

# South African Track & Field Performances 2018

as @ 31st May 2018

## Under 18 {YOUTH} (Born 2001/2002)

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Edited by : Danie & Neil Cornelius

Under the Auspices of SAAS

\*\* NewSA Record still to be ratified

<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>
<b><u>MALE</u></b>								
<b><u>60m</u></b>								
7.53	1.7	Christian	LOMBARD	020502	AGN	2	Pilditch - PRETORIA	13-Jan
<b><u>100m</u></b>								
		<b>SAR : 10.20</b>						
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	Sifiso	MIYA	2001/01/09	CGA	6	PAARL	05-Apr
10.57	1.8	Sammy	NGOVENI	2001/07/31	AGN	5	PAARL	05-Apr
10.58	1.8	Phatutshedzo	MASWANGANYO	2001/02/01	AGN	7	PAARL	05-Apr
10.59	1.8	Elviano	JOHNSON	2002/12/11	AGN	8	PAARL	05-Apr
10.72	1.9	Cohen	GALLANT	2002/01/17	ASWD	1H	Paarl	10-Mar
10.77	0.6	Donovan	MUTARISWE	2001		4	Pretoria	10-Feb
<b><u>150m</u></b>								
17.90	-0.9	Christian	LOMBARD	070502	AGN	2	Pilditch - PRETORIA	13-Jan
<b><u>200m</u></b>								
		<b>SAR : 20.57</b>						
20.79	0.6	Sineshipo	DAMBILE	2002/03/02	AGN	2S2	TUKS-Pretoria	10-Mar
20.81	1.7	Luke	DAVIDS	2001/07/17	WPA	1S2	BOKSBURG	28-Apr

21.28	1.7	Elviano	JOHNSON	2002/12/11	AGN	3S2	BOKSBURG	28-Apr
21.60	1.4	Jayson	WEBER	2001/01/01	WPA	1H	Paarl	10-Mar
21.67	1.5	Mikaal-il	MOHAMMED	2001/06/10	AGN	1H2	PAARL	06-Apr
21.79	0.7	Sammy	NGOVENI	2001/07/31	AGN	4rB	Potchefstroom	19-Apr
21.89	1.4	Adrian	SWART	2002/05/28	BOLA	2H	Paarl	10-Mar
21.96	-1.5	Jaquin	VAN WYK	2001/06/30	GWA	5	PAARL	07-Apr
22.00	-0.3	Jesse	JOSIAS	2002/03/27	WPA	2S3	PAARL	07-Apr
22.02	0.8	Keenan	CLOETE	2002/02/23	AFS	1H6	PAARL	06-Apr

### **300m**

37.81		Christian	LOMBARD	070302	AGN	3	Pilditch - PRETORIA	13-Jan
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### **400m**      **SAR : 45.15**

46.71		Jayson	WEBER	2001/01/01	WPA	1	PAARL	07-Apr
47.28		Lindokuhle	GORA	2001/01/31	AGN	2	PAARL	07-Apr
47.76		David	SEETA	2001/03/22	CGA	3	PAARL	07-Apr
47.92		Evandere	KASIMBINGUE	2001/05/29	NWCA	5	PAARL	07-Apr
48.21		Elrich	TITUS	2001/06/27	WPA	6	PAARL	07-Apr
48.42		Justin	Prinsloo	2001	AGN	3	TUKS-Pretoria	09-Mar
48.77		Matt	NORTJE	2002/02/02	AGN	7	PAARL	07-Apr
48.82		Marcell	Muller		AFS	1	Bloemfontein	09-Apr
48.97		Carlin	ENOCK	2001/02/23	CGA	2S2	PAARL	06-Apr

### **800m**      **SAR : 1:47.67**

1:50.26		Amos	KHOZA	2001/06/23	AGN	1	BOKSBURG	28-Apr
1:50.55		Nthuthuko	NDIMANDE	2001/05/16	CGA	2s2	TUKS-Pretoria	16-Mar
1:51.51		Tshegofatso	NWAGU	2001/09/01	AGN	5	Potchefstroom	19-Apr
1:53.49		Sbusiso	NHLAPO	14-Apr-01		6	Potchefstroom	19-Apr
1:55.00		Morgan	Voster	2001/12/11	WPA	1F	Paarl	10-Mar
1:55.35		Juwan	BLIGNAUT	2002/09/12	AGN	4	PAARL	05-Apr
1:55.82		Claudio	Matolla	2001/08/13	BOLA	2F	Paarl	10-Mar
1:56.55		Ntokozo	MSOMI	2001/03/11	KZNA	2S1	PAARL	05-Apr
1:56.58		Jay-tee	BOERS	2001/01/29	AMPU	4S1	PAARL	05-Apr
1:57.39		Ryan	Durler	2001/03/05	WPA	3F	Paarl	10-Mar

