



1992-2017

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#### BOARD MEMBERS

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#### MISSION

To make a contribution towards Nation Building and Healing of our land, South Africa, and the Transformation of our Society, through the Development of Athletics, from Grassroots to the highest levels of Excellence

To	ASA Members
From	ASA Office
Date	10 April 2017
Subject	2017 ASA Senior Top 10 Ranking list – March Edition
No pages	1 + Senior Ranking List

## ELECTRONIC TRANSMISSION

Dear ASA Members

### Circular 39 of ASA 2017 (04/10) – 2017 ASA SENIOR TOP 10 RANKING LIST, MARCH EDITION

This Circular is intended for the Provincial T+F Commission, Provincial Coaches Committee and Provincial Selectors Committee.

Please find attached the March Edition of the 2017 ASA Senior Top 10 Ranking list.

With less than 2 weeks before the 2017 ASA Senior Track and Field Championships will take place in Potchefstroom;

1. Members are asked to compare the 2017 ASA Senior Top 10 Ranking list with the entry list of each province to ensure that all top athletes are entered for the 2017 ASA Senior Track and Field Championships, and that they are entered for the correct event.
2. Members are reminded that athletes should enter for the 2017 ASA Senior Championships, in the event the athlete wishes to be considered for selection onto an ASA National Team for international competitions.
3. ASA would like to remind Provincial CEO's and GM's of the agreement made during the 2016 ASA Administration Workshop in November 2016; namely to submit at the very least the results of the Provincial Championships to ASA to ensure that the 2017 ASA Senior Top 10 Ranking list is an accurate reflection of the quality of our athletes in South Africa.
4. There are unfortunately still Members which do not submit their results to ASA. In some cases Members do submit results, but the results are in a format that cannot be edited (e.g. in JPG or PDF format).
5. Members must please note that in some cases the attached 2017 ASA Senior Top 10 Ranking list does not reflect which province the athlete is licensed too.
6. Members are reminded that the ASA Preparation Squads in preparation for the 2017 International events, will be updated soon after the 2017 ASA Senior Track and Field Championships take place.

Your co-operation and support to prepare an up-to-date 2017 ASA Senior Top 10 Ranking list will be appreciated.

Athletics greetings  
Richard Stander  
ASA CEO  
Not signed due to electronic sending

# Athletics South Africa ranking lists, 2017

As at 31 March 2017

Compiled by: Clyde Kinloch, Sarina Cronje, Wesley Botton and Staci Kiloh (under the auspices of SAAS)

## SENIORS

### MEN

#### 100m

9.92	+1.2	Akani	Simbine	AGN	1	Pretoria	18-Mar
9.95	+1.2	Thando	Roto	AGN	2	Pretoria	18-Mar
10.09	0.0	Le Roux	van Tonder	CGA	1	Bloemfontein	08-Mar
10.12	0.0	Keenan	Michau	AGN	2	Bloemfontein	08-Mar
10.12	+1.1	Gift	Leotlela	AGN	1h1	Pretoria	18-Mar
10.15	0.0	Hendrik	Maartens	AFS	3	Bloemfontein	08-Mar
10.20	+2.0	Clarence	Munyai	AGN	2h5	Pretoria	04-Mar
10.25	+1.8	Henrico	Bruintjies	AGN	1h4	Pretoria	04-Mar
10.26	0.0	Obakeng	Maoka	CGA	5	Bloemfontein	08-Mar
10.30	+1.2	Emile	Erasmus	AGN	3	Pretoria	18-Mar

#### 200m

19.95	+1.7	Akani	Simbine	AGN	1h5	Pretoria	04-Mar
20.10	+1.7	Clarence	Munyai	AGN	2h5	Pretoria	04-Mar
20.50	+0.7	Gift	Leotlela	AGN	1h3	Potchefstroom	03-Mar
20.85	-1.0	Thembo	Monareng	AGN	1	Pretoria	17-Mar

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**Website: [www.athletics.org.za](http://www.athletics.org.za)**

20.90	+0.7	Emile	Erasmus	AGN		Pretoria	17-Mar
21.01	-0.5	Henricho	Bruintjies	AGN		Pretoria	17-Mar
21.10	+1.7	LJ	van Zyl	AGN	4h5	Pretoria	04-Mar
21.24	+0.6	Chederick	van Wyk	ACNW	6h2	Potchefstroom	15-Mar
21.57	+0.3	Zakhiti	Nene	KZNA	2h2	Pretoria	04-Mar
21.57	-1.1	Lesego	Motlala	AGN	1	Pretoria	17-Mar

