

2003 SOUTH AFRICAN BEST PERFORMANCE LIST

(Top 10)

List Nr 20

Compiled by Gert le Roux

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As at 30 Oct 2003

SENIOR MEN**100m**

10.08	1.3	Sherwin Vries	EP	220380	2	Durban	1104
10.13	1.3	Morne Nagel	GN	230278	3	Durban	1104
10.27	0.0	Mathew Quinn	KZ	170476	4	Pretoria	0404
10.31	1.3	Clinton Venter	GN	030280	6	Durban	1104
10.40	1.3	Lee Roy Newton	KZ	191278	8	Durban	1104
10.42	0.7	Leigh Julius	EP	250385	1	Pretoria	0504
10.44	0.7	Dean Wicks	KZ	050583	1	Pretoria	0504
10.45	0.7	Paul Gorries	EP	280281	2	Pretoria	0504
10.46	1.7	Malcolm Thonga	CN	170180	2r1	Germiston	1801
10.46	0.7	Lance Dickson	CG	010383	3	Pretoria	0504

Wind-assisted

10.41	2.8	Marcus la Grange	WP	121277	1	Parow	1001
10.46	4.9	Sergio Mullins	WP	120580	2	Stellenbosch	1402

Hand Timing

10.2	nwi	Snyman Prinsloo	FS	220584	1	Sasolburg	2501
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200m

20.20	-0.5	Sherwin Vries	EP	220380	2	Pretoria	0404
20.37	-0.5	Morne Nagel	GN	230278	4	Pretoria	0404
20.45	0.0	Clinton Venter	GN	030280	1	Roodepoort	2803
20.49	-0.7	Leigh Julius	EP	250385	1	Daegu	2808
20.86	1.0	Marcus la Grange	WP	121277	3	Germiston	2401
20.96	0.0	Lee Roy Newton	KZ	191278	4	Roodepoort	2803
21.04	0.0	Paul Gorries	EP	280281	2	Tampere	0907
21.07	0.9	Sergio Mullins	WP	120580	1s2	Port Elizabeth	2604
21.10	0.1	Mathew Quinn	KZ	170476	3	Potchefstroom	3101
21.11	0.0	Josef van der Linde	MP	080479	5	Roodepoort	2803

No wind information

21.00	nwi	Malcolm Thonga	CN	170180	1	Potchefstroom	1202
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300m

32.28		Marcus la Grange	WP	121277	1	Brasschaat	1308
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400m

45.29		Marcus la Grange	WP	121277	1	Roodepoort	2803
45.30		Paul Gorries	EP	280281	2	Roodepoort	2803
46.11		Arnaud Malherbe	CG	100881	1r2	Pretoria	0404
46.25		Jopie van Oudtshoorn	CG	050276	1	Germiston	1503
46.41		Marnus Kritzinger	CN	100282	1r2	Lapinlahti	1307
46.46		Ockert Cilliers	CN	210481	1	Potchefstroom	1403
46.50		Hezekiel Sepeng	CN	300674	1	Potchefstroom	2606
46.53		Werner Botha	GN	310178	1	Germiston	0103
47.09		Shaine Morrison	EP	261083	3	Port Elizabeth	2802

47.10	Robbie Stevens (CG)	180281	1h	Walnut, Calif.	1704
Hand Timing					
46.8	Louis van Zyl	FS 200785	1	Bloemfontein	1402
<i>Scrapped following a 2 year suspension</i>					
46.37	Innis Viviers	FS 260880	2	Stellenbosch	1402

800m

1:42.89	Mbulaeni Mulaudzi	VT 080980	2	Brussels	0509
1:43.12	Hezekiel Sepeng	CN 300674	3	Brussels	0509
1:44.98	Graham Davidson	CG 141078	2	Rehlingen	0906
1:45.33	Werner Botha	GN 310178	1	Papendal	2506
1:46.25	Bonolo Maboja	CG 240885	3	Roodepoort	2803
1:46.62	Robbie Stevens (CG)	180281	2	Knoxville, Tenn	1805
1:47.44	Juan van Deventer	CG 260383	2	Potchefstroom	3101
1:47.99	Isaiah Nkuna	GN 050377	1	Pretoria	1801
1:48.01	Johnny Shuping	CN 100984	5	Potchefstroom	0804
1:48.09	Charles Jantjies	VT 210782	5	Roodepoort	2803
<i>Scrapped following a 2 year suspension</i>					
1:47.62	Isaiah Nkuna	GN 050377	2	Stellenbosch	1402

1000m

2:18.45	Mbulaeni Mulaudzi	VT 080980	1	Roodepoort	2803
2:18.82	ind. Hezekiel Sepeng	CN 300674	4	Lievin, FRA	2402
2:19.38	Juan van Deventer	CG 260383	2	Roodepoort	2803
2:19.41	Graham Davidson	CG 141078	3	Roodepoort	2803
2:19.51	Johan Pretorius	CG 230982	4	Roodepoort	2803
2:19.54	Johan Cronje	FS 130482	1	Pretoria	0404
2:21.14	Isaiah Nkuna	GN 050377	2	Germiston	2401
2:21.59	Clyde Colenso	CG 110577	3	Pretoria	0404
2:23.07	Warren Frey	CG 220983	8	Roodepoort	2803
2:23.35	Ruben Ramolefi	CG 170778	7	Pretoria	0404

1500m

3:37.73	Graham Davidson	CG 141078	4	Dortmund	1506
3:38.87	Juan van Deventer	CG 260383	1	Durban	0703
3:39.17	Johan Pretorius	CG 230982	3	Durban	0703
3:41.32	Francois Pretorius	FS 110284	3	Port Elizabeth	2604
3:42.43	Warren Frey	CG 220983	4	Durban	0703
3:43.85	Johan Cronje	FS 130482	3	Durban	1104
3:46.53	Clyde Colenso	CG 110577	5	Port Elizabeth	2604
3:48.94	Victor Sethosa	GN 150382	6	Port Elizabeth	2604
3:49.45	Peter van der Westhuizen	CG 211284	1	Germiston	0803
3:50.25	Jac Steenekamp	GN 110878	1	Pretoria	1503

