

# South African Track & Field Performances 2019

31-Jul-19

## Under 20 {JUNIOR} (Born 2000/2001)

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Edited by : Danie & Neil Cornelius

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

#### 100m

10.35	0.5	Luke	DAVIDS	17-Jul-01	WPA	2	Abidjan	17-Apr
10.35	0.5	Phathutshedzo	MASWAGANYI	01-Feb-01	AGN	3	Abidjan	17-Apr
10,56	+1.6	Sifiso	MIYA	01-Jun-01	AGN	3S3	Paarl	28-Mar
10,66	+0.8	Philelani	GASA	14-Sep-00	AFS	1S2	Paarl	28-Mar
10,68	+0.3	Mark	GAINES	19-May-00	KZNA	1S1	Paarl	28-Mar
10,75	-1.1	Tshenolo	LEMAO	17-Jun-00	AGN	2h1	PILDITCH- Pretoria	05-Mar
10,75	+0.8	Sherwin	VAN STADEN	14-Sep-00	EPA	2S2	Paarl	28-Mar
10,78	-1.1	Mikaaail	MOHOMED	10-Jun-01	AGN	3h1	PILDITCH- Pretoria	05-Mar
10,81	-0.5	Jayson	WEBER	01-Jan-01	WPA	2r2	Greenpoint	02-Mar
10,83	+0.7	Phemelo	MOJE	02-Feb-01	CGA	2h2	Potchefstroom	19-Feb

#### Wind

10,49	<b>4,3</b>	Sifiso	MIYA	01-Jun-01	AGN	1S1	Ruimsig	02-Feb
10,76	<b>2,4</b>	Simbarashe	MAKETA	07-Jul-02		2	Ruimsig	02-Feb
10,79	<b>2,1</b>	Nthakuseni	VILANKULU		AFS	1S9	Ruimsig	02-Feb

#### Wind

10.66	NW	Nthakuseni	VILANKULU		AFS	1	Bloemfontein	23-Feb
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#### 200m

20.77	-0.1	Phathutshedzo	MASWAGANYI	01-Feb-01	AGN	1	Abidjan	19-Apr
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20,98	-0.1	Luke	DAVIDS	17-Jul-01	WPA	2	Abidjan	19-Apr
21,21	1.6	Gratitude	MOHOERA		AFS	1h2	Bloemfontein	22-Feb
21,33	0.6	Mosuwe	HLONGWANE	17-Jun-01	AFS	2	Bloemfontein	22-Feb
21,36	1.6	Nthakuseni	VILANKULU		AFS	2h2	Bloemfontein	22-Feb
21,48	1	Frans	MATALA	12-Mar-02	CGA	1	Germiston	03-Mar
21,64	+2.0	Zander	VON STADE	28-Sep-01	AGN	2H1	Paarl	29-Mar
21,71	1.6	Thato	PHASHA	11-Jul-01	AFS	2h1	Bloemfontein	22-Feb
21,73	1,6	Handre	JONKER	18-Jun-00		2	Ruimsig	02-Feb
21,82	+2.0	Phemelo	MOJE	02-Feb-01	ANWN	3H1	Paarl	29-Mar

#### **400m**

46,92		Sokwakhana	ZAZINI	23Sep2000	AGN	2h1	Abidjan	16-Apr
47,96		Thato	PHASHA	11-Jul-01	AFS	1	Bloemfontein	23-Feb
47,06		Frans	MATALA	12-Mar-02	CGA	1	Paarl	30-Mar
47,10		Nhlanhla	MASEKO	16-Nov-01	AMPU	2	Paarl	30-Mar
47,27		David	SEETE	22-Mar-01	CGA	3	Paarl	30-Mar
47,59		Ruan	DE JONGH	17-Feb-00	AGN	1SF3	Paarl	29-Mar
47,63		Jayson	WEBER	01-Jan-01	WPA	1SF1	Paarl	29-Mar
47,88		Romeo	VAN WYK	21-Sep-01	AGW	7	Paarl	30-Mar
48,18		Gert	JONKER	18-Jun-00	CGA	1	Germiston	03-Mar
0:48.25		Mosuwe	HLONGWANE	01-Jun-17	AFS	6	Port Elizabeth	20-Mar

#### **800m**

1:49,87		Tshegofatso	MWAGU	01-Sep-01	AGN	1	Paarl	28-Mar
1:50,05		Christopher	SWART	19-Apr-00	AGN	2	Paarl	28-Mar
1:51,04		Reinard	REITSMA	02-Feb-00	ACNW	2	Potchefstroom	19-Feb
1:51,28		Lucas	SILWANE	29-Sep-01	CGA	1	Germiston	03-Mar
1:51,66		Ntuthuko	NDIMANDE	16-May-01	CGA	3	Paarl	28-Mar
1:52,32		Omphile	MOLOTSI	09-Feb-02	AGN	4	Paarl	28-Mar
1:52,83		Gert	JONKER	18-Jun-00	CGA	1S2	Paarl	28-Mar
1:53,71		Thabang	SELEPE	08-Apr-00	AMPU	5S2	Paarl	28-Mar
1:53,72		Nhloso	NDLOVU	10-May-00	AFS	6S2	Paarl	28-Mar

**1500m**

3:49,92	Luan	MUNNIK	22-Apr-00	ACNW	1	TUKS-Pretoria	09-Feb
3:55,59	Nontobeko	NTULI	08-Aug-01	KZNA	1	Durban	09-Feb
3:55,59	Siyabonga	NDLOVU	02-Sep-02	KZNA	2	Durban	09-Feb
3:56,43	Ngconde	MATWEBU	04-Jun-00	AFS	1S1	Ruimsig	02-Feb
3:56,70	Omphile	MOLOTSI	09-Feb-00	AGN	6	TUKS - Pretoria	23-Feb
3:56,80	Christopher	SWART	09-Apr-00	AGN	1	PILDITCH - Pretoria	26-Jan
3:57,37	Robert	DE VILLIERS	04-Mar-00	ACNW	5	Potchefstroom	19-Feb
3:57,99	Ntuthuko	NDIMANDE	16-May-01	CGA	3	Paarl	30-Mar
3:58,15	Matthew	FORESTER	25-Sep-01	AGN	4	Paarl	30-Mar
3:58,23	Mohlouwa koos	MOLUTSI	05-Jan-00	KZNA	1	Durban	23-Feb

