

South African Track & Field Performances 2018

as @ 30 April 2018

Under 20 {JUNIOR} (Born 1999/2000)

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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>
MALE								
100m								
10.11	1.7	Thando	DLODLO	1999/04/22	CGA	2S3	TUKS-Pretoria	15-Mar SAR
10.22	1.6	Retshidisitswe	MLENGA	2000/02/27	AGN	1	PAARL	05-Apr
10.22	1.6	Maleseka	SENONA	1999/03/07	AGN	2	PAARL	05-Apr
10.27	-0.2	Retsiditswe	MHLENGA	2000/02/27	AGN	3S1	TUKS-Pretoria	15-Mar
10.27	1.6	Thembo	MONARENG	1999/02/14	AGN	4	PAARL	05-Apr
10.32	2	Tsebo	MATSOSO		AFS	1	BLOEMFONTEIN	09-Apr
10.65	2	Mojalefa	Mohloki		AFS	2	BLOEMFONTEIN	09-Apr
10.74	-1.3	Obakeng	BALOYI			1h4	POTCHEFSTROOM	20-Jan
10.78	2	Neo	MORAKE		AFS	3	BLOEMFONTEIN	09-Apr
10.86	0.1	Maritz	Pieters	21/08/1999	ACNW	2h3	POTCHEFSTROOM	13-Feb
WIND								
10.11	1.7	Thando	DLODLO	1999/04/22	CGA	2S3	TUKS-Pretoria	15-Mar
10.69	3.9	MUKENDI	MAKOLO	10-Feb-00	WPA	1r1	Parow	13-Jan
10.75	3.9	GRANT	ANDREWS	08-Jul-99	WPA	2r1	Parow	13-Jan
200m								
20.41	1.8	Thando	DLODLO	1999/04/22	CGA	2	TUKS-Pretoria	17-Mar
20.98	-0.9	Tsebo	MATSOSO		AFS	1h1	BLOEMFONTEIN	09-Apr

21.43	-1	Retshidisitswe	MLENGA	2000/02/27	AGN	3	PAARL	07-Apr
21.51	1.2	Lehlognolo	MASEKO			1h1	POTCHEFSTROOM	20-Jan
21.66	-1	Ruben	ELS	2000/01/11	AGN	4	PAARL	07-Apr
21.71	-0.9	Phelalani	Gasa		AFS	2h1	BLOEMFONTEIN	09-Apr
21.82	0.4	Maritz	Pieters	21/08/1999	ACNW	4h3	POTCHEFSTROOM	13-Feb
21.92	-2.2	Carli	MEYER	050199	CGA	1	Pilditch - PRETORIA	13-Jan
21.95	-1	Thembo	MONARENG	1999/02/14	AGN	5	PAARL	07-Apr
22.19	-0.7	Divan	VAN DER WALT	1999/11/09	ACNW	4	POTCHEFSTROOM	20-Feb

WIND

20.70	2.5	Thando	DLODLO	1999/04/22	CGA	1S2	BOKSBURG	28-Apr
20.91	2.5	Tsebo	MATSOSO	1999/05/27		2S2	BOKSBURG	28-Apr
23.28	2.4	TASHRIQ	PARKER	07-May-00	WPA	1r2	CAPE TOWN	20-Jan

400m **SAR : 0:45.15**

0:45.86	Zazini	SOKHWAKHANA	2000/01/23	AGN	1	PAARL	07-Apr
0:46.22	Thando	DLODLO		AGN	1	GERMISTON	20-Jan
0:46.42	Gabriel	LOUW	1999/02/18		2S3	BOKSBURG	27-Apr
0:47.31	Quintin	PENNELLS	1999/04/21	AGN	5H3	TUKS-Pretoria	15-Mar
0:47.57	Benu	MEINTJES	2000/02/18	GWA	3	PAARL	07-Apr
0:47.80	Ruan	DE JONGH	2000/02/17	CGA	4H2	TUKS-Pretoria	15-Mar
0:47.87	Ashraf	PETERSEN	1999/07/30	WPA	4	PAARL	07-Apr
0:48.13	Qunintin	PENNELLS	1999/04/21	AGN	5	PAARL	07-Apr
0:48.25	Handre	JONKER			1	POTCHEFSTROOM	20-Jan
0:48.72	Benu	MEINTJIES			1h1	POTCHEFSTROOM	20-Jan

600m

1:28.24	Rikus	BOTHA	100999		5	Pilditch - PRETORIA	13-Jan
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800m **SAR : 1:45.46**

1:50.10	Christopher	SWART	2000/04/19	AGN	4H5	TUKS-Pretoria	15-Mar
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1:52.40	Reinard	REITSMA	2000/02/02	BOLA	1	PAARL	05-Apr
1:52.56	Omphile	MOLOTSI	2000/02/09	AGN	2	PAARL	05-Apr
1:52.84	Gert	JONKER	2000/06/18		3	BOKSBURG	28-Apr
1:52.95	Luan	MUNNIK	2000/04/22	AGN	4	PAARL	05-Apr
1:53.06	Paul	ROOS	2000/01/04	AGN	8H2	TUKS-Pretoria	15-Mar
1:53.08	Francois	BRUWER	1999/01/22	BOLA	5	PAARL	05-Apr
1:53.32	Martin	BLIGNAUT	2000/06/19	AGN	5H4	TUKS-Pretoria	15-Mar
1:53.50	Phelani	MADUWA	1999/10/29		6	BOKSBURG	28-Apr
1:54.08	Nusawenkosi	ZUNGU		KZNA	2	Kings Park - DURBAN	12-Jan

