



## 2012 SOUTH AFRICAN YOUTH TOP PERFORMANCES BORN 1995/96

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As at 5 May

### MEN

#### 100 metres

#### SAR 10.36 Leigh Julius

10.50	1.9	Nhlapo Ranthabane	FS	96	1	Germiston	30-Mar
10.58	1.9	Vuyani Masuku	CG	95	2	Germiston	30-Mar
10.60	1.9	Walter Ungerer	CG		3	Germiston	30-Mar
10.67	1.9	Sabelo Samkelo	CG		4	Germiston	30-Mar
10.68	0.8	Wesley Pindele	BO	95	1sf3	Germiston	29-Mar
10.68	1.9	Llewellyn Hein	FS	27-07-95	5	Germiston	30-Mar
10.72	1.9	Keenan Michau	WP	95	6	Germiston	30-Mar
10.79	0.2	Gosego Mokoka	CG	95	3h5	Germiston	29-Mar
10.82	1.9	Obakeng Maoka	GN		7	Germiston	30-Mar
10.91	0.8	Daylan Daniels	WP		4sf3	Germiston	29-Mar

#### nwi

10.84		Walter Ungerer	CG		1	Pilditch	09-Mar
10.89		Daniels Daylan	BO		1	Paarl	02-Mar

#### Wind

10.55	3.2	Wesley Pindele	BO	95	1h1	Germiston	29-Mar
10.59	3.2	Walter Ungerer	CG	95	2h1	Germiston	29-Mar
10.68	6.1	Llewellyn Hein	FS	96	1h6	Germiston	29-Mar
10.75	3.2	Daylan Daniels	WP	95	3h1	Germiston	29-Mar
10.77	6.1	Donovan Boshoff	GN	95	2h6	Germiston	29-Mar
10.78	2.4	Obakeng Maoka	GAU	95	1h3	Germiston	29-Mar
10.78	6.1	Mikael Bartlett	WC	95	3h6	Germiston	29-Mar
10.79	3.2	Johan van Wyk	NC	96	4h1	Germiston	29-Mar
10.82	6.1	Thando Roto	GN		4h6	Germiston	29-Mar

#### 200 metres

#### SAR 20.79 Leigh Julius

21.57	0.8	Donovan Boshoff	GN		1sf2	Germiston	30-Mar
21.59	1.2	Walter Ungerer	GAU		1h1	Germiston	30-Mar
21.78	-2.9	Nhlapo Ranthabane	FS		2	Germiston	31-Mar
21.83	1.2	Petr Havenga	FS		2h1	Germiston	30-Mar
22.03	1.2	Jon Seeliger	GN		4h3	Pilditch	05-May
22.04	0.8	Juri Linde	GN		2sf2	Germiston	30-Mar
22.08	1.2	Damian de Freitas	VT		3h1	Germiston	30-Mar
22.14	0.8	Wesley Pindele	BO		3sf2	Germiston	30-Mar
22.15	0.8	Johan du Toit	FS		4sf2	Germiston	30-Mar
22.18	1.3	Nantes Aucamp	GN		1sf2	ABSA Tuks Pretoria	17-Mar

**Wind**

21.35	2.5	Nhlapo Ranthabane	FS	1sf3	Germiston	30-Mar
21.46	3.1	Donovan Boshoff	GN	1h2	Germiston	30-Mar
21.49	2.5	Walter Ungerer	GAU	2sf3	Germiston	30-Mar
21.53	2.2	Sabelo Samkelo	GAU	1sf1	Germiston	30-Mar
21.54	3.8	Jon Seeliger	GN	1h5	Germiston	30-Mar

**400 metres****SAR 45.15 Riaan Dempers**

47.23		Petr Havenga	FS	1f2	Germiston	30-Mar
48.27		Stefan Bruwer		1h5	Germiston	29-Mar
48.51		Jon Seeliger	GN	1	ABSA Tuks Pretoria	17-Mar
48.53		Echard de Goede	GN	2	ABSA Tuks Pretoria	17-Mar
48.59		Alwyn Lombard	WC	2h2	Germiston	29-Mar
48.65		Sonwabiso Skhosana	KZ	3h2	Germiston	29-Mar
48.94		Gomotso Seekoei	FS	3f2	Germiston	30-Mar
49.04		Eckhardt Rossouw	CG	1	ABSA Tuks Pretoria	04-Feb
49.13		Nicholas van Schalkwyk	GN	3	ABSA Tuks Pretoria	17-Mar
49.34		Marco Buttner	BO	1h3	Germiston	29-Mar

**800 metres****SAR 1:47.67 Mandla Nkosi**

1:51.23		Tiaan Jacobs		1	Germiston	31-Mar
1:53.32		Bennie Prinsloo	FS	2	Germiston	31-Mar
1:54.40	h	Thabang Matiwane		1	ABSA Tuks Pretoria	15-Feb
1:54.75		Llewellyn Groeneveld	BO	3	Germiston	31-Mar
1:54.80	h	J. van Rooyen		1	ABSA Tuks Pretoria	15-Feb
1:54.93		Petrus Swart	NW	4	Germiston	31-Mar
1:55.70	h	Tumisong Monnothala		2	ABSA Tuks Pretoria	15-Feb
1:55.80	h	Siphiwe Tefo	CG	3	ABSA Tuks Pretoria	15-Feb
1:56.04		Luke Greeves	WC	5	Germiston	31-Mar
1:56.70		Heinrich van Niekerk	GN	1	ABSA Tuks Pretoria	16-Mar

