



## 2010 TOP TEN SOUTH AFRICAN YOUTH BEST PERFORMANCES

Compiled by DANIE CORNELIUS

As at 29 August 2010

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### BOYS

#### 100m

10.50	0.3	Rudolph Erasmus	VT	02-06-93	1	Germiston	10-Apr
10.61	-0.1	Akani Simbine	CG		1	Germiston	13-Mar
10.65	0.3	Siphelo Ngqubaza	FS	04-02-93	2	Germiston	10-Apr
10.66	0.3	Henrico Bruintjies	BOL	16-07-93	3	Germiston	10-Apr
10.67	0.3	Bradley Britz	WP	27-05-94	4	Germiston	10-Apr
10.76	0.7	N Titi	EC		2	Sasolburg	26-Mar
10.77	0.7	Arthur Festus	FS	02-07-94	3	Sasolburg	26-Mar
10.84	0.7	Quinton Hitge	KZ	24-03-93	4	Sasolburg	26-Mar
10.86	nwi	Marienus Trouw	CG		2h1	ABSA Tuks, Pretoria	13-Mar
10.89	0.7	Hendrik Khumalo	CG	23-04-94	5	Sasolburg	26-Mar
10.91	0.1	Kurtley du Plessis	FS	19-02-94	2	Bloemfontein	15-Feb

#### Wind assisted

10.50	2.5	Rudolph Erasmus	VT		1h2	Sasolburg	26-Mar
10.58	2.2	Sergio Mullins	WP	120580	1	Parow	09-Jan

#### 200m

21.15	0.3	Rudolph Erasmus	VT	02-06-93	1	Germiston	11-Apr
21.16	0.3	Siphelo Ngqubaza	FS	04-02-93	2	Germiston	11-Apr
21.50	0.3	Ncincihli Titi	EC	15-12-93	3	Germiston	11-Apr
21.63	nwi	Eric Maluleka	GN		1h1	ABSA Tuks, Pretoria	13-Mar
21.66	0.3	Curtley du Plessis	WC	19-02-94	4	Germiston	11-Apr
21.77	1.1	Quinton Hitge	KZ	24-03-93	2h4	Germiston	11-Apr
21.91	1.9	Akani Simbane	CG		2h2	Germiston	11-Apr
21.99	nwi	Hendrik Khumalo	CG	23-04-94	1h2	ABSA Tuks, Pretoria	13-Mar
22.01	nwi	Marienus Trouw	CG		2sf1	ABSA Tuks, Pretoria	13-Mar

#### Wind assisted

20.94	2.7	Siphelo Ngqubaza	FS	04-02-93	1	Gaberone	23-May
21.05	2.7	Rudolph Erasmus	VT	02-06-93	2	Gaberone	23-May

#### 400m

47.22		Ruaan Greyling	GN	28-07-93	2	Singapore	22-Aug
48.09		Lorenzo Adams	WC	03-03-94	2	Germiston	10-Apr
48.31		Leeroy Morgan	VT		3	Sasolburg	26-Mar
48.38		Katlego Nkoana	GN		3	Germiston	10-Apr
48.45		Ferdinand Ledima	FS	30-01-93	4	Sasolburg	26-Mar

48.58		Bernard Pretorius	GN	06-01-93	8r2	Velenje	01-Jul
48.70		Nolan Tsitetso	FS	31-05-93	5	Sasolburg	26-Mar
49.01		Luyolo Gqeba	EC	12-05-94	6	Sasolburg	26-Mar
49.44		Jonhson Muchenje	GN		2sf2	Germiston	10-Apr
49.49		Awande Nkambule	MP		3sf2	Germiston	10-Apr
49.57		Oratile Moalosi	NWN	04-02-95	4sf2	Germiston	10-Apr

### 800m

1:53.73		Fotress Nzima	CG	10-06-93	1	ABSA Tuks, Pretoria	13-Mar
1:54.81		Edrine Mukasa	KZN	04-01-94	2	Germiston	11-Apr
1:55.40		Daniel Gouws	GN	19-05-93	3	Germiston	11-Apr
1:55.50		Emile Pieterse	BOL	01-02-93	1	Paarl	26-Feb
1:55.52		Hendrik Koekemoer	GN	03-04-93	4	Germiston	11-Apr
1:55.84		Tiaan Jacobs	CG	u16	1	Rustenburg	03-Mar
1:55.90		Jan Briers-Louw	BOL	29-09-93	2	Paarl	26-Feb
1:55.96		Ruan Greyling	GN	28-07-93	1	Rustenburg	03-Mar
1:56.00		Jan-Hendrik vd Merwe	GN		1	UJ	19-Feb
1:56.19		Johann Berrange	CG	08-01-93	1	UJ	10-Feb
1:56.70		Echardt Killowan	BOL	08-11-93	3	Paarl	26-Feb