**3000m**

8:36,83	Luan	MUNNIK	22-Apr-00	ACNW	2	Potchefstroom	29-Jan
8:37,41	Robert	DE VILLIERS	04-Mar-00	ACNW	1	Potchefstroom	05-Feb
8:41,00	Oliver	STEWART	22-Feb-01	WPA	1	Greenpoint	16-Feb
9:05,42	Phemelo	NTOE	23-Oct-01	CGA	1	Germiston	26-Jan
9:07,51	Chris	MHLANGA		CGA	2	Germiston	26-Jan
9:09,44	Andries	SESEDI	10-Apr-01	CGA	3	Germiston	26-Jan
9:10,32	Lethu	CETYWAYO	02-Jan-00	WPA	2	Greenpoint	16-Feb
9:11,17	Nkosinathi	MNDABA		KZNA	3	Durban	26-Jan
9:13,56	Thulisang	KHAMBULE	07-Sep-01	KZNA	4	Durban	26-Jan
9:19,13	Amogelang	MADITO	04-Jun-00	CGA	4	Germiston	26-Jan

**5000m**

14:46,53	Ngconde	MATWEBU	04-Jun-00	AFS	1	Bloemfontein	22-Feb
14:50,59	Rikus	VAN NIEKERK	03-Jan-01	AGN	1	Paarl	29-Mar
14:51,34	Cwenga	NOSE	25-Aug-00	ATRA	2	Paarl	29-Mar
14:53,73	Phemelo	NTOE	23-Oct-01	CGA	3	Paarl	29-Mar
14:57,84	Tshiamo	MARIBE	05-May-00	KZNA	4	Paarl	29-Mar
15:03,92	Caleb	BEUKES	11-Feb-00	CGA	5	Paarl	29-Mar
15:11,96	Carlo	FLINK	16-Jun-00	WPA	6	Paarl	29-Mar
15:12,55	Bonginkosi	MABUYAKHULU	28-Feb-00	KZNA	2	Durban	24-Feb

15:15,94	Reagen	ROOI	22-Aug-00	BOLA	7	Paarl	29-Mar
15:20,82	Moses	BULWANE	08-Jan-00	ACNW	8	Paarl	29-Mar

### 10000m

30:32,62	Cwenga	NOSE	25-Aug-00	ATRA	1	Paarl	28-Mar
31:13,38	Carlo	FLINK	16-Jun-00	WPA	2	Paarl	28-Mar
31:14,56	Andries	SESEDI	10-Apr-01	CGA	3	Paarl	28-Mar
31:27,00	Thabo	CHABANGU	11-Sep-01	CGA	4	Paarl	28-Mar
31:35,55	Mark	STANDFLIET	11-Dec-01	BOLA	5	Paarl	28-Mar
31:36,50	Moses	BULWANE	08-Jan-00	ACNW	6	Paarl	28-MAR
32:02,79	Donald	SEITEI	29-May-00	KZNA	7	Paarl	28-Mar
32:45,43	Thulisang	KHAMBULE	07-Sep-01	KZNA	8	Paarl	28-Mar
33:01,16	Mzwandile	MATHE	18-Jun-00	KZNA	2	Durban	22-Feb
33:09,98	Fernando	SPONDO	16-Jul-00	WPA	2	Parow	15-Feb

### 3000m Steeple Chase

09:41,33	Lebohang	MAHLOANE	21-Jan-00	AFS	1	Bloemfontein	23-Feb
09:12,59	Olebogeng	MOREMI	17-Mar-00	ACNW	1	Paarl	28-Mar
09:12,96	Matthew	FORESTER	25-Sep-01	AGN	2	Paarl	28-Mar
09:16,93	Tshiamo	MARIBE	05-May-00	KZNA	3	Paarl	28-Mar
09:30,95	Ndzalo	BALOYI	01-Mar-01	AGN	4	Paarl	28-Mar
09:37,99	Oliver	STEWART	22-Feb-01	WPA	5	Paarl	28-Mar
09:43,00	Siyabulelo	MAZALENI	28-Sep-01	CGA	6	Paarl	28-Mar
09:44,70	Nhlakanipho	TSHABALALA	16-Jan-00	ACNW	7	Paarl	28-Mar
09:44,82	Nicholas	SEOPOSENGWE	26-Jun-01	CGA	1	Germiston	03-Mar
09:46,20	Travis	KOEKEMOER	02-May-01	AGN	8	Paarl	28-Mar

### 60m Hurdles

8,67	+0.8	Juan-Louw	PIETERS	29-Feb-00	ACNW	2	Potchefstroom	29-Jan
9.60	+0.8	Jerry	VENTER	18-Jul-00	ACNW	3	Potchefstroom	29-Jan

### 110m Hurdles

13,54	+0.4	Michael	SCHOEMAN	01-Jan-01	AGN	1	Paarl	29-Mar
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14,13	+0.4	Jason matthew	OCTOBER	31-May-01	BOLA	2	Paarl	29-Mar
14,14	+0.4	Jerry	VENTER	18-Jul-00	ACNW	3	Paarl	29-Mar
14,18	1,7	Ruan	DE LANGE	22-Mar-01	AGN	1	Ruimsig	02-Feb
14,19	+0.4	Rozario	WILLIAMS	20-Jun-01	CGA	4	Paarl	29-Mar
14,27	+0.3	Stephanus	VAN DER WALT	06-Jan-00	AGN	2H1	Paarl	29-Mar
14,36	1,7	Jordan	JOHNSON	17-Mar-00	CGA	2	Ruimsig	02-Feb
14,49	1,2	Diwan	BRITS	20-Feb-01	CGA	3	Germiston	03-Mar
14,57	+0.3	Dian	JANSE VAN VUUREN	10-Oct-01	AGN	3H1	Paarl	29-Mar
14,66	2.0	Wicus	VOSLOO	21-Mar-01	AFS	1	Bloemfontein	22-Feb

