

# South African Track & Field Performances 2017

as @ 30 June 2017

## Senior (Any athlete 16 years & Older born 2001 and earlier)

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Edited by : Cobus & Christiaan Kok

Under the Auspices of SAAS

ASA WCQ A= Q

ASA WCq B = q

<u>Performance</u>	<u>w/r</u>	<u>Name</u>	<u>Surname</u>	<u>World Qual</u>	<u>DOB</u>	<u>Prov</u>	<u>Pos</u>	<u>Place</u>	<u>Date</u>	<u>Notes</u>	<u>Rank</u>
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### MEN

#### 60m

6.69	Indoors	Emile	ERASMUS		030492	AGN	1h2	Ulvsunda, SWE	28-Jan		1
6.76	Indoors	Ncincihli	TITI		151293	AGN	1h5	Clemson SC	10-Feb		2
6.77	-0.3	Le Roux	VAN TONDER			AGN	1	Potchefstroom	17 Jan		3
6.82	Indoors	Lebogang	MALOKA		96		8	Frisco TX	10-Feb		4
7.02	0.4	Lebogang	MAAGA			AGN	1	Pilditch-Pretoria	21 Jan		5
7.10	0.4	Mehdi	SULEMANN			AGN	2	Pilditch-Pretoria	21 Jan		6
7.12	-0.3	Thulani	MAKHANYA			ACNW	2	Potchefstroom	17 Jan		7
7.12	-0.3	Arno	SNYMAN			ACNW	3	Potchefstroom	17 Jan		8
7.14	-0.3	Phebogo	SEBONEGO			ACNW	4	Potchefstroom	17 Jan		9
7.17	0.4	Arno	SNYMAN			AGN	3	Pilditch-Pretoria	21 Jan		10

#### 100m

09.92	1.2	Akani	SIMBINE	<b>Q</b>	210993	AGN	1	TUKS-Pretoria	18-Mar		1
<b>09.94</b>	<b>0.9</b>	<b>Wayde</b>	<b>VAN NIEKERK</b>	<b>Q</b>	<b>150792</b>	<b>AFS</b>	<b>1</b>	<b>Velenje SLO</b>	<b>20-Jun</b>		<b>2</b>
09.95	1.2	Thando	ROTO	<b>Q</b>	260995	AGN	2	TUKS-Pretoria	18-Mar		3
<b>10.06</b>	1.5	<b>Henricho</b>	<b>BRUINTJIES</b>	<b>q</b>	<b>160793</b>	<b>AGN</b>	<b>2</b>	<b>Turku, FIN</b>	<b>13-Jun</b>		<b>4</b>
10.08	2	Emile	ERASMUS	q	030492	AGN	1	TUKS - Pretoria	13-May		5
10.12	1.1	Gift	LEOTLELA	q	120598	AGN	1h1	TUKS-Pretoria	18-Mar		6

10.19	0.8	Anaso	JOBODWANA		300792	KZNA	1h6	Potchefstroom	21-Apr		7
10.20	2	Clarence	MUNYAI		200298	AGN	2h5	TUKS-Pretoria	04-Mar		8
10,21	-0,3	Simon	MAGAKWE			ANWN	1h1	TUKS-Pretoria	03-Jun		9
10.30	1,3	Le Roux	VAN TONDER			AGN		Pretoria	25-Mar		10

### 200m

19,84	1.2	Wayde	VAN NIEKERK	Q	150792	AFS	1	Kingston JAM	10-Jun	SAR	1
19.95	1.7	Akani	SIMBINE	Q	210993	AGN	1h5	TUKS-Pretoria	04-Mar		2
20.10	1.7	Clarence	MUNYAI	Q	200298	AGN	2h5	TUKS-Pretoria	04-Mar		3
20.14	1.7	Ncincihli	TITI	Q	151293	AGN	1r1	Columbia SC	15-Apr		4
20.20	0.5	Gift	LEOTLELA	Q	120598	AGN	3	Potchefstroom	22-Apr		5
20.40	0.7	Hendrik	MAARTENS	q	071090	AFS	1s2	Potchefstroom	22-Apr		6
20.51	0.7	Luxolo	ADAMS			EPA	3s2	Potchefstroom	22-Apr		7
20.62	-1.2	Anaso	JOBODWANA			EPA	2	Hengli, NED	17 Jun		8
20.73	1.9	Lebakeng	SESELE			AGN	2s1	Potchefstroom	22-Apr		9
20.81	0.7	Lebogang	MOENG			AGN	4s2	Potchefstroom	22-Apr		10

### 300m

30.81		Wayde	VAN NIEKERK		150792	AFS	1	Ostrava, CHE	28 Jun	WR	1
31.61		Clarence	MUNYAI		200298	AGN	3	Ostrava, CHE	28 Jun	JWR	2

### 400m

0:45.15		Pieter	CONRADIE	q	201094	ACNW	1	Potchefstroom	22-Apr		1
0:45,71		Ranti	DIKGALE		120787	AGN	1	Nivelles, BEL	24-Jun		2
0:45:97		Ashley	HLUNGWANI			AGN	1h3	Pretoria	18-Mar		3
0:46.03		Thapelo	PHORA			AGN	5h6	SASOLBURG	28-Mar		4
0:46.20		Sokwakhana	ZAZINI			AGN		Durban	29-Mar		5
0:46.28		Wayde	VAN NIEKERK		150792	AFS	1	Cape Town	28-Apr		6
0:46.41		Zakithi	NENE			KZNA	5	Potchefstroom	22-Apr		7
0:46.66		Oscar	MAVUNDLA			AGN	2h3	TUKS-Pretoria	31-Mar		8
0:46,71		Dako	ZERIBE				4	TUKS-Pretoria	03-Jun		9
0:46.81		Derrick	MOKALENG			TCU	2h2	Lawrence MA	13-May		10

## 800m

1:45,73	Rynardt	VAN RENSBURG	q	230392	AFS	3	Stockholm ,SWE	18 Jun	1
1:46.65	Henco	UYS			ACNW	2	Potchefstroom	22-Apr	2
1:47.11	Tshepo	TSHITE			ACNW	3	Potchefstroom	22-Apr	3
1:47.31	William	MOTHOSOLO			AMPU	4	Potchefstroom	22-Apr	4
1:47.31	Kabelo	MOHLOSI		200193	ANW	1	Pretoria -TUKS	03-Jun	4
1:47,74	Jacob	ROZANI		240188	ANWN	7	Šamorin, SVK	17-Jun	6
1:47.86	Tian	BASSON			AMPU	5	Potchefstroom	22-Apr	7
1:47,90	Themba	MADIMA		040489	AGN	3	Regensburg	11-Jun	8
1:47.91	Jabulani	NCAMANA			AGN	1	Bloemfontein	08-Mar	9
1:48,03	Isaac	SEOKE				3	TUKS-Pretoria	03-Jun	10