<b><u>1500m</u></b>	<b>SAR : 3:42.92</b>						
3:54.29	Nthuthuko	NDIMANDE	2001/05/16	CGA	1	PAARL	07-Apr
3:56.08	Dylon	KRENVZECK	2001/06/12	CGA	2	PAARL	07-Apr
3:57.91	Lucas	SILWANE	2001/09/29	CGA	1	BOKSBURG	27-Apr
3:59.82	Bjorn	FERREIRA	2001/03/23	EPA	4	PAARL	07-Apr
4:00.16	Rynard	SWANEPOEL	2002/01/01	CGA	5	PAARL	07-Apr
4:03.10	Conwill	Duiker	2001/11/07	BOLA	1F	Paarl	10-Mar
4:04.07	Zola	SOKHELA	2002/03/13	KZNA	6	PAARL	07-Apr
4:04.31	Renier	DE VILLIERS	2002/04/01	AVT	5S1	PAARL	07-Apr
4:04.60	Nhlapo	SIBUSISO	2001/04/14	AGN	6S1	PAARL	07-Apr
4:04.78	Sherwin	JOOSTE	2002/02/19	WPA	7	PAARL	07-Apr

<b><u>3000m</u></b>	<b>SAR : 8:08.57</b>						
8:35.49	Matthew	FORRESTER	2001/09/25	AGN	1	PAARL	06-Apr
8:37.49	Tshepo	NTHUTHWANA	2002/02/10	CGA	2	PAARL	06-Apr
8:37.82	Kgadi	MONYEBODI	2002/07/31	AGN	3	PAARL	06-Apr
8:43.05	Bongang-mahase	TSANYANE	2001/12/26	KZNA	4	PAARL	06-Apr
8:46.45	Oliver	STEWART	2001/02/22	WPA	5	PAARL	06-Apr
8:48.70	Renier	DE VILLIERS	2002/04/01	AVT	6	PAARL	06-Apr
8:48.96	Waldo	Kaptein	2001/01/29	ASWD	1F	Paarl	10-Mar
8:50.70	Zubenathi	Ncapayi	2002/04/14	WPA	3F	Paarl	10-Mar
8:55.03	Tapelo	MDALA	2001/05/08	ATRA	7	PAARL	06-Apr
8:55.57	Bhongo	MAYEPHU	2002/03/18	AGN	8	PAARL	06-Apr

<b><u>5000m</u></b>							
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

<b><u>2000m Steeple Chase</u></b>	<b>SAR : 5:43.30</b>						
5:57.32	Tshepo	NTHUTHWANA	2002/02/10	CGA	1	PAARL	05-Apr
5:59.01	Nico	SEOPENSENGWE	2001/06/26	CGA	2	PAARL	05-Apr
6:04.03	Oliver	Stewart	2001/02/22	WPA	1F	Paarl	10-Mar
6:10.54	Loyiso	Skiti	2001/10/13	BOLA	2F	Paarl	10-Mar

6:13.83	Siyabonga	MOKGOTHU	2002/02/16	AGN	4	PAARL	05 Apr
6:14.52	Mark	Stanfliet	2001/11/25	BOLA	3F	Paarl	10-Mar
6:15.39	Prince	MCUBELO		CGA	1	BOKSBURG	27-Jan
6:15.86	Kaylam	du Plessis	2001/11/22	WPA	4F	Paarl	10-Mar
6:17.54	Bongang-mahase	TSANYANE	2001/12/26	KZNA	5	PAARL	05 Apr
6:22.51	Ndzalo	BALOYI	2001/03/01	AGN	6	PAARL	05 Apr

**3000m Steeple** 91.4cm (Non-Standard)

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

13.67	0.7	Michael	SCHOEMAN	2001/01/01	AGN	1	BOKSBURG	27-Apr
13.98	-0.4	Dylan	COETZEE	2002/05/15	AGN	2	TUKS-Pretoria	09-Mar
14.24	-1.4	Curwin	GERTSE	2002/01/17	BOLA	2	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
14.48	0.0	Reinhardt	STRAUSS	2002/01/03	AGN	1h2	France	01-Jul
14.52	-1.4	Ruben	BEYLEVELDT	2001/01/09	AMPU	6	PAARL	06 Apr
14.69	-1.1	Diwan	BRITS	2001/02/26	CGA	2S1	PAARL	06 Apr
14.75	-1.1	Nardus	SWART	2002/03/12	ACNW	3S1	PAARL	06 Apr
14.47	0.2	Wicus	VOSLOO	2001/03/21	AFS	1	Bloemfontein	09-Apr

**WIND**

13.96	4.2	Stephan	Du Toit	2001/03/03	BOLA	1F	Paarl	10-Mar
14.08	4.2	Ryan	Ashton	2001/01/24	WPA	2F	Paarl	10-Mar

