

**2003 SOUTH AFRICAN YOUTH (UNDER 18)
BEST PERFORMANCE LIST**

**Youth List Nr 5
As at 13 Aug 2003**

Athletes of 17, 16 and younger (born in 1986 and later)

Compiler: Gert le Roux (Tel/Fax: 012 346 4567; e-mail: gler@mweb.co.za)

Medal winners at the World Youth Championships appear in bold

YOTH BOYS

100 metres

10.62	0.4	Pierre Meintjies	CN	14-05-86	1	Krugersdorp	04-Oct
10.81	1.7	Ruan de Vries	GN	01-02-86	1r1	Pretoria	11-Oct
10.85	1.7	Reginald Khoza	GN	06-05-87	2	Pretoria	09-Mar
10.91	1.8	Ashwin van Heerden	EP	16-11-86	1	Durban	13-Apr
10.94	0.9	Corne Botes	MP	25-10-86	1s1	Durban	13-Apr
10.97	0.9	Katlego Kgabo	GN		1r2	Pretoria	11-Oct
11.00	0.7	Francois Mans	CG	19-03-87	1	Roodepoort	07-Feb
11.03		Hercules Venter	CG	23-02-87	1	Krugersdorp	25-Feb
11.04	1.4	Kime Kalele	Bor	24-05-86	1s3	Durban	13-Apr
11.04	0.5	Henri Potter	GN		1	Pretoria	24-Oct
11.05	1.4	Emile Cronje	CG		2s3	Durban	13-Apr
11.06	0.4	Marius Cronje	CG		2	Krugersdorp	04-Oct
11.09	2.0	Fifi Simpson	EC	08-08-86	3s	Port Elizabeth	28-Mar
11.09	0.4	Louis Kraucamp	CG		3	Krugersdorp	04-Oct
11.10	1.4	Werner Radloff	WP		3s3	Durban	13-Apr

Hand Timing

10.6	h/t	K van Wyk	BO		1	Bloemfontein	14-Feb
10.6	1.1	Anton Bouwer	CG		1	Krugersdorp	04-Oct
10.6	1.1	Francois Mans	CG	19-03-87	1	Krugersdorp	04-Oct
10.7	ht	Rudolph Germishuys	MP	25-03-86	1	Secunda	08-Mar

Wind

10.78	2.2	Ruan de Vries	GN	01-02-86	1	Germiston	18-Oct
10.90	2.1	Pierre Meintjies	CN	14-05-86	1h3	Pretoria	13-Sep
11.10	2.2	Jeremy Cyster	WP	10-05-87	2	Parow	01-Feb

200 metres

21.95	1.6	Rudolph Germishuys	MP	25-03-86	1	Port Elizabeth	29-Mar
21.99	0.4	Henri Potter	GN		1	Pretoria	24-Oct
22.02	-0.3	Reginald Khoza	GN	06-05-87	1	Pretoria	08-Mar
22.04	nwr	Hercules Venter	CG	23-02-87	1	Krugersdorp	25-Feb
22.04	-0.3	Wouter le Roux	GN	17-01-86	2	Pretoria	08-Mar
22.16	nwr	Louis Sauer	CG	01-04-87	2	Krugersdorp	25-Feb
22.16	0.8	Petri van der Walt	GN		1	Pretoria	24-Oct
22.24	1.6	G Maasdorp	FS		2	Port Elizabeth	29-Mar
22.26	1.7	Pierre Meintjies	CN	14-05-86	2	Pretoria	07-Jun
22.28	0.5	Thurlow Jonker	WP	13-02-86	1	Bellville	28-Jan
22.28	0.2	John Kelly	FS	07-07-87	1h5	Durban	12-Apr
22.33	0.2	Jeremy Cyster	WP	10-05-87	1s3	Durban	12-Apr
22.34	1.1	T Jacobs	BO		3s	Port Elizabeth	28-Mar
22.36	-2.0	Katlego Kgabo	GN		1r2	Pretoria	11-Oct
22.37	0.2	Scott Holmes	KZ	04-06-86	2h3	Durban	12-Apr
22.37	0.2	Emile Cronje	CG		1h4	Durban	12-Apr
21.67	5.2	Pierre Meintjies	CN	14-05-86	3	Germiston	18-Oct

21.94	4.0	Wouter le Roux	GN	17-01-86	1	Germiston	18-Oct
Hand Timing							
22.1		Cronje Marais	MP	10-02-86	2	Secunda	08-Mar
Wind							
22.21		Jeremy Cyster	WP	10-05-87	1	Bellville	08-Feb

400 metres

48.00		Victor Makumbila	LM	08-01-86	1	Durban	13-Apr
48.01		Bongane Mgemane	FS	27-03-86	2	Durban	13-Apr
48.38		Wouter le Roux	GN	17-01-86	1	Pretoria	24-Oct
48.97		Spruyt Adendorff	CN	07-06-87	1	Roodepoort	12-Feb
49.22		Scott Holmes	KZ	04-06-86	4	Durban	13-Apr
49.43		Stefan Grobbelaar	CN	27-08-86	2	Roodepoort	12-Feb
49.45		Ruben Majola	CG	28-08-86	2	Boksburg	15-Mar
49.54		Fanus Botha	CN		5	Durban	13-Apr
49.67		Pieter Smith	GN	03-04-87	3	Boksburg	15-Mar
49.77		Reinardt Kruger	GN	23-03-87	1	Pretoria	24-Oct
49.82		Fifi Simpson	EC	08-08-86	3	Port Elizabeth	28-Mar
Hand Timing							
49.2		Ruben Majola	CG	28-08-86	2	Boksburg	15-Mar

