb
<b>5000 metres</b>						
14:40.55	Jeromy Andreas	WP		9	Bellville	16-Apr
14:45.16	Unati Mteta	WP		1	Paarl	12-Mar
14:46.49	Luanda Qolo	BO		2	Paarl	12-Mar
14:55.50	Zusiphe Mpiyakhe	EC		3	Paarl	24-Mar
15:01.15	Puseletso Mofokeng	FS		4	Paarl	24-Mar
15:01.31	Alfred Mphuti	GAU		5	Paarl	24-Mar
15:03.10	Armin Botha	CG	08-09-92	8	Stellenbosch	30-Apr
15:05.30	Gift Mahlangu	GN		2	Gemiston	03-Apr
15:15.61	Sydwell Luxolo Mdzanga	WP		3h1	Paarl	12-Mar
15:22.33	Moses Dirane	GN		1	Pilditch	04-Mar
<b>10000 metres</b>						
31:57.20	Mfumaneko Fadane	ATR		6	Gaberone	13-May
32:05.90	Edwin Seesipi	CG		1	Gemiston	02-Apr
33:22.80	Unathi Nteta	WP		3	Gemiston	02-Apr
33:54.27	Karabo Jacobs	VT	05-09-92	8	Stellenbosch	30-Apr
34:28.10	Bongani Mokoloba	FS		1	Gemiston	02-Apr
35:10.95	Morgan Motsweni	GN		1	Pilditch	04-Mar

38:40.17	Johan Ferreira	GN		2	Pilditch	04-Mar
39:54.52	Jerry Mtshweni	GN		3	Pilditch	04-Mar

### 3000 metres steeplechase

8:58.16	Teboho Mock	FS	15-05-93	1	Paarl	24-Mar
8:58.35	Sizwe Boqashi	GAU		2	Paarl	24-Mar
9:03.03	Afred Mphuti	GAU		3	Paarl	24-Mar
9:04.12	Thapelo Madiba	GAU		4	Paarl	24-Mar
9:11.47	Sidwell Mdzanga	WC		5	Paarl	24-Mar
9:13.17	Thabang Mojanaga	FS		6	Paarl	24-Mar
9:14.10	Mahlomala Molehe	FS		7	Paarl	24-Mar
9:18.37	S Landt	NWP		8	Paarl	24-Mar
9:18.39	Sello Masia	FS		9	Paarl	24-Mar
9:22.68	Luxolo Mdzanga	WP	31-07-92	1	Gemiston	03-Apr

### 110 metres hurdles

13.71	1.0	Tshepo Lefete	FS	02-02-92	1h2	Gemiston	03-Apr
13.90	1.0	Werner Pretorius	GAU	26-01-92	2h2	Gemiston	03-Apr
13.92	0.4	Kyle Voster	CG		1h1	Gemiston	03-Apr
14.09	0.4	Jonathan Fitzgerald	GAU	13-01-93	2h1	Gemiston	03-Apr
14.10	0.4	Hannes Greyling	CNW	18-02-92	3h1	Germiston	03-Apr
14.10	-0.7	Emmanuel Paggis	FS	06-08-92	2	Gemiston	03-Apr
14.19	0.9	Albert Smit	BO	20-01-92	1h3	Gemiston	03-Apr
14.27	1.5	Werner Pretorius	GN	26-01-92	1	ABSA Tuks, Pretoria	05-Jan
14.33	0.9	Daniël Nel	GN	29-06-92	2h3	Gemiston	03-Apr
14.33	0.9	Ruan Grobler	BO		3h3	Gemiston	03-Apr

### NWI

14.11	nwi	Elandre Kotzee	GAU		1	Germiston	12-Mar
14.11	nwi	Francois Tredoux	GN		1	Germiston	01-Mar