<u>1500m</u>	SAR : 03:38.15						
03:48.32	Dais	MALEBANA	1999/02/11	AGN	1	PAARL	07-Apr
03:50.44	Omphile	MOLOTSI	2000/02/09	AGN	2	PAARL	07-Apr
03:51.47	Kutwilsiso	SILINDILE	1999/01/17	CGA	3	PAARL	07-Apr
03:52.17	Luan	MUNNIK	2000/04/22	AGN	4	PAARL	07-Apr
03:53.07	Christopher	SWART	2000/04/19	AGN	5	PAARL	07-Apr
03:57.07	Thabo	VITO	1999/02/22		3	BOKSBURG	27-Apr
03:57.09	Robert	DE VILLIERS			1	POTCHEFSTROOM	20-Jan
03:59.04	Sidinile	KUTLWISISO			4	BOKSBURG	27-Apr
03:59.16	Kutlwisiso	SIDINILE		CGA	1	BOKSBURG	27-Jan
04:00.01	Maxime	CHAUMETON		CGA	2	BOKSBURG	27-Jan

<u>1Mile</u>	SAR : 03:58.15						
4:41.98	De Andrè	Erasmus	13/08/1999	ACNW	5	POTCHEFSTROOM	13-Feb

<u>3000m</u>	SAR : 08:00.08						
08:27.67	Kabelo	SEBOKO		CGA	2	BOKSBURG	27-Jan
09:18.95	Donald	SEITEI		CGA	7	BOKSBURG	27-Jan
09:38.68	FERNANDO	VRIES	30-Jun-00	WPA	3	Parow	13-Jan
09:58.81	AYABULELA	BODLO	13-Nov-00	WPA	4	Parow	13-Jan
10:03.32	LETHU	CETYWAYO	02-Jan-00	WPA	5	Parow	13-Jan

11:33.26	DANIEL	STOPFORD	11-Nov-00	WPA	10	Parow	13-Jan
11:41.82	CORNE	STANDER	24-Nov-00	WPA	11	Parow	13-Jan

5000m SAR : 13:26.88

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
14:31.75		Phenyo	CHIDI	1999/05/17	CGA	4	PAARL	06 Apr
14:51.27		Tumi	LEPHOTO	2000/02/27	CGA	5	PAARL	06 Apr
15:11.50	HT	Wilton	Vlink	1999/03/08	BOLA	1	PAARL	24-Feb
15:40.09		Evans	MALEPE		CGA	1	GERMISTON	20-Jan
15:40.38		Kgotso	Lesia		AFS	2	BLOEMFONTEIN	09 Apr
15:47.92		Christopher	SWART		AGN	1	PILDITCH-Pretoria	27-Jan
15:55.40		Tony	NYIKA		CGA	2	GERMISTON	20-Jan

10000m SAR : 28:50.94

31:06.56		Tumi	LEPHOTO	2000/02/27	CGA	1	PAARL	05 Apr
31:14.78		Itumeleng	SESIKO	1999/05/08	CGA	2	PAARL	05 Apr
32:35.94		Evans	MALEPE	2000/01/31	CGA	3	PAARL	05 Apr
32:49.90		Tony	NYILIKA	1999/11/02	CGA	4	PAARL	05 Apr
33:01.64		Alistar	BLAAUW	1999/09/28	BOLA	5	PAARL	05 Apr
33:17.62		Motlatsi	Ntsasa		AFS	1	Bloemfontein	09-Apr
34:16.92		Lucky	MBONANI		CGA	3	BOKSBURG	27-Jan
38:17.29		Sphamandla	Mhlophe		AFS	2	Bloemfontein	09-Apr
41:08.06		Pule	Chou		AFS	3	Bloemfontein	09-Apr

3000m Steeple 91.4cm SAR : 08:30.29

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
09:17.59		Onkabetse	SEBOLA	1999/05/01	CGA	3	PAARL	05 Apr
09:19.45		Lebohang	MAHLOANE	2000/01/21	KZNA	4	PAARL	05 Apr

09:33.73		Cebo	MHLUNGU	2000/01/24	KZNA	5	PAARL	05 Apr
09:45.03		Tumi	LEPHOTO		CGA	1	BOKSBURG	27-Jan
09:49.85		Kgotso	Lesia		AFS	1	Bloemfontein	09 Apr
09:59.70	HT	Wilton	Vlink	1999/03/08	BOLA	1	PAARL	24-Feb
10:09.53		Sifiso	MAZIBUKO		CGA	1	GERMISTON	20-Jan
10:13.12		Tshiamo	Maribe		AFS	2	Bloemfontein	09 Apr

60m Hurdles 99.4cm

08.56	-0.6	Marcello	Pienaar	1999/02/08	ACNW	4	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 Hurdles 99.4cm **SAR : 13.49**

13.56	0	Silisapho	DINGISWAYO	1999/06/17		1	BOKSBURG	27-Apr
13.81	1.1	Azile	MADINI	1999/05/20	WPA	2	PAARL	06 Apr
13.9	1.1	Marcello	PIENAAR	1999/02/08	ACNW	3	PAARL	06 Apr
14.09	1.1	Mathew	OCTOBER	2000/05/31	BOLA	4	PAARL	06 Apr
14.21	1.1	Rudolph	RICHTER	2000/09/06	AGN	5	PAARL	06 Apr
14.33	1	MD	Laubscher		AFS	1	Bloemfontein	09-Apr
14.37	1	Petrus	Jacobs		AFS	2	Bloemfontein	09-Apr
14.62	1	Roelf	VAN DER WALT		CGA	1	BOKSBURG	27-Jan
14.76	1	Relebohile	Molete		AFS	3	Bloemfontein	09-Apr
14.76	-0.5	Diaan	LOMBAARD	1999/11/21	ACNW	1	POTCHEFSTROOM	20 Feb