1 Mile

3:53.86	Graham Davidson	CG 141078		Hengelo	0106
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3000m

8:05.41	Hendrick Ramaala	CG 020272	1	Potchefstroom	3101
8:07.17	David Mokwana	CG 290779	3	Potchefstroom	3101
8:08.08	Graham Davidson	CG 141078	4	Potchefstroom	3101

8:09.78	Shadrack Hoff	GN	190573	5	Potchefstroom	3101
8:12.88	Alexander Motone	CN	260678	6	Potchefstroom	3101
8:13.53	Thembelani Zola	WP	130680	1	Parow	1001
8:13.96	Neo Molema	WP	290980	2	Parow	1001
8:14.12	Ruben Ramolefi	CG	170778	7	Potchefstroom	3101
8:14.17	Aaron Gabonewe	GN	280977	2	Germiston	2401
8:14.68	Sonqibido Nkosinoxolo	WP	161086	1	Cape Town	1705

5000m

13:38.32	Hendrick Ramaala	CG	020272	1	Stellenbosch	1402
13:47.43	Ian Syster	WP	200176	2	Stellenbosch	1402
13:47.47	Vincent Kutoane	CG	200979	2	Durban	0703
13:48.20	Enos Matelane	MP	010879	3	Stellenbosch	1402
13:48.86	Sivuyile Dlongwana	TR	050981	4	Stellenbosch	1402
13:49.90	Samuel Sekompi	CG	230378	3	Durban	0703
13:53.02	Enoch Skosana	GN	200274	4	Durban	0703
13:53.15	Ruben Ramolefi	CG	170778	5	Durban	0703
13:56.37	Richard Mavuso	GN	300378	5	Stellenbosch	1402
13:57.39	Jeffrey Gwebu	VT	150281	7	Stellenbosch	1402

10000m

27:43.07	Hendrick Ramaala	CG	020272	1	Port Elizabeth	2802
27:44.33	Shadrack Hoff	GN	190573	2	Port Elizabeth	2802
28:39.31	Enoch Skosana	GN	200274	3	Port Elizabeth	2802
28:40.84	Gert Thys	GW	121171	4	Port Elizabeth	2802
28:47.77	Elias Modise	VT		1	Port Elizabeth	2504
28:49.21	Coolboy Ngamole	CG	270679	2	Port Elizabeth	2504
28:50.53	Ian Syster	WP	200176	5	Port Elizabeth	2802
28:54.51	Richard Mavuso	GN	300378	3	Port Elizabeth	2504
28:57.74	Themba Miya	CG	140182	4	Port Elizabeth	2504
29:00.01	Aaron Gabonewe	GN	280977	6	Port Elizabeth	2802

3000m Steeple

8:29.39	Alexander Motone	CN	260678	1	Port Elizabeth	2802
8:29.54	Sivuyile Dlongwana	TR	210881	2	Port Elizabeth	2802
8:32.66	Petrus Sithole	CG	290376	1	Port Elizabeth	2604
8:42.86	Anthony Godongwana	WP	240984	3	Port Elizabeth	2802
8:43.26	Mandla Maseko	NW	120985	4	Port Elizabeth	2802
8:47.32	Danny Nkwanyana	CG	121275	5	Port Elizabeth	2802
8:47.48	Emmanuel Mkhabela	GN	190779	4	Port Elizabeth	2604
8:49.93	Alfonso Primo	BO	150282	6	Port Elizabeth	2802
8:52.94	Sylvester Mohalakanane	CG	190281	5	Port Elizabeth	2604
8:53.55	Johannes Ndala	GN	141176	6	Port Elizabeth	2604

60m Hurdles

7.53	nwr	Shaun Bownes	CN	241070	1	Potchefstroom	1202
7.63	nwr	Martin de Bruto	CN	040782	2	Potchefstroom	1202
8.05	nwr	Hennie Kotze	CN	040284	3	Potchefstroom	1202

110m Hurdles

13.50	0.1	Shaun Bownes	CN	241070	3h2	Paris	2808
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13.66	1.7	Frikkie van Zyl	WP	300781	2	Potchefstroom	3101
13.90	0.2	Ryan Dowling	CG	150579	1	Germiston	0103
14.01	0.1	Martin de Bruto	CN	040782	3	Pretoria	0404
14.16	1.0	Francois Potgieter	GN	240278	2	Germiston	2401
14.19	0.3	Brenden Harmse	GN	190583	1	Pretoria	1503
14.25	0.1	Stefan Hanekom	GN	180780	5	Pretoria	0404
14.30	1.0	Hennie Kotze	CN	040284	1	Pretoria	0504
14.48	1.7	Rohan Mitchell	GN	070580	4	Potchefstroom	3101
14.57	0.8	Tiaan Hanekom	GN	041082	3h1	Port Elizabeth	2604

Hand Timing

13.9		Francois Potgieter	GN	240278	1	Bloemfontein	2602
14.3		Gustav Kukukuk	FS	201284	2	Bloemfontein	2602

NWI

14.53		Christopher Kruger	FS	030182	1	Bloemfontein	1503
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400m Hurdles

48.50		Llewellyn Herbert	GN	210777	2	Rome	1107
48.61		Ockert Cilliers	CN	210481	1	Pretoria	0404
48.61		Alwyn Myburgh	GN	131080	2	Poznan	2906
48.92		Marnus Kritzinger	CN	100282	2	Durban	1104
49.22		Louis van Zyl	FS	200785	3	Durban	1104
49.35		Hennie Botha	CN	200275	2	Daegu	2808
49.88		Ter de Villiers	BO	130782	3	Durban	0703
50.34		Pieter Koekemoer	KZ	120182	2	Potchefstroom	3101
50.53		Francois Malan	GN	110581	3	Pretoria	0604
50.63		Martin Willemse	GN	230475	6	Roodepoort	2803