### 400 metres hurdles

#### (91.4 cm)

51.39		Taariq Solomons	WC	22-08-93	5	Durban	10-Apr
51.79		Shaun van Wyk	CN	06-10-92	1	Gemiston	03-Apr
51.87		Schalk Burger	BO	20-02-93	2	Paarl	24-Mar
51.96		Leroy Bitterhout	FS	16-11-92	3	Paarl	24-Mar
52.07		Jonty Shelton	MPU		4	Paarl	24-Mar
52.16		Bernard Pretorius	GN	06-01-93	4	Gemiston	03-Apr
52.23		Hamman Le Roux	NW	06-10-92	5	Gemiston	03-Apr
52.54		Tshepo Lefete	FS	02-02-92		Paarl	24-Mar
52.79		Katlego Nkoana	GN	03-05-93	2h2	Gemiston	03-Apr
53.37		JT Myburgh	WP	16-03-92	7	Gemiston	03-Apr

### High jump

2.08		Jan Steytler	FS	09-08-92	1	Bloemfontein	18-Mar
2.05		Tiro Mosete	NW	27-12-93	1	ABSA Tuks	29-Jan
2.05		Garth Ellis	EP	07-02-92	3	Stellenbosch	30-Apr
2.03		John Scrooby	GAU	31-08-93	1	Paarl	24-Mar
2.00		S. Sibanyoni	GAU		1	Germiston	01-Mar
1.98		Gordon Green	NCP			Paarl	24-Mar

13 athletes on 1.95

**Pole vault**

4.90		Michael Cilliers	GN	25-04-93	1	Gaberone	14-May
4.80		JF Burger	FS	21-05-92	2	Gaberone	14-May
4.70		Samuel Pellissier	WC	03-12-92	3	Gemiston	03-Apr
4.20		Jarik Jansen	FS	16-02-93	4	Gemiston	03-Apr
4.10		Nico Naude	FS		3	Paarl	24-Mar
4.00		Dirk Geldenhuys	WP		3	Bellville	05-Feb
4.00		Neal Puttergill	EC	19-01-93	4	Paarl	24-Mar

**Long jump**

8.00	1.4	Mpho Maphutha	GN	21-01-93	1	Germiston	03-Apr
7.87	1.7	Roelf Pienaar	NW	23-12-93	2	Gemiston	03-Apr
7.67	1.3	Clint Johnson	WP	02-08-10	3	Gemiston	03-Apr
7.37	0.6	Francois Coetzee	MP	17-01-93	4	Gemiston	03-Apr
7.29	nwi	Geavan Pietersen	BO		1	Paarl	05-Mar
7.26	nwi	Niel Meyer	MPU	18-02-93	2	Paarl	24-Mar
7.10	1.3	Rowan Rhode	WP	12-02-92	2q2	Stellenbosch	29-Apr
7.06	nwi	Ntokozo Mbokazi	GAU		4	Paarl	24-Mar
7.03	1.8	Geavan Pietersen	BO		5	Gemiston	03-Apr
7.00	nwi	Fritz Helberg	GN	12-04-93	2	Germiston	01-Mar

**Wind assisted**

7.00	3.5	Joshua Diamon	CG		6	Gemiston	03-Apr
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**Triple jump**

15.66	0.4	Mpho Maphutha	GN	21-01-93	1	Pilditch Pretoria	05-Mar
14.84	nwi	Koketso Mogapi	NWN	24-01-92	2	Gemiston	02-Apr
14.76	nwi	Ntokozo Mbokazi	GAU		2	Germiston	12-Mar
14.68	nwi	Ghusville van Schalkwyk	BO		3	Gemiston	02-Apr
14.56	nwi	Trevor Phukobye	GAU		3	Germiston	12-Mar
14.54	nwi	Gregory Pietersen	BO		1	Paarl	05-Mar
14.43	nwi	Phakamisa Sambokwe	WP		4	Gemiston	02-Apr
14.36	nwi	Geavan Pietersen	BO		5	Gemiston	02-Apr
14.35	nwi	Takalani Munyai	GN		6	Germiston	02-Apr
14.28	nwi	Clement Makutu	MPU		4	Paarl	24-Mar
14.27	nwi	John Joseph	WP		2	Paarl	12-Mar
14.19	1.3	Takalani Munyai	GN	09-03-92	2	Pilditch Pretoria	04-Mar