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

51.84		Lindokuhle	GORA	2001/01/31	AGN	1	BOKSBURG	28-Apr
51.94		Luciano	CUSTODIO	2000/03/31	BOLA	2	BOKSBURG	28-Apr
52.20		Gerds	DU PLESSIS	2001/03/22	AGN	2	TUKS-Pretoria	10-Mar
53.21		Henrico	GREYLING	2001/02/24	AGN	4	PAARL	05 Apr
53.38		Christiaan	VENTER	2002/04/02	AGN	5	PAARL	05 Apr
54.12		Devon	NELL	2001/07/19	AMPU	4S2	PAARL	05 Apr
55.97		Leonard	MGOQI	2001/12/10	ATRA	6S2	PAARL	05 Apr
56.05		Williams	ROZARIO		AGN	1	BOKSBURG	27-Jan

56.05	Adrian	SWART	2002/05/28	BOLA	7	PAARL	05 Apr
56.28	Adrian	KENNEDY	2001/07/23	BOLA	3S1	PAARL	05 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	Nathan	VENTER	2002/04/26	AMPU	3	PAARL	6 Apr
2.00	Jacques	OOSTHUIZEN	2002/03/27	AGN	4	PAARL	6 Apr
2.00	Matthew	Jacobs	2002/02/21	BOLA	1F	Paarl	10-Mar
2.00	Nathanael	DE SWARDT		CGA	1	BOKSBURG	27-Jan
1.95	Usamah	VALLY	2001/01/10	KZNA	5	PAARL	6 Apr
1.95	Wilbur	METTLER	2001/04/18	AMPU	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	Tanaka	NZOMBE	2002/04/04	AGN	7	PAARL	6 Apr
1.90	Phillip	MATFIELD	2001/04/05	AMPU	10	PAARL	6 Apr
1.90	Mauritz	LOTTERING	2001/03/15	CGA	11	PAARL	6 Apr
1.90	Dawid	KOCK	2001/01/10	BOLA	7	PAARL	6 Apr
1.90	Juan	BRITS			1	POTCHEFSTROOM	20-Jan

### Pole Vault

#### **SAR : 5.22**

5.10	Kyle	RADEMEYER	2001/01/01	BOLA	1	Aubière	27-Jun
5.00	Nikolai	VAN HUYSSTEEN	2002/08/07	BOLA	2	TUKS-Pretoria	15-Mar
3.90	SJ	FOURIE	2002/03/27	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	Claude	van der Schyf	2001/01/17	ASWD	4F	Paarl	10-Mar
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
3.00	Francois	JACOBS	2001/08/01	AGN	3	PILDITCH-Pretoria	27-Jan
3.00	Jaydan	Crouse	2002/01/02	ASWD	4F	Paarl	10-Mar

### 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
7.01	1.9	Tristan	FAROA	2001/05/15	BOLA	1F	Paarl	10-Mar
6.99	-1.6	Tebogo	MIYA	2001/01/09	CGA	4	PAARL	07 Apr
6.98	-0.5	Tiaan	JOUBERT	110601	AGN	1	Pilditch - PRETORIA	13-Jan
6.91	1.4	Ryan	ASHTON	2001/01/24	WPA	2F	Paarl	10-Mar
6.69	0.1	Iwan	MAREE			1	POTCHEFSTROOM	20-Jan
6.68	-1.7	Temilton	NJABULO	2001/11/05	AMPU	6	PAARL	07 Apr
6.65	-2.4	Adrian	SWART	2002/05/28	BOLA	7	PAARL	07 Apr

### Wind

7.77	<b>3.3</b>	Sifiso	MIYA	2001/06/01		1	BOKSBURG	28-Apr
7.59	<b>2.5</b>	Jason	TITO	2002/02/10		2	BOKSBURG	28-Apr
7.38	<b>3.1</b>	Tebogo	Miya	2001/01/09	CGA	3	BOKSBURG	28-Apr

### Triple Jump

**SAR : 16.03**

15.57	1.7	Sifiso	MIYA	2001/06/01	AGN	1	Bordj El Kiffan, ALG	26-Jul
15.16	-1.6	Tristan	FARAO	2001/05/15	BOLA	1F	Paarl	10-Mar
14.77	-0.2	Jason	TITO	2002/02/10	AGN	3	PAARL	06 Apr
13.89	-0.5	Ronan	George	2001/03/24	WPA	2F	Paarl	10-Mar
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
13.73	1.1	Siyabulela	XULU	2002/02/15	KZNA	6	PAARL	06 Apr
13.45	-0.1	Jermaine	Van Wyk	2001/11/21	BOLA	3F	Paarl	10-Mar
13.28	-0.2	Bayanda	MTSHALI	2001/04/17	AGN	8	PAARL	06 Apr

