



## 2011 SOUTH AFRICAN SENIOR TOP 10 PERFORMANCES

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As at 31 July

### i - indoors

#### MEN

##### 100 metres

10.16	1.4	Thuso Mpuang	FS	010384	1	Donnas	03-Jul	<b>A Qual</b>
10.18	1.6	Simon Magakwe	CN	140586	1sf3	Durban	09-Apr	<b>A Qual</b>
10.19	1.6	Roscoe Engel	WP	060889	2sf3	Durban	09-Apr	<b>B Qual</b>
10.27	1.9	Hannes Dreyer	GN	130185	1sf1	Durban	09-Apr	
10.36	1.6	Gideon Trotter	FS	03-03-92	1h4	Germiston	02-Apr	
10.39	1.6	Rapula Sefenyatso	NW	110288	3sf3	Durban	09-Apr	
10.41	1.3	Wilhelm van der Vyver	BO	220889	1	Germiston	03-Apr	
10.41	1.6	Patrick Vosloo	VT	020590	4sf3	Durban	09-Apr	
10.44	0.2	Leigh Julies	EP		3	Durban	10-Apr	
10.45	0.7	Waide Jooste	CG	240791	1h2	ABSA Tuks Pretoria	25-Feb	
10.45	0.1	Wayde van Niekerk	FS	230392	1	Bloemfontein	19-Mar	
10.45	1.9	Sergio Mullins	WP	120580	2sf1	Durban	09-Apr	

##### Wind

10.17	2.1	Hannes Dreyer	GN	130185	1	Germiston	26-Mar	
10.24	2.1	Simon Magakwe	CN	140586	2	Germiston	26-Mar	
10.29	2.1	Leigh Julies	EP		1sf2	Durban	09-Apr	
10.38	2.4	Roscoe Engel	WP	060889	1	Bellville	19-Mar	
10.42	2.1	Thuso Mpuang	FS	010384	3	Germiston	26-Mar	

##### NWI

10.39		Leigh Julies	EP		1h2	Maputo	02-Jul	
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##### 200 metres

20.55	-0.6	Thuso Mpuang	FS	010384	1	Stellenbosch	30-Apr	<b>A-Qual</b>
20.57	1.4	Wayde van Niekerk	FS	23-03-92	1	Durban	10-Apr	<b>A-Qual</b>
20.58	0.5	Lebogang Moeng	CNW		1	Germiston	03-Apr	<b>A-Qual</b>
20.71	0.3	Ofentse Mogawane	GN	200282	2	Arzana	30-Jul	
20.72	1.6	Roscoe Engel	WP	060889	1h1	Germiston	02-Apr	
20.74	0.6	Simon Magakwe	CN	140586	2h1	Metz	27-Jun	
20.83	1.0	Gideon Trotter	FS	03-03-92	1sf1	Germiston	03-Apr	
20.86	2	Hannes Dreyer	GN	130185	5	Dakar	28-May	
20.89	0.0	Waide Jooste	CG	240791	1h3	Potchefstroom	19-Feb	
20.89	0.8	Siphelo Ngqubaza	FS		2	Germiston	03-Apr	
20.93	0.5	Rapula Sefanyatso	NW	110288	2h3	Pilditch Pretoria	12-Feb	

##### Wind

20.63	2.9	Roscoe Engel	WP	060889	1	Bellville	19-Mar	
20.85	2.9	Antonio Alkana	WP		2	Bellville	19-Mar	

**400 metres**

44.86	LJ Van Zyl	GN	220949	1h3	Germiston	26-Mar	<b>A-Qual</b>
45.07	Oscar Pretorius	GN	221186	1	Lignano	19-Jul	<b>A-Qual</b>
45.47	Lebogang Moeng	CNW		1sf1	Durban	09-Apr	<b>B-Qual</b>
45.59	Ofentse Mogawane	GN	200282	1	Zeulenroda	29-May	<b>B-Qual</b>
45.68	Willie de Beer	GN	140388	2h3	Germiston	26-Mar	<b>B-Qual</b>
46.13	Shane Victor	KZ	291289	3	Durban	10-Apr	
46.14	Jacques de Swardt	GN	120892	3h3	Germiston	26-Mar	
46.37	Jacob Ramakoka	CNW		3sf2	Durban	09-Apr	
46.57	Thapelo Ketlohetswe	CG		1h2	Germiston	26-Mar	
46.58	Shaun de Jager	BOL		1	Germiston	03-Apr	

**800 metres**

1:45.50	Mbulaeni Mulaudzi	CG	080980	2	Roma	26-May	<b>B-Qual</b>
1:45.69	Samson Ngoepe	MP	280185	1	Durban	10-Apr	<b>B-Qual</b>
1:46.84	Andre Olivier	CN	291289	2	Durban	10-Apr	
1:47.00	William Mathosola	FS	310390	3	Durban	10-Apr	
1:47.95	Tlou Seloba	CG	08-05-85	1	Potchefstroom	19-Feb	
1:48.15	Henk Beukes	CG	020690	4	Durban	10-Apr	
1:48.61	Zwelakhe Seboto	NW		5	Durban	10-Apr	
1:48.70	Rhynard van Rooyen	GN	230392	6	Durban	10-Apr	
1:48.91	Windy Jonas	FS	110390	1	ABSA Tuks Pretoria	25-Feb	
1:49.12	Hannes Naude	FS		5h3	Durban	09-Apr	
1:49.35	Tlou Seloba	CG		2h1	Germiston	26-Mar	

