

South African Track & Field Performances 2017

as @ 30 June 2017

Under 18 {YOUTH} (Born 2000/2001)

Compiled by : Clyde Kinloch, assisted by Sarina Cronje & Staci Kiloh

Edited by : Cobus and 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>DOB</u>	<u>Prov</u>	<u>Pos</u>	<u>Place</u>	<u>Date</u>	<u>Worlds</u>	<u>Rank</u>
--------------------	------------	-------------	----------------	------------	-------------	------------	--------------	-------------	---------------	-------------

MALE

60m

7.74	1.6	Simphiwe	MTIMKULU		AGN	1h1	Pilditch-Pretoria	21 Jan		1
8.29	1.6	Nkosinaphi	DUBE		AGN	2h1	Pilditch-Pretoria	21 Jan		2
8.37	1.6	Andre	JACBOS		AGN	3h1	Pilditch-Pretoria	21 Jan		3
8.73	1.6	Sechaba	KUBHEKA		AGN	4h1	Pilditch-Pretoria	21 Jan		4
9.02	1.6	Iso	TLANYNNG		AGN	5h1	Pilditch-Pretoria	21 Jan		5
9.60	1.6	Keleoso	NHERU		AGN	6h1	Pilditch-Pretoria	21 Jan		6
7.39	1.2	Michael	SKOSANA		AGN	1h2	Pilditch-Pretoria	21 Jan		7
7.94	1.2	Honey	MKHATSHWA		AGN	2h2	Pilditch-Pretoria	21 Jan		8
8.32	1.2	Mark	KABASA		AGN	3h2	Pilditch-Pretoria	21 Jan		9
8.55	1.2	Papito	MATHEBULA		AGN	4h2	Pilditch-Pretoria	21 Jan		10

100m

10.44	1.7	Retshiditswe	MLENGA		AGN	1h3	Pretoria-Tuks	03-Jun	Q	1
10.68	1.1	Tshenolo	LEMAO		AGN	1s1	Cape Town	07-Apr	q	2
10.74	-0.4	Luke	DAVIDS		WPA	2h3	Cape Town	07-Apr	q	3
10.82	1.9	Jaquin	VAN WYK		NC	1h1	Kings Park- Durban	29-Apr	q	4
10.83	1.1	Damian	LOSPER		Mpumalanga	1h2	Kings Park- Durban	29-Mar	q	5
10.88	1.9	Duwane	PIETERSEN		Eastern Cape	2h1	Kings Park- Durban	29-Mar		6

10.88	1.1	Donavan	DU TOIT		NWP	2h2	Kings Park- Durban	29-Mar		7
10.92	1.1	Andricus	DOUWIE		ANWN	2s1	Cape Town	07-Apr		8
10.95	-0.3	Donavan	MUTARISWA	010601	AGN	6h1	Pretoria-Tuks	03-Jun		9
11.00	1.1	Curwin	GERTSE		BOLA	3s1	Cape Town	07-Apr		10
11.00	1.1	Petrus	KUNZ		Mpumalanga	3h2	Kings Park- Durban	29-Mar		10

WIND

10.48	2.7	Tshenolo	LEMAO		Gauteng	1	Kings Park- Durban	29-Mar		
10.64	3.0	Damian	LOSPER		Mpumalanga	2s1	Kings Park- Durban	29-Mar		
10.66	3.0	Mikaa-Il	MOHAMMED		Eastern Cape	1h4	Kings Park- Durban	29-Mar		
10.53	NW	Jaquin	VAN WYK		NC	1s2	Kings Park- Durban	29-Mar		
10.71	NW	Donavan	DU TOIT		NWP	3s2	Kings Park- Durban	29-Mar		

200m

21.14	0.5	Retshiditswe	MLENGA		AGN	1	Cape Town	08-Apr	Q	1
21.23	0.5	Tshenolo	LEMAO		AGN	2	Cape Town	08-Apr	q	2
21.23	1.6	Shirwan	VAN STADEN		Eastern Cape	1h3	Kings Park- Durban	30-Mar	q	3
21.29	1.6	Donovan	MUTARISWA		Gauteng	2h3	Kings Park- Durban	30-Mar	q	4
21.33	0.5	Jason	WEBER		WPA	3	Cape Town	08-Apr	q	5
21.34	0	Ruben	ELS		AGN	1h2	Cape Town	08-Apr	q	6
21.35	1.2	Mikaa-Il	MOHAMMED		Eastern Cape	1h1	Kings Park- Durban	30-Mar	q	7
21.47	0.5	Luke	DAVIDS		WPA	4	Cape Town	08-Apr	q	8
21.53	1.8	Damian	LOSPER		Mpumalanga	1h2	Kings Park- Durban	30-Mar	q	9
21.54	1.6	Frans	MATLALA		Gauteng	3h3	Kings Park- Durban	30-Mar	q	10

WIND

21.04	2.4	Tshenolo	LEMAO		AGN	1s3	Cape Town	08-Apr		
21.26	2.4	Luke	DAVIDS		WPA	2s3	Cape Town	08-Apr		
21.36	2.7	Retshiditswe	MLENGA		AGN	1h4	Cape Town	08-Apr		

400m

0:46.20		Zazini	SOKWAKHANA		Gauteng	1	Kings Park- Durban	31-Mar	Q	1
---------	--	--------	------------	--	---------	---	--------------------	--------	---	---

0:47.87	Benjamin	MEINTJES	NC	2	Kings Park- Durban	31-Mar	q	2
0:47.87	Frans	MATLALA	Gauteng	3	Kings Park- Durban	31-Mar	q	3
0:48.58	Tahriq	WELCOME	WC	4	Kings Park- Durban	31-Mar	q	5
0:48.79	Handre	JONKER	Gauteng	5	Kings Park- Durban	31-Mar	q	6
0:48.85	Petrus	KUNZ	Mpumalanga	2h1	Kings Park- Durban	31-Mar	q	7
0:49.05	Jason	WEBER	WPA	4	Cape Town	07-Apr	q	8
0:49.34	Evander	KASIMBINGWE	NC	7	Kings Park- Durban	31-Mar	q	9
0:49.63	Lindokuhle	GORA	AGN	6	Cape Town	07-Apr		10