## 1500m

03:38.83	Rantso	MOKOPANE			ACNW	1	Cape Town	28-Apr	1
03:38.94	Dumisani	HLASELO			CGA	2	Cape Town	28-Apr	2
03:40.54	Jerry	MOTSAO			ACNW	1	Kings Park - DURBAN	28-Feb	3
03:40.69	Nkosinathi	SIBIYA			KZNA	2	Kings Park - DURBAN	28-Feb	4
03:41.18	George	KUSCHE			TUKS	4	Kings Park - DURBAN	28-Feb	5
03:41.42	Treasure	DERISON			AFS	5	Kings Park - DURBAN	28-Feb	6
03:42.32	Folavio	SEHOHLE			AMPU	6	Kings Park - DURBAN	28-Feb	7
03:42.99	Treasure	DERRISON			AFS	1	SASOLBURG	28-Mar	8
03:43.64	Henry	MAKANE			CGA	5	Cape Town	28-Apr	9
03:45.09	Tumisang	MONNATLALA				7	Kings Park - DURBAN	28-Feb	10

## 1 Mile

04:08.63	indoors	Mpho	MAKOFANE	94	Monroe College	1	Clemson SC	14-Jan	1
04:11.04		Ryan	MPHAHLELE		CGA	1	Germiston	22-Mar	2
04:13.31	Indoors	Warno	POTGIETER			3	Birmingham AL	05-Feb	3
04:14.67		Henry	MAKANE		CGA	2	Germiston	22-Mar	4
04:18.61		Thobile	MOSITO		AGN	4	Pittsburg KS	04-Mar	5
04:27.53		Gladwin	MZAZI		CGA	3	Germiston	22-Mar	6

04:30.51	Isaac	SITHOLE		4	Germiston	22-Mar	7
04:32.43	Joseph	NTOLOANE		6	Germiston	22-Mar	8

### 3000m

08:04.57	Jerry	MOTSAU		ACNW	1	Potchefstroom	15-Mar	1
08:07.95	Dikotsi	LEKOPA			2	Potchefstroom	15-Mar	2
08:08.11	Joel	MMONE			3	Potchefstroom	15-Mar	3
08:09.09	Thabang	MOSIAKO			4	Potchefstroom	15-Mar	4
08:10.64	David	MANJA			5	Potchefstroom	15-Mar	5
08:12.30	Dumisane	HLASELO		CGA	2	SASOLBURG	28-Mar	6
08:15.07	Jeromy	ANDREAS		CGA	6	Potchefstroom	15-Mar	7
08:21.00	indoors Warno	POTGIETER			1rB	Nashville TN **	21-Jan	8
08:21.00	Anthony	TIMOTEUS	27-May-95	WPA	1	Parow	18-Feb	9
08:22.38	Rantso	MOKOPANE		ACNW	7	Potchefstroom	15-Mar	10

### 5000m

13:52.13	Jeromy	ANDREAS		CGA	1	Cape Town	29-Apr	1
14:03.84	Thabang	MOSIAKO		ACNW	1	Potchefstroom	21-Apr	2
14:05.04	Rantso	MOKOPANE		ACNW	2	Cape Town	29-Apr	3
14:05.59	Elroy	GELANT		ACNW	2	Potchefstroom	21-Apr	4
14:05.75	Milton	KEKANA		AGN	3	Cape Town	29-Apr	5
14:07.11	Collen	MULAUDZI		AGN	4	Cape Town	29-Apr	6
14:09.55	Stephen	MOKOKA		AGN	3	Potchefstroom	21-Apr	7
14:17.48	Michael	PIENAAR		AGN	5	Cape Town	29-Apr	8
14:23.83	Kabelo	MELAMU		CGA	4	Potchefstroom	21-Apr	9
14:24.11	Ambition	MASIHLEHO		AFS	6	Cape Town	29-Apr	10

### 10 000m

28:16.54	Elroy	GELANT		ACNW	1	Kings Park - DURBAN	28-Feb	1
28:32.55	Namakoe	NKHASI			2	Kings Park - DURBAN	28-Feb	2
28:49.92	Joel	MMONE		ACNW	3	Kings Park - DURBAN	28-Feb	3

29:00.38	Thabang	MOSIAKO			4	Kings Park - DURBAN	28-Feb	4	
29:01.01	David	MANJA			ACNW	5	Kings Park - DURBAN	28-Feb	5
29:08.51	Jeromy	ANDREAS			CGA	1	Cape Town	28-Apr	6
29:14.83	Milton	KEKANA			AGN	2	Cape Town	28-Apr	7
29:19.25	Marianio	EESOU			EPA	6	Kings Park - DURBAN	28-Feb	8
29:22.31	Collen	MULAUDZI			AGN	3	Cape Town	28-Apr	9
29:27.25	Vuyisile	TSHOBO			AGN	7	Kings Park - DURBAN	28-Feb	10

### **3000m Steeple Chase**

91.4

08:34.47	Rantso	MOKOPANE			ACNW	1	Potchefstroom	22-Apr	1
08:47.15	Dikotsi	LEKOPA			ACNW	2	Potchefstroom	22-Apr	2
08:50.79	Sibiso	MADIKIZELA	130691		WPA	5	Copenhagen, DEN	20-Jun	3
08:51.56	Merlin	KLAASTE			WPA	2	Cape Town	28-Apr	4
08:54.20	Sive	NGUBO			AGN	3	Cape Town	28-Apr	5
08:54.38	Ruan	MEINTJIES			AFS	4	Cape Town	28-Apr	6
08:54.83	Kabelo	SEBOKO			CGA	3	Potchefstroom	22-Apr	7
08:57.82	Nope	MOLEJANE			FS	1	Durban	29-Mar	8
08:58.46	Aphelele	NKONYENI			EC	2	Durban	29-Mar	9
08:58.71	Siboniso	SOLDAKA			WPA	5	Cape Town	28-Apr	10

### **60m Hurdles**

106.7cm

08.11	0.6	Muntingh	HAMMAN			AGN	1	Potchefstroom	24-Jan	1
08.23	0.6	Alwyn	BOTHMA			ACNW	2	Potchefstroom	24-Jan	2
08.31	0.6	Theodor	YOUNG			ACNW	3	Potchefstroom	24-Jan	3
08.44	0.6	Shaun	BOWNES			ACNW	4	Potchefstroom	24-Jan	4
08.48	0.6	Tiaan	KLEYNHANS			ACNW	5	Potchefstroom	24-Jan	5
08.49	0.6	Cobus	HAMMAN			AFS	6	Potchefstroom	24-Jan	6
08.85	0.6	Naeem	RAZAK			ACNW	7	Potchefstroom	24-Jan	7
09.29	0.6	Paballo	MAIMANE			ACNW	8	Potchefstroom	24-Jan	8

### **110m Hurdles**

106.7cm

13.11	1,8	Antonio	ALKANA	Q	120490	WPA	1	Praha, CZE	05-Jun	SAR	1
13.42	0.3	Tiaan	SMIT	q	140395	AGN	1	Potchefstroom	22-Apr		2

