



2013 SOUTH AFRICAN YOUTH TOP PERFORMANCES

BORN 1996/97

Compiled by DANIE AND NEIL CORNELIUS

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As at 12 May

MEN

100 metres

10.69	1.7	Nelis Janse van Rensburg	MP	1	Pilditch Pretoria	4-Apr
10.74	0.4	Llwellyn Hein		1	Potchefstroom	15-Feb
10.76	1.7	Tiaan Kleynhans	GN	2	Pilditch Pretoria	4-Apr
10.80	1.7	Masolwa Mafuma	CG	3	Pilditch Pretoria	4-Apr
10.85	1.7	Hlapho Rantabane	FS	4	Pilditch Pretoria	4-Apr
10.86	1.5	Gericke Jooste	GN	1	ABSA Tuks Pretoria	15-Mar
10.87	1.7	Lendo Greyling	GN	5	Pilditch Pretoria	4-Apr
10.91	0.3	Gerrit Wickens	NC	1sf2	East London	21-Mar
10.92	0.4	Ronaldo Rakaku	FS	1	Bloemfontein	8-Mar
10.93	1.5	Lebogang Maloka	GN	2	ABSA Tuks Pretoria	15-Mar

nwi

10.82		Mosolwa Mafuma	CG	1h1	Germiston	2-Mar
10.88		Desmond Ferreira	EC	1sf3	East London	21-Mar
10.90		Hlapho Rantabane	FS	2sf1	East London	21-Mar
10.91		Tiaan Kleynhans	GAU	1h2	Germiston	2-Mar
10.91		Justin Bhana	CG	1	Germiston	2-Mar

200 metres

21.53	0.9	Llwellyn Hein	FS	1sf3	Pilditch Pretoria	4-Apr
21.67	-0.3	Ronald Rakaku	FS	1sf1	Pilditch Pretoria	4-Apr
21.72	0.2	Eckhardt Deon Rossouw	CG	1h2	Pilditch Pretoria	4-Apr
21.88	0.9	Gericke Jooste	GN	2sf3	Pilditch Pretoria	4-Apr
21.88	0.9	Eddie Engelbrecht	LIM	3sf3	Pilditch Pretoria	4-Apr
21.89	-1.5	Dale Williams	EC	2h1	East London	21-Mar
21.90	-2.1	Mosolwa Mafuma	CG	3	Pilditch Pretoria	4-Apr
21.91	0.1	Dueston Olivier	BO	1sf2	Pilditch Pretoria	4-Apr
21.98	1.4	Hendrik Maartens	FS	1	Bloemfontein	8-Mar
21.99	0.9	Ruan Willemse		4sf3	Pilditch Pretoria	4-Apr

nwi

21.01		Eckhardt Deon Rossouw	CG	1	ABSA Tuks Pretoria	1-Feb
21.44		Paul Maluleka		1	Pilditch Pretoria	30-Jan
21.62		Brenden Fouche	GAU	2	Pilditch Pretoria	30-Jan
21.63		Lendo Greyling	GN	2	ABSA Tuks Pretoria	1-Feb
21.98		Justin Bhana	CG	5	Pilditch Pretoria	30-Jan

400 metres

47.25		Eckhardt Deon Rossouw	CG	1	Pilditch Pretoria	4-Apr
48.08		Kelvin Groenewald		1	University of Johannesburg	13-Feb
48.44		Larry Lombard	GAU	2	East London	21-Mar
48.59		Brenden Fouche	GAU	3	East London	21-Mar
48.62		Jeremia Jelwana	WP	4	East London	21-Mar
48.62		Karabelo Moleko	FS	5	East London	21-Mar
49.08		Ruben Marnewick	FS	1	Bloemfontein	8-Mar

49.32		Emilio Despotakis	CG	1sf1	Pilditch Pretoria	4-Apr
49.42		Lucas Visagie	FS	3	Bloemfontein	8-Mar
49.42		Njabulo Mtehmhu	LZ	2sf2	Pilditch Pretoria	4-Apr

