

South African Track & Field Performances 2017

as @ 30th September 2017

Under 20 {JUNIOR} (Born 1998/1999)

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

Edited by : Sarina Cronje

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</u>
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MALE

60m

07.12	-0.3	Thulani	MAKHANYA		AFS	2	Potchefstroom	17 Jan	1	
07.12	-0.3	Arno	SNYMAN		ACNW	3	Potchefstroom	17 Jan	2	
07.14	-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	2
10.20	2	Clarence	MUNYAI	200298	AGN	2h5	TUKS-Pretoria	04-Mar	2	7
10.34	1.8	Thembo	MONARENG	140299	AGN	1	TUKS-Pretoria	18-Mar	3	25
10.49	0.9	Tsebo	MATSOSO	270599	AFS	1h2	Kings Park- Durban	29-Mar	4	
10.57	1.1	Ethan	NOBLE	110798	WPA	2	Cape Town	42832	5	
10.58	1.3	Norbert	PONNISAMMY	070798	AMPU	3	Kings Park- Durban	29-Mar	6	
10.62	1.1	Thapelo	MAHOLELA	300599	AGN	3	Cape Town	42832	7	
10.74	1.1	Amaan	AFRICA	220498	BOLA	4	Cape Town	42832	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	
		SAR								

WIND

10.44	2.4	Thembo	MONARENG		AGN	1h1	Kings Park- Durban	29-Mar		
10.52	5.4	Ethan	NOBLE	35987	WPA	1h1	Parow	42774		

200m

20.10	1.7	Clarence	MUNYAI	200298	AGN	2h5	TUKS-Pretoria	04-Mar	1	1
20.20	0.5	Gift	LEOTLELA	120598	AGN	3	Potchefstroom	22-Apr	2	2
20.85	-1	Thembo	MONARENG	140299	AGN	1	TUKS-Pretoria	19-Mar	3	24
21.03	0.5	Ethan	NOBLE		WPA	3	Cape Town	42833	4	
21.13	0.5	Thando	DLODLO		CGA	4	Cape Town	42833	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	42833	7	
21.38	1	Norbert	PONNISAMMY		Mpumalanga	1h2	Kings Park- Durban	30-Mar	8	
21.41	0.5	Andiswa	NDLELA		KZNA	5	Cape Town	42833	9	
21.46	0.4	Silusapho	DINGISWAYO		Gauteng	2	Kings Park- Durban	30-Mar	10	
		SAR								

WIND

22.21	3.1	Dyllan	SCHEEPERS	35715	WPA	1	Parow	42774		
22.80	3.1	Ashraf	PIETERSEN	36371	WPA	2	Parow	42774		
22.89	4.3	Jeremia	JELWANA	36049	WPA	3r4	Parow	42784		

300m

31.61		Clarence	MUNYAI	200298	AGN	3	Ostrava, CZE	42914	W/Best	
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400m

0:46.41		Zakithi	NENE	020498	KZNA	5	Potchefstroom	22-Apr	1	26
0:47.08		Bongani	SITHOLE	051098	AFS	1	Kings Park- Durban	31-Mar	2	71
0:47.70		Braam	BISSCHOP	260798	AGN	2	Cape Town	42832	3	

0:47.83	Nkululeko	NGUBENI	50898	KZNA	1rB	Germiston	42847	4
0:47.83	Nikolas	MARICH	120398	CGA	3s3	Cape Town	42853	5
0:47.87	Lehlogonolo	SEPOTOKELE	240598	AGN	1	Pretoria	42805	6
0:47.94	Jansen	VILJOEN		CGA	2	Kings Park- Durban	31-Mar	7
0:48.20	Markus	KLOPPER	99	CGA	1h1	Pretoria	18-Mar	8
0:48.28	Quinton	PENNELS	210499	CGA	4	Kings Park- Durban	31-Mar	9
0:48.33	Fabio	PALMIERI		WPA	5	Kings Park- Durban	31-Mar	10