**Wind assisted**

15.10	2.5	Ntokozo Mbokazi	GAU		1	Paarl	24-Mar
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**Shot put****(6 kg)**

19.17		Frans Schutte	MP	10-03-93	1	Germiston	01-Mar
17.86		Johny Botha	GAU	29-09-93	1	Paarl	24-Mar
17.86		Jacques du Plessis	GN	12-08-93	2	HS Menlopark	05-Feb
17.12		Constant van Rooyen	CGA	25-01-92	1	Germiston	05-Mar
16.87		Irne Herbst	GN		2	Germiston	01-Mar
16.67		Marnus van Zyl	MP		2	Gemiston	03-Apr
16.25		Ruan Maree	WP	19-02-93	3	Gemiston	03-Apr
16.10		Paul Van Den Berg	VT	15-10-92	4	Gemiston	03-Apr
16.08		Brean van Winkel	CG		2	ABSA Tuks Pretoria	04-Feb

15.72	Johnny Botha	CG	29-09-93	3	Germiston	01-Mar
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**Discus throw  
(1.75 kg)**

54.63	Jacques du Plessis	GN	12-08-93	1	HS Menlopark	05-Feb
53.79	Charl Grobler	FS	23-05-92	1	ABSA Tuks	29-Jan
52.65	Johnny Botha	GAU	29-09-93	1	Paarl	24-Mar
48.35	Petrus Uys	BOL	20-08-93	1	Paarl	05-Mar
48.16	Constant van Rooyen	GAU	25-01-92	2	Germiston	12-Mar
48.00	Frans Schutte	MP	10-03-93	2	Germiston	01-Mar
47.62	Jannes Kirsten	GN		3	Germiston	01-Mar
47.42	Kobus Smith	NWP		1	Potchefstroom	12-Mar
47.10	Marnus van Zyl	PU		2	Paarl	24-Mar
46.97	Ruaan Maree	WC		3	Paarl	24-Mar

**Hammer throw  
(6 kg)**

63.00	Donovan Stebbing	CG	02-02-92	2	Gaberone	13-May
62.44	Stiaan Minnie	EP	08-06-93	1	Gemiston	02-Apr
59.37	Renaldo Frechou	BO	04-03-92	1	Paarl	05-Mar
56.06	Robert Janse van Rensb	FS	13-06-93	1	Bloemfontein	18-Mar
52.24	RD Franca Guilherme	GAU	23-08-93	1	Germiston	12-Mar
51.44	Ruan Meyer	CNW		5	Gemiston	02-Apr
50.86	Prieur van der Merwe	BOL		2	Paarl	05-Mar
50.84	Conray Flynn	FS	24-03-93	7	Gemiston	02-Apr
49.43	Robert Scheun	EPA		8	Gemiston	02-Apr
48.89	Cor Retief	BO		2	Paarl	12-Mar

**Javelin throw  
(800 g)**

75.72	Rocco Van Rooyen	BOLI	23-12-92	1	Gaberone	14-May
70.90	Dean Goosen	VT	01-01-92	2	Gemiston	03-Apr
69.14	Ruan Erasmus	GAU	09-03-93	1	Paarl	24-Mar
65.60	Malan Snyman	CNW	20-01-92	3	Gemiston	03-Apr
62.86	Chad Herman	EP		5	Germiston	03-Apr
62.26	Johan Peens	BO		1	Paarl	12-Mar
61.97	Daniel du Toit	BOL	27-01-93	2	Paarl	12-Mar
61.38	Dylan Jacobs	GN	01-12-93	2	Paarl	24-Mar
61.22	Renier du Plessis	MP		6	Gemiston	03-Apr
60.00	Fanie de Villiers	GN		1	Germiston	01-Mar