**1500 metres****SAR 3:42.92 Hans van der Veen**

3:57.07		Michael Pienaar	BO	1	Paarl	02-Mar	
3:57.20		Llewellyn Groenveld	BO	2	Paarl	02-Mar	
3:57.30	h	Tumisang Monnatlala		1	ABSA Tuks Pretoria	15-Feb	
3:57.31		Thabang Matiwane		1	Germiston	30-Mar	
3:59.00	h	Ruan Mentjies		1	ABSA Tuks Pretoria	15-Feb	
3:59.24		Olebogeng Masetle	GAU	3	Germiston	30-Mar	
4:01.05		Siphiwe Tefo	CG	5	Germiston	30-Mar	
4:01.09		Aphelele Fanekho	EC	6	Germiston	30-Mar	
4:01.79		Vincent Hlathswayo	KZ	2h1	Germiston	29-Mar	
4:01.84		Ntuthuko Mdakane	KZ	12-09-96	1	Durban	09-Mar

**3000 metres****SAR 8:08.57 Hans van der Veen**

8:31.16		Anele Madlala	KZ	17-02-95	1	Durban	28-Jan
8:35.91		Tumisang Monnatlala	GAU		1	Germiston	30-Mar
8:41.28		Molemo Maqeba	FS		2	Germiston	30-Mar
8:44.33		Romeo Booyesen	EC		3	Germiston	30-Mar
8:46.45		Thabang Mosaiko	CN		4	Germiston	30-Mar
8:46.49		Michael Pienaar	BO		1	Paarl	02-Mar

8:48.20	h	A. Timoteus	WP		1	Bellville	10-Mar
8:49.84		Thamsanqa Mnchunu	KZ		1	Durban	09-Mar
8:50.36		Bandile Sithole	KZ	29-05-95	2	Durban	09-Mar
8:50.50	h	L. Lawrence	WP		2	Bellville	10-Mar

**2000 metres steeplechase SAR 5:43.30 Donney Danster**

5:56.27		Ruan Mentjies	NW		1	Germiston	29-Mar
5:56.34		Molemo Maqeba	FS		2	Germiston	29-Mar
6:01.60		Cunukelo Mafika	CG		1	Germiston	17-Mar
6:01.79		Kutlwello Seakamela	GN		1	ABSA Tuks Pretoria	16-Mar
6:03.99		Sandile Manana	KZ	25-11-95	1	Durban	09-Mar
6:04.03		Felix Mapfungautsi	CG		3	Germiston	29-Mar
6:05.67		Mthobisi Mbatha	KZ	13-09-95	2	Durban	09-Mar
6:12.42		Riaan van der Merwe	CG		2	Germiston	17-Mar
6:13.29		Mafika Cunukelo	BO		4	Germiston	29-Mar
6:14.48		Creel Chavalala	GAU		5	Germiston	29-Mar

**5000 metres**

13:45.70	h	Sello Mokoena		17-06-96	1	Germiston	14-Jan
14:23.03		Njabulo Tshabalala		16-01-95	2	Potchefstroom	24-Mar
16:36.76		Thabang Modilce	CG		2	Germiston	17-Mar

**110 metres hurdles SAR 13.35 Marthinus van der Vyver**

13.61	-0.2	Tiaan Smit	WP		1h3	Germiston	29-Mar
13.86	1.1	Ryno Steyn	FS		1h2	Germiston	29-Mar
13.96	0.9	Obakeng Maoka	GAU		1h1	Germiston	29-Mar
14.03	1.1	Ernst Nel	GN		2h2	Germiston	29-Mar
14.11	0.6	Daylan Daniels	WP		2	Bellville	10-Mar
14.18	0.6	Dylon Fairbridge	WP		3	Bellville	10-Mar
14.23	0.5	Frederich Pretorius	GN		1h4	Germiston	29-Mar
14.30	-0.2	Lethuxolo Makhanya	GAU		2h3	Germiston	29-Mar
14.36	0.5	Ruan Mentz	CG		2h4	Germiston	29-Mar
14.50	-0.2	Daniel Viljoen	NW		3h3	Germiston	29-Mar

**nwi**

13.69		Tiaan Smit	BO		1	Paarl	02-Mar
13.82		Obakeng Maoka	GN		1	ABSA Tuks Pretoria	16-Mar
14.12		Frederich Pretorius	GN		oct	ABSA Tuks Pretoria	16-Mar
14.21		Dylon Fairbridge	BO		2	Paarl	02-Mar
14.27		Ernst Nel	GN		2	ABSA Tuks Pretoria	16-Mar
14.32		Rugher Knox	GN		3	ABSA Tuks Pretoria	16-Mar
14.75		Juan Joubert	GN		4	ABSA Tuks Pretoria	16-Mar
14.89		Rinto Nhonyama	GN		5	ABSA Tuks Pretoria	16-Mar
14.95		Rivaldo Roberts	GN		6	ABSA Tuks Pretoria	16-Mar

