

2004 SOUTH AFRICAN BEST PERFORMANCE LIST

(Top 10)

List Nr 11

Compiled by Gert le Roux

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Updated as at 27 April 2004

Olympic standards behind event :A/B

Names of Olympic qualifiers (in 2004) appear in bold print

Perf.	W/R	Athlete	Prov	DOB	Pos.	Venue	Date
100m		10.21/10.28					
10.32	0.2	Leigh Julius	EP	250385	1	Bloemfontein	02-Apr
10.35	1.2	Deon du Toit	WP	110680	1s1	Durban	17-Apr
10.36	0.1	Sherwin Vries	EP	220380	2	Pretoria	20-Feb
10.37	0.1	Clinton Venter	GN	030280	3	Pretoria	20-Feb
10.39	1.0	Lee Roy Newton	KZ	191278	4	Pretoria	20-Feb
10.39	1.2	Snyman Prinsloo	FS	220584	2s1	Durban	17-Apr
10.41	1.3	Craig Hendricks	CG	090780	1	Germiston	17-Jan
10.42	1.2	Dean Wicks	KZ	050583	3s1	Durban	17-Apr
10.45	0.9	Christiaan Krone	CN	300884	1	Potchefstroom	06-Apr
10.47	1.2	Lance Dickson	CG	010383	4s1	Durban	17-Apr
Wind							
10.29	2.3	Leigh Julius	EP	250385	1	Durban	17-Apr
10.35	2.3	Lee Roy Newton	KZ	191278	2s2	Durban	17-Apr
10.42	2.3	Christiaan Krone	CN	300884	3s2	Durban	17-Apr
10.44	2.3	Malcolm Thonga	KZ	170180	4s2	Durban	17-Apr
200m		20.59/20.75					
20.44	0.3	Leigh Julius	EP	250385	1	Durban	17-Apr
20.55	0.0	Clinton Venter	GN	030280	1	Pretoria	20-Feb
20.62	0.3	Morne Nagel	KZ	230278	2	Durban	17-Apr
20.71	0.0	Sherwin Vries	EP	220380	3	Pretoria	20-Feb
20.82	-0.4	Marcus la Grange	WP	121277	2	Secunda	06-Feb
20.96	0.8	Sergio Mullins	WP	120580	3	Potchefstroom	13-Feb
21.00	0.5	Martin Stander	GN	140583	1r5	Pretoria	07-Apr
21.07	0.8	Snyman Prinsloo	FS	220584	4	Potchefstroom	13-Feb
21.10	0.6	Nico Grimbeek	GN	110282	2r4	Pretoria	07-Apr
21.12	-0.4	Llewellyn Herbert	GN	210777	4	Secunda	06-Feb
21.12	-0.4	Lee Roy Newton	KZ	191278	5	Secunda	06-Feb
Wind-assisted							
20.67	2.7	Sergio Mullins	WP	120580	1h4	Durban	16-Apr
400m		45.55/45.95					
45.59		Marcus la Grange	WP	121277	1	Pretoria	20-Feb
45.80		Ockert Cilliers	CN	210481	1	Secunda	06-Feb
46.19		Arnaud Malherbe	CG	201172	2	Potchefstroom	13-Feb
46.28		Alwyn Myburgh	GN	131080	2	Secunda	06-Feb
46.41		LJ van Zyl	FS	200785	2	Pretoria	20-Feb
46.50		Chris Gebhardt	GN	100285	2	Windhoek	24-Apr
46.51		Paul Gorries	EP	260281	2	Durban	17-Apr
46.59		Leigh Julius	EP	250385	3	Secunda	06-Feb
46.70		Hendrik Mokganyetsi	GN	070975	3	Durban	17-Apr

46.72		Ofentse Mogawane	GN	200282	1r1	Pretoria	07-Apr
46.73		Martin Stander	GN	140583	2	Cape Town	23-Apr
800m		1:46.00/1:47.00					
1:45.43	ind	Mbulaeni Mulaudzi	VT	080980	2r2	Stuttgart	31-Jan
1:46.62	ind	Hezekiel Sepeng	CN	300674	3r2	Stuttgart	31-Jan
1:47.09		Johnny Shuping	CN	100984	3	Durban	17-Apr
1:47.27		Werner Botha	GN	310178	1	Potchefstroom	13-Feb
1:47.35		Bonolo Maboja	CG	240885	3	Potchefstroom	13-Feb
1:47.37		Shaun Abrahams	WP	040770	4	Durban	17-Apr
1:47.47		Charles Jantjies	VT	210782	5	Durban	17-Apr
1:47.69		Graham Davidson	CG	141078	6	Durban	17-Apr
1:48.33		Clyde Colenso	CG	110577	1	Johannesburg	24-Mar
1:48.44		Adriaan van Wyk	GN	280783	6	Pretoria	20-Feb
1500m		3:36.20/3:38.00					
3:40.41		Johan Cronje	FS	130482	1	Port Elizabeth	12-Mar
3:40.86		Clyde Colenso	CG	110577	2	Port Elizabeth	12-Mar
3:43.37		Graham Davidson	CG	141078	3	Cape Town	19-Mar
3:43.43		Mbulaeni Mulaudzi	VT	080980	4	Cape Town	19-Mar
3:43.99		Hezekiel Sepeng	CN	300674	5	Port Elizabeth	12-Mar
3:44.00		Peter van der Westhuizen	CG	211284	4	Port Elizabeth	12-Mar
3:44.31		Johan Pretorius	CG	230982	5	Port Elizabeth	12-Mar
3:45.88		Isaac Mbuyase	CG	260986	6	Cape Town	19-Mar
3:46.30		Heinrich Schultz	FS	030283	6	Port Elizabeth	12-Mar
3:47.08		Bonolo Maboja	CG	240885	8	Port Elizabeth	12-Mar
1 Mile							
4:09.36 i		Lucky Hadebe	CG	020180	9	Fayetteville	13-Feb
4:14.52 i		Ryan Botha	CG	260384	11	Fayetteville	13-Feb
3000m							
8.03.26		Frank Lekhwi	GW	060682	1	Pretoria	20-Feb
8:03.35		Jac Steenekamp	GN	110878	2	Pretoria	20-Feb
8:06.03		Hendrick Ramaala	CG	020272	1	Secunda	06-Feb
8:07.05		Ruben Ramolefi	CG	170778	3	Pretoria	20-Feb
8:09.12		Clyde Colenso	CG	110577	3	Secunda	06-Feb
8:12.44		David Mokwana	CG	290779	4	Secunda	06-Feb
8:12.96		Graham Davidson	CG	141078	5	Secunda	06-Feb
8.14.67		Jacob Motsoeneng	CG	030474	4	Pretoria	20-Feb
8.16.36		Francois Pretorius	FS	110284	6	Secunda	06-Feb
8.16.52		Teddy Hutamo	CG	250369	5	Pretoria	20-Feb
5000m		13:21.50/13:25.40					
13:32.20		Shadrack Hoff	GN	190573	1	Cape Town	19-Mar
13:39.93		Hendrick Ramaala	CG	020272	2	Cape Town	19-Mar
13:47.24		Lindikhaya Mthangayi	WP		3	Cape Town	19-Mar
13:49.94		Aaron Gabonewe	GN	280977	4	Cape Town	19-Mar

