

# South African Track & Field Performances 2019

31 July 2019

## Senior (Any athlete 16 years & Older born 2003 and earlier)

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Checked and Edited by : Danie & Neil Cornelius

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

### MEN

#### 100m

9,93	0,5	Akani Simbine	AGN	21-Sep-93	1	London	20-Jul
10,05	0,5	Simon Magakwe	WPA	25-May-85	1	Germiston	25-Apr
10,08	0,9	Thando Dlodlo	CNWN	22-Apr-99	1	Trieste	06-Jul
10,15	0,1	Emile Erasmus	AGN	03-Apr-92	2	Bloemfontein	13-Apr
10,17	1,1	Anaso Jobodwana	AGN	30-Jul-92	1	Regensburg	07-Jul
10,23	0,7	Thando Roto	AGN	26-Sep-95	3h3	La Chaux -de-Fonds	30-Jun
10,25	0,1	Chederick van Wyk	ACNW	18-Feb-95	3	Bloemfontein	13-Apr
10,26	1,5	Cheswell Johnson	CGA	30-Sep-97	1s3	Germiston	25-Apr
10,28	0,9	Henricho Bruintjies	CGA	16-Jul-93	4	Trieste	06-Jul
10,30	0,1	Gideon Trotter	AFS	03-Mar-92	4	Bloemfontein	13-Apr
10,30	0,1	Roscoe Engel	WPA	06-Mar-89	4	Bloemfontein	13-Apr

#### 200m

20,04	1,4	Clarence Munyai	AGN	20-Feb-98	1	Heusden	20-Jul
20,27	-0,2	Akani Simbine	AGN	21-Sep-93	1	Germiston	27-Apr
20,38	0,9	Anaso Jobodwana	AGN	30-Jul-92	1	Regensburg	07-Jul
20,43	-0,4	Sinesipho Dambile	AGN	02-Mar-02	1	Pretoria	15-Mar
20,44	-0,2	Chederick van Wyk	ACNW	18-Feb-95	2	Napoli	11-Jul
20,71	-0,2	Theodore Young	ACNW		3	Germiston	27-Apr
20,75	-0,2	Phatsu Maswanganye	AGN	01-Feb-01	5	Germiston	27-Apr
20,76	0,3	Luxolo Adams	EPA	01-Aug-96	1	Stellenbosch	04-Apr
20,77	0,9	Tsebo Matsotso	AFS	27-May-99	1	Bloemfontein	22-Feb
20,89	0,6	Derrick Mokaleng	USA	18-Jun-97		Tucson AZ	06-Apr

#### 300m

32,45		Clarence Munyai	AGN	20-Feb-98	1	Naimette-Xhovemont	17-Jul
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#### 400m

45,17		Derrick Mokaleng	USA	18-Jun-97	2	Waco TX	20-Apr
45,19		Thapelo Phora	AGN	21-Nov-91	1	Sasolburg	12-Apr
45,39		Gardeo Isaacs	BOLA	27-Dec-98	1	Germiston	27-Apr
45,76		Ashley Hlungwani	AGN	25-Apr-91	3	Germiston	27-Apr
45,98		Ranti Dikgale	AGN	12-Jul-87	1h1	Germiston	25-Apr
46,20		Jon Seeliger	AGN	27-Apr-95	1	Pretoria	09-Feb
46,27		Lythe Pillay	CGA		1	Abijan	17-Apr
46,27		Pieter Conradie	ACNW	20-Oct-94	5	Germiston	27-Apr
46,33		Lesedi Mokgobinyana	ACNW	25-Feb-93	3s2	Germiston	26-Apr
46,40		Zakithi Nene	KZNA	02-Apr-98	6	Germiston	27-Apr

**800m**

1:44,69	Tshepo Tshite	AGN	15-Jan-97	1	Pretoria	15-Mar
1:46,29	Kabelo Mohlosi	ANWN	20-Jan-93	1	Potchefstroom	04-May
1:46,56	Tumelo Mashaba	AGN		1	Halluin	26-Jun
1:46,56	Rynardt van Rensburg	AFS	23-Mar-92	2	Maanheim	19-Jul
1:46,64	Theuns Ehlers	AGN	03-Dec-98	1	Stellenbosch	04-Apr
1:46,67	Duran Faro	WPA	05-Feb-94	2	Potchefstroom	17-Apr
1:47,42	Themba Madima	AGN	04-Apr-89	2	Pretoria	15-Mar
1:48,10	Jabolane Ncamane	AGN	07-Jun-94	6	Germiston	27-Apr
1:48,19	Mpho Makofane	CGA		4	Stellenbosch	04-Apr

**1 000m**

2:21,00	Rynardt van Rensburg	AFS	23-Mar-92	3	Folksam Varberg	15-Jul
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**1 500m**

3:38,30	Tumelo Mashaba	AGN	12-Feb-95	5	Carquefou	21-Jun
3:39,23	Ryan Mphahlele	ACNW	20-Jun-98	3	Copenhagen	18-Jun
3:39,33	George Kusche	USA	06-Aug-98	6	Stanford CA	02-May
3:41,58	Jerry Motsau	ACNW	12-Mar-90	2rB	Kortrijk	13-Jul
3:41,62	Tshepo Tshite	AGN	15-Jan-97	11	Heusden	20-Jul
3:43,31	Ashley Smith	WPA	09-Sep-96	1	Parow	23-Jan
3:45,50	Nkosinathi Sibiyi	AKZN	01-Jan-94	2	Germiston	26-Apr
3:46,20	Luan Munnik		22-Apr-00	4	Koblenz	23-Jun
3:47,26	Bruce-Lynn Damons	WPA	20-Jun-96	2	Parow	23-Mar
3:48,40	Dais Malebane	USA	11-Feb-99	3	El Dorado KS	04-May
3:48,95	Sibusiso Magwaza	WPA	10-Jul-93	3	Parow	23-Mar
3:48,99	Llewellyn Groeneveld	BOLA	02-Jul-95	1	Cape Town	16-Feb