800m

1:49.69	Ntuthuko	NDIMANDE	CGA	1	Cape Town	08-Apr	q	1
1:50.28	Lexton	SWIGELAAR	AGN	2	Cape Town	08-Apr	q	2
1:51.35	Alden	DEYSEL	Gauteng	3	Kings Park- Durban	01-Apr	q	3
1:52.13	Amos	KHOZA	AMPU	3	Cape Town	08-Apr	q	4
1:53.56	Eric	SHERMAN	AGN	4	Cape Town	08-Apr	q	5
1:54.46	Reinhardt	REITSMA	WC	5	Kings Park- Durban	01-Apr	q	6
1:54.57	Riaan	VAN RHYN	CGA	5	Cape Town	08-Apr		7
1:54.71	Ronen	OOSTHUIZEN	NWP	6	Kings Park- Durban	01-Apr		8
1:55.15	Retief	OCHSE	WC	7	Kings Park- Durban	01-Apr		9
1:55.31	Paul	ROOS	AGN	7	Cape Town	08-Apr		10

1500m

03:53.26	Ngconde	MATWEBU	Free State	1	Kings Park- Durban	30-Mar	q	1
03:53.40	Ronen	OOSTHUIZEN	NWP	2	Kings Park- Durban	30-Mar	q	2
03:54.30	Abram	KUBJOANE	Limpopo	3	Kings Park- Durban	30-Mar	q	3
03:55.05	Siyabonga	NDLOVU	AGN	1	Cape Town	07-Apr	q	4
03:57.25	Omphile	MOLOTSI	AGN	3	Cape Town	07-Apr	q	5
03:57.31	Christopher	SWART	AGN	4	Cape Town	07-Apr	q	6
03:57.67	Retief	OCHSE	WC	4	Kings Park- Durban	30-Mar	q	7
03:58.63	Dylan	KRENCZEK	Gauteng	5	Kings Park- Durban	30-Mar	q	8
04:00.18	Sthembiso	MTAMBO	AGN	5	Cape Town	07-Apr		9
04:01.89	Nhloso	NDLOVU	KZNA	6	Kings Park- Durban	30-Mar		10

3000m

08:27.60	Tumi	LEPHOTO		CGA	1	Cape Town	08-Apr	q	1
08:31.21	Robert	DE VILLIERS		ACNW	2	Cape Town	08-Apr	q	2
08:32.31	Tshiamo	MARIBE		AGN	3	Cape Town	08-Apr	q	3
08:33.32	Ngconde	MATWEBU		Free State	1	Kings Park- Durban	31-Mar	q	4
08:45.31	Tumelo	SIKOSANA		Gauteng	4	Kings Park- Durban	31-Mar		5
08:45.53	Bongelani	MKHWANAZI		KZNA	5	Cape Town	08-Apr		6
08:47.14	Carlo	FLINK		WPA	6	Cape Town	08-Apr		7
08:47.37	Reagan	ROOY		BOLA	7	Cape Town	08-Apr		8
08:47.82	Caleb	BEUKES		Gauteng	5	Kings Park- Durban	31-Mar		9
08:54.83	Oliver	STEWART	22-Feb-01	WPA	12	Parow	18-Feb		10

2000m Steeple C 91.4cm

05:48.06	Robert	DE VILLIERS		ACNW	1	Cape Town	07-Apr	q	1
05:52.33	Olebogeng	MOREMI		NWC	2	Kings Park- Durban	01-Apr	q	2
05:58.58	Tumi	LEPHOTO		Gauteng	3	Kings Park- Durban	01-Apr	q	3
06:02.32	Caleb	BEUKES		CGA	4	Cape Town	07-Apr	q	4
06:02.49	Lebohang	MAHLOANE		AFS	5	Cape Town	07-Apr	q	5
06:05.93	Tshiamo	MARIBE		AGN	6	Cape Town	07-Apr		6
06:06.13	Nico	SEOPESENGWE		Gauteng	5	Kings Park- Durban	01-Apr		7
06:14.47	Dimitreo	MOHLOMI		Free State	7	Kings Park- Durban	01-Apr		8
06:15.04	Tshepang	MATHIBE		Free State	8	Kings Park- Durban	01-Apr		9
06:15.68	Carlo	FLINK		WC	9	Kings Park- Durban	01-Apr		10

110m Hurdles 91.4cm

13.73	1.8	Roelof	VAN DER WALT	Gauteng	1	Kings Park- Durban	30-Mar	q	1
13.85	1.8	Damian	LOSPER	Mpumalanga	2	Kings Park- Durban	30-Mar	q	2
13.92	-1.1	Julian	BOGNER	AGN	1h1	Cape Town	07-Apr	q	3
14.00	1.8	Rudolph	RICHTER	Gauteng	3	Kings Park- Durban	30-Mar	q	4
14.05	1.8	Jason	OCTOBER	WC	4	Kings Park- Durban	30-Mar	q	5
14.11	-4.3	Andricus	DOUWIE	ANWN	3	Cape Town	07-Apr	q	6
14.47	-4.3	Jason	OCTOBER	BOLA	5	Cape Town	07-Apr		7

14.47	-1.1	Jerry	VENTER		ACNW	4h1	Cape Town	07-Apr		8
14.52	1.8	Bokang	MONENESI		Gauteng	6	Kings Park- Durban	30-Mar		9
14.57	1.8	Christo	TAFEL		WC	7	Kings Park- Durban	30-Mar		10

WIND

13.89	4.0	Roelof	VAN DER WALT		Gauteng	1h1	Kings Park- Durban	30-Mar		
14.27	4.0	Bokang	MONENESI		Gauteng	2h1	Kings Park- Durban	30-Mar		

400m Hurdles 84cm

0:48.84		Zazini	SOKWAKHANA	230900	AGN	1	TUKS-Pretoria	17-Mar	Q	1
0:52.17		Adam	MOYO		Gauteng	1	Kings Park- Durban	31-Mar	q	2
0:52,48		Lindokuhle	GORA	310101	AGN	4	Pretoria-TUKS	03-Jun	q	3
0:52.65		Koketso	SEANE		CGA	4	Cape Town	08-Apr	q	4
0:53.24		Liam	PETERSEN	130400	WC	3	Kings Park- Durban	31-Mar	q	5
0:54.04		Ethinique	ADAMS		BOLA	3h1	Cape Town	08-Apr	q	6
0:54.10		Obakeng	MALEFO		NWP	4	Kings Park- Durban	31-Mar	q	7
0:54.32		Bokang	MONENENSI		AVT	4h1	Cape Town	08-Apr	q	8
0:55.43		Gomolemo	KERILENG		ANWN	4h2	Cape Town	08-Apr		9
0:55.45		Ruan	LABUSCHAGNE		Mpumalanga	6	Kings Park- Durban	31-Mar		10