### Indoors

20.67		Ncincilili	Titi	AGN	1	Clemson, USA	11-Feb
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### 400m

45.75		Pieter	Conradie	ACNW	2h3	Potchefstroom	15-Mar
45.92		Ranti	Dikgale		1	Johannesburg	18-Feb
45.97		Ashley	Hlungwani	AGN	1h3	Pretoria	18-Mar
46.03		Thapelo	Phora	AGN	5h6	Sasolburg	28-Mar
46.20		Sokwakhana	Zazini	AGN	1	Durban	29-Mar
46.66		Oscar	Mavundla	AGN	2h3	Pretoria	31-Mar
46.87		Jon	Seeliger	AGN	8h6	Sasolburg	28-Mar
46.89		Zakithi	Nene	KZNA	2	Durban	28-Feb
46.93		Anele	Nzwanzwa		1h2	Pretoria	31-Mar
47.08		Bongani	Sithole	AFS	2	Cape Town	29-Mar

### Indoors

47.67		Derrick	Mokaleng	TCU	2	Frisco, USA	10-Feb
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### 800m

1:47.91		Jabulane	Ncamane	AGN	1	Bloemfontein	08-Mar
1:48.12		Tshepo	Tshite		1h2	Potchefstroom	15-Mar
1:48.65		Tian	Basson	AGB	2h2	Potchefstroom	15-Mar
1:48.74		Bruce-lynn	Damons	WPA	2	Bloemfontein	08-Mar
1:48.78		Thapelo	Madiba	CGA	3h2	Potchefstroom	15-Mar

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1:48.99	Themba	Madiba	AGB	4h2	Potchefstroom	15-Mar
1:49.03	Henco	Uys	ACNW	1h3	Potchefstroom	15-Mar
1:49.17	Rynardt	van Rensburg	AFS	1h2	Pretoria	31-Mar
1:49.69	Ruan	Jonck	AFS	3	Bloemfontein	08-Mar
1:49.83	Treasure	Derison		3h3	Potchefstroom	15-Mar

### **Indoors**

1:48.53	Mpho	Makofane	Monroe	4	Lexington, USA	21-Jan
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### **1 500m**

3:40.54	Jerry	Motsau		1	Durban	28-Feb
3:40.69	Nkosinathi	Sibiya	KZNA	2	Durban	28-Feb
3:40.82	Rantso	Mokopane	ACNW	3	Durban	28-Feb
3:41.18	George	Kusche	AGN	4	Durban	28-Feb
3:41.42	Treasure	Derison		5	Durban	28-Feb
3:42.32	Folavio	Sehohle		6	Durban	28-Feb
3:45.09	Tumisang	Monnatlala		7	Durban	28-Feb
3:46.29	Dumisani	Hlaselo	CGA	2	Sasolburg	28-Mar
3:46.32	Jeromy	Andreas	UJ	8	Durban	28-Feb
3:47.32	Andre	Olivier	ACNW	3	Sasolburg	28-Mar

### **5 000m**

14:26.02	Kabelo	Siboko		1	Durban	29-Mar
14:26.69	Pakiso	Mthembu	AFS	2	Durban	29-Mar
14:36.33	Sphiwe	Mohlomi		3	Durban	29-Mar
14:38.52	Philani	Buthelezi	AGN	1	Pretoria	04-Mar
14:38.91	Anthony	Timoteus	WPA	1	Potchefstroom	31-Mar
14:39.03	Michael	Pienaar	AGN	2	Pretoria	04-Mar
14:41.19	Anthony	Timoteus	WPA	1	Parow	08-Feb
14:43.10	Vuyisile	Tshoba	AGN	1	Pretoria	18-Mar
14:46.00	Milton	Kekana		2	Potchefstroom	03-Mar

14:46.94	Thabo	Sebota	AFS	4	Durban	29-Mar
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### **Indoors**

14:34.39	Thobile	Mosito	AGN	1	Lincoln, USA	03-Feb
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### **10 000m**