High Jump

2.35		Jacques Freitag	GN	110682	1	Rome	1107
2.16		Ramsay Carelse	WP	301085	1	Port Elizabeth	2903
2.15		Malcolm Hendricks	WP	270477	1	Bellville	2203
2.10		Claud Botes	GN	170685	1	Randburg	0702
2.10		Zieg Veenemans	MP	130583	1	Pretoria	0604
2.10		Morne James	WP	260376	1	Cape Town	0410
2.08		Henry Haarhoff	CG	080685	1	Johannesburg	1402
2.07		Jude Williams	WP	201180	1d	Port Elizabeth	2504
2.05		Marius de Beer	MP	120285	1	Secunda	1801
2.05		Jan-Louis Koekemoer	CG	220682	2	Pretoria	2202
2.05		Reagan Boois	WP	100385	2	Parow	0103
2.05		Freddie Kilian	VT	290186	1	Sasolburg	0303
2.05		Jaco Joubert	MP	020980	2	Secunda	0803
2.05		Mark Antonels	WP	130180	2	Bellville	1003
2.05		Jannie Botha	FS	300378	1	Bloemfontein	1403
2.05		Vihan Oosthuizen	GN	310783	1	Pretoria	1503
2.05		Edrecht Daniels	SWD	010684	2	Port Elizabeth	2903
2.05		Rudi Ruthven	CG	040685	3	Pretoria	0504
2.05		Adrian Williams	WP	190582	2	Pretoria	0604

Pole Vault

5.86		Okkert Brits	BO	220873	2	Monaco	2808
5.60		Fanie Jacobs	BO	210476	1	Rheinau-Freistett	0607

5.20		Riaan Botha	GN	081170	1	Pretoria	1503
5.00		Francois Coetzer	WP	131180	1	Bellville	2202
5.00		Theo Beyers	BO	260380	2	Bellville	2903
5.00		Johann du Plessis	BO	260381	3	Bellville	2903
4.80		Francois Potgieter	GN	240278	3	Germiston	2401
4.80		Jaco van Vuuren	GN	291170	4	Bloemfontein	0702
4.80		Pieter van Breda	BO	300184	3	Stellenbosch	1402
4.80		Cameron Nott	BO	270681	4	Stellenbosch	3105

Long Jump

7.84	1.3	Godfrey Mokoena	VT	060385	1	Potchefstroom	3101
7.75	1.3	Martin McClintock	CG	300675	1	Germiston	0103
7.69	0.2	Nico Grimbeek	GN	110282	1	Pretoria	0604
7.68	2.0	Yaw Fosu-Amoah	GN	081081	4	Potchefstroom	3101
7.50	0.0	Tiaan Pretorius	CN	050581	3	Potchefstroom	0703
7.45	0.8	Charles Strohmer	GN	020478	2	Pretoria	1403
7.34	-0.2	Driaan Cornelissen	WP	040882	3	Pretoria	0604
7.33	-0.6	Avishkar Ajooda	CG	080482	4	Pretoria	0604
7.23	-1.3	Regan Julius	BO	150486	1	Durban	1304
7.21	0.9	Schalk Wolhuter	GN	100482	7	Potchefstroom	3101

Wind assisted

7.94	4.7	Felix Coetzee	CG	300775	1	Wanganui	2501
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NWI

7.49		Tumelo Thagane	VT	030784	1	Sasolburg	0303
7.42		Simeon Mars	WP	010385	1	Port Elizabeth	2803
7.33		Avishkar Ajooda	CG	080482	1	Germiston	1503

Triple Jump

16.20		Godfrey Mokoena	VT	060385	2	Abuja	1110
15.86	1.3	Simeon Mars	WP	010385	4	Durban	0703
15.78	1.9	Mkuseli Marala	FS	161280	1	Bloemfontein	1503
15.30	-0.9	Heinrich Lourens	CN	290682	2	Port Elizabeth	2604
15.12	0.0	Adrian Williams	WP	190582	1	Pretoria	0504
15.04	-0.3	Jason Kidza	EP	030182	5	Port Elizabeth	2604
14.95	0.5	Nathan van Wyk	WP	010679	1	Stellenbosch	1402
14.84	0.7	Kobus Vosloo	EP	290577	7	Port Elizabeth	2604
14.59	-0.2	Elmarco Matthews	BO	280180	1	Stellenbosch	1402
14.61	1.2	Jude Williams	WP	201180	2	Parow	0102

Wind

15.93	2.2	Simeon Mars	WP	010385	1	Port Elizabeth	2604
14.66	3.3	Elmarco Matthews	BO	280180	1	Parow	0102

No wind information

15.45		Heinrich Lourens	CN	290682	1	Potchefstroom	0603
14.89		Kobus Vosloo	EP	290577	1	Port Elizabeth	0703

Shot

20.27		Janus Robberts	LM	100379	2	Walnut, Cal	1904
18.99	ind	Hannes Hopley	NW	260181	4	Nampa, Idaho	0802
18.88		Roelie Potgieter	GN	200380	1	Pretoria	1503
18.47		Burger Lambrechts	GN	030473	1	Port Elizabeth	2504
18.20		John Sullivan	GN	120281	1	Pretoria	0604

17.30	Johannes van Wyk	GN	160380	3	Gent	2307
17.26	Wessel Lemmer	GN	110383	4	Pretoria	0404
16.90	Berné van den Bergh	FS	090583	1	Bloemfontein	2801
16.65	Arno van der Westhuizen	WP	120177	6	Pretoria	0404
16.15	Cor Booysen	CG	100871	3	Germiston	2401

Discus

66.70	Frantz Kruger	FS	220575	1	Port Elizabeth	2604
62.86	Hannes Hopley	(NW)	260181	2	Abuja	1310
62.43	Johannes van Wyk	GN	160380	3	Abuja	1310
51.76	Cor Booysen	CG	100871	3	Port Elizabeth	2604
49.92	Stefan Joubert	FS	230681	1	Bloemfontein	1403
47.79	Gerrit Badenhorst	FS	061185	5	Port Elizabeth	2604
47.22	HW Snyman	FS	140980	2	Bloemfontein	1403
46.49	Corne Viljoen	CG		1	Germiston	1503
45.05	Righardt Kotze	CN	261082	2	Potchefstroom	1403
44.97	Kobus van Zyl	EP	080155	1	Port Elizabeth	2501

