

**SOUTH AFRICAN JUNIOR (UNDER 20)
BEST PERFORMANCE LIST**

As at 4 May 2004

Athletes of 19&18 (born in 1985 & 1986)

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

JUNIOR MEN

100 metres

10.64

10.32	0.2	Leigh Julius	EP	25-03-85	1	Bloemfontein	02-Apr
10.53	-1.0	Sybrand van Dyk	GN	19-07-85	1	Pretoria	06-Mar
10.59	1.3	Hannes Dreyer	GN	13-01-85	1r2	Pretoria	10-Mar
10.61	-1.0	Martin Botha	GN		2	Pretoria	06-Mar
10.62	0.2	Jean du Randt	CG	13-12-85	2	Bloemfontein	02-Apr
10.65	-1.0	Brenden Taljaard	GN		3	Pretoria	06-Mar
10.67	0.8	Ruan de Vries	GN	01-02-86	1s1	Germiston	26-Mar
10.67	0.2	Hannes Dreyer	GN	13-01-85	3	Bloemfontein	02-Apr
10.69	0.8	Alex Shivuri	LM	01-01-85	1s2	Germiston	26-Mar
10.76	0.8	Nolan Lottering	EP	20-06-86	2s1	Germiston	26-Mar
10.77	0.8	G Maasdorp	FS		1h2	Sasolburg	12-Mar
10.79	0.8	Nkosinathi Ndiwe	FS		2h2	Sasolburg	12-Mar
10.81	0.0	John-Andrew Kleynhans	GN	07-02-85	4	Potchefstroom	13-Feb
NWI							
10.74		Simisa Mamphego	FS		1	Bloemfontein	06-Feb

200 Metres

21.54

20.44	0.3	Leigh Julius	EP	250385	1	Durban	17-Apr
21.33	0.8	Louis van Zyl	FS	20-07-85	6	Potchefstroom	13-Feb
21.40	0.3	Jean du Randt	CG	13-12-85	2	Bloemfontein	02-Apr
21.58	0.0	Brian Maphanga			2r2	Potchefstroom	13-Feb
21.61	0.8	John-Andrew Kleynhans	GN	07-02-85	1	Pretoria	31-Jan
21.65	0.7	Hannes Dreyer	GN	13-01-85	2r4	Pretoria	10-Mar
21.70	0.3	Alex Shivuri	LM	01-01-85	3	Bloemfontein	02-Apr
21.76	0.8	Wouter le Roux	GN	17-01-86	2	Pretoria	31-Jan
21.76	-0.6	Sybrand van Dyk	GN	19-07-85	1	Pretoria	05-Mar
21.79	1.1	Nolan Lottering	EP	20-06-86	1h2	Germiston	27-Mar
21.84	-0.6	Leslie J van Rensburg	GN	02-02-85	2	Pretoria	05-Mar
21.91	0.3	Joel Nixon	KZ	08-01-86	5	Bloemfontein	02-Apr
21.91	0.3	Sibusiso Sishi	KZ	22-06-85	6	Bloemfontein	02-Apr
NWI							
21.52		Wouter le Roux	GN	17-01-86	1	Pretoria	27-Feb
21.79		Rudolph Germishuys	MP	25-03-86	1s1	Germiston	27-Mar

400 metres

48.04

46.41		LJ van Zyl	FS	20-07-85	2	Pretoria	20-Feb
46.59		Leigh Julius	EP	25-03-85	3	Secunda	06-Feb
46.73		Chris Gebhardt	GN	10-02-85	1	Pretoria	20-Mar
47.57		Wouter le Roux	GN	17-01-86	2	Bloemfontein	02-Apr
47.62		Sydney Mafologela	FS	31-01-85	1	Germiston	26-Mar
47.71		Fanus Botha	CN	16-09-86	2	Germiston	26-Mar

47.87	Kabelo Moeng	GN		2r2	Potchefstroom	13-Feb
47.91	Collen Mathebula	GN		3	Germiston	26-Mar
48.03	Bonolo Maboja	CG	24-08-85	1	Germiston	06-Mar
48.13	Simiso Mamphego	FS		4h3	Germiston	26-Mar
48.17	Sibusiso Sishi	KZ	22-06-85	4	Bloemfontein	02-Apr

800 metres 1 min 50.00 sec

1:47.35	Bonolo Maboja	CG	24-08-85	3	Potchefstroom	13-Feb
1:49.49	Sydney Mafologela	FS	31-01-85	2	Bloemfontein	02-Apr
1:49.72	Samson Ngoepe	LM	28-01-85	9	Pretoria	20-Feb
1:49.89	Bongani Mgemane	FS	27-03-86	3	Bloemfontein	02-Apr
1:49.95	Mthobisi Baloyi	CN	26-02-85	3	Potchefstroom	16-Mar
1:50.70	Chris Gebhardt	GN	10-02-85	10	Potchefstroom	13-Feb
1:52.12	Stefan Grobbelaar	CN	27-08-86	5	Bloemfontein	02-Apr
1:52.30	h/t Isaac Mbuyase	CG	26-09-86	1	Krugersdorp	10-Jan
1:52.60	Elroy Gelant	SW	25-08-86	6	Bloemfontein	02-Apr
1:53.03	Garreth Maarman	BO	19-03-86	1	Stellenbosch	06-Mar
1:53.22	Nathan Beukes	BO	06-02-86	2	Stellenbosch	06-Mar
1:53.66	Paul Scholtz	NW	23-10-86	1	Roodepoort	11-Feb
1:53.81	Michael Denyssen	EP	25-02-85	1	Port Elizabeth	05-Mar

1500 metres 3 min 48.00 sec

3:45.88	Isaac Mbuyase	CG	26-09-86	6	Cape Town	19-Mar
3:47.08	Bonolo Maboja	CG	24-08-85	8	Port Elizabeth	12-Mar
3:49.27	Schalk Roestoff	FS	12-03-85	1	Sasolburg	12-Mar
3:50.28	Samson Ngoepe	LM	28-01-85	2	Bloemfontein	02-Apr
3:50.74	Thabang Mohale	FS	29-11-86	2	Sasolburg	12-Mar
3:51.12	Ronnie Mahlangu	MP	21-10-85	3	Bloemfontein	02-Apr
3:51.62	Elroy Gelant	SW	25-08-86	4	Bloemfontein	02-Apr
3:53.01	Clint Lawrence	WP	19-05-86	1	Bellville	12-Mar
3:55.68	Hans-Jurie Muller	BO	13-07-85	10	Cape Town	19-Mar
3:57.20	ht Cedric Arendse	BO	09-09-85	1	Stellenbosch	05-Mar
3:57.40	ht Nathan Beukes	BO	06-02-86	2	Stellenbosch	05-Mar
3:58.23	Dicardo Jacobs	BO	25-01-86	2	Bellville	12-Mar
3:58.27	Michael Tlhoru	FS	24-02-85	2	Bloemfontein	13-Feb