**Wind**

13.34	3.9	Tiaan Smit	WP		1	Germiston	30-Mar
13.69	3.9	Obakeng Maoka	GAU		2	Germiston	30-Mar
13.79	3.9	Ryno Steyn	FS		3	Germiston	30-Mar

**400 metres hurdles SAR 48.89 LJ van Zyl**

52.65		Ruan Mentz	CG		1	Germiston	31-Mar
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52.96	Frederich Pretorius	GN	2	Germiston	31-Mar
53.09	Hanco Sipsma	NW	1h3	Germiston	30-Mar
53.17	Kevin Hinton	GAU	3	Germiston	31-Mar
54.14	Kagiso Magongoa	LIM	4	Germiston	31-Mar
54.21	Lihan Botha	GAU	2h2	Germiston	30-Mar
54.38	Eugene Roodman	GN	5	Germiston	31-Mar
54.39	Paul Voster	NW	2h1	Germiston	30-Mar
54.71	Thekgang Thulare	GN	1	ABSA Tuks Pretoria	16-Mar
55.08	Frederik Louw	BO	1	Paarl	02-Mar

### High jump

#### SAR 2.25 Jacques Freitag

2.05	Ntandazo Mtshengu	KZ	1	Durban	09-Mar
2.03	Tiaan Steenkamp	GAU	1	Germiston	30-Mar
2.00	Jacques Rossouw	GN	1	ABSA Tuks Pretoria	15-Feb
2.00	Mtshengu Nthandazo	KZ	7	Bellville	03-Mar
1.95	Michael van Rensburg	GN	1	ABSA Tuks Pretoria	16-Mar
1.95	Wesley Mack	WP	1	Bellville	10-Mar
1.95	Vernon Lategan	CG	1	Germiston	17-Mar
1.95	Juan Korff	LIM	2	Germiston	30-Mar
1.95	Mpho Links	GAU	3	Germiston	30-Mar
1.95	Ruhan Alberts	FS	4	Germiston	30-Mar

### Pole vault

#### SAR 5.20 Cheyne Rahme

4.60	Fabio Gruent	FS	95	1	Germiston	29-Mar
4.50	Neil le Roux	FS	95	2	Germiston	29-Mar
4.20	Edmund Els	FS	95	3	Germiston	29-Mar
3.70	Wilhelm Bronn	BO		1	Paarl	02-Mar
3.60	Hennie Beukes	BO		2	Paarl	02-Mar
3.60	Chris van der Merwe	FS	95	4	Germiston	29-Mar

### Long jump

#### SAR 7.82 Khotso Mokoena

7.68	1.7	Duwayne Boer	GN	1	Germiston	29-Mar
7.10	1.5	Ryan Pottinger	GAU	3	Germiston	29-Mar
6.98	0.7	Frederich Pretorius	GN	oct	ABSA Tuks Pretoria	16-Mar
6.98	-0.9	John Osuala	NW	4	Germiston	29-Mar
6.95	1.1	Jason Faro	WC	5	Germiston	29-Mar
6.90	0.7	Jubilant Motlhake	GN	6	Germiston	29-Mar
6.88	1.4	Lorenzo Gordon	WC	7	Germiston	29-Mar
6.85	-1.8	Lindokuhle Mateyisi	KZ	1	Durban	09-Mar
6.81	1.9	Calvin Blignaut	CG	8	Germiston	29-Mar
6.68	1.4	Juri Linde	GN	oct	ABSA Tuks Pretoria	16-Mar

### nwi

6.85	Calvin Blignaut	CG	1	Germiston	14-Jan
6.79	Tshepo Mabitsela	EC	9	Germiston	29-Mar
6.75	R. Potgieter	CG	1	ABSA Tuks Pretoria	02-Feb
6.74	Armand Bam	GN	1	ABSA Tuks Pretoria	16-Mar
6.69	Berto Buys	GN	2	ABSA Tuks Pretoria	16-Mar
6.68	Simon Mbarane	FS	10	Germiston	29-Mar