13.73	0.4	Junior	MKATINI		040190	CGA	1	Pretoria-TUKS	03-Jun	3
13.78	-0.3	Ruan	DE VRIES			AGN		Pretoria	11-Mar	4
13.86	2	Tshepo	LEFETE			CGA	1h1	Cape Town	28-Apr	5
13.99	1.4	Muntingh	HAMMAN			AGN	2h2	Potchefstroom	15-Mar	6
14.04	2	Kobus	MOOLMAN			AFS		Cape Town	28-Apr	7
14.09	-0.6	Alwyn	BOTHMA			ACNW	1h1	SASOLBURG	28-Mar	8
14.22	-0.5	Theodor	YOUNG			ACNW	4h2	SASOLBURG	28-Mar	9
14.26	0.9	Andre	SEPTEMBER			WPA	5h1	Potchefstroom	21-Apr	10

#### 400m Hurdles 91.4cm

0:49.27		Cornel	FREDRICKS	q	030390	AGN	1	TUKS-Pretoria	17-Mar	1
0:49.28		Constant	PRETORIUS	q	260194	AGN	1	TUKS-Pretoria	03-Jun	2
0:49.29		LJ	VAN ZYL	q	200785	AGN	1	TUKS-Pretoria	12-Mar	3
0:49.35		LeRoux	HAMMAN	q	060192	AGN	1	Potchefstroom	21-Apr	4
0:49.55		Hardus	MARITZ			ACNW	2	TUKS-Pretoria	03-Jun	5
0:49.91		Kefilwe	MOGAWANA		111097	AGN	3	TUKS-Pretoria	03-Jun	6
0:50.20		PC	BENEKE		180790	AGN	4	TUKS-Pretoria	17-Mar	7
0:50.63		Lindsey	HANEKOM		150593	AGN	5	Praha, CZE	05-Jun	8
0:50.99		Linford	MAREE			BOLA	4	Potchefstroom	21-Apr	9
0:51.10		Elshami	EKSTEEN			AFS	3h2	Potchefstroom	21-Apr	10

#### High Jump

2.25		Chris	MOLEYA		270197	AGN	1	Potchefstroom	22-Apr	1
2.22		Mpho	LINKS		200696	ACNW	1	Cape Town	29-Apr	2
2.20		Keegan	FOURIE		071191	BOLA	2	Potchefstroom	22-Apr	3
2.18		Breyton	POOLE			WPA	1	Durban	29-Mar	4
2.17	indoors	Tiaan	STEENKAMP		140396	Arkansas	1	Birmingham AL	21-Feb	5
2.15		Garth	ELLIS			EPA	3	Potchefstroom	22-Apr	6
2.05		Liandre	VAN ROOYEN			AGN	1	Cape Town	09-Apr	7
2.05		Sarel	PRINSLOO			ACNW	6	Potchefstroom	22-Apr	8
2.05		Teboho	MODISE			CGA	3	Cape Town	29-Apr	8
2.05		Marcel	MAREE			BOLA	4	Cape Town	29-Apr	8
2.05		Matthew	PUDULE			Gauteng	1h1	Durban	29-Mar	8

2.05	Gift	NKOSI				Gauteng	1h1	Durban	29-Mar	8
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### Pole Vault

5,25	Niel	GILOMEE					14	Lexington	27-May	1
5.20	Eben	BEUKES				AGN	1	TUKS - Pretoria	04-Mar	2
5.12	Lukas	VAN DER WALT				BOLA	4	Lawrence KS	28-Apr	3
5.00	Migael	CILLIERS				AGN	2	TUKS - Pretoria	04-Mar	4
5.00	Heinrich	SMIT				AGN	2	Potchefstroom	21-Apr	5
5.00	Valco	VAN WYK				BOLA	1	Cape Town	07/08-Apr	6
4.97	Fredriech	PRETORIUS				AGN	1	Pretoria-Tuks	18-Mar	7
4.94	Hendrick	VAN WYK				WC	1	Durban	29-Mar	8
4.90	Eckhardt	VAN DER WATT				BOLA	3	Potchefstroom	21-Apr	9
4.80	Jaun	DE SWART				BOLA	1	Cape Town	28-Apr	10

### Long Jump

8.65	1.3	Luvo	MANYONGA	Q	080191	AGN	1	Potchefstroom	22-Apr SA Record	1
8.49	-0.8	Ruswahl	SAMAAI	Q	250991	CGA	2	Potchefstroom	22-Apr	2
8.22	1.5	Zarck	VISSER	Q	150989	CGA	1	Bad-Langensalza,GER	17-Jun	3
8,19	1,0	Godfrey	MOKOENA	Q	060385	CGA	1	Weinheim,GER	27-May	4
7.80	0.4	Jovan	VAN VUUREN			AFS	2	Bloemfontein	08-Mar	5
7.80	0.4	Cheswill	JOHNSON			CGA	1	TUKS-Pretoria	31-Mar	5
7.72	0.3	Dylan	COTTER			CGA	2	Germiston	22-Mar	7
7.64	0.5	Peter	MAKGATO			CGA	4	Bloemfontein	08-Mar	8
7.57	2	Koketso	MOGAPE			ACNW	3	TUKS-Pretoria	31-Mar	9
7.52	1.1	Jason	FARAO			CGA	6	Bloemfontein	08-Mar	10

### Triple Jump

16.75	0.7	Reneilwe	APHANE		240890	AGN	1	TUKS-Pretoria	18-Feb	1
15.96	0.4	Sefako	MOKHOSOA			AFS	2	Cape Town	29-Apr	2
15.55	-1.9	Dylon	COTTER		230891	CGA	1	Germiston	14-Jan	3
15.46	-0.1	Menzi	MTHEMBU			CGA	4	Cape Town	29-Apr	4
15.42	1.3	Junior	MPHEFU			BOLA	1	Durban	29-Mar	4

15.20	-3.8	Jubilant	MOTHLAKE		CGA	1	TUKS-Pretoria	31-Mar	6
15.18	-1.8	Itumuleng	DIKOKO		AVT	2	SASOLBURG	28-Mar	7
15.09	2	Kwezi	MTOPA		BOLA	6	Cape Town	29-Apr	8
15.05	0.7	Cheslin	KORTJE		BOLA	2	Cape Town	08-Apr	9
14.93	1.1	Jason	SEWENYANA		WPA	4	Potchefstroom	21-Apr	10

**Shot Put** 7.26kg

21.12		Orazio	CREMONA	Q	AGN	1	Potchefstroom	22-Apr	1
20.63		Jaco	ENGELBRECHT	Q	CGA	2	Potchefstroom	22-Apr	2
19.15		Burger (jnr)	LAMBRECHTS		AGN	3	Potchefstroom	22-Apr	3
19.00		Jason	VAN ROOYEN		CGA	1	Harare,ZIM	10-Jun	4
18.51		Kayle	BLIGNAUT		CGA	5	Potchefstroom	22-Apr	5
17.73		Ruan	COMBRINK		AGN	1	TUKS-Pretoria	31-Mar	6
16.76		Zane	WEIR		WPA	2	TUKS-Pretoria	31-Mar	7
16.68		Tumelo	THAGE		AGN	7	Potchefstroom	22-Apr	8
16.20		Constand	VAN ROOYEN		ACNW	4	Potchefstroom	15-Mar	9
16.17		Dean	WATTRUS	100589	ACNW	7	Brisbane, AUS	21-Jan	10

