



2013 SOUTH AFRICAN JUNIOR TOP PERFORMANCES

BORN 1994/95

Compiled by DANIE AND NEIL CORNELIUS

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As at 12 May

100 metres

10.53	0.7	Thando Roto	GN		1	Pretoria	05-Apr
10.55	0.7	Wesley Pindele	BO	1995	2	Pretoria	05-Apr
10.57	0.6	Keenan Michau	WP		2sf2	Stellenbosch	12-Apr
10.59	0.7	Sabelo Samkelo	CG	1995	3	Pretoria	05-Apr
10.66	0.8	Jon Seeliger	GN	27-04-95	2	ABSA Tuks Pretoria	15-Mar
10.71	-0.4	Fana Mofokeng	FS	11-09-94	1	Bloemfontein	08-Mar
10.73	0.7	Walter Ungerer	CG	15-01-95	5	Pretoria	05-Apr
10.81	-1.6	Quintin Hitge	KZ	24-03-93	1h1	Belville	08-Mar
10.82	0.7	Hendrik Khumalo	CNW		7	Pretoria	05-Apr

NWI

10.73		Sabelo Samkelo	CG	1995	1sf2	Germiston	01-Mar
10.70		Walter Ungerer	CG	15-01-95	1	Germiston	01-Mar
10.74		Samkelo Sabelo	GAU		3	Germiston	01-Mar

Wind

10.59	2.8	Fana Mofokeng	FS	11-09-94	1h1	Bloemfontein	08-Mar
10.85	2.8	Tsietsi Mogade	FS		1h2	Bloemfontein	08-Mar

200 metres

21.20	-0.3	Walter Ungerer	CG	15-01-95	1	Pretoria	06-Apr
21.29	1.2	Fana Mofokeng	FS	11-09-94	1	Bloemfontein	08-Mar
21.31	-0.3	Keenan Michau	WP		2	Pretoria	06-Apr
21.39	-0.3	Thando Roto	GN		3	Pretoria	06-Apr
21.40	0.7	Jon Seeliger	GN	27-04-95	1	ABSA Tuks Pretoria	09-Mar
21.56	-0.3	Ntokozo Magubane	KZN		4	Pretoria	06-Apr
21.60	-0.3	Quincy Vorster	CG		5	Pretoria	06-Apr
21.71	-0.8	Ernst Buys	LIM		1h3	East London	23-Mar
21.75	-0.8	Wesley Pindele	BO	1995	2h3	East London	23-Mar
21.82	1.2	Petr Havenga	FS		2	Bloemfontein	08-Mar

nwi

21.39		Walter Ungerer	CG	15-01-95	1	Germiston	02-Mar
21.43		Thando Roto	GN		2	Germiston	02-Mar
21.51		Samkelo Sabela	GAU		3	Germiston	02-Mar
21.72		Tshepiso Kabi	GAU		4	Germiston	02-Mar
21.73		P Pita	CG		5	Germiston	02-Mar

400 metres

46.62		Pieter Conradie	GN	20-10-94	2	University of Johannesburg	22-Apr
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46.76		Sonwabiso Skhosana	KZ	1995	1		Pretoria	06-Apr
46.91		Jon Seeliger	GN	27-04-95	2		Pretoria	06-Apr
46.95		Jaden Flagg	BOL	16-09-94	3		Pretoria	06-Apr
47.14		Stefan Bruwer	GAU	1995	4		Pretoria	06-Apr
47.29		Diwan Kamoetie	GAU		5		Pretoria	06-Apr
47.39		Petr Havenga	FS		1		East London	22-Mar
47.64		Jospeh Doudall	WC		4		East London	22-Mar
47.76		Constant Pretorius	GN	26-01-94	3		ABSA Tuks Pretoria	16-Mar
48.40		Karabo Katane	NWN		6h2		Stellenbosch	13-Apr

800 metres

1:49.91		Duran Faro	CNW		8		Stellenbosch	13-Apr
1:50.76		Mpho Makofane	GN	1994	2		Pretoria	06-Apr
1:51.62		Vincent Hlatswayo	WNW		3		Pretoria	06-Apr
1:51.80	h	Rikus Jacobs	NW		1		East London	23-Mar
1:52.00	h	Bennie Prinsloo	FS	1995	2		East London	23-Mar
1:52.46		Lammert Braak	GN		2		ABSA Tuks Pretoria	15-Mar
1:53.00	h	K Motlhosi	GAU		4		East London	23-Mar
1:53.09		Solomon Bothlolo	GN		4		Pretoria	06-Apr
1:53.18		Keorapetse Romokoka	NWN		5		Pretoria	06-Apr
1:53.20	h	Lerato Mosunyane	FS		6		East London	23-Mar