13:53.07	Frank Lekhwi	GW	060682	1	Durban	17-Apr
13:54.11	Coolboy Ngamole	CG	270679	2	Durban	17-Apr
13:55.93	Sivuyile Dlongwana	TR	210881	3	Durban	17-Apr
13:59.01	Zolani Bhitane	WP	051085	5	CapeTown	19-Mar
13:59.59	Neo Molema	WP	290980	6	Cape Town	19-Mar
14:06.02	Ngxazoza Mbogeni	WP	020280	8	Cape Town	19-Mar

10000m 27:49.00/28:06.00

28:35.36	Hendrick Ramaala	CG	020272	1	Port Elizabeth	05-Mar
28:48.86	Gert Thys	GW	121171	1	Durban	16-Apr
28:52.49	Coolboy Ngamole	CG	270679	2	Durban	16-Apr
28:58.84	Zolani Bhitane	WP	051085	2	Port Elizabeth	12-Mar
29:05.22	Thembelani Zola	WP	130875	3	Port Elizabeth	12-Mar
29:05.44	Themba Miya	CG	040182	4	Port Elizabeth	12-Mar
29:25.62	Whitey Modibe	CG	070779	9	Port Elizabeth	12-Mar
29:28.41	Lusapho April	Bor	240582	1	Port Elizabeth	06-Mar
29:33.35	Teddy Hutamo	CG	250369	6	Port Elizabeth	12-Mar
30:05.81	Thubulethu Phaka	KZ	041279	1	Cape Town	24-Apr

3000m Steeple 8:24.60/8:32.00

8.25.59	Ruben Ramolefi	CG	170778	1	Port Elizabeth	12-Mar
8.26.40	Petrus Sithole	CG	290376	2	Port Elizabeth	12-Mar
8:28.29	Emmanuel Mkhabela	FS	190779	3	Durban	17-Apr
8.31.06	Sivuyile Dlongwana	TR	210881	3	Cape Town	19-Mar
8:44.29	Alphonso Primo	BO	150282	4	Port Elizabeth	12-Mar
8.46.53	Moses Faku	CN	130582	5	Port Elizabeth	12-Mar
8:46.87	Mandla Maseko	GN	120985	6	Port Elizabeth	12-Mar
8:47.78	Anthony Godongwana	WP	240984	4	Cape Town	19-Mar
8:52.51	Zolile Bhitane	TR	051085	7	Cape Town	19-Mar
8:56.48	Stephen Mokoka	NW	010485	7	Durban	17-Apr

60m Hurdles (Indoors)

7.64	Shaun Bownes	CN	241070	3	Leipzig	29-Feb
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110m Hurdles 13.55/13.72

13.49	0.0	Shaun Bownes	CN	241070	1	Potchefstroom	06-Apr
13.58	2.0	Frikkie van Zyl	WP	300781	1h2	Durban	17-Apr
14.06	1.3	Janko Kotze	CG	030382	2	Potchefstroom	06-Apr
14.12	1.3	Gustav Kukuk	FS	201284	3	Durban	17-Apr
14.14	2.0	Ruan de Vries	GN	010286	2h2	Durban	17-Apr
14.20	0.0	Riaan Snyman	CN	230684	3	Potchefstroom	13-Feb
14.20	0.4	Leon Fourie	CG	060186	2	Bloemfontein	02-Apr
14.24	2.0	Bruce Bickell	MP	071081	3h2	Durban	17-Apr
14.28	0.2	Martin de Bruto	CN	040782	3	Pretoria	20-Feb
14.31	0.0	Hennie Kotze	CN	040284	4	Potchefstroom	13-Feb

400m Hurdles 49.20/49.50

48.02	Ockert Cilliers	CN	210481	1	Pretoria	20-Feb
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48.35	Alwyn Myburgh	GN	131080	2	Pretoria	20-Feb
49.14	Marnus Kritzinger	CN	100282	3	Durban	17-Apr
49.45	Wouter le Roux	GN	170186	3	Pretoria	20-Feb
49.57	Llewellyn Herbert	GN	210777	1	Germiston	17-Jan
49.71	LJ van Zyl	FS	200785	4	Durban	17-Apr
49.74	Hennie Botha	CN	200275	4	Pretoria	20-Feb
50.46	Martin Willemse	GN	230475	1	Pretoria	28-Feb
50.48	Francois Malan	GN	110581	2	Pretoria	28-Feb
51.39	Divan Augustyn	WP	051082	1	Bellville	27-Mar

High Jump

2.30/2.27

2.25 i	Jacques Freitag	GN	110682	5	Gothenburg	03-Feb
2.20	Ramsay Carelse	WP	301085	1	Durban	17-Apr
2.15	Zieg Veenemans	GN	130583	1	Pretoria	07-Apr
2.15	Raymond Fletcher	CG	230180	2	Durban	17-Apr
2.15	Malcolm Hendricks	WP	270477	3	Durban	17-Apr
2.15	Fanie J van Rensburg	FS	030286	1	Maputo	29-Apr
2.10	Adrian Williams	WP	190582	1	Paarl	07-Feb
2.08	Jan-Louis Koekemoer	CG	220682	1	Germiston	24-Jan
2.08	Johan van Heerden	CG	030677	2	Germiston	20-Mar
2.08	Sipho Pitsi	GN	120181	1-d	Durban	16-Apr