28:16.54	Elroy	Gelant	ACNW	1	Durban	28-Feb
28:49.92	Joel	Mmone		3	Durban	28-Feb
29:00.38	Thabang	Mosiako		4	Durban	28-Feb
29:01.01	David	Manja		5	Durban	28-Feb
29:19.25	Marianio	Eesou	EPA	6	Durban	28-Feb
29:27.25	Vuyisile	Tshoba	AGN	7	Durban	28-Feb
29:28.74	Stephen	Mokoka	AGN	1	Pretoria	17-Mar
29:33.50	Phillimon	Mathiba		8	Durban	28-Feb
29:52.55	Precious	Mashele	AGN	9	Durban	28-Feb
29:56.31	Tumelo	Motlagale	CGA	10	Durban	28-Feb

### **3 000m steeplechase**

9:07.68	Siboniso	Soldaka	WPA	1	Parow	08-Feb
9:14.83	Simon	Mokonyama	AGN	1	Pretoria	18-Mar
9:19.18	Jacob	Tseko	AGN	2	Pretoria	18-Mar
9:49.42	Kurt	Rabie	WPA	2	Parow	08-Feb
10:07.46	Gershwin	van Staden	WPA	3	Parow	08-Feb

### **110m hurdles**

13.23	+0.3	Ruan	de Vries	AGN	1	Bloemfontein	08-Mar
13.28	+0.3	Junior	Mkatini	CGA	2	Bloemfontein	08-Mar
13.41	+0.3	Muntingh	Hamman	AGN	3	Bloemfontein	08-Mar
13.45	+1.8	Antonio	Alkana	WPA	1	Parow	18-Mar
13.57	-0.2	Tiaan	Smit		2	Germiston	22-Mar

13.84	+0.3	Kobus	Moolman	AFS	4	Bloemfontein	08-Mar
14.09	-0.6	Alwyn	Bothma		1h1	Sasolburg	28-Mar
14.22	-0.5	Theodor	Young	ACNW	1h2	Sasolburg	28-Mar
14.54	-0.6	Fred-charles	Pieterse	ACNW	2h1	Sasolburg	28-Mar
14.67	-0.2	Tiaan	Kleynhans		7	Germiston	22-Mar

### **400m hurdles**

49.27		Cornel	Fredericks	AGN	1h1	Pretoria	04-Mar
49.37		Le Roux	Hamman	AGN	2h1	Pretoria	11-Mar
49.57		Constant	Pretorius	AGN	2	Pretoria	17-Mar
49.99		LJ	van Zyl	AGN	2h2	Potchefstroom	15-Mar
50.20		PC	Beneke	AGN	4	Pretoria	17-Mar
50.36		Kefilwe	Mogawane	AGN	5	Pretoria	17-Mar
52.64		Rivaldo	Roberts	AGN	1h2	Sasolburg	28-Mar
52.67		Elishama	Eksteen		3	Pretoria	31-Mar
52.83		Marcus	Borman	AGN	4	Pretoria	31-Mar
53.27		Lee Hano	Swarts	WPA	1	Durban	29-Mar

### **High jump**

2.20		Chris	Moleya		1	Pretoria	11-Mar
2.20		Mpho	Links		2	Pretoria	11-Mar
2.18		Breyton	Poole	WPA	1	Durban	29-Mar
2.14		Tiaan	Steenkamp	Arkansas	1	Bloomington, USA	21-Jan
2.05		Garth	Ellis	EPA	1	Potchefstroom	15-Mar
2.03		Sarel	Prinsloo	ACNW	2	Potchefstroom	15-Mar
2.00		Clyde	Ruiters	WPA	1	Parow	08-Feb
2.00		Christo	Krause	ACNW	3	Potchefstroom	15-Mar
1.99		Keletso	Mampuru	AMPU	1	Durban	29-Mar
1.98		Nathanael	de Swardt		2	Durban	29-Mar

1.98	Emilio	Bossick	WPA	3	Durban	29-Mar
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### **Pole vault**

5.20	Eben	Beukes	AGN	1	Pretoria	04-Mar
5.00	Migael	Cilliers	AGN	2	Pretoria	04-Mar
4.80	Heinrich	Smit	AGN	3	Pretoria	04-Mar
4.50	Mohammed	Yosuf	BOLA	1	Paarl	18 Jan
4.50	Eckhardt	van der Watt	BOLA	2	Paarl	18 Jan

### **Indoors**

5.08	Lukas	van der Watt	BOLA	2	Lincoln, USA	17-Feb
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### **Long jump**