**1500 metres**

3:37.95	Juan van Deventer	CG	25-11-12	1h2	Durban	09-Apr	<b>B-Qual</b>
3:39.65	Pharson Magagane	CG	060486	2h2	Durban	09-Apr	
3:40.65	Stephen Mokoka	GN	310185	2	Durban	10-Apr	
3:41.16	Pieter vd Westhuizen	CG		4	Durban	10-Apr	
3:41.73	Folavio Sehohle	CG	141090	6	Durban	10-Apr	
3:42.36	Molefe Molefe	CG	270186	6	Durban	10-Apr	
3:43.91	Jerry Matsau	CG	120390	3h1	Durban	09-Apr	
3:44.42	Samson Ngoepe	MP		1	Bellville	16-Apr	
3:44.46	Jacques Pretorius	BOL		5h1	Durban	09-Apr	
3:45.77	Dean Brummer	CN	150988	5	Bellville	16-Apr	

**1 mile**

3:59.69	Ruben Ramolefi	CG	170778	1	Bellville	10-Mar	
4:00.00	Pharson Magagane	CG	060486	2	Belville	10-Mar	
4:00.15	Jacques Pretorius	BO	241188	3	Belville	10-Mar	
4:03.38	Dean Brummer	CN	150988	4	Belville	10-Mar	

**3000 metres**

7:41.59	Elroy Gelant	CN	250886	1	Metz	27-Jun	
7:50.90	Gladwin Mzazi	GN	280888	7	Metz	27-Jun	
7:55.05	Gert Manora	CN	291084	8	Metz	27-Jun	
7:55.92	Stephen Mokoka	GN	310185	1	Potchefstroom	19-Feb	
8:02.84	David Skosi-Thosane			3	Potchefstroom	19-Feb	
8:03.68	Dean Brummer	CN	150988	4	Potchefstroom	19-Feb	
8:07.52	Tshamano Setone	CG	070587	6	Potchefstroom	19-Feb	
8:08.52	Molefe Molefe	CG	270186	7	Potchefstroom	19-Feb	

**3000 metres steeplechase**

8.12.27	Ruben Ramolefi	CG	170778	10	Monaco	22-Jul	<b>A-Qual</b>
8.14.06	Ramolefi	CG		1	Durban	10-Apr	

8.26.82	Edwin Molepo	CN	310587	1	Metz	27-Jun	<b>B-Qual</b>
8.30.24	Thumelo Motlagale	CN		2	Bellville	16-Apr	<b>B-Qual</b>
8.35.86	Dean Brummer	CN	150988	3	Durban	10-Apr	
8.41.93	Dikotsi Lekopa	CNW		3	Bellville	16-Apr	
8.51.60	Tumisang Mamatlake	CGA		1	Germiston	02-Apr	
8.58.78	Khotatso Mokone	FS		6	Durban	10-Apr	
9.01.46	Thabang Nkuna	LIM		2	Germiston	02-Apr	
9.02.49	Sithembele Fanekho	TRA		7	Durban	10-Apr	
9.02.76	Sikhumbuzo Seme	GN	140385	1	Pilditch, Pretoria	12-Mar	

#### 5000 metres

13:25.09	Elroy Gelant	CN	250886	1	Uden	02-Jul	<b>B-Qual</b>
13:28.60	Stephen Mokoka	GN	310185	1	Bellville	10-Mar	
13:30.12	Gladwin Mzazi	GN	280888	2	Bellville	10-Mar	
13:30.77	Tshamano Setone	CG	070587	1	Stellenbosch	30-Apr	
13:30.88	Kgosi Tsosane	GN		3	Bellville	10-Mar	
13:36.26	Gert Manora	NWN		2	Bellville	16-Apr	
13:37.21	Sibusiso Nzima	CG	231186	3	Bellville	16-Apr	
13:44.33	Xolisa Tiyali	CG		6	Bellville	16-Apr	
13:49.61	Isaac Mbuyaza	CG	070587	5	Bellville	10-Mar	
13:57.02	Lloyd Bosman	NWN	250886	8	Bellville	10-Mar	

#### 10 000 metres

27:56.18	Stephen Mokoka	GN	310185	1	Stellenbosch	29-Apr	<b>B-Qual</b>
28:09.33	Gladwin Mzazi	GN	280888	2	Stellenbosch	29-Apr	
28:31.51	Sibusiso Nzima	CG	231186	2	Durban	10-Apr	
28:45.47	Lungisa Mdedelwa	TRA		3	Durban	10-Apr	
28:49.22	Gert Manora	NWN		3	Stellenbosch	29-Mar	
29:00.98	Xolisa Tiyali	CG		4	Durban	10-Apr	
30:00.28	Mbonbeni Ngxazozo	CG		6	Durban	10-Apr	
30:04.69	Isaac Moyazi	CG	260986	4	Stellenbosch	29-Apr	
30:18.76	Siyabulela Mtsha	TRA		7	Durban	10-Apr	
30:23.54	Boy Soke	FS	110283	5	Stellenbosch	29-Apr	

#### 110 metres hurdles

13.56	0.7	Lehann Fourie	GN	160287	6	Hengelo	29-May	<b>B-Qual</b>
13.57	0.6	Fourie			5	Praag	13-Jun	
13.71	-1.4	Fourie			1	ABSA Tuks Pretoria	23-Mar	
13.77	0.1	Ruan de Vries	GN	010286	1	Germiston	26-Mar	
14.03	-0.4	Louw Smit	BO	290288	1	Potchefstroom	19-Feb	
14.11	0.2	Antonio Alkana	WP		1h4	Durban	10-Apr	
14.17	-0.4	Andre Storm	CN	120788	2	Potchefstroom	19-Feb	
14.32	0.5	Drikus Viljoen	BO	190491	2	Germiston	03-Apr	
14.61	0.5	Kobus Moolman	GN	080191	1h2	Durban	10-Apr	
14.65	0.5	Sors Joubert	BOL		2h2	Durban	10-Apr	
14.66	1.7	Neil le Roux	WP		2	Belville	19-Mar	
14.66	0.1	Emmanuel Papgis	FS		4	Germiston	26-Mar	
14.66	0.5	Jaco Willemse	CN		4	Germiston	03-Apr	

