

South African Track & Field Performances 2018

as @ 30 April 2018

Under 18 {YOUTH} (Born 2001/2002)

Compiled by : Clyde Kinloch, assisted by Sarina Cronje & Marilize Goosen

Edited by : Imile de Bruin

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>
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MALE

<u>60m</u>								
7.53	1.7	Christian	LOMBARD	020502	AGN	2	Pilditch - PRETORIA	13-Jan
<u>100m</u>		SAR : 10.20						
10.31	1.8	Luke	DAVIDS	2001/07/17	WPA	1	PAARL	05-Apr
10.33	1.8	Mikaal-il	MOHAMMED	2001/06/10	AGN	2	PAARL	05-Apr
10.43	1.8	Sineshipo	DAMBILE	2002/03/02	AGN	3	PAARL	05-Apr
10.50	1.8	Thabang	HLHOHLO	2002/10/14	AGN	4	PAARL	05-Apr
10.57	1.8	Sammy	NGOVENI	2001/07/31	AGN	5	PAARL	05-Apr
10.78	-0.5	Tebogo	MIYA	2001/01/09		3S2	BOKSBURG	27-Apr
11.09	0.5	Bjorn	VAN WYK	270502	AGN	1	Pilditch - PRETORIA	13-Jan
11.09	0.4	Keenan	Cloete		AFS	1	Bloemfontein	09-Apr
11.15	0.4	Dumisani	Mqungquthu		AFS	2	Bloemfontein	09-Apr
11.18	0.6	Phemelo	MOJE			3	POTCHEFSTROOM	20-Jan
<u>150m</u>								
17.90	-0.9	CHRISTIAN	LOMBARD	070502	AGN	2	Pilditch - PRETORIA	13-Jan

200m		SAR : 20.57						
20.81	1.7	Luke	DAVIDS	2001/07/17	WPA	1S2	BOKSBURG	28-Apr
21.05	1.7	Sineshipo	DAMBILE	2002/03/02	AGN	2S2	BOKSBURG	28-Apr
21.28	1.7	Elviano	JOHNSON	2002/12/11	AGN	3S2	BOKSBURG	28-Apr
21.69	-1.5	Mikaal-il	MOHAMMED	2001/06/10	AGN	4	PAARL	07-Apr
21.96	-1.5	Jaquin	VAN WYK	2001/06/30	GWA	5	PAARL	07-Apr
22.10	-2.5	JAYSON	WEBER	01-Jan-01	WPA	1r1	CAPE TOWN	20-Jan
22.48	-0.6	Thabo	MAILULA			1	POTCHEFSTROOM	20-Jan
22.65	-0.6	Gratitude	MOHOERA			2	POTCHEFSTROOM	20-Jan
23.24	-2.5	IJAAZ	JONES	08-Feb-01	WPA	2r1	CAPE TOWN	20-Jan
23.26	-0.6	Ruben	OOSTHUIZEN			3	POTCHEFSTROOM	20-Jan

300m								
37.81		Christian	LOMBARD	070302	AGN	3	Pilditch - PRETORIA	13-Jan

400m		SAR : 0:45.15						
0:46.71		Jayson	WEBER	2001/01/01	WPA	1	PAARL	07-Apr
0:47.28		Lindokuhle	GORA	2001/01/31	AGN	2	PAARL	07-Apr
0:47.76		David	SEETA	2001/03/22	CGA	3	PAARL	07-Apr
0:47.89		Josua	GOUWS	2001/11/26	AGN	4	PAARL	07-Apr
0:47.92		Evandere	KASIMBINGUE	2001/05/29	NWCA	5	PAARL	07-Apr
0:48.57		David	SEETE	2001/03/22	CGA	4S2	BOKSBURG	27-Apr
0:48.82		Marcell	Muller		AFS	1	Bloemfontein	09-Apr
0:49.16		Justin Dean	PRINSLOO	2001/11/07	CGA	1S1	BOKSBURG	27-Apr
0:49.4		Joubert	Schoeman		AFS	2	Bloemfontein	09-Apr
0:49.71		Luciano	Custodio	2002/03/31	BOLA	1	PAARL	24-Feb

800m		SAR : 1:47.67						
1:50.26		Amos	KHOZA	2001/06/23	AGN	1	BOKSBURG	28-Apr
1:51.38		Nthuthuko	NDIMANDE	2001/05/16	CGA	2	BOKSBURG	28-Apr
1:52.94		Tshegofatso	NWAGU	2001/09/01	AGN	3	BOKSBURG	28-Apr

1:53.75	Syaonga	NDLOVU		KZNA	1	Kings Park - DURBAN	12-Jan
1:55.14	Sbusiso	NHLAPO	/ /		4	BOKSBURG	28-Apr
1:55.35	Juwan	BLIGNAUT	2002/09/12	AGN	4	PAARL	05-Apr
1:58.19	Ntokozo	MSOMI	2001/03/11	KZNA	5	PAARL	05-Apr
1:58.20	Conwill	Duiker	2001/11/07	BOLA	1	PAARL	24-Feb
1:58.73	Wynand	Neethling	2001/02/16	BOLA	2	PAARL	24-Feb
1:59.20	Olwethu	Madadasane		AFS	1	Bloemfontein	09 Apr

