



2013 SOUTH AFRICAN SENIOR TOP 10 LIST

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i - indoors

h - hand time

**As at 20 May**

**MEN**

**60 meters Indoor**

6.66		Anaso Jobodwana		300792	2		Birmingham	17-Feb
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**100 metres**

10.26	1.6	Anaso Jobodwana		30-Jun-92	1		Baton Rouge	23-Mar
10.39	1.2	Akani Simbine	GN	21-Sep-93	1h2		ABSA Tuks Pretoria	09-Mar
10.44	-0.2	Henrico Bruintjies	BOL	16-Jul-93	1		Pretoria	05-Apr
10.45	-0.3	Simon Magakwe	CNW	25-May-85	1		Stellenbosch	12-Apr
10.46	0.6	Gideon Trotter	FS		1		ABSA Tuks Pretoria	29-Apr
10.47	0.6	Emile Erasmus	GN	3-Apr-92	2		ABSA Tuks Pretoria	29-Apr
10.53	0.1	Roscoe Engel	WP	06-Mar-89	1		Bellville	16-Mar
10.53	0.7	Thando Roto	GN	26-Sep-95	1		Pretoria	05-Apr
10.55	0.7	Wesley Pindele	BO	1995	2		Pretoria	05-Apr
10.56	0.1	Antonio Alkana	WP		2		Bellville	16-Mar
10.58	0.1	Waide Jooste	CG	24-Jul-91	2sf1		Pretoria	05-Apr
10.59	0.1	Danie van Blerk	CG		3sf1		Pretoria	05-Apr
10.59	0.8	Lebakeng Sesele	GN		1h7		Pretoria	02-Mar
10.59	0.7	Sabelo Samkelo	CG	1995	3		Pretoria	05-Apr

**Wind**

10.06	4.9	Henrico Bruintjies	BOL	16-Jul-93	1		Durban	26-Apr
10.13	2.1	Anaso Jobodwana		300792	1h7		Austin	29-Mar
10.24	4.9	Akani Simbine	GN	21-Sep-93	2		Durban	26-Apr
10.25	4.8	Antonio Alkana	WP		1h5		Parow	16-Feb
10.30	4.9	Hannes Dreyer	GN	13-Jan-85	3		Durban	26-Apr
10.32	4.8	Sergio Mullins	WP	120580	2h5		Parow	16-Feb
10.33	2.2	Roscoe Engel	WP	6-Mar-89	1sf2		Bellville	16-Mar
10.36	4.9	Emile Erasmus	GN	3-Apr-92	4		Durban	26-Apr

**200 metres Indoor**

20.47		Anaso Jobodwana		300792	1rB		Fayetteville	08-Mar
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**200 metres**

20.74	0.3	Simon Magakwe	CNW	25-May-85	1		Stellenbosch	13-Apr
20.79	0.8	Akani Simbini	GN	21-Sep-93	1		ABSA Tuks Pretoria	09-Mar
20.83	0.3	Roscoe Engel	WP	06-Mar-89	2		Stellenbosch	13-Apr

20.83	1.3	Gideon Trotter	FS		1	University of Johannesburg	15-Apr
20.84	0.5	Wayde van Niekerk	FS		1	ABSA Tuks Pretoria	29-Apr
21.02	0.4	Jacques de Swardt	GN	12-Aug-92	1h1	Pretoria	02-Mar
21.20	1.0	Lebokeng Sesele	GN		1h2	Pretoria	02-Mar
21.20	-0.3	Walter Ungerer	CG	15-01-95	1	Pretoria	06-Apr
21.23	0.3	Lebogang Moeng	NWN		5	Stellenbosch	13-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
21.33	0.7	Pierre Truter	GN		1h3	ABSA Tuks Pretoria	09-Mar
21.36	0.4	Ruan Greyling	GN	28-Jul-93	2h1	Pretoria	02-Mar
21.39	-0.3	Thando Roto	GN		3	Pretoria	06-Apr

#### Wind

20.89	3.3	Jacques de Swardt	GN	12-Aug-92	1sf1	Durban	27-Apr
20.78	3.2	Gideon Trotter	FS	03-03-92	1	Durban	27-Apr
20.78	3.2	Akani Simbini	GN	21-Sep-93	2	Durban	27-Apr

#### 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

#### 400 metres

45.42		Wayde van Niekerk	FS		1	University of Johannesburg	22-Apr
45.87		Jacques de Swardt	GN	12-Aug-92	2	Potchefstroom	19-Mar
45.94		Ofentse Mogawane	GN	20-02-82	1	ABSA Tuks Pretoria	09-Mar
46.45		Ruan Greyling	GN	28-Jul-93	2	ABSA Tuks Pretoria	09-Mar
46.50		PC Beneke	GN	18-Jul-90	2	Durban	26-Apr
46.56		Rodwell Ndlovu	WP	4-Mar-91	3	Durban	26-Apr
46.62		Pieter Conradie	GN		2	University of Johannesburg	22-Apr
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		3	Pretoria	06-Apr
46.97		Sibusiso Sishi	BOL		4	Durban	26-Apr
47.12		Wouter le Roux	GN		1h3	Pretoria	02-Mar

#### 800 metres

1:46.01		Andre Olivier	CNW	29-12-89	1	ABSA Tuks Pretoria	29-Apr
1:47.38		Rynhardt van Rensburg	FS		2	ABSA Tuks Pretoria	29-Apr
1:47.91		Jacob Rozani	NWN		3	Stellenbosch	13-Apr
1:48.53		Jacques Pretorius	BOL		2	University of Johannesburg	22-Apr
1:48.75		William Mothosola	NWN		4	Stellenbosch	13-Apr
1:48.98		Windy Jonas	FS		6	Stellenbosch	13-Apr
1:49.11		Jerry Matsau	CG	12-Mar-90	3	University of Johannesburg	22-Apr
1:49.20		Isaac Seoke	CNW		1	Potchefstroom	06-Mar
1:49.27		Steven Mhlongo	CG		2	Pretoria	06-Apr
1:49.41		Zweil Sebotswa	FS		7	Stellenbosch	13-Apr
1:49.65		Stephen Mokoka	GN		4	University of Johannesburg	22-Apr
1:49.66		Hannes Naude	FS	14-Mar-90	2	Potchefstroom	20-Apr

1:49.91	Duran Faro	CNW		8	Stellenbosch	13-Apr
1:50.18	Themba Madima	GN		2	Pretoria	09-Feb
1:50.60	Tiaan Basson	MP		11	Stellenbosch	13-Apr
1:50.62	Sandile Mdluli	CG		3	Pretoria	06-Apr
1:50.76	Mpho Makofane	GN	1994	2	Pretoria	06-Apr

### 1500 metres

3:33.46	Johan Cronje	FS	13-Apr-82	8	Doha	10-May
3:38.40	Juan van Deventer	CG	26-Mar-83	2	Stellenbosch	13-Apr
3:38.83	Jerry Matsau	CG	12-Mar-90	1	Potchefstroom	06-Mar
3:39.41	Folavio Sehohle	MP	14-Oct-90	3	Stellenbosch	13-Apr
3:39.53	Dumisani Hlaselo	FS	08-Jun-89	4	Stellenbosch	13-Apr
3:40.55	Andre Olivier	CNW	29-Dec-89	2	Durban	26-Apr
3:41.03	Jeromy Andreas	CG	29-Feb-92	6	Stellenbosch	13-Apr
3:41.99	Amos Nyongo	EP	05-Jul-86	7	Stellenbosch	13-Apr
3:46.70	Moses Dirane	GN	08-Dec-92	8	Stellenbosch	13-Apr
3:46.78	Armin Botha	CNW		2	Potchefstroom	06-Mar
3:47.04	Joel Mmone	CNW		3	Potchefstroom	06-Mar
3:47.7	h Stephen Mokoka	GN		1	ABSA Tuks Pretoria	19-Feb
3:48.34	Mboshishi Baloyi			1	Potchefstroom	19-Feb
3:48.4	h Clinton Swanepoel	CG	08-Apr-83	2	ABSA Tuks Pretoria	19-Feb
3:49.3	h Gladwin Mzazi	GN	28-Aug-88	3	ABSA Tuks Pretoria	19-Feb
3:49.58	Nkhasi Namakoe	GAU		1	Germiston	01-Mar
3:49.77	Marko Bocarizza	CG		5	Durban	26-Apr
3:49.85	Adriaan Geldenhuys	GN	06-Oct-87	4	Potchefstroom	19-Mar

