



## 2011 SOUTH AFRICAN YOUTH BEST PERFORMANCES

(Born 1994 and later)

Compiled by DANIE CORNELIUS Assisted by NEIL CORNELIUS

[danie@jumps.co.za](mailto:danie@jumps.co.za)

As at 31 July

### BOYS

#### 100 metres

10.51	0.5	Bradley Britz	WC	27-05-94	1sf3	Germiston	02-Apr
10.55	0.7	Sergeal Pietersen	EC		1	Germiston	03-Apr
10.55	1.0	Hendrick Khumalo	CG		1	Windhoek	28-May
10.64	0.0	Fadhl Samuels	WC		1sf2	Germiston	02-Apr
10.73	0.5	Gasego Moroka	FS		2sf3	Germiston	02-Apr
10.77	0.0	Nsuku Ndumela	GN		1h4	Germiston	02-Apr
10.89	0.2	Vuyani Masuku	MPU		3h4	Germiston	02-Apr
10.92	-1.0	Fana Mofokeng	FS		4h1	Paarl	24-Mar
10.94	0.0	Andries vd Merwe	GN	31-03-94	3h2	Germiston	02-Apr
10.95	0.2	Oratile Moalusi	GAU		1h3	Germiston	02-Apr

#### NWI

10.59		Hendrick Khumalo	GAU		2	Germiston	12-Mar
10.81		Wally Ungerer	GAU		3	Germiston	12-Mar
10.87		Arthur Festus	BO		2	Paarl	12-Mar
10.94		Oratile Moalusi	GAU		1	Potchefstroom	12-Mar
10.94		Johan Gouws	GN	u17	1	Germiston	01-Mar

#### Wind Assisted

10.46	3.4	Sergeal Petersen	EP		1h5	Germiston	02-Apr
10.74	3.4	Fana Mofokeng	FS		2h4	Germiston	02-Apr

#### 200 metres

21.30	1.0	Hendrick Khumalo	CG		1	Windhoek	29-May
21.65	0.6	Fana Mofokeng	FS		2sf3	Germiston	03-Apr
21.71	0.3	Nsuku Mdumela	GN		1h3	Germiston	02-Apr
21.88	0.3	Fadhl Samuels	WP		1h7	Germiston	02-Apr
21.89	0.6	Kurtley du Plessis	BO		3	Germiston	03-Apr
21.93	1.8	Wally Ungerer	GN		1h1	Germiston	02-Apr
21.95	0.4	Gasego Moroka	FS		3sf3	Germiston	03-Apr
21.96	0.3	Oratile Moalusi	NW		1h6	Germiston	02-Apr
21.97	0.7	Nantes Aucamp	GN		1sf2	Germiston	03-Apr
22.09	1.3	Pieter Conradie	GN		2	Pilditch	04-Mar

#### NWI

21.83		Oratile Moalusi	NWP		1	Potchefstroom	12-Mar
21.88		Johan Gouws	GN	u17	1	Germiston	01-Mar
22.02		Pieter Conradie	GN		1	Germiston	01-Mar

#### Wind Assisted

21.25	2.4	Hendrick Khumalo	CG		1h1	Windhoek	29-May
-------	-----	------------------	----	--	-----	----------	--------

**400 metres**

46.83	Pieter Conradie	GN	1	Germiston	03-Apr
47.41	Lorenzo Adams	BO	2	Windhoek	29-May
47.61	Tiaan Botha	GN	1	Germiston	12-Mar
48.00	Ruaan Greyling	GN	1	ABSA Tuks Pretoria	04-Feb
48.12	Ruanco Pelser	GAU	3	Germiston	12-Mar
48.56	Nsuku Ndumela	GN	4	Germiston	12-Mar
48.69	Jaden Flagg	WP	4	Germiston	03-Apr
49.15	Schalk Burger	BO	2	ABSA Tuks Pretoria	04-Feb
49.18	Petrus Havenga	FS	3	Paarl	24-Mar
49.26	Donovan Gissing	MP	2sf2	Germiston	02-Apr