### 1500m

4:00.93		Nzima Zweli	CG	10-06-93	1	Germiston	11-Apr
4:02.66		Sithembile Dondolo	GAU	15-02-93	1	Sasolburg	27-Mar
4:03.42		Johan Berrenge	MP	08-01-93	2	Sasolburg	27-Mar
4:04.98		Morena Mokoena	CG	11-11-93	1h1	Sasolburg	27-Mar
4:05.00		Pieter Linde	CNW	17-03-93	4	Germiston	11-Apr
4:05.56		Reggie Maphela	LIM		3	Sasolburg	27-Mar
4:06.10		Theboho Mock	FS		2h1	Sasolburg	27-Mar
4:06.30		Lethogonolo Motene	CG		2	Germiston	13-Mar
4:06.33		Duran Faro	WP	05-02-94	3h1	Sasolburg	27-Mar
4:06.88		Cosmos Mzobe	KZN		4h1	Sasolburg	27-Mar

### 3000m

8:54.24		Thapelo Madiba	CG		1	Rustenburg	03-Mar
8:55.59		Sthembile Dondolo	CG	15-02-93	1	Germiston	10-Apr
8:56.00		Morena Mokoena	CG		1	Rustenburg	03-Mar
8:59.76		Rantsoe Mokapane	FS		1	Bloemfontein	05-Mar
8:59.86		Anastacius Ontong	FS		1	Bloemfontein	05-Mar
9:01.11		Monwabisi Cele	KZN	14-02-93	2	Germiston	10-Apr
9:01.12		Adem Zuber	CNW	31-12-93	3	Germiston	10-Apr

### 2000 metres steeplechase

6:02.69		Thabang Majanogoa	FS		1	Sasolburg	27-Mar
6:05.55		Teboho Mock	FS	15-05-93	2	Sasolburg	27-Mar
6:08.49		Alfred Mphuti	GAU		3	Sasolburg	27-Mar
6:15.78		Asive Njenxa	WP	20-08-94	2	Germiston	11-Mar

### 110h

(91.4 cm)

14.10	-2.1	Elandre Kotzee	CG		1	Germiston	10-Apr
14.10	nwi	Francois Tredoux	GN		1	Rustenburg	03-Mar
14.19	nwi	Mark Fensham	CG		2	ABSA Tuks, Pretoria	13-Mar

14.20	1.2	Jonathan Fitzgerald	CG	13-01-93	1h2	Sasolburg	26-Mar
14.27	-0.6	George Neuhoff	FS	06-07-93	2	Sasolburg	26-Mar
14.33	1.2	Brandon Burger	MP	13-10-93	3h2	Sasolburg	26-Mar
14.35	nwi	Sicelo Mtshali	GN		4	ABSA Tuks, Pretoria	13-Mar
14.38	nwi	D Greyling	CG		4	ABSA Tuks, Pretoria	13-Mar
14.38	-2.1	Schalk Burger	BOL	20-02-93	3	Germiston	10-Apr
14.44	-1.1	Werner Fourie	CG	03-06-93	1	Germiston	13-Mar

#### NWI

14.04	nwi	Elandre Kotzee	CG		1	ABSA Tuks, Pretoria	13-Mar
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#### 400h

51.30		Taariq Solomons	WP	22-08-93	1	Germiston	11-Apr
51.47		Schalk Burger	WC	20-02-93	2	Germiston	11-Apr
52.62		Bernard Pretorius	GN	06-01-93	1	ABSA Tuks, Pretoria	13-Mar
52.96		Katlego Nkoana	GN		3	Germiston	11-Apr
53.63		Tiaan Mouton	BOL	08-09-94	4	Germiston	11-Apr
53.93		Stiaan Steyn	VT		2	ABSA Tuks, Pretoria	13-Mar
53.93		Conrad Bezuidenhout	GN		5	Germiston	11-Apr
54.07		Anele Blaauw	MP	05-05-93	3h1	Sasolburg	27-Mar
54.61		Chadlee Beukes	WC		4h1	Sasolburg	27-Mar