1500 metres

3:49.58		Nkhasi Namakoe	GAU		1		Germiston	01-Mar
3:50.43		Rikus Jacobs	NW		2		East London	21-Mar
3:51.77		Solomon Bothlolo	GN	1994	3		East London	21-Mar
3:52.26		Simphiwe Tefo	GAU		2		Germiston	01-Mar
3:53.35		Rantso Mokopane	CNW		1		Pretoria	06-Apr
3:53.50		Tumisang Monnatlala	CG		3		Pretoria	06-Apr
3:53.50		Mpho Makofane	GN	1994	2		Pretoria	06-Apr
3:54.17		Sakhumzi Matiso	EC		4		East London	21-Mar
3:56.97		Thabang Matiwane	GAU	1995	5		East London	21-Mar
3:57.33		Mpho Makofane	GN	1994	1		ABSA Tuks Pretoria	16-Mar
3:58.24		Kathleho Dyoyi	CNW		4		Pretoria	06-Apr
3:58.53		Vincent Hlatswayo	KZ	1995	6		East London	21-Mar

3000 metres steeplechase

8.50.33		Tumisang Monnatlala	CG		6		Stellenbosch	13-Apr
8.59.58		Rantso Mokopane	CNW		8		Stellenbosch	13-Apr
9.05.20		Adam Lipschitz	GN	01-01-94	2		Pretoria	5-Apr
9.16.49		Mabinza Lukhanyo	GN		2		ABSA Tuks Pretoria	16-Mar
9.17.28		Sakhumzi Matiso	EC		1		East London	22-Mar
9.19.97		Thato Kekana	LIM		2		East London	22-Mar
9:25.81		Felix Mapfungautsi	CG	08-02-95	3		East London	22-Mar
9.30.08		Phineas Makgoka	LIM		4		East London	22-Mar
9.32.56		Shuping Molehe	FS		5		East London	22-Mar
9.32.85		Johannes Motsoeneng	NW		6		East London	22-Mar

5000 metres

14:18.50	h	Nkashi Namakoe	GAU		1		East London	23-Mar
14:47.70	h	Thabang Mojanaga	FS	1993	2		East London	23-Mar
14:48.40	h	Thabang Mosiako	NW		3		East London	23-Mar
14.55.14		Adam Lipschitz	GN	01-01-94	1		Pretoria	6-Apr

15:07.57		Anthony Timoteus	WP		1	Bellville	09-Mar
15:09.30	h	Sthembiso Ndlovu	KZN		4	East London	23-Mar
15:17.24		Nkosinathi Molewa	LIM		3	Pretoria	06-Apr
15:17.90	h	Lizile Fadane	EC		5	East London	23-Mar
15:22.70		Njabulo Tshabalala	GAU		7	East London	23-Mar
15:24.21		Ludwick Molewa	LIM		4	Pretoria	06-Apr

10000 metres

31:19.72		Michael Pienaar	BOL		1	Pretoria	05-Apr
32:50.12		Edwin Majwafe	CG		2	Pretoria	05-Apr
33:13.03		Tshepo Leeto	CG		3	Pretoria	05-Apr
33:23.56		Percy Mhlongo	CG		4	Pretoria	05-Apr

110 metres hurdles

13.51	0.0	Tiaan Smit	WP	14-03-95	1	Pretoria	05-Apr
13.81	0.0	Angus Julies	WP	24-02-94	2	Pretoria	05-Apr
13.88	1.9	Ryno Steyn	FS	1995	1h2	Bloemfontein	08-Mar
14.11	0.0	Lee vd Berg	CNW		4	Pretoria	05-Apr
14.18	0.0	Paulus Grobler	NW		5	Pretoria	21-Mar
14.20	0.1	Lethuxolo Makhanya	GN	1995	1h3	East London	21-Mar
14.24	0.0	Thulani Makhanya	CG		6	Pretoria	05-Apr
14.28	0.1	Andrew de Beer	GAU	1994	2h2	East London	21-Mar
14.45	0.1	Ruan Mentz	CG	1995	1h2	East London	05-Apr
14.71	0.1	Retief Marais	FS		3h3	East London	21-Mar
14.74	0.1	Zwelitsha Ngoma	LIM		4h2	East London	21-Mar

nwi

14.01		Lethuxolo Makhanya	GN	1995	1	Germiston	01-Mar
14.24		Ruan Mentz	CG	1995	2	Germiston	01-Mar
14.26		Andrew de Beer	GAU	1994	3	Germiston	01-Mar

