

South African Track & Field Top 10 Performances 2018

as @ 30 April 2018

Senior (Any athlete 16 years & Older born 2002 and earlier)

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Edited by : Imile de Bruin

Under the Auspices of SAAS

<u>Performance</u>	<u>w/r</u>	<u>Name</u>	Surname	<u>DOB</u>	<u>Prov</u>	<u>Pos</u>	<u>Place</u>	<u>Date</u>
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MEN

60m

6.69	Indoors	Ncincihli	TITI	151293	AGN	3	Clemson SC	19-Jan
6.77	2.0	LeRoux	van Tonder	040488	CGA	1h1	POTCHEFSTROOM	13-Feb
6.78	Indoors	Lebogang	MALOKA			3	Lubbock TX	10-Feb
6.78	2.0	Theodor	Young	050796	ACNW	2h1	POTCHEFSTROOM	13-Feb
6.91	Indoors	Phemelo	MATLHABE	310597	Iowa Central CC	5	Brookings SD	20-Jan
6.92	Indoors	Ethan	NOBLE	110798	WPA	1	Allendale MI	19-Jan
6.97	2.0	Kagisho	Ramagale	171292	AVT	3h1	POTCHEFSTROOM	13-Feb
7.00	1.7	Mehidi	SULEMAN	170194	AGN	1	Pilditch - PRETORIA	13-Jan
7.03	2.0	Alwyn	Bothma	240298	ACNW	4h1	POTCHEFSTROOM	13-Feb
7.04	-2.3	Chederick	VAN WYK		ACNW	2h1	Potchefstroom	30-Jan

100m

SAR : 09.89

10.03	0.8	Akani	SIMBINE	1993/09/21	AGN	1	Gold Coast	09-Apr
10.06	1.7	Roscoe	ENGEL	1989/03/06	WPA	1S3	TUKS-Pretoria	15-Mar
10.07	-1.3	Simon	MAGAKWE	1985/05/25	WPA	1	TUKS-Pretoria	16-Mar
10.10	-0.2	Henrico	BRUINTJIES	1993/07/16	AGN	1S1	TUKS-Pretoria	15-Mar
10.10	1.9	Clarence	MUNYAI	1998/02/20	AGN	1s1	TUKS-Pretoria	24-Feb

10.11	1.7	Thando	DLODLO	1999/04/22	CGA	2S3	TUKS-Pretoria	15-Mar
10.19	1.6	Ncincihli	TITI	151293	AGN	2	Knoxville TN	14-Apr
10.21	-0.7	Anaso	JOBODWANA	1992/07/30	AGN	2S2	TUKS-Pretoria	15-Mar
10.21	1.7	Sabelo	SAMKELO	1995/04/04	CGA	3S3	TUKS-Pretoria	15-Mar
10.22	1.6	Retshidisitswe	SIMBINE	2000/02/27	AGN	1	PAARL	05-Apr

WIND

10.07	3.3	Anaso	JOBODWANA		AGN	1	TUKS-Pretoria	24-Feb
10.13	2.2	Clarence	MUNYAI		AGN	1h2	TUKS-Pretoria	24-Feb
10.15	3.3	Henricho	BRUINTJIES		AGN	2	TUKS-Pretoria	24-Feb

150m

15.08	-0.3	Anso	JOBODWANA	1992/07/30	AGN	1	TUKS- PRETORIA	08-Mar	UnOff SABest
15.17	-0.3	Roscoe	ENGEL	1989/03/06	WPA	2	TUKS- PRETORIA	08-Mar	
15.18	-0.3	Luxolo	ADAMS	1996/08/01	EPA	3	TUKS- PRETORIA	08-Mar	
15.35	-0.3	Simon	MAGAKWE	1986/05/14	WPA	5	TUKS- PRETORIA	08-Mar	
15.95	-0.3	Leroux	VAN TONDER	1988/04/04	ACNW	8	TUKS- PRETORIA	08-Mar	
17.00	-0.9	WOUTER	DE VOS	210797	AGN	1	Pilditch - PRETORIA	13-Jan	
17.90	-0.9	CHRISTIAN	LOMBARD	070502	AGN	2	Pilditch - PRETORIA	13-Jan	
20.35	-0.9	MOLOKOME	KARABO	170290		3	Pilditch - PRETORIA	13-Jan	

200m

SAR: 19.84

19.69	-0.5	Clarence	MUNYAI	1998/02/20	AGN	1S1	TUKS-Pretoria	16-Mar	SAR
20.01	1.9	Luxolo	ADAMS	1996/08/01	EPA	1	PAARL	22-Mar	
20.07	1.9	Anaso	JOBODWANA	1985/08/02	AGN	2	PAARL	22-Mar	
20.36	0.9	Ncincihli	TITI	151293	AGN	1	Gainesville FL	30-Mar	
20.41	1.8	Thando	DLODLO	1999/04/22	CGA	2	TUKS-Pretoria	17-Mar	
20.44	1.8	Roscoe	ENGEL	1989/03/06	WPA	3	TUKS-Pretoria	17-Mar	
20.45	1.8	Chederick	VAN WYK	1995/02/18	ACNW	4	TUKS-Pretoria	17-Mar	
20.70	1.8	Ruben	ELS	2000/01/11	AGN	5	TUKS-Pretoria	17-Mar	
20.76	1.8	Kyle	APPEL	1998/05/10	WPA	6	TUKS-Pretoria	17-Mar	

20.78	1.8	Tsebo	MATSOSO	1999/05/27	AFS	7	TUKS-Pretoria	17-Mar
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WIND

20.70	2.5	Thando	DLODLO	1999/04/22		1S2	BOKSBURG	28-Apr
20.91	2.5	Tsebo	MATSOSO	1999/05/27		2S2	BOKSBURG	28-Apr
20.93	2.1	Chederick	VAN WYK	1995/02/18	ACNW	1H6	TUKS-Pretoria	16-Mar

300m

SAR : 30.81

32.57		Thapelo	PHORA	1991/11/21	AGN	2	TUKS- PRETORIA	08-Mar
32.68		Ofentse	MOGAWANE	1982/02/20	AGN	3	TUKS- PRETORIA	08-Mar
33.08		Pieter	CONRADIE	1994/10/20	ACNW	4	TUKS- PRETORIA	08-Mar
33.18		Onkabetse	NKOBOLO	1993/07/22	KZNA	5	TUKS- PRETORIA	08-Mar
33.35		Kyle	APPEL	1998/05/10	WPA	6	TUKS- PRETORIA	08-Mar
33.65		Fhatuwani	MUDIMELI	1994/12/28	AGN	7	TUKS- PRETORIA	08-Mar
35.20		Marcus	BORNMAN	140996	AGN	1	Pilditch - PRETORIA	13-Jan
35.44		Wouter	DE VOS	210797	AGN	2	Pilditch - PRETORIA	13-Jan
37.81		Christian	LOMBARD	070302	AGN	3	Pilditch - PRETORIA	13-Jan

400m

SAR : 0:43.03

0:45.17		Derrick	MOKALENG			3	Tempe AZ	07-Apr
0:45.39		Thapelo	PHORA	1991/11/21	AGN	2A	RUIMSIG	01-Mar
0:45.49		Pieter	Conradie	1994/10/20	ACNW	1h1	POTCHEFSTROOM	20 Feb
0:45.63		Zakithi	NENE	1998/04/02	KZNA	2	TUKS-Pretoria	17-Mar
0:45.86		Zazini	SOKHWAKHANA	2000/01/23	AGN	1	PAARL	07-Apr
0:46.22		Thando	DLODLO		AGN	1	GERMISTON	20-Jan
0:46.22		WYNAND	DU TOIT		BOLA	1S3	TUKS-Pretoria	02-Mar
0:46.35		Ofentse	MOGAUANE		AGN	1s1	TUKS-Pretoria	24-Feb
0:46.42		Nikki	MARICH		CGA	4	TUKS-Pretoria	17-Mar
0:46.42		Gabriel	LOUW	1999/02/18		2S3	BOKSBURG	27-Apr

600 Yards

1:08.18 Indoors Derrick MOKALENG TCU 2 Lubbock TX 19-Jan

600m

SAR : 1:15.58

1:24.06 Dzulani MUNZHELELE 301193 AGN 1 Pilditch - PRETORIA 13-Jan
1:24.36 Fourie WIID 290492 AGN 2 Pilditch - PRETORIA 13-Jan
1:24.65 Jason KOOPMAN 170297 BOL 3 Pilditch - PRETORIA 13-Jan
1:24.66 Adriaan ALDRIDGE 250193 AGN 4 Pilditch - PRETORIA 13-Jan
1:28.24 Rikus BOTHA 100999 5 Pilditch - PRETORIA 13-Jan