1500m **SAR : 03:42.92**

03:54.29	Nthuthuko	NDIMANDE	2001/05/16	CGA	1	PAARL	07-Apr
03:56.08	Dylon	KRENVZECK	2001/06/12	CGA	2	PAARL	07-Apr
03:57.91	Lucas	SILWANE	2001/09/29	CGA	1	BOKSBURG	27-Apr
03:59.82	Bjorn	FERREIRA	2001/03/23	EPA	4	PAARL	07-Apr
04:00.16	Rynard	SWANEPOEL	2002/01/01	CGA	5	PAARL	07-Apr
04:05.94	Sanele	MASONDO		KZNA	1	Kings Park - DURBAN	12-Jan
04:07.50	HT Conwill	Duiker	2001/11/07	BOLA	1	PAARL	24-Feb
04:08.80	HT Stephen	Millard	2001/03/18	BOLA	2	PAARL	24-Feb
04:09.16	Olwethu	Madadasane		AFS	1	Bloemfontein	09 Apr
04:09.61	Mopeli	Mopeli		AFS	2	Bloemfontein	09 Apr

3000m **SAR : 08:08.57**

08:35.49	Matthew	FORRESTER	2001/09/25	AGN	1	PAARL	06- Apr
08:37.49	Tshepo	NTHUTHWANA	2002/02/10	CGA	2	PAARL	06- Apr
08:37.82	Kgadi	MONYEBODI	2002/07/31	AGN	3	PAARL	06- Apr
08:43.05	Bongang-mahase	TSANYANE	2001/12/26	KZNA	4	PAARL	06- Apr
08:46.45	Oliver	STEWART	2001/02/22	WPA	5	PAARL	06- Apr
09:04.58	Phenyo	CHIDI		CGA	3	BOKSBURG	27-Jan
09:09.56	Matthews	GUMEDE		CGA	5	BOKSBURG	27-Jan
09:11.56	Thabang	Mathosa		AFS	1	Bloemfontein	09 Apr
09:15.52	Katlego	SEGONE		CGA	6	BOKSBURG	27-Jan
09:25.67	Thapelo	MASOGA		CGA	8	BOKSBURG	27-Jan

5000m

18:36.30	Thapelo	LEKONYANE	241002		1	Pilditch - PRETORIA	13-Jan
18:39.97	JONATHAN	VALENTYN	21-Dec-01	WPA	6	CAPE TOWN	20-Jan

2000m Steeple 91.4cm **SAR : 05:43.30**

05:57.32	Tshepo	NTHUTHWANA	2002/02/10	CGA	1	PAARL	05 Apr
05:59.01	Nico	SEOPENSENGWE	2001/06/26	CGA	2	PAARL	05 Apr
06:06.71	Oliver	STEWART	2001/02/22	WPA	3	PAARL	05 Apr
06:13.83	Siyabonga	MOKGOTHU	2002/02/16	AGN	4	PAARL	05 Apr
06:15.39	Prince	MCUBELO		CGA	1	BOKSBURG	27-Jan
06:17.54	Bongang-mahase	TSANYANE	2001/12/26	KZNA	5	PAARL	05 Apr
06:18.20	HT Loyiso	Skiti	2002/01/10	BOLA	1	PAARL	24-Feb
06:25.99	Nicholas	SEOPOSENGWE		CGA	3	BOKSBURG	27-Jan
06:32.18	Reatile	Tlhabankwe		AFS	1	Bloemfontein	09-Apr
06:32.30	HT Nolan	Diedericks	2002/04/25	BOLA	2	PAARL	24-Feb

3000m Steeple 91.4cm (Non-Standard)

13:15.98	Keagan	CRANE		CGA	11	BOKSBURG	27-Jan
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110m Hurdles 91.4cm **SAR : 13.35**

13.67	0.7	Michael	SCHOEMAN	2001/01/01	AGN	1	BOKSBURG	27-Apr
14.24	-1.4	Curwin	GERTSE	2002/01/17	BOLA	2	PAARL	06 Apr
14.32	-1.4	Dylan	COETZEE	2002/05/15	AGN	3	PAARL	06 Apr
14.33	0.7	Edwin	VAN WYK	2001/03/24	AGN	2	BOKSBURG	27-Apr
14.44	-1.4	Dalvon	BLOOD	2001/07/01	WPA	5	PAARL	06 Apr
14.47	0.2	Wicus	Vosloo		AFS	1	Bloemfontein	09-Apr
14.88	0.3	Reynard	STRAUSS		AGN	1	PILDITCH-Pretoria	27-Jan
15.30	0.2	Jozua	Ncheka		AFS	2	Bloemfontein	09-Apr
15.59	-2.1	Ivan	SWANEPOEL		CGA	1	BOKSBURG	27-Jan
15.70	0.2	AJ	Botha		AFS	3	Bloemfontein	09-Apr

WIND

16.07	2.6	Dwayne	DAVIDS	2002/01/08	WPA	1	TUKS-Pretoria	16-Mar
16.44	2.6	Andre	SWANEPOEL	2001/08/25	BOLA	2	TUKS-Pretoria	16-Mar
17.76	2.6	Safwaan	JONAS	2001/04/24	WPA	3	TUKS-Pretoria	16-Mar

400m Hurdles 84cm **SAR : 0:48.84**

0:51.84		Lindokuhle	GORA	2001/01/31	AGN	1	BOKSBURG	28-Apr
0:51.94		Luciano	CUSTODIO	2000/03/31	BOLA	2	BOKSBURG	28-Apr
0:53.10		Gerdus	DU PLESSIS	2001/03/22	AGN	3	PAARL	05 Apr
0:53.21		Henrico	GREYLING	2001/02/24	AGN	4	PAARL	05 Apr
0:53.38		Christiaan	VENTER	2002/04/02	AGN	5	PAARL	05 Apr
0:56.05		Williams	ROZARIO		AGN	1	BOKSBURG	27-Jan
0:56.57		Pierre	De Jongh	2001/02/04	BOLA	2	PAARL	24-Feb
0:57.13		Adriaan	Kennedy	2001/07/23	BOLA	3	PAARL	24-Feb
0:57.21		Stephan	du Toit	2001/03/23	BOLA	4	PAARL	24-Feb
0:57.48		Joubert	Schoeman		AFS	1	Bloemfontein	09-Apr

