

South African Track & Field Performances 2019

31-Jul-19

Under 18 {YOUTH} (Born 2002/2003)

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Under the Auspices of SAAS and the Rules of IAAF & ASA

<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>
100m								
10.51	1.7	Thabang	HLOHLO	14-Oct-02	AGN	1h2	TUKS-Pretoria	09-Feb
10,54	1,2	Eckhardt	POTGIETER	19-Mar-03	AGN	1H4	DAL JOSAFAT - PAARL	28-Mar
10.63	1.7	Mbhoni	MABUNDA	19-Mar-03	AGN	2h2	TUKS-Pretoria	09-Feb
10.69	0.7	Keenan	CLOETE	23-Mar-02	AFS	1	Bloemfontein	23-Feb
10,70	0,7	Moss	Mvuyo	13-Mar-02	CGA	1	GERMISTON	03-Mar
10.72	-2.3	Jesse	JOSIAS	27-Mar-02	WPA	3	DAL JOSAFAT - PAARL	28-Mar
10,76	1,6	Cohan	GALANT	17-Jan-02	ASWD	1H3	DAL JOSAFAT - PAARL	28-Mar
10,81	0,7	Thabo	MOGADI		CGA	2	GERMISTON	03-Mar
10,81	0	Vuyu	NDLOVU	08-Jan-02	AMPU	1H2	DAL JOSAFAT - PAARL	28-Mar
10,84	0	Olebogeng	TLHAPI	08-Jul-02	CGA	2H2	DAL JOSAFAT - PAARL	28-Mar
	WIND							
10.40	3.5	Elviano	JOHNSON	12-Nov-02	AGN	1h4	TUKS - Pretoria	23-Feb
10.44	2.6	Sinesipho	DAMBILE	02-Mar-02	AGN	1h2	TUKS - Pretoria	23-Feb
10.45	2,4	Thabang	HLOHLO	14-Oct-02	AGN	1S3	DAL JOSAFAT - PAARL	28-Mar
200m								
20.43	-0.4	Sinesipho	DANBILE	02-Mar-02	AGN	1	TUKS-Pretoria	15-Mar
21.25	1.4	Eckardt	POTGIETER	19-Mar-03	AGN	1H3	DAL JAOSAFAT - PAARL	29-Mar
21.28	0.0	Elviano	JOHNSON	12-Nov-02	AGN	1H2	DAL JAOSAFAT - PAARL	29-Mar
21.43	0.1	Keenan	CLOETE	23-Feb-02	AFS	1H4	DAL JAOSAFAT - PAARL	29-Mar
21.46	0.1	Adrian John	SWART	28-May-02	BOLA	2H4	DAL JAOSAFAT - PAARL	29-Mar

21,53	1,0	Moss	Mvuyo	13-Mar-02	CGA	1	GERMISTON	03-Mar
21.57	-0.8	Keenan	CLOETE	23-Feb-02	AFS	2SF2	DAL JAOSAFAT - PAARL	30-Mar
21.57	-2.2	Kyle	ZINN	14-Jan-03	WPA	6	DAL JAOSAFAT - PAARL	30-Mar
21.58	-2.2	Jesse	JOSIAS	27-Mar-02	WPA	3	DAL JAOSAFAT - PAARL	30-Mar
21,61	1,0	Olebang	TLHAPI	08-Jul-02	CGA	2	GERMISTON	03-Mar

WIND

21.07	2.4	Elviano	JOHNSON	12-Nov-02	AGN	1h2	TUKS-Pretoria	09-Feb
20.32	nwi	Sinesipho	DANBILE	02-Mar-02	AGN	1h1	TUKS-Pretoria	15-Mar

400m

46,26		Lyche	PILLAY	25-Feb-03	CGA	1	Abijan	17-Apr
46,99		Antonie	NORTJIE	02-Feb-02	AGN	3	Abijan	17-Apr
47.23		Adrian John	SWART	28-May-02	BOLA	3	DAL JOSAFAT-PAARL	30-Mar
48.30		Rappie	NKHAHLE	19-Feb-02	AGN	4	DAL JOSAFAT-PAARL	30-Mar
48.40		Ryan	JORDAN	25-Oct-03	EPA	5	DAL JOSAFAT-PAARL	30-Mar
48.59		Karabo	MADONSELA	21-Jun-03	AGN	6	DAL JOSAFAT-PAARL	30-Mar
2:24,00		Adrian	SWART	28-May-02	BOLA	1	GREENPOINT	02-Mar
48.94		Karabo	MADONSELA	21-Jun-03	AGN	2h1	TUKS-Pretoria	23-Feb
48.98		Elviano	JOHNSON	12-Nov-02	AGN	1h2	PILDITCH - Pretoria	26-Jan
4:48,00		Happy	DINGLE	08-May-02	CGA	2	GERMISTON	03-Mar

800m

1:51.91		Edmund	DU PLESSIS	05-Apr-02	AGN	1	DAL JOSFAT - PAARL	28-Mar
1:52.36		Zola	SOKHELA	13-Mar-02	KZNA	2	DAL JOSFAT - PAARL	28-Mar
1:52.75		Karabo	MADONSELA	21-Jun-03	AGN	3	DAL JOSFAT - PAARL	28-Mar
1:53.17		Abednico	CHOBBA	02-Jul-02	AGN	4	DAL JOSFAT - PAARL	28-Mar
1:54.02		Jason	BOWERS	10-Feb-03	AVT	3	NWU/McArthur-Potch	12-Feb
1:54.20		Juvan	BLIGNAUT	12-Sep-02	AGN	5	DAL JOSFAT - PAARL	28-Mar
1:55.19		Khethelo	HADEBE	06-Aug-02	KZNA	6	DAL JOSFAT - PAARL	28-Mar
1:55,37		Happy	DINGLE	08-May-02	CGA	1	GERMISTON	03-Mar
1:55.89		Aldo	RAUTENBACH	18-Mar-02	BOLA	4H3	DAL JOSFAT - PAARL	28-Mar
1:56.02		Gift	MBOXWANA	16-Feb-02	AFS	5H3	DAL JOSFAT - PAARL	28-Mar

1500m

03:55.55	Rynard	SWANEPOEL	01-Jan-02	CGA	1	DAL JOSAFAT - PAARL	30-Mar
03:56.15	Zola	SOKHELA	13-Mar-02	KZNA	2	DAL JOSAFAT - PAARL	30-Mar
03:56.36	Sanele	MASONDO	24-Mar-02	KZNA	3	DAL JOSAFAT - PAARL	30-Mar
03:56.67	Juvan	BLIGNAUT	12-Sep-02	AGN	4	DAL JOSAFAT - PAARL	30-Mar
03:56.97	Abednico	CHObA	02-Jul-02	AGN	5	DAL JOSAFAT - PAARL	30-Mar
03:57.44	Wian	VAN NIEKERK	03-Apr-02	AGN	6	DAL JOSAFAT - PAARL	30-Mar
03:59,82	Ruchen	BLAAUW	03-Feb-02	WPA	1	PAROW	02-Feb
04:00.39	Siphesihle	KHOZA	25-Apr-03	AGN	7	DAL JOSAFAT - PAARL	30-Mar
04:01.14	Abednico	CHObA	02-Jul-02	AGN	2H1	DAL JOSAFAT - PAARL	30-Mar
04:01,19	Thapelo	RAMAKHOASE			1S2	RUIMSIG	02-Feb