**5000 metres walk**

25:19.79	Madudaza Mavundla	CGA		1	Germiston	05-Mar
26:25.30	Sphiwe Noko	CGA		2	Germiston	05-Mar
26:33.12	Moekasi Mamarara	CGA		3	Germiston	05-Mar
27:38.09	A Ntoane	CGA		4	Germiston	05-Mar
28:13.90	Jambulani Sithole	CGA		5	Germiston	05-Mar

**10000 metres walk**

48:52.06	Mthembi Chauke	FS		1	Bloemfontein	18-Mar
49:21.34	Ruan Wessels	CNW		1	Gemiston	03-Apr

49:28.80		Mfana Mbatha	CGA	16-04-92	2	Gemiston	03-Apr
51:11.90		Envor Rhodas	WC		1	Paarl	24-Mar
51:30.39		Jay-G Gcuze	FS		2	Bloemfontein	18-Mar
53:33.73		Teboho Nkhoba	FS		1	Bloemfontein	18-Mar
53:43.50		Timothy Cleophas	WC		2	Paarl	24-Mar
54:45.50		Bradley Erasmus	BO		2	Paarl	05-Mar
55:26.30		Waylin Cornelissen	BO		3h3	Paarl	05-Mar
55:47.60		W Gqibithole	EC		3	Paarl	24-Mar

## WOMEN

### 100 metres

11.86	-0.7	Rikenette Steenkamp	GN	16-10-92	2	ABSA Tuks Pretoria	23-Mar
11.93	0.3	Samantha Pretorius	WP	03-02-92	1	Gemiston	03-Apr
11.94	2.0	Chante Van Tonder	CG	25-05-93	3sf1	Durban	09-Apr
11.95	0.3	Zanri van der Merwe	GN	14-05-93	2	Gemiston	03-Apr
12.05	0.3	Jade Thiele	CG	10-10-92	3	Gemiston	03-Apr
12.27	1.6	Adri van der Merwe	VT		2h1	Gemiston	02-Apr
12.27	0.3	Rijane Swart	CNW		5	Gemiston	03-Apr
12.32	1.6	N Sharrock	BOR		3h2	Gemiston	02-Apr
12.35	0.7	Zoe Engler	KZN	06-01-92	1	Durban	11-Feb
12.51	0.3	Katelyn Palframan	EC	18-03-92	7	Gemiston	03-Apr

### NWI

11.75	nwi	Chante van Tonder	CG	25-05-93	1	Germiston	12-Mar
11.84	nwi	Adri van der Merwe	VT		1	Germiston	01-Mar
12.27	nwi	Nadia Jooste	GN	23-06-93	3	Germiston	12-Mar

### Wind assisted

11.73	2.8	Chante Van Tonder	CG	25-05-93	2sf2	Gaberone	12-May
11.92	3.2	Samantha Pretorius	WP	03-02-92	1sf1	Gaberone	12-May
11.93	2.9	Zanri van der Merwe	GN	14-05-93	5h2	Durban	09-Apr

### 200 metres

23.78	0.1	Sonja van der Merwe	WP	26-10-21	1	Gaberone	15-May
24.28	1.9	Chante van Tonder	CG	25-05-93	1h3	Durban	09-Apr
24.37	0.8	Zanri van der Merwe	GN	14-05-93	1	Gemiston	03-Apr
24.52	1.1	Rikenette Steenjamp	GN	16-10-92	1	Pilditch Pretoria	04-Mar
24.57	0.8	Jade Thiele	CG	10-10-92	2	Gemiston	03-Apr
24.80	0.8	Rijane Swart	CNW		3	Gemiston	03-Apr
25.40	0.8	Zoe Engler	KZN	06-01-92	5	Gemiston	03-Apr
25.42	0.1	Katelyn Palframan	EC	18-03-92	1	Bloemfontein	18-Mar
25.60	0.3	Justine Palframan	KZ	04-11-93	1	Durban	29-Jan
25.60	0.8	Adri van der Merwe	VT		6	Gemiston	03-Apr

### NWI

24.16	nwi	Chante van Tonder	CG	25-05-93	1	Germiston	12-Mar
25.14	nwi	Anri Steyn	CG	30-09-93	2	Germiston	01-Mar
25.23	nwi	Anmarli Loubser	GN		3	Germiston	01-Mar