#### 400m Hurdles

<b>48,73</b>		<b>Sokwakhana</b>	<b>Zazini</b>	<b>23-Jan-00</b>	<b>AGN</b>	<b>2</b>	<b>Napoli</b>	<b>11-Jul SA/Afr R</b>
52,19		Gerdus	DU PLESSIS	22-Mar-01	AGN	2	Paarl	28-Mar
52,23		Liam	PIETERSEN	02-Nov-00	BOLA	3	Paarl	28-Mar
53,20		Rozario	WILLIAMS	26-Jun-01	CGA	1	Germiston	03-Mar
53,44		Adam	MAYO	19-Apr-00	AGN	4	Paarl	28-Mar
54,41		Marthinus	DU PREEZ	12-Apr-01	ACNW	5	Paarl	28-Mar
54,57		Ruan	LABUSHAGNE	05-Apr-00	BOLA	6	Paarl	28-Mar
54,64		Khongelo	NGOBENI	13-Aug-00	AGN	7	Paarl	28-Mar
54,69		Aiden	TANGO	20-Mar-00	WPA	8	Paarl	28-Mar

#### High Jump

2,23		Breyton	POOLE	23-Mar-00	BOLA	1	Stellenbosch	04-Apr
2,07		Maswangayi	GAYISA	21-Mar-01	CGA	2	Paarl	30-Mar
2,07		Matome	SHABANGU	14-Aug-00	AGN	3	Paarl	30-Mar
2,04		Wilbur	METTLER	18-Apr-01	AMPU	4	Paarl	30-Mar
2,00		Usaamah	VALLY	10-Jan-01	KZNA	1	Ruimsig	02-Feb
1,98		Blake	MORGAN	25-Feb-01	ASWD	5	Paarl	30-Mar
1,98		Omphile	MOGODIRI	04-Dec-00	CGA	6	Paarl	30-Mar
1,95		Katleho	NYELELE	10Jan2000	AFS	1	Bloemfontein	26-Jan
1,95		Thabelo	MAKUMULE	27-Mar-01	AFS	1	Bloemfontein	22-Feb
1,95		Cornel	COETZEE			2	Ruimsig	02-Feb
1,95		Enrique	FOURIE	27Apr2000	AGN	3	PILDITCH- Pretoria	05-Mar

1,95		Katlego	MASHISHI	06-Feb-00	AGN	5Q	Paarl	28-Mar
1,95		Cullen	PLAATJIES	15-Dec-00	BOLA	8Q	Paarl	28-Mar

### **Pole Vault**

5,20		Valco	VAN WYK	26-Jul-00	BOLA	1	Paarl	30-Mar
2,90		Andre	SWANEPOEL	25-Aug-01	BOLA	1	Greenpoint	16-Feb
2,60		Tashriq	PARKER	07-May-00	WPA	3	Greenpoint	16-Feb
2,60		Jamie	FIELD	19-Sep-01	WPA	2	Greenpoint	16-Feb

### **Long Jump**

7,56	-0.4	Michael	SKOSANA	18-Sep-00	AFS	1	Bloemfontein	26-Jan
7,38	+2.0	Mark	GAINES	19-Aug-00	KZNA	1	Paarl	30-Mar
7,14	+1.6	Lumka	GEBENGANA	09-Jan-01	ACNW	4	Paarl	30-Mar
7,09	-0.6	Nikithemba	HANI	12-Oct-00	BORA	2R1	Paarl	29-Mar
7,05	+0.2	Sifiso	MIYA	01-Jun-01	AGN	5R1	Paarl	29-Mar
6,96	-0.1	Luke	GAUCHE	27-Jan-00	AGN	6R1	Paarl	29-Mar
6,88	-2.4	Christie	LE ROUX	16-Mar-00	AGN	1	TUKS - Pretoria	23-Feb
6,88	-0.8	Ashton	RYAN	24-Jan-01	WPA	7R1	Paarl	29-Mar
6,87	-0.0	Jordan	KOK	03-Nov-00	ACNW	1	Potchefstroom	19-Feb
6,87	+0.8	Brits	DIWAN	26-Feb-01	CGA	8R1	Paarl	29-Mar

### **Wind**

7,33	+2.1	Luke	GAUCHE	27-Jan-00	AGN	2	Paarl	30-Mar
7,28	+2.1	PHATHUTSHEDZO	MASWAGANYI	01-Feb-01	AGN	3	Paarl	30-Mar

### **Triple Jump**

15,28	+1.0	Tristan	FARO	15-May-01	BOLA	1	Paarl	30-Mar
15,19	+0.6	Sifiso	MIYA	01-Jun-01	AGN	2	Paarl	30-Mar
15,06	-0.2	Tebogo	MASEEMA	17-Feb-00	CGA	3	Paarl	30-Mar
14,47	+0.5	Thabo	MAILULA	01-Aug-01	AGN	4	Paarl	30-Mar
14,25	+0.0	Jesse	FISCHER	05-Apr-00	WPA	5	Paarl	30-Mar
14,24	+0.4	Lleyton	DAVIDS	12-Sep-01	BOLA	6	Paarl	30-Mar
14,09	-0.9	Ntuthu	BULUMKO	11-Aug-01	EPA	7	Paarl	30-Mar
13,83	-0.0	Jordan	KOK	03-Nov-00	ACNW	1	Potchefstroom	19-Feb

13,82	+0.5	Rynan	PIETERSE	29-Aug-00	CGA	8	Paarl	30-Mar
13,77	+0.8	Marnus	LINDE	22-Jul-00	AGN	1	TUKS- Pretoria	12-Jan
	<b>WIND</b>							
14.81	2.5	Michael	SKOSANA	18-Sep-00	AFS	2	Bloemfontein	16-Feb