### Wind

7.23	2.6	Frederich Pretorius	GN		2	Germiston	29-Mar
7.04	2.9	John Osuala	NW		4	Germiston	29-Mar
<b>Triple jump</b>		<b>SAR 16.03 Khotso Mokoena</b>					
15.21	-1.5	Lorenzo Gordon	SWD		1	Germiston	31-Mar
14.82	-0.7	Jubilant Motlhake	GN		2	Germiston	31-Mar
14.72	-1.5	Duwayne Boer	GN		3	Germiston	31-Mar
14.35	-1.4	Lindokuhle Mateyisi	KZ		4	Germiston	31-Mar
14.23	-1.2	John Osuala	NW		5	Germiston	31-Mar
13.34	-3.0	Baholo Mokomo	FS		6	Germiston	31-Mar
13.33	-1.7	Khoro Makesha	GAU		7	Germiston	31-Mar
13.33	-1.6	Itumeleng Dikoko	GAU		8	Germiston	31-Mar
13.29	1.9	Theolan Ransamy	KZ	21-07-95	2	Durban	09-Mar
13.29	1.1	Chante van Tonder	CG		1	Germiston	17-Mar
<b>nwi</b>							
15.03		Duwayne Boer	GN		1	ABSA Tuks Pretoria	02-Feb
13.95		Itumeleng Dikoko			1	Pilditch	09-Mar
<b>Wind</b>							
14.92	2.2	Lindokuhle Mateyisi	KZ		1	Durban	28-Jan
<b>Shot put</b>		<b>SAR 21.15 Janus Roberts</b>					
19.83		Ruan Combrink			1	Pilditch	09-Mar
18.95		Kevin Botha	GN		1	ABSA Tuks Pretoria	16-Mar
18.73		Ruan Brits	BO		2	Germiston	29-Mar
18.17		Thomas du Toit	BO	95	4	Germiston	29-Mar
17.17		Zane Weir	KZ	09-09-95	5	Germiston	29-Mar
16.91		Danie Janse van Vuuren			1	ABSA Tuks Pretoria	02-Feb
16.35		Franco van den Berg	GN		oct	ABSA Tuks Pretoria	16-Mar
16.16		B. Strauss			2	ABSA Tuks Pretoria	02-Feb
16.04		Arthuer Matthee	GN		2	ABSA Tuks Pretoria	16-Feb
15.68		Johan Scholtz	GN		3	ABSA Tuks Pretoria	16-Mar
<b>Discus</b>		<b>SAR 67.44 Gerhard de Beer</b>					
54.84		Conrad Burger	BO		1	Paarl	27-Feb
52.49		Wihan Barnard	GN		1	Germiston	29-Mar
50.58		Ruan Combrink	GAU		2	Germiston	29-Mar
47.87		Johan Scholtz	GN		4	Germiston	29-Mar
47.68		Erasmus du Toit	BO		5	Germiston	29-Mar
47.24		Stefan Meyer	FS		6	Germiston	29-Mar
46.71		Roland Pienaar	KZ	18-09-96	7	Germiston	29-Mar
46.45		Brendin Strauss	WP		1	ABSA Tuks Pretoria	02-Feb
46.27		Sven van Niekerk	LIM		7	Germiston	29-Mar
45.79		Theboho Mokhotu	FS		9	Germiston	29-Mar
<b>Hammer</b>		<b>SAR 79.79 Werner Smit</b>					
61.05		Tshepang Makhetha	FS		1	Germiston	30-Mar
59.34		Juan Muller	EC		2	Germiston	30-Mar
58.51		Hendrik Louw	EC		3	Germiston	30-Mar
55.05		Anre Kotze	CN	06-05-96	1	Potchefstroom	17-Mar
54.30		Allan Cumming	EC		4	Germiston	30-Mar

53.96		Juhan Lodewyk	FS		6		Germiston	30-Mar
53.63		Erasmus du Toit	BO		1		Paarl	02-Mar
53.53		Thomas du Toit	BO		2		Paarl	02-Mar
50.82		Johan Louw	BO		3		Paarl	02-Mar
50.80		Stefanus Greyling	EP		7		Germiston	30-Mar

<b>Javelin</b>		<b>SAR 83.16 Morne Moolman</b>						
76.87		Pieter Kriel	CN	23-01-95	1		Germiston	30-Mar
71.55		Tiaan Swanepoel	WP		2		Germiston	30-Mar
70.74		Wynand Grassman	EC		3		Germiston	30-Mar
68.84		Kevin Botha	GN		1		Pilditch	09-Mar
67.74		Jeandre Slabbert	WP		4		Germiston	30-Mar
66.02		J. Basson	NW		6		Germiston	30-Mar
65.05		Michael le Roux	NW		7		Germiston	30-Mar
64.75		Kobus van der Walt	WP		1		Bellville	10-Mar
63.26		Leon Laubser	BO		1		Paarl	02-Mar
62.50		Dante de Wet	GAU		8		Germiston	30-Mar

<b>10km Walk</b>		<b>SAR 46:14.72 Jacobus van Dyk</b>						
49:44.74		Ntozakhe Thlatshwayo	KZ		1		Durban	09-Mar
53:09.20	h	Lukas Jeneiro	BO		1		Paarl	02-Mar
53:09.40	h	Duran Kriel	BO		2		Paarl	02-Mar
53:22.30	h	G. Liebernberg	BO		3		Paarl	02-Mar
53:41.30	h	Emile Galant	BO		4		Paarl	02-Mar
54:25.20	h	Virgil Davids	BO		5		Paarl	02-Mar
54:49.40	h	Calvon Meintjies	BO		6		Paarl	02-Mar
54:53.80		Ntombela Lindokuhle	KZ		2		Durban	09-Mar
55:12.60		Lindokuhle Ntombela	KZ		1		Germiston	30-Mar
55:42.95		Ntoane Ntoane	GAU		3		Germiston	30-Mar