### Shot Put

**SAR : 21.15**

20.16		Lohan	POTGIETER	2001/09/12	AGN	1	PAARL	07 Apr
19.04		Hannes	KRUGER	2001/04/12	AFS	1	Bloemfontein	09-Apr
18.08		Aaron	LOMBARD	2001/05/15	ATRA	3	BOKSBURG	27-Apr
17.58		Douw	KRUGER	2002/09/29	AMPU	3	PAARL	07 Apr
17.18		Tielman	Nieuwoudt		AFS	2	Bloemfontein	09-Apr
17.08		Juan	OOSTHUYZEN	2002/02/27	CGA	2	TUKS-Pretoria	10-Mar

16.27	Wynand	Swanepoel		AFS	3	Bloemfontein	09-Apr
16.22	Evert	ALDERSON	060401	AGN	1	Pilditch - PRETORIA	13-Jan
15.75	Nico	VAN NIEUWENHUIZEN	020201	AFS	1	Bloemfontein	10-Feb
15.61	Tony	TERBLANCHE	2001/01/07	AVT	5	PAARL	07 Apr

**Discus**      **SAR : 67.44**

60.55	Francois	PRINSLOO	2001/11/11	BOLA	1	Bordj El Kiffan, ALG	24-Jul
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
52.74	Evert	ALDERSON	060401	AGN	1	TUKS-Pretoria	10-Mar
52.02	Douw	KRUGER	2002/09/29	AMPU	6	PAARL	06 Apr
51.24	Corne	PENNELLS		CGA	3	GERMISTON	20-Jan
50.13	Tjaart	BREEDT	060101	AGN	1	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
60.40	Graydon	FABE	2002/01/01	WPA	2F	Paarl	10-Mar
57.78	Joruhan	DE WIT	2002/01/05	BOLA	2	PAARL	24-Feb
53.25	Marnitz	Mellet	2002/05/08	ASWD	5F	Paarl	10-Mar
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

**Javelin**      **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	Robert	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
58.61	Jj	Engelbrecht	2001/01/01	BOLA	1F	Paarl	10-Mar
58.07	Brandon	DURANT	2001/03/19	ACNW	9	PAARL	06 Apr

#### 4 x 100m Relay

**SAR : 40.76 \*\***

41.00	MichaelSCHOEMAN, Luke DAVIDS, Sinisipho DAMBILE, Milaa-II MOHAMED			RSA	1	BOKSBURG	28-Apr
41.42	AGN A			AGN	1S1	PAARL	6 Apr
41.91	AGN B			AGN	2S1	PAARL	6 Apr
42.45	WPA			WPA	1S2	PAARL	6 Apr
42.79	LIMA			LIMA	2S2	PAARL	6 Apr
42.96	BOLA			BOLA	3S1	PAARL	6 Apr
42.98	AMPU			AMPU	3S2	PAARL	6 Apr
43.14	AFS			AFS	4S2	PAARL	6 Apr
43.31	AGN C			AGN	5S2	PAARL	6 Apr
43.47	EPA			EPA	4S1	PAARL	6 Apr

#### 4 x 400m Relay

**SAR : 3:13.72 \*\***

<b>3:13.72</b>	David SEETE, Luciano CUSTODIO, Lindokuhle GORA, Jayson WEBER			<b>RSA</b>	<b>1</b>	<b>BOKSBURG</b>	<b>28-Apr</b>
3:21.20	BOLA			BOLA	1	PAARL	07 Apr
3:41.31	EPA			EPA	2	PAARL	07 Apr
3:42.72	WPA			WPA	3	PAARL	07 Apr

#### Decathlon

**SAR : 6127 pts**

**100m ; Long Jump ; Shot Put ; High Jump ; 400m ; 110m Hurdles ; Discus ; Pole Vault ; Javelin ; 1500m**

4787	Andre	SWANEPOEL	2001/08/25	BOLA	1	TUKS-Pretoria	15/16-Mar
4596	Dwayne	DAVIDS	2002/01/08	WPA	2	TUKS-Pretoria	15/16-Mar
4510	Safwaan	JONAS	2001/04/24	WPA	3	TUKS-Pretoria	15/16-Mar

#### 3000m Walk (Track)

13:57.82	Lucky	GUMEDE	2001/06/13	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 : 46:14.72**

51:18.71	Bheki	MNYAMANE	2002/01/05	AGN	1	PAARL	05 Apr
52:07.81	Nhlanhla	NDLAZI	2002/12/30	AGN	2	PAARL	05 Apr
52:26.50	Lucky	GUMEDE	2001/06/13	KZNA	3	PAARL	05 Apr
53:15.94	Vincent	NHLAPO	2001/03/12	AGN	4	PAARL	05 Apr
54:49.10	Kgosi	NGAKE	2001/12/11	CGA	5	PAARL	05 Apr
55:33.36	Freddie	VICTOR	2002/01/01	BOLA	1F	Paarl	10-Mar
56:03.90	Tariq	KLINK	2001/05/24	BOLA	2F	Paarl	10-Mar
56:51.31	Ethon	GERTSE	2002/07/16	WPA	3F	Paarl	10-Mar
57:03.60	Brentino	LOOPS	2001/04/06	WPA	4F	Paarl	10-Mar
58:04.62	Petrus	VAN AARDE	2002/12/09	ACNW	6	PAARL	05 Apr