WIND

14.79	4.5	AZILE	MADINI	20-May-99	WPA	1	Parow	13-Jan
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400m Hurdles 91.4cm **SAR : 0:48.76**

0:49.32		Zazini	SOKHWAKHANA	2000/01/23	AGN	2	TUKS-Pretoria	17-Mar
00:50.6		Loutjie	STEENEKAMP	1999/03/18	AGN	2	PAARL	05 Apr
0:51.57		Sokwakhana	ZAZINI	2000/01/23	AGN	2S3	TUKS-Pretoria	15-Mar

00:52.3	Liam	PIETERSEN	2000/04/13	WPA	3	PAARL	05 Apr
00:53.1	Ruan	LABUSCHAGNE	2000/04/05	AMPU	4	PAARL	05 Apr
0:53.43	Adam	MAYO	2000/04/19	AGN	6S2	TUKS-Pretoria	15-Mar
00:53.7	Lesedi	MATLALA	2000/03/09	CGA	5	PAARL	05 Apr
0:54.74	LIAM	PETERSEN	13-Apr-00	WPA	1	CAPE TOWN	20-Jan
0:55.33	Zweli	NGOMA		CGA	1	GERMISTON	20-Jan
0:55.52	Heinrich	Eybers	1999/05/18	ACNW	3	POTCHEFSTROOM	20 March

High Jump

SAR : 2.31

2.20	Breyton	POOLE	2000/03/23	WPA	2	TUKS-Pretoria	17-Mar
2.09	Matome	SHABANGU	2000/08/14	CGA	2	BOKSBURG	28-Apr
2.05	Gift	NKOSI	1999/01/02	AGN	2	PAARL	06 Apr
1.95	Leandre	VAN ROOYEN	1999/03/17	AGN	9	TUKS-Pretoria	17-Mar
1.95	Enrique	FOURIE	2000/04/27	AGN	3	PAARL	06 Apr
1.95	Bronwen	FRANSMAN	1999/03/19	BOLA	5	PAARL	06 Apr
1.90	Siyanda	MASUKU		CGA	1	BOKSBURG	27-Jan
1.90	Matthew	PUDULE		CGA	2	BOKSBURG	27-Jan
1.86	Renaldo	MC KENZIE	/ /	BOLA	1	TUKS-Pretoria	15-Mar
1.85	TASHRIQ	PARKER	07-May-00	WPA	1	CAPE TOWN	20-Jan

Pole Vault

SAR : 5.50

5.40	Valco	VAN WYK	2000/07/26	BOLA	1	TUKS-Pretoria	15-Mar
5.23	Ekhardt	VAN DER WATT	1999/10/04		1	BOKSBURG	28-Apr
4.25	Pieter	GILOMEE	2000/03/13	BOLA	3	PAARL	07 Apr
4.20	Elma	SCHUTTE		AGN	2	PILDITCH-Pretoria	27-Jan
4.10	Heinrich	SCHAEFER	2000/01/02	BOLA	5	PAARL	07 Apr
3.20	Renaldo	MC KENZIE	2000/04/08	BOLA	1	TUKS-Pretoria	16-Mar
3.00	Renaldo	Mackenzie	2000/04/08	BOLA	4	PAARL	24-Feb
2.65	Tashriq	PARKER	2000/05/07	WPA	2	TUKS-Pretoria	16-Mar
2.20	Ezzard	DE VILLIERS	2000/12/04	WPA	3	TUKS-Pretoria	16-Mar

Long Jump**SAR : 8.19**

7.39	-0.4	Aaron	PEDRO	1999/02/10		1	BOKSBURG	27-Apr
7.16	-0.5	Bevan	SASMAN	1999/01/09	WPA	7S2	TUKS-Pretoria	15-Mar
7.16	1.3	Muller	PIETERSE	1999/01/11	ACNW	3	PAARL	07 Apr
6.83	0.3	Luke	GAUCHE	2000/01/27	AGN	11S2	TUKS-Pretoria	15-Mar
6.81	0.3	Siyabonga	NYATHI	1999/07/25	AGN	7S1	TUKS-Pretoria	15-Mar
6.74	-0.2	Corner	GREYLING		AGN	1	PILDITCH-Pretoria	27-Jan
6.63	1.4	Caleb	Williams	2000/06/02	BOLA	3	PAARL	24-Feb
6.62	2	Avolina	JACOBS		CGA	2	GERMISTON	20-Jan
6.50	1.3	Tashriq	PARKER	2000/05/07	WPA	1	TUKS-Pretoria	15-Mar
6.45	-0.3	Andre	Pitso		AFS	1	Bloemfontein	09-Apr

Wind

7.42	2.2	Aaron	PEDRO	1999/02/10	CGA	1	PAARL	07 Apr
7.23	3.9	Christi	LE ROUX	2000/03/16	AGN	2	PAARL	07 Apr
7.14	4.3	Luke	GAUCHE	2000/01/27	AGN	4	PAARL	07 Apr

Triple Jump

13m

SAR : 16.96

14.96	-0.5	Tebogo	MASEEMA	2000/02/17	CGA	1	PAARL	07 Apr
14.95	-1	Kyle	GREEN	1999/01/14	WPA	2	PAARL	07 Apr
14.94	-1.3	Essan	KWEKU		AGN	1	PILDITCH-Pretoria	27-Jan
14.85	1.0	Christie	LE ROUX	160300	AGN	1	Pilditch - PRETORIA	13-Jan
14.84	1.7	Tebogo	MAZEEM	2000/02/17	CGA	9	TUKS-Pretoria	17-Mar
14.39	0	Mark	GAINES	2000/08/19	KZNA	3	PAARL	07 Apr
14.15	-0.2	Kyle	WASHAYA	2000/02/04	AGN	4	PAARL	07 Apr
14.06	0.3	Alulelwe	MBEWANA	1999/03/20	KZNA	5	PAARL	07 Apr
12.12	0.6	Marnus	LINDE	220700	AGN	6	Pilditch - PRETORIA	13-Jan
11.98	-0.7	Mcrinus	VAN VUUREN		CGA	2	GERMISTON	20-Jan