## WOMEN

<b>100 metres</b>		<b>SAR 11.54 Mari-Lise Furstenburg</b>						
11.86	1.5	Tebogo Mamathu	GAU	95	1h1		Germiston	29-Mar
12.14	0.4	Ariane Nel	NW		1sf1		Germiston	29-Mar
12.19	1.7	Simone du Plooy	GN		1	ABSA Tuks Pretoria		17-Mar
12.22	1.5	Shanice Marnice	KZ	14-06-95	2h1		Germiston	29-Mar
12.37	0.4	Cathy-Ann Morkel	WC		2sf1		Germiston	29-Mar
12.41	1.4	Bea-Marie Schutte	KZ	08-10-96	2h4		Germiston	29-Mar
12.41	1.5	Amore Serfontein	NC	95	3h1		Germiston	29-Mar
12.46	0.0	Shannon Naude	WP	94	1h3		Germiston	29-Mar
12.50	1.7	Celeste Joubert	GN		2sf2		Germiston	29-Mar
12.55	1.4	Reabetswe Moloi	GN		3h4		Germiston	29-Mar

<b>nwi</b>								
12.57		Chante Finger	CN		1		Potchefstroom	17-Mar
12.87		Ileze van Rooyen	CN	10-04-96	2		Potchefstroom	17-Mar

<b>Wind</b>								
12.01	3.1	Ariane Nel	NW	96	2		Germiston	30-Mar
12.17	2.8	Carina Swiegers	CG	95	1h5		Germiston	29-Mar
12.38	4.2	Celeste Joubert	MP	95	2h2		Germiston	29-Mar

12.40	2.8	Cathy-Ann Morkel	WC	96	2h5	Germiston	29-Mar
12.41	2.4	Shanice Marnice	KZ	14-06-95	1	Durban	09-Mar
12.46	2.8	Leandrie Potgieter	VT	96	3h5	Germiston	29-Mar
12.54	4.2	Nicole van der Walt	CN	95	3h2	Germiston	29-Mar
12.58	4.2	Liezel Scholtz	LIM	95	4h2	Germiston	29-Mar

### 200 metres

### SAR 23.30 Evette de Klerk

24.41	0.6	Janet Seeliger	GN		1sf2	Germiston	30-Mar
24.54	-2.1	Tebogo Mamathu	GAU		1	Germiston	31-Mar
24.60	0.6	Simone du Plooy	GN		2sf2	Germiston	30-Mar
24.95	0.6	Shanice Marnice	KZ	14-06-95	3sf2	Germiston	30-Mar
25.07	1.7	Ariane Nel	NW		2sf1	Germiston	30-Mar
25.16	0.6	Bianca Jones	GAU		4sf2	Germiston	30-Mar
25.17	0.6	Robin Haupt	WC		5sf2	Germiston	30-Mar
25.38	1.7	Imke Steyn	EC		3sf1	Germiston	30-Mar
25.47	-0.4	Carina Swiegers	CG		1	ABSA Tuks Pretoria	21-Jan
25.48	0.9	Shannon Naude	WP		1h3	Bellville	10-Mar

### nwi

25.44		Carina Swiegers	CG		1	Germiston	17-Mar
25.78		Chanelle Potgieter	CG		2	Germiston	17-Mar
26.26		Ileze van Rooyen	CN	10-04-96	1	Potchefstroom	17-Mar
26.27		Carmen Hetzel	CN	03-07-97	2	Potchefstroom	17-Mar

### nwi

24.33	4.3	Tebogo Mamathu	GAU		1h2	Germiston	30-Mar
24.70	3.7	Janet Seeliger	GN		1h5	Germiston	30-Mar
25.13	3.7	Shanice Marnice	KZ		2h5	Germiston	30-Mar
25.17	4.3	Robin Haupt	WC		2h2	Germiston	30-Mar
25.19	4.3	Bianca Jones	GAU		3h2	Germiston	30-Mar

### 400 metres

### SAR 52.88 Justine Palframan

54.57		Janet Seeliger	GN		3h1	Pilditch	04-May
55.58		Carina Swiegers	CG		2	Germiston	30-Mar
56.14		Helene Swanepoel	BO	u17	3	Germiston	30-Mar
56.97		Lize Strydom	GN		2	ABSA Tuks Pretoria	17-Mar
57.14		Chanelle Potgieter			2	Pilditch	09-Mar
57.22		Sune Alberts	FS		4	Germiston	30-Mar
57.55		Goitseona Ramonye	NW		2h2	Germiston	29-Mar
57.78		Aascan Sonnekus			1	ABSA Tuks Pretoria	15-Feb
57.83		Simone Kapp	WC		5	Germiston	30-Mar
57.84		Shanice Marnice	KZ	14-06-95	3	Germiston	25-Feb

### 800 metres

### SAR 2:02.71 Corne Viljoen

2:02.57		Monique Stander	CG		2	ABSA Tuks Pretoria	20-Apr
2:10.57		Marise Malherbe	BO		2	Germiston	31-Mar
2:10.93		Lizeri Ferreira	GAU		3	Germiston	31-Mar
2:11.60		Lize Strydom	GN		1	ABSA Tuks Pretoria	16-Mar
2:11.93		Gena Lofstrand	KZ	23-10-95	7	Port Elizabeth	14-Apr
2:13.24		Monhlanhla Dlamini	CG		1	Germiston	17-Mar
2:13.36		Nicole Breuker	CG		2	Germiston	17-Mar