High Jump **SAR : 2.25**

2.05		Karel	OLWAGE	2002/05/05	AVT	1	PAARL	6 Apr
2.05		Gayisa	MASWANGANYI	2001/03/21	CGA	2	BOKSBURG	27-Apr
2.00		Nathanael	DE SWARDT		CGA	1	BOKSBURG	27-Jan
2.00		Nathan	VENTER	2002/04/26	AMPU	3	PAARL	6 Apr
2.00		Jacques	OOSTHUIZEN	2002/03/27	AGN	4	PAARL	6 Apr
1.95		Wilbur	METTLER	2001/04/18	AMPU	5	PAARL	6 Apr
1.95		Usaamah	VALLY	2001/01/10	KZNA	5	PAARL	6 Apr
1.95		Edrich	GRIEB	2001/03/27		4	BOKSBURG	27-Apr
1.90		Matome	SHABANGU		CGA	2	BOKSBURG	27-Jan
1.90		Juan	BRITS			1	POTCHEFSTROOM	20-Jan

Pole Vault **SAR : 5.22**

5.00	Nikolai	VAN HUUYSTEEN	2002/08/07	BOLA	2	TUKS-Pretoria	15-Mar
4.40	Kyle	RADEMEYER	2002/01/29	BOLA	2	BOKSBURG	28-Apr
3.90	SJ	Fourie		AFS	1	Bloemfontein	09-Apr
3.40	LJ	VILJOEN		AGN	1	PILDITCH-Pretoria	27-Jan
3.40	Neil	Basson	2001/10/31	BOLA	2	PAARL	24-Feb
3.20	Enzo	HENNING		AGN	2	PILDITCH-Pretoria	27-Jan
3.00	Francois	JACOBS		AGN	3	PILDITCH-Pretoria	27-Jan
3.00	David Fourie	Swart	2001/04/08	BOLA	3	PAARL	24-Feb
3.00	Johan Daniel	Slabbert	2001/03/02	BOLA	3	PAARL	24-Feb
2.80	Andre	Swanepoel	2001/08/25	BOLA	5	PAARL	24-Feb

Long Jump

SAR : 7.82

7.21	-2.1	Jason	TITO	2002/02/10	AGN	1	PAARL	07 Apr
7.21	-2.3	Sifiso	MIYA	2001/06/01	AGN	2	PAARL	07 Apr
7.14	-2.4	Phatutshedzo	MASWANGANYO	2001/02/01	AGN	3	PAARL	07 Apr
6.98	-0.5	Tiaan	JOUBERT	110601	AGN	1	Pilditch - PRETORIA	13-Jan
6.82	-2	Tristan	FAROA	2001/05/15	BOLA	5	PAARL	07 Apr
6.69	0.1	Iwan	MAREE			1	POTCHEFSTROOM	20-Jan
6.48	0.4	Lumka	GEBENGANA			2	POTCHEFSTROOM	20-Jan
6.45	0.3	Jawana	KAMBORA		CGA	1	GERMISTON	20-Jan
6.27	0.0	Nicolaas	PRINSLOO	010101	AGN	2	Pilditch - PRETORIA	13-Jan
6.21	1.4	Dwayne	DAVIDS	2002/01/08	WPA	1	TUKS-Pretoria	15-Mar

Wind

7.77	3.3	Sifiso	MIYA	2001/06/01	AGN	1	BOKSBURG	28-Apr
7.59	2.5	Jason	TITO	2002/02/10	AGN	2	BOKSBURG	28-Apr
6.59	2.8	Rohan	Marnus	2001/07/03	BOLA	1	PAARL	24-Feb

Triple Jump

11m **SAR : 16.03**

15.46	1.1	Sifiso	MIYA	2001/06/01	AGN	1	BOKSBURG	27-Apr
15.15	1	Tristan	FARAO	2001/05/15	BOLA	2	BOKSBURG	27-Apr
14.77	-0.2	Jason	TITO	2002/02/10	AGN	3	PAARL	06 Apr

13.79	0.2	Thabo	MAILULA	2001/08/01	AGN	4	PAARL	06 Apr
13.78	0.1	Azola	TEMBANI	2002/04/23	AGN	5	PAARL	06 Apr
13.74	-0.5	Matt	Fairbairn	2001/05/05	BOLA	1	PAARL	24-Feb
13.15	1.3	Mpho	Ntsutle		AFS	1	Bloemfontein	09-Apr
13.07	1.3	Keitumetse	Mokhele		AFS	2	Bloemfontein	09-Apr
12.92	0.3	Marlin	Riley	2002/03/14	BOLA	2	PAARL	24-Feb
12.71	0.9	Welre	OLIVIER		CGA	1	GERMISTON	20-Jan

Shot Put 5kg **SAR : 21.15**

20.16		Lohan	POTGIETER	2001/09/12	AGN	1	PAARL	07 Apr
19.04		Hannes	Kruger		AFS	1	Bloemfontein	09-Apr
18.08		Aaron	LOMBARD	2001/05/15	ATRA	3	BOKSBURG	27-Apr
17.18		Tielman	Nieuwoudt		AFS	2	Bloemfontein	09-Apr
16.27		Wynand	Swanepoel		AFS	3	Bloemfontein	09-Apr
16.22		Evert	ALDERSON	060401	AGN	1	Pilditch - PRETORIA	13-Jan
16.06		Juan	OOSTHUYZEN	2002/02/27	CGA	4	BOKSBURG	27-Apr
15.75		Nico	VAN NIEUWENHUIZEN	020201	AFS	1	Bloemfontein	10-Feb
15.61		Tony	TERBLANCHE	2001/01/07	AVT	5	PAARL	07 Apr
15.14		Stefan	MARITZ	140102	AGN	1	Pilditch - PRETORIA	13-Jan