WIND

15.74	3	Tristan	FARAO	2001/05/15	BOLA	5	TUKS-Pretoria	17-Mar
14.91	2.4	Tebogo	MASEEMA	2000/02/17		2	BOKSBURG	28-Apr
14.22	5.7	Tiaan	Whelpton	2000/03/29	BOLA	1	PAARL	24-Feb

Shot Put6kg **SAR : 20.50**

21.65	Kayle	BLIGNAUT	1999/11/09	CGA	1	BOKSBURG	28-Apr SAR
18.22	Jonathan	DE LACEY LACEY	2000/01/05	AVT	2	BOKSBURG	28-Apr
17.84	Ignatius	MARAIS	1999/03/04	ACNW	2	PAARL	07 Apr
15.99	Chris	VAN NIEKERK	2000/08/30	AVT	4	PAARL	07 Apr
14.70	Charl	VAN ROOYEN		CGA	2	GERMISTON	20-Jan
14.19	Ewan	Roos	2000/01/27	BOLA	1	PAARL	24-Feb
12.95	Zaan	Hendricks	2000/01/08	BOLA	2	PAARL	24-Feb
12.57	Joshua	BHASERA		AGN	2	PILDITCH-Pretoria	27-Jan
12.56	Gabriel	BECHARD		CGA	3	GERMISTON	20-Jan
12.41	Lithile	Lolwane		AFS	1	Bloemfontein	09 Apr

Discus1.75kg **SAR : 63.94**

59.40	Ignatius	MARAIS	1999/03/04	ACNW	1	BOKSBURG	27-Apr
53.35	Kayle	BILGNAUT	091199	CGA	1	GERMISTON	20-Jan
52.08	Roubert	ROUSSEAU	1999/01/18	ACNW	2	PAARL	06 Apr
51.67	Franco	VERMEULEN	1999/03/23	BOLA	3	PAARL	06 Apr
48.07	Jan	VISSER	2000/03/13	NWCA	4	PAARL	06 Apr
47.90	Jonathan	DE LACEY LACEY	2000/01/05	AVT	5	PAARL	06 Apr
47.32	JF	SWANEPOEL		AGN	1	PILDITCH-Pretoria	27-Jan
44.87	Chris	VAN NIEKERK	2000/08/30	AVT	6	PAARL	06 Apr
44.08	Ewan	Roos	2000/01/27	BOLA	2	PAARL	24-Feb
43.54	Gilleam	VILJOEN	2000/12/09	AMPU	7	PAARL	06 Apr

Hammer Throw6kg **SAR : 81.04**

66.97	JC	SCHULTZ	1999/02/13	ACNW	1	BOKSBURG	28-Apr
60.37	Cedric	KOBOKANE	2000/06/06	AFS	2	PAARL	07 Apr
60.27	Hanno	DU PLESSIS	2000/03/22	ASWD	3	PAARL	07 Apr
57.66	James	HAVINGA	2000/09/27	AFS	4	PAARL	07 Apr
57.50	Corne	THIART	1999/01/14	WPA	5	PAARL	07 Apr

51.86	Dante	NEL	1999/11/09	EPA	6	PAARL	07 Apr
50.40	Johan	Minnaar	2000/05/13	ACNW	4	POTCHEFSTROOM	20 March
48.61	Eric	HAVENGA	2000/06/14	BOLA	7	PAARL	07 Apr
42.31	Dean	Nieuwoudt	2000/10/26	BOLA	1	PAARL	24-Feb

Javelin 800g **SAR : 83.07**

77.59	Anro	VAN EEDEN	1999/05/19	BOLA	1	PAARL	06 Apr
64.86	Coenraad	KOTZE	1999/03/04	ACNW	2	PAARL	06 Apr
62.02	Juan	Smith	2000/05/23	BOLA	2	PAARL	24-Feb
60.83	Stefan	SMIT	2000/01/09	AMPU	3	PAARL	06 Apr
57.47	Freddie	Visser	2000/12/29	BOLA	3	PAARL	24-Feb
56.07	Lohan	RHOODE	2000/01/24	AGN	4	PAARL	06 Apr
55.91	Xander	JORDAN	2000/06/29	CGA	5	PAARL	06 Apr
55.53	Renier	Janse van Rensburg	2000/01/02	BOLA	4	PAARL	24-Feb
54.46	Jannes	SCHLEBUSCH	260800	AFS	1	Bloemfontein	10-Feb
53.88	Chris	VAN NIEKERK	2000/08/30	AVT	6	PAARL	06 Apr

5000m Walk (Track) **SAR : 21:32.40**

24:30.04	Xolani	HLONGWANE		CGA	1	GERMISTON	20-Jan
25:39.31	Vusi	HLONGWANE		CGA	1	BOKSBURG	27-Jan
27:20.24	Tumelo	MOLETE		CGA	2	BOKSBURG	27-Jan
29:52.59	Kgosi	NGAKE		CGA	2	GERMISTON	20-Jan

10000m Walk (Track) **SAR : 0:44:23.12**

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
0:49:51.71	Sylvester	KALANIE	2000/08/23	AGN	5	PAARL	06 Apr
0:50:00.06	Russel	PRATT	2000/01/03	BOLA	6	PAARL	06 Apr
0:50:45.68	Austin	VAN NIEKERK	1999/05/02	WPA	7	PAARL	06 Apr