High Jump

2.18		Breyton	POOLE	2000/03/23	WC	1	Kings Park-Durban	29-Mar	Q	1
2.00		Matome	SHABANGU	2000.08.14	CGA	1	Germiston	14-Jan		2
1.98		Emilio	BASSICK	2000/03/20	WC	3	Kings Park-Durban	29-Mar		3
1.98		Nathanael	DE SWARDT	2001/01/11	Gauteng	2	Kings Park-Durban	29-Mar		3
1.96		Gayisa	MASWANGAYI		AGN	1	TUKS - Pretoria	17-Mar		5
1.95		JJ	ADAMS		BOLA	3	Cape Town	07-Apr		6
1.93		Keenan	PLATT		AGN	2	TUKS - Pretoria	17-Mar		7
1.93		Thabo	POHOTONA	2000/08/02	Gauteng	6	Kings Park-Durban	29-Mar		7
1.90		Nathanael	DE SWARDT	2001/01/11	CGA	6	Cape Town	07-Apr		9
1.90		Rorisang	MAKALENG		LIMA	8	Cape Town	07-Apr		9
1.90		Usaamah	VALLY		KZNA	7	Cape Town	07-Apr		9

Pole Vault

5.00		Valco	VAN WYK		BOLA	1	Cape Town	08-Apr	Q	1
4.94		Hendrick	VAN WYK		WC	1	Kings Park- Durban	30-Mar	q	2
4.40		Zaine	DE LA REY		AFS	1	Potchefstroom	22-Apr		3
4.40		Kyle	RADEMEYER		BOLA	2	Cape Town	08-Apr		3
4.00		Nikolai	VAN HUYSTEEN		BOLA	3	Cape Town	08-Apr		5
4.00		Christaan	DUVENHAGE		Free State	3	Kings Park- Durban	30-Mar		5
3.90		Marnel	COETZE		ASWD	4	Cape Town	08-Apr		7
3.90		Heinrich	SCHAEFER		BOLA	5	Cape Town	08-Apr		8
3.90		De Jager	JOOSTE		Free State	4	Kings Park- Durban	30-Mar		9
3.80		Jacques	STOLZ		Free State	6	Kings Park- Durban	30-Mar		10

Long Jump

7.50	0	Julian	BOGNER		AGN	1	Cape Town	08-Apr	Q	1
7.33	0.4	Sifiso	MIYA	010601	AGN	2	Pretoria-TUKS	03-Jun	q	2
7.24	-0.1	Christie	LE ROUX		AGN	3	Cape Town	08-Apr		3
7.01	-1.7	Luke	GOUCHE		ASWD	1q2	Cape Town	08-Apr		4
7.00	0.5	Michael	SKOSANA		AGN	4	Cape Town	08-Apr		5
6.88	0.3	Waylin	BOOYSEN		WPA	6	Cape Town	08-Apr		6
6.84	-0.7	Tristan	FAROA		BOLA	3q2	Cape Town	08-Apr		7
6.77	-0.1	Carvin	DAVIDS		AMPU	7	Cape Town	08-Apr		8
6.47	-0.4	Thebogo	MASEEMA		AMPU	2q1	Cape Town	08-Apr		9
6.38	-0.3	Zaine	DE LA REY		AFS	1	Potchefstroom	21-Apr		10

WIND

7.30	2.6	Sifiso	MIYA		Gauteng	1	Kings Park- Durban	01-Apr		
6.49	3.6	Ashton	RYAN	24-Jan-01	WPA	3	Parow	18-Feb		

Triple Jump

	11m									
14.93	1.2	Sifiso	MIYA	010601	AGN	3	Pretoria-TUKS	03-Jun	q	1
14.61	1.5	Christie	LE ROUX		AGN	2	Cape Town	07-Apr		2
14.53	-2.1	Tristan	FARAO		WC	1	Kings Park- Durban	31-Mar		3
14.20	1.3	Marnus	LINDE		AGN	1	Pilditch-Pretoria	21 Jan		4

13.93	-0.7	Waylin	BOOYSEN		WPA	4	Cape Town	07-Apr	5
13.73	-4.4	Michael	SKOSANA		AGN	5	Cape Town	07-Apr	6
13.62	1	Thebogo	MASEEMA		AMPU	6	Cape Town	07-Apr	7
12.94	1.2	Karabo	SATEKGE		AVT	7	Cape Town	07-Apr	8
12.30	1.0	Joshua	LAGUMA	31-Jan-01	WPA	1	Parow	08-Feb	9

WIND

13.58	5.7	Jesse	FISHER	05-Apr-00	WPA	2	Parow	18-Feb	
12.56	6.4	Dime	NGWASHENG		LIMA	8	Cape Town	07-Apr	

Shot Put

5kg

19.70		Jonathan	DE LACEY LACEY		AVT	1	Germiston	04-Mar	q	1
18.77		Morne	BRANDON	2000.11.25	Gauteng	1	Kings Park- Durban	29-Mar	q	2
17.19		Aaron	LOMBARD		ATRA	3	Cape Town	07-Apr		3
17.09		Chris	VAN NIEKERK		Gauteng	3	Kings Park- Durban	29-Mar		4
16.53		Rohan	KRUGER		Eastern Cape	4	Kings Park- Durban	29-Mar		5
16.41		Hannes	KRUGER		Free State	5	Kings Park- Durban	29-Mar		6
16.12		Brandon	DU RANDT		NWP	6	Kings Park- Durban	29-Mar		7
15.57		Wian	OTTO		AMPU	6	Cape Town	07-Apr		8
15.10		Dyllan	PRETORIUS		Mpumalanga	8	Kings Park- Durban	29-Mar		9
14.93		Westley	VAN DER SPUY	2000.09.21	CGA	2	Germiston	14-Jan		10