#### Wind

13.65	2.5	Lehann Fourie	GN	160287	1	Durban	10-Apr	
13.72	2.5	Ruan de Vries	GN	010286	2	Durban	10-Apr	
13.97	2.5	Louw Smit	BO	290288	3	Durban	10-Apr	

#### 400 metres hurdles

47.66		LJ Van Zyl	GN		1	Ostrava	31-May	<b>A-Qual</b>
47.66		Van Zyl			1	ABSA Tuks Pretoria	25-Feb	

47.73		Van Zyl			1	Durban	10-Apr	
48.14		Cornel Fredericks	BO	030390	2	Durban	10-Apr	<b>A-Qual</b>
50.42		P C Beneke	FS	180790	3	Durban	10-Apr	
51.39		Taariq Solomons	WC		4	Durban	10-Apr	
51.59		Pieter Koekemoer	CN	120182	3	Potchefstroom	19-Feb	
51.79		Shaun van Wyk	CN	300392	1	Germiston	03-Apr	
51.87		Schalk Burger	BO	20-02-93	2	Paarl	24-Mar	
51.93		Hardus Maritz	CN		4	ABSA Tuks Pretoria	25-Feb	
51.96		Leroy Bitterhout	FS		3	Paarl	24-Mar	
52.16		Bernard Pretorius	GAU		4	Germiston	03-Apr	

### High jump

2.19		Ramsay Carelse	WP		1	Germiston	26-Mar	
2.16		Ruan Claassen	CG	260390	2	Germiston	26-Mar	
2.15		Hubert de Beer	GN	031188	1	Durban	10-Apr	
2.11		Willem Voigt	GN	210290	1	ABSA Tuks, Pretoria	23-Mar	
2.10		Willem van Schalwyk	BO		1	Paarl	12-Mar	
2.10		Brandon Prinsloo	FS		2	Bloemfontein	18-Mar	
2.10		Juan-Pierre van der Schyff	CN	100589	2	Durban	10-Apr	
2.10		Zavion Kotze	CG		hept	Stellenbosch	29-Apr	
2.08		JVA Steytler	FS		4	Potchefstroom	19-Feb	
2.05		Tiro Mosete	NW	27-12-93	1	ABSA Tuks	29-Jan	
2.05		Robert Hill	CG	150191	1	Pilditch Pretoria	05-Mar	
2.05		Clyde Ruiters	WP		2	Bellville	19-Mar	
2.05		Keagan Fourie	BOL		2	Germiston	03-Apr	
2.05		Garth Ellis	EP	170292	3	Stellenbosch	30-Apr	

### Pole vault

5.43		Cheyne Rahme	CG	230191	1	Germiston	26-Mar	
5.40		Rahme			1	Stellenbosch	30-Apr	
5.30		Rahme			1	Pilditch Pretoria	12-Feb	
5.15		Eben Beukes	CG	090390	1	ABSA Tuks Pretoria	23-Mar	
5.05		Riaan Botha	GN	081170	2	ABSA Tuks Pretoria	23-Mar	
5.05		Heinrich Smit	CG		3	ABSA Tuks Pretoria	23-Mar	
4.90		Michael Cilliers	GN	250493	1	Gaberone	14-May	
4.80		JF Burger	FS	210592	2	Gaberone	14-May	
4.70		Conrad Welthagen	CG	200789	1	Pilditch Pretoria	05-Mar	
4.70		Ruan van Wyk	WP		2	Bellville	10-Mar	
4.70		Samuel Pellissier	WC	031292	3	Germiston	03-Apr	
4.60		Sors Joubert	BO	240584	dec	Pilditch Pretoria	05-Mar	

### Long jump

8.26	0.9	Luvo Maniyonga	BO	181191	1	Jämsä	08-Jul	<b>A-Qual</b>
8.25	0.7	Khotso Mokoena	GN	060385	4	Saint-Denis	04-Jul	<b>A-Qual</b>
8.00	1.4	Mpho Maphutha	GN	210193	1	Germiston	03-Apr	
7.87	1.7	Roelf Pienaar	CNW	231293	2	Germiston	03-Apr	
7.85	2.0	Zark Visser	CG	150989	1	Stellenbosch	03-Apr	
7.75	1.6	Rushwal Samaai	BOL		3	Durban	09-Apr	
7.67	1.3	Clint Johnson	WP	040392	3	Germiston	03-Apr	
7.37	0.6	Francois Coetzee	MPU		4	Germiston	16-Feb	
7.36	1.6	Duwayne Boer	GN	06-01-95	1	ABSA Tuks Pretoria	09-Apr	
7.29	1.5	Willem Coertzen	CNW		dec	Durban	29-Apr	

### Wind

8.31	2.6	Khotso Mokoena	GN	060385	2	Eugene	04-Jun	
7.80	3.5	Rushwal Samaai	BOL		3	Durban	09-Apr	
7.70	3.0	Tumelo Thagane	CN	030784	2	Stellenbosch	29-Apr	