3000 metres 8min 15 00 sec

8.26.57	Zolani Bhitane	WP	05-10-85	12	Potchefstroom	13-Feb
8.28.09	Seun Moleshioa	MP	27-04-86	10	Secunda	06-Feb
8.31.00	ht Mandla Maseko	GN	12-09-85	6r2	Potchefstroom	13-Feb
8.31.10	ht Siyabonga Nkonde	KZ	13-07-88	1	Durban	28-Feb
8.44.20	Andreas Mamba	KZ	02-02-88	2	Durban	28-Feb

5000 metres 14 min 15 sec

13.59.01	Zolani Bhitane	TK	05-10-85	5	Cape Town	19-Mar
14.36.94	Nkosinoxolo Songqibido	WP	16-10-86	2	Cape Town	14-Feb
14.42.65	Avunkile Ntongana	WP	04-07-85	1	Bloemfontein	03-Apr
14.46.42	Dominique Khoza	CG	16-10-86	2	Bloemfontein	03-Apr
14:49.32	Michael Tlhoru	FS	24-02-85	1	Bloemfontein	27-Feb
14.52.43	Seun Moleshioa	MP	13-10-86	2	Germiston	27-Mar

14:57.80	ht	L Mohale	CG		1	Germiston	26-Feb
15:01.49		Thabang Mohale	FS	29-11-86	2	Bloemfontein	06-Feb
15:07.40		K Sesing	FS		2	Bloemfontein	27-Feb
15:07.90	ht	Ettienne Plaatjies	WP	25-09-86	1	Oudtshoorn	27-Feb
15:23.38		Skhumbuzo Kharitsi	CG	14-03-85	1	Germiston	05-Mar
15:26.53		Roger Davids	WP	04-01-86	2	Bellville	13-Mar

10000 metres

30 min 30 sec

30.03.86		Nkosinoxolo Songqibido	WP	16-10-86	1	Bellville	11-Mar
30.12.66		Avunkile Ntongana	WP	04-07-85	2	Bellville	11-Mar
31.17.64		Roger Davids	WP	04-01-86	3	Bellville	11-Mar
32.08.86		Masibeko Mncedi	WP	03-09-86	4	Bellville	11-Mar
32.11.60		Thanduluntu Magqasa	WP	24-12-85	5	Bellville	11-Mar
32.19.07		Nkululo Zamisa	CG		3	Bloemfontein	02-Apr
32:34.09		Gontse Maoto	GN		4	Bloemfontein	02-Apr
32.42.89		P J van Rensburg	FS		1	Sasolburg	12-Mar
32.47.06		Skhumbuzo Kharitsi	CG	14-03-85	1	Germiston	06-Mar
32.55.06		Thulane Mugamba	CG	27-03-85	2	Germiston	06-Mar
32.59.49		Don Ndlovu	CG		3	Germiston	06-Mar

3000m Steeplechase

9 min 10.00 sec

8:46.87		Mandla Maseko	GN	12-09-85	6	Port Elizabeth	12-Mar
8:52.51		Zolile Bhitane	TR	05-10-85	7	Cape Town	19-Mar
8:56.48		Stephen Mokoka	NW	01-04-85	7	Durban	17-Apr
9.11.06		Jan Mosailane	FS	18-01-86	1	Bloemfontein	23-Feb
9.12.43		Michael Tlhoru	FS	24-02-85	2	Bloemfontein	23-Feb
9.15.62		Skhumbuzo Kharitsi	CG	14-03-85	2	Bloemfontein	03-Apr
9.17.14		Zolani Bhitane	WP	05-10-85	1	Bellville	31-Jan
9.20.92		Godfrey Ramokone	FS		3	Bloemfontein	23-Feb
9.23.48		Dicardo Jacobs	BO	25-01-86	1	Bellville	13-Mar
9.30.66		Steve Nqola	GN		4	Bloemfontein	03-Apr
9.35.91		Masibeko Mncedi	WP	03-09-86	2	Bellville	13-Mar
9.37.08		Heinrich Andrews	WP		3	Bellville	13-Mar

110mHurdles

14.64 sec

14.19	0.4	Ruan de Vries	GN	01-02-86	1	Bloemfontein	02-Apr
14.20	0.4	Leon Fourie	CG	15-01-86	2	Bloemfontein	02-Apr
14.49	0.1	Schalk Pienaar	BO	29-01-85	1	Stellenbosch	05-Mar
14.76	0.4	Brendon Taljaard	GN		3	Bloemfontein	02-Apr
15.26	0.7	Lehann Fourie	GN		1	Germiston	02-Mar
15.27	0.4	Johan Koekemoer	CG	24-12-85	4	Bloemfontein	02-Apr
15.32	0.7	Stefan Steyn	CG		2	Germiston	02-Mar
15.42	1.1	Clarence Axer	VT	24-03-86	2h1	Germiston	26-Mar
15.54	0.4	Wim Scheepers	MP	19-04-86	5	Bloemfontein	02-Apr
15.63	0.7	Freddie Kilian	VT	29-01-86	3	Germiston	02-Mar
15.71	0.3	Petrus Combrinck	FS		1	Sasolburg	12-Mar
15.81	-0.2	Rudi Ruthven	CG	24-06-85	3	Germiston	06-Mar
Wind							
15.04	2.6	Pieter Bezuidenhout	MP	01-01-85	2h2	Germiston	26-Mar
15.51	2.6	Wim Scheepers	MP	19-04-86	3h2	Germiston	26-Mar

15.59	2.6	Wiseman Masuku	KZ	19-02-86	4h2	Germiston	26-Mar
NWI							
14.87		Cameron Maritz	CG		2	Roodepoort	11-Feb
15.36		Pieter Bezuidenhout	MP	01-01-85	3	Germiston	26-Mar
15.47		Wiseman Masuku	KZ	19-02-86	4	Germiston	26-Mar
15.55		Wim Scheepers	MP	19-04-86	5	Germiston	26-Mar