2:14.30	h	Carien van Deventer	WP	1	Bellville	10-Mar
2:14.90		Zani Kruger	WP	3h3	Germiston	30-Mar
2:15.30	h	Mikyla Ferreira		2	ABSA Tuks Pretoria	15-Feb

### 1500 metres

#### SAR 4:06.9 Zola Budd

4:16.45		Monique Stander	CG	3	Port Elizabeth	14-Apr
4:35.67		Lizerie Ferreira	CG	2	Germiston	30-Mar
4:36.40	h	Pamela Mtshemla	WP	2	Bellville	10-Mar
4:36.40	h	Zani Kruger	WP	1	Bellville	10-Mar
4:38.97		Aynslee van Graan	GN	3	Germiston	30-Mar
4:42.10	h	Duanne Fourie		2	ABSA Tuks Pretoria	15-Feb
4:43.90	h	Thandi Sihohle	CG	1	ABSA Tuks Pretoria	15-Feb
4:44.00	h	Olivia Labuschagne	GN	3	ABSA Tuks Pretoria	15-Feb
4:45.40	h	Sune Jonker		2	ABSA Tuks Pretoria	15-Feb
4:45.90	h	Bernadine McLoud		4	ABSA Tuks Pretoria	15-Feb

### 3000m

#### SAR 8:39.00 Zola Budd

9:48.22		Carina Viljoen	GAU	1	Germiston	30-Mar
9:49.91		Tshegofatso Sethakgoe	GN	2	Germiston	30-Mar
9:53.05		Zani Kruger	WP	3	Germiston	30-Mar
9:54.05		Nicole van der Merwe	GAU	4	Germiston	30-Mar
9:58.00		Tharien Erasmus	CG	5	Germiston	30-Mar
10:26.35		Thandi Sihohle	GAU	6	Germiston	30-Mar
10:29.04		Luleka Dyonki	NW	7	Germiston	30-Mar
10:29.71		Jessica Jacobs	CG	1	Germiston	17-Mar
10:30.39		Ebeth Marais	WP	1	Bellville	28-Jan
10:31.91		Nokuthula Dlamini	GAU	8	Germiston	30-Mar

### 2000 metres steeplechase

7:10.86		Olivia Labuschagne	GN	1	ABSA Tuks Pretoria	16-Mar
7:14.40		Alicia Labuschagne	GN	2	Germiston	29-Mar
7:14.72		Sindy Labuschagne	GN	3	Germiston	29-Mar
7:41.85		Nomsa M Gomezulu	GAU	4	Germiston	29-Mar
7:57.86		Tankiso Lepolisa	FS	5	Germiston	29-Mar
8:04.86		Mary Komane	GN	6	Germiston	29-Mar
8:05.81		Mpho Ndlovu	CG	7	Germiston	29-Mar
8:06.16		Mmatsko Monareng	CG	8	Germiston	29-Mar
8:24.60	h	Felicity Mthembu	WP	1	Bellville	10-Mar
8:27.58		Carla Petzer	EC	9	Germiston	29-Mar

### 100 metres hurdles

#### SAR 13.24 Ilse Ras

14.06	0.3	Jeanelle Laubsher	GN	1	Germiston	30-Mar
14.09	0.3	Cornelia Venter	GAU	2	Germiston	30-Mar
14.16	0.3	D'jane Kriedemann	GAU	3	Germiston	30-Mar
14.37	0.7	Leah Haynes	GN	1h3	Germiston	29-Mar
14.39	0.7	Bianca Jones	GAU	2h3	Germiston	29-Mar
14.44	0.3	Bea-Marie Schutte	KZ	4	Germiston	30-Mar
14.64	0.3	Barbara Hattingh	CG	7	Germiston	30-Mar
14.67	0.3	Nicole van der Walt	CN	8	Germiston	30-Mar
14.79	1.0	Taylor Vincent	WP	1	Bellville	10-Mar



14.82	0.7	Veroeschke Strauss	FS	3h3	Germiston	29-Mar
<b>nwi</b>						
14.34		Jaenelle Laubscher	GN	1	ABSA Tuks Pretoria	16-Mar
14.52		Mercia Venter	GN	2	ABSA Tuks Pretoria	16-Mar
14.69		Leah Haynes	GN	3	ABSA Tuks Pretoria	16-Mar
15.02		Schalia Oosthuizen	GN	4	ABSA Tuks Pretoria	16-Mar
15.06		Annemie Burger	GN	5	ABSA Tuks Pretoria	16-Mar
15.56		Chante Finger	GN	6	ABSA Tuks Pretoria	16-Mar
16.52		Ororisengs Tshoane	GN	7	ABSA Tuks Pretoria	16-Mar
15.24		Marilue Becker	CN	1	Potchefstroom	17-Mar

