

# South African Track & Field Performances 2017

as @ 30 June 2017

## Under 20 {JUNIOR} (Born 1998/1999)

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Edited by : Cobus Kok

Under the Auspices of SAAS

<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>Rank</u>
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### MALE

#### 60m

7.12	-0.3	Thulani	MAKHANYA		AFS	2	Potchefstroom	17 Jan	1
7.12	-0.3	Arno	SNYMAN		ACNW	3	Potchefstroom	17 Jan	2
7.14	-0.3	Phebogo	SEBONEGO		ACNW	4	Potchefstroom	17 Jan	3
07.38	0.0	Thabiso	SKOSANA		AGN	1	Pilditch-Pretoria	21 Jan	4
07.48	0.0	Bandile	ZELEHWANA		AGN	2	Pilditch-Pretoria	21 Jan	5
07.50	0.0	Andries	ESTERHUYSE		AGN	3	Pilditch-Pretoria	21 Jan	6
07.51	0.0	Krudo	MUSANHU		AGN	4	Pilditch-Pretoria	21 Jan	7
07.83	0.0	Lehlohonolo	BOPAPE		AGN	5	Pilditch-Pretoria	21 Jan	8

#### 100m

10.12	1.1	Gift	LEOTLELA	120598	AGN	1h1	TUKS-Pretoria	18-Mar	1
10.20	2	Clarence	MUNYAI	200298	AGN	2h5	TUKS-Pretoria	04-Mar	2
10.34	1.8	Thembo	MONARENG	140299	AGN	1	TUKS-Pretoria	18-Mar	3
10.49	0.9	Tsebo	MATSOSO		Free State	1h2	Kings Park- Durban	29-Mar	4
10.58	1.3	Norbert	PONNISAMMY		Mpumalanga	3	Kings Park- Durban	29-Mar	5
10.60	1.1	Ethan	NOBLE		WPA	2	Cape Town	07-Apr	6
10.62	1.1	Thapelo	MAHOLELA		AGN	3	Cape Town	07-Apr	7
10.74	1.1	Amaan	AFRICA		BOLA	4	Cape Town	07-Apr	8

10.74	1.3	Andiswa	NDLELA		KZNA	5	Kings Park- Durban	29-Mar	9
10.76	1.3	Johan	PIETERS		NWP	6	Kings Park- Durban	29-Mar	10
<b>WIND</b>									
10.44	2.4	Thembo	MONARENG		Gauteng	1h1	Kings Park- Durban	29-Mar	
10.52	5.4	Ethan	NOBLE	11-Jul-98	WPA	1h1	Parow	08-Feb	
10.41	NW	Thapelo	MAHOLELA		AGN		TUKS-Pretoria	11-Feb	
10.70	HT	C	LOTTER		EPA	1	NMMU - Port Elizabeth	13 Jan	

**200m**

20.10	1.7	Clarence	MUNYAI	200298	AGN	2h5	TUKS-Pretoria	04-Mar	1
20.20	0.5	Gift	LEOTLELA	120598	AGN	3	Potchefstroom	22-Apr	2
20.85	-1	Thembo	MONARENG	140299	AGN	1	TUKS-Pretoria	19-Mar	3
21.03	0.5	Ethan	NOBLE		WPA	3	Cape Town	08-Apr	4
21.13	0.5	Thando	DLODLO		CGA	4	Cape Town	08-Apr	5
21.19	0.4	Tsebo	MATSOSO		Free State	1	Kings Park- Durban	30-Mar	6
21.32	0.1	Casper	LOTTER		EPA	3s1	Cape Town	08-Apr	7
21.38	1	Norbert	PONNISAMMY		Mpumalanga	1h2	Kings Park- Durban	30-Mar	8
21.41	0.5	Andiswa	NDLELA		KZNA	5	Cape Town	08-Apr	9
21.46	0.4	Silusapho	DINGISWAYO		Gauteng	2	Kings Park- Durban	30-Mar	10

**WIND**

22.21	3.1	Dyllan	SCHEEPERS	12-Oct-97	WPA	1	Parow	08-Feb	
22.80	3.1	Ashraf	PIETERSEN	30-Jul-99	WPA	2	Parow	08-Feb	
22.89	4.3	Jeremia	JELWANA	11-Sep-98	WPA	3r4	Parow	18-Feb	

**300m**

31.61		Clarence	MUNYAI	200298	AGN	3	Ostrava, CZE	28-Jun	WR
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**400m**

0:46.41		Zakithi	NENE	020498	KZNA	5	Potchefstroom	22-Apr	1
0:47.08		Bongani	SITHOLE		Free State	1	Kings Park- Durban	31-Mar	2

0:47.70	Braam	BISSCHOP	AGN	2	Cape Town	07-Apr	3
0:47.91	Bongani	SITHOLI	AFS	3	Cape Town	07-Apr	4
0:47.94	Jansen	VILJOEN	Gauteng	2	Kings Park- Durban	31-Mar	5
0:48.11	Siphosethu	BOYA	WC	3	Kings Park- Durban	31-Mar	6
0:48.28	Qjunton	PENNELS	Gauteng	4	Kings Park- Durban	31-Mar	7
0:48.33	Fabio	PALMIERI	WC	5	Kings Park- Durban	31-Mar	8
0:48.38	Gadeo	ISAACS	BOLA	4	Cape Town	07-Apr	9
0:48.54	Thando	DLODLO	CGA	2s1	Cape Town	07-Apr	10

### 800m

1:48.38	George	KUSCHE	AGN	7	Potchefstroom	22-Apr	1
1:52.15	Dylan	VAN ROOYEN	AVT	2	Cape Town	08-Apr	2
1:52.37	Alwin	DIRKSE	BOLA	3	Cape Town	08-Apr	3
1:52.56	Phelani	MADUWA	Gauteng	1	Kings Park- Durban	01-Apr	4
1:52.63	Vusi	MANDONSELE	AGN	4	Cape Town	08-Apr	5
1:52.85	Tshegofatso	PILANE	NWP	3	Kings Park- Durban	01-Apr	6
1:52.90	Francois	BRUWER	WC	4	Kings Park- Durban	01-Apr	7
1:53.06	Tsielo	TSANYANE	KZNA	5	Cape Town	08-Apr	8
1:53.62	Juan	JONES	WPA	6	Cape Town	08-Apr	9
1:54.00	Francois	HATTINGH	Mpumalanga	5	Kings Park- Durban	01-Apr	10