400m Hurdles

52.94 sec

49.45		Wouter le Roux	GN	17-01-86	3	Pretoria	20-Feb
49.71		LJ van Zyl	FS	20-07-85	4	Durban	17-Apr
52.55		Jeremy Julies	WP	06-06-86	2	Germiston	27-Mar
52.76		Vian Louw	GN	18-06-86	3	Bloemfontein	03-Apr
52.78		Frikkie Botha	GN	21-03-85	4	Bloemfontein	03-Apr
53.95		Fanus Botha	CN	16-09-86	3	Germiston	27-Mar
54.54		Johann Hanekom	BO	03-12-86	1	Stellenbosch	09-Jan
54.89		Wessel Oosthuizen	VT	11-07-86	1	Germiston	02-Mar
54.93		Adriaan Jacobs	FS		4	Germiston	27-Mar
55.11		Cameron Maritz	CG		2	Roodepoort	11-Feb
55.51		Naledi Mitane	VT	14-05-86	6	Bloemfontein	03-Apr
56.21		Leon Smit	GN		2	Germiston	02-Mar
56.22		Johan Koekemoer	CG		1	Germiston	06-Mar

High Jump

2.15m

2.20		Ramsay Carelse	WP	30-10-85	1	Durban	17-Apr
2.15		Fanie J van Rensburg	FS	03-02-86	1	Maputo	29-Apr
2.05		Wilmar Visagie	BO	27-07-86	3	Bloemfontein	03-Apr
2.04		Robern Pass	WP	22-03-86	3	Germiston	26-Mar
2.03		Leendert Haasbroek	GN	28-05-86	1	Bronkhorstspuit	20-Feb
2.00		Kenneth Jooste	FS	13-01-86	2	Bethlehem	05-Mar
2.00		Tinus de Bruin	NW	07-02-86	4	Bloemfontein	03-Apr
1.95		Marius de Beer	MP	12-02-85		Pretoria	20-Feb
1.95		Marx Gertenbach	FS		1	Bloemfontein	21-Jan
1.95		Leon Fourie	CG	06-01-86	1	Roodepoort	11-Feb
1.95		Marnus Truter	GN		1	Pretoria	27-Feb
1.95		J Pretorius	GN		1	Pretoria	28-Feb
1.95		Freddie Kilian	VT	29-01-86	1	Germiston	02-Mar
1.95		Rudi Ruthven	CG	24-06-85	5	Bloemfontein	03-Apr
1.95		Robin Rheeder	EP	29-04-85	6	Bloemfontein	03-Apr

Pole Vault

5.10m

4.90		Brent Howell	WP	23-06-86	1	Bloemfontein	03-Apr
4.50		Petri Nienaber	GN	27-02-85	3	Pretoria	10-Mar
4.20		Herman van der Watt	FS	28-04-86	2	Bloemfontein	03-Apr
4.10		Waldo van Niekerk	EP	21-02-85	3	Bloemfontein	03-Apr
4.00		Clive Wessels	FS	26-07-86	1	Bloemfontein	04-Mar
4.00		George Terreblanche	FS	06-01-86	5	Bloemfontein	03-Apr

Long Jump

7.55m

7.95	-0.1	Khotso Mokoena	VT	06-03-85	1	Cape Town	19-Mar
7.68	-0.7	Regan Julius	BO	15-04-86	1	Paarl	03-Mar

7.61	1.0	Pieter Smit	VT	23-03-86	1	Germiston	26-Mar
7.53	-0.3	Alrico Farmer	BO	05-02-85	1	Paarl	07-Feb
7.34	1.0	Jan-Louis Snyman	CG	01-03-86	2*	Germiston	26-Mar
7.31	1.4	Gladstone Shabangu	LIM		3	Germiston	26-Mar
7.29	1.5	Simeon Mars	WP	01-03-85	6	Durban	16-Apr
7.14	1.2	Jody van Niekerk	LIM		4	Germiston	26-Mar
7.07	0.6	Guillaume Barret	NW	30-09-86	5	Germiston	26-Mar
7.02	-0.6	Aubrey Sithole	GN		4	Pretoria	20-Mar
6.95	-0.2	Walter Botha	CN		10	Pretoria	20-Feb
6.95	1.7	Leander Walters	FS		6	Germiston	26-Mar
Wind							
7.55	2.9	Jan-Louis Snyman	CG	01-03-86	2	Germiston	26-Mar
14.69	0.4	Charles le Roux	MP	08-05-85	7	Durban	17-Apr
NWI							
7.08		Reinard Botha	GN		1	Pretoria	27-Feb
7.06		Daniel Gibhart	CN	13-06-86	2	Germiston	02-Mar
6.95		Adewale Adejumo	KZ	11-03-85	1	Durban	28-Feb

Triple Jump

15.50m

16.96	1.7	Khotso Mokoena	VT	06-03-85	1	Bloemfontein	03-Apr
15.80	0.4	Simeon Mars	WP	01-03-85	2	Pretoria	20-Feb
14.64	0.4	Charles le Roux	MP	08-05-85	7	Durban	17-Apr
14.60	1.0	Philip Els	GP		1	Germiston	27-Mar
14.50	1.0	Kgopolo Makgate	CG		3	Bloemfontein	03-Apr
14.44	-1.2	Robern Pass	WP	22-03-86	2	Germiston	27-Mar
14.14	0.0	Giovanni Jacobs	WP	16-10-86	4	Germiston	27-Mar
14.10	1.3	Leander Walters	FS		5	Germiston	27-Mar
14.00	1.1	Gladstone Shabangu	LIM		6	Germiston	27-Mar
13.94	-0.2	Ben Cilliers	CG		7	Germiston	27-Mar
13.74	0.5	Wilmar Visagie	BO	27-07-86	1	Stellenbosch	05-Mar
13.74	0.3	Jody van Niekerk	LIM		8	Germiston	27-Mar