800m

1:48.38	George	KUSCHE	060898	AGN	7	Potchefstroom	22-Apr	1	22
1:51.21	Vusi	MANDONSELE	060698	AGN	6rB	Potchefstroom	15-Mar	2	
1:52.04	Tyler	WARRIES	230399	AGN	1	Pretoria	12-Apr	3	
1:52.15	Dylan	VAN ROOYEN		AVT	2	Cape Town	08-Apr	4	
1:52.37	Alwin	DIRKSE		BOLA	3	Cape Town	08-Apr	5	
1:52.56	Phelani	MADUWA	99	CGA	1	Kings Park- Durban	01-Apr	6	
1:52.85	Tshegofatso	PILANE		ANCW	3	Kings Park- Durban	01-Apr	7	
1:52.90	Francois	BRUWER		WPA	4	Kings Park- Durban	01-Apr	8	
1:53.06	Tsielo	TSANYANE		KZNA	5	Cape Town	08-Apr	9	
1:53.62	Juan	JONES		WPA	6	Cape Town	08-Apr	10	

1500m

03:41.18	George	KUSCHE	060898	TUKS	4	Kings Park - DURBAN	28-Feb	1	14
03:45.91	Ryan	MPHAHLELE	98	CGA	6	Potchefstroom	22-Apr	2	50
03:46.03	Dais	MALEBANE	110299	AGN	6	Cape Town	28-Apr	3	52
03:52.04	Kutluisiso	SIDINILE		CGA	1	Kings Park- Durban	30-Mar	4	
03:52.31	Aubrey	KOTZE		WPA	2	Kings Park- Durban	30-Mar	5	
03:52.50	Nope	MOLEJANE		AFS	3	Kings Park- Durban	30-Mar	6	
03:52.55	Thulani	LEKHULENI		AMPU	4	Kings Park- Durban	30-Mar	7	
03:53.27	Vuni	MADONDELA	060698	CGA	5	Kings Park- Durban	30-Mar	8	
03:56.71	Mosuwe	LEPHAILA		AFS	6	Kings Park- Durban	30-Mar	9	
0.002745718	Thabo	VITI		CGA	4	Cape Town	07-Apr	10	

3000m

08:33.73	Rowhaldo	RATZ	200398	WPA	6	Parow	18-Feb	1
08:42.90	Onkabetse	SEBOLA	010599	AGN	1	Pretoria	15-Feb	2
08:49.92	Adrian	WILDSCHUTT	030598	WPA	8	Parow	18-Feb	3
09:14.80	Thembeke	MENDU		WPA	15	Parow	18-Feb	4
09:40.45	Alantine	BELILLE	020598	WPA	19	Parow	18-Feb	5

5000m

14:26.02	Kabelo	SIBOKO	010198	CGA	1	Kings Park- Durban	31-Mar	1	81
14:29.69	Pakiso	MTHEMBU	100699	AFS	2	Kings Park- Durban	31-Mar	2	
14:36.33	Sphiwe	MOHLOMI		CGA	3	Kings Park- Durban	31-Mar	3	
14:45.60	Thabo	MASINA		CGA	3	Cape Town	07-Apr	4	
14:46.94	Thabo	SEBOTA		AFS	4	Kings Park- Durban	31-Mar	5	
14:55.33	Ratz	ROWHALDO	200398	WPA	4	Cape Town	07-Apr	6	
14:55.65	Aphelele	NKONYENI		EPA	6	Kings Park- Durban	31-Mar	7	
15:00.43	Disego	LEDWABA		LIMA	6	Cape Town	07-Apr	8	
15:01.72	Kutluisiso	SIDINILE		CGA	7	Kings Park- Durban	31-Mar	9	
15:06.82	Motatsi	NTSASA		AFS	7	Cape Town	07-Apr	10	

10000m

30:17.54	Ratz	ROWHALDO	200398	WPA	4	Parow	16-Mar	1	32
30:46.05	Thabo	MASINA		CGA	1	Cape Town	08-Apr	2	41
30:47.41	Siphiwe	MOHLOMI		CGA	2	Cape Town	08-Apr	3	42
31:37.68	Itumeleng	SESIKO		CGA	3	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

