

South African Track & Field Performances 2017

as @ 30th September 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

<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>SA Rank</u>	<u>IAAF RANK</u>
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MALE

60m

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

100m

10.37	1.1	Retshiditswe	MLENGA	270200	AGN	1s2	Nairobi	12-Jul	1	6
10.42	0.3	Tshenolo	LEMAO	170600	AGN	3h1	Potchefstroom	21-Apr	2	9
10.74	-0.4	Luke	DAVIDS	170701	WPA	2h3	Cape Town	07-Apr	3	
10.82	1.9	Jaquin	VAN WYK		NC	1h1	Kings Park- Durban	29-Apr	4	
10.83	1.1	Damian	LOSPER		Mpumalanga	1h2	Kings Park- Durban	29-Mar	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	170600	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

21.03	-0.7	Retshiditswe	MLENGA	270200	AGN	1	Nairobi	16-Jul	1	7
21.12	-0.7	Tshenolo	LEMAO	170600	AGN	2	Nairobi	16-Jul	2	14
21.23	1.6	Shirwan	VAN STADEN		Eastern Cape	1h3	Kings Park- Durban	30-Mar	3	
21.29	1.6	Donovan	MUTARISWA		Gauteng	2h3	Kings Park- Durban	30-Mar	4	
21.33	0.5	Jason	WEBER	010101	WPA	3	Cape Town	08-Apr	5	
21.34	0	Ruben	ELS		AGN	1h2	Cape Town	08-Apr	6	
21.35	1.2	Mikaa-Il	MOHAMMED		Eastern Cape	1h1	Kings Park- Durban	30-Mar	7	
21.47	0.5	Luke	DAVIDS	170701	WPA	4	Cape Town	08-Apr	8	
21.53	1.8	Damian	LOSPER		Mpumalanga	1h2	Kings Park- Durban	30-Mar	9	
21.54	1.6	Frans	MATLALA	150400	Gauteng	3h3	Kings Park- Durban	30-Mar	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	1	4
0:47.71	Frans	MATLALA	150400	Gauteng	4h3	Potchefstroom	21-Apr	2	29
0:47.87	Benjamin	MEINTJES		NC	2	Kings Park- Durban	31-Mar	3	
0:48.58	Tahriq	WELCOME		WC	4	Kings Park- Durban	31-Mar	5	
0:48.79	Handre	JONKER		Gauteng	5	Kings Park- Durban	31-Mar	6	
0:48.85	Petrus	KUNZ		Mpumalanga	2h1	Kings Park- Durban	31-Mar	7	
0:49.05	Jason	WEBER		WPA	4	Cape Town	07-Apr	8	
0:49.34	Evander	KASIMBINGWE		NC	7	Kings Park- Durban	31-Mar	9	
0:49.63	Lindokuhle	GORA		AGN	6	Cape Town	07-Apr	10	

800m

1:49.69	Ntuthuko	NDIMANDE	160501	CGA	1	Cape Town	08-Apr	1	12
1:50.28	Lexton	SWIGELAAR	100100	AGN	2	Cape Town	08-Apr	2	32
1:51.35	Alden	DEYSEL		Gauteng	3	Kings Park- Durban	01-Apr	3	
1:51.86	Lewis	NGWENYA	240400		2rC	Sasolburg	28-Mar	4	
1:52.13	Amos	KHOZA	01	AMPU	3	Cape Town	08-Apr	5	
1:53.56	Eric	SHERMAN		AGN	4	Cape Town	08-Apr	6	
1:54.46	Reinhardt	REITSMA		WC	5	Kings Park- Durban	01-Apr	7	
1:54.57	Riaan	VAN RHYN		CGA	5	Cape Town	08-Apr	8	
1:54.71	Ronen	OOSTHUIZEN		NWP	6	Kings Park- Durban	01-Apr	9	
1:55.15	Retief	OCHSE		WC	7	Kings Park- Durban	01-Apr	10	
1:55.31	Paul	ROOS		AGN	7	Cape Town	08-Apr		