### One Mile Indoors

3:59.43	Pieter vd Westhuizen		21-Dec-84	2	Winston-Salem	02-Feb
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### 1 Mile

3:58.84	Jerry Matsau	CG	12-Mar-90	1	Potchefstroom	20-Apr
3:59.29	Elroy Gelant	CNW		2	Potchefstroom	20-Apr
4:01.82	Stephen Mokoka	GN		1	Stellenbosch	15-Apr

### 3000 metres

7:44.92	Elroy Gelant	CNW		1	Stellenbosch	15-Apr
7:56.86	Gladwin Mzazi	GN	28-Aug-88	2	Stellenbosch	15-Apr
7:59.31	Dumisani Hlaselo	FS		3	Stellenbosch	15-Apr
8:02.20	Jerry Motsau	CG	12-Mar-90	2	Potchefstroom	19-Mar
8:08.20	Joel Mmone	CNW		4	Potchefstroom	19-Mar
8:02.52	Armin Botha	CNW		3	Potchefstroom	19-Mar
8:10.87	Jeromy Andreas	CG	29-Feb-92	1	University of Johannesburg	22-Apr
8:16.74	Dean Brummer	CN	150988	5	Potchefstroom	19-Mar

### 5000 metres

13:16.22	Elroy Gelant	CNW	250886	1	Durban	27-Apr
13:25.94	Stephen Mokoka	GN	01-Apr-85	1	Stellenbosch	13-Apr
13:47.23	Dumisani Hlaselo	FS		3	Stellenbosch	13-Apr

13:56.12		Jeromy Andreas	CG		3	Durban	27-Apr
13:58.34		Gladwin Mzazi	GN	28-Aug-88	4	Stellenbosch	13-Apr
14:03.03		Kgosi Tsotsane	GN		5	Stellenbosch	13-Apr
14:09.16		Joel Mmone	CNW		1	Potchefstroom	06-Mar
14:09.30		David Manja	CNW		2	Potchefstroom	06-Mar
14:14.88		Ettienne Plaatjies	SWD		6	Stellenbosch	13-Apr
14:18.50	h	Nkashi Namakoe	GAU		1	East London	23-Mar
14:16.63		Armin Botha	CNW		7	Stellenbosch	13-Apr

### 10 000 metres

27:41.30		Elroy Gelant	CNW		1	Durban	26-Apr
28:09.70		Stephen Mokoka	GN	01-Apr-85	2	Durban	26-Apr
28:51.54		Kgosi Tsosane	GN	15-Jan-86	2	Stellenbosch	12-Apr
29:16.49		Namakoe Nkhasi	CG	10-Jan-94	3	Stellenbosch	12-Apr
29:18.69		Gladwin Mzazi	GN	28-Aug-88	3	Durban	26-Apr
29:31.34		Lungisa Mdedelwa	KZN	15-Sep-84	4	Stellenbosch	12-Apr
29:48.04		Jani Lucas	GN		2	ABSA Tuks Pretoria	15-Mar
29:54.21		Joel Mmone	CNW		1	Potchefstroom	06-Feb
30:02.69		Mbongeni Ngxazozo	CG	02-Feb-80	5	Stellenbosch	12-Apr
30:14.89		John Thipe	VT		4	Durban	26-Apr
30:29.75		Xolisani Zamkele	VT		5	Durban	26-Apr
30:33.78		Nkosinathi Sotyantya	WP		1	Belville	16-Mar
30:51.60		David Manja	CNW		2	Potchefstroom	06-Feb
31:13.03		Siyabulele Mtsha	TRA	11-Mar-87	7	Stellenbosch	12-Apr
31:14.31		Collen Mulaudzi	VT		6	Durban	26-Apr
31:19.72		Michael Pienaar	BOL		1	Pretoria	05-Apr
31:19.72		Thobani Chagwe	KZ		1	Pretoria	05-Apr
31:20.25		Karabo Jacobs	VT		7	Durban	26-Apr
31:38.98		Vuyisele Tshoba	GN		4	ABSA Tuks Pretoria	15-Mar

### 3000 metres steeplechase

8.44.57		Rantso Mokopane	CNW	09-Aug-94	1	Durban	26-Apr
8:45.66		Dean Brummer	CNW	15-Sep-88	2	Durban	26-Apr
8:48.74		Skhumbozo Seeme	GN		1	ABSA Tuks Pretoria	15-Mar
8:51.17		Tumelo Motlagale	CG		3	Durban	26-Apr
8:58.35		Amos Nyongo	EP		4	Durban	26-Apr
8.58.95		Khothatso Mokone	FS	18-02-89	5	Durban	26-Apr
9.05.20		Adam Lipschitz	GN	01-01-94	2	Pretoria	5-Apr
9:11.36		Lucas Bothubuthle	CNW		2	Potchefstroom	06-Mar
9.16.49		Mabinza Lukhanyo	GN		2	ABSA Tuks Pretoria	16-Mar
9.16.97		Tumisang Monnatlala	CG		3	Pretoria	5-Apr
9.17.28		Sakhamzi Matiso	EC		1	East London	22-Mar
9.17.60		Sibusiso Madikizela	CGA		1	Pretoria	5-Apr

### 110 metres hurdles

13.59	-0.1	Ruan de Vries	GN		1	Potchefstroom	20-Apr
13.82	-0.5	Lehann Fourie	GN		8	Shangai	18-May
13.96	-0.9	Tshepo Lefete	GN	02-Feb-92	1	Pretoria	06-Apr
13.98	-0.9	Kobus Moolman	GN	08-Jan-91	2	Pretoria	06-Apr

13.98	-0.1	Andre Storm	CNW	12-Jul-98	2	Potchefstroom	20-Apr
14.00	-0.1	Antonio Alkana	FS	12-Apr-90	1h1	Stellenbosch	12-Apr
14.09	-0.1	Muntingh Hamman	GN	07-Mar-90	4	Potchefstroom	20-Apr
14.18	1.0	Willem Coertzen	CNW	30-Dec-82	2h1	Durban	26-Apr
14.23	1.0	Werner Pretorius	GN	26-Jan-92	2	Pretoria	02-Mar
14.40	-0.9	Emmanuel Paggis	FS	06-Aug-92	3	Pretoria	06-Apr
14.53	-0.1	Neil le Roux	BOL	22-Mar-90	5h1	Stellenbosch	12-Apr
14.68	0.4	Ruan Eygelaar	CNW		2	Potchefstroom	06-Feb
14.80	-0.1	Iaan Schoonwinkel	CNW		5	Potchefstroom	20-Apr
14.81	0.3	WP Swart	CNW		2	Potchefstroom	06-Mar

#### Wind

13.78	4.5	Antonio Alkana	FS	12-Apr-90		Parow	16-Feb
13.92	2.1	Kobus Moolman	GN	08-Jan-91	1	ABSA Tuks Pretoria	16-Mar
14.07	2.1	Muntingh Hamman	GN	07-Mar-90	2	ABSA Tuks Pretoria	16-Mar
14.09	2.1	Werner Pretorius	GN	26-Jan-92	3	ABSA Tuks Pretoria	16-Mar
14.28	2.1	Tshepo Lefete	GN		4	ABSA Tuks Pretoria	16-Mar