0:52:31.75	Sandile	SITHOLE	2000/10/31	KZNA	8	PAARL	06 Apr
0:52:48.63	Siphiwe	SESANE	1999/03/29	CGA	9	PAARL	06 Apr
0:54:47.86	Wentsley	MERKUUR	2000/02/13	WPA	10	PAARL	06 Apr

10km Walk (Road)

SAR : 0:44:53.00

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

4x 100m Relay

~~SAR : 0:39.59~~

0:39.33	RSA	RSA	1	BOKSBURG	28-Apr	SAR
0:39.46	Rsa Juniors	RSA	1	TUKS-Pretoria	15-Mar	SAR
0:39.96	AGN A	AGN	1	PAARL	6 Apr	
0:41.81	Puma Inv A 19		1	POTCHEFSTROOM	20-Jan	
0:42.14	AGN B	AGN	2	PAARL	6 Apr	
0:42.46	CGA A	CGA	3	PAARL	6 Apr	
0:42.49	AFS	AFS	4	PAARL	6 Apr	
0:42.51	WPA	WPA	5	PAARL	6 Apr	
0:42.58	AMPU	AMPU	6	PAARL	6 Apr	
0:43.16	Paarl AC	BOLA	1	PAARL	22-Mar	

4 x 400m Relay

SAR : 03:04.50

03:08.07	RSA	RSA	1	BOKSBURG	28-Apr
03:10.38	CGA A	CGA	1	PAARL	07 Apr
03:16.66	AGN	AGN	2	PAARL	07 Apr
03:17.27	WPA	WPA	3	PAARL	07 Apr
03:24.53	BOLA	BOLA	4	PAARL	07 Apr
03:24.82	ACNW	ACNW	5	PAARL	07 Apr
03:26.18	AMPU	AMPU	6	PAARL	07 Apr
03:29.02	CGA B	CGA	7	PAARL	07 Apr
03:42.53	ATRA	ATRA	8	PAARL	07 Apr

FEMALE

<u>100m</u>	SAR : 11.25							
12.00	0.7	Valeska	NEL	1999/04/20	AGN	1	PAARL	05-Apr
12.07	0.7	Rorisang	PADI	1999/05/05	AGN	2	PAARL	05-Apr
12.10	-2.6	Elsabe	DU PLESSIS	1999/03/15	AFS	3H1	TUKS-Pretoria	15-Mar
12.15	0.7	Simone	KELLERMAN	2000/02/07	AGN	3	PAARL	05-Apr
12.18	0.7	Taylor	UNDERHAY	1999/01/16	CGA	4	PAARL	05-Apr
12.20	0.7	Lara	JOHNSON	2000/11/14	WPA	5	PAARL	05-Apr
12.23	0.8	Angel	Kivido		AFS	1	BLOEMFONTEIN	09-Apr
12.41	1	Bellanca	Lombaard	1999/07/26	ACNW	2	POTCHEFSTROOM	20 March
12.46	-2.6	Prudence	KGADIMA	2000/04/11	CGA	7H1	TUKS-Pretoria	15-Mar
12.50	-0.4	Carne-Lee	OLKERS	220300	AGN	1	Pilditch - PRETORIA	13-Jan

	<u>WIND</u>							
12.60	2.4	ANJA	VAN HEERDEN	17-Dec-99	WPA	61	Parow	13-Jan
12.90	2.4	CHENE	BOSCH	24-Jan-00	WPA	7r1	Parow	13-Jan
13.18	3.1	JANETTA	JOUBERT	24-Sep-99	WPA	2r2	Parow	13-Jan

<u>200m</u>	SAR : 22.76							
24.50	1.5	Angel	KIVIDO	2000/02/04		1S2	BOKSBURG	28-Apr
24.63	1.5	Anja	VAN HEERDEN	1999/12/17		2S2	BOKSBURG	28-Apr
24.69	0.3	Simone	KELLERMAN	2000/02/07	AGN	5S1	TUKS-Pretoria	16-Mar
24.97	0.7	Elsabe	DU PLESSIS		AFS	2	BLOEMFONTEIN	09Apr
24.98	0.3	Julia	LUTZ	1999/06/24	CGA	7S1	TUKS-Pretoria	16-Mar
25.39	1.3	Carien	SANDER	150299	AFS	4	BLOEMFONTEIN	17-Feb
25.74	0.7	Louna	Jacobs		AFS	4	BLOEMFONTEIN	09Apr

25.75	-3.2	Taylor	UNDERHAY	1999/01/16	CGA	3	PAARL	07-Apr
25.87	-1.4	Prudence	KGADIMA		CGA	1	BOKSBURG	27-Jan
25.93	-0.1	Bellanca	Lombaard	26/07/1999	ACNW	4h2	POTCHEFSTROOM	13-Feb

WIND

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

45.22		Melissa	RAHRAY	021100	CGA	2	Pilditch - PRETORIA	13-Jan
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400m

SAR : 0:51.87

0:54.07		Marlie	VILJOEN	2000/08/01	AGN	3	TUKS-Pretoria	17-Mar
0:54.67		Nicola	GIBBON	2000/10/09	AGN	2	PAARL	07-Apr
0:55.39		Juli	VERCUIEL	2000/01/25	WPA	3	PAARL	07-Apr
0:55.45		Carien	SANDER	1999/02/15	AFS	2S1	TUKS-Pretoria	15-Mar
0:56.18		Liza	KELLERMAN	1999/09/16	CGA	5	PAARL	07-Apr
0:57.03		Armoure	LE ROUX		CGA	1	BOKSBURG	27-Jan
0:57.25		Louna	Jacobs		AFS	2	BLOEMFONTEIN	09-Apr
0:57.61		Bellanca	Lombaard	1999/07/26	ACNW	1h1	POTCHEFSTROOM	20 March
0:58.31		Leandra	Custodio	2000/07/01	BOLA	1	PAARL	24-Feb
0:58.87		Marie- Louisa	Koegelenberg	1999/06/10	ACNW	1h2	POTCHEFSTROOM	20 March