Discus

1.5kg

59.66		Morne	BRANDON	2000.11.25	CGA	1	Cape Town	08-Apr	Q	1
55.96		Jonathan	DE LACEY LACEY		AVT	2	Cape Town	08-Apr	q	2
51.25		Hannes	KRUGER		AFS	3	Cape Town	08-Apr		3
49.98		Jean-jacques	ROSSOUW		BOLA	4	Cape Town	08-Apr		4
49.94		Francois	PRINSLOO		WC	3	Kings Park- Durban	30-Mar		5
49.47		Stefan	SMIT		AMPU	5	Cape Town	08-Apr		6
49.02		Chris	VAN NIEKERK		AVT	6	Cape Town	08-Apr		7
47.36		Aaron	LOMBARD		ATRA	7	Cape Town	08-Apr		8
47.26		Brandon	DU RANDT		NWP	8	Kings Park- Durban	30-Mar		9
47.12		JP	LUISE	18-Apr-00	WPA	1	Parow	08-Feb		10

Hammer Throw		5kg							
63.99	Paul	DU PLESSIS	EPA	1	Cape Town	07-Apr		1	
59.78	Damien	BOTHMA	BOLA	2	Cape Town	07-Apr		2	
59.21	Cedric	KOBOKOANE	Free State	2	Kings Park- Durban	31-Mar		3	
58.99	James	HAVINGA	AFS	3	Cape Town	07-Apr		4	
57.29	Ludwig	BRUWER	WC	4	Kings Park- Durban	31-Mar		5	
57.01	Jean-Jacques	KOTZé	WPA	5	Cape Town	07-Apr		6	
56.78	Karel	KLEINHANS	ASWD	6	Cape Town	07-Apr		7	
56.52	Clint Jan	NIEMAND	ASWD	7	Cape Town	07-Apr		8	
56.06	Christiaan	LE ROUX	NC	5	Kings Park- Durban	31-Mar		9	
54.82	Ruwaldo	BEER	EPA	9	Cape Town	07-Apr		10	

Javelin		700g							
75.12	Jannes	SCHLEBUSCH	260800	AFS	1	TUKS-Pretoria	03-Jun	Q	1
73.66	Joshua	MAAS	280800	Mpumalanga	1	Kings Park- Durban	01-Apr	q	2
70.54	Devoux	DEYSEL		Limpopo	3	Kings Park- Durban	01-Apr	q	3
69.98	Estiaan	HEYNECKE		ANWN	2	Cape Town	08-Apr	q	4
64.44	Stefan	SMIT		Mpumalanga	4	Kings Park- Durban	01-Apr		5
64.07	Jan-Frederick	VAN ZYL	011001	KZNA	4	Cape Town	08-Apr		6
63.47	Matthew	JOUBERT		KZNA	5	Cape Town	08-Apr		7
62.97	Brandon	DURANT		ACNW	6	Cape Town	08-Apr		8
62.07	Stephan	KRUGER		AGN	7	Cape Town	08-Apr		9
60.00	Juan	SMITH		WC	7	Kings Park- Durban	01-Apr		10

4 x 100m Relay								
0:41.04	AGN A			AGN	1	Cape Town	08-Apr	1
0:41.96	Gauteng			Gauteng	1	Kings Park- Durban	31-Mar	2
0:42.62	CGA			CGA	2	Cape Town	08-Apr	3
0:42.83	WPA			WPA	3	Cape Town	08-Apr	4
0:42.97	Western Cape			WC	2	Kings Park- Durban	31-Mar	5
0:43.02	North West Province			NWP	3	Kings Park- Durban	31-Mar	6
0:43.05	BOLA			BOLA	4	Cape Town	08-Apr	7

0:43.27	Mpumalanga	Mpumalanga	4	Kings Park- Durban	31-Mar	8
0:43.29	Free State	Free State	5	Kings Park- Durban	31-Mar	9
0:43.42	Eastern Cape	Eastern Cape	6	Kings Park- Durban	31-Mar	10

4 x 400m Relay AMPU AMPU 1 Cape Town 08-Apr
03:25.54

1000m Medley Relay

1:52.67	Gauteng	Gauteng	1	Kings Park- Durban	01-Apr
1:55.70	Western Cape	WC	2	Kings Park- Durban	01-Apr
1:57.59	Mpumalanga	Mpumalanga	3	Kings Park- Durban	01-Apr
1:57.82	Eastern Cape	Eastern Cape	4	Kings Park- Durban	01-Apr
1:58.80	North West Province	NWP	5	Kings Park- Durban	01-Apr
1:59.79	Free State	Free State	6	Kings Park- Durban	01-Apr
2:05.11	Kwazulu Natal	KZN	7	Kings Park- Durban	01-Apr

3000m Walk (Track)

16:55.31 Nathaniel BROOKS 23-Feb-01 WPA 1 Parow 08-Feb

10000m Walk (Track)

0:47:10.70	Francois	JACOBS	BOLA	1	Cape Town	08-Apr	q
0:49:54.26	Jacques	HEYMANS	AFS	2	Cape Town	08-Apr	
0:50:34.21	Antonio	FARMER	ASWD	3	Cape Town	08-Apr	
0:52:32.02	Vincent	NHLAPHO	AGN	4	Cape Town	08-Apr	
0:53:39.54	Lucky	GUMEDE	KZN	4	Kings Park- Durban	01-Apr	
0:54:16.93	Kgosi	NGAKE	CGA	5	Cape Town	08-Apr	
0:55:59.35	Wentsley	MERKUUR	WC	5	Kings Park- Durban	01-Apr	
0:58:11.23	Gerhard	ECKLEY	WC	6	Kings Park- Durban	01-Apr	

Decathlon **100m ; Long Jump ; Shot Put ; High Jump ; 400m ; 110m Hurdles ; Discus ; Pole Vault ; Javelin ; 1500m**
5741 Zaine DE LA REY AFS 1 Potchefstroom 21/22-Apr