3000m

08:27.58	Wian	VAN NIEKERK	03-Apr-02	AGN	1	DAL JOSAFAT - AARL	29-Mar
08:28.98	Jason	BOWER	10-Feb-03	AVT	2	DAL JOSAFAT - AARL	29-Mar
08:31.75	Sanele	MASONDO	24-Mar-02	KZNA	3	DAL JOSAFAT - AARL	29-Mar
08:34.70	Tshepo	NTUNTWANA	10-Feb-02	CGA	4	DAL JOSAFAT - AARL	29-Mar
08:36.09	Kabelo	MAJA	24-May-03	AGN	5	DAL JOSAFAT - AARL	29-Mar
08:38.48	Melvin	VISSER	24-Jun-02	ASWD	6	DAL JOSAFAT - AARL	29-Mar
08:38.67	Kgadi	MONYEBODI	31-Jul-02	AGN	7	DAL JOSAFAT - AARL	29-Mar
08:45,97	Sbonelo	KHUMALO	21-Sep-02	KZNA	2	KINGS PARK-Durban	24-Feb
08:51.63	Simphiwe	THOMBELA	16-Feb-03	CGA	8	DAL JOSAFAT - AARL	29-Mar
08:51.96	Bongo	MAYEPHU	18-Mar-02	AGN	9	DAL JOSAFAT - AARL	29-Mar

2000m Steeplechase

05:59.14	Tshepo	NTUNTWANA	10-Feb-02	CGA	1	DAL JOSAFAT -PAARL	28-Mar
06:02.89	Siyabonga	MOKHOTHU	02-Feb-06	AGN	2	DAL JOSAFAT -PAARL	28-Mar
06:10.27	Asanda	MAZWI	22-Mar-02	CGA	3	DAL JOSAFAT -PAARL	28-Mar
06:12.62	Thato	SETSHOHO	10-Sep-02	AGN	4	DAL JOSAFAT -PAARL	28-Mar
06:22,14	Karabo	MASHILO	27-Sep-02	KZNA	1	KINGS PARK-Durban	22-Feb
06:22,54	Jean	MOUTON	25-Jul-02	CGA	2	GERMISTON	03-Mar
6:23.30	Jannes	MARAI	08-Aug-02	BOLA	1	GREENPOINT	02-Mar

06:28,54		Ngcali	MANGINDI	23-Jun-03	CGA	3	GERMISTON	03-Mar
06:32.53		Tshepo	FUTHAMA	13-Jan-03	AGN	1	TUKS-Pretoria	09-Feb
06:33.81		Kamohelo	MONYATSI	06-Jun-03	AFS	1	Bloemfontein	23-Feb

110m Hurdles

13.58	0.1	Reynard	STRAUSS	03-Jan-02	AGN	1	DAL JOSAFAT - PAARL	29-Mar
13.72	0.1	Dylan	COETZEE	15-May-02	AGN	2	DAL JOSAFAT - PAARL	29-Mar
13.83	0.1	Jorim	BANGUE	06-Jan-03	AGN	3	DAL JOSAFAT - PAARL	29-Mar
14.21	0.1	Emel	KEYSER	10-Jun-03	ACNW	4	DAL JOSAFAT - PAARL	29-Mar
14,26	0,8	Eduan	COETZEE			2S1	RUIMSIG	02-Feb
14.28	1.7	Mondray	BARNARD	08-May-02	EPA	2H1	DAL JOSAFAT - PAARL	29-Mar
14,36	0,8	Gerhard	GROBLER			2S2	RUIMSIG	02-Feb
14.40	0.1	Nardus	SWART	12-Mar-02	ACNW	5	DAL JOSAFAT - PAARL	29-Mar
14,51	0,5	Sw	NEL			1S3	RUIMSIG	02-Feb
14,52	0,8	Roberto	AGRIZZI	20-May-02		3S1	RUIMSIG	02-Feb
14.61	-0.6	Simon	CAMERON	14-May-02	NWCA	3H3	DAL JOSAFAT - PAARL	29-Mar

400m Hurdles

52.84		Luciano	CUSTODIO	31-Mar-02	BOLA	1	DAL JOSAFAT - PAARL	28-Mar
53.85		Dylan	DAVIES	09-May-02	CGA	2	DAL JOSAFAT - PAARL	28-Mar
54.14		Andre	ERASMUS	22-Mar-02	AGN	3	DAL JOSAFAT - PAARL	28-Mar
54.54		Kgotso	RAMATHE	18-Jan-03	AVT	4	DAL JOSAFAT - PAARL	28-Mar
54.79		Andre	ERASMUS	22-Mar-02	AGN	1H2	DAL JOSAFAT - PAARL	28-Mar
54.84		Gerhardt	MULLER	15-Jan-02	AGN	3H2	DAL JOSAFAT - PAARL	28-Mar
55.22		Wilco	GELDENHUYS	09-Dec-03	AMPU	3H1	DAL JOSAFAT - PAARL	28-Mar
55.49		Lebone	MANYAI	16-Jul-02	ANWN	4H1	DAL JOSAFAT - PAARL	28-Mar
55.54		Jan-Hendrik	WEYER	07-Jan-02	LIMA	5H1	DAL JOSAFAT - PAARL	28-Mar
57,24		AJ	BOTHA		AFS	1	Bloemfontein	22-Feb

High Jump

2.05		Tanaka	NZOMBE	04-Apr-02	AGN	1	DAL JOSAFAT 2019	29-Mar
2.05		Edric	WENHOLD	28-Mar-03	AVT	2	DAL JOSAFAT 2019	29-Mar
2.00		Nathan	VENTER	26-Apr-02	AMPU	2	PILDITCH- Pretoria	05-Mar

1.95	Karel	OLWAGE	05-May-02	AVT	4	DAL JOSAFAT 2019	29-Mar
1.93	Reece	MONTSUMI	16-Feb-03	WPA	5	DAL JOSAFAT 2019	29-Mar
1.90	Jacques	OOSTHUIZEN	27-Mar-02	AGN	1	TUKS- Pretoria	12-Jan
1.90	Niellyn	DE KLERK	02-Jul-02		1	RUIMSIG	02-Feb
1.90	Gratias	MUKIAPINI	12-Feb-03	WPA	1	GREENPOINT	02-Mar
1.90	Justine	LOUWRENS	01-Aug-03	CGA	2H2	DAL JOSAFAT 2019	28-Mar