Wind

13.73	3.3	Angus Julies	WP	24-02-94	1	Bellville	09-Mar
13.75	3.3	Tiaan Smit	WP	14-03-95	2	Bellville	09-Mar

400 metres hurdles

50.64		Constant Pretorius	GN	26-01-94	3	Stellenbosch	13-Apr
52.69		Hanco Sipsma	NW	1995	1h2	East London	23-Mar
53.26		Paul Voster	NW	1995	3	Pretoria	05-Apr
53.48		Ruan Mentz	CG	1995	1	East London	23-Mar
53.61		Nico Bakkes	EP		4	Pretoria	05-Apr
53.74		Pieter Willem Coetzer	MP		5	Pretoria	05-Apr
53.76		Lihan Botha	GAU		1	Germiston	02-Mar
53.79		Rudi Botha	MP		2h1	Pretoria	05-Apr
54.48		Mpho Songo	GAU		3h2	East London	23-Mar
54.48		Mduduzi Mgwanya	VT		4h1	Pretoria	05-Apr

High jump

2.08		Clyde Ruiters	WP	1994	1	Bellville	09-Mar
2.08		Vernon Lategan	CG	1995	1	East London	21-Mar
2.06		Ciaran Burks	GAU		q	East London	21-Mar
2.05		Sibusiso Mncube	GAU	1994	q	East London	21-Mar
2.05		Teboho Modise	VT		2	Pretoria	06-Apr
2.02		Ruhan Alberts	FS	1995	q	East London	21-Mar
2.00		Andrew de Beer	CG	1994	4	Germiston	02-Mar

2.00		Ntandazo Mtshengu	KZ	1995	2	East London	21-Mar
2.00		Fredericks Robbert	NW		q	East London	21-Mar
2.00		Brandon Prinsloo	CNW		12	Stellenbosch	13-Apr

Pole vault

5.00		Juan de Swardt	BO	1994	2	Stellenbosch	12-Apr
4.40		Armandt Lotter	FS	1994	2	ABSA Tuks Pretoria	09-Mar
4.40		Emile Pellisier	BO		2	Pretoria	05-Apr
4.30		Neil le Roux	FS	1995	3	East London	22-Mar
4.20		Fabio Gruent	FS	1995	4	East London	22-Mar
4.20		Chris van der Merwe	FS	1995	5	East London	22-Mar
4.20		Lee van der Berg	CNW		4	Pretoria	05-Apr
4.00		Dylan Mattison	EC		6	East London	22-Mar
3.80		Duan Gouws	FS		7	East London	22-Mar

Long jump

7.81	0.3	Duwayne Boer	GN	06-01-95	3	Stellenbosch	13-Apr
7.18		Ryan Pottinger	GAU	1995	2	East London	21-Mar
6.99	1.5	Itemuleng Dikoko	GAU		2	Pretoria	06-Apr
6.96	-1.2	Simon Mbarane	FS		1	Bloemfontein	08-Mar
6.89		Jacques Malan	MP		3	East London	21-Mar
6.88		Thembelani Kojana	EC		4	East London	21-Mar
6.84	0.9	Neo Leshilo	VT		3	Pretoria	06-Apr
6.79	1.1	Ingvar van Rooyen	BOL		4	Pretoria	06-Apr
6.77		Lorenzo Gordon	WC	1995	6	East London	21-Mar
6.75	-2.5	Albert Jankie	GN	14-06-94	2	ABSA Tuks Pretoria	16-Mar
6.75		Gavian Cloete	NC		8	East London	21-Mar
6.70		Iven Tsuke	FS		2	Bloemfontein	08-Mar