### **Shot Put**

18,40		Chris	VAN NIEKERK	30-Aug-00	ACNW	2	Abijan	20-Apr
17,39		Hannes	KRUGER	12-Apr-01	AFS	2	Paarl	30-Mar
16,16		Michael	COETZEE	04-Sep-01	AGN	3	Paarl	30-Mar
15,89		Jonathan	DE LACEY LACEY	05-Jan-00	ACNW	4	Potchefstroom	19-Feb
15,71		Tony	TERBLANCHE	07-Jan-01	AVT	4	Paarl	28-Mar
15,55		Aaron	LOMBARD	15-May-01	ATRA	6	Paarl	30-Mar
14,84		Francois	PRINSLOO	11-Nov-01	BOLA	7	Paarl	30-Mar
13,71		Danie	COETZER	12-Jan-01	AMPU	8	Paarl	30-Mar
13,54		Jan johannes	VISSER	13-Mar-00	BOLA	9	Paarl	30-Mar

### **Discus**

56,49		Chris	VAN NIEKERK	30-Aug-00	AGN	1	Abijan	19-Apr
55,79		Francois	PRINSLOO	11-Nov-01	BOLA	2	Abijan	19-Apr
52,51		Jannie	VISSER	13-Mar-00	BOLA	1	Greenpoint	16-Feb
47,60		Hannes	KRUGER	12-Apr-01	AFS	4	Paarl	29-Mar
47,13		Morne	BEAUZEC	01-Apr-01	EPA	5	Paarl	29-Mar
45,94		Jonathan	DE LACEY LACEY	05-Jan-00	ACNW	3	Potchefstroom	05-Feb
45,40		Tjaart	BREEDT	06-Jan-01	AGN	1	PILDITCH - Pretoria	26-Jan
45,03		Xolani	LEKHULENI	29-May-01	AMPU	7	Paarl	29-Mar
43,50		Aaron	LOMBARD	15-May-01	ATRA	8	Paarl	29-Mar

### **Hammer Throw**

60,72		James	HAVINGA	27-Sep-00	AFS	1	Bloemfontein	22-Feb
65,07		Botshello	KOBOKOANE	06-Jun-00	AGN	1	Paarl	30-Mar
64,62		Damien marnay	BOTHMA	01-Mar-01	BOLA	2	Paarl	30-Mar
60,50		Christiaan	LE ROUX	20-Mar-01	AGW	2	Bloemfontein	22-Feb
57,55		Ruwaldo	BEER	13-Apr-01	EPA	5	Paarl	30-Mar

57,53	Paul	DU PLESSIS	22-Mar-00	EPA	6	Paarl	30-Mar
54,49	Jaunu	OLIVIER	27-May-01	BOLA	1	Greenpoint	16-Feb
54,04	Jt	VAN DER WALT	20-Aug-01	AFS	7	Paarl	30-Mar
53,79	Cedric	KOKOBANE	06-Jun-00	AGN	4	TUKS - Pretoria	23-Feb
50,61	Hermanus	VISSER	07-Nov-01	NWCA	8	Paarl	30-Mar

### Javelin

68,86	Devoux	DEYSEL	30-Mar-01	AGN	1	Paarl	29-Mar
67,53	Jano	ESTERHUIZEN	13-Mar-01	ANWN	2	Paarl	29-Mar
65,96	Matthew	JOUBERT	03-Jan-01	KZNA	3	Paarl	29-Mar
63,05	Jannes	SCHLEBUSCH	26-Aug-00	AFS	1	Bloemfontein	26-Jan
62,32	Jacques	KLEYNHANS	19-Apr-01	AGN	1	TUKS-Pretoria	09-Feb
60,88	Juan	SMIT	23-May-00	BOLA	4	Paarl	29-Mar
58,78	Jaco	KOK	27-Jan-01	AGN	2	TUKS-Pretoria	09-Feb
58,44	Lohan	ROODE	24-Jan-00		3	TUKS-Pretoria	09-Feb
55,54	Stephan	KRUGER	25-Jun-01	AGN	1	TUKS - Pretoria	23-Feb

### 4x 100m Relay

0:41.87	AGN - A			AGN	1	Paarl	30-Mar
0:41.94	AGN - B			AGN	2	Paarl	30-Mar
0:42.14	BOLAND			BOLA	3	Paarl	30-Mar
42,16	South Africa				4	Abijan	20-Apr
0:42.45	WPA			WPA	4	Paarl	30-Mar
0:42.55	AFS			AFS	5	Paarl	30-Mar
0:43.68	CGA			CGA	6	Paarl	30-Mar
0:43.95	LIMA			LIMA	7	Paarl	30-Mar

### 4 x 400m Relay

	<b>SAR : 3:04.50</b>						30-Mar
03:14.07	CGA			CGA	1	Paarl	30-Mar
03:17.00	AGN - A			AGN	2	Paarl	30-Mar
03:20.95	BOLAND			BOLA	3	Paarl	30-Mar
03:23.33	LIMA			LIMA	4	Paarl	30-Mar
03:26.36	ACNW			ACNW	5	Paarl	30-Mar



**Decathlon**

5938	Renaldo	MC KENZIE		BOLA	1	Germiston	25/26-Apr
5762	Divan	GROBLER		AVT	2	Germiston	25/26-Apr
5397	Tashriq	PARKER	07-May-00	WPA	1	Greenpoint	15-16-Feb
4982	Jamie	FIELD	19-Sep-01	WPA	2	Greenpoint	15-16-Feb
4642	Andre	SWANEPOEL		BOLA	5	Germiston	25/26-Apr