### 1500m

03:41.18	George	KUSCHE	TUKS	4	Kings Park - DURBAN	28-Feb	1
03:45.91	Ryan	MPHAHLELE	CGA	6	Potchefstroom	22-Apr	2
03:46.03	Dais	MALEBANE	AGN	6	Cape Town	28-Apr	3
03:52.04	Kutluisiso	SIDINILE	Gauteng	1	Kings Park- Durban	30-Mar	4
03:52.31	Aubrey	KOTZE	WC	2	Kings Park- Durban	30-Mar	5
03:52.50	Nope	MOLEJANE	Free State	3	Kings Park- Durban	30-Mar	6
03:52.55	Thulani	LEKHULENI	Mpumalanga	4	Kings Park- Durban	30-Mar	7
03:53.27	Vuni	MADONDELA	Gauteng	5	Kings Park- Durban	30-Mar	8
03:56.71	Mosuwe	LEPHAILA	Free State	6	Kings Park- Durban	30-Mar	9
03:57.23	Thabo	VITI	CGA	4	Cape Town	07-Apr	10

**3000m**

08:33.73	Rowhaldo	RATZ	20-Mar-98	WPA	6	Parow	18-Feb	1
08:49.92	Adrian	WILDSCHUTT	03-May-98	WPA	8	Parow	18-Feb	2
09:14.80	Thembeke	MENDU	03-Oct-99	WPA	15	Parow	18-Feb	3
09:40.45	Alantine	BELILLE	02-May-98	WPA	19	Parow	18-Feb	4

**5000m**

14:26.02	Kabelo	SIBOKO		Gauteng	1	Kings Park- Durban	31-Mar	1
14:29.69	Pakiso	MTHEMBU		Free State	2	Kings Park- Durban	31-Mar	2
14:36.33	Sphiwe	MOHLOMI		Gauteng	3	Kings Park- Durban	31-Mar	3
14:45.60	Thabo	MASINA		CGA	3	Cape Town	07-Apr	4
14:46.94	Thabo	SEBOTA		Free State	4	Kings Park- Durban	31-Mar	5
14:55.33	Ratz	ROWHALDO		WPA	4	Cape Town	07-Apr	6
14:55.65	Aphelele	NKONYENI		Eastern Cape	6	Kings Park- Durban	31-Mar	7
15:00.43	Disego	LEDWABA		LIMA	6	Cape Town	07-Apr	8
15:01.72	Kutluisiso	SIDINILE		Gauteng	7	Kings Park- Durban	31-Mar	9
15:06.82	Motatsi	NTSASA		AFS	7	Cape Town	07-Apr	10

**10000m**

30:46.05	Thabo	MASINA		CGA	1	Cape Town	08-Apr	1
30:47.41	Siphiwe	MOHLOMI		CGA	2	Cape Town	08-Apr	2
31:37.68	Itumeleng	SESIKO		CGA	3	Cape Town	08-Apr	3
32:08.58	Ratz	ROWHALDO		WPA	4	Cape Town	08-Apr	4
33:00.66	Jacob	KHOMOLA		LIMA	5	Cape Town	08-Apr	5
33:25.53	Nizaam	SAULS		BOLA	6	Cape Town	08-Apr	6
34:48.78	Renaleone	MOKAKALE		AGN	7	Cape Town	08-Apr	7
36:46.19	Steve	SHONGWE		AGN	8	Cape Town	08-Apr	8

**3000m Steeple C** 99.4cm

08:54.8	Kabelo	SEBOKO		CGA	3	Potchefstroom	22-Apr	1
08:57.82	Nope	MOLEJANE		Free State	1	Kings Park- Durban	01-Apr	2
08:58.46	Aphelele	NKONYENI		Eastern Cape	2	Kings Park- Durban	01-Apr	3
09:16.31	Onkabetsi	SEBOLA		CGA	3	Cape Town	07-Apr	4

09:23.96	Proud	MNGOMEZULU	AGN	4	Cape Town	07-Apr	5
09:26.42	Bongi	MASEKO	AMPU	5	Cape Town	07-Apr	6
09:29.00	Aphelele	NKONYENI	ATRA	6	Cape Town	07-Apr	7
09:32.16	Khulasande	KUNENE	KZN	4	Kings Park- Durban	01-Apr	8
09:33.13	Kananelo	THULO	WC	5	Kings Park- Durban	01-Apr	9
09:37.57	Lindokuhle	MAZIBUKO	Gauteng	6	Kings Park- Durban	01-Apr	10

### **110m Hurdles** 99.4cm

13.89	2.0	Marcello	PIENAAR	WC	1	Kings Park- Durban	30-Mar	1
14.14	2.0	Darren	RIDDLES	WC	2	Kings Park- Durban	30-Mar	2
14.16	-0.5	Ruhan	VAN DER WALT	AGN	1h2	Cape Town	07-Apr	3
14.18	-0.5	Lethabo	MAGANYELE	AGN	2h2	Cape Town	07-Apr	4
14.19	2.0	Azile	MADINI	WC	3	Kings Park- Durban	30-Mar	5
14.22	-3.9	Mpho	TLADI	AFS	1h1	Cape Town	07-Apr	6
14.22	-2.6	Alwyn	BOTHMA	ACNW	1h3	Cape Town	07-Apr	7
14.29	1.4	Erik	VAN DER WALT	Gauteng	2h3	Kings Park- Durban	30-Mar	9
14.36	1.4	Mcconnen	SEGATHIES	Free State	3h	Kings Park- Durban	30-Mar	10

### **WIND**

13.50	3.1	Thabo	MAGANYELE	180198	AGN	1	TUKS-Pretoria	18-Mar
13.74	3.1	Vutivi	SHIBODZE	20-Aug-57	AGN	2	TUKS-Pretoria	18-Mar
13.92	2.7	Silusapho	DINGISWAYO		Gauteng	1h1	Kings Park- Durban	30-Mar