nwi

7.34		Duwayne Boer	GN	06-01-95	1	Germiston	01-Mar
6.99		Itemuleng Dikoko	GAU		2	Germiston	01-Mar

Triple jump

15.58	1.3	Sabelo Ndlovu	GN	24-06-94	1	Pretoria	06-Apr
15.42	1.0	Duwayne Boer	GN	06-01-95	2	Pretoria	06-Apr
15.16	-3.1	Albert Jankie	GN	14-06-94	1	ABSA Tuks Pretoria	09-Mar
14.57	-0.3	Itemuleng Dikoko	GAU		4	Pretoria	06-Apr
14.54		Wandile Sibiyi	MP	1994	3	East London	23-Mar
14.43	0.4	Lorenzo Gordon	WC	1995	5	Pretoria	06-Apr
14.33		Jason Boonman	NC		5	East London	23-Mar
14.21	0.2	Angel Apolonari	NWN		6	Pretoria	06-Apr
14.16		Angle Apolo-Nario	NW		6	East London	23-Mar
14.00		Tlokomelo Senyane	FS		7	East London	23-Mar
13.99	0.6	Vuyane Henry	BOL		8	Pretoria	06-Apr

nwi

14.67		Itemuleng Dikoko	GAU		3	Germiston	02-Mar
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Shot put

18.21		Ruan Combrink	GAU	11-03-95	1	Pretoria	06-Apr
16.35		Kevin Botha	GN	31-01-95	2	Germiston	01-Mar
14.93		Ulrich Senekal	EC		3	East London	21-Mar
14.68		Tiaan Hitzeroth	GAU		4	East London	21-Mar
14.42		RJ Nel	FS		1	Bloemfontein	08-Mar

14.30	Neville Brand	NC		5	East London	21-Mar
14.18	Jan-Louw Kotze			10	Birmingham	15-Mar
14.05	Mees Erasmus	LIM		1	Polokwane	02-Mar
14.00	Werner van Deventer	CG		4	Germiston	01-Mar
14.00	Cameron Erasmus	CG	1994	5	Germiston	01-Mar

Discus

59.10	Jan-Louw Kotze			1	Mobile	30-Mar
58.75	Gerhard de Beer	GN	05-07-94	1	ABSA Tuks Pretoria	23-Mar
47.69	Conrad Burger	BO	1995	1	East London	23-Mar
47.58	Abraham du Plessis	LIM		2	East London	23-Mar
47.53	Ruan Combrink	GAU	11-03-95	1	Germiston	02-Mar
47.39	Brendin Strauss	GAU	1995	3	East London	23-Mar
46.82	Wikus van Aswegen	BO	12-09-94	4	East London	23-Mar
46.56	Theboho Mokhotu	FS	1995	5	East London	23-Mar
43.65	Johan van Zyl	GN		3	Germiston	02-Mar
42.63	Stefan Meyer	FS	1995	6	East London	23-Mar
42.58	Izak Prinsloo	LIM		2	Polokwane	02-Mar

Hammer

59.03	Juan Muller	EC	1995	1	East London	22-Mar
53.98	Nomis Marcus	FS		2	East London	22-Mar
52.44	Hendrik Louw	EC	1995	3	East London	22-Mar
51.52	Erasmus du Toit	BO	1995	4	East London	22-Mar
50.29	Mitchell Gates	FS	1994	5	East London	22-Mar
50.26	Johan Muller	WC		6	East London	22-Mar
48.86	Juhan Lodewyk	FS		2	Bloemfontein	08-Mar
44.44	Jan-Louw Kotze			5	Mobile	06-Mar

Javelin

69.95	Reinhard van Zyl	GN	07-02-94	1	Pretoria	05-Apr
67.34	Pieter Kriel	CNW		2	Potchefstroom	06-Mar
65.83	Stephan Beukes	CNW		2	Pretoria	05-Apr
65.26	Stephen Klue	WP		1	Bellville	09-Mar
64.29	LJ Basson	NW		1	Potchefstroom	02-Mar
63.21	Wynand Grassman	EC	1995	1	East London	22-Mar
61.94	Kobus van der Walt	WP		2	East London	22-Mar
60.89	JG Crouse	CNW		4	Pretoria	06-Apr
59.98	Enrico vd Merwe	EC		5	East London	22-Mar
59.85	Kevin Botha	GN	31-01-95	1	Germiston	01-Mar