800 metres

1.51.12		Bongane Mgemane	FS	27-03-86	1	Durban	12-Apr
1.52.14		Esau Mbatha	GN	02-12-86	2	Port Elizabeth	29-Mar
1.52.45		Nathan Beukes	BO	06-02-86	2	Durban	12-Apr
1.52.55		Elroy Galant	SWD	25-08-86	3	Durban	12-Apr
1.52.70		Spruyt Adendorff	CN	07-06-87	1	Potchefstroom	08-Feb
1.53.16		Simon Taukobong	LS		3	Port Elizabeth	29-Mar
1.54.68		B Adendorff	NW		5	Port Elizabeth	29-Mar
1.54.80	hand	Isaac Mbuyase	CG		1	Johannesburg	28-Feb
1.55.01		Steven Grobbelaar	CN		2h3	Durban	12-Apr
1.55.13		Erwin Schmidt	CG	23-04-87	2h	Port Elizabeth	29-Mar

1500 metres

3.48.05		Isaac Mbuyase	CG	26-09-86	3	Sherbrooke	13-Jul
3.54.40		Esau Mbatha	GN	02-12-86	2	Pretoria	07-Jun
3.55.50		Seun Moleshioa	MP	27-04-86	3	Port Elizabeth	28-Mar
3.57.19		Sonqibido Nkosinoxolo	WP	16-10-86	4	Port Elizabeth	28-Mar
3.58.44		Nathan Beukes	BO	06-02-86	5	Port Elizabeth	28-Mar
3.59.82		Clint Lawrence	WP		1	Bellville	14-Mar
4.00.10		Samuel Sepeng	CN		1h1	Port Elizabeth	28-Mar
4.00.87		Sello Molefe	WP		2	Bellville	14-Mar
4.01.40	hand	Zamxolo Matshebe	EC	11-11-88	1	East London	15-Mar
4.01.60		Thabong Mohale	FS		1	Bloemfontein	04-Mar
4.01.64		Daniel Phozane	NWN		1h3	Durban	12-Apr

3000 metres

8.14.86		Sonqibido Nkosinoxolo	WP	16-10-86	1	Cape Town	17-May
8.18.29		Lukhanyo Mabinza	TR	09-09-86	1	Port Elizabeth	29-Mar
8.23.67		Seun Moleshioa	MP	27-04-86	2	Durban	12-Apr
8.28.69		Dicardo Jakobs	WP		3	Port Elizabeth	29-Mar
8.35.67		Patrick Magadla	WP		3	Bellville	13-Mar
8.38.32		Sello Molefe	WP		4	Bellville	13-Mar
8.41.43		Gerswin Jones	SWD	05-01-87	5	Port Elizabeth	29-Mar
8.43.69		Cry Molekwa	GN	11-03-86	6	Port Elizabeth	29-Mar

8.43.90	hand	Francois Homan	CG		1	Naboomspruit	18-Oct
8.44.50	hand	Sipho Mbusi	EC	21-11-86	2	East London	15-Mar
8.44.61		Tshemango Setone	CG		1	Germiston	18-Oct
8.45.23		D Phosana	NW		7	Port Elizabeth	29-Mar

2000m St

5.39.31		Siyaya Khosa	CG	12-06-87	1	Durban	13-Apr
5.40.28		Lukhanyo Mabinza	TR	09-09-86	2	Durban	13-Apr
5.45.61		Patrick Magadla	WP		3	Durban	13-Apr
5.47.88		Thabang Mohale	FS	29-11-86	4	Durban	13-Apr
5.49.59		Nkosinoxolo Sonqibido	WP	16-10-86	1	Bellville	13-Mar
5.54.83		Jan Mosalane	FS		5	Durban	13-Apr
5.55.43		Sello Molefe	WP		2	Bellville	13-Mar
5.58.64		Bonke Ntshangase	WP	20-01-86	1	Parow	01-Feb
5.59.31		Solomon Tlou	NW		6	Durban	13-Apr
6.01.80		Lucky Selepi	LM		7	Durban	13-Apr

110m H

91.4cm

13.53	1.9	Ruan de Vries	GN	01-02-86	1	Pretoria	24-Oct
13.83	0.2	Leon Fourie	CG	06-01-86	1	Pretoria	07-Jun
13.96	1.8	Hercules Venter	CG	23-03-87	1	Krugersdorp	25-Feb
14.13	-1.2	Krijnauw Joubert	MP	01-06-86	1	Port Elizabeth	28-Mar
14.14	-1.2	Jacques de Kock	GW	19-02-87	2	Port Elizabeth	28-Mar
14.33	0.7	Christo Viljoen	GN		2	Pretoria	09-Mar
14.24	0.5	Brendon Taljaard	GN		2	Pretoria	11-Oct
14.54		Frikkie Marx	CG		2	Krugersdorp	25-Feb
14.63	0.5	Rudi van Tonder	GN		3	Pretoria	11-Oct
14.77	0.0	Herman Pretorius	FS	12-03-86	1	Bloemfontein	14-Mar
14.79	-1.2	P Pieters	BO		4	Port Elizabeth	28-Mar
14.89	-1.2	J Roux	BO		6	Port Elizabeth	28-Mar
14.95	-0.1	Alroy Dixon	WP		2h2	Durban	13-Apr
Wind							
14.03	2.5	Krijnauw Joubert	MP	01-06-86	1	Durban	13-Apr
14.50	2.5	T van Aswegen	CN		5	Durban	13-Apr
14.53	2.5	Alroy Dixon	WP		6	Durban	13-Apr
14.63	2.5	Cameron Maritz	CG		8	Durban	13-Apr

Doubtful time

Elec. Time was faster than the official hand time of 13.8 sec.