800m

SAR : 1:42.69

1:46.04 Tshepo TSHITE 1997/01/15 ACNW 1 TUKS-Pretoria 17-Mar
1:46.15 Rynardt VAN RENSBURG 1992/03/23 AFS 1 PAARL 22-Mar
1:46.20 Kabelo MOHLOSI 1993/01/20 ANWN 1S1 TUKS-Pretoria 16-Mar
1:46.78 Jabulane NCAMANE 1994/06/07 AGN 3 PAARL 22-Mar
1:47.16 Theuns EHLERS 1998/12/03 AGN 2S1 TUKS-Pretoria 16-Mar
1:47.46 Duran FARO 1994/02/05 WPA 2S3 TUKS-Pretoria 16-Mar
1:48.23 Themba MADIMA 1989/04/02 AGN 4S3 TUKS-Pretoria 16-Mar
1:48.41 Tiaan BASSON AMPU 4 TUKS- PRETORIA 08-Mar
1:49.06 Jacob ROZANI 1988/01/24 ANWN 6 TUKS- PRETORIA 08-Mar
1:49.36 George KUSCHE 1998/08/06 AGN 7 TUKS- PRETORIA 08-Mar

1000m

SAR : 2:15.86

2:29.05 Indoors Moses DIRANE 3 Lawrence KS 26-Jan

1500m

SAR : 03:31.93

03:41.65 Nkosinathi SIBIYA 1994/01/01 KZNA 3 RUIMSIG 01-Mar

03:41.69	Ryan	MPHAHLELE	1998/06/20	CGA	4	RUIMSIG	01-Mar
03:41.90	Folavio	SEHOHLE	1990/10/14	AMPU	5	RUIMSIG	01-Mar
03:42.74	Jerry	MOTSAU	1990/03/12	ACNW	6	RUIMSIG	01-Mar
03:44.04	Rantso	MOKOPANE	1994/08/08	ACNW	8	RUIMSIG	01-Mar
03:44.48	Dumisane	HLASELO	1989/06/08	CGA	9	RUIMSIG	01-Mar
03:44.71	Treasure	DERISON	1992/09/04	AFS	10	RUIMSIG	01-Mar
03:44.91	George	KUSCHE	1998/08/06	AGN	11	RUIMSIG	01-Mar
03:48.32	Dais	MALEBANA	1999/02/11	AGN	1	PAARL	07-Apr
03:48.75	Gladwin	MZAZI	1988/08/28	ACNW	12	RUIMSIG	01-Mar

1 Mile

SAR : 03:50.70

03:58.92	Rantso	MOKOPANE	1994/08/08	ACNW	1	PAARL	22-Mar
03:58.96	George	KUSCHE	1998/08/06	AGN	2	PAARL	22-Mar
03:59.44	Ryan	MPHAHLELE	1998/06/20	CGA	3	PAARL	22-Mar
04:00.35	Nkosinathi	SIBIYA	1994/01/01	KZNA	4	PAARL	22-Mar
04:00.66	Dumisane	HLASELO	1989/06/08	CGA	5	PAARL	22-Mar
04:01.56	Folavio	SEHOHLE		AMPU	6	PAARL	22-Mar
04:02.03	Dais	MALEBANA		AGN	7	PAARL	22-Mar
04:09.36	Marko	BUCARIZZA		CGA	8	PAARL	22-Mar
04:10.11	Ashley	SMITH		WPA	9	PAARL	22-Mar
04:10.62	Kabelo	SEBOKO			10	PAARL	22-Mar

3000m

SAR : 07:41.06

07:59.77	Ryan	MPHAHLELE	1998/06/20	CGA	2	TUKS- PRETORIA	08-Mar
08:03.37	Rantso	MOKOPANE	1994/08/08	ACNW	4	TUKS- PRETORIA	08-Mar
08:08.55	Dumisane	HLASELO	1989/06/08	CGA	5	TUKS- PRETORIA	08-Mar
08:18.26	Milton	KEKANA	1995/10/03	AGN	7	TUKS- PRETORIA	08-Mar
08:21.80	HENRY	MAKANE		CGA	1	TUKS-Pretoria	02-Mar
08:22.08	Indoors Warno	POTGIETER			3	Birmingham AL	20-Feb
08:22.28	McMarshall	HARTZENBURG			1	San Diego CA	24-Mar
08:23.42	Treasure	DERISON	1992/09/04	AFS	8	TUKS- PRETORIA	08-Mar

08:23.58		Marko	BUCARIZZA		CGA	1	BOKSBURG	27-Jan
08:24.33	Indoors	Thobile	MOSITO			1	Lincoln NE	3-Feb

5000m SAR : 13:04.88

14:14.07		Jerry	MOTSAU	1990/03/12	ACNW	1	TUKS-Pretoria	17-Mar
14:16.09		Stephen	MOKOKA		AGN	1	TUKS-Pretoria	24-Feb
14:17.21		McMarshall	HARTZENBURG			2	Los Angeles CA	10-Mar
14:17.21		Gladwin	MZAZI		CGA	2	TUKS-Pretoria	17-Mar
14:18.15		Marko	BUCARIZZA		CGA	3	TUKS-Pretoria	17-Mar
14:24.00		Nkosinathi	SIBIYA		KZNA	1	Kings Park - DURBAN	12-Jan
14:29.84		Ngonde	MATWEBU	2000/06/04	AFS	1	PAARL	06 Apr
14:30.25		Phakiso	MTHEMBU	1999/06/10	AFS	2	PAARL	06 Apr
14:30.40		Poloko-arefadimeng	MAPUNYE	1999/08/17	ACNW	3	PAARL	06 Apr
14:31.47		Mathanga	MBULELI		KZNA	2	Kings Park - DURBAN	12-Jan

3000m Stee 91.4cm SAR : 08:11.50

08:51.23		Rantso	MOKOPANE	1994/08/08	ACNW	1	TUKS-Pretoria	16-Mar
08:59.48		Tumisang	MONNATLALA		CGA	2	TUKS-Pretoria	16-Mar
09:03.93		Dikotsi	LEKOPA	1988/02/17	ACNW	3	TUKS-Pretoria	16-Mar
09:05.66		Thabang	MAFA		CGA	4	TUKS-Pretoria	16-Mar
09:11.71		Robert	DE VILLIERS	2000/03/04	ACNW	1	PAARL	05 Apr
09:12.75		Bonginkosi	MASEKO	1999/11/09	AMPU	2	PAARL	05 Apr
09:15.28		Simon	MOKONYAMA	1992/10/16	AGN	5	TUKS-Pretoria	16-Mar
09:15.86		Thato	KEKANA		AGN	1	TUKS-Pretoria	23-Feb
09:17.59		Onkabetse	SEBOLA	1999/05/01	CGA	3	PAARL	05 Apr
09:19.45		Lebohang	MAHLOANE	2000/01/21	KZNA	4	PAARL	05 Apr

60m Hurdle 106.7cm

08.83	-0.6	Vutivi	Shebodze	1998/06/24	ACNW	1	POTCHEFSTROOM	20 March
08.51	-0.6	Fred- Charles	Pieterse	1993/01/16	ACNW	2	POTCHEFSTROOM	20 March

08.53	-0.6	Willem	Coertzen (M)	1982/12/30	ACNW	3	POTCHEFSTROOM	20 March
08.56	-0.6	Marcello	Pienaar	1999/02/08	ACNW	4	POTCHEFSTROOM	20 March
08.67	-0.6	Shaun	Bownes	1970/10/24	ACNW	5	POTCHEFSTROOM	20 March
08.69	-0.6	Christiaan	Kruger	1996/09/11	ACNW	6	POTCHEFSTROOM	20 March
08.78	-0.6	Naeem	Razak	1996/09/17	ACNW	7	POTCHEFSTROOM	20 March
09.01	-0.6	Moeketsi	Letshuma	1995/09/27	ACNW	8	POTCHEFSTROOM	20 March
09.60	-0.6	Adriaan	Claassens	1999/07/29	ACNW	9	POTCHEFSTROOM	20 March
10.24	-0.6	Blessing	Sehlabi	2000/05/09	ACNW	10	POTCHEFSTROOM	20 March