**Female****100m****SA : 11.54**

11.55	1.5	Rose	XEYI	2001/03/16	AGN	1	PAARL	05-Apr
11.82	0.7	Nicola	VAN DER MERWE	2001/01/29	ANWN	1H1	PAARL	05-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
12.27	1.8	Remoneilwe	PHASHA	2001/02/01	AGN	1H4	PAARL	05-Apr
12.28	1.5	Nicole	FERREIRA	2001/08/21	EPA	6	PAARL	05-Apr
12.33	1.5	Segopotso	MOLOI	2001/06/21	CGA	1H3	PAARL	05-Apr

12.34	0.6	Caitlyn	Isaacs	2002/02/04	BOLA	1F	Paarl	10-Mar
	<b>Wind</b>							
11.90	2.5	Rose	XEYI	2001/03/16	AGN	1H2	PAARL	05-Apr
12.11	2.5	Saskia	WAIT	2001/12/07	EPA	2H2	PAARL	05-Apr
12.33	2.2	Caitlyn	Isaacs	2002/02/04	BOLA	1H	Paarl	10-Mar

### 150m

19.07	-1.0	Suzie	BURGESS	211101	AGN	1	Pilditch - PRETORIA	13-Jan
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### 200m

**SAR : 23.30**

23.86	1.3	Nicola	VAN DER MERWE	2001/01/29	ANWN	1S2	BOKSBURG	28-Apr
24.01	1.8	Antoinette	VAN DER MERWE	2001/01/27	AGN	1S1	BOKSBURG	28-Apr
24.49	0.8	Shere	JANSE VAN RENSBURG	2001/12/04	AVT	1	TUKS-Pretoria	10-Mar
24.99	-0.5	Carla	HATTINGH	2001/10/10	CGA	1	POTCHEFSTROOM	20-Jan
25.10	-0.5	Gontse	MORAKE	2001/03/16	AGN	2	POTCHEFSTROOM	20-Jan
25.11	-1.1	Katinka	LOUW	2002/01/13	BOLA	1S2	PAARL	06-Apr
25.12	-1.1	Kayla	VAN DEN BERGH	2002/01/10	ACNW	2S2	PAARL	06-Apr
25.14	-2.4	Marzaan	LOOTS	2001/06/25	GN	2	PAARL	07-Apr
25.15	-1.4	Michelle	MOFFOME	2001/08/20	AGN	1S3	PAARL	06-Apr
25.35	-1.4	Jessica	BOMPASS	2001/04/18	KZNA	2S3	PAARL	06-Apr

### 300m

46.38		Tayla	BARR	080301	AGN	3	Pilditch - PRETORIA	13-Jan
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### 400m

**SAR : 52.88**

53.83		Amy	NAUDE	2002/01/07	KZNA	1	BOKSBURG	27-Apr
54.47		Carla	HATTINGH	2001/10/10	CGA	1	PAARL	07-Apr
55.56		Mathabo	VELDTMAN	2001/02/09	AGN	3	PAARL	07-Apr
56.69		Suzie	BURGESS	2001/11/12	AGN	4	PAARL	07-Apr
56.73		Danica	STRYDOM	2001/05/22	AGN	5	PAARL	07-Apr
56.86		Sesimphiwe	MBATHA	2001/03/11	AGN	1rB	Sasolburg	27-Mar
57.17		Lilica	BURGER	2002/10/31	ACNW	2S3	PAARL	06-Apr
57.31		Katinka	Louw	2002/01/01	BOLA	1F	Paarl	10-Mar
57.93		Angelique	STRYDOM	2002/02/01	AGN	3S2	PAARL	06-Apr