**5000m Walk (Track)**

22:43,34	Antonio	FARMER	21-Dec-00	ACNW	1	TUKS - Pretoria	23-Feb
24:06,78	Jacques	HEYMANS	14-Feb-00	AGN	1	TUKS-Pretoria	09-Feb
24:55,05	Wentsley	MERKUUR	13-Feb-00	WPA	1	Greenpoint	02-Mar
26:15,05	Lebogang	MBULAWA	01-Nov-01	CGA	1	Germiston	26-Jan
26:29,44	Isakane	LEBELO	01-Feb-00	AGN	5	TUKS - Pretoria	23-Feb
26:58,81	Vincent	NHLAPO	12-Mar-01	AGN	6	TUKS - Pretoria	23-Feb
28:17,36	Kgosi	NGAKE		CGA	2	Germiston	26-Jan
32:30,97	Hendry	MAZIBUKO		CGA	3	Germiston	26-Jan
32:52,16	Sfiso	MOSIA		CGA	4	Germiston	26-Jan

**10000m Walk (Track)**

47:40,17	Antonio	FARMER	12-Dec-00	ACNW	1	Paarl	30-Mar
47:51,33	Wentsley	MERKUUR	13-Feb-00	WPA	2	Paarl	30-Mar
49:36,24	Siyabonga	LUVLO	24-Apr-00	CGA	3	Paarl	30-Mar
50:49,33	Sandile	GUMEDE	13-Apr-01	KZNA	1	Durban	22-Feb
55:12,30	Lebogang	MBULANA	01-Nov-01	CGA	2	Germiston	03-Mar
55:20,98	Vincent	NHLAPO		ACNW	4	Paarl	30-Mar
56:11,61	Ntokozo	MAJOZI	24-Sep-01	KZNA	2	Durban	22-Feb
57:21,21	Phelelani	MEMELA	12-Aug-00	KZNA	4	Durban	22-Feb
58:42,20	Jonas	MOKOENA	07-Mar-02	CGA	3	Germiston	03-Mar

# FEMALE

## 100m

11,61	0.8	Rose	XEYI	16-Mar-01	AGN	4	Germiston	26-Apr
11,95	1,9	Nicola	VAN DER MERWE	29-Jan-01	ANWN	1H4	Paarl	28-Mar
12,02	0,8	Zeney	VAN DER WALT	22-May-00	AGN	1H2	Paarl	28-Mar
12,09	-0,2	Jessica	BOMPAS	18-Apr-01	KZNA	1	Durban	24-Feb
12,17	-1.6	Remoneilwe	PASHA	01-Feb-01	AGN	2	Paarl	28-Mar
12,20	+1.4	Natalie	HANEKOM	20-Jul-01	AGN	2S1	Paarl	28-Mar
12,21	+1.4	Michelle	MOFOMME	20-Aug-01	AGN	4S1	Paarl	28-Mar
12,23	0.3	Portia	MACHABA	09-Feb-01	AFS	1	Bloemfontein	23-Feb
12,30	1,9	Toinette	MURRAY	08-Jul-00	ACNW	2H4	Paarl	28-Mar
12,32	1,7	Saskia	WAIT	04-Dec-01	EPA	1H3	Paarl	28-Mar

## 200m

24,61	0,2	Antoinette	VD MERWE	27-Jan-01	AGN	1	Ruimsig	02-Feb
24,97	0,2	Jessica	BOMPAS	18-Apr-01	KZNA	2	Ruimsig	02-Feb
25,07	1.1	Portia	MACHABA	09-Feb-01	AFS	1	Bloemfontein	22-Feb
25,10	+0.6	Zenobea	JEWASKIEWITZ	22Jul2000	ACNW	2h1	Potchefstroom	12-Feb
25,35	-0.1	Marlie	VILJOEN	01-Aug-00	AGN	1	TUKS- Pretoria	12-Jan
25,39	0,2	Nikiwe	MONGWE	18-May-01	CGA	3	Ruimsig	02-Feb
25,44	1,5	Suzie	BURGESS	21-Nov-01	AGN	1S2	Ruimsig	02-Feb
25,71	-0.3	Zinam	KLAAS	06-Jul-01	WPA	1	Parow	02-Feb
25,72	+0.0	Toinette	MURRAY	08-Jul-00	ACNW	4h1	Potchefstroom	19-Feb
26,24	1.1	Joviale	MBISHA	31-Oct-00	AFS	2	Bloemfontein	22-Feb

## 400m

52,89		Zeney	VAN DER WALT	22-May-00	AGN	3	Sopot	23-Jun
54,89		Marlie	VILJOEN	01-Aug-00	AGN	2	Paarl	30-Mar
55,15		Kirsten	AHRENS	18-Jun-00	KZNA	3	Paarl	30-Mar
56,01		Carla	HATTINGH	10-Oct-01	CGA	4	Paarl	30-Mar
56,60		Mienke	BOOYSEN	29-Sep-00		1	TUKS-Pretoria	23-Feb

56,61	Fina	DUBE	24-Sep-00	CGA	2	Germiston	03-Mar
56,35	Lethabo	VELDTMAN	09-Feb-01	AGN	5	Paarl	30-Mar
57,10	Janke	VAN SCHALKWY	09-Aug-01	BOLA	3H2	Paarl	29-Mar
57,38	Juli	VERCUIEL	25-Jan-00	BOLA	2H1	Paarl	29-Mar
57,39	Nicola	GIBBON	09-Oct-00	ACNW	1	Potchefstroom	12-Feb

### **800m**

2:10,75	Rhode	BOON	05-Jul-00	ACNW	1	Paarl	28-Mar
2:10,84	Nicole	LOUW	26-Jul-01	BOLA	2	Paarl	28-Mar
2:10,85	Janna	VAN DER MERWE	28-Mar-00	AGN	3	Paarl	28-Mar
2:12,14	Luzaan	DE WITT	12-Feb-01	KZNA	4	Paarl	28-Mar
2:12,80	Fina	DUBE	24-Sep-00	CGA	5	Paarl	28-Mar
2:13,05	Janie	JANSE VAN RENSBURG	09-Aug-00	AGN	6	Paarl	28-Mar
2:14,19	Ntsoaki	MALAHOE	28-May-00		1	Ruimsig	02-Feb
2:17,35	Jeanne	DE BEER	25-May-01	AGN	7	Paarl	28-Mar
2:17,97	Lyndi	ROELOFSE	30-Apr-01	CGA	2	Ruimsig	02-Feb
2:19,36	Vicky	OELOFSE	09-Oct-00	AFS	2	Bloemfontein	16-Feb