Shot

6kg

17.90m

18.36		Kosie Barnard	MP	10-01-85	1	Piet Retief	14-Feb
17.91		Daniel Meiring	GN	27-09-85	1	Germiston	26-Mar
17.48		Stefan Reinecke	MP	07-02-86	2	Bethal	04-Feb
17.44		Ross Jordaan	BO	29-01-85	2	Bloemfontein	02-Apr
17.24		Donovan Snyman	GN	30-05-86	3	Bloemfontein	02-Apr
17.06		Danie Bezuidenhout	GN	25-02-85	4	Bloemfontein	02-Apr
16.85		Gareth Brown	KZ	07-02-85	5	Bloemfontein	02-Apr
16.12		Barend J van Vuuren	GN	08-09-86	2	Roodepoort	11-Feb
15.99		Francois Slabbert	MP	03-05-85	7	Bloemfontein	02-Apr
15.42		James Sinclair	MP	02-06-86	6	Germiston	26-Mar
15.39		Van Zyl Ackerman	CN	26-02-86	7	Germiston	26-Mar
15.37		Fanie le Roux	CG	23-02-86	3	Roodepoort	20-Feb

7.26kg

14.15		Ross Jordaan	BO	29-01-85	4	Cape Town	19-Mar
-------	--	--------------	----	----------	---	-----------	--------

Discus

1.75kg

56.00m

55.05		Donovan Snyman	GN	30-05-86	1	Germiston	27-Mar
-------	--	----------------	----	----------	---	-----------	--------

52.94	Uwe Sauer	VT	23-01-86	2	Bloemfontein	03-Apr
51.43	Stefan Reinecke	MP	07-02-86	3	Bloemfontein	03-Apr
50.23	James Sinclair	MP	02-06-86	4	Bloemfontein	03-Apr
50.08	Gerrit Badenhorst	FS	06-11-85	4	Germiston	27-Mar
49.90	Marius Bester	CN	25-05-85	5	Bloemfontein	03-Apr
48.56	Francois Slabbert	MP	03-05-85	7	Bloemfontein	03-Apr
48.45	Conrad Terblanche	SW	01-07-86	1	Oudtshoorn	27-Feb
46.28	Fanie le Roux	CG	23-02-86	1	Roodepoort	20-Feb
45.92	Pieter Badenhorst	FS	04-09-85	8	Bloemfontein	03-Apr
45.81	Barend J van Vuuren	GN	08-09-86	2	Roodepoort	11-Feb
44.78	Daniel Meiring	GN	27-09-85	2	Roodepoort	20-Feb
43.77	Ross Jordaan	BO	29-01-85	1	Cape Town	14-Feb

Hammer 6kg 67.50m

59.37	Jaco Bruwer	BO	16-05-86	1	Germiston	27-Mar
55.56	Charl Bekker	EP	04-02-86	1	Port Elizabeth	17-Jan
51.92	Meyer Conradie	CN	22-02-85	3	Germiston	27-Mar
51.26	Marthinus de Wet	SW	20-01-86	4	Germiston	27-Mar
51.06	Gerrit Thirion	FS	12-04-86	3	Bloemfontein	03-Apr
46.97	Bertus Furstenburg	CG	15-01-86	6	Germiston	27-Mar
42.80	Estiaan Boshoff	SW	26-05-86	2	Oudtshoorn	27-Feb
42.23	Andre Wessels	FS		1	Bloemfontein	19-Feb
37.82	Anton van der Merwe	NW		1	Potchefstroom	27-Jan
35.89	E Minnaar	FS		3	Sasolburg	12-Mar
35.68	P Jordaan	BO		3	Stellenbosch	05-Mar

7.26kg

46.18	Jacobus Kruger	WP	15-04-87	3	Cape Town	19-Mar
42.47	Bertus Furstenburg	CG	15-01-86	5	Pretoria	31-Jan

Javelin 800g 66.50m

69.72	Raldu Potgieter	SW	03-04-86	1	Oudtshoorn	27-Feb
69.44	Lohan Rautenbach	CN	06-02-86	1	Bloemfontein	03-Apr
65.43	Rohan Vermeulen	GN	11-03-85	Q	Bloemfontein	03-Apr
65.00	Dewald Nel	MP	10-01-86	2	Germiston	26-Mar
63.24	Jaco Nel	FS	22-09-86	1	Bloemfontein	13-Feb
63.12	Andrew Grant-Smith	WP	02-04-86	4	Bloemfontein	03-Apr
61.06	Andre Roberts	GN		1	Pretoria	05-Mar
60.34	Heyns Engelbrecht	NW	04-04-86	5	Germiston	26-Mar
60.25	Stephan du Toit	CN	12-01-86	6	Bloemfontein	03-Apr
60.21	Neville Lotz	CN	07-04-85	7	Bloemfontein	03-Apr
58.94	Glen Kruger	GN		1	Germiston	02-Mar
58.73	Marthinus Oosthuizen	GN	24-01-85	3	Pretoria	05-Mar
58.60	Matthew Dobson	KZ	*****86	1	Pretoria (Men)	07-Feb

Decathlon

5 386	Tinus de Bruin	NW	070286	8	Durban	16/17 Apr
-------	----------------	----	--------	---	--------	-----------

4x100m

41.53	Gauteng Schools	GP		1	Germiston	26-Mar
41.54	Gauteng North	GN		1	Bloemfontein	03-Apr

41.83	Eastern Cape Schools	EC		2	Germiston	26-Mar
41.89	Limpopo Schools	LIM		3	Germiston	26-Mar
42.06	Eastern Province	EP		2	Bloemfontein	03-Apr
42.21	Free State Schools	FS		4	Germiston	26-Mar

4x400m

3:10.85	Free State	FS		1	Bloemfontein	03-Apr
3:11.50	Gauteng North	GN		2	Bloemfontein	03-Apr
3:12.32	Central Gauteng	CG		3	Bloemfontein	03-Apr

5000m Walk

22:56.33	Jacobus van Dyk	CN	21-06-85	1	Potchefstroom	16-Mar
29:43.50	ht Theo Potgieter	SW	02-05-86	1	Oudtshoorn	27-Feb
25:39.61	Flip van Niekerk	CN		3	Potchefstroom	16-Mar