#### 400 metres hurdles

48.78		Cornel Fredericks	GN		1	Stellenbosch	13-Apr
49.18		PC Beneke	GN	18-Jul-90	2	Stellenbosch	13-Apr
49.85		Wouter le Roux	GN		1	Potchefstroom	20-Apr
50.64		Constant Pretorius	GN	26-01-94	3	Stellenbosch	13-Apr
50.72		Le Roux Hamman	GN	06-Jan-92	4	Stellenbosch	13-Apr
50.74		LJ van Zyl	GN		6	Doha	10-May
51.07		Taariq Solomons	BOL	22-Aug-93	2	Pretoria	06-Apr
51.30		Bernard Pretorius	GN	06-Jan-93	3	Pretoria	06-Apr
51.54		Shami Eksteen	FS		5	Stellenbosch	13-Apr
51.66		Shaun de Jager	BOL		1	Stellenbosch	08-Mar
51.90		Lindsay Hanekom	CG	93	4	Pretoria	06-Apr
51.79		Schalk Burger	CN	20-02-93	2h2	Durban	27-Apr
51.75		Elisham Eksteen	FS	06-08-92	1h1	Durban	27-Apr
51.83		Jurie Moolman	GN	08-Jan-91	4	Durban	27-Apr

#### High jump

2.18		Ruan Claasen	CG	26-Mar-90	1	Ruimsig	09-Feb
2.11		JVA Steytler	FS	8-Sep-92	1	Stellenbosch	15-Apr
2.10		Jacques Freitag	GN		2	Stellenbosch	13-Apr
2.10		Calivin-Lee Maelangwie	CG		3	Durban	27-Apr
2.08		Clyde Ruiters	WP	1994	1	Bellville	09-Mar
2.08		Vernon Lategan	CG	1995	1	East London	21-Mar
2.08		Garth Ellis	EP		2	Stellenbosch	15-Apr
2.06		Mpho Links	GN		1	ABSA Tuks Pretoria	09-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
2.05		Tiaan Steenkamp	CG		1	Pilditch Pretoria	4-Apr
2.05		Tiro Motsepe	GN		1	Pretoria	06-Apr
2.05		Keagan Fourie	BOL		4	Stellenbosch	13-Apr
2.05		Craig Caniham	GN		6	Stellenbosch	13-Apr

2.05		Ramsay Carelse	BOL		8	Stellenbosch	13-Apr
2.02		Ruhan Alberts	FS	1995	q	East London	21-Mar
2.00		Marcel Maree	BO		q	East London	21-Mar
2.00		Brandon Prinlsoo	CN		1	Potchefstroom	06-Feb
2.00		Christo Crause	CNW		1	Potchefstroom	06-Feb
2.00		Maurice Fisher	BOL		1	Paarl	13-Feb
2.00		Andrew de Beer	CG	1994	4	Germiston	02-Mar
2.00		Fredericks Robbert	NW		q	East London	21-Mar
2.00		Ntandazo Mtshengu	KZ	1995	2	East London	21-Mar

### Pole vault

5.30		Heinrich Smit	WP		1	ABSA Tuks Pretoria	19-Feb
5.30		Eben Beukes	CG		1	Pretoria	02-Mar
5.10		Miqael Cilliers	GN		1	ABSA Tuks Pretoria	09-Mar
5.00		Juan de Swardt	BO	1994	2	Stellenbosch	12-Apr
4.80		Ruaan van Wyk	BOL		2	Durban	26-Apr
4.65		Neil Guilomee	BO		1	Stellenbosch	22-Feb
4.60		Waldo van Staden	GN		2	ABSA Tuks Pretoria	16-Mar
4.60		Hennie Beukes	BO		1	Pilditch Pretoria	4-Apr
4.43		Stef Malan	BO		2	Paarl	23-Jan
4.40		Armandt Lotter	GN	u/20	2	Pretoria	09-Feb
4.40		Coleman Brits	GN		2	Pilditch Pretoria	4-Apr
4.40		Emile Pellisier	BO		2	Pretoria	05-Apr
4.40		Samuel Pellissier	FS		4	Durban	26-Apr
4.30		Wilhelm Bronn	BO		3	Stellenbosch	23-Feb
4.30		Neil le Roux	FS	1995	3	East London	22-Mar
4.25		Eric Pellisier	BOL		1	Paarl	13-Feb
4.20		Chris van der Merwe	FS	1995	5	East London	22-Mar
4.20		Coleman Brits	GN	06-04-00	3	Pretoria	09-Feb
4.20		Fabio Gruent	FS	1995	4	East London	22-Mar
4.20		Fredriech Pretorius	GN		4	Pretoria	09-Feb
4.20		JF Burger	CNW		2	Potchefstroom	06-Feb
4.20		JP van der Schyff	CNW		3	Potchefstroom	06-Feb

### Long jump Indoors

8.15		Khotso Mokoena	GN	060385	2	Stockholm	21-Feb
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### Long jump

8.29	-0.7	Zark Visser	CG	150989	1	Stellenbosch	13-Apr
8.11	0.3	Khotso Mokoena	GN	060385	2	Stellenbosch	13-Apr
8.05	0.4	Stefan Brits		190192	1	Raleigh	19-Apr
7.88	0.4	Ruswahl Samaai	CG		2	Pretoria	02-Mar
7.81	0.3	Duwayne Boer	GN	06-01-95	3	Stellenbosch	13-Apr
7.66	0.9	Francois Coetzee	GN		2	University of Johannesburg	22-Apr
7.51	0.2	Keenon Watson	WP		5	Stellenbosch	13-Apr
7.39	0.4	Dylan Cotter	CG		7	Stellenbosch	13-Apr
7.30	0.8	Roelf Pienaar	BOL		8	Stellenbosch	13-Apr
7.15	0.3	Gregory Peterson	BOL		9	Stellenbosch	13-Apr
7.15	0.6	Lezlo Bramwill	CG		10	Stellenbosch	13-Apr

7.10	-1.0	Nhlanhla Masemola	MP		4	Pretoria	06-Apr
7.10	1.3	Juvan van Vuuren	FS		1	Bloemfontein	8-Mar
7.07	0.2	Jason Farao	BOL	Youth	11	Stellenbosch	13-Apr
7.06	0.9	Garth Ellis	EP		3	University of Johannesburg	22-Apr
7.05	0.9	Nardus Greyling	FS		4	University of Johannesburg	22-Apr
6.99	0.4	Jason Farao	FS		1	Pilditch Pretoria	4-Apr
6.99	1.5	Itemuleng Dikoko	GAU		2	Pretoria	06-Apr
6.99	1.4	Koketso Mogapi	VT		5	Pretoria	06-Apr

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7.18		Ryan Pottinger	GAU	1995	2	East London	21-Mar
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#### Wind

7.75	4.7	Roelf Pienaar	BOL		1	Paarl	02-Mar
7.40	6.0	Keenon Watson	WP		1	Parow	16-Feb