### **400m Hurdles** 91.4cm

0:52.10	Louwtjie	STEENKAMP	LIMA	1	Cape Town	08-Apr	1
0:52.46	Linford	MAREE	BOLA	2	Cape Town	08-Apr	2
0:53.14	Lee-Hano	SWART	BOLA	3	Cape Town	08-Apr	3
0:53.55	Mcconnen	SEGATJIES	Free State	2	Kings Park- Durban	31-Mar	4
0:53.92	Maimela	MASHABE	NWP	3	Kings Park- Durban	31-Mar	5
0:54.04	Siyabonga	MADLOPA	CGA	4	Cape Town	08-Apr	6
0:54.27	Ponatshego	MASHABE	ANWN	5	Cape Town	08-Apr	7
0:54.31	Ruhan	VAN DER WALT	AGN	6	Cape Town	08-Apr	8
0:54.53	Siyabonga	MADLOPA	CGA	3h2	Cape Town	08-Apr	9

0:54.54	Marco	JOOSTE		ACNW	4h2	Cape Town	08-Apr	10
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### High Jump

2.05	Leandre	VAN ROOYEN		AGN	1	Cape Town	08-Apr	1
2.00	Zinedene	MEIRING	31-Dec-98	WPA	1	Parow	18-Feb	2
2.00	Sherno	PICK		ASWD	2	Cape Town	08-Apr	2
2.00	Conrad	BLAAUW	30.01.98		1	TUKS-Pretoria	13-May	2
1.99	Keletso	MAMPURU	1998/09/29	Mpumalanga	1	Kings Park-Durban	29-Mar	5
1.94	Luhallan	VAN DER BERG	1999/03/08	Gauteng	2	Kings Park-Durban	29-Mar	6
1.94	Matthew	PUDULE		Gauteng	4	Kings Park-Durban	29-Mar	6
1.90	Manqoba	NKOSI		AGN	3	Cape Town	08-Apr	8
1.90	Estiaan	KOTZE		AGN	4	Cape Town	08-Apr	8
1.90	Bronwyn	FRANSMAN		BOLA	5	Cape Town	08-Apr	8

### Pole Vault

5.12	Lukas	VAN DER WALT		BOLA	4	Lawrence KS	28-Apr	1
4.80	Eckardt	VAN DER WATT		BOLA	1	Cape Town	08-Apr	2
4.50	Willie	NAUDE		AFS	2	Cape Town	08-Apr	3
4.40	William	GIBBENS		BOLA	3	Cape Town	08-Apr	4
4.40	Stian	STOLTZ		Free State	1	Kings Park- Durban	30-Mar	4
4.00	Elmar	SCHUTTE		AGN	4	Cape Town	08-Apr	6
3.60	Grove	COETZEE		AFS	1	Potchefstroom	22-Apr	7
3.40	Daniel	MARAIS		WPA	2	Potchefstroom	22-Apr	8
3.30	Nurdeen	JOSHUA		WPA	3	Potchefstroom	22-Apr	9
2.80	Ruan	NORMAN		WC	3	Kings Park- Durban	30-Mar	10

### Long Jump

7.22	1.3	Norbert	PONISAMMY		AMPU	2	Cape Town	07-Apr	1
7.10	1.3	Aaron	PEDRO	99	CGA	3	Tlemcen, ALG	29-Jun	2
7.07	2.0	Zinedene	MEIRING	31-Dec-98	WPA	1	Parow	18-Feb	3
6.96	0.8	Junior	MPEFU		BOLA	6	Cape Town	07-Apr	4
6.92	1	Karl-otto	MATTHEE		WPA	2q1	Cape Town	07-Apr	5
6.85	0.5	Irwin	MODIMOKOANE		ANWN	2q2	Cape Town	07-Apr	6

6.80	1.4	Zack	PRYDE	WPA	3q2	Cape Town	07-Apr	7
6.73	1.2	Kyle	GREEN	WPA	8q2	Cape Town	07-Apr	8
6.72	1.6	Bongane	MPANGANE	CGA	4q1	Cape Town	07-Apr	9
6.45	0.6	Sibusiso	VILAKAZI	AMPU	10	Cape Town	07-Apr	10

### WIND

7.52	2.2	Aaron	PEDRO	Gauteng	1	Kings Park- Durban	31-Mar	
7.49	NW	Colesile	SEPHOKOANA	Free State	2	Kings Park- Durban	31-Mar	
7.43	NW	Norbert	PONNISAMMY	Mpumalanga	3	Kings Park- Durban	31-Mar	
7.25	NW	Karl-Otto	MATHEE	WC	4	Kings Park- Durban	31-Mar	

### Triple Jump

13m

15.42	1.3	Junior	MPEFU	WC	1	Kings Park- Durban	01-Apr	1
15.05	0.7	Cheslin	KORTJE	BOLA	2	Cape Town	08-Apr	2
14.44	0	Frank	MUWAYI	AMPU	3	Cape Town	08-Apr	3
14.44	0.3	Alulelwa	MBEWANE	KZNA	3	Cape Town	08-Apr	4
14.36	0.1	Waden	BONZE	AGN	5	Cape Town	08-Apr	5
14.30	0.5	Sikhumbuzo	NKOSI	AMPU	6	Cape Town	08-Apr	6
14.15	0.1	Kyle	GREEN	WPA	7	Cape Town	08-Apr	7
14.10	0	Irwin	MODIMOKOANE	ANWN	8	Cape Town	08-Apr	8
13.78	0.2	Athenkhosi	HLONYANE	EPA	9	Cape Town	08-Apr	9
13.66	0.6	Kuda	MUSANHU	AGN	1	Pilditch-Pretoria	21 Jan	10

### Shot Put

6kg

20.44		Burger	LAMBRECHTS	060898	AGN	1	TUKS-Pretoria	11-Feb	1
20.15		Kayle	BLIGNAUT	1999.11.09	Gauteng	1	Kings Park- Durban	29-Mar	2
19.03		Jonathan	DE LACEY		CGA	2	Potchefstroom	24-Jan	3
18.95		Werner	VISSER	270298	CGA	1	UJ-Johannesburg	11-Feb	4
<b>18.31</b>		<b>Patrick</b>	<b>DUVENHAGE</b>		<b>AGN</b>	<b>2</b>	<b>Tlemcen, ALG</b>	<b>29-Jun</b>	<b>5</b>
17.54		Ignatius	MARAI		Mpumalanga	2	Kings Park- Durban	29-Mar	6
16.34		Brendan	VERMAAK		Limpopo	3	Kings Park- Durban	29-Mar	7
15.04		Gert	STEYN		NWC	4	Kings Park- Durban	29-Mar	8