Pole Vault

5.65/5.55

5.75	ind	Okkert Brits	BO	220873	1	Chemnitz	27-Feb
5.55		Riaan Botha	GN	081170	1	Pretoria	31-Jan
5.22		Francois Coetzer	BO	131180	2	Paarl	07-Feb
5.20		Fanie Jacobs	BO	210476	3	Pretoria	20-Feb
5.10		Johann du Plessis	WP	260381	1	Cape Town	23-Apr
4.90		Theo Beyers	BO	260380	1	Bellville	31-Jan
4.90		Brent Howell	WP	230686	1	Bloemfontein	02-Apr
4.85		Wouter Lombaard	GN	080182	2	Pretoria	31-Jan
4.60		Pieter van Breda	BO	300184	1	Bellville	17-Feb
4.60		Johann Venter	GN	140678	4	Pretoria	07-Apr
4.60		Jaco van Vuuren	GN	291170	3	Pretoria	07-Apr

Long Jump

8.19/8.05

7.98	0.6	Martin McClintock	CG	300675	1	Johannesburg	25-Mar
7.95	-0.1	Khotso Mokoena	VT	060385	1	Cape Town	19-Mar
7.80	-0.5	Nico Grimbeek	GN	110282	1	Pretoria	10-Mar
7.68	-0.7	Regan Julius	BO	150486	1	Paarl	03-Mar
7.66	0.9	Yaw Fosu-Amoah	GN	081081	1	Potchefstroom	13-Feb
7.61	1.0	Pieter Smit	VT	230386	1	Germiston	26-Mar
7.54	0.0	Charles Strohmenger	GN	020478	2	Pretoria	20-Feb
7.54	1.4	Ajoodha Avishkar	CG	080482	1	Germiston	20-Mar
7.53	-0.3	Elrico Farmer	BO	050285	1	Paarl	07-Feb
7.44	0.8	Calla Fourie	VT	021183	2	Germiston	24-Jan
Wind							
7.55	2.9	Jan-Louis Snyman	CG	010386	2	Germiston	26-Mar

Triple Jump

16.95/16.55

16.96	1.7	Khotso Mokoena	VT	060385	1	Bloemfontein	03-Apr
15.80	0.3	Simeon Mars	WP	010385	2	Pretoria	20-Feb
15.68	-0.3	Heinrich Lourens	CN	290682	2	Durban	17-Apr
15.26	0.5	Jason Kidza-Sewanyana	KZ	030182	4	Durban	17-Apr
15.20	0.9	Elmarco Matthews	BO	280180	5	Durban	17-Apr
15.01	0.1	Thumelo Thagane	VT	030784	4	Pretoria	20-Feb
14.72	0.1	Nathan van Wyk	WP	010679	2	Cape Town	20-Mar
14.66	-0.4	Kobus Vosloo	EP	290577	6	Durban	17-Apr
14.64	0.6	Isaac Ponu	CG	040681	1	Johannesburg	24-Mar
14.64	0.4	Charles le Roux	MP	080585	7	Durban	17-Apr
NWI							
15.06		Isaac Ponu	CG	040681	1	Cape Town	24-Apr
15.08		Kobus Vosloo	EP	290577	1	Port Elizabeth	06-Mar

Shot		20.30/20.00					
20.73		Janus Robberts	LM	100379	1	Cape Town	19-Mar
19.67		Burger Lambrechts	GN	030473	1	Pretoria	07-Apr
19.60	ind	Hannes Hopley	NW	260181	1	Lubbock	24-Jan
18.34		Roelie Potgieter	GN	200380	2	Pretoria	07-Apr
17.85		Wessel Lemmer	GN	110383	4	Pretoia	20-Feb
17.70		Berne van der Bergh	CN	090583	1	Potchefstroom	11-Feb
16.65		Peet Burger	CN	220271	4	Potchefstroom	13-Feb
16.44		Johannes van Wyk	GN	160380	6	Pretoria	20-Feb
15.52		Danie Bezuidenhout	GN	250285	3	Cape Town	24-Apr
15.51		Gareth Brown	KZ	070285	4	Cape Town	24-Apr

Discus		64.00/62.55					
64.41		Frantz Kruger	WP	220575	1	Cape Town	19-Mar
64.32		Hannes Hopley	NW	260181	1	College Station	10-Apr
61.70		Johannes van Wyk	GN	160380	2	Cape Town	19-Mar
54.07		Chris Harmse	VT	310573	2	Durban	17-Apr
52.51		Stefan Joubert	FS	230681	2	Bloemfontein	23-Feb
50.90		Berne van der Bergh	CN	090583	1	Potchefstroom	11-Feb
48.06		Wynand Coetzee	GN	200284	1	Cape Town	23-Apr
47.98		HW Snyman	FS	140980	3	Bloemfontein	01-Mar
47.97		Burger Lambrechts	GN	030473	4	Durban	17-Apr
47.47		Marius Bester	CN	250585	2	Cape Town	23-Apr

Hammer		78.65/74.35					
80.21		Chris Harmse	VT	310573	1	Potchefstroom	20-Apr
73.91		Werner Smit	BO	140984	2	Pretoria	20-Feb
66.36		Rudolph Venter	EP	111280	1	Port Elizabeth	17-Jan
61.67		Kristiaan Bekker	CG	160680	4	Potchefstroom	13-Feb
60.22		Jacques Koen	EP	300583	1	Port Elizabeth	06-Mar
60.02		Johan Harmse	VT	210583	5	Pretoria	20-Feb
54.82		Jaco Claassen	FS	181084	3	Sasolburg	12-Mar
48.91		Basie Koen	VT	110951	1	Potchefstroom	18-Feb
46.78		Marius Bester	CN	250585	4	Cape Town	24-Apr
46.18		Johan Kruger	WP		3	Cape Town	19-Mar