600m

01:41.9		Hielde	MARAIS	260800	AGN	2	Pilditch - PRETORIA	13-Jan
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800m

SAR : 1:55.46

2:08.27		Liza	KELLERMAN	1999/09/16	CGA	4	TUKS-Pretoria	17-Mar
2:09.88		Rhode	BOON	2000/07/05	AVT	2	PAARL	05-Apr
2:13.28		Janie	JANSE VAN RENSBUF	2000/08/09	AGN	3	PAARL	05-Apr
2:13.43		Thobile	AMON	1999/05/01	AGN	6S2	TUKS-Pretoria	15-Mar

2:14.01	Thobile	VILAKAZI	1999/11/20	CGA	4	PAARL	05-Apr
2:14.34	Odette	DREYER	1999/01/01	ACNW	5	PAARL	05-Apr
2:17.50	Ntsoaki	Molahloe		AFS	1	BLOEMFONTEIN	09-Apr
2:17.52	Fina	DUBE	2000/09/24	CGA	5S3	TUKS-Pretoria	15-Mar
2:17.72	Tyler	Beiling		AFS	2	BLOEMFONTEIN	09-Apr
2:19.58	Thandiwe	MHLAULI		KZNA	4	Kings Park - DURBAN	12-Jan

1500m **SAR : 04:01.81**

04:28.87	Tyler	BELING	1999/08/24	AFS	1	PAARL	07-Apr
04:32.78	Simonay	WEITSZ	1999/04/26	AGN	2	PAARL	07-Apr
04:34.27	Thobile	VILAKAZI	1999/11/20	CGA	3	PAARL	07-Apr
04:34.80	Tyler	Beiling		AFS	1	BLOEMFONTEIN	09-Apr
04:37.10	Tyler	BELLING	1999/08/24	AFS	1	BOKSBURG	27-Apr
04:38.19	Odette	DREYER	1999/01/01	ACNW	4	PAARL	07-Apr
04:39.50	Rhode	BOON	2000/07/05	AVT	5	PAARL	07-Apr
04:45.63	Liza	MARITZ		AGN	1	TUKS-Pretoria	24-Feb
04:46.74	Lara	Orrack		AFS	2	BLOEMFONTEIN	09-Apr
04:46.82	Lebogang	RAMELA	2000/04/10	CGA	12	TUKS-Pretoria	16-Mar

3000m **SAR : 08:37.50**

09:46.42	Indoors	Shanley	KOEKEMOER	100100	AGN	2	Winston-Salem	03-Feb
10:05.98		Simonay	WEITSZ	1999/04/26	AGN	1	PAARL	06-Apr
10:06.01		Lara	ORROCK	1999/06/01	AFS	2	PAARL	06-Apr
10:15.26		Ntombomzi	TYWALANA	1999/11/21	ATRA	3	PAARL	06-Apr
10:20.20		Lara	Orrack		AFS	1	Bloemfontein	09-Apr
10:35.09		Antoinette	BEZUIDENHOUT	2000/10/04	CGA	4	PAARL	06-Apr
10:38.89		Lethabo	MAKGOGA	2000/09/13	CGA	5	PAARL	06-Apr
10:55.95		Zelda	Van Der Merwe		AFS	2	Bloemfontein	09-Apr
10:56.45		LARA	ROSSOUW	16-Mar-99	WPA	1	Parow	13-Jan
11:09.44		Bea	Hayes	2000/06/02	BOLA	1	PAARL	24-Feb

5000m		SAR : 15:01.83						
17:03.91		Antonio	BROWN		CGA	1	GERMISTON	20-Jan
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
17:21.69		Lesego	MPSHE	1999/09/05	AGN	2	PAARL	07 Apr
17:21.98		Tshepo	MAHLANGU		CGA	2	GERMISTON	20-Jan
17:26.85		Tyler	BELING	1999/08/24	AFS	3	PAARL	07 Apr
17:55.31		Ntombomzi	TYWALANA	1999/11/21	ATRA	4	PAARL	07 Apr
18:19.14		Lara	ORROCK	010699	AFS	3	BLOEMFONTEIN	17-Feb
18:23.54		Welma	NKUNA	2000/03/10	CGA	5	PAARL	07 Apr
18:30.38		Tyler	Beiling		AFS	1	BLOEMFONTEIN	09-Apr

10000m								
36:32.08		Lesego	MPSHE	1999/09/05	AGN	2	TUKS-Pretoria	17-Mar
43:20.41		Katlego	MANGALA		CGA	2	BOKSBURG	27-Jan

2000m Steeple		76.2cm	SAR : 06:46.96					
07:44.73		RONELDA	VELLEM	27-Apr-00	WPA	1	CAPE TOWN	20-Jan

3000m Steeple		76.2cm	SAR : 10:35.17					
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
11:17.02		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
12:24.36		Bongeka	MAGUBANE		CGA	1	GERMISTON	20-Jan
12:29.32		Tshwanello	MARUPING	2000/03/19	CGA	5	TUKS-Pretoria	16-Mar
13:10.33		Ntombizodwa	MOLALA		CGA	1	BOKSBURG	27-Jan
13:26.98		Sphelele	MOLEFE		CGA	2	GERMISTON	20-Jan
15:32.65		Phindile	MDLULI		CGA	3	BOKSBURG	27-Jan