#### 400 metres hurdles

#### SAR 58.77 Chantelle Terblanche

59.94		Helene Swanepoel	BO	1	Germiston	31-Mar
60.82		D'jane Kriedemann	CG	2	Germiston	31-Mar
61.75		Tabitha Visagie	NW	3	Germiston	31-Mar
62.14		Aascan Sonnekus	CG	4	Germiston	31-Mar
62.41		Este Burger	BO	5	Germiston	31-Mar
62.79		Jaenelle Laubscher	GN	6	Germiston	31-Mar
63.61		Chizanne Forssman	GN	2	ABSA Tuks Pretoria	16-Mar
64.31		Izanne Jacobs	FS	7	Germiston	31-Mar
64.37		Line Badenhorst	NW	2h3	Germiston	30-Mar
66.27		Oliver Esterien	CG	2	Germiston	17-Mar

#### High jump

#### SAR 1.96 Charmaine Gale

1.88		Julia du Plessis	CG	1	Germiston	30-Mar
1.77		Mia Labuschagne	WP	2	ABSA Tuks Pretoria	05-Apr
1.75		Marelize Higgins	MP	2	Germiston	30-Mar
1.73		Karla Bronn	WP	1	Bellville	03-Mar
1.70		Taylia Visagie	BO	1	Paarl	02-Mar
1.65		Sheri Fourie	GN	1	ABSA Tuks Pretoria	16-Mar
1.65		Zandri Kruger	GAU	4	Germiston	30-Mar
1.65		Marne Kriedemann	CG	hep	Port Elizabeth	14-Apr
1.63		Savannah Kasner	BO	2	Paarl	02-Mar
1.63		Sarah Behrens	BO	3	Paarl	02-Mar
1.63		Anika Groenewald	WP	2	Bellville	10-Mar

#### Pole vault

#### SAR 3.95 Annelie van Wyk

3.50		Mar-Lize Vos	FS	1	Germiston	30-Mar
3.30		Surika Piater	FS	2	Germiston	30-Mar
3.20		Jannike Nel	FS	3	Germiston	30-Mar
3.00		Natasha Obermeyer	BO	1	Paarl	02-Mar
3.00		Carlien Meyburgh	FS	5	Germiston	30-Mar
2.80		Lee-Zemda Strydom	EC	6	Germiston	30-Mar
2.72		Nadia Nel	WP	1	Bellville	10-Mar
2.70		Alissa Gildenhuys	BO	2	Paarl	02-Mar
2.60		Timna Snyjman	WC	7	Germiston	30-Mar
2.50		Leanne Lourens	BO	3	Paarl	02-Mar

#### Long jump

#### SAR 6.37 Delia Visser

6.15	1.9	Janet Seeliger	GN	4	Pilditch	04-May
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5.87	0.0	Carina Swiegers	CG		2	Germiston	30-Mar
5.71	0.7	Samantha Ross	WP		3	Germiston	30-Mar
5.65	0.0	Zinzi Chabangu	GAU		4	Germiston	30-Mar
5.62	2.0	Stefani van Niekerk	GAU		5	Germiston	30-Mar
5.59	0.0	Christi-Mari Gerber	FD		6	Germiston	30-Mar
5.50	0.0	Taylia Visagie	BO		7	Germiston	30-Mar
5.43	-0.1	Carla Johnson	WP		hep	Port Elizabeth	14-Apr
5.26	-0.8	Gabriella Kahts	KZ	21-02-96	8	Germiston	25-Feb
5.19	0.2	Nadine Teessen	CG		3	Germiston	17-Mar

**nwi**

5.52		Zinzi Chabangu			2	Pilditch	09-Mar
5.49		Stefanie van Niekerk			3	Pilditch	09-Mar
5.44		Megan Weyers	CN	11-02-95	1	Potchefstroom	28-Jan
5.43		B. Nieuwoudt			1	ABSA Tuks Pretoria	02-Feb
5.42		Samantha Ross	WP		1	Bellville	10-Mar

**Wind**

6.24	3.5	Janet Seeliger	GN		3	Windhoek	28-Apr
5.92	3.0	Janet Seeliger	GN		1	ABSA Tuks Pretoria	16-Mar
5.39	3.6	Barbara Hattingh	CG		2	Germiston	17-Mar

**Triple jump**

**SAR 12.77 Valentina da Rocha**

11.74	-1.5	Zinzi Chabangu	GAU		1	Germiston	31-Mar
11.26	-3.1	Robyn Haupt	WP		2	Germiston	31-Mar
11.04	-1.6	Simone van der Merwe	EC		3	Germiston	31-Mar
11.00	-2.0	Thato Mosehle	NW		5	Germiston	31-Mar
11.00	-1.6	Riekie van Staden	NW		4	Germiston	31-Mar
10.98	0.7	Maureen Jonker	CG		1	Germiston	17-Mar
10.73	0.6	Andrea Richards	FS		6	Germiston	31-Mar
10.70	-0.7	Chanice Swartz	FS		7	Germiston	31-Mar
10.63	1.2	Vanessa Atkinson	KZ	17-03-95	2	Durban	09-Mar
10.57	-1.8	Deidre Laurens	GAU		8	Germiston	31-Mar