POLE VAULT

5.30	Kyle	RADEMEYER	29-Jan-02	BOLA	1	DAL JOSAFAT - PAARL	29-Mar
5.00	Nikolai	VAN HUYSTEEN	07-Aug-02	BOLA	2	DAL JOSAFAT - PAARL	29-Mar
4,60	Arend	PRETORIUS	06-Aug-02	AFS	1	Bloemfontein	23-Feb
4.25	SJ	FOURIE	29-Mar-02	AFS	4	DAL JOSAFAT - PAARL	29-Mar
4.00	Henrico	DU PLESSIS	20-Dec-02	AFS	3	Bloemfontein	23-Feb
4,00	Ferdinand	LABUSCHAGNE	18-Apr-03	BOLA	3	Stellenbosch	26-Jan
3.50	Adrian	HAGE	13-Jun-03	BOLA	1	GREENPOINT	16-Feb
3,43	Wynand	SCHOEMAN	08-Jan-03	BOLA	2	Paarl	19-Jan
3.40	Franco	VAN TONDER	27-May-03	AFS	4	Bloemfontein	23-Feb

Long Jump

7.23	-2.0	Jason	TITO	04-Jul-02	BOLA	1	DAL JOSAFAT - PAARL	30-Mar
7.08	-1.7	Lehlogonolo	RAMOKGOPA	01-Jun-02	AGN	2	DAL JOSAFAT - PAARL	30-Mar
6.99	-0.7	Thebogo	THAESA	13-Apr-02	AMPU	3	DAL JOSAFAT - PAARL	30-Mar
6.89	0.0	Liam	NESS	09-Jul-02	CGA	3R1	DAL JOSAFAT - PAARL	29-Mar
6.89	0.6	Banele	MUWAYI	08-Aug-02	AMPU	3R1	DAL JOSAFAT - PAARL	29-Mar
6,86	-2,4	Lesedi	MOLOTO	27-Feb-03	CGA	2	RUIMSIG	02-Feb
6.84	0.5	Thapelo	NKUNA	02-Apr-02	AMPU	6R1	DAL JOSAFAT - PAARL	29-Mar
6,79	-1,6	Sanele	SHOBA	04-Jun-03	AGN	3	RUIMSIG	02-Feb
6.72	0.0	Abdud-Riyaan	WYNGAARD	04-Jun-02	WPA	7R1	DAL JOSAFAT - PAARL	29-Mar
6,70	-2,3	Liam	NESS	09-Jul-02	CGA	4	RUIMSIG	02-Feb

WIND

6.86	5.8	DAIYAAN	WYNGAARD	04-Jun-02	WPA	1	PAROW	09-Feb-19
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Triple Jump

15.09	1.9	Welre	OLIVIER	04-Nov-02	AVT	1	DAL JOSAFAT - PAARL	30-Mar
14.57	-0.5	Jason	TITO	04-Jul-02	BOLA	3	Abidjan	19-Apr
14.40	0.5	Eric	PIETERSE	05-Mar-02	AVT	2	DAL JOSAFAT - PAARL	30-Mar
14.26	0.2	Gabriel	ZEID	06-Mar-02	CGA	3	DAL JOSAFAT - PAARL	30-Mar
14.24	1.2	Ethan	MARAIS	17-Sep-02	WPA	4	DAL JOSAFAT - PAARL	30-Mar
14.12	1.0	Sanele	SHOBA	04-Jun-03	AGN	5	DAL JOSAFAT - PAARL	30-Mar
14.04	0.0	Azola	TEMBANI	23-Apr-02	AGN	6	DAL JOSAFAT - PAARL	30-Mar
13,94	0,8	Siyabulelo	XULU	15-Feb-02	KZNA	1	KINGS PARK-Durban	24-Feb
13.75	-0.2	Francesco	MAY	05-May-02	BOLA	7	DAL JOSAFAT - PAARL	30-Mar
13.73	0.3	Elgin	CHARLIES	16-Aug-02	BOLA	8	DAL JOSAFAT - PAARL	30-Mar

Shot Put

19.99		Douw	KRUGER	29-Sep-02	AMPU	1	DAL JOSAFAT - PAARL	30-Mar
18.94		Markus	KOTZEE	02-Mar-02	AGN	2	DAL JOSAFAT - PAARL	30-Mar
18.17		Wynand	SWANEPEOL	18-Jun-02	AFS	3	DAL JOSAFAT - PAARL	30-Mar
17.81		Juan	OOSTHUYZEN	27-Feb-02	CGA	4	DAL JOSAFAT - PAARL	30-Mar
17.57		Willem	COERTZEN	30-Apr-02	AVT	5	DAL JOSAFAT - PAARL	30-Mar
17,40		Juan	OOSTHUYZEN	27-Feb-02	CGA	1	GERMISTON	26-Jan
17.40		Tian	VAN ZYL	11-Feb-02	AGN	6	DAL JOSAFAT - PAARL	30-Mar
17.35		Phillip	KLEYNHANS	17-Feb-03	ASWD	7	DAL JOSAFAT - PAARL	30-Mar
17.08		Francois	SPAMER	06-Feb-03	EPA	8	DAL JOSAFAT - PAARL	30-Mar
16.51		Coetzee	LE ROUX	22-Jan-03	BOLA	9	DAL JOSAFAT - PAARL	30-Mar

Discus

61.77		Wynand	SWANEPEOL	18-Jun-02	AFS	1	DAL JOSAFAT-PAARL	29-Mar
58.82		Juan	OOSTHUIZEN	27-Feb-02	CGA	2	DAL JOSAFAT-PAARL	29-Mar
55.05		Markus	KOTZEE	02-Mar-02	AGN	3	DAL JOSAFAT-PAARL	29-Mar
54.45		Diaan	MARAIS	14-May-02	AFS	2	Bloemfontein	23-Feb
51.82		Douw	KRUGER	29-Sep-02	AMPU	5	DAL JOSAFAT-PAARL	29-Mar
51.09		Phillip	KLEYNHANS	17-Feb-03	ASWD	6	DAL JOSAFAT-PAARL	29-Mar
50.73		Niel	NELSON	12-Apr-02	WPA	7	DAL JOSAFAT-PAARL	29-Mar
50,57		Reinhard	PRETORIUS	10-Feb-03	AGN	1	TUKS-Pretoria	09-Feb

50.17	Jean	BOTHA	18-Apr-03	AGN	1	PILDITCH - Pretoria	26-Jan
49.73	Kevin	LOCK	23-Feb-03	AGN	#REF!	PILDITCH - Pretoria	26-Jan