14.95	Marco	KRUGER		NWP	5	Kings Park- Durban	29-Mar	9
14.84	Marko	VAN NIEKERK		WC	6	Kings Park- Durban	29-Mar	10

**Discus** 1.75kg

59.46	Patrick	DUVENHAGE	170298	AGN	1	Tlemcen, ALG	29-Jun	1
58.70	Werner	VISSER	270298	CGA	2	Tlemcen, ALG	29-Jun	2
56.87	Burger	LAMBRECHTS		AGN	2	Cape Town	07-Apr	3
55.83	Francois	VERMEULEN		WC	1	Kings Park- Durban	30-Mar	4
53.86	Jonathan	DE LACEY		CGA	1	Potchefstroom	24-Jan	5
53.84	Naas	MARAIS		AMPU	4	Cape Town	07-Apr	6
53.50	Robert	ROUSSEAU		NWP	2	Kings Park- Durban	30-Mar	7
50.62	Christiaan	HEUER		Limpopo	4	Kings Park- Durban	30-Mar	8
50.28	Kayle	BLIGNAUT		Gauteng	5	Kings Park- Durban	30-Mar	9
50.19	Marko	VAN NIEKERK		BOLA	6	Cape Town	07-Apr	10

**Hammer Throw** 6kg

71.74	Karel	HAASBROEK		ACNW	1	Cape Town	08-Apr	1
65.25	JC	SCHULTZ		Free State	1	Kings Park- Durban	31-Mar	2
60.10	Kristiaan	BEKKER	1999.01.15	CGA	1	Germiston	14-Jan	3
59.40	Heinrich	SULLWALD		BOLA	3	Cape Town	08-Apr	4
56.90	Jacques	TREDOUX		WC	2	Kings Park- Durban	31-Mar	5
56.73	Heinrich	SULLWOLD	19-May-98	BOLA	1	Parow	18-Feb	6
56.31	Ryno	NIEMAND		BOLA	4	Cape Town	08-Apr	7
51.88	Marnickus	VAN DER MERWE	27-Sep-98	WPA	1	Parow	08-Feb	9
50.12	Jean-Louis	DE LANGE		WC	3	Kings Park- Durban	31-Mar	10

**Javelin** 800g

74.83	Hercules	VAN VUUREN	150498	CGA	4	Potchefstroom	21-Apr	1
73.51	Werner	DAMES		ANWN	1	Cape Town	07-Apr	2
72.16	Werner	BOUWER	210998	AMPU	1	San Antonio TX	17-Mar	3
71.63	Brendan	SKINNER	040299	AGN	7	Potchefstroom	21-Apr	4
68.86	Anro	VAN EEDEN		WC	2	Kings Park- Durban	01-Apr	5
66.28	Paul	BOTHA		ANWN	1	Loughborough, GBR	29-May	6



64.66	Andre	ADENDORFF	18-Dec-98	WPA	1	NMMU - Port Elizabeth	13 Jan	7
63.95	Arnold	HORN		Limpopo	3	Kings Park- Durban	01-Apr	8
63.90	Coenraad	KOTZE		NWCA	3	Cape Town	07-Apr	9
62.47	Gustav	PRINSLOO		LIMA	5	Cape Town	07-Apr	10

#### **4x 100m Relay**

0:41.02	Gauteng			Gauteng	1	Kings Park- Durban	31-Mar	1
0:41.05	AGN A			AGN	1	Cape Town	08-Apr	2
0:41.46	WPA			WPA	2	Cape Town	08-Apr	3
0:41.66	KZNA			KZNA	3	Cape Town	08-Apr	4
0:41.74	Free State			Free State	2	Kings Park- Durban	31-Mar	5
0:41.88	AGN B			AGN	4	Cape Town	08-Apr	6
0:42.13	CGA			CGA	5	Cape Town	08-Apr	7
0:42.18	POTCHEFSTROOM GIMNASIUM			ACNW	1	Potchefstroom	03-Mar	8
0:42.24	Western Cape			WC	3	Kings Park- Durban	31-Mar	9
0:42.68	North West Province			NWP	5	Kings Park- Durban	31-Mar	10

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

03:15.39	CGA			CGA	1	Cape Town	08-Apr	1
03:15.57	KZNA			KZNA	2	Cape Town	08-Apr	2
03:16.74	AGN			AGN	3	Cape Town	08-Apr	3
03:17.04	Western Cape			WC	1	Kings Park- Durban	01-Apr	4
03:18.42	Free State			Free State	2	Kings Park- Durban	01-Apr	5
03:19.87	Gauteng			Gauteng	3	Kings Park- Durban	01-Apr	6
03:21.28	Northern Cape			NCP	4	Kings Park- Durban	01-Apr	7
03:22.77	Kwazulu Natal			KZN	5	Kings Park- Durban	01-Apr	8
03:24.20	North West Province			NWP	6	Kings Park- Durban	01-Apr	9
03:27.73	Mpumalanga			Mpumalanga	7	Kings Park- Durban	01-Apr	10

#### **10000m Walk (Track)**

0:47:42.30	Kamohelo	POLILE		CGA	1	Cape Town	08-Apr	1
0:49:10.28	Hanru	COLLING		BOLA	2	Cape Town	08-Apr	2
0:50:19.79	James	PRATT		WC	2	Kings Park- Durban	30-Mar	3

0:50:51.55	Siyabonga	KOLOMBA	Eastern Cape	3	Kings Park- Durban	30-Mar	4
0:51:22.65	Bradley	CARELSE	ASWD	3	Cape Town	08-Apr	5
0:52:01.27	Xolani	HLONGWANE	Gauteng	4	Kings Park- Durban	30-Mar	6
0:52:29.76	Jabulani	BENZANE	CGA	5	Cape Town	08-Apr	7
0:52:52.10	Andries	SWART	CGA	6	Cape Town	08-Apr	8
0:55:44.30	Simamnkele	TOMSANA	CGA	7	Cape Town	08-Apr	9
0:58:38.50	WJ	COETZER	BOLA	8	Cape Town	08-Apr	10