#### Triple jump Indoors

15.68		Khotso Mokoena	GN	060385	1	Jyvaskyla	21-Feb
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#### Triple jump

16.03	0.3	Reneilwe Aphane	GN	24-Aug-90	1	Pretoria	02-Mar
15.92	0.2	Apelele Rasmeni	CG	15-Apr-91	2	Stellenbosch	12-Apr
15.64	-1.3	Charles le Roux	GN	05-May-85	4	Stellenbosch	12-Apr
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	15-Jun-94	1	ABSA Tuks Pretoria	09-Mar
14.98	-1.4	Neo Marie	CG	05-Aug-90	6	Stellenbosch	12-Apr
14.86	-1.4	Jason Sewenyana	WP	03-Jan-82	7	Stellenbosch	12-Apr
14.78	-1.4	Koketse Mogapi	VT	24-Jan-92	8	Stellenbosch	12-Apr
14.72	-0.9	Baholo Mohomo	FS		1	Bloemfontein	8-Mar
14.70	0.0	Teboho Modisa	FS		1	Pilditch Pretoria	4-Apr
14.61	0.9	Takalini Munyane	GN		3	University of Johannesburg	22-Apr
14.57	-0.3	Itemuleng Dikoko	GAU		4	Pretoria	06-Apr
14.53	1.7	Sefako Mokhoso	FS		3	Pilditch Pretoria	4-Apr
14.43	0.4	Lorenzo Gordon	WC	1995	5	Pretoria	06-Apr
14.33	-0.1	Anthony Mwanga	KZ		4	Pilditch Pretoria	4-Apr
14.21	0.2	Angel Apolonari	NWN		6	Pretoria	06-Apr

#### nwi

15.79		Charles le Roux	GN	05-May-85	1	Potchefstroom	19-Mar
14.54		Wandile Sibiyi	MP	1994	3	East London	23-Mar
14.33		Jason Boonman	NC		5	East London	23-Mar

#### Shot put

20.31		Jaco Engelbrecht	CG	8-Mar-87	1	ABSA Tuks Pretoria	29-Apr
19.84		Orazio Cremona	GN	1-Jul-89	1	Stellenbosch	13-Apr
18.25		Roelie Potgieter	GN	20-Mar-80	3	Stellenbosch	13-Apr
17.06		Brynn-Peter Kemp	BOL	19-Jan-91	4	Stellenbosch	13-Apr
17.05		Donovan Snyman	CG	30-May-86	5	Stellenbosch	13-Apr
16.99		Ryno van Winkel	FS	22-Feb-90	2	ABSA Tuks Pretoria	29-Apr
16.93		Nico Grobler	GN	3-Sep-88	6	Stellenbosch	13-Apr
16.85		Johan Scholtz	GN		2	ABSA Tuks Pretoria	19-Feb

16.85	Donovan Stebbing	CG	2-Feb-92	1	Pretoria	05-Apr
16.75	Ruan Brits	BOL		1	Paarl	23-Jan
16.74	JP Hoffman	GN		2	Pretoria	02-Mar
16.52	Thumelo Thage	GN	24-Feb-90	8	Stellenbosch	13-Apr
16.42	Ruan Murray	CNW	13-Jun-91	3	Pretoria	06-Apr

### Discus

61.68	Victor Hogan	FS	25-Jul-89	1	Stellenbosch	13-Apr
59.27	Russel Tucker	GN	11-04-90	1	ABSA Tuks Pretoria	09-Mar
55.90	Donovan Snyman	CG	30-May-86	2	Durban	26-Apr
55.41	Dewald van Heerden	CG	04-Apr-91	1	Pretoria	06-Apr
55.14	Brynn-Peter Kemp	BOL	19-Jan-91	2	Pretoria	06-Apr
53.93	Jaco Engelbrecht	CG		3	Durban	26-Apr
53.42	James Sinclair	MP	02-Jun-86	1	ABSA Tuks Pretoria	15-Mar
53.21	Wynand Carstens	BOL		2	University of Johannesburg	22-Apr
52.66	Charl Grobler	GN	23-May-92	3	Pretoria	02-Mar
52.51	Johan Scholtz	GN		3	Pretoria	09-Feb
52.46	Ruan Murray	CNW	13-Jun-91	3	University of Johannesburg	22-Apr
52.38	Sven van Niekerk	MP		4	Pretoria	09-Feb

### Hammer

72.40	Chris Harmse	FS	03-May-71	1	Stellenbosch	12-Apr
66.24	Johan Kruger	WP	15-Apr-87	1	Belville	23-Feb
64.58	Kristiaan Bekker	CG	16-Jun-80	1	Ruimsig	09-Feb
64.04	Renaldo Frechou	CNW	17-Feb-93	1	Potchefstroom	06-Mar
63.13	Ricardo Meiring	EP	12-Sep-74	1	Sydney	02-Mar
62.57	Johan Kruger	BOL	15-Apr-87	4	Stellenbosch	12-Apr
61.69	Lodewalt Venter	CNW	22-Jul-91	2	Potchefstroom	06-Mar
59.44	Thehann van Niekerk	CNW		3	Potchefstroom	06-Mar
57.55	Anre Kotze	CNW		8	Potchefstroom	06-Feb
57.51	Micqel le Roux	WP		1	Belville	16-Mar
56.50	Donovan Stebbing	CG	2-Feb-92	3	Pretoria	06-Apr
55.80	Martin Venter	GN		1	Pretoria	02-Mar

### Javelin

81.97	Robert Oosthuizen	BOL	230187	1	Potchefstroom	20-Apr
75.83	Chad Herman	EP		1	ABSA Tuks Pretoria	29-Apr
73.83	Morne Moolman	WP	010994	3	Austin	29-Mar
73.74	Tobie Holtzhausen	CNW	25-May-87	2	Potchefstroom	06-Feb
72.66	Rocco van Rooyen	WP	2-Apr-33	2	Pretoria	06-Apr
73.83	Stephan Beukes	RSA	14-Jul-94	2	Durban	27-Apr
71.72	Dylan Lindsay	CG		3	Pretoria	06-Apr
71.35	Jason Henning	CN	13-Aug-90	5	Stellenbosch	12-Apr
71.24	Ulrich Damon	BOL	23-Oct-90	1	Parow	16-Feb
69.95	Reinhard van Zyl	GN	07-02-94	1	Pretoria	05-Apr

### 3km Walk

13:42.3	Mdudadzi Mavundla	CGA		1	Potchefstroom	06-Feb
13:56.28	Sheldon George	CN		2	Potchefstroom	06-Feb



**5km Walk**

24:12.53		Ross McDonald	WP		1		Bellville	16-Mar
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**10km Walk**

45:38.24		Lebegang Shange	GN		1		ABSA Tuks Pretoria	16-Mar
45:39.39		Marc Mundell	GN		1		ABSA Tuks Pretoria	16-Mar

**20km Walk**

1:25:10		Wayne Snyman	GN	8-Mar-85	1		Youngsfield	18-May
1:26:06		Lebegang Shange	GN	1-Aug-90	1		Stellenbosch	13-Apr
1:31:24		Marc Mundell	GN	07-07-83	3		Stellenbosch	13-Apr
1:39:05		Ross McDonald	WP	4-Mar-73	4		Stellenbosch	13-Apr
1:39:57		Sanele Matonsi	CG	13-Dec-89	5		Stellenbosch	13-Apr
1:42:28		Mtembi Chauque	FS	11-Feb-93	2		Durban	26-Apr
1:42:47		Wiseman Hlongwa	KZN	4-Apr-87	7		Stellenbosch	13-Apr
1:45:24		Kgothatso Khubeka	CG	5-Dec-81	8		Stellenbosch	13-Apr
1:47:14		Themba Qhaniaqiso	KZN	10-Oct-67	9		Stellenbosch	13-Apr
1:52:09		Ntoane Notoane	CG	20-Feb-95	10		Stellenbosch	13-Apr
1:55:05		Brandon Goosen	BOL	24-Jun-89	11		Stellenbosch	13-Apr

**30km Walk**

2:19:41		Marc Mundell	GN	07-Jul-83	1		Youngsfield	18-May
2:57:05		Keith Reynolds	WP		2		Youngsfield	18-May
3:13:12		Sinetemba Bono	WP		3		Youngsfield	18-May