**Discus** 2kg

57.06		Dewalt	VAN HEERDEN	040496	CGA	1	TUKS-Pretoria	04-Mar	1
55.27		Patrick	DUVENHAGE	170298	AGN	1	TUKS-Pretoria	31-Mar	2
55.12		Brynn-Peter	KEMP	180191	BOLA	2	Potchefstroom	21-Apr	3
54.18		Werner	VISSER		CGA	2	TUKS-Pretoria	31-Mar	4
52.09		Jason	VAN ROOYEN	040297	CGA	2	Potchefstroom	03-Mar	5
49.60		Ruan	MURRAY			2	TUKS-Pretoria	04-Mar	6
49.55		Cameron	DONKIN		BOLA	4	Cape Town	28-Apr	7
49.39		Conrad	BURGER		BOLA	5	Cape Town	28-Apr	8
48.87		Manie	BLOM		AGN	3	TUKS-Pretoria	04-Mar	9
48.40		Dean	WATTRUS	100589	ACNW	2	Brisbane, AUS	28-Jan	10

**Hammer Throw** 7.26kg

71.28		Tshepang	MAKHETE		ACNW	1	SASOLBURG	28-Mar	1
70.53		Chris	HARMSE		AFS	1	Potchefstroom	22-Apr	2

70.30	Renaldo	FRECHOU		AGN	2	Potchefstroom	22-Apr	3
64.94	Alan	CUMMING		ACNW	4	Potchefstroom	22-Apr	4
62.20	Carel	HAASBROEK		ACNW	5	Potchefstroom	22-Apr	5
60.66	Johan	KRUGER	15-Apr-87	BOLA	1	Parow	18-Feb	6
60.43	Vincent	VAN RENSBURG		CGA	1	Germiston	22-Mar	7
59.56	Eurard	ROODE		CGA	2	Germiston	22-Mar	8
57.94	Juan	MULLER		AFS	5	SASOLBURG	28-Mar	9
52.06	Nicol	LAUBSCHER		BOLA	7	Potchefstroom	22-Apr	10

### Javelin

800g

84.09	Rocco	VAN ROOYEN	Q	231292	WPA	1	Parow	18-Mar	1
80.49	Phil-Mar	JANSE V RENSBURG		230689	AMPU	1	Germiston	18-Mar	2
77.81	Chad	HERMAN		250592	ACNW	1	Potchefstroom	15-Mar	3
77,88	Johann	GROBLER			ACNW	1	Potchefstroom	27-May	4
77.20	Reinhardt	VAN ZYL		070294	Missouri	2	Columbia SC	13-May	5
76.82	Leon	LAUBSER		210296	ACNW	1	TUKS-Pretoria	31-Mar	6
74.83	Hernu	VAN VUUREN			CGA	4	Potchefstroom	21-Apr	7
73.51	Werner	DAMES			ANWN	1	Cape Town	07-Apr	8
72.20	Tobie	HOLTZHAUZEN			AGN	6	Potchefstroom	21-Apr	9
72.16	Werner	BOUWER		210998	AMPU	1	San Antonio TX	17-Mar	10

### 4 x 100m Relay

0:38.47	South Africa			RSA	1	Germiston	22-Mar	1
0:39.98	UJ			CGA	1	TUKS-Pretoria	31-Mar	2
0:40.07	WPA			WPA	1	Potchefstroom	22-Apr	3
0:40.15	NWU-PUKKE			ACNW	2	TUKS-Pretoria	31-Mar	4
0:40.17	TUKS			AGN	1	Potchefstroom	03-Mar	5
0:40.45	KOVSIES			AFS	3	TUKS-Pretoria	31-Mar	6
0:40.89	Diamond Snr			CGA	5	Germiston	22-Mar	7
0:40.96	UWC			WPA	5	TUKS-Pretoria	31-Mar	8
0:41.07	TUT			AGN	6	TUKS-Pretoria	31-Mar	9
0:41.08	Madibaz			EPA	3	Cape Town	28-Apr	10

### 4 x 400m Relay

03:03.53	South Africa "A"	RELAY TEAM		RSA	1	Germiston	22-Mar	1
03:06.80	South Africa "B"	RELAY TEAM		RSA	2	Germiston	22-Mar	2
03:09.01	Maties A			BOLA	1	Cape Town	2-Apr	3
03:10.20	TUT A			AGN	2	Cape Town	2-Apr	4
03:10.21	TUKS A			AGN	3	Cape Town	2-Apr	5
03:10.53	PUKKE			ACNW	4	Cape Town	2-Apr	6
03:11.04	BOLAND			BOLA	1	Potchefstroom	22-Apr	7
03:14.11	AGN INDIVIDUALS			AGN	2	Potchefstroom	22-Apr	8
03:14.37	UJ			CGA	5	Cape Town	2-Apr	9
03:15.21	Kovsies A			AFS	6	Cape Town	2-Apr	10

### 3 000m Walk (Track)

11:10.22	Wayne	SNYMAN	080385	AGN	2	Brisbane, AUS	11-Feb	1
11:14.49	Lebohang	SHANGE	010890	CGA	1	Samorin, SVK	17-Jun	2
12:10.61	Sizwe	NDEBELE		AGN	2	Germiston	22-Mar	3
12:25.66	Mzwakhe	MAVUNDLA		CGA	3	Germiston	22-Mar	4
13:13.99	Tumisang	PULE		AGN	4	Germiston	22-Mar	5
14:03.99	Nkosinathi	NCOKAZI			5	Germiston	22-Mar	6
14:06.63	Tebatso	MASHIMBYI			6	Germiston	22-Mar	7
14:51.82	Ntaone	NTOANE		CGA	7	Germiston	22-Mar	8
15:39.18	Vincent	NHLAPO		AGN	1	Pilditch-Pretoria	21 Jan	9
15:43.15	Gift	LIMBA			8	Germiston	22-Mar	10

### 5 000m Walk (Track)

29:47.53	Johan	VAN ZYL	18-Feb-49	WPA	1	Parow	18-Feb	1
31:55.30	Tembelani	FIGLAN	03-Feb-65	WPA	2	Parow	18-Feb	2
31:56.00	Jurgen	SPENCER	01-Oct-40	WPA	3	Parow	18-Feb	3
32:19.79	Schalk	WALTERS	21-Nov-57	WPA	4	Parow	18-Feb	4
32:22.37	Lucky	ZIQWAYI	24-Aug-77	WPA	5	Parow	18-Feb	5
33:53.09	Len	DIEDERICKS	14-Dec-44	WPA	6	Parow	18-Feb	6