**5 000m**

13:56,34	Rowhaldo Ratz	WPA	20-Mar-98	1	Stellenbosch	26-Mar
13:57,15	Marko Bucarizza	CGA	22-Dec-88	2	Stellenbosch	26-Mar
13:59,64	Nadeel Wildschutt	USA	28-Nov-96	3	Charlottesville	20-Apr
14:00,14	Collen Mualudzi	AGN	08-Apr-91	3	Stellenbosch	26_Mar
14:03,33	Bruce-Lynn Damons	WPA	20-Jun-96	4	Stellenbosch	26-Mar
14:06,07	Stephen Mokoka	AGN	01-Apr-85	1	Pretoria	09-Apr
14:06,18	Precious Mashele	CGA	13-Oct-90	1	Germiston	27-Apr
14:06,36	Adrian Wildschutt	USA	03-May-98	6	Charlottesville	20-Apr
14:06,67	Philani Buthelezi	AGN	07-Jul-89	2	Pretoria	09-Apr
14:08,71	Lebogang Mosito	USA	22-Mar-95	8r2	Raleigh NC	30-Mar

**10 000m**

28:42,99	Milton Kekana	AGN	03-Oct-95	1	Stellenbosch	04-Apr
28:43,26	Gladwin Mzazi	CGA	28-Aug-88	2	Stellenbosch	04-Apr
28:53,69	Adrian Wildschutt	USA	03-May-98	2h1	Jacksonville	23-May
28:55,62	Nadeel Wildschutt	USA	28-Nov-96	4h1	Jacksonville	23-May
29:03,40	Precious Mashele	CGA	13-Oct-90	1	Pretoria	15-Mar
29:17,22	Philani Buthelezi	AGN	07-Jul-89	3	Pretoria	15-Mar
29:31,09	Elroy Gelant	ACNW	25-Aug-86	1	Potchefstroom	08-Mar
29:33,56	Nkosikhona Mhlakwana	ACNW		3	Stellenbosch	04-Apr
29:35,12	Pakiso Mthembu	ACNW	10-Jun-99	4	Stellenbosch	04-Apr

**3 000m STEEPLE**

8:28,75	Rantso Mokopane	ACNW	08-Aug-94	1	Naimette-Xhovemont	17-Jul
8:33,60	Ashley Smith	WPA	09-Sep-96	3	Napoli	12-Jul
8:56.63	Siboniso Soldaka	WPA	20-Dec-90	4	Merksem	27-Jul
8:57,52	Tumisang Monnatlala	ACNW	31-Jan-95	1	Regensburg	06-Jul
9:02,73	Dikotsi Lekopa	AGN	07-Jul-88	2	Germiston	26-Apr
9:04,02	Amos Nyongo	EPA	05-Jul-86	3	Parow	23-Mar
9:07,69	Serame Gumede	RSA		3	Stellenbosch	04-Apr
9:12,59	Olebogeng Moremi	RSA		1	Paarl	28-Mar
9:12,96	Matthew Forrester	RSA		2	Paarl	28-Mar

**110H**

13,30	0,4	Antonio Alkana	WPA	12-Apr-90	3	Rome	03-Jun
13,45	-1,2	Ruan de Vries	AGN	01-Feb-86	1	Potchefstroom	19-Mar
13,80	0,0	Tiaan Kleynhans	ACNW	13-Jul-96	2	Bloemfontein	13-Apr
13,96	-0,3	Tshepo Lefete	CGA	02-Feb-92	4	Germiston	26-Apr
13,98	1,0	Theodor Young	ACNW	05-Jul-96	1	Potchefstroom	08-Mar
14,11	-0,3	Alwyn Bothma	ACNW	24-Feb-98	5	Germiston	26-Apr
14,27	0,0	Muntingh Hamman	AGN	07-Mar-90	7	Bloemfontein	13-Apr
14,28	-0,3	Darren Riddles	WPA	20-Jun-97	7	Germiston	26-Apr
14,30	-1,2	Jerry Venter	ACNW	28-Jul-00	4	Potchefstroom	19-Mar

**400H**

48,73		Sokwakhana Zazini	AGN	23-Sep-00	2	Napoli	11-Jul
48,81		Lindsay Hanekom	AGN	15-May-93	1	Germiston	27-Apr
49,66		Cornel Fredericks	AFS	03-Mar-90	2	Bloemfontein	13-Apr
50,02		Le Roux Hamman	AGN	06-Jan-92	4	Germiston	27-Apr
50,48		Constant Pretorius	AGN	26-Jan-94	5	Germiston	27-Apr
50,73		Rivaldo Roberts	AGN	27-Apr-96	2	Pretoria	15-Mar
50,98		Kefiloe Mogawane	AGN	11-Oct-97	1	Pretoria	23-Feb
51,01		Tshegofatso Mathope	AGN	02-Feb-95	3h1	Germiston	25-Apr
51,09		Petrus Steenekamp	AGN		4h3	Germiston	25-Apr
51,72		Sabelo Dhlamini	CGA	17-Jan-95	4	Stellenbosch	04-Apr

**HIGH JUMP**

2,27		Chris Moleya	AGN	27-Jan-97	1	Rheinou-Freistett	30-Jun
2,25		Mpho Links	ACNW		1	Germiston	26-Apr
2,25		Keegan Fourie	BOLA	07-Sep-91	1	Cape Town	05-Apr
2,23		Breyton Poole	BOLA	23-Mar-00	1	Stellenbosch	09-Feb
2,20		Manqoba Gift Nkosi	AGN	02-Jan-99	2	Stellenbosch	04-Apr
2,15		Garth Ellis	EPA	17-Feb-92	3	Stellenbosch	04-Apr
2,14		Tiaan Steenkamp	USA	14-Mar-96	1	Jonesboro AR	12-May
2,08		Luvo Nkewu	BOLA	18-Nov-91	2	Cape Town	05-Apr
2,07		Gayisa Maswanganyi	CGA	21-Mar-01	2	Paarl	30-Mar
2,07		Matome Shabangu	AGN	14-Aug-00	3	Paarl	30-Mar

**POLE VAULT**

5,30		Kyle Rademeyer	BOLA	29-Jan-02	1	Paarl	29-Mar
5,20		Valco Van Wyk	BOLA	26-Jul-00	1	Paarl	30-Mar