**800 metres**

1:53.50	Lerato Mosunyane	FS	1	Germiston	03-Apr
1:54.72	Siphiwe Tefo	CG	2	Germiston	03-Apr
1:54.76	Estiaan Fourie	NWP		Potchefstroom	12-Mar
1:55.18	Mpho Makofane	GAU	1	Paarl	24-Mar
1:55.28	Megal Rosenkrans	WC	2	Paarl	24-Mar
1:55.34	Edrine Mukasa	KZ	04-01-94 3	Germiston	03-Apr
1:55.47	Tiaan Jacobs	CG	2h3	Germiston	02-Apr
1:55.62	Mhlakwane Knosikhona	KZN	3	Paarl	24-Mar
1:55.71	Solomon Botholo	GAU	4	Paarl	24-Mar
1:57.08	Pecival Mdladla	KZ	2h1	Paarl	24-Mar

**1500 metres**

3:55.07	Thumisang Monnatlala	GAU	1	Paarl	24-Mar
3:56.30	Gift Mokong	NCP		Paarl	24-Mar
3:56.51	Duran Faro	WC	12	Bellville	16-Apr
3:58.12	Siphiwe Tefo	GAU	2	Paarl	24-Mar
3:58.50	Edgar Davids	NCP		Paarl	24-Mar
3:59.20	Goitsimodimo Botholo	GAU		Paarl	24-Mar
3:59.84	S. Makoasha	GAU	4	Germiston	12-Mar
4:00.20	Elrico Barendse	NCP		Paarl	24-Mar
4:00.77	Mhlakwane Nkosikhona	KZN	4	Paarl	24-Mar
4:00.87	Anele Mdingi	NWP	5	Paarl	24-Mar

**3000 metres**

8:38.85	Rantso Mokopane	FS	1	Paarl	24-Mar
8:41.37	Thumisang Monnatlala	GAU	2	Paarl	24-Mar
8:43.80	Lizile Fadane	EC	3	Paarl	24-Mar
8:43.85	Sakhumzi Matiso	EC	4	Paarl	24-Mar
8:46.52	Aphelele Fanekho	EC	u16 1	Paarl	24-Mar
8:47.12	Ruan Meintjies	NWP	u16 2	Paarl	24-Mar
8:50.05	Asive Njenxa	WC	20-08-94 5	Paarl	24-Mar
8:50.70	Sello Mokwena	CGA	1	Germiston	05-Mar
8:52.19	Ndobe Snethemba	KZN	u16 3	Paarl	24-Mar
8:52.53	Philani Ngcobo	KZN	6	Paarl	24-Mar

**2000 metres steeplechase**

5:48.10	Katleho Dyoyi	GAU	1	Paarl	24-Mar
5:48.11	Jacob Tseko	GAU	2	Paarl	24-Mar

5:57.12		Rantso Mokopane	FS		3	Paarl	24-Mar
5:57.47		Philani Ngcobo	KZN		4	Paarl	24-Mar
6:03.01		Sanele Nglukana	WP		1	Paarl	12-Mar
6:09.16		Wavuyisa Mdedelwa	EC		5	Paarl	24-Mar
6:09.43		Asive Njenxa	WP		3	Germiston	03-Apr
6:11.64		Philani Ngcobo	KZ	21-04-94	1	Durban	15-Jan
6:14.42		Jan Willem Ras	FS		1	Bloemfontein	18-Mar
6:15.84		Mpho Motaung	GN		1	Pilditch	04-Mar

### 110 metres hurdles (91.4 cm)

13.39	1.6	Andries vd Merwe	GN	31-03-94	1	Windhoek	29-May
13.41	1.6	Tiaan Smit	WP	u17	2	Windhoek	29-May
13.83	1.4	Molliere Daffue	CNW		3	Germiston	03-Apr
13.87	0.1	Angus Julies	WP		1h2	Germiston	03-Apr
13.92	1.4	Lee van den Berg	GN	08-02-94	5	Germiston	03-Apr
14.03	0.3	Brendon Squires	GN		3	Pilditch	04-Mar
14.11	1.4	Dylan Greyling	CG		7	Germiston	03-Apr
14.17	0.7	Ryno Steyn	FS		3h3	Germiston	03-Apr
14.32	0.7	Dylon Fairbridge	GN		4h3	Germiston	03-Apr
14.34	-2.1	Christiaan Smith	WC		1	Paarl	24-Mar

### NWI

14.07		Dylon Greyling	GAU		2	Germiston	12-Mar
14.12		Neil Maritz	BO		2	Paarl	05-Mar
14.25		Leighton Payle	WP		4	Paarl	12-Mar
14.25		Damien Ohlson	WC		3	Paarl	12-Mar
14.36		Francois du Toit	NWP		2	Potchefstroom	12-Mar