13.41	1.8	Ruan de Vries	GN	01-02-86	1	Stellenbosch	31-May
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400m H

84cm

50.85		Wouter le Roux	GN	17-01-86	2	Sherbrooke	12-Jul
51.56		Le Roux			1	Pretoria	24-Oct
51.86		Johann Hanekom	BO	03-12-86	1	Pretoria	22-Feb
52.57		Krijnauw Joubert	MP	01-06-86	2	Port Elizabeth	28-Mar
53.13		Jacques de Kock	GW	19-02-87	4	Durban	12-Apr
53.37		Fanus Botha	CN	16-09-86	5	Durban	12-Apr
54.09		Samuel Sepeng	CN	15-10-87	3h2	Durban	12-Apr
54.54		Brightman Nkwanyane	FS	20-04-86	1	Bloemfontein	15-Mar
54.98		Daniel Kekana	GN	12-04-87	2	Germiston	18-Oct
55.00		Francois Robbertse	NW		2h2	Port Elizabeth	29-Mar
55.07		Naledi Mitane	VT	20-07-86	1h4	Port Elizabeth	29-Mar
55.12		P Gouws	FS		3h2	Port Elizabeth	29-Mar

Triple Jump

14.45	nwr	Ofentse Moeng	GN	24-05-86	1	Durban	12-Apr
14.35		Robern Pass	WP	22-03-86	2	Durban	12-Apr
14.28	-0.4	Lofentse Dinake	GN	31-01-86	1	Pretoria	24-Oct
14.21	nwr	Mickey Mashego	LM	25-08-86	1	Port Elizabeth	29-Mar
14.11		Kwabena Malgas	Bor	08-07-86	3	Durban	12-Apr
13.92	-0.4	Neo Mokotedi	GN		1	Pretoria	24-Oct
13.91	nwr	E Marsh	BO		3	Port Elizabeth	29-Mar
13.87	nwr	Giovanni Jacobs	WP		q	Port Elizabeth	29-Mar
13.80	nwr	Jan-Louis Snyman	CG	01-03-86	4	Port Elizabeth	29-Mar
13.71		Norman Phillips	KZ		6	Durban	12-Apr
13.67	nwr	Le Roux Jordaan	FS	29-09-86	7	Durban	12-Apr

Shot (5kg)

18.05		Stefan Reinecke	MP	07-02-86	1	Naboomspruit	18-Oct
17.98		Donovan Snyman	GN		1	Pretoria	24-Oct
17.90		JP (Jan) Hoffman	GN	01-05-88	1	Pretoria	07-Jun
17.64		Barend J van Vuuren	GN	08-09-86	2	Pretoria	24-Oct
17.63		Jean-Pierre van der Spuy	WP	09-07-87	1	Bellville	14-Mar
17.44		Ashton Angel	CG		1	Boksburg	15-Mar
17.27		Van Zyl Ackerman	CN		1	Roodepoort	12-Feb
17.00		James Sinclair	MP	02-06-86	2	Naboomspruit	18-Oct
16.89		Jaco Engelbrecht	CG		2	Germiston	18-Oct
16.83		Van Z Ackerman	CN		3	Durban	12-Apr
16.77		Fanie le Roux	CG	23-02-86	1	Johannesburg	28-Feb
16.55		Gustav Coetzee	CG		1	Naboomspruit	18-Oct
16.00		Jaco Jonker	GN	21-01-87	2	Pretoria	08-Mar

Discus (1.5kg)

56.84		Stefan Reinecke	MP	07-02-86	1	Durban	12-Apr
55.65		Uwe Sauer	VT	23-01-86	2	Durban	12-Apr
55.39		James Sinclair	MP	02-06-86	1	Pretoria	07-Jun
53.90		Donovan Snyman	GN		1	Pretoria	24-Oct
52.10		Ashton Angel	CG		4	Durban	12-Apr
50.46		Conrad Terblanche	SW	01-07-86	1	Oudtshoorn	07-Mar
50.20		Hanno Vermaak	EP	25-10-86	5	Port Elizabeth	29-Mar
50.17		Martin Moggee	EP	16-03-87	1	Port Elizabeth	07-Mar
48.14		B Venter	FS		1	Bloemfontein	14-Mar
47.75		JP Hoffman	GN	01-05-88	1	Pretoria	07-Jun
47.71		Jaco Jonker	GN	21-01-87	2	Pretoria	11-Oct
47.53		Jean-Pierre van der Spuy	WP	09-07-86	1	Bellville	08-Feb

Hammer (5kg)