5376	11.93(0.1) - 6038(-0.3) - 11.00 - 1.76 - 0:56.98 - 17.97(0.7) - 32.93 - 4.40 - 42.75 - 05:13.85	Rainer	SPRUYT	AMPU	2	Potchefstroom	21/22-Apr
5332	11.85(0.1) - 5.38 (2.3) - 11.32 - 1.61 - 0:53.34 - 16.91(0.7) - 32.12 - 2.80 - 38.20 - 04:41.80	Ronaldo	Mackenzie	BOLA	3	Potchefstroom	21/22-Apr
4731	DQ - 6.07(-0.1) - 12.42 - 1.85 - 0:54.13 - 15.35(0.7) - 38.57 - 3.20 - 44.25 - 05:21.96	Rikus	VAN ZYL	ACNW	4	Potchefstroom	21/22-Apr
4183	11.69(0.1) - 5.34(0) - 11.20 - 1.61 - 0:53.67 - 19.14(0.7) - 29.02 - 2.80 - 25.44 - 05:15.17	Stefan	HOFFMEISTER	WPA	5	Potchefstroom	21/22-Apr
	11.90(0.1) - .49(-0.5) - 09.89 - 1.64 - 0:57.15 - 15.78(0.7) - 17.10 - NM - 28.58 - 05:54.27						

Female

60m

8.21	1.0	Charne-lee	OLKERS	AGN	1	Pilditch-Pretoria	21 Jan
8.51	1.0	Lizelle	LIEBENBERG	AGN	2	Pilditch-Pretoria	21 Jan

100m

11.84	-2.3	Rose	XEYI	AGN	1	Cape Town	07-Apr	q	1	
12.12	-2.3	Joviale	MBISA	AFS	2	Cape Town	07-Apr	q	2	
12.12	1.9	Jessica	BOMPAS	180401	KZNA	3	P:retora- TUKS	03-Jun	q	2
12.14	1.4	Verushka	WOEST	CGA	1h2	Cape Town	07-Apr	q	4	
12.20	1.2	Caroline	MOSIME	AGN	1h3	Cape Town	07-Apr	q	5	
12.21	-2.3	Shere	JANSE VAN RENSBURG	AVT	4	Cape Town	07-Apr	q	6	
12.24	1.3	Lara	JOHNSON	WC	1h3	Kings Park-Durban	29-Mar	q	7	
12.33	1.2	Jade	PAULSE	BOLA	2h3	Cape Town	07-Apr		8	
12.41	-2.3	Zinam	KLAAS	WPA	6	Cape Town	07-Apr		9	
12.44	1.3	Renske	DU PLESSIS	Free State	2h3	Kings Park-Durban	29-Mar		10	

WIND

11.56	2.9	Rose	XEYI	Gauteng	1	Kings Park-Durban	29-Mar
-------	-----	------	------	---------	---	-------------------	--------

11.87	2.5	Joviale	MBISHA		Free State	2h1	Kings Park-Durban	29-Mar		
11.92	2.9	Jessica	BOMPAS		KZN	3	Kings Park-Durban	29-Mar		
11.99	NW	Verushka	WOEST	110101	CGA	1	Germiston	14-Jan		

200m

24.02	1.3	Jessica	BOMPAS		KZNA	1h3	Kings Park-Durban	30-Mar	q	1
24.41	1.3	Angel	KIVIDO		Free State	2h3	Kings Park-Durban	30-Mar	q	2
24.42	1.9	Caroline	MOSIME		AGN	1s2	Cape Town	08-Apr	q	3
24.55	1.2	Zenobea	JEWASKIEWITZ		LIMA	1h4	Cape Town	08-Apr	q	4
24.57	1.3	Nicola	VAN DER MERWE		Gauteng	3h3	Kings Park-Durban	30-Mar	q	5
24.75	1.3	Marlie	VILJOEN		Gauteng	4h3	Kings Park-Durban	30-Mar	q	6
24.76	0.8	Joviale	MBISHA		Free State	2	Kings Park-Durban	30-Mar	q	7
24.77	1.1	Shere	JANSE VAN RENSBURG		AVT	1h1	Cape Town	08-Apr	q	8
24.85	1.6	Joviale	MBISA		AFS	3s1	Cape Town	08-Apr	q	9
24.90	1.2	Melissa	STEENKAMP		NWP	1h2	Kings Park-Durban	30-Mar	q	10

400m

0:54.24		Marlie	VILJOEN		Gauteng	1	Kings Park-Durban	31-Mar	q	1
0:54.97		Zeney	VAN DER WALT		AGN	1	Cape Town	07-Apr	q	2
0:56.00		Sesimphiwe	MBATHA		Gauteng	2	Kings Park-Durban	31-Mar	q	3
0:56.25		Nonopha	VELDTMAN		Gauteng	3	Kings Park-Durban	31-Mar	q	4
0:56.28		Katinka	LOUW		BOLA	3	Cape Town	07-Apr	q	5
0:56.73		Leandre	CUSTODIA		WC	4	Kings Park-Durban	31-Mar	q	6
0:57.28		Janke	VAN SCHALKWYK		WC	5	Kings Park-Durban	31-Mar		7
0:57.43		Petronella	VAN HEERDEN		NC	6	Kings Park-Durban	31-Mar		8
0:57.74		Nicola	GIBBON		AGN	5	Cape Town	07-Apr		9
0:58.04		Dalene	MPITI		NWP	7	Kings Park-Durban	31-Mar		10

800m

2:10.37		Keletso	SENOSI		Gauteng	1	Kings Park-Durban	01-Apr	q	1
2:10.52		Rhode	BOON		Gauteng	2	Kings Park-Durban	01-Apr	q	2
2:11.26		Fina	DUBE		CGA	1	Cape Town	08-Apr	q	3

2:11.39	Lee-ann	BLAKE	AGN	3	Cape Town	08-Apr	q	4
2:12.76	Jana	VAN DER MERWE	AGN	4	Cape Town	08-Apr	q	5
2:13.34	Beetrice	THEMANE	CGA	5	Cape Town	08-Apr	q	6
2:15.06	Luzaan	DE WIT	KZNA	4	Kings Park-Durban	01-Apr		7
2:15.71	Athemba	NQUMASHE	WC	2h2	Kings Park-Durban	01-Apr		8
2:15.75	Janie	JANSE VAN RENSBURG	AGN	7	Cape Town	08-Apr		9
2:16.97	Nicola	CRONJE	Mpumalanga	5	Kings Park-Durban	01-Apr		10