8.62	+1.2	Luvo	Manyonga	AGN	1	Pretoria	17-Mar
8.00	-0.3	Ruswahl	Samaai	CGA	1	Germiston	22-Mar
7.80	+0.4	Jovan	van Vuuren	AFS	3	Bloemfontein	08-Mar
7.72	+0.3	Dylon	Cotter	CGA	2	Germiston	22-Mar
7.64	+0.5	Peter	Makgato	CGA	4	Bloemfontein	08-Mar
7.60	+0.4	Cheswill	Johnson	CGA	5	Bloemfontein	08-Mar
7.52	+1.1	Jason	Farao	CGA	6	Bloemfontein	08-Mar
7.27	+0.2	Jesse	Perez	CGA	7	Bloemfontein	08-Mar
7.16	+2.0	Sherman	Parrish	WPA		Parow	08-Feb
7.13	+0.1	Duwayne	Boer		3	Germiston	22-Mar

### **Indoors**

8.05	Khotso	Mokoena	CGA	1	Karlsruhe, GER	04-Feb
7.27	Lebogang	Maloka		3	Frisco, USA	10-Feb

### **Triple jump**

16.75	+0.7	Reneilwe	Aphane	AGN	1	Pretoria	18-Feb
15.55	-1.9	Dylon	Cotter	CGA	1	Germiston	14-Jan
15.18	-1.8	Itumeleng	Dikoko	AVT	2	Sasolburg	28-Mar
14.90	+0.6	Lezlo	Bramwill		2	Germiston	22-Mar
14.88	+0.1	Kweku	Essah	AGN	2	Pretoria	04-Mar

### **Shot put**

20.08		Orazio	Cremona	AGN	1	Pretoria	18-Mar
19.92		Jaco	Engelbrecht	CGA	1	Sasolburg	28-Mar
18.04		Burger	Lambrechst (Jnr)	AGN	2	Potchefstroom	15-Mar
17.73		Ruan	Combrinck		1	Pretoria	31-Mar
17.67		Kyle	Blignaut	CGA	3	Potchefstroom	15-Mar
17.48		Jason	van Vuuren	CGA	4	Potchefstroom	24-Jan
16.76		Zane	Weir	WPA	2	Pretoria	31-Mar
16.20		Constand	van Rooyen	ACNW	4	Potchefstroom	15-Mar
16.17		Dean	Wattrus	ACNW	7	Brisbane, AUS	21-Jan

### **Discus throw**

57.06		Dewalt	van Heerden	CGA	1	Pretoria	04-Mar
55.27		Patrick	Duvenhage		1	Pretoria	31-Mar
52.09		Jason	van Rooyen	CGA	2	Potchefstroom	03-Mar
49.60		Ruan	Murray		2	Pretoria	04-Mar
48.89		Werner	Visser		3	Potchefstroom	03-Mar
48.87		Manie	Blom	AGN	3	Pretoria	04-Mar
48.40		Dean	Wattrus	ACNW	2	Brisbane, AUS	28-Jan
47.93		Johan	Scholtz	AGN	4	Pretoria	04-Mar
45.30		Conrad	Burger		4	Potchefstroom	03-Mar
44.94		Jan	Swanepoel	AGN	5	Pretoria	04-Mar

### **Hammer throw**

71.28		Tshepang	Makhetha	ACNW	1	Sasolburg	28-Mar
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70.21	Renaldo	Frechau	BOLA	1	Paarl	18-Jan
69.95	Chris	Harmse		2	Sasolburg	27-Mar
69.61	Tone	van Rensburg		1	Germiston	22-Mar
63.79	Alan	Cumming	ACNW	3	Sasolburg	28-Mar

### **Javelin throw**

84.09	Rocco	van Rooyen		1	Parow	18-Mar
77.81	Chad	Herman	ACNW	1	Potchefstroom	15-Mar
76.82	Leon	Laubser		1	Pretoria	31-Mar
75.40	Johan	Grobler	ACNW	2	Potchefstroom	03-Mar
73.36	Werner	Dames		1	Pretoria	15-Feb
71.58	Tobie	Holtzhausen	AGN	1	Pretoria	04-Mar
71.28	Erich	Wiese	ACNW	4	Potchefstroom	03-Mar
69.18	Hercules	van Vuuren	CGA	1	Johannesburg	11-Feb
66.20	Nico	Liebenberg	AGN	2	Pretoria	04-Mar
66.14	Henru	van Vuuren		3	Pretoria	31-Mar