### Wind assisted

23.79	2.2	Sonja van der Merwe	WP	26-10-21	1h3	Bellville	16-Apr
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### 400 metres

52.93	Justine Palframan	KZ	04-11-93	2	Gaberone	13-May
53.69	Anri Steyn	CG	30-09-93	1	Germiston	03-Apr
54.13	Sonja van der Merwe	WP	19-05-92	2	Gemiston	03-Apr
55.04	Zoe Engler	KZN	01-06-92	3	ABSA Tuks Pretoria	25-Feb
55.54	Lize Steyn	EP	02-05-93	7	Durban	10-Apr
56.66	Anmarli Loubser	GN		2	Germiston	01-Mar
57.09	Melise du Toit	GN		3	Germiston	01-Mar
57.55	Almerie vd Walt	CG		4	Germiston	01-Mar
57.70	Antoinette Gouws	FS		h	Bloemfontein	18-Mar
58.46	Aleesha Gerber	EP		1h3	Gemiston	02-Apr

#### Hand

54.9	Liza Steyn	EP	02-05-93	2	Paarl	24-Mar
55.9	Anmarli Loubser	GAU		3	Paarl	24-Mar

#### 800 metres

2:08.72	Anri Steyn	GAU	30-09-93	1	Paarl	26-Mar
2:09.52	Marike Vermaak	MP	31-07-93	2	Paarl	26-Mar
2:10.13	Hapiness Mkhize	GN	15-12-92	5h2	Durban	10-Apr
2:10.27	Annica Coetzee	CNW	10-02-92	5	Stellenbosch	30-Apr
2:11.95	Liza Steyn	EP	02-05-93	2	Paarl	26-Mar
2:13.21	Sunell Jacobs	WC		2	Gemiston	03-Apr
2:13.61	Adele Vermaak	LIM		q	Paarl	25-Mar
2:14.71	Miche van Zyl	CG	25-02-93	2	Germiston	01-Mar
2:14.73	Heleen Malan	WC	04-12-92	q	Paarl	26-Mar
2:15.07	Danel Prinsloo	FS	27-03-92	3	Gemiston	03-Apr

#### 1500 metres

4:27.16	Danel Prinsloo	FS	27-03-92	8	Durban	10-Apr
4:34.35	Dominique Scott	WP	23-04-93	7	Bellville	16-Apr
4:38.74	Anneke Gildenhuis	FS	03-04-93	q	Stellenbosch	29-Apr
4:43.27	Annica Coetzee	EP	10-02-92	9	Bellville	16-Apr
4:44.59	Mpumele Mnyandu	KZN		q	Paarl	25-Mar
4:45.73	Jolene Rabie	CG		2	Germiston	01-Mar
4:46.76	Mbali Mokoena	KZN	02-09-93	1	Durban	05-Feb
4:48.09	Sylvia Tshetslanyane	CG	20-04-93	1	Germiston	01-Mar
4:48.28	Letitia Saayman	GN	28-10-92	3	Gemiston	03-Apr
4:49.03	Monuquenn Lombaard	WC		q	Paarl	25-Mar

#### 3000m

10:21.75	Dominique Scott	WP	23-04-93	1	Gemiston	02-Apr
10:26.65	Mbali Mokoena	KZN	02-09-93	1	Durban	05-Feb
10:29.10	Mpumele Mnyandu	KZN		1	Paarl	25-Mar
10:32.97	Anneke Gildenhuis	FS	03-04-93	2	Gemiston	02-Apr
10:37.45	Angelina Makhubela	GN		1	Germiston	12-Mar
10:39.69	Sylvia Tshetslanyane	CG	20-04-93	1	Germiston	01-Mar
10:41.16	Monique-Ann Lombard	BOL		2	Paarl	25-Mar
10:42.70	Baby Mokone	FS	20-02-93	3	Gemiston	02-Apr
10:42.90	Happiness Mkhize	KZ	15-12-92	3	Paarl	25-Mar