110m Hurdle 106.7cm SAR : 13.11

13.39	0.1	Antonio	ALKANA	1990/04/12	WPA	1	PAARL	22-Mar
13.63	1.4	Ruan	DE VRIES	1986/02/01	AGN	1	TUKS-Pretoria	24-Feb
13.99	-0.2	Tiaan	KLEYNHANS	1996/07/13	ACNW	3	TUKS-Pretoria	16-Mar
14.05	-0.2	Alwyn	BOTHMA	1998/02/24	ACNW	4	TUKS-Pretoria	16-Mar
14.07	0.5	Marcello	Pienaar	1999/02/08	ACNW	1	POTCHEFSTROOM	20 March
14.17	0	Theodor	Young	05/07/1996	ACNW	1	POTCHEFSTROOM	13-Feb
14.17	0.5	Willem	Coertzen (M)	1982/12/30	ACNW	2	POTCHEFSTROOM	20 March
14.23	0.9	ZWELISTHA	NGOMA		CGA	3	TUKS-Pretoria	02-Mar
14.30	1.4	Munting	HAMMAN		AGN	2	TUKS-Pretoria	24-Feb
14.31	-0.7	Zwelistha	NGOMA	1995/06/17	CGA	2S2	TUKS-Pretoria	16-Mar

WIND

15.64	4.5	ELGAR	THEUNIS	21-May-95	WPA	1	Parow	13-Jan
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400m Hurdle 91.4cm SAR : 0:47.66

0:49.17		Lindsey	HANEKOM	1993/05/15	AGN	1	TUKS-Pretoria	17-Mar
0:49.22		Le Roux	HAMMAN	1992/01/06	AGN	2	TUKS- PRETORIA	08-Mar
0:49.32		Sokwakhana	ZAZINI	2000/01/23	AGN	2	TUKS-Pretoria	17-Mar
0:49.45		LJ	VAN ZYL	1985/07/20	AGN	3	TUKS- PRETORIA	08-Mar
0:49.63		Cornel	FREDERICKS	1990/03/03	AGN	4	TUKS- PRETORIA	08-Mar

0:49.71	Constant	PRETORIUS	260194	AGN	4h1	Gold Coast	10-Apr
0:49.99	Zazini	SOKWAKHANA	2000/01/23		1	BOKSBURG	28-Apr
0:50.36	Hardus	MARITZ	1990/1/20	ACNW	1	POTCHEFSTROOM	20-Feb
0:50.58	Loutjie	STEENEKAMP	1999/03/18	AGN	2	PAARL	05 Apr
0:51.26	Marcus	BORMAN	1996/09/16	AGN	3S1	TUKS-Pretoria	15-Mar

High Jump

SAR : 2.38

2.23	Chris	MOLEYA	1997/01/27	AGN	1	TUKS-Pretoria	17-Mar
2.20	Mpho	LINKS	1996/06/20	ACNW	1	RUIMSIG	01-Mar
2.20	Breyton	POOLE	2000/03/23	WPA	2	TUKS-Pretoria	17-Mar
2.15	Keegan	FOURIE	1991/09/07	BOLA	4	TUKS-Pretoria	17-Mar
2.13	Indoors Tiaan	STEENKAMP	140396	Arkansas State	3	Birmingham AL	09-Feb
2.10	Sarel	PRINSLOO	260593	AGN	1	Pilditch - PRETORIA	13-Jan
2.10	Garth	Ellis		BOLA	1	PAARL	24-Feb
2.10	Chris	MOYELA	1995/01/27	AGN	5	RUIMSIG	01-Mar
2.10	Matome	SHABANGU		CGA	5	TUKS-Pretoria	17-Mar
2.10	MANQOBA GIFT	NKOSI		AGN	2	TUKS-Pretoria	02-Mar

Pole Vault

SAR : 6.03

5.40	Valco	VAN WYK	2000/07/26	BOLA	1	TUKS-Pretoria	15-Mar
5.40	Niel	GILIOMEE			2	Mobile AL	06-Apr
5.23	Ekhardt	VAN DER WATT	1999/10/04		1	BOKSBURG	28-Apr
5.00	Nikolai	VAN HUYSSTEEN	2002/08/07	BOLA	2	TUKS-Pretoria	15-Mar
4.98	Indoors Lukas	VAN DER WALT	240198	BOLA	2	Lawrence KS	26-Jan
4.80	Frederich	PRETORIUS		AGN	1	TUKS-Pretoria	24-Feb
4.80	Nikolai	VAN HUYSSTEEN	2002/08/07	BOLA	1	PAARL	06 Apr
4.70	Duncan	MC GLADDERY	1994/06/04	AGN	2	TUKS-Pretoria	16-Mar
4.60	Stian	STOLTZ		ACNW	1	POTCHEFSTROOM	06-Feb
4.40	Duncan	MCGLADDERY		AGN	2	TUKS-Pretoria	24-Feb

Long Jump

SAR : 8.65

8.44	Indoors	Luvo	MANYONGA	181191	EPA	2	Birmingham, GBR	02-Mar	AIDR / SAIDR
8.39	1	Ruswahl	SAMAAI	1991/08/25	BOLA	1	PAARL	22-Mar	
8.12	-0.7	Cheswill	JOHANSON	1997/09/30	CGA	2	PAARL	22-Mar	
8.07	1.3	Zarck	VISSER		CGA	3	TUKS-Pretoria	17-Mar	
7.89	1.8	Godfrey	MOKOENA	1985/03/06	CGA	4	PAARL	22-Mar	
7.80	0.9	Johnson	CHESWIL		CGA	4	TUKS-Pretoria	17-Mar	
7.79	0.9	Cheswill	JOHNSON	1997/09/30	CGA	2	TUKS- PRETORIA	08-Mar	
7.60	0.9	Christy	LE ROUX		AGN	5	TUKS-Pretoria	17-Mar	
7.58	0	Frederich	PRETORIUS		AGN	1	TUKS-Pretoria	23-Feb	
7.55	1.9	JASON	MANYONGA		CGA	1	TUKS-Pretoria	02-Mar	

Wind

8.41	2.1	Luvo	MANYONGA	1991/01/08	EPA	1	TUKS-Pretoria	17-Mar	
7.77	3.3	Sifiso	MIYA	2001/06/01		1	BOKSBURG	28-Apr	
7.61	2.8	Jovan	VAN VUUREN		AGN	1	TUKS-Pretoria	24-Feb	

Triple Jump

13m SAR : 17.35

16.68	0.8	Godfrey	MOKOENA	060385	CGA	1	BOKSBURG	27-Jan	
16.49	-1	MENZI	MTHEMBU		CGA	1	TUKS-Pretoria	02-Mar	
16.13	0.9	Sefako	MOKHOSOA	130396	AFS	1	BLOEMFONTEIN	17-Feb	
15.99	0.4	Reneilwe	APHANE		CGA	2	BOKSBURG	27-Jan	
15.90	0.6	Junior	Mpefu		BOLA	1	PAARL	24-Feb	
15.72	-0.5	Roger	HAITENGI		CGA	3	BOKSBURG	27-Jan	
15.46	1.1	Sifiso	MIYA	2001/06/01		1	BOKSBURG	27-Apr	
15.34	-0.9	KWEZI	MTOBA		BOLA	3	TUKS-Pretoria	02-Mar	
15.30	-0.2	Kweku	ESSAH		AGN	1	TUKS-Pretoria	24-Feb	
15.19	1.3	Jason	SENWANYANE	030182	WPA	2	Bloemfontein	10-Feb	

WIND

17.09	2.7	Godfrey	MOKOENA	060385	CGA	1	TUKS-Pretoria	17-Mar	
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15.84	2.8	Junior	MPEFU	1998/06/18	BOLA	3	TUKS-Pretoria	17-Mar
15.74	3	Tristan	FARAO	2001/05/15	BOLA	5	TUKS-Pretoria	17-Mar

Shot Put 7.26kg **SAR : 21.97**

20.71		Orazio	CREMONA		CGA	1	TUKS-Pretoria	16-Mar
19.19		Kayle	BLIGNAUT	1999/11/09	CGA	1	RUIMSIG	01-Mar
18.95		Jason	VAN ROOYEN	1997/02/04	CGA	2	RUIMSIG	01-Mar
18.91	Indoors	Burger	LAMBRECHTS (Snr)	030473	AGN	2	Lincoln, NE	20-Jan
18.67		Burger	LAMBRECHTS	1973/04/03	CGA	2	TUKS-Pretoria	16-Mar
17.74		Werner	Visser	27/02/1998	CGA	3	POTCHEFSTROOM	13-Feb
17.52		Tumelo	THAGE	1990/02/24	AGN	5	TUKS-Pretoria	16-Mar
17.28		Naas	MARIAS		ACNW	1	POTCHEFSTROOM	06-Feb
15.83		ZANE	WEIR		WPA	3	TUKS-Pretoria	02-Mar
15.53		Ignatius	MARAIS	1999/03/04	ACNW	7	TUKS-Pretoria	16-Mar