### **Decathlon**

8002	Fredriech	Pretorius	AGN	1	Pretoria	18-Mar
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### **4x100m relay**

38.47	South Africa		RSA	1	Germiston	22-Mar
39.03	South Africa		RSA	1	Bloemfontein	08-Mar
40.17	University of Pretoria		Tuks	1	Potchefstroom	03-Mar
40.36	University of Johannesburg		UJ	2	Potchefstroom	03-Mar
40.58	Western Province Athletics		WPA	4	Germiston	22-Mar
40.63	Western Province Athletics		WPA	3	Bloemfontein	08-Mar
40.89	Diamond Senior			5	Germiston	22-Mar
40.93	University of Pretoria		Tuks	4	Bloemfontein	08-Mar
41.02	Gauteng		Gaut	1	Durban	29-Mar

41.22	Schools					
	North-West University		Pukke		Potchefstroom	03-Mar

### **4x400m relay**

3:03.53	South Africa A		RSA	1	Germiston	22-Mar
3:05.20	South Africa		RSA	1	Bloemfontein	08-Mar
3:06.80	South Africa B		RSA	2	Germiston	22-Mar
3:10.22	Tshwane University of Technology		TUT	3	Germiston	22-Mar
3:13.74	Tshwane University of Technology		TUT	2	Bloemfontein	08-Mar
3:14.91	Free State Schools			3	Bloemfontein	08-Mar
3:18.00	University of Free State A		Kovsies	4	Bloemfontein	08-Mar
3:18.54	University of Johannesburg		UJ	5	Germiston	22-Mar
3:22.36	North-West University		Pukke	5	Bloemfontein	08-Mar
3:22.79	Athletics Free State B		AFS	6	Bloemfontein	08-Mar

### **20km walk (road)**

01:21:00	Lebogang	Shange	CGA	2	Adelaide, AUS	19-Feb
01:21:26	Wayne	Snyman	AGN	6	Adelaide, AUS	19-Feb

## WOMEN

### **100m**

11.44	+0.4	Tamzin	Thomas	WPA	1	Bloemfontein	08-Mar
11.45	+0.1	Tebogo	Mamatu		1	Pretoria	25-Feb
11.45	-0.8	Alyssa	Conley	CGA	1	Sasolburg	28-Mar
11.48	+0.4	Tsaone	Sebele	CGA	3	Bloemfontein	08-Mar
11.68	+1.3	Nabeelah	Parker	WPA	1h2	Potchefstroom	15-Mar
11.75	+0.4	Elmé	Smith	AFS	2	Bloemfontein	08-Mar

12.01	+0.6	Lente	Pieterse	ACNW	1h1	Potchefstroom	15-Mar
12.05	+0.4	Shanice	Marnce	KZNA	5	Bloemfontein	08-Mar
12.06	+1.7	Cherese	Jones	AGN	1h2	Pretoria	04-Mar
12.07	+0.4	Jean-marie	Vermeulen	AGN	4	Bloemfontein	08-Mar

### **200m**

23.05	+1.4	Alyssa	Conley	CGA	1h2	Pretoria	04-Mar
23.91	-1.4	Wenda	Nel	AGN		Pretoria	17-Mar
24.31	-0.8	Shere	Janse van Rensburg		3	Sasolburg	28-Mar
24.78	+0.3	Robyn	Haupt	WPA	2	Potchefstroom	15-Mar
24.91	+0.3	Julia	Lutz	CGA	3	Potchefstroom	15-Mar
25.51	-0.8	Anushka	Janse van Vuuren	CGA	5	Sasolburg	28-Mar
25.56	+0.3	Louisa	Stamrood	CGA	4	Potchefstroom	15-Mar
25.80	+1.4	Mariska	van Dyk	AGN	5h2	Pretoria	04-Mar
25.89	+1.4	Anuscka	Janse van Vuuren	CGA	6h2	Pretoria	04-Mar
28.53	+1.4	Mkateko	Mangayi	AGN	7h2	Pretoria	04-Mar