10km Walk

49:30.44	Envor Rhodas	WP		1	Bellville	09-Mar
51:32.50	Ntoane Ntoane	GAU	1995	1	Germiston	01-Mar
52:06.00	Lehondo Sediane	GAU		2	Germiston	01-Mar
52:11.00	Moeketsi Mamarara	GAU		3	Germiston	01-Mar
52:55.14	Lwazi Nsizakab	EC		2	East London	23-Mar
54:14.90	Malakhiwe Poni	WC		3	East London	23-Mar
55:24.91	Odirile Tsamai	NW		4	East London	23-Mar
57:34.87	Enrico de Vries	WP		2	Bellville	09-Mar
57:42.20	Karabo Mpedi	NW		5	East London	23-Mar
57:54.93	Buyelekhaya Sekese	FS		1	Bloemfontein	08-Mar

WOMEN

100 metres

11.85	0.8	Phillipa van der Merwe	GN	07-01-94	2		Durban	26-Apr
11.86	0.8	Nabeela Partker	BOL		4		Durban	26-Apr
11.95	1.4	Liezl Hechter	GN	22-03-94	2		Pretoria	05-Apr
11.97	1.4	Stacey Welsch	WP	20-07-94	3		Pretoria	05-Apr
11.99	-0.5	Loungo Mathlaku	GN		1	ABSA Tuks	Pretoria	16-Mar
12.03	-2.9	Tebogo Mamathu	GAU	1995	1		East London	22-Mar
12.03	1.4	Shanice Marnice	KZ	14-06-95	4		Pretoria	05-Apr
12.36	-0.8	Liezel Scholtz	LIM		1h2		East London	22-Mar
12.50	-0.9	Amore Serfontein	NC	1995	1h3		East London	22-Mar
12.58	-2.9	Carina Swiegers	CG	15-05-95	4		East London	22-Mar

200 metres

24.02	0.8	Phillipa van der Merwe	GN	07-01-94	1	ABSA Tuks	Pretoria	09-Mar
24.26	-0.1	Stacey Welsch	WP		7		Stellenbosch	13-Apr
24.36	1.1	Loungo Matlhaku	GN		1h3	ABSA Tuks	Pretoria	09-Mar
24.57	0.8	Liezl Hechter	GN	22-03-94	2h1	ABSA Tuks	Pretoria	09-Mar
24.71	-1.6	Tebogo Mamathu	GAU	1995	1h3		East London	23-Mar
25.34	-2.5	Demi MacMillan	WP		2		Bellville	06-Jan
25.46	-0.4	Shanice Marnice	KZ	14-06-95	2		East London	23-Mar
25.61	-1.6	Goitsione Ramonnye	NW		2h3		East London	23-Mar
25.71	-1.9	Liezel Scholtz	LIM		1h2		East London	23-Mar
25.71	-1.9	Amore Serfontein	NC	1995	2h2		East London	23-Mar

400 metres

55.26		Carina Swiegers	CG	15-05-95	1		Pretoria	06-Apr
55.50		Janet Seeliger	GN	27-04-95	2		Pretoria	06-Apr
55.51		Goitsione Ramonnye	NW		3		Pretoria	06-Apr
56.33		Marike Bruwer	WC		4		Pretoria	06-Apr
56.63		Dzunisani Baloyi	FS		5		Pretoria	06-Apr
56.48		Marise Malherbe	BOL		1h2		Pretoria	06-Apr
56.87		Sune Alberts	FS	1995	3		East London	21-Mar
57.01		Busiswe Moroatsele	GN		2		Germiston	01-Mar
57.99		Leandi Knox	MP		5		East London	21-Mar
58.47		Icarien van Deventer	WP		1		Bellville	09-Mar

800 metres

2:04.60		Gena Lofstrand	KZ	23-10-95	1		Stellenbosch	13-Apr
2:08.26		Monique Stander	CG		3		Stellenbosch	13-Apr
2:09.72		Thato Makhafola	CG		6		Stellenbosch	4/213
2:11.46		Carien van Deventer	WP	1995	2		East London	23-Mar
2:12.02		Aynlee van Graan	GN		1	ABSA Tuks	Pretoria	15-Mar
2:12.09		Sinthombi Buda	FS		1h2		East London	23-Mar
2:12.97		Mikyla Ferreira	CG	17-08-95	1		Germiston	02-Mar
2:13.14		Michelle Redelihuys	GAU		2h1		East London	23-Mar
2:13.64		K Steimann	GAU		3		Germiston	02-Mar
2:14.60		Marise Malherbe	BO	1995	3h2		East London	23-Mar