58.37	Janke	Van Schalkwyk	2002/01/01	BOLA	2F	Paarl	10-Mar
<b>800m</b>	<b>SAR : 2:02.57</b>						
2:06.96	Prudence	SEKGODISO	2002/01/05	AGN	5	RUIMSIG	01-Mar
2:07.60	Lee-anne	BLAKE	2001/01/14	AGN	2	PAARL	05-Apr
2:07.64	Nicole	LOUW	2001/07/26	AFS	1	Sasolburg	27-Mar
2:10.36	Senosi	KOLETISO	2001/10/01	AGN	8	Johannesburg	01-Mar
2:10.87	Jana	VD MERWE	2001/03/28	AGN	4	PAARL	05-Apr
2:12.76	Anneken	VILJOEN	2002/01/01	BOLA	1F	Paarl	10-Mar
2:12.77	Chanel	DU PLESSIS	2002/03/31	AGN	5	PAARL	05-Apr
2:13.49	Lilica	BURGER	2002/10/31	ACNW	2S2	PAARL	05-Apr
2:14.13	Luzaan	DE WIT	2001/02/12	KZNA	2	Kings Park - DURBAN	12-Jan
2:14.18	Jeanne	DE BEER	2001/05/25	AGN	5S2	PAARL	05-Apr
<b>1500m</b>	<b>SAR : 4:06.87</b>						
4:24.77	Nicole	LOUW	2001/07/26	AFS	1	PAARL	07-Apr
4:26.80	Lee-anne	BLAKE	2001/01/14	AGN	2	PAARL	07-Apr
4:27.22	Carmi	PRINSLOO	2002/01/31	AGN	3	PAARL	07-Apr
4:28.13	Lyndi	ROELOFSE	2001/04/30	CGA	3	TUKS-Pretoria	16-Mar
4:34.87	Dipuo	MASHISHI	2001/10/02	CGA	3	TUKS-Pretoria	09-Mar
4:39.67	Johne	AUCAMP	2002/10/25	AGN	5	PAARL	07-Apr
4:41.45	Alexa	MESHAM	2002/11/07	WPA	6	PAARL	07-Apr
4:41.81	Avile	HOBOLSHI	2002/03/07	ATRA	7	PAARL	07-Apr
4:47.44	Chante	DIXON	2002/03/05	CGA	9	PAARL	07-Apr
4:50.14	Alme	JORDAAN	2002/05/05	BOLA	10	PAARL	07-Apr
<b>3000m</b>	<b>SAR : 8:39.00</b>						
9:27.55	Carmi	PRINSLOO	2002/01/31	AGN	1	PAARL	06-Apr
9:34.69	Lyndi	ROELOFSE	2001/04/30	CGA	2	PAARL	06-Apr
9:51.20	Casey	BOSMAN	2001/01/10	CGA	3	PAARL	06-Apr
9:59.73	Cara	DU PREEZ	2001/10/13	ACNW	4	PAARL	06-Apr
10:04.83	Chante	DIXON	2002/03/05	CGA	5	PAARL	06-Apr
10:08.51	Nicole	LOUW	2001/07/26	AFS	1	Bloemfontein	09-Apr
10:14.65	Dipuo	MASHISHI	2001/10/02	CGA	6	PAARL	06-Apr

10:18.30	Leshan	CURLEWIS	2002/09/19	AGN	7	PAARL	06- Apr
10:19.59	Amber	RAYNERS	2001/12/04	AGN	8	PAARL	06- Apr
10:23.75	Alexa	MESHAM	2002/11/07	WPA	9	PAARL	06- Apr

### **5000m**

19:45.41	Kia	GIBBS	09-Dec-01	WPA	5	CAPE TOWN	20-Jan
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### **2000m Steeple Chase SAR : 6:42.68**

6:42.74	Cara	DU PREEZ	2001/10/13	ACNW	4	Bordj El Kiffan, ALG	27-July
6:55.90	Isabel	STICKELLS	2001/05/01	AGN	2	BOKSBURG	27-Apr
7:04.29	Yolandi	VAN DEVENTER	2001/12/05	ACNW	3	PAARL	05 Apr
7:09.72	Bianca	VAN DEVENTER	2001/12/05	ACNW	4	PAARL	05 Apr
7:22.65	Leshan	CURLEWIS	2002/09/19	AGN	5	PAARL	05 Apr
7:24.72	Megan	Swanepoel	2001/01/01	BOLA	1F	Paarl	10-Mar
7:37.17	Ntombi	MOLALA	2002/07/16	CGA	6	PAARL	05 Apr
7:41.33	Virnita	Africa	2002/01/20	BOLA	2F	Paarl	10-Mar
7:43.32	Charne	ERASMUS	2002/12/05	AFS	7	PAARL	05 Apr
7:46.79	Delight	NCUBE		CGA	1	GERMISTON	20-Jan

### **100m Hurdles 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
14.27	1.2	Lehane	MARAIS	2001/10/18	CGA	2S1	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
14.36	1.2	Mieke	BASSON	2001/01/09	BOLA	3S1	PAARL	06 Apr
14.42	0.9	Megan	STARBUCK	2002/07/30	CGA	4S2	PAARL	06 Apr
14.58	-0.5	Marga-rita	VAN DER LINDE	2002/04/18	WPA	1S1	TUKS-Pretoria	16-Mar
14.60	-0.3	Cara	VAN WYK	2001/07/26	AFS	7	PAARL	06 Apr

### **WIND**

14.29	<b>3.7</b>	Mieke	Basson	2001/01/01	BOLA	1F	Paarl	10-Mar
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### **400m Hurdles SAR : 57.81**