**WOMEN****100 metres**

11.68	0.8	Melissa Hewitt	CNW	20-May-91	1		Durban	26-Apr
11.72	-1.0	Alyssa Conley	CG	27-Apr-91	1		Pretoria	05-Apr
11.79	1.5	Samantha Pretorius	WP		1h1		Bellville	16-Mar
11.80	-1.0	Elzette Buys	GN	22-Nov-92	2		Pretoria	05-Apr
11.83	1.1	Tamzin Thomas	WP		1		Pilditch Pretoria	4-Apr
11.85	0.8	Phillipa van der Merwe	NC	07-01-94	2		Durban	26-Apr
11.86	0.8	Nabeela Partker	BOL		4		Durban	26-Apr
11.91	-1.0	Ansulet Potgieter	FS		4		Pretoria	05-Apr
11.94	1.0	Chante van Tonder	CG	25-May-93	2		Potchefstroom	19-Mar
11.95	1.4	Liezl Hechter	CN	22-03-94	2		Pretoria	05-Apr
11.96	-1.2	Cherise Jones	GN		1h3		ABSA Tuks Pretoria	19-Feb
11.96	-0.9	Sonja van der Merwe	WP		2h1		Pretoria	05-Apr

**200 metres**

23.28	-0.1	Justine Palframan	BOL		1		Stellenbosch	13-Apr
23.46	1.9	Allysa Conley	CG		1		Potchefstroom	20-Apr
23.78	-0.7	Sonja van der Merwe	WP	19-May-92	3		Pretoria	06-Apr
23.84	1.5	Arista Nienaber (Hefer)	CG	09-Dec-87	1h2		Pretoria	02-Mar
23.86	-0.7	Chante van Tonder	CG	25-May-93	4		Pretoria	06-Apr
23.88	1.0	Elzette Buys	GN	22-Nov-92	2h2		ABSA Tuks Pretoria	09-Mar

24.02	0.8	Philippa vd Merwe	GN		1h1	ABSA Tuks Pretoria	09-Mar
24.08	-0.3	Simone du Plooy	GN		1	Pilditch Pretoria	4-Apr
24.17	-0.1	Ramonnye Goitseona			4	Stellenbosch	13-Apr
24.26	-0.1	Stacey Welsch	WP		7	Stellenbosch	13-Apr
24.29	0.8	Robyn Haupt	WP		1h4	Pilditch Pretoria	4-Apr
24.35	1.0	Wenda Nel (Theron)	GN		4h2	ABSA Tuks Pretoria	09-Mar
24.36	1.1	Loungo Matlhaku	GN		1h3	ABSA Tuks Pretoria	09-Mar
24.48	1.9	Simone du Plooy	GN		3	Potchefstroom	20-Apr
24.50	1.5	Welme van Zyl	GN	15-Dec-88	2h2	Pretoria	02-Mar
24.51	1.9	Carina Horn	GN		4	Potchefstroom	20-Apr
24.58	-0.3	Ariane Nel	NW		3	Pilditch Pretoria	4-Apr

#### Wind

23.74	3.4	Melissa Hewitt	CNW	31-Dec-90	1	Durban	27-Apr
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#### 400 metres

53.25		Anneri Ebersohn	GN	09-Aug-90	1	Durban	26-Apr
53.32		Sonja van der Merwe	WP	19-May-92	1	Pretoria	06-Apr
53.32		Justine Palframan	BOL		2	Pretoria	06-Apr
53.41		Ramonnye Goitseona			1	Stellenbosch	12-Apr
53.56		Arista Nienaber (Hefer)	CG	09-Dec-87	3	Durban	26-Apr
53.74		Wenda Nel (Theron)	GN	30-Jul-88	1	ABSA Tuks Pretoria	09-Mar
54.44		Helene Swanepoel	BO		1	Pilditch Pretoria	4-Apr
54.90		Jeanelle Griessel	GN		1	University of Johannesburg	15-Feb
55.04		Alet Marais (van Wyk)	WP	11-Nov-85	4	Stellenbosch	12-Apr
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
55.51		Anuscha Nice	GN	26-Aug-91	1	ABSA Tuks Pretoria	16-Mar
55.77		Robyn Haupt	WP		2	Pilditch Pretoria	4-Apr

#### 800 metres

2:04.60		Gena Lofstrand	KZ	23-Oct-95	1	Stellenbosch	13-Apr
2:05.60		Anuscha Nice	GN	26-Aug-91	1	ABSA Tuks Pretoria	15-Mar
2:07.42		Danel Prinsloo	FS	27-Mar-92	1	ABSA Tuks Pretoria	29-Apr
2:08.26		Monique Stander	CG	10-Mar-95	3	Stellenbosch	13-Apr
2:08.26		Mandie Brandt	CG	05-Nov-82	4	Stellenbosch	13-Apr
2:09.25		Icarien van Deventer	WP	07-Jun-95	5	Stellenbosch	13-Apr
2:09.72		Thato Makhafola	CG	10-Apr-94	6	Stellenbosch	13-Apr
2:09.81		Jana vd Merwe	CG	01-Aug-97	7	Stellenbosch	13-Apr
2:09.93		Adel Vermaak	GN	25-Sep-93	3	Potchefstroom	19-Mar
2:10.00		Marilse Jordaan	CNW	02-Mar-92	3	Durban	27-Apr
2:10.35		Jana van der Merwe	CG		1	Pilditch Pretoria	4-Apr
2:10.65		Sunel Jacobs	CNW	19-Jan-93	4	Potchefstroom	19-Mar
2:10.94		Anrune Liebenberg	WP		4	Durban	27-Apr
2:11.08		Lizerie Ferreira	GAU		2	Germiston	3-Mar
2:11.26		Alet Marais (van Wyk)	WP	11-Nov-85	9	Stellenbosch	13-Apr
2:11.46		Carien van Deventer	WP	17-Jun-05	2	East London	23-Mar

#### 1500 metres

4:16.08	Mapaseka Makhanya	CG	09-Apr-85	1		Stellenbosch	12-Apr
4:16.90	Danel Prinsloo	FS	27-Mar-92	2		Stellenbosch	12-Apr
4:22.91	Lebo-Diana Phalula	CG	09-Dec-83	3		Stellenbosch	12-Apr
4:24.46	Mandie Brandt	GN	05-Nov-82	4		Stellenbosch	12-Apr
4:26.70	Marlise Jordaan	CNW	30-May-92	2		Stellenbosch	15-Apr
4:26.83	Lizerie Ferreira	CG	28-Jun-96	6		Stellenbosch	12-Apr
4:27.55	Lizerie Fereira	GAU		1		East London	21-Mar
4:28.65	Sunel Jacobs	CNW	19-Jan-93	3		Durban	26-Apr
4:30.29	Carina Viljoen	GAU		2		East London	21-Mar
4:30.44	Carina Viljoen	CG	15-Apr-97	7		Stellenbosch	12-Apr
4:30.49	Lorraine Novela	CG		2		Pretoria	06-Apr
4:31.07	Nonhlanhla Dhlamini	GAU		1		Pilditch Pretoria	30-Jan
4:31.32	Gena Lofstrand	KZ	34995	1		Pretoria	06-Apr
4:31.43	Anuscha Nice	GN	33476	1		ABSA Tuks Pretoria	19-Feb
4:33.07	Nolene Conrad	CG		1		Potchefstroom	19-Mar
4:33.39	Zandile Hadebe	CG		4		Durban	26-Apr
4:33.72	Marilse Jordaan	CNW	02-Mar-92	5		Durban	26-Apr
4:33.76	Salvation Babedi	GAU		3		East London	21-Mar
4:34.54	Duanne Fourie	GAU	1995	1		East London	26-Apr
4:34.92	Ainslee van Graan	GN		1		ABSA Tuks Pretoria	16-Mar
4:35.08	Stella Marais	GN		3		ABSA Tuks Pretoria	19-Feb
4:36.34	Hapiness Mkhize	GN	15-Dec-92	6		Durban	26-Apr
4:36.68	Sunelle Coetzee	MP		2		East London	22-Mar
4:37.66	Zani Kruger	WP		1		Bellville	9-Mar