Hammer Throw

64.04	Graydon	FABE	01-Jan-02	WPA	1	DAL JOSFAT - PAARL	30-Mar
63.81	Carel	VAN DER MERWE	19-May-03	WPA	2	DAL JOSFAT - PAARL	30-Mar
63.60	Pieter-Juan	VORSTMAN	14-Aug-02	AFS	1	Bloemfontein	23-Feb
62.22	Joruhan	DE WIT	05-Jan-02	BOLA	3	DAL JOSFAT - PAARL	30-Mar
58.45	Tiaan	ERKSINE	31-Jan-02	EPA	4	DAL JOSFAT - PAARL	30-Mar
53.72	Nicolas	JULIES	10-Jul-03	AFS	5	DAL JOSFAT - PAARL	30-Mar
50.97	Marnitz	MELLET	08-May-02	ASWD	6	DAL JOSFAT - PAARL	30-Mar
50.82	Barry	RICHTER	07-Jan-03	AFS	2	Bloemfontein	23-Feb
49.19	Saul	PITOUT	26-Mar-02	BOLA	8	DAL JOSFAT - PAARL	30-Mar

Javelin

69.02	Reghardt	BOTHA	03-Jun-02	AGN	1	DAL JOSAFAT - PAARL	29-Mar
68.60	Armant	VAN DER LINDEN	23-Jul-03	CGA	2	DAL JOSAFAT - PAARL	29-Mar
67.81	Ruan	HUMAN	10-Jun-02	AGN	3	DAL JOSAFAT - PAARL	29-Mar
62.19	Riaan	VLOK	25-Feb-02	AFS	1	Bloemfontein	23-Feb
62.11	Zander	VAN DER MERWE	12-Mar-02	AMPU	4	DAL JOSAFAT - PAARL	29-Mar
62.00	Reghardt	BOTHA	03-Jun-02	AGN	1	TUKS-Pretoria	09-Feb
61.30	Jan	DU TOIT	04-Dec-03	AFS	2	Bloemfontein	23-Feb
60.86	Conrad	MOUTON	13-Feb-02	AGN	5	DAL JOSAFAT - PAARL	29-Mar
59.65	Willie	LIEBENBERG	13-May-03	BOLA	6	DAL JOSAFAT - PAARL	29-Mar
59.08	Ruben	LOMBARD	04-Mar-03	AGN	2	TUKS-Pretoria	09-Feb

3000m Walk (Track)

14:53.05	Nhlanhla	NDLAZI	30-Dec-02	AGN	1	PILDITCH- Pretoria	05-Mar
15:00.04	Petrus	VAN AARDE	09-Dec-02	ACNW	4	McArthur-Potchefstroom	29-Jan
15:06.70	Bheki	MNYAMANA	05-Jan-02	AGN	5	PILDITCH- Pretoria	05-Mar
15:07.49	Petrus	VAN AARDE	09-Dec-02	ACNW	3	NWU/McARTHUR-POTCH	05-Feb
17:07.03	Sibonokuhle	ZUNGA	22-Sep-02	AGN	4	PILDITCH- Pretoria	05-Mar

5km Walk (Track)

24:53.82	Petrus	VAN AARDE	09-Dec-02	ACNW	3	NWU/McArthur-Potch	19-Feb
25:21.53	Nhlanhla	NDLAZI	30-Dec-02	AGN	2	TUKS - Pretoria	23-Feb
25:23.75	Bhela	MNYAMANE	05-Jan-02	AGN	3	TUKS - Pretoria	23-Feb
26:10,25	Alex	NYIVANA	11-Aug-03	CGA	1	GERMISTON	03-Mar
26:24.22	Sibonkuhle	ZUNGU	22-Oct-02	AGN	4	TUKS - Pretoria	23-Feb
26:57,00	Thuto	MOKOENA	01-Jun-03	CGA	2	GERMISTON	03-Mar
27:11,44	Ndlazi	NHLANHLA	30-Dec-02	AGN	3	PILDITCH - Pretoria	26-Jan
27:12.94	Junior	SEGWAI	04-Aug-02	AGN	3	TUKS-Pretoria	09-Feb
27:14.59	Sibonukuhle	ZUNGU	22-Sep-02	AGN	4	TUKS-Pretoria	09-Feb
27:52,41	Jonas	MOKOENA	16-Jun-03	CGA	1	GERMISTON	26-Jan

10000m Walk (Track)

0:48:48.53	Bheki	MNYAMANE	05-Jan-02	AGN	1	Dal Josafat - Paarl	28-Mar
0:49:11.36	Nhlanhla	NDLAZI	30-Dec-02	AGN	2	Dal Josafat - Paarl	28-Mar
0:49:41.61	Alex	NYIVANA	11-Aug-03	CGA	3	Dal Josafat - Paarl	28-Mar
0:51:56.10	Koketso	LEGOALE	12-Dec-03	CGA	4	Dal Josafat - Paarl	28-Mar
0:52:10,97	Mazwamhle	MASANGO	28-Aug-03	KZNA	1	KINGS PARK-Durban	22-Feb
0:52:25,17	Sphiwe	NTOMBELA	26-Aug-01	KZNA	2	KINGS PARK-Durban	22-Feb
0:52:36.98	Keano	VAN ROOYEN	19-Nov-02	WPA	5	Dal Josafat - Paarl	28-Mar
0:52:51.48	Petrus	VAN AARDE	09-Dec-02	ACNW	6	Dal Josafat - Paarl	28-Mar
0:52:54.64	Thuto	MOKOENA	16-Jun-03	CGA	7	Dal Josafat - Paarl	28-Mar
0:53:07.66	Tiaano	WALTERS	10-Feb-03	BOLA	8	Dal Josafat - Paarl	28-Mar
0:53:50.10	Tshepo	XABAKASHE	03-Feb-03	BOLA	9	Dal Josafat - Paarl	28-Mar

4 x 100m Relay

0:41.38	AGN - A	U 18		AGN	1	DAL JOSAFAT - PAARL	30-Mar
0:42.18	WPA	U 18		WPA	2	DAL JOSAFAT - PAARL	30-Mar
0:42.40	BOLAND	U 18		BOLA	3	DAL JOSAFAT - PAARL	30-Mar
0:42.52	CGA	U 18		CGA	4	DAL JOSAFAT - PAARL	30-Mar
0:42.54	AMPU	U 18		AMPU	5	DAL JOSAFAT - PAARL	30-Mar
0:43.65	ANWN	U 18		ANWN	6	DAL JOSAFAT - PAARL	30-Mar
0:44.35	AGN - B	U 18		AGN	7	DAL JOSAFAT - PAARL	30-Mar

0:44.40	LIMA	U 18	LIMA	8	DAL JOSAFAT - PAARL	30-Mar
0:46.26	AFS	U 18	AFS	9	DAL JOSAFAT - PAARL	30-Mar

4 x 400m Relay

03:14.25	AGN - A	U 18	AGN	1	DAL JOSAFAT - PAARL	30-Mar
03:14.83	BOLAND	U 18	BOLA	2	DAL JOSAFAT - PAARL	30-Mar
03:19.67	CGA	U 18	CGA	3	DAL JOSAFAT - PAARL	30-Mar
03:23.10	EPA	U 18	EPA	4	DAL JOSAFAT - PAARL	30-Mar