#### High Jump

2.05		Jonathan Coetzee	CG	06-03-93	1	Germiston	13-Mar
2.03		Clyde Ruiters	WP	15-01-94	1	Sasolburg	26-Mar
2.03		Tiro Mosete	NW	27-12-93	2	Sasolburg	26-Mar
2.02		Antian Moosa	CG		1	ABSA Tuks, Pretoria	13-Mar
2.00		Roussouw du Toit	SWD	06-05-94	1	Oudtshoorn	06-Mar
2.00		Craig Canham	GN		1	Germiston	11-Apr
1.96		Willem van Schalwyk	BOL		1	Paarl	26-Feb
1.95		Mpho Maphuta	GN	21-01-93	1	Pilditch	01-Mar
1.95		Lewellyn Scrooby	GN	31-08-93	7	Germiston	11-Apr
1.94		Willie Smith	GN	14-04-94	1	Rustenburg	03-Mar

#### Pole Vault

4.51		Albert Korff	BO	20-12-93	1	Paarl	12-Mar
4.50		Michael Cilliers	GN	25-04-93	5	, Pretoria-Tuks, Pretoria	20-Feb
4.30		Armandt Lotter	FS	03-07-94	3	Germiston	11-Apr
4.20		Jarik Jansen	FS		2	Sasolburg	26-Mar
4.20		Neal Puttergill	EC	19-01-93	4	Germiston	11-Apr
4.10		Juan de Swart	BO	31-12-94	3	Sasolburg	26-Mar
4.00		Christiaan Els	FS		2	Bloemfontein	05-Mar
3.60		Lyall Watson	EC		7	Sasolburg	26-Mar
3.40		Jan-Hendrik Mouton	FS	25-07-94	1	Bloemfontein	05-Mar

#### Long Jump

7.53	1.4	Roelf Pienaar	NW	23-12-93	3	Singapore	22-Aug
7.51	-0.6	Mpho Maphuta	GN	21-01-93	1	Germiston	10-Apr
7.12	nwi	Francois Coetzee	MP	17-01-93	1	Rustenburg	03-Mar
7.01	1.8	Duncan Mathews	BOL	24-02-94	3	Germiston	10-Apr
6.98	nwi	Neil Meyer	MP	18-02-93	1	UJ	19-Feb
6.95	nwi	Frits Helberg	GN	12-04-93	2	UJ	19-Feb

6.91	nwi	Constant Pretorius	GN		1	Johannesburg	19-Feb
6.90	nwi	Keanu Roman	VT	30-01-93	2	Pretoria Tuks, Pretoria	13-Mar
6.89	1.2	Frits Helberg	GN	12-04-93	4	Germiston	10-Apr
6.88	nwi	Anver Carelse	SWD	06-01-94	1	Oudtshoorn	06-Mar
6.86	0.7	Armand Bam	GN		6	Germiston	10-Apr
6.85	1.5	Neil Meyer	MP	18-02-93	4q2	Germiston	10-Apr

#### Wind

7.51	2.2	Roelf Pienaar	NW	23-12-93	1	Sasolburg	26-Mar
6.89	2.8	Anver Carelse	SWD	06-01-94	5	Germiston	10-Apr

#### Triple Jump

14.73	1.8	Mpho Maphuta	GN	21-01-93	1	Pilditch	01-Mar
14.53	2.0	Thomas Phukubye	CG	26-05-93	2	Germiston	11-Apr
14.49	1.3	Ghusville van Schalkwyk	WC		1q2	Germiston	11-Apr
14.43	0.9	Khaya Molatana	EC	23-09-94	2q2	Germiston	11-Apr
14.24	1.2	Wilcox Phahlamohlaka	MP		2q2	Germiston	11-Apr
14.22	1.8	Geavan Pietersen	WC		1	Sasolburg	27-Mar
14.21	0.0	Sabelo Ndlovu	GN		6	Germiston	11-Apr
14.19	1.2	Justin Geduld	WP	01-10-93	4q2	Germiston	11-Apr
13.65	0.8	Francois Botha	GN	30-08-93	6q2	Germiston	11-Apr
13.53	1.0	Phakamisa sambokwe	Bol		11	Germiston	11-Apr

#### Wind

14.54	2.6	Justin Geduld	WP	01-10-93	1	Germiston	11-Apr
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#### Shot Put

#### (5kg)

19.71		Frans Schutte	MP	10-03-93	1	UJ	10-Feb
18.65		Irne Herbst	GN		1	UJ	19-Feb
18.26		Johny Botha	CG	29-09-93	2	Sasolburg	27-Mar
18.23		Jacques du Plessis	MP	12-08-93	2	Germiston	10-Apr
18.21		Constand van Rooyen	CG	25-01-92	3	Germiston	10-Apr
17.32		Jan-Louw Kotze	BOL	18-03-94	5	Sasolburg	27-Mar
17.20		Ruan Maree	WP	19-02-93	4	Germiston	10-Apr
17.01		Bryn Kemp	CG	18-01-91	2	Germiston	13-Mar
16.53		Brean van Winkel	CG		2	UJ	19-Feb
15.73		Wian Viljoen	CG	24-05-93	3	Germiston	13-Mar
15.73		CJ Lombard	EP	29-08-94	7	Germiston	10-Apr