**Triple jump**

16.97	1.3	Tumelo Thagane	CN	030784	1	Germiston	26-Mar	<b>B-Qual</b>
16.18	0.7	Apelele (Mzuvu) Rasmeni	CG	150491	2	Germiston	03-Apr	
16.05	1.2	Charles le Roux	GN	03-05-85	3	Durban	10-Apr	
15.66	0.4	Mpho Maphutha	GN	21-01-93	1	Pilditch Pretoria	05-Mar	
15.51	2.0	Sabelo Ndlovu	GN		q	Lille	08-Jul	
15.50	-0.8	Albert Jankie	GN	15-06-94	1	Germiston	02-Apr	
15.26	-0.1	Duwayne Boer	GN	06-01-95	3	Germiston	02-Apr	
15.16	1.0	Boipelo Motlhathlego	GN	271190	1	Pilditch Pretoria	12-Feb	
15.02	0.6	Jason Sewanyana	WP		4	Durban	10-Apr	
14.99	1.7	Maurice Mathabula	GN		2	Pilditch Pretoria	12-Mar	

**Wind**

16.95	2.5	Tumelo Thagane	CN	030784	1	Durban	10-Apr
16.35	3.7	Boipelo Motlhathlego	GN	271190	1	Germiston	03-Apr
15.95	2.6	Albert Jankie	GN	15-06-94	2	Lille	09-Jul

**Shot put**

19.42		Roelie Potgieter	GN	200380	1	Durban	09-Apr
19.42		Jaco Engelbrecht	CG	080387	1	Stellenbosch	30-Apr
19.00		Ross Jordaan	BO		2	Stellenbosch	30-Apr
18.94		Orazio Cremona	CG	010789	1	ABSA Tuks, Pretoria	25-Feb
17.58		Nico Grobler	GN		2	Pilditch Pretoria	12-Mar
17.53		Donovan Snyman	CG		3	Stellenbosch	30-Apr
17.42		Dean Wattrus	CNW		4	Durban	09-Apr
15.94		Russell Tucker	GN	11-04-90	6	Stellenbosch	30-Apr
15.75		Dewald Moolman	CNW		7	Stellenbosch	30-Apr
15.62		Johan Labuschagne	KZ		1	Durban	15-Jan

**Discus**

61.58		Victor Hogan	BOL	250789	1	Bellville	16-Apr
61.31		Hogan			1	Maputo	03-Jul
60.35		Hogan			1	Bloemfontein	19-Jan
57.51		Dean Wattrus	CNW		1	ABSA Tuks Pretoria	25-Jun
57.50		Russell Tucker	GN	11-04-90	1	Germiston	03-Apr
55.32		Jaco Engelbrecht	CG	080387	2	Germiston	26-Mar
53.74		Dewald Moolman	CG	080788	4	Stellenbosch	29-Apr
53.02		Charl Grobler	GN	230592	5	Stellenbosch	29-Apr
52.63		Wynand Coetzee	CG	200284	6	Stellenbosch	29-Apr
52.36		Dewald van Heerden	CG	040491	4	Durban	10-Apr
51.86		James Sinclair	MP	020686	5	ABSA Tuks Pretoria	25-Feb
51.75		Donovan Snyman	CG		5	Durban	10-Apr

**Hammer**

72.73		Chris Harmse	FS	310573	1	Germiston	26-Mar
71.70		Harmse			1	Durban	09-Apr
71.09		Harmse			1	Bellville	10-Mar
62.40		Johan Kruger	BO	150487	2	Durban	09-Apr
60.93		Kristiaan Bekker	CG	160680	1	Pilditch Pretoria	12-Feb
57.33		Micqel le Roux	CG	260390	3	Durban	09-Apr
56.31		Martin Venter	GN	020970	2	Sacramento	09-Jul
55.81		Thehann van Niekerk	CN	040191	1	Stellenbosch	30-Apr
54.85		Lodewalt Venter	CNW		3	Durban	09-Apr
54.72		Vincent van Rensburg	GN		2	Stellenbosch	30-Apr
51.45		Christiaan Stebbing	CG		5	Stellenbosch	30-Apr
51.26		Stiaan Minnie	EP		3	Bellville	16-Apr

<b>Javelin</b>								
84.39		Robert Oosthuizen	BO	230187	2	Doha	06-May	<b>A-Qual</b>
83.82		Oosthuizen			1	Potchefstroom	19-Feb	
82.07		Oosthuizen			2	Oslo	09-Jun	
81.18		Oosthuizen			1	Durban	10-Apr	
77.80		Bernard Crous	CN	130489	1	Stellenbosch	30-Apr	
77.65		Hardus Pienaar	GN	100881	1	Bellville	10-Mar	
75.72		Rocco van Rooyen	BOL	231292	1	Gaberone	10-Apr	
74.65		Philmar Janse van Rensburg	CN		3	Durban	10-Apr	
74.29		Tobie Holtzhausen	CN	250587	3	Potchefstroom	19-Feb	
73.95		Alex Jacobs	GN	040291	3	Stellenbosch	30-Apr	
73.09		Willie Human	GN		4	Durban	10-Apr	
71.19		Jason Henning	CN	130890	5	Durban	10-Apr	
70.90		Dean Goosen	VT	01-01-92	2	Germiston	03-Apr	

### Decathlon

8095		Willem Coertzen	CNW		4	Ratingen	16/17 Jul	
8094		Coertzen			3	Kladno	15/16 Jun	
8014		Coertzen			1	Durban	9/10 Apr	
7431		Sors Joubert			3	Bambous	16/17 Apr	
6694		Nardus Greyling	FS		2	Durban	9/10 Apr	
6402		Zavion Kotze	CGA		3	Durban	9/10 Apr	
6214		Waldo van Staden	GN		4	Durban	9/10 Apr	
6131		Wickus Jonck	BOL		5	Durban	9/10 Apr	