5,11		Nikolai Van Huysteen	BOLA	08-Aug-02	2	Pretoria	13-Feb
5,00		Lukas van der Watt	USA	24-Jan-98	2	San Marcos TX	30-Mar
5,00		Friedrich Pretorius	AGN	04-Aug-95	dec	Germiston	05-Apr
4,90		Marcelle De Jager	WPA		1	Cape Town	16-Feb
4,85		Ekhardt van der Watt	USA	04-Oct-99	9	San Marcos TX	30-Mar
4,73		Arend Pretorius	AFS		1	Bloemfontein	01-Mar
4,60		Zaine De La Rey	AFS		1	Bloemfontein	02-Mar
4,60		Hennie Beukes	BOLA		2	Germiston	26-Apr

### LONG JUMP

8,41	1,9	Zarck Visser	CGA		1	Germiston	23-Mar
8,37	-1,1	Luvo Manyonga	EPA	18-Nov-91	1	London	20-Jul
8,21	1,3	Ruswahl Samaai	BOLA	25-Sep-91	2	Germiston	27-Apr
8,10	0,0	Jovan van Vuuren	AGN	17-Jul-96	1	Stellenbosch	04-Apr
7,98	1,1	Cheswell Johnson	CGA	30-Sep-97	4	Germiston	27-Apr
7,83	1,4	Peter Makgato	AFS	05-May-96	3	Bloemfontein	13-Apr
7,70	0,5	Norbert Ponisammy	AFS	07-Jul-98	4	Bloemfontein	13-Apr
7,63	1,4	Dylan Cotter	CGA	23-Aug-91	5	Bloemfontein	13-Apr
7,57	1,0	Phatsu Maswanganye	AGN	01-Feb-01	1	Pretoria	15-Mar
7,56	-0,4	Michael Skosana	AFS	18-Sep-00	1	Bloemfontein	26-Jan

### Wind

8,25	2,7	Cheswell Johnson	CGA	30-Sep-97	2	Germiston	23-Mar
7,94	3,0	Dylan Cotter	CGA	23-Aug-91	3	Germiston	23-Mar

### TRIPLE JUMP

16,42	0,6	Godfrey Mokoena	CGA	06-Mar-85	1	Sasolburg	12-Apr
16,03	1,9	Kwezi Mtoba	BOLA	28-May-96	3	Stellenbosch	04-Apr
15,91	2,0	Sefako Mokhoso	AFS	13-Mar-96	1	Bloemfontein	16-Feb
15,62	-1,7	Thahosany Tshiredelso	WPA		1	Cape Town	02-Mar
15,61	1,6	Junior Mpefu	CGA	18-Jul-98	4	Germiston	26-Apr
15,57	1,2	Attain Magomo	CGA		6	Stellenbosch	04-Apr
15,35	-6,3	Dylon Cotter	CGA		3	Pretoria	09-Feb
15,28	1,0	Tristan Faro	BOLA	15-May-01	1	Paarl	30-Mar
15,19	0,6	Sifiso Miya	AGN	01-Jun-01	2	Paarl	30-Mar
15,09	1,9	Welrè Olivier	AVT		1	Paarl	30-Mar

### Wind

16,21	2,1	Menzi Mthembu	BOLA	07-Feb-95	1	Stellenbosch	04-Apr
15,94	2,1	Sefako Mokhoso	AFS	13-Mar-96	4	Stellenbosch	04-Apr

### SHOT PUT

21,51		Orazio Cremona	CGA	01-Jul-89	1	Germiston	27-Apr
20,03		Kyle Blignaut	CGA	09-Nov-99	2	Germiston	27-Apr
19,58		Jason Van Rooyen	CGA	04-Feb-97	2	Stellenbosch	04-Apr
19,35		Burger Lambrechts	USA	06-Aug-98	7q	Sacramento	25-May
19,09		Zane Weir	CGA	07-Sep-95	3	Germiston	27-Apr
18,21		Chris Van Niekerk	ACNW	30-Aug-00	1	Potchefstroom	04-May
17,89		Ruan Combrinck	AGN	11-Mar-95	4	Bloemfontein	13-Apr
17,35		Werner Visser	CGA	27-Feb-98	2	Potchefstroom	15-Mar
17,20		Tumelo Thage	AGN	24-Feb-90	2	Pretoria	15-Mar

**DISCUS**

63,11	Victor Hogan	BOLA	25-Jul-89	2	Lier	02-Jul
59,40	Werner Visser	CGA	27-Feb-98	2	Potchefstroom	17-Apr
57,43	Burger Lambrechts	USA	06-Aug-98	5	Lawrence KS	20-Apr
57,00	Dewald van Heerden	AGN	04-Apr-91	1	Pretoria	12-Jan
56,71	Jan-Louw Kotze	USA	18-Mar-94	1	Mobile AL	15-Mar
55,25	Johan Scholtz	AGN	04-Mar-96	2	Stellenbosch	04-Apr
55,17	Chris Van Niekerk	ACNW	30-Aug-00	1	Potchefstroom	05-Mar
55,17	Ignatius Marais	ACNW	04-Mar-99	1	Potchefstroom	08-Mar
52,22	Kyle Blignaut	CGA	09-Nov-99	4	Potchefstroom	17-Apr
50,39	Jan-Adriaan Hattingh	ACNW		3	Potchefstroom	05-Mar

**HAMMER THROW**

71,26	Tshepang Makhetha	ACNW	09-Feb-96	1	Potchefstroom	15-Mar
70,63	Chris Harmse	AVT	31-May-73	1	Bloemfontein	22-Feb
68,92	Alan Cumming	ACNW	21-Mar-96	1	Potchefstroom	04-May
68,05	Renaldo Frechou	AGN	04-Mar-92	1	Pretoria	15-Mar
67,23	Carel Haasbroek	ACNW	27-Feb-98	2	Sasolburg	12-Apr
61,85	Johan Kruger	ACNW	15-Apr-87	3	Pretoria	23-Feb