## 20km Walk (Road)

1:21:00.00	Lebogang	SHANGE	q	010890	CGA	2	Adelaide, AUS	19-Feb	1
1:21:26.00	Wayne	SNYMAN	q	080385	AGN	6	Adelaide, AUS	19-Feb	2
1:28:37.00	Sizwe	NDEBELE			AGN	2	Potchefstroom	22-Apr	3
1:30:33.00	Marc	MAUNDELL					Monterrey, Mex	19-Mar	4
1:32:45.00	Mzwakhe	MAVANDLA			CGA	3	Potchefstroom	22-Apr	5
1:33:55.00	Thumisang	PULE			AGN	4	Potchefstroom	22-Apr	6
1:34:15.00	Aron	MAHLANGU			KZNA	5	Potchefstroom	22-Apr	7
1:38:25.00	Mthunzi	MNISI			AGN	6	Potchefstroom	22-Apr	8

## Decathlon

### 100m ; Long Jump ; Shot Put ; High Jump ; 400m ; 110m Hurdles ; Discus ; Pole Vault ; Javelin ; 1500m

8002	Fredriech	Pretorius			AGN	1	Pretoria-Tuks	18 Mar	1
6788	Duncan	McGladdery			AGN	2	Potchefstroom	21/22-Apr	2
6747	Marcelle	DE JAGER			AFS	3	Potchefstroom	21/22-Apr	3
6700	JC	VAN BILJOEN			AFS	2	Cape Town	28/29-Apr	4
6582	Lee	VAN DER BERG			ACNW	3	Cape Town	28/29-Apr	5
6236	Hennie	BEUKES			BOLA	6	Potchefstroom	21/22-Apr	6
6039	Terrence	Weperer			WPA	7	Potchefstroom	21/22-Apr	7
5588	Katleho	MATSEKANE			AVT	8	Potchefstroom	21/22-Apr	8
5134	Brandon	BARNARD			ACNW	4	Cape Town	28/29-Apr	9
4722	Gert	SWANEPOEL			AGN	9	Potchefstroom	21/22-Apr	10

### Wind

7804

Willem

Coertzen

ACNW

2

Kladno,CZE

18/19 Jun

11,12(2,3)7,23(-0,5)13,38;1,90;48,82,14,53(1,3)42,56;4,20;66,77;4:31,11

## WOMEN

### 100m

11.10	0.3	Carina	HORN	Q	AGN	1s1	Potchefstroom	21-Apr	1
11.34	0.3	Tebogo	MAMATU		AGN	2s1	Potchefstroom	21-Apr	2
11.41	-0.2	Alyssa	CONLEY		CGA	1	Potchefstroom	21-Apr	3
11.50	0.3	Nabeela	PARKER		WPA	3s1	Potchefstroom	21-Apr	4
11.53	0.2	Tamzin	THOMAS		WPA	1	Cape Town	28-Apr	5
11.61	0	Tsaone	SEBELE		CGA	2h3	TUKS-Pretoria	31-Mar	6
11.73	-0.2	Lente	PIETERSE		ACNW	5	Potchefstroom	21-Apr	7
11.80	2	Reabetswe	MOLOI		AGN	3s1	Cape Town	28-Apr	8
11.81	-2.5	Rose	XEYI		AGN	3s2	Potchefstroom	21-Apr	9
11.87	0.6	Simone	VAN DER NEST		CGA	2h1	Potchefstroom	21-Apr	10

### WIND

11.29	2.1	Alyssa	CONLEY		CGA	1h2	Potchefstroom	21-Apr	
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### 200m

22.94	1.5	Alyssa	CONLEY	q	CGA	1	Potchefstroom	22-Apr	1
23.21	0.3	Justine	PALFRAMAN	041193	BOLA	1	Cape Town	29-Apr	2
23.39	0.6	Wenda	NEL		AGN	1s2	Potchefstroom	22-Apr	3
23.43	1.5	Tamzin	THOMAS		WPA	2	Potchefstroom	22-Apr	4
23,60	0.3	Ariana	NEL		ACNW	2	Cape Town	29-Apr	5
23.86	0.3	Shanice	MARNCE		KZNA	3	Cape Town	29-Apr	6
24.04	0.6	Nabeela	PARKER		WPA	3s2	Potchefstroom	22-Apr	7
24.11	1.2	Simone	VAN DER NEST		CGA	1	Durban	29-Mar	8
24.31	-1.2	Shere	JANSE VAN RENSBURG			3	SASOLBURG	28-Mar	9
24.45	0.3	Simone	DU PLOOY		AGN	4	Cape Town	29-Apr	10

### 400m

0:51.60	Caster	SEMENYA	q	070191	ACNW	1	Potchefstroom	22-Apr	1
0:52.41	Justine	PALFRAMAN		041193	BOLA	2	Cape Town	28-Apr	2
0:52.78	Wenda	NEL		300788	AGN	3h2	Potchefstroom	15-Mar	3
0:52.94	Tsolofelo	THIPE			ACNW	1	Potchefstroom	27-May	4
0:53.81	Gena	LOFSTRAND		231095	KZNA	1	TUKS- Pretoria	03-Jun	5
0:54.05	Ariane	NEL			ACNW	3	Cape Town	28-Apr	6
0:54.24	Marlie	VILJOEN				1	Durban	29-Mar	7
0:54.25	Gena	LOFSTRAND			KZNA	2	Kings Park-DURBAN	28-Feb	8
0:54.66	Sonja	VAN TONDER			WPA	3	Potchefstroom	22-Apr	9
0:54.73	Amy	NAUDE			KZN	1	Durban	29-Mar	10

### 800m

1:56.61	Caster	SEMENYA	Q	070191	ACNW	1	Doha QAT	05-May	1
2:02,43	Gena	LOFSTRAND		231095	KZNA	1	Nivelles, BEL	24-Jun	2
2:05.48	Anuscha	NICE			AGN	2	Cape Town	29-Apr	3
2:06.96	Simonay	WIETZ			CGA	1	Cape Town	08-Apr	4
2:08.32	Niene	MULLER			AGN	2	Cape Town	08-Apr	5
2:08.68	Prudence	SEKGODISA			Gauteng	1	Durban	29-Mar	6
2:08.72	Lee Anne	BLAKE			AGN	5	Potchefstroom	22-Apr	7
2:08.77	Carina	VILJOEN		150497	CGA	2	Fayetteville AR	05-May	8
2:10.31	Thobile	VILAKAZI				2	Durban	29-Mar	9
2:10.37	Keletso	SENOSI			AGN	1	Durban	29-Mar	10

### 1500m

04:10.90	Indoors	Dominique	SCOTT-EFURD	240692	WPA	5	New York NY	11-Feb	SAIDR	1
04:16.87		Caster	SEMENYA	070191	ACNW	1	Cape Town	28-Apr		2
04:18.41		Anuscha	NICE		AGN	2	Cape Town	28-Apr		3
04:19.32		Simonay	WEITZ		CGA	1	Durban	29-Mar		4
04:19.58		Aynslee	VAN GRAAN	151295	Coastal Carolina	4	Auburn AL	21-Apr		5
04:19.62		Carina	VILJOEN	150497	CGA	6rB	Azusa CA	14-Apr		6
04:19.92		Kesa	MOLOTSANE		AFS	3	Cape Town	28-Apr		7