08:54.83	Kabelo	SEBOKO	010198	CGA	3	Potchefstroom	22-Apr	1	25
08:57.82	Nope	MOLEJANE		AFS	1	Kings Park- Durban	01-Apr	2	30
08:58.46	Aphelele	NKONYENI		EPA	2	Kings Park- Durban	01-Apr	3	33
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	CGA	6	Kings Park- Durban	01-Apr	10

110m Hurdles 99.4cm

13.86	-0.2	Thabo	MAGANYELE	180198	AGN	1	Pretoria	11-Mar	1	59
13.87	2.0	Vutivi	SHIBODZE	240698	AGN	1	Pretoria	04-Mar	2	61
13.89	2.0	Marcello	PIENAAR		WPA	1	Kings Park- Durban	30-Mar	3	
14.14	2.0	Darren	RIDDLES		WPA	2	Kings Park- Durban	30-Mar	4	
14.16	-0.5	Ruhan	VAN DER WALT		AGN	1h2	Cape Town	07-Apr	5	
14.19	2.0	Azile	MADINI		WPA	3	Kings Park- Durban	30-Mar	6	
14.22	-3.9	Mpho	TLADI		AFS	1h1	Cape Town	07-Apr	7	
14.22	-2.6	Alwyn	BOTHMA		ACNW	1h3	Cape Town	07-Apr	8	
14.29	1.4	Erik	VAN DER WALT		CGA	2h3	Kings Park- Durban	30-Mar	9	
14.36	1.4	Mcconnen	SEGATHIES		AFS	4h3	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	240198	AGN	2	TUKS-Pretoria	42812	
13.92	2.7	Silusapho	DINGISWAYO		Gauteng	1h1	Kings Park- Durban	30-Mar	

400m Hurdles 91.4cm

0:50.99		Linford	MAREE	310199	BOLA	4	Potchefstroom	21-Apr	1	23
0:52.10		Louwtjie	STEENKAMP		LIMA	1	Cape Town	08-Apr	2	57
0:53.14		Lee-Hano	SWART		BOLA	3	Cape Town	08-Apr	3	
0:53.55		Mcconnen	SEGATJIES		AFS	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	

High Jump

2.05	Leandre	VAN ROOYEN		AGN	1	Cape Town	08-Apr	1	177
2.05	Gift	NKOSI		AGN	1	Durban	01-April	1	177
2.05	Matthew	PUDULE		CGA	2	Durban	01-April	1	
2.00	Zinedene	MEIRING	311298	WPA	1	Parow	18-Feb	4	
2.00	Sherno	PICK		ASWD	2	Cape Town	08-Apr	4	
2.00	Conrad	BLAAUW	300198		1	TUKS-Pretoria	13-May	4	
1.99	Keletso	MAMPURU	290998	AMPU	1	Kings Park-Durban	29-Mar	7	
1.94	Luhallan	VAN DER BERG	080399	CGA	2	Kings Park-Durban	29-Mar	8	
1.94	Matthew	PUDULE		CGA	4	Kings Park-Durban	29-Mar	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	240198	BOLA	4	Lawrence KS	28-Apr	1	38
4.90	Eckardt	VAN DER WATT	99	BOLA	1	Paarl	04-Mar	2	100
4.60	Willie	NAUDE	090799	AFS	2	Bloemfontein	11-Mar	3	
4.40	William	GIBBENS		BOLA	3	Cape Town	08-Apr	4	
4.40	Stian	STOLTZ		AFS	1	Kings Park- Durban	30-Mar	4	
4.00	Elmar	SCHUTTE		AGN	4	Cape Town	08-Apr	6	
3.60	Grove	COETZEE	240498	AFS	1	Potchefstroom	21-Apr	7	
3.40	Daniel	MARAIS		WPA	2	Potchefstroom	21-Apr	8	
3.30	Nurdeen	JOSHUA		WPA	3	Potchefstroom	21-Apr	9	
2.80	Ruan	NORMAN		WC	3	Kings Park- Durban	30-Mar	10	