62.00		Ruan Brink	SW	07-02-86	1	George	19-Feb
60.56		Jaco Bruwer	WP	16-05-86	1	Bellville	22-Feb
59.55		Thinus de Wet	SW	20-01-86	2	George	19-Feb
58.90		Charl Bekker	EP	04-02-86	2	Port Elizabeth	29-Mar
55.40	****	Jacobus Kruger	BO		3	Port Elizabeth	29-Mar
50.64		Bertus Furstenburg	CG	15-01-86	1	Krugersdorp	04-Oct
50.26		Jean-Pierre van der Spuy	WP	09-07-86	3	Bellville	13-Mar
50.07		Pieter Badenhorst.	FS	14-02-87	4	Durban	13-Apr
49.88	****	Johan Kruger	BO	15-04-87	1	Malmesbury	15-Feb
49.19		Floris van Zyl	BO		6	Port Elizabeth	29-Mar
49.10		Gerrit Thirion	FS	12-04-86	7	Port Elizabeth	29-Mar

Javelin (700gm)

81.07	Robert Oosthuizen	BO	23-01-87	2	Sherbrooke	11-Jul
75.56	Raldu Potgieter	SWD	03-04-86	3	Sherbrooke	11-Jul
73.93	Lohan Rautenbach	CN	06-02-86	1	Roodepoort	12-Feb
64.49	Noel Meyer	CN	20-04-88	1	Germiston	18-Oct
63.44	Dewald Nel	MP	10-01-86	3	Durban	13-Apr
62.48	Jaco Nel	FS		1	Bloemfontein	15-Mar
62.46	T Holtzhausen	NC		3	Port Elizabeth	28-Mar
61.77	Andrew Grant-Smith	WP		3q	Port Elizabeth	28-Mar
59.97	Justin Miller	MP		4	Durban	13-Apr
59.70	Evert Boshoff	FS		5	Durban	13-Apr
59.62	H Claassen	FS		2	Bloemfontein	15-Mar

4x100m Relay

42.57	Eastern Cape Schools u18			1	Port Elizabeth	29-Mar
42.58	WP Schools u18			2	Port Elizabeth	29-Mar
42.68	Boland Schools u18			3	Port Elizabeth	29-Mar
42.73	HS Overkruijn u18			1	Pretoria	24-Oct
42.80	Eastern Province u18			1	Durban	13-Apr
42.84	Gauteng Schools u18			4	Port Elizabeth	29-Mar
42.95	Gauteng North u18			2	Durban	13-Apr
43.20	Western Province u18			3	Durban	13-Apr
43.29	Central Gauteng u18			4	Durban	13-Apr
43.47	Free State Schools u18			5	Port Elizabeth	29-Mar

1000m Medley Relay

1.58.08	Eastern Cape Schools u18			1	Port Elizabeth	28-Mar
1.58.31	Gauteng North u18			1	Durban	13-Apr
1.58.63	Gauteng Schools u18			2	Port Elizabeth	28-Mar
1.58.63	KwaZulu Natal u18			2	Durban	13-Apr
1.59.65	KwaZulu Natal Schools u18			3	Port Elizabeth	28-Mar
2.00.45	Central Gauteng u18			3	Durban	13-Apr
2.01.31	Eastern Province u18			4	Durban	13-Apr

10000m Walk

51.55.90	Christiaan Wilson	FS	21-04-86	1	Bloemfontein	15-Mar
52.15.05	Petri du Toit	EP	14-12-86	1	Durban	13-Apr
52.23.80	Robert Blake	WP		2	Durban	13-Apr
53.14.96	Werner Appel	KZ	12-06-87	3	Durban	13-Apr
54.24.55	Francois Myburg	EP	27-07-86	2	Port Elizabeth	29-Mar
54.27.47	A Mbhele	KZ		3	Port Elizabeth	29-Mar
55.24.85	Riaan Klue	EP	19-01-86	1	East London	15-Mar
57.52.13	Theo Potgieter	SWD	02-05-86	5	Port Elizabeth	29-Mar
57.58.10	Gilbert Mothola	FS		2	Bloemfontein	15-Mar
57.58.10	Hennie Jonker	FS	12-05-86	2	Bloemfontein	15-Mar

YOUTH WOMEN Athletes of 17, 16 and younger (born in 1986 and later)

100 metres

12.12	1.0	Amanda Kotze	CG	26-02-86	5s1	Pretoria	05-Apr
12.16	0.5	Isabelle le Roux	SWD	23-01-87	1s	Port Elizabeth	28-Mar
12.26	0.2	Monique Coetzee	CG		4s2	Pretoria	05-Apr
12.28	1.2	Lindi van Dyk	GN	11-03-86	1h2	Pretoria	09-Mar
12.31	1.0	Gerda van der Walt	NW		7s1	Pretoria	05-Apr
12.34	1.4	Thandi Mngwevu	CG		1	Roodepoort	28-Mar
12.41	1.3	Corlia Swart	GN	26-05-86	1	Pretoria	11-Oct
12.44	-0.4	Jolanie Wolfswinkel	GN	08-04-86	2	Pretoria	09-Mar