Hammer

78.64	Chris Harmse	VT	310573	1	Durban	1104
71.02	Werner Smit	WP	140984	1	Parow	1902
69.05	Riaan Smit	WP	011282	2	Stellenbosch	1402
64.31	Jacques Koen	EP	300583	1	Westbourne (PE)	0810
62.08	Rudolph Venter	EP	111280	4	Potchefstroom	3101
61.35	Pieter Pretorius	VT	161268	5	Potchefstroom	3101
58.99	Johan Harmse	VT	210583	1	Potchefstroom	1202
56.13	Kristiaan Bekker	CG	160680	1	Krugersdorp	1101
54.38	Jaco Claassen	FS	181084	1	Bloemfontein	1702
53.86	Basie Koen	VT	110951	1	Potchefstroom	1202

Javelin

84.50	Hardus Pienaar	CN	100881	1	Hyderabad	2910
80.32	Gerbrandt Grobler	CN	260183	1	Potchefstroom	2410
76.42	Willie Human	CN	080382	2	Potchefstroom	3101
75.60	Brian Erasmus	CN	280280	2	Potchefstroom	1504
72.59	Frans Human	FS	100379	1	Port Elizabeth	2802
71.80	Raldu Potgieter	SWD	030486	1	Oudtshoorn	1710
71.38	Philip Spies	CG	210570	4	Port Elizabeth	2604
70.75	Wimpie du Plessis	CN	230784	6	Potchefstroom	1504
70.00	Tommie du Toit	CN	170882	2	Potchefstroom	1507
69.02	Daniel Badenhorst	VT	240176	1	Potchefstroom	1403
68.74	Kobus Smit (CN)		310383		Storrs, Connect.	0305

Decathlon

7 052	Jannie Botha	FS	300378	1	Port Elizabeth	25/26-4
						11.74, 6.60, 12.21, 2.01, 51.85; 16.17, 38.37, 4.30, 62.39, 4:41.16
6 901	Francois Potgieter	FS	240278	2	Bloemfontein	14/1503
						11.38, 7.12, 11.28, 2.00, 51.04; 14.80, 37.71, 4.65, 39.33, 5:18.73
5 813	Jude Williams	WP	201180	3	Port Elizabeth	25/26-4
5 564	Yazied Moses	WP	080679	1	Bellville	22/2303

5 530	Sipho Pitsi	GN	120181	4	Port Elizabeth	25/26-4
5 353	Joe Xaba	EP	291282	5	Port Elizabeth	25/26-4
4 588*	Johan Strauss	GN	310380	2	Pretoria	14/1503
4 079*	Lucky Raphela	GN		3	Pretoria	14/1503

* = 9 events only

4 x 100m Relay

39.40	RSA team			1	Tampere	0907
	(Sherwin Vries, Marcus la Grange, Paul Gorries, Mathew Quinn)					
39.51	ABSA team			1	Durban	0703
	(Clinton Venter, Mathew Quinn, Lee-Roy Newton, Sherwin Vries)					
40.12	KZN			1	Port Elizabeth	2604
40.30	ASA Invitation			2	Durban	0703
	(Paul Gorries, Dean Wicks, Malcolm Thonga, AN Other)					
40.56	Western Province			2	Port Elizabeth	2604
40.62	Eastern Province			1h1	Port Elizabeth	2504
41.13	Invitation Select			3	Durban	0703
41.24	Central Gauteng			3	Port Elizabeth	2604
41.32	Central North West			4	Port Elizabeth	2604
41.96	Free State			4h1	Port Elizabeth	2504

4x400m Relay

3:09.29	Central Gauteng			1	Port Elizabeth	2604
3:09.30	Gauteng North			2	Port Elizabeth	2604
3:11.75	Western Province			3	Port Elizabeth	2604
3:13.33	North West North			4	Port Elizabeth	2604
3:17.57	Free State			5	Port Elizabeth	2604

3000m Walk

12:38.68	Isak Nel	WP	100962	1	Bellville	2903
12:39.02	Gideon Cillie	WP	250577	2	Bellville	2903
12:48.75	Pieter Vorster	WP	240584	3	Bellville	2903
13:08.82	Thami Hlatswayo	GN	200782	1	Pretoria	1801
13:15.06	Thinus Esterhuizen	WP	181285	3	Parow	1102
13:19.09	Chris Britz	GN	011263	2	Pretoria	1801
13:23.45	Jacobus van Dyk	CN	210685	1	Potchefstroom	1103

5000m Walk

21:50.62	Gideon Cillie	WP	250577	1	Parow	2802
21:55.31	Thinus Esterhuizen	WP	181285	2	Parow	2802
22:23.75	Marc Mundell	GN	070783	1	Durban	1701
22:28.19	Thami Hlatswayo	GN	200782	1	Pretoria	2202
22:43.02	Chris Britz	GN	011263	1	Krugersdorp	1101
22:51.47	Pieter Vorster	WP	240584	3	Parow	2802
22:55.59	Izak Nel	WP	200962	2	Bellville	2202
23:08.83	Ihan Collins	VT	010380	2	Krugersdorp	1101
23:09.03	Sihle Shange	KZ	271284	1	Durban	0102
23:58.36	Thabiso Tsagane	CG	170970	4	Krugersdorp	1101

10000m Walk

46:17.58	Thinus Esterhuizen	WP	181285	1	Bellville	1503
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46:58.30	Thami Hlatswayo	GN	200782	1	Pretoria	0903
47:20.34	Pieter Vorster	WP	240584	2	Bellville	1503
47:30.4	Jacobus van Dyk	CN	210685	1	Potchefstroom	0603
47:46.93	JC Visser	SWD	250785	2	Port Elizabeth	2903
47:51.73	Sihle Shange	KZ	271284	2	Pretoria	0504
47:54.29	Wayne Snyman	FS	080385	3	Pretoria	0504
48:45.72	Gideon Cillie	WP	250577	1	Parow	2101
49:57.95	Marc Mundell	GN	070783	2	Pretoria	0903
50:20.8	Pierre de Villiers	CG	180885	6	Pretoria	0504
50:20.81	Abraham Mbhele	KZ	231187	7	Pretoria	0504