### 10km Walk (Road)

0:46:42.00	Francois	JACOBS	BOLA	1	Potchefstroom	22-Apr	1
0:48:31.00	Hunro	COLLING	BOLA	2	Potchefstroom	22-Apr	2
0:50:19.00	Jacques	HEYMANS	AFS	3	Potchefstroom	22-Apr	3
0:53:51.00	Sylvester	KHALANI	AGN	4	Potchefstroom	22-Apr	4
0:54:36.00	Vincent	NTLAPO	AGN	5	Potchefstroom	22-Apr	5

## Decathlon

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

5519	Grove	Coetzee	AFS	1	Potchefstroom	21/22-Apr	1
	12.1(-0.2) - 5.39(-1.1) - 13.50 - 1.64 - 0:58.69 - 16.36(0.8) - 36.93 - 3.60 - 57.96 - 06:04.27						
5142	Nurdeen	Joshua	WPA	2	Potchefstroom	21/22-Apr	2
	11.87(-0.2) - 5.95(0.3) - 09.90 - 1.50 - 0:53.68 - 16.61(0.8) - 27.80 - 3.30 - 33.24 - 05:09.84						
4902	Daniel	Marais	WPA	3	Potchefstroom	21/22-Apr	3
	12.20(-0.2) - 5.95(0.2) - 09.22 - 1.64 - 0:54.26 - 17.94(0.8) - 27.38 - 3.40 - 33.92 - 05:30.92						

## FEMALE

### 100m

11.82	0.9	Simone	VAN DER NEST	Gauteng	1h2	Kings Park-Durban	29-Mar	1
12.02	1.7	Anja	VAN HEERDEN	WC	2	Kings Park-Durban	29-Mar	2
12.04	-0.2	Valesca	NEL	AGN	1h2	Cape Town	07-Apr	3
12.05	1.7	Elsabé	DU PLESSIS	Eastern Cape	1h1	Kings Park-Durban	29-Mar	4

12.13	1.7	Isabella	LOMBARD		NWP	3h1	Kings Park-Durban	29-Mar	5
12.23	-0.2	Jean-marie	VERMEULEN		AGN	3h2	Cape Town	07-Apr	6
12.23	0.9	Helene	WELGEMOED		Free State	3h2	Kings Park-Durban	29-Mar	7
12.43	1.7	Christin	FOX		NCP	4h1	Kings Park-Durban	29-Mar	8
12.55	1.7	Nikita	ROBERTSON		Gauteng	5h1	Kings Park-Durban	29-Mar	9
12.73	0.9	Gretl	RENS		Mpumalanga	4h2	Kings Park-Durban	29-Mar	10

### 200m

24.11	1.2	Simone	VAN DER NEST		Gauteng	1	Kings Park-Durban	30-Mar	1
24.60	1.2	Anja	VAN HEERDEN		WC	2	Kings Park-Durban	30-Mar	2
24.69	-0.7	Bellanca	LOMBAARD		ACNW	3	Cape Town	08-Apr	3
24.74	1.2	Sherine	VAN D WESTHUIZEN		Gauteng	3	Kings Park-Durban	30-Mar	4
24.83	1.2	Isabella	LOMBARD		NWP	4	Kings Park-Durban	30-Mar	5
24.87	-0.4	Elsabe	DU PLESSIS		EPA	1h3	Cape Town	08-Apr	6
24.92	-0.4	Julia Ann	LUTZ		CGA	2h3	Cape Town	08-Apr	7
24.98	0.9	Amoure	LE ROUX		CGA	3h2	Cape Town	08-Apr	8
25.09	0.8	Valesca	NEL		AGN	2h1	Cape Town	08-Apr	9
25.28	-0.4	Nikita	ROBERTSON		AGN	4h3	Cape Town	08-Apr	10

### 400m

0:55.65		Hesmari	COETZEE	280298	Coastal Carolina	3	Greenville NC	07-Apr	1
0:55.85		Sherine	VAN D WESTHUIZEN		Gauteng	1	Kings Park-Durban	31-Mar	2
0:56.00		Isabella	LOMBARD		NWCA	2	Kings Park-Durban	31-Mar	3
0:56.29		Julia Ann	LUTZ		CGA	1	Cape Town	07-Apr	4
0:56.55		Carien	SANDER		Free State	3	Kings Park-Durban	31-Mar	5
0:57.03		Bellanca	LOMBAARD		ACNW	2	Cape Town	07-Apr	6
0:57.06		Amoure	LE ROUX		CGA	1h1	Cape Town	07-Apr	7
0:57.14		Charlize	SWANEPOEL		Gauteng	4	Kings Park-Durban	31-Mar	8
0:57.20		Marie-Louisa	KOEGELENBERG		WC	5	Kings Park-Durban	31-Mar	9
0:57.68		Kristen	BASSON		Eastern Cape	4h1	Kings Park-Durban	31-Mar	10

### 800m

2:06.96		Simonay	WEITSZ		CGA	1	Cape Town	08-Apr	1
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2:07.38	Niene	MULLER	AGN	2	Cape Town	08-Apr	2
2:10.31	Thobile	VILAKAZI	Gauteng	2	Kings Park-Durban	01-Apr	3
2:11.66	Liza	KELLERMAN	AGN	3	Cape Town	08-Apr	4
2:11.73	Tylor	BELING	AFS	4	Cape Town	08-Apr	5
2:12.30	Lethlogenolo	MAGORO	AGN	5	Cape Town	08-Apr	6
2:15.36	Cornelia	RALL	NWC	2h2	Kings Park-Durban	01-Apr	7
2:15.43	Niene	MULLER	AGN	1h1	Cape Town	08-Apr	8
2:15.49	Jane	LAMBRECHTS	BOLA	6	Cape Town	08-Apr	9
2:15.49	Sinesipho	PONI	Eastern Cape	4	Kings Park-Durban	01-Apr	10

### 1500m

04:19.32	Simonay	WEITSZ	Gauteng	1	Kings Park-Durban	30-Mar	1
04:25.08	Tyler	BELING	Free State	2	Kings Park-Durban	30-Mar	2
04:34.62	Thobile	VILAKAZI	Gauteng	3	Kings Park-Durban	30-Mar	3
04:39.58	Nicole	VAN DER MERWE	CGA	4	Cape Town	07-Apr	4
04:39.76	Lara	ROSSOUW	WC	4	Kings Park-Durban	30-Mar	5
04:44.61	Mbali	MTSHALI	KZN	5	Kings Park-Durban	30-Mar	6
04:48.09	Thulisile	AMON	Gauteng	6	Kings Park-Durban	30-Mar	7
04:50.45	Sinesipho	PONI	ATRA	6	Cape Town	07-Apr	8
04:53.68	Ntombomzi	TYWALANA	Eastern Cape	7	Kings Park-Durban	30-Mar	9
04:54.52	Zelda	VAN DER MERWE	Free State	8	Kings Park-Durban	30-Mar	10