Discus 2kg **SAR : 70.32**

64.59		Victor	HOGAN	1989/07/25	BOLA	1	PAARL	24-Feb
55.90		WERNER	VISSER		CGA	1	TUKS-Pretoria	02-Mar
55.42		Dewald	VAN HEERDEN	040491	AGN	1	Pilditch - PRETORIA	13-Jan
54.88		Patrick	DUVENHAGE	1998/02/17	AGN	2	PAARL	22-Mar
54.33		Jan-Louw	KOTZE	180394		1	Mobile AL	17-Mar
54.32		PATRICK	DUVENAGE		AGN	2	TUKS-Pretoria	02-Mar
54.25		Ignatius	Marais	1999/03/04	ACNW	1	POTCHEFSTROOM	20 Feb
54.10		Brynn- Peter	KEMP	1991/01/18	BOLA	3	TUKS-Pretoria	17-Mar
53.97		Burger	LAMBRECHTS	030473	AGN	5	San Diego	14-Apr
52.20		Johan	SCHOLTZ	040396	AGN	2	Pilditch - PRETORIA	13-Jan

Hammer Thi 7.26kg **SAR : 80.63**

70.62		Chris	HARMSE	1973/05/31	AFS	1	TUKS-Pretoria	17-Mar
69.32		Alan	CUMMING	1996/03/21	ACNW	1	POTCHEFSTROOM	20 Feb

69.01	Tshepang	MAKHETHE	1996/02/19	ACNW	2	TUKS-Pretoria	17-Mar
68.79	Carel	HAASBROEK	1998/02/27	ACNW	3	TUKS-Pretoria	17-Mar
68.18	Renaldo	FRENCHOU		AGN	1	TUKS-Pretoria	23-Feb
67.99	Tshepang	MAKHETE	090296	ACNW	9	Gold Coast	08-Apr
66.99	Renaldo	FRECHOU	1992/03/04	AGN	4	TUKS-Pretoria	17-Mar
64.20	JC	SCHULTZ	1999/02/13	ACNW	1	POTCHEFSTROOM	20 Feb
62.79	Johan	KRUGER	1987/04/15	AGN	6	TUKS-Pretoria	17-Mar
61.93	Vincent	VAN RENSBURG		CGA	7	TUKS-Pretoria	17-Mar

Javelin

800g SAR : 88.75

80.25	JOHAN	GROBLER		ACNW	1	TUKS-Pretoria	02-Mar
79.83	Phil-Mar	JANSE VAN RENSBURG	230689	LIM	4	Gold Coast	14-Apr
77.59	Anro	VAN EEDEN	1999/05/19	BOLA	1	PAARL	06 Apr
77.08	Tobie	HOLTZHAUSEN		AGN	1	TUKS-Pretoria	23-Feb
75.20	Rocco	VAN ROOYEN	1992/12/23	WPA	1	PAARL	22-Mar
74.19	Phil Mar	VAN RESNBURG	1997/08/04	AMPU	2	PAARL	22-Mar
72.94	ERICH	WIESE		ACNW	2	TUKS-Pretoria	02-Mar
72.32	Tobie	HOLTZHUSEN	1987/05/25	AGN	5	PAARL	22-Mar
70.63	Hernu	VAN VUUREN		CGA	6	TUKS-Pretoria	16-Mar
69.67	Leon	LAUBSER	1996/02/21	ACNW	7	TUKS-Pretoria	16-Mar

3 000m Walk (Track) SAR : 11:20.39

13:57.82	Lucky	GUMEDE		KZNA	1	Kings Park - Durban	12-Jan
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5 000m Walk (Track) SAR : 18:55.60

22:54.47	Tebatso	MASHIMBYI		CGA	1	GERMISTON	20-Jan
23:18.01	Mzwakhe	MAVUNDLA		CGA	2	GERMISTON	20-Jan
24:30.04	Xolani	HLONGWANE		CGA	1	GERMISTON	20-Jan
24:36.95	Kamohelo	POLILE		CGA	3	GERMISTON	20-Jan
24:59.72	Louis	KHWELA		CGA	2	BOKSBURG	27-Jan

25:35.80	Tebogo	BETANA		CGA	4	GERMISTON	20-Jan
26:23.55	Siphiwe	SESANA		CGA	1	BOKSBURG	27-Jan
26:50.56	Alex	NYIVANA		CGA	2	BOKSBURG	27-Jan
26:55.70	Simamnkelo	TOMSANA		CGA	5	GERMISTON	20-Jan
27:20.24	Tumelo	MOLETE		CGA	2	BOKSBURG	27-Jan

10 000m Walk (Trac SAR : 0:39:48.00

0:43:48.57	Sizwe	NDEBELE		AGN	1	TUKS-Pretoria	24-Feb
0:44:56.16	Mthembi	CHAUQUE	110293	AFS	1	BLOEMFONTEIN	17-Feb
0:46:05.93	Tumisang	PULE		AGN	2	TUKS-Pretoria	24-Feb
0:47:24.55	Francois	JACOBS	2000/09/23	BOLA	1	PAARL	06 Apr
0:48:10.54	Antonio	FARMER	2000/12/21	ASWD	2	PAARL	06 Apr
0:48:53.75	Jaques	HEYMANS	2000/02/14	AFS	3	PAARL	06 Apr
0:48:57.94	Siyabonga	SHONGWE	1999/04/24	KZNA	4	PAARL	06 Apr
0:49:25.64	Mthunzi	MNISI		AGN	3	TUKS-Pretoria	24-Feb
0:49:51.71	Sylvester	KALANIE	2000/08/23	AGN	5	PAARL	06 Apr
0:50:00.06	Russel	PRATT	2000/01/03	BOLA	6	PAARL	06 Apr

10km Walk (Road)

0:49:10.00	Jacques	HEYMANS	2000/02/14	AFS	1	TUKS-Pretoria	17-Mar
0:49:50.00	Antonio	FARMER	2000/12/21	ASWD	2	TUKS-Pretoria	17-Mar

20km Walk (Road) SAR : 1:19:18.00

1:23:27.00	Lebogang	SHANGE	010890	CGA	9	Gold Coast	08-Apr
1:24:58.00	Wayne	SNYMAN	1985/03/08	AGN	1	TUKS-Pretoria	17-Mar
1:29:48.00	Sizwe	NDEBELE	1994/01/20	AGN	2	TUKS-Pretoria	17-Mar
1:31:13.00	Marc	MUNDELL			5	Philadelphia US	08-Apr
1:33:06.20	Tebatso	MASHIMBYI		CGA	3	TUKS-Pretoria	17-Mar
1:34:13.00	Tumisang	PULE	1997/07/03	AGN	4	TUKS-Pretoria	17-Mar
1:44:22.80	Dannyboy	SEHEMO	1995/09/20	AGN	5	TUKS-Pretoria	17-Mar

1:45:01.60	Mzwakhe	MAVUNDLA		CGA	6	TUKS-Pretoria	17-Mar
1:46:12.50	Louis	KHWEKA	//	CGA	7	TUKS-Pretoria	17-Mar
1:50:23.80	Vusi	HLONGWANE		CGA	8	TUKS-Pretoria	17-Mar

4 x 100m Relay

SAR : 38.35

0:38.71	Henricho Bruintjies, Emile Erasmus, Anaso Jabodwana, Akani Simbini			RSA	1h1	Gold Coast	13-Apr
0:39.24	Henricho Bruintjies, Emile Erasmus, Anaso Jabodwana, Akani Simbini			RSA	2	Gold Coast	14-Apr
0:39.33	RSA	U/20		RSA	1	BOKSBURG	28-Apr
0:39.39	RSA BLUE			RSA	1	RUIMSIG	01-Mar
0:39.46	Rsa Juniors			RSA	1	TUKS-Pretoria	15-Mar
0:39.89	UJ			CGA	2	RUIMSIG	01-Mar
0:39.90	AGN "A"			AGN	2	TUKS-Pretoria	15-Mar
0:39.96	AGN A	U/20		AGN	1	PAARL	6 Apr
0:40.76	RSA	U/18		RSA	1	BOKSBURG	28-Apr
0:40.90	TUT			AGN	4	RUIMSIG	01-Mar