1500m

04:21.44	Nicole	LOUW	Free State	1	Kings Park-Durban	30-Mar	q	1
04:22.62	Lyndi	ROELOFSE	Gauteng	2	Kings Park-Durban	30-Mar	q	2
04:24.36	Dipuo	MASHISHI	Gauteng	3	Kings Park-Durban	30-Mar	q	3
04:31.50	Yandiswa	SHANGE	Gauteng	4	Kings Park-Durban	30-Mar	q	4
04:35.70	Cara	DU PREEZ	NWP	5	Kings Park-Durban	30-Mar		5
04:42.32	Beetrice	THEMANE	CGA	5	Cape Town	07-Apr		6
04:43.29	Athemba	AQUMASH	WPA	6	Cape Town	07-Apr		7
04:44.08	Athemba	NQUMASHE	WC	6	Kings Park-Durban	30-Mar		8
04:45.36	Sisanda	DUMISA	AGN	7	Cape Town	07-Apr		9
04:48.70	Luzaan	DE WIT	KZNA	2h2	Kings Park-Durban	30-Mar		10

3000m

09:33.07	Nicole	LOUW	AFS	1	Cape Town	08-Apr	q	1
09:36.56	Dipuo	MASHISHI	CGA	2	Cape Town	08-Apr	q	2
09:41.67	Lyndi	ROELOFSE	CGA	3	Cape Town	08-Apr	q	3
09:45.92	Casey	BOSMAN	Gauteng	3	Kings Park-Durban	31-Mar	q	4
09:57.36	Yandiswa	SHANGE	CGA	5	Cape Town	08-Apr		5
10:05.13	Sisanda	DUMISA	AGN	6	Cape Town	08-Apr		6
10:06.86	Cara	DU PREEZ	ACNW	7	Cape Town	08-Apr		7
10:24.56	Dipuo	MASHISHI	Gauteng	5	Kings Park-Durban	31-Mar		8
10:30.44	Amber	RAYNERS	EPA	8	Cape Town	08-Apr		9
10:37.42	Aphelele	JILEKA	KZNA	9	Cape Town	08-Apr		10

2000m Steeple C 76.2cm

06:42.68	Shanley	KOEKEMOER	AGN	1	Cape Town	07-Apr	q	1
06:43.90	Cara	DU PREEZ	NWP	1	Kings Park-Durban	31-Mar	q	2
06:45.89	Lethabo	MAKGOGA	CGA	3	Cape Town	07-Apr	q	3
06:54.24	Thswanelo	MARUPING	CGA	4	Cape Town	07-Apr	q	4
07:09.95	Esabel	MAKHURA	AGN	5	Cape Town	07-Apr	q	5
07:26.13	Megan	SWANEPOEL	WC	5	Kings Park-Durban	31-Mar		6
07:34.96	Virnita	AFRICA	WC	6	Kings Park-Durban	31-Mar		7
07:41.64	Bianca	VAN DER VENTER	NWP	7	Kings Park-Durban	31-Mar		8
07:42.14	Danae	BLUNDEN	CGA	6	Cape Town	07-Apr		9
07:49.58	Ronelda	VELLEM	BOLA	7	Cape Town	07-Apr		10

100m Hurdles 76.2cm

13.38	-0.7	Antoinette	VAN DER MERWE	Gauteng	1	Schweinfurt, GER	24-Jun	Q	1
13.76	1.1	Cherne-Lee	OLKRES	Gauteng	2	Kings Park-Durban	01-Apr	q	2
13.86	1.1	Tunet	TRUMPIE	Gauteng	3	Kings Park-Durban	01-Apr	q	3
14.48	1.1	Deidre	JONKER	Free State	4	Kings Park-Durban	01-Apr		4
14.62	-1.5	Marga	VAN DER LINDE	WPA	3h2	Cape Town	07-Apr		5
14.64	1.1	Cara	VAN WYK	Free State	5	Kings Park-Durban	01-Apr		6
14.65	-1.5	Carmine	VAN DER WESTHUIZEN	CGA	2h1	Cape Town	07-Apr		7
14.72	-1.5	Rogail	JOSEPH	BOLA	4h2	Cape Town	07-Apr		8
14.77	1.3	Liane	VAN JAARVELD	CGA	1h1	Potchefstroom	21-Apr		9
14.79	-1.5	Lehane	MARAIS	CGA	3h1	Cape Town	07-Apr		10

WIND

13.65	3.4	Antoinette	VAN DER MERWE	Gauteng	1h1	Kings Park-Durban	01-Apr		
13.67	2.3	Cherne-Lee	OLKRES	Gauteng	1h2	Kings Park-Durban	01-Apr		

400m Hurdles 76.2cm

0:57.94	Zeney	VAN DER WALT	AGN	1	Cape Town	08-Apr	Q	1
0:58.21	Gontse	MORAKE	AGN	2	Cape Town	08-Apr	Q	2
0:59.26	Juli	VERCUIEL	WPA	3	Cape Town	08-Apr	q	3
0:59.28	Rogail	JOSEPH	BOLA	4	Cape Town	08-Apr	q	4
1:01.26	Carla	HATTINGH	CGA	1h3	Cape Town	08-Apr	q	5

1:01.33	Gontse	MORAKE		Gauteng	1	Kings Park-Durban	30-Mar	q	6
1:01.60	Carmine	VAN DER WESTHUIZEN		CGA	6	Cape Town	08-Apr	q	7
1:01.71	Danica	STRYDOM		AGN	7	Cape Town	08-Apr	q	8
1:02.76	Deline	MPITI		ANWN	3h1	Cape Town	08-Apr		9
1:04.00	Leandre	CUSTODIA		WC	2h1	Kings Park-Durban	30-Mar		10

High Jump

1.75	Kristi	SNYMAN	2000/12/15	WC	1	Kings Park - Durban	29-Mar		1
1.71	Michelle	NGOZO		AGN	2	Cape Town	07-Apr		2
1.71	Fleur	SLOT	2001/01/10	BOLA	3	Cape Town	07-Apr		2
1.68	Caryn-Ann	HOWARD		EPA	4	Cape Town	07-Apr		4
1.66	Leandre	KETCH	2001/02/17	WC	3	Kings Park - Durban	29-Mar		5
1.66	Marionique	WENTZEL		NWP	4	Kings Park - Durban	29-Mar		5
1.65	Abigail	APPLEGRYN	2000/09/09	Eastern Cape	6	Kings Park - Durban	29-Mar		5
1.65	Jamie-Leigh	VENTER	2000/01/17	Gauteng	7	Kings Park - Durban	29-Mar		5
1.65	Nica	HUMAN	2000/02/16	Gauteng	9	Kings Park - Durban	29-Mar		5
1.60	Rita	BISSCHOFF		AGN	1	Pilditch-Pretoria	21 Jan		10