Long Jump

7.41	0.9	Pieterse	MULLER	99			1	Pretoria	15-Feb	1	90
7.41	1.1	Norbert	PONISAMMY	070798	AMPU		2	Pretoria	15-Feb	2	
7.14	1.7	Crissio	ROBERTS	271198	WPA		1	Parow	25-Feb	3	
7.10	1.3	Aaron	PEDRO	99	CGA		3	Tlemcen, ALG	29-Jun	4	

7.07	2.0	Zinedene	MEIRING	311298	WPA	1	Parow	42784	5
6.96	0.8	Junior	MPEFU		BOLA	6	Cape Town	07-Apr	6
6.92	1.0	Karl-otto	MATTHEE		WPA	2q1	Cape Town	07-Apr	7
6.85	0.5	Irwin	MODIMOKOANE		ANWN	2q2	Cape Town	07-Apr	8
6.80	1.4	Zack	PRYDE		WPA	3q2	Cape Town	07-Apr	9
6.73	1.2	Kyle	GREEN		WPA	8q2	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	070798	Mpumalanga	3	Kings Park- Durban	31-Mar
7.25	NW	Karl-Otto	MATHEE		WC	4	Kings Park- Durban	31-Mar

<u>Triple Jump</u>	13m									
15.42	1.3	Junior	MPEFU		WPA	1	Kings Park- Durban	01-Apr	1	64
15.05	0.7	Cheslin	KORTJE		BOLA	2	Cape Town	08-Apr	2	147
14.82	1.7	Waden	BONZE		AGN	1	Pretoria	18-Mar	3	
14.44	0.0	Frank	MUWAYI		AMPU	3	Cape Town	08-Apr	4	
14.44	0.3	Alulelwa	MBEWANE		KZNA	3	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	0.0	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	

<u>Shot Put</u>	6kg									
20.44		Burger	LAMBRECHTS	060898	AGN	1	TUKS-Pretoria	11-Feb	1	7
20.15		Kayle	BLIGNAUT	091199	CGA	1	Kings Park- Durban	29-Mar	2	8
19.03		Jonathan	DE LACEY LACEY	99	CGA	2	Potchefstroom	24-Jan	3	
18.95		Werner	VISSER	270298	CGA	1	UJ-Johannesburg	11-Feb	4	29
18.31		Patrick	DUVENHAGE	170298	AGN	2	Tlemcen, ALG	29-Jun	5	
17.54		Ignatius	MARAIS		AMPU	2	Kings Park- Durban	29-Mar	6	
16.34		Brendan	VERMAAK		ALIM	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		BOLA	6	Kings Park- Durban	29-Mar	10	

Discus 1.75kg

59.46	Patrick	DUVENHAGE	170298	AGN	1	Tlemcen, ALG	29-Jun	1	15
58.70	Werner	VISSER	270298	CGA	2	Tlemcen, ALG	29-Jun	2	19
56.87	Burger	LAMBRECHTS	060898	AGN	2	Cape Town	42832	3	
55.83	Francois	VERMEULEN		BOLA	1	Kings Park- Durban	30-Mar	4	
53.86	Jonathan	DE LACEY LACEY	99	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	42832	10	

Hammer Throw 6kg

71.74	Karel	HAASBROEK	270298	ACNW	1	Cape Town	08-Apr	1	17
65.25	JC	SCHULTZ	130299	AFS	1	Kings Park- Durban	31-Mar	2	75
60.10	Kristiaan	BEKKER	150199	CGA	1	Germiston	14-Jan	3	
59.40	Heinrich	SULLWALD		BOLA	3	Cape Town	08-Apr	4	
56.90	Jacques	TREDOUX		WPA	2	Kings Park- Durban	31-Mar	5	
56.73	Heinrich	SULLWOLD		BOLA	1	Parow	42784	6	
56.31	Ryno	NIEMAND		BOLA	4	Cape Town	08-Apr	7	
51.88	Marnickus	VAN DER MERWE		WPA	1	Parow	42774	9	
50.12	Jean-Louis	DE LANGE		WPA	3	Kings Park- Durban	31-Mar	10	