#### 3000 metres steeplechase

11:57.24	Angelique Faasen	GN	09-04-91	1	Pilditch Pretoria	04-Mar
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12:08.58	Anneke Gildenhuis	FS		1	Bloemfontein	18-Mar
12:27.25	Ailene Bezuidenhout	GN		2	Pilditch Pretoria	04-Mar
12:43.11	Portia Ramohloane	FS		2	Bloemfontein	18-Mar
12:51.50	Estie Brits	CG		1	Gemiston	02-Apr
13:30.90	Charlize Grove	MP		2	Gemiston	02-Apr
13:41.10	Thembeke Williams	FS		3	Bloemfontein	18-Mar
14:19.00	Laune Meyer	CNW	17-11-93	3	Gemiston	02-Apr

### 5000 metres

17:56.77	Mbali Mokoena	KZN	02-09-93	1	Durban	12-Feb
17:59.77	Letitia Saayman	GN	28-10-92	1h1	Gemiston	03-Apr
18:19.20	Sylvia Tshetlanyane	CG	20-04-93	2h1	Gemiston	03-Apr
19:06.66	Anneke Gildenhuis	FS	03-04-93	12	Stellenbosch	30-Apr
19:47.75	Anika Stols	GN		3h1	Gemiston	03-Apr

### 100 metres hurdles

13.62	-1.0	Rikenette Steenkamp	GN	16-10-92	1	ABSA Tuks, Pretoria	23-Mar
14.16	-0.3	Kayla Gilbert	CG	05-01-93	1h1	Germiston	03-Apr
14.25	0.9	Lariska Botha	FS	09-07-93	1	Gemiston	03-Apr
14.34	0.7	Tanya van den Berg	WP		1h2	Gemiston	03-Apr
14.57	-0.3	Jean-Marie Senekal	BOL	11-12-92	2h1	Gemiston	03-Apr
14.62	0.7	Chané Burgers	CG	25-06-75	3h1	Gemiston	03-Apr
14.88	0.9	Mihandra Dorfling	CNW	15-06-92	3	Gemiston	03-Apr
14.95	0.7	Ane Killian	VT	22-01-92	4	Gemiston	03-Apr
15.12	0.7	Lexi Nel	GN		4h2	Gemiston	03-Apr
15.18	0.7	Corani Jankowitz	CG		5h2	Gemiston	03-Apr

### NWI

14.66	nwi	Ane Killian	VT	22-01-92	2	Germiston	12-Mar
15.01	nwi	Lexi Nel	CG		3	Germiston	12-Mar

### 400 metres hurdles

59.21		Jean-Marie Senekal	BO	11-12-92	1	Gaberone	15-May
59.57		Ane Fourie	WP	24-01-93	1	Gemiston	03-Apr
61.05		Liriska Botha	FS	09-07-93	5	Durban	10-Apr
62.52		Almarie vd Walt	CG		3h2	Germiston	12-Mar
62.90		Tessa Heystek	MP	21-04-40	1	Pilditch Pretoria	04-Mar
63.23		Sunel vd Linde	GN	03-05-93	2	Pilditch Pretoria	04-Mar
63.47		Monique Scheepers	CN		5	Gemiston	03-Apr
63.64		Marietjie Nel	CN		1	Potchefstroom	12-Mar
63.90		Ane Killian	VT	22-01-92	2	Gemiston	12-Mar
63.91		Alicia bekker	GN		3	Germiston	12-Mar

### High jump

1.73		Valentina de Rocha	WP	22-10-93	q	Paarl	25-Mar
1.70		Salome van Heerden	NW		q	Paarl	25-Mar
1.70		Chaney Linder	CNW	12-09-92	5	Durban	10-Apr
1.68		Marcelle du Plessis	BO		1	Paarl	25-Mar
1.68		Marzet Pieterse	WC		q	Paarl	25-Mar
1.68		Anika Pretorius	NW		2	Paarl	25-Mar
1.66		Inge Viljoen	GN	07-01-93	hept	Bellville	19-Mar
1.65		Kim Dippenaar	GN		2	Gemiston	03-Apr