**JAVELIN**

79,28	Brendon Skinner	ACNW	04-Feb-99	1	Potchefstroom	12-Feb
77,82	Rocco van Rooyen	WPA	23-Dec-92	1	Germiston	25-Apr
77,62	Phil-Mar J van Rensburg	AGN	23-Jun-89	4	Samorin	15-Jun
76,97	Johannes Grobler	ACNW	06-Aug-97	2	Germiston	25-Apr
74,76	Robert Oosthuizen	BOLA	23-Jan-87	1	Germiston	26-Jan
74,07	Werner Bouwer	USA	21-Sep-98	1	Waco TX	20-Apr
72,22	Erich Wiese	ACNW	01-Jun-97	2	Potchefstroom	05-Feb
71,68	Tobie Holtzhausen	AGN	25-May-87	1	Pretoria	23-Feb
70,67	Coenraad Kotze	ACNW	04-Mar-99	3	Potchefstroom	05-Feb
69,90	Anro Van Eeden	ACNW	19-May-99	2	Potchefstroom	19-Feb

**4 X 100m**

38,65	South Africa (Bruintjies. Magakwe, Dlodlo, Simbini)			1	Ostrava	20-Jun
38,66	South Africa			4h1	Yokohama	11-May
38,88	South Africa			1	Bloemfontein	13-Apr
39,35	RSA			1	Germiston	27-Apr
40,03	AGN A			2	Germiston	27-Apr
40,73	EPA			3	Germiston	27-Apr
41,76	WPA			4	Germiston	27-Apr
41,38	AGN - A	U20		1	Paarl	30-Mar
41,87	AGN - A	U18		1	Paarl	30-Mar
41,94	AGN - B	U18		2	Paarl	30-Mar

**4 X 400m**

3:02,13	South Africa			1	Potchefstroom	17-Apr
3:02,77	South Africa			2h3	Yokohama	11-May
3:03,23	South Africa Students			2	Napoli	13-Jul
3:04,26	AGN A			1	Germiston	27-Apr
3:05,32	South Africa			6	Yokohama	12-May

3:05,86	South Africa			2	Potchefstroom	17-Apr
3:07,75	ACNW			2	Germiston	27-Apr
3:09,91	BOLA			3	Germiston	27-Apr
3:13,30	AGN C			4	Germiston	27-Apr
3:14,07	CGA	U20		1	Paarl	30-Mar

### Decathlon

7872	Fredreich Pretorius	AGN	04-Aug-95	3	Ratinger	29/30-Jun
6825	3 days Duncan McLaddry	AGN		2	Germiston	25-27-Apr
6651	3 days Marcelle de Jager	WPA		3	Germiston	25-27-Apr
6174	3 days Hennie Beukes	BOLA		4	Germiston	25-27-Apr
6166	Jezze Perez	BOLA		1	Stellenbosch	4/6-Apr
5250	Khuco Fallert	AGN		2	Stellenbosch	4/6-Apr
5094	Elgar Theunis	WPA	21-May-95	1	Greenpoint	15-16-Feb

### 5km Walk (Track)

21:35.50	Tebatso Mashimbyi	CGA	14-Feb-95	1	Potchefstroom	19-Feb
22:00.70	Tumisang Pule	AGN	03-Jul-97	2	TUKS - Pretoria	23-Feb
22:29,63	Mzwakhe Mavundla	CGA		1	Germiston	26-Jan
22:43.34	Anthony Farmer	ACNW	21-Dec-00	1	TUKS - Pretoria	23-Feb
24:06.78	Jacques Heymans	AGN	24 fb 00	1	TUKS-Pretoria	09-Feb
24:22.58	Mzwakhe Kobue	AGN	11-May-81	1	TUKS-Pretoria	09-Feb
24:23.93	Mthunzi Mnisi	AGN	23-Nov-88	3	TUKS - Pretoria	23-Feb
24:53.82	Petrus van Aarde	ACNW	09-Dec-02	3	Potchefstroom	19-Feb
24:55.05	Wentsley Merkuur	WPA	13-Feb-00	1	Greenpoint	02-Mar
25:00.25	Gedeon Cillie	WPA	25-May-77	1	Parow	26-Jan

### 10000m Walk (Track)

0:46:47.97	Mthembi Chauque	AFS	11-Feb-93	1	Bloemfontein	23-Feb
0:47:40.17	Antonia Farmer	ACNW	21-Dec-00	1	Paarl	30-Mar
0:47:51.33	Wenstley Merkuur	WPA		2	Paarl	30-Mar
0:48:48.53	Bheki Mnyamane	AGN		1	Paarl	28-Mar
0:49:10.29	Lebogang Mbulawe	Gauteng	01-Nov-01	1	Port Elizabeth	20-Mar
0:49:11.36	Nhlanhla Ndlazi	AGN		2	Paarl	28-Mar
0:49:36.24	Siyabonga Luvlo	CGA		3	Paarl	30-Mar
0:49:41.61	Alex Nyivana	CGA		3	Paarl	28-Mar
0:50:04.30	Sebensa Ndlazi	CGA	30-Dec-02	1	Port Elizabeth	20 ma
0:50:10.81	Siphimelele Mnyamana	CGA	05-Jan-02	2	Port Elizabeth	20-Mar

### 20km Walk (Road)

1:20:17.00	Wayne Snyman	AGN	08-Mar-93	2	Podébrady, CZE	06-Apr
1:24:00.00	Lebogang Shange	CGA	01-Aug-90	53	La Coruna, ESP	08-June
1:29:23.00	Marc Mundell	KZNA	07-Jul-83	12	Albisetti	17-Mar
1:32:23,00	Sizwe Ndebele	KZNA		2	Germiston	27-Apr
1:32:42,00	Tumisang Pule	AGN		3	Germiston	27-Apr
1:34:41,00	Tebatso Mashimbyi	CGA		4	Germiston	27-Apr
1:35:09,00	Mzwakhe Mavundla	CGA		5	Germiston	27-Apr
1:37:44,00	Mthembi Chauque	AFS		6	Germiston	27-Apr
1:40:13,00	Aaron Mahlangu	KZNA		7	Germiston	27-Apr

1:44:22,00	Mthunzi Misis	AGN		9	Germiston	27-Apr
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### 50km Walk (Road)

3:58:32.00	Marc Mundell	AGN	07-Jul-83	15	Dudince, SVK	23-Mar
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## WOMEN