### 20km Walk

01:29:26		Pierre-Louis de Villers	CG		1	Durban	09-Apr	
01:29:49		Lebogang Shange	CG		2	Durban	09-Apr	
01:30:33		Wayne Snyman	GN	080385	1	Stellenbosch	29-Apr	
01:31:00		Armond Nel	EP	190890	2	Stellenbosch	29-Apr	
01:31:10		Thami Hlatswayo	GN		3	Durban	09-Apr	
01:35:33		Molise Mojalefa	VT		3	Stellenbosch	29-Apr	
01:36:45		Jacques Faure	GN	151291	4	Stellenbosch	29-Apr	
01:39:15		Marc Mundell	GN		4	Durban	09-Apr	
01:40:33		Ruan Wessels	CNW	290192	5	Stellenbosch	29-Apr	

### WOMEN

#### 100 metres

11.68	1.3	Carina Horn	GN	090389	1	Durban	10-Apr	
11.71	-1.4	Horn			1h1	ABSA Tuks Pretoria	23-Mar	
11.74	-0.7	Horn			1	ABSA Tuks Pretoria	23-Mar	
11.81	0.0	Horn			1h3	ABSA Tuks Pretoria	25-Feb	
11.82	1	Phillipa vd Merwe	NC		1	Germiston	03-Apr	
11.85	1.3	Cindy Stewart	EP	141185	2	Durban	10-Apr	
11.86	-0.7	Rikenette Steenkamp	GN	161092	2	ABSA Tuks Pretoria	23-Mar	
11.87	1.2	Claudia Viljoen	GN	010589	1h1	Germiston	26-Mar	
11.87	2.0	Thandiwe Vilakazi	CN	221185	2sf1	Durban	09-Apr	
11.92	1.3	Cherese Jones	GN		3	Durban	10-Apr	
11.92	1.3	Stacey Gardiner	WP		4	Durban	10-Apr	
11.93	0.3	Samantha Pretorius	WP	030292	1	Germiston	03-Apr	
11.94	2.0	Chante van Tonder	CG	25-05-93	3sf1	Durban	09-Apr	

#### Wind

11.46	2.3	Carina Horn	GN	090389	1h2	Germiston	26-Mar	
11.75	2.9	Cherese Jones	GN		2sf2	Durban	09-Apr	

11.84	2.3	Thandiwe Vilakazi	CN	221185	2h2	Germiston	26-Mar
<b>NWI</b>							
11.61		Cindy Stewart	EP	141185	1	Maputo	02-Jul
11.75		Chante van Tonder	CG	25-05-93	1	Germiston	12-Mar
11.77		Tebogo Mamthu	CG	u16	1	Germiston	12-Mar
11.84		Adri vd Merwe	VT		1	Germiston	01-Mar
11.87		Sonja van der Merwe	WP	190592	2	Maputo	02-Jul

### 200 metres

23.72	-1.2	Estie Witstock	GN	140513	1h2	Germiston	26-Mar
23.78	0.1	Sonja van der Merwe	WP	190592	1	Gaberone	15-May
23.85	1.6	Cindy Peters	CG	120284	1	Pilditch Pretoria	12-Mar
23.89	-1.2	Carina Horn	GN	090389	2h2	Germiston	26-Mar
24.05	0.6	Wenda Theron	GN	300688	1	Pilditch Pretoria	12-Feb
24.21	-0.5	Rorisang Ramonnye	CN	311290	1sf2	Durban	10-Apr
24.28	1.9	Chante van Tonder	CG	25-05-93	1h3	Durban	09-Apr
24.32	0.2	Stacey Gardiner	WP	270588	2	Stellenbosch	30-Apr
24.32	1.7	Phillipa vd Merwe	NC		1	Windhoek	29-May
24.37	0.8	Zanri van der Merwe	GN	14-05-93	1	Germiston	03-Apr
24.50	0.2	Cindy Stewart	EP	141185	3	Stellenbosch	30-Apr

### Wind

23.47	3.2	Carina Horn	GN	090389	1	Durban	10-Apr
23.79	2.2	Sonja van der Merwe	WP	190592	1	Bellville	16-Apr
24.09	2.9	Rorisang Ramonnye	CN	311290	1h4	Durban	09-Apr
24.23	2.2	Stephanie Wicksell	GN	06-05-94	2	Bellville	16-Apr

### NWI

24.16		Chante van Tonder	CG	25-05-93	1	Germiston	12-Mar
24.34		Tebogo Mamathu	CG	u16	1	Germiston	12-Mar
24.65		Izelle Neuhoff	VT	03-05-94	1	ABSA Tuks Pretoria	05-Feb
24.72		Amanda Nagel	VT	18-02-94	2	Germiston	12-Mar

### 400 metres

52.54		Caster Semenya	GN	070191	2	Germiston	26-Mar
52.62		Estie Witstock	GN	140513	1	Rehlinger	13-Jun
52.93		Justine Palframan	KZ	04-11-93	1	Gaberone	13-May
53.28		Rorisang Ramonnye	CN	311290	1	Durban	10-Apr
53.69		Anri Steyn	CG		1	Germiston	03-Apr
53.93		Wenda Theron	GN	300688	2	Stellenbosch	30-Apr
54.13		Sonja van der Merwe	WP	190592	3	Germiston	03-Apr
54.21		Izelle Neuhoff	VT	03-05-94	1	Windhoek	29-May
54.90		Stephanie Wicksell	GN	06-05-94	1	Pilditch Pretoria	05-Mar
54.92		Alet van Wyk	GN	111185	3	Germiston	26-Mar