1500 metres

4:31.32		Gena Lofstrand	KZ	23-10-95	1	Pretoria	06-Apr
4:34.54		Duanne Fourie	GAU	1995	1	East London	22-Mar
4:34.92		Aynslee van Graan	GN		1	ABSA Tuks Pretoria	16-Mar
4:36.49		Glenrose Xaba	MP		2	Pretoria	06-Apr
4:36.68		Sunelle Coetzee	MP		2	East London	22-Mar
4:36.95		Blandina Makatise	FS		2	Pretoria	06-Apr
4:38.22		Bernadine McLoud	GAU		3	East London	22-Mar
4:41.07		Alicia Labuschagne	GN	1995	4	East London	22-Mar
4:44.62		Janie Viljoen	GN		2	ABSA Tuks Pretoria	16-Mar
4:45.65		Jean-Mari Redelinghuys	GN		3	ABSA Tuks Pretoria	16-Mar

3000m

9:56.30	h	Blandina Makhatsi	FS		1	East London	23-Mar
10:00.22		N Nobhangaye	GAU		2	East London	23-Mar
10:04.00	h	Luleka Dyonki	NW		3	East London	23-Mar
10:04.45		Glenrose Xaba	MP		2	Pretoria	04-Apr
10:06.00	h	Bernadine McLoud	GAU		4	East London	23-Mar
10:10.40	h	Vuyiseka Nkumenge	EC		5	East London	23-Mar
10:14.61		Ebeth Marais	WC		1	Bellville	09-Mar
10:27.34		Annie Bothma	WP		2	Bellville	09-Mar
10:35.60	h	Sindy Labuschagne	GN	1995	8	East London	23-Mar
10.23.00	h	Janey van der Merwe	BO		6	East London	23-Mar

5000 metres

17:12.71		Blandina Makhatsi	FS		1	East London	21-Mar
17:19.41		Ebeth Marais	WC		2	East London	21-Mar
17:20.36		Annie Bothma	WP		1	Bellville	09-Mar
17:36.91		Khonzheni Gwegwa	EC	1994	3	East London	21-Mar
17:46.23		Zandile Makatise	CG		2	Pretoria	5-Apr
17:55.89		Thandi Sihohle	GAU	1996	4	East London	21-Mar
18:00.17		Janey van der Merwe	BO		5	East London	21-Mar
18:07.76		Mia Bosman	GAU		6	East London	21-Mar
18:16.87		Ebeth Marais	WC		4	Pretoria	05-Apr
18:18.05		Nocawe Mdingazwe	EC		7	East London	21-Mar

3000 metres steeplechase

10:49.21		Thandeka Manzana	GN		1	ABSA Tuks Pretoria	15-Mar
11:03.43		Olivia Labuschagne	GN	1995	2	ABSA Tuks Pretoria	15-Mar
11:07.99		Alicia Labuschagne	GN	1995	3	ABSA Tuks Pretoria	15-Mar
11:20.32		Sindy Labuschagne	GN	1995	4	ABSA Tuks Pretoria	15-Mar
12:54.23		Carla Petzer	EP		5	Pretoria	05-Apr
12:56.75		S Webster	EP		6	Pretoria	05-Apr

100 metres hurdles

14.07	1.3	Maryke Brits			3	Tampa	14-Mar
14.62		Mercia Venter	GN		1h1	East London	21-Mar
14.67		Chrizanne Markham	GAU		1	Germiston	01-Mar
14.68		Schalia Oosthuizen	GN		2h1	East London	21-Mar
15.02		Helga Wendy Bensusan	CG		3	Germiston	01-Mar
15.18		Marissa Viljoen	GAU		5	Germiston	01-Mar
15.45		Barbara Hattingh	GN		6	Germiston	01-Mar

15.74		Lize-Louise Roets	FS	3h1	East London	21-Mar
15.84		Talita Vorster	GN	3	ABSA Tuks Pretoria	16-Mar
15.84		Lurinda van Heerden	FS	3h2	East London	21-Mar

Wind

14.38	2.5	Mercia Venter	GN	1	Pretoria	05-Apr
14.60	2.5	Schalia Oosthuizen	GN	2	Pretoria	05-Apr