### One Mile Indoors

4:44.78	Dominique Scott		24-Jun-92	3		College Station	19-Feb
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### 3000 metres Indoor

9:18.71	Dominique Scott		24-Jun-92	2		Fayetteville	26-Feb
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### 3000m

9:41.92	Rosalyn Laurens	CNW		1		Stellenbosch	15-Apr
09:48.19	Nonhlanhla Dhlamini	GAU		1		University of Johannesburg	13-Feb
09:48.90	h Carina Viljoen	GAU		1		East London	21-Mar
09:55.11	Nicole van der Merwe	GAU		1		University of Johannesburg	13-Feb
9:55.23	Portia Ngwenya	GN		2		Stellenbosch	15-Apr
9:56.30	h Blandina Makhatsi	FS		1		East London	23-Mar
10:00.00	Stella Marais	GN	25 Nov 92	3		Stellenbosch	15-Apr
10:00.22	N Nobhangaye	GAU		2		East London	23-Mar
10:03.20	h Tshegofatso Sethlakgoe	GN		2		East London	21-Mar
10:04.00	h Luleka Dyonki	NW		3		East London	23-Mar
10:04.60	Zandile Hadebe	CG		2		University of Johannesburg	22-Apr
10:06.00	h Bernadine McLoud	GAU		4		East London	23-Mar
10:06.90	h Monelo Makhantse	FS		3		East London	21-Mar
10:09.80	h Zani Kruger	WV		4		East London	21-Mar
10:10.40	h Vuyiseka Nkumenge	EC		5		East London	23-Mar
10:11.72	Thandi Sehohle			2		Pilditch Pretoria	30-Jan
10:13.48	Jeanette Bokadie			3		Pilditch Pretoria	30-Jan

10:13.50	h	Sibongile Hlanjwa	FS		5	East London	21-Mar
10:13.75		Salvation Babedi	GAU		1	Pilditch Pretoria	30-Jan
10:14.61		Ebeth Marais	WC		1	Bellville	09-Mar
10:14.79		Thineke Fourie	BOL		4	Stellenbosch	15-Apr
10:21.71		Anneke Gildenhuis	FS		5	Stellenbosch	15-Apr
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

### 3000 metres Indoor

16:03.13		Dominique Scott	#####		11	Seattle	08-Feb
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### 5000 metres

15:53.61		Mapaseka Makhanya	CG	09-Apr-85	1	Stellenbosch	13-Apr
16:27.20		Lebo-Diana Phalula	CG	09-Dec-83	2	Stellenbosch	13-Apr
16:30.65		Nolene Conrad	CG	26-Jan-85	3	Stellenbosch	13-Apr
17:12.62		Rosalyn Laurens	CNW	28-Jul-87	1	Durban	27-Apr
17:12.71		Blandina Makhatsi	FS		1	East London	21-Mar
17:19.41		Ebeth Marais	WP	07-Sep-95	2	East London	21-Mar
17:20.36		Annie Bothma	WP		1	Bellville	09-Mar
17:27.31		Ulrica Stander	WP		1	Bellville	16-Mar
17:36.91		Khonzheni Gwegwa	EC	1994	3	East London	21-Mar
17:40.41		Zandile Makatise	CG		2	Durban	27-Apr
17:55.89		Thandi Sihohle	GAU	1996	4	East London	21-Mar
17:56.49		Kanya Makatise	FS	01-Sep-95	4	Stellenbosch	13-Apr
18:00.17		Janey van der Merwe	BO		5	East London	21-Mar
18:05.33		Stella Marais	GN	25 nov 92	3	Durban	27-Apr
18:06.38		Tanya Scott	WP		2	Bellville	16-Mar
18:07.76		Mia Bosman	GAU		6	East London	21-Mar

### 10 000 metres

34:31.28		Mpho Mabuza	CG	03-Nov-79	1	Stellenbosch	12-Apr
35:15.20		Cornelia Joubert	CG	22-Jun-88	2	Stellenbosch	12-Apr
36:01.97		Portia Ngwenya	GN	02-Aug-88	3	Stellenbosch	12-Apr
37:41.97		Anna Moeketsi	FS	25-Sep-85	4	Stellenbosch	12-Apr
38:32.22		Maryne Swanepoel	FS	24-Jul-86	5	Stellenbosch	12-Apr
38:55.65		Puseletso Dladla	FS	25-Sep-91	6	Stellenbosch	12-Apr
39:31.28		Danette Smith	WP	13-Dec-88	7	Stellenbosch	12-Apr

### 3000 metres steeplechase

10:21.20		Nolene Conrad	CG	26-Jan-85	1	Durban	26-Apr
10:42.52		Thembi Baloyi	GN	7-Jan-89	2	Durban	26-Apr
10:49.21		Thandeka Manzana	GN	30-Nov-95	1	ABSA Tuks Pretoria	15-Mar
10:58.57		Ashleigh Schnetler	CG	2-Jun-91	3	Durban	26-Apr
11:03.43		Olivia Labuschagne	GN	30-Oct-95	2	ABSA Tuks Pretoria	15-Mar
11:07.99		Alicia Labuschagne	GN	30-Oct-95	3	ABSA Tuks Pretoria	15-Mar
11:08.16		Rosalyn Laurens	CNW	28-Jul-87	4	Durban	26-Apr
11:11.43		Leani Grimes	GN	1-Aug-93	5	Durban	26-Apr
11:13.51		Anneke Gildenhuis	FS	1-Apr-92	6	Durban	26-Apr

11:20.32		Sindy Labuschagne	GN	30-Oct-95	4	ABSA Tuks Pretoria	15-Mar
11:37.27		Tiffany Bell	CG	22-Mar-96	5	Stellenbosch	12-Apr

### 100 metres hurdles

13.48	1.7	Rikenette Steenkamp	GN	16-Oct-92	1	Stellenbosch	15-Apr
13.68	1.7	Ansulet Potgieter	FS	27-Apr-91	2	Stellenbosch	15-Apr
14.07	1.3	Maryke Brits			3	Tampa	14-Mar
14.19	-1.3	Kayla Gilbert	CG	05-Jan-93	3	Stellenbosch	12-Apr
14.50	0.3	Bianca Erwee	CNW	04-Mar-90	1	Potchefstroom	06-Mar
14.58	0.6	Mihandra Dorfling	CNW	15-Jun-92	3	Potchefstroom	19-Mar
14.62		Mercia Venter	GAU	20-Jul-95	1h1	East London	21-Mar
14.67		Chrizanne Markham	GAU		1	Germiston	01-Mar
14.68		Schalia Oosthuizen	GAU		2h1	East London	21-Mar
14.87	1.7	Carli Gey van Pittius	BOL		3	Stellenbosch	15-Apr
15.01	1.7	Charnelle Welmans	EP		4	Stellenbosch	15-Apr
15.02		Helga Wendy Bensusan	CG		3	Germiston	01-Mar
15.08	0.3	Carina Etsebeth	GN	18-Feb-90	2	ABSA Tuks Pretoria	09-Mar
15.15	0.6	Liriska Botha	FS	02-Apr-00	4	Potchefstroom	19-Mar
15.18		Marissa Viljoen	GAU		5	Germiston	01-Mar

### Wind

13.42	2.5	Ansulet Potgieter	FS	27-Apr-91	1	Durban	26-Apr
13.45	2.5	Rikenette Steenkamp	GN	16-Oct-92	2	Durban	26-Apr
14.07	2.1	Kayla Gilbert	CG		3	Pretoria	05-Apr