### 400 metres hurdles (84 cm)

51.24		Tiaan Mouton	BO		1	Paarl	12-Mar
51.34		Constant Pretorius	GN	26-01-94	5	Lille	09-Jul
52.67		Daylan Samuels	BO		2	Paarl	12-Mar
53.33		Katlego Mahlase	LIM		1h1	Germiston	03-Apr
53.50		Lee van den Berg	GN	26-08-94	2	Pilditch	04-Mar
53.55		Duncan Mathews	GN		2	Germiston	01-Mar
54.01		Nico Bakkes	EP		2h1	Germiston	03-Apr
54.10		Katleho Matsekane	VT		3h1	Germiston	03-Apr
54.16		Thulare Thekgang	GN	20-08-95	3	Pilditch	04-Mar
54.16		Masego Tleane	GN		2h3	Germiston	03-Apr

### High Jump

2.10		Willem van Schalwyk	BO		1	Paarl	12-Mar
2.10		Brandon Prinsloo	FS		1	Bloemfontein	18-Mar
2.05		Clyde Ruiters	WC		1	Paarl	24-Mar
2.00		Lee van den Berg	GN	26-08-94	1	Pilditch Pretoria	04-Mar
2.00		Lloyd Greeff	GAU		4	Paarl	24-Mar
2.00		Christo Krause	NWP		6	Paarl	24-Mar
2.00		Andrew de Beer	BO		2	Germiston	03-Apr
2.00		Armand Lenenhagen	MP		5	Germiston	03-Apr
1.97		Wesley Mack	WP	U/16	1	Paarl	12-Mar

9 athletes on 1.95

**Pole Vault**

4.40		Armandt Lotter	FS	03-07-94	1	Germiston	01-Apr
4.00		Juan de Swart	BO	31-12-94	1	Paarl	05-Mar
3.90		Ernst Mater	FS		2	Paarl	24-Mar
3.80		Niel Giliomee	BO	U/16	1	Paarl	05-Mar
3.80		Lyell Watson	EC		3	Paarl	24-Mar
3.80		Emile Pellissier	WC		4	Paarl	24-Mar
3.70		Sebastian Lasevicius	EC		5	Paarl	24-Mar
3.60		Stephan Diedericks	FS		6	Paarl	24-Mar

**Long Jump**

7.36	1.6	Duwayne Boer	GN	06-01-95	1	ABSA Tuks	16-Feb
7.21	0.5	Armand Bam	GN	12-03-95	1	Germiston	12-Mar
7.17	1.5	Constant Pretorius	GN	26-01-94	2	ABSA Tuks	16-Feb
7.16	0.9	Duncan Matthews	BO	24-11-57	3	ABSA Tuks Pretoria	16-Feb
7.11	0.9	Albert Janki	GN		4	ABSA Tuks	16-Feb
7.10	0.2	Sergeal Petersen	EC		1	Paarl	24-Mar
6.93	0.9	Fredrich Pretorius	GN	u/17	1	ABSA Tuks	16-Feb
6.92	1.5	Keanon Coetzee	BO		4	Germiston	03-Apr
6.86	-0.2	Itumeleng Dikoko	CG		3	Germiston	12-Mar
6.82	-0.6	Jacob Lesemela	CG		4	Germiston	12-Mar

**NWI**

7.16	nwi	Keanon Coetzee	BO		1	Paarl	05-Mar
7.02	nwi	Jason Worrall	BO		1	Paarl	12-Mar
7.00	nwi	Chesne van Wyk	BO		2	Paarl	12-Mar
6.99	nwi	Dylon Fairbridge	BO		2	Paarl	05-Mar

**Triple Jump**

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	0.8	Duwayne Boer	GN	06-01-95	3	Germiston	02-Apr
14.42	1.1	Khaya Molatana	BOR	23-09-94	4	Germiston	02-Apr
14.04	1.3	Benedict Sauer	SWD		5	Germiston	02-Apr
13.94	-0.1	Njabulo Mkhwane	KZ		6	Germiston	02-Apr
13.89	-0.9	Zinhle Twala	GN	18-03-94	4	Pilditch Pretoria	04-Mar
13.86	-0.2	Lorenzo Gordon	SWD		7	Germiston	02-Apr
13.74	0.3	Thembiso Mbali	VT		8	Germiston	02-Apr