#### Discus

#### 1.5kg

63.94		Jacques du Plessis	MP	12-08-93	1	Singapore	22-Aug
55.39		Frans Schutte	MP	10-03-93	1	UJ	10-Feb
54.98		Johny Botha	CG	23-05-92	2	UJ	10-Feb
51.42		Petrus Uys	BOL	20-08-93	4	Sasolburg	26-Mar
51.13		Pieter Maritz	GN		1	UJ	19-Feb
51.05		Jan-Louw Kotze	BOL	18-03-94	5	Sasolburg	26-Mar
50.44		Irne Herbst	GN		3	UJ	10-Feb
50.34		Seth Townsend	CG		3	ABSA Tuks, Pretoria	13-Mar
50.15		Theron Liebenberg	SWD		6	Sasolburg	26-Mar
49.55		Dennis Visser	CG		2	UJ	19-Feb

#### Hammer

#### 1.5kg

64.69		Stiaan Minnie	EP	08-06-93	1	Germiston	10-Apr
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63.19	Robert Janse van Rensburg	FS	13-06-93	1	Bloemfontein	05-Mar
56.20	Guilherme R de Franca	VT	23-08-93	1	ABSA Tuks, Pretoria	13-Mar
54.17	Dillan Korkie	EP	12-04-94	3	Germiston	10-Apr
53.28	Conray Flynn	FS	24-03-93	2	Bloemfontein	05-Mar
51.78	Prieur vd Merwe	BOL		1	Paarl	26-Feb
51.16	Lionel Drury	EP	30-12-94	5	Germiston	10-Apr
51.04	Francois Bender	FS	05-09-93	2	Bloemfontein	13-Feb
50.73	Francois Malan	FS	01-02-94	3	Bloemfontein	13-Feb
50.00	Izak de Vries	BOL		2	Paarl	26-Feb

### Javelin

75.03	Morne Moolman	WC	01-09-94	1	Sasolburg	27-Mar
72.33	Dylan Jacobs	GN	01-12-93	4	Singapore	22-Aug
71.72	Daniel du Toit	BOL	27-01-93	1	Stellenbosch	05-Jun
66.00	Ruan Erasmus	CN	09-03-93	1	ABSA Tuks, Pretoria	13-Mar
64.32	Stephen Klue	SWD	21-02-94	2	Germiston	11-Apr
62.69	Reinhardt van Zyl	LIM		5	Sasolburg	27-Mar
62.36	Ryno Erasmus	CNW	24-05-93	5	Germiston	11-Apr
62.01	Le Roux Lombard	KZN	06-03-94	6	Germiston	11-Apr
61.64	Johann Peens	BOL		2	Paarl	26-Feb
60.86	Roan Bierman	WC		6	Sasolburg	27-Mar

### Octathlon

5278	Jason Roux	GN	04-05-93	1	Germiston	10/11-Apr	
11.80(-0.8)	6.00(2.5)	11.67	52.05	15.06(2.1)	1.81	55.73	3:13.43
5259	Loyd Greef	VT	03-01-94	2	Germiston	10/11-Apr	
12.04(-1.5)	6.35(1.4)	13.61	53.25	15.72(1.1)	1.95	44.73	3:12.95
5122	Lee-Roy Morgan	VT	17-02-93	3	Germiston	10/11-Apr	
11.29(-0.8)	6.08(0.8)	10.65	49.43	16.72(1.1)	1.72	38.18	2:53.89
4298	Francois Grobler	CG	19-02-93	4	Germiston	10/11-Apr	
4203	Armandt du Preez	CG	01-04-93	5	Germiston	10/11-Apr	

### 10000 Walk

55:26.76	Dawie Dippenaar	FS		1	Sasolburg	27-Mar
56:05.62	A Mayekiso	EC		2	Sasolburg	27-Mar
59:14.06	Lethukuthula Mthethwa	KZN		3	Sasolburg	27-Mar