10000m Walk

44 min 05.00 sec

44:06.36	Thinus Esterhuizen	WP	18-12-85	1	Cape Town	13-Feb
49:06.00	Petri du Toit	EP	14-12-86	1	Port Elizabeth	06-Mar
49:30.14	Pierre de Villiers	CG	18-08-85	2	Bloemfontein	03-Apr
49:52.95	Jacobus van Dyk	CN	21-06-85	3	Bloemfontein	03-Apr
50:17.60	Johannes (JC) Visser	BO	25-07-85	1	Stellenbosch	05-Mar
50:37.00	Francois Myburgh	EP	27-07-86	2	Port Elizabeth	06-Mar
50:49.76	Christiaan Wilson	FS	21-04-86	1	Germiston	27-Mar
51:52.34	Nico Vorster	WP	26-10-87	1	Bellville	13-Mar
52:16.87	Gillis du Toit	CN	11-08-86	5	Bloemfontein	03-Apr
52:22.67	Nick Forbes	WP	04-12-46	5	Cape Town	13-Feb
52:30.15	D Seekoei	FS		1	Sasolburg	12-Mar
52:58.10	Florico Fielies	BO	21-11-86	2	Stellenbosch	05-Mar

20km Walk

01:37:53	SAR	Thinus Esterhuizen	WP	18-12-85		Youngsfield	31-Jan
-----------------	------------	--------------------	----	----------	--	-------------	--------

JUNIOR WOMEN

Athletes 19 and 18 years 1985 & 1986)

100 metres

11.94 sec

11.85	0.5	Cindy Stewart	WP	14-11-85	1	Bloemfontein	02-Apr
12.06	0.5	Melissa le Roux	CG	08-02-85	2	Bloemfontein	02-Apr
12.17	0.5	Marguerite Venter	MP	20-11-86	3	Bloemfontein	02-Apr
12.18	0.5	Thandi Mngwevu	CG	28-05-86	4	Bloemfontein	02-Apr
12.28	0.1	Elke Coetzee	CG		1h1	Germiston	26-Mar
12.32	0.5	Ilanie Kruger	CG	16-02-85	5	Bloemfontein	02-Apr
12.42	-1.0	Corlia Swart	GN	26-05-86	1	Pretoria	06-Mar
12.44	0.5	Lindi van Dyk	GN	11-03-86	6	Bloemfontein	02-Apr
12.50	-2.2	Corne van der Merwe	MP	02-05-86	3h1	Bloemfontein	02-Apr
12.51	1.0	Christine Ras	CG	04-02-86	2h2	Germiston	26-Mar
12.54	-3.0	Tyla Smit	KZ	13-03-86	4h2	Bloemfontein	02-Apr
12.59	-2.2	Leigh Koen	EP	01-05-85	4h1	Bloemfontein	02-Apr
12.60	-0.5	Chantelle Terblanche	WP	10-07-85	2	Bellville	12-Mar
12.60	0.5	Karlien Clasen	EP	19-03-86	8	Bloemfontein	02-Apr

12.60	-2.2	Drené du Plessis	SW	23-12-86	5h1	Bloemfontein	02-Apr
Wind							
12.29	4.0	Lindi van Dyk	GN	11-03-86	2h3	Bloemfontein	02-Apr
12.41	4.0	Karlién Clasen	EP	19-03-86	3h3	Bloemfontein	02-Apr
12.47	4.0	Gerda van der Walt	NW	12-08-86	4h3	Bloemfontein	02-Apr
12.49	4.0	Tasquane Hufkie	EP	26-10-85	5h3	Bloemfontein	02-Apr
NWI							
12.20		Elke Coetzee	CG		1	Germiston	26-Mar
12.30		Corlia Swart	GN	26-05-86	3	Germiston	26-Mar
12.51		Amanda Kotze	CG	26-02-86	2	Germiston	05-Mar

200 metres

24.44 sec

24.08	0.2	Amanda Kotze	CG	26-02-86	1	Bloemfontein	03-Apr
24.39	0.2	Gaileen vd Westhuizen	EP	14-05-86	2	Bloemfontein	03-Apr
24.90	1.0	Marguerite Venter	MP	20-11-86	1r2	Potchefstroom	13-Feb
24.93	0.2	Melissa le Roux	CG	08-02-85	3	Bloemfontein	03-Apr
24.99	-0.8	Christine Ras	CG	02-04-86	3	Germiston	27-Mar
25.10	-0.8	Corlia Swart	GN	26-05-86	4	Germiston	27-Mar
25.31	0.0	Thandi Mgwevu	CG	28-05-86	3r2	Potchefstroom	13-Feb
25.42	-0.8	Elke Coetzee	CG		5	Germiston	27-Mar
25.59	0.0	Justine Robbeson	CG	15-05-85	5r2	Potchefstroom	13-Feb
25.60	0.2	Ilanie Kruger	CG	16-02-85	6	Bloemfontein	03-Apr
25.62	1.3	Rone Reynecke	CN	26-02-86	2	Germiston	02-Mar
25.66	0.2	Gerda van der Walt	NW	12-08-86	7	Bloemfontein	03-Apr

400 metres

54.64 sec

54.59		Amanda Kotze	CG	26-02-86	2	Germiston	20-Mar
55.73		Lizelle Pretorius	CN	07-06-85	1	Potchefstroom	16-Mar
55.81		Gaileen vd Westhuizen	EP	14-05-86	1h1	Bloemfontein	03-Apr
56.00		Tihanna Vorster	BO	26-03-85	4	Bloemfontein	03-Apr
56.22		Rone Reynecke	CN	26-02-86	2	Germiston	26-Mar
56.46		Claudia York	GN	04-08-85	1	Pretoria	06-Mar
56.83		Rae-Dawn Sandilands	NW	25-04-86	3	Germiston	26-Mar
57.18		Janet Wienand	CN	15-05-85	2r2	Potchefstroom	13-Feb
57.34		Lorraine van der Schyff	SW	19-03-86	4	Germiston	26-Mar
57.57		Rozanne vd Westhuizen	CG	24-04-86	1	Roodepoort	13-Feb
57.62		Jacoba Theunissen	GN		2	Pretoria	06-Mar
57.67		Licinda Liebenberg	CG	27-06-86	1	Germiston	02-Mar
Hand							
57.2	ht	Linda van den Biggelaar	CG	15-06-86	1	Germiston	26-Feb

800 metres

2 min 08.00 sec

2:06.80		Chanelle Olivier	CG	15-09-86	3	Secunda	06-Feb
2:06.92		Claudia York	GN	04-08-85	3	Port Elizabeth	12-Mar
2:08.51		Rozanne vd Westhuizen	CG	24-04-86	8	Durban	17-Apr
2:11.53		Mapaseka Makhanya	CG	09-04-85	9	Pretoria	20-Feb
2:12.50		Lizelle Pretorius	CN	07-06-85	3	Bloemfontein	03-Apr
2:12.63		Roné Reynecke	CN	26-02-86	4	Bloemfontein	03-Apr
2:14.49		Lynelle Coetzee	CG	26-07-85	5	Bloemfontein	03-Apr
2:15.77		Linda van den Biggelaar	CG	15-06-86	3	Germiston	02-Mar