04:21.44		Nicole	LOUW		AFS	1	Durban	29-Mar		8
04:22.46		Marne	MENTZ		AFS	2	Potchefstroom	22-Apr		9
04:22.62		Lindi	ROELOFSE		CGA	2	Durban	29-Mar		10

### 1Mile

04:28.47	Indoors	Dominique	SCOTT-EFURD	240692	WPA	5	New York NY	11-Feb	SAIDR	1
04:46.01	Indoors	Carina	VILJOEN	150497	CGA	5h1	Nashville TN	24-Feb		2
04:50.90	Indoors	Laura	LABUSCHAGNE		South Alabama	10	Nashville TN	11-Feb		3
04:58.20		Anusche	NICE		CGA	1	Germiston	22-Mar		4
05:12.02		Kacy	BOSMAN		CGA	2	Germiston	22-Mar		5
05:14.09		Done'	MOOLMAN		AGN	3	Germiston	22-Mar		6
05:14.53		Janie	J VAN RENSBURG		AGN	4	Germiston	22-Mar		7
05:16.70		Lebogang	RAMELA		CGA	5	Germiston	22-Mar		8

### 3000m

08:54.06	Indoors	Dominique	SCOTT-EFURD	240692	WPA	5	Boston MA	28-Jan	SAIDR	1
09:36.29		Caster	SEMENYA		ACNW	1	Potchefstroom	15-Mar		2
09:37.46		Kesa	MOLOTSANE		AFS	2	Potchefstroom	15-Mar		3
09:39.86		Simonay	WEITSZ		CGA	3	Potchefstroom	15-Mar		4
09:43.40		Lebogang	PHALULA		CGA	4	Potchefstroom	15-Mar		5
09:44.96		Letitia	SAAYMAN	281092		2	Winston-Salem NC	03-Feb		6
09:48.88		Mapaska	MAKHANYA		CGA	5	Potchefstroom	15-Mar		7
09:33.07		Nicole	LOUW		AFS	1	Cape Town	07/08-Apr		8
09:33.34		Aynslee	VAN GRAAN	151295	Coastal Carolina	1	Greenville NC	07-Apr		9
09:34.38		Nadia	POTGIETER			1	Durban	29-Mar		10

### 5000m

15:20.10		Dominique	SCOTT-EFURD	q	240692	WPA	13	Rome,ITA	08-Jun	1
16:08.21		Kesa	MOLOTSANE			AFS	1	Kings Park - DURBAN	28-Feb	2
16:20.06		Irvette	VAN ZYL			AGN	2	Kings Park - DURBAN	28-Feb	3
16:24.44		Louisa	LEBALLO				3	Kings Park - DURBAN	28-Feb	4
16:25.25	indoors	Annie	BOTHMA		261295		1	Blackburg VA	21-Jan	5

16:29.50	Stella	MARAIS	251192	AGN	2	Sollentuna, SWE	29-Jun	6
16:32.51	Nolene	CONRAD		WPA	3	Potchefstroom	21-Apr	7
16:34.85	Kyla	VAN GRAAN	141094	Coastal Carolina	14	Raleigh NC	24-Mar	8
16:36.49	Mapaseka	MAKHANYA		CGA	4	Potchefstroom	21-Apr	9
16:38.49	Glenrose	XABA		AMPU	4	Kings Park - DURBAN	28-Feb	10

### 10000m

34:12.04	Annie	BOTHMA	261295		1	Arlington TX	12-May	1
34:56.12	Glenrose	XABA		AGN	1	Potchefstroom	22-Apr	2
35:12.32	Cornelia	JOUBERT		CGA	2	Potchefstroom	22-Apr	3
35:26.89	Mapaseka	MAKHANYA		CGA	3	Potchefstroom	22-Apr	4
35:41.62	Maria	SHAI		CGA	4	Potchefstroom	22-Apr	5
35:53.32	Bulelwa	SIMAE		WPA	5	Potchefstroom	22-Apr	6
36:32.67	Lusanda	BOMVANA		ATRA	6	Potchefstroom	22-Apr	7
37:18.36	Puseletso	DLADLA		KZNA	7	Potchefstroom	22-Apr	8
37:51.00	Rachel	LEISTRA		CGA	1	Cape Town	28-Apr	9
38:20.97	Monwabisi	MJOLI		KZNA	8	Potchefstroom	22-Apr	10

### 3000m Steeple Chase

76.2cm

10:45.51	Tsegofatso	SETLHAKGOE			1	Durban	29-Mar	1
10:45.97	Cherise	SIMS		EPA	1	Cape Town	28-Apr	2
10:46.05	Lesego	MPSHE		CGA	2	Durban	29-Mar	3
10:51.12	Thembi	BALOYI		AGN	2	Cape Town	28-Apr	4
11:04.66	Shanley	KOEKEMOER		AGN	3	Potchefstroom	22-Apr	5
11:06.27	Carina	SWIEGERS		ACNW	3	Cape Town	28-Apr	6
11:08.65	Lethabo	MAKGOGA		CGA	4	Potchefstroom	22-Apr	7
11:09.90	Fortune	MABOTSA		Gauteng	3	Durban	29-Mar	8
11:10.89	Lara	ORROCK		AFS	4	Durban	29-Mar	9
11:42.38	Lesego	MPSHE		CGA	7	Potchefstroom	22-Apr	10

### 100m Hurdles

84cm

12.99	1	Rikenette	STEENKAMP	q	161092	AGN	2	Ostrava, CZE	28-Jun	1
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13.23	0.9	Claudia	HEUNIS	011089	AGN	2	TUKS-Pretoria	25-Mar	2
13.48	1.1	Maryke	BRITS		AFS	2h2	Potchefstroom	21-Apr	3
13.82	-0.1	Velmien	HENDRIKS		CGA	4	Potchefstroom	22-Apr	4
13.87	-0.1	Taylon	BIELDT		AGN	5	Potchefstroom	22-Apr	5
13.93	-0.1	Janke	VAN WYK		BOLA	6	Potchefstroom	22-Apr	6
13.93	1.8	Tanya	EHRKE		CGA	1h1	Durban	29-Mar	6
14.21	0.1	Inge	VAN DER MERWE		AGN	4	Germiston	22-Mar	8
14.24	1.2	Martelize	JORDAAN		WC	3	Durban	29-Mar	9
14.34	1.2	Christen	Fox		NC	4	Durban	29-Mar	10