### 400 metres hurdles

56.04		Anneri Ebersohn	GN	09-Aug-90	1	Stellenbosch	13-Apr
56.51		Wenda Nel (Theron)	GN	30-Jun-88	2	Belem	12-May
59.42		D'Jane Kriedemann	CG		1	University of Johannesburg	13-Feb
59.57		Helene Swanepoel	BOL		3	Stellenbosch	
59.82		Ane Fourie	BOL		1	Pretoria	06-Apr
59.98		Izelle Neuhoff	GN		1	Pretoria	06-Apr
60.00		Giana Wilkens	CN		1	Bloemfontein	02-Mar
60.81		Chante Finger	GN		5	Stellenbosch	13-Apr
61.28		Chrizanna Forssman	GN		2	Pretoria	06-Apr
61.45		Claudeen Els	CNW	30-Oct-90	7	Stellenbosch	13-Apr
62.22		Marina Swanepoel	BOL		3	Pretoria	06-Apr

### High jump

1.85		Julia du Plessis	CG	27-May-96	1	Germiston	28-Feb
1.85		Bianca Erwee	CNW	4-Mar-90	1	Stellenbosch	13-Apr
1.75		Marelize Higgens			2	Pilditch Pretoria	30-Jan
1.75		Elizabeth Lotz	GN	19-Feb-82	1	Pretoria	09-Feb
1.71		Karla Bronn	BO		1	Potchefstroom	15-Feb
1.70		Mia Labuschagne	WP		1	Bellville	09-Mar
1.70		Danielle Carstens			1	University of Johannesburg	13-Feb
1.70		Merike Smuts	GN	17-Jan-90	1	Pretoria	30-Jan
1.70		Carina du Preez	CG	18-Sep-89	4	Stellenbosch	13-Apr
1.70		Karla Bronn	BOL	4-Mar-96	5	Stellenbosch	13-Apr
1.70		Leandri Botha	FS	31-Oct-91	5	Stellenbosch	13-Apr

1.70		Chanell Range	CG		2		Durban	27-Apr
1.68		Martiniqe Ferreira			2		Potchefstroom	15-Feb
1.68		Jackie Muller			3		Potchefstroom	15-Feb
1.68		Caitlin Militz	KZ		q		East London	21-Mar
1.66		Savannah Kasner	BO		1		Stellenbosch	23-Feb
1.65		Berne Krugel	GN		2	ABSA Tuks	Pretoria	09-Mar
1.65		Leandri Botha	FS		1		Pretoria	05-Apr
1.65		Morita Botha	EP	22-Jul-92	7		Stellenbosch	13-Apr
1.65		Mia Laubuschagne	WP	4-May-96	7		Stellenbosch	13-Apr
1.65		June Roelofse	BOL	19-Mar-92	7		Stellenbosch	13-Apr
1.65		Taylia Visagie	BOL	16-Feb-96	10		Stellenbosch	13-Apr
1.65		Zehanke Prinsloo	FS	7-Oct-91	4		Durban	27-Apr
1.65		Bennita Botha	GN	25-May-94	5		Durban	27-Apr
1.63		Jeanri J van Rensburg	LIM		q		East London	21-Mar
1.63		Leonie van Rooyen	NC		q		East London	21-Mar
1.63		Evelyn Rothballer	MP		1		Pretoria	06-Apr
1.62		Sonika Knoetze	GN		hept		Durban	26-Apr
1.62		Corlia Kruger	BOL		hept		Durban	26-Apr
1.60		Inge Viljoen	GN		3		Pretoria	09-Feb
1.60		Calli Camacho	GN		1	ABSA Tuks	Pretoria	16-Mar
1.60		Evelyn Rothballer	MP		q		East London	21-Mar
1.60		Alice Maree	FS		3		East London	22-Mar
1.60		Megan Wilke	GAU		4		East London	22-Mar
1.60		Marcelle du Plessis	BOL	24-Sep-93	12		Stellenbosch	13-Apr

### Pole vault

3.90		Deone Joubert	GN	23-Apr-88	1		Pretoria	02-Mar
3.70		Nadia Giliomee	BOL	10-May-94	2		Pretoria	02-Mar
3.60		Mar-Lize Vos	FS	30-Aug-95	1		East London	22-Mar
3.50		Elandi Styger	CN	10-Oct-93	1		Potchefstroom	06-Mar
3.45		Honorata Saar	WP	31-Jan-82	1		Bellville	16-Mar
3.40		Caitlin Sparks	BO		1		Stellenbosch	23-Feb
3.40		Licinda Pienaar	GN		1	Absa Tuks	Pretoria	15-Mar
3.30		Surika Piater	FS	1995	3		Pretoria	05-Apr
3.30		Jameson Colin	BOL	23-Mar-94	4		Pretoria	05-Apr
3.30		Taahirah Kozain	BOL	13-Apr-93	1		Pretoria	06-Apr
3.30		Mariska Smit	BOL	25-Feb-93	2		Pretoria	06-Apr
3.30		Caitlin Sparks	BOL	11-Sep-97	4		Stellenbosch	12-Apr
3.10		Natasha Obermeyer	BO		2		East London	21-Mar
3.00		Dominique Mann	KZ	28-Jun-85	9		Stellenbosch	12-Apr

### Long jump Indoors

6.10		Maryke Brits			5		Blacksburg	22-Feb
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### Long jump

6.81	-1.2	Lynique Prinsloo	GN	30-Mar-91	1		Stellenbosch	13-Apr
6.64	0.7	Carla Marais	GN	10-Dec-87	2		Stellenbosch	13-Apr
6.32	1.5	Samantha Pretorius	WP	03-Feb-92	2		Pretoria	06-Apr
6.30	-0.1	Nicholeen McClaren	MP		3		Stellenbosch	13-Apr

6.27	0.8	Patience Ntshingila	CNW	26-Aug-89	1	Potchefstroom	06-Mar
6.24	0.1	Zanri van der Merwe	GN	14-May-93	4	Stellenbosch	13-Apr
6.21	-0.5	Janice Josphe	BOL		6	Stellenbosch	13-Apr
6.05	1.1	Bianca Erwee	CN	04-Mar-90	2	Potchefstroom	06-Mar
6.05	-1.3	Zinzi Chabangu	CG		q	Stellenbosch	13-Apr
6.00	1.1	Monja Goosen	GN	02-Oct-91	q	Durban	27-Apr
5.99	-0.7	Janet Seeliger	GN	27-Apr-95	7	Stellenbosch	13-Apr
5.88	1.8	Carla Johnson	WP		1	Pilditch Pretoria	04-Apr
5.88	0.8	Kayla Gilbert	CG	05-Jan-93	4	Pretoria	06-Apr
5.78	1.3	Kelly Kingwell	CG		2	Stellenbosch	15-Apr
5.78	0.6	Birdie Carstens	BOL		3	Stellenbosch	15-Apr

#### Wind

6.59	2.1	Lynique Prinsloo	GN	30-Mar-91	1	ABSA Tuks Pretoria	15-Mar
6.38	4.3	Zanri van der Merwe	GN		1	Durban	27-Apr
6.05	4.6	Monja Goosen	GN	02-10-91	2	Durban	27-Apr

#### NWI

6.36		Zanri van der Merwe	GN		1	Potchefstroom	19-Mar
5.97		Monja Goosen	GN		4	Potchefstroom	19-Mar
5.83		Nicholeen McClaren	MP	10-May-90	1	Pretoria	02-Mar
5.75		Megan Wyers			5	Potchefstroom	19-Mar