Discus 1.5kg **SAR : 67.44**

59.85		Francois	PRINSLOO	2001/11/11	BOLA	1	PAARL	06 Apr
57.06		Wynand	SWANEPOEL	2002/06/18	AFS	2	PAARL	06 Apr
55.98		Hannes	Kruger		AFS	1	Bloemfontein	09-Apr
54.45		Juan	OOSTHUYZEN	2002/02/27	CGA	4	PAARL	06 Apr
53.72		Lohan	POTGIETER	2001/09/12	AGN	5	PAARL	06 Apr
51.25		Juan	OOSTUYZEN		CGA	2	GERMISTON	20-Jan
51.24		Corne	PENNELLS		CGA	3	GERMISTON	20-Jan
50.13		Tjaart	BREEDT	060101	AGN	1	Pilditch - PRETORIA	13-Jan
50.04		Evert	ALDERSON	060401	AGN	2	Pilditch - PRETORIA	13-Jan
49.76		Aaron	LOMBARD	2001/05/15	ATRA	7	PAARL	06 Apr

Hammer Throw 5kg **SAR : 79.79**

67.32	Damien	BOTHMA	2001/03/01	BOLA	1	PAARL	07 Apr
66.46	Ruwaldo	BEER	2001/04/13	EPA	2	BOKSBURG	27-Apr
61.26	Stiaan	LE ROUX	2001/03/20	GWA	3	PAARL	07 Apr
60.73	Juanu	OLIVIER	2001/05/27	BOLA	4	PAARL	07 Apr
57.78	Joruhan	de Wit	2002/01/05	BOLA	2	PAARL	24-Feb
57.42	Graydon	FABE	2002/01/01	WPA	5	PAARL	07 Apr
52.22	Tiaan	ERSKINE	2002/01/31	EPA	7	PAARL	07 Apr
51.92	JT	VAN DER WALT	200801	AFS	2	Bloemfontein	10-Feb
51.31	Nico	VAN NIEUWENHUIZEN	2001/02/02	AFS	8	PAARL	07 Apr
50.96	Marco	De Witt	2001/01/24	BOLA	4	PAARL	24-Feb

Javelin 700g **SAR : 83.86**

75.37	Jano	ESTERHUIZEN	2001/03/13	ANWN	1	BOKSBURG	28-Apr
69.54	Devoux	DEYSEL	300301	AGN	1	Pilditch - PRETORIA	13-Jan
67.97	Matthew	JOUBERT	2001/01/03	KZNA	2	PAARL	06 Apr
66.36	Robbie	LOUW	2001/05/22	CGA	3	PAARL	06 Apr
64.08	Jacques	KLEYNHANS	2001/04/19	AGN	5	PAARL	06 Apr
63.00	Dilion	DE LANGE	2001/08/20	LIMA	6	PAARL	06 Apr
60.84	Ruan	HUMAN	2002/06/10	AGN	7	PAARL	06 Apr
58.78	Aubrey	VAN DER BANK	2001/06/20	AMPU	8	PAARL	06 Apr
58.07	Brandon	DURANT	2001/03/19	ACNW	9	PAARL	06 Apr
57.05	Christiaan	DUVENAGE	030901	AFS	1	Bloemfontein	10-Feb

3000m Walk (Track)

13:57.82	Lucky	GUMEDE		KZNA	1	Kings Park - Durban	12-Jan
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5000m Walk (Track) **SAR : 22:38.30**

26:23.55	Siphiwe	SESANA		CGA	1	BOKSBURG	27-Jan
26:50.56	Alex	NYIVANA		CGA	2	BOKSBURG	27-Jan

27:20.54	Kgosi	NGAKE		CGA	3	BOKSBURG	27-Jan
30:20.45	Sifiso	MTEBE		CGA	4	BOKSBURG	27-Jan

10000m Walk (Track) SAR : 0:46:14.72

0:51:18.71	Bheki	MNYAMANE	2002/01/05	AGN	1	PAARL	05 Apr
0:52:07.81	Nhlanhla	NDLAZI	2002/12/30	AGN	2	PAARL	05 Apr
0:52:26.50	Lucky	GUMEDE	2001/06/13	KZNA	3	PAARL	05 Apr
0:53:15.94	Vincent	NHLAPO	2001/03/12	AGN	4	PAARL	05 Apr
0:54:49.10	Kgosi	NGAKE	2001/12/11	CGA	5	PAARL	05 Apr
0:58:04.62	Petrus	VAN AARDE	2002/12/09	ACNW	6	PAARL	05 Apr
0:58:16.48	Gerhard	Eckley	2001/11/14	BOLA	1	PAARL	24-Feb
1:04:00.07	Tariq	KLINK	2001/05/24	BOLA	7	PAARL	05 Apr
1:04:35.00	Benjiman	Brett	2002/07/31	BOLA	2	PAARL	24-Feb
1:06:12.00	Cleo	Ambrose		BOLA	3	PAARL	24-Feb