400 metres hurdles

59.98		Izelle Neuhoff	GN	1	Pretoria	06-Apr
60.00		Giana Wilkens	CN	1	Bloemfontein	02-Mar
61.28		Chrizanna Forssman	GN	2	Pretoria	06-Apr
62.22		Marina Swanepoel	BOL	3	Pretoria	06-Apr
63.44		Ilse Moolman	GAU	2	ABSA Tuks Pretoria	15-Mar
64.09		Cynthia Tsetsewa	LIM	1	Polokwane	02-Mar
64.46		Bianca Visser	GN	5	Pretoria	06-Apr
64.93		Maryke Nel	GN	4	ABSA Tuks Pretoria	15-Mar
65.15		Danielle de Jongh	GN	6	Pretoria	06-Apr
66.09		Wilme Pawson	GAU	1	East London	23-Mar

High jump

1.63		Leonie van Rooyen	NC	q	East London	21-Mar
1.63		Jeanri J van Rensburg	LIM	q	East London	21-Mar
1.60		Calli Camacho	GN	1	ABSA Tuks Pretoria	16-Mar
1.60		Alice Maree	FS	3	East London	22-Mar
1.60		Megan Wilke	GAU	4	East London	22-Mar
1.63		Evelyn Rothballer	MP	1	Pretoria	06-Apr
1.57		S Dickerson	EC	q	East London	21-Mar

Pole vault

3.70		Nadia Giliomee	BO	10-05-94	2	Pretoria	02-Mar
3.60		Mar-Lize Vos	FS	1995	1	East London	22-Mar
3.30		Surika Piater	FS	1995	3	Pretoria	05-Apr
3.30		Colin Jameson	BOL		4	Pretoria	05-Apr
3.10		Carlien Meyburgh	FS	1995	3	East London	22-Mar
2.90		Danielle Botha	WC		4	East London	22-Mar
2.70		Kyla Kruger	WC		5	East London	22-Mar
2.70		Bonquet Myburgh	FS		4	Bloemfontein	08-Mar
2.60		Z Strydom	EC		6	East London	22-Mar
2.60		Anel van Wyk	CNW		6	Pretoria	05-Apr

Long jump

5.99	-0.7	Janet Seeliger	GN	27-Apr-95	7	Stellenbosch	13-Apr
5.66	1.8	Lene Peens	BOL		2	Pretoria	06-Apr
5.49	-0.4	Bennita Botha	GN		2	ABSA Tuks Pretoria	09-Mar
5.45		Christi Gerber	FS		2	East London	23-Mar
5.45		Sunel Swarts	NC		3	East London	23-Mar
5.44	0.3	Carina Swiegers	CG		4	Pretoria	06-Apr
5.43	0.9	Leandri Willis	GN	1994	2	ABSA Tuks Pretoria	15-Mar
5.37	2.0	Shanice Swartz	FS		5	Pretoria	06-Apr
5.32	-2.2	Charne Smyth	GN		3	ABSA Tuks Pretoria	15-Mar
5.32		Danielle Olls	FS		2	Bloemfontein	08-Mar
5.31		Nadine Teesen	GAU		1	Germiston	01-Mar