Javelin 800g

74.83	Hercules	VAN VUUREN	150498	CGA	4	Potchefstroom	21-Apr	1	9
73.51	Werner	DAMES	010699	ANWN	1	Cape Town	07-Apr	2	16
72.16	Werner	BOUWER	210998	AMPU	1	San Antonio TX	17-Mar	3	22
71.63	Brendan	SKINNER	040299	AGN	7	Potchefstroom	21-Apr	4	
68.86	Anro	VAN EEDEN		BOLA	2	Kings Park- Durban	01-Apr	5	

66.28	Paul	BOTHA	ANWN	1	Loughborough, GBR	29 -May	6
64.66	Andre	ADENDORFF	WPA	1	NMMU - Port Elizabeth	13 Jan	7
63.95	Arnold	HORN	LIMA	3	Kings Park- Durban	01-Apr	8
63.90	Coenraad	KOTZE	ACNW	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		AFS	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
	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		NWP	5	Kings Park- Durban	31-Mar	
	Province						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		AFS	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		NWP	6	Kings Park- Durban	01-Apr	
	Province						9
03:27.73	Mpumalanga		AMPU	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	EPA	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	240498	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

12.02	1.7	Anja	VAN HEERDEN	171299	WPA	2	Kings Park-Durban	29-Mar	1
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12.04	-0.2	Valesca	NEL		AGN	1h2	Cape Town	07-Apr	2
12.05	1.7	Elsabé	DU PLESSIS	150399	EPA	1h1	Kings Park-Durban	29-Mar	3
12.09	0.1	Taylon	BIELDT	041198	AGN	1	Pretoria	25-Feb	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	42832	6
12.23	0.9	Helene	WELGEMOED		AFS	3h2	Kings Park-Durban	29-Mar	7
12.43	1.7	Christin	FOX		AFS	4h1	Kings Park-Durban	29-Mar	8
12.55	1.7	Nikita	ROBERTSON		AGN	5h1	Kings Park-Durban	29-Mar	9
12.73	0.9	Gretl	RENS		AMPU	4h2	Kings Park-Durban	29-Mar	10

200m

24.60	1.2	Anja	VAN HEERDEN	171299	WPA	2	Kings Park-Durban	30-Mar	1
24.31	-0.7	Bellanca	LOMBAARD		ACNW	3	Cape Town	08-Apr	2
24.74	1.2	Sherine	VAN D		Gauteng	3	Kings Park-Durban	30-Mar	
			WESTHUIZEN						3
24.83	1.2	Isabella	LOMBARD		NWP	4	Kings Park-Durban	30-Mar	4
24.87	-0.4	Elsabe	DU PLESSIS	150399	EPA	1h3	Cape Town	08-Apr	5
24.92	-0.4	Julia Ann	LUTZ	99	CGA	2h3	Cape Town	08-Apr	6
24.98	0.9	Amoure	LE ROUX	270298	CGA	3h2	Cape Town	08-Apr	7
25.09	0.8	Valesca	NEL		AGN	2h1	Cape Town	08-Apr	8
25.28	-0.4	Nikita	ROBERTSON		AGN	4h3	Cape Town	08-Apr	9
25.38	0.8	Marie-louisa	KOEGELENBERG		BOLA	3h1	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		Gauteng	1	Kings Park-Durban	31-Mar	
			WESTHUIZEN						2
0:56.00		Isabella	LOMBARD		ACNW	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	150299	AFS	3	Kings Park-Durban	31-Mar	5
0:57.03		Bellanca	LOMBAARD		ACNW	2	Cape Town	07-Apr	6
0:55.46		Amoure	LE ROUX	270298	CGA	1	Pretoria	11-Mar	7
0:57.14		Charlize	SWANEPOEL		Gauteng	4	Kings Park-Durban	31-Mar	8