2:16.40	ht	Evelyn Julius	BO		1	Paarl	07-Feb
2:16.90		Erika van Zyl	FS		6	Bloemfontein	03-Apr

1500 metres

4 min 25.00 sec

4:22.40		Nicolene van Rooyen	CG	09-08-85	1	Durban	17-Apr
4:25.04		Chanelle Olivier	CG	15-09-86	4	Potchefstroom	13-Feb
4:29.76		Este de Jager	FS	21-09-85	7	Potchefstroom	13-Feb
4:23.90		Christine Kalmer	CG	10-02-86	5	Durban	17-Apr
4:36.24		Mapaseka Makhanya	CG	09-04-85	3	Bloemfontein	02-Apr
4.40.53		Annah Moeketsi	FS	25-09-85	2	Germiston	26-Mar
4.41.03		Erika van Zyl	FS		1	Sasolburg	12-Mar
4:41.62		Leandre van Dyk	GN	13-10-86	3	Germiston	26-Mar
4:42.51		Simangele Mabuza	CG		17	Potchefstroom	13-Feb
4:44.19		Lynelle Coetzee	CG	26-07-85	5	Bloemfontein	02-Apr
4:45.0		Nolene Conrad	WP	26-07-85	1	Parow	03-Feb
4:46.97		Zintle Xiniwe	WP	23-10-86	1	Bellville	12-Mar

3000m

9 min 30.00 sec

09:41.82		Nicolene van Rooyen	CG	09-03-85	1	Bloemfontein	02-Apr
09:46.62		Chanelle Olivier	CG	15-09-86	8	Pretoria	20-Feb
09:49.42		Christine Kalmer	CG	10-02-86	2	Bloemfontein	02-Apr
09:55.10		Marelise Retief	GN	22-11-85	11	Pretoria	20-Feb
09:56.10		Esté de Jager	FS	21-09-85	9	Secunda	06-Feb
10.00.12		Christine Kalmer	CG	10-02-86	13	Pretoria	20-Feb
10.10.73		Zintle Xiniwe	WP	23-10-86	3	Bloemfontein	02-Apr
10.19.69		Rochelle Moses	CG	08-12-86	4	Bloemfontein	02-Apr
10.32.84		Leandre van Dyk	GN	13-10-86	2	Pretoria	05-Mar
10.40.21		Sibongile Gwala	GN		3	Pretoria	05-Mar

5000 metres

16 min 30.00 sec

16.33.35		Irvette van Blerk	CG	05-07-87	4	Durban	16-Apr
16.50.47		Christine Kalmer	CG	10-02-86	5	Durban	16-Apr
17.07.66		Zintle Xiniwe	WP	23-10-86	1	Bloemfontein	03-Apr
17.36.82		Masello Moekoa	FS	05-09-88	2	Bloemfontein	03-Apr
17:36.87		Rochelle Moses	CG	08-12-86	3	Bloemfontein	03-Apr
17.49.44		Marelise Retief	GN	22-11-85	2	Pretoria	10-Mar
17.54.57		Maricia Krige	CN	25-09-85	4	Bloemfontein	03-Apr
18.17.19		Mpho Mphelane	CG		5	Bloemfontein	03-Apr
18:27.55		Alae Brand	WP	10-08-85	2	Bellville	13-Mar
18:39.83		Sibongile Gwala	GN	24-06-84	6	Bloemfontein	03-Apr
19.13.07		Thelelile Selela	CG	05-10-88	3	Germiston	06-Mar

10000 metres

34.19.94		Irvette van Blerk	CG	05-07-87	2	Durban	17-Apr
----------	--	-------------------	----	----------	---	--------	--------

3000m Steeplec

11 min 45.00 sec

10.35.17		Masello Moekoa	FS	05-09-88	2	Durban	17-Apr
11.02.38		Nolene Conrad	WP	26-07-85	5	Durban	17-Apr
11.22.75		Abongile Lerotholi	FS	06-07-89	2	Bloemfontein	23-Feb
11.27.00	ht	Annah Moeketsi	FS	25-09-85	2	Bloemfontein	04-Mar

11.35.98		Mapaseka Makhanya	CG	09-04-85	2	Bloemfontein	03-Apr
11.38.56		Molerato Segotso	CG	25-05-85	3	Bloemfontein	03-Apr
12.38.90		Izelle van Antwerp	CN	07-06-87	5	Bloemfontein	03-Apr

2000m Steeplechase

7.25.91		Nolene Conrad	WP	26-07-85	1	Bellville	11-Mar
7.37.36		Mapaseka Makhanya	CG	09-04-85	1	Germiston	05-Mar
7.41.33		Nicole Conrad	WP		2	Bellville	11-Mar
7.51.18		Molerato Segotso	CG	25-05-85	2	Germiston	05-Mar
7.47.82		Hannelie Pekeur	WP		3	Bellville	11-Mar
8.00.30		Janine Witbooi	WP		4	Bellville	11-Mar
8.05.93		Yolandi September	WP		5	Bellville	11-Mar
8.32.01		Nadine Rottier	WP		6	Bellville	11-Mar
8.35.90	ht	Bongwiwe Ndebele	KZ	05-06-86	1	Durban	28-Feb

100m Hurdles

14.14 sec

(84 cm)

13.86	0.9	Justine Robbeson	CN	15-05-85	2hp	Durban	16-Apr
14.05	1.9	Jackie Kriel	FS	27-08-86	1	Bloemfontein	02-Apr
14.24	1.9	Christine Ras	CG	04-02-86	2	Bloemfontein	02-Apr
14.48	1.9	René van der Merwe	LIM	15-06-86	3	Bloemfontein	02-Apr
14.80	1.9	Sandra Howard	CG	18-04-86	4	Bloemfontein	02-Apr
14.81	1.9	Arline Muller	CG	03-12-86	5	Bloemfontein	02-Apr
14.93	0.3	Licinda Liebenberg	CG	27-06-86	7	Pretoria	20-Feb
15.09	1.9	Mariska Meintjies	VT		6	Bloemfontein	02-Apr
15.41	1.9	Edna Engelbrecht	GN		7	Bloemfontein	02-Apr
15.67	1.9	Bernice Bierman	MP	01-04-86	8	Bloemfontein	02-Apr
15.79	1.8	Simoné Cronje	NW	07-02-86	5	Germiston	26-Mar
NWI							
14.58		Arline Muller	CG	03-12-86	1	Germiston	06-Mar
Wind							
14.79	2.2	Arline Muller	CG	03-12-86	1	Germiston	02-Mar