### GIRLS

#### 100m

11.99	-0.4	Justine Palframan	KZ	041193	2sf1	Durban	26-Feb
12.00	1.7	Chante van Tonder	CG	250593	1h2	Sasolburg	26-Mar
12.03	nwi	Tebogo Mamthu	CG	u16	1	3SA Tuks, Pretoria Tuks	13-Mar
12.04	0.5	Stacey Welsh	WC	14-04-94	1	Germiston	10-Apr
12.04	1.0	Jade Roman	GN	16-05-94	2	Gaberone	22-May
12.07	-0.1	Annuschke du Plessis	MP		1sf2	Germiston	10-Apr
12.08	0.5	Zanri van der Merwe	GN		3	Germiston	10-Apr
12.19	nwi	Leandri Willis	CG		1sf1	3SA Tuks, Pretoria Tuks	13-Mar
12.21	nwi	Amanda Nagel	VT	18-02-94	1	3SA Tuks, Pretoria Tuks	13-Mar
12.26	-0.1	Magie Mackechnie	CG		1	Germiston	13-Mar

12.31	0.5	Nadia Jooste	VT	23-06-93	6		Germiston	10-Apr
12.33	1.0	Nicole Sharrock	EC	29-07-93	2h1		Sasolburg	26-Mar
12.33	-0.7	Lizzie Kriel	FS		6		Sasolburg	26-Mar

### 200m

23.81	-0.3	Justine Palframan	KZ	041193	1h2		Durban	27-Feb
24.39	-0.4	Chante van Tonder	CG	250593	1r2		UJ	24-Mar
24.44	1.1	Jade Roman	GN	16-05-94	2		Germiston	11-Apr
24.55	1.1	Nadia Jooste	GN	23-06-93	3		Germiston	11-Mar
24.77	nwi	Tebogo Mamathu	CG	u16	1		Rustenburg	03-Mar
24.92	nwi	Janet Seeliger	GN	u16	2		Rustenburg	03-Mar
25.03	nwi	Dante Muller	CG	14-04-94	1h1	3SA Tuks, Pretoria	Tuks	13-Mar
25.04	nwi	Amanda Nagel	VT		2h1	3SA Tuks, Pretoria	Tuks	13-Mar
25.05	nwi	Stephanie Wicksell	GN	06-05-94	1		UJ, Johannesburg	19-Feb
25.06	1.1	Annuschke du Plessis	MP		4		Germiston	11-Apr
25.08	nwi	Chanelle Potgieter	VT	u16	1sf1	3SA Tuks, Pretoria	Tuks	13-Mar

### 400m

54.17		Izelle Neuhoff	VT	03-05-94	1		Sasolburg	26-Mar
54.79		Liza Steyn	EP	02-05-93	2		Sasolburg	26-Mar
55.71		Justine Palframan	KZ	04-11-93	4		Durban	26-Feb
55.82		Chantelle Potgieter	CG	11-01-95	1	ABSA Tuks, Pretoria		13-Mar
56.35		Janet Seeliger	GN	u16	2	ABSA Tuks, Pretoria		13-Mar
56.38		Stephanie Wicksell	GN	06-05-94	3		Germiston	10-Apr
56.43		Rahab Mabina	LIM		3		Sasolburg	26-Mar
56.53		Felicia Mofokeng	FS	14-10-94	4		Sasolburg	26-Mar
56.91		Petunia Obisi	GN	17-01-93	5		Sasolburg	26-Mar
57.40		Saskia Kotze	BOL	13-01-93	5		Germiston	10-Apr

### 800m

2:09.68		Thato Makhofolo	CG	10-04-94	1		Germiston	11-Apr
2:10.42		Gira Carstens	BO	10-04-93	2		Germiston	11-Apr
2:10.76		Liza Steyn	EP	02-05-93	3		Germiston	11-Apr
2:11.26		Felicia Mofokeng	FS	14-10-94	4		Germiston	11-Apr
2:11.91		Marike Vermaak	MP	31-07-93	2		Sasolburg	27-Mar
2:12.32		Miche van Zyl	CG	25-02-936	1		Rustenburg	03-Mar
2:13.41		Monique Stander	CG	u16	1		UJ	19-Feb
2:13.90		Mikyla Ferreira	CG	u16	1		UJ	10-Feb
2:14.00		Sylvia Tsetlanyane	CG	20-04-93	1		UJ	10-Feb
2:14.26		Mampielo Sibanda	CG		2		UJ	10-Feb

### 1000m

2:51.54		Thato Makhafola	CG	10-04-94	1		Gaberone	23-May
2:51.99		Gira Carstens	BO	10-04-93	2		Gaberone	23-May