### 100m

11,04	1,9	Tebogo Mamathu	AGN	27-May-95	1	La Chaux -de-Fonds	30-Jun
11,14	1,3	Carina Horn	AGN	09-Mar-89	1	Sotteville-les-Rouen	17-Jul
11,45	0,0	Tamzin Thomas	CGA	06-Oct-97	2	Bloemfontein	13-Apr
11,61	1,2	Antoinette Van Der Merwe	AGN	27-Jan-01	1	Pretoria	02-Mar
11,61	0,8	Rose Xeyi	AGN	16-Mar-01	2	Germiston	25-Apr
11,73	0,0	Rea Moloji	AGN	12-Mar-96	4	Bloemfontein	13-Apr
11,79	0,8	Petunia Obisi	WPA	19-Jan-93	4	Germiston	25-Apr
11,79	0,8	Sokwakana Mogwasi	AFS	19-Feb-98	4	Germiston	25-Apr
11,84	1,7	Cherise Jones	AGN	05-Dec-85	1h2	Pretoria	15-Mar
11,92	1,3	Miandi Van Staden	ACNW	25-Jul-02	1s1	Paarl	28-Mar

### 200m

23,61	-3,2	Justine Palframan	BOLA	04-Nov-93	1	Stellenbosch	04-Apr
23,83	1,1	Taylon Bieldt	AGN	04-Nov-98	5sf3	Napoli	11-Jul
23,92	1,5	Angelique Strijdom	AGN		1	Pretoria	09-Feb
23,94	2,0	Antoinette Van Der Merwe	AGN	27-Jan-01	1h3	Paarl	29-Mar
23,97	-3,2	Tamzin Thomas	CGA		2	Stellenbosch	04-Apr
24,06	1,8	Ariane Nel	ACNW	06-Mar-96	1	Potchefstroom	08-Mar
24,09	0,4	Nicola van der Merwe	AGN	29-Jan-01	1	Pretoria	02-Mar
24,24	1,5	Charlize Eilerd	AGN		2	Pretoria	09-Feb
24,26	0,6	Caster Semenya	AGN	07-Jan-91	1	Pretoria	09-Feb
24,27	0,8	Petunia Obisi	WPA	19-Jan-93	1	Parow	23-Mar

### 400m

52,89		Zeney Van Der Walt	AGN	22-May-00	3	Sopot	23-Jun
53,64		Wenda Nel	AGN	30-Jul-88	5	Potchefstroom	17-Apr
54,03		Danel Holton	ACNW	21-Jul-94	1	Germiston	27-Apr
54,08		Taylon Bieldt	AGN	04-Nov-98	1	Potchefstroom	04-May
54,29		Amy Naude	ACNW	07-Jan-02	4	Abijan	17-Apr
54,60		Kirsten Ahrens	BOLA	18-Jun-00	2	Germiston	27-Apr
54,63		Justine Palframan	BOLA	04-Nov-93	1	Stellenbosch	04-Apr
54,67		Marlie Viljoen	AGN	01-Aug-00	3	Germiston	27-Apr
54,73		Clinique Brown	ACNW		2	Potchefstroom	20-Mar
54,83		Elke Van Der Westhuizen	ACNW		3	Potchefstroom	20-Mar

### 800m

1:54,98		Caster Semenya	AGN	07-Jan-91	1	Doha	03-May
2:03,98		Prudence Sekgodisa	AGN	05-Jan-02	2	Pretoria	15-Mar
2:04,43		Gena Lofstrand	ACNW	23-Oct-95	1	Stellenbosch	04-Apr
2:06,21		Niene Muller	AGN	02-Jan-99	3	Germiston	27-Apr
2:07,55		Liza Kellerman	CGA	16-Sep-99	4	Stellenbosch	04-Apr

2:07,80	Carina Viljoen	USA	15-Apr-97	3r2	Stanford CA	30-Mar
2:08,00	Danel Holton	ACNW	21-Jul-94	1	Manheim	19-Jul
2:08,80	Kelly Grimes	AGN	03-Sep-94	1	Pretoria	15-Mar
2:09,60	Elise Groenewald	RSA	28-Sep-95	5	Stellenbosch	04-Apr
2:09,65	Hlokomelo Sehlabi	AGN	05-Jan-02	2	Pretoria	15-Mar
2:09,72	Sunel Jacobs	WPA	19-Jan-93	1	Cape Town	05-Apr

### 1 500m

4:11,98	Dominique Scott Efurd	USA	24-Jun-92	1	Kortrijk	13-Jul
4:13,27	Carina Viljoen	USA	15-Apr-97	2q	Sacramento	25-May
4:13,59	Caster Semenya	AGN	07-Jan-91	1	Germiston	26-Apr
4:18,06	Prudence Sekgodisa	AGN	05-Jan-02	1	Potchefstroom	20-Mar
4:18,34	Carmi Prinsloo	ACNW	31-Jan-02	2	Potchefstroom	20-Mar
4:23,81	Aynslee van Graan	AGN	15-Dec-95	1	Potchefstroom	15-Mar
4:25,59	Leanda Du Bruyn	WPA	28-Jan-94	2	Potchefstroom	15-Mar
4:26,94	Thineke Fourie	WPA	11-Nov-91	1	Cape Town	16-Feb
4:28,42	Nicole Louw	CGA	26-Jul-01	1	Potchefstroom	20-Mar
4:29,12	Aviwe Hoboloshe	ACNW		3	Potchefstroom	20-Mar

### 3 000m

8:43,88	Dominique Scott Efurd	USA	24-Jun-92	15	Stanford	30-Jun
9:36,76	Kyla van Graan	WPA	14-Oct-94	1	Cape Town	16-Feb
9:40,80	Gabriella Gait-Smith	AGN	14-Oct-03	1	Paarl	29-Mar
9:44,20	Leanda Du Bruyn	WPA	28-Jan-94	2	Cape Town	16-Feb
9:46,48	Carmi Prinsloo	ACNW	31-Jan-02	1	Potchefstroom	20-Mar
9:47,28	Kesa Molotsane	AFS	08-Jan-92	1	Bloemfontein	13-Apr
9:47,67	Naledi Makgatha	AGN		1	Pretoria	09-Mar
9:48,67	Alme Jordaan	BOLA	05-May-02	2	Paarl	29-Mar
9:50,34	Alexa Mesham	WPA		3	Paarl	29-Mar
9:51,69	Vicky Oelofse	AFS	09-Oct-00	1	Paarl	29-Mar