1500m

03:53.26	Ngconde	MATWEBU	160501	Free State	1	Kings Park- Durban	30-Mar	1	
03:53.40	Ronen	OOSTHUIZEN		NWP	2	Kings Park- Durban	30-Mar	2	
03:54.30	Abram	KUBJOANE		Limpopo	3	Kings Park- Durban	30-Mar	3	
03:55.05	Siyabonga	NDLOVU		AGN	1	Cape Town	07-Apr	4	
03:57.25	Omphile	MOLOTSI		AGN	3	Cape Town	07-Apr	5	
03:57.31	Christopher	SWART		AGN	4	Cape Town	07-Apr	6	
03:57.67	Retief	OCHSE		WC	4	Kings Park- Durban	30-Mar	7	
03:58.63	Dylan	KRENCZEK		Gauteng	5	Kings Park- Durban	30-Mar	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	
<u>3000m</u>									
08:27.60	Tumi	LEPHOTO	270200	CGA	1	Cape Town	08-Apr	1	23
08:31.21	Robert	DE VILLIERS	040300	ACNW	2	Cape Town	08-Apr	2	
08:32.31	Tshiamo	MARIBE		AGN	3	Cape Town	08-Apr	3	
08:33.32	Ngconde	MATWEBU		Free State	1	Kings Park- Durban	31-Mar	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	1	
05:52.33	Olebogeng	MOREMI		NWC	2	Kings Park- Durban	01-Apr	2	
05:58.58	Tumi	LEPHOTO		Gauteng	3	Kings Park- Durban	01-Apr	3	
06:02.32	Caleb	BEUKES		CGA	4	Cape Town	07-Apr	4	
06:02.49	Lebohang	MAHLOANE		AFS	5	Cape Town	07-Apr	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	060100	Gauteng	1	Kings Park- Durban	30-Mar	1
13.85	1.8	Damian	LOSPER		Mpumalanga	2	Kings Park- Durban	30-Mar	2
13.92	-1.1	Julian	BOGNER	250200	AGN	1h1	Cape Town	07-Apr	3
14.00	1.8	Rudolph	RICHTER		Gauteng	3	Kings Park- Durban	30-Mar	4
14.05	1.8	Jason	OCTOBER		WC	4	Kings Park- Durban	30-Mar	5

14.11	-4.3	Andricus	DOUWIE	ANWN	3	Cape Town	07-Apr	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	1	1	SAR
0:52.02	Lindokuhle	GORA	310101	AGN	2	Pretoria-TUKS	17-Mar	2	9	
0:52.17	Adam	MOYO		Gauteng	1	Kings Park- Durban	31-Mar	3	13	
0:52.65	Koketso	SEANE	01	CGA	4	Cape Town	08-Apr	4	20	
0:53.24	Liam	PETERSEN	130400	WC	3	Kings Park- Durban	31-Mar	5		
0:54.04	Ethinique	ADAMS		BOLA	3h1	Cape Town	08-Apr	6		
0:54.10	Obakeng	MALEFO		NWP	4	Kings Park- Durban	31-Mar	7		
0:54.32	Bokang	MONENENSI		AVT	4h1	Cape Town	08-Apr	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

2.24	Breyton	POOLE	230300	WPA	1	Nairobi	15-Jul	1	1
2.00	Matome	SHABANGU	140800	CGA	1	Germiston	14-Jan	2	
2.00	Roelof	VAN DER WALT	060100	CGA	1	Pretoria	15-Feb	2	
1.98	Emilio	BASSICK	200300	WC	3	Kings Park-Durban	29-Mar	4	
1.98	Nathanael	DE SWARDT	110101	Gauteng	2	Kings Park-Durban	29-Mar	4	
1.96	Gayisa	MASWANGAYI		AGN	1	TUKS - Pretoria	17-Mar	6	
1.95	JJ	ADAMS		BOLA	3	Cape Town	07-Apr	7	
1.93	Keenan	PLATT		AGN	2	TUKS - Pretoria	17-Mar	8	
1.93	Thabo	POHOTONA	020800	Gauteng	6	Kings Park-Durban	29-Mar	8	
1.90	Rorisang	MAKALENG		LIMA	8	Cape Town	07-Apr	9	

1.90	Usaamah	VALLY		KZNA	7	Cape Town	07-Apr	9
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Pole Vault

5.00	Valco	VAN WYK		BOLA	1	Cape Town	08-Apr	1
4.94	Hendrick	VAN WYK		WC	1	Kings Park- Durban	30-Mar	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	250200	AGN	1	Cape Town	08-Apr	1
7.33	0.4	Sifiso	MIYA	010601	AGN	2	Pretoria-TUKS	03-Jun	2
7.24	-0.1	Christie	LE ROUX		AGN	3	Cape Town	08-Apr	3
7.09	0.5	Michael	SKOSANA		AGN	4	Pretoria-TUKS	17-Mar	4
7.01	-1.7	Luke	GOUCHE		ASWD	1q2	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	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