400mH

60.04 sec

(76.2cm)

59.95		Janet Wienand	CN	150585	1h1	Cape Town	24-Apr
60.24		Chantelle Terblanche	WP	10-07-85	5	Durban	17-Apr
60.25		Licinda Liebenberg	CG	27-06-86	1	Pretoria	20-Feb
60.93		Jackie Kriel	FS	27-08-86	4	Bloemfontein	03-Apr
61.06		Rae-Dawn Sandilands	NW	25-04-86	7	Durban	17-Apr
61.17		Ilna Kruidenier	MP	19-01-86	2	Germiston	27-Mar
61.22		Catherine Hustler	EP	20-03-86	3	Germiston	27-Mar
62.53		Monique Theron	BO	16-04-86	5	Germiston	27-Mar
62.96		Jeanette Odendaal	MP	22-12-86	1h2	Standerton	20-Feb
63.79		Bonnie Ras	GN	16-12-86	2	Pretoria	27-Feb
63.80		Kim de Wit	BO	26-10-86	6	Germiston	27-Mar

High Jump

1.82m

1.82		Anika Smit	NW	26-05-86	1	Bloemfontein	03-Apr
1.77		René van der Merwe	LM	15-06-86	1	Centurion	20-Feb
1.73		Marinda Bruwer	GN	24-06-86	2	Germiston	27-Mar
1.73		Louise Dreyer	GN	26-05-86	3	Germiston	27-Mar

1.73		Justine Robbeson	CG	15-05-85	1hp	Bloemfontein	03-Apr
1.70		Tanya Joubert	NW	04-07-86	2	Roodepoort	11-Feb
1.70		Elsje Human	GN	04-03-85	1	Pretoria	28-Feb
1.67		Karlien Wessels	BO	02-05-85	1	Stellenbosch	21-Feb
1.65		Tanya Jantzen	GN	15-07-86	7	Pretoria	20-Feb
1.75		Marne van der Burgh	BO	03-01-86	2	Bloemfontein	03-Apr
1.65		Laetitia de Beer	MP	02-02-86	5	Bloemfontein	03-Apr
1.61		Lourene van Tonder	FS	06-06-86	1	Bloemfontein	06-Feb

Pole Vault

3.90m

3.70		Marne van der Burgh	BO	03-01-86	4	Durban	16-Apr
3.40		Anel Jansen	EP	24-10-86	2	Bloemfontein	02-Apr
3.10		Amor Adendorff	EP	20-09-86	3	Bloemfontein	02-Apr
3.00		Lisa Laubscher	BO	28-05-86	2	Germiston	26-Mar
3.00		Annemarie Bekker	FS	08-03-85	4	Bloemfontein	02-Apr
3.00		Helen-Joan Lombard	FS	15-05-85	4	Bloemfontein	02-Apr
2.50		Lianda Kramer	FS	13-09-86	4	Germiston	26-Mar

Long Jump

6.15m

*best legal jump

5.95	1.2	Justine Robbeson	CN	15-05-85	1hp	Bloemfontein	03-Apr
5.84	0.1	Lindi van Dyk	GN	11-03-86	1	Bloemfontein	02-Apr
5.80	1.1	Mariaan Booyesen	CG	20-06-86	2	Bloemfontein	02-Apr
5.57	0.2	Julie Bouwer	LIM	26-05-86	2	Germiston	27-Mar
5.53	-0.3	Charne Nel	CN	26-01-86	3	Germiston	27-Mar
5.46	-0.2	Marelize Cornelissen	WP	24-09-86	4	Germiston	27-Mar
5.45	-0.9	Janine Smith	CG		1	Krugersdorp	14-Feb
5.44	0.4	Martell Schoeman	EP	29-01-86	5	Germiston	27-Mar
NWI							
5.63		Sandra Howard	CG	18-04-86	1	Germiston	06-Mar
5.54		Taelia Burkett	CG	26-06-86	1	Kermpton Park	17-Feb
5.54		Sandra Howard	CG	18-04-86	1	Germiston	02-Mar
5.65		Charne Nel	CN	26-01-86	3	Bloemfontein	02-Apr
5.45		Anika Smit	NW	26-05-86	2	Germiston	02-Mar
5.43		E Burger	GN		1	Roodepoort	20-Feb

Wind

6.13	4.9	Justine Robbeson	CN	15-05-85	2hp	Durban	17-Apr
5.87	5.1	Mariaan Booyesen	CG	20-06-86	1	Roodepoort	11-Feb
5.66	3.5	Marilize Cornelissen	WP	24-09-86	1	Bellville	13-Mar

Triple Jump

12.90m

* - best legal jump

12.30	0.5	Arline Muller	CG	03-12-86	1	Bloemfontein	03-Apr
12.10	1.7	Charlene Henning	FS	22-09-85	3	Durban	17-Apr
12.06	0.4	Martell Schoeman	EP	29-01-86	2	Bloemfontein	03-Apr
11.83	1.7	Carla Marais	VT	10-12-87	1	Bloemfontein	03-Apr
11.81	0.1	Charne Nel	CN	26-01-86	*6	Durban	17-Apr
11.68	0.4	Christi de Jager	CG	10-01-86	1	Florida	27-Jan
11.58	2.0	Daret Kriel	FS		4	Germiston	26-Mar
11.42	*0.2	Mariaan Booyesen	CG	20-06-86	2	Roodepoort	11-Feb
11.11	0.7	Sinovia Morris	FS		6	Germiston	26-Mar
11.04	*0.0	Hanri van der Watt	CG		4	Roodepoort	11-Feb