1.65		June Roelofse	BOL	19-03-92	7	Stellenbosch	29-Apr
1.65		Anica Myburgh	FS		1	Bloemfontein	18-Mar
1.62		Lou-Mare Geldenhuys	LIM		q	Paarl	25-Mar
1.62		Michelle Doubell	FS		q	Paarl	25-Mar

### Pole vault

3.40		Jeanne Van dyk	EP	22-09-92	2	Bellville	16-Apr
3.35		Mariska Smit	FS		2	Gaberone	12-May
3.10		Elandi Steyger	CNW		3	Gemiston	03-Apr
3.00		Taahirah Kozain	BO	10-04-57	4	Bellville	10-Mar
2.70		Jani Smit	BO	20-02-93	3	Paarl	26-Mar
2.70		Anriette Smit	WC		4	Paarl	26-Mar

### Long jump

6.44	1.7	Samantha Pretorius	WP	03-02-92	1	Gemiston	03-Apr
5.95	0.9	Zanri van der Merwe	GN	14-05-93	3	Gemiston	03-Apr
5.91	nwi	Kayla Gilbert	CG	05-01-93	1	Germiston	01-Mar
5.74	1.1	Valentina de Rocha	WP	22-10-93	4	Gemiston	03-Apr
5.62	1.6	Chane Burgers	CG	02-10-92	1	Pilditch Pretoria	04-Mar
5.62	nwi	Anika Pretorius	NW		1	Potchefstroom	12-Mar
5.60	nwi	Zinhle Mbuyane	MP	22-08-93	3	Germiston	01-Mar
5.59	nwi	Natasha Roux	GN	19-07-93	2	Germiston	12-Mar
5.58	-0.7	Aidan Battison	EC	13-01-93	5	Gemiston	03-Apr
5.53	-4.9	Anika Pretorius	NW		1	Paarl	25-Mar
5.51	1.1	Mariska Smit	BO		8	Gemiston	03-Apr
5.48	nwi	Corani Jankowitz	CG		3	Germiston	12-Mar
5.40	2.0	Natasha Roux	GN	19-07-93	3	Pilditch Pretoria	04-Mar

### Wind assisted

5.95	2.1	Kayla Gilbert	CG	05-01-93	2	Germiston	03-Apr
5.85	2.3	Valentina de Rocha	WP	22-10-93	4	Gemiston	03-Apr
5.70	2.3	Aidan Battison	EC	13-01-93	5	Gemiston	03-Apr
5.58	3.4	Anika Pretorius	NW		6	Gemiston	03-Apr

### Triple jump

12.69	nwi	Valentina de Rocha	WP	22-10-93	1	Gemiston	02-Apr
12.34	nwi	Danelle Erwee	FS	29-11-93	2	Gemiston	02-Apr
12.27	nwi	Aidan Battison	EC	13-01-93	3	Germiston	02-Apr
12.04	-1.1	Valentina de Rocha	WP	22-10-93	1	Paarl	26-Mar
11.76	nwi	Luchelle Prinsloo	CG	18-07-92	4	Gemiston	02-Apr
11.68	0.6	Hannelore Dagutat	GN	02-10-93	1	Pilditch Pretoria	04-Mar
11.50	nwi	Zinhle Mbuyane	MP	22-08-93	2	Germiston	01-Mar
11.18	nwi	Ciani Loubser	BO	05-08-93	5	Gemiston	02-Apr
10.97	nwi	Rosemary Russel	CN		1	Potchefstroom	12-Mar
10.95	nwi	Heleen Malan	WC		6	Paarl	26-Mar

### Shot

13.23		Marga Vermaak	GN	22-01-93	3	ABSA Tuks Pretoria	25-Feb
13.21		Ischke Senekal	EP	08-01-93	2	Bellville	16-Apr
13.01		Liëtte van Schalkwyk	FS	11-11-93	1	Paarl	25-Mar
12.75		Carien Dreyer	GN	11-01-92	2	Gemiston	03-Apr
12.56		Nalinsa Potgieter	NW	12-05-92	4	Gemiston	03-Apr