### 3000m

09:49.90	Tylor	BELING	Free State	1	Kings Park-Durban	31-Mar	1
09:58.31	Simonay	WEITSZ	CGA	1	Cape Town	08-Apr	2
10:02.19	Tshegofatso	SETLHAGOLE	Gauteng	2	Kings Park-Durban	31-Mar	3
10:18.21	Lara	ORROCK	AFS	3	Cape Town	08-Apr	4
10:21.26	Dineo	TSHEHLA	Mpumalanga	3	Kings Park-Durban	31-Mar	5
10:35.30	Zelda	VAN DER MERWE	AFS	4	Cape Town	08-Apr	6
10:36.03	Ntombomzi	TYWALANA	ATRA	5	Cape Town	08-Apr	7
10:42.75	Lara	ROSSOUW	BOLA	6	Cape Town	08-Apr	8
10:46.32	Thobile	AMON	Gauteng	5	Kings Park-Durban	31-Mar	9
11:08.08	Mbali	MSTHALI	KZNA	7	Cape Town	08-Apr	10

**5000m**

17:22.32	Nicole	VAN DER MERWE	CGA	1	Cape Town	07-Apr	1
17:37.69	Lesego	MPSHE	Gauteng	1	Kings Park-Durban	01-Apr	2
17:40.03	Chery-Lee	SCHOEMAN	Gauteng	2	Kings Park-Durban	01-Apr	3
17:40.47	Dineo	TSHEHLA	Mpumalanga	3	Kings Park-Durban	01-Apr	4
17:45.70	Lara	ORROCK	Eastern Cape	4	Kings Park-Durban	01-Apr	5
18:11.61	Ntombomzi	TYWALANA	Eastern Cape	5	Kings Park-Durban	01-Apr	6
18:22.79	Andisiwe	NJUNGUZA	KZN	6	Kings Park-Durban	01-Apr	7
18:39.93	Jana	LE ROUX	WC	7	Kings Park-Durban	01-Apr	8
18:42.15	Marelize	REITZ	Gauteng	8	Kings Park-Durban	01-Apr	9
18:59.85	Nomawisile	DILIZA	Eastern Cape	9	Kings Park-Durban	01-Apr	10

**3000m Steeple C** 76.2cm

10:45.51	Tshegofatsoe	SETHLAKGOE	Gauteng	1	Kings Park-Durban	31-Mar	1
10:46.05	Lesego	MPSHE	Gauteng	2	Kings Park-Durban	31-Mar	2
11:04.66	Shanley	KOEKEMOER	AGN	3	Potchefstroom	22-Apr	3
11:09.90	Fortune	MABOTSA	Gauteng	3	Kings Park-Durban	31-Mar	4
11:10.89	Lara	ORROCK	Eastern Cape	4	Kings Park-Durban	31-Mar	5
11:58.46	Jayne-sue	VERMAAS	AFS	5	Cape Town	07-Apr	6
12:28.52	Engelinah	MPHAHOLODI	Free State	5	Kings Park-Durban	31-Mar	6
12:30.49	Sharlan	BOER	BOLA	6	Cape Town	07-Apr	7
12:36.44	Elske	PIETERS	WC	6	Kings Park-Durban	31-Mar	8
14:21.06	Andrea	DAMONSE	WC	7	Kings Park-Durban	31-Mar	9

**100m Hurdles** 84cm

13.93	1.8	Tanya	ERHKE	Gauteng	1h1	Kings Park-Durban	29-Mar	1
13.94	1.2	Velmein	HENRIKS	Gauteng	1	Kings Park-Durban	29-Mar	2
14.03	-0.4	Taylon	BIELDT	AGN	1	Cape Town	07-Apr	3
14.24	1.2	Martelize	JORDAN	WC	3	Kings Park-Durban	29-Mar	4
14.34	1.2	Christin	FOX	NCP	4	Kings Park-Durban	29-Mar	5
14.41	1.2	Mercia	OOSTHUIZEN	WC	8	Kings Park-Durban	29-Mar	6

14.92	1.2	Jone'	KRUGER		ACNW	1	Potchefstroom	21-Apr	7
15.03	1.2	Ane	ERASMUS		Free State	5	Kings Park-Durban	29-Mar	8
15.11	0.3	Bernice	STIGLINGH		AGN	3h2	Cape Town	07-Apr	9
15.16	1.8	Andree	ROUX		WC	3h1	Kings Park-Durban	29-Mar	10

**WIND**

13.87	2.3	Velmein	HENRIKS		Gauteng	1h2	Kings Park-Durban	29-Mar	
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**400m Hurdles** 76.2cm

0:58.87		Belindi	VAN DER MERWE		AGN	2	Cape Town	29-Apr	1
0:59.25		Hesmari	COETZEE	280298	Coastal Carolina	2	Columbia SC	15-Apr	2
1:01.76		Nerina	VISSER		AMPU	1	Cape Town	08-Apr	3
1:01.84		Ane	ERASMUS		AFS	2	Cape Town	08-Apr	4
1:02.48		Gretl	RENS		Mpumalanga	2	Kings Park-Durban	30-Mar	5
1:02.74		Nerina	VISSER		Mpumalanga	1h1	Kings Park-Durban	30-Mar	6
1:03.00		Nikita	GERMISHUIZEN		AGN	3	Cape Town	08-Apr	7
1:04.40		Danielle	Du Toit		Gauteng	5	Kings Park-Durban	30-Mar	8
1:05.40		Amori	VAN DEN HEEVER		Gauteng	6	Kings Park-Durban	30-Mar	9
1:05.61		Chandre	JANEKE		BOLA	6	Cape Town	08-Apr	10