100m Hurdles	84cm	SAR: 13.35						
14.21	2	Rogail	JOSEPH	2000/04/22	BOLA	1	PAARL	06 Apr
14.42	2	Martelize	JORDAAN	1999/06/09	BOLA	2	PAARL	06 Apr
14.55	-1.8	Charne-lee	OLKERS	2000/03/22		2	BOKSBURG	27-Apr
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
14.94	-1.4	Christin	FOX	1999/04/07	ACNW	1	POTCHEFSTROOM	20 March
15.10	-1.4	Inge	V D Merwe	1999/09/09	ACNW	2	POTCHEFSTROOM	20 March
15.30	-1.2	Carmen	VAN DER WESTHUIZEN			1	POTCHEFSTROOM	20-Jan
15.43	1.7	JULI	VERCUIEL	25-Jan-00	WPA	2	Parow	13-Jan
15.73	2	Franci	LOUWRENS	2000/07/14	AMPU	5	PAARL	06 Apr

400m Hurdles	76.2cm	SAR: 0:55.74						
0:55.05		Zeney	VAN DER WALT	2000/05/22	AGN	2	TUKS-Pretoria	17-Mar SAR
0:58.65		Rogail	JOSEPH	2000/04/22	BOLA	2	PAARL	05 Apr
1:00.17		Juli	VERCUIEL	2000/01/25	WPA	3	PAARL	05 Apr
1:00.56		Nicola	GIBBON	2000/10/09	AGN	4	PAARL	05 Apr
1:02.36		Leandra	CUSTODIO	2000/01/07	BOLA	5	PAARL	05 Apr
1:03.40		Nikita	GERMISHUIZEN	1999/03/18	AGN	6	TUKS-Pretoria	17-Mar
1:04.79		Zan-Mari	Roth	2000/01/20	BOLA	2	PAARL	24-Feb
1:05.76		Ane	ERASMUS	180799	AFS	1	BLOEMFONTEIN	17-Feb
1:08.83		Karli	VD WALT	221100	AGN	1	Pilditch - PRETORIA	13-Jan
1:08.87		Rachel	Kaps	2000/06/29	BOLA	3	PAARL	24-Feb

High Jump	SAR : 1.96							
1.80		Yvonne	ROBSON	120999	AGN	1	POTCHEFSTROOM	20-Jan
1.75		Kristi	SNYMAN	2000/12/15	WPA	2	TUKS-Pretoria	15-Mar
1.73		Marilize	HIGGINS		CGA	1	BOKSBURG	27-Jan
1.70		Michelle	NGOZO	2000/05/15	AGN	4	TUKS-Pretoria	15-Mar
1.70		Marike	COETZEE	1999/03/01	ACNW	4	PAARL	06 Apr
1.70		Mahlatsi	DOMBENI	1999/01/21	AGN	5	PAARL	06 Apr

1.68	Berne	KRUGELL			2	BOKSBURG	27-Jan
1.61	Shannon	VERSTER	1999/11/10	AGN	1	TUKS-Pretoria	16-Mar
1.60	Mariette	BOTHA		CGA	3	BOKSBURG	27-Jan
1.60	Anneri	Gravett	05/03/1999	ACNW	2	POTCHEFSTROOM	13-Feb

Pole Vault

SAR : 4.05

3.60	Nadja	FOURIE	1999/01/25	ACNW	1	BOKSBURG	28-Apr
3.50	Simonn	SWANEVELDER	2000/01/04	ASWD	4	TUKS-Pretoria	15-Mar
3.50	Anje	VILJOEN	2000/12/01	BOLA	2	BOKSBURG	28-Apr
3.30	Corlè	VAN DER WALT	1999/07/30	ACNW	9	TUKS-Pretoria	15-Mar
3.00	Corle	Van Der Walt	1999/07/30	ACNW	1	POTCHEFSTROOM	20-Feb

Long Jump

SAR : 6.54

5.97	2	Michaela	WRIGHT	1999/08/16	AFS	1	Bloemfontein	09 Apr
5.55	-0.1	Marike	COETZEE	1999/03/01	ACNW	2	PAARL	07 Apr
5.54	-0.5	Nerine	Jordaan	1999/04/01	ACNW	2	Potchefstroom	20 Feb
5.53	1.1	Lene	DUNCAN	2000/02/17	WPA	3	PAARL	07 Apr
5.46	-0.6	Geena	Taljaard	1999/12/12	ACNW	3	Potchefstroom	20 Feb
5.44	0.9	Kiara	WOLMARANS	1999/03/16	WPA	5	PAARL	07 Apr
5.02	0.2	Cindy	VAN BERS	1999/06/14	AGN	1	TUKS-Pretoria	17-Mar
4.99	-1.9	Nadene	NIEMAND		AGN	1	BOKSBURG	27-Jan
4.96	-0.2	Marili	MULDER		CGA	1	GERMISTON	20-Jan
4.95	-0.4	Desire	VAN WYK		CGA	2	BOKSBURG	27-Jan

WIND

5.18	2.7	Nerine	JORDAAN			1	POTCHEFSTROOM	20-Jan
5.14	2.5	Brittany	ANDERSON			2	POTCHEFSTROOM	20-Jan
4.46	2.6	Bronwyn 1	KITCHENG			4	POTCHEFSTROOM	20-Jan