### **400m**

52.78		Wenda	Nel	AGN	3h2	Potchefstroom	15-Mar
54.13		Justine	Palframan	BOLA	1	Durban	28-Feb
54.24		Marli	Viljoen		1	Durban	29-Mar
54.25		Gena	Lofstrand	KZNA	2	Durban	28-Feb
54.84		Danel	Holton	ACNW	1h2	Pretoria	31-Mar
55.06		Ariane	Nel	ACNW	5h2	Potchefstroom	15-Mar
55.43		Sonja	van der Merwe	WPA	6h2	Potchefstroom	15-Mar
55.60		Armoure	le Roux	CGA	5	Germiston	22-Mar
55.85		Sherine	van der Westhuizen		1	Durban	29-Mar
56.00		Sesimphiwe	Mbatha		2	Durban	29-Mar

## **800m**

2:05.22	Anuscha	Nice	AGN	1	Sasolburg	28-Mar
2:06.38	Gena	Lofstrand	KZNA	2	Potchefstroom	15-Mar
2:08.76	Simonay	Weitsz	CGA	1	Durban	29-Mar
2:10.31	Thobile	Vilakazi		2	Durban	29-Mar
2:10.37	Keletso	Senosi	AGN	1	Durban	29-Mar
2:10.52	Rhode	Boon		2	Durban	29-Mar
2:11.52	Fina	Dube		3	Durban	29-Mar
2:11.94	Danel	du Plessis	ACNW	4	Potchefstroom	15-Mar
2:12.14	Lee-Anne	Blake		3	Sasolburg	28-Mar
2:12.75	Liza	Kellerman		3	Durban	29-Mar

## **Indoors**

2:13.29	Carina	Viljoen	CGA	6rB	Fayetteville, USA	28-Jan
2:15.00	Laura	Labuschagne		14	Birmingham, USA	05-Feb

## **1 500m**

4:19.32	Simonay	Weitsz	CGA	1	Durban	29-Mar
4:21.44	Nicole	Louw	AFS	1	Durban	29-Mar
4:22.62	Lyndi	Roelofse		2	Durban	29-Mar
4:24.36	Dipuo	Mashishi		3	Durban	29-Mar
4:25.08	Tyler	Beling	AFS	2	Durban	29-Mar
4:27.57	Sherilene	Gelderblom	ACNW	1	Potchefstroom	03-Mar
4:29.31	Kesa	Molotsane	AFS	2	Potchefstroom	03-Mar
4:30.18	Marne	Mentz	AFS	1	Pretoria	31-Mar
4:31.50	Yandiswa	Shange		4	Durban	29-Mar
4:32.90	Mapaseka	Makhanya	CGA	1	Sasolburg	28-Mar

## **Indoors**

4:10.90		Dominique	Scott-Efurd	WPA	5	New York, USA	11-Feb SAIDR - Inter
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### **5 000m**

16:08.21	Kesa	Kesa	Molotsane	AFS	1	Durban	28-Feb
16:20.06	Irvette	Irvette	van Zyl	AGN	2	Durban	28-Feb
16:24.44	Louisa	Louisa	Leballo		3	Durban	28-Feb
16:38.49	Glenrose	Glenrose	Xaba	AMPU	4	Durban	28-Feb
16:38.78	Janet	Jenet	Dlamini	KZNA	5	Durban	28-Feb
16:47.47	Andrea	Andrea	Steyn	KPMG	6	Durban	28-Feb
17:02.19	Lebogang	Lebogang	Phalula	CGA	7	Durban	28-Feb
17:05.04	Nicole	Nicole	van der Merwe		8	Durban	28-Feb
17:06.47	Sherilene	Sherilene	Gelderblom	ACNW	9	Durban	28-Feb
17:24.82	Makhosazana	Makhosazana	Mhlongo	KZNA	10	Durban	28-Feb

### **Indoors**

16:25.25		Annie	Bothma		1	Blackburg, USA	21-Jan
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### **3 000m steeplechase**

10:45.51		Tshegofatso	Setlhakgoe		1	Durban	29-Mar
10:46.05		Lesego	Mpshe		2	Durban	29-Mar

### **100m hurdles**

13.04	+0.9	Rikenette	Steenkamp	AGN	1	Pretoria	25-Mar
13.23	+0.9	Claudia	Heunis	AGN	2	Pretoria	25-Mar
13.27	+0.3	Maryke	Brits	AFS	2	Bloemfontein	08-Mar
13.94	+0.1	Taylon	Bieldt	AGN	2	Germiston	22-Mar
14.06	+0.1	Janke	van Wyk	BOLA	3	Germiston	22-Mar
14.21	+0.1	Inge	van der Merwe		4	Germiston	22-Mar
14.45	+0.1	Tanya	Ehrke	CGA	5	Germiston	22-Mar
14.45	-0.4	Denise	Hartman	ACNW	2	Sasolburg	28-Mar