19.93		Jonathan	DE LACEY LACEY	050100	AVT	3	Nairobi, KEN	13-July	1
18.77		Morne	BRANDON	251100	Gauteng	1	Kings Park- Durban	29-Mar	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	210900	CGA	2	Germiston	14-Jan	10

Discus

1.5kg

59.66		Morne	BRANDON	251100	CGA	1	Cape Town	08-Apr	1	12
55.96		Jonathan	DE LACEY LACEY	050100	AVT	2	Cape Town	08-Apr	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	
48.56		Tjaart	BREEDT		AGN	1	TUKS-Pretoria	18-Mar	8	

48.15	Thato	KHUNOU		AGN	2	TUKS-Pretoria	18-Mar	9
47.36	Aaron	LOMBARD		ATRA	7	Cape Town	08-Apr	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
59.67	Christiaan	LE ROUX		GWA	1	Bloemfontein	05-Aug	3
59.21	Cedric	KOBOKOANE		Free State	2	Kings Park- Durban	31-Mar	4
58.99	James	HAVINGA		AFS	3	Cape Town	07-Apr	5
57.29	Ludwig	BRUWER		WC	4	Kings Park- Durban	31-Mar	6
57.01	Jean-Jacques	KOTZÉ		WPA	5	Cape Town	07-Apr	7
56.78	Karel	KLEINHANS		ASWD	6	Cape Town	07-Apr	8
56.52	Clint Jan	NIEMAND		ASWD	7	Cape Town	07-Apr	9
54.82	Ruwaldo	BEER		EPA	9	Cape Town	07-Apr	10

Javelin 700g

78.86	Jannes	SCHLEBUSCH	260800	AFS	1	Bloemfontein	05-Aug	1	3
73.66	Joshua	MAAS	280800	Mpumalanga	1	Kings Park- Durban	01-Apr	2	
70.54	Devoux	DEYSEL		Limpopo	3	Kings Park- Durban	01-Apr	3	
69.98	Estiaan	HEYNECKE		ANWN	2	Cape Town	08-Apr	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
 03:25.54
 AMPU
 AMPU 1 Cape Town 08-Apr

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
						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
5376	Rainer	SPRUYT	AMPU	2	Potchefstroom	21/22-Apr
						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
5332	Ronaldo	Mackenzie	BOLA	3	Potchefstroom	21/22-Apr
						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
4731	Rikus	VAN ZYL	ACNW	4	Potchefstroom	21/22-Apr
						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
4183	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

11.71	1.9	Rose	XEYI	160301	AGN	1	Pretoria	18-Mar	1
11.99	1.3	Joviale	MBISHA	311001	AFS	5s2	Nairobi, KEN	13-Jul	2
12.00	1.1	Antoinette	VAN DER MERWE	00	AGN	4h1	Mannheim, GER	01-Jul	3
12.12	1.9	Jessica	BOMPAS	180401	KZNA	3	P:retora- TUKS	03-Jun	4
12.20	1.2	Caroline	MOSIME	260200	AGN	1h3	Cape Town	07-Apr	5
12.21	-2.3	Shere	JANSE VAN RENSBURG		AVT	4	Cape Town	07-Apr	6
12.24	1.3	Lara	JOHNSON		WC	1h3	Kings Park-Durban	29-Mar	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
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WIND

11.56	2.9	Rose	XEYI	160301	Gauteng	1	Kings Park-Durban	29-Mar	
11.87	2.5	Joviale	MBISHA	311001	Free State	2h1	Kings Park-Durban	29-Mar	
11.92	2.9	Jessica	BOMPAS	180401	KZN	3	Kings Park-Durban	29-Mar	

200m

24.02	1.3	Jessica	BOMPAS	180401	KZNA	1h3	Kings Park-Durban	30-Mar	1
24.31	-1.2	Shere	JANSE VAN RENSBURG		AVT	3	Sasolburg	28-Mar	2
24.41	1.3	Angel	KIVIDO	040200	Free State	2h3	Kings Park-Durban	30-Mar	3
24.42	1.9	Caroline	MOSIME	260200	AGN	1s2	Cape Town	08-Apr	4
24.55	1.2	Zenobea	JEWASKIEWITZ		LIMA	1h4	Cape Town	08-Apr	5
24.57	1.3	Nicola	VAN DER MERWE		Gauteng	3h3	Kings Park-Durban	30-Mar	6
24.75	1.3	Marlie	VILJOEN		Gauteng	4h3	Kings Park-Durban	30-Mar	7
24.76	0.8	Joviale	MBISHA		Free State	2	Kings Park-Durban	30-Mar	8
24.80	-0.6	Rose	XEYI	160301	AGN	1	Pretoria	17-Mar	9
24.85	1.6	Joviale	MBISA		AFS	3s1	Cape Town	08-Apr	10