### 1500m

4:30.47		Dominique Scott	WP	23-04-93	7		Durban	21-Mar
4:41.09		Mamphieko Sibanda	CG	03-02-93	1		Germiston	11-Apr
4:41.22		Monique Stander	CG	u16	1	ABSA Tuks, Pretoria		13-Mar
4:41.87		Lizerie Ferreira	CG	u16	2	ABSA Tuks, Pretoria		13-Mar
4:42.38		Thandi Sehohle	CG	u16	3	ABSA Tuks, Pretoria		13-Mar

4:42.42	Morendwa Davhana	CG		1	ABSA Tuks, Pretoria	13-Mar
4:42.62	Mikyla Ferreira	CG	u16	1	UJ	10-Feb
4:42.68	Thato Makhafola	CG	10-04-94	1	Rustenburg	03-Mar
4:42.90	Sylvia Tsetlanyane	CG	20-04-93	1	Germiston	13-Mar
4.43.14	Massbata Motone	GN	31-01-93	2	Germiston	11-Apr
4:43.39	Sune Jonker	CG	u15	1	Rustenburg	03-Mar

### 3000m

10:04.50	Bianca van Niekerk	GAU	078-09-94	1	Sasolburg	27-Mar
10:08.74	Morendwa Davhana	CG		2	Sasolburg	27-Mar
10:18.11	Sylvia Dibakwani	FS	28-01-94	3	Sasolburg	27-Mar
10:28.15	Mamphieko Sibanda	CG	03-02-93	1	Germiston	10-Apr
10:29.5	Silvia Tsetlanyane	CG	20-04-93	1	Pretoria (Menlo)	06-Feb
10:33.41	Thandeka Manzena	GAU		4	Sasolburg	27-Mar
10:37.67	Nadia Hechter	CG		1	Rustenburg	03-Mar
10:44.35	Zinhle Zondo	KZ		5	Sasolburg	27-Mar
10:45.32	Mbali Mokoena	KZN	02-09-93	3	Germiston	10-Apr
10:46.60	Monique-Ann Lombard	BOL		1	Paarl	26-Feb

### 2000 m Steeple Chase

07:21.00	Thato Makhafola	CG	10-04-94	1	Germiston	11-Apr
07:47.62	Amukelani Baloi	CG	12-02-93	2	Germiston	11-Apr
08:15.31	Luane Meyer	CNW	17-11-93	3	Germiston	11-Apr
08:51.72	Michaelo Zietsman	NWN	21-10-93	4	Germiston	11-Apr

### 100h

#### 76.2cm

13.73	0.6	Maryke Brits	BO	25-02-94	1	Sasolburg	26-Mar
13.91	0.6	Lariska Botha	FS	09-07-93	2	Sasolburg	26-Mar
13.93	1.7	Kayla Gilbert	CG	05-01-93	1	Gaberone	22-May
14.29	0.6	Sume Otto	FS	10-08-93	3	Sasolburg	26-Mar
14.34	-1.8	Tanya vd Berg	WP		3	Germiston	10-Apr
14.45	0.6	Minette Kleynhans	FS	04-01-94	4	Sasolburg	26-Mar
14.83	0.2	Anja Taljaard	FS		3	Bloemfontein	05-Mar
14.84	0.6	Tracy-Leigh Cullis	CG		6	Sasolburg	26-Mar
14.86	nwi	Anlee Snyman	VT		1	ABSA Tuks, Pretoria	13-Mar
14.98	nwi	Marissa Viljoen	VT		1h2	ABSA Tuks, Pretoria	13-Mar

### 400h

#### 76.2cm

60.10		Izelle Neuhoff	VT	03-05-94	1	Germiston	11-Apr
60.86		Lariska Botha	FS	09-07-93	2	Sasolburg	27-Mar
61.92		Zandri Byleveldt	NW	06-09-94	3	Germiston	11-Apr
62.35		Marina Swanepoel	WC	24-09-94	3	Sasolburg	27-Mar
64.15		Almarie vd Walt	CG		2	ABSA Tuks, Pretoria	13-Mar
64.49		Melani Heunis	GN		3h1	Germiston	11-Apr
65.05		Ane Fourie	WP	24-01-93	1h3	Germiston	11-Apr
65.92		Adele Nienaber	LIM		4h2	Sasolburg	27-Mar
65.95		Danielle de Jongh	GN	02-03-94	3	ABSA Tuks, Pretoria	13-Mar
65.95		Chante Jacobs	MP		5h1	Sasolburg	27-Mar