#### **400m Hurdles** 76.2cm

<b>0:54,58</b>	<b>Wenda</b>	<b>NEL</b>	<b>Q</b>	<b>300788</b>	<b>AGN</b>	<b>3</b>	<b>Rome, ITA</b>	<b>08-Jun</b>	<b>1</b>
0:57.52	Anneri	MOOLMAN			AFS	1	TUKS-Pretoria	04-Mar	2
0:57.68	Jean-Marie	SENEKAL			BOLA	1	Cape Town	29-Apr	3
0:57.94	Zeney	VAN DER WALT			AGN	1	Cape Town	07/08-Apr	4
0:58.21	Gontse	MORAKE			AGN	2	Cape Town	07/08-Apr	5
0:58.87	Belindi	VAN DER MERWE			AGN	2	Cape Town	29-Apr	6
0:59.03	Chanelle	LEUVENNINK			AGN	2h2	TUKS-Pretoria	31-Mar	7
0:59.26	Juli	VERCUIEL			WPA	3	Cape Town	07/08-Apr	8
0:59.28	Rogail	JOSEPH			BOLA	4	Cape Town	07/08-Apr	9
0:59.48	Hesmari	COETZEE			Coastal Carolina	1rB	Columbia SC	25-Mar	10

#### **High Jump**

1.85	Julia	DU PLESSIS			ACNW	1	Potchefstroom	22-Apr	1
1.80	Tillanie	NEETHLING			AGN	1	TUKS_Pretoria	04-Mar	2
1.80	Yvonne	ROBSON			AGN	1	TUKS-Pretoria	18-Mar	2
1.76	Kristi	SNYMAN			WC	1	Durban	29-Mar	4
1.75	Brittany	UYS			KZNA	2	TUKS_Pretoria	04-Mar	5
1.75	Marilize	HIGGENS			CGA	3	Potchefstroom	22-Apr	5
1.75	Geraldine	KING			WPA	5	Potchefstroom	22-Apr	5
1.75	Erikah	SEYAMA			AGN	2	TUKS_Pretoria	31-Mar	5
1.75	Daniella	CARSTENS			AGN	3	Cape Town	29-Apr	5
1.73	Fleur	SLOT			BOLA	2	Durban	29-Mar	10

**Pole Vault**

3.77		Kaitlyn	SPARKS			4	Williamstown MA	06-May	1
3.75		Christy	NELL		UMKC	7	Edinburgh TX	12-May	2
3.70		Nadja	FOURIE		AFS	1	Potchefstroom	21-Apr	3
3.65		Kian-lee	DU TOIT		WC	1	Durban	29-Mar	4
3.60		Jeannie	VAN DYK		EPA	2	Potchefstroom	21-Apr	5
3.50		Simone	SWANEVELDER		ASWD	2	Cape Town	07/08-Apr	6
3.50		Jodie	SEDRAS		BOLA	4	Potchefstroom	21-Apr	7
3.50		Esli	LAMLEY		AFS	2	Cape Town	29-Apr	8
3.40		Anje	VILJOEN		BOLA	5	Potchefstroom	21-Apr	9
3.30		Corle	VAN DER WALT		AFS	2	Cape Town	08-Apr	10

**Long Jump**

6.59	1	Lynique	PRINSLOO		CGA	1	Cape Town	29-Apr	1
6.32	1.5	Samantha	PRETORIUS		BOLA	3	Potchefstroom	22-Apr	2
6.29	1.4	Karin	MEY		AGN	4	Potchefstroom	22-Apr	3
6.19	-0.4	Maryke	BRITS		AFS	1	TUKS-Pretoria	31-Mar	4
6.14	1.3	Zanri	VAN DER MERWE	140593	Kansas State	–	Austin TX	15-Apr	5
6.12	1.2	Zinzi	CHABANGU		CGA	5	Potchefstroom	22-Apr	6
6.12	-1.3	Kelly	KINGWELL		EPA	2	Cape Town	29-Apr	7
6.05	-2.1	Patience	NTSHINGILA		CGA	1q1	Cape Town	29-Apr	8
6.01	1	Anita	MADIKE		EPA	6	Potchefstroom	22-Apr	9
6.00	0.1	Renate	VAN TONDER	100498	CGA	6	Louisville KY	29-Apr	10

**WIND**

6.39	2.1	Maryke	BRITS		AFS	2	Potchefstroom	22-Apr	
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**Triple Jump**

11m

13.55	0.5	Kelly	KINGWILL		EPA	1	Potchefstroom	21-Apr	1
13.20	-0.6	Zinzi	CHABANGU		CGA	2	Potchefstroom	21-Apr	2
13.06	1	Patience	NTSINGILA		CGA	3	Potchefstroom	21-Apr	3
12.37	-0.5	Renate	VAN TONDER	100498	CGA	10	Atlanta GA	14-May	4
12.37	1.7	Catherine	MAKAYA		CGA	4	Cape Town	28-Apr	5

12.16	-0.5	Helga Wendy	BENSUSAN		CGA	4	Potchefstroom	21-Apr	6
12.03	0.5	Moleboheng	PHERANE		AFS	5	Potchefstroom	21-Apr	7
12.00	0.5	Brithaney	LUDIJK		WPA	1	Cape Town	08-Apr	8
12.00	1.6	Nolwazi	Mashaba		MPU	1	Durban	29-Apr	9
11.95	0.9	Suneel	LOUWRENS		BOLA	7	Potchefstroom	21-Apr	10

### **Shot Put**

4kg

16.97		Ischke	SENEKAL		EPA	1	Potchefstroom	21-Apr	1
15.59		Lezaan	JORDAAN	1995.10.17	CGA	1	Germiston	14-Jan	2
15.14		Sonia	SMUTS		AGN	1	TUKS-Pretoria	04-Mar	3
14.40		Jana	STEINMANN		ACNW	1	Cape Town	07/08-Apr	4
14.08		Mia	VAN R VAN OUDTSHOORN		AFS	1	Durban	29-Mar	5
13.50		Tanya	PUBALAKAN		CGA	4	Potchefstroom	21-Apr	6
13.46		Wanzel	BREYTENBACH		AGN	5	Potchefstroom	21-Apr	7
13.37		Yolandi	STANDER		AGN	2	Cape Town	07/09-Apr	8
13.27		Nienka	DU TOIT		BOLA	1	Potchefstroom	21-Apr	9
13.22		Monique	WAGNER		CGA	7	Potchefstroom	21-Apr	10

### **Discus**

1kg

54.74		Ischke	SENEKAL		EPA	1	Potchefstroom	03-Mar	1
50.85		Tharina	VAN DER WALT		AFS	1	Durban	30-Mar	2
48.86		Yolandi	STANDER		AGN	1	Cape Town	07/08-Apr	3
47.59		Leandri	GEEL		CGA	2	Potchefstroom	03-Mar	4
46.64		Riette	HEYNS		ACNW	2	Germiston	22-Mar	5
46.40		Linda	VAN VREDEN		CGA	1	TUKS-Pretoria	04-Mar	6
43.86		Ashley	NIEUWENHUYZEN		ACNW	3	SASOLBURG	28-Mar	7
43.31		Jana	STEINMANN		ACNW	5	Germiston	22-Mar	8
42.80		Colette	UYS		AFS	2	Cape Town	07/08-Apr	9
41.95		Sonia	SMUTS		AGN	7	Potchefstroom	22-Apr	10