4 x 400m Relay

SAR : 02:59.21

03:05.39	AGN "A"			AGN	1	TUKS-Pretoria	17-Mar
03:08.07	RSA	U/20		RSA	1	BOKSBURG	28-Apr
03:09.11	Boland			BOLA	2	TUKS-Pretoria	17-Mar
03:10.38	CGA A	U/20		CGA	1	PAARL	07 Apr
03:12.75	CGA			CGA	3	TUKS-Pretoria	17-Mar
03:13.72	RSA	U/18		RSA	1	BOKSBURG	28-Apr
03:13.79	AGN "B"			AGN	4	TUKS-Pretoria	17-Mar
03:16.66	AGN	U/20		AGN	2	PAARL	07 Apr
03:17.27	WPA	U/20		WPA	3	PAARL	07 Apr
03:21.20	BOLA	U/18		BOLA	1	PAARL	07 Apr

WOMEN

60m

7.09	Indoors	Carina	HORN	090389	AGN	2	Metz, FRA	11-Feb SAIDR
7.54	Indoors	Cherise	JONES	051285	AGN	4r2	Reims, FRA	31-Jan
7.61	-3.1	Lente	PIETERSE		ACNW	1	Potchefstroom	30-Jan
7.88	-3.1	Jone'	KRUGER		ACNW	2	Potchefstroom	30-Jan
8.11	-3.1	Bohumtlo	SELEKA		ANWN	3	Potchefstroom	30-Jan
8.18	-3.1	Bianca	LOMBAARD		ACNW	4	Potchefstroom	30-Jan
8.71	-3.1	Lynette	BEZUIDENHOUT		ACNW	5	Potchefstroom	30-Jan
8.81	-3.1	Nadine	FOURIE		ACNW	6	Potchefstroom	30-Jan
8.85	-3.1	Yolande	DU TOIT		ACNW	7	Potchefstroom	30-Jan
9.05	-3.1	Alyssa	MANDERS		ACNW	8	Potchefstroom	30-Jan

100m

11.03	0	Carina	HORN	1989/03/09	AGN	1S2	TUKS-Pretoria	15-Mar SAR
11.27	1.7	Tebogo	MAMATU	1995/05/27	AGN	2	TUKS-Pretoria	16-Mar
11.31	1.7	Cassidy	WILLIAMSON	1998/10/24	KZNA	3	TUKS-Pretoria	16-Mar
11.41	1.6	Tamzin	THOMAS	1997/10/06	CGA	2H3	TUKS-Pretoria	15-Mar
11.47	-0.5	Tebogo	MAMATHU	1995/05/27	AGN	1	RUIMSIG	01-Mar
11.51	1.6	Rikenette	STEENKAMP	1992/10/16	AGN	3H3	TUKS-Pretoria	15-Mar
11.55	1.5	Rose	XEYI	2001/03/16	AGN	1	PAARL	05-Apr
11.56	-0.5	Cassidy	WILIAMSON	2018/03/20	KZNA	3A	PAARL	22-Mar
11.57	1.7	Nabeela	PARKER	1994/12/10	WPA	6	TUKS-Pretoria	16-Mar
11.66	1.4	Cherese	JONES	051288	AGN	1h2	TUKS-Pretoria	24-Feb
	<u>WIND</u>							
11.48	3.1	Tebogo	MAMATU		AGN	1h1	TUKS-Pretoria	24-Feb

11.76	2.6	Cherese	JONES		AGN	1	TUKS-Pretoria	24-Feb
11.93	2.6	Megan	PHILLIPS		AGN	2	TUKS-Pretoria	24-Feb

150m

19.07	-1.0	Suzie	BURGESS	211101	AGN	1	Pilditch - PRETORIA	13-Jan
19.42	-1.0	Chante	FINGER	190196	AGN	2	Pilditch - PRETORIA	13-Jan

200m

SAR : 22.06

22.97	1.7	Justine	PALFRAMAN	1993/11/04	BOLA	1	TUKS-Pretoria	17-Mar
23.12	1.7	Tamzin	THOMAS	1997/10/06	CGA	2	TUKS-Pretoria	17-Mar
23.70	1.7	Lente	PIETERSE	1997/07/16	ACNW	3	TUKS-Pretoria	17-Mar
23.76	1.7	Nabeela	PARKER	1994/12/10	WPA	4	TUKS-Pretoria	17-Mar
23.79	-1.3	Cassidy	WILLIAMSON	241098	KZN	1	Pilditch - PRETORIA	03-Feb
23.86	1.3	Nicola	VAN DER MERWE	2001/01/29		1S2	BOKSBURG	28-Apr
23.97	1.7	Cayla	SEDDON	1997/10/12	EPA	5	TUKS-Pretoria	17-Mar
24.01	1.1	Ariane	NEL	060396	ACNW	1	Potchefstroom	30-Jan
24.03	1.7	Robyn	HAUPT	1996/01/04	WPA	6	TUKS-Pretoria	17-Mar
24.50	1.6	Chante	VAN TONDER		CGA	3H1	TUKS-Pretoria	16-Mar

WIND

24.44	2.1	Tamzin	THOMAS		CGA	1H2	TUKS-Pretoria	16-Mar
24.90	7.2	Sherine	VAN DER WESTHUIZE	99	CGA	3	Shawnee OK	15-Mar
24.94	2.1	Julia	LUTZ	1999/06/24	CGA	2H2	TUKS-Pretoria	16-Mar

300m

SAR : 38.53

42.20		Ariane	NEL	060396	ACNW	1	Pilditch - PRETORIA	13-Jan
45.22		Melissa	RAHRAY	021100	CGA	2	Pilditch - PRETORIA	13-Jan
46.38		Tayla	BARR	080301	AGN	3	Pilditch - PRETORIA	13-Jan

400m**SAR : 0:50.05**

0:51.31	Justine	PALFRAMAN	1993/11/04	BOLA	1	TUKS-Pretoria	17-Mar
0:52.45	Caster	SEMENYA	1991/01/07	AGN	1	TUKS-Pretoria	24-Feb
0:52.60	Wenda	NEL	1988/07/30	AGN	4	RUIMSIG	01-Mar
0:53.83	Amy	NAUDE	2002/01/07	KZNA	1	BOKSBURG	27-Apr
0:53.97	Ariane	NEL	1996/03/06	ACNW	2	TUKS-Pretoria	17-Mar
0:54.07	Marlie	VILJOEN	2000/08/01	AGN	3	TUKS-Pretoria	17-Mar
0:54.35	Rorisang	RAMONNYE	1990/12/31	ANWN	4	TUKS-Pretoria	17-Mar
0:54.47	Carla	HATTING	2001/10/10	CGA	1	PAARL	07-Apr
0:54.62	Rorisang	ROMONNYE		ANWN	1	Potchefstroom	30-Jan
0:54.67	Nicola	GIBBON	2000/10/09	AGN	2	PAARL	07-Apr

600m**SAR : 1:21.77**

1:32.29	Danel	HOLTON		ACNW	3	Potchefstroom	30-Jan
1:32.92	Gira	CARSTENS		ACNW	4	Potchefstroom	30-Jan
1:37.28	Cynthia	TSETSEWA		ACNW	5	Potchefstroom	30-Jan
1:38.84	Carina	SWIEGERS	150595	AGN	1	Pilditch - PRETORIA	13-Jan
1:39.24	Danel	DU PLESSIS		ACNW	6	Potchefstroom	30-Jan
1:40.22	Dzuni	BALOYI		ACNW	7	Potchefstroom	30-Jan
1:40.39	Tanita	SADA		ACNW	8	Potchefstroom	30-Jan
1:40.50	Lieze	VAN HEERDEN		ACNW	9	Potchefstroom	30-Jan
1:41.11	Odette	DREYER		ACNW	10	Potchefstroom	30-Jan
1:41.87	Hiede	MARAIS	260800	AGN	2	Pilditch - PRETORIA	13-Jan
1:44.94	Dominique	BARNARD		ACNW	11	Potchefstroom	30-Jan

800m**SAR : 1:55.16**

1:56.68	Caster	SEMENYA	1991/01/07	AGN	1	Gold Coast	13-Apr
2:03.56	Gena	LOFSTRAND	1995/10/23	KZNA	3	RUIMSIG	01-Mar
2:06.96	Prudence	SEKGODISO	2002/01/05	AGN	5	RUIMSIG	01-Mar
2:07.19	SIMONAY	WEITZS		AGN	2	TUKS-Pretoria	02-Mar
2:07.39	Gira	CARSTENS	1993/04/10	ACNW	6	RUIMSIG	01-Mar