57.81	Gontse	MORAKE	2001/03/16	AGN	1	PAARL	05 Apr
60.13	Marzaan	LOOTS	2001/06/25	AGN	2	BOKSBURG	28-Apr
62.23	Danica	STRYDOM	2001/05/22	AGN	3	PAARL	05 Apr
63.57	Tatum	Maher	2001/02/04	BOLA	1F	Paarl	10-Mar
63.37	Janke	Van Schalkwyk	2002/01/01	BOLA	2F	Paarl	10-Mar
64.04	Elitha	Sylvester	2001/08/22	WPA	3F	Paarl	10-Mar
65.12	Zane	VAN DEVENTER		AGN	1	PILDITCH-Pretoria	27-Jan
66.54	Marijke	HOEKSEMA	2002/03/06	CGA	6	PAARL	05 Apr
66.91	Carmine	VAN DER WESTHUIZEN		CGA	1	BOKSBURG	27-Jan
69.74	Christina	VD MERWE	161102	AGN	3	Pilditch - PRETORIA	13-Jan

### High Jump

**SAR : 1.96**

1.75	Bianca	ERASMUS	2002/05/28	AVT	1	PAARL	06 Apr
1.70	Carmien	OLIVIER	2002/04/09	ASWD	3	PAARL	06 Apr
1.70	Zihle	MAKAMBA	2002/02/11	AGN	2	PAARL	06 Apr
1.70	Carmen	BRITZ	2001/05/30	AGN	4	PAARL	06 Apr
1.68	Fleur	SLOT	2001/01/01	BOLA	1F	Paarl	10-Mar
1.65	Carla	DU PLESSIS	2002/05/01	ASWD	6	PAARL	06 Apr
1.61	Liezl	THERON	2001/07/24	AGN	2	TUKS-Pretoria	16-Mar
1.61	Leandri	KETCH	2001/02/17	BOLA	1	TUKS-Pretoria	16-Mar
1.60	Nicole	WHITTINGTON	2002/06/15	CGA	7	PAARL	06 Apr
1.60	Jeane	MINNAAR	2001/02/02	AGN	14	TUKS-Pretoria	15-Mar

### Pole Vault

**SAR : 3.95**

3.80	Nicole	JANSE VAN RENSBURG	2001/01/04	BOLA	2	TUKS-Pretoria	15-Mar
3.52	Tonet	TALLIE	2001/02/03	BOLA	2F	Paarl	10-Mar
3.50	Kian-lee	DU TOIT	2001/12/10	BOLA	5	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	2002/01/01	AGN	1	Pilditch - PRETORIA	13-Jan
2.70	Chloe	SCHOEMAN	2001/04/05	AGN	5	PAARL	05 Apr
2.70	Ilka	FOURIE	2001/06/10	WPA	5	PAARL	05 Apr
2.70	Odelia	FOURIE	2002/08/20	WPA	5	PAARL	05 Apr
2.60	Bianca	LAUBSCHER	2001/10/15	BOLA	5	PAARL	24-Feb

**Long Jump****SAR : 6.37**

5.96	1.9	Esther	SOLARIN	2001/09/12	AGN	1	PAARL	07 Apr
5.95	1.2	Mieke	Basson	2001/01/01	BOLA	1F	Paarl	10-Mar
5.90	1.0	Nolwazi	MASHABA	2002/01/10	AMPU	1S1	PAARL	06 Apr
5.79	-0.1	Rose	XEYI	2001/03/16	AGN	2	BOKSBURG	27-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
5.51	-0.3	Gabrielle	LAZARUS	2001/06/26	WPA	6	PAARL	07 Apr
5.50	0.3	Danielle	NOLTE	2002/01/11	AGN	7	PAARL	07 Apr
5.41	1.5	Cora	GROENEWALD	2002/01/12	AFS	1	Bloemfontein	10-Feb
5.33	1.2	Karissa	VAN WYK	2001/04/08	AMPU	6S1	PAARL	06 Apr

**WIND**

5.61	<b>2.1</b>	Gabrielle	Lazarus	2001/06/26	WPA	2F	Paarl	10-Mar
5.59	<b>3.1</b>	Zihle	MAKAMBA	2002/02/11	AGN	4	PAARL	07 Apr

**Triple Jump****SAR : 13,10**

13.10	1.8	Gontse	MORAKE	2001/03/16	AGN	1	BOKSBURG	28-Apr
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	2001/04/09	AFS	1	Bloemfontein	10-Feb
11.73	0.3	Suneel	LOUWRENS	2001/04/12	BOLA	4	PAARL	06 Apr
11.67	-2.0	Leandre	KETCH	2001/02/17	BOLA	1F	Paarl	10-Mar
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
11.31	0.2	Anè	VENTER	2002/04/15	ACNW	6	PAARL	06 Apr
11.09	-0.8	Ameerah	DONOUGH	2001/02/05	WPA	8	PAARL	06 Apr