Javelin**81.80/77.80**

81.03	Hardus Pienaar	CN	100881	1	Durban	17-Apr
79.99	Gerbrandt Grobler	CN	260183	1	Cape Town	24-Apr
77.83	Brian Erasmus	CN	280280	2	Cape Town	24-Apr
75.85	Willie Human	CN	080382	2	Potchefstroom	06-Apr
73.53	Philip Spies	CG	210570	1	Pretoria	28-Feb
72.46	Kobus Smit	GN	310383	3	Knoxville, Tenn	10-Apr
69.72	Raldu Potgieter	SW	030486	1	Oudtshoorn	27-Feb
69.44	Lohan Rautenbach	CN	060286	1	Bloemfontein	03-Apr
69.12	Frans Human	FS	100379	4	Potchefstroom	13-Feb
69.03	Daniel Badenhorst	VT	240176	1	Potchefstroom	18-Feb

Decathlon**8,000/7,700pts**

6 695	Jannie Botha	FS	300378	1	Durban	16/17 Apr
6 661	Willem Coertzen	CN	301282	1	Cape Town	23/24 Apr
6 455	Sors Joubert	BO	240584	2	Durban	16/17 Apr
6 346	Francois Potgieter	FS	240278	2	Cape Town	23/24 Apr
6 261	Terry Wepener	CG	080282	3	Cape Town	23/24 Apr
6 029	Martin Plews	GN	110572	2	Bellville	11/12 Mar
5 910	Jude Williams	WP	201180	5	Durban	16/17 Apr
5 695	Yazied Moses	WP	080679	3	Bellville	11/12 Mar
5 695	Hannu Mattheus	CN		4	Cape Town	23/24 Apr
5 651	Bruce Brown	EP		5	Cape Town	23/24 Apr

5 386	Tinus de Bruin	NW	070286	8	Durban	16/17 Apr
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4x100m

39.64	SA Team			1	Pretoria	20-Feb
	Leigh Julius, Mathew Quinn, Lee-Roy Newton, Sherwin Vries					
39.89	SA Team			1h1	Durban	16-Apr
	Morne Nagel, Dean Wicks, Lee-Roy Newton, Leigh Julius					
40.23	KZN			1	Durban	17-Apr
40.85	Gauteng North B			2	Durban	17-Apr
40.79	SA "B" Team			2	Pretoria	20-Feb
	Lance Dickson, Sergio Mullins, Christiaan Krone, Clinton Venter					
41.05	ABSA "A" Team			3	Pretoria	20-Feb
41.07	Invitation Team			4	Pretoria	20-Feb
41.29	Western Province			3	Durban	17-Apr
41.31	Central North West			4	Durban	17-Apr
41.35	Rentmeester-Tuks			1	Cape Town	23-Apr
41.41	ABSA "B" Team			5	Pretoria	20-Feb

4x400m

3.05.96	SA Team			1	Durban	17-Apr
	Marcus la Grange, Alwyn Myburgh, Ockert Cilliers, Arnaud Malherbe					
3.06.15	RSA Team			1	Potchefstroom	13-Feb

3.06.66	Gauteng North B	2	Durban	17-Apr
3.07.00	RSA B Team	2	Potchefstroom	13-Feb
3.07.33	Gauteng North A	3	Durban	17-Apr
3.07.56	RSA Team	1	Cape Town	12-Mar
	Marcus la Grange, Paul Gorries, Hendrik Mokganyetsi, LJ van Zyl			
3.07.96	RSA B Team	2	Cape Town	12-Mar
	Wouter le Roux, Marnus Kritzingler, Werner Botha, Warren Hartley			
3.08.71	Eastern Province	4	Durban	17-Apr

3000m Walk

12:20.30	21jul	Thinus Esterhuizen	WP	181285	1	Cape Town	19-Mar
12:22.00		Pieter Vorster	WP	240584	2	Cape Town	19-Mar
12:41.00	ht	Izak Nel	BO	100962	1	Paarl	07-Feb
13:12.00	ht	Ihan Collins	VT	010380	1	Krugersdorp	10-Jan
13:49.00	ht	Chris Britz	GN	011263	2	Krugersdorp	10-Jan
14:01.30	ht	Nico Vorster	WP	261087	3	Cape Town	19-Mar

5000m Walk

21:47.82		Thinus Esterhuizen	WP	181285	1	Parow	28-Feb
21:47.85		Pieter Vorster	WP	240584	2	Parow	28-Feb
22:56.33		Jacobus van Dyk	CN	210685	1	Potchefstroom	16-Mar
24:24.60	ht	Nick Forbes	WP	041246	3	Parow	28-Feb
24:33.20	ht	Nico Vorster	WP	261087	4	Parow	28-Feb

10000m Walk

44:06.36		Thinus Esterhuizen	WP	181285	1	Cape Town	13-Feb
45:13.67		Marc Mundell	GN	070783	1	Pretoria	19-Mar
45:17.97		Gideon Cillie	WP	250577	2	Cape Town	13-Feb
45:58.83		Pieter Vorster	WP	240584	3	Cape Town	13-Feb
46:15.96		Thami Hlatswayo	GN	200782	2	Pretoria	19-Mar
48:33.19		Ihan Collins	VT	010380	3	Pretoria	19-Mar
49:30.14		Pierre de Villiers	CG	180885	2	Bloemfontein	03-Apr
49:52.95		Jacobus van Dyk	CN	210685	3	Bloemfontein	03-Apr
51:01.40		Petri du Toit	EP	141286	7	Bloemfontein	03-Apr
51:24.89		JC Visser	BO	250785	4	Cape Town	13-Feb

20km Walk

		1h 23:00/1h 24.30					
01:33:43		Marc Mundell	GN	070783	1	Durban	17-Apr
01:35:22		Thami Hlatswayo	GN	200782	2	Durban	17-Apr
01:36:23		Pieter Vorster	WP	240584	2	Cape Town	23-Apr
01:37:08		Gideon Cillie	WP	250577	1	Youngsfield	31-Jan
01:37:53		Thinus Esterhuizen	WP	181285	2	Youngsfield	31-Jan
01:38:57		Ihan Collins	GN	010380	3	Durban	17-Apr
01:40:19		Jacobus van Dyk	CN	210685	3	Cape Town	23-Apr
01:43:45		Chris Britz	GN	130163	5	Durban	17-Apr
01:46:44		Pierre de Villiers	CG	180885	5	Cape Town	23-Apr
01:48:19		Wayne Snyman			6	Cape Town	23-Apr