5.29		Helga Wendy Bensusan	GAU	1994	2	Germiston	01-Mar
5.26		Alwina Malherbe	NC		4	East London	23-Mar
Wind							
5.80	4.3	Maryke Brits			8	Austin	27-Mar
5.50		Amore Serfontein	NC		1	East London	23-Mar
Triple jump							
11.87	-3.2	Sone Pretorius	GN		2	Durban	26-Apr
11.82	0.0	Bennita Botha	GN		2	ABSA Tuks Pretoria	29-Apr
11.61	0	Dineo Mgwanya	MP		3	Pretoria	06-Apr
11.20	-1.1	Marelize Campher	FS		6	Pretoria	06-Apr
11.15	0.0	Candice Cozett	WP		1	Bellville	09-Mar
10.78	1.7	Simone van der Merwe	EC	1995	7	Pretoria	06-Apr
10.67	-1.0	Shanice Swartz	FS		8	Pretoria	06-Apr
10.63	-0.2	Thelma Mosehle	CN	06-04-95	8	Pretoria	06-Apr
10.63	-0.2	M van der Merwe	EP		9	Pretoria	06-Apr
10.59	1.3	Nicola Schoeman	MP		10	Pretoria	06-Apr
NWI							
11.80		Helga Wendy Bensusan	CG	1994	1	Germiston	01-Mar
11.52		Thelma Mosehle	CN	06-04-95	1	Potchefstroom	02-Mar
11.26		Khomotso Mamburu	FS		1	Bloemfontein	08-Mar
11.24		Thelma Mosehle	CN	06-04-95	2	East London	23-Mar
10.94		Wendy Mthombeni	LIM		3	East London	23-Mar
10.90		Simone van der Merwe	EC	1995	4	East London	23-Mar
10.83		Gladys Lebogo	LIM		1	Polokwane	02-Mar
10.75		Maryna van der Merwe	EC	1993	5	East London	23-Mar
Wind							
11.99	2.5	Helga Wendy Bensusan	CG	1994	1	Pretoria	06-Apr
11.23	2.5	Carina Meyer	FS		5	Pretoria	06-Apr
Shot							
15.38		Lezaan Jordaan	CG	17-10-95	1	Stellenbosch	13-Apr
14.43		Geraldine Duvenage	CG	1995	2	Pretoria	05-Apr
13.87		Cecile Meyer	FS		3	Pretoria	05-Apr
13.14		K Willemse	EP		4	Pretoria	05-Apr
12.88		Somari Els	GN	1995	3	Germiston	02-Mar
12.50		Nicolene Ras	WC		6	Pretoria	05-Apr
12.00		Sanrie Visagie	NW		5	East London	22-Mar
11.55		M Pennels	EP		7	Pretoria	05-Apr
11.47		Natasha Fourie	MP		8	Pretoria	05-Apr
11.06		Bianca Ludik	EC		6	East London	22-Mar
Discus							
48.45		Geraldine Duvenhage	CG	1995	1	Germiston	01-Mar
44.11		Somari Els	GN		2	Pretoria	05-Apr
43.25		Carmen Killian	GAU		2	East London	23-Mar
39.46		Hanrie du Preez	NW		4	East London	23-Mar

35.90	M Pennels	EP		5	Pretoria	05-Apr
34.35	Chantelle Steyn	CG		4	Germiston	01-Mar
34.34	Corne Prinsloo	GN		5	Germiston	01-Mar
34.26	K Willemse	EP		6	Pretoria	05-Apr
34.23	Marlize van Zyl	FS		5	East London	23-Mar

Hammer

50.20	Mieke Stander	EC	1995	1	East London	21-Mar
49.58	Chene Coetzee	EC	16-06-05	1	Pretoria	09-Feb
45.38	Amy Botes	EP		8	Stellenbosch	12-Apr
44.24	Chante Loots	CG		4	Pretoria	06-Apr
44.17	Simone Kommer	EC	1995	2	East London	21-Mar
41.59	Feline Oettle	BO	1995	3	East London	21-Mar
41.47	Saira-Lee Nel	FS	10-08-95	4	East London	21-Mar
41.38	Anke van Dyk	BO	16-06-05	5	Pretoria	06-Apr
40.18	Jenet Brummer	FS	1995	8	Pretoria	06-Apr
39.75	Yone Flynn	NW		5	East London	21-Mar

Javelin

47.58	Megan Wilke	GAU	1995	1	East London	22-Mar
44.75	D de Wet	GAU		2	East London	22-Mar
44.45	Zanri Bailey	WP		1	Parow	02-Mar
43.96	Sane van Zyl	CN	12-08-95	3	East London	22-Mar
42.41	Marina Griebenauw	BOL		3	Potchefstroom	06-Feb
42.00	Marelize van Zyl	FS	1995	4	East London	22-Mar
39.80	Lindsay Killeen	EC		5	East London	22-Mar
39.78	Chelsea Boshoff	MP		6	East London	22-Mar
39.34	Jana Maritz	MP		7	East London	22-Mar
39.14	Andeline Olivier	WP		1	Bellville	09-Mar

5km Walk

35:02.06	Michelle Strydom	GN	1994	1	ABSA Tuks Pretoria	16-Mar
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10km Walk

54:40.11	Chanice Klink	BO		1	Bellville	09-Mar
57:59.40	Phelokazi Gcolotela	CG		1	East London	23-Mar
1:06:03.41	Juanine Langeveldt	WC		2	East London	23-Mar
1:06:39.63	Bianca Swanepoel	WP		2	Bellville	09-Mar
1:07:17.94	Sisipoho Sokrowa	WC		3	East London	23-Mar

end