20km Walk

1:34:07	Thami Hlatswayo	GN	200782	1	Port Elizabeth	2604
1:34:58	Thapelo Mangole	CG	170577	2	Port Elizabeth	2604
1:35:04	Thabiso Tsagane	CG	170970	3	Port Elizabeth	2604
1:35:31	Ihan Collins	VT	010380	4	Port Elizabeth	2604
1:35:43	Izak Nel	WP	200962	5	Port Elizabeth	2604
1:37:41	Marc Mundell	GN	070783	6	Port Elizabeth	2604
1:37:53	Gideon Cillie	WP	250577	7	Port Elizabeth	2604
1:39:47	Chris Britz	GN	011263	8	Port Elizabeth	2604
1:44:18	Pieter Vorster	WP	240584	2	Youngsfield	0102
1:45:07	Henk Booysen	SWD	230565	4	Port Elizabeth	2604

20000m Walk (Track)

1:35:50.2	Thami Hlatswayo	GN	200782	1	Pretoria	1503
1:43:23.8	Marc Mundell	GN	070783	2	Pretoria	1503
1:59:15.6	Sipho Mohlongo	GN	160683	3	Pretoria	1503

Women**100m**

11.20	1.2	Geraldine Pillay	GN	250877	2	Durban	1104
11.38	0.3	Janice Josephs	WP	310382	1	Bloemfontein	0702
11.46	1.2	Wendy Seegers	CG	280276	7	Durban	1104
11.54	1.2	Isabel Rossouw	CG	220980	8	Durban	1104
11.67	0.2	Estie Wittstock	CG	150980	2	Germiston	2401
11.70	0.4	Heide Quinn	KZ	190876	1	Durban	1701
11.75	-0.7	Dikeledi Moropane	GN	120376	3	Lapinlahti	1307
11.81	0.6	Mia du Toit	CG	250883	1	Krugersdorp	0410
11.82	-4.4	Surita Febbraio	CG	271273	1	Germiston	1503
11.88	0.3	Kerryn (Van Zyl) Hulsen	KZ	051074	4	Bloemfontein	0702
11.88	0.1	Carika Potgieter	FS	200981	1	Pretoria	0504
Wind							
11.80	2.7	Kerryn (Van Zyl) Hulsen	KZ	051074	4	Potchefstroom	3101
Hand							
11.5	-1.5	Dikeledi Moropane	GN	120376	1	Germiston	2903

200m

23.07	0.0	Geraldine Pillay	GN	250877	3	Pretoria	0404
23.10	1.1	Heide Quinn	KZ	190876	1	Riga, Lat	1206
23.22	0.8	Janice Josephs	WP	310382	1h3	Port Elizabeth	2504
23.33	2.0	Estie Wittstock	CG	150980	1	Germiston	2401

23.84	-2.3	Amanda Kotze	CG	260286	1	Pretoria	1705
23.96	0.0	Isabel Rossouw	CG	220980	1	Germiston	2202
23.97	1.7	Wendy Seegers	GN	280276	2	Parow	1001
23.99	0.5	Kerryn Hulsen	KZ	051074	4	Potchefstroom	3101
24.03	0.5	Dikeledi Moropane	GN	120376	5	Potchefstroom	3101
24.06	2.0	Surita Febbraio	CG	271273	5	Germiston	2401
NWI							
23.78		Wendy Seegers	GN	280276	1	Germiston	1403

400m

51.30		Heide Quinn	KZ	190876	2	Gateshead	1307
51.71		Estie Wittstock	CG	150980	3h	Abuja	1210
52.22		Surita Febbraio	GN	271273	2	Bloemfontein	0702
53.34		Kerryn Hulsen	KZ	051074	4	Durban	0703
53.67		Melodi van der Merwe	GN	281178	1	Pretoria	1503
54.12		Tihanna Vorster	GN	280385	6	Durban	1104
54.39		Marna Costanzo	GN	160978	6	Pretoria	0404
54.53		Elmie Hugo	FS	130783	1	Bloemfontein	1403
54.90		Dominique Koster	CG	030177	7	Pretoria	0404
55.15		Amanda Kotze	CG	260286	1	Durban	1304

800m

2:03.63		Rene Kalmer	CG	031180	1	Port Elizabeth	2604
2:04.18		Lisa van der Merwe	GN	300779	1	Roodepoort	2803
2:04.37		Marlene Breytenbach	GN	040182	2	Port Elizabeth	2604
2:05.56		Chantal Breet	CG	260480	3	Port Elizabeth	2604
2:06.27		Mari-Louise Henning	GN	190277	4	Port Elizabeth	2604
2:06.75		Catherine Maapela	GN	111080	5	Port Elizabeth	2604
2:07.67		Zanelle Grobler	CG	270183	5	Bloemfontein	0702
2:08.86		Angela Wagner	GN	190188	1	Pretoria	1705
2:09.10		Rozanne van der Westhuizen	CG	240486	1	Durban	1204
2:09.17		Doritha Harmse	BO	280973	1	Stellenbosch	2202

1000m

2:48.78		Marlene Breytenbach	GN	040182	1	Germiston	2401
2:48.95		Rene Kalmer	CG	031180	2	Germiston	2401
2:49.69		Mari-Louise Henning	GN	190277	3	Germiston	2401
2:50.37		Lisa van der Merwe	GN	300779	4	Germiston	2401
2:50.99		Chanelle Olivier	CG	150986	5	Germiston	2401
2:51.68		Chantal Breet	CG	260480	7	Germiston	2401
2:52.67		Angela Wagner	GN	190188	8	Germiston	2401
2:53.03		Lebo Phalula	CG	091283	9	Germiston	2401
2:54.28		Zanelle Grobler	CG	270183	11	Germiston	2401
2:54.49		Catherine Maapela	GN	111080	12	Germiston	2401