#### Triple jump

13.09	1.0	Matsi Dikotla	GN	03-Sep-87	1	Stellenbosch	12-Apr
12.70	0.0	Kelly Kingwell	CG	22-Jan-91	1	ABSA Tuks Pretoria	29-Apr
12.29	-0.6	Luchelle Prinsloo	CG	18-Jul-92	3	Stellenbosch	14-Apr
12.24	-0.6	Zinzi Chabangu	CG	28-Sep-96	4	Stellenbosch	12-Apr
12.05	1.5	Somien Schutte	GN		1	ABSA Tuks Pretoria	16-Mar
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	0.0	Dineo Mgwenya	MP		3	Pretoria	06-Apr
11.55	-1.4	Hjane van Gessellen	FS		3	Durban	26-Apr
11.44	-2.2	Danielle Erwee	FS		4	Durban	26-Apr
11.36	1.2	Michelle Cornelius	GN	14-Sep-89	2	ABSA Tuks Pretoria	16-Mar
11.23	-4.1	Nicole Dirk	WP		6	Durban	26-Apr
11.21	0.0	Narieke van der Walt	WP		q	Pilditch Pretoria	04-Apr
11.18	0.0	M. Janse van Rensburg	EP		q	Pilditch Pretoria	04-Apr
11.15	-0.6	Megan van Rooyen	VT		2	Pilditch Pretoria	04-Apr
11.07	-0.6	Nelrine Beyers	BO		3	Pilditch Pretoria	04-Apr
11.07	0.1	Simone Theunissen	SW		3	Pilditch Pretoria	04-Apr
11.04	-4.5	Courtney du Plessis	EP	02-Oct-93	7	Durban	26-Apr
11.00	0.0	Lizandi Schoeman	CG		6	Pilditch Pretoria	04-Apr

#### NWI

11.80		Helga Wendy Bensusan	GAU	1994	1	Germiston	01-Mar
11.52		Thelma Mosehle	CN	06-04-95	1	Potchefstroom	02-Mar

#### Shot

15.49		Sonia Smuts	GN		1	Pretoria	02-Mar
15.39		Ischke Senekal	EP		1	ABSA Tuks Pretoria	29-Apr
15.38		Lezaan Jordaan	CG	17-10-95	1	Stellenosch	13-Apr

14.68	Bianca van Rooyen	CG		3	ABSA Tuks Pretoria	29-Apr
14.43	Geraldine Duvenage	CG	1995	2	Pretoria	05-Apr
14.32	Wanzel Breytenbach	CN		1	Pretoria	02-Mar
13.87	Cecile Meyer	FS		3	Pretoria	05-Apr
13.82	Sonika Knoetze	GN		q	Durban	26-Apr
13.78	Marista Greyling	GN		Hept	Pretoria	02-Mar
13.50	Eunice Olevano	FS		3	Pretoria	05-Apr

### Discus

58.13	Elizna Naude	GN	14-Sep-78	1	Pretoria	09-Feb
57.24	Maryke Oberholzer	GN	27-Nov-89	1	Stellenbosch	13-Apr
49.47	Ischke Senekal	EP	8-Jan-93	2	University of Johannesburg	22-Apr
48.80	Simone Meyer	GN	22-03-93	2	ABSA Tuks Pretoria	09-Mar
48.45	Geraldine Duvenhage	CG	1995	1	Germiston	01-Mar
46.13	Eunice Olevano	FS	21-02-92	3	University of Johannesburg	22-Apr
44.11	Somari Els	GN		2	Pretoria	05-Apr
43.92	Marga Vermaak	BOL		3	Pretoria	05-Apr
43.25	Carmen Killian	GAU		2	East London	23-Mar
43.86	Lindie Liebenberg	CNW		4	Pretoria	05-Apr

### Hammer

57.06	Annemie Smith	RSA	24-Mar-92	1	Pella	28-Mar
53.67	Leandri de Beer	CG	04-Feb-92	1	Ruimsig	09-Feb
53.29	Nanette Stapelberg	CNW	09-Dec-87	1	Stellenbosch	12-Apr
52.52	Magdelene Louw	EP	04-Feb-92	1	Pretoria	06-Apr
50.20	Mieke Stander	EC	17-Jun-05	1	East London	21-Mar
49.58	Chene Coetzee	EC	09-Jun-94	1	Pretoria	09-Feb
47.85	Karen le Roux	BOL		1	Paarl	30-Jan
47.29	Nadia Botha	FS		3	Durban	26-Apr
47.15	Marilize Coetzee	WP	27-Dec-76	1	Bellville	16-Mar
46.32	Karin Snyman	GN	17-Apr-85	7	Stellenbosch	12-Apr
45.35	Amy Botes	EP		3	Pretoria	06-Apr
44.75	Ronique Wepener	CNW		5	Durban	26-Apr

### Javelin

61.87	Sunette Viljoen	CNW	06-Oct-83	1	Stellenbosch	27-Apr
52.62	Gezelle Bernard	CNW	27-Jan-93	3	Potchefstroom	20-Apr
51.05	Carli Grobbelaar	CNW	11-May-93	1	Durban	26-Apr
50.90	Anzell van der Schyff	GN	19-Mar-87	1	Pretoria	30-Jan
49.62	Jo-ane van Dyk	SWD	03-Oct-97	4	Stellenbosch	12-Apr
50.99	Janika Kotze	CNW	27-Jan-93	4	Potchefstroom	20-Apr
47.58	Megan Wilke	GAU	17-Jun-05	1	East London	22-Mar
46.79	Sonnika Knoetze	GN	18-Aug-87	hept	Durban	27-Apr
46.60	Lizel de Swardt	CNW	09-Mar-92	3	Pretoria	05-Apr
45.96	Zane Fourie	SWD	03-May-96	5	Stellenbosch	12-Apr
45.64	Carien Dreyer	GN		4	Pretoria	05-Apr
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-Aug-95	3	East London	22-Mar



**3km Walk**

14:45.16	Jessica van Wyk	CNW		1	Potchefstroom	06-Feb
14:49.48	Corli Swart	CN		1	Potchefstroom	20-Apr
15:55.38	Bianca Esterhuizen	CNW		2	Potchefstroom	20-Apr
16:04.53	Anette Koen	CNW		3	Potchefstroom	20-Apr
16:16.63	Inge Kotze	CNW		4	Potchefstroom	20-Apr
16:49.27	Chandri van Heerden	CNW		5	Potchefstroom	20-Apr

**5km Walk**

24:52.26	Susan Swanepoel	GN		1	ABSA Tuks Pretoria	09-Mar
29:52.23	Juane Wiid	GN		2	ABSA Tuks Pretoria	09-Mar
30:15.75	Edna Brand	WP		1	Bellville	16-Mar
31:44.63	Deborah Horn-Botha	WP		2	Bellville	16-Mar

**10km Walk**

50:41.09	Susan Swanepoel	GN		1	ABSA Tuks Pretoria	16-Mar
54:40.11	Chanice Klink	BO		1	Bellville	09-Mar
57:59.40	Phelokazi Gcolotela	CG		1	East London	23-Mar
1:01:42	Cindy Lange	WP		1	Youngsfield	18-May
1:03:11	Celeste Scheepers	WP		2	Youngsfield	18-May
1:03:30	Althea Janari	WP		3	Youngsfield	18-May
1:03:53	Gail Williams	WP		4	Youngsfield	18-May
1:05:00	Deborah Horn-Botha	WP		5	Youngsfield	18-May
1:06:03.41	Juanine Langeveldt	WC		2	East London	23-Mar
1:06:39.63	Bianca Swanepoel	WP		2	Bellville	09-Mar
1:06:50	Wendy Josephs	WP		6	Youngsfield	18-May
1:07:17.94	Sisipoho Sokrowa	WC		3	East London	23-Mar

**20km Walk**

1:44:40	Anel Oosthuizen	SWD	22-Apr-95	1	Stellenbosch	13-Apr
1:44:42	Susan Swanepoel	GN	10-Feb-73	2	Stellenbosch	13-Apr
1:50:51	Corli Swart	CNW		1	Durban	26-Apr
1:51:41	Jessica van Wyk	CNW		2	Durban	26-Apr
1:53:55	Michelle Hopkins	UJ		3	Durban	26-Apr

end



























































































































































































































































































































































































































































































































































































































































































































































































































































































































































