### **1500m**

4:30,79	Nicole	LOUW	26-Jul-01	BOLA	1	Paarl	30-Mar
4:32,09	Yandiswa	SHANGE	30-Jun-00	BOLA	2	Paarl	30-Mar
4:32,31	Lyndi	ROELOFSE	30-Apr-01	CGA	3	Paarl	30-Mar
4:34,86	Vicky	OELOFSE	09-Oct-00	AFS	4	Paarl	30-Mar
4:43,26	Sisanda	DUMISA	22-Aug-00	AGN	2	TUKS - Pretoria	23-Feb
4:44,14	Lee-anne	BLAKE	14-Jan-01	ACNW	3	Potchefstroom	19-Feb
4:44,16	Ntsoaki	MALAHOE	28-May-00		2	Ruimsig	02-Feb
4:46,10	<b>HT</b> Izabel	STICKELLS	01-May-01	AGN	1	TUKS-Pretoria	09-Feb
4:47,30	<b>HT</b> Amber	RAYNERS	04-Dec-01	AGN	2	TUKS-Pretoria	09-Feb
4:49,01	Paige	MACKENZIE	08-Dec-00	KZNA	1	Durban	23-Feb

### **3000m**

09:51,69	Vicky	OELOFSE	09-Oct-00	AFS	1	Paarl	29-Mar
09:56,50	Lyndi	ROELOFSE	30-Apr-01	CGA	2	Paarl	29-Mar

09:57,11	Casey	BOSMAN	10-Jan-01	CGA	3	Paarl	29-Mar
10:01,67	Yandiswa	SHANGE	30-Jun-00	BOLA	4	Paarl	29-Mar
10:20,42	Cara	DU PREEZ	13-Oct-01	ACNW	1	Potchefstroom	05-Feb
10:28,87	Welma	NKUNA	10-Mar-00	CGA	5	Paarl	29-Mar
10:49,30	Kia	GIBBS	09-Dec-01	WPA	1	Parow	09-Feb
10:59,63	Megan	SWANEPOEL	05-Oct-01	BOLA	6	Paarl	29-Mar
11:09,74	Delight	NCUBE	13-Feb-01	CGA	3	Germiston	03-Mar
11:46,33	Maja	VAN ASWEGEN	27-Apr-01	BOLA	1	Greenpoint	16-Feb

### 5000m

17:23,57	Shanley	KOEKEMOER	10-Jan-00	USA	3	Rock Hill SC	10-May
17:47,52	Welma	NKUNA	10-Mar-00	CGA	1	Paarl	30-Mar
17:50,77	Diplo	MASHAMAITE	02-Oct-01	CGA	2	Paarl	30-Mar
17:53,85	Zelmari	VORSTER	14-Feb-00	AGN	1	PILDITCH - Pretoria	26-Jan
18:01,71	Dumisa	SISANDA	23-Aug-00	AGN	3	Paarl	30-Mar
18:20,93	Lethabo	MAKGOGO	13-Sep-00	CGA	4	Paarl	30-Mar
18:25,02	Leshan	CURLEWIS	19-Sep-02	AGN	5	Paarl	30-Mar
18:41,95	Amber	RAYNERS	04-Dec-01	AGN	6	Paarl	30-Mar
18:50,75	Kia	GIBBS	09-Dec-01	WPA	4	Parow	23-Feb
19:12,38	Aphelele	JILEKA	01-Dec-01	KZNA	1	Durban	24-Feb

### 10000m

42:10,28	Nontobeko	NTULI		KZNA	2	KINGSPARK - Durban	02-Feb
44:04,52	Diana	SITHOLE	30-Jan-01	CGA	1	Germiston	03-Mar
44:09,28	Katlego	MANAGALA	15-Jan-00	CGA	2	Germiston	03-Mar

### 3000m Steeple Chase

10:35,84	Shanley	KOEKEMOER	10-Jan-00		5	Durham NC	20-Apr
10:48,75	Lethabo	MAKGOGO	13-Sep-00	CGA	1	Paarl	28-Mar
10:54,76	Casey	BOSMAN	10-Jan-01	CGA	2	Paarl	28-Mar
11:10,59	Isabel	STICKELS	01-May-01	AGN	3	Paarl	28-Mar
11:39,81	Megan	SWANEPOEL	05-Oct-01	BOLA	4	Paarl	28-Mar
12:06,80	Delight	NCUBE	13-Feb-01	CGA	3	Germiston	03-Mar

12:10,98		Esabel	MAKHURA	30-Jul-00	AGN	2	TUKS - Pretoria	23-Feb
12:15,09		Virnita	AFRICA	27-Aug-01	BOLA	6	Paarl	28-Mar
12:18,78		Caitlyn	SCHLEHMEYER	07-Mar-00	WPA	1	Greenpoint	02-Mar
12:29,56		Tandazwa	MAGIDIGIDI	20-Nov-01	ATRA	8	Paarl	28-Mar

### 100m Hurdles

13,81	+0.0	Antoinette	VAN DER MERWE	27-Jan-01	AGN	1H1	Paarl	29-Mar
14,07	-1.5	Rogail	JOSEPH	22-Apr-00	WPA	2	Paarl	29-Mar
14,10	1	Liane	VAN JAARVELD	23-Jan-01	CGA	1	Germiston	03-Mar
14,66	+1.1	Elitha	SYLVESTER	22-Aug-01	WPA	2H2	Paarl	29-Mar
14,87	+1.1	Gabrielle	LAZARUS	26-Jun-01	WPA	3H2	Paarl	29-Mar
14,95	+0.0	Charne-lee	OLCJERS	22-Mar-00	AGN	2H1	Paarl	29-Mar
15,30	1	Angelique	VAN NIEKERK	03-Feb-01	CGA	2	Germiston	03-Mar
15,30	+1.1	Tatum	MAHER	04-Feb-01	BOLA	4H2	Paarl	29-Mar
15,44	-0.5	Annika	DU PREEZ	10-Sep-00	AGN	1	TUKS-Pretoria	23-Feb
15,48	+0.0	Jessica	STEYN	07-Aug-01	AVT	3H1	Paarl	29-Mar