4 x 100m Relay SAR: 0:41.00

0:40.76	RSA			RSA	1	BOKSBURG	28-Apr SAR
0:41.42	AGN A			AGN	1S1	PAARL	6 Apr
0:41.91	AGN B			AGN	2S1	PAARL	6 Apr
0:42.45	WPA			WPA	1S2	PAARL	6 Apr
0:42.79	LIMA			LIMA	2S2	PAARL	6 Apr
0:42.96	BOLA			BOLA	3S1	PAARL	6 Apr
0:42.98	AMPU			AMPU	3S2	PAARL	6 Apr
0:43.14	AFS			AFS	4S2	PAARL	6 Apr
0:43.31	AGN C			AGN	5S2	PAARL	6 Apr
0:43.47	EPA			EPA	4S1	PAARL	6 Apr

4 x 400m Relay SAR: 0:3:14.19

03:13.72	RSA			RSA	1	BOKSBURG	28-Apr SAR
03:21.20	BOLA			BOLA	1	PAARL	07 Apr
03:41.31	EPA			EPA	2	PAARL	07 Apr

03:42.72

WPA

WPA

3

PAARL

07 Apr

Female

<u>100m</u>		SA : 11.54						
11.55	1.5	Rose	XEYI	2001/03/16	AGN	1	PAARL	05-Apr
11.83	-1.2	Nicola	VAN DER MERWE	2001/01/29	ANWN	2S2	BOKSBURG	27-Apr
12.18	1.4	Mianda	VAN STADEN			1h1	POTCHEFSTROOM	20-Jan
12.23	1.5	Charlize	EILERD	2002/03/15	AGN	3	PAARL	05-Apr
12.24	1.5	Saskia	WAIT	2001/12/07	EPA	4	PAARL	05-Apr
12.26	1.5	Tumisho	MMATLI	2002/06/18	AGN	5	PAARL	05-Apr
12.59	0.1	Portia	Machaba		AFS	1	Boemfontein	9 Apr
12.69	0.3	Demee	JANSEN	050801	AGN	1	Pilditch - PRETORIA	13-Jan
12.74	0.5	Segopotso	MOLOI		AGN	1h1	BOKSBURG	27-Jan
12.75	1.1	Naledi	MOFOLO			1h2	POTCHEFSTROOM	20-Jan

Wind

12.66	3.8	CAITLIN	ISAACS	04-Feb-02	BOLA	1r3	Parow	13-Jan
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<u>150m</u>								
19.07	-1.0	Suzie	BURGESS	211101	AGN	1	Pilditch - PRETORIA	13-Jan

<u>200m</u>		SAR : 23.30						
23.86	1.3	Nicola	VAN DER MERWE	2001/01/29	ANWN	1S2	BOKSBURG	28-Apr
24.99	-0.5	Carla	HATTING		CGA	1	POTCHEFSTROOM	20-Jan

25.10	-0.5	Gontse	MORAKE		AGN	2	POTCHEFSTROOM	20-Jan
25.14	-2.4	Marzaan	LOOTS	2001/06/25	GN	2	PAARL	07-Apr
25.16	-2.4	Shere	JANSE VAN RENSBURG	2001/12/04	AVT	3	PAARL	07-Apr
25.41	-2.4	Michelle	MOFFOME	2001/08/20	AGN	4	PAARL	07-Apr
25.48	-2.4	Jessica	BOMPASS	2001/04/18	KZNA	5	PAARL	07-Apr
25.61	-1	Liezl	THERON	2001/07/24	AGN	1S2	TUKS-Pretoria	16-Mar
25.76	-0.2	Marga-rita	VAN DER LINDE	2002/04/18	WPA	1S1	TUKS-Pretoria	16-Mar
25.94	-0.5	Clarise	BRITS			4	POTCHEFSTROOM	20-Jan

WIND

26.41	2.1	Segopotso	MOLOI		AGN	1	BOKSBURG	27-Jan
26.68	2.1	Zoe	VAN BLERK		CGA	2	BOKSBURG	27-Jan
27.39	2.1	Meagan	THOMPSON		CGA	3	BOKSBURG	27-Jan

300m

46.38		Tayla	BARR	080301	AGN	3	Pilditch - PRETORIA	13-Jan
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400m **SAR : 0:52.88**

0:53.83		Amy	NAUDE	2002/01/07	KZNA	1	BOKSBURG	27-Apr
0:54.47		Carla	HATTINGH	2001/10/10	CGA	1	PAARL	07-Apr
0:55.56		Mathabo	VELDTMAN	2001/02/09	AGN	3	PAARL	07-Apr
0:56.69		Suzie	BURGESS	2001/11/12	AGN	4	PAARL	07-Apr
0:56.73		Danica	STRYDOM	2001/05/22	AGN	5	PAARL	07-Apr
0:57.46		Sesi	MBATHA	2001/03/11	AGN	5S3	TUKS-Pretoria	15-Mar
0:58.44		Nicole	LOUW	2001/07/26	ACNW	1	Potchefstroom	20-Feb
0:58.45		Zineldi	VAN HEERDEN			1	POTCHEFSTROOM	20-Jan
0:58.84		Chandre	Erasmus		AFS	1	Bloemfontein	09-Apr
0:58.88		Karla	DE JAGER			1	POTCHEFSTROOM	20-Jan

800m **SAR : 2:02.57**

2:07.43		Prudence	SEKGODISO	2002/01/05	AGN	1	PAARL	05-Apr
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2:07.60	Lee-anne	BLAKE	2001/01/14	AGN	2	PAARL	05-Apr
2:09.70	Nicole	LOUW	2001/07/26	AFS	3	PAARL	05-Apr
2:10.87	Jana	VD MERWE	2001/03/28	AGN	4	PAARL	05-Apr
2:12.03	Senosi	KOLETSO	2001/10/01	AGN	4S2	TUKS-Pretoria	15-Mar
2:12.77	Chanel	DU PLESSIS	2002/03/31	AGN	5	PAARL	05-Apr
2:14.13	Luzaan	DE WIT		KZNA	2	Kings Park - DURBAN	12-Jan
2:21.30	Ziyanda	Sexaxa		AFS	2	Bloemfontein	09-Apr-18
2:21.55	Xante	DE KLERK	/ /	AVT	1	TUKS-Pretoria	17-Mar
2:22.63	Megan	Prinsloo		AFS	3	Bloemfontein	09-Apr-18