400m

0:54.24		Marlie	VILJOEN	010800	Gauteng	1	Kings Park-Durban	31-Mar	1
0:54.97		Zeney	VAN DER WALT	220500	AGN	1	Cape Town	07-Apr	2
0:56.00		Sesimphiwe	MBATHA		Gauteng	2	Kings Park-Durban	31-Mar	3
0:56.25		Nonopha	VELDTMAN		Gauteng	3	Kings Park-Durban	31-Mar	4
0:56.28		Katinka	LOUW		BOLA	3	Cape Town	07-Apr	5
0:56.73		Leandre	CUSTODIA		WC	4	Kings Park-Durban	31-Mar	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

2:08.72	Lee-ann	BLAKE	01	AGN	5	Potchefstroom	22-Apr	1	46
2:10.01	Nicole	LOUW	260701	Free State	3	Pretoria	25-Feb	2	77
2:10.37	Keletso	SENOSI	011001	Gauteng	1	Kings Park-Durban	01-Apr	3	
2:10.52	Rhode	BOON		Gauteng	2	Kings Park-Durban	01-Apr	4	
2:11.26	Fina	DUBE		CGA	1	Cape Town	08-Apr	5	
2:12.76	Jana	VAN DER MERWE		AGN	4	Cape Town	08-Apr	6	
2:13.34	Beatrice	THEMANE		CGA	5	Cape Town	08-Apr	7	
2:15.06	Luzaan	DE WIT		KZNA	4	Kings Park-Durban	01-Apr	8	
2:15.71	Athemba	NQUMASHE		WC	2h2	Kings Park-Durban	01-Apr	9	
2:15.75	Janie	JANSE VAN RENSBURG		AGN	7	Cape Town	08-Apr	10	
2:16.97	Nicola	CRONJE		Mpumalanga	5	Kings Park-Durban	01-Apr		

1500m

04:21.44	Nicole	LOUW	260701	Free State	1	Kings Park-Durban	30-Mar	1	23
04:22.62	Lyndi	ROELOFSE	300401	Gauteng	2	Kings Park-Durban	30-Mar	2	32
04:24.36	Dipuo	MASHISHI	021001	Gauteng	3	Kings Park-Durban	30-Mar	3	45
04:31.50	Yandiswa	SHANGE	300600	Gauteng	4	Kings Park-Durban	30-Mar	4	
04:35.70	Cara	DU PREEZ		NWP	5	Kings Park-Durban	30-Mar	5	
04:42.32	Beatrice	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	260701	AFS	1	Cape Town	08-Apr	1	47
09:36.56	Dipuo	MASHISHI	021001	CGA	2	Cape Town	08-Apr	2	59
09:41.67	Lyndi	ROELOFSE	300401	CGA	3	Cape Town	08-Apr	3	75
09:45.92	Casey	BOSMAN	011001	Gauteng	3	Kings Park-Durban	31-Mar	4	
09:57.36	Yandiswa	SHANGE	300600	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	

10:30.44	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	100100	AGN	1	Cape Town	07-Apr	1	11	SAR
06:43.90	Cara	DU PREEZ		NWP	1	Kings Park-Durban	31-Mar	2	12	
06:45.89	Lethabo	MAKGOGA	130900	CGA	3	Cape Town	07-Apr	3	14	
06:54.24	Thswanelo	MARUPING		CGA	4	Cape Town	07-Apr	4		
07:09.95	Esabel	MAKHURA		AGN	5	Cape Town	07-Apr	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	1	9	
13.76	1.1	Cherne-Lee	OLKRES	Gauteng	2	Kings Park-Durban	01-Apr	2		
13.86	1.1	Tunet	TRUMPIE	Gauteng	3	Kings Park-Durban	01-Apr	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	1	16	
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0:58.21	Gontse	MORAKE		AGN	2	Cape Town	08-Apr	2	18
0:59.26	Juli	VERCUIEL		WPA	3	Cape Town	08-Apr	3	
0:59.28	Rogail	JOSEPH		BOLA	4	Cape Town	08-Apr	4	
1:01.26	Carla	HATTINGH		CGA	1h3	Cape Town	08-Apr	5	
1:01.33	Gontse	MORAKE		Gauteng	1	Kings Park-Durban	30-Mar	6	
1:01.60	Carmine	VAN DER WESTHUIZEN		CGA	6	Cape Town	08-Apr	7	
1:01.71	Danica	STRYDOM		AGN	7	Cape Town	08-Apr	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