14.65	+0.3	Carina	Lindeque	AGN	4	Bloemfontein	08-Mar
14.77	-0.4	Samantha	Pretorius	BOLA	6	Germiston	22-Mar

### **400m hurdles**

57.52		Anneri	Moolman	AFS	1	Pretoria	04-Mar
58.27		Jean-Mare	Senekal	BOLA	1h2	Pretoria	31-Mar
59.03		Chanel	Leuvennik	AGN	1	Potcheftersroom	03-Mar
59.61		Belindi	van der Merwe	AGN	3h2	Pretoria	31-Mar
1:00.21		Cynthia	Tsetsewa	ACNW	2	Potcheftersroom	03-Mar
1:00.40		Gezelle	Magerman	AGN	3	Potcheftersroom	03-Mar
1:02.02		Nerina	Visser	AMPU	1	Durban	29-Mar
1:02.48		Gretl	Rens	AMPU	2	Durban	29-Mar
1:03.07		Rozelle	Meier	BOLA	1h1	Pretoria	31-Mar
1:03.17		Ane	Erasmus	AFS	1h2	Durban	29-Mar

### **High jump**

1.80		Tillanie	Neethling	AGN	1	Pretoria	04-Mar
1.80		Julia	du Plessis	ANCW	1	Potchefstroom	15-Mar
1.80		Yvonne	Robson	AGN	1	Pretoria	
1.75		Brittany	Uys	KZNA	2	Pretoria	29-Mar
1.75		Erikah	Seyama	AGN	2	Pretoria	31-Mar
1.70		Danielle	Carstens	AGN	4	Pretoria	04-Mar
1.68		Helen	Wessels	AFS	2	Durban	29-Mar
1.68		Anneri	Gravette	LIMA	3	Durban	29-Mar
1.65		Sharrifah	Arewa	AGN	3	Pretoria	31-Mar

### **Pole vault**

3.50		Nadja	Fourie	AFS	1	Durban	29-Mar
3.20		Corle	van der Walt	AFS	2	Durban	29-Mar
3.10		Elata	Fourie	BOLA	3	Durban	29-Mar

3.00	Tonet	Tonet	Tallie	BOLA	1	Paarl	18-Jan
3.00	Anje	Anje	Viljoen	BOLA	2	Paarl	18-Jan
2.90	Odelia	Odelia	Fourie	BOLA	3	Paarl	18-Jan
2.90	Elka	Elka	Fourie	BOLA	4	Paarl	18-Jan
2.90	Kulthoom	Kulthoom	Gaidien	WPA	6	Paarl	18-Jan
2.86		Ida-Marie	Strydom	AGN	1	Sasolburg	28-Mar
2.60	Bianca	Bianca	Laubscher	BOLA	7	Paarl	18-Jan
2.60	Robyn Susie	Robyn	Luis	BOLA	8	Paarl	18-Jan

### Long jump

6.43	+1.0	Lynique	Prinsloo	CGA	1	Potchefstroom	15-Mar
5.82	+2.0	Jone	Kruger	ACNW	2	Potchefstroom	15-Mar
5.73	+0.9	Nicholeen	Smit		3	Potchefstroom	15-Mar
5.21	-1.9	Rudine	Botha	ACNW	2	Potchefstroom	24-Jan
4.72	-2.4	Annè	Naude	ACNW	3	Potchefstroom	24-Jan
4.42	+1.8	Chantel	Johannes	BOLA	1	Paarl	18-Jan
4.24	+3.6	Shameerah	Titus	BOLA	2	Paarl	18-Jan
4.16	-3.4	Stacy	Gossayn	ACNW	4	Potchefstroom	24-Jan