Medley Relay

1:49.50	South Sfrica			1	Abidjan	19-Apr
1:52.95	Gauteng		Gauteng	1	Port Elizabeth	20-Mar
1:58.74	MPS		Mpumalanga	2	Port Elizabeth	20-Mar
1:59.74	FSS		Free State	3	Port Elizabeth	20-Mar
2:00.59	WCS		Western Cape	4	Port Elizabeth	20-Mar
2:02.24	NCS		Northern Cape	5	Port Elizabeth	20-Mar
2:03.04	ECS		Eastern Cape	6	Port Elizabeth	20-Mar

Decathlon

5558	Ruan	CLAASEN	AVT	1	GERMISTON STADIUM (EHI	25/26-Apr
5428	Ruan	BRONKHORST	CGA	2	GERMISTON STADIUM (EHI	25/26-Apr
5031	Duwayne	DAVIDS	WPA	3	GERMISTON STADIUM (EHI	25/26-Apr
4817	Adian	HAGE	BOLA	4	GERMISTON STADIUM (EHI	25/26-Apr
4650	Jaden	SOLOMON	WPA	1	GREENPOINT	15-16-Feb

22-Feb-03

Female

100m

11,92	1,3	Miando	VAN STADEN	25-Jul-02	ACNW	1S1	DAL JOSAFAT - PAARL	28-Mar
11,96	0,9	Nospiho	MALINGA	15-Jun-03	AGN	1S2	DAL JOSAFAT - PAARL	28-Mar
12,06	1,3	Charlize	EILERD	15-Mar-02	AGN	2S1	DAL JOSAFAT - PAARL	28-Mar
12,14	0,9	Odette	VAN WYK	22-Aug-02	AGN	2S2	DAL JOSAFAT - PAARL	28-Mar
12,15	1,3	Chinique	BROWN	18-Jan-02	LIMA	3S1	DAL JOSAFAT - PAARL	28-Mar
12,20	1,3	Anneme	FOURIE	11-Apr-02	AFS	4S1	DAL JOSAFAT - PAARL	28-Mar
12,26	0,9	Mariska	JONKER	26-Apr-02	AGN	1H3	DAL JOSAFAT - PAARL	28-Mar
12,28	1,3	Catlin	ISAACS	04-Feb-02	BOLA	5S1	DAL JOSAFAT - PAARL	28-Mar
12,29	1,3	Andile	MABUSA	05-Oct-03	AGN	6S1	DAL JOSAFAT - PAARL	28-Mar

200m

23.92	+1.5	Angelique	STRIJDOM	01-Feb-02	AGN	1h1	TUKS-Pretoria	09-Feb
24.24	+1.5	Charlize	EILERD	15-Feb-03	AGN	2h1	TUKS-Pretoria	09-Feb
24.45	-0.4	Miando	VAN STADEN	25-Jul-02	ACNW	1	DAL JOSAFAT - PAARL	30-Mar
24.61	+1.5	Shani	VERMAAK	05-Nov-03	AGN	3h1	TUKS-Pretoria	09-Feb
24.66	+1.9	Elke	VAN DER WESTHUIZEN	05-Jan-03	BOLA	1H1	DAL JOSAFAT - PAARL	29-Mar
24.79	-0.7	Chinique	BROWN	18-Jan-02	LIMA	1H3	DAL JOSAFAT - PAARL	29-Mar
24.88	-0.4	Megan	STARBUCK	30-Jul-02	CGA	3	DAL JOSAFAT - PAARL	30-Mar
24.92	+1.5	Liza	HONIBALL	21-Jun-03	AGN	4h1	TUKS-Pretoria	09-Feb
25.17	+1.5	Bea-Mari	WERNER	08-Sep-03	AGN	5h1	TUKS-Pretoria	09-Feb
	<u>WIND</u>							
24.18	+2.8	Erin	ZIETSMAN	09-Dec-02	AGN	1h2	TUKS-Pretoria	09-Feb

400m

55.14		Amy	NAUDE	07-Jan-02	KZNA	1	DAL JOSAFAT - PAARL	30-Mar
56.17		Lene	VAN HEERDEN	04-Feb-02	CGA	2	DAL JOSAFAT - PAARL	30-Mar
56.70		Prudence	SEKGODISO	05-Jan-02	AGN	1	TUKS-Pretoria	09-Feb
56.81		Angelique	STRIJDOM	01-Feb-02	AGN	3	DAL JOSAFAT - PAARL	30-Mar
57.77		Sue-Marie	CLAASSEN	19-Mar-03	AFS	4	DAL JOSAFAT - PAARL	30-Mar

57.96	Marna	VAN GREUNEN	23-Apr-02	CGA	3H1	DAL JOSAFAT - PAARL	29-Mar
57.99	Tatum	LUDICK	27-Apr-01	BOLA	4H1	DAL JOSAFAT - PAARL	29-Mar
58.10	Robin	THORBURN	27-Jun-03		2h1	PILDITCH - Pretoria	26-Jan
58.46	Sue-Marie	CLAASSEN	19-Mar-03	AFS	1	Bloemfontein	23-Feb
58.82	Tallita	GROENEWALD	30-Oct-02	AVT	7	DAL JOSAFAT - PAARL	30-Mar

800m

2:05.06	Prudence	SEKGODISO	05-Jan-02	AGN	1h1	Abidjan	19-Apr
2:11.36	Kayla	BOTHA	24-Apr-03	AGN	1	DAL JOSAFAT - PAARL	Mar-19
2:11.66	Aviwe	HOBOLOSHE	07-Mar-02	ATRA	2	DAL JOSAFAT - PAARL	Mar-19
2:11.76	Sandra	WITJENBURG	04-Jan-02	CGA	3	DAL JOSAFAT - PAARL	Mar-19
2:12.11	Anneken	VILJOEN	20-Mar-02	BOLA	4	DAL JOSAFAT - PAARL	Mar-19
2:13.62	Charne	SWART	02-Jan-02	AGN	5	DAL JOSAFAT - PAARL	Mar-19
2:13,85	Shannon	BOTHA	05-Jul-03	CGA	2	GERMISTON	03-Mar
2:13.94	Johne	AUCAMP	25-Oct-02	AGN	6	DAL JOSAFAT - PAARL	Mar-19
2:14.60	Hlokomelo	SEHLABI	05-Oct-02	AGN	8	DAL JOSAFAT - PAARL	Mar-19
2:14.82	Michelle	VISSER	04-Jul-02	AGN	9	DAL JOSAFAT - PAARL	Mar-19