20000m Track Walk

01:48:18		Thabiso Thagane	CG	170970	1	Germiston	20-Mar
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01:48:47 Colin van Blommestein CG 211251 2 Germiston 20-Mar

WOMEN

100m

11.30/11.40

11.30	1.5	Wendy Seegers	CG	260276	1	Windhoek	24-Apr
11.39	-0.8	Geraldine Pillay	GN	250877	1	Durban	17-Apr
11.42	0.8	Janice Josephs	WP	310382	1	Cape Town	19-Mar
11.53	1.3	Heide Seyerling	EP	190876	1	Secunda	06-Feb
11.62	1.4	Dikeledi Moropane	GN	120376	2h2	Durban	17-Apr
11.63	0.0	Estie Wittstock	CG	150980	3	Potchefstroom	13-Feb
11.85	0.5	Cindy Stewart	WP	141185	1	Bloemfontein	02-Apr
11.90	0.0	Dominique Koster	CG	030177	5	Potchefstroom	13-Feb
11.91	0.9	Isabelle le Roux	SW	230187	1h3	Bloemfontein	02-Apr
11.93	0.5	Carika Potgieter	FS	200981	1	Cape Town	23-Apr
11.94	0.5	Ilze Jordaan	GN	200979	1r3	Pretoria	10-Mar
Wind							
11.89	2.1	Isabelle le Roux	SW	230187	1	Bloemfontein	02-Apr

200m

22.97/23.13

23.05	0.0	Heide Seyerling	EP	190876	1	Durban	17-Apr
23.11	0.0	Geraldine Pillay	GN	250877	2	Durban	17-Apr
23.15	0.9	Janice Josephs	WP	310382	1hp	Durban	16-Apr
23.31	1.0	Estie Wittstock	CG	150980	2	Potchefstroom	13-Feb
23.35	-2.2	Wendy Seegers	CG	260276	1	Windhoek	24-Apr
23.45	0.4	Adri Schoeman	CG	130770	1r1	Pretoria	07-Apr
23.94	2.0	Isabelle le Roux	SW	230187	1	Bloemfontein	03-Apr
23.98	0.2	Dikeledi Moropane	GN	120376	4	Pretoria	20-Feb
24.03	1.4	Philna Kleynhans	CG	080883	2	Germiston	20-Mar
24.08	0.2	Amanda Kotze	CG	260286	1	Bloemfontein	03-Apr

400m

51.50/52.30

51.62		Heide Seyerling	EP	190876	1	Cape Town	19-Mar
51.78		Estie Wittstock	CG	150980	1	Germiston	20-Mar
52.44		Adri Schoeman	CG	130770	3	Durban	17-Apr
53.31		Surita Febbraio	CG	271273	1	Pretoria	07-Apr
53.69		Melodi van der Merwe	GN	281178	4	Durban	17-Apr
54.59		Amanda Kotze	CG	260286	2	Germiston	20-Mar
54.96		Carika Potgieter	FS	200981	2	Potchefstroom	13-Feb
55.04		Dominique Koster	CG	030177	6	Durban	17-Apr
55.10		Juanee Pikelharing	CN	080382	1	Cape Town	23-Apr
55.11		Elmie Hugo	FS	130783	2	Pretoria	20-Feb
55.22		Benje Swart	WP	201284	3h1	Durban	17-Apr
55.68		Angela Wagner	GN	190188	1	Pretoria	06-Mar

800m

2:00.00/2:01.30

2:03.07		Mari-Louise Henning	GN	190277	1	Port Elizabeth	12-Mar
2:05.37		Lisa van der Merwe	GN	300779	2	Durban	17-Apr
2:05.49		Angela Wagner	GN	190188	2	Pretoria	20-Feb
2:05.56		Rene Kalmer	CG	031180	1	Cape Town	24-Apr

2:05.96	Jelome Muller	CN	041083	3	Durban	17-Apr
2:06.18	Juanee Pekelharing	CN	080382	2	Port Elizabeth	12-Mar
2:06.80	Chanelle Olivier	CG	150986	3	Secunda	06-Feb
2:06.92	Claudia York	GN	040885	3	Port Elizabeth	12-Mar
2:07.12	Chantal Breet	CG	260480	4	Port Elizabeth	12-Mar
2:07.25	Lindi Berowsky	CG	090282	4	Durban	17-Apr

1500m

4:05.80/4:07.15

4:16.17	Rene Kalmer	CG	031180	1	Cape Town	19-Mar
4:19.82	Lisa van der Merwe	GN	300779	2	Port Elizabeth	12-Mar
4:20.88	Lebogang Phalula	CG	091283	3	Port Elizabeth	12-Mar
4:21.06	Dinah (Lebo) Phalula	CG	091283	3	Durban	17-Apr
4:21.99	Nicolene van Rooyen	CG	090885	3	Cape Town	23-Apr
4:22.37	Chanelle Olivier	CG	150986	3	Durban	05-Mar
4:23.65	Lizanne Steenkamp	CN	041083	4	Cape Town	23-Apr
4:23.90	Christine Kalmer	CG	100286	5	Durban	17-Apr
4:24.01	Minette Bell	CN	050478	6	Port Elizabeth	12-Mar
4:27.42	Tania Hamman	CG	070273	8	Port Elizabeth	12-Mar

3000m

09:16.48	Rene Kalmer	CG	031180	1	Pretoria	20-Feb
09:18.83	Poppy Mlambo	CG	071280	2	Pretoria	20-Feb
09:30.96	Lebogang Phalula	CG	091283	3	Pretoria	20-Feb
09:33.26	Minette Bell	CN	050478	4	Pretoria	20-Feb
09:36.86	Tebogo Masehla	CG	061079	5	Pretoria	20-Feb
09:40.64	Irvette van Blerk	CG	050787	6	Pretoria	20-Feb
09:41.27	Desiree Kruger	CG	100378	7	Pretoria	20-Feb
09:41.82	Nicolene van Rooyen	CG	090885	1	Bloemfontein	02-Apr
09:46.62	Chanelle Olivier	CG	150986	8	Pretoria	20-Feb
09:49.42	Christine Kalmer	CG	100286	2	Bloemfontein	02-Apr