**High Jump**

1.80		Yvonne	ROBSON		AGN	1	TUKS-Pretoria	18-Mar	1
1.70		Mahlatsie	DOMBENI	1999/01/21	AGN	2	Cape Town	08-Apr	2
1.68		Helen	WESSELS		Free State	2	Kings Park-Durban	29-Mar	3
1.68		Anneri	GRAVETT	1999/03/05	Limpopo	3	Kings Park-Durban	29-Mar	4
1.63		Lizande	PRETORIUS	1999/04/16	Mpumalanga	4	Kings Park-Durban	29-Mar	5
1.63		Marike	COETZEE		NWP	6	Kings Park-Durban	29-Mar	5
1.61		Cindy	VAN BERS		AGN	1	TUKS - Pretoria	18-Mar	7
1.58		Shannon	VERSTER	1999/11/10	KZN	7	Kings Park-Durban	29-Mar	8
1.58		Elsie	VOSTER		NWP	8	Kings Park-Durban	29-Mar	8
1.53		Kiara	RORKE	1999/07/03	Gauteng	9	Kings Park-Durban	29-Mar	10
1.53		Christall	VAN RENSBURG	1999/04/27	WC	10	Kings Park-Durban	29-Mar	10
1.53		Aninke	KIRSTEIN		Free State	11	Kings Park-Durban	29-Mar	10

**Pole Vault**

3.50		Nadja	FOURIE		Free State	1	Kings Park-Durban	01-Apr	1
3.30		Corlè	VAN DER WALT		AFS	2	Cape Town	07-Apr	2
3.10		Elata	FOURIE		WC	3	Kings Park-Durban	01-Apr	3
3.00		Bianca	DE WEE		BOLA	3	Cape Town	07-Apr	4
2.90		Zabeth	VENTER		ACNW	4	Cape Town	07-Apr	5

**Long Jump**

6.00	0.1	Renate	VAN TONDER	100498	CGA	6	Louisville KY	29-Apr	1
5.92	0.1	Joné	KRUGER		ACNW	1	Cape Town	08-Apr	2
5.70	0.1	Rudine	BOTHA		ACNW	2	Cape Town	08-Apr	3
5.65	0.6	Michaela	WRIGHT		CGA	3	Cape Town	08-Apr	4
5.56	-0.4	Curine	UYS		AGN	4	Cape Town	08-Apr	5
5.46	0.5	Gugu	NKAMBULE		AMPU	5	Cape Town	08-Apr	6
5.45	0	Mahlatsie	DOMBENI		AGN	6	Cape Town	08-Apr	7
5.40	0.6	Geena	TALJAARD		AVT	7	Cape Town	08-Apr	8
5.38	0.1	Stoni	LAWRENCE		AGN	8	Cape Town	08-Apr	9
5.33	1.1	Cindy	VAN BERS		AGN	2	Potchefstroom	22-Apr	10

**WIND**

5.69	3.0	Marike	COETZEE		NWP	1	Kings Park-Durban	31-Mar	
5.65	NW	Mahlatsi	DOMBENI		Gauteng	2	Kings Park-Durban	31-Mar	

**Triple Jump**

	11m								
12.37	-0.5	Renate	VAN TONDER	100498	CGA	10	Atlanta GA	14-May	1
<b>12.09</b>	<b>Indoors</b>	<b>Renate</b>	<b>van Tonder</b>	<b>100498</b>	<b>AGN</b>	<b>3</b>	<b>Nashville TN</b>	<b>10-Feb</b>	
11.61	0.6	Mahlatsie	DOMBENI		AGN	1	Cape Town	07-Apr	2
11.51	-2.3	Somien	SCHUTTE		AGN	2	Cape Town	07-Apr	3
11.09	-0.5	Ambre	NAKAS		EPA	3	Cape Town	07-Apr	4
11.06	0.7	Marichen	VAN ZYL		BOLA	4	Cape Town	07-Apr	5
10.79	1.3	Chante	ROBERSON		EPA	6	Cape Town	07-Apr	6
10.63	-1.6	Kiara	WOLMARANS		ASWD	7	Cape Town	07-Apr	7

10.59	-0.7	Soe	BOPHELO		KZN	8	Cape Town	07-Apr	8
10.20	0.4	Philadelphia	MARABI		GWA	9	Cape Town	07-Apr	9
<b><u>WIND</u></b>									
12.48	3.0	Renate	VAN TONDER	100498	CGA	1	Louisville KY	15-Apr	
10.91	2.1	Mapaseka	MOFOKENG		CGA	5	Cape Town	07-Apr	
11.33	NW	Marike	COETZEE		NWP	2	Kings Park-Durban	30-Mar	
<b><u>Shot Put</u></b>									
	4kg								
14.40		Jana	STEINMAN		ACNW	1	Cape Town	07-Apr	1
14.08		Mia	VAN R VAN OUDSHOORN		Free State	1	Kings Park-Durban	01-Apr	2
13.37		Yolandi	STANDER		AGN	2	Cape Town	07-Apr	3
13.18		Johanna	STEINMANN		NWP	2	Kings Park-Durban	01-Apr	4
12.07		Annerie	DU TOIT		AMPU	4	Cape Town	07-Apr	5
11.82		Anneke	KAPP		EPA	5	Cape Town	07-Apr	6
11.78		Maggie	LE ROUX		NWP	4	Kings Park-Durban	01-Apr	7
11.61		Savannah	CROUKAMP		Gauteng	5	Kings Park-Durban	01-Apr	8
11.43		Carli	NIEWENHUIZEN		ACNW	7	Cape Town	07-Apr	9
11.40		Shenaia-Lee	SWART		Mpumalanga	6	Kings Park-Durban	01-Apr	10
<b><u>Discus</u></b>									
	1kg								
48.86		Yolandi	STANDER	27.11.98	AGN	1	Cape Town	08-Apr	1
42.69		Mia	VAN R VAN OUDSHOORN		Free State	1	Bloemfontein	11-Mar	2
42.04		Jana	STEINMAN		ACNW	1	Harare, Zim	10-Jun	3
40.81		Sunette	LUTHER		BOLA	3	Cape Town	08-Apr	4
40.57		Annerie	DU TOIT		Mpumalanga	2	Kings Park-Durban	31-Mar	5
39.87		Anna	PIENAAR		WC	3	Kings Park-Durban	31-Mar	6
38.49		Bronwyn	LEONARD		AFS	6	Cape Town	08-Apr	7
37.55		Lize	NAUDE		Gauteng	5	Kings Park-Durban	31-Mar	8
37.25		Ingrid	VENTER		Mpumalanga	6	Kings Park-Durban	31-Mar	9
34.61		Riandi	BOSHOFF		ACNW	2	Potchefstroom	24-Jan	10