12.47	0.5	Rochelle du Plooy	FS	03-12-87	2s	Port Elizabeth	28-Mar
12.48	1.8	Juanita van Rooyen	GN	17-02-86	1	Pretoria	20-Sep
12.50	0.9	Stacey Gardiner	BO		1	Stellenbosch	31-May
12.54	-0.7	Arista Hefer	CG	12-09-87	1	Germiston	28-Feb
12.57	-0.7	Elke Coetzee	CG		1	Germiston	28-Feb
12.57	-0.3	Karlien Clasen	EP	19-03-86	3h	Port Elizabeth	28-Mar
Hand Timing							
12.0	0.4	Danieta Fourie	FS	20-08-87	1h	Bloemfontein	14-Mar
12.2	0.5	Rochelle du Plooy	FS	03-12-87	2s	Port Elizabeth	28-Mar
12.3		Janine Visser	BO	03-09-87	1	Bloemfontein	14-Feb
12.3	1.1	Shauvon Hanekom	CG	30-01-87	1	Krugersdorp	04-Oct
Wind							
12.25	2.1	Monique Coetzee	CG		3h4	Pretoria	05-Apr
12.42	2.7	Karlien Clasen	EP	19-03-86	5	Durban	13-Apr
12.52	2.7	Marguerite Venter	MP	20-11-86	6	Durban	13-Apr

200 metres

23.84	-2.3	Amanda Kotze	CG	26-02-86	1	Pretoria	17-May
24.92	1.1	Isabelle le Roux	SWD	23-01-87	2	Port Elizabeth	29-Mar
24.92	1.2	Lindi van Dyk	GN	11-03-86	1	Pretoria	08-Mar
24.95	-0.1	Arista Hefer	CG	12-09-87	1s1	Durban	12-Apr
24.95	1.3	Juanita van Rooyen	GN	17-02-86	1	Pretoria	20-Sep
24.98	1.2	Christine Ras	CG	04-02-86	2	Roodepoort	12-Feb
25.01	1.2	Monique Coetzee	CG		3	Roodepoort	12-Feb
25.11	0.2	Danieta Fourie	FS	20-08-87	1	Bloemfontein	15-Mar
25.20	1.3	Corlia Swart	GN	26-05-86	2	Pretoria	20-Sep
25.26	0.2	Lorraine van der Schyff	SWD	19-03-86	2s2	Durban	12-Apr
10							
25.35	-0.1	Marguerite Venter	MP	20-11-86	2s1	Durban	12-Apr
25.37	0.2	Danieta Fourie	FS	20-08-87	1	Bloemfontein	15-Mar
25.37	0.2	E Simons	FS	11-12-87	2	Bloemfontein	15-Mar
25.42	-0.6	Colleen Lesch	BO	12-03-87	1h2	Port Elizabeth	29-Mar
Wind							
24.86	2.1	Lindi van Dyk	GN	11-03-86	1	Pretoria	08-Mar
24.96	2.1	Corlia Swart	GN	26-05-86	1	Pretoria	24-Oct

400 metres

55.15		Amanda Kotze	CG	26-02-86	1	Durban	13-Apr
55.36		Lorraine van der Schyff	SWD	19-03-86	2	Durban	13-Apr
56.32		Phillipa Kirschner	CG	04-01-88	1	Durban	13-Apr
56.40		Rozanne van der Westhuizen	CG	24-04-86	3	Durban	13-Apr
56.71		Angela Wagner	GN	19-01-88	2	Durban	13-Apr
56.77		Arista Hefer	CG	12-09-87	4	Durban	13-Apr
57.38		Rae-Dawn Sandilands	NW		3h1	Pretoria	06-Apr
57.51		Bertine Terblanche	CG	04-07-87	5	Durban	13-Apr
57.78		Chantelle van Heerden	LM	18-04-87	6	Durban	13-Apr
57.90		Nathalie Barnard	FS	13-06-87	1	Bloemfontein	15-Mar

800 metres

2.08.86		Angela Wagner	GN	19-01-88	1	Pretoria	17-May
2.09.10		Rozanne van der Westhuizen	CG	24-04-86	1	Durban	12-Apr
2.10.89		Irvette van Blerk	CG	05-07-87	2	Germiston	14-Mar
2.11.19		Chanelle Olivier	CG	15-09-86	5	Germiston	24-Jan
2.11.40		Recinda Hanekom	CG	17-11-88	1	Johannesburg	28-Feb
2.11.86		Bianca Ré	GN	13-03-87	1	Port Elizabeth	29-Mar
2.12.81		Jeanette Joubert	CG		2	Port Elizabeth	29-Mar

2.12.87		Chantelle van Heerden	LM	18-04-87	3	Port Elizabeth	29-Mar
2.14.19		Erica van Zyl	FS	17-03-86	4	Port Elizabeth	29-Mar
2.15.56		Carlien van Staden	GN	22-04-87	2	Pretoria	08-Mar
2.15.90	h/t	Liesel Stemmet	FS	26-10-86	1	Bloemfontein	20-Feb

2.17.41		Tlandi Malindi	FS	16-07-87	5	Port Elizabeth	29-Mar
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1500 metres

4.17.49		Irvette van Blerk	CG	05-07-87	3	Durban	07-Mar
4.22.19		Christine Kalmer	CG	10-02-86	2	Durban	02-May
4.25.28		Chanelle Olivier	CG	15-09-86	7	Stellenbosch	14-Feb
4.26.58		Recinda Hanekom	CG	17-11-88	1	Port Elizabeth	28-Mar
4.29.51		Zintle Xiniwe	WP	23-10-86	2	Port Elizabeth	28-Mar
4.38.03		Erica van Zyl	FS	17-03-86	4	Durban	13-Apr
4.41.24		Chantel Bartleman	CG	19-06-86	5	Durban	13-Apr
4.41.48		Azwinaki Ndou	LM		3h1	Durban	13-Apr
4.41.62		Leandre van Dyk	GN	13-10-86	1	Pretoria	09-Mar
4.42.66		Monique du Plessis	CG	20-11-87	3	Boksburg	15-Mar