### 5 000m

14:59,08	Dominique Scott Efurd	USA	24-Jun-92	15	London	21-Jul
15:54,02	Carina Viljoen	USA	15-Apr-97	13	Stanford CA	29-Mar
16:05,97	Caster Semenya	AGN	07-Jan-91	1	Germiston	25-Apr
16:25,23	Kesa Molotsane	FSA	08-Jan-92	3	Germiston	25-Apr
16:28,32	Sthembile Nzalo	AGN		1	Pretoria	26-Jan
16:30,82	Nokuthula Dlamini	USA		8	Azusa CA	18-Apr
16:34,45	Aynslee van Graan	AGN	15-Dec-95	1	Stellenbosch	04-Apr
16:35,23	Kyla van Graan	WPA	14-Oct-94	1	Parow	23-Feb
16:40,23	Glenrose Xaba	AGN	31-Dec-94	1	Pretoria	05-Mar
16:41,35	Leanda Du Bruyn	WPA	28-Jan-94	2	Stellenbosch	04-Apr

### 10 000m

31:43,18	Dominique Scott Efurd	RSA	24-Jun-92	6	Stanford CA	02-May
33:59,70	Glenrose Xaba	RSA	31-Dec-94	1	Pretoria	15-Mar
36:10,21	Carmi Prinsloo	RSA	31-Jan-02	2	Germiston	27-Apr
36:10,81	Tsholofelo Zwane	RSA	13-Sep-97	1	Stellenbosch	04-Apr
36:15,13	Nicole van der Merwe	RSA	28-Oct-98	2	Stellenbosch	04-Apr
36:17,17	Tyler Beling	RSA	24-Aug-99	3	Stellenbosch	04-Apr



36:24,20	Cherise Sims	RSA	06-Jun-93	3	Germiston	27-Apr
36:33,09	Rachel Leistra	RSA		4	Stellenbosch	04-Apr
36:54,51	Sherilene Gelderblom	RSA	03-Jan-96	5	Charlotte NC	10-May

### 3 000m STEEPLE

10:34,91	Nokuthula Dlamini	USA		4	Norman OK	11-May
10:35,84	Shanley Koekemoer	USA	10-Jan-00	5	Durham NC	20-Apr
10:45,25	Kirsti Bell	AGN		1	Germiston	26-Apr
10:48,75	Lethabo Makgoga	CGA	13-Sep-00	1	Paarl	28-Mar
10:53,91	Cara Du Preez	ACNW	13-Oct-01	1	Potchefstroom	09-Mar
10:54,76	Casey Bosman	CGA	01-Oct-01	2	Paarl	28-Mar
10:55,46	Carlyn Fischer	AGN	27-Sep-90	2	Germiston	26-Apr
10:56,02	Vuyhiseka Nkumenge	WPA		3	Germiston	26-Apr
11:00,03	Leanda Du Bruyn	WPA	28-Jan-94	1	Parow	23-Mar
11:03,50	Cara du Preez	ACNW		4	Germiston	26-Apr

### 100H

13,15	1,9	Rikinette Steenkamp	AGN	16-Oct-92	5	Sotteville-les-Rouen	17-Jul
13,48	0,2	Taylon Bieldt	AGN	04-Nov-98	1	Potchefstroom	04-May
13,81	0,0	Antoinette Van Der Merwe	AGN	27-Jan-01	1h1	Paarl	29-Mar
13,95	-1,2	Janke van Wyk	ACNW		3	Germiston	26-Apr
14,07	-1,5	Rogail Joseph	WPA	22-Apr-00	2	Paarl	29-Mar
14,10	1,0	Liane van Jaarsveld	CGA	23-Jan-01	1	Germiston	03-Mar
14,10	-1,2	Christin Fox	ACNW		4	Germiston	26-Apr
14,11	-1,2	Kayla van den Bergh	ACNW		5	Germiston	26-Apr
14,43	-0,3	Christen Fox	ACNW	17-Apr-99	3	Bloemfontein	13-Apr

### 400H

55,73		Zeney Van Der Walt	AGN	22-May-00	2	Napoli	10-Jul
56,07		Wenda Nel	AGN	30-Jul-88	2	Germiston	27-Apr
56,36		Rogail Joseph	WPA	22-Apr-00	3	Germiston	27-Apr
57,87		Gezelle Magerman	AGN	21-Apr-97	4	Germiston	27-Apr
57,99		Chanel Leuvennink	AGN	29-Oct-96	3	Stellenbosch	04-Apr
58,70		Gontse Morake	ACGA	16-Jun-01	4	Stellenbosch	04-Apr
59,96		Marzaan Loots	AGN	25-Jun-01	2	Paarl	28-Mar
60,00		Hesmari Coetzee	USA	28-Feb-98	2	Jonesboro AR	12-May
60,01		Cynthia Tsetsewa	ACNW	11-Jun-95	6	Stellenbosch	04-Apr
60,02		Ane Erasmus	AFS	18-Jul-99	6	Germiston	27-Apr

### HIGH JUMP

1,84		Julia du Plessis	CGA	27-May-96	1	Potchefstroom	15-Mar
1,83		Yvonne Robson	AGN	12-Sep-99	1	Pretoria	05-Mar
1,80		Kristi Snyman	WPA	15-Dec-00	2	Germiston	25-Apr
1,78		Jeane Visser	ACNW		1	Potchefstroom	20-Mar
1,75		Michelle Ngozo	ACNW	15-May-00	3	Potchefstroom	15-Mar
1,75		Karmen Fouche	ACNW	02-Jan-03	2	Paarl	29-Mar
1,75		Marilize Higgins	CGA	04-Mar-96	5	Stellenbosch	04-Apr
1,75		Renate Van Tonder	USA	10-Apr-98	3	Louisville KY	13-Apr
1,75		Brittany Uys	WPA	17-Apr-96	3	Germiston	25-Apr
1,72		Anri Salim	ACNW	06-Jan-96	Q	Stellenbosch	04-Apr

1,72	Geraldine King	WPA	11-Aug-97	Q	Stellenbosch	04-Apr
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### POLE VAULT