2:07.60		Lee-anne	BLAKE	2001/01/14	AGN	2	PAARL	05-Apr
2:08.03	indoors	Dominique	SCOTT-EFURD	240692	WPA	1	Fayetteville, MD	12-Jan
2:08.27		Liza	KELLERMAN	1999/09/16	CGA	4	TUKS-Pretoria	17-Mar
2:08.84		Carina	VILJOEN	150497	CGA	2	Fayetteville AR	14-Apr
2:09.28		Danette	MARAIS	1996/11/25	AGN	5	TUKS-Pretoria	17-Mar

1000m

SAR : 2:37.20

2:35.43		Caster	SEMENYA	1991/01/07	AGN	1	TUKS- PRETORIA	08-Mar SAR
2:43.47		Gena	LOFSTRAND	1995/10/23	KZNA	4	TUKS- PRETORIA	08-Mar
2:45.52		Prudence	SEKGODISO	2002/01/05	AGN	5	TUKS- PRETORIA	08-Mar
2:45.77		Nicole	LOUW	2001/07/26	AGN	6	TUKS- PRETORIA	08-Mar
2:46.05		Simonay	WEITSZ	1999/04/26	AGN	7	TUKS- PRETORIA	08-Mar
2:46.06		Tsepang	SELLO	1997/02/23	AFS	8	TUKS- PRETORIA	08-Mar
2:46.17		Keletso	SENOSI	2001/10/01	AGN	9	TUKS- PRETORIA	08-Mar
2:47.24	indoors	Carina	VILJOEN	150497	CGA	2	Fayetteville, MD	12-Jan
2:50.43		Liza	KELLERMAN	1999/09/16	CGA	10	TUKS- PRETORIA	08-Mar

1500m

SAR : 04:01.81

04:00.71		Caster	SEMENYA	1991/01/07	AGN	1	Gold Coast	10-Apr SAR
04:07.25	Indoors	Dominique	SCOTT-EFURD	240692	WPA	4	Boston MA	10-Feb SAIDR
04:21.64		Aynslee	VAN GRAAN	151295		1	Gainesville FL	13-Apr
04:21.99		Carina	VILJOEN	150497	CGA	5	Stanford CA	30-Mar
04:23.61		Thinike	CLOETE	1991/11/11	BOLA	3	PAARL	22-Mar
04:24.77		Nicole	LOUW	2001/07/26	AFS	1	PAARL	07-Apr
04:25.10	HT	Zani	Kruger		BOLA	1	PAARL	24-Feb
04:26.80		Lee-anne	BLAKE	2001/01/14	AGN	2	PAARL	07-Apr
04:27.22		Carmi	PRINSLOO	2002/01/31	AGN	3	PAARL	07-Apr
04:28.13		Lyndi	ROELOFSE	2001/04/30	CGA	3	TUKS-Pretoria	16-Mar

1Mile

SAR : 04:23.38

04:39.01	Indoors	Carina	VILJOEN	150497	CGA	3	Seattle WA	10-Feb
04:50.32	Indoors	Aynslee	VAN GRAAN	151295	Coastal Carolina	1	Birmingham AL	20-Feb
05:22.83		Bernadene	Mcloud	02/03/1995	ACNW	1	POTCHEFSTROOM	13-Feb
05:34.59	Indoors	Cindy	PETERS-FREEMAN		North Carolina	3	Winston-Salem, NC	07-Jan
05:40.71		Celiska	Krause	09/03/1996	ACNW	2	POTCHEFSTROOM	13-Feb

3000m

SAR : 08:32.00

08:41.18	Indoors	Dominique	SCOTT-EFURD	240692	WPA	3	New York NY	03-Feb SAIDR
09:27.55		Carmi	PRINSLOO	2002/01/31	AGN	1	PAARL	06- Apr
09:30.85	Indoors	Carina	VILJOEN	150497	CGA	4	Fayetteville AR	27-Jan
09:34.69		Lyndi	ROELOFSE	2001/04/30	CGA	2	PAARL	06- Apr
09:39.85	Indoors	Nokuthula	DLAMINI		Monroe College	5	Nashville TN	10-Feb
09:43.34		Letitia	SAAYMAN	281092		3rB	Charlotte NC	17-Mar
09:45.00	Indoors	Sherilene	GELDERBLOM	030196		5rB	Birmingham AL	18-Feb
09:46.42	Indoors	Shanley	KOEKEMOER	100100	AGN	2	Winston-Salem	03-Feb
09:49.93		Aynslee	VAN GRAAN	151295		1rC	Myrtle Beach SC	17-Mar
09:51.20		Casey	BOSMAN	2001/01/10	CGA	3	PAARL	06- Apr

5000m

SAR : 14:44.05

16:39.44		Xaba	GLENROSE		AGN	1	TUKS-Pretoria	24-Feb
16:40.24		Kesa	MOLOTSANE	080192	AFS	1	BLOEMFONTEIN	17-Feb
16:55.05		Dominique	SCOTT	1992/06/24	WPA	1	TUKS-Pretoria	15-Mar
16:57.05	Indoors	Sherilene	GELDERBLOM	030196		3	Birmingham AL	18-Feb
16:57.17		Letitia	SAAYMAN	281092		1	Winston-Salem	03-Feb
17:03.91		Antonio	BROWN		CGA	1	GERMISTON	20-Jan
17:04.45	Indoors	Annie	BOTHMA	261295		1	Birmingham AL	20-Feb
17:08.90		Leanda	DE BRUYN	94		14	Los Angeles CA	10 Mar
17:09.60	Indoors	Shanley	KOEKEMOER	100100	AGN	17	Ames IA	10-Feb
17:10.57		Yandiswa	SHANGE	2000/06/30	BOLA	1	PAARL	07 Apr

10000m**SAR : 30:52.51**

32:59.05	Xaba	GLENROSE		AGN	1	TUKS-Pretoria	23-Feb
35:33.55	Sherilene	GELDERBLOM	030196	ACNW	26	Raleigh NC	30-Mar
35:41.72	Annie	BOTHMA	261295		29	Raleigh NC	30-Mar
35:55.83	Cherise	SIMS	1993/06/06	BORA	1	TUKS-Pretoria	17-Mar
35:59.15	Ashleigh	SIMONIS	220198		8rB	Raleigh NC	30-Mar
36:32.08	Lesego	MPSHE	1999/09/05	AGN	2	TUKS-Pretoria	17-Mar
37:01.06	Cornelia	JOUBERT	1988/06/22	CGA	3	TUKS-Pretoria	17-Mar
37:07.12	Louzanne	COETZEE (T12)	1993/04/18	AFS	4	TUKS-Pretoria	17-Mar
37:33.23	Hanli	ETSEBETH	1997/02/14	ACNW	5	TUKS-Pretoria	17-Mar
37:39.25	Louzanne	COETZEE	180493	AFS	1	BLOEMFONTEIN	17-Feb

3000m Stee 76.2cm **SAR : 09:54.19**

10:41.14	Cherise	SIMS	1993/06/06	BORA	1	TUKS-Pretoria	16-Mar
10:41.19	Lesego	MPSHE	1999/09/05	AGN	1	PAARL	05 Apr
10:43.22	Lara	ORROCK	1999/06/01	AFS	2	PAARL	05 Apr
11:08.54	Tshegofatso	SETHLAKGOE	1998/03/11	AGN	3	TUKS-Pretoria	16-Mar
11:17.02	Esabel	MAKHURA	2000/07/03	AGN	3	PAARL	05 Apr
11:24.18	Lethabo	MAKGOGA	2000/09/13	CGA	4	PAARL	05 Apr
11:29.19	Antoinette	BEZUIDENHOUT	2000/10/04	CGA	5	PAARL	05 Apr
11:32.60	HT Meagan	Swanepoel		BOLA	1	PAARL	24-Feb
11:50.60	HT Virnita	Africa		BOLA	2	PAARL	24-Feb
12:24.36	Bongeka	MAGUBANE		CGA	1	GERMISTON	20-Jan

100m Hurd 84cm **SAR : 12.94**

13.71	0.3	Taylon	BIELDT	1998/11/04	AGN	1	TUKS-Pretoria	16-Mar
13.93	0.3	Janke	VAN WYK	1997/03/05	BOLA	2	TUKS-Pretoria	16-Mar
14.08	0.3	Jean- Maree	SENEKAL	1992/12/11	BOLA	3	TUKS-Pretoria	16-Mar
14.13	0.3	Denise	HARTMAN	1997/01/22	ACNW	4	TUKS-Pretoria	16-Mar
14.21	2	Rogail	JOSEPH	2000/04/22	BOLA	1	PAARL	06 Apr
14.33	0.3	Charne-lee	OLKERS	2000/03/22	AGN	5	TUKS-Pretoria	16-Mar