1500m

04:42,07	Alme	JORDAAN	02-May-02	BOLA	1	GREENPOINT	16-Feb
04:30.78	Gabrielle	GAIT-SMITH	14-Oct-03	AGN	1	DAL JOSAFAT - PAARL	30-Mar
04:31.47	Nonhlanhla	MABUSA	06-Mar-03	AGN	2	DAL JOSAFAT - PAARL	30-Mar
04:32.41	Anneken	VILJOEN	20-Mar-02	BOLA	3	DAL JOSAFAT - PAARL	30-Mar
04:32.81	Alexa	MESHAM	07-Nov-02	WPA	4	DAL JOSAFAT - PAARL	30-Mar
04:33.36	Alme	JORDAAN	02-May-02	BOLA	5	DAL JOSAFAT - PAARL	30-Mar
04:37.20	Prudence	SEKGODISO	15-Jan-02	AGN	1	TUKS - Pretoria	23-Feb
04:39.55	Chante	DIXON	05-Mar-02	CGA	6	DAL JOSAFAT - PAARL	30-Mar
04:42.45	Michelle	PARKS	11-May-03	AMPU	7	DAL JOSAFAT - PAARL	30-Mar
04:43.20	Cimon	VAN DER WESTHUIZEN	21-Jan-02	BOLA	8	DAL JOSAFAT - PAARL	30-Mar

3000m

09:40.80	Gabrielle	GAIT-SMIT	14-Oct-03	AGN	1	DAL JOSAFAT -PAARL	29-Mar
09:48.67	Alme	JORDAAN	02-May-02	BOLA	2	DAL JOSAFAT -PAARL	29-Mar

09:50.34	Alexa	MESHAM	07-Nov-02	WPA	3	DAL JOSAFAT -PAARL	29-Mar
10:04.06	Chante	DIXON	05-Mar-02	CGA	4	DAL JOSAFAT -PAARL	29-Mar
10:07.27	Michelle	PARKES	11-May-03	AMPU	5	DAL JOSAFAT -PAARL	29-Mar
10:15.57	Smangaliso	MADLALA	15-Oct-03	KZNA	1	KINGS PARK-Durban	24-Feb
10:21.77	Slindile	MJWARA	14-Apr-02	KZNA	2	KINGS PARK-Durban	24-Feb
10:23.74	Nonhanhla	MABUSA	06-Mar-03	AGN	6	DAL JOSAFAT -PAARL	29-Mar
10:35.40	Stephany	PETRO	20-Mar-02	ASWD	7	DAL JOSAFAT -PAARL	29-Mar
10:37.88	Berdein	KOLELA	03-Mar-03	ASWD	8	DAL JOSAFAT -PAARL	29-Mar

2000m Steeplechase

06:47.17	Kristy	BELL	08-May-02	AGN	1	DAL JOSAFAT -PAARL	28-Mar
07:05.61	Vrigill-Lee	AFRICA	21-Aug-03	BOLA	2	DAL JOSAFAT -PAARL	28-Mar
07:12.52	Chanelle	KRUGER	04-Jul-03	AGN	3	DAL JOSAFAT -PAARL	28-Mar
07:14.44	Anri	OOSTHUIZEN	15-Apr-03	CGA	4	DAL JOSAFAT -PAARL	28-Mar
07:21.00	Leshan	CURLEWIS	19-Sep-02	AGN	5	DAL JOSAFAT -PAARL	28-Mar
07:23.33	Lienke	SNYMAN	26-Jun-02	AFS	6	DAL JOSAFAT -PAARL	28-Mar
07:36.94	Izelle	KRUGER	04-Jul-03	AGN	7	DAL JOSAFAT -PAARL	28-Mar
07:41.59	Lienke	SNYMAN	26-Jun-02	AFS	1	Bloemfontein	23-Feb
07:43.58	Chanel	ERASMUS	05-Dec-02	AFS	8	DAL JOSAFAT -PAARL	28-Mar
07:46.86	Nerize	DE BEER	02-Jun-04	AGN	9	DAL JOSAFAT -PAARL	28-Mar

100m Hurdles

13,50	1.4	Kayla	VAN DEN BERGH	10-Jan-02	ACNW	1	Abijan	17-Apr
13.76	1.0	Marione	FOURIE	30-Apr-02	AVT	1H2	DAL JOSAFAT - PAARL	29-Mar
13.86	1.0	Simone	DE WET	10-Apr-03	CGA	2H2	DAL JOSAFAT - PAARL	29-Mar
13,89	1	Megan	STARBUCK	30-Jul-02	CGA	1	GERMISTON	03-Mar
14.09	1.1	Mila	COMPAAN	16-Jan-03	AGN	2H1	DAL JOSAFAT - PAARL	29-Mar
14.17	1.1	Diana	VAN ZYL	27-Feb-02	CGA	3H1	DAL JOSAFAT - PAARL	29-Mar
14.22	-1.4	Charlize	EILERD	15-Mar-02	AGN	5	DAL JOSAFAT - PAARL	29-Mar
14.29	-0.8	Marga-Rita	VAN DER LINDE	18-Apr-02	WPA	3H3	DAL JOSAFAT - PAARL	29-Mar
14.46	1.0	Chazel	BEZUIDENHOUT	18-Feb-02	AGN	3H2	DAL JOSAFAT - PAARL	29-Mar
14.52	-0.8	Brenda	DU TOIT		NWCA	4H3	DAL JOSAFAT - PAARL	29-Mar

400m Hurdles

61.19	Brenda	DU TOIT	27-Jun-02	NWCA	1	DAL JOSAFAT - PAARL	28-Mar
61.32	Alex	HEERINKVAN BREDA	25-May-03	BOLA	2	DAL JOSAFAT - PAARL	28-Mar
61.72	Marga-Rita	VAN DER LINDE	18-Apr-02	WPA	3	DAL JOSAFAT - PAARL	28-Mar
62.08	Chenelle	ROUX	21-May-03	AMPU	4	DAL JOSAFAT - PAARL	28-Mar
62.64	Chazel	BESUIDENHOUT	18-Feb-02	AGN	5	DAL JOSAFAT - PAARL	28-Mar
63.26	Sue-Marie	CLAASSEN	19-Mar-03	AFS	1	Bloemfontein	22-Feb
66.38	Rochelle	GEUSTYN	05-Apr-03	BOLA	7	DAL JOSAFAT - PAARL	28-Mar
67,19	Tia	CROUS	05-May-03	WPA	2	GREENPOINT	16-Feb
67,19	Diana	VAN ZYL	27-Feb-02	CGA	1	GERMISTON	03-Mar
67.30	Cherien	VAN ZYL	21-May-02	AFS	2	Bloemfontein	22-Feb