**NWI**

14.12	nwi	Vujani Henry	WC		1	Paarl	24-Mar
14.06	nwi	Lorenzo Gordon	SWD		1	Paarl	12-Mar
13.74	nwi	Vuyani Maghina	NCP		3	Paarl	24-Mar
13.60	nwi	Gramthan Davids	BO		3	Paarl	12-Mar

**Wind**

15.95	2.6	Albert Jankie	GN	15-06-94	2	Lille	09-Jul
-------	-----	---------------	----	----------	---	-------	--------

**Shot Put  
(5 kg)**

19.63		Ruan Combrink	GN		1	Germiston	02-Apr
17.68		Jan-Louw Kotze	WC	18-03-94	3	ABSA Tuks Pretoria	04-Feb
17.63		CJ Lombard	EC	29-08-94	2	Paarl	24-Mar
17.50		Stefan Scheepers	GAU		2	Germiston	12-Mar

17.50	Gerhard de Beer	GN	05-07-94	3	Germiston	12-Mar
16.78	D Jacobs			4	Germiston	12-Mar
16.65	Thomas du Toit	BO		1	Paarl	05-Mar
16.63	Kevin Botha	GN	31-01-95	2	Pilditch Pretoria	04-Mar
16.22	Phillip Maritz	LIM		5	Paarl	24-Mar

### Discus (1.5 kg)

64.79	Jan-Louw Kotze	BO	18-03-94	1	Windhoek	28-May
60.63	Gerhard de Beer	GN	05-07-94	3	Lille	06-Jul
58.67	Danie Maree	NWP		1	Potchefstroom	12-Mar
57.02	Seth Townsend	GAU	15-04-94	1	Germiston	12-Mar
51.99	Ruan Combrink	GAU		3	Germiston	12-Mar
51.83	L. Lubbe	GAU		4	Germiston	12-Mar
47.13	Jacques Hansen	SWD		5	Germiston	03-Apr
46.07	Nico Jv Rensburg	NWP		2	Potchefstroom	12-Mar
45.65	Francois Malan	FS		1	Bloemfontein	05-Feb
45.27	Rudolf van Vuuren	GN		6	Germiston	03-Apr

### Hammer (5 kg)

62.62	Lionel Drury	EC	30-12-94	1	Germiston	02-Apr
61.49	Dillan Korkie	EC	12-04-94	2	Germiston	02-Apr
53.66	Johan Louw	BO		1	Paarl	12-Mar
53.44	Francois Malan	FS		1	Bloemfontein	18-Mar
53.32	Juan Muller	EC		3	Germiston	02-Apr
53.32	Theo Weyers	EP		4	Germiston	02-Apr
53.30	Jacques Hansen	WC		5	Germiston	02-Apr
53.08	Tshepang Makhete	FS		2	Bloemfontein	18-Mar
52.37	Hendri Storm	WC		3	Paarl	12-Mar
51.72	Erasmus du Toit	WC		4	Paarl	12-Mar

### Javelin (700 g)

83.16	Morné Moolman	WC	01-09-94	q	Lille	09-Jul
82.96	Reinhardt van Zyl	GN	07-02-94	1	Lille	10-Jul
70.39	Jeandré Slabbert	WP	29-03-95		Paarl	12-Mar
69.56	Stephen Klue	SWD	21-02-94	3	Germiston	02-Apr
68.00	Johan Kotze	GN	20-07-94	2	Pilditch Pretoria	04-Mar
65.35	Pieter Kriel	CN		5	Germiston	02-Apr
64.74	Le Roux Lombard	KZN	06-03-94	1	Durban	29-Jan
64.27	Stephan Beukes	CN		6	Germiston	02-Apr
62.23	Kevin Botha	GN		8	Germiston	02-Apr
60.25	Petrus Peacock	MPU		7	Paarl	24-Mar

### 10 000 metres walk

51:55.64	Mzwake Mavundla	GAU		1	Germiston	12-Mar
53:19.55	Teboho Nkhoba	FS		2	Paarl	24-Mar
54:13.92	Alex Foster	BO		1	Paarl	12-Mar
54:17.50	Hilmer Bester	BO		2	Paarl	12-Mar
54:25.39	Alphonsus Salida	WP		3	Paarl	12-Mar
54:25.57	Ghanton Ceasan	BO		4	Paarl	12-Mar

54:49.42		Lwazi Nisizakalo	EC		3	Paarl	24-Mar
55:41.74		Ntoane Ntoane	GAU		2	Germiston	12-Mar
56:24.18		Jabulanie Sithole	GAU		3	Germiston	12-Mar
57:24.98		Mamakara Mooketsi	GAU		4	Germiston	12-Mar