800 metres

1:50.04		Jaybe van Rooyen	CN	1	Potchefstroom	2-Mar
1:52.33		Thabo Masamini	CG	2	Pilditch Pretoria	4-Apr
1:53.24		Renier Spamer	CG	3	Pilditch Pretoria	4-Apr
1:53.63		Yster Louw	CG	4	Pilditch Pretoria	4-Apr
1:54.46		Andrico Williams		1	Potchefstroom	15-Feb
1:54.53		Heinrich van Niekerk	GN	2sf1	Pilditch Pretoria	4-Apr
1:54.60		Thato Masimini		2	Pilditch Pretoria	30-Jan
1:55.10		Johan Pyper	CN	5	Pilditch Pretoria	4-Apr
1:55.16		Thabo Makinita	CG	1	Germiston	28-Feb
1:55.25		Olebogeng Masetlhe	GAU	3	Germiston	3-Mar

1500 metres

3:54.74		Andrico Williams	FS	1	Bloemfontein	8-Mar
3:56.55		Ruan Meintjies	NW	1	East London	21-Mar
3:58.23		Moeketsi Sekosana	FS	3	East London	21-Mar
3:58.71		Aphelele Faneko	EC	3h1	East London	21-Mar
3:58.81		Jaybee van Rooyen	NW	4h1	East London	21-Mar
3:59.19		Gareth Harvett	GAU	5h2	East London	21-Mar
3:59.51		Thabo Mkhwanazi	KZ	1	Durban	8-Mar
4:00.50		Armin Fillies	FS	2	Bloemfontein	8-Mar
4:00.86		Olebogeng Masetlhe	GAU	1	Germiston	2-Mar
4:01.44		Lindokhle Mkhwanazi	KZ	2	Durban	8-Mar

3000 metres

8:28.80	h	Moeketsi Sekosana	FS	1	East London	21-Mar
8:32.20	h	Lentswe Mere	NW	2	East London	21-Mar
8:32.37		Bruce-Lynn Damons	WP	1	Bellville	9-Mar
8:33.10	h	Aphelele Faneko	EC	3	East London	21-Mar
8:35.60	h	Enock Mokoena	GAU	4	East London	21-Mar
8:38.52		Leeroy Lawrence	WP	2	Bellville	9-Mar
8:40.52		McMarshall Hartzenberg	WP	3	Bellville	9-Mar
8:47.03		Mthokozisi Mazibuko	KZ	1	Durban	8-Mar
8:47.72		Aphelele Pungula	KZ	2	Durban	8-Mar
8:48.77	h	Lindokhle Mkhwanazi	KZ	3	Durban	8-Mar

2000 metres steeplechase

5:46.97		Ruan Meintjies	NW	1	East London	21-Mar
5:57.52		Enock Mokoena	GAU	2	East London	21-Mar
5:59.88		M. Cunukelo	GAU	3	East London	21-Mar
6:00.88		Kutlwello Seakamela	GN	1	ABSA Tuks Pretoria	15-Mar
6:00.98		Fukama Ramakokobo	GN	2	ABSA Tuks Pretoria	15-Mar
6:01.55		I. Lesia	GAU	4	East London	21-Mar
6:06.78		Siyabonga Mabena	GAU	3	Germiston	2-Mar
6:09.85		Riaan van der Merwe	CG	2	Pilditch Pretoria	4-Apr
6:09.95		Heinrich Wagner	WP	1	Bellville	9-Mar
6:12.47		Jassop Belo	FS	5	East London	21-Mar

110 metres hurdles

13.84	-0.3	Rivaldo Roberts	GN	1	Pilditch Pretoria	4-Apr
13.89	-0.3	Peter John Waterboer	WC	2	Pilditch Pretoria	4-Apr
14.07	-0.3	Carlo Visser	WP	3	Pilditch Pretoria	4-Apr

14.13	-0.3	Stean Pienaar	GN	5	Pilditch Pretoria	4-Apr
14.13	-0.3	Hanno Coetzer	CN	4	Pilditch Pretoria	4-Apr
14.19	-0.3	Jeremia Jelwana	WP	6	Pilditch Pretoria	4-Apr
14.37	-0.8	Marthinus Hendriks	GAU	1h2	East London	21-Mar
14.40	-1.0	Estian van Rooyen	GN	2	ABSA Tuks Pretoria	9-Mar
14.42	0.1	Masego Sesele	FS	2h3	East London	21-Mar
14.51	0.3	Jan Rens	MP	3h1	East London	21-Mar

nwi

14.12		Goodman Mkwanazi		1	Pilditch Pretoria	30-Jan
14.32		Danielo Viljoen		1	Pilditch Pretoria	30-Jan
14.47		Kenneth Andrew Sinclair	GAU	1	Germiston	2-Mar