### 800 metres

1:58.61		Caster Semenya	GN	070191	3	Oslo	09-Jun	<b>A-Qual</b>
1:58.88		Semenya			2	Eugene	04-Jun	
2:00.61		Semenya			1	Dakar	28-May	
2:01.77		Semenya			1	Germiston	26-Mar	
2:04.52		Mapaseka Makhanya	CG	090485	2	Durban	10-Apr	
2:04.65		Mandie Brandt	CG	051182	2	Stellenbosch	30-Apr	
2:05.51		Juanee Cilliers	CNW		4	Durban	10-Apr	
2:07.75		Anuschka Nice	GN	260891	4	ABSA Tuks Pretoria	25-Feb	
2:08.13		Doné Vermaak	GN	171290	4h2	Durban	09-Apr	
2:08.66		Thato Makafola	CG		2h1	Durban	09-Apr	
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	

2:10.27	Annica Coetzee	CNW	020874	5	Stellenbosch	30-Apr
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### 1500 metres

4:12.93	Caster Semenya	GN	070191	1	Durban	10-Apr
4:13.89	Lebogang Phalula	CG	091283	2	Durban	10-Apr
4:16.12	Violet Raseboya	CG	190286	3	Durban	10-Apr
4:16.77	Mapaseka Makhanya	CG	090485	3	Metz	27-Jun
4:20.10	Christine Kalmer	GN	100286	1	Germiston	26-Mar
4:20.95	Lebo Phalula	CG	091283	4	Durban	10-Apr
4:22.79	Mandie Brandt	CG	051182	2	Stellenbosch	29-Apr
4:22.99	Maxine Heine-Wacker	CG	270490	3	Stellenbosch	29-Apr
4:24.07	Nolene Conrad	CG	260785	5	Durban	10-Apr
4:25.14	Juane Cilliers	CNW		4	Stellenbosch	29-Apr
4:26.79	Zinhle Sinque	GN		7	Durban	10-Apr

### 3000m

9:26.34	Lebogang Phalula	CG	091283	1	Potchefstroom	19-Feb
9:27.18	René Kalmer	CG	031180	2	Potchefstroom	19-Feb
9:32.87	Lebo Phalula	CG	091283	3	Potchefstroom	19-Feb
9:33.77	Christine Kalmer	GN	100286	4	Potchefstroom	19-Feb
9:42.89	Maxine Heine-Wacker	CG	270490	5	Potchefstroom	19-Feb
9:44.81	Nolene Conrad	CG	260785	6	Potchefstroom	19-Feb
9:45.18	Annerien van Schalkwyk	GN		7	Potchefstroom	19-Feb

### 5000 metres

15:42.21	Rene Kalmer	CG	031180	1	Durban	09-Apr
15:53.53	Zintle Xiniwe			1	Bellville	10-Mar
15:58.74	Violet Raseboya	GN		2	Bellville	10-Mar
16:04.82	Irvette van Blerk	CG	050787	4	Bellville	10-Mar
16:08.74	Lebo Phalula	CG	091283	3	Durban	09-Apr
16:13.93	Christine Kalmer	GN	100286	4	Durban	09-Apr
16:32.72	Annerien van Schalkwyk	GN		5	Bellville	10-Mar
16:37.40	Violet Raseboya	CG	190286	5	Durban	09-Apr
16:39.12	Nolene Conrad	CG	260785	1	Stellenbosch	30-Apr
16:42.53	Portia Ngwenya	CG		6	Durban	09-Apr

### 10 000 metres

36:24.96	Portia Ngwenya	GN		1	Durban	10-Apr
36:56.7	Diadla Puseletso	KZN		3	Maputo	03-Jul
37:40.70	Funeka Mlwakuhle	TRA		2	Durban	10-Apr
38:45.52	Anna Moeketsi	FS		4	Durban	10-Apr
40:05.62	Maryna Swanepoel	FS		5	Durban	10-Apr

### 3000 metres steeplechase

9:54.19	Tebogo Masehla	TR	061079	2	Oordegem	04-May
9:54.34	Masehla			8	Praag	13-Jun
10:00.01	Masehla			1	Durban	10-Apr
10:02.13	Masehla			6	Metz	27-Jun
10:08.98	Nolene Conrad	CG	260785	2	Durban	10-Apr
10:25.33	Christine Kalmer	GN	100286	3	Durban	10-Apr
10:25.37	Myrette Filmalter	GN	100181	2	Stellenbosch	30-Apr
10:32.15	Onneile Dintwe	CG		5	Durban	10-Apr
10:35.85	Thembi Baloyi	GN	070189	3	Stellenbosch	30-Apr
10:47.62	Ashleigh Schnetler	CG	020691	5	Bellville	10-Mar

### 100 metres hurdles



13.62	-1.0	Rikenette Steenkamp	GN	161092	1	ABSA Tuks, Pretoria	23-Mar
13.64	0.1	Claudia Viljoen	GN	010589	1	Durban	10-Apr
13.74	0.1	Erika Kleinhans	GN	160888	2	Durban	10-Apr
13.78	0.1	Janet Lawless	BO	150585	3	Durban	10-Apr
13.90	0.3	Ansulet Potgieter	FS	270491	2	Germiston	03-Apr
14.16	-0.3	Kayla Gilbert	CG	05-01-93	1h1	Germiston	03-Apr
14.34	0.7	Tanya vd Berg	WP		1h2	Germiston	03-Apr
14.37	1.1	Margit du Plessis	GN	310388	1h2	Durban	10-Apr
14.38	0.7	Lariska Botha	FS	09-07-93	2h2	Germiston	03-Apr
14.57	-0.3	Jean-Marie Senekal	BOL		2h1	Germiston	03-Apr