## GIRLS

### 100m

11.82	1.0	Phillipa vd Merwe	NC		1	Germiston	03-Apr
11.99	1.0	Liezel Hechter	NW		2	Germiston	03-Apr
12.01	1.0	Amanda Nagel	VT	18-02-94	3	Germiston	03-Apr
12.02	-0.2	Tebogo Mamthu	CG	u16	1h3	Paarl	24-Mar
12.12	1.0	Stacey Welsh	WC	14-04-94	4	Germiston	03-Apr
12.17	0.6	Janet Seeliger	GN	270495	2sf1	Germiston	02-Apr
12.21	0.0	Tamryn Cupido	BO		2h3	Germiston	02-Apr
12.22	-0.4	Lizzie Kriel	FS		2h1	Paarl	24-Mar
12.22	0.6	Andrea Helm	NWN		3sf1	Germiston	02-Apr
12.32	0.0	Carina Swiegers	CG		3h3	Germiston	02-Apr

### NWI

11.77		Tebogo Mamthu	CG	u16	1	Germiston	12-Mar
11.99		Amanda Nagel	VT	18-02-94	2	Germiston	12-Mar

### Wind Assisted

12.18	2.1	Lizzie Kriel	FS		2h1	Germiston	02-Apr
-------	-----	--------------	----	--	-----	-----------	--------

### 200m

24.32	1.7	Phillipa vd Merwe	NW		1	Windhoek	29-May
24.61	1.1	Stephanie Wicksell	GN	06-05-94	1	Pilditch Pretoria	04-Mar
24.78	0.2	Mareike Wolhuter	WP		1h2	Bellville	16-Apr
24.98	-1.7	Stacey Welsh	WP	14-04-94	1h2	Germiston	02-Apr
24.99	1.7	Janet Seeliger	GN	u16	2	Windhoek	29-May
25.05	-0.2	Amanda Nagel	VT	18-02-94	2	Germiston	03-Apr
25.23	1.5	Charnice Marnice	KZN	14-06-95	1	Durban	12-Mar
25.37	-1.9	Tebogo Mamathu	CG	u16	1h1	Paarl	25-Mar
25.51	1.5	erissa Janse van Rensburg	EP		3sf2	Germiston	03-Apr
25.56	-0.1	Denielle Strauss	FS		1	Bloemfontein	18-Mar

### NWI

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
25.27		A J van Vuuren	VT	u16	1	Germiston	12-Mar
25.29		Bianca Jones	CG	u16	2	Germiston	12-Mar

### Wind Assisted

24.11	2.2	Phillipa vd Merwe	NW		1h1	Windhoek	29-May
24.23	2.2	Stephanie Wicksell	GN	06-05-94	2h3	Bellville	16-Apr
24.95	2.2	Janet Seeliger	GN	u16	2h1	Windhoek	29-May

### 400m

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
55.90		Lize Strydom	GN		2	Germiston	12-Mar
56.35		Mareike Wolhuter	WP		1h1	Bellville	16-Apr
56.78		Maritsa Van der Westhuize	CN		1sf2	Germiston	02-Apr

56.94		Marina Swanepoel	BOL		1	Paarl	11-Mar
57.02		Chante Joubert	CN		2sf2	Germiston	02-Apr
57.54		A Sonnekus	VT		1	Germiston	12-Mar
57.69		Helga Willemse	EP		2h1	Germiston	02-Apr
57.72		Madri Strydom	GN		2	Germiston	12-Mar

### 800m

2:08.66		Thato Makafola	CG	10-04-94	6	Durban	10-Apr
2:11.63		Felicia Mofokeng	FS	14-10-94	1	Paarl	25-Mar
2:11.79		J vd Merwe	GAU	u16	1	Paarl	25-Mar
2:12.42		Alexandra Quenet	WC		1q	Paarl	25-Mar
2:12.46		L Price	NW		2	Paarl	25-Mar
2:13.30		Mikyla Ferreira	CG		2q	Paarl	25-Mar
2:13.30		M Ferreira	VT		1	Germiston	12-Mar
2:13.48		Lize Strydom	GAU		2	Germiston	12-Mar
2:14.59		Amore Venter	LIM	u16	2	Paarl	25-Mar
2:14.72		Zani Kruger	WC	u16	3	Paarl	25-Mar