1500m

4:07.69		Rene Kalmer	CG	031180	3	Dortmund	1506
4:10.24		Marlene Breytenbach	GN	040182	2	Durban	1104
4:16.45		Chantal Breet	CG	260480	3	Durban	1104
4:17.49		Irvette van Blerk	CG	050787	3	Durban	0703
4:18.42		Lisa van der Merwe	CG	300779	4	Durban	0703

4:22.19	Christine Kalmer	CG	100286	2	Durban	0205
4:22.69	Zanelle Grobler	GN	270183	8	Durban	0703
4:22.81	Doritha Harmse	BO	280973	5	Stellenbosch	1402
4:25.27	Nicolene van Rooyen	CG	090885	5	Port Elizabeth	2604
4:25.28	Chanelle Olivier	CG	150986	7	Stellenbosch	1402

1 Mile

4:56.53	ind	Rika Feuth (CG)	110182	3	Boise, Ida	0103
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3000m

08:51.61	Rene Kalmer	CG	031180	6	Lausanne	0107
09:33.23	Irvette van Blerk	CG	050787	1	Roodepoort	1202
09:34.04	Poppy Mlambo	CG	071280	1	Germiston	2401
09:40.26	Lisa van der Merwe	CG	300779	2	Potchefstroom	3101
09:40.55	Lebogang Phalula	CG	091283	3	Germiston	2401
09:41.58	Ronel Thomas	GN	190172	3	Potchefstroom	3101
09:42.14	Zintle Xiniwe	WP	231086	1	Port Elizabeth	29-Mar
09:45.17	Christine Kalmer	CG	100286	2	Port Elizabeth	29-Mar
09:48.50	Karin van Rooyen (MP)		300382	1	Arlington,USA	29-Mar
09:48.80	Rika Feuth (CG)		110182	2	Arlington,USA	29-Mar

5000m

16:02.34	Poppy Mlambo	CG	071280	6	Daegu	2908
16:10.34	Carlien Cornelissen	WP	280472	2	Port Elizabeth	2504
16:27.77	Tanith Maxwell	KZ	020676	1	Port Elizabeth	2802
16:30.27	Karin van Rooyen (MP)		030382	4	Palo Alto	0905
16:36.94	Bulelwa Mtshagi	WP	230979	2	Port Elizabeth	2504
16:44.15	Dinahrose Lebog. Phalula	CG	091283	3	Port Elizabeth	2501
16:46.07	Promise Mathonsi	CG	170180	4	Port Elizabeth	2504
16:57.19	Charne Rademeyer	GN	061175	5	Port Elizabeth	2802
17:00.18	Dinah Lebo Phalula	CG	091283	6	Port Elizabeth	2802
17:11.63	Marelise Retief	CG	251185	5	Port Elizabeth	2504

10000m

34:51.65	Poppy Mlambo	CG	071280	1	Port Elizabeth	2604
35:09.69	Carlien Cornelissen	WP	280472	2	Port Elizabeth	2604
35:56.13	Tebogo Masehla	CG	061079	3	Port Elizabeth	2604
36:14.51	Ezbé Strydom	CN	270381	4	Port Elizabeth	2604
36:25.19	Thuliswa Nonkonyana	WP	131076	5	Port Elizabeth	2604
36:41.99	Nomsa Ntsete	TR	281178	6	Port Elizabeth	2604
37:31.50	Zola Pieterse	FS	260566	1	Bloemfontein	1403
37:38.65	Georgina Fourie	GN	221177	7	Port Elizabeth	2604
37:54.33	Xoliswa Bici	TR	291279	8	Port Elizabeth	2604
38:04.20	Kim Laxton	CG	240782	1	Pretoria	0504

3000m Steeplechase

10:22.45	Promise Mathonsi	CG	170180	1	Port Elizabeth	2604
10:31.06	Rika Feuth (CG)		110182	10h	Sacramento	1106
10:44.76	Minette Bell	CN	050478	2	Port Elizabeth	2604
10:59.07	Myrette Filmalter	FS	100181	3	Port Elizabeth	2604
11:01.37	Andrea Horak	GN	301283	1	Pretoria	0604

11:11.97		Nolene Conrad	WP	260785	4	Port Elizabeth	2604
11:32.75		Annah Moeketsi	FS	250985	5	Port Elizabeth	2604
11:33.59		Mapaseka Makhanya	CG	090485	6	Port Elizabeth	2604
11:53.38		Mpho Mabuza	CG	031179	3	Germiston	2202
12:19.26		Jannine Witbooi	WP	310886	1	Bellville	2203

100m Hurdles

13.47		Justine Robbeson	CG	150585	2hep	Abuja	1310
13.57	-0.6	Surita Febbraio	GN	271273	1	Port Elizabeth	2604
13.86	0.6	Carla Fick	CG	130584	1	Germiston	1801
13.97	1.5	Monique Balsamo	BO	170984	1	Pretoria	0504
14.04	1.5	Chantelle Terblanche	WP	100785	3	Pretoria	0504
14.06	-3.0	Liesel Raubenheimer	CG	010677	3	Germiston	0103
14.08		Marné van der Burgh	BO	030185	2	Port Elizabeth	2803
14.12	1.5	Sune Labuschagne	CG	060884	5	Pretoria	0504
14.22	0.0	Siska Botha	CG	270778	6	Pretoria	0404
14.50	0.0	Marna Jacobs	GN	050578	7	Pretoria	0404

Hand

13.5		Marné van der Burgh	BO	030185	1h1	Port Elizabeth	2803
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Doubt whether timing was fully electronic

13.58		Janice Josephs	WP	310382	1	Stellenbosch	2805
13.78	-0.5	Justine Robbeson	CG	150585	1	Germiston	0803

400m Hurdles

54.05		Surita Febbraio	GN	271273	1	Pretoria	0404
57.46		Kerryn Hulsen	KZ	051074	2	Pretoria	0404
58.83		Janet Wienand	FS	150585	1	Bloemfontein	1503
58.84		Chantelle Terblanche	WP	100785	1	Pretoria	0604
59.19		Monique Balsamo	BO	170984	2	Pretoria	0604
60.06		Carla Coetzee	GN	210684	1	Pretoria	0803
61.06		Juaneé Pikelharing	CN	080382	5	Port Elizabeth	2604
61.42		Ilna Kruidenier	MP	190186	4	Pretoria	0604
61.52		Lucinda Liebenberg	CG	270686	1	Boksburg	1503
62.22		Jackie Kriel	FS	270886	1	Durban	1204