0:57.20	Marie-Louisa	KOEGELENBERG		BOLA	5	Kings Park-Durban	31-Mar	9	
0:57.68	Kristen	BASSON		EPA	4h1	Kings Park-Durban	31-Mar	10	

800m

2:06.96	Simonay	WEITSZ	260499	CGA	1	Cape Town	08-Apr	1	
2:07.38	Niene	MULLER		AGN	2	Cape Town	08-Apr	2	60
2:10.31	Thobile	VILAKAZI	201199	Gauteng	2	Kings Park-Durban	01-Apr	3	71
2:11.66	Liza	KELLERMAN	160999	AGN	3	Cape Town	08-Apr	4	
2:11.73	Tylor	BELING	240899	AFS	4	Cape Town	08-Apr	5	
2:12.30	Lethlogenolo	MAGORO	99	AGN	5	Cape Town	08-Apr	6	
2:15.36	Cornelia	RALL		NWC	2h2	Kings Park-Durban	01-Apr	7	
2:15.49	Jane	LAMBRECHTS		BOLA	6	Cape Town	08-Apr	8	
2:15.49	Sinesipho	PONI		Eastern Cape	4	Kings Park-Durban	01-Apr	9	

1500m

04:19.32	Simonay	WEITSZ	260499	CGA	1	Kings Park-Durban	30-Mar	1	
04:25.08	Tyler	BELING	240899	AFS	2	Kings Park-Durban	30-Mar	2	46
04:34.62	Thobile	VILAKAZI	201199	CGA	3	Kings Park-Durban	30-Mar	3	
04:39.58	Nicole	VAN DER MERWE	281098	CGA	4	Cape Town	07-Apr	4	
04:39.76	Lara	ROSSOUW		WPA	4	Kings Park-Durban	30-Mar	5	
04:44.61	Mbali	MTSHALI		KZNA	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		EPA	7	Kings Park-Durban	30-Mar	9	
04:54.52	Zelda	VAN DER MERWE	270999	AFS	8	Kings Park-Durban	30-Mar	10	

3000m

09:36.56	Simonay	WEITSZ	260499	CGA	3	Potchefstroom	15-Mar	1	
09:49.90	Tylor	BELING	240899	Free State	1	Kings Park-Durban	31-Mar	2	
10:02.19	Tshegofatso	SETHLAKGOE		Gauteng	2	Kings Park-Durban	31-Mar	3	
10:18.21	Lara	ORROCK	010699	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	270999	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

17:05.04	Nicole	VAN DER MERWE	281098	CGA	1	Durban	28-Feb	1
17:37.69	Lesego	MPSHE		CGA	1	Kings Park-Durban	01-Apr	2
17:40.03	Chery-Lee	SCHOEMAN		CGA	2	Kings Park-Durban	01-Apr	3
17:40.47	Dineo	TSHEHLA		AMPU	3	Kings Park-Durban	01-Apr	4
17:45.70	Lara	ORROCK		EPA	4	Kings Park-Durban	01-Apr	5
18:11.61	Ntombomzi	TYWALANA		ATRA	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		EPA	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	68
10:46.05	Lesego	MPSHE		Gauteng	2	Kings Park-Durban	31-Mar	2	69
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	010699	Eastern Cape	4	Kings Park-Durban	31-Mar	5	
11:58.46	Jayne-sue	VERMAAS	120298	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

13.80	0.9	Taylon	BIELDT	041198	AGN	3	Pretoria	25-Mar	1	87
13.82	-0.1	Velmein	HENDRIKS	120799	Gauteng	4	Potchefstroom	22-Apr	2	93