#### Wind

13.58	2.3	Claudia Viljoen	GN	010589	1	Gemiston	26-Mar
13.79	2.3	Erika Kleinhans	GN	160888	2	Gemiston	26-Mar
14.16	2.3	Ansulet Potgieter	FS	270491	3	Gemiston	26-Mar

#### 400 metres hurdles

56.24		Wenda Theron	GN	300688	1	Germiston	26-Mar	<b>B-Qual</b>
56.39		Wenda Theron			1	Brazaville	12-Jun	
56.47		Wenda Theron			1	Durban	10-Apr	
56.48		Wenda Theron			1	Bellville	16-Apr	
57.38		Wenda Theron			1	ABSA Tuks Pretoria	25-Feb	
58.98		Izelle Neuhoff	VT	03-05-94	2	ABSA Tuks Pretoria	25-Jun	
59.21		Jean-Marie Senekal	BOL	11-12-92	1	Gaberone	15-May	
59.34		Jana Theron	GN	270289	1	Germiston	03-Apr	
59.57		Ane Fourie	WP	240193	1	Germiston	03-Apr	
59.66		Mariska Meintjies	CN	040901	2	Durban	10-Apr	
60.04		Alix Moreillon	WP	23-02-91	2	Germiston	03-Apr	
60.82		Marina Swanepoel	WC	24-09-94	2	Paarl	26-Mar	
61.05		Lariska Botha	FS	09-07-93	5	Durban	10-Apr	
61.06		Anneri Ebersohn	FS	090890	6	Durban	10-Apr	

#### High jump

1.85		Anika Smit	NWN		1	Durban	10-Apr	
1.80		Smit	NWN		1	ABSA Tuks Pretoria	29-Jan	
1.76		Janet Lawless	BO	150585	hept	Bambose	16-Apr	
1.75		Janette Siebert	FS		1	Bloemfontein	19-Mar	
1.75		Marcoleen Pretorius	CN	250789	1	Germiston	02-Apr	
1.74		Julia du Plessis	GAU	u16	1	Paarl	25-Mar	
1.73		Valentina de Rocha	WP	22-10-93	q	Paarl	25-Mar	
1.73		Bianca Erasmus	GN		hept	Durban	09-Apr	
1.70		Carina du Preez	CG	180989	1	Pilditch Pretoria	05-Mar	
1.70		Leandri Botha	FS		3	Germiston	02-Apr	
1.70		Sheri Fourie	GN		1	Germiston	03-Apr	
1.70		Salome van Heerden	NW		q	Paarl	25-Mar	
1.70		Chaney Linder	CNW		5	Durban	10-Apr	

#### Pole vault

3.60		Honorata Saar	BO	310182	1	ABSA Tuks Pretoria	25-Feb	
3.50		Mariska Smit	FS		2	Durban	09-Apr	
3.40		Monique J van Noordwyk	BO		3	Bellville	10-Mar	
3.40		Jeanne van Dyk	EP		3	Durban	09-Apr	
3.35		Mariska Smit	FS		2	Gaberone	12-May	
3.30		Danielle Labuschagne	GN		2	ABSA Tuks Pretoria	25-Feb	
3.30		Nadia Guilomee	WC	10-05-94	1	Germiston	02-Apr	
3.30		Mar-Leze Vos	FS		2	Germiston	02-Apr	
3.30		Anne Nieuwoudt	BOL		3	Bellville	16-Apr	

3.20		Surika Piater	FS		3	Germiston	02-Apr	
3.20		Mandi Maritz	EP		4	Durban	09-Apr	
<b>Long jump</b>								
6.50	-1.7	Janice Josephs	BO	310382	1	Paarl	04-Mar	
6.44	1.7	Samantha Pretorius	WP	030292	1	Germiston	03-Apr	
6.21	0.6	Celeste Rietels	WP		1	Germiston	03-Apr	
6.07	0.6	Patience Ntshingila	CN	260889	2	Germiston	03-Apr	
6.04	0.6	Charlene Potgieter	GN	250985	1	Bellville	16-Apr	
5.97	0.3	Monja Goosen	GN	021091	2	Stellenbosch	30-Apr	
5.96	1.7	Cindy Peters	CG	120284	2	ABSA Tuks Pretoria	25-Feb	
5.95	0.9	Zanri van der Merwe	GN	14-05-93	3	Germiston	03-Apr	
5.93	0.8	Nicholeen McClaren	MP		3	Germiston	03-Apr	
5.92	-0.6	Carla Marais	GN	101287	1	ABSA Tuks Pretoria	23-Mar	
<b>Wind</b>								
6.38	3.4	Janice Josephs	BO	310382	1	Durban	10-Apr	
6.15	2.5	Nicholeen McClaren	MP		4	Durban	10-Apr	
6.10	4.2	Patience Ntshingila	CN	260889	5	Durban	10-Apr	
5.95	2.1	Kayla Gilbert	CG	05-01-93	2	Germiston	03-Apr	
5.85	2.3	Valentina da Rocha	WP	221093	3	Germiston	03-Apr	
<b>NWI</b>								
6.39		Patience Ntshingila	CN	260889	1	ABSA Tuks, Pretoria	25-Jun	
6.08		Janet Seeliger	GN	270495	2	ABSA Tuks Pretoria	25-Jun	
5.94		Maryke Brits	BO	25-02-94	3	ABSA Tuks Pretoria	25-Jul	
<b>Triple jump</b>								
13.45	1.6	Charlene Potgieter	GN	250985	1	Durban	10-Apr	
13.39	1.9	Cindy Peters	CG	120284	2	Durban	10-Apr	
13.13	-0.4	Patience Ntshingila	CN	260889	1	Stellenbosch	30-Apr	
12.69	-0.9	Valentina da Rocha	WP	221093	1	Germiston	02-Apr	
12.53	0.5	Arlene Muller	NWN		3	Germiston	26-Mar	
12.53	1.3	Kelly Kingwell	CG	220191	4	Germiston	26-Mar	
12.45	0.5	Matsie Dikotla	CG	030987	5	Germiston	26-Mar	
12.40	0.8	Bianca Erwee	CN	040390	4	Potchefstroom	19-Feb	
12.34	0.7	Danelle Erwee	FS	29-11-93	2	Germiston	03-Apr	
12.27	-0.1	Aidan Battison	EC	13-01-93	3	Germiston	02-Apr	
<b>Wind</b>								
12.95	3.1	Patience Ntshingila	CN	260889	1	Germiston	03-Apr	
<b>Shot</b>								
17.49	i	Simoné du Toit	SMU	270988	1	Houston	29-Jan	<b>B-Qual</b>
14.88		Sonia Smuts	GN	05-10-91	1	ABSA Tuks Pretoria	23-Mar	
14.77		Veronica Abrahamse	KZN	180880	1	Durban	19-Mar	
13.63		Lezaan Jordaan	CG	17-10-95	9	Lille	06-Jul	
13.46		Sonnika Knoetze	CN	180887	2	ABSA Tuks Pretoria	25-Feb	
13.43		Justine Robbeson	CN	150585	2	Stellenbosch	29-Apr	
13.36		Cecile Meyer	EC	07-06-94	1	Bellville	16-Apr	
13.23		Marga Vermaak	GN	22-01-93	3	ABSA Tuks Pretoria	25-Feb	
13.21		Justine Robbeson	CN	150585	2	Germiston	23-Mar	
13.21		Ischke Senekal	EP	08-01-93	2	Bellville	16-Apr	
<b>Discus</b>								
58.96		Elizna Naudé	GN	140978	1	Bellville	16-Apr	
58.81		Simone du Toit			1	Arlington, TX	02-Apr	
53.32		Maryke Oberholzer	GN	271189	2	Durban	10-Apr	