14.42	2	Martelize	JORDAAN	1999/06/09	BOLA	2	PAARL	06 Apr
14.45	0.3	Bernice	STIGLINGH	1998/12/14	AGN	6	TUKS-Pretoria	16-Mar
14.64	2	Tanya	EHRKE	1999/01/25	CGA	3	PAARL	06 Apr
14.67	2	Inge	VAN DER MERWE	1999/09/09	ACNW	4	PAARL	06 Apr

WIND

13.77	2.4	Taylon	BIELDT	1998/11/04	AGN	1S2	TUKS-Pretoria	16-Mar
13.97	2.4	Denise	HARTMAN	1997/01/22	ACNW	2S2	TUKS-Pretoria	16-Mar
14.03	2.4	Charne-lee	OLKERS	2000/03/22	AGN	3S2	TUKS-Pretoria	16-Mar

400m Hurdle 76.2cm SAR : 0:53.74

0:54.61		Wenda	NEL	1988/07/30	AGN	2h2	Gold Coast	10-Apr
0:55.05		Zeney	VAN DER WALT	2000/05/22	AGN	2	TUKS-Pretoria	17-Mar
0:57.81		Gontse	MORAKE	2001/03/16	AGN	1	PAARL	05 Apr
0:58.04		Jean-marie	SENEKAL	1992/12/11	BOLA	3	TUKS- PRETORIA	08-Mar
00:58.7		Rogail	JOSEPH	2000/04/22	BOLA	2	PAARL	05 Apr
1:00.11		Gezelle	MAGEMAN		AGN	2	TUKS-Pretoria	23-Feb
1:00.13		Marzaan	LOOTS	2001/06/25		2	BOKSBURG	28-Apr
01:00.2		Juli	VERCUIEL	2000/01/25	WPA	3	PAARL	05 Apr
01:00.6		Nicola	GIBBON	2000/10/09	AGN	4	PAARL	05 Apr
1:00.70		CYNTHIA	TSETSEWA	1995/06/11	ACNW	6	TUKS- PRETORIA	08-Mar

High Jump

SAR : 2.06

1.80		Yvonne	ROBSON	120999	AGN	1	POTCHEFSTROOM	20-Jan
1.80		Julia	DU PLESSIS	1996/05/27	CGA	1	TUKS-Pretoria	15-Mar
1.80		MARILIZE	HIGGINS		CGA	1	TUKS-Pretoria	02-Mar
1.75		Kristi	SNYMAN	2000/12/15	WPA	2	TUKS-Pretoria	15-Mar
1.75		BRITTANY	UYS		BOLA	3	TUKS-Pretoria	02-Mar
1.75		ERIKAH	SEYAMA		AGN	4	TUKS-Pretoria	02-Mar
1.75		Bianca	ERASMUS	2002/05/28	AVT	1	PAARL	06 Apr
1.70		Danielle	CARSTENS	1993/06/24	AGN	2	RUIMSIG	01-Mar

1.70		Mariette	BOTHA	1984/01/12	CGA	3	RUIMSIG	01-Mar
1.70		Michelle	NGOZO	2000/05/15	AGN	4	TUKS-Pretoria	15-Mar

Pole Vault

SAR : 4.42

3.90		Jodie	SEDRAS	1994/08/26	WPA	1	TUKS-Pretoria	15-Mar
3.80		Nicole	JANSE VAN RENSBURF	2001/01/04	BOLA	2	TUKS-Pretoria	15-Mar
3.78	Indoors	Christy	NELL		UMKC	3	Pittsburg KS	10-Feb
3.60		Nicole	J VAN RENSBURG	2001/01/04	BOLA	1	PAARL	05 Apr
3.60		Nadja	FOURIE	1999/01/25		1	BOKSBURG	28-Apr
3.50		Kian-lee	DU TOIT	2001/12/10	BOLA	5	TUKS-Pretoria	15-Mar
3.50		Elsi	LAMLEY	1998/03/16	AFS	7	TUKS-Pretoria	15-Mar
3.50		Simonn	SWANEVELDER	2000/01/04	ASWD	4	TUKS-Pretoria	15-Mar
3.50		Tonet	TALLIE	2002/03/26	BOLA	3	TUKS-Pretoria	15-Mar
3.50		Anje	VILJOEN	2000/12/01		2	BOKSBURG	28-Apr

Long Jump

SAR : 6.93

6.39	1.1	Karin	MELIS-May		AGN	1	POTCHEFSTROOM	06-Feb
6.33	-0.1	Lynique	BENEKE	1991/03/30	AFS	1	RUIMSIG	01-Mar
6.25	-1.3	Karen	Mey	1983/05/31	AGN	1	POTCHEFSTROOM	20 Feb
6.18	-1.7	Zinzi	CHABANGU	1996/09/28	CGA	2	TUKS-Pretoria	16-Mar
6.06	-0.1	Patience	NTSHINGILA	1989/08/26	CGA	2	RUIMSIG	01-Mar
5.96	1.9	Esther	SOLARIN	2001/09/12	AGN	1	PAARL	07 Apr
5.89	0	Jone'	KRUGER		ACNW	2	POTCHEFSTROOM	06-Feb
5.86	Indoors	Renate	VAN TONDER	100498	CGA	5	Bloomington IN	09-Feb
5.81	0.7	Mieke	BASSON	2001/01/09	BOLA	2	PAARL	07 Apr
5.79	-0.1	Rose	XEYI	2001/03/16		2	BOKSBURG	27-Apr

WIND

6.39	2.9	Lynique	BENEKE	300391	AFS	1	Bloemfontein	10-Feb
5.97	2.2	Jonè	Kruger	16/04/1998	ACNW	1	POTCHEFSTROOM	13-Feb
5.80	2.4	Nolwazi	MASHABA	2002/01/10	AMPU	3	PAARL	07 Apr

Triple Jump

11m SAR : 13.89

13.78	-1.8	Patience	NTSINGILA	1989/08/26	CGA	1	TUKS-Pretoria	17-Mar
13.47	-1.6	ZINZI	CHABANGU		CGA	1	TUKS-Pretoria	02-Mar
13.14	0.1	Zinzi	SHABANGU		CGA	1	Pilditch - PRETORIA	13-Jan
13.10	1.8	Gontse	MORAKE	2001/03/16		1	BOKSBURG	28-Apr
12.88	-0.9	Patience	NTSHINGILA		CGA	1	GERMISTON	20-Jan
12.46	-0.1	Nolwazi	MASHABA	2002/01/10	AMPU	2	PAARL	06 Apr
12.41	-0.5	Cathrine	MAKAYA		CGA	2	GERMISTON	20-Jan
12.22	1.8	Maruska	JANSE VAN RENSBUR	1997/04/30	EPA	4	TUKS-Pretoria	17-Mar
12.14	-0.1	Elisete	LESO	2001/01/28	AGN	3	PAARL	06 Apr
12.09		Indoors Renate	VAN TONDER	100498	CGA	3	Bloomington IN	09-Feb SAIR

WIND

12.93	3.6	Nolwazi	MASHABA	2002/01/10		2	BOKSBURG	28-Apr
11.79	2.4	Nerine	JORDAAN	1999/04/01	ACNW	1	PAARL	05 Apr
11.75	2.8	Moleboheng	PHERANE	290397	AFS	1	Bloemfontein	10-Feb

Shot Put

4kg SAR : 17.88

16.70		Ischke	SENEKAL	1993/01/08	EPA	1	TUKS-Pretoria	16-Mar
16.08		Meike	STRYDOM	2000/08/25	ASWD	2	TUKS-Pretoria	16-Mar
15.22		Lezaan	JORDAAN	1995/10/17	CGA	2	TUKS- PRETORIA	08-Mar
14.48	Indoors	Angeline	SMIT	090698	BOLA	5	Birmingham AL	09-Feb
14.00		Monique	WAGNER		CGA	3	TUKS-Pretoria	16-Mar
13.80		Tanya	PUBALAKAN	1984/01/04	CGA	4	TUKS-Pretoria	16-Mar
13.65		Dane	ROETZ		CGA	2	RUIMSIG	01-Mar
13.55		Mia	VAN OUDTSHOORN	99	AFS	4	San Angelo TX	08-Apr
13.15		Tanya	PUBALAKEN		CGA	1	GERMISTON	20-Jan
13.09		Nienka	DU TOIT	1997/03/17	BOLA	1	TUKS-Pretoria	16-Mar