5000m

15:08.70/15:20.45

16:17.32	Rene Kalmer	CG	031180	1	Durban	16-Apr
16:20.10	Poppy Mlambo	CG	071280	2	Durban	16-Apr
16:26.62	Desiree Kruger	CG	100378	3	Durban	16-Apr
16:27.41	Minette Bell	CN	050478	2	Cape Town	24-Apr
16:30.45	Nicolene van Rooyen	CG	090885	3	Cape Town	24-Apr
16:33.35	Irvette van Blerk	CG	050787	4	Durban	16-Apr
16:33.82	Tebogo Masehla	CG	240980	4	Cape Town	24-Apr
16:47.26 ind	Karin van Rooyen	MP	300382	2	Boise, Id	27-Feb
16:50.47	Christine Kalmer	CG	100286	5	Durban	16-Apr
16:57.15	Ezbe Strydom	CN	270381	5	Cape Town	24-Apr

10000m

31:45.00/32:17.00

34:19.54	Poppy Mlambo	CG	071280	1	Durban	17-Apr
34:19.94	Irvette van Blerk	CG	050787	2	Durban	17-Apr
34:23.01	Takalane Nthulane	CG	130580	3	Durban	17-Apr
34:34.74	Ezbe Strydom	CN	270381	4	Durban	16-Apr
35:17.25	Willemien van der Linde	SW	110275	5	Durban	16-Apr
35:21.62	Paulina Njeya	FS		6	Durban	16-Apr
39:44.62	Tryphina Ramoba	GN		7	Durban	16-Apr
40:01.84	Yolande Neuhoff	CN	150582	8	Durban	16-Apr

2000m Steeple

07:14.08		Nolene Conrad	WP	260785	1	Bellville	31-Jan
07:52.00	ht	Hannelie Pekeur	WP	290987	1	Paarl	07-Feb

3000m Steeple

10:15.10		Tebogo Masehla	CG	061079	1	Cape Town	23-Apr
10:35.17		Masello Moekoa	FS	050988	2	Durban	17-Apr
10:39.95		Minette Bell	CN	050478	2	Cape Town	23-Apr
10:50.78		Myrette Filmalter	FS	100181	3	Durban	17-Apr
10:58.20		Mapaseka Makhanya	CG	090486	3	Cape Town	23-Apr
10:58.38		Andrea Horak	GN	301283	4	Durban	17-Apr
11:02.38		Nolene Conrad	WP	260785	5	Durban	17-Apr
11:13.16		Ronel Thomas	GN	190172	1	Pretoria	20-Mar
11:20.44		Promise Mathonsi	CG	170180	6	Durban	17-Apr
11:22.75		Abongile Lerotholi	FS	060789	2	Bloemfontein	23-Feb

100m Hurdles**12.96/13.11**

13.30	0.9	Janice Josephs	WP	310382	1	Durban	16-Apr
13.86	0.9	Justine Robbeson	CN	150585	2hp	Durban	16-Apr
13.88	0.7	Suné Labuschagne	GN	060884	1	Cape Town	23-Apr
14.05	1.9	Jackie Kriel	FS	270886	1	Bloemfontein	02-Apr
14.24	1.9	Christine Ras	CG	040286	2	Bloemfontein	02-Apr
14.33	0.7	Carla Fick	CG	130584	4	Potchefstroom	13-Feb
14.44	-1.9	Celesté Dartnall	CG	280384	2	Krugersdorp	31-Jan
14.48	1.9	René van der Merwe	LM	150686	3	Bloemfontein	02-Apr
14.61	0.9	Karen Koeslag	WP	010778	5	Durban	17-Apr
14.64	0.9	Marna Jacobs	GN	050578	6	Durban	17-Apr
NWI							
14.31		Carla Fick	CG	130584	1	Germiston	20-Mar

400m Hurdles**55.60/56.25**

55.52		Surita Febbraio	CG	271273	1	Durban	17-Apr
58.73		Juanee Pikelharing	CN	080382	1	Cape Town	24-Apr
59.84		Kerryn Hulsen	KZ	051074	3	Cape Town	19-Mar
59.95		Janet Wienand	CN	150585	1h1	Cape Town	24-Apr
60.24		Chantelle Terblanche	WP	100785	5	Durban	17-Apr
60.25		Licinda Liebenberg	CG	270686	1	Pretoria	20-Feb
60.42		Mariska van Driel	GN	270488	1	Pretoria	27-Feb
60.77		Carla Coetzee	GN	210684	6	Durban	17-Apr
60.93		Jackie Kriel	FS	270886	4	Bloemfontein	03-Apr
61.06		Rae-Dawn Sandilands	NW	250486	7	Durban	17-Apr
Mixed Race							
59.64		Janet Wienand	CN	150585	1	Potchefstroom	06-Apr

High Jump**1.95/1.91**

1.95		Hestrie Cloete	CN	260878	1	Pretoria	20-Feb
1.82		Anika Smit	NW	260586	1	Bloemfontein	03-Apr
1.80		Dianie Wondergem	CN	020382	2	Pretoria	20-Feb
1.77		René van der Merwe	LM	150686	1	Centurion	20-Feb
1.75		Dinah Heymans	FS	020267	1	Bloemfontein	02-Feb
1.75		Vicky Welthagen	CG	110280	3	Pretoria	20-Feb

1.75		Marike Prinsloo	FS	220389	1	Germiston	27-Mar
1.75		Marne van der Burgh	BO	030185	2	Bloemfontein	03-Apr
1.75		Marizca Gertenbach	CN	201082	5	Durban	17-Apr
1.73		Marcoleen Pretorius	VT	250789	2	Roodepoort	14-Feb
1.73		Justine Robbeson	CN	150585	1hp	Bloemfontein	02-Apr