3,90	Christy Nell	USA	97	4	Knoxville TN	13-Apr
3,87	Nicole J Van Rensburg	BOLA	04-Jan-01	1	Paarl	22-Feb
3,80	Mire Reinstorf	ASWD		1	Germiston	25-Apr
3,70	Nadja Fourie	BOLA	25-Jan-99	1	Stellenbosch	04-Apr
3,70	Esli Lamley	AFS	1998/03/16	2	Germiston	25-Apr
3,60	Jodie Sedras	WPA	26-Aug-94	1	Greenpoint	16-Feb
3,60	Erica Moolman	BOLA		2	Paarl	28-Mar
3,50	Anje Viljoen	BOLA		3	Paarl	28-Mar
3,40	Tonet Tallie	BOLA		2	Paarl	28-Mar
3,40	Jeannie van Dyk	EPA		5	Germiston	25-Apr
3,40	Simonn Swanevelder	BOLA		6	Germiston	25-Apr

### LONG JUMP

6,64	-1,1	Linque Beneke	FSA	30-Mar-91	1	Germiston	27-Apr
6,55	0,4	Zinzi Chanbangu	CGA	28-Sep-96	3	Germiston	27-Apr
6,42	0,0	Eljane Kruger	ACNW	16-Apr-98	2	Stellenbosch	04-Apr
6,27	1,7	Renate Van Tonder	USA	10-Apr-98	2	Houston TX	23-Mar
6,21	0,4	Helene Peens	AGN	05-Apr-94	2	Stellenbosch	04-Apr
5,96	1,5	Rose Xeyi	AGN	16-Mar-01	1	Pretoria	15-Mar
5,95	0,1	Anita Madike	EPA		5	Stellenbosch	04-Apr
5,89	0,7	Nolwazi Mashaba	AMPU	10-Jan-02	5	Germiston	27-Apr
5,83	1,6	Karissa Van Wyk	AMPU		2	Paarl	30-Mar
5,80	0,1	Danni Nolte	AGN	02-Jan-01	4	Paarl	30-Mar

#### Wind

6,61	3,1	Eljane Kruger	ACNW	16-Apr-98	2	Germiston	27-Apr
6,30	4,2	Renate Van Tonder	USA	10-Apr-98	1	Houston TX	14-Mar

### TRIPLE JUMP

13,41	0,7	Patience Ntshingila	CGA	26-Aug-89	1	Pretoria	09-Feb
13,33	0,4	Zinzi Chanbangu	CGA	28-Sep-96	1	Stellenbosch	04-Apr
12,92	-0,6	Gontse Morake	CGA	16-Jun-01	1	Paarl	29-Mar
12,59	0,0	Maruska J Van Rensburg	EPA		3	Germiston	26-Apr
12,46	0,0	Nolwazi Mashaba	AMPU		4	Germiston	26-Apr
12,17	0,6	Somien Schutte	AGN		1	Pretoria	15-Mar
12,10	1,9	Renate Van Tonder	USA	10-Apr-98	4	Houston TX	23-Mar
12,10	0,0	Suneel Louwrens	ACNW	12-Apr-01	2	Paarl	29-Mar
12,01	0,6	Taylia Visagie	WPA	16-Feb-96	1	Cape Town	05-Apr

#### Wind

12.52	3.4	Renate Van Tonder	USA	10Apr1998	2	Houston TX	14-Mar
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### SHOT PUT

17,05		Ischke Senekal	EPA	08-Jan-93	1	Stellenbosch	04-Apr
15,81		Meike Strydom	CGA	25-Aug-00	1	Potchefstroom	15-Mar
15,02		Sonia Smuts	AGN	05-Oct-91	1	Pretoria	15-Mar

14,60	Angeline Smit	USA	09-Jun-98	1	Birmingham AL	12-Apr
14,19	Monique Wagner	CGA	05-Feb-97	1	Germiston	26-Jan
14,14	Mia Van Oudsthoorn	USA		3	Portales NM	04-May
13,15	Riette Heyns	ACNW	26-Feb-97	1	Potchefstroom	08-Mar
13,08	Danae J Van Rensburg	AGN	07-Aug-01	2	Paarl	30-Mar

#### DISCUS

57,25	Riette Heyns	ACNW	26-Feb-97	1	Potchefstroom	05-Feb
55,72	Ischke Senekal	EPA	08-Jan-93	1	Germiston	27-Apr
54,00	Yolandi Stander	FSA	27-Nov-98	1	Stellenbosch	04-Apr
49,00	Leandri Geel	CGA	14-Jul-97	3	Germiston	27-Apr
48,29	Mia Van Oudsthoorn	USA		5	Abilene TX	12-May
46,60	Colette Uys	AFS	20-Apr-00	4	Germiston	27-Apr
46,18	Dané Roets	CGA	16-Jan-02	1	Paarl	29-Mar
45,40	Chane Coetzee	BOLA		5	Germiston	27-Apr
45,29	Cara Coetzee	BOLA	05-Dec-01	2	Paarl	29-Mar
44,68	Bodine Degli Umberti	AGN	31-Jan-02	1	Pretoria	15-Mar

#### HAMMER

61,89	Margo Charne Coetzee	AGN	09-Jun-94	1	Germiston	25-Apr
61,27	Marga Cumming	ACNW	12-Oct-98	2	Germiston	25-Apr
57,65	Letitia Janse Van Vuuren	ACNW	24-Apr-96	2	Potchefstroom	19-Feb
57,24	Stefanie Greyling	ACNW	25-Mar-96	3	Germiston	25-Apr
56,80	Tharina Van Der Walt	FSA	22-Feb-00	1	Bloemfontein	02-Mar
54,55	Marinda Greyling	AGN	04-Jun-99	2	Potchefstroom	15-Mar
54,36	Leandri Geel	CGA	14-Jul-97	5	Germiston	25-Apr
54,20	Lizelle Fourie	AGN	05-Jan-99	2	Pretoria	23-Feb
53,61	Tammy Leonard	ACNW		3	Potchefstroom	19-Feb