4.49.19		Tlandi Malindi	FS	16-07-87	9	Port Elizabeth	28-Mar
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3000 metres

09.33.23		Irvette van Blerk	CG	05-07-87	1	Roodepoort	12-Feb
09.42.14		Zintle Xiniwe	WP	23-10-86	1	Port Elizabeth	29-Mar
09.45.17		Christine Kalmer	CG	10-02-86	2	Port Elizabeth	29-Mar
09.50.72		Praxides Dim	CG		3	Port Elizabeth	29-Mar
09.52.82		Manape Modika	LM	14-03-88	4	Port Elizabeth	29-Mar
10.01.25		Amandie Pansegrouw	NWN		4	Durban	12-Apr
10.05.31		Christelle Arnold	CG	03-01-86	8	Germiston	24-Jan
10.13.86		Leandre van Dyk	GN	13-10-86	5	Durban	12-Apr
10.13.90		Patience Khumalo	VT	10-03-88	5	Port Elizabeth	29-Mar
.....		Meliska van der Vlies	MP	03-04-86	6	Port Elizabeth	29-Mar

100mH

76.2cm

13.80		Christine Ras	CG	04-02-86	1	Roodepoort	12-Feb
14.03	-0.9	Ras			1	Port Elizabeth	28-Mar
14.15	-0.9	Janine Visser	BO	03-09-87	2	Port Elizabeth	28-Mar
14.16	1.7	Suzanne Chinner	FS	06-10-86	2	Durban	13-Apr
14.27	-0.9	Jackie Kriel	FS	27-08-86	3	Port Elizabeth	28-Mar
14.45	-0.9	Rene van der Merwe	LM	15-06-86	4	Port Elizabeth	28-Mar
14.76	1.1	Jolani Wolfswinkel	GN	08-04-86	2	Roodepoort	12-Feb
14.88	1.7	Sandra Howard	CG		7	Durban	13-Apr
14.89		Angelique Zeelie	WP		1	Bellville	13-Mar
14.94	0.0	Edna Engelbrecht	CG		2	Boksburg	15-Mar
15.07	-0.9	Colene Deyzel	CN		1	Potchefstroom	06-Mar
15.10	-0.9	Z Whitehead	FS		5	Port Elizabeth	28-Mar

NWR

14.91		Arlene Muller	CG		1	Germiston	18-Oct
15.06		Salome Gerber	CG	03-12-86	2	Germiston	18-Oct

Hand Timing

13.9		Jackie Kriel	FS	27-08-86	1	Bloemfontein	14-Feb
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400m Hurdles

76.2cm

61.42		Ilna Kruidenier	MP	19-01-86	4	Pretoria	06-Apr
61.52		Lucinda Liebenberg	CG	27-06-86	1	Boksburg	15-Mar
62.22		Jackie Kriel	FS	27-08-86	1	Durban	12-Apr

63.41		Rae-Dawn Sandilands	NW		4	Durban	12-Apr
64.02		Suzanne Chinner	FS	06-10-86	2	Bloemfontein	15-Mar
64.04		Catherine Hustler	EP	20-03-86	3h1	Durban	12-Apr
64.05		Bonilize Ras	GN	16-12-86	4h1	Durban	12-Apr
64.25		M Theron	BO		3h	Port Elizabeth	29-Mar
64.28		Edna Engelbrecht	GN	04-03-87	3h2	Durban	12-Apr
64.50		Jeanette Odendaal	MP	22-12-86	6	Port Elizabeth	29-Mar

High Jump

1.86		Anika Smit	CG	26-05-86	1	Krugersdorp	18-Feb
1.80		Tanya Joubert	NW	04-07-86	3	Potchefstroom	31-Jan
1.76		Marinda Bruwer	GN	24-06-86	1	Bloemfontein	11-Oct
1.75		Marike Prinsloo	FS	22-03-89	1	Bethlehem	28-Feb
1.75		Louise Dreyer	GN	26-05-86	1	Pretoria	08-Mar
1.75		René van der Merwe	LM	15-06-86	2	Pretoria	06-Apr
1.73		Elbé van der Merwe	FS	08-01-88	2	Bloemfontein	14-Mar
1.70		Carina du Preez	CG	18-09-89	1	Johannesburg	28-Feb
1.70		Tanya Jantzen	GN	15-07-86	2	Boksburg	15-Mar
1.70		Tillanie Neethling	VT	18-01-88	1	Boksburg	15-Mar
1.70		Laetitia de Beer	MP	02-02-86	3	Port Elizabeth	29-Mar
1.70		Lenca Lombaard	BO	17-01-87	5	Port Elizabeth	29-Mar