### **Hammer Throw**

4kg

63.82		Letitia	JANSE VAN VUUREN		ACNW	1	SASOLBURG	28-Mar SA Record	1
57.56		Stephanie	GREYLING		ACNW	2	SASOLBURG	28-Mar	2

55.85	Marga	CUMMING		ACNW	3	Potchefstroom	22-Apr	3
52.51	Marinda	GREYLING		AFS	4	Potchefstroom	22-Apr	4
52.41	Margo Chene	COETZEE		AGN	5	Potchefstroom	22-Apr	5
52.14	Tanya	PUBALAKAN		CGA	6	Potchefstroom	22-Apr	6
52.12	Tharina	VAN DER WALT		AFS	7	Potchefstroom	22-Apr	7
51.59	Lizelle	FOURIE		CGA	8	Potchefstroom	22-Apr	8
50.94	Tamlynn	LEONARD		EPA	9	Potchefstroom	22-Apr	9
48.37	Nadia	MEIRING		AFS	4	Cape Town	28-Apr	10

### Javelin

600g

63.49	Sunette	VILJOEN	Q	ACNW	1	Potchefstroom	21-Apr	1
55.43	Jo-ane'	VAN DYK		ACNW	1	Réduit	8-Apr	2
52.44	Tazmin	BRITS		ACNW	3	Potchefstroom	03-Mar	3
51.00	Megan	WILKE		ACNW	2	Cape Town	28-Apr	4
49.12	Maggie	LE ROUX			1	Durban	29-Mar	5
47.45	Carli	NIEWENHUIZEN		ACNW	2	Bloemfontein	08-Mar	6
46.82	Linda	VAN VREDEN		CGA	5	Potchefstroom	15-Mar	7
45.27	Leandri	LAMPRECHT		AMPU	6	Potchefstroom	21-Apr	8
45.24	Anneke	GERMISHUYS		BOLA	2	Cape Town	08-Apr	9
44.59	Zandri	BAILEY		WPA	8	Potchefstroom	21-Apr	10

### 4 x 100m Relay

0:44.85	South Africa			RSA	1	Germiston	22-Mar	1
0:45.66	TUKS			AGN	1	TUKS-Pretoria	31-Mar	2
0:45.72	BOLAND			BOLA	1	Potchefstroom	22-Apr	3
0:45.77	UJ			CGA	2	TUKS-Pretoria	31-Mar	4
0:46.14	Maties			BOLA	3	TUKS-Pretoria	31-Mar	5
0:46.33	WPA			WPA	2	Potchefstroom	22-Apr	6
0:46.80	Kovsies			AFS	4	TUKS-Pretoria	31-Mar	7
0:47.11	UWC			WPA	5	TUKS-Pretoria	31-Mar	8
0:48.07	Madibaz			EPA	6	TUKS-Pretoria	31-Mar	9
0:51.80	Diamond AC			CGA	3	Germiston	22-Mar	10

### **4 x 400m Relay**

03:43.59	AGN		AGN	1	Potchefstroom	22-Apr	1
03:43.65	PUKKE		ACNW	1	Cape Town	29-Apr	2
03:43.74	BOLAND		BOLA	2	Potchefstroom	22-Apr	3
03:47.63	Maties A		BOLA	2	Cape Town	29-Apr	4
03:48.58	CGA		CGA	3	Potchefstroom	22-Apr	5
03:48.75	TUKS A		AGN	3	Cape Town	29-Apr	6
03:53.93	UJ		CGA	4	Cape Town	29-Apr	7
03:57.67	Maties B		BOLA	5	Cape Town	29-Apr	8
03:58.00	UWC A		WPA	6	Cape Town	29-Apr	9
03:59.44	Madibaz		EPA	7	Cape Town	29-Apr	10

### **3 000m Walk (Track)**

15:16.99	Milandre	STAFFORD	ACNW	1	Potchefstroom	15-Mar	1
15:18.54	Anette	KOEN	ACNW	2	Potchefstroom	15-Mar	2
15:59.79	Annette	WOLK	AGN	1	Pilditch-Pretoria	21 Jan	3
16:38.51	Althea	POTGIETER	ACNW	3	Potchefstroom	15-Mar	4
18:01.43	Frances	KICHENBRAND	AGN	2	Pilditch-Pretoria	21 Jan	5
19:41.01	Whitney	MATSEBA	AGN	4	Potchefstroom	15-Mar	5

### **20km Walk (Road)**

1:38:53.00	Anel	OOSTHUIZEN	CGA	1	Potchefstroom	22-Apr	1
1:46:14.00	Natalie	LE ROUX	KZNA	2	Potchefstroom	22-Apr	2
1:51:59.00	Zelda	SCHULTZ	KZNA	3	Potchefstroom	22-Apr	3
1:56:53.00	Milandre	STAFFORD	ACNW	4	Potchefstroom	22-Apr	4
1:58:18.00	Althea	POTGIETER	ACNW	5	Potchefstroom	22-Apr	5
1:58:52.00	Mthatsi	MOKHELE	CGA	6	Potchefstroom	22-Apr	6

## Heptathlon

### 100m Hurdles ; High Jump ; Shot Put ; 200m ; Long Jump ; Javelin ; 800m

4984	Nienka	DU TOIT	BOLA	1	Cape Town	28/29-Apr	1
4856	Jone	KRUGER	ACNW	2	Cape Town	28/29-Apr	2
4833	Nicola	SCHOEMAN	AGN	2	Potchefstroom	21/22-Apr	3
4112	Anri	SALIM	ACNW	4	Cape Town	28/29-Apr	4
3990	Anri	SALIM	ACNW	3	Potchefstroom	21/22-Apr	
							5
3830	Megan	BOGNER	AGN	5	Cape Town	28/29-Apr	6
3742	Danica	KIRSTEN	ACNW	6	Cape Town	28/29-Apr	7
3449	Sherica	VAN GRAAN	CGA	4	Potchefstroom	21/22-Apr	8

## Mixed Gender Relay's

### Medley 800 / 400 / 400 / 800

05:45.52	NWU-PUKKE		ACNW	1	TUKS- Pretoria	31-Mar	1
05:47.77	UJ		CGA	2	TUKS- Pretoria	31-Mar	2
05:51.78	KOVSIES		AFS	2	Potchefstroom	03-Mar	3
05:54.56	TUKS		AGN	3	Potchefstroom	03-Mar	4
05:54.76	MATIES		BOLA	3	TUKS- Pretoria	31-Mar	5
05:55.40	TUKS		AGN	4	TUKS- Pretoria	31-Mar	6
06:20.76	MADIBAZ		EPA	6	Potchefstroom	03-Mar	7
06:26.16	UWC		WPA	6	TUKS- Pretoria	31-Mar	8
06:50.91	TUT		AGN	8	TUKS- Pretoria	31-Mar	9



