#### JAVELIN

61,22	Sunette Viljoen	AGN	06-Jan-83	1	Pretoria	15-Mar
57,36	Jo-Ané Van Dyk	ACNW	03-Oct-97	5q	Napoli	08-Jul
51,29	Jana Van Schalkwyk	ACNW	07-Mar-01	3	Germiston	27-Apr
50,85	Savannah Combrinck	AGN	17-Apr-01	1	Paarl	29-Mar
49,06	Maggie Le Roux	ACNW	11-Jun-99	2	Stellenbosch	04-Apr
48,14	Kelsy-Ann Mostert	AGN	30-May-97	5	Germiston	27-Apr
47,69	Leandri Lamprecht	ACNW	15-Mar-99	2	Potchefstroom	08-Mar
45,85	Linda Van Vreden	CGA	15-Aug-85	7	Germiston	27-Apr
45,12	Gestelle Snyman	AGN	24-Jul-00	3	Paarl	29-Mar
44,79	Anneke Germishuys	ACNW	25-Nov-98	3	Potchefstroom	15-Mar

#### 4 X 100m

44,92	South Africa			1	Germiston	27-Apr
45,88	South Africa			1	Bloemfontein	13-Apr
44,92	RSA			1	Germiston	27-Apr
47,00	AGN			2	Germiston	27-Apr
47,77	AGN - A	U20		1	Paarl	30-Mar
48,43	ACNW	U18		1	Paarl	30-Mar
48,43	AGN - A	U18		2	Paarl	30-Mar

48,46	BOLAND	U20	2	Paarl	30-Mar
48,49	WPA	U20	3	Paarl	30-Mar
48,55	BOLAND	U18	3	Paarl	30-Mar

#### 4 X 400m

3:45,62	South Africa		1	Potchefstroom	17-Apr
3:36,41	AGN A		1	Germiston	27-Apr
3:44,43	AGN B		2	Germiston	27-Apr
3:45,00	ACNW		3	Germiston	27-Apr
3:45,87	AGN - A	U20	1	Paarl	30-Mar
3:46,52	CGA		4	Germiston	27-Apr
3:49,32	BOLAND	U18	1	Paarl	30-Mar
3:49,35	CGA	U20	2	Paarl	30-Mar
3:49,83	WPA		5	Germiston	27-Apr
3:51,88	AGN - A	U18	2	Paarl	30-Mar

#### Heptathlon

4843	Anri Salem	ACNW		1	Germiston	26/27-Apr
4731	Shannon Verster	AGN		2	Germiston	26/27-Apr
4581	Geraldine King	WPA		3	Stellenbosch	6/7-Apr
4182	Anneri Gravett	ACNW		4	Germiston	26/27-Apr
4066	Ammerah Donough	WPA		5	Germiston	26/27-Apr
3949	Leandre Ketch	WPA	17-Feb-01	1	Greenpoint	15-16-Feb
3859	Zeanne Kruger	BOLA	31-Jan-01	2	Greenpoint	15-16-Feb
3852	Ammeerah Donough	WPA	05-Feb-01	3	Greenpoint	15-16-Feb
3704	Brittany Uys	WPA	12-Apr-96	2	Greenpoint	15-16-Feb
3446	Rachelle Gietzen	ASWD		6	Germiston	26/27-Apr

#### 3000m Walk (Track)

14:01.35	Zelda Schulz	ACNW	15-Feb-91	1	Potchefstroom	05-Feb
14:36.09	Annette Koen	ACNW	06-Jun-99	2	Potchefstroom	05-Feb
15:46.89	Meandri Erasmus	ACNW	28-Feb-01	3	Potchefstroom	05-Feb
17:43.02	Whitney Matseba	AGN	25-Jan-97	1	PILDITCH- Pretoria	05-Mar
17:51.50	Dieno Ramakgoakgoa	AGN	25 Jun 02	2	PILDITCH- Pretoria	05-Mar
18:42.01	Nothando Sithole	AGN	03-Jun-02	3	PILDITCH- Pretoria	05-Mar

#### 5km Walk (Track)

24:16.36	Zelda Scultz	ACNW	15-Feb-92	2	Potchefstroom	19-Feb
24:54,39	Natalie le Troux	KZNA		1	Durban	02-Feb
26:17.30	Meanri Erasmus	ACNW	28-Feb-01	3	Potchefstroom	19-Feb
26:45.88	Marissa Swanepoel	AGN		1	Paarl	28-Mar
27:00.40	Migshaan Andrews	WPA	30-Sep-03	3	Parow	09-Feb
27:05,03	Ronel Viljoen	AGN		1	Gersmiton	27-Apr
27:43,90	C Maritz	CGA		1	PILDITCH - Pretoria	26-Jan
27:55,68	Nthasi Mokhele	CGA		1	Germiston	26-Jan
28:00.55	Olwethu Ndlovu	AGN		2	Paarl	28-Mar
28:22,23	Sibo Zungu	AGN	22-Sep-02	3	PILDITCH - Pretoria	26-Jan

**10km Walk (Track)**

0:50:18.68	Zelda Scultz	ACNW	15 fen 92	1	Potchefstroom	09-Mar
0:54:12.37	Nolene van Rensburg	ASWD	06-Apr-01	1	Port Elizabeth	20-Mar
0:54:51.12	Meandri Ersamus	ACNW	28-Feb-01	1	Potchefstroom	09-Mar
0:57:46.92	Kristen Meyer	BOLA	27-Jul-01	3	Port Elizabeth	20-Mar
1:00:07.93	Mizan Viljoen	AFS	28-Apr-99	1	Bloemfontein	23-Feb
1:05:07.55	Stephanie van Zyl	WPA	04-Oct-01	4	Port Elizabeth	20-Mar
1:06:33.99	Karabo Fombi	AFS	20-Sep-01	5	Port Elizabeth	20-Mar
1:06:39.71	Elvirah Maphosa	CGA		4	Paarl	29-Mar
1:07:52.24	Dian Sithole	CGA	30-Sep-01	6	Port Elizabeth	20-Mar

**20km Walk (Road)**

1:40:16.00	Zelda Schultz	ACNW	15-Feb-92	22	Podébrady, CZE	06-Apr
1:40:21,60	Anel Oosthuizen	ASWD		1	Germiston	27-Apr
1:53:31,40	Annette Koen	ACNW		3	Germiston	27-Apr
1:53:49,17	Natalie le Roux	KZNA		4	Germiston	27-Apr
2:22:42,49	Nthatsi Mokhele	CGA		5	Germiston	27-Apr





