52.08	Simoné Meyer	KZN	310503	1	Durban	25-Feb
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		4	Paarl	26-Mar
44.11	Veronica Abrahamse	KZN	180880	1	Durban	18-Mar
44.09	Somari Els	GN		1	Namibia	29-May
42.94	Suriette Botha	GN	180292	3	Pilditch Pretoria	12-Mar

### Hammer

56.06	Annemie Smith	SW	240392	1	Bellville	10-Mar
55.85	Smith			1	Durban	09-Apr
53.49	Nanette Stapelberg	FS	110790	2	Bellville	10-Mar
51.90	Magdalene Louw	EP		2	Germiston	02-Apr
50.12	Leandri de Beer	CG	270289	2	Stellenbosch	29-Apr
48.08	Marilize Coetzee	WP	271276	3	Bellville	10-Mar
47.37	Simone Viviers	EP		4	Durban	09-Apr
46.79	Mieke Stander	EP	15-01-95	1	Germiston	02-Apr
46.05	Karen Snyman	GN		1	ABSA Tuks Pretoria	23-Mar
45.62	Tanya Treurnicht	CG		6	Durban	09-Apr
44.07	Chene Coetzee	EP		2	Germiston	02-Apr

### Javelin

61.72	Sunette Viljoen	CN	061083	3	Ostrava	31-May	<b>A-Qual</b>
61.26	Justine Robbeson	CN	150585	1	Maputo	03-Jul	<b>A-Qual</b>
56.04	Gerlize de Klerk	CN	230389	3	Germiston	26-Mar	
50.59	Gezelle Bernard	CN	150991	4	Potchefstroom	19-Feb	
50.43	Tazmin Brits	CN	210719	5	Potchefstroom	19-Feb	
48.28	Liezel de Swardt	NWN	090392	1	Gaberone	15-May	
46.68	Anzel van der Schyff	GN	190387	4	Bellville	10-Mar	
46.39	Carli Grobbelaar	GAU		1	Paarl	25-Mar	
46.25	Leandri Swiegers	GN	24-08-93	2	Paarl	25-Mar	
45.91	Sonnika Knoetze	CNW		hept	Durban	10-Apr	

### Heptathlon

5673	Janet Lawless	BOL		1	Bambous	16/17 Apr
4872	Bianca Erasmus	GN		1	Durban	9/10 Apr
4510	Sonika Knoetze	CNW		2	Durban	9/10 Apr
4414	Inge Viljoen	GN		1	Durban	9/10 Apr
4352	Marionette vd Merwe	FS		3	Durban	9/10 Apr
4331	Valentina da Rocha	WP		2	Durban	9/10 Apr

### 20 km Walk

01:48:43	Michelle Hopkins	CG		1	Stellenbosch	30-Apr
01:49:48	Susan Swanepoel	GN		1	Durban	10-Apr
01:53:13	Lesley van Buuren	CG		3	Durban	10-Apr
01:55:04	Suzaan Liebenberg	CNW		4	Durban	10-Apr
01:56:21	Nomsa Bithlezi	CG		1	Youngsfield	07-May
01:57:02	Sandra Steenkamp	GN		5	Durban	10-Apr
01:57:33	Inge Kotze	CNW		2	Stellenbosch	30-Apr
01:59:16	Branda Nooy	CG		6	Durban	10-Apr
02:01:44	Corli Swart	CNW		7	Durban	10-Apr
02:03:27	Chadri van Heerden	CNW		8	Durban	10-Apr