Pole Vault

3.55		Leanne Viviers	WP	23-11-88	WP	Port Elizabeth	29-Mar
3.40		Nicole Loesch	WP	11-10-87	3	Pretoria	05-Apr
3.10		Nerine Smith	FS	23-06-86	1	Bloemfontein	21-Feb
3.10		Amanda Venter	WP	01-01-89	7	Parow	01-Feb
3.00		Anel Jansen	EP	24-10-86	1	East London	15-Mar
3.00		Lisa Laubscher	BO	28-05-86	3	Port Elizabeth	29-Mar
3.00		Amore Adendorff	EP		2	Durban	13-Apr
2.93		Marnie Ingram	FS	15-10-87	2	Bloemfontein	14-Mar
2.90		Carmen-Ann Lombard	FS	06-04-89	3	Durban	12-Apr
2.70		Lianda Kramer	FS	13-09-86	7	Durban	13-Apr
2.70		Mardeen Nel	FS	18-09-86	3	Bloemfontein	21-Feb
2.50		Janneke Wolmarans	EP	25-06-88	3	East London	15-Mar
2.70		Eugene Burger	FS	10-06-88	4	Durban	12-Apr

Long Jump

6.14	hw	Lindi van Dyk	GN	11-03-86	1	Boksburg	15-Mar
5.92	-0.8	<i>Lindi van Dyk</i>	GN	11-03-86	1	Pretoria	17-May
5.84	1.9	Leandie Maritz	CG	25-02-87	1	Johannesburg	08-Oct
5.76		Janine Schutte	CG		1	Germiston	28-Feb
5.76	0.4	<i>Leandie Maritz</i>	CG	25-02-87	2	Pretoria	17-May
5.64	1.6	Beninca Botha	CG		2	Germiston	20-Sep
5.55	0.2	Sandra Howard	CG	18-04-86	1	Germiston	28-Feb
5.53	-0.6	Carla Marais	VT	10-12-87	1	Germiston	25-Jan
5.53	0.3	Taelia Burkett	CG	26-06-86	3	Port Elizabeth	29-Mar
5.45	0.5	Anja van Wamelen	GN		2	Pretoria	24-Oct
5.42	0.7	Marinda Bruwer	GN	24-06-86	3	Pretoria	24-Oct
5.39	0.1	Debbie Oosthuizen	FS	03-06-87	2	Roodepoort	12-Feb
5.34	0.7	M Cornelissen	BO		4	Port Elizabeth	29-Mar
5.33		Yolandi Oosthuizen	CG		2	Johannesburg	28-Feb
5.33		Senovia Morris	FS	31-08-86	1	Bloemfontein	15-Mar
5.32		Charne Nel	CN		1	Potchefstroom	06-Mar
5.32		C Deyzel	CN		2	Potchefstroom	06-Mar

5.31	-1.5	Senovia Morris	FS	31-08-86	5	Port Elizabeth	29-Mar
5.29	-1.1	Martell Schoeman	EP	29-01-86	6	Port Elizabeth	29-Mar
No wind information							
5.50		Debbie Oosthuizen	FS	03-06-87	3q	Port Elizabeth	29-Mar
5.45		Charne Nel	CN		4q	Port Elizabeth	29-Mar
5.45		Sonia Sebona	NWN		5q	Port Elizabeth	29-Mar
5.44		J Bouwer	LM	26-05-86	6q	Port Elizabeth	29-Mar
5.42		Senovia Morris	FS	31-08-86	7q	Port Elizabeth	29-Mar
5.40		Alta Erasmus	LM		8q	Port Elizabeth	29-Mar
5.36		Martell Schoeman	EP	29-01-86	1	Port Elizabeth	15-Oct

Triple Jump

11.81	1.5	Christi de Jager	CG	10-01-86	2	Germiston	22-Feb
11.70	hw	Arline Muller	CG	03-12-86	1	Boksburg	15-Mar
11.52	-0.3	Leandie Maritz	CG	25-02-87	2	Durban	13-Apr
11.52	-0.1	Charne Nel	CN		1	Durban	13-Apr
11.48	1.1	Mariaan Booysen	CG	20-06-86	1	Johannesburg	28-Feb
11.33	hw	Hanri van der Watt	CG	u18	3	Boksburg	15-Mar
11.27		Mardi Smith	GW	17-05-86	3	Port Elizabeth	28-Mar
11.24		Martell Schoeman	EP	29-01-86	1	East London	15-Mar
10.96	0.2	Senovia Morris	FS	31-08-86	7	Durban	13-Apr
10.87		R van der Merwe	EP		2	East London	15-Mar

NWR

11.21		Senovia Morris	FS	31-08-86	5	Port Elizabeth	28-Mar
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Shot (4kg)

15.21		Marli Knoetze	LM	02-10-87	1	Louis Trichardt	28-Jan
14.84		Simoné du Toit	CG	27-09-88	1	Pretoria	07-Jun
12.41		Anelda Smith	CN	07-08-86	2	Durban	12-Apr
12.38		Elizka van der Merwe	WP	22-06-87	1	Bellville	14-Mar
12.06		Ursula Fourie	GN	30-01-87	1	Pretoria	24-Oct
12.02		Sonika Knoetze	NW	18-08-87	1	Germiston	28-Feb
11.85		Nicky Bouwer	CG		1	Germiston	20-Sep
11.83		Lindy-Lee Kellerman	WP	19-02-87	3	Bellville	28-Jan
11.90		Kotie Alexander	FS	10-06-86	1	Bloemfontein	03-Feb
11.56		Adele de Beer	GN	28-07-86	4	Durban	12-Apr
11.44		F Sauer	CN		2	Potchefstroom	06-Mar