Pole Vault

4.40/4.25

4.00		Samantha Dodd	WP	130879	1	Cape Town	19-Mar
3.80		Ida-Marie Ehlers	GN	280975	1	Pretoria	07-Apr
3.80		Annelie van Wyk	WP	280584	2	Durban	16-Apr
3.71		Leanne Viviers	WP	231188	1	Germiston	27-Mar
3.71		Nicole Loesch	BO	111087	2	Germiston	27-Mar
3.70		Eva Thornton	EP	180368	3	Cape Town	19-Mar
3.70		Marne van der Burgh	BO	030185	4	Durban	16-Apr
3.65		Marna Jacobs	GN	050578	1	Pretoria	20-Feb
3.60		Retha du Plessis	BO	150583	4	Cape Town	19-Mar
3.60		Lindie Roux	BO	170684	1	Cape Town	20-Mar

Long Jump

6.70/6.55

* - best legal jump

6.41	-1.4	Janice Josephs	WP	310382	1	Stellenbosch	09-Jan
6.28	-1.0	Karin Mey	GN	310583	1	Pretoria	07-Apr
6.13	1.5	Delia Visser	CN	090483	2	Secunda	06-Feb
5.91	0.7	Michelle Berowsky	WP	150578	1	Cape Town	20-Mar
5.88	-1.0	Ansie Robbertze	GN	141178	2	Pretoria	07-Apr
5.95	1.2	Justine Robbeson	CN	150585	1hp	Bloemfontein	03-Apr
5.79	1.6	Karen Pretorius	CG	030282	1	Johannesburg	24-Mar
5.75	0.7	Moira Steyn	GN	280383	5	Durban	16-Apr
5.73	0.2	Wenda Theron	BO	300788	1	Stellenbosch	06-Mar
5.84	0.1	Lindi van Dyk	GN	110386	1	Bloemfontein	02-Apr
5.80	1.1	Mariaan Booyesen	CG	200686	2	Bloemfontein	02-Apr
NWI							
6.21		Delia Visser	CN	090483	1	Potchefstrroom	30-Mar
5.80		Karen Pretorius	CG	030282	1	Germiston	20-Mar
Wind							
6.13	4.9	Justine Robbeson	CN	150585	2	Durban	17-Apr
5.94	2.1	Michelle Berowsky	WP	150578	1	Parow	28-Feb

Triple Jump

14.20/14.00

12.30	0.5	Arline Muller	CG	031286	1	Bloemfontein	03-Apr
12.24	-0.9	Mariana Banting	FS	040381	1	Bloemfontein	23-Feb
12.22	0.3	Moira Steyn	GN	280383	1	Durban	17-Apr
12.10	1.7	Charlene Henning	FS	220985	3	Durban	17-Apr
12.06	0.4	Martel Schoeman	EP	290186	2	Bloemfontein	03-Apr
11.97	0.3	Annelene Hartley	KZ	140980	5	Durban	17-Apr
11.95	0.0	Charmain Barnard	GN	021168	1	Pretoria	20-Mar
11.87	2.0	Yolande Meijer	CG	100783	1	Germiston	20-Mar
11.83	1.7	Carla Marais	VT	101287	1	Bloemfontein	03-Apr
11.81	0.1	Charne Nel	CN	200186	*6	Durban	17-Apr
Wind							
11.92	4.5	Charne Nel	CN	200186	6	Durban	17-Apr
NWI							

11.97	Delia Visser	CN	090483	4	Cape Town	23-Apr
11.87	Stefanie Bambi	EP	010879	1	Port Elizabeth	06-Mar
Shot	18.55/17.15					
16.67	Maranelle du Toit	WP	311278	1	Durban	16-Apr
16.22	Veronica Abrahamse	KZ	180880	2	Cape Town	19-Mar
15.28	Simoné du Toit	CG	270988	1	Bloemfontein	02-Apr
15.09	Marli Knoetze	LM	021087	1	Germiston	26-Mar
13.93	Mariska van Zyl	EP	060382	4	Pretoria	20-Feb
13.35	Tanya Treurnicht	CG	040184	1	Germiston	24-Jan
13.33	Sonika Knoetze	CN	180887	3	Germiston	26-Mar
13.21	Elene Taljaard	GN	120384	1	Pretoria	31-Jan
13.14	Magdel Venter	MP	011085	1	Bloemfontein	18-Feb
13.10	Bianca van Rooyen	GP		1	Germiston	26-Mar
Discus	61.00/57.70					
60.31	Elizna Naude	GN	140978	1	Potchefstroom	20-Apr
51.63	Marli Knoetze	LM	021087	1	Bloemfontein	02-Apr
51.28	Lezelle Duvenage	GN	170577	2	Port Elizabeth	12-Mar
50.93	Mariska van Zyl	EP	060382	1	Cape Town	24-Apr
48.17	Magdel Venter	MP	011085	2	Cape Town	19-Mar
47.03	Maranelle du Toit	WP	311278	5	Durban	17-Apr
46.23	Tanya Treurnicht	CG	040184	1	Germiston	24-Jan
46.13	Simoné du Toit	CG	270988	6	Durban	17-Apr
44.33	Letitia Koch	CN	160883	1	Potchefstroom	16-Mar
43.66	Elene Taljaard	GN	120384	4	Cape Town	24-Apr
Hammer	67.50/64.00					
51.50	Marilize Coetzee	WP	271276	1	Parow	07-Apr
51.45	Lizel Roelofse	WP	110378	1	Durban	16-Apr
47.41	Tanya Treurnicht	CG	040184	2	Durban	16-Apr
46.03	Tanya Weyers	CN	120385	1	Bloemfontein	03-Apr
45.66	Ingrid Doubell	FS	021182	1	Bloemfontein	23-Feb
44.58	Karin le Roux	WP	260387	1	Germiston	27-Mar
44.30	Danel de Jager	VT	290787	1	Sasolburg	03-Mar
43.70	Sane du Preez	FS	040383	1	Bloemfontein	18-Feb
42.44	Elizka van der Merwe	WP	220687	1	Bellville	11-Mar
41.80	Karin Muller	FS	130186	1	Sasolburg	13-Mar
Javelin	60.50/56.00					
61.15	Sunette Viljoen	CN	061083	1	Pretoria	20-Feb
50.80	Justine Robbeson	CG	150585	1hp	Bloemfontein	03-Apr
48.53	Elizna Labuschagne	CN	170685	2	Potchefstroom	16-Mar
47.09	Tarryn Bright	BO	260483	1	Cape Town	20-Mar
46.43	Anzel van der Schyff	LM	190387	1	Naboomspruit	27-Feb
45.69	Linda Smit	CN	150885	2	Potchefstroom	10-Mar
45.32	Ananda van Schalkwyk	FS	080486	1	Bloemfontein	13-Feb
45.06	Aneen Groenewald	BO	060387	2	Germiston	27-Mar
44.66	Gerlize de Klerk	GN	230389	1	Pretoria	05-Mar