1.76	Kristi	SNYMAN	151200	WC	1	Kings Park - Durban	29-Mar	1
1.73	Fleur	SLOT	100101	BOLA	2	Kings Park - Durban	29-Mar	2
1.71	Michelle	NGOZO		AGN	2	Cape Town	07-Apr	3
1.68	Caryn-Ann	HOWARD		EPA	4	Cape Town	07-Apr	4
1.66	Leandre	KETCH	170201	WC	3q	Kings Park - Durban	29-Mar	5
1.66	Marionique	WENTZEL		NWP	5	Kings Park - Durban	29-Mar	5
1.65	Abigail	APPLEGRYN	090900	Eastern Cape	6q	Kings Park - Durban	29-Mar	6
1.65	Jamie-Leigh	VENTER	170100	Gauteng	7q	Kings Park - Durban	29-Mar	6
1.65	Nica	HUMAN	160200	Gauteng	4	Kings Park - Durban	29-Mar	6
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
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Long Jump

5.73	-3.0	Nolwazi	MASHABA	AMPU	1q1	Cape Town	07-Apr	1
5.65	-0.9	Esther	SOLARIN	AGN	1	Pretoria	17-Mar	2
5.53	1.0	Karissa	VAN WYK	AMPU	2q1	Cape Town	07-Apr	3
5.34	0.8	Andrea	KOMMER	ASWD	7	Cape Town	07-Apr	4
5.33	0.2	Liane	VAN JAARVELD	CGA	4q1	Cape Town	07-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	-1.0	Gontse	MORAKE	AGN	6q1	Cape Town	07-Apr	8
5.19	-2.0	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	LUDDICK	WC	1	Kings Park-Durban	30-Mar	
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Shot Put

3kg

16.40	Meike	STRYDOM	250800	SWD	5	Nairobi, KEN	12-July	1	16
14.81	Tharina	VAN DER WALT		Free State	2	Kings Park-Durban	01-Apr	2	90
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	1	8
43.37	Colette	UYS		Free State	2	Kings Park-Durban	31-Mar	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	200200	AFS	1	TUKS-Pretoria	13-May	1	11	SAR
51.73	Kayla	SMIT	060401	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

53.69	Jana	VAN SCHALKWYK	070301	BOLA	2qA	Nairobi, KEN	15-Jul	1	21
49.73	Danae	JANSE VAN		Gauteng	1	Kings Park-Durban	01-Apr	2	
45.18	Gestelle	SNYMAN		AGN	1	Cape Town	07-Apr	3	
42.58	Clarissa	WEYER		NWP	3	Kings Park-Durban	01-Apr	4	
41.87	Ancke	BOTHA		CGA	1	Potchefstroom	22-Apr	5	
41.60	Marle	RADEMAN		WC	4	Kings Park-Durban	01-Apr	6	
40.40	Minke	WILKINSON		AFS	4	Cape Town	07-Apr	7	
40.32	Jandri	OOSTHUIZEN		WC	5	Kings Park-Durban	01-Apr	8	
39.83	Jonette	LABUSCHAGNE		ACNW	5	Cape Town	07-Apr	9	
38.09	Aniska	LIEBENBERG		Free State	7	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	Marli Viljoen, Lee-Ane Blake, Jana van der Merwe, Zeney van der Walt	AGN	1	Cape Town	08-Apr	SAR
03:48.68	BOLA	BOLA	2	Cape Town	08-Apr	

1000m Medley Relay

02:14.39	Gauteng	Gauteng	1	Kings Park-Durban	01-Apr
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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	1
27:17.86	Nolene	VAN RENSBURG	WC	2	Kings Park-Durban	30-Mar	2
27:22.24	Meanri	ERASMUS	NWP	3	Kings Park-Durban	30-Mar	3
27:23.50	Marisca	STANDER	Free State	4	Kings Park-Durban	30-Mar	4
27:57.04	Kristin	MEYER	BOLA	2	Cape Town	07-Apr	5
29:34.89	Dimakastso	MSHEBA	CGA	5	Cape Town	07-Apr	6
29:35.92	Leone	PIETERSE	BOLA	6	Cape Town	07-Apr	7

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

3272

16.87(-0.3) - 1.45 - 09.67 - 26.21(0.6) - 4.83(2.1) - 11.33 - 2:25.04

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