High Jump

1.78	Jeane	VISSER	12-Aug-03	ACNW	1	DAL JOSAFAT - PAARL	29-Mar
1.75	Karmen	FOUCHE	02-Jan-03	ACNW	2	DAL JOSAFAT - PAARL	29-Mar
1,65	Nicole	WHITTINGTON	15-Jun-02	CGA	1	GERMISTON	26-Jan
1,65	Alara	EICH	26-Oct-02	CGA	2	GERMISTON	26-Jan
1.63	Hannah	BOTHA	11-Nov-03	BOLA	5	DAL JOSAFAT - PAARL	29-Mar
1.63	Caelin	COETZEE	21-Jan-03	AGN	6	DAL JOSAFAT - PAARL	29-Mar
1.60	Rita	BISSCHOFF	03-Feb-03	AGN	1	PILDITCH - Pretoria	26-Jan
1.60	Liza	VAN DEIJL	04-Jun-02	WPA	4H1	DAL JOSAFAT - PAARL	28-Mar
1.60	Caelin	COETZEE	21-Jan-03	AGN	2H2	DAL JOSAFAT - PAARL	28-Mar
1.60	Zihle	MAKAMBA	11-Feb-02	AGN	8	DAL JOSAFAT - PAARL	29-Mar
1.60	Micaela	HORN	23-Jan-03	BOLA	9	DAL JOSAFAT - PAARL	29-Mar
1.60	Lessing	SWAYDE	03-Mar-03	CGA	7	DAL JOSAFAT - PAARL	29-Mar

Pole Vault

3.60	Mire	REINSTORF	05-Jun-02	ASWD	1	DAL JOSAFAT - PAARL	28-Mar
3.40	Tonet	TALLIE	26-Mar-03	BOLA	2	DAL JOSAFAT - PAARL	28-Mar
3.10	Carla	KRUGER	30-Apr-03	ACNW	2	NWU/McArthur-Potch	19-Feb
3.10	Elaine	PIENAAR	02-Jul-02	AFS	2	Bloemfontein	22-Feb
2.90	Jana	SWANEPOEL	27-May-02	WPA	4	DAL JOSAFAT - PAARL	28-Mar
2.80	Bianca	LESSING	18-Apr-02	AFS	3	Bloemfontein	22-Feb

2.80		June	JONKER	05-Mar-02	AVT	5	DAL JOSAFAT - PAARL	28-Mar
2.70		Melissa	MOUTON	03-Jan-02	BOLA	2	GREENPOINT	02-Mar
3.30		Lenieke	DE BEER	11-Oct-02	AFS	1	Bloemfontein	22-Feb

Long Jump

5,80	0.1	Danielle	NOLTE	11-Jan-02	AGN	4	DAL JOSAFAT - PAARL	30-Mar
5.77	0.	Nolwazi	MASHABA	10-Jan-02	AMPU	1R1	DAL JOSAFAT - PAARL	29-Mar
5.53	-0.2	Karmen	FOUCHE	02-Jan-03	ACNW	3R1	DAL JOSAFAT - PAARL	29-Mar
5,43	1.7	Zihle	MAKAMBA	11-Feb-02	AGN	7	DAL JOSAFAT - PAARL	30-Mar
5.41	0.0	Banele	SHABANGU	31-Jul-02	AGN	4R1	DAL JOSAFAT - PAARL	29-Mar
5,38	1,3	Inezka	RADEMAN	07-Feb-02	CGA	1	RUIMSIG	02-Feb
5.38	0.2	Joane	GERBER	10-Jun-03	AGN	5R1	DAL JOSAFAT - PAARL	29-Mar
5.34	0.3	Cora	GROENEWALD	12-Jan-02	AFS	7R1	DAL JOSAFAT - PAARL	29-Mar
5,33	1,9	Marna	VAN GREUNEN	23-Apr-02	CGA	2	RUIMSIG	02-Feb
5.14	0.3	Branda	DU TOIT	27-Jun-02	NWCA	8R1	DAL JOSAFAT - PAARL	29-Mar

WIND

6,03	2.6	Nolwazi	MASHABA	10-Jan-02	AMPU	1	DAL JOSAFAT - PAARL	30-Mar
5,92	2.9	JOANE	GERBER	10-Jun-03	AGN	2	DAL JOSAFAT - PAARL	30-Mar
5,85	2.1	KARMEN	FOUCHE	02-Jan-03	ACNW	3	DAL JOSAFAT - PAARL	30-Mar
5,54	3.5	Cora	GROENEWALD	12-Jan-02	AFS	5	DAL JOSAFAT - PAARL	30-Mar
5,46	2.8	BRENDA	DU TOIT	27-Jun-02	NWCA	6	DAL JOSAFAT - PAARL	30-Mar

Triple Jump

12.69	0.3	Nolwazi	MASHABA	10-Jan-02	AMPU	1	DAL JOSFAT-PAARL	29-Mar
11.90	1.0	Danielle	NOLTE	11-Jan-02	AGN	2	DAL JOSFAT-PAARL	29-Mar
11.81	0.7	Ane	VENTER	15-Apr-02	ACNW	3	DAL JOSFAT-PAARL	29-Mar
11.37	0.0	Shikra	GERBRANDT	11-Aug-03	AVT	4	DAL JOSFAT-PAARL	29-Mar
10.92	-0.2	Grace	DIKIO	25-Mar-02	AFS	1	Bloemfontein	22-Feb
10.60	1.0	Oreneile	SENNE	18-Mar-02	CGA	5	DAL JOSFAT-PAARL	29-Mar
10.58	0.5	Nakai	JAMES	27-Jan-03	AMPU	6	DAL JOSFAT-PAARL	29-Mar
10.51	0.5	Jessica	SWART	11-Sep-03	CGA	7	DAL JOSFAT-PAARL	29-Mar
10.42	-3.3	Jenna	DOREN	22-Apr-02	AGN	2	TUKS-Pretoria	09-Feb
10.36	0.2	Kristen	NORTJE	05-Jun-02	AMPU	8	DAL JOSFAT-PAARL	29-Mar

Shot Put

17.69	Dane	ROETS	16-Jan-02	CGA	1	DAL JOSAFAT - PAARL	30-Mar
17.05	Mine	DE KLERK	30-Mar-03	AFS	2	DAL JOSAFAT - PAARL	30-Mar
16.19	Juanita	DE NECKEER	10-Jul-02	AVT	3	DAL JOSAFAT - PAARL	30-Mar
14.75	Bodine	UMBERTI	31-Jan-02	AGN	4	DAL JOSAFAT - PAARL	30-Mar
14.50	Brittny	RITCHIE	31-Jan-02	AGN	5	DAL JOSAFAT - PAARL	30-Mar
14.38	Marzanne	VAN HEERDEN	07-Feb-03	AFS	6	DAL JOSAFAT - PAARL	30-Mar
14.34	Heike	DE NYSSCHEN	01-Feb-02	AFS	2	Bloemfontein	22-Feb
14,26	Zonica	LINDIQUE		CGA	2	GERMISTON	26-Jan
13,98	Christelle	GROBLER	13-Feb-02	CGA	3	GERMISTON	26-Jan
13.95	Alana	GRUNDLING	16-Apr-03	EPA	7	DAL JOSAFAT - PAARL	30-Mar