Triple Jump

11m **SAR : 13.12**

12.08	1.7	Mahlatsi	DOMBENI	1999/01/21	AGN	1	BOKSBURG	27-Apr
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11.56	1.2	Nerine	JORDAAN	1999/04/01	ACNW	3	BOKSBURG	27-Apr
11.12	0.2	Geena	TALJAARD	1999/07/26	ACNW	3	PAARL	05 Apr
10.66	0.3	Marli	MULDER		CGA	1	GERMISTON	20-Jan

WIND

11.79	2.4	Nerine	JORDAAN	1999/04/01	ACNW	1	PAARL	05 Apr
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Shot Put

4kg **SAR : 16.95**

15.58		Meike	STRYDOM	2000/08/25	ASWD	1	PAARL	07 Apr
13.14		Ancke	BOTHA	2000/02/25	CGA	2	BOKSBURG	27-Apr
12.02		Collet	UYS	2000/04/20	AFS	3	PAARL	07 Apr
12.02		Ilke	JOUBERT	1999/03/16	AMPU	3	PAARL	07 Apr
11.65		Janke	VAN TONDER	2000/03/13	AVT	5	PAARL	07 Apr
11.58		Tharina	VAN DER WALT	220200	AFS	1	Bloemfontein	10-Feb
10.47		Skye	Boshoff	2000/03/08	BOLA	1	PAARL	24-Feb
10.35		Amy	Roux	2000/09/18	BOLA	2	PAARL	24-Feb
10.00		Denecke	PRINSLOO	160499	GWA	2	Bloemfontein	10-Feb
09.87		Shannon	VERSTER	1999/11/10	AGN	1	TUKS-Pretoria	16-Mar

Discus

1kg **SAR : 53.07**

45.52		Collet	UYS	2000/04/20	AFS	1	BOKSBURG	28-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
40.50		Lize	BLIGNAUT	2000/09/26	ACNW	3	PAARL	06 Apr
36.99		Heidie	STASSEN	2000/07/21	WPA	4	PAARL	06 Apr
36.98		Janke	VAN TONDER	2000/03/13	AVT	5	PAARL	06 Apr
34.20		Ilke	JOUBERT	1999/03/16	AMPU	6	PAARL	06 Apr
32.78		Denecke	PRINSLOO	160499	GWA	2	Bloemfontein	10-Feb
32.46		Ancke	BOTHA	2000/02/25	CGA	7	PAARL	06 Apr
28.08		Bianqha	Deetlefs		AFS	2	Bloemfontein	09 Apr

Hammer Throw	4kg	SAR : 57.13						
57.12	Tharina	VAN DE WALT	2000/02/22	AFS	3	TUKS-Pretoria	16-Mar	
53.77	Marinda	GREYLING	1999/06/04	AGN	6	TUKS-Pretoria	16-Mar	
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	
46.01	Marizel	Van Dyk		AFS	2	Bloemfontein	09-Apr	
44.99	Skye	BOSHOFF	2000/03/08	BOLA	5	PAARL	07 Apr	
44.66	MONIKA	HULSMANN	12-Apr-99	WPA	1	CAPE TOWN	20-Jan	
42.80	Denecke	PRINSLOO	160499	GWA	2	Bloemfontein	10-Feb	
41.83	Karlene	LAMBRECHTS	1999/01/13	BOLA	7	PAARL	07 Apr	
41.21	Mariza	BOTHA	110100	AFS	5	BLOEMFONTEIN	17-Feb	

Javelin	600g	SAR : 58.33					
49.35	Maggie	LE ROUX	1999/06/11	ACNW	1	BOKSBURG	28-Apr
47.53	Leandri	LAMPRECHT	1999/03/15	ACNW	2	PAARL	06 Apr
44.79	Gestelle	SNYMAN	2000/07/24	AGN	8	TUKS-Pretoria	17-Mar
41.42	Danielle	VAN WYK		CGA	1	GERMISTON	20-Jan
40.08	Minke	WILKINSON	2000/02/18	AFS	4	PAARL	06 Apr
39.93	Minke	Wilkenson		AFS	1	Bloemfontein	09-Apr
38.68	Jessica	VAN RENSBURG	1999/04/19	AMPU	5	PAARL	06 Apr
37.31	Milana	MULLER	110200	AFS	1	Bloemfontein	10-Feb
35.23	Marle	Rademan	2000/05/05	BOLA	1	PAARL	24-Feb
32.18	Shannon	VERSTER	1999/11/10	AGN	1	TUKS-Pretoria	17-Mar

10000m Walk (Track)		SAR : 0:48:30.68					
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

10km Walk(Road)		SAR : 0:48:59.00					
0:57:20.00	Annette	KOEN	1999/06/04	ACNW	1	TUKS-Pretoria	17-Mar

4 x 100m Relay**SAR : 0:45.07**

0:46.73	AGN A	AGN	1	PAARL	6 Apr
0:47.65	RSA	RSA	1	BOKSBURG	28-Apr
0:48.35	PRC 19		1	POTCHEFSTROOM	20-Jan
0:48.40	BOLA	BOLA	2	PAARL	6 Apr
0:49.07	WPA	WPA	3	PAARL	6 Apr
0:49.65	ACNW	ACNW	4	PAARL	6 Apr
0:50.77	HMK 19		2	POTCHEFSTROOM	20-Jan
0:51.70	EPA	EPA	5	PAARL	6 Apr
0:53.60	NHW 19		3	POTCHEFSTROOM	20-Jan

4x 400m Relay**SAR : 03:37.93**

03:45.28	RSA	RSA	1	BOKSBURG	28-Apr
03:48.01	AGN	AGN	1	PAARL	07 Apr
03:55.43	AFS	AFS	2	PAARL	07 Apr
03:59.96	CGA	CGA	3	PAARL	07 Apr
04:02.96	BOLA	BOLA	4	PAARL	07 Apr