1500m

SAR : 04:06.87

04:24.77	Nicole	LOUW	2001/07/26	AFS	1	PAARL	07-Apr
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
04:36.60	Dipuo	MASHAMAITE	2001/10/02	CGA	5	TUKS-Pretoria	16-Mar
04:39.67	Johne	AUCAMP	2002/10/25	AGN	5	PAARL	07-Apr
04:53.58	Casey	BOSMAN		CGA	1	BOKSBURG	27-Jan
04:54.07	Cara	DU PREEZ			1	POTCHEFSTROOM	20-Jan
04:55.55	Silindile	XIMBA		KZNA	2	Kings Park - DURBAN	12-Jan
04:56.98	Chante	DIXON		CGA	1	GERMISTON	20-Jan

3000m

SAR : 08:39.00

09:27.55	Carmi	PRINSLOO	2002/01/31	AGN	1	PAARL	06-Apr
09:34.69	Lyndi	ROELOFSE	2001/04/30	CGA	2	PAARL	06-Apr
09:51.20	Casey	BOSMAN	2001/01/10	CGA	3	PAARL	06-Apr
09:59.73	Cara	DU PREEZ	2001/10/13	ACNW	4	PAARL	06-Apr
10:04.83	Chante	DIXON	2002/03/05	CGA	5	PAARL	06-Apr
10:08.5	Nicole	Louw		AFS	1	Bloemfontein	09-Apr
11:14.06	Kenaleone	KUMILE		CGA	2	BOKSBURG	27-Jan
11:16.10	Maja	Van Aswegen	2001/01/01	BOLA	1	PAARL	24-Feb
11:23.07	KIA	GIBBS	09-Dec-01	WPA	3	Parow	13-Jan

11:37.30 Carli Jacobs 2002/11/10 BOLA 2 PAARL 24-Feb

5000m

19:45.41	KIA	GIBBS	09-Dec-01	WPA	5	CAPE TOWN	20-Jan
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2000m Steeple 76.2cm **SAR : 06:42.68**

06:44.43	Cara	DU PREEZ	2001/10/13	ACNW	1	PAARL	05 Apr
06:55.90	Isabel	STICKELLS	2001/05/01	AGN	2	BOKSBURG	27-Apr
07:04.29	Yolandi	VAN DEVENTER	2001/12/05	ACNW	3	PAARL	05 Apr
07:22.65	Leshan	CURLEWIS	2002/09/19	AGN	5	PAARL	05 Apr
07:46.79	Delight	NCUBE		CGA	1	GERMISTON	20-Jan
07:48.01	MEAGAN	SWANEPOEL	05-Oct-01	WPA	2	CAPE TOWN	20-Jan
08:00.39	Michelle	MATIYULHIRA		CGA	2	GERMISTON	20-Jan
08:02.83	Charne	Erasmus		AFS	1	Freestate	09-Apr
08:03.93	Ziyanda	Sexaxa		AFS	2	Freestate	09-Apr
08:08.52	Casey	MCGEE		CGA	3	GERMISTON	20-Jan

100m Hurdles 76.2cm **SAR : 13.18**

13.37	-0.3	Kayla	VAN DEN BERGH	2002/01/10	ACNW	1	PAARL	06 Apr
13.46	-0.3	Antoinette	VAN DER MERWE	2001/01/27	AGN	2	PAARL	06 Apr
14.08	-0.3	Marione	FOURIE	2002/04/30	AVT	3	PAARL	06 Apr
14.29	-0.3	Charlize	EILERD	2002/03/15	AGN	4	PAARL	06 Apr
14.34	0.8	Liane	VAN JAARVELD	2001/01/23	CGA	1S2	TUKS-Pretoria	16-Mar
14.37	-0.3	Mieke	BASSON	2001/01/09	BOLA	5	PAARL	06 Apr
14.58	-0.5	Marga-rita	VAN DER LINDE	2002/04/18	WPA	1S1	TUKS-Pretoria	16-Mar
14.75	2.1	Cara	Van Wyk		AFS	1	Freestate	09-Apr
14.98	0.8	Liezl	THERON	2001/07/24	AGN	2S2	TUKS-Pretoria	16-Mar
15.41	0.8	Ameerah	DONOUGH	2001/02/05	WPA	3S2	TUKS-Pretoria	16-Mar

400m Hurdles 76.2cm **SAR : 0:57.91**

0:57.81	Gontse	MORAKE	2001/03/16	AGN	1	PAARL	05 Apr	SAR
1:00.13	Marzaan	LOOTS	2001/06/25	AGN	2	BOKSBURG	28-Apr	
1:02.23	Danica	STRYDOM	2001/05/22	AGN	3	PAARL	05 Apr	
1:04.21	Tatum	MAHER	2001/02/04	BOLA	4	PAARL	05 Apr	
1:05.12	Zane	VAN DEVENTER		AGN	1	PILDITCH-Pretoria	27-Jan	
1:05.22	Elitha	SYLVESTER	2001/08/22	WPA	5	PAARL	05 Apr	
1:06.54	Marijke	HOEKSEMA	2002/03/06	CGA	6	PAARL	05 Apr	
1:06.81	Carmine	VAN DER WESTHUIZEN		CGA	1	BOKSBURG	27-Jan	
1:09.74	Christina	VD MERWE	161102	AGN	3	Pilditch - PRETORIA	13-Jan	
1:09.96	Bianca	Kirstein	2002/09/20	BOLA	2	PAARL	24-Feb	