12.54	Eunice Olevano	FS	21-02-92	6	Stellenbosch	29-Apr
12.34	Yolandi-Mari Bothma	CG	03-03-92	7	Stellenbosch	29-Apr
12.10	Danelle Willemse	MP	20-03-93	4	Paarl	25-Mar
12.07	Rachelle Pottas	NW		5	Paarl	25-Mar
11.71	Simoné Meyer	KZN	31-05-03	1	Durban	25-Feb

### Discus

52.08	Simoné Meyer	KZN	31-05-03	1	Durban	12-Mar
49.90	Ischke Senekal	EP	08-01-93	1	Gaberone	12-May
45.69	Danelle Willemse	MP	20-03-93	3	Paarl	26-Mar
45.66	Marga Vermaak	GN	22-01-93	4	Paarl	26-Mar
42.94	Suriette Botha	GN	18-02-92	3	Pilditch Pretoria	12-Mar
37.12	Joane Breenkamp	FS	12-12-92	5	Paarl	26-Mar
36.75	Rachelle Pottas	NW		6	Paarl	26-Mar
42.53	Carien Dreyer	GN	11-01-92	3	Gemiston	03-Apr
40.00	Eunice Olevano	FS		5	Gemiston	03-Apr
36.88	Yolanie Uys	CNW	06-11-92	7	Gemiston	03-Apr

### Hammer

56.06	Annemie Smith	SW	02-03-58	1	Bellville	10-Mar
51.90	Magdalene Louw	EP	04-02-92	2	Gemiston	02-Apr
46.03	Simone Viviers	EP	11-06-92	4	Bellville	16-Apr
42.77	Jorinda Coetzee	WP	06-04-92	4	Gemiston	02-Apr
39.94	Sunett Voigt	SW	08-04-93	1	ABSA Tuks Pretoria	16-Feb
37.81	Franciske Whitehead	EP	02-03-92	2	Paarl	26-Mar
37.42	Gerne Coetze	FS		1	Bloemfontein	18-Mar
37.05	Melissa Britz	CGA		3	Paarl	26-Mar
36.70	Nanda Kruger	CG		6	Gemiston	02-Apr
35.87	Jolandri Alberts			4	Bellville	16-Apr

### Javelin

48.28	Liezel de Swardt	CNW	25-06-47	1	Gaberone	15-May
46.39	Carli Grobbelaar	GAU		1	Paarl	25-Mar
46.25	Leandri Swiegers	GN	24-08-93	2	Paarl	25-Mar
45.81	Shadene van der Merwe	CG		3	Paarl	25-Mar
44.47	Anje Claassen	CNW		3	Gemiston	03-Apr
44.40	Christelle de Klerk	CNW		1	Potchefstroom	12-Mar
43.92	Carien Dreyer	GN	11-01-92	6	Stellenbosch	29-Apr
41.08	Janika Kotze	FS	27-01-93	1	Bloemfontein	18-Mar
40.82	Sulizma Schultz	WC		5	Paarl	25-Mar

### 10000m Walk

0:59:09.30	Inge Kotze	CNW	21-11-92	1	Gemiston	02-Apr
0:59:23.30	Danielle Koegelenberg	WC		1	Paarl	25-Mar
0:59:49.80	Rose Shabalala	CG		2	Gemiston	02-Apr
1:00:10.60	Jessica van Wyk	CNW		4	Gemiston	02-Apr
1:00:39.00	Elnari Koegelenberg	WC		2	Paarl	25-Mar
1:00:55.20	Lauralee Koekemoer	CNW		5	Gemiston	02-Apr
1:01:29.90	Larisha Erasmus	FS	18-01-92	6	Gemiston	02-Apr
1:03:15.00	Bea le Roux	WC		3	Paarl	25-Mar
1:04:19.73	Tania Strydom	FS	22-10-94	4	Paarl	25-Mar