### High Jump

1.73		Frances Seeliger	GN	03-02-94	1	Germiston	11-Apr
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1.72		Taylia Visagie	BOL	u16	1	Paarl	26-Feb
1.71		Valentina de Rocha	WP	22-10-93	1	Sasolburg	26-Mar
1.70		Julia du Plessis	CG	u15	1	, Pretoria-Tuks, Pretoria	12-Feb
1.70		Shannon Molotani	WP	23-05-94	q	Sasolburg	26-Mar
1.70		Rochelle Coetzee	KZ	25-03-94	1	Gaberone	23-Apr
1.65		Anika Myburgh	FS		1	Bloemfontein	13-Feb
1.65		Chantelle J van Rensburg	CG		2	, Pretoria-Tuks, Pretoria	12-Feb
1.65		Marcelle du Plessis	BO		1	Stellenbosch	20-Feb
1.65		Karin Burger	BOL		1	Paarl	26-Feb
1.65		Alisha Small	SW	29-04-93	1	Oudtshoorn	06-Mar

### Pole vault

3.32		Taahirah Kozain	BO	13-04-93	1	Germiston	10-Apr
3.10		Kulthoon Gaidien	BO	17-11-94	1	Bloemfontein	15-Feb
3.00		Jani Smit	BO	20-02-93	2	Bloemfontein	15-Feb
2.90		Nadia Guilomee	WC	10-05-94	3	Bloemfontein	15-Feb
2.90		Raugme Brink	CG	10-07-93	5	Germiston 4/10	10-Apr
2.40		Hibre Arries	WC		3	Sasolburg	26-Mar
2.30		Nadia Vogelsang	FS		4	Sasolburg	26-Mar

### Long Jump

5.99	1.7	Kayla Gilbert	CG	05-01-93	1	Germiston	10-Apr
5.98	0.4	Maryke Brits	BO	25-02-94	1	Sasolburg	26-Mar
5.81	nwi	Ciani Loubser	BOL	05-08-93	1	Paarl	26-Feb
5.77	-0.1	Kayla Gilbert	CG	05-01-93	1	Germiston	13-Mar
5.77	nwi	Danelle Erwee	FS	29-11-93	2	Sasolburg	26-Mar
5.74	1.5	Valentina de Rocha	WP	22-10-93	4	Germiston	10-Apr
5.67	0.6	Janet Seeliger	GN	u16	2q1	Germiston	10-Apr
5.65	nwi	Tamryn Cupido	BOL	23-10-94	3	Paarl	26-Feb
5.59	nwi	Natasha te Baerts	CG		1	Rustenburg	03-Mar
5.58	1.1	Izelle Vrey	CG	21-09-93	5	Germiston	10-Apr
5.55	-0.1	Zanri van der Merwe	GN		1q2	Germiston	10-Apr

### Wind

5.81	2.1	Janet Seeliger	GN	u16	3	Germiston	10-Apr
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### NWI

6.07	nwi	Kayla Gilbert	CG	05-01-93	1	Rustenburg	03-Mar
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### Triple Jump

12.77	0.7	Valentina de Rocha	WP	22-10-93	1	Germiston	11-Apr
12.57	0.3	Danelle Erwee	FS	29-11-93	1	Sasolburg	27-Mar
11.74	0.6	Ciani Loubser	BO	05-08-93	3	Germiston	11-Apr
11.71	nwi	Aidan Battison	EC	13-01-93	3	Sasolburg	27-Mar
11.65	-0.3	Luchelle Prinsloo	CN		1	Johannesburg	10-Feb
11.59	nwi	Hannelore Dagutat	GN	02-10-93	1	UJ	19-Feb
11.41	nwi	Zinthle Mbuyane	MP	22-08-93	2	Rustenburg	03-Mar
11.40	0.3	Angelique Pepler	GN		1	Bloemfontein	15-Feb
11.39	nwi	Giola Dalla-Pria	GN		2	ABSA Tuks, Pretoria	13-Mar
11.20	0.4	Helga-Wendy Bensusan	CG		6	Germiston	11-Apr

### Shot Put

13.51		Ischke Senekal	EP	08-01-93	1	Sasolburg	26-Mar
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13.01	Lezaan Jordaan	CG	17-10-95	3	UJ, Johannesburg	24-Mar
12.80	Cecile Meyer	EC	07-06-94	2	Sasolburg	26-Mar
12.73	Liette van Schalkwyk	FS	11-11-93	5	Durban	20-Mar
12.34	Tanya Treurnicht	CG		3	Germiston	13-Feb
12.32	Danelle Willemse	MP	20-03-93	1	UJ, Johannesburg	19-Feb
12.04	Rachelle Pottas	NC		4	Sasolburg	26-Mar
11.90	Wanzel Breytenbach	GN	u16	1	UJ, Johannesburg	19-Feb
11.86	Marga Vermaak	GN		2	UJ, Johannesburg	19-Feb
11.79	K Willemse	EC		5	Sasolburg	26-Mar