Discus (1kg)

47.04		Simoné du Toit	CG	27-09-88	1	Middelburg (MP)	21-Feb
47.02		Marli Knoetze	LM	02-10-87	1	Polokwane	05-Feb
39.52		Nicolene Schwartz	GN	15-11-87	1	Boksburg	15-Mar
39.30		Amanda Mynhardt	CN	09-01-86	1	Bloemfontein	14-Feb
39.92		Ursula Fourie	`	30-01-87	1	Pretoria	24-Oct
38.17		Nicky Bouwer	CG		1	Germiston	20-Sep
37.95		Anelda Smith	CN	07-08-86	4	Port Elizabeth	28-Mar
36.66		Carmen Uys	CN	02-12-86	1	Potchefstroom	15-Oct
34.82		Sonja Coetzee	FS	02-03-87	5	Durban	12-Apr
34.33		Elizka van der Merwe	WP	22-06-87	1	Bellville	15-Mar
33.72		Anneke Terblanche	FS	05-03-86	1	Bloemfontein	21-Feb
33.69		Talize van Zyl	FS	10-01-86	1	Bloemfontein	14-Mar

Hammer (4kg)

41.90		Danel de Jager	VT	14-02-87	3	Pretoria	05-Apr
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40.71	Michelle Terblanche	EP	19-04-86	2	Durban	13-Apr
40.03	Elizka van der Merwe	WP	22-06-87	1	Bellville	13-Mar
39.44	Karen le Roux	WP	26-03-87	3	Durban	13-Apr
38.58	Karin Muller	FS	13-01-86	3	Port Elizabeth	28-Mar
37.25	Bertha Naude	CN	24-04-87	5	Durban	13-Apr
34.45	Jalene Stander	SWD	30-09-86	6	Durban	13-Apr
33.75	Nicolene Schwartz	GN	15-11-87	6	Port Elizabeth	28-Mar
30.05	Sonja Coetzee	FS	02-03-87	7	Durban	13-Apr
29.45	Adelma le Roux	SWD	09-12-86	2	Oudtshoorn	07-Mar

Javelin (600gm)

45.65	Ananda van Schalkwyk	FS	08-04-86	1	Bloemfontein	08-Feb
45.14	Ynthie Coetzee	NW	31-12-88	1	Port Elizabeth	29-Mar
44.27	Anzel van der Schyff	LM	19-03-87	1	Durban	13-Apr
44.04	Aneen Groenewald	BO	06-03-87	1q	Port Elizabeth	29-Mar
43.67	Anezel Zijlstra	SWD	07-06-87	2	Durban	13-Apr
43.62	Melissa Fourie	VT		1	Potchefstroom	24-Oct
43.23	Petra-Ann Drake	LM	21-11-86	1q	Durban	13-Apr
42.83	Abigale Erasmus	BO		2q	Port Elizabeth	29-Mar
42.44	Riatha Jacobs	EP	09-05-86	3	Port Elizabeth	29-Mar
42.18	Nicole Nel	WP	16-09-87	1	Bellville	14-Mar

4 x 100m

48.24	Central Gauteng u18			1	Durban	13-Apr
48.50	Eastern Province u18			2	Durban	13-Apr
48.55	Gauteng Schools u18			1	Port Elizabeth	29-Mar
48.66	Gauteng North u18			3	Durban	13-Apr
48.91	Eastern Cape Schools u18			2	Port Elizabeth	29-Mar
49.37	Free State u18			4	Durban	13-Apr
	D Fourie, T Pretorius, E Simons, R du Plooy					
49.45	Boland Schools u18			3	Port Elizabeth	29-Mar
49.58	Free State Schools u18			4	Port Elizabeth	29-Mar
	D Fourie, T Pretorius, E Simons, R du Plooy					
49.87	Western Province Schools u18			5	Port Elizabeth	29-Mar
49.24	Boland Schools u18			1h2	Port Elizabeth	29-Mar

1000 Medley Relay

2.13.73	Central Gauteng u18			1	Durban	13-Apr
2.16.91	Gauteng North u18			2	Durban	13-Apr
2.17.18	Eastern Province u18			3	Durban	13-Apr
2.18.37	Gauteng Schools u18			1	Port Elizabeth	28-Mar
2.20.22	Eastern Cape Schools u18			2	Port Elizabeth	28-Mar
2.23.32	Free State Schools u18			3	Port Elizabeth	28-Mar

5000m Walk

26.52.94	Siziwe Mangele	KZ		1	Durban	13-Apr
28.12.00	Yzette de Abreu	CN	30-06-86	1	Port Elizabeth	28-Mar
28.30.00	Karien Doubell	EP		1	East London	15-Mar
28.33.15	Jennifer Peterson	EP	02-03-86	2	East London	15-Mar
29.00.00	Robyn-Lee Grobler	EP	03-07-87	3	East London	15-Mar
29.03.12	Handri Botha	CN		3	Durban	13-Apr
29.26.89	Elizma Snyman	FS u18		4	Durban	13-Apr
30.02.01	Debbie Carmichael	CG	17-07-87	6	Durban	13-Apr
30.21.80	Donne Woodford	WP		1	Bellville	15-Mar
30.22.25	D Engelbrecht	FS	10-12-86	1	Bloemfontein	15-Mar