### 1500m

4:36.17		Aynslee van Graan	GAU		1	Paarl	26-Mar
4:36.71		J Bezuidenhout	GAU	u16	1	Paarl	25-Mar
4:37.04		Lizerie Ferreira	CG	u16	2	Paarl	25-Mar
4:37.96		C Viljoen	GAU	u16	3	Paarl	25-Mar
4:38.11		Zani Kruger	WC	u16	4	Paarl	25-Mar
4:39.15		Alexandra Quenet	WC		2	Paarl	25-Mar
4:39.66		S Jonker	VT		4	Germiston	12-Mar
4:40.00		Alicia Labuschagne	GN	14-05-24	1	Germiston	03-Apr
4:42.13		Sylvia Dibakwane	FS		3	Paarl	25-Mar
4:42.38		Thato Makafola	CG		2	Germiston	03-Apr

### 3000m

10:05.86		Thandi Sihohle	GAU		1	Paarl	24-Mar
10:11.91		Bernadene McCloud	GAU		2	Paarl	24-Mar
10:13.76		Simone Verwey	GAU		3	Paarl	24-Mar
10:26.76		Alicia Labuschagne	GN	14-05-24	1	Pilditch, Pretoria	04-Mar
10:34.87		Sune Jonker	CG		2	ABSA Tuks Pretoria	16-Feb
10:38.46		Kyla van Graan	GN		3	ABSA Tuks Pretoria	16-Feb
10:39.58		Luleka Dyoki	NW		1	Germiston	02-Apr
10:46.58		Sylvia Dibakwane	FS		2h	Germiston	02-Apr
10:46.85		Thandeka Mazana	GN		3	Germiston	02-Apr
10:46.96		Anna Lekalakala	GN		4	Germiston	02-Apr

### 2000m Steeple Chase

07:10.88		Olivia Labuschagne	GN	14-05-24	1	Pilditch Pretoria	04-Mar
07:16.66		Alicia Labuschagne	GN	14-05-24	2	Pilditch Pretoria	04-Mar
07:19.12		Sindy Labuschagne	AGN	14-05-24	3	Pilditch Pretoria	04-Mar
07:38.04		Anna Lekalakala	AGN		4	Pilditch Pretoria	04-Mar

### 100h

		<b>76.2cm</b>					
13.82	0.0	Maryke Brits	BO	25-02-94	1h2	Germiston	03-Apr
14.28	0.0	Shani Bodenstein	GN	20-09-58	1h1	Germiston	03-Apr
14.41	-0.1	Lizzie Kriel	FS		1	Bloemfontein	18-Mar

14.74	1.1	Stephane Enslin	MP		1h3	Germiston	03-Apr
14.84	1.1	Marissa Viljoen	VT		2h3	Germiston	03-Apr
14.86	0.0	Nicole van der Walt	CNW		2h2	Germiston	03-Apr
14.91	0.0	Schalia Oosthuizen	GN		3h1	Germiston	03-Apr
14.96	0.0	June Geysler	MP		3h2	Germiston	03-Apr
14.96	-0.1	Lize-louise Roets	FS		2	Bloemfontein	18-Mar
15.03	-0.1	Donika Butler	FS		3	Bloemfontein	18-Mar

#### NWI

14.14		Shani Bodenstein	GN	20-09-58	1	Germiston	12-Mar
14.34		Anlee Snyman	VT		2	Germiston	12-Mar
14.73		Marissa Viljoen	VT		3	Germiston	12-Mar
14.79		Donika Butler	FS		h	Bloemfontein	18-Mar
14.83		Tracy-Leigh Cullis	CG		4	Germiston	12-Mar
14.84		Barbara Hattingh	CG		5	Germiston	12-Mar

#### Wind Assisted

14.13	2.3	Shani Bodenstein	GN	20-09-58	2	Windhoek	29-May
-------	-----	------------------	----	----------	---	----------	--------

#### 400h **76.2cm**

58.98		Izelle Neuhoff	VT	03-05-94	2	ABSA Tuks Pretoria	25-Jun
60.82		Marina Swanepoel	WC	24-09-94	2	Paarl	26-Mar
62.84		Ilse Moolman	CG		2	Germiston	12-Mar
63.45		Helga Willems	EP		2h1	Germiston	03-Apr
63.87		Getruida Nienaber	LIM		4	Paarl	26-Mar
64.28		Lize-louise Roets	FS		1	Bloemfontein	18-Mar
64.46		Izaane Jacobs	FS		2	Bloemfontein	18-Mar
65.22		Danielle de Jongh	GN		3h1	Germiston	03-Apr
65.29		J Rautenbach	VT		3	Germiston	12-Mar
65.51		Anja Venter	GN		4	Germiston	12-Mar