### 400m Hurdles

55,73		Zeney	VAN DER WALT	22-May-00	AGN	2	Napoli	10-Jul
56,36		Rogail	JOSEPH	22-Apr-00	WPA	1	Germiston	27-Apr
58,70		Gontse	MORAKE	16-Mar-01	CGA	4	STELLENBOSCH	06-Apr
59,96		Marzaan	LOOTS	25-Jun-01	AGN	2	Paarl	28-Mar
61,43		Carla	HATTINGH	10-Oct-01	CGA	2H2	Paarl	28-Mar
61,98		Janke	van SCHALKWYK	09-Aug-01	BOLA	3H1	Paarl	28-Mar
62,66		Charmaine	KOTZE	28-Mar-01	AGN	4H1	Paarl	28-Mar
62,73		Tatum	MAHER	04-Feb-01	BOLA	6	Paarl	28-Mar
62,92		Elitha	SYLVESTER	22-Aug-01	WPA	3H2	Paarl	28-Mar
64,71		Chanre-lee	OLKERS	22-Mar-00	AGN	1	TUKS - Pretoria	23-Feb

### High Jump

1,78		Kristi	SNYMAN	15-Dec-00	WPA	1	Paarl	30-Mar
1,70		Jeanne	MINNAAR	02-Feb-01	AGN	2	Paarl	30-Mar
1,70		Michelle	NGOZO	15-May-00	ACNW	3	Paarl	30-Mar

1,65	Fleur	SLOT	10-Jan-01	BOLA	4	Paarl	30-Mar
1,60	Carmen	BRITZ	30-May-01	AGN	1	TUKS-Pretoria	09-Feb
1,60	Leandre	KETCH	17-Feb-01	BOLA	1	Greenpoint	02-Mar
1,60	Nica	HUMAN	06-Feb-00	ACNW	5	Paarl	30-Mar
1,60	Arne	VAN DER MERWE	03-Dec-01	AFS	7	Paarl	30-Mar
1,55	Akhona	MATHONSI	03-Oct-01	KZNA	1	Durban	24-Feb
1,45	Zoe	MEYER	16-May-01	BOLA	1	Parow	02-Feb
1,45	Angel	KOOPMAN	27-Jan-00	AGN	1	TUKS - Pretoria	23-Feb

### **Pole Vault**

3,87	Nicole	JANSE VAN RENSBURG	04-Jan-01	BOLA	1	Paarl	22-Feb
3,60	Erica	MOOLMAN	03-Nov-01	BOLA	2	Paarl	28-Mar
3,50	Anje	VILJOEN	01-Dec-00	BOLA	3	Paarl	28-Mar
3,00	Simonn	SWANEVELDER	04-Jan-00	BOLA	1	Greenpoint	02-Mar

### **Long Jump**

5,90	-1,3	Marcelle	DE JAGER	04-May-01	LIMA	1	Paarl	30-Mar
5,83	1,6	Karissa	VAN WYK	08-Apr-01	AMPU	2	Paarl	30-Mar
5,81	-1,9	Xeyi	ROSE	16-Mar-01	AGN	2	Abidjan	19-Apr
5,66	1,2	Mieke	BASSON	09-Jan-01	BOLA	3	Paarl	30-Mar
5,58	-0,2	Gabrielle	LAZARUS	26-Jun-01	WPA	1	Parow	15-Feb
5,56	-0,6	Esther	SOLARIN	12-Sep-01	AGN	4	Paarl	30-Mar
5,51	0,2	Bethel	MAKONI	22-Jul-00	AGN	6	Paarl	30-Mar
5,50	0	Kyra	BOTHA	22-Jan-01	AGN	7	Paarl	30-Mar
5,42	-0,7	Jessica	STEYN			2	Ruimsig	02-Feb

### **Triple Jump**

12,92	-0,6	Gontse	MORAKE	16-Mar-01	CGA	1	Paarl	29-Mar
12,10	+0,0	Suneel	LOUWRENS	12-Apr-01	ACNW	2	Paarl	29-Mar
11,99	+0,3	Leandre	KETCH	17-Feb-01	WPA	3	Paarl	29-Mar
11,99	+0,4	Elisette	LESO	28-Jan-01	AGN	4	Paarl	29-Mar
11,90	-0,1	Angelique	VAN NIEKERK	03-Feb-01	CGA	5	Paarl	29-Mar
11,83	+0,1	Karissa	VAN WYK	08-Apr-01	AMPU	6	Paarl	29-Mar

11,51	-7.7	Esther	SOLARIN	12-Sep-01	AGN	1	TUKS- Pretoria	12-Jan
11,25	-0.1	Ameerah	DONOUUGH	05-Feb-01	WPA	7	Paarl	29-Mar

**Shot Put**

15,79		Meike	STRYDOM	25-Aug-00	CGA	1	Germiston	26-Jan
13,08		Danae	JANSE VAN RENSBURG	07-Aug-01	AGN	2	Paarl	30-Mar
12,76		Nicola	THERON	21-Apr-01	AGN	3	Paarl	30-Mar
12,18		Colette	UYS	20-Apr-00	AFS	4	Paarl	30-Mar
11,75		Elme	BOTHA	07-Jan-01	ASWD	5	Paarl	30-Mar
11,61		Kayla	HARRIS	17-Sep-01	KZNA	6	Paarl	30-Mar
11,39		Dane	JV RENSBURG	07-Aug-01	AGN	#REF!	TUKS - Pretoria	23-Feb
11,30		Skye	BOSHOFF	08-Mar-00	BOLA	7	Paarl	30-Mar
11,27		Anzel	VAN DER WALT	06-Sep-01	AFS	2	Bloemfontein	23-Feb
11,16		Caitlin	CHURCH	06-Jan-01	AVT	8	Paarl	30-Mar