13.93	1.8	Tanya	ERHKE	250199	Gauteng	1h1	Kings Park-Durban	29-Mar	3	123
14.21	0.1	Inge	VAN DER MERWE	090999		4	Germiston	22-Mar	4	
14.24	1.2	Martelize	JORDAAN	99	WC	3	Kings Park-Durban	29-Mar	5	
14.34	1.2	Christin	FOX	170499	NCP	4	Kings Park-Durban	29-Mar	6	
14.41	1.2	Mercia	OOSTHUIZEN		WC	8	Kings Park-Durban	29-Mar	7	
14.92	1.2	Jone'	KRUGER		ACNW	1	Potchefstroom	21-Apr	8	
15.03	1.2	Ane	ERASMUS	180799	AFS	5	Kings Park-Durban	29-Mar	9	
15.11	0.3	Bernice	STIGLINGH		AGN	3h2	Cape Town	07-Apr	10	
15.16	1.8	Andree	ROUX		WC	3h1	Kings Park-Durban	29-Mar		
	WIND									
13.87	2.3	Velmein	HENDRIKS	120799	Gauteng	1h2	Kings Park-Durban	29-Mar		

400m Hurdles	76.2cm									
0:58.87		Belindi	VAN DER MERWE		AGN	2	Cape Town	29-Apr	1	26
0:59.25		Hesmari	COETZEE	280298	Coastal Carolina	2	Columbia SC	15-Apr	2	37
1:01.76		Nerina	VISSER		AMPU	1	Cape Town	08-Apr	3	
1:01.78		Amoure	LE ROUX	270298	CGA	5	Cape Town	29-Apr	4	
1:01.84		Ane	ERASMUS	180799	AFS	2	Cape Town	08-Apr	5	
1:02.48		Gretl	RENS		AMPU	2	Kings Park-Durban	30-Mar	6	
1:02.74		Nerina	VISSER		AMPU	1h1	Kings Park-Durban	30-Mar	7	
1:03.00		Nikita	GERMISHUIZEN		AGN	3	Cape Town	08-Apr	8	
1:04.40		Danielle	Du Toit		Gauteng	5	Kings Park-Durban	30-Mar	9	
1:05.40		Amori	VAN DEN HEEVER		Gauteng	6	Kings Park-Durban	30-Mar	10	

High Jump										
1.80		Yvonne	ROBSON	120999	AGN	1	TUKS-Pretoria	18-Mar	1	49
1.70		Mahlatsie	DOMBENI	210199	AGN	2	Cape Town	08-Apr	2	
1.68		Helen	WESSELS		Free State	2	Kings Park-Durban	29-Mar	3	
1.68		Anneri	GRAVETT	050399	Limpopo	3	Kings Park-Durban	29-Mar	4	
1.63		Lizande	PRETORIUS	160499	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	101199	KZN	7	Kings Park-Durban	29-Mar	8	

1.58	Elsie	VOSTER		NWP	8	Kings Park-Durban	29-Mar	8
1.53	Kiara	RORKE	030799	Gauteng	9	Kings Park-Durban	29-Mar	10
1.53	Christall	VAN RENSBURG	270499	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		AFS	1	Kings Park-Durban	01-Apr	1
3.50	Esli	LAMLEY		AFS	2	Cape Town	29-Apr	2
3.30	Corlè	VAN DER WALT		AFS	2	Cape Town	07-Apr	3
3.10	Elata	FOURIE		WC	3	Kings Park-Durban	01-Apr	4
3	Bianca	DE WEE		BOLA	3	Cape Town	07-Apr	5
2.9	Zabeth	VENTER		ACNW	4	Cape Town	07-Apr	6

Long Jump

6.00	0.1	Renate	VAN TONDER	100498	CGA	6	Louisville KY	29-Apr	1	123
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	0.0	Mahlatsie	DOMBENI		AGN	6	Cape Town	08-Apr	7	
5.4	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

12.37	11m	Renate	VAN TONDER	100498	CGA	10	Atlanta GA	14-May	1
12.09	Indoors	Renate	van Tonder	100498	AGN	3	Nashville TN	10-Feb	SAIDR

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
10.2	0.4	Philadelphia	MARABI	GWA	9	Cape Town	07-Apr	9