<b>Hammer Throw</b>		4kg							
55.85	Marga	CUMMING	ACNW	3	Potchefstroom	22-Apr	1		
52.51	Marinda	GREYLING	AFS	4	Potchefstroom	22-Apr	2		
50.40	Tamlyn	LEONARD	Eastern Cape	1	Kings Park-Durban	29-Mar	3		
50.09	Lizelle	FOURIE	Gauteng	3	Kings Park-Durban	29-Mar	4		
49.87	Karlene	LAMPRECHTS	WC	4	Kings Park-Durban	29-Mar	5		
45.40	Denecke	PRINSLOO	NCP	5	Kings Park-Durban	29-Mar	6		
43.01	Denecke	PRINSLOO	GWA	6	Cape Town	07-Apr	7		
41.58	Janel	HAVINGA	AFS	7	Cape Town	07-Apr	8		
40.00	Monique	VOSLOO	BORA	8	Cape Town	07-Apr	9		
36.48	Nanel	PHILLIPSON	Gauteng	6	Kings Park-Durban	29-Mar	10		
34.74	Amire	VAN DYK	North West Province	7	Kings Park-Durban	29-Mar			

<b>Javelin</b>		600g							
49.12	Maggie	LE ROUX	NWP	1	Kings Park-Durban	30-Mar	1		
47.45	Carli	NIEWENHUIZEN	ACNW	2	Bloemfontein	08-Mar	2		
45.24	Anneke	GERMISHUYS	BOLA	3	Cape Town	08-Apr	3		
45.11	Leandri	LAMPRECHT	AMPU	4	Cape Town	08-Apr	4		
42.28	Elizna	VON ALLEMAN	ACNW	1	Potchefstroom	22-Apr	5		
41.50	Jana	KOK	Gauteng	3	Kings Park-Durban	30-Mar	6		
40.98	Annuske	COERTZE	WC	4	Kings Park-Durban	30-Mar	7		
40.29	Savannah	CROUKAMP	Gauteng	5	Kings Park-Durban	30-Mar	8		
40.27	Louanne	SWART	Free State	6	Kings Park-Durban	30-Mar	9		
39.68	Ronel	NAUDE	AGN	6	Cape Town	08-Apr	10		

<b>4 x 100m Relay</b>									
0:47.53	AGN	AGN	AGN	1	Cape Town	08-Apr	1		
0:47.98	CGA	CGA	CGA	2	Cape Town	08-Apr	2		
0:48.04	KLERKSDORP	ACNW	ACNW	1	Potchefstroom	03-Mar	3		
0:48.49	ACNW	ACNW	ACNW	3	Cape Town	08-Apr	4		
0:48.55	Gauteng	Gauteng	Gauteng	1	Kings Park-Durban	31-Mar	5		
0:48.99	Free State	Free State	Free State	2	Kings Park-Durban	31-Mar	6		

0:49.05	Western Cape		WC	3	Kings Park-Durban	31-Mar	7
0:49.39	POTCHEFSTROOM GIMNASIUM		ACNW	2	Potchefstroom	03-Mar	8
0:49.50	BOLA		BOLA	5	Cape Town	08-Apr	9
0:49.53	AFS		AFS	4	Cape Town	08-Apr	10

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

03:48.95	CGA		CGA	1	Cape Town	08-Apr	
03:52.27	AGN		AGN	2	Cape Town	08-Apr	
03:53.22	BOLA		BOLA	3	Cape Town	08-Apr	
03:55.45	Gauteng		Gauteng	1	Kings Park-Durban	01-Apr	
03:56.88	AFS		AFS	4	Cape Town	08-Apr	
03:58.14	Free State		Free State	2	Kings Park-Durban	01-Apr	
03:59.26	LIMA		LIMA	5	Cape Town	08-Apr	
04:02.85	Western Cape		WC	3	Kings Park-Durban	01-Apr	
04:06.66	Kwazulu Natal		KZN	4	Kings Park-Durban	01-Apr	
04:15.64	Mpumalanga		Mpumalanga	5	Kings Park-Durban	01-Apr	

#### **10000m Walk (Track)**

0:52:35.18	Annette	KOEN	ACNW	1	Cape Town	07-Apr	1
0:53:48.64	Mizan	VILJOEN	AFS	2	Cape Town	07-Apr	2
0:54:12.03	Miandre	STAFFORD	NWP	2	Kings Park-Durban	01-Apr	3
0:58:50.51	Palesa	MSHEBA	CGA	4	Cape Town	07-Apr	4
1:01:35.40	Mika	NIEWOUDT	WC	4	Kings Park-Durban	01-Apr	5
1:10:32.15	Siphokati	MASHABA	CGA	6	Cape Town	07-Apr	6

#### **10km Walk(Road)**

0:51:48.00	Mizan	VILJOEN	AFS	1	Potchefstroom	22-Apr	1
0:52:58.00	Annette	KOEN	ACNW	2	Potchefstroom	22-Apr	2

#### **Heptathlon**

	<b>100m Hurdles ; High Jump ; Shot Put ; 200m ; Long Jump ; Javelin ; 800m</b>						
4596	Jone'	KRUGER	ACNW	1	Potchefstroom	21/22-Apr	1
	14.92(1.2) - 1.60 - 09.61 - 26.39(-1.7) - 5.61(1.5) - 29.16 - 2:42.19						

4438	Cindy	VAN BERS	AGN	2	Potchefstroom	21/22-Apr	2
	16.86(1.2) - 1.54 - 09.05 - 25.60(-1.7) - 5.33(1.1) - 26.84 - 2:22.33						
4250	Shannon	VERSTER	KZNA	3	Potchefstroom	21/22-Apr	3
	15.59(1.2) - 1.63 - 07.96 - 26.69(-1.7) - 4.93(1.4) - 28.74 - 2:38.84						
4085	Elina	VON ALLEMAN	ACNW	4	Potchefstroom	21/22-Apr	4
	17.10(1.2) - 1.42 - 09.84 - 28.21(-1.7) - 5.15(2.3) - 42.28 - 2:44.62						