Discus

1kg

SAR 64.87

56.69	ISCHKE	SENEKAL	1993/01/08	EPA	1	TUKS-Pretoria	02-Mar
53.04	Riëtte	HEYNS	1996/02/27	ACNW	2	TUKS-Pretoria	17-Mar
52.81	YOLANDI	STANDER	1998/11/27	AFS	2	TUKS-Pretoria	02-Mar
46.40	Leandri	GEEL	1997/07/14	CGA	4	TUKS-Pretoria	17-Mar
46.30	Angeline	SMIT	090698	BOLA	2	Mobile AL	17-Mar
45.52	Collet	UYS	2000/04/20		1	BOKSBURG	28-Apr
43.41	Lize	BLIGNAUT		ACNW	2	POTCHEFSTROOM	06-Feb
43.39	Dane	ROETS	2002/01/16	CGA	1	PAARL	06 Apr
42.70	Tharina	VAN DER WALT	220200	AFS	1	Bloemfontein	10-Feb
42.60	Meike	STRYDOM	2000/08/25	ASWD	2	PAARL	06 Apr

Hammer Thi

4kg

SAR : 63.82

58.97	Margo Chene	COETZEE	1994/06/09	AGN	1	TUKS-Pretoria	16-Mar
58.41	Marga	CUMMING	1998/10/12	ACNW	1	TUKS- PRETORIA	08-Mar
57.13	Stefanie	GREYLING	1996/03/25	ACNW	2	TUKS-Pretoria	16-Mar
57.12	Tharina	VAN DE WALT	2000/02/22	AFS	3	TUKS-Pretoria	16-Mar
56.37	Tharina	VAN DER WALT	2000/02/22	AFS	1	PAARL	07 Apr
55.71	Letitia	JANSE VAN VUUREN		ACNW	1	Potchestroom	30-Jan
54.61	Tanya	PUBALAKAN	1984/01/04	CGA	5	TUKS-Pretoria	16-Mar
53.82	Marga	Cumming	12/10/1998	ACNW	2	POTCHEFSTROOM	13-Feb
52.10	Tamlynn	LEONARD	1999/06/21	ACNW	2	PAARL	07 Apr
50.94	Lizelle	FOURIE	1999/01/15	CGA	8	TUKS-Pretoria	16-Mar

Javelin

600g

SAR : 69.35

62.08	Sunette	VILJOEN	060183	ACNW	3	Gold Coast	11-Apr
54.82	Jo-ané	VAN DYK	1997/10/03	ACNW	1	TUKS- PRETORIA	08-Mar
52.67	Megan	WILKE	1995/08/23	ACNW	2	TUKS-Pretoria	17-Mar
50.86	Tazmin	BRITS	1991/01/08	ACNW	2	TUKS- PRETORIA	08-Mar
49.35	Maggie	LE ROUX	1999/06/11		1	BOKSBURG	28-Apr
49.20	Carli	NIEUWENHUIZEN	1998/01/26	ACNW	3	TUKS- PRETORIA	08-Mar

47.53	Leandri	LAMPRECHT	1999/03/15	ACNW	2	PAARL	06 Apr
45.64	Linda	VAN VREDEN		CGA	6	TUKS-Pretoria	17-Mar
44.80	Anneke	Germishuys		BOLA	1	PAARL	24-Feb
44.79	Gestelle	SNYMAN	2000/07/24	AGN	8	TUKS-Pretoria	17-Mar

3 000m Walk (Track SAR : 12:53.19

14:37.01	Zelda	Schultz	150292	ACNW	1	POTCHEFSTROOM	13-Feb
14:44.80	Natalie	LE ROUX		KZNA	1	Kings Park-Durban	12-Jan
16:13.79	Meanri	Erasmus	280201	ACNW	2	POTCHEFSTROOM	13-Feb
17:41.25	Candy	KUMALO		KZNA	2	Kings Park-Durban	12-Jan
18:07.75	Anele	MTESHANE		KZNA	3	Kings Park-Durban	12-Jan
18:27.07	Kiara	BARTHOLOMEW		KZNA	5	Kings Park-Durban	12-Jan
18:52.55	Jeanine	LE FEBOUR		KZNA	6	Kings Park-Durban	12-Jan

5 000m Walk (Track SAR : 22:19.64

26:34.48	Marissa	SWANEPOEL	2002/01/22	AGN	1	PAARL	05 Apr
27:02.78	Meanri	ERASMUS	2001/02/28	ACNW	2	PAARL	05 Apr
27:51.18	Nolene	VAN RENSBURG	2001/04/06	ASWD	3	PAARL	05 Apr
29:16.38	Leone	PIETERSE	2002/04/17	BOLA	4	PAARL	05 Apr
29:27.09	Kiara Paige	BARTHOLOMEW	2002/12/04	KZNA	5	PAARL	05 Apr
29:28.46	Nthatisi	MOKELE		CGA	1	BOKSBURG	27-Jan
29:50.87	Cara	BESTER	2002/01/11	BOLA	6	PAARL	05 Apr
30:00.95	Stephanie	VAN ZYL	2001/10/04	BOLA	7	PAARL	05 Apr
30:26.39	Lisa	PATTERSON		CGA	1	GERMISTON	20-Jan
30:41.51	Dimakatso	MTSHEBE	2001/03/12	CGA	8	PAARL	05 Apr

10 000m Walk (Trac SAR : 0:47:32.54

0:59:07.46	Annette	KOEN	1999/06/04	ACNW	1	BOKSBURG	27-Apr
1:00:44.29	Hilda	DU TOIT	2000/07/15	BOLA	2	PAARL	06 Apr
1:08:17.55	Noxolo	MASUKU	2000/05/31	KZNA	3	PAARL	06 Apr

1:09:39.67	Whitney	MATSEBA		AGN	1	TUKS-Pretoria	24-Feb
1:11:23.47	Esihle	GEBE		AGN	2	TUKS-Pretoria	24-Feb

10km Walk (Road)

SAR : 0:45:05.00

0:57:20.00	Annette	KOEN	1999/06/04	ACNW	1	TUKS-Pretoria	17-Mar
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20km Walk (Road)

SAR : 1:34:39.00

1:43:55.80	Anel	OOSTHUIZEN	1995/04/22	ASWD	1	TUKS-Pretoria	17-Mar
1:45:53.80	Zelda	SCHULTZ	1992/02/15	ACNW	2	TUKS-Pretoria	17-Mar
1:47:30.80	Natalie	LE ROUX	1982/06/10	KZNA	3	TUKS-Pretoria	17-Mar
1:56:50.80	Lisa	PATTERSON	1982/01/29	CGA	4	TUKS-Pretoria	17-Mar
1:59:27.30	Nthatsi	MOKELE	1993/06/26	CGA	5	TUKS-Pretoria	17-Mar
2:11:03.40	Palesa	MSTHEBE	1998/01/24	CGA	6	TUKS-Pretoria	17-Mar
2:26:16.60	Whitney	MATSEBA	1997/01/25	AGN	7	TUKS-Pretoria	17-Mar

4 x 100m Relay

SAR : 0:43.25

0:45.64	RSA	U/18		RSA	1	BOKSBURG	28-Apr
0:46.69	AGN "A"			AGN	1	TUKS-Pretoria	15-Mar
0:46.73	AGN A	U/20		AGN	1	PAARL	6 Apr
0:46.96	CGA			CGA	2	TUKS-Pretoria	15-Mar
0:47.09	AGN "B"			AGN	3	TUKS-Pretoria	15-Mar
0:47.31	AGN A	U/18		AGN	1	PAARL	06 Apr
0:47.65	RSA	U/20		RSA	1	BOKSBURG	28-Apr
0:47.98	AGN B	U/18		AGN	2	PAARL	06 Apr
0:48.14	BOLA	U/18		BOLA	3	PAARL	06 Apr
0:48.35	PRC 19				1	POTCHEFSTROOM	20-Jan

4 x 400m Relay

SAR : 03:28.49

03:40.57	AGN "A"			AGN	1	TUKS-Pretoria	17-Mar
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03:45.28	RSA	U/20	RSA	1	BOKSBURG	28-Apr
03:48.01	AGN	U/20	AGN	1	PAARL	07 Apr
03:49.31	AGN "B"		AGN	2	TUKS-Pretoria	17-Mar
03:49.97	AGN A	U/18	AGN	1	PAARL	07 Apr
03:52.47	RSA	U/18	RSA	1	BOKSBURG	28-Apr
03:53.79	KZNA		KZNA	3	TUKS-Pretoria	17-Mar
03:54.19	AGN B	U/18	AGN	2	PAARL	07 Apr
03:54.77	Amajuba Club		KZNA	1	Kings Park - DURBAN	12-Jan
03:55.43	AFS	U/20	AFS	2	PAARL	07 Apr