Discus

46,35	Dane	ROETS	16-Jan-02	CGA	1	Abijan	17-Apr
44.05	Juanita	DE NECKER	10-Jul-02	AVT	2	DAL JOSAFAT -PAARL	29-Mar
43.74	Bodine	UMBERTI	31-Jan-02	AGN	2Q	DAL JOSAFAT -PAARL	28-Mar
42.80	Minè	DE KLERE	30-Mar-03	AFS	1	Bloemfontein	22-Feb
42.12	Belinda	JV RENSBURG	01-Dec-02	AGN	1	TUKS-Pretoria	09-Feb
41.31	Marguerite	RAATHS	18-Jan-02	ANWN	5	DAL JOSAFAT -PAARL	29-Mar
41.00	Chandre	ESTERHUYSE	12-May-03	AGN	1	TUKS-Pretoria	09-Feb
40.68	Illandre	PONT	11-Jun-02	AGN	7	DAL JOSAFAT -PAARL	29-Mar
39.96	Desere	MOSTERT	19-Jul-03	ANWN	8	DAL JOSAFAT -PAARL	29-Mar

Hammer Throw

65.07	Phethisang	MAKHETHE	05-Sep-02	AFS	1	DAL JOSAFAT - PAARL	30-Mar
57.71	Dane	COETZER	28-Aug-02	EPA	2	DAL JOSAFAT - PAARL	30-Mar
55.04	Elaine	PRETORIUS	26-Nov-03	AFS	2R1	DAL JOSAFAT - PAARL	29-Mar
52.21	Marzanne	VAN HEERDEN	07-Feb-03	AFS	4	DAL JOSAFAT - PAARL	30-Mar
50.99	Marli	BOTHA	14-Jan-03	WPA	1	GREENPOINT	16-Feb
50.16	Chamei	ELS	04-Feb-02	AFS	5R1	DAL JOSAFAT - PAARL	29-Mar
49.61	Carina	VAN VREDEN	06-Aug-02	AFS	5	Bloemfontein	23-Feb
46.94	Anzel	MAREE	17-Nov-03	AFS	6	Bloemfontein	23-Feb

46.48	Karla	BRUWER	20-Mar-02	BOLA	6	DAL JOSAFAT - PAARL	30-Mar
46.29	Jonel	BOTHA	18-Mar-03	ASWD	7	DAL JOSAFAT - PAARL	30-Mar

Javelin

51,57	Heike	DE NYSSCHEN	01-Feb-02	AFS	1	Abijan	19-Apr
49.73	Chene	VAN ZYL	08-Aug-02	AGN	2	DAL JOSAFAT - PAARL	29-Mar
47.76	Hane	VAN DER MERWE	09-Oct-03	BOLA	3	DAL JOSAFAT - PAARL	29-Mar
41.30	Nicole	LINDEQUE	12-May-03	AMPU	4	DAL JOSAFAT - PAARL	29-Mar
40,03	Cailyn	WESSELS	10-Feb-02	AGN	5	TUKS- Pretoria	12-Jan
39.47	Nicolien	JANSE VAN RENSBURG	22-Jan-02	AMPU	5	DAL JOSAFAT - PAARL	29-Mar
39.33	Chandi	MULDER	19-Apr-02	CGA	6	DAL JOSAFAT - PAARL	29-Mar
38.84	Leandi	CONRADIE	20-Nov-03	AGN	2	TUKS-Pretoria	09-Feb
38,66	Ine	SMIT	22-Aug-02	AGN	3	TUKS- Pretoria	12-Jan
38.47	Anour	HEUER	08-Apr-02	BOLA	7	DAL JOSAFAT - PAARL	29-Mar

3000m Walk (Track)

17:51.50	Dineo	RAMAKGOAKGOA	25-Jun-02	AGN	1	PILDITCH- Pretoria	05-Mar
18:42.01	Nothando	SITHOLE	03-Jun-02	AGN	2	PILDITCH- Pretoria	05-Mar

5km Walk (Track)

26:45.88	MARISSA	SWANEPOEL	22-Jan-02	AGN	1	DAL JOSAFAT - PAARL	28 MAR 2019
27:00.40	MIGSHAAN	ANDREWS	30-Sep-03	WPA	3	PAROW	09-Feb
28:00.55	OLWETHU	NDLOVU	23-Feb-03	AGN	2	DAL JOSAFAT - PAARL	28 MAR 2019
28:22,23	SIBONOKUHLE	ZUNGU	22-Sep-02	AGN	1	PILDITCH - Pretoria	26-Jan
29:06,71	CANDY	KHUMALO	19-Apr-02	KZNA	1	KINGS PARK-Durban	22-Feb
29:08,90	Keitumetse	KHOLA	24-Sep-03	CGA	1	GERMISTON	26-Jan
29:45,95	MALWANDE	HLOPE	24-May-03	KZNA	2	KINGS PARK-Durban	22-Feb
29:54.61	KATLEGO	RAMAKGOAKGOA	25-Jun-02	AGN	4	DAL JOSAFAT - PAARL	28 MAR 2019
30:18.07	Ophelia	MAKGETHA	08-Oct-02	AGN	3	TUKS - Pretoria	23-Feb-19
30:18,13	ANELE	MTESHANE	19-Sep-02	KZNA	3	KINGS PARK-Durban	22-Feb

RELAY (4x100)

0:48.43	ACNW			ACNW	1	DAL JOSAFAT - PAARL	30 MAR 2019
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0:48.43	AGN - A	AGN	2	DAL JOSAFAT - PAARL	30 MAR 2019
0:48.55	BOLAND	BOLA	3	DAL JOSAFAT - PAARL	30 MAR 2019
0:48.94	AGN - B	AGN	4	DAL JOSAFAT - PAARL	30 MAR 2019
0:48.98	CGA	CGA	5	DAL JOSAFAT - PAARL	30 MAR 2019
0:49.47	AMPU	AMPU	6	DAL JOSAFAT - PAARL	30 MAR 2019
0:50.27	AVT	AVT	7	DAL JOSAFAT - PAARL	30 MAR 2019
0:51.00	WPA	WPA	8	DAL JOSAFAT - PAARL	30 MAR 2019

RELAY (4x400)

03:49.32	BOLAND	BOLA	1	DAL JOSAFAT - PAARL	30 MAR 2019
03:51.88	AGN - A	AGN	2	DAL JOSAFAT - PAARL	30 MAR 2019
04:04.43	CGA	CGA	3	DAL JOSAFAT - PAARL	30 MAR 2019

Heptathlon

3997	Annemieke	HUIJINK	AFS	1	GERMISTON STADIUM (EHI	26/27-Apr
3475	Sarah	BARBER	KZNA	2	GERMISTON STADIUM (EHI	26/27-Apr
3027	Amore	VLOK	CGA	3	GERMISTON STADIUM (EHI	26/27-Apr
3001	Danielle	JACOBS	CGA	4	GERMISTON STADIUM (EHI	26/27-Apr
2448	Nicole	MADDEN	BOLA	1	GREENPOINT	16-Feb-19

24-Feb-03