WIND

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

Shot Put

4kg

14.40		Jana	STEINMAN		ACNW	1	Cape Town	07-Apr	1	75
14.08		Mia	VAN R VAN OUDSHOORN		AFS	1	Kings Park-Durban	01-Apr	2	
13.98		Angeline	SMIT	090698		4	Mobile AL	15-Apr	3	
13.37		Yolandi	STANDER	271198	AGN	2	Cape Town	07-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		CGA	5	Kings Park-Durban	01-Apr	8	
11.43		Carli	NIEWENHUIZEN		ACNW	7	Cape Town	07-Apr	9	
11.40		Shenaia-Lee	SWART		AMPU	6	Kings Park-Durban	01-Apr	10	

Discus

1kg

49.34		Yolandi	STANDER	271198	AGN	1	Pretoria	14-Feb	1	63
45.28		Angeline	SMIT	090698		1	Mobile AL	07-Apr	2	
42.69		Mia	VAN R VAN OUDSHOORN		Free State	1	Bloemfontein	11-Mar	3	
42.04		Jana	STEINMAN		ACNW	1	Harare, Zim	10-Jun	4	

40.81	Sunette	LUTHER		BOLA	3	Cape Town	08-Apr	5
40.57	Annerie	DU TOIT		AMPU	2	Kings Park-Durban	31-Mar	6
39.87	Anna	PIENAAR		WC	3	Kings Park-Durban	31-Mar	7
38.49	Bronwyn	LEONARD		AFS	6	Cape Town	08-Apr	8
37.55	Lize	NAUDE		Gauteng	5	Kings Park-Durban	31-Mar	9
37.25	Ingrid	VENTER		AMPU	6	Kings Park-Durban	31-Mar	10
34.61	Riandi	BOSHOFF		ACNW	2	Potchefstroom	24-Jan	

Hammer Throw 4kg

55.85	Marga	CUMMING		ACNW	3	Potchefstroom	22-Apr	1	74
52.51	Marinda	GREYLING		AFS	4	Potchefstroom	22-Apr	2	155
50.40	Tamlyn	LEONARD		EPA	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	Monique	VOSLOO		BOLA	8	Cape Town	07-Apr	9	
36.48	Nanel	PHILLIPSON		Gauteng	6	Kings Park-Durban	29-Mar	10	
34.74	Amire	VAN DYK		ACNW	7	Kings Park-Durban	29-Mar		

Javelin 600g

49.12	Maggie	LE ROUX	110699	NWP	1	Kings Park-Durban	30-Mar	1	62
47.45	Carli	NIEWENHUIZEN	260198	ACNW	2	Bloemfontein	08-Mar	2	105
47.05	Anneke	GERMISHUYS	251198	BOLA	1	Paarl	04-Mar	3	
45.11	Leandri	LAMPRECHT	150399	AMPU	4	Cape Town	08-Apr	4	
42.28	Elizna	VON ALLEMAN		ACNW	1	Potchefstroom	22-Apr	5	
43.35	Jana	KOK		Gauteng	5	Pretoria	15-Feb	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	

4 x 100m Relay

0:47.53	AGN	AGN	1	Cape Town	08-Apr	1
0:47.98	CGA	CGA	2	Cape Town	08-Apr	2
0:48.04	KLERKSDORP	ACNW	1	Potchefstroom	03-Mar	3
0:48.49	ACNW	ACNW	3	Cape Town	08-Apr	4
0:48.55	Gauteng	Gauteng	1	Kings Park-Durban	31-Mar	5
0:48.99	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	60
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

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

4596	Jone'	KRUGER	ACNW	1	Potchefstroom	21/22-Apr	1
4438	Cindy	VAN BERS	AGN	2	Potchefstroom	21/22-Apr	2
4250	Shannon	VERSTER	KZNA	3	Potchefstroom	21/22-Apr	3
4085	Elina	VON ALLEMAN	ACNW	4	Potchefstroom	21/22-Apr	4