**WIND**

12.93	<b>3.6</b>	Nolwazi	MASHABA	2002/01/10		2	BOKSBURG	28-Apr
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**Shot Put****SAR : 17.52**

17.46		Dane	ROETS	2002/01/16	CGA	1	BOKSBURG	28-Apr
15.32		Christelle	GROBLER	2002/02/13	CGA	2	MASHISHI	09-Mar
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
14.35	Danae	JANSE VAN RENSBURG	2001/08/07	AGN	4	PAARL	07 Apr
14.34	Nicola	THERON	2001/04/21	AGN	5	PAARL	07 Apr
14.32	Elme	BOTHA	2001/01/07	ASWD	1F	Paarl	10-Mar
13.92	Su-Mari	GOUWS	2002/10/10	AFS	1	Bloemfontein	10-Feb
13.46	Hana	Sullivan	2002/01/16	BOLA	2F	Paarl	10-Mar
13.36	Heike	De'Nysschen		AFS	2	Bloemfontein	9 Apr

**Discus SAR : 52.10**

43.42	Dane	ROETS	2002/01/16	CGA	2	Bordj El Kiffan, ALG	27-July
42.43	Cara	COETZEE	2001/12/05	BOLA	1	PAARL	24-Feb
41.43	Belinda	JANSE VAN RENSBURG	2002/12/01	AGN	3	PAARL	06 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
40.09	Claudia	Van Der Westhuizen	2001/11/12	WPA	2F	Paarl	10-Mar
39.84	Kayla	HARRIS	2001/09/17	KZNA	6	PAARL	06 Apr
38.45	Carmen	JORDAAN		CGA	3	GERMISTON	20-Jan
37.73	Marguerite	RAATHS	2002/01/18	ANWN	7	PAARL	06 Apr

**Hammer Throw SAR : 66.99**

59.95	Phetisang	MAKHETEHE	2002/09/05	AFS	2	Bordj El Kiffan, ALG	25-Jul
58.30	Kayla	SMIT	2001/04/06	WPA	1	BOKSBURG	28-Apr
55.22	Dane	COETZER	2002/08/28	EPA	3	BOKSBURG	28-Apr
52.09	Elme	BOTHA	2001/01/07	ASWD	2F	Paarl	10-Mar
51.18	Elaine	Pretorious		AFS	2	Freestate	9 Apr
49.82	Charmel	ELS	2002/02/04	AFS	4	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
46.81	Bodine	DELGI UMBERTI	2002/01/31	AGN	4	BOKSBURG	28-Apr

**Javelin SAR : 57.55**

51.13	Chane	VAN ZYL	2002/08/08	AFS	2	Bordj El Kiffan, ALG	26-July
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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
39.93	KAYLA	SMIT	06-Apr-01	WPA	1	CAPE TOWN	20-Jan
38.82	Nike	LABUSCHANGNE	2001/01/07	EPA	6	PAARL	06 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

#### **Heptathlon**

**SAR : 5380 pts**

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

4715	Liezl	THERON	2001/07/24	AGN	1	TUKS-Pretoria	16/17-Mar
4494	Annemieke	HUIJINK	2002/11/02	AFS	2	TUKS-Pretoria	16/17-Mar
4388	Leandri	KETCH	2001/02/17	BOLA	3	TUKS-Pretoria	16/17-Mar
4303	Liane	VAN JAARVELD	2001/01/23	CGA	4	TUKS-Pretoria	16/17-Mar
4290	Marga-rita	VAN DER LINDE	2002/04/18	WPA	5	TUKS-Pretoria	16/17-Mar
4215	Jessica	STEYN	/ /	AVT	6	TUKS-Pretoria	16/17-Mar



4146	Ameerah	DONOUGH	2001/02/05	WPA	7	TUKS-Pretoria	16/17-Mar
3916	Xante	DE KLERK	/ /	AVT	8	TUKS-Pretoria	16/17-Mar
3844	Zeane	KRUGER	2001/01/31	BOLA	9	TUKS-Pretoria	16/17-Mar
3797	Hannah	SULLIVAN	2002/01/16	BOLA	10	TUKS-Pretoria	16/17-Mar

**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**

26:06.50	Marissa	SWANEPOEL	2002/01/22	AGN	1	Bordj El Kiffan, ALG	25-Jul
26:50.53	Mariska	STANDER		AFS	1	Bloemfontein	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
28:14.36	Leone	PIETERSE	2002/04/17	BOLA	1F	Paarl	10-Mar
29:00.54	Stephanie	VAN ZYL	2002/01/01	BOLA	2F	Paarl	10-Mar
29:01.07	Cara	BESTER	2002/01/01	BOLA	3F	Paarl	10-Mar
29:27.09	Kiara Paige	BARTHOLOMEW	2002/12/04	KZNA	5	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