Pole Vault

3.65	Kian-Lee	DU TOIT		WC	1	Kings Park-Durban	01-Apr		1
3.40	Simonn	SWANEVELDER		WC	2	Kings Park-Durban	01-Apr		2
3.30	Anje	VILJOEN		WC	3	Cape Town	07-Apr		3
3.20	Nicole	JANSE VAN RENSBURG		WC	3	Kings Park-Durban	01-Apr		4
3.10	Odelia	FOURIE		BOLA	5	Cape Town	07-Apr		4
3.00	Maruscka	NIEUWOUDT		AFS	6	Cape Town	07-Apr		6
2.90	Margit	GIBBENS		BOLA	7	Cape Town	07-Apr		7
2.90	Welana	VAN DER MERWE		Free State	4	Kings Park-Durban	01-Apr		7
2.40	Nica	PRETORIUS		Free State	6	Kings Park-Durban	01-Apr		9
2.30	Janeli	DE JAGER		Free State	7	Kings Park-Durban	01-Apr		9

Long Jump

5.73	-3	Nolwazi	MASHABA	AMPU	1q1	Cape Town	07-Apr		1
5.53	1	Karissa	VAN WYK	AMPU	2q1	Cape Town	07-Apr		2

5.34	0.8	Andrea	KOMMER	ASWD	7	Cape Town	07-Apr	3
5.33	0.2	Liane	VAN JAARSVELD	CGA	4q1	Cape Town	07-Apr	4
5.31	0.5	Esther	SOLARIN	AGN	1	Potchefstroom	22-Apr	5
5.29	-2.6	Andrea	CORNELISSEN	BOLA	1q2	Cape Town	07-Apr	6
5.26	-0.4	Marchelle	DE JAGER	LIMA	3q2	Cape Town	07-Apr	7
5.21	-1	Gontse	MORAKE	AGN	6q1	Cape Town	07-Apr	8
5.19	-2	Lené	DUNCAN	WPA	7q1	Cape Town	07-Apr	9
5.15	0.6	Liezl	THERON	AGN	4	Potchefstroom	22-Apr	10

WIND

5.75	3.2	Andrea	CORNELISSEN	BOLA	1	Cape Town	07-Apr	
5.60	5.7	Karissa	VAN WYK	AMPU	3	Cape Town	07-Apr	

Triple Jump

9m

12.38	0.8	Nolwazi	MASHABA	AMPU	1	Cape Town	08-Apr	1
12.00	0.5	Brithaney	LUDDICK	BOLA	2	Cape Town	08-Apr	2
11.90	-0.1	Suneel	LOUWRENS	BOLA	3	Cape Town	08-Apr	3
11.89	0.3	Elisette	LESO	AGN	4	Cape Town	08-Apr	4
11.39	0.8	Andrea	KOMMER	ASWD	5	Cape Town	08-Apr	5
11.20	0.1	Leandre	KETCH	BOLA	6	Cape Town	08-Apr	6
10.95	0.1	Lane	VAN VUUREN	AFS	7	Cape Town	08-Apr	7
10.94	0.2	Ameerah	DONOUGH	WPA	8	Cape Town	08-Apr	8
10.90	0.7	Ane	VENTER	ACNW	9	Cape Town	08-Apr	9
10.83	0.5	Tatum	HENDRICKS	BOLA	10	Cape Town	08-Apr	10

Wind

12.05	2.4	Brithaney	LUDICK	WC	1	Kings Park-Durban	30-Mar	
-------	-----	-----------	--------	----	---	-------------------	--------	--

Shot Put

3kg

16.38		Meike	STRYDOM	WC	1	Kings Park-Durban	01-Apr	q	1
14.81		Tharina	VAN DER WALT	Free State	2	Kings Park-Durban	01-Apr		2
14.50		Ancke	BOTHA	CGA	1	Potchefstroom	21-Apr		3
14.48		Shanie	OPPERMAN	AVT	2	Cape Town	08-Apr		4

14.37	Danae	JANSE VAN RENSBURG		AGN	3	Cape Town	08-Apr		5
13.77	Elme	BOTHA		ASWD	5	Cape Town	08-Apr		6
13.76	Colette	UYS		AFS	6	Cape Town	08-Apr		7
13.51	Carma	ROUSSEAU		NWP	6	Kings Park-Durban	01-Apr		8
13.40	Jancke	VAN TONDER		AVT	2q2	Cape Town	08-Apr		9
12.54	Monique	LANGUAGE		AMPU	5q2	Cape Town	08-Apr		10

Discus 1kg

50.85	Tharina	VAN DER WALT	20.02.02	Free State	1	Kings Park-Durban	31-Mar	Q	1
43.37	Colette	UYS		Free State	2	Kings Park-Durban	31-Mar	q	2
41.78	Rhody	GROBBELAR		Free State	3	Kings Park-Durban	31-Mar		3
40.58	Ilke	VAN VUUREN		EPA	3	Cape Town	07-Apr		4
39.20	Jancke	VAN TONDER		Gauteng	4	Kings Park-Durban	31-Mar		5
38.85	Meike	STRYDOM		ASWD	4	Cape Town	07-Apr		6
38.43	Lize	BLIGNAUT		NWP	6	Kings Park-Durban	31-Mar		7
38.40	Cara	COETZEE		WC	7	Kings Park-Durban	31-Mar		8
37.54	Kayla	HARRIS		KZNA	5	Cape Town	07-Apr		9
36.57	Izel	DU PLESSIS		Gauteng	8	Kings Park-Durban	31-Mar		10