44.45		Melissa Fourie	VT	300887	2	Bloemfontein	03-Apr
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Heptathlon

6,050/5,900

6 127		Janice Josephs	WP	310382	1	Durban	16/17 Apr
5 721		Justine Robbeson	CN	150585	2	Durban	16/17 Apr
4 610		Valmare Louw	WP	050483	3	Durban	16/17 Apr
4 480		Luzanne van Leeuwen	GN	260282	1	Pretoria	19/20 Mar
4 154		Marinda Bruwer	GN	240686	2	Bloemfontein	2/3 Apr
3 460		Mirinda van der Merwe	GN	150488	1	Pretoria	5/6 Mar

4x100m Relay

44.71		SA Team			1	Durban	17-Apr
		Dikeledi Moropane, Wendy Seegers, Janice Josephs, Geraldine Pillay					
44.78		SA A Team			1	Pretoria	20-Feb
		Wendy Seegers, Janice Josephs, Heide Seyerling, Geraldine Pillay					
46.71		ABSA A Team			2	Pretoria	20-Feb
		Carika Potgieter, Ilze Jordaan, Minette Albertse, Melissa le Roux					
46.79		SA B Team			1	Pretoria	20-Feb
		Dikeledi Moropane, Dominique Koster, Adri Schoeman, Marliese Steyn					
46.91		Western Province			2	Durban	17-Apr
47.18		ABSA B Team			2	Pretoria	20-Feb
		Philna Kleynhans, Mia Seidler, Carla Fick, Kerryn Hulsen					
47.47		Central Gauteng			3	Durban	17-Apr
47.57		Rentmeester-Tuks			1	Cape Town	23-Apr
47.90		RAU			2	Cape Town	23-Apr
48.00		Gauteng North			4	Durban	17-Apr

4x400m Relay

3:32.99		South African A Team			1	Cape Town	19-Mar
		Surita Febbraio, Adri Schoeman, Estie Wittstock, Heide Seyerling					
3:41.30		Gauteng North			1	Durban	17-Apr
3:42.45		Central Gauteng			2	Durban	17-Apr
3:42.73		Central North West			3	Durban	17-Apr
3:47.37		Central Gauteng u20			1	Bloemfontein	03-Apr
3:47.84		RSA C Team			2	Cape Town	19-Mar
3:48.21		RSA B Team			3	Cape Town	19-Mar

3000m Walk

12:22.00	ht	Natalie Fourie	WP	100682	1	Cape Town	19-Mar
12:53.19		Nicolene Cronje	CG	160683	1	Pretoria	20-Feb
15:01.00	ht	Ruzanne Harris	BO	290185	2	Cape Town	19-Mar
15:24.40	ht	Nadia Esterhuizen	WP	261083	3	Cape Town	19-Mar
15:25.40	ht	Anandi Coetzee	WP	140690	4	Cape Town	19-Mar

5000m Walk

22:19.64		Nicolene Cronje	CG	160683	1	Durban	05-Mar
23:58.09	*	Natalie Fourie	WP	100682	1	Parow	28-Feb
27:34.8	*	Ruzanne Harris	WP	290185	2	Parow	28-Feb
27:49.3	*	Trudie Carstens	WP	080362	3	Parow	28-Feb

28:09.1	*	Nadia Esterhuizen	WP	261083	4	Parow	28-Feb
29:03.4	*	Anandi Coetzee	WP	151086	5	Parow	28-Feb
29:46.33		Mariaan Rossouw	WP	231087	1	Bellville	13-Mar
30:02.8	*	Donne Woodford	WP	151086	6	Parow	28-Feb

* - mixed race

10000m Walk (Track)

47.43.67		Nicolene Cronje	CG	160683	1	Germiston	20-Mar
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10000m Walk (Road)

46.03.20		Nicolene Cronje	CG	160683	1	Cape Town	23-Apr
54.30.58		Karen-Marie Becker	GN	070782	2	Cape Town	23-Apr
54.48.53		Yvonne Onderweegs	GN	151280	3	Cape Town	23-Apr
55.00.36		Ruzanne Harris	WP	290185	4	Cape Town	23-Apr
55.08.32		Suzanne Erasmus	CN		5	Cape Town	23-Apr
57.30.52		Nadia Esterhuizen	WP		6	Cape Town	23-Apr

20km Walk

1h33.30/1h38.00

01:36:19		Nicolene Cronje	CG	160683	1	Durban	17-Apr
01:45:12		Estle Viljoen	WP	080770	2	Durban	17-Apr
01:50:34		Natalie Fourie	WP	100682	1	Youngsfield	31-Jan
02:04:11		Trudie Carstens	WP	080362	2	Youngsfield	31-Jan
02:04:27		Cindy Lange	WP	080362	3	Youngsfield	31-Jan
02:06:52		Siena Plaatjies	WP	190777	5	Youngsfield	31-Jan
02:11:44		Sue Tranter	WP	040351	6	Youngsfield	31-Jan
02:13:51		Donne Woodford	WP	151086	7	Youngsfield	31-Jan
02:14:40		Bridgette Davids	WP	100162	8	Youngsfield	31-Jan
02:15:07		Isabel Roux	WP	301052	9	Youngsfield	31-Jan

20000m Track Walk

1h 36:43.43		Nicolene Cronje	CG	160683	1	Germiston	20-Mar
2h 04:27.07		Nooy Brendan	CG		2	Germiston	20-Mar

Ends