<b>Discus</b>						
49.07	Simoné Meyer	KZ	22-03-93	1	Gaberone	23-May
42.98	Ischke Senekal	EP	08-01-93	1	Port Elizabeth	13-Feb
42.67	Danelle Willemse	MP	20-03-93	1	UJ, Johannesburg	19-Feb
39.65	Melissa Meyer	GN	13-01-94	1	ABSA Tuks, Pretoria	13-Mar
38.50	Mandie Human	CG	u16	1	ABSA Tuks, Pretoria	13-Mar
37.95	Belinda Boer	MP		3	Germiston	11-Apr
37.94	Lezaan Jordaan	CG	17-10-95	2	ABSA Tuks, Pretoria	13-Mar
37.60	Liette van Schalkwyk	FS		5	Germiston	11-Apr
37.52	Marga Vermaak	GN	22-01-93	2	UJ, Johannesburg	19-Feb
36.10	Nanda Kruger	CG		2	ABSA Tuks, Pretoria	13-Mar

<b>Hammer</b>						
42.50	Sunett Voigt	SW	08-04-93	1	Oudtshoorn	06-Mar
41.42	Mieke Stander	EP	15-01-95	2	Sasolburg	26-Mar
40.61	Franciske Whitehead	EP		2	Germiston	10-Apr
40.01	Monique Potgieter	CN	30-04-94	5	Sasolburg	26-Mar
38.54	Marne Minnaar	NW	18-01-94	4	Germiston	10-Apr
37.10	Sara-Lee Nel	FS		1	Bloemfontein	05-Mar
37.10	Saira-Lee Nel	VT	10-08-95	6	Germiston	10-Apr
36.18	Nanda Kruger	CG		1	ABSA Tuks, Pretoria	13-Mar
36.09	Chante Loots	VT		4	Sasolburg	26-Mar
35.82	Gerne Coetzer	FS		4	Sasolburg	26-Mar

<b>Javelin</b>						
44.97	Leandri Swiegers	GN	24-08-93	1	Sasolburg	27-Mar
42.15	Sane van Zyl	CNW	u16	1	UJ	10-Feb
42.15	Christelle de Klerk	CNW		2	Sasolburg	27-Mar
40.83	Janika Kotze	FS	27-01-93	3	Sasolburg	27-Mar
39.57	Laruschka Joubert	CG		1	Germiston	13-Mar
39.35	Danushka van Jaarsveld	GN	24-06-94	4	Sasolburg	27-Mar
39.22	Sulizma Schultz	WC		5	Sasolburg	27-Mar
39.22	Cari Swart	FS	12-01-93	1	Paarl	26-Feb
38.90	Janica Geldenhuys	FS	15-05-93	2	Bloemfontein	05-Mar
37.76	Lou-Mari Geldenhuys	LIM		7	Sasolburg	27-Mar
37.76	Ame Basson	FS		1	Bloemfontein	05-Mar

<b>Heptathlon</b>						
4078	Inge Viljoen	GN		1	Germiston	10/11-Apr
16.55(-2.2)	1.64	7.88	27.29(0.2)	5.15(3.5)	20.84	2:32.58
3705	Ilze Moolman	CG	19-02-94	2	Germiston	10/11-Apr

15.98(-2.2)	1.49	7.21	27.17(0.2)	5.01(1.6)	18.44	2:45.61		
3368			Nicola Grobbelaar	EP			3	Germiston 10/11-Apr
17.19(-2.2)	1.32	7.98	28.19(0.2)	4.85(1.9)	22.56	2:47.15		
2938			Zelke-Marie de Jongh	GN			4	Germiston 10/11-Apr

**5000m walk**

25:50.20	Anel Oosthuizen	SWD	u16	1	Oudtshoorn	06-Mar
28:03.40	Melissa Meyer	WC	07-04-94	1	Paarl	27-Feb
28:27.16	Alida Kruger	WC	03-01-94	1	Sasolburg	27-Mar
29:28.70	Chanice Klink	BOL	30-11-95	1	Paarl	27-Feb
30:35.73	Christelle Cilliers	FS		3	Sasolburg	27-Mar
30:53.74	Michelle Strydom	GAU	19-02-94	4	Sasolburg	27-Mar
31:01.41	M Gouws	EC		5	Sasolburg	27-Mar
31:13.40	Tania Strydom	FS	22-10-94	7	Germiston	11-Apr
31:28.30	Bea le Roux	BOL		3	Paarl	27-Feb
31:34.30	Diandra Carelse	BOL	u16	2	Paarl	27-Feb

end