High Jump

2.06		Hestrie Cloete	CN	260878	1	Paris	3108
1.90		Marizca Gertenbach	CN	201082	2	Port Elizabeth	2604
1.86		Anika Smit	CG	260586	1	Krugersdorp	1802
1.86		Dianie Wondergem	CN	020382	1	Potchefstroom	1510
1.80		Tanya Joubert	NW	040786	3	Potchefstroom	3101
1.80		Dinah Heymans	FS	020267	5	Bloemfontein	0702
1.78		Nicolize Steyn	GN	280581	1	Pretoria	1503
1.78		Justine Robbeson	CG	150585	2hep	Abuja	1310
1.76		Marinda Bruwer	GN	240686	1	Bloemfontein	1110
1.75		Mariana Banting	FS	040381	2	Bloemfontein	2801
1.75		Marika Prinsloo	FS	220389	1	Bethlehem	2202
1.75		Ciska Landsberg	NW	041284	1	Germiston	2802
1.75		Louise Dreyer	GN	260586	1	Pretoria	0803
1.75		Marné van der Burgh	BO	030185	1	Port Elizabeth	2803
1.75		René van der Merwe	LM	150686	2	Pretoria	0604

Pole Vault

4.00		Annelie van Wyk	WP	280584	1	Bellville	1503
3.90		Samantha Dodd	WP	130879	1	Abuja	1110
3.80		Retha du Plessis	BO	150583	1	Paarl	0703
3.80		Marna Jacobs	GN	050578	1	Pretoria	1309
3.60		Jhana Knoetze	GN	121282	4	Pretoria	1204
3.60		Lindie Roux	BO	170684	1	Stellenbosch	2805
3.50		Leanne Viviers	WP	231188	1	Port Elizabeth	2903
3.50		Sylma Jordaan	WP	030185	2	Pretoria	0504
3.40		Eva Thornton	EP	180368	3	Bellville	0102
3.40		Corrie Doubell	BO	141284	3	Stellenbosch	2202
3.40		Nicole Loesch	WP	111087	1	Paarl	0703

Long Jump

6.30	0.9	Karin Mey	GN	310583	1	Pretoria	0504
6.25	0.1	Delia Visser	CN	090483	1	Germiston	0103
6.17	2.0	Janice Josephs	WP	310382	hep	Arles,Fra	0806
6.14	hw	Lindi van Dyk	GN	110386	1	Boksburg	1503
6.12	1.4	Justine Robbeson	CG	150585	1	Germiston	2401
5.99	1.4	Ria (Hugo) Humphreys	GN	021175	2	Germiston	2401
5.92	0.4	Karen Pretorius	CG	030282	5	Germiston	2401
5.86	0.5	Michelle Berowsky	WP	150578	3	Port Elizabeth	2504
5.85	2.0	Danielle Olivier	BO	160484	1	Parow	0102
5.80	hw	Leandie Maritz	CG	250287	2	Boksburg	1503
5.80	1.5	Moira Steyn	GN	280383	4	Pretoria	0504

Wind

6.14	2.9	Justine Robbeson	CG	150585	2	Potchefstroom	3101
6.08	5.1	Karen Pretorius	CG	030282	3	Potchefstroom	3101
5.92	3.7	Michelle Berowsky	WP	150578	1	Parow	0802
5.81	3.7	Charl. Lawrence-Braithwaite	WP	250979	6	Potchefstroom	3101

hw - strong headwind**Triple Jump**

12.71	0.9	Theresa de Vries	BO	020482	1	Pretoria	0604
12.55	1.2	Mariana Banting	FS	040381	2	Pretoria	0604
12.17	-2.0	Karen Pretorius	CG	030282	1	Krugersdorp	0802
12.08	-1.8	Charlene Henning	FS	220985	1	Pretoria	0604
12.04	-1.2	Rumandi Petersen	WP	260585	2	Pretoria	0604
11.95	0.0	Yolande Meijer	CG	100783	2	Potchefstroom	3101
11.84	0.4	Annalene Hartley	KZ	140980	3	Germiston	2401
11.81	1.5	Christi de Jager	CG	100186	2	Germiston	2202
11.79	1.1	Melanie Kruger	GN	011083	5	Pretoria	0604
11.78	0.3	Liska Meyer	WP	040283	6	Pretoria	0604

Shot

17.18		Veronica Abrahamse	GN	180880	1	Roodepoort	2803
17.04		Maranelle du Toit	WP	311278	1	Parow	1204
15.21		Marli Knoetze	LM	021087	1	Louis Trichardt	2801
14.84		Simoné du Toit	CG	270988	1	Pretoria	07-Jun
14.10		Juanita Roets	GN	111085	1	Pretoria	1801

13.82	Mariska van Zyl	EP	060382	3	Port Elizabeth	2604
13.54	Magdel Venter	MP	011085	1	Pretoria (MP)	0102
13.15	Tanya Treurnicht	CG	040184	1	Germiston	2501
13.14	Claudia Basson	WP	040185	4	Pretoria	0604
12.71	Charlet Louw	MP	211285	2	Ermelo	2202

Discus

57.44	Elizna Naude	GN	140978	1	Abuja	1210
51.04	Maranelle du Toit	WP	311278	2	Port Elizabeth	2504
50.75	Magdel Venter	MP	011085	1	Ermelo	2101
48.32	Mariska van Zyl	EP	060382	1	Port Elizabeth	0703
47.04	Simoné du Toit	CG	270988	1	Middelburg (MP)	2102
47.02	Marli Knoetze	LM	021087	1	Polokwane	0502
44.75	Rhona Dwinger	GN	280671	1	Pretoria	1403
43.25	Letitia Koch	CN	160883	1	Potchefstroom	1403
43.25	Tanya Bloem	GN	230782	2	Pretoria	0604
41.27	Charlet Louw	MP	211285	1	Nelspruit	0902