**Discus**

48,60		Kayla	SMIT	06-Apr-01	WPA	1	Parow	26-Jan
45,97		Colette	UYS	20-Apr-00	AFS	1	Paarl	29-Mar
45,29		Cara	COETZEE	05-Dec-01	BOLA	2	Paarl	29-Mar
43,27		Georgia	CHANNON	19-Mar-01	BOLA	3	Paarl	29-Mar
42,57		Meike	STRYDOM	25-Aug-00	CGA	4	Paarl	29-Mar
41,90		Lize	BLIGNAUT	26-Sep-00	ACNW	3	Potchefstroom	05-Feb
41,56		Nicola	THERON	21-Apr-01	AGN	5	Paarl	29-Mar
40,54		Ilke	VAN VUUREN	26-May-00	EPA	6	Paarl	29-Mar
38,38		Claudia	VAN DER WESTHUIZEN	01-Jan-01	WPA	1	Greenpoint	02-Mar
37,90		Liezl	MARAIS	29-Jun-01	AGN	1	TUKS-Pretoria	09-Feb

**Hammer Throw**

54,74		Tharina	VAN DER WALT	22-Feb-00	AFS	1	Bloemfontein	26-Jan
49,61		Kayla	SMIT	06-Apr-01	WPA	1	Parow	02-Feb
49,01		Skye	BOSHOFF	08-Mar-00	BOLA	1	Greenpoint	16-Feb
46,04		Elme	BOTHA	07-Jan-01	ASWD	4	Paarl	30-Mar
41,52		Tiane	OELOFSE	17-Aug-01	EPA	5	Paarl	30-Mar

41,34	Klarine	SCHUTTE	25-Jul-01	AGN	1	PILDITCH - Pretoria	26-Jan
41,13	Kaylin	KAPP	02-Apr-01	EPA	6	Paarl	30-Mar
40,72	Lauren	McMORRAN	20-Nov-00	WPA	7	Paarl	30-Mar
35,42	Mariza	BOTHA	11-Jan-00	AFS	4	Bloemfontein	26-Jan
35,25	Lauren	McMORRAN	20-Nov-00	WPA	3	Parow	09-Feb

### Javelin

50,85	Savannah	COMBRINCK	17-Apr-01	AGN	1	Paarl	29-Mar
50,68	Jana	VAN SCHALKWYK	07-Mar-01	BOLA	2	Paarl	29-Mar
45,12	Gestelle	SNYMAN	24-Jul-00	AGN	3	Paarl	29-Mar
43,38	Ansume	SMIT	01-Jun-01	BOLA	4	Paarl	29-Mar
39,48	Danae	JANSE VAN RENSBURG	07-Aug-01	AGN	5	Paarl	29-Mar
36,02	Arne	VAN DER MERWE	03-Dec-01	AFS	1	Bloemfontein	23-Feb
35,41	Mischa	VAN DEN BERG	03-May-01	AFS	2	Bloemfontein	23-Feb
35,23	Leandre	KETCH	17-Feb-01	BOLA	1	Greenpoint	02-Mar
33,68	Mhlengi	NGIDI	09-Nov-00	KZNA	7	Durban	23-Feb
31,40	Liezl	THERON	24-Jul-01	AGN	2	TUKS-Pretoria	09-Feb

### 4 x 100m Relay

46,36	<b>South Africa</b>				2	Abijan	20-Apr
47,77	AGN - A			AGN	1	Paarl	30-Mar
48,46	BOLAND			BOLA	2	Paarl	30-Mar
48,49	WPA			WPA	3	Paarl	30-Mar
48,88	AGN -- B			AGN	5	Paarl	30-Mar
49,46	CGA			CGA	6	Paarl	30-Mar

### 4x 400m Relay

03:40.54	South Africa				2	Abidjan	20-Apr
03:45.87	AGN - A			AGN	1	Paarl	30-Mar
03:49.35	CGA			CGA	2	Paarl	30-Mar
03:52.13	BOLAND			BOLA	3	Paarl	30-Mar
03:54.97	AGN - B			AGN	4	Paarl	30-Mar



**Heptathlon**

4613	Liezel	THERON		AGN	1	Germiston	26/27-Apr
4386	Gabrielle	LAZARUS		WPA	2	Germiston	26/27-Apr
4259	Leandre	KETCH	17-Feb-01	WPA	3	Germiston	26/27-Apr
3998	Jessica	STEYN		AVT	4	Germiston	26/27-Apr
3859	Zeanne	KRUGER	31-Jan-01	BOLA	2	Greenpoint	16-Feb-19
3852	Ameerah	DONOUGH	05-Feb-01	WPA	3	Greenpoint	16-Feb-19

**10000m Walk (Track)**

0:54:49,89	Nolene	VAN RENSBURG	06-Apr-01	ASWD	1	Paarl	29-Mar
0:55:14,08	Meanri	ERASMUS	28-Feb-01	ACNW	2	Paarl	29-Mar
1:05:21,13	Stephanie	VAN ZYL	04-Oct-01	WPA	3	Paarl	29-Mar
1:06:39,71	Elvirah	MAPHOSA	05-Dec-00	CGA	4	Paarl	29-Mar
1:10:47,58	Sphelele	FAKUDE	07-Feb-01	KZNA	1	Durban	22-Feb
1:11:06,69	Sinethemba	KUNENE	24-Feb-01	KZNA	2	Durban	22-Feb
1:14:07,18	Londiwe	MBATHA	30-Jan-01	KZNA	3	Durban	22-Feb
1:23:33,41	Nompilo	KHANYILE	31-Mar-00	KZNA	4	Durban	22-Feb