Wind							
12.06	2.1	Charne Nel	CN	26-01-86	2	Germiston	26-Mar
11.33	2.2	Sinovia Morris	FS		6	Germiston	26-Mar
NWI							
11.46		Mariaan Booyesen	CG	20-06-86	2	Germiston	02-Mar
11.22		Hanri van der Watt	CG		1	Kempton Park	17-Feb
Shot (4kg) 14.50m							
13.14		Magdel Venter	MP	01-10-85	1	Bloemfontein	18-Feb
13.10		Bianca van Rooyen	CG		1	Germiston	26-Mar
12.95		Anelda Smith	CN	07-08-86	2	Germiston	26-Mar
12.27		Justine Robbeson	CG	15-05-85	2hp	Durban	16-Apr
12.16		Karin Snyman	GN		3	Bloemfontein	02-Apr
12.00		Amanda Mynhardt	CN	09-01-86	3	Bloemfontein	02-Apr
11.11		G Leon	BO		1	Stellenbosch	05-Mar
11.04		Chrizelda Young	SW		3	Germiston	26-Mar
Discus (1kg) 47.00m							
48.17		Magdel Venter	FS	01-10-85	2	Cape Town	19-Mar
42.60		Amanda Mynhardt	CN	09-01-86	2	Bloemfontein	03-Apr
41.98		Anelda Smith	CN	07-08-86	3	Bloemfontein	03-Apr
36.50		Simoné van Heerden	GN		1	Roodepoort	14-Feb
36.19		Tineke van Zyl	WP		8	Cape Town	19-Mar
35.97		Tanya Weyers	CN	12-03-85	1	Potchefstroom	11-Feb
30.49		Karin Snyman	GN		4	Bloemfontein	03-Apr
Hammer (4kg) 56.00m							
46.03		Tanya Weyers	CN	12-03-85	1	Bloemfontein	02-Apr
41.80		Karin Muller	FS	13-01-86	1	Sasolburg	13-Mar
41.05		Anje Crocker	BO	25-11-85	2	Bloemfontein	02-Apr
38.38		Suzaan Fourie	EP	19-03-85	1	Port Elizabeth	05-Mar
32.12		Margaretha Cloete	BO		2	Stellenbosch	06-Mar
29.48		Jolandi Groenewald	WP		2	Oudtshoorn	31-Jan
28.88		M Schreuder	BO		3	Stellenbosch	06-Mar
28.66		Natasja du Preez	FS		5	Bloemfontein	02-Apr
25.41		Vicky Wagenaar	CG		1	Germiston	05-Mar
Javelin (600g) 49.50m							
50.80		Justine Robbeson	CG	15-05-85	1hp	Bloemfontein	03-Apr
48.53		Elizna Labuschagne	CN	17-06-85	2	Potchefstroom	16-Mar
45.32		Ananda van Schalkwyk	FS	08-04-86	1	Bloemfontein	13-Feb
44.40		Riatha Jacobs	SW	09-05-86	2	Bloemfontein	02-Apr
43.60		Linda Smit	FS	15-08-85	2	Potchefstroom	24-Jan
41.95		Mart-Mari Archer	FS	12-05-85	4	Bloemfontein	02-Apr
41.74		Odette Olivier	BO	08-09-86	1	Stellenbosch	06-Mar
41.67		Rihanna Steenkamp	BO	07-07-80	1	Stellenbosch	21-Feb
41.67		Abigail Erasmus	BO	18-09-86	3	Germiston	27-Mar
41.24		Liesel van Tonder	KZ		4	Germiston	27-Mar
39.54		Chantelle van der Berg	GP		5	Germiston	27-Mar
37.74		Tarien Venter	MP	25-07-86	8	Bloemfontein	02-Apr

Heptathlon**5 275 pts**

5 721	Justine Robbeson	CG	15-05-85	2	Durban	16/17 Apr
4 154						
3 450	Marinda Bruwer	GN	24-06-86	2	Bloemfontein	2/3 Apr
	Christelle Conradie	GN		2	Pretoria	5/6 Mar

4x100

48.12	Gauteng Schools			1	Germiston	27-Mar
48.80	Estern Cape Schools			2	Germiston	27-Mar
49.07	Eastern Province			1	Bloemfontein	03-Apr
49.42	Free State			2	Bloemfontein	03-Apr
49.59	Boland			3	Bloemfontein	03-Apr
49.68	Free State Schools			3	Germiston	27-Mar
49.91	Mpumalanga Schools			3h1	Germiston	27-Mar
50.20	NWN			4	Bloemfontein	03-Apr
50.52	Mpumalanga			5	Bloemfontein	03-Apr

4x400

3.53.10	Gauteng Schools			1	Germiston	27-Mar
3.56.22	Gauteng B Schools			2	Germiston	27-Mar
3.59.38	Free State Schools			3	Germiston	27-Mar
3.47.37	Central Gauteng			1	Bloemfontein	03-Apr
4.01.62	Eastern Province			2	Bloemfontein	03-Apr

5000m Walk

25.57.02	Handrie Botha	CN	25-02-86	1	Potchefstroom	16-Mar
27.41.17	Suzana Erasmus	CN	28-09-85	2	Potchefstroom	16-Mar
30:39.19	Jenifer Peterson	EP	02-03-86	1	Port Elizabeth	27-Jan

10000m Walk**50min 55.00 sec**

55.37.70 ht	Ruzanne Harris	BO	29-01-85	1	Stellenbosch	05-Mar
55.38.30	Liza Jacobs	FS	07-01-85	1	Sasolburg	12-Mar
53.32.35	Handrie Botha	CN	25-02-86	1	Bloemfontein	02-Apr
59.49.90	Jenifer Peterson	EP	02-03-86	2	Germiston	26-Mar
55.22.72	Suzana Erasmus	CN	28-09-85	2	Bloemfontein	02-Apr
1h 01:58.23	Annemi Wolmarans	EP	13-04-86	6	Bloemfontein	02-Apr
1h 03 49.36	D Engelbrecht	FS		2	Sasolburg	12-Mar
1h 04:03.5 ht	S Lesch	BO		2	Stellenbosch	05-Mar
1h 04:29.35	Donne Woodford	WP	15-10-86	5	Germiston	26-Mar
1h 05:05.37	M Tladi	FS		3	Sasolburg	12-Mar
1h 05:12.70	Debbie Engelbrecht	FS		6	Germiston	26-Mar

20km Walk

02:13:51	Donne Woodford	WP	15-10-86	7	Youngsfield	31-Jan
----------	----------------	----	----------	---	-------------	--------

ENDS