Hammer Throw 3kg

66.99	Tharina	VAN DER WALT	20.02.02	AFS	1	TUKS-Pretoria	13-May	Q	1
51.73	Kayla	SMIT		WPA	2	Cape Town	08-Apr		2
50.32	Shaylene	DE JAGER		EPA	3	Cape Town	08-Apr		3
46.92	Elzette	VERSLUIS		BOLA	4	Cape Town	08-Apr		4
46.74	Elme	BOTHA		ASWD	5	Cape Town	08-Apr		5
45.73	Skye	BOSHOFF		WC	4	Kings Park-Durban	30-Mar		6
44.72	Marizel	VAN DYK		AFS	6	Cape Town	08-Apr		7
44.39	Mariza	BOTHA		BORA	7	Cape Town	08-Apr		8
43.60	Kaylin	KAPP		EPA	8	Cape Town	08-Apr		9
41.93	Jada	DIPPENAAR		BOLA	9	Cape Town	08-Apr		10

Javelin 500g

49.73	Danae	JANSE VAN RENSBURG		Gauteng	1	Kings Park-Durban	01-Apr	q	1
-------	-------	--------------------	--	---------	---	-------------------	--------	---	---

45.18	Gestelle	SNYMAN	AGN	1	Cape Town	07-Apr	2
42.58	Clarissa	WEYER	NWP	3	Kings Park-Durban	01-Apr	3
41.87	Ancke	BOTHA	CGA	1	Potchefstroom	22-Apr	4
41.60	Marle	RADEMAN	WC	4	Kings Park-Durban	01-Apr	5
40.40	Minke	WILKINSON	AFS	4	Cape Town	07-Apr	6
40.32	Jandri	OOSTHUIZEN	WC	5	Kings Park-Durban	01-Apr	7
39.83	Jonette	LABUSCHAGNE	ACNW	5	Cape Town	07-Apr	8
38.09	Aniska	LIEBENBERG	Free State	7	Kings Park-Durban	01-Apr	9
37.73	Marne	VAN AARDE	Mpumalanga	8	Kings Park-Durban	01-Apr	10

4 x 100m Relay

0:47.01	AGN	AGN	1	Cape Town	08-Apr
0:47.71	BOLA	BOLA	2	Cape Town	08-Apr
0:47.87	AFS	AFS	3	Cape Town	08-Apr
0:48.04	Gauteng	Gauteng	1	Kings Park-Durban	31-Mar
0:48.14	Free State	Free State	2	Kings Park-Durban	31-Mar
0:48.49	WPA	WPA	4	Cape Town	08-Apr
0:48.77	LIMA	LIMA	5	Cape Town	08-Apr
0:49.45	CGA	CGA	6	Cape Town	08-Apr
0:49.96	Western Cape	WC	3	Kings Park-Durban	31-Mar
0:50.57	Kwazulu Natal	KZN	4	Kings Park-Durban	31-Mar

4x 400m Relay

03:46.85	AGN	AGN	1	Cape Town	08-Apr
03:48.68	BOLA	BOLA	2	Cape Town	08-Apr

1000m Medley Relay

02:14.39	Gauteng	Gauteng	1	Kings Park-Durban	01-Apr
02:15.79	Western Cape	WC	2	Kings Park-Durban	01-Apr
02:16.91	North West Province	NWP	3	Kings Park-Durban	01-Apr
02:19.91	Free State	Free State	4	Kings Park-Durban	01-Apr
02:22.61	Mpumalanga	Mpumalanga	5	Kings Park-Durban	01-Apr
02:28.07	Eastern Cape	Eastern Cape	6	Kings Park-Durban	01-Apr

5000m Walk (Track)

27:09.41	Hilda	DU TOIT	WC	1	Kings Park-Durban	30-Mar
27:17.86	Nolene	VAN RENSBURG	WC	2	Kings Park-Durban	30-Mar
27:22.24	Meanri	ERASMUS	NWP	3	Kings Park-Durban	30-Mar
27:23.50	Marisca	STANDER	Free State	4	Kings Park-Durban	30-Mar
27:36.21	Meanri	ERASMUS	ACNW	1	Cape Town	07-Apr
27:57.04	Kristin	MEYER	BOLA	2	Cape Town	07-Apr
28:10.90	Nolene	VAN RENSBURG	ASWD	3	Cape Town	07-Apr
28:27.78	Hilda	DU TOIT	BOLA	4	Cape Town	07-Apr
29:34.89	Dimakastso	MSHEBA	CGA	5	Cape Town	07-Apr
29:35.92	Leone	PIETERSE	BOLA	6	Cape Town	07-Apr

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

4663	Liezl	THERON	AGN	1	Potchefstroom	21/22-Apr
		14.99(1.3) - 1.60 - 10.65 - 26.40(-1.5) - 5.15(0.6) - 29.24 - 2:30.51				
4372	Esther	SOLARIN	AGN	2	Potchefstroom	21/22-Apr
		15.30(1.3) - 1.63 - 10.22 - 27.44(0.6) - 5.31(0.5) - 26.52 - 2:44.48				
4303	Leandre	KETCH	BOLA	3	Potchefstroom	21/22-Apr
		15.86(-0.3) - 1.66 - 11.68 - 28.16(0.6) - 5.26(2.6) - 34.44 - 3:05.56				
4132	Ancke	BOTHA	CGA	4	Potchefstroom	21/22-Apr
		14.79(-0.3) - 1.57 - 14.50 - 28.91(0.6) - 3.75(0.6) - 41.87 - 3:01.91				
4105	Liane	VAN JAARVELD	CGA	5	Potchefstroom	21/22-Apr
		14.77(1.3) - 1.51 - 08.69 - 26.97(-1.5) - 5.22(1.5) - 17.35 - 2:39.12				
3985	Annica	OPPERMAN	ASWD	6	Potchefstroom	21/22-Apr
		17.56(-0.3) - 1.54 - 10.51 - 28.00(0.6) - 4.65(0.2) - 27.89 - 2:30.47				
3920	Ameerah	DONOUGH	WPA	7	Potchefstroom	21/22-Apr
		15.69(1.3) - 1.45 - 09.73 - 27.47(0.6) - 4.46(1.4) - 29.06 - 2:42.96				
3864	Xante	DE KLERK	AVT	8	Potchefstroom	21/22-Apr
		16.87(-0.3) - 1.45 - 09.67 - 26.21(0.6) - 4.83(2.1) - 11.33 - 2:25.04				
3272	Anina	VAN ZYL	ACNW	9	Potchefstroom	21/22-Apr
		17.74(1.3) - 1.36 - 08.64 - 27.30(-1.5) - 4.32(0.8) - 21.48 - 2:50.57				