**nwi**

11.27		Zinzi Chabangu			1	Pilditch	09-Mar
10.76		Rita van Deventer	CN		1	Germiston	18-Feb
10.74		Thelma Mosehle	CN	06-04-95	1	Potchefstroom	17-Mar
10.70		R. Deventer			1	ABSA Tuks Pretoria	02-Feb
10.61		Chantelle Theron			2	Pilditch	09-Mar
10.58		Louise Louw	BO		1	Paarl	02-Mar
10.54		Thelma Mosehle	CN		2	Germiston	18-Feb
10.53		Zahne Pienaar	GN		1	Germiston	18-Feb

**Wind**

10.65	2.1	Kylie McCloughlin	KZ	21-01-95	1	Durban	09-Mar
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**Shot**

**SAR 16.33 Simone du Toit (4kg)**

17.52		Lezaan Jordaan	CG		1	Germiston	30-Mar
17.19		Geraldine Duvenhage	CG		2	Germiston	30-Mar
14.65		Yolande Willemse	EC		3	Germiston	30-Mar
14.53		Wanzel Breytenbach	GN		4	Germiston	30-Mar
14.07		Sanrie Visagie	NW		5	Germiston	30-Mar
13.81		Somari Els	GN		6	Germiston	30-Mar

13.67	Margertha Benade	NW		7	Germiston	30-Mar
13.30	Bianca Conradie	KZ	20-12-96	1	Durban	09-Mar
13.21	Susan Scholtz	CG		1	Germiston	17-Mar
12.97	Boudine Jordaan	BO		8	Germiston	30-Mar

<b>Discus</b>		<b>SAR 52.10 Simone du Toit</b>				
47.76	Geraldine Duvenhage		yth	5	Pilditch	05-May
43.57	Somari Els	GN		2	Germiston	29-Mar
42.45	Bianca Conradie	KZ	20-12-96	1	Durban	14-Jan
40.81	Lezaan Jordaan	CG		3	Germiston	29-Mar
40.48	Carmen Kilian	GN	95	4	Germiston	29-Mar
39.61	Riette Heyns	GN	yth	1	ABSA Tuks Pretoria	16-Feb
38.77	Hanri du Preez	NW		7	Germiston	29-Mar
38.18	Alicia Puren	KZ	01-01-95	2	Durban	14-Jan
38.04	Felrie Oettle	BO		1	Paarl	02-Mar
37.69	Nielke Matthee	BO		2	Paarl	02-Mar

<b>Hammer</b>		<b>SAR 54.21 Annemie Smith (4kg)</b>				
56.45	Mieke Stander	EC		1	Germiston	29-Mar
55.11	Simone Kommer	EC		2	Germiston	29-Mar
52.85	Bianca Botes	GAU		3	Germiston	29-Mar
52.51	Stefanie Greyling	FS		4	Germiston	29-Mar
48.62	Saira-Lee Nel	FS		5	Germiston	29-Mar
47.02	Ciska van Rensburg	EC		6	Germiston	29-Mar
44.56	Mariette Conradie	CN	02-09-96	7	Germiston	29-Mar
44.34	Jenet Brummer	FS		8	Germiston	29-Mar
43.00	Felrie Oettle	BO		1	Paarl	02-Mar
42.33	Charne Swart	BO		9	Germiston	29-Mar

<b>Javelin</b>		<b>SAR 57.55 Tazmin Brits (600g)</b>				
51.18	Megan Wilke	GAU		1	Germiston	31-Mar
49.14	Mandi Venter	GN		2	Germiston	31-Mar
48.13	Michaela de Witt	CN	21-09-95	3	Germiston	31-Mar
47.65	Sane van Zyl	CN	12-08-95	4	Germiston	31-Mar
45.52	Bianca Botes			5	Germiston	31-Mar
42.35	Marelize van Zyl	FS		6	Germiston	31-Mar
41.75	Ilze Fourie	SW		7	Germiston	31-Mar
41.71	Gerna Koekemoer	NW		8	Germiston	31-Mar
40.83	Zane Fourie	WC		9	Germiston	31-Mar

<b>5km Walk</b>		<b>SAR 25:50.20 Anel Oosthuizen</b>				
26:07.81	Anel Oosthuizen	WC		1	Germiston	30-Mar
26:08.24	Chanice Klink	BO		2	Germiston	30-Mar
27:54.06	Crysha van Wyk	FS		3	Germiston	30-Mar
27:55.12	Phelokazi Gvolotela	CG		4	Germiston	30-Mar
27:57.19	Yolandi Appel	KZ	12-08-96	1	Durban	09-Mar
28:14.39	Udelle de Winnaar	GAU		5	Germiston	30-Mar
28:23.73	Tertia Smit	FS		6	Germiston	30-Mar
29:00.21	Louise Currie	KZ		8	Germiston	30-Mar
29:38.92	Chrizaan van der Walt	WC		9	Germiston	30-Mar

30:09.55

Angelique le Roux WC

10

Germiston 30-Mar

end