Hammer

56.08	Elmarie Knoetzen	WP	180778	1	Pretoria	0404
53.40	Marilize Coetzee	WP	271276	2	Bellville	2103
47.71	Ingrid Doubell	FS	021182	1	Pretoria	0504
47.70	Tanya Treurnicht	CG	040184	1	Germiston	18-Oct
44.30	Sané du Preez	FS	040383	2	Pretoria	0504
43.78	Lizel van Zyl	WP	110378	1	Parow	1001
42.84	Anje Crocker	Bor	251185	1	Port Elizabeth	2803
42.55	Tanya Weyers	SWD	120385	2	Pretoria	0504
41.90	Danel de Jager	VT	140287	3	Pretoria	0504
40.91	Claud-Marie du Toit	BO	210984	4	Pretoria	0504

Javelin

60.57	Sunette Viljoen	CN	061083	1	Potchefstroom	1507
51.42	Justine Robbeson	CG	150585	1hep	Hyderabad	2910
49.76	Tarryn Bright	BO	260483	2	Port Elizabeth	2604
49.73	Marna Dippenaar	CN	280279	3	Potchefstroom	1504
48.89	Beula Potgieter	CN	040281	1	Pretoria	0504
48.23	Maryke le Roux	CN	100381	2	Potchefstroom	3101
48.02	Gretha Palmer	GW	260683	4	Port Elizabeth	2604
45.65	Ananda van Schalkwyk	FS	080486	1	Bloemfontein	0802
45.38	Mona Jonker	CN	311079	3	Germiston	2401
45.14	Ynthie Coetzee	NW	110688	1	Port Elizabeth	2903

Heptathlon

5 761	Justine Robbeson	CG	150585	1	Port Elizabeth	25/26-4
						13.84/0.5 - 1.74 - 12.08 - 24.83/-0.1 - 6.04/-0.1 - 49.09 - 2:38.91
5 740	Janice Josephs	WP	310382	9	Arles, FRA	7/806
						13.60 - 1.70 - 10.50 - 23.46; 6.17 - 30.66 - 2:17.19
4 946	Luzanne van Leeuwen	GN	260282	1	Pretoria	5/604
						15.00 - 1.66 - 8.69 - 26.16; 5.56 - 31.69 - 2:18.42
4 713	Hanlee van der Walt	GN	260282	2	Pretoria	14/1503
						15.19 - 1.60 - 9.91 - 27.05; 4.86 - 26.65 - 2:48.67

4 615	Valmaré Louw	WP	050483	2	Pretoria	5/604
	16.02 - 1.60 - 10.68 - 27.62; 5.24 - 41.02 - 2:36.07					
3 918	Juanita Roets	GN	111085	2	Pretoria	5/604
	17.36 - 1.42 - 11.76 - 27.97; 4.51 - 33.44 - 2:39.64					

4 x 100m Relay

43.75	RSA Team			1	Hyderabad	2910
44.59	ABSA team			1	Durban	0703
45.55	ASA Invitation			2	Durban	0703
45.86	Central Gauteng			1	Port Elizabeth	2604
46.81	Gauteng North			2	Port Elizabeth	2604
47.27	Central Gauteng A			3	Port Elizabeth	2604

4 x 400m Relay

3:41.74	Gauteng North			1	Port Elizabeth	2604
3:44.00	Central Gauteng			2	Port Elizabeth	2604
3:46.40	Gauteng North A			3	Port Elizabeth	2604

3000m Walk

13:15.78	Nicolene Cronje	CG	160683	1	Roodepoort	2803
13:18.40	ht Natalie Fourie	WP	100682	1	Bellville	2903
14:50.78	Karen-Marie Becker	GN	070782	1	Pretoria	1801

5000m Walk

23:34.39	Natalie Fourie	WP	100682	1	Parow	2802
24:15.04	Estlé Viljoen (WP)		080770	2	Birmingham	2607
24:54.23	Nicolene Cronje	CG	160683	1	Germiston	0103
25:26.09	Susan Swanepoel	GN	100273	1	Krugersdorp	1101
26:01.36	Karen-Marie Becker	GN	070782	2	Krugersdorp	1101
26:52.94	Siziwe Manqele	KZ	290386	1	Durban	1304
27:00.95	Daleen Enslin	CN	170574	3	Krugersdorp	1101
27:01.06	Ruzanne Harris	WP	290185	2	Bellville	2202
27:20.76	Trudie Carstens	WP	080362	2	Parow	2802
27:30.52	Gwen Smeeton	WP	060267	3	Parow	2802

5000m Walk (Road)

23:33	Estlé Viljoen (WP)		080770	1	Leamington, UK	2303
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10000m Walk

50:46	Estlé Viljoen (WP)		080770	2	Birmingham	14-Jun
55:06.50	Ruzanne Harris	WP	290185	1	Bellville	15-Mar
55:31.38	Liza Jacobs	FS	070185	1	Port Elizabeth	28-Mar
58:06.03	Taryn Mundell	KZ	210685	3	Port Elizabeth	28-Mar

20km Walk

1:42:14	Estlé Viljoen (WP)		080770	3	Dublin	1406
1:42:20.0	Natalie Fourie	WP	100682	1	Bellville	2103
1:45:12.6	Nicolene Cronje	CG	160683	1	Port Elizabeth	2604
1:48:48.0	Noafasa Buthelezi	CG		2	Germiston	1503
2:02:58.0	Trudie Carstens	WP	080362	2	Youngsfield	0102
2:03:00.0	Sophe Kutoane	CG	030383	3	Germiston	1503

2:10:06.0	Siena Plaatjies	WP	190777	3	Youngsfield	0102
2:13:18.0	Bridgette Davids	WP	100162	3	Bellville	2103
2:09:47.2	Elmari Booysen	SWD	170166	5	Port Elizabeth	2604