### Indoors

5.94		Zanri	van der Merwe		2	Manhattan, USA	17-Feb
5.75		Renate	van Tonder	AGN	4	Bloomington, USA	27-Jan

### Triple jump

12.05		Brithaney	Ludick	WPA	1	Durban	29-Mar
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### Indoors

12.09		Renate	van Tonder	AGN	3	Nashville, USA	10-Feb
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### Shot put

16.67	Ischke	Senekal	EPA	1	Potchefstroom	03-Mar
15.59	Lezaan	Jordaan	CGA	1	Germiston	14-Jan
15.14	Sonia	Smuts	AGN	1	Pretoria	04-Mar
12.20	Nienka	du Toit	BOLA	3	Potchefstroom	03-Mar
11.80	Bodine	Umberty	AGN	1	Pretoria	21 Jan
11.68	Zoe	Muller	AGN	1	Pretoria	21 Jan
10.17	Santie	Koch	AGN	2	Pretoria	21 Jan
9.80	Amberlee	Sutherland	AGN	3	Pretoria	21 Jan
9.53	Elmari	Botes	WPA	4	Potchefstroom	03-Mar
8.64	Chandre	Esterhuysen	AGN	4	Pretoria	21 Jan

### Discus throw

54.74	Ischke	Senekal	EPA	1	Potchefstroom	03-Mar
48.17	Yolandi	Stander	AGN	1	Sasolburg	28-Mar
47.59	Leandri	Geel	CGA	2	Potchefstroom	03-Mar
46.64	Riette	Heyns	ACNW	2	Germiston	22-Mar
43.86	Ashley	Nieuwenhuizen		3	Sasolburg	28-Mar
43.31	Jana	Steinmann	ACNW	5	Germiston	22-Mar
46.40	Linda	van Vreden	CGA	1	Pretoria	04-Mar
44.70	Riette	Heyns	ACNW	1	Potchefstroom	24-Jan
41.57	Sonia	Smuts	AGN	2	Pretoria	04-Mar
36.15	Wanzel	Breytenbach	AGN	7	Germiston	22-Mar

### Hammer throw

63.82	Letitia	Janse van Vuuren	ACNW	1	Potchefstroom	24-Jan
57.56	Stephanie	Greyling	ACNW	2	Sasolburg	28-Mar
53.86	Marga	Cumming	ACNW	3	Sasolburg	28-Mar
50.49	Tanya	Pubalakan		1	Germiston	22-Mar
50.33	Lizelle	Fourie		2	Germiston	22-Mar



50.04	Chene	Coetzee	AGN	2	Pretoria	31-Mar
49.11	T	Leonard	EPA	1	Port Elizabeth	13 Jan
46.98	Nadia	Meiring	AFS	3	Sasolburg	28-Mar
46.22	Lizelle	Fourie	CGA	1	Germiston	14-Jan
36.58	Chandre	Fredericks	WPA	4	Potchefstroom	03-Mar

### **Javelin throw**

62.82	Sunette	Viljoen	ACNW	1	Potchefstroom	15-Mar
53.27	Jo-Ane	van Dyk	ACNW	2	Potchefstroom	15-Mar
50.50	Tamzin	Brits	ACNW	3	Potchefstroom	15-Mar
49.12	Maggie	le Roux		1	Durban	29-Mar
47.45	Carli	Niewenhuisen	ACNW	2	Bloemfontein	08-Mar
46.82	Linda	van Vreden	CGA	5	Potchefstroom	15-Mar
44.38	Leandri	Lamprecht	AMPU	2	Durban	29-Mar
43.75	Danielle	Coetzee	AGN	1	Pretoria	21-Jan
43.10	Anneke	Germishuys	BOLA	3	Pretoria	31-Mar
41.50	Jana	Kok	AMPU	2	Durban	29-Mar

### **4x100m relay**

44.85	South Africa		RSA	1	Germiston	22-Mar
45.16	South Africa		RSA	1	Bloemfontein	08-Mar
45.66	University of Pretoria		Tuks	1	Pretoria	31-Mar
45.77	University of Johannesburg		UJ	2	Pretoria	31-Mar
46.14	Boland Athletics		BOLA	3	Pretoria	31-Mar
46.17	University of Pretoria		Tuks	1	Potchefstroom	03-Mar
46.79	University of Johannesburg		UJ	2	Germiston	22-Mar
46.80	University of Free State		Kovsies	4	Pretoria	31-Mar
47.11	University of Western Cape		UWC	4	Pretoria	31-Mar
47.14	University of Johannesburg		UJ	2	Potchefstroom	03-Mar

### **4x400m relay**

3:51.27

3:55.46

University of Free State

Free State Schools

Kovsies

1

Bloemfontein

08-Mar

AFS

2

Bloemfontein

08-Mar

### **20km walk**

01:36:50

Anel

Oosthuizen

7

Lugano

19-Mar