#### High Jump

1.74		Julia du plessis	GAU	u16	1	Paarl	25-Mar
1.70		Sheri Fourie	GN		1	Germiston	03-Apr
1.68		Mia Labuschagne	WC	u16	2	Paarl	25-Mar
1.68		Martinique Ferreira	FS	u16	3	Paarl	25-Mar
1.68		Rochelle Coetzee	KZ	25-03-94	1	Durban	15-Jan
1.65		Mcayla Mienie	FS		4	Paarl	25-Mar
1.65		Shannon Molotani	WP	23-05-94	3	Germiston	03-Apr
1.65		Chantelle JV Rensburg	CG		2	Germiston	03-Apr
1.65		Leone van Rooyen	NWCI		5	Germiston	03-Apr
1.64		Ami Claassen	WP		2	Paarl	12-Mar

#### Pole vault

3.30		Mar-Leze Vos	FS		2	Germiston	02-Apr
3.30		Nadia Guilomee	BO	10-05-94	1	Germiston	02-Apr
3.20		Surika Piater	FS		3	Germiston	02-Apr
3.10		Kulthoon Gaidien	BO	17-11-94	2	Paarl	25-Mar
3.00		Carlien Myburgh	FS		5	Paarl	25-Mar
2.90		Hidre Arries	BOL		3	Paarl	11-Mar
2.90		Natasha Obermeyer	WC	u16	1	Paarl	11-Mar
2.70		Janike Nel	FS	u16	1	Paarl	25-Mar
2.70		Johanne Potgieter	FS	u16	2	Paarl	25-Mar
2.60		Bonquet Myburgh	FS		7	Paarl	25-Mar



2.60		Alyssa Gildenhuis	BOL	u16	2	Paarl	11-Mar
2.60		Freida Vlotman	FS		4	Bloemfontein	18-Mar
<b>Long Jump</b>							
5.96	1.5	Maryke Brits	BO	25-02-94	6	Durban	09-Apr
5.89	-0.7	Janet Seeliger	GN	270495	3	ABSA Tuks Pretoria	23-Mar
5.58	0.2	Tamryn Cupido	BO	23-10-94	3	Germiston	03-Apr
5.49	-1.6	Gabrielle Kahts	GAU	u16	1	Paarl	26-Mar
5.39	0.5	Martha Diamond	CG		4	Germiston	03-Apr
<b>NWI</b>							
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
5.63		Tamryn Cupido	BOL	23-10-94	2	Paarl	12-Mar
5.59		L Willis	CG		1	Germiston	12-Mar
5.57		Samantha Ross	WC		3	Paarl	12-Mar
5.50		Carla Johnson	WC	u16	1	Paarl	12-Mar
5.44		Alwina Malherbe	NC		4	Paarl	26-Mar
5.43		Martha Diamond	CGA		2	Germiston	12-Mar
<b>Triple Jump</b>							
11.30	1.8	Carina Swiegers	GAU		1	Paarl	25-Mar
11.13	-0.8	Sone Pretorius	GN		1	Germiston	02-Apr
11.09	-2.5	Zinzi Chabangu	GAU	u16	1	Paarl	26-Mar
11.06	1.5	Danielle Swanepoel	GN		3	Germiston	02-Apr
11.04	1.2	Annerie Nel	GN	30-12-22	1	Pilditch Pretoria	04-Mar
10.84	0.1	Dineo Mgwenya	MP		6	Germiston	02-Apr
10.79	-0.8	Nadine Teessen	CG		4	Germiston	02-Apr
10.78	1.2	Karla Muller	VT		7	Germiston	02-Apr
<b>NWI</b>							
11.29		Mandolene Hermanus	WC		2	Paarl	25-Mar
11.27		Zinzi Chabangu	GAU	u16	1	Germiston	12-Mar
11.24		Danielle Swanepoel	GAU		3	Paarl	25-Mar
11.07		Dineo Mgwenya	MP		4	Paarl	25-Mar
11.03		Thato Mosehle	NW		5	Paarl	25-Mar
10.89		L Badenhorst	VT		3	Germiston	12-Mar
<b>Wind Assisted</b>							
10.97	2.2	Nadine Teessen	CG		4	Germiston	02-Apr
10.88	2.7	Dineo Mgwenya	MP		6	Germiston	02-Apr
10.85	2.7	Karla Muller	VT		7	Germiston	02-Apr
<b>Shot Put</b>							
13.63		Lezaan Jordaan	CG	17-10-95	9	Lille	06-Jul
13.38		Cecile Meyer	EP	07-06-94	1	Windhoek	28-May
12.04		Wanzel Breytenbach	GN	u16	1	Paarl	25-Mar
11.66		C Loots	GAU		3	Paarl	26-Mar
11.61		Rene van Aswegen	FS		4	Paarl	26-Mar
11.57		Y Willemse	EC	u16	2	Paarl	25-Mar
11.54		Kara Willemse	EC		5	Paarl	26-Mar
11.47		M Benade	NW	u16	3	Paarl	25-Mar
11.43		Tamaryn Kiewietz	BOL		1	Paarl	12-Mar
11.36		Susann Malan	CG		4	Germiston	02-Apr