High Jump

SAR : 1.96

1.75	Bianca	ERASMUS	2002/05/28	AVT	1	PAARL	06 Apr	
1.70	Zihle	MAKAMBA	2002/02/11	AGN	2	PAARL	06 Apr	
1.70	Carmien	OLIVIER	2002/04/09	ASWD	3	PAARL	06 Apr	
1.70	Carmen	BRITZ	2001/05/30	AGN	4	PAARL	06 Apr	
1.65	Fleur	SLOT	2001/01/10	BOLA	5	PAARL	06 Apr	
1.61	Leandri	KETCH	2001/02/17	BOLA	1	TUKS-Pretoria	16-Mar	
1.61	Liezl	THERON	2001/07/24	AGN	2	TUKS-Pretoria	16-Mar	
1.60	Jeane	MINNAAR	2001/02/02	AGN	14	TUKS-Pretoria	15-Mar	
1.57	Benitha	Pretorius	2002/06/20	BOLA	1	PAARL	24-Feb	
1.55	Jenna	VAN DAMME		CGA	1	GERMISTON	20-Jan	

Pole Vault

SAR : 3.95

3.80	Nicole	JANSE VAN RENSBURG	2001/01/04	BOLA	2	TUKS-Pretoria	15-Mar	
3.50	Kian-lee	DU TOIT	2001/12/10	BOLA	5	TUKS-Pretoria	15-Mar	
3.50	Tonet	TALLIE	2002/03/26	BOLA	3	TUKS-Pretoria	15-Mar	
3.40	Mirè	REINSTORF	2002/06/05	ASWD	3	PAARL	05 Apr	
3.20	Erica	MOOLMAN	2001/11/03	BOLA	4	PAARL	05 Apr	
2.70	Renate	SCHOEMAN	010102	AGN	1	Pilditch - PRETORIA	13-Jan	
2.70	Ilka	FOURIE	2001/06/10	WPA	5	PAARL	05 Apr	
2.60	Bianca	LAUBSCHER	2001/10/15	BOLA	5	PAARL	24-Feb	

2.50		Melissa	MOUTON	2002/03/01	BOLA	7	PAARL	24-Feb
2.42		Carla	KRUGER	2003/04/30	ACNW	4	Potchefstroom	20-Feb

Long Jump SAR : 6.37

5.61	-0.8	Rose	XEYI	2001/03/16	AGN	6	TUKS-Pretoria	16-Mar
5.96	1.9	Esther	SOLARIN	2001/09/12	AGN	1	PAARL	07 Apr
5.81	0.7	Mieke	BASSON	2001/01/09	BOLA	2	PAARL	07 Apr
5.57	-0.3	Maricelle	DE JAGER	/ /	AGN	3	BOKSBURG	27-Apr
5.56	1.1	Suneel	LOUWRENS	2001/04/12	BOLA	5	PAARL	07 Apr
5.45	0.7	Ester	SOLARINA		AGN	2	PILDITCH-Pretoria	27-Jan
5.41	1.5	Cora	GROENEWALD	120102	AFS	1	Bloemfontein	10-Feb
5.19	0.3	Jessica	STEYN	/ /	AVT	1	TUKS-Pretoria	17-Mar
5.17	-1.8	Danielle	LEONARD		CGA	1	GERMISTON	20-Jan
5.17	-1.6	Andrea	KOMMER	2001/12/15	ASWD	8	TUKS-Pretoria	16-Mar

WIND

5.18	2.6	Gabrielle	LAZARUS	260601	WPA	1	Parow	13-Jan
5.80	2.4	Nolwazi	MASHABA	2002/01/10	AMPU	3	PAARL	07 Apr
5.59	3.1	Zihle	MAKAMBA	2002/02/11	AGN	4	PAARL	07 Apr

Triple Jump 9m SAR: 12.77

13.10	1.8	Gontse	MORAKE	2001/03/16	AGN	1	BOKSBURG	28-Apr SAR
12.46	-0.1	Nolwazi	MASHABA	2002/01/10	AMPU	2	PAARL	06 Apr
12.14	-0.1	Elisete	LESO	2001/01/28	AGN	3	PAARL	06 Apr
11.99	0.4	Elmer é	van der Berg	090401	AFS	1	Bloemfontein	10-Feb
11.93	2.1	Elisete	LESO	2001/01/28	AGN	4	BOKSBURG	28-Apr
11.73	0.3	Suneel	LOUWRENS	2001/04/12	BOLA	4	PAARL	06 Apr
11.60	-0.4	Danielle	NOLTE	2002/01/11	AGN	5	PAARL	06 Apr
11.42	-2.3	Andrea	KOMMER	2001/12/15	ASWD	7	TUKS-Pretoria	17-Mar
10.92	-1.1	Angelique	VAN NIEKERK		CGA	1	GERMISTON	20-Jan
10.58	1.6	Jessica	PETERSEN	101101	WPA	2	Parow	13-Jan

WIND

12.93	3.6	Nolwazi	MASHABA	2002/01/10		2	BOKSBURG	28-Apr
11.03	3.8	Ameerah	DONOUGH	050201	WPA	1	Parow	13-Jan