400 metres hurdles

52.51		Hanno Coetzer	CN	1	Pilditch Pretoria	4-Apr
52.56		Larry Lombaard	CG	2	Pilditch Pretoria	4-Apr
53.61		Marno van der Meulen	GN	3	Pilditch Pretoria	4-Apr
53.64		Lihan Botha	GAU	1	University of Johannesburg	13-Feb
53.65		Odwa Nkunjana	MP	4	Pilditch Pretoria	4-Apr
53.92		Estian van Rooyen	GN	1	Pilditch Pretoria	22-Feb
53.94		Rivvie Roberts	GN	2	Pilditch Pretoria	22-Feb
54.04		Hanno Bezuidenhout	FS	1	Bloemfontein	8-Mar
54.13		A.J van Blerk	CG	5	Pilditch Pretoria	4-Apr
54.30		Jan Rens	MP	1	University of Johannesburg	15-Feb

High jump

2.06		Mpho Links	GN	1	ABSA Tuks Pretoria	9-Mar
2.05		Tiaan Steenkamp	CG	1	Pilditch Pretoria	4-Apr
2.00		Marcel Maree	BO	q	East London	21-Mar
1.97		Rijn Hartman	GN	1	Potchefstroom	15-Feb
1.96		Pieter Christiaan Coetzer	FS	q	East London	21-Mar
1.95		Leon Strauss	BO	2	Paarl	1-Mar
1.95		Phumlane Sibisi	GAU	3	Germiston	3-Mar
1.95		Teboho Modisa	GN	2	ABSA Tuks Pretoria	9-Mar
1.95		Riekert Redelinghuys	FS	q	East London	21-Mar
1.95		JJ Louerns	LIM	q	East London	21-Mar

Pole vault

4.65		Neil Guilomee	BO	1	Stellenbosch	22-Feb
4.60		Hennie Beukes	BO	1	Pilditch Pretoria	4-Apr
4.43		Stef Malan	BO	2	Paarl	23-Jan
4.40		Coleman Brits	GN	2	Pilditch Pretoria	4-Apr
4.30		Wilhelm Bronn	BO	3	Stellenbosch	23-Feb
3.80		Harm Venter	FS	3	East London	21-Mar
3.80		Gerrie du Plessis	FS	5	Pilditch Pretoria	4-Apr
3.70		Dean Bubb	FS	1	Bloemfontein	8-Mar
3.60		Stefano Eckhard	FS	5	East London	21-Mar
3.40		Dana Fourie	BO	5	Stellenbosch	23-Feb

Long jump

7.10	1.3	Juvan van Vuuren	FS	1	Bloemfontein	8-Mar
6.99	0.4	Jason Farao	FS	1	Pilditch Pretoria	4-Apr
6.97	-0.4	Johan van Vuuren	FS	2	Pilditch Pretoria	4-Apr
6.94	-1.6	Clarence Reynders	CG	3	Pilditch Pretoria	4-Apr
6.92	0.1	Baholo Mohomo	FS	4	Pilditch Pretoria	4-Apr
6.87	0.0	Anthony Mwanga	KZ	5	Pilditch Pretoria	4-Apr
6.86	-1.5	Ruan Willemse		6	Pilditch Pretoria	4-Apr

6.83	0.6	Dillon Solomons	WP		7	Pilditch Pretoria	4-Apr
6.60	-4.2	Zayne Farmer	BO		2	Paarl	1-Mar
6.60	1.9	Rowan Murray	KZ	12-08-96	1	Durban	8-Mar
nwi							
7.19		Jesse Perez	GAU		1	East London	21-Mar
7.05		Ruan Willemse	NC		2	East London	21-Mar
6.99		Jason Farao	WC		3	East London	21-Mar
6.98		Baholo Mokhomo	FS		4	East London	21-Mar
6.94		Jesse Perez	GAU		1	Germiston	2-Mar
6.92		John-Ikechi Osuali	NW		6	East London	21-Mar
6.85		Lean Claasen	GN		1	Germiston	28-Feb
Triple jump							
14.72	-0.9	Baholo Mohomo	FS		1	Bloemfontein	8-Mar
14.70	0.0	Teboho Modisa	FS		1	Pilditch Pretoria	4-Apr
14.53	1.7	Sefako Mokhoso	FS		3	Pilditch Pretoria	4-Apr
14.33	-0.1	Anthony Mwangi	KZ		4	Pilditch Pretoria	4-Apr
14.11	0.5	Dillon Solomons	WP		1	Bellville	9-Mar
13.99	-2.9	Clayton Kiewitz	SW		5	Pilditch Pretoria	4-Apr
13.97	-0.2	Eugh Nyakabau	KZ		6	Pilditch Pretoria	4-Apr
13.95	0.5	Thingo Tshabalala	KZ		7	Pilditch Pretoria	4-Apr
13.87	-2.3	Dillon Solomons	WP		8	Pilditch Pretoria	4-Apr
13.70	-0.8	Shakeel Cajee	VT		9	Pilditch Pretoria	4-Apr
nwi							
14.08		Holiday Malepe	GAU		4	East London	21-Mar
14.03		Teboho Molibeli			1	Pilditch Pretoria	30-Jan
13.93		Shakeel Cajee	GAU		2	Germiston	3-Mar
13.73		Bongi Skwasha	GAU		3	Germiston	3-Mar
Shot put							
19.57		Ruan Brits	BO		1	Potchefstroom	15-Feb
17.96		Franco van den Berg	GAU		1	Germiston	2-Mar
17.64		Johan Scholtz	GN		2	Germiston	2-Mar
17.45		Ryno Herbst	CG		1	Germiston	28-Feb
17.02		Daniel Griesel			1	University of Johannesburg	15-Feb
16.96		Robert Lyons	EC		3	East London	21-Mar
16.93		Juan Williams	GAU		1	University of Johannesburg	13-Feb
16.92		Jason Jullian van Rooyen	GAU		4	Germiston	2-Mar
16.62		Arthur Matthee	GN		2	ABSA Tuks Pretoria	15-Mar
16.61		Tristan Rothman			1	Potchefstroom	9-Feb
Discus							
55.92		Johan Scholtz	GN		1	Pilditch Pretoria	4-Apr
55.89		Sven van Niekerk	LIM		2	Pilditch Pretoria	4-Apr
53.13		Ruan van Wyk			1	Bloemfontein	2-Mar
52.90		Ruan Brits	BO		1	Stellenbosch	23-Feb
52.79		Roland Pienaar	KZ		1	Durban	8-Mar
52.74		Jaco Nortje			2	Bloemfontein	2-Mar
51.99		Daniel Maree	SW		4	Pilditch Pretoria	4-Apr
51.98		Wikus Groenewald	BO		2	Stellenbosch	23-Feb
51.93		Jason van Rooyen			1	University of Johannesburg	13-Feb
51.88		Sven van Niekerk	LIM		3	East London	21-Mar
Hammer							
72.81		Tshepang Makete	FS		1	East London	21-Mar

61.87		Alan Cumming	EP	2		Pilditch Pretoria	4-Apr
57.95		Anre Kotze	NW	3		East London	21-Mar
55.43		Jason Clark	SW	3		Pilditch Pretoria	4-Apr
54.02		Ruan Brits	BO	1		Stellenbosch	23-Feb
53.61		Roche Swanepoel	EC	5		East London	21-Mar
53.18		Wikus Groenewald	BO	5		Pilditch Pretoria	4-Apr
52.16		Ryan Koen		2		Bloemfontein	2-Mar
50.77		Helgard van Heerden		3		Pilditch Pretoria	30-Jan
50.39		Ulrich Retief	BO	2		Paarl	1-Mar

Javelin

71.91		Leon Laubsher	BO	1		Pilditch Pretoria	30-Jan
70.71		Danie Maree	CNW	1		East London	21-Mar
69.90		Adriaan van Niekerk	GAU	1		Potchefstroom	15-Feb
69.60		Gustav Marais		1		ABSA Tuks Pretoria	1-Feb
68.77		Danie Maree	CN	1		Pilditch Pretoria	4-Apr
67.51		Dante de Wet	GAU	2		East London	21-Mar
64.65		Johann Grobler	GN	4		Pilditch Pretoria	4-Apr
64.14		Jeandre Bekker	MP	5		Pilditch Pretoria	4-Apr
62.60		Dehan Visser	BO	2		ABSA Tuks Pretoria	1-Feb
61.70		Maghiel le Roux		2		Pilditch Pretoria	30-Jan

10km Walk

52:39.90		Armand Burger	GAU	1		Germiston	3-Mar
53:47.04		Thando Maginingxa	BO	1		East London	21-Mar
54:09.44		Jeandre Petersen	WP	1		Bellville	9-Mar
55:00.15		Carel van der Merwe	BO	1		Paarl	1-Mar
55:20.79		Sihlopha Malise	EC	3		East London	21-Mar
55:41.48		Emile Galandt	BO	2		Paarl	1-Mar
55:49.28		Manqoba Dhlamini	KZ	4		East London	21-Mar
55:51.90		Lunga Mkefa	EC	5		East London	21-Mar
56:39.29		Tumisang Pule	GAU	2		Germiston	2-Mar
57:33.83		Mlamuli Nuza	KZ	2		Durban	8-Mar

WOMEN

100 metres

11.83	1.1	Tamzin Thomas	WP	1		Pilditch Pretoria	4-Apr
12.01	-1.9	Simone du Plooy	GN	1h4		Pilditch Pretoria	4-Apr
12.13	-0.8	Reabetswe Mloi	GN	18-06-05	1	ABSA Tuks Pretoria	15-Mar
12.20	1.1	Megan Phillips	CG	3		Pilditch Pretoria	4-Apr
12.31	1.1	Ariane Nel	NW	4		Pilditch Pretoria	4-Apr
12.52	1.1	Carla Johnson	WP	6		Pilditch Pretoria	4-Apr
12.55	0.5	Elizma Kuhn	FS	1		Bloemfontein	8-Mar
12.55	1.1	Charnique Jacobs	CN	7		Pilditch Pretoria	4-Apr
12.56	-0.2	Bea-Marie Schutte	KZ	2h1		East London	21-Mar
12.57	-0.8	Chante Finger	GN	3		ABSA Tuks Pretoria	15-Mar

nwi

11.96		Simone du Plooy	GN	1h1		ABSA Tuks Pretoria	15-Mar
12.07		Megan Phillips	GAU	1		Germiston	2-Mar
12.46		Leah Haynes	GN	3h1		ABSA Tuks Pretoria	15-Mar
12.50		Chante Finger	GN	1h2		ABSA Tuks Pretoria	15-Mar

200 metres

24.08	-0.3	Simone du Plooy	GN	1		Pilditch Pretoria	4-Apr
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24.29	0.8	Robyn Haupt	WP	1h4	Pilditch Pretoria	4-Apr
24.58	-0.3	Ariane Nel	NW	3	Pilditch Pretoria	4-Apr
24.89	-0.3	Megan Phillips	CG	4	Pilditch Pretoria	4-Apr
25.05	0.5	Rese Smit	WC	1h1	Pilditch Pretoria	4-Apr
25.46	0.5	Bianca Jones	VT	2h1	Pilditch Pretoria	4-Apr
25.55	-0.6	Charnique Jacobs	CN	2h3	Pilditch Pretoria	4-Apr
25.70	-1.2	Bea-Marie Schutte	KZ	1h1	East London	21-Mar
25.76	-1.9	Elizma Kuhn	FS	1	Bloemfontein	8-Mar
25.84	1.0	C. Seddon	EP	5h2	Pilditch Pretoria	4-Apr
nwi						
25.37		Mariska van Dyk	GN	1h1	ABSA Tuks Pretoria	15-Mar

400 metres

54.44		Helene Swanepoel	BO	1	Pilditch Pretoria	4-Apr
54.90		Jeanelle Griessel	GN	1	University of Johannesburg	15-Feb
55.77		Robyn Haupt	WP	2	Pilditch Pretoria	4-Apr
56.26		Mariska van Dyk	GN	3	Pilditch Pretoria	4-Apr
56.84		Danielle Human	GN	1	East London	21-Mar
57.33		Jana van der Merwe	GAU	2	East London	21-Mar
57.42		Nicole Breuker	GAU	1	University of Johannesburg	15-Feb
57.50		Ariane Nel	NW	2h3	Pilditch Pretoria	4-Apr
57.99		Heideli du Plessis	MP	3h3	Pilditch Pretoria	4-Apr
58.08		L. van Zyl	CG	2	ABSA Tuks Pretoria	1-Feb

800 metres

2:10.35		Jana van der Merwe	CG	1	Pilditch Pretoria	4-Apr
2:11.08		Lizerie Ferreira	GAU	2	Germiston	3-Mar
2:12.05		Christine Bosch	WP	2	Pilditch Pretoria	4-Apr
2:14.43		Inge Brewis	MP	4	Pilditch Pretoria	4-Apr
2:15.07		Marne Mentz	GN	1	Pilditch	2-Mar
2:15.41		Nicole Breuker	GAU	1	University of Johannesburg	15-Feb
2:16.55		Camilia Bronkhorst	GN	2	University of Johannesburg	15-Feb
2:16.77		Mareli Hiemstra		4	Pilditch Pretoria	30-Jan
2:17.22		Laura Labuschagne	BO	1	Potchefstroom	15-Feb
2:17.39		Juane Moolman	CG	1	University of Johannesburg	13-Feb

1500 metres

4:27.55		Lizerie Ferreira	GAU	1	East London	21-Mar
4:30.29		Carina Viljoen	GAU	2	East London	21-Mar
4:31.07		Nonhlanhla Dhlamini	GAU	1	Pilditch Pretoria	30-Jan
4:33.76		Salvation Babedi	GAU	3	East London	21-Mar
4:37.66		Zani Kruger	WP	1	Bellville	9-Mar
4:38.33		Portia Ngwenya	GN	1	Pilditch	9-Feb
4:38.33		Malethabo Seema	GN	1	Pilditch Pretoria	9-Feb
4:38.47		Jana van der Merwe	GAU	1	Pilditch Pretoria	30-Jan
4:39.70		Dimakatso Mosia	FS	4	East London	21-Mar
4:40.16		Inge Brewis	MP	5	East London	21-Mar

3000m

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
10:03.20	h	Tshegofatso Sethlakgoe	GN	2	East London	21-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
10:11.72		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

2000 metres steeplechase

7:13.33		Tshegofatso Sethlakgoe	GN	1	ABSA Tuks Pretoria	15-Mar
7:21.99		Tiffani Bell	CG	1	Pilditch Pretoria	4-Apr
7:25.87		Jeanette Bokadie	CG	2	Pilditch Pretoria	4-Apr
7:28.25		Tharien Erasmus	CG	3	Pilditch Pretoria	4-Apr
7:31.67		Rachel Modise	GN	2	ABSA Tuks Pretoria	15-Mar
8:14.72		S. Scholtz	EP	4	Pilditch Pretoria	4-Apr

100 metres hurdles

13.92	-1.4	Jeanelle Laubscher	GN	1	Pilditch Pretoria	4-Apr
13.97	-1.4	D'Jane Kriedeman	CG	2	Pilditch Pretoria	4-Apr
14.22	-1.4	Bea-Marie Schutte	KZ	3	Pilditch Pretoria	4-Apr
14.24	-1.4	Hestia Hannekom	GN	4	Pilditch Pretoria	4-Apr
14.30	-1.4	Janke van Wyk	WP	5	Pilditch Pretoria	4-Apr
14.36	1.7	Chante Finger	GN	2	Pilditch Pretoria	2-Mar
14.36	-1.4	Lindie Koch	GN	6	Pilditch Pretoria	4-Apr
14.37	-1.4	Leah Haynes	GN	7	Pilditch Pretoria	4-Apr
14.49	-1.4	Veroeshka Strauss	FS	8	Pilditch Pretoria	4-Apr
14.59	0.1	Manilinde Maritz	WC	4	East London	21-Mar

nwi

14.29		Leah Haynes	GN	2	ABSA Tuks Pretoria	15-Mar
14.36		Bianca Jones	GN	2	Germiston	02-Mar
14.57		Manilinde Maritz	WC	2h2	East London	21-Mar

400 metres hurdles

59.42		D'Jane Kriedeman	CG	1	University of Johannesburg	13-Feb
59.57		Helene Swanepoel	BO	3	Stellenbosch	13-Apr
60.81		Chante Finger	GN	5	Stellenbosch	13-Apr
61.91		Rozelle Meier	WP	3	Pilditch Pretoria	04-Apr
61.94		Aascan Shea Sonnekus	CG	4	Pilditch Pretoria	04-Apr
62.12		Crystal Liebenberg	GN	5	Pilditch Pretoria	04-Apr
62.22		Chanel Leuvennink	WP	1	Bellville	09-Mar
62.85		Jeanelle Griessel	GN	1	University of Johannesburg	15-Feb
63.10		Denise Hartman	CN	1	Potchefstroom	09-Mar
63.12		Thabita Visagie	CN	1	Potchefstroom	02-Mar

High jump

1.85		Julia du Plessis	CG	1	Germiston	28-Feb
1.75		Marelize Higgens		2	Pilditch Pretoria	30-Jan
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
1.68		Martinique 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

Pole vault

3.40		Caitlin Sparks	BO	1	Stellenbosch	23-Feb
3.10		Natasha Obermeyer	BO	2	East London	21-Mar
2.90		Eslie Lamley		1	Potchefstroom	15-Feb
2.90		Johanne Potgieter	FS	3	East London	21-Mar
2.80		Alyssa Gildenhuys	BO	3	Paarl	01-Mar

2.70		Timna Snyman	BO	4	Paarl	01-Mar
2.70		Janike Nel	FS	4	East London	21-Mar
2.70		Bianca Steyn	FS	1	Bloemfontein	08-Mar
2.70		Adele van Staden	FS	4	Pilditch Pretoria	04-Apr
2.60		Ju-Mari Kruger	FS	6	East London	21-Mar
2.60		Sunita Aveling	FS	7	East London	21-Mar
2.60		Monica Steyn	FS	2	Bloemfontein	08-Mar
2.60		Catherene Swanepoel	GN	7	Pilditch Pretoria	04-Apr

Long jump

6.05	-1.3	Zinzi Chabangu	CG	q	Stellenbosch	13-Apr
5.88	1.8	Carla Johnson	WP	1	Pilditch Pretoria	04-Apr
5.68	2.0	Marichelle Nortje	MP	3	Pilditch Pretoria	04-Apr
5.65	0.2	Marne Kruger	GN	4	Pilditch Pretoria	04-Apr
5.59	0.2	Taylia Visagie	BO	5	Pilditch Pretoria	04-Apr
5.53	1.2	Nienka du Toit	BO	6	Pilditch Pretoria	04-Apr
5.52	2.0	Carla Werth	WP	7	Pilditch Pretoria	04-Apr
5.37	1.9	Alexandra Smit	BO	8	Pilditch Pretoria	04-Apr
5.36	0.1	Johannes Jodee		9	Pilditch Pretoria	04-Apr
5.33	0.9	Hestia Hannekom	GN	10	Pilditch Pretoria	04-Apr

nwi

5.96		Zinzi Chabangu	CG	2	Germiston	28-Feb
5.69		Marne Kruger	GN	2	East London	21-Mar
5.68		Hestia Hannekom	GN	1	University of Johannesburg	13-Feb
5.56		Megan Phillips		1	Germiston	28-Feb
5.52		Stefani van Niekerk	CG	1	University of Johannesburg	15-Feb
5.48		Martine Vermeulen	GN	3	Germiston	02-Mar
5.45		Gezelle Magerman	BO	1	Paarl	01-Mar
5.41		Bernice Nieuwoudt	GAU	4	Germiston	02-Mar

Triple jump

12.24	0.9	Zinzi Chabangu	CG	4	Stellenbosch	12-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
11.00	0.0	Lizandi Schoeman	CG	6	Pilditch Pretoria	04-Apr
10.99	0.0	Hendra Marx	FS	q	Pilditch Pretoria	04-Apr
10.83	-0.8	Robyn Haupt	FS	1	Bellville	08-Mar

nwi

11.34		Nelrine Beyers	WC	2	East London	21-Mar
11.28		Megan van Rooyen	GAU	2	Germiston	03-Mar
11.26		Narieke van der Walt	WC	3	East London	21-Mar
11.14		Lizandi Schoeman	GAU	19-06-05	Germiston	03-Mar
11.09		Cheray Enid Becker	CN	1	Potchefstroom	09-Mar
11.09		Ntombizodwa Yengwa	CN	1	Potchefstroom	02-Mar
11.00		Danya Hagen		1	University of Johannesburg	13-Feb
10.90		Ntombi Yengwa	NW	5	East London	21-Mar
10.90		Mariska Janse van Rensburg	EC	6	East London	21-Mar

Wind

11.00	2.9	Robyn Haupt	WP	18-06-05	2	Parow	16-Feb
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Shot

15.70		Monique Wagner	CG	1	Germiston	02-Mar
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15.58	Wanzelle Breytenbach	GN	1	Pilditch Pretoria	04-Apr
14.97	Liandri Geel	CG	1	University of Johannesburg	13-Feb
14.80	Yolandie Willemse	EC	2	East London	21-Mar
14.42	Marista Greyling	GN	2	ABSA Tuks Pretoria	15-Mar
14.12	Tarinka Truter	BO	2	Potchefstroom	15-Feb
14.01	Wine van Rooyen	GAU	3	Pilditch Pretoria	22-Feb
13.93	Bianca Conradie	KZ	1	Durban	08-Mar
13.93	Angeline Smit	BO	5	Pilditch Pretoria	04-Apr
13.90	Dorele Erasmus	GAU	3	Germiston	02-Mar

Discus

48.22	Leandri Geel	CG	1	East London	21-Mar
44.74	Ashley Nieuwenhuyzen	CG	2	Pilditch Pretoria	04-Apr
43.35	Bianca Conradie	KZ	3	East London	21-Mar
42.04	Yolandi Stander	GN	1	ABSA Tuks Pretoria	09-Mar
41.86	Angeline Smit	BO	4	Pilditch Pretoria	04-Apr
41.81	Riette Heyns	GN	18-06-05	Germiston	28-Feb
41.28	Nielke Matthee	BO	5	Pilditch Pretoria	04-Apr
39.90	Lezani Vosloo		1	University of Johannesburg	13-Feb
39.80	Carmen Kilian	GN	3	ABSA Tuks Pretoria	09-Mar
38.30	Marli Louerns	FS	5	East London	21-Mar

Hammer

57.45	Bianca Blom	EC	1	East London	21-Mar
56.72	Stefanie Greyling	FS	2	East London	21-Mar
52.32	Letitia Janse van Vuuren	FS	3	Pilditch Pretoria	04-Apr
50.39	N. Meiring	EP	4	Pilditch Pretoria	04-Apr
45.65	Bianca Conradie	KZ	6	East London	21-Mar
45.67	Mariette Conradie	CN	1	Potchefstroom	09-Mar
46.68	Carissa van Beek	WP	1	Bellville	09-Mar
46.71	Ciska van Rensburg	EC	4	East London	21-Mar
48.02	Jennifer Janse van Vuuren	FS	6	Pilditch Pretoria	04-Apr
49.01	Bianca Botes	GN	2	Pilditch Pretoria	30-Jan

Javelin

55.15	Jo-Ane van Dyk	WC	1	East London	21-Mar
49.63	Zaner Fourie	SW	2	Pilditch Pretoria	04-Apr
48.45	Mandi Venter	GN	1	Pilditch	02-Mar
47.89	Gerna Koekemoer	NW	3	Pilditch Pretoria	04-Apr
46.30	Lizri de Villiers	NW	3	East London	21-Mar
45.77	Micaela Kok	GN	2	Pilditch	02-Mar
45.20	Bianca Botes	GN	2	University of Johannesburg	15-Feb
44.69	Seriza Keekve	GAU	2	Germiston	03-Mar
44.69	Anri Steyn	SW	6	Pilditch Pretoria	04-Apr
44.33	Amone de Wet	GAU	3	Germiston	03-Mar

5km Walk

26:36.23	Chrysa van Wyk	FS	1	East London	21-Mar
26:37.70	Udelle de Winnaar	GAU	2	East London	21-Mar
26:46.42	Leandre Daniels	BO	1	Paarl	01-Mar
27:39.84	Delia Meyer	BO	2	Paarl	01-Mar
27:44.60	Tersia Smit	FS	3	East London	21-Mar
27:51.13	Yolandi Appel	KZ	1	Durban	08-Mar
28:12.90	Juane Wiid	GN	1	ABSA Tuks Pretoria	15-Mar
29:14.51	Elandre Kapp	WC	5	East London	21-Mar
29:20.39	Ester van der Merwe	BO	3	Paarl	01-Mar
29:26.65	Sune Basson	BO	4	Paarl	01-Mar