<b>Discus</b>						
44.09	Somari Els	GN		1	Windhoek	29-May
42.72	Liandri Geel	GAU	u16	1	Paarl	25-Mar
41.58	Lezaan Jordaan	CG	17-10-95	1	Germiston	03-Apr
41.23	Riette Heyns	GAU	u16	2	Paarl	25-Mar
40.08	Carmen Killian	GN		2	Germiston	12-Mar
39.83	Anneline Gerstner	WC		1	Paarl	12-Mar
39.30	Melissa Meyer	GN	13-01-94	2	Pilditch Pretoria	04-Mar
39.09	Belinda Boer	MP		4	Paarl	24-Mar
38.46	Layla Campher	EC	u16	3	Paarl	25-Mar
38.10	G Duvenhage	VT		4	Germiston	12-Mar

<b>Hammer</b>						
47.66	Mieke Stander	EP	15-01-95	1	Port Elizabeth	07-Mar
44.07	Chene Coetzee	EP		2	Germiston	02-Apr
43.20	Margo Coetzee	EC		2	Paarl	25-Mar
43.14	Sara-Lee Nel	FS		3	Paarl	25-Mar
41.20	Anke van Dyk	BO		4	Germiston	02-Apr
40.60	Chante Loots	VT		4	Paarl	25-Mar
39.48	Amy Botes	EC		5	Paarl	25-Mar
37.21	Letitia J van Vuuren	FS	u16	1	Bloemfontein	18-Mar
37.05	Jenet Brummer	FS		2	Bloemfontein	18-Mar
36.47	Stefanie Greyling	FS	u16	2	Paarl	26-Mar
35.79	Marne Minnaar	CN		7	Germiston	02-Apr

<b>Javelin</b>						
45.47	Jo-Ane van Dyk	WC	u16	1	Paarl	11-Mar
43.39	Sane van Zyl	NW		1	Germiston	03-Apr
43.14	Marina Griebenauw	WC		1	Paarl	25-Mar
42.90	Megan Wilke	NW		2	Paarl	25-Mar
41.62	D de Wet	GAU		2	Germiston	12-Mar
40.89	Michaela de Wet	NW		4	Paarl	25-Mar
40.86	Laruschka Joubert	CG		3	Germiston	12-Mar
40.56	Marlize van Zyle	FS		4	Germiston	03-Apr
39.76	Mandi Venter	GN	u16	1	Pilditch Pretoria	04-Mar
39.64	Wilme van Zyl	BOL		2	Paarl	12-Mar

<b>5000m Walk</b>						
26:32.21	Chanice Klink	WC		1	Paarl	25-Mar
30:27.45	Christelle Cilliers	FS		1	Bloemfontein	18-Mar
30:51.07	Sonri Erasmus	GAU		3	Paarl	25-Mar
32:22.76	Michelle Strydom	GAU		4	Paarl	25-Mar
32:42.10	Retha Cronje	NW		5	Paarl	25-Mar
32:24.21	Martinique gerber	EC		6	Paarl	25-Mar
27:52.90	Anel Oosthuizen	SWD		2	Germiston	02-Apr
30:39.08	Melissa Meyer	BO		3	Germiston	02-Apr
31:41.79	Tshegofatso Mahlala	CG		4	Germiston	02-Apr