Shot Put 3kg **SAR : 17.52**

17.46		Dane	ROETS	2002/01/16	CGA	1	BOKSBURG	28-Apr
15.29		Nicole	FERREIRA	2001/08/21	EPA	2	PAARL	07 Apr
15.14		Juanita	DE NECKER	2002/07/10	AVT	2	BOKSBURG	28-Apr
14.97		Christelle	GROBLER	2002/02/13	CGA	3	BOKSBURG	28-Apr
14.35		Danae	JV RENSBURG	2001/08/07	AGN	4	PAARL	07 Apr
14.34		Nicola	THERON	2001/04/21	AGN	5	PAARL	07 Apr
13.92		Su-Mari	GOUWS	101002	AFS	1	Bloemfontein	10-Feb
13.36		Heike	De'Nysschen		AFS	2	Freestate	9 Apr
13.23		Bodine	DEGLI UMBERTI	310102	AGN	1	Pilditch - PRETORIA	13-Jan
13.18		Kayla	SMIT	060401	WPA	1	Parow	13-Jan

Discus 1kg **SAR : 52.10**

43.39		Dane	ROETS	2002/01/16	CGA	1	PAARL	06 Apr
42.43		Cara	Coetzee	2001/12/05	BOLA	1	PAARL	24-Feb
41.43		Belinda	JVRENSBURG	2002/12/01	AGN	3	PAARL	06 Apr
41.31		Belinda	JANSE VAN RENSBURG	2002/12/01	AGN	3	BOKSBURG	27-Apr
40.94		Juanita	DE NECKER	2002/07/10	AVT	4	PAARL	06 Apr
40.22		Christelle	GROBLER	2002/02/13	CGA	4	BOKSBURG	27-Apr
40.19		Georgia	CHANNON	2001/03/19	BOLA	5	PAARL	06 Apr
39.84		Kayla	HARRIS	2001/09/17	KZNA	6	PAARL	06 Apr
38.45		Jordaan	CARMEN		CGA	3	GERMISTON	20-Jan
38.14		Cara	KRUGMAN	2002/11/13	AGN	5	TUKS-Pretoria	17-Mar

Hammer Throw 3kg **SAR : 66.99**

58.30		Kayla	SMIT	2001/04/06	WPA	1	BOKSBURG	28-Apr
57.78		Phetisang	MAKHETEHE	2002/09/05	AFS	2	BOKSBURG	28-Apr

55.22	Dane	COETZER	2002/08/28	EPA	3	BOKSBURG	28-Apr
54.75	Phetihisang	Makhethe		AFS	1	Freestate	9 Apr
51.18	Elaine	Pretorious		AFS	2	Freestate	9 Apr
49.82	Charmel	ELS	2002/02/04	AFS	4	PAARL	07 Apr
49.28	Elme	BOTHA	2001/01/07	ASWD	5	PAARL	07 Apr
49.22	Su-mari	GOUWS	2002/10/10	AFS	6	PAARL	07 Apr
48.61	Anja	PRINS	2002/01/16	BOLA	7	PAARL	07 Apr
46.93	Jeanne-Mari	Laubscher	2003/05/03	BOLA	1	PAARL	24-Feb

Javelin 500g **SAR : 57.55**

48.66	Chane	VAN ZYL	2002/08/08	AGN	1	BOKSBURG	27-Apr
47.14	Savannah	COMBRINK	2001/04/17	AGN	2	BOKSBURG	27-Apr
44.41	Annemieke	HUIJINK	2002/11/02	AFS	1	TUKS-Pretoria	17-Mar
43.74	Arne	VAN DER MERWE	2001/12/03	AFS	3	PAARL	06 Apr
41.82	Leandri	LE GRANGE	2002/03/14	ACNW	4	PAARL	06 Apr
40.97	Heike	De' Nysschen		AFS	1	Freestate	09-Apr
40.17	Ansune	SMIT	2001/06/01	BOLA	5	PAARL	06 Apr
40.01	Leandre	Ketch	2001/01/01	BOLA	1	PAARL	24-Feb
38.82	Nike	LABUSCHANGNE	2001/01/07	EPA	6	PAARL	06 Apr
38.36	Mischa	Van Den Berg		AFS	3	Freestate	09-Apr

3000m Walk (Track) **SAR : 15:43.72**

16:13.79	Meanri	ERASMUS	28/02/2001	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

5000m Walk (Track) **SAR : 25:17.69**

26:34.48	Marissa	SWANEPOEL	2002/01/22	AGN	1	PAARL	05 Apr
26:50.53	Mariska	Stander		AFS	1	Freestate	9 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
29:50.87	Cara	BESTER	2002/01/11	BOLA	6	PAARL	05 Apr
30:00.95	Stephanie	VAN ZYL	2001/10/04	BOLA	7	PAARL	05 Apr
30:41.51	Dimakatso	MTSHEBE	2001/03/12	CGA	8	PAARL	05 Apr
31:47.93	Katlego	RAMAKGOAKGOA	2002/06/25	AGN	9	PAARL	05 Apr

4 x 100m Relay

SAR : 0:45.62

0:45.64	RSA		RSA		1	BOKSBURG	28-Apr
0:47.31	AGN A		AGN		1	PAARL	06 Apr
0:47.98	AGN B		AGN		2	PAARL	06 Apr
0:48.14	BOLA		BOLA		3	PAARL	06 Apr
0:49.39	CGA		CGA		4	PAARL	06 Apr
0:49.52	WPA		WPA		5	PAARL	06 Apr
0:50.62	AMPU		AMPU		6	PAARL	06 Apr

4x 400m Relay

SAR : 03:46.85

03:49.97	AGN A		AGN		1	PAARL	07 Apr
03:52.47	RSA		RSA		1	BOKSBURG	28-Apr
03:54.19	AGN B		AGN		2	PAARL	07 Apr
04:00.93	CGA		CGA		3	PAARL	07 Apr
04:13.92	